

Preventative Care Management Program[®] Benefits



Telehealth - Virtual Visit - Treat, Triage, Data

Provides virtual emergency 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 from Personal Portal.
- Licensed physicians and 100% follow-up for patients.
- The member will pay \$0 copay for physician consultation.

Hope 80/20 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.

Counseling Services for all Stages of Life

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

Virtual Recovery System

The World's first ever interactive Virtual Recovery System for addiction.

- Full One year Program and Video Course.
- Hundreds of insightful videos covering all aspects of substance use and PTSD.

CorpCare - EAP

Counselors are professionally trained listeners who can help you get to the root of your concerns, overcome emotional challenges, and make positive changes in your life. Marital concerns, family concerns, depression/anxiety/mood, grief, stress, financial concerns, legal concerns, childcare, and eldercare are a few examples of when a family might use the EAP.

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.

