

Teladoc

Enjoy On-Demand Health Care

with 24/7 Access to Doctors by Phone or Video



What Teladoc Does for You

General Medical

- Doctors offer a diagnosis, treatment options, and prescription, if medically necessary for a \$0 visit fee
- Treatment for common medical issues such as colds, flu, poison ivy, respiratory infections, bronchitis, pink eye, sinus problems, allergies, urinary tract infections and ear infections
- Includes spouse and legal dependents
- U.S. board-certified doctors with an average 20 years practice experience
- If you are caring for an aging parent or loved one, you can provide them access to Teladoc for a \$59 visit fee

Specialists

- **Nutrition**
 - Registered dietitians help you develop a personalized eating plan or manage health conditions like diabetes or high blood pressure
 - \$63 per consultation
- **Dermatology**
 - Upload images for a quick, convenient, and discreet treatment plan within 2 business days for skin conditions such as rash, acne, psoriasis, suspicious moles, and more
 - \$93 per consultation, plus one follow-up question



Download the **My Benefits Work Mobile App**
800.800.7616 | **MyBenefitsWork.com**

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Doctors Online

Replace “Dr.
Google” with
Actual Healthcare
Professionals
for More Informed
Decisions



- \$200 billion is wasted on unnecessary medical visits every year

What Doctors Online Does for You

- Enjoy 24/7 email access to doctors, pharmacists, psychologists, dentists, dieticians, and more to get treatment options and advice you understand
- Expect responses within a few hours
- Personal Health Record is secured
- Unlimited, confidential services include your immediate family
- Ask questions like:
 - My throat is sore and I'm feeling pretty warm... should I go see my doctor?
 - I was just diagnosed with diabetes and I don't know what to do next...what are my options?
 - My dentist says I need a root canal and it's going to cost me \$1,200. Does that sound reasonable?
 - The doctor told me I need to lose 30lbs. Will you help me put together a diet plan?
 - This is a picture of my son's eye. Do you think we're dealing with pink eye?



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Save on Prescriptions

for the Whole Family,
Including Pets



- Save 10% to 85% on most prescription medications

What NB Rx Does for You

- Receive discounts on thousands of medications at 60,000+ retail pharmacies nationwide, including Walgreens, Target, CVS, and many other independent, national, and regional chains
- Find the best deal by comparing prescription prices at participating pharmacies with our Rx pricing tool located through your mobile app or web portal; then text or email the prescription price to easily cash in your savings at the pharmacy
- My Medicine Cabinet feature allows you to save your prescription search so you can easily refresh pricing for your next refill
- Even if you have insurance, you can present both cards at the pharmacy or research online to receive the lowest price



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Pharmacy discounts are not insurance, not intended as a substitute for insurance, and only available at participating pharmacies.

Alight Navigator

Experts Help You Navigate Healthcare

and Find Cost-
Effective Care

- In-network healthcare prices vary by 300% or more

What **Alight Navigator** Does for You

- Highly trained Health Pros:
 - Help you understand your insurance benefits
 - Provide guidance related to plan selection
 - Explain care options
 - Find highly rated doctors
 - Analyze providers based on experience and cost
 - Help find ways to pay less for prescriptions
 - Review medical bills and resolve errors
 - Assist with scheduling appointments
 - Help with issues related to dental and vision benefits
 - Respond to most requests by the next business day
 - Have passed rigorous credentialing and completed extensive training
- The price transparency tool allows you to compare costs for providers, procedures, and prescriptions



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Alight will never share protected health information (PHI) with your employer. Alight does not provide medical advice or replace your doctor. Alight is unable to assist during medical emergencies. Alight provides unbiased recommendations and is not affiliated with anyone that we recommend.

Mobile App Overview

Access Benefits On-Demand

with the
My Benefits Work
Mobile App

Enjoy your benefits anytime, anywhere through the
My Benefits Work mobile app and web portal.

Benefits Are Just a Tap Away

The mobile app serves as your one-stop-shop for benefit access. See all your benefits on the dashboard and click each one for how-to guides, videos, and quick links to important benefit actions.

Add Cards to My Wallet

Store and view all your benefit cards in one place with My Wallet. Easily add your cards for medical insurance, HSA, and more with a quick picture, then change the order of cards to fit your preferences. When you need to access a phone number or present the card to a provider, just tap the appropriate card.

Dependents Have Access, Too!

Add your spouse and legal dependents to your account and they'll be able to use your benefit program, too. Use this feature by clicking on the menu in the top right corner, then click on My Dependents.

Dependents 18 and older can create their own unique logins under your account. Invite them to create a profile and they'll receive an email to get started.



Get Started Now



1. Download the **My Benefits Work mobile app** on the App Store or Google™ play Store
2. Use your Member ID and Group ID to register

Mobile App

How to Access your Benefits

Follow these easy steps to start using your benefits:

1. Download

Download the My Benefits Work mobile app from the App Store or Google™ play.



2. Register

Register your account on the app or the web portal – you only need to register once and your login will work for both.

3. Enter ID

Use your Group ID and Member ID from the front of your membership card.

4. Enter Email

Enter your email address – this will be your username for the app and portal.

5. Enter Phone Number

Enter your mobile phone number and a password, then proceed.

6. Confirm

You will be prompted to confirm your account through text message or email. Enter the code and continue.

After You've Registered, Start Exploring!

- Easily access your benefits, all in one place
- Keep your benefit and insurance cards organized in My Wallet
- Add your spouse and dependents to your benefit program
- Get live support by chat or phone call



How to Add Your Dependents

Follow these easy steps to ensure your dependents are registered

Mobile App

1. Log on to the **MyBenefitsWork app**
2. Tap the **menu button** in the top right corner of the home page
3. Select "My Dependents" from the menu
4. Select "Add New" and enter the details for each dependent you wish to add

For Dependents Over 18*:

Once you register your dependent(s) and the invite is sent, they will receive an email containing their **Member ID** and **Group ID**. To continue, *the dependent must download the MyBenefitsWork mobile app on their own device.*

Once the mobile app is open, the newly registered dependent(s) must select "**Register**" to complete their own member registration by entering:

- Member ID and Group ID
- First and last name
- The email dependent wishes to associate with the mobile app

Complete the registration steps and verify your account.

Web Portal

1. Visit <https://mybenefitswork.com/login>
2. Select your full name in the top right corner of the screen
3. Select "My Profile" from the dropdown menu
4. Select "My Dependents" from the left sidebar menu
5. Click on "Add Dependents" and enter the details for each dependent you wish to add

For Dependents Over 18:

Once you register your dependent(s) and the invite is sent, they will receive an email containing their **Member ID** and **Group ID**.

The newly registered dependent(s) must open the MyBenefitsWork member portal, click "**Register**" and on the next screen, complete their own member registration by entering:

- Member ID and Group ID
- First and last name
- The email dependent wishes to associate with the mobile app

Complete the registration steps and verify your account.

By Phone

1. Call Member Services at 800.800.7616
2. Request to add a dependent

Member Services is available Monday through Friday from 7 a.m. to 7 p.m. and Saturday from 8 a.m. to 5 p.m. CST

Please note: The Member Services call center is closed on Sundays and most major holidays (but the app is always open).



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**Dependents 18 and over will need to be invited as their own user of the mobile app or web portal.*