



Health & Wellness Resources

Physicians Plus' robust suite of wellness resources is a collection of helpful and easy-to-use programs for State of Wisconsin Group Health Insurance Program members. You choose what works best for you! Visit pplusic.com and click the "Members" tab to learn more.

Good Health Bonus

We provide the annual \$100 (single) or \$200 (family) 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](#)

For more information, visit pplusic.com.

WellPlus Personal Health Assessment (PHA)

As a State of Wisconsin Group Health Insurance Program member, you can earn your Good Health Bonus reimbursement and an additional \$150 Well Wisconsin incentive for participating in a biometric screening and completing an online health assessment via our WellPlus portal.

WellPlus is a wellness portal for Physicians Plus members that delivers specific facts about your health and provides you with a personalized plan that can help you live better.

You may obtain your biometric data by scheduling a screening with your primary care physician or another health professional or by attending a workplace screening hosted by Well Wisconsin (visit wellwisconsin.wi.gov for a calendar of screenings and registration information).

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



Anytime Plan Management & Medical Advice Tools

Physicians Plus offers three 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 you 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! Free to members through Google Play and the App Store for iOS.

NursePLUS

NursePlus (866-PPLUSRN/866-775-8776) provides support from a registered nurse to provide you with clinically based answers to important health questions any time day or night. 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.

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, update personal information, print ID cards, request to change your primary care physician, access our My Healthy Choices personal health manager and more. Visit pplusic.com and click on the MyChart icon to learn more or to sign up.



** 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.*