

TELEMEDICINE

- Common Illnesses Treated**
- Respiratory infections - Sinusitis/Bronchitis
 - Urinary Tract Infections
 - Laryngitis / Sore Throat / Strep Throat
 - Pink Eye / Conjunctivitis
 - Seasonal Allergies
 - Cold & Flu
 - Indigestion / Diarrhea
 - Shingles
 - Poison Ivy
 - Minor Sprain & Muscle Strains
 - Motion Sickness



- Physician consultation by phone or teleconference, available 24/7/365.
- National network of U.S. licensed and board-certified physicians for treatment of non-emergent conditions.

- Patient medical information on file but kept totally private and secure.
- No appointment necessary and callbacks average about 12 minutes.

WORKPLACE WELLNESS

Program designed by Kelly Springer, RD, nationally acclaimed nutrition expert.



- “Healthie” mobile app subscription for nutritional guidance, food journaling, exercise tracking and more
- Monthly nutrition newsletter with healthy recipes
- Monthly WorkPlace Wellness videos
- Biweekly “food morsels” 2-minute videos
- Additional optional personalized and group services may be purchased.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

An array of life management tools available online with interactivity to assist members with a variety of personal and/or work-related issues in a private, confidential, and convenient setting, including:

- Private Counseling sessions for issues affecting employees and dependents (up to 3 sessions)
- Family Caregiving Services for a variety of family matters (includes both information and referrals)
- Legal and financial services that involves 30-minute phone or in-person consultation to help answer basic legal questions or simplify the process for obtaining legal assistance.

WELLNESS ADVICE LINE

- Registered nurses available 24/7 to answer questions related to:
 - Weight loss
 - Smoking cessation
 - First aid
 - Nutrition and diet
 - Stress management
 - Disease
 - Exercise

COBRA ADMINISTRATION

- Elections are processed and coverage periods tracked; payments collected and remitted to carriers. COBRA notices provided.

SECTION 125 PLANS

- Plan setup that includes enrollment materials, payroll deduction, monthly non-discrimination testing, along with claim forms and a claim submittal process.

EXCEPTIONAL CUSTOMER CARE

- Explanation of benefits and how to maximize benefit dollars provided.
- High-dollar bill negotiation assistance
- Assistance by phone or online in finding providers
- Claims payment history provided
- Toll-free assistance available in both English and Spanish