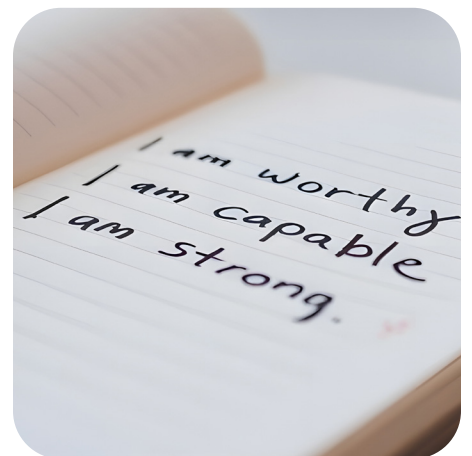


Comprehensive Wellness Guide

Resources for a Healthier You



Welcome to your Comprehensive Wellness Guide

The Bucks and Montgomery County Schools Healthcare Consortium is pleased to provide this comprehensive resource to help our members take charge of their health and well-being.

Inside, you'll find valuable information on a range of wellness topics, from mental health support with MindCheck and Headspace, to fitness and weight management through HUSK Fitness, Aetna Weight Management, and personalized health coaching with Journeys.

Learn about recommended preventive care screenings and vaccinations for you and every member of your family. Discover convenient healthcare access options like Teladoc and the CVS Minute Clinic.

Find out how to save time and money by visiting an urgent care facility instead of going to the emergency room at a local hospital.

Your Comprehensive Wellness Guide is here to empower you on your wellness journey!



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 <https://bmsmc.org>

Visit or scan the QR code to learn more.

Save Time & Money: Choosing the Right Care



Feeling fluish? Have a pounding headache? Hurt your back carrying the groceries? Don't spend more time and money than needed at the emergency room (ER). Consider visiting an urgent care center instead to help you feel better sooner.

Plenty of services

Urgent care centers offer care for serious medical matters that aren't life threatening. They also handle vaccinations and treat:

- Sprains and minor fractures
- Cuts that require stitches
- Bronchitis
- Lower back pain
- Headaches and more



Find care near you:
www.aetna.com

1. Click on “*Find Care.*”
2. Select “*Urgent Care.*”
3. Scroll down and select “*Urgent Care Facilities.*”

| Non-Emergency Services | Average ER Cost* | Average Urgent Care Cost* |
|-----------------------------|------------------|---------------------------|
| Sprains | \$750 - \$1,000 | \$125 - \$175 |
| Flu | \$750 - \$1,000 | \$125 - \$175 |
| Minor Cuts | \$750 - \$1,000 | \$125 - \$175 |
| Migraines/tension headaches | \$750 - \$1,000 | \$125 - \$175 |

* Average retail and ER pricing. Based on Aetna average claims costs. Data accessed April 2018. For illustrative purposes only. 1Urgent Care Locations, LLC. Urgent care center vs. emergency room. Available at: urgentcarelocations.com/urgent-care-101/faq/urgent-care-center-vs-emergency-room. Accessed April 4, 2018.

Cost Estimator Tool

1. Members log into Aetna member website
2. Search for a provider or select “Find Care and Pricing”
3. Select the “Estimate Costs” link
4. Arrive on the Cost Estimator Tool landing page
5. Select “Doctors by name” or “Get Costs Estimates” tile
6. Search for a provider or service in the Cost Tool Estimator



Move Better, Feel Better with Hinge Health



Hinge Health is a digital exercise therapy program that can help relieve joint and muscle pain. Members receive real-time exercise therapy guidance virtually. No commutes. No waiting rooms. No office visits. Just pain relief. So, you can take the stairs, go hiking, run errands – and everything in between. Reduce your back and joint pain in just 15 minutes a day from the convenience of your own home.

It is available at no cost to you through the BMCS Health Care Consortium.

Hinge Health is more than exercise therapy. Our digital programs combine gentle exercises with 1-on-1 support to reduce your pain and help move with confidence.

Whether your goal is to go hiking more, work in your garden, or take the stairs (or all three), you can get on the road to pain relief with exercises that can be done in as little as 10 minutes – anytime, anywhere you're comfortable.

Take advantage of your Hinge Health benefit today.

Eligible family members can also join at no cost to them!

New Prevention Program!

A free pain prevention program.

As a BMCS Health Care Consortium member, you have access to Hinge Health's Prevention Program. It's a free benefit that uses virtual exercise therapy to help you prevent back, knee, neck, and other joint pain, and keep you feeling your best.



To learn more, visit:
www.bms hc.org/hinge-health



Questions?

