You are committed to improving our patients' lives every day. We want to do the same for you. That's why we offer valuable health and well-being programs designed to empower you to live well today and help you plan for the future.

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<th>Program</th>
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<td>meQuilibrium</td>
<td>When you're at your best, you can face anything. meQuilibrium can help you change the way you respond to life’s pressures and uncertainties. And when you do that, everything changes. MeQ is a digital mobile app and website that creates a journey to emotional wellness tailored to your stress personality and specific needs.</td>
<td>Visit <a href="http://getmeq.com/sclhealth">getmeq.com/sclhealth</a> to register.</td>
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<tr>
<td>Virgin Pulse Wellness Incentive Program</td>
<td>SCL Health provides you with a fun way to earn rewards as you strive to get healthy, giving you access to expert guidance and real support so you can follow through on your good intentions. If you participate in one of the SCL Health medical plans, you and your covered spouse/LDA (if applicable) may receive up to $350 each in HRA rewards when you complete your annual screening and Health Check Survey. Benefits eligible associates who are not enrolled in a SCL Health medical plan will receive rewards in PulseCash. In addition, you may each earn up to $100 per quarter in PulseCash (up to $400 per year) for engaging in healthy activities such as self-guided journeys or fitness challenges. You may also earn PulseCash for creating healthy habits in nutrition, weight loss and restful sleep.</td>
<td>To get started, visit: <a href="http://www.join.virginpulse.com/sclhealth">www.join.virginpulse.com/sclhealth</a></td>
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<td>Employee Assistance Program (EAP)</td>
<td>Living a productive and fulfilling life requires a healthy mind and body, but managing the daily stresses of work, home and family life can lead to a negative effect on your overall health and well-being. New Directions EAP provides telephonic counseling and referrals for everyday challenges, in-person counseling with behavioral health professionals, financial and legal support services. This program is available at no cost to you or your dependents and is completely confidential.</td>
<td>To access the program or learn more call 800-624-5544 or visit <a href="http://www.ndbh.com">www.ndbh.com</a> &gt; Individuals and Families &gt; Employee Assistance Program—and enter Company Code: SCLHealth</td>
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<td>WorkLife Partnership</td>
<td>Our WorkLife Partnership Navigator, Maria Pearson, provides personalized, one-on-one support to associates and their families in Colorado and Montana for personal matters related to financial stress, legal issues, transportation, housing, and child/elder care. The experts at WorkLife Partnership can help associates access community resources, government programs, and SCL Health benefits and programs.</td>
<td>If you need support or assistance, call or text Maria Pearson at 303-589-7412 or email <a href="mailto:mpearson@worklifecolorado.org">mpearson@worklifecolorado.org</a></td>
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| **QuitLine** | Quitting tobacco isn’t just good for your health – it’s good for your wallet too. You could save paying a tobacco-use surcharge on your medical premiums by going tobacco free!  
SCL Health’s QuitLine program provides you with guidance and support to quit tobacco, at no cost to you. Coaches are available 5 a.m. to 11 p.m. MT seven days a week to help you get started and stay motivated. | To access the program or learn more, call 888-543-1506 or visit https://sclhealthquitline.quitlogix.org |
| **Financial Wellness** | Finances are complicated. We get it. It can be stressful to juggle multiple financial priorities, feel like you are making ends meet with those day-to-day living expenses such as rent, a car payment and other bills, plus stick to a budget to stay on track. Managing your money is personal and it can impact everything—including your physical health and emotional well-being.  
To learn more about the useful tools and valuable resources, as well as specific examples of how they can help you take control of your finances, visit the Financial Wellness section of the Benefits website using the link at right. | To learn more, visit: www.sclhealthbenefits.org/financial-wellness/ |
| **Pet Insurance** | You work hard to provide your family with everything they need. So, whether your family includes kids with two feet or kids with four paws, you know what responsibility looks like.  
With Nationwide pet insurance, you can be reimbursed for certain medical expenses. Pet insurance provides affordable coverage for your furry, feathered and scaly family members. | To learn more, visit: www.petinsurance.com/sclhealth  
Or request a quote: 877-738-7874 |
| **Preventive Care**  
*Medical plan members only* | Even if you’re in the best shape of your life, a serious condition with no early signs or symptoms could put your health at risk. Early detection is your best defense. No matter which SCL Health medical plan you choose, there is no cost to you for in-network preventive care services, such as routine physical exams, well baby and well child care visits, immunizations, and age/gender-specific cancer screenings. | For details, visit: www.sclhealthbenefits.org/plan-documents/summary-plan-descriptions/ |
| **TeleHealth**  
*Reduced cost for medical plan members* | We’ve all been there. The scratchy throat. A strange rash. That unexplained ache. A period of intense anxiety or stress. Now, getting answers – and relief – is as simple as reaching for your mobile device.  
Cigna medical plan members have convenient, 24/7 access to Doctor On Demand. This program gives you convenient video access to board-certified physicians and licensed psychologists on your smartphone, tablet or computer. For Cigna medical plan enrollees, video visits are covered for just $10 per visit.  
Kaiser medical plan enrollees have access to video visits at no cost through kp.org. | 24/7 access to telehealth is available:  
Cigna plan members: Download the app from your app store or visit www.sclhealth.org/doctor-on-demand  
Kaiser plan members  
Visit kp.org |
| **Omada**  
*Medical plan members only* | Omada offers a digital care program that can help you lose weight, feel fantastic and develop long-term healthy habits. If you or your adult family members are at risk for diabetes or hypertension, and you are enrolled in in one of SCL Health’s medical plans, SCL Health will cover the cost of the program. In addition, SCL Health will contribute $100 into your HRA | To learn if you are eligible to participate, visit: www.omadahealth.com/sclhealth |
| **Cigna Personal Health Team**  
*Cigna medical plan members only* | Your Cigna Personal Health Team (PHT) is made up of dedicated nurses, behavioral specialists, health coaches, exercise specialists and nutritionists – all supported by doctors and pharmacists to help you achieve your personal health goals. Whether it’s losing weight, lowering your blood pressure or sticking to your medications, additional support is available to help you make healthier habits.

