

# VALUE ADDED SERVICES



## Exclusive to Aetna Members (Effective 1/1/2024)

<b>No Cost/Low Cost MinuteClinic</b>	Walk-in Clinics	Access to covered MinuteClinic® services at no cost to you, or low cost to you, based on your plan. Visit <a href="https://www.minuteclinic.com">MinuteClinic.com</a> .
<b>MindCheck</b>	Emotional Wellbeing Support	Visit <a href="https://www.mindchecktoday.com">Mindchecktoday.com</a> .
<b>Aetna Healthy Lifestyle Coaching</b>	Online Health Coaching	Visit <a href="https://www.aetna.com">Aetna.com</a> or call 1-866-213-0153.
<b>Aetna Enhanced Maternity</b>	Maternity Program	Visit <a href="https://www.aetna.com">Aetna.com</a> or call 1-800-272-3531.
<b>Aetna Health Connections Disease Management</b>	Disease Management	Call 1-833-590-1141 to get started today.
<b>Headspace</b>	Normalize Mental Health Program	<a href="https://work.headspace.com/v3/sanmateocounty/member-enroll/verify">https://work.headspace.com/v3/sanmateocounty/member-enroll/verify</a>
<b>AbleTo</b>	Virtual Outpatient Treatment	Visit <a href="https://www.ableto.com/Aetna">AbleTo.com/Aetna</a> or call 1-844-330-3648. Visit <a href="https://www.aetnaresource.com/p/cosm">www.aetnaresource.com/p/cosm</a> and download the “AbleTo Behavioral Health Support Program” flyer for more information.
<b>Teladoc</b>	Telemedicine and Virtual Healthcare	Visit <a href="https://www.teladoc.com/Aetna">Teladoc.com/Aetna</a> or call 1-855-Teladoc (835-2362).
<b>Informed Help Line</b>	Nurse Support	Call 1-800-556-1555 talk to a nurse, day or night.
<b>Behavioral Health Condition Management</b>	Behavioral Health Support	For more information, please call the number on your Member ID Card. Find Mental health resources and support at <a href="https://www.aetnabehavioralhealth.com">AetnaBehavioralHealth.com</a> .
<b>Behavioral Health Telehealth</b>	Telehealth/virtual mental well-being programs	Visit <a href="https://www.aetnaresource.com/p/cosm">www.aetnaresource.com/p/cosm</a> and download the “Behavioral Health Telehealth” flyer for a full list of resources.
<b>Life Mart</b>	Gym Membership & Hearing Program Discount	To access, visit <a href="https://www.aetna.com">Aetna.com</a> . Look for the “Health & Wellness” tab.

**Your Benefits, Your Choice. You Matter, Be Healthy.**

### Exclusive to Kaiser Permanente Members

<b>Calm</b>	Mental Health Support	Visit <a href="https://kp.org/selfcareapps">kp.org/selfcareapps</a> to access resources.
<b>myStrength</b>	Mental Health Support	Visit <a href="https://kp.org/selfcareapps">kp.org/selfcareapps</a> to access resources.
<b>Ginger</b>	Mental Health Support	Visit <a href="https://kp.org/selfcareapps">kp.org/selfcareapps</a> to access resources.
<b>Nurse Advice Line</b>	Telemedicine	Call the number on the back of your member ID card.
<b>Telehealth</b>	Telemedicine and Virtual Healthcare	Visit <a href="https://kp.org">kp.org</a> , the mobile app, or call the number on the back of your member ID card.
<b>Maternity Services</b>	Maternity Support	Call (866) 454-8855 to speak with an advice nurse or go to <a href="https://kp.org/maternity">kp.org/maternity</a> for in-depth resources.
<b>ClassPass</b>	Gym Membership Discount	Get started at <a href="https://kp.org/exercise">kp.org/exercise</a>
<b>Wellness Coaching</b>	Wellness Resources	Call (866) 862-4295 to make an appointment or visit <a href="https://kp.org/wellnesscoach">kp.org/wellnesscoach</a>
<b>Health &amp; Wellness Coaching</b>	Wellness Resources	Visit <a href="https://kp.org/health-wellness">kp.org/health-wellness</a> to access resources.

### Exclusive to Cigna Members

<b>Oral Health Integration Program®</b>	Dental Health Program	Call (800) 244-6224 for additional information.
<b>Cigna Healthy Rewards®</b>	Various Discount Programs	Log into <a href="https://mycigna.com">mycigna.com</a> and navigate to Healthy Rewards Discount Program or call (800) 258-3312.

### Exclusive to The Standard Members

<b>The Life Services Support</b>	Estate and Financial Planning	Visit <a href="https://standard.com/mytoolkit">standard.com/mytoolkit</a> and enter the username “assurance” for information and tools.
<b>Assist America</b>	Travel Assistance	Call (800) 872-1414 for more information. Reference Number: 01-AA-STD-5201.

### Exclusive to VSP Members

<b>VSP Exclusive Member Extras</b>	Eye Care Discount Program	View all Exclusive Member Extras at <a href="https://vsp.com/offers">vsp.com/offers</a> or call (800) 877-7195.
<b>Laser Vision</b>	VSP Laser VisionCare Program	Learn more about discounts at <a href="https://vsp.com">vsp.com</a> or call (800) 877-7195.
<b>Exclusive Savings</b>	TruHearing	Learn more about this VSP Exclusive Member Extra at <a href="https://truhearing.com/vsp">truhearing.com/vsp</a> or call (877) 396 – 7194.

### PreventionCloud

<b>Employee Interest Groups</b>	Wellness	Visit <a href="https://preventioncloud.com">preventioncloud.com</a> and select the “Events” tab to register or take the health assessment.
<b>Health Coaching</b>	Wellness	

### LifeBalance

<b>LifeBalance Program</b>	Various Discount Programs	<a href="https://COSM.LifeBalanceProgram.com">COSM.LifeBalanceProgram.com</a> and register to access discounts or call (888) 754-5433.
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