



## What is the PHMP Wellness program?

The Proactive Health Management Plan is a supplemental health benefits package that aims to get you in control of every aspect of your well-being. To reach this goal, the Proactive Health Management Plan provides a large array of benefits — from online health coaching, to 24/7/365 access to medical professionals through our telemedicine program — and much more.

On average\*, employees enrolled in the Proactive Health Management Plan see an increase in each paycheck! After your enrollment is complete, you will receive an email and a phone call from us to review your enrollment, determine the potential increase in your paycheck, and review the many benefits and savings of the Proactive Health Management Plan in more detail.

PHMP was designed to address the current health care environment through proven strategies:

1. **Health Coaching**- Active engagement from trained and nurses to encourage a healthy lifestyle
2. **Facilitate better healthcare decisions**- These tools are included with no additional cost
  - a. Telemedicine with no copay or deductible – Visit a doctor 24/7/365!
    - i. They can write/renew prescriptions too!
  - b. Monthly Text & Email with healthcare info and advice – Participation is as EASY as reading a text!
  - c. Biometric screening & DNA Testing
  - d. Realtime Choices (healthcare cost transparency tool)
  - e. Daily insurance benefits for a hospitalization and services like a colonoscopy, chest x-ray or a breast ultrasound
3. **Insurance Protection**- Enhanced benefits to protect you and your family in the event of an accident, short-term disability, hospitalization event or critical illness

All eligible employees have been pre-enrolled in the PHMP and must contact the Call Center to receive information, confirm or Opt-Out of the program.

**PLEASE CALL 866-673-2140**