



# Healthy Extras

Health Alliance has the people, programs and services to help keep your employees healthy and productive.

## On-Site Services

- Employee health screenings\*
- Consultation for workplace wellness programs
- Demo for Rally<sup>®\*\*</sup>, our online wellness experience
- Lunch and Learn wellness presentations
- Cholesterol check (lipid panel) and glucose screening at Meijer covered at 100 percent\*

Some services may be delivered via webinar or teleconference.

## Health Management Help

- Disease management programs
- Quit For Life<sup>®</sup> smoking cessation program
- Care coordination for chronic or complex conditions
- Free over-the-phone support to help members with lifestyle changes
- Employee wellness group report

## Online Resources

- Rally—personalized plans and tips to help members make healthy choices
- Treatment Cost Calculator to help members compare treatment prices
- YourHealthAlliance.org for members to check coverage, order ID cards and more
- Blog.HealthAlliance.org—for health and insurance tips and info, events and much more

## Even More Extras

- Discounts at participating fitness and weight loss centers
- Access to our 24-hour Anytime Nurse Line
- Help while traveling through Assist America<sup>®</sup> global emergency services

\*Some programs or services may cost extra and geographic restrictions may apply. Contact your client consultant with any questions.

\*\*For members without internet access, health surveys, self-management tools and rewards are also available by mail or phone. To participate, members should call the Customer Service number on the back of their ID card.