



Protecting & Transforming

Employee Physical, Mental, & Financial Health

> Health Benefits



- **Medical Maintenance System:**
Tech-enabled system for risk management and injury prevention with access to preventative care and physical therapy with no co-pay.



- **Telehealth Visits:**
Care when you need it - Get 24/7 access to doctors and other healthcare professionals.



- **Prescription Access:**
No co-pay on Rx and 1000+ common prescriptions at no cost.



- **Health Vitals via Facial Scan App:**
Measure your heart rate, blood pressure, BMI, risk of heart attack, blood glucose, and more.

> Lifestyle Benefits

- **Mayo Clinic Healthy Habits:**
Access a library of over 4,000 videos, including total body workouts, stress management, and clinical diet programs.

- **Holistic Wellness:**
Support your wellbeing with health coaching and resources on nutrition, fitness, stress management, sleep, and work/life balance.

- **Employee Assistance Program:**
At no co-pay, get 6 sessions per family member, for marital and family concerns, mental health, and more.