Talk to a member of our support team, call us at 1-855-902-2777 or email help@hingehealth.com.



DISCLAIMER: Employees and dependents 18+ enrolled in an Aetna® medical plan through BMCS Health Care Consortium are eligible.

Hinge Health Webinar Series



The Hinge Health Webinar Series is available to members and offers informative, engaging sessions designed to support pain relief, mobility, and overall well-being. Webinars are held twice a month and cover a wide range of topics led by Hinge Health experts.

Members can attend live sessions or watch recorded webinars on demand online, making it easy to learn on your schedule.



Register at:
www.bms hc.org/hinge-health



Scan to register:

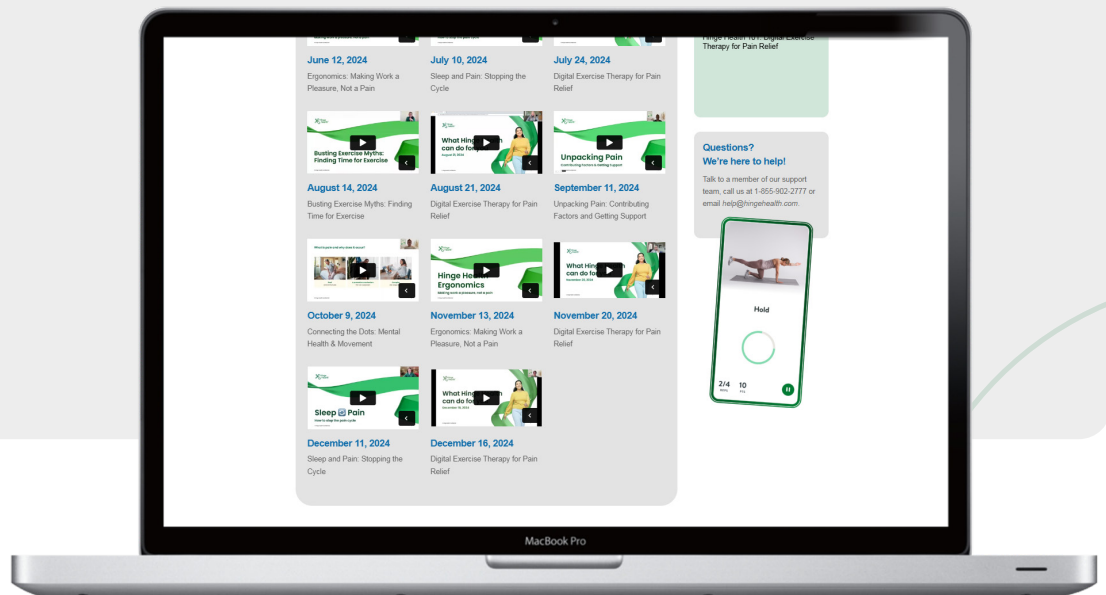


Upcoming topics include:

- Women's Health: Getting the Right Care for Pelvic Floor
- Conditions and Menopause Symptoms
- Men's Health Tips: Getting the Right Care for Muscle and Joint Pain
- Hinge Health 101: Digital Physical Therapy for Pain Relief
- Ask a Physical Therapist Anything!
- Sleep and Pain: Tips to Stop 'Painsomnia' and Wake Up Feeling Better
- *And More!*

Miss a Webinar? View Recordings Online

www.bms hc.org/hinge-health



Achieve Your Goals with Aetna's Weight Management Program

A comprehensive weight management solution based off of the health assessment to provide recommended programs available to you. You may also choose a different program than the recommended program and switch anytime.

What makes our programs special?



No added cost

That's right, it's included in your health benefits if you qualify.



Proven results

Members lost an average of 10 lbs.*



Flexible

Every program works with you to find success.



Fitbit Included

Earn tools like a Fitbit® activity tracker* at no added cost.

Weight loss that works

Personalized support to help lower health risks

If you have weight-loss goals, it can be easier with support. When you qualify and enroll, you'll get everything you need to help you lose weight, eat better, move more, and lower your risk of heart disease and Type 2 diabetes.

Get started in 3 easy steps

1. Take a health quiz

Complete a short quiz at AetnaPersonalHealthSolutions.com/WM-Start. Choose "Aetna Personal Health Solutions" as your Insurer, if prompted. If you qualify, you can enroll immediately.

2. Find your program

The quiz will recommend a program that best suits from your answers but you have options to pick your program such as WeightWatchers

3. Get your tools

Get a Fitbit® activity tracker, a digital scale (with online programs) and personalized plans from a health coach.

