



Want to improve your health, but not sure where to start? Your ASBAIT benefits include services and resources you can rely on to reach and maintain your best health, plus save some money along the way. Check out your benefits booklet to learn more about the following:

- Telemedicine through Teladoc Health™:** talk to a doctor by phone or video for non-emergency medical advice and certain prescriptions, as applicable.
- Employee Assistance Program with Alliance Work Partners:** gain support 24/7 to feel more like yourself.
- ASBAIT Nurse Health Coaching:** get the help you need to manage costs related to your condition.
- In-network providers:** save on the cost of your care when you visit doctors and facilities in your network. You can find them using FindCare.
- Prescription benefit tools:** visit [caremark.com](https://www.caremark.com) to find more information for managing your pharmacy benefits, such as checking drug coverage, refilling prescriptions or setting up mail order.
- On-site health care services:** check your email for more information about valuable onsite services, like flu, shots mobile mammograms and biometric screenings.
- Primary care physician (PCP):** choose a PCP so they can get to know you and your health history. This way, you can protect your health and identify health concerns early on.
- Preventive screenings:** attend regular screenings (based on your age and health history) to be sure your health is on track. Learn more about what screenings are recommended for you by checking with your PCP or visiting:
 - [Healthfinder.gov/myhealthfinder](https://www.healthfinder.gov/myhealthfinder)
 - [Healthcare.gov/what-are-my-preventive-care-benefits](https://www.healthcare.gov/what-are-my-preventive-care-benefits)
 - [Hrsa.gov/womens-guidelines](https://www.hrsa.gov/womens-guidelines)
- Virtual care options:** with the SkinIO™ app, receive preventive skin screenings from dermatology professionals. Using the Hinge Health app, receive physical therapy services.
- A healthy lifestyle:** take good care of yourself through healthy eating habits and regular exercise, as recommended by your doctor. Get enough sleep each night and if you smoke, quit.

Making your health a priority can equal big payoffs in how you feel and protecting how much you spend. And with a carefully planned strategy, you can stay well ahead of the curve!