

My Benefit Tools

US HealthCenter

PERSONAL • PREDICTIVE • HEALTH



Wholeistic™ Health Coaching
and Patient Advocacy

Certified practitioners provide health coaching and guidance, goal setting and motivation for members to reach their co-created health goals to help manage lifestyle and prevent and manage disease.

- Support following diagnosis and diagnosis questions
- Alternative Care Recommendations
- Locate in-network providers

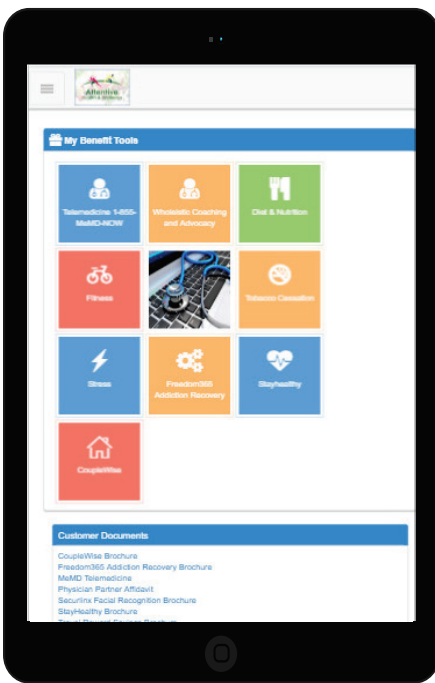


stayhealthy

LIFESTYLE • ENGAGEMENT • TECHNOLOGY

Stayhealthy Body Fat Index and Pediatric App

The mobile adventure to learn about health and the human body by coloring fun characters that come to life in magical augmented reality.



Telehealth - Virtual ER Treat, Triage, Data

Provides virtual emergency medicine with a personal touch. Diagnose, prescribe medication, order labs, make referrals, and triage any and all conditions.

- Available 24/7 /365 via telephone, mobile, tablet or computer from Personal Health Dashboard™
- Licensed physicians, and 100% follow-up for patients. Average utilization is 60%
- The member will pay a \$0 Copay for a physician consultation



Counseling Services for all Stages of Life

Develop the skills and healthy behaviors that are scientifically proven to lead to long-lasting, satisfying relationships.

- Available 24/7/365. Totally private & confidential from the comfort of home.
- Learn how to resolve conflict & increase communication, and add more intimacy & romance to your relationship.



Hope 80/20 Diabetes and Weight-Loss Program

A Diabetes and Weight Loss Program: This program is granted by the CDC and approved by the AMA. Shows significant improvement in pre-diabetes and diabetes control.



Virtual Recovery System™

The World's First Ever Interactive Virtual Recovery System for addiction.

- 28-Day Interactive Kick Starter Video Course. Hundreds of insightful videos covering all aspects of substance use.



24aLife Mayo Clinic Program

Combines four pillars of healthy lifestyle: physical activity, nutrition, psychology and medicine.

- **12 Habits of Highly Healthy People** - A guide to implement meaningful and permanent healthy lifestyle habits.
- **Resilient Mind**- From training to maintaining, offering videos, lectures, relaxation, mindfulness tips and tactics.
- **Mayo Clinic Diet** - Long-term weight management program created by a team of weight-loss experts at Mayo Clinic. It is designed to help reshape lifestyle by adopting healthy new habits and breaking unhealthy old ones.
- **Wheel of Life Visualize Happiness** - Create balance and improve productivity in 8 different areas.



Travel Benefits

Access to thousands of top-rated hotels and resorts worldwide. Available outside wellness.

- FREE \$500 Discount Card and website with option of Premium Upgrade to never-ending credits for \$19.95 per mo.



Facial Recognition

Adds another layer of HIPAA protection through facial recognition software for enhance web-based security.

The EAP program offers services that support your well-being and resilience in work and life. There is no cost to you, no registration, and is completely confidential.



Counseling Benefit

Up to 5 sessions per incident for you or your dependents can help you

- Alleviate emotional stress
- Enhance interpersonal relationships
- Address family/parenting challenges
- Address substance abuse
- Manage strong feelings
- Build on personal strengths
- Navigate life transitions
- Work through grief and loss



Work-Life Benefit

Unlimited offers consultation and referrals for

- Child care
- Adoption
- K -12 & Higher Education Resources
- Elder care
- Dependent care



Legal Benefit

One consultation per issue; unlimited issues helps with

- Bankruptcy, foreclosure
- Home sale/purchase or lease agreement
- Separation or divorce
- Adoption
- Child custody/child support
- Simple will
- Traffic, civil or criminal matters
- Elder law
- Legal document review
- Simple dispute resolution
- Online legal content and document library



Financial Benefit

One consultation per issue; unlimited issues helps with

- Managing expenses and debt
- Preparing a realistic budget
- Dealing with tax-related questions
- Planning for retirement
- Identity theft solutions
- Investing in a college education
- Student loan coaching
- Home purchase education
- Credit report review
- Online financial resource center

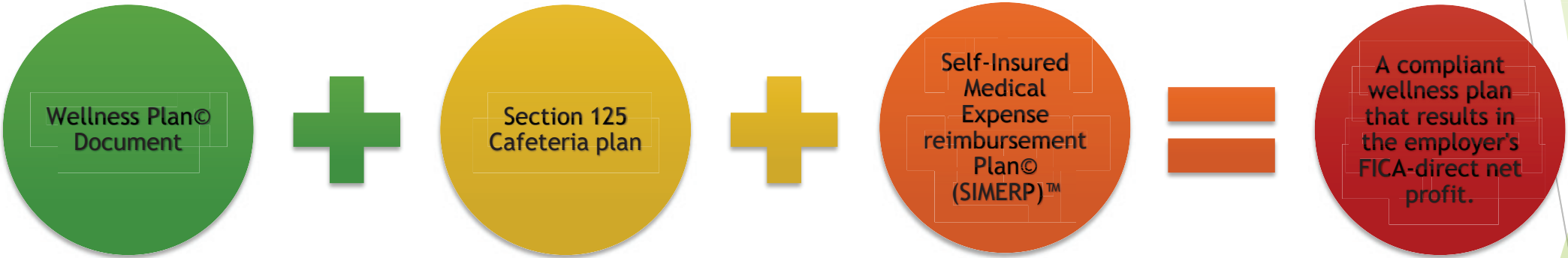
WELLNESS PROGRAMS

- Started in the 1970's as “activity” based running programs. Initially not for “preventative” reasons.

“Activity” based programs were put as a sub-category of “Health-Contingent” wellness model in ACA – *Federal Register*, Vol. 78, June 3, 2013, pg. 33,161.

New guidelines for “activity” based programs were developed by Depts. of Labor, Treasury, and HHS.

The Health & Wellness (AHW) SIMERP™ program© uses three separate documents for creating a compliant wellness program.



A *True* Win-Win situation!