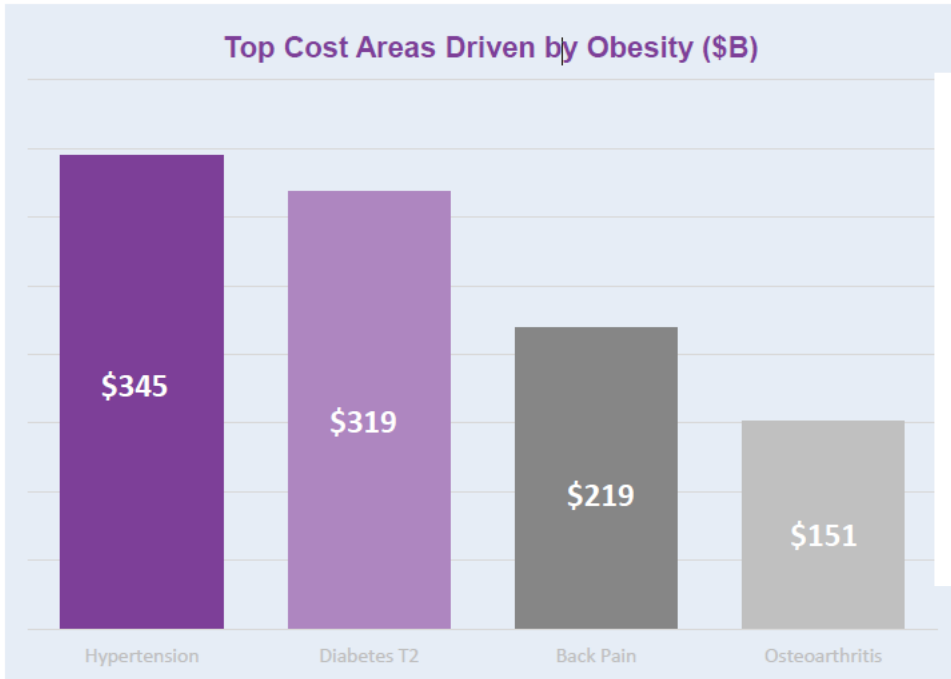
As a member you will have access to all available programs and can switch/choose a different one after four weeks.

Available programs:

- **WeightWatchers:** Customized weight-loss plan with access to coaching plus in person WW meetings
- **Betr Health:** Focused on gut health and resetting metabolism via diet and stress reduction
- **Personify Health:** Diabetes prevention program with lifestyle coaching and support group structure
- **HabitNu:** Behavioral counseling weight loss program with human lifestyle coaches
- **Ciba:** Root-cause medicine approach to address diabetes, cardiometabolic issues, and digestive disorders
- **Wondr:** 52-week online program that focuses on root-cause for chronic metabolic conditions starting with weight
- **Digbi:** Focused on gut health by treating the biology of obesity, cardiometabolic, and digestive issues



Addressing obesity impacts a larger cluster of cardiometabolic diseases



5 – 10% weight loss results in significant improvements in:

| | |
|-----------------|----------------------|
| HbA1c | Blood pressure |
| HDL cholesterol | Triglycerides |
| Sleep apnea | Type 2 diabetes risk |
| Mortality | Quality of life |

Sources: Waters, Hugh, and Ross Devol. *Weighing down America*. 2016. Society for Human Resource Management and the Alliance for a Healthier Minnesota

Weight Management Network focuses on improving lifestyle choices

Program

- 2-year program focused on achieving and maintaining 5%+ weight loss
- 12+ sessions in year 1
- 4+ sessions in year 2
- Combination of diet, exercise and stress management

Populations

- Obesity (BMI > 30)
- Type 2 Diabetes
- Pre-Diabetes (DPP)
- Overweight (BMI > 25) with CV risk factors

Range of Acuity

| Program | Description | Qualifying Criteria |
|---------------------------------|---|---|
| Diabetes Prevention Program | Created by the CDC and tailored towards those who are at higher risk for developing Type 2 Diabetes. | <ul style="list-style-type: none"> • BMI ≥ 25 + diagnosis of pre-diabetes or self-reported lab results in pre-diabetic range OR • Meeting CDC risk criteria |
| Intensive Behavioral Counseling | A variety of programs designed to improve diet, promote exercise and achieve clinically meaningful weight loss. | <ul style="list-style-type: none"> • BMI ≥ 30 OR • BMI ≥ 25 + diagnosis Type 2 Diabetes OR • BMI ≥ 25 + a cardiovascular disease risk factor |

