

# BETTER HEALTH BUNDLE

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Benefits Guide



**2025**

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If you are interested in any of the listed partners, contact your CHC Nurse Advocate first for assistance at 1 (800) 876-9835 or [nursesupport@chc-now.com](mailto:nursesupport@chc-now.com)!



## Meet Your Nurse

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

I understand that navigating a health plan is confusing and it's not always easy to prioritize your healthcare. **You can lean on me to help answer your questions and help find the best care and resources your company has to offer you and your family.**

### Nurse Andi



#### Which members might need my services most:

- Those in need of a second medical opinion
- Those with a cancer diagnosis or a family member with cancer
- Those with multiple chronic conditions
- Those with complex care in need of plan navigation

*I'm here for you!*

#### About My Services:

- All Services are Free
- All Services are HIPAA Compliant
- Information is Never Shared With Your Employer



[nursesupport@chc-now.com](mailto:nursesupport@chc-now.com)

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

#### CONTACT YOUR NURSE ADVOCATE:

1 (800) 876-9835

[nursesupport@chc-now.com](mailto:nursesupport@chc-now.com)



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## Receive accessible, more affordable prescriptions and live a healthier, happier life with RxManage.

RxManage sources medication from dispensing pharmacies in New Zealand, Australia, United Kingdom and Canada. These countries are classed as Tier One countries (designated by the US Congress) for pharmaceutical supply. All prescription drugs are from Good Manufacturing Practices-certified manufacturing plants.

Medications are brand name medications, in original sealed manufacturer's packaging. The medication you receive through this program will be exactly the same as what you currently take.

We aim to work with you and your employer to get the medication you need, so you can stay compliant with your prescriptions. **And we waive costs, so you have more money to spend on other things that matter most.**

***Get your prescriptions without the hassle - Ordering is easy!***

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

**CONTACT YOUR NURSE ADVOCATE:**

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# Need a first-class second opinion?

Your employer-sponsored health benefit plan provides access to Included Health at no additional cost to you.

- ✓ Do I have the right diagnosis?
- ✓ Am I on the right treatment path for me?  
Is surgery the best option for me?

We've got  
the answers.



Get started today.

## EXPERT MEDICAL OPINIONS WITH INCLUDED HEALTH

With Expert Medical Opinions we deliver the critical support needed for complex conditions - from getting the right diagnosis and treatment plan, to seeing the right specialist, and getting empathetic support along the way.

### You will have access to:

- An expert panel with 4,000 of the top specialists for your second opinion
- Personalized consultations via 3-way video call
- Personalized referrals and recommendations to high-quality, cost-effective, local specialty care providers
- A dedicated care coordinator and in house clinician
- Immediate clinical support via Triage

#### COMMON CONDITIONS

**Joint & Muscles:**

Back, knee, joint pain, and arthritis

**Everyday Concerns:**

Migraines, weight management, sprains, moles & growths, test results, and medication changes

**Major Diagnoses:**

Breast cancer, prostate cancer, lung cancer, and more

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

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# Jasper

“I would describe Jasper in three words: awesome, helpful, and dedicated. They help me get through today and look forward to tomorrow.”

— Jim, Jasper Member in Remission



## Jasper is a cancer support application for people affected by cancer

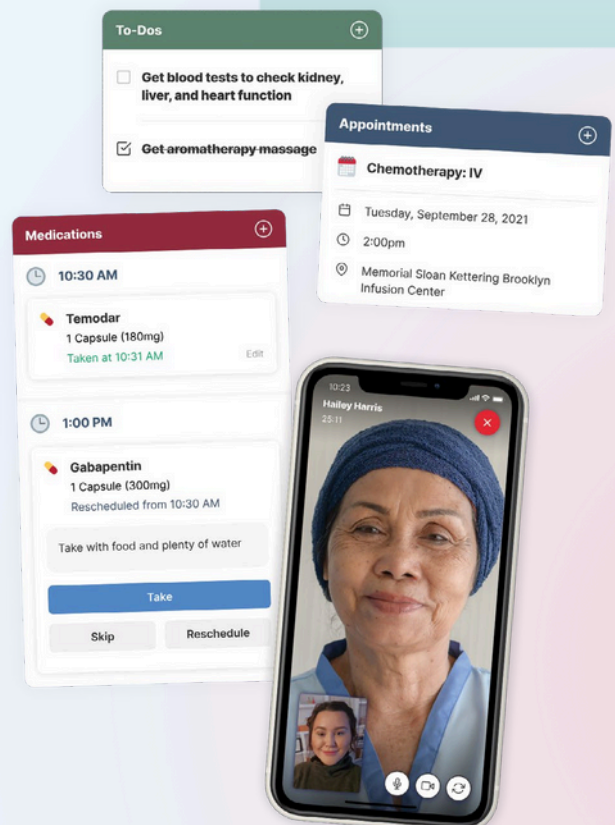
People shouldn't have to walk through cancer alone. Jasper's care coaches and digital application provide support to patients and their caregivers, right at their fingertips!

What you get with the Jasper app:

- ✓ An easy, digital way to get cancer support on your computer or your phone. After signup, we are just a click or call away!
- ✓ A schedule of appointments, to-dos, and medications to stay organized right in the Jasper app. You add tasks, we send you reminders.
- ✓ Access to your own dedicated Care Coach to talk to 24/7 for any reason. You call or message, we're ready to reply.
- ✓ Guidance and coaching focused on nutrition and meal planning, finances, symptoms, anxiety, stress, day-to-day questions, and more. We're always here to help.
- ✓ Fitbit or Apple Watch syncing right to Jasper for your Care Coach to see your steps and sleep. We keep track with you.
- ✓ An app and one-on-one coaching that's available for patients and loved one caregivers at any point in the cancer journey. We're here for anyone, anytime.

### How does Jasper help employers?

- Jasper helps lower unnecessary hospital utilization costs
- Jasper improves employee satisfaction with support people deserve.
- Jasper guides members during remissions and return to work.
- Jasper provides support for family and friends of those living with cancer.



## 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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INTRODUCING

# CancerNavigator



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

*CancerNavigator is a **no-cost** benefit offered through your health plan.*

## Support for Cancer Patients:

- ✓ Understand your specific diagnosis and treatment options
- ✓ Learn which centers in your area are well-equipped to treat your specific cancer type
- ✓ Talk through decisions for your care
- ✓ Schedule appointments with well-equipped centers in your area
- ✓ Access great centers quickly

“ We appreciate [CancerNavigator] so much. You are a necessity and there are a lot of families that could not do it without you.

– *CancerNavigator Patient*

## 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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*Have questions?*

**CHC Advocacy is here to help.**

If you or a family member is interested in any of the listed partners or have any other question about your health navigation, please contact your CHC Nurse Advocate to learn more or to enroll.

**1 (800) 876-9835 or [nursesupport@chc-now.com](mailto:nursesupport@chc-now.com).**



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