

YOUR JOURNEY STARTS HERE.

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.

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 a 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.

Hypertension Management by Teladoc Health

Hypertension Management by Teladoc Health 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 included as part of your BCBSIL medical coverage.

Special Beginnings for Expectant/New Mothers

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

Goodpath for Whole-Person Care

Goodpath is simple, whole-person care that addresses the mental and physical aspects of common conditions, as well as their contributing factors. Available for free for eligible employees and dependents, Goodpath treats digestive health issues; back, neck, shoulder, hip or knee pain; mental health (stress, burnout, anxiety and more); insomnia or troubled sleep; and offers cancer quality-of-life support (pain, fatigue, insomnia, brain fog and more).

Navigate Cancer with AccessHope

For help dealing with a cancer diagnosis and treatment, you have AccessHope. AccessHope can connect you and your local oncologist to renowned cancer expertise to help identify the right treatment for the best outcome.

Weight Management

If you're enrolled in an RRD National Medical Program option, you and your covered family members can take advantage of two unique programs to lose weight and live a healthier life.

- **Twin Health** combines a mobile app, technology and the support of a medical team to help you understand how your body works and what it needs to achieve sustainable weight loss.
- **Wondr Health** is a digital platform that helps you build clinically proven, healthy habits that lead to sustainable weight-loss results.

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: Twin Health or Transform Diabetes Care from CVS Health.

- **Twin Health** can help reverse type 2 diabetes with technology that builds your "digital replica," and then delivers precise guidance about nutrition, sleep, activity and breathing through an easy-to-use app. Under the guidance of your health care provider, you might be able to safely reduce or eliminate medications.
- **Transform Diabetes Care** can make managing type 1 or type 2 diabetes easier. Get 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.

Your Financial Health

Rx Savings Solutions

Save money on prescription drugs with Rx Savings Solutions, a free, online tool available as part of your 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.

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 and multiple sclerosis.

MetLife Supplemental Health Care

Supplemental health care benefits from MetLife — accident, critical illness and hospital indemnity insurance — help you navigate the unexpected. If you elected coverage, check your plan and file a claim if applicable to your situation.

Paytient

Access a \$1,200 line of credit to pay for health care expenses via a Health Payment Account from Paytient. Use your Paytient card to pay for care at the doctor, pharmacy, eye doctor, dentist — even at the vet! Paytient pays providers upfront, giving you flexibility to spread out the cost over time via payroll deduction. You never pay any interest or fees.

Your Life

SupportLinc

For confidential help 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.

