



# Wellness + Prevention

*-achieving better health overall-*

Helping Members achieve and maintain good health is a key focus at Community Health Options. Members can access all wellness program services by calling Member Services at (855) 624-6463. Our wellness program includes:

- ▶ Tobacco cessation benefits that provide access to over-the-counter and prescription medications
- ▶ Access to a comprehensive database of health information

Health + Wellness	Tobacco Cessation	Access to Health Information
<p>We support Members' overall health through a variety of services based on individual preferences and needs. This includes:</p> <ul style="list-style-type: none"> <li>▶ Providing direct support and care coordination to promote effective and timely healthcare services</li> <li>▶ Helping Members locate in-network services, specialists, or medical equipment and supplies</li> <li>▶ Coordinating care when mental health and/or substance use disorders conditions are impacted by medical conditions</li> <li>▶ Providing education and behavior modification support for effective self-management of one or more chronic medical conditions</li> <li>▶ Promoting a healthy lifestyle through education and behavioral change support</li> </ul>	<ul style="list-style-type: none"> <li>▶ We offer an enhanced benefit for over-the-counter nicotine replacement therapy (NRT) products, including nicotine patches, gum, lozenges, and certain FDA-approved medications listed on our drug formulary</li> <li>▶ Tobacco cessation education and counseling</li> <li>▶ You can locate your tobacco cessation benefit in your Member Benefit Agreement and/or the Health Options Drug Formulary on our website at HealthOptions.org</li> </ul>	<p>All Members have access to information on over 6000 health topics, tests, and wellness issues within their secure Member portal on our website, HealthOptions.org. Key topic areas include:</p> <ul style="list-style-type: none"> <li>▶ Stress Management</li> <li>▶ Weight Management</li> <li>▶ Diet and Nutrition</li> <li>▶ Tobacco Cessation</li> </ul>

WellnessPreventionFlyer-11-091119

**HealthOptions.org | (855) 624-6463**

For more detailed information about our health plans or to review our Member Benefit Agreement and Schedule of Benefits, Provider Directory, Prescription Formulary, or Privacy Notice, please visit our website at HealthOptions.org. If you do not have access to computer or internet services, please call (855) 624-6463. A Member Services Associate will be happy to provide you with printed copies and answer any questions you may have.

Community Health Options complies with applicable Federal civil rights law and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le (855) 624-6463 (TTY/TDD: 711)

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (855) 624-6463 (TTY/TDD: 711)