



Physicians Plus Wellness Programs

Physicians Plus' robust suite of wellness resources is a collection of helpful and easy-to-use programs designed to help you live a healthier life. You can choose which programs work best for you! Visit pplusic.com and click the "Members" tab to learn more.

My Healthy Choices

My Healthy Choices is the online personal health manager that delivers specific facts about your health and provides you with a personalized plan that can help you live better. Complete our online health assessment, and you'll receive a real, actionable plan based on your input on how to feel and live healthier. Plus, you can earn a \$150 wellness bonus for participating in a biometric screening and completing the online health assessment. Visit pplusic.com for more details.

Good Health Bonus

We provide the annual \$100 (single) or \$200 (family) Good Health Bonus reimbursement, you decide how to earn it! Choose from one of the following exciting programs:

- Health & Fitness Facility Reimbursement
- Eat Healthy Rebate
- My Healthy Choices
- Weight Watchers
- Good Health Bonus Classes
- WeighToGo

For more information about any of these Good Health Bonus programs, visit pplusic.com.

PlusPerks

Save money while enhancing your life! Get discounts on massage therapy, acupuncture, nutrition and weight loss classes and more. Check out the discounts offered by participating businesses at pplusic.com. No sign-up is necessary; just show your member ID card at time of purchase.

**See Reverse for Anytime Plan Management
& Medical Advice Tools from Physicians Plus**



* Your employer is required to report health plan incentives issued to you and your enrolled family members as taxable income. Physicians Plus is required to report incentive payment information to your employer. Health information is protected by federal privacy laws and will not be shared with your employer.

Anytime Plan Management & Medical Advice Tools

Physicians Plus offers four convenient tools to help you make decisions about if, when and where to seek medical care when your primary care clinic is closed or your doctor is unavailable.

MobileNurse

MobileNurse is a free smart phone application designed to help users make appropriate decisions on what level of care (if any) is needed in any health situation. It offers: symptom relief information for minor illnesses; easy access to the recommended dosage for common, over-the-counter pediatric medications; GPS driving directions to nearby medical facilities; and more! MobileNurse is available through the iTunes App store and the Android App store, or visit pplusic.com.

NursePLUS

NursePlus (866-PPLUSRN/866-775-8776) provides support from a registered nurse any time day or night, to answer your health care questions and help you live healthier. NursePlus can help you:

- Choose the most appropriate course of care for any medical condition.
- Understand your doctor's or pharmacist's instructions or discuss medication side effects.
- Support your relationship with your doctor and prepare for doctor visits.

NursePlus is here to help you stay healthier, live better and get clinically based answers to important questions, any time day or night. It's a new kind of house call. Visit pplusic.com for more information.

Physicians Plus MyChart

Our secure and powerful online health plan management tool provides 24/7 access to personal health plan information. You can review benefits, claims and authorizations, view your summary of benefits, update personal information, print ID cards, review prescription history and compare drug costs, access our personal health manager (My Healthy Choices) and more. Visit pplusic.com and click on the MyChart icon to learn more or to sign up.

