

VALUE ADDED SERVICES



Exclusive to Aetna Members (Effective 1/1/2023)

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| No Cost/Low Cost MinuteClinic | Walk-in Clinics | Access to covered MinuteClinic® services at no cost to you, or low cost to you, based on your plan. Visit MinuteClinic.com . |
| MindCheck | Emotional Wellbeing Support | Visit Mindchecktoday.com . |
| Aetna Healthy Lifestyle Coaching | Online Health Coaching | Visit Aetna.com or call 1-866-213-0153. |
| Aetna Enhanced Maternity Program by Maven | Maternity Program | Visit MavenClinic.co/join/aetna or call 1-800-272-3531. |
| Aetna Health Connections Disease Management | Disease Management | Call 1-833-590-1141 to get started today. |
| Attain by Aetna | Apple – Android Health Reward Program | Text “ATTAINAPP” to 37046 for a link to download. |
| AbleTo | Virtual Outpatient Treatment | Visit AbeTo.com/Aetna or call 1-844-330-3648. |
| 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 the on your Member ID Card. |
| LifeMart | Gym Membership Discount | To access, visit Aetna.com . Look for the “Health & Wellness” tab. |
| Life Mart | Discount Hearing Program | To access, visit Aetna.com . Look for the “Health & Wellness” tab. |

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

Exclusive to Kaiser Permanente Members

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| Calm | Mental Health Support | Visit kp.org/selfcareapps to access resources. |
| myStrength | Mental Health Support | Visit kp.org/selfcareapps to access resources. |
| Ginger | Mental Health Support | Visit kp.org/selfcareapps 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. |
| ClassPass | Gym Membership Discount | Get started at kp.org/exercise |
| 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. |

Exclusive to Cigna Members

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| Oral Health Integration Program® | Dental Health Program | Call (800) 244-6224 for additional information. |
| Cigna Healthy Rewards® | Various Discount Programs | Log into myCigna.com and navigate to Healthy Rewards Discount Program or call (800) 870-3470. |

Exclusive to The Standard Members

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| 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

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| 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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PreventionCloud

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| Employee Interest Groups | Wellness | Visit preventioncloud.com and select the “Events” tab to register or take the health assessment. |
| Health Coaching | Wellness | |

LifeBalance

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