




**YOU NOW HAVE A NEW ADDITION  
TO YOUR HEALTH INSURANCE PLAN!  
24X7x365 ACCESS TO DOCTORS FREE  
Register TODAY!**

**Get Started by visiting  
[member.healthiestyou.com](http://member.healthiestyou.com) or**

**Call 866.703.1259 x1 or  
 download the healthiestyou app**

- Q. What is Healthiest You?**  
**A. It is a voluntary option on your health insurance plan. It is a way to access a physician by telephone 24 hours a day, 7 days a week, 365 days per year.**
- Q. What does it cost to use this option?**  
**A. Members pay nothing to use this option. The only cost would be your prescription copay if the physician you consult makes the determination that you need medication.**
- Q. Is there a limit to the number of times I can use this option in a year?**  
**A. No**
- Q. Will I always be speaking to a board certified physician?**  
**A. Yes**
- Q. What if I decide I still want to make an appointment with my local physician? By calling HY, will I be penalized for seeing another provider for the same condition?**  
**A. No**
- Q. Can my whole family use this option?**  
**A. Yes, all members enrolled on the healthcare plan can use this service. This includes spouses and dependents enrolled on the plan.**



**Q. Do I have to preregister to use the Healthiest You option?**

**A. If you are not registered prior to calling for a consultation, you will have to register at the time you need service which may delay your physician consultation. The physician needs to see your medical history prior to calling you.**

**Q. How does the process work?**

**A. Assuming you have already registered, you contact Healthiest You and ask for a consultation. You do not wait on the phone. A physician will call you (this may show on your phone as an unknown number). The average wait time is under 20 minutes. If you are away from home, Healthiest You will locate you and can call in a prescription to a pharmacy close to your location.**

We are excited to add this option to your health insurance plan. We believe it will help contain personal health care costs and provide help to those who need a physician during the hours when clinics are closed and the only option is an expensive emergency room visit.

#### Overview of HEALTHIEST YOU (HY)

- Provides physician access 24/7/365
- Provides access to physicians from the comfort of your home or while you are away on vacation
- Allows for use of video to show the physician your medical issue when appropriate
- Is shown to reduce health plan costs approximately 15%
- **FREE unlimited consultations** for common office visits such as:
  - \* Allergies
  - \* Bronchitis
  - \* Earache
  - \* Sore throat
  - \* Sinusitis
  - \* Pink eye
  - \* Strep throat
  - \* Respiratory infection
  - \* Urinary tract infection

