



Preventative Care Management Program[®]



Telehealth – Appointments by Phone or Video at **\$0 Copay**

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

- Available 24/7/365 via telephone, mobile, tablet, or computer.



Employee Assistance Program at **\$0 Copay**

Provides 6 sessions per family member at \$0 copay for marital/family concerns, anxiety/stress/depression, drug/alcohol concerns, and more.

- Counselors are professionally trained to help you get to the root of your concerns. Also provides assistance for financial, legal, childcare, and eldercare.



Health Vitals Via Facial Scan App

Anura App takes a selfie to learn your statistics using a smartphone app that will inform you about your general wellness in 30 seconds.

- Measure your heart rate, blood pressure, body mass index, stress level, risk of heart attack, risk of stroke, and more!



Couples Counseling

Develop the skills to resolve conflict, increase communication, and add more intimacy and romance to your relationship.

- 8-hour online course that you complete at your convenience, plus four 20-minute calls with a program coach.



Addiction Recovery System

The world's first ever interactive virtual recovery system for addiction.

- Full one-year program and video course, plus hundreds of insightful videos covering all aspects of substance use and PTSD.



Mayo Clinic Programs

Programs designed by leading experts for all aspects of a healthy life.

- Total Body Workout – 12-week high-intensity interval training program provides a series of 20-minute exercise routines.
- 12 Habits of Highly Healthy People – Year-long guided program to implement healthy lifestyle habits.
- The Resilient Program – Self-paced video course to learn techniques to lower stress, burnout, and anxiety by developing a more resilient mindset.
- Mayo Clinic Diet – Long-term weight management program created by a team of weight-loss experts.