When you connect with the Cigna PHT for a chronic condition, you may be eligible to receive up to $400 in HRA credits from SCL Health to help you pay for your associated medical expenses. So you’ll not only make progress towards your goals, you could even be rewarded for it! | To access the program or learn more, call 877-459-6150 or visit [www.cigna.com/sclhealth/healthyyou](http://www.cigna.com/sclhealth/healthyyou) |
| **Cigna Healthy Pregnancies, Healthy Babies**  
*Cigna medical plan members only* | When it comes to having a baby, there is so much to prepare for. The Cigna Healthy Pregnancies, Healthy Babies program can help, providing education and support during and after your pregnancy.

SCL Health rewards moms who enroll in this program early. You may receive a **$200** credit in your HRA when you enroll in the first trimester or **$100** if you enroll in the second trimester. Your HRA is credited once you complete the program, which also includes a call from a maternity specialist after your baby is born. | To enroll in the program or learn more, call 800-615-2906 or visit [www.mycigna.com](http://www.mycigna.com) |
| **Spine Strong**  
*Cigna medical plan members in the Colorado Front Range area only* | The SCL Health Benefits team, Lutheran Spine Center and Cigna have partnered together to develop the Spine Strong program to support those with moderate to severe low back pain. Cigna members who meet the required severity and eligibility criteria can receive a **$1,000** credit into their HRA upon completion of a personalized treatment plan through Lutheran Spine Center. The goal of this added incentive is to encourage participants to complete their full course of conservative treatment, thereby reducing more costly and invasive treatment. | To learn more, visit: [www.sclhealthbenefits.org/healthy-living/wellness-incentive-program/](http://www.sclhealthbenefits.org/healthy-living/wellness-incentive-program/) |