HEALTH INSURANCE
WELLNESS BENEFITS

PLEASE NOTE THIS IS GENERAL INFORMATION ABOUT THE PROGRAM AND BENEFITS OFFERED TO SCOIC MEMBERS. FOR YOUR SPECIFIC GROUP BENEFITS, CONTACT YOUR HUMAN RESOURCES DEPARTMENT.

FOR MORE INFORMATION VISIT: WWW.SCOIC.ORG
Your organization offers medical benefits through the South Central Ohio Insurance Consortium (SCOIC)

SCOIC is happy to partner with Pulse Health Solutions to bring its members benefits such as:

- Wellness Portal
- Biometric Screenings and Health Risk Assessments
- Employee Assistance Program
- Telemedicine
- Diabetic Supply Program
- Many Additional Resources
Elevate (powered by Healthworks) is your employee online portal for all things wellness.

Features include:
- Biometric Results
- Health Risk Assessment
- Create and Track Health Goals
- Educational Newsletters & Resources
How to Login:

Visit www.cincyhealthworks.com

• Click on ELEVATE LOGIN at the top of the home page
• Enter your username (see below)
• Password: If previously logged into the portal, use the password you created.
• If you have never logged in before, your temporary password: APPLE (all caps)
  • You will be prompted to create your own password before continuing

Your Username Is:
First letter of your first name + First four letters of your last name + Last four of SSN#
(For example, JACK BLACK would be ‘JBLAC1234’)
What is an EAP?
A free, professional and confidential program helping employees and their families identify and resolve personal programs and concerns that may affect job performance. Problems and concerns may include:

- Depression, grief, loss and emotional well-being
- Family, marital and other relationship issues
- Addictions such as alcohol and drug abuse
- Stress or anxiety with work or family
- Financial and legal concerns
- Identity theft and fraud resolution

Other benefits to your EAP:
- Monthly Newsletters
- Online Resources – webinars, videos, guides, articles, webinars and more
- Online will preparation
- WorkLife Services – providing referrals to important needs like education, adoption, travel, daily living and care for your pet, child or elderly loved one.
- LIFT Fitness – virtual fitness programs/sessions and access to a fitness coach

Balancing work with life’s other responsibilities can be a challenge. SCOIC provides you with an Employee Assistance Program that can assist you as you build your day.. Your week.. Your life.

The Standard is available 24 hours a day, 7 days a week and 365 days a year! The EAP offers 6 face-to-face or telephonic assessment and counseling sessions per issue at NO COST to you and members of your household.

To schedule your counseling session:
877.851.1631
workhealthlife.com/Standard6
EMPLOYEE ASSISTANCE PROGRAM (EAP)

ACCESS IS EASY!

No matter when, no matter where, you and your family have access to professional support. Call or register your account online to get started.

TOLL-FREE: 877.851.1631

TTD/TTY: 800.327.1833

WEBSITE: workhealthlife.com/Standard6
To register online visit: workhealthlife.com/Standard6

- Click on Register at the top of the home page
- Enter your required information
- If you are a manager or administrator within Human Resources, choose this option.
- Click Submit

You will receive an email to verify your account so be sure to use a working email. Once verified, you can login to access all of the benefits within the EAP.
What is 1.800MD?
1.800MD is a national telehealth company specializing in convenient, quality medical care. With board-certified physicians in all 50 states, those in need can obtain diagnosis, treatment and a prescription, when necessary, through the convenience of a telephone and digital communications.

Tired of waiting weeks to see your PCP?

Don’t cause headaches with long lines at urgent care and the ER

CALL 1-800-530-8666 or access your account online at www.1800MD.com

Common uses for telemedicine:

- Allergies
- Arthritic Pain
- Cold & Flu
- Tonsillitis
- Laryngitis
- Pharyngitis
- Skin Infections
- Gastroenteritis
- Ear Infection
- Pink Eye
- Insect Bites
- Minor Burns
- Respiratory Infections
- Sinusitis
- Sprains and Strains
- Urinary tract Infections
- Consulting for International and Domestic Travel
- AND MUCH MORE!
ACTIVATE YOUR ACCOUNT TODAY!
Before a consultation can take place, it is required that the member activate their account and complete their Health History information. Save yourself the time and activate now instead of when you are already sick!

