



KNOW YOUR CARE OPTIONS

Programs to Help Support Chronic Conditions

Managing chronic conditions is key to maintaining over well-being and improving quality of life. At Emerson College, we understand the importance of having the right support and resources to help you stay health.

Through our partnership with Point32Health, **all employees enrolled in an Emerson medical plan** has access to programs designed to provide guidance, tools, and personalized support to help you take control of your health. Explore the available resources to find the support that works best for you.

Good Measures Healthy Weight Program

Whether you're looking to lose weight, help prevent or manage a condition like high blood pressure, or simply eat in a way that makes you feel better, the Good Measures Healthy Weight program is here to help!

Get personalized support from a registered dietitian to:

- Manage your weight in a nutrition-focused way
- Find easy ways to be more physically active
- Reduce your risk for conditions such as Type 2 diabetes
- Optimize nutrition for a health pregnancy



*To learn more, or to see if you're eligible to participate, **scan the QR code** or call **(800) 407-0399**.*

The Harvard Pilgrim Care Team

The Harvard Pilgrim Care Team is here to help! If you have a chronic or complex health condition (**diabetes, cancer, heart disease, a high-risk pregnancy** or a **behavioral health issue**), Harvard Pilgrim's care management programs connect you with a dedicated nurse care manager to help you better understand your condition and take ownership of your care.

*A Care Team member is available to take your call Mon-Fri, from 8:30am-5pm at **866-750-2068**.*

Harvard Pilgrim's Living Well Program

Your health and well-being matter! Harvard Pilgrim's **Living Well** program offers tools and resources to help you feel your best - physically and mentally. From health and wellness webinars and mindfulness programs, to fitness classes that include everything from yoga, to cardio dance, strength training, and more!

Living Well makes it easier to manage stress, stay active, and build healthy habits. Take advantage of this free program and start prioritizing your well-being today!

Scan the QR to access the Living Well Health Portal, or visit harvardpilgrim.org for more information.



Harvard Pilgrim's Wellness Reimbursement Program

Taking care of your health is easier with **wellness reimbursements**! Whether you're managing a chronic condition, looking for mental health support, or simply looking to stay active, with Harvard Pilgrim's Wellness Reimbursement program, you can get money for fees you pay toward qualified:

- Nutrition Programs
- Mindfulness Apps
- Fitness Equipment
- Studio Memberships
- And Much More!

Scan the QR for a list of qualified expenses, how to get reimbursed, frequently asked questions, and more.



Up to two covered members on a family plan can be reimbursed for up to \$150 each, for a maximum reimbursement of \$300. Any combination of subscriber, spouse or dependent is eligible for reimbursement. For plans with one covered member, the maximum reimbursement amount is \$150.

*Have other questions about wellness reimbursement? Call Member Services at **888-333-4742**.*

No matter where you are on your health journey, these programs are here to support you. If you have any questions or need more information, feel free to reach out to Human Resources - we're always here to help!

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