

VALUE ADDED SERVICES

Explore programs, tools, discounts and support included with your benefits at no additional cost.



Exclusive to Aetna Members (Effective 1/1/2027)

CVS Virtual Care

Virtual Care

Access on-demand care, mental health services, health dashboard and more. Visit cvs.com/virtual-care to register and schedule an appointment.

Aetna Lifestyle and Condition Coaching

Health Coaching

Online, Group, or telephonic. Visit Aetna.com, call (855) 217-9304 to enroll, or download the MyActive Health app and enroll in the Coaching Hub.

Aetna Health Your Way

Wellness Program

Access a comprehensive wellness program providing tools and resources to help you achieve your wellness goals. Employees and Spouses on the medical plan can earn \$100 in electronic gift cards for completing activities. Login to Aetna.com or download the MyActive Health App to get started today.

Healthy Chapters

Maternity Program and Men/Women's Health Support

Visit Aetna.com or call 1-800-272-3531.

Aetna Health Connections Disease Management

Disease Management

Call 1-833-590-1141 to get started today.

Teladoc

Telemedicine and Virtual Healthcare

Visit Teladoc.com/Aetna or call 1-855-Teladoc (835-2362).

Informed Help Line

Nurse Support

Call 1-800-556-1555 talk to a nurse, day or night.

Behavioral Health Condition Management

Behavioral Health Support

For more information, please call the number on your Member ID Card. Find Mental health resources and support at AetnaBehavioralHealth.com.

Behavioral Health Telehealth

Telehealth/virtual mental well-being programs

Visit www.aetnaresource.com/p/cosm, scroll down to the Document hub, click the down arrow to expand the list of program files, and download the "Behavioral Health Telehealth" flyer for a full list of resources.

LifeMart

Health & Wellness Discount Program

To access, visit Aetna.com. Look for the "Health & Wellness" tab at the top of the page.

Your Benefits, Your Choice. You Matter, Be Healthy.

Exclusive to Kaiser Permanente Members

Calm	Mental Health Support	Visit kp.org/selfcareapps to access resources.
Headspace	Mental Health Support	Visit kp.org/selfcareapps and login to your KP to access resources.
Nurse Advice Line	Telemedicine	Call the number on the back of your member ID card.
Telehealth	Telemedicine and Virtual Healthcare	Visit kp.org , the mobile app, or call the number on the back of your member ID card.
Maternity Services	Maternity Support	Call (866) 454-8855 to speak with an advice nurse or go to kp.org/maternity for in-depth resources.
One Pass™ from Optum	Gym Membership and Wellness Discounts	Choose a fitness plan that fits your lifestyle and get unlimited access to all locations available within that plan, plus extensive digital resources. Visit kp.org/exercise for more information.
Wellness Coaching	Wellness Resources	Call (866) 862-4295 to make an appointment or visit kp.org/wellnesscoach
Health & Wellness Coaching	Wellness Resources	Visit kp.org/health-wellness to access resources.
Kaiser Rewards Program	Rewards Program	Earn up to \$150 in rewards when you complete simple, healthy activities. Visit kp.org/rewards .

Exclusive to Cigna Members

Oral Health Integration Program®	Dental Health Program	Call (800) 244-6224 for additional information.
Cigna Healthy Rewards®	Various Discount Programs	Contact (800) 258-3312, or log into myCigna.com , select the Perks & Programs tab, and scroll to Choose a Category to see your Programs section to find Healthy Rewards options.

Exclusive to The Standard Members

The Life Services Toolkit	Estate and Financial Planning	Visit standard.com/mytoolkit and enter the username “assurance” for information and tools.
Assist America	Travel Assistance	Call (800) 872-1414 for more information. Reference Number: 01-AA-STD-5201 .

Exclusive to VSP Members

VSP Exclusive Member Extras	Eye Care Discount Program	View all Exclusive Member Extras at vsp.com/offers or call (800) 877-7195.
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Employee Wellness Portal

Wellness Activities	Wellness	Go to OKTA and select the Wellness Portal title to take the online health assessment and register for Wellness Activities.
Lifestyle Coaching	Wellness	

LifeBalance

LifeBalance Program	Various Discount Programs	COSM.LifeBalanceProgram.com and register to access discounts or call (888) 754-5433.
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