



ABOUT MANAGE MY HEALTH™

CREATING HAPPIER AND HEALTHIER RETIREES

Manage My Health is the most comprehensive retiree assistance program on the market, featuring a robust package of services available exclusively to retirees and their families. The program helps seniors enjoy a healthier and happier lifestyle by providing access to physical, mental, nutritional and financial support through a trusted network of senior-centric program partners.

Manage My Health is a powerful resource and a great opportunity for organizations to encourage their former workers to take an active interest in improving their personal well-being.



Telehealth Solutions—24/7 Physician consultations by phone. Treatment for:

- Common colds
- Respiratory infections
- Rx authorizations
- Sprains and strains
- Arthritic pain
- \$0 Copay



Counseling & Intervention—24/7 immediate access to counselors; unlimited counseling sessions. Ideal for:

- Alcohol or drug abuse
- Family issues
- Anxiety, depression and grief
- And more!
- Debt & money management



Food Delivery Service—Healthy meals delivered to you or your loved ones

- Freshly prepared meals delivered to your door
- Single order or meal program
- Special senior & dietary meals
- Can be ordered for loved ones as a gift



Identity Theft Support—Protection and resolution services

- Award winning 24/7 Identity Theft Resolution Service
- Account closure and notification services for decease
- A trusted resource for vetting potential fraud offerings
- Assistance in the administrative details involved in closing a loved one's affairs



Caregiver Resources—Quality, professional in-home caregivers you can trust for your loved ones.

- Access to experienced caregivers
- Caregiver/Client matching process
- In-depth background checks
- Savings up to 50%



Health & Wellness Support—Online resource for personal health and wellness. Features include:

- Health risk assessments
- Senior-friendly workouts and instructions
- Daily tips on nutrition, weight loss and exercise
- Medical diagnosis library



Physician Network—Access a network of specialists and primary care physicians based on your specific needs:

- At least three recommended specialists
- Confirmation of appointment availability and necessary medical records or tests
- Verified insurance acceptance



Hearing Services—Discount hearing benefits for you and your family. Benefits include:

- Free annual hearing screenings
- 30-70% off high quality hearing aids
- No interest financing
- 3 years of service on a hearing aid purchase, including repair warranty, loss and damage coverage, and batteries



ON YOUR TEAM.