



HEALTH INSURANCE WELLNESS BENEFITS

PLEASE NOTE THIS IS GENERAL INFORMATION ABOUT THE PROGRAM AND BENEFITS OFFERED TO SCOIC MEMBERS. FOR YOUR SPECIFIC GROUP BENEFITS, CONTACT YOUR HUMAN RESOURCES DEPARTMENT.

FOR MORE INFORMATION VISIT: WWW.SCOIC.ORG

Your organization
offers medical benefits through the
South Central Ohio Insurance Consortium (SCOIC)

SCOIC is happy to partner with Pulse Health Solutions to bring its members benefits such as:

Wellness Portal

Biometric Screenings and Health Risk Assessments

Employee Assistance Program

Telemedicine

Diabetic Supply Program

Many Additional Resources



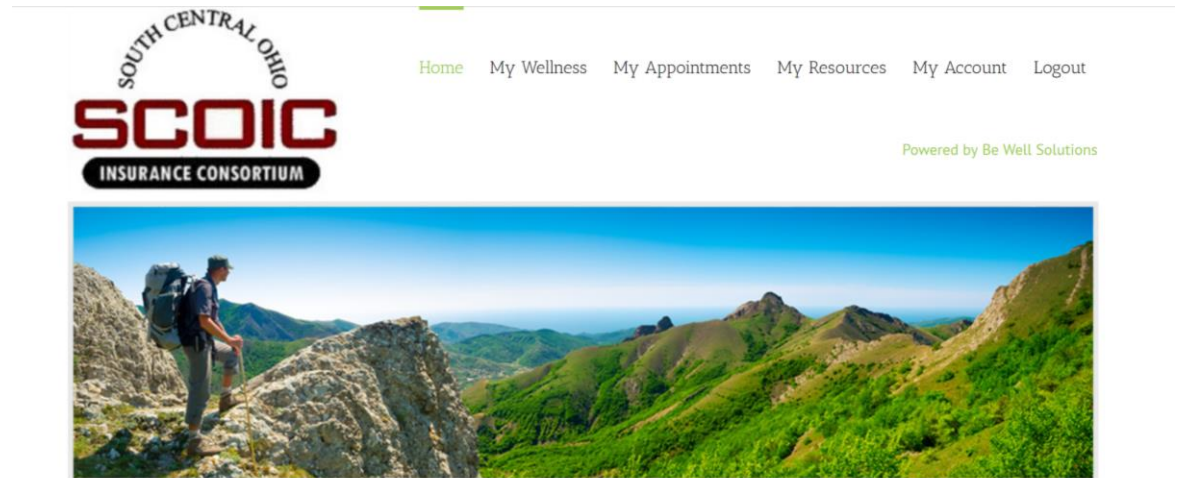
WELLNESS PORTAL



Elevate (powered by Healthworks) is your employee online portal for all things wellness.

Features include:

- Biometric Results
- Health Risk Assessment
- Create and Track Health Goals
- Educational Newsletters & Resources



Web Based Tools



Nutrition Help

- [Healthy Eating](#)
- [Healthy Cooking](#)
- [Grocery Shopping](#)
- [Eating on the Go](#)
- [Calorie Counters](#)



Exercise Help

- [Aerobic Exercise](#)
- [Strength Training](#)
- [Flexibility and Balance](#)
- [Exercise Training Tools](#)



Emotional Balance

- [Relaxation and Stress Management](#)
- [Healthy Sleep Strategies](#)
- [Depression and Anxiety](#)



Being a Smart Patient

- [Know Your Numbers](#)
- [Finding the Right Doctor](#)
- [General Information](#)
- [Smoking Cessation Help](#)
- [Health Insurance Basics](#)

Welcome, TEST!



My Wellness

- [Health Risk Assessment](#)
- [Biometric Screening Results](#)
- [Health Risk Report](#)
- [Program Forms & Information](#)
- [Scorecard](#)



My Appointments

- [Offsite Screening](#)



My Resources

- [Health Goals](#)
- [Know Your Numbers](#)
- [Web Based Tools](#)



