



## Give yourself a raise and better health!

### The Proactive Health Management Plan (PHMP)

PHMP engages you towards better health and will increase your take home pay up to 5%. There is no net cost to you for these additional benefits!

### Being Proactive is as easy as one engagement per month

Simply engage with a health coach via text, phone or on-line each month to receive a \$625 monthly claim payment. Or simply read the health article sent to your mobile phone. You will receive the claim payment for any of the below services.

### Health Risk Assessment (HRA)

The Proactive Health Management Program begins with the HRA to determine which aspects of an employee's well-being require attention. PHMP health coaches design a program to each individual's needs.

### Telemedicine

Talk to a doctor anytime, anywhere at **NO COST!** Our doctors can diagnose, treat and often prescribe Rx for an array of medical issues on-line or over the phone.

### Biometric and DNA Screening

Biometric Screening identifies risk factors for illnesses such as diabetes and cardiovascular disease up to 10 years before full onset. DNA screening can be used to understand how to modify lifestyles for optimum wellness.

### Online Health Lessons With Coaching

PHMP certified health coaches provide tailored training, dietary and prevention programs to address the health needs and goals of each employee. They will monitor and adjust your program as your needs change.

### Real Time Choices

Compare pricing for testing and procedures that can save you thousands of dollars in healthcare cost! (this benefit does not qualify for claim payment)

### Hospital Indemnity Benefit

Pays \$100 per day up to 5 days while hospitalized. Pays \$50 per testing below



Bone Marrow Testing



Stress Test  
(Bicycle or Treadmill)



CA 15-3  
(Breast Cancer)



CEA  
(Blood Test for Colon Cancer)



Chest X-Ray



PSA  
(Prostate Cancer)



Serum Protein  
Electrophoresis  
(Myeloma)



Breast Ultrasound



Thermography  
(Infrared Photo)

## Questions? Call 866-673-2140