

WPS Large Group Preventive Health Benefits Covered Under Health Care Reform*

This sheet highlights how preventive health benefits are paid under policies subject to health care reform mandates. WPS will pay benefits without cost-sharing for the services and medications listed when care is received from in-network providers. Services received from out-of-network providers are subject to out-of-pocket costs in the form of deductibles and coinsurance amounts. Out-of-network services for customers with HMO plans are not covered.

Routine immunizations including, but not limited to, those recommended by the Advisory Committee on Immunization Practices: influenza/flu; diphtheria; pertussis; tetanus; polio; measles; mumps; rubella; haemophilus influenza B; meningitis; hepatitis A; hepatitis B; varicella; pneumococcal; meningococcal; rotavirus; human papillomavirus; and herpes zoster. Immunizations for travel purposes are not covered.

Routine medical exams including hearing exams, pelvic exams, pap smears and any related routine diagnostic services, routine eye exams with or without refractions, mammograms, and colorectal cancer screenings.

Well-child care including routine medical exams, hearing exams and any related routine diagnostic services, and routine eye exams with or without refractions directly provided to a dependent child in connection with well-child care. This includes those routine services directly provided by a health care practitioner to a covered newborn child during the child's inpatient confinement following his/her birth.

Mammograms limited to one routine mammogram of a covered person per calendar year.



» Questions? Call Customer Support to speak with one of our friendly representatives. For WPS Health Insurance, call **888-915-4001**. For WPS Health Plan, call **888-711-1444**.

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Preventive screenings for the following, including, but not limited to: abdominal aortic aneurysm; to reduce alcohol misuse (also includes behavioral counseling, as determined by us); chlamydial infection; gonorrhea; congenital hypothyroidism in newborns; screening for hearing loss in newborns; hepatitis B and C; screening for high blood pressure; HIV; iron deficiency anemia in asymptomatic pregnant women; screening for lipid disorders; major depressive disorders in children and adolescents; phenylketonuria in newborns; RH incompatibility; osteoporosis; sickle cell disease in newborns; syphilis; type 2 diabetes; visual impairment in children under age 5; depression in adults; bacteriuria; cervical cancer; screening and behavioral counseling for obesity, as determined by us; gestational diabetes in pregnant women who are between 24 and 28 weeks of gestation and at the first prenatal visit if the woman is identified to be at high risk for diabetes; high-risk human papillomavirus DNA testing in female covered persons with normal cytology results (screening should begin at age 30 and should occur no more frequently than every three years); lung cancer with low-dose computed tomography in adults age 55-80 who smoke 30 packs per year and currently smoke or have quit smoking within the last 15 years.

Preventive drugs including, but not limited to: (a) aspirin for the prevention of cardiovascular disease for ages 50-69 and after 12 weeks of gestation in women who are at high risk for preeclampsia; (b) fluoride supplements for those older than six months; (c) folic acid for women planning or capable of pregnancy; (d) oral contraceptives, contraceptive patches, contraceptive devices (e.g., diaphragms, sponges, and gels), and contraceptive vaginal rings for birth control; (e) nicotine replacements (e.g., patches and gum) and covered drugs used for smoking cessation for those age 18 and over; (f) risk-reducing medications for women

who are at increased risk for breast cancer and at low risk for adverse medication effects; (g) immunizations; (h) low/moderate-dose statins for ages 40-75 with at least one cardiovascular disease risk factor and a 10-year calculated risk of at least 10%; (i) bowel preparations related to a preventive colonoscopy; and (j) pre exposure prophylaxis (PrEP) antiretroviral therapy for covered persons at high risk of HIV acquisition.

For preventive drugs, coverage is also limited to generic drugs when they are available, with the exception of preventive contraceptive methods. If your health care practitioner submits proof to us that it is medically necessary for you to use a brand-name preventive contraceptive method instead of the equivalent generic preventive contraceptive method, we will cover the brand-name drug in full and you will not be charged.

Other services including, but not limited to: blood lead tests; behavioral interventions to promote breast feeding; comprehensive lactation support and counseling by a trained health care provider during pregnancy and/or in the postpartum period; annual counseling on sexually transmitted infections; counseling for tobacco use; prophylactic ocular topical medication for newborns against gonococcal ophthalmia neonatorum; annual screening and counseling for female covered persons for interpersonal and domestic violence; healthy diet and physical activity counseling to prevent cardiovascular disease; and behavioral counseling for skin cancer.

Some laboratory and diagnostic studies may be subject to cost-sharing if determined not to be part of a routine preventive or screening examination. When you have a symptom or history of an illness or injury, laboratory and diagnostic studies related to that illness or injury are no longer considered part of a routine preventive or screening examination.

Preventive drugs include specific supplements, contraceptives, immunizations, and other preventive drugs ranked A or B by the U.S. Preventive Services Task Force.

Preventive care services include routine exams, screenings, immunizations, and other services ranked A or B by the U.S. Preventive Services Task Force.