My Messages

Your Health Risk Assessment is COMPLETE

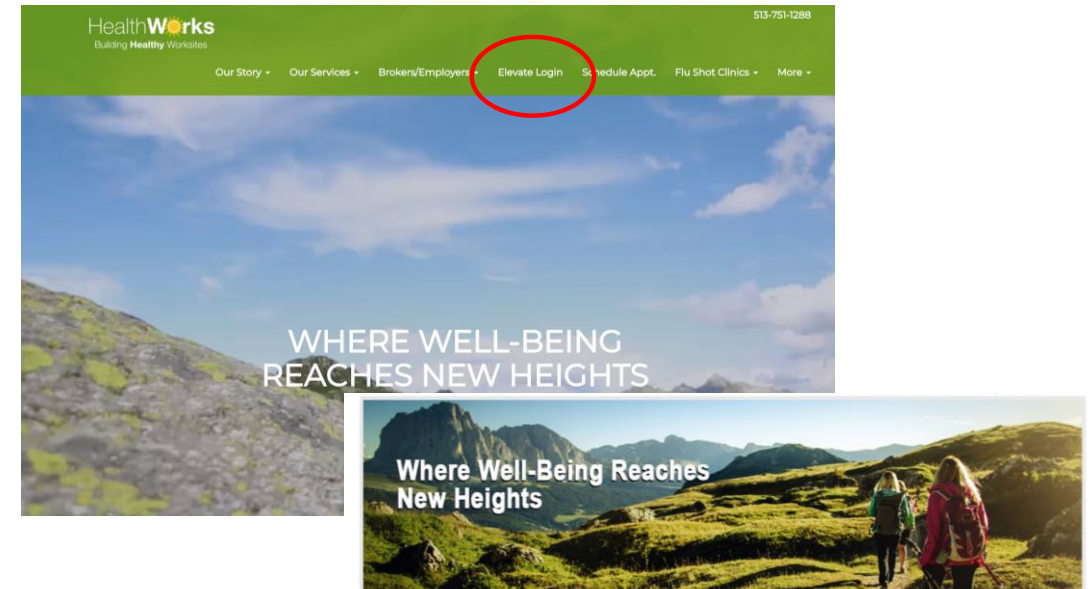
WELLNESS PORTAL



How to Login:

Visit www.cincyhealthworks.com

- Click on **ELEVATE LOGIN** at the top of the home page
- Enter your username (see below)
- Password: If previously logged into the portal, use the password you created.
- If you have never logged in before, your temporary password: **APPLE** (all caps)
 - You will be prompted to create your own password before continuing



Username:

Password:

Remember Me

LOGIN

[Forgot Username or Password?](#)

Welcome to Elevate

Please follow the instructions below to enter the site:

Logging in for the first time:

- Your username is:
First initial of first name + First 4 letters of last name + Last 4 digits of your social security#
Example: Joe Black would be 'JBLAC1234'
- Your temporary password is:
APPLE (all caps)
- On the next screen you will be prompted to create/verify your own password
- (Please save your password in a safe place for future logins)
- Update your user profile

If you have logged in before:

- Enter your username:
First initial of first name + First 4 letters of last name + Last 4 digits of your social security# (Example: Joe Black would be 'JBLAC1234')
- Your password is what you created the first time you entered the site

Your Username Is:
**First letter of your first name + First four letters of your last name
+ Last four of SSN#**
(For example, JACK BLACK would be 'JBLAC1234')

EMPLOYEE ASSISTANCE PROGRAM (EAP)



What is an EAP?

A free, professional and confidential program helping employees and their families identify and resolve personal problems and concerns that may affect job performance. Problems and concerns may include:

- Depression, grief, loss and emotional well-being
- Family, marital and other relationship issues
- Addictions such as alcohol and drug abuse
- Stress or anxiety with work or family
- Financial and legal concerns
- Identity theft and fraud resolution

Other benefits to your EAP:

- **Monthly Newsletters**
- **Online Resources** – webinars, videos, guides, articles, webinars and more
- **Online will preparation**
- **WorkLife Services** – providing referrals to important needs like education, adoption, travel, daily living and care for your pet, child or elderly loved one.
- **LIFT Fitness** – virtual fitness programs/sessions and access to a fitness coach

Balancing work with life's other responsibilities can be a challenge. SCOIC provides you with an Employee Assistance Program that can assist you as you build your day.. Your week..Your life.

The Standard is available 24 hours a day, 7 days a week and 365 days a year! The EAP offers 6 face-to-face or telephonic assessment and counseling sessions per issue at NO COST to you and members of your household.

To schedule your counseling session:

877.851.1631

workhealthlife.com/Standard6

EMPLOYEE ASSISTANCE PROGRAM (EAP)



ACCESS IS EASY!

