



GET WELL. STAY WELL.

At Health Alliance, we have tools—built into your plan—to help you stay healthy or to get you back on your feet.

Perks to Keep You Moving

- **Fitness and Pharmacy Discounts**—Save money on things you do anyway—like going to the gym and filling prescriptions.
- **Rally®***—Stay motivated with this health-building platform that rewards you as you accomplish goals.
- **Anytime Nurse Line**—Get answers to health questions, 24 hours a day.
- **Treatment Cost Calculator**—Compare prices and doctors for various services, based on real data and your specific health plan usage.
- **Assist America® Global Emergency Services**—Roam about the world knowing you can get help arranging care if needed.
- **Preventive Services**—Keep on top of your health with 100% covered preventive immunizations, annual wellness exams, mammograms, cancer screenings and more.

Guidance through Health Challenges

- **Quit For Life™**—Quit an expensive tobacco habit with this guided program.
- **Health Coaching**—Receive encouragement and support in making healthy lifestyle changes or learning to live with a new chronic illness, like diabetes.
- **Care Coordination**—Get connected to the right doctors and services when you're receiving acute medical care or have a complex condition.

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

 **Health Alliance**SM
HealthAlliance.org