



**Employer's Choice**  
Preventive Care Plan

# Preventive Care Program

## Benefits for All

The Employer's Choice Preventive Care Program provides a complete array of mental, physical, financial, and social health benefits for your employees.

By participating in the cafeteria plan, your employees enjoy an increase in take-home pay and access to these benefits at no cost – guaranteed. Our end-to-end solution and services make it easy and affordable, with no net cost to the employer. Included is the industry's most awarded and validated population health suite.

### Services

- Employee Assistance Program
- HealtheCommunications™
- Industry Leading Wholeistic™ Coaching
- Unlimited, No Copay Telemedicine
- Personal Health Dashboard™
  - Numerous Resources
  - Health Predictive Modeling
  - Gamification

### Optional Services

- Biometrics Screening Kit
- DNA Screening Kit

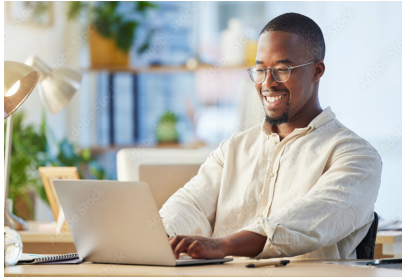
## Contact Us

[support@myemployerschoicehealth.com](mailto:support@myemployerschoicehealth.com)



## Employee Assistance Program

- Assistance for mental and behavioral health, including substance abuse, in person or virtual
- Legal counseling and financial advice
- Thousands of self-care articles, resources, and free webinars
- 24/7/365 Video, chat or telephonic access



## HealthCommunications™

- HealthDigest™ weekly email newsletter about topics of interest
- HealthNews™ newsletter emailed to HR Managers or to participants
- Monthly Health Newsletter emailed, texted, or mailed to participants for compliance
- Customized activity reminders and program benefit emails



## Industry Leading Wholeistic™ Coaching

- Unlimited personal appointment based access to an RN Health Coach
- Coaches are certified by Health Coaches of America, a USHC Company
- Coaches work on specific goals with members on categories of lifestyle, predisease, disease management, mental health management, and behavior change
- Completely confidential and at no additional cost



## Telemedicine

- Unlimited with no co-pay
- U.S. board-certified doctors with an average of 15 years of experience
- Prescriptions can be sent to the nearest pharmacy, if medically necessary and 70+ urgent care medications available at no cost
- Primary Care, Urgent Care, Rx and Pharmacy Care and Mental Health Therapy

## Personal Health Dashboard™ (PHD)

The Personal Health Dashboard™ (PHD) is a secure online personalized web portal which can be accessed at any time from any device. It houses the benefits in the My Benefits tab as well as numerous other health tools including:

- Online Health Risk Assessments
- Online medical library and video library
- Road to Wellness Behavior Modification Modules for Nutrition, Fitness, Stress, and Tobacco
- Risk Resolution Guidelines
- Electronic Medical Records
- Personal Health Assessment Reports
- Trackers for exercise, sleep, hydration and others
- Integration of Fitbit, Garmin and other wearables
- Identity Theft Protection