No matter when, no matter where, you and your family have access to professional support. Call or register your account online to get started.

TOLL-FREE: 877.851.1631

TTD/TTY: 800.327.1833

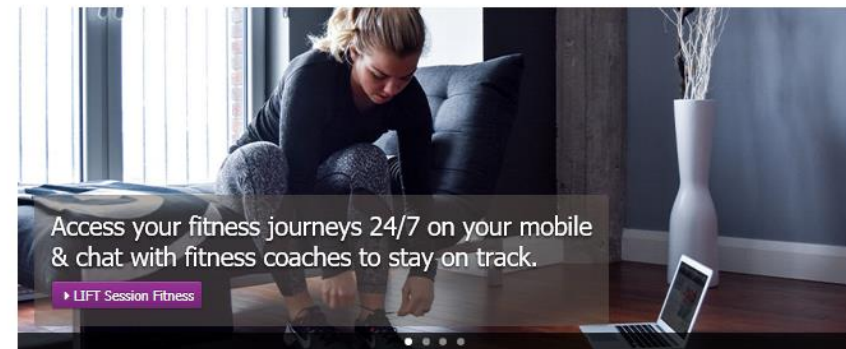
WEBSITE: workhealthlife.com/Standard6

workhealthlife for The Standard (6 session model)

Your Employee Assistance Program is a support service that can help you take the first step toward change.

Register | Login | Español Search

- my services
- health & well-being
- career & workplace
- financial security
- life events



▶ LIFT Session Fitness

Let us help

Your EAP provides immediate, and confidential assistance for any work, health, or life concern.

Call 877-851-1631 ▶

Chat Now ▶

Text MSEAP to 53342 ▶

Email Us ▶

Get the app ▶

Resource Center & Tools

Helpful resources and interactive tools like [Create an Online Will](#), [Financial Calculator](#), and [Identity Theft Risk Calculator](#). See the full list of tools now.

Self-Assessments

Self-assessments can help you make positive changes in your life. Choose to focus on your health, behavior, or well-being. [Get started now.](#)

Vote now

How can you help end mental illness stigma?

- Speak up about stigma to friends, family and colleagues
- Be aware of your own attitudes and judgments
- Support organizations that fight stigma
- All of these things can help end stigma

Vote now
View results

Join us for a webinar

Join us for our monthly webinar on a new work, health, or life topic. Webinars are free and run about 45 minutes. [Register now.](#)

Archives: Newsletters, Microsites, Webinars

Find archived newsletters, mental health microsites, and webinars here. [View archives now.](#)

What our clients think

"When I called, my Client Care Representative took his time with me, and made me feel appreciated. He gave me information, offered me things that I wasn't even aware existed through EAP."



EMPLOYEE ASSISTANCE PROGRAM (EAP)



To register online visit:

workhealthlife.com/Standard6

- Click on **Register** at the top of the home page
- Enter your required information
- If you are a manager or administrator within Human Resources, choose this option.
- Click Submit

You will receive an email to verify your account so be sure to use a working email. Once verified, you can login to access all of the benefits within the EAP.

The screenshot shows the registration page for the Employee Assistance Program (EAP) for The Standard (6 session model). The page includes a navigation menu with options like "my services", "health & well-being", "career & workplace", "financial security", and "life events". The main content area is titled "Register" and contains a registration form with the following fields: Organization (The Standard (6 session model)), First name, Last name, E-mail, Retype e-mail, Password, Retype password, and Language Preference (English - US). Below the form, there are checkboxes for "Roles that apply to you" (I am a manager or people leader of The Standard (6 session model)) and "Communications" (Stay in touch with health & wellness updates, Balance newsletter, and interactive events. Join now!). The form ends with "Submit", "Cancel", and "Required fields *" buttons.

TELEMEDICINE

CONVENIENT
CARE ANYWHERE™

1.800MD™

What is 1.800MD?

1.800MD is a national telehealth company specializing in convenient, quality medical care. With board-certified physicians in all 50 states, those in need can obtain diagnosis, treatment and a prescription, when necessary, through the convenience of a telephone and digital communications.

Tired of waiting weeks to see your PCP?

