

# WITH YOU ON LIFE'S JOURNEY

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](https://myRRDbenefits.com).



YOUR CONTACTS

## YOUR PHYSICAL HEALTH

### Hinge Health for Back or Joint Pain

Hinge Health is a digital program 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.

### Special Beginnings for Expectant/New Mothers

Special Beginnings provides confidential support to help expectant mothers from early pregnancy until six weeks after delivery. (Not available with BCBS Coupe PPO.)

### Growing Your Family

When you have a baby or adopt a child, you have 60 days to make changes to certain benefits. Visit [myRRDbenefits.com/birth-adoption](https://myRRDbenefits.com/birth-adoption) for information.

### Maven Clinic for Women's/Family Health

Receive support for fertility, maternity and postpartum care, parenting, pediatrics, menopause and ongoing care.

### Goodpath for Whole-Person Care

Goodpath addresses the mental and physical aspects of common conditions, as well as their contributing factors.

### Navigate Cancer with AccessHope

For help dealing with a cancer diagnosis and treatment. AccessHope can connect you and your local oncologist to renowned cancer expertise to help identify the right treatment for the best outcome. (Not available with BCBS Coupe PPO.)

### Weight Management

Take advantage of one of these 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

You and your covered family members who have or are at risk of developing diabetes have a choice between two programs to help you live a healthier life:

- **Twin Health** can help reverse type 2 diabetes with technology that builds your "digital replica." Under the guidance of your health care provider, you might be able to safely reduce or eliminate medications.
- **Transform Diabetes Care from CVS Health** can make managing type 1 or type 2 diabetes easier. Get resources to manage your medication, monitor and control your blood glucose, and prevent diabetes-related complications.

### Nox Health for Better Sleep

Sleep better and improve your health, mood and daily energy.

### Onelming for Medical Imaging

Access medical imaging without the wait times and high costs often found elsewhere. **You won't have coverage if you don't call Onelming for non-urgent/non-emergency MRI or CT.**

### WellTheory for Autoimmune Care

Get expert guidance and personalized support for autoimmune and inflammatory conditions.

## YOUR FINANCIAL HEALTH

### 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.

## Additional Information & Support



### YOUR GUIDE TO Cardiometabolic Health

Preventing, managing or improving common risk factors related to cardiometabolic conditions (like heart disease, stroke and diabetes) can make a positive difference in your health journey. Learn about programs and resources RRD offers to support you.



### YOUR GUIDE TO Cancer Care

A cancer diagnosis can be frightening and overwhelming. Get practical guidance as you navigate cancer care, and learn how to get the best care and make the most of your benefits when it matters most.



### YOUR GUIDE TO Mental & Emotional Well-being

Seeking care from a mental health expert can help you deal with challenges and live a happier, healthier life. Find information on overcoming barriers to care, how to take control of your own well-being journey, crisis resources, terms to know, and more.