Early Detection Saves Lives— Schedule Your Screening Today

WOMEN - Age Appropriate Health Screenings

| AGE | TIMING | SCREENING |
|-----------------|-------------------|--|
| 20s & 30s | Once a month | <ul style="list-style-type: none"> Breast self-exam Self-check skin cancer screening |
| | Once a year | <ul style="list-style-type: none"> Blood pressure screening Height, weight, body mass index (BMI) Breast self-exam Cardiovascular evaluation Comprehensive physical exam Depression screening |
| | Every 2-5 years * | <ul style="list-style-type: none"> Blood sugar test Eye exam Human papilloma virus (HPV) test Pap test |
| | Every 5 years | <ul style="list-style-type: none"> Cholesterol check |
| | As needed * | <ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests |
| 40s | Once a month | <ul style="list-style-type: none"> Breast self-exam Self-check skin cancer screening |
| | Once a year | <ul style="list-style-type: none"> Mammogram Full-body skin exams Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening |
| | Every 2-5 years * | <ul style="list-style-type: none"> Blood sugar test Eye exam Human papilloma virus (HPV) test Pap test Cholesterol check |
| | Every 10 years | <ul style="list-style-type: none"> Colon cancer screening |
| | As needed * | <ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests |
| 50s | Once a month | <ul style="list-style-type: none"> Breast self-exam Self-check skin cancer screening |
| | Once a year | <ul style="list-style-type: none"> Mammogram Full-body skin exams Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening |
| | Every 2-5 years * | <ul style="list-style-type: none"> Blood sugar test Eye exam Human papilloma virus (HPV) test Pap test Cholesterol check |
| | Every 5 years | <ul style="list-style-type: none"> Bone density test Thyroid panel |
| | Every 10 years | <ul style="list-style-type: none"> Colon cancer screening Cardiac calcium scoring Hearing test |
| | As needed * | <ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Low-dose lung CT scan |
| 60s | Once/month | <ul style="list-style-type: none"> Breast self-exam Self-check skin cancer screening |
| | Once/year | <ul style="list-style-type: none"> Mammogram Full-body skin exams Blood pressure screening Height, weight, body mass index (BMI) Breast self-exam Cardiovascular evaluation Comprehensive physical exam Depression screening Dementia and Alzheimer's screening |
| | Every 2-5 years * | <ul style="list-style-type: none"> Blood sugar test Eye exam Human papilloma virus (HPV) test Pap test Cholesterol check |
| | Every 5 years | <ul style="list-style-type: none"> Bone density test Thyroid panel |
| | Every 10 years | <ul style="list-style-type: none"> Colon cancer screening Cardiac calcium scoring Hearing test |
| | As needed * | <ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Low-dose lung CT scan |

* And/or as recommended by your primary care provider Source: <https://www.uhhospitals.org/services/primary-care/routine-care/your-guide-to-health-screenings-by-age> (12-01-2024)

PREVENTIVE CARE SCREENINGS

Preventive care screenings and the vaccinations on the following page are often performed based on your age and gender. These can usually be performed as part of your annual physical.

However, **these are general recommendations only**. It is always best to check with your healthcare provider so services can be tailored to your individual needs.

MEN - Age Appropriate Health Screenings

| AGE | TIMING | SCREENING |
|-----------------|-------------------|--|
| 20s & 30s | Once a month | <ul style="list-style-type: none"> Self-check skin cancer screening Testicular self-exam |
| | Once a year | <ul style="list-style-type: none"> Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening Testicular cancer screening |
| | Every 2-5 years * | <ul style="list-style-type: none"> Blood sugar test Eye exam |
| | Every 5 years | <ul style="list-style-type: none"> Cholesterol check |
| | As needed * | <ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Fertility testing |
| 40s | Once a month | <ul style="list-style-type: none"> Self-check skin cancer screening Testicular self-exam |
| | Once a year | <ul style="list-style-type: none"> Full-body skin exam Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening Testicular cancer screening |
| | Every 2-5 years * | <ul style="list-style-type: none"> Cholesterol check Blood sugar test Eye exam |
| | Every 10 years | <ul style="list-style-type: none"> Colon cancer screening |
| | As needed * | <ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Fertility testing |
| 50s | Once a month | <ul style="list-style-type: none"> Self-check skin cancer screening Testicular self-exam |
| | Once a year | <ul style="list-style-type: none"> Cholesterol check Full-body skin exam Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening Testicular cancer screening |
| | Every 2-5 years * | <ul style="list-style-type: none"> Blood sugar test Eye exam |
| | Every 10 years | <ul style="list-style-type: none"> Colon cancer screening Cardiac calcium scoring Hearing test |
| | As needed * | <ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Fertility testing Bone density test Low-dose lung CT scan Prostate specific antigen (PSA) screening |
| 60s | Once a month | <ul style="list-style-type: none"> Self-check skin cancer screening Testicular self-exam |
| | Once a year | <ul style="list-style-type: none"> Dementia and Alzheimer's screening Cholesterol check Full-body skin exam Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening Testicular cancer screening |
| | Every 2-5 years * | <ul style="list-style-type: none"> Blood sugar test Eye exam |
| | Every 10 years | <ul style="list-style-type: none"> Colon cancer screening Cardiac calcium scoring Hearing test |
| | As needed * | <ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Fertility testing Bone density test Low-dose lung CT scan Prostate specific antigen (PSA) screening Abdominal aortic aneurysm (AAA) |

