



GET THE MOST FROM YOUR RRD BENEFITS

Unless noted otherwise, the following resources are available to you and your dependents enrolled in an RRD National Medical Program option: Copay Advantage, HSA Advantage, HSA Value and BCBS Coupe PPO.

FOR YOUR HEALTH

Prioritize preventive care

Your annual preventive care visit is covered at 100% with no deductible or co-pay when you see an in-network provider. Regular medical checkups, including age- and gender-based screenings, can help you manage risk factors and detect any health issues early — before they become more difficult and expensive to treat. For help finding an in-network provider, reach out to a BCBSIL health advocate at 1-800-537-9765. If you're a BCBS Coupe PPO member, contact a Health Valet at 1-800-882-5158 or healthvalet@coupehealth.com.

Get personalized support for your health care journey

Health Advocacy Solutions is a personalized service included with your RRD National Medical option (*excluding BCBS Coupe PPO*). A health advocate can help you coordinate your health care needs, find providers, schedule appointments, deal with claims issues and more. Learn more at bcbsil.com/rrd/health-advocate, call 1-800-537-9765 to talk with a health advocate 24/7, or download the BCBSIL app to chat live.

Feel better with whole-person care for common conditions

Goodpath helps you address the physical and mental aspects of common health conditions like back pain, digestive issues and sleep problems. Goodpath also provides cancer quality-of-life support (for pain, fatigue, insomnia, brain fog, etc.). Through an easy-to-use app, you get a customized care plan with expert guidance to help you feel better, fast. Get started for free at goodpath.com/enroll/rrd.

Control high blood pressure

Take control of your high blood pressure with **Hypertension Management by Teladoc Health**. You get a blood pressure monitor and touchscreen meter, personalized reports, expert coaching, and access to a mobile app to view and track your readings. The program is free as part of your RRD National Medical Program option. Call 1-800-835-2362 or visit teladochealth.com/expert-care/condition-management/hypertension to learn more.

Fix your sleep

SleepCharge is RRD's exclusive sleep health provider, giving you access to testing, diagnosis, personalized treatment, and one-on-one support from board-certified sleep doctors.

There is no coverage if you use other providers. Get started at sleepcharge.com/rrd.

Find support for autoimmune conditions

WellTheory provides expert guidance and personalized support for people with autoimmune and inflammatory conditions. They can help you manage symptoms, reduce inflammation and improve your overall well-being. Go to welltheory.com/partner/rrd or call 760-288-8258 to learn more.

Reduce back and joint pain

Hinge Health offers virtual physical therapy to help reduce chronic back, hip and knee pain. Support is also available for women's pelvic floor disorders, perimenopause and menopause. Available at **no cost**, Hinge Health provides an app, wearable sensors for personalized exercise therapy, and unlimited one-on-one coaching. Get started at hinge.health/rrdonnelley.

Manage or reverse diabetes

You and your covered family members who have or are at risk of developing diabetes can choose one of two **free** programs to help you live a healthier life:

- **Twin Health** can help you heal the root cause of many chronic conditions — your metabolism. Twin Health builds your "digital twin" to model your metabolism and predict how changes to nutrition, sleep, activity and breathing can reverse prediabetes, type 2 diabetes and weight gain. Visit connect.twinhealth.com/rrd to get started.
- **Transform Diabetes Care** from CVS Caremark can help you control your type 1 or type 2 diabetes with personalized support to help you stay on track with your prescribed treatment plan. Call 1-800-348-5238 to learn more.

Get guidance for serious health issues

At no cost to you and your covered family members, **Private Health Management** is available to support you through serious and complex health challenges. Learn how they can help you at myphmcare.com/rrd.

Find help to lose weight

You can get help to lose weight and improve your health when you participate in one of two programs available for **free** as part of your RRD benefits:

- **Twin Health** uses digital technology to understand your metabolic health. Your “digital twin” learns from the data you provide and, with the support of a Twin Health coach, makes recommendations to heal your metabolism. Go to connect.twinhealth.com/rrd to learn more.
- **Wondr Health** is clinically proven to help you lose weight, sleep better and stress less. You'll learn simple skills that lead to long-lasting weight loss and better health. Learn more and get started at wondrhealth.com/rrd.

Navigate cancer

If you or a covered family member is diagnosed with cancer, **AccessHope** can connect you and your oncologist to renowned cancer expertise to help identify the right treatment for the best possible outcomes. AccessHope partners with National Cancer Institute centers to remotely deliver expertise, providing decision support and peace of mind. To learn more, call the phone number on the back of your BCBSIL card. *(Not available to BCBS Coupe PPO members.)*

Get care anywhere

You have 24/7 access to **MDLIVE** for non-emergency medical and behavioral health issues. Virtual visits are a convenient and cost-effective option when you need care for conditions such as flu, allergies, sore throat, infections, stress and anxiety. MDLIVE can even send prescriptions to your local pharmacy. Your cost to use MDLIVE depends on which National Medical option you're enrolled in. Register at MDLIVE.com/bcbsil or download the MDLIVE app. If you're a BCBS Coupe PPO member, log in to the Coupe Member Portal at member.coupehealth.com > [Online Visits](#) > MDLive.

