

# QUICK REFERENCE BENEFIT DIRECTORY

HEALTH CONCERN	MEMBER BENEFIT
<b>Back Care</b>	<ul style="list-style-type: none"> <li>• Designed Wellness: (Telephonic Coaching and Journeys)</li> <li>• HealthiestYou Back Care</li> <li>• Kaia Health (DW+)</li> </ul>
<b>Benefit Guidance and Cost Transparency</b>	<ul style="list-style-type: none"> <li>• Advocate 4 Me (UHC members)</li> <li>• Healthcare Blue Book (Select members)</li> </ul>
<b>Cancer</b>	<ul style="list-style-type: none"> <li>• Personal Cancer Support (UHC members)</li> <li>• Health Support (UHC members)</li> </ul>
<b>Claims</b>	<ul style="list-style-type: none"> <li>• Advocate4Me UHC</li> <li>• Meritain</li> </ul>
<b>COVID 19</b>	<ul style="list-style-type: none"> <li>• Designed Wellenss: (Journeys)</li> <li>• HealthiestYou Everyday Care</li> <li>• UHC Meritain</li> </ul>
<b>Dermatology</b>	<ul style="list-style-type: none"> <li>• UHC</li> <li>• Meritain</li> <li>• HealthiestYou Dermatology</li> </ul>
<b>Employee Assistance Program (EAP)</b>	<ul style="list-style-type: none"> <li>• Live + Work Well (UHC members)</li> </ul>
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Designed Wellness: (Healthy Habit Tracking, Telephonic Coaching and Journeys)</li> <li>• Aaptiv (DW+)</li> <li>• Peloton membership (UHC members)</li> <li>• Real Appeal (UHC members)</li> </ul>
<b>Medical Care</b>	<ul style="list-style-type: none"> <li>• UHC</li> <li>• Meritain</li> <li>• HealthiestYou Everyday Care</li> </ul>
<b>Mental Health</b>	<ul style="list-style-type: none"> <li>• HealthiestYou Behavioral Health</li> <li>• Whil (DW+)</li> <li>• Sanvello (UHC members)</li> <li>• UHC (See plan details)</li> <li>• Meritain (See plan details)</li> </ul>
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Designed Wellness: (Healthy Habit Tracking, Telephonic Coaching and Journeys)</li> <li>• Foodsmart (DW+)</li> <li>• Real Appeal (UHC members)</li> </ul>
<b>Physical Therapy</b>	<ul style="list-style-type: none"> <li>• Kaia Health (DW+)</li> <li>• UHC</li> <li>• Meritain</li> <li>• UHC (See plan details)</li> <li>• Meritain (See plan details)</li> </ul>
<b>Stress Management</b>	<ul style="list-style-type: none"> <li>• Designed Wellness: (Healthy Habit Tracking, Telephonic Coaching and Journeys)</li> <li>• HealthiestYou Behavioral Health</li> <li>• Whil (DW+)</li> <li>• Sanvello (UHC members)</li> </ul>
<b>Tabacco Cessation</b>	<ul style="list-style-type: none"> <li>• Designed Wellness: (Telephonic Coaching and Journeys)</li> <li>• Quit for Life (UHC members)</li> </ul>
<b>Wellness</b>	<ul style="list-style-type: none"> <li>• Designed Wellness</li> <li>• Rally (UHC)</li> </ul>
<b>Weight Management</b>	<ul style="list-style-type: none"> <li>• Designed Wellness: (Telephonic Coaching and Journeys)</li> <li>• Aaptiv (DW+)</li> <li>• Foodsmart (DW+)</li> <li>• Wondr Health</li> <li>• Real Appeal (UHC members)</li> </ul>
<b>Women's Health / Pregnancy</b>	<ul style="list-style-type: none"> <li>• Designed Wellness: (Journeys)</li> <li>• Maternity Support (UHC members)</li> </ul>

This document lists general health topics for your reference. If you have an additional concern not listed on this document always consult your primary care physician or the 800 # listed on the back of your medical card for full details around your full plan benefits.