



# Healthcare Essentials

An affordable solution to your healthcare needs! Whether you have an existing healthcare plan or need basic preventative healthcare services, this plan provides a solution for minor health concerns and can help you manage your health more effectively.



# Healthcare Benefits

## Membership Benefits

- ✓ 24/7/365 Telehealth
- ✓ Mental Health Services
- ✓ Concierge Assistance
- ✓ Cost & Quality Search Assistance
- ✓ Pharmacy Benefits Program

## Additional Benefits

- ✓ Discounts on Alternative Care Modalities
- ✓ QR LifeCode for Emergencies
- ✓ Personal Medical Records Vault



**Disclaimer:** Our healthcare plans are not traditional health insurance, but they do provide an alternative means of accessing care. It's important to note that Healthcare Essential does not include Medical Cost Sharing. If you need additional protection beyond what is offered by Healthcare Essentials, please speak to one of our healthcare advisors for other options available.

# 24/7/365 Telehealth

Get unlimited access at no cost to primary, pediatric, women's health, and behavioral health board-certified physicians, anytime, anywhere via chat, video, or call.

**As Easy as Texting a  
Friend**





# Mental Health Services

## 100% Confidential Counseling

This program provides members with a way to find help dealing with personal and work-related issues. Without this help, these issues could decrease members' quality of life or interfere with job performance.

- Counseling: Virtual, face-to-face, or telephonic sessions with a counselor
- Access to additional resources: Childcare, legal, financial, support groups, housing, etc.
- Elder Care & Financial: Telephonic consulting, tailored eldercare counseling & resources, plus financial wellness counseling provided by experts in their field
- Online Training Library: Thousands of virtual work/life training and the ability to track progress
- Access to Compass: Advanced HR support and assistance in professional development



# Concierge Assistance

The concierge is focused on supporting and guiding you every step of the way through your health care journey.

## Cost & Quality Search Assistance

Our Concierge Team researches the highest quality, fairest priced providers, diagnostics centers, labs, and medical facilities for members who are in need of these services.

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## Pharmacy Benefits Program

Our concierge Team searches a variety of U.S. and worldwide pharmacy discount platforms and pharmacy assistance programs to find the fairest priced medications, as well as where to purchase them.

# Discounts on Alternative Care Modalities

## Choices by WholeHealth Living

Access to over 35,000 providers, discounts, and more than 35 complementary and alternative medicine specialties. The WHLC Web portal allows you to print your discount coupons directly without having to wait for authorization or benefit approval.

Discounts May Include:



### Mind & Body

Acupuncture, Chiropractic, Massage Therapy, Natural Healing, Physical and Occupational Therapy and Relaxation



### Nutrition

Diet and Nutrition, Food, Vitamins and Prescriptions, and Weight Management



### Movement

Accessories and Equipment, Personal Training, Pilates, Tai Chi, Qi Gong, and Yoga



### Lifestyle

Dental, Hearing and Vision, Gifts and Special Occasions, Relaxation and Others

# QR LifeCode & Personal Medical Records Vault

## QR LifeCode

In a medical emergency first responders can access your Medical Records Vault through your QR LifeCode Five-digit ID code. You can access and safely share your medical records, track health conditions, and get better healthcare solutions.

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## Personal Medical Records Vault

You can grant access to your Electronic Medical Records to providers, medical facilities, family, etc., providing continuity of care. Health Tracking provides you and your caregivers the ability to record vital health observations easily and securely.

# Monthly Membership

All of our services are focused on meeting your healthcare-related needs at every stage of your life. With our Healthcare Essentials membership, you can upgrade your plan at any time to enable additional healthcare benefits.

Member Only	\$49.95
Member + Spouse	\$59.95
Member + Child	\$59.95
Member + Family	\$69.95