



Creating Healthier and Happier Retirees



MANAGE
MY HEALTH

Manage My Health's **Four Pillars Of Health**



Mental



Financial



Physical



Nutritional



About Manage My Health™

The idea of retirement is appealing, allowing us to control our own daily schedule of activities. However, often forgotten in the romanticism of retirement is what the workplace means to us. Employment gives us a sense of purpose, a place of friendships, a stable income and a brief escape from life's day-to-day challenges. Many employees only reach this realization after they stop working, creating a difficult transition to retirement. As a result, many of these retirees suffer from anxiety, depression and illness.

As an employer currently offering retiree health benefits you clearly care for your retirees. Complement your health benefits program with Manage My Health™ and give your former workers the support they need to get the most out of their retirement years.

You can learn more about the program by reading through this brochure.

Manage My Health's robust package of services is available to every retiree and their families. The program covers four key wellness components: **physical, mental, nutritional and financial**, leading to overall improved health and happiness.



Services

Telehealth Solutions

Members receive 24/7 care for common illnesses and injuries from the comfort of their home. Highly qualified, board-certified doctors and medical providers evaluate common conditions and prescribe medication when necessary.



Counseling & Intervention

It's common for seniors to suffer from depression and anxiety. Our counseling and intervention program provides members and others in the household with confidential, 24/7 access to professional counselors, ready to support members over the phone or by email. From alcohol or drug abuse, depression, smoking cessation or receiving elder care, CNA can help resolve many issues seniors face today.

Counselors possess either a Master's degree or Ph.D. and have five or more years of experience in the counseling field.



Food Delivery Service

Our food delivery program helps families provide freshly prepared meals delivered right to their loved ones' home. Meals are specially developed by dietitians for members who are overweight, underweight, on dialysis or diabetic, or fully healthy. Meal frequency and options can be customized and there is no commitment and no contract.

This service is ideal for members who need some help in the kitchen and also provides a great opportunity for family members around the country to care for their loved ones.





Services

Health & Wellness Support

We all know the importance of exercise and healthy nutrition. This program provides personalized exercise routines and healthy eating tips for members of all ages. As a result, members are able to lead healthier, happier lives and delay or prevent the onset of many acute and chronic medical conditions.

This wealth of health knowledge is available online, 24/7 for members to access at their convenience.



Identity Theft Support & Scam Assist

Americans lost an average of \$500 to imposter scams in 2017 and over \$300 million in total. Seniors are often most vulnerable to these scams and often unprepared to manage the potentially extensive—and expensive—process to restore their identity.

This program provides members with a trusted advisor to help them identify fraudulent solicitations sent through email, websites, mailings, phone calls or text messages. Within 24 hours of notification, a specialist will review the solicitation and provide a written assessment of the offer legitimacy.

This service is available at no additional cost to members and can save them hundreds or thousands of dollars.



Physician Network

Navigating the specialty physician network can be confusing. When chronic illness hits home, it's reassuring to know specialized help is available. The services matches members to healthcare specialists and primary care physicians qualified to treat specific medical conditions, including member preference for physician age, location, languages spoken and other factors.

Members will receive at least three recommendations for primary care physicians and/or specialists based on specific needs and preferences. These detailed profiles include insurance acceptance, appointment availability and a list of any necessary medical records or tests required prior to an office visit.

This service is available at no additional cost to members and can save them hundreds or thousands of dollars.





Services

Hearing Services

Hearing loss is prevalent among seniors and difficult to manage for seniors and their families. Diagnosis is often delayed—on average between five and seven years—compounding problems. Medicare often falls short in helping those with hearing loss. Even more concerning, recent studies have shown that hearing loss can be linked with cognitive decline.

Our hearing service can help members improve their home and social life, and mental/cognitive ability, with valuable member benefits. From free hearing screenings, access to a nationwide network of 2,500 locations, discounts of as much as 70% off MSRP on top hearing aids, and much more, we can help members get started on the road to better hearing—and better health.



Caregiver Resources

The right caregiver fulfills an important role in the health and vitality of our loved ones. But, deciding where to start can be a challenge.

Our caregiver resources program provides access to professional, in-home caregivers you can trust and at savings of up to 50 percent. Caregivers are vetted through in-depth background checks and undergo a client matching process to match with member personality and care needs.



Home-Related Moving Services

Paragon Home Resources offers valuable home-related moving services through all stages in life. Whether you are looking to sell your current home, you are moving to your retirement home, or needing to move a loved one to an elder care facility.

Paragon has services to assist you. When you buy or sell a home, you can earn Cash Rewards up to \$12,000* on each sale or purchase. Plus, enjoy a single point of coordination and a friendly voice to help you through the moving process.





Services

Discounts and Rewards

BenefitHub is your single-source site where you can find extensive savings through an easy-to-use, exclusive discount marketplace. BenefitHub negotiates the best reduced prices on the market and many of the offers include additional cash back, to make it the best overall value to you.

Not only saving you money, but time and hassle, too. The diverse platform includes discounts on an array of products, services, restaurants, hotels, car rentals, your favorite local establishments and much more!



Beneficiary Companion

Handling the affairs of a deceased loved one can be an emotionally painful and time-consuming process. The average survivor has to contact at least 12-15 entities immediately after a loved one passes. This service provides beneficiaries peace of mind and 24/7 support with handling their loved one's affairs. We will take care of the administrative details involved in closing a loved one's life legacy, including their social media accounts, allowing you to focus on the healing process. We also provide guidance on how to protect your loved one's identity, as well as resolution assistance in the event of identity theft of the deceased.





Testimonials

My elderly mother always does the cooking for my Dad. When she had surgery and required bed rest I wanted to help. Unfortunately, I live 1,500 miles away. Fortunately, I was able to order healthy, freshly prepared meals delivered right to my parents home!

—Melanie L.

Making a rush appointment with my doctor isn't always easy. Thank goodness I could talk to a doctor right over the phone.

—Sophia P.

My dad was feeling down so I tried the counseling service. The person at the other end of the line was smart, respectful and easy to talk to. This program got him moving again.

—Dan G.

It's sad that people prey on the elderly. When I saw that my parents insurance came with fraud protection it just made sense to take advantage. I showed my parents how to use the service. I'm sure this will save them money in the near future. LOL! My parents are too trusting!

—Jeff D.