STEP 1: Activate
Activate your account online or by calling member services. Once activated, you will need to set up your member profile and complete your Health History information.

- You will receive your group and member number with your welcome pack or via e-mail.
- Go to www.1800md.com and click member login
- Click link to
- Have your member number ready to proceed with activation
- Fill in required information
- Select
- Next, please check your email for a link to complete verification
- You should receive two emails:
  - The first contains your login and password
  - The second contains the link to verify your account
- Once verified, you will automatically be directed to your secure Member Portal
STEP 2: Complete Your Health History Form
Once you have activated your account.
• Select the “MY HEALTH HISTORY” tab
• Complete entire health history form then click “SAVE”

*Please ensure you have filled out the form completely before requesting a consult. This ensure that doctors are receiving accurate information to give you the best care possible.
STEP 3: Add Dependents

- Click My Dependents

- Next, click Add Dependent. NOTE: If the dependent is over 18 years old, they will receive an email containing their own login and password. They will be able to view their health history and request consultations in their member portal. The primary member WILL NOT be able to access the dependent's information from their account.

- Complete ALL of the dependent’s required information (anything with a “*” next to it) and click “Save”. 
TELEMEDICINE

Log in to your account online or call member services to request a consult anytime 24/7

Online: www.1800md.com
Call 1-800-530-8666

Other benefits available online include:
Symptom Checker and Drug Interaction Checker

Introducing the 1.800MD Mobile App

Access to all of the following within the app:
- Activate your account
- Complete and verify your personal health information
- Find and select your preferred pharmacy
- Manage and verify your dependents
- Select your ailment category and describe your symptoms
- Request on-demand or schedule your preferred consultation time connected to one of the board-certified physicians

Click HERE for a demo
The E3 Zero Co-Pay Diabetes Testing Supply Program enables eligible SCOIC members to receive diabetes testing supplies at **no cost to you.** Pulse Health Solutions has partnered with EHCS providing a program that will have your supplies shipped directly to your door.

When you enroll in the **E3 Zero Co-Pay program**, you gain access to a wide range of diabetes products, including blood glucose monitoring equipment, insulin pumps, testing and pump supplies:

• No co-pay or out-out-pocket costs on diabetes testing supplies
• Free home delivery
• 90-day shipment of testing supplies
• Auto-shipment so you never run out
• All major brands of testing supplies, including, EasyMax, LifeScan, Accu-Chek, Ascensia (formerly Bayer) and Abbott FreeStyle

We also supply lancets, lancing devices and control solutions – everything you need to keep your glucose in check.

**Get Started Now!**

• Visit online at [https://www.myehcs.com/e3-scoic/](https://www.myehcs.com/e3-scoic/)
• Email **E3@myehcs.com**
• Call 1-888-344-3434 and mention the E3 program

**Save up to $1000 annually on Diabetic Testing Supplies**

Script from physician is required
Enrolling is easy!

1. Log on to https://www.myehcs.com/e3-scoic/
   Select
2. Enter employer information and insurance member number
3. Enter all personal information: Name, Gender, Birth Date, Address, Phone and email. Select next
4. Enter all physician information and select next
5. Enter supply information – answer all questions related to compliance and product requests including frequency of testing, remaining supplies and type of meter. Select next.

An Edwards Health Care Services (EHCS) representative will verify your insurance coverage and begin processing your order. Any questions call 1-888-344-3434 and reference SCOIC and the E3 program.
Online Wellness Portal

Elevate is your employee online portal for all thing’s wellness. Features include:

- Biometric Results
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