



Get Well. Stay Well.

At Health Alliance™, we have tools—built into your plan—to help you stay healthy or get back on your feet.

Call the Customer Service number on the back of your ID card to take advantage of any of these services or to learn more about what your Health Alliance-administered plan offers.

Perks to Keep You Moving

- **Fitness and Pharmacy Discounts**—Save money on things you already do, like going to the gym and filling prescriptions.
- **Wellness Rewards Program**—Fill out a Health Risk Assessment, make a wellness appointment with your primary care provider and consult with one of our health coaches to be entered into a raffle for exciting rewards.
- **Anytime Nurse Line**—Get answers to health questions, 24 hours a day.
- **Assist America® Global Emergency Services**—Travel the world knowing you can get help arranging care if needed.
- **Preventive Services**—Keep on top of your health with benefits covered by your plan at 100 percent. Examples include immunizations, annual preventive care exams, routine mammograms and cancer screenings.

Guidance through Health Challenges

- **Quit For Life™**—Quit an expensive tobacco habit with this guided program.
- **Health Coaching**—Receive encouragement and support in making healthy lifestyle changes or learning to live with a chronic illness, like diabetes.
- **Care Coordination**—Set and reach your health goals and manage illness and recovery, with help from our care coordinators.
- **Care Transition Intervention**—Work with our team to safely transition from hospital to home.
- **Medication Management**—Talk to our Pharmacy Department about taking your medications safely.

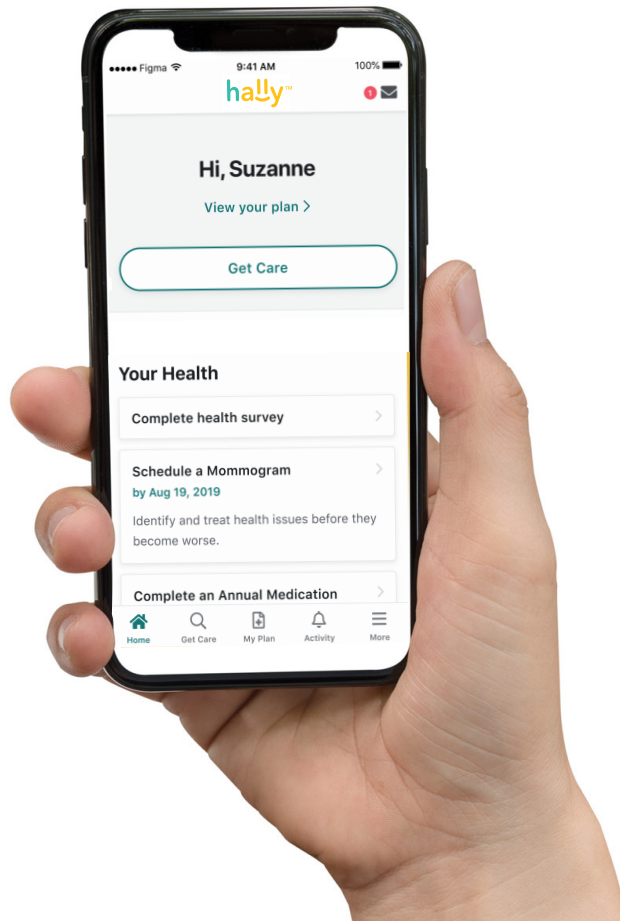


Online Resources

- **Treatment Cost Calculator**—Compare doctors and prices for various services, based on real data and your specific health-plan usage.
- **Hally™ App**—Find providers, see what you'll pay for key services, access your virtual ID card and more.
- **YourHealthAlliance.org**—Go paperless, check your coverage, order ID cards and more.
- **HealthAlliance.org/Wellness**—Find wellness resources, calculate your health score, get weight management and nutrition help, and more.
- **Blog.HealthAlliance.org**—Discover important health education, look for events near you and find healthy recipes.
- **HAMP.LifeBalanceProgram.com**—Find discounts on travel, entertainment, adventures and other activities that keep you balanced.

Benefits for expenses incurred for services or treatment are subject to the plan terms in effect on the date services or treatment are received. Call the Customer Service number on the back of your ID card to check your coverage.

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