

BETTER HEALTH BUNDLE

Benefits Guide



2026

We are pleased to introduce the **Better Health Bundle**, a new suite of no-cost support services available to all employees and their family enrolled in the Lumexa Imaging medical plan. The Better Health Bundle is designed to make navigating healthcare easier, less stressful, and more affordable.

The Better Health Bundle includes:

- **A Personal Clinical Advocate** to help you find in-network providers, understand diagnoses, coordinate care, and support covered family members.
- **Medication Savings** for costly brand-name prescriptions, with home delivery options.
- **Cancer Navigation and Support**, including expert guidance from oncology-certified nurses and access to personalized supportive care resources.
- **Telemedicine Access**, offering 24/7 virtual visits with board-certified providers for medical, mental health, or dermatology concerns.
- **Preventive Care Guidance** to help you understand no-cost screenings and routine services.

You may find these services helpful when dealing with new or ongoing health concerns, managing care for a family member, seeking cost savings, or simply wanting a knowledgeable partner to help you make informed decisions.

All services are **confidential, free, and easily accessible**. To get started—or to find out which program may be right for you—please contact your Clinical Advocate:

Phone: 1-800-876-9835

Email: nursesupport@chc-now.com

We encourage you to take advantage of these resources whenever you need support. Your well-being matters, and we're here to help.

Sincerely,

Will Foster

Will Foster
VP, Total Rewards & HR Operations
Lumexa Imaging, Inc.

Jenny Spring

Jenny Spring, SHRM-CP
Sr. Manager, Employee Benefits
Lumexa Imaging, Inc.

CONTACT YOUR CLINICAL ADVOCATE:

1 (800) 876-9835

nursesupport@chc-now.com

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To get started, contact your Clinical Advocate:



Nurse Andi



nursesupport@chc-now.com

Hours of Operation: Monday -
Friday from 8am - 5pm CST



1 (800) 876-9835

CONTACT YOUR CLINICAL ADVOCATE:





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Preventive Services

Many preventive services are covered **at no cost to you** when you visit an in-network provider and have no symptoms.

Covered for All Adults:

- 
Health Screenings
 Blood pressure, cholesterol, type 2 diabetes, and obesity
- 
Cancer Screenings
 Colorectal cancer (45+), mammograms, and cervical cancer
- 
Vaccinations
 Routine immunizations, including flu, measles, and polio
- 
Preventive Counseling
 Tobacco cessation, alcohol misuse, and STI prevention

Additional Coverage for Women:

- 
Well-Woman Visits
 Annual preventive visits, including preconception and prenatal care
- 
Contraception
 FDA-approved methods, sterilization, and education
- 
Breastfeeding Support
 Counseling and breast pump coverage






Important to Know

Services must typically be in-network to be covered at 100%

- Coverage applies when you are symptom-free
- Some older “grandfathered” plans may not follow these rules
- If a condition is diagnosed during a preventive visit, additional services may have costs

Coverage for Children:

- 
Well-Child Visits
 Routine checkups from birth through age 21
- 
Developmental Screenings
 Autism, vision, and hearing screenings
- 
Childhood Vaccines
 Comprehensive immunizations for children and adolescents

If you think this program could benefit you or a family member, please reach out to learn more.

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 nursesupport@chc-now.com



Nurse Andi






Meet Your Clinical Advocate

Hi, I am Andi, your free personal clinical advocate offered to you through your company's health plan.

-  **All Services are Free**
-  **All Services are HIPAA Compliant**
-  **Services are available to employees and dependents on the plan**



Are you enrolled in the company's medical plan? **See how I can help!**

-  **Did you move to a new area?**
I can help you find an in-network provider or specialist in your neighborhood.
-  **Do you have multiple conditions?**
I can help you navigate multiple providers and appointments.
-  **Do you have a serious illness?**
I can connect you to resources for your specific condition.
-  **Do you have cancer?**
I can connect you to cancer resources and support.
-  **Do you have expensive prescriptions?**
I can help you save money on your prescriptions and get them delivered to your home.

Need help for your spouse or children? If they are covered on your medical plan, I can help them too!

Healthcare can be confusing. I'm here to help!



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Medication Savings Program

Our Medication Savings Program allows you to order from a formulary of over 250 medications. Have a 30-day supply of each medication before placing your first order. Receive your order 10-15 working days after the order has shipped.

About RxManage

With RxManage, you can easily order brand-name medications. They will be delivered to your home and dispensed safely and accurately by our network of doctors and pharmacists. We also offer automatic refills, so you'll never run out.

Getting Started

If you think this program could benefit you or a family member, please contact your clinical advocate to learn more.



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Nurse Andi

Providing the guidance and support cancer patients need.