Access virtual care for family health journeys

Maven from BCBSIL offers support for fertility, family building, maternity, postpartum care, parenting, pediatrics, menopause and ongoing care. Maven includes video chat and messaging with family care providers, a dedicated Care Advocate, personalized content for your family journey, and virtual classes to learn from experts. Sign up at mavenclinic.com/join/benefit. *(Not available to BCBS Coupe PPO members.)*

Get help to quit tobacco

Your **EAP** offers a **free** tobacco cessation program for you and your family members (spouse/domestic partner and dependent children ages 18–25). When you enroll, a certified tobacco cessation specialist will help you assess where you are in your readiness to quit tobacco and provide ongoing support, information, resources and accountability to help you quit. Help is available even if you're not enrolled in an RRD Medical Program option. Call **1-888-882-LINC (1-888-882-5462)** or email coaching@mywellportal.com to learn more and enroll.



FOR YOUR FINANCIAL WELL-BEING

Pay for care on your terms

If you're eligible for RRD benefits, you have an interest- and fee-free \$1,200 line of credit (\$3,000 if you are enrolled in BCBS Coupe PPO and signed up for health care financing during enrollment) from **Paytient**. Use it to pay for a variety of health care expenses, including medical, dental, vision, pharmacy, mental health and even veterinary services. Learn more and get started at paytient.com/rr-donnelley.

Pay for health care with tax-free dollars

You can save and pay for eligible health care expenses tax-free when you use a Health Savings Account (HSA) or Health Care Flexible Spending Account (FSA). The type of account you are eligible for depends on the Medical Program option you are enrolled in. Find details about eligibility, contributions, qualified expenses and more at myRRDbenefits.com.

Save on specialty medications

With **PrudentRx**, you pay \$0 for covered specialty medications filled at CVS Specialty Pharmacy. (If you enroll in an HSA National Medical Program option, you must meet your deductible before PrudentRx benefits begin.) Get the details at myRRDbenefits.com.

Avoid paying more for surgery

If you're enrolled in a National Medical option (excluding BCBS Coupe PPO), you must use a **Blue Distinction® Specialty Care** facility for bariatric, cardiac, knee and hip replacement, spine and transplant surgeries. You'll receive higher-quality care and pay less in coinsurance. Visit bcbs.com/blue-distinction-center/facility or contact a health advocate at 1-800-537-9765 to learn more and find a facility.

Save on medical imaging

OneImaging offers you convenience and cost savings when you need medical imaging — like MRIs, CT scans, X-rays and mammograms. **When you need a non-emergency/non-urgent MRI or CT scan, you must contact OneImaging; if you don't call, you won't have coverage.** Learn more at join.oneimaging.com/rrd.

Prioritize your financial well-being

Get smart about your finances with help from **Fidelity** and **Alliant Credit Union**. Both offer tools and information you can use to take control of debt, save and invest, plan for retirement, and reach your financial goals. Check out Fidelity's live web workshops, "How You Money" videos and podcasts, and online planning tools. And explore Alliant's "Money Mentor Blog," webinars, educational guides and financial calculators. Find additional details and links to Fidelity and Alliant Credit Union at myRRDbenefits.com > My Money.

Put money back in your pocket

If you're enrolled in a National Medical option (excluding BCBS Coupe PPO), you and your covered family members can earn a cash reward from **Member Rewards** when you shop and choose a cost-effective provider for health care procedures — from \$25 to \$150 for primary care providers and specialists and up to \$500 for certain screenings and procedures. Log in at my.providerfinderonline.com or call BCBSIL at 1-800-537-9765.

Navigate Medicare with confidence

If you're becoming eligible for Medicare, you can get help from **Allsup Benefits Coordination** (1-888-271-1173) to understand your options, compare plans, and choose coverage that fits your needs and budget. You can also get help from **Fidelity Medicare Services** (1-833-886-0033).

Get support on the go

Many of the resources listed in this guide have mobile apps to make it easier for you to manage your family's health, wealth and life — anytime, anywhere. Find them at myRRDbenefits.com > Resources > Mobile Apps.



FOR YOUR MENTAL WELL-BEING

Access free and confidential support

You and your immediate family members have **free** access to the **Employee Assistance Program (EAP) from SupportLinc**. Reach out 24/7 for confidential support, including free counseling; professional referrals; access to licensed counselors; digital support groups; and expert resources for legal, financial, health, dependent care and concierge services. SupportLinc also offers self-guided therapy, interactive toolkits and more. Visit mysupportlinc.com, call **1-888-881-LINC**, text "SUPPORT" to 51230, or download the mobile app.

Find a mental health provider

Your mental health is just as important as your physical health. Your medical option includes behavioral health benefits so you and your covered dependents can get care for stress, anxiety, depression, alcohol and drug use, eating disorders, autism and other issues. If your coverage is through BCBSIL, log in to bcbsil.com > *Find Care*. If you are enrolled in BCBS Coupe PPO, visit the Coupe Member Portal at member.coupehealth.com.

Your coverage also includes virtual care from board-certified therapists and psychiatrists through MDLIVE, and free access to confidential online programs with optional coaching support. To learn more, log in to your Blue Access for Members portal at bcbsil.com/rrd > *Wellness* or the *Coupe Member Portal* at member.coupehealth.com > *Mental Health*.

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.

YOUR GUIDE TO

Cancer Care

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

YOUR GUIDE TO

Sleep & Well-Being

Good sleep is fundamental to your overall health and well-being. Learn about programs and resources available as part of your RRD benefits to help improve and manage your sleep.

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.



You can count on your RRD benefits to support your physical, financial and mental well-being — every day and everywhere.

Look inside for information about some of the key resources available to help you and your family. Many of these resources are available at no cost to you as part of your RRD benefits.

Visit myRRDbenefits.com to learn more about these benefits and resources — plus many others — to help you navigate life's ups and downs.

myRRDbenefits.com //

Everything you need to know — in one place.