* And/or as recommended by your primary care provider Source: <https://www.uhhospitals.org/services/primary-care/routine-care/your-guide-to-health-screenings-by-age> (12-01-2024)

Vaccines: Your Best Defense Against Preventable Diseases

Vaccines by Age

| AGE | VACCINE |
|-----------------------|--|
| Birth | <ul style="list-style-type: none"> Hepatitis B vaccine (1st dose of 3) Respiratory syncytial virus (RSV) (1 dose) |
| 1 - 2 months | <ul style="list-style-type: none"> DTaP vaccine (1st dose of 5) Hib vaccine (1st dose of 3 or 4) Hepatitis B vaccine (2nd dose of 3) IPV (1st dose of 4) PCV (1st dose of 4) Rotavirus vaccine (1st dose of 2 or 3) |
| 4 months | <ul style="list-style-type: none"> DTaP vaccine 2nd dose of 5 Hib vaccine (2nd dose of 3 or 4) IPV (2nd dose of 4) PCV (2nd dose of 4) Rotavirus vaccine (2nd dose of 2 or 3) |
| 6 months | <ul style="list-style-type: none"> COVID-19 vaccine DTaP vaccine (3rd dose of 5) Hib vaccine (3rd dose of 4) Hepatitis B vaccine (3rd dose of 3) IPV (3rd dose of 4) PCV (3rd dose of 4) Rotavirus vaccine (3rd dose of 3) |
| 7 - 11 months | <ul style="list-style-type: none"> Flu vaccine |
| 12 - 23 months | <ul style="list-style-type: none"> Chickenpox vaccine (1st dose of 2) DTaP vaccine (4th dose of 5) Flu vaccine (every flu season) Hepatitis A vaccine (1st Dose of 2) Hepatitis B vaccine (3rd dose of 3 between 6 months and 18 months) Hib vaccine (3rd dose of 3 or 4th dose of 4) IPV (3rd dose of 4 between 6 months and 18 months) MMR vaccine (1st dose of 2) PCV (4th dose of 4) |
| 2 - 3 years | <ul style="list-style-type: none"> Flu vaccine (every flu season) |
| 4 - 6 years | <ul style="list-style-type: none"> Chickenpox vaccine (2nd dose of 2) DTaP vaccine (5th dose of 5) Flu vaccine (every flu season) IPV (4th dose of 4) MMR vaccine (2nd dose of 2) |
| 7 - 10 years | <ul style="list-style-type: none"> Flu vaccine (every flu season) Vaccines your child may have missed |
| 11 - 12 years | <ul style="list-style-type: none"> Flu vaccine (every flu season) HPV vaccine (2 doses) MenACWY vaccine (1st dose of 2) Tdap vaccine (1 dose) |
| 13 - 18 years | <ul style="list-style-type: none"> Flu vaccine (every flu season) MenACWY vaccine (2nd dose of 2) MenB vaccine 2 doses MenABCWY vaccine (1 dose) |
| 19 - 26 years | <ul style="list-style-type: none"> Chickenpox vaccine COVID-19 vaccine Flu vaccine Hepatitis B vaccine HPV vaccine MMR vaccine Td or Tdap vaccine |
| 27 - 49 years | <ul style="list-style-type: none"> COVID-19 vaccine Flu vaccine (every flu season) Hepatitis B vaccine MMR vaccine Td or Tdap vaccine |
| 50 - 64 years | <ul style="list-style-type: none"> COVID-19 vaccine Flu vaccine (every flu season) Pneumococcal vaccine Shingles vaccine Td or Tdap vaccine |
| 60 + years | <ul style="list-style-type: none"> COVID-19 vaccine Flu vaccine (every flu season) Pneumococcal vaccine Shingles vaccine Respiratory syncytial virus (RSV) vaccine Td or Tdap vaccine |

SOURCE: <https://www.cdc.gov/vaccines/by-age/index.html>

How's Your Mind Today?