The **CancerNavigator** service provides tailored education and guidance to cancer patients as they navigate the many decisions that follow a diagnosis.



Receive help with:

- ✓ Understanding your diagnosis and treatment options
- ✓ Learning which centers in your area are well-equipped to treat your specific cancer type
- ✓ Talking through decisions for your care
- ✓ Accessing great centers quickly and scheduling appointments near you

1:1 Dedicated Support

Oncology Certified Nurses work 1:1 with you - no app, no search tool, just compassionate nurses with deep expertise.

Delivering Deep Navigation Research

Custom education and guidance on exactly what you need to know about your specific cancer type and which in-network centers are best equipped for your care.

If you think this program could benefit you or a family member, please reach out to learn more.

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CANCER SUPPORT WITH JASPER

Jasper Health provides the one-on-one supportive care that people living with cancer deserve. We strive to empower individuals affected by cancer to navigate their cancer experience with confidence and support.

PROGRAM OVERVIEW:

- ✔ Supports those diagnosed with cancer via a virtual care app
- ✔ Provides you with personalized oncology treatment support throughout your care journey
- ✔ Data driven insights and recommendations to managing treatment holistically
- ✔ Psychosocial support that fits your mental and physical needs via customized content and coaching
- ✔ Work with coaches on an unlimited basis – phone/video calls and messaging – on your specific action plan



Whether you've been recently diagnosed, you're undergoing treatment, or you're transitioning to survivorship, cancer can be incredibly overwhelming. Having a dedicated supportive care counselor to lean on during this challenging time is essential.

If you think this program could benefit you or a family member, please reach out to learn more.

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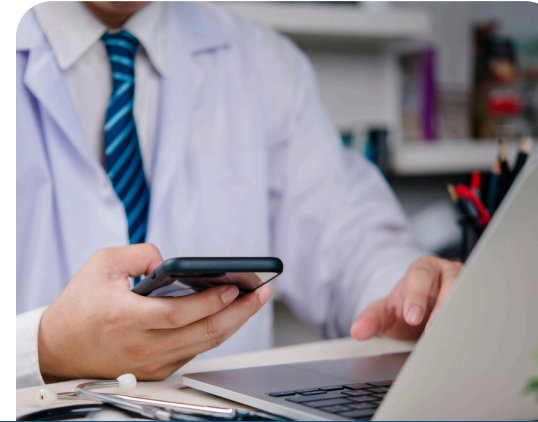
nursesupport@chc-now.com

A CONVENIENT WAY TO TALK TO A DOCTOR, FAST

Telemedicine lets you talk to a doctor via phone, web, or app. State licensed, board-certified doctors are available any time of day to address acute care concerns, get a diagnosis and have a prescription sent straight to your pharmacy of choice, if necessary.

Teladoc, through UMR, offers telemedicine services at no cost to you.

Have a medical concern but not sure if you can wait for a doctor's appointment? **See how Teladoc can help!**



Connect:

Download the Teladoc APP
Visit [TeladocHealth.com](https://www.TeladocHealth.com)
Call 1-800-835-2362

- ① What if I feel sick, but it's not an emergency?**
If you're dealing with a cold, flu symptoms, allergies, sinus issues, or another minor illness, you can connect with a state-licensed, board-certified doctor by phone or video — 24/7, from anywhere in the U.S. No waiting room required.
- ② What if I need support for stress, anxiety, or other mental health concerns?**
You can search for state-licensed mental health professionals and schedule secure virtual appointments by phone or video, making it easier to access care that fits your schedule and comfort level.
- ③ What if I have a skin concern and want expert advice quickly?**
Simply upload photos of your skin issue through the app or online portal. A dermatologist will review your case and provide a personalized treatment plan within 24 hours.

If you think this program could benefit you or a family member, please reach out to learn more.

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Telemedicine lets you talk to a doctor via phone, web, or app. State licensed, board-certified doctors are available any time of day to address acute care concerns, get a diagnosis and have a prescription sent straight to your pharmacy of choice, if necessary.

Telemedicine benefits are provided by Teladoc via Blue Cross Blue Shield of North Carolina. If you elect the HDHP, you pay for telehealth services until your deductible is met, then there is no cost to you.

Have a medical concern but not sure if you can wait for a doctor's appointment? **See how Teladoc can help!**



Connect:

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Visit [TeladocHealth.com](https://www.TeladocHealth.com)
Call 1-855-549-2214

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Have questions?

Your Clinical Advocate is here to help.

If you are interested in any of these programs or have questions regarding your health navigation, please don't hesitate to reach out to me. **I am happy to assist you!**

**You can contact me at
1 (800) 876-9835 or
nursesupport@chc-now.com.**



Nurse Andi

