

# RRD BENEFITS EVERY STEP OF THE WAY

Your RRD benefits provide the support you need when you need it, including when you are considering or taking a leave of absence. This flier describes some of the many resources available for your physical, financial and personal health. To learn more about these and other programs offered as part of your RRD benefits, go to [myRRDbenefits.com](http://myRRDbenefits.com).



## Support for your physical health

### Hinge Health for Back or Joint Pain

Offered as part of your medical coverage through Blue Cross and Blue Shield of Illinois (BCBSIL), Hinge Health is an innovative digital program you can use to reduce chronic back, hip and knee pain. The program includes an app installed on a provided tablet, wearable sensors, and unlimited one-on-one coaching.



[hingehealth.com/rrdonnelley](http://hingehealth.com/rrdonnelley)  
or 1-800-537-9765

### Livongo for Hypertension

Livongo for Hypertension can make living with high blood pressure easier. You get a blood pressure cuff, touchscreen meter, personalized reports, health coaching, and access to a mobile app to view and track your readings. The program is offered at no cost to you and your dependents as part of your medical coverage through BCBSIL.



[livongo.com/hypertension](http://livongo.com/hypertension)  
or 1-800-945-4355

### Special Beginnings for Expectant/New Mothers

Special Beginnings provides confidential support to help expectant mothers from early pregnancy until six weeks after delivery. The program, which is offered as part of your BCBSIL medical coverage, includes personal contact with program staff, access to online resources and more.



[bcbsil.com/rrd/health-and-wellbeing/special-beginnings](http://bcbsil.com/rrd/health-and-wellbeing/special-beginnings) or 1-888-421-7781

### Diabetes Support

If you're enrolled in an RRD National Medical Program option, you and your covered family members who have or are at risk of developing diabetes have a choice between two programs designed to help you live a healthier life: Transform Diabetes Care from CVS Health or Twin Health. You may participate in only one of the two programs, so review both programs carefully so you can choose the one that best meets your health needs and goals.

**Transform Diabetes Care** can help make managing your type 1 or type 2 diabetes easier. You receive guidance specific to your needs and access to resources to help you manage your medication, monitor and control your blood glucose, and prevent diabetes-related complications.



[caremark.com](http://caremark.com) or 1-800-348-5238

**Twin Health** can help you reverse your type 2 diabetes with innovative technology that builds your "digital replica," and then delivers precise guidance about nutrition, sleep, activity and breathing through an easy-to-use app. It continuously monitors your health so your health care provider can take quick action based on what's right for you, right now. Under the guidance of your health care provider, you might be able to safely reduce or eliminate medications.



[partner.twinhealth.com/rr-donnelley](http://partner.twinhealth.com/rr-donnelley)

## Support for your financial health

### Rx Savings Solutions

Save money on prescription drugs with Rx Savings Solutions, a free, online tool available to you and your dependents enrolled in an RRD medical option through BCBSIL. Rx Savings Solutions looks at the medications you take and, if possible, finds lower-cost options to treat the same conditions.



[myrxss.com](https://myrxss.com) or 1-800-268-4476

### PrudentRx

If you're enrolled in an RRD National Medical Program option, you're automatically enrolled in PrudentRx as part of your prescription drug coverage through CVS Caremark. Through this free program, you pay \$0 for covered specialty medications filled at CVS Specialty Pharmacy. PrudentRx currently targets specialty medications in the following therapy classes:

- Hepatitis C
- Autoimmune
- Oncology
- Multiple sclerosis



1-800-578-4403

## Support for your personal health

### SupportLinc

For confidential help and support with the demands of everyday life, you and your immediate family members have access to SupportLinc, RRD's Employee Assistance Program (EAP) provider.

SupportLinc offers professional counseling referrals and up to five face-to-face counseling sessions for a wide variety of concerns, including anxiety, depression, relationship problems, substance abuse, stress and more. SupportLinc can also provide guidance and referrals to expert resources for legal, financial and everyday issues such as dependent care, auto repair, home improvement, pet care and more.

You also have 24/7 access to online tools, resources and on-demand education; mobile apps, including a text therapy app; and digital support groups.



[supportlinc.com](https://supportlinc.com) (employer code rrd)  
or 1-888-881-LINC (5462)