Take the MindCheck

MindCheckSM

Life can be hard – daily stresses, life transitions, losses and an increasingly complex world might take their toll on us emotionally. Increase your understanding of your emotional health and identify the signs of distress. Answer four questions to identify your color. Once your color has been identified, you will then be directed to the resource library for health and wellness tips. Check back often to learn more about meeting your specific needs and supporting the healthiest you.

No
Distress

Little to
No Distress

Average
Distress

Some
Distress

High
Distress

MindCheck online tools make it easy to improve your emotional well-being. Measure your mindset and get immediate feedback and resources to maintain a positive outlook. You'll also find tips, articles and videos on a variety of topics that include:

- Relationships
- Depression
- Fitness and nutrition
- Stress
- Substance use and more

The more you know about taking care of your emotional well-being, the healthier and happier you can be.

So the next time someone asks how you're doing, you can say "I'm doing well." And you'll mean it.



How to Access?



www.mindchecktoday.com

Click the Log In/ Register button to get started today

Less Stress, More Focus — Headspace Can Help



It's meditation made simple:
your personal guide to mindfulness and a restful night's sleep.

Headspace Plus includes:

- Expert guidance from former monk Andy Puddicombe, who teaches you the fundamentals of meditation and mindfulness.
- Themed exercises on everything from stress to sleep to self-esteem
- A new meditation every 24 hours with Everyday Headspace
- A growing collection of sleep sounds and bedtime exercises to help you drift off

As a K-12 educator, you can sign up for a new Headspace account or connect your existing account using your school email address.

STEP 1: Select your state/country

- Visit [headspace.com/educators](https://www.headspace.com/educators)
- Select the state/country that your school district is located in: "SELECT SCHOOL LOCATION"
- For US educators: some bigger states are categorized by school districts in alphabetical order, so select the option based on the first letter of your school district. (e.g. Blue Sky District in "California A-E")

STEP 2: Use your school email

- New to Headspace: please sign up for a new account
- Existing Headspace account: navigate to "ALREADY HAVE AN ACCOUNT? LOG IN" to enter your existing Headspace credentials
- After signing up or logging in, verify by entering your school email address (*andy@blueskyisd.org*)
- You will then receive a confirmation email as a final step

 [headspace.com/educators](https://www.headspace.com/educators)

**30 days of
Headspace**

lowers stress by 32%, and just 4 sessions reduce burnout by 14%

**4 weeks of
Headspace**

can increase focus by 14%, and just a single session cuts mindwandering by 22%

**3 weeks of
Headspace**

resulted in 21% more compassionate behavior and lowered aggression and reactivity to negative feedback by 57%

Personalized Coaching for Lasting Wellness



Lasting commitment to health and wellness means understanding that your well-being is a lifelong journey that begins with a single step. If we create habits that enhance our well-being and keep us motivated in the short term, then we stay committed for the long term. Start by completing your health assessment today!

What happens after you complete your health assessment?

You will receive a personal health report:

1. A risk score <- also known as a health score
2. Your top strengths <- shows what you are doing right
3. Your top health risks <- shows what you need to improve
4. Health risk grid <- compares your results to 15 categories

After the report:

- You will receive recommendations for online programs that are right for you
- If you are a tobacco user the Tobacco Focus may be your first step!

You choose the goals to work on, when to be reached and the pace.



Why meet with the health coach?

- Beat Back Pain
- Stress Less
- Kick Tobacco
- Get Heart Healthy
- Manage Asthma or Diabetes
- Eat Healthier, and more!



Your Health, Your Savings: Special HUSK Fitness Deals



As part of the HUSK marketplace, you are eligible for exclusive discounts on: Gym & Fitness Centers, On-demand Fitness, Home Equipment & Tech and more.

Start by creating your account today!

Follow these steps:

1. Visit <https://marketplace.huskwellness.com>
2. Select Login | Register
3. Fill out the information, click continue
4. Login and access your discounts!

FIND A GYM:

Choose from thousands of gyms, studios & specialty fitness centers and save.

- Click Find A Gym
- Enter your zip code: xxxxxx
- Select your choice of offers and read about those discounts!
- For example: Planet Fitness, cost is \$24.99/ month for a black card but as a HUSK marketplace member you do not have to pay the enrollment fee or annual fee!

You can also shop by brand at the bottom of the marketplace page if you know what you are looking for!

