



Dedicated to Employee
Health & Wellness



Go Wellness Association ("GOWELLNESS") is a national organization dedicated to the health and wellness of employees at small and midsize companies.

GOWELLNESS provides health information, including fitness, nutritional and lifestyle choices via its website, e-newsletters and blogs, to help employees live healthier, happier lives. There are health advocates available as well to assist the members through billing questions and alternative treatment options that may not be available through their traditional healthcare providers.

Formed prior to 1993, the association now serves 75,000 employees via relationships with some 5,000 companies. Through **GOWELLNESS**, employees also can access valuable supplemental and voluntary benefits, that improve insurance coverage and promote financial wellness. **GOWELLNESS** uses the power of its group buying to offer benefits that previously were not available to employees working at smaller companies, and at rates that are lower than those plans purchased on an individual basis

OUR UNIQUE APPROACH

Our goal is simple: To help each client maximize their ROI in human capital and employee benefits. We do this by building customized Virtual Company Communities (VCC) that reflects each client's specific benefits environment, resources, and requirements. The VCC is the "go to place" for all employee benefits, HR, payroll, and wellness related services. It places single click, self-service technology at your employees finger tips.

Our integrated portal includes a comprehensive wellness solution that includes personalized engagement services, incentive program, support for over 60 smart apps and wearables devices, health education, wellness challenges and group activities.

Consulting

We provide complete project management, from design to implementation.

Technology

We bring web, social, mobile, messaging, and wearable technologies together in a single, easy to use solution.

Management

We partner with clients and provide proactive and on going support and management of the complete environment.



MEMBER BENEFITS

GOWELLNESS is dedicated to the health and wellness of employees at small and midsize companies. GOWELLNESS provides health information, including fitness, nutritional and lifestyle choices via its website, e-newsletters and blogs, **to help employees live healthier, happier lives.**

My Health Coach Now

MHC-Now is a virtual personal health tool free to all GOWELLNESS members. It can engage, educate, and inspire members to be as fit as they can be. MHC-Now includes:

My Health Navigator

Personal wellness programs (Walking, Exercise, or Weight Loss)

My Health Assistant

Proactive personalized reminders

Track My Progress

Activity & Weight

Tip of the Day

Educational and inspirational e-messages

Self-directed health Library

Exciting discounts on our partners products

Single point of contact to all your GOWELLNESS benefits and partners

Healthy Rewards

Upgrade to a more comprehensive, engaging, and rewarding experience with MHC-Now Healthy Rewards, where in addition to enhanced services, you can earn over \$200 in rewards and gift cards for completing healthy activities and learning about healthy lifestyles! **Healthy Rewards members get twice the discounts.**

B-Fit Mobile Smart App

Synch your wearable device to your MHC-Now account, tracks your health club attendance and virtual check-ins.



Gift Cards, prizes, and rewards when you achieve your goal(s)!

30 Nationally recognized health education modules covering physical, mental and financial health.

Rewards for getting your annual flu shot and physical.

Buddy-Up: Team up with members and challenge other teams to win prizes and help each other attain their personal health goals.



ADDITIONAL MEMBER BENEFITS

SNAP Lifestyles

Consumers are always looking to save money on services and products they access throughout the year. That is why our SNAP Lifestyle Savings Program is a great way for individuals and families to save hundreds of dollars through the SNAP Lifestyle Savings Program. Get special member savings and offers on Entertainment, Pet Services, Health Savings, Wellness Savings, Vehicle Savings and Travel Savings.

Dentachoice

Dentachoice is a discount, or reduced-fee, dental program that utilizes the Aetna Dental Access@network. This program is designed for health, conscious consumers looking to maintain their oral health and minimize their dental care expenses with savings that range from 15 to 50%, on average.

Discount Vision (Outlook Vision Services)

Outlook Vision Services is a discount vision program. Over 12,000 optical providers offer average discounts of 10% to 50% off the regular retail price of eyeglass lenses and frames, contact lenses, sunglasses, and corrective surgery (Lasik, RPK, etc.). The Outlook Vision network includes major chains and independent eye care centers. In addition to local retail optical providers, Outlook Vision also has a mail-order contact lens program for the convenience of our members. Members will receive a discount off of retail prices by ordering replacement contact lenses from this service.

Family Legal Plan

You and your family will have access to a nationwide network of plan attorneys that have contracted with Legal Club to provide free and discounted legal services. Upon contacting our Member Services Department, you will be referred to a plan attorney based on language, area of law, and location.

ID Theft Basic

Identity theft resolution services are provided to all employees.

ID Theft Resolution

Full identity theft resolution for customers and immediate family members. Dedicated fraud specialists with extensive experience in fraud investigation and resolution work on behalf of the customers to resolve an identity fraud issue. Fraud alerts and credit file freezes put in place when appropriate. Extensive suite of monitoring products are provided to the customer at no additional charge to either the customer or the organization. Triple bureau credit report for the identity theft victim. Triple bureau credit monitoring (12 months) for the victim.



ADDITIONAL MEMBER BENEFITS

Alternative Medicine

Save 25% at over 8,000 trained, qualified, and fully credentialed providers nationwide including acupuncture, massage and more.

Rx Gold (Prescription Drug Savings Program)

Access to Thousands of Brand Drugs, Generic Drugs and Over-the-Counter Medications, No Deductibles, No Annual Maximums, No Exclusions, No Pre-Existing Conditions.

Generic: Up to 30%-80% Savings.*
Brand Name: Up to 30%-80% Savings.*
31-Day Supplies on Most Prescriptions*

Ability to Purchase a 90-day Supply of Maintenance Medications at Retail Locations.

The Gold Rx Pharmacy Network:

The Rx Gold uses a nationwide network with over 44,000 national chain stores (i.e. Walmart™, Kmart™, Target™, Duane Reade™, CVS™, etc.) and independent pharmacies. To view an extensive listing of prescription drugs covered under your prescription discount drug card, your cost for these drugs, local providers who will provide these discounts for the covered drugs.

*These benefits and the The Rx Gold Prescription Drug Savings Program are discounts and not insurance.