



# Wellness + Prevention

*-achieving better health overall-*

Helping Members achieve and maintain good health is a key focus at Community Health Options. Our wellness program includes:

- ▶ Online Wellbeing Assessment
- ▶ Smoking cessation benefits at \$0 cost to the Member
- ▶ Collaboration with employers of all sizes who offer a variety of wellness initiatives
- ▶ Access to a comprehensive database of health information

Health + Wellness	Smoking Cessation	Access to Health Information
<p>We support Members' overall health through a variety of services based on individual preferences and needs. This includes:</p> <ul style="list-style-type: none"> <li>▶ Providing direct support and care coordination to promote effective and timely healthcare services</li> <li>▶ Helping Members locate in-network services, specialists, or medical equipment and supplies</li> <li>▶ Coordinating care when mental health and/or substance use disorders conditions are impacted by medical conditions</li> <li>▶ Providing education and behavior modification support for effective self-management of one or more chronic medical conditions</li> <li>▶ Promoting a healthy lifestyle through education and behavioral change support</li> </ul>	<ul style="list-style-type: none"> <li>▶ Nicotine replacement products or any medications specifically approved by the FDA to quit tobacco use</li> <li>▶ Medications covered at no out-of-pocket cost when prescribed by a network provider</li> <li>▶ Generic Nicotine Replacement Therapy (NRT): gum, patch, lozenge</li> <li>▶ Chantix (up to a 90-day supply)</li> <li>▶ Tobacco cessation education and counseling</li> </ul>	<p>All Members have access to our health and wellness portal to get facts on over 6000 health topics, tests, and wellness issues in key areas such as:</p> <ul style="list-style-type: none"> <li>▶ Stress Management</li> <li>▶ Weight Management</li> <li>▶ Diet and Nutrition</li> <li>▶ Tobacco Cessation</li> </ul>

WellnessPreventionFlyer-00-11-100317

**HealthOptions.org | (855) 624-6463**

For more detailed information about our health plans or to review our Member Benefit Agreement and Schedule of Benefits, Provider Directory, Prescription Formulary, or Privacy Notice, please visit our website at HealthOptions.org. If you do not have access to computer or internet services, please call (855) 624-6463. A Member Services Associate will be happy to provide you with printed copies and answer any questions you may have.

Community Health Options complies with applicable Federal civil rights law and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le (855) 624-6463 (TTY/TDD: 711)

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (855) 624-6463 (TTY/TDD: 711)