**NUTRITION
(Insurance information needed):**

Connect with a registered dietitian who will work with you to create a personalized nutrition plan based on your needs and goals
subject to claims and copays

**MENTAL HEALTH
(Insurance information needed):**

Get the help you need by meeting with a licensed therapist
subject to claims and copays





VIRTUAL SUBSCRIPTIONS:

Browse our offerings of virtual fitness apps, health coaching services, online health community platforms & more

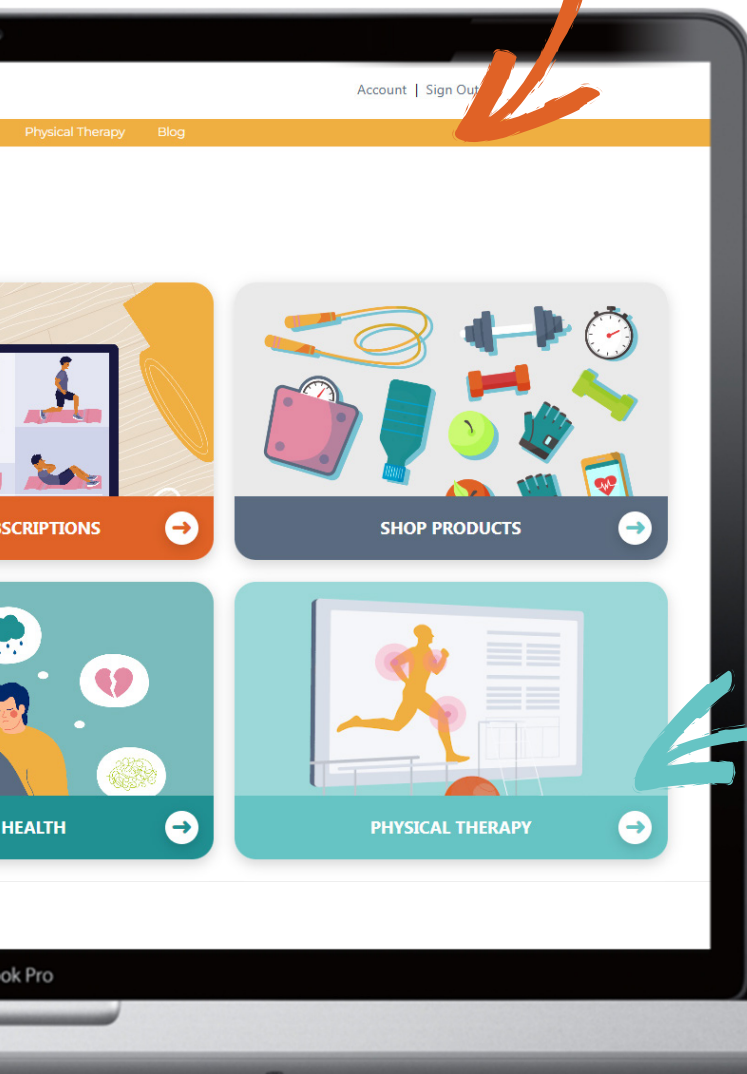


SHOP PRODUCTS:

Find products you need to make healthy easier

PHYSICAL THERAPY (Insurance information needed):

Get back on your feet faster by connecting with a physical therapist through a virtual session
subject to claims and copays



Please check coverage and offerings with your health insurance carrier prior to scheduling.

See a Doctor Anytime, Anywhere with Teladoc



Teladoc gives you access 24 hours, 7 days a week to a U.S. board-certified doctor and therapist through the convenience of phone, video or mobile app visits. It's an affordable option for quality medical care.

- Receive quality care via phone, video or mobile app
- Prompt treatment, talk to a doctor in minutes
- Prescriptions sent to the pharmacy of choice if medically necessary
- Teladoc is less expensive than the ER or urgent care
- Meet a Therapist 7 days a week and get support for anxiety, depression, stress, and more!

Cost Comparison

| General Medicine Teladoc | ER |
|--------------------------|-------|
| \$0 | \$100 |

**Behavioral Health and Dermatological Teladoc apply the applicable specialist copay depending on the plan.*

With your consent, Teladoc is happy to provide information about your Teladoc visit to your primary care physician.

Get the care you need

Teladoc doctors can treat many medical conditions, including:

- Cold & flu symptoms
- Allergies
- Pink eye
- Respiratory infection
- Sinus problems
- Skin problems
- And more!