Don't cause headaches with long lines at urgent care and the ER

CALL 1-800-530-8666 or access your account online at www.1800MD.com

Common uses for telemedicine:

- Allergies
- Arthritic Pain
- Cold & Flu
- Tonsillitis
- Laryngitis
- Pharyngitis
- Skin Infections
- Gastroenteritis
- Ear Infection
- Pink Eye
- Insect Bites
- Minor Burns
- Respiratory Infections
- Sinusitis
- Sprains and Strains
- Urinary tract Infections
- Consulting for International and Domestic Travel
- AND MUCH MORE!



TELEMEDICINE

CONVENIENT
CARE ANYWHERE™





ACTIVATE YOUR ACCOUNT TODAY!

Before a consultation can take place, it is required that the member activate their account and complete their Health History information. Save yourself the time and activate now instead of when you are already sick!

STEP 1: Activate

Activate your account online or by calling member services. Once activated, you will need to set up your member profile and complete your Health History information.

- You will receive your group and member number with your welcome pack or via e-mail.
- Go to www.1800md.com and click member login
- Click link to 
 - Have your member number ready to proceed with activation
- Fill in required information
- Select 
- Next, please check your email for a link to complete verification
- You should receive two emails:
 - The first contains your login and password
 - The second contains the link to verify your account
- Once verified, you will automatically be directed to your secure Member Portal



TELEMEDICINE

CONVENIENT
CARE ANYWHERE™

1.800MD™

STEP 2: Complete Your Health History Form

Once you have activated your account.

- Select the “MY HEALTH HISTORY” tab
- Complete entire health history form then click “SAVE”

The screenshot displays the 'MY HEALTH HISTORY' form in the 1.800MD Member Portal. The form is organized into several sections:

- PERSONAL INFO:** Includes fields for First Name, Last Name, Email, Cell Phone, Home Phone, Time Zone (set to GMT Casablanca), and Country (set to USA / Canada).
- ANATOMICAL INFO:** Includes Date of Birth (01/01/1999), Gender (Male/Female), Height (ft/in), Weight (lbs), Ethnicity, Eye Color, Hair Color, and Blood Type.
- HOME ADDRESS:** Includes Address, City, State (set to AL), and Zip.
- MEDICAL CONDITIONS:** A list of dropdown menus for selecting medical conditions.
- CURRENT MEDICATIONS:** A list of dropdown menus for selecting current medications.
- PRIOR SURGERIES:** A list of dropdown menus for selecting prior surgeries, with Month and Year dropdowns for each.
- MEDICAL ALLERGIES:** A list of dropdown menus for selecting medical allergies.
- PREFERRED PROVIDER:** Fields for Name and Phone.
- SPECIALIST PROVIDER:** Fields for Name and Phone.
- PREFERRED PHARMACY:** Fields for Name and Phone.

A blue 'Save' button is located at the bottom right of the form.

*Please ensure you have filled out the form completely before requesting a consult. This ensure that doctors are receiving accurate information to give you the best care possible.

TELEMEDICINE

CONVENIENT
CARE ANYWHERE™

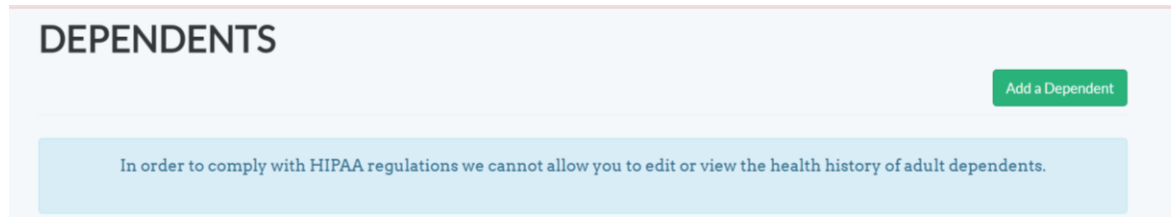
1.800MD™

STEP 3: Add Dependents

- Click My Dependents



- Next, click Add Dependent. NOTE: If the dependent is over 18 years old, they will receive an email containing their own login and password. They will be able to view their health history and request consultations in their member portal. The primary member WILL NOT be able to access the dependent's information from their account.



- Complete ALL of the dependent's required information (anything with a "*" next to it) and click "Save".

