

Experience Natural Health and Wellness Methods at Reduced Costs



What Alternative Medicine Does for You

- ▶ As traditional healthcare costs continue to increase, over 37% of adults have turned to natural health and wellness methods
- ▶ Forms of alternative medicine help reduce stress, relieve migraines, help people quit smoking, and more
- ▶ Enjoy savings on a variety of specialties, including acupuncture, massage therapy, hypnotherapy, yoga, and tai chi
- ▶ Access over 40 specialties and 43,000 practitioners nationwide

Save 10-30%

Save 10% to 30% on alternative
medicine practices



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Improve your Financial Health Through Live Coaching and Online Resources



#1 Stressor

Personal finance is the number one source of stress across all demographics

What Financial Wellness Does for You

- ▶ Gain a helping hand to guide you through the major financial changes and challenges you'll face throughout life, from paying for college to buying a home to managing a budget
- ▶ Accredited or Certified Financial Counselors are accessible by phone to assess issues, discuss options, and help you determine the best course of action for your situation
- ▶ The Online Financial Resource Center does the heavy lifting for research, providing a variety of vetted articles, videos, worksheets, checklists, and more to guide your financial wellness journey



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Financial Wellness does not provide investment, legal, or tax advice.

Replace “Dr. Google” with Actual Healthcare Professionals for More Informed Decisions

What Doctors Online Does for You

- ▶ Enjoy 24/7 email access to doctors, pharmacists, psychologists, dentists, dieticians and more to get treatment options and advice you understand
- ▶ Expect responses within a few hours
- ▶ Review articles, videos, and Health Encyclopedia
- ▶ Personal Health Record is secured
- ▶ Unlimited, confidential services include your immediate family
- ▶ Ask questions like:
 - My throat is sore and I’m feeling pretty warm... should I go see my doctor?
 - I was just diagnosed with diabetes and I don’t know what to do next...what are my options?
 - My dentist says I need a root canal and it’s going to cost me \$1,200. Does that sound reasonable?
 - The doctor told me I need to lose 30lbs. Will you help me put together a diet plan?
 - This is a picture of my son’s eye. Do you think we’re dealing with pink eye?



\$200 Billion
\$200 billion is wasted on
unnecessary medical visits every
year



**Resolve
Personal Issues
and Stresses**
from the Comfort of
Home



32% Suffer

32% of U.S. employees suffer from severe stress, anxiety, or depression

What Counseling Services Do for You

- ▶ Call 24/7 for an evaluation, then set up a free phone session to discuss and resolve job issues, financial or legal stress, struggles with grief and loss, family and marital issues, and more
- ▶ Sessions are typically available within 72 hours of your initial call
- ▶ Counselors will help determine the best course of action, from developing goals to seeking a long-term solution
- ▶ Although counselors are not able to provide financial guidance, they can assist with stress related to financial situations



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