 [Teladoc.com/aetna](https://teladoc.com/aetna)

 **(855) 835-2362**



Aetna's Transform Oncology: Navigate Cancer with Confidence



The Aetna Transform Oncology program is a specialized cancer care initiative designed to provide personalized, high-quality, and efficient treatment for patients diagnosed with cancer. It focuses on:

- **Precision Medicine:** Uses genomic testing to match patients with the most effective treatments.
- **Faster Access to Care:** Ensures quick approvals and access to oncology specialists.
- **Personalized Treatment Plans:** Provides evidence-based, individualized care strategies.
- **Care Coordination:** Connects patients with oncology nurse advocates for support throughout treatment.
- **Cost-Effective Solutions:** Helps manage the cost of cancer treatment while improving health outcomes.

Resources for your cancer journey

A cancer diagnosis is life changing. You probably have a million things on your mind as you navigate your treatment. Aetna® is here for you with the resources and support you may need to manage your care, understand your benefits, and locate the right providers.



For more information:

Three ways to log in:

1. Visit [Aetna.com](https://www.aetna.com) and navigate to your member website
2. Visit [Aetna.com/cancersupport](https://www.aetna.com/cancersupport)
3. Text "cancercare" to 66902 and receive a link to log in to the support center



[Aetna.com/cancersupport](https://www.aetna.com/cancersupport)



**Text "cancercare"
to 66902**

Walk-In Wellness: CVS Has You Covered



CVS® HealthHUB™ is a local health care destination that offers convenient and affordable care that you may need to help you feel your best.

CVS HealthHUB locations offer:

Professional care team

Your professional care team includes nurse practitioners, physician assistants and pharmacists who work together to help you get the best care for your needs, whether you need treatment for a sudden illness like the flu or help managing a chronic condition like diabetes. They'll also share all the details of your visit with your doctor.

 [CVS.com/healthHUB](https://www.cvs.com/healthHUB)

Care concierge

Your care concierge will guide you every step of the way to help you connect to CVS HealthHUB services and products to support your total health.

Extra assistance from the pharmacist

Your pharmacist can help you connect to the screenings, support tools and services you may need to get on the path to better health.

Expanded health and wellness products

We've expanded our health and wellness products to include everything from self-care to durable medical equipment.



The CVS HealthHUB utilizes CVS MinuteClinic as the virtual care option if that is what you would like to schedule. The CVS MinuteClinic's are convenient and reliable care when you need it the most. The MinuteClinic is open every day, including evenings for walk-in, virtual appointments and scheduled options.

What can I be seen for?

Allergies, Bug bites, Vaccines, Ear infections, stings, flu-like symptoms, strep throat, and more.



Care that's convenient and reliable

How a Minute Clinic visit works

1. Schedule an appointment online. If you're not seeing an appointment time that works for you, they may be able to accommodate walk-ins.
2. Look out for a text or email from CVS. Click the link inside to add your payment and insurance information.
3. After you visit, review your personalized care plan on the CVS health dashboard.

Find CVS MinuteClinic location:

 [CVS.com/minuteclinic](https://www.cvs.com/minuteclinic)

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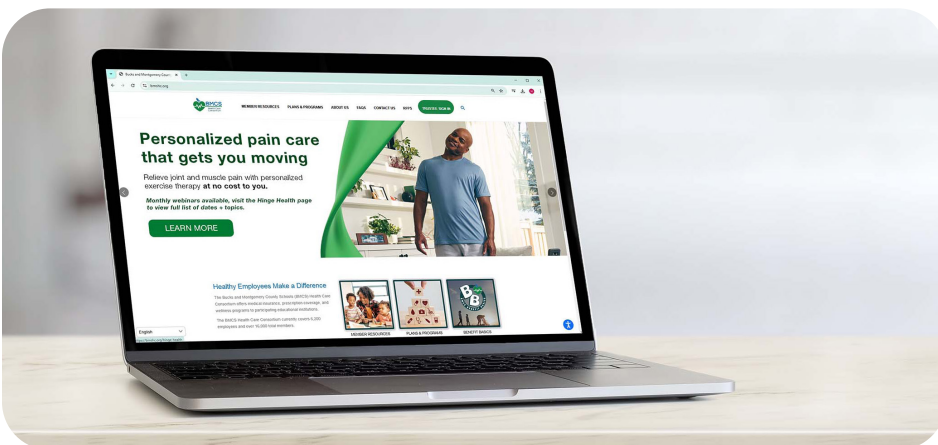


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The Bucks and Montgomery County
Schools Healthcare Consortium

Comprehensive Wellness Guide



The BMCS website has more
details about the wellness
resources that are available.

 <https://bmsmc.org>

Visit or scan the QR code
to learn more.