



# Simplify your life.

Access doctors and therapists by phone, video, or app.

HealthiestYou is **FREE** for you and your family for those enrolled on the Health Insurance. For Part-Time and Full-Time Team Members not on the Health Insurance, the benefit is \$5 a month for you and your family.



### **General Medical 24/7 - \$0 visit fee - Unlimited visits**

Speak to a licensed doctor by phone or video 24/7 from anywhere



### **Expert Medical Services - \$0 visit fee - Unlimited visits**

Receive a second opinion on an existing diagnosis and treatment for any condition



### **Mental Health - \$0 visit fee - Unlimited visits**

Talk to a therapist seven days a week from wherever you are



### **Neck and Back Care - \$0 visit fee - Unlimited Visits**

Relieve your back pain through guided videos with a certified health coach



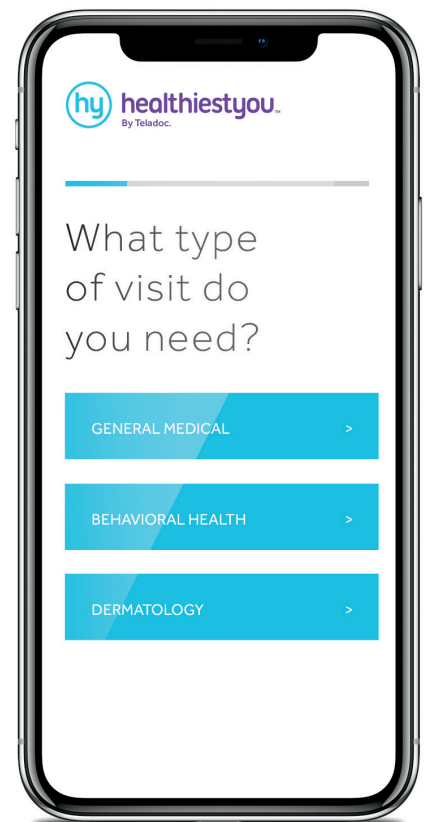
### **Dermatology - \$0 visit fee - Unlimited Visits**

Upload photos of your condition to the app and get a treatment plan from a dermatologist within two business days



### **Nutrition - \$0 visit fee - Unlimited Visits**

Members work directly with registered dietitians who assess clinical nutrition needs and develop personalized programs including custom meal plans and shopping guides



## Download the app for access to free and easy healthcare

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