TELEMEDICINE

CONVENIENT
CARE ANYWHERE™

1.800MD™

Log in to your account online or call member services to request a consult anytime 24/7

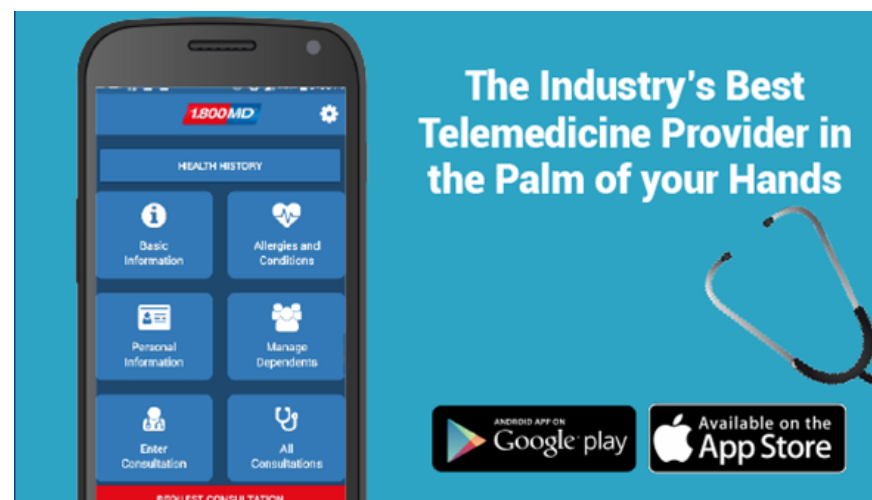


Online: www.1800md.com

Call 1-800-530-8666

**Other benefits available online include:
Symptom Checker and Drug Interaction Checker**

Introducing the 1.800MD Mobile App



Access to all of the following within the app:

- **Activate your account**
- **Complete and verify your personal health information**
- **Find and select your preferred pharmacy**
- **Manage and verify your dependents**
- **Select your ailment category and describe your symptoms**
- **Request on-demand or schedule your preferred consultation time connected to one of the board-certified physicians**

Click [HERE](#) for a demo

E3 ZERO CO-PAY SUPPLY PROGRAM

The E3 Zero Co-Pay Diabetes Testing Supply Program enables eligible SCOIC members to receive diabetes testing supplies at **no cost to you**. Pulse Health Solutions has partnered with EHCS providing a program that will have your supplies shipped directly to your door.

When you enroll in the **E3 Zero Co-Pay program**, you gain access to a wide range of diabetes products, including blood glucose monitoring equipment, insulin pumps, testing and pump supplies:

- No co-pay or out-of-pocket costs on diabetes testing supplies
- Free home delivery
- 90-day shipment of testing supplies
- Auto-shipment so you never run out
- All major brands of testing supplies, including, EasyMax, LifeScan, Accu-Chek, Ascensia (formerly Bayer) and Abbott FreeStyle

We also supply lancets, lancing devices and control solutions – everything you need to keep your glucose in check.

Get Started Now!

- Visit online at <https://www.myehcs.com/e3-scoic/>
- Email E3@myehcs.com
- Call 1-888-344-3434 and mention the E3 program


**Save up to \$1000 annually on
Diabetic Testing Supplies**




Script from physician is required

E3 ZERO CO-PAY SUPPLY PROGRAM

Enrolling is easy!

1. Log on to <https://www.myehcs.com/e3-scoic/>
Select 
2. Enter employer information and insurance member number
3. Enter all personal information: Name, Gender, Birth Date, Address, Phone and email. Select next
4. Enter all physician information and select next
5. Enter supply information – answer all questions related to compliance and product requests including frequency of testing, remaining supplies and type of meter. Select next.

An Edwards Health Care Services (EHCS) representative will verify your insurance coverage and begin processing your order. Any questions call 1-888-344-3434 and reference SCOIC and the E3 program.



SCOIC Diabetes Supply Program Enrollment Form

Thank you for your interest in the E3-Zero Co-Pay Diabetes Supply Program! Once you complete the enrollment form below, EHCS will verify your insurance benefits and obtain a prescription from your doctor. EHCS will contact you to explain your benefits prior to shipping your first order. Our highly trained staff will handle all the necessary insurance paperwork on your behalf. Please email ContactUs@myEHCS.com if you have any questions.

1 Page 1 2 Page 2 3 Page 3 4 Page 4

Please select your employer.*

Enter your insurance member number.*

Responsible Party*
Self

If the policy is in your name, please select Self. Otherwise, choose the appropriate option.

Name*
First Last

Gender*
 Female Male

Birth Date*

Address*
Address Line 1
Address Line 2
City State Zip Code

Phone* Mobile Phone

Email Preferred Contact Method*