*Valid for new groups or those that have renewed on or after Jan. 1, 2021.

The logo for WPS (Wisconsin Physicians Service) features the letters "WPS" in a bold, blue, sans-serif font. A registered trademark symbol (®) is located at the bottom right of the "S".

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Large Group \$0 Drug List



NOTE: For plans having a prescription drug copay (not HSA-qualified), all drugs listed are a \$0 copay. For HSA-qualified plans, only the drugs highlighted in blue are \$0/first dollar (as preventive) due to IRS regulations. The others listed are subject to deductible/coinsurance. Not all forms or strengths of a listed drug may be covered at \$0. This list is subject to change.

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Last Revised May 11, 2022

CARDIOVASCULAR			
Chapter name	Drug name		
Antiarrhythmic agents	Amiodarone	Disopyramide phosphate	Flecainide acetate
	Mexiletine HCL	Pacerone	Procainamide HCL
	Propafenone HCL	Propafenone HCL ER	Quinidine gluconate
	Quinidine sulfate	Sorine	Sotalol HCL
	Sotalol HCL AF	—	—
Cardiac glycosides	Digoxin	—	—
Nitrates	Isosorbide dinitrate	Isosorbide mononitrate	Nitroglycerin SR
Anticoagulant agents	Warfarin sodium	Jantoven	—
Antiplatelet drugs	Cilostazol	Clopidogrel	Dipyridamole
Thiazide and related diuretics	Amiloride HCL	Amiloride HCL/Hydrochlorothiazide	Bumetanide
	Chlorthalidone	Eplerenone	Furosemide
	Hydrochlorothiazide	Indapamide	Metolazone
	Spironolactone	Spironolactone/Hydrochlorothiazide	Torsemide
	Triamterene/Hydrochlorothiazide	—	—
Beta blockers	Acebutolol HCL	Atenolol	Betaxolol HCL
	Bisoprolol fumerate	Carvedilol	Labetalol HCL
	Metoprolol succinate	Metoprolol tartrate	Nadolol
	Pindolol	Propranolol	Propranolol LA
	Propranolol XL	Timolol maleate	—
Calcium channel blockers	Amlodipine besylate	Cartia XT	Diltiazem HCL
	Diltiazem HCL CD	Diltiazem HCL SR	Diltiazem HCL, sustained release
	Felodipine ER	Isradipine	Matzim LA
	Nicardipine	Nifedipine	Nifedipine XL
	Nimodipine	Nisoldipine	Taztia XT
	Verapamil HCL	Verapamil HCL PM	Verapamil HCL SR
	Verapamil HCL, 24 hour	—	—
ACE inhibitors	Benazepril HCL	Captopril	Enalapril maleate
	Fosinopril sodium	Lisinopril	Moexipril HCL
	Perindopril	Quinapril HCL	Ramipril
	Trandolapril	—	—
Adrenergic antagonists and related drugs	Clonidine HCL	Clonidine HCL patch	Doxazosin mesylate
	Clonidine HCL ER	Guanfacine HCL	Methyldopa
	Prazosin HCL	Guanfacine HCL ER	Terazosin
Other antihypertensive combinations	Amlodipine besylate/Benazepril HCL	Atenolol/Chlorthalidone	Benazepril HCL/Hydrochlorothiazide
	Bisoprolol fumerate/Hydrochlorothiazide	Captopril/Hydrochlorothiazide	Enalapril maleate/Hydrochlorothiazide
	Fosinopril sodium/Hydrochlorothiazide	Lisinopril/Hydrochlorothiazide	Methyldopa/Hydrochlorothiazide
	Metoprolol tartrate/Hydrochlorothiazide	Propranolol HCL/Hydrochlorothiazide	Quinapril HCL/Hydrochlorothiazide
	Trandolapril/Verapamil	—	—

CARDIOVASCULAR			
Chapter name	Drug name		
Angiotensin II receptor blockers and renin inhibitors	Candesartan	Candesartan/Hydrochlorothiazide	Eprosartan
	Irbesartan	Irbesartan/Hydrochlorothiazide	Losartan potassium
	Losartan potassium/Hydrochlorothiazide	Telmisartan	Valsartan
	Valsartan/Hydrochlorothiazide	—	—
Lipid/cholesterol lowering agents	Amlodipine besylate/Atorvastatin	Atorvastatin	Cholestyramine light
	Cholestyramine	Colestipol	Fenofibrate
	Fenofibric acid	Fluvastatin	Gemfibrozil
	Lovastatin	Pravastatin	Simvastatin
Potassium	Potassium bicarbonate/Citric acid	Potassium chloride	Potassium chloride cap
	Potassium chloride liquid	Potassium chloride packet	Potassium chloride sustained
	Potassium chloride/Potassium bicarbonate/Citric acid	—	—
DIABETES			
Chapter name	Drug name		
Non-insulin oral hypoglycemic agents	Acarbose	Glimepiride	Glipizide
	Glipizide ER	Glipizide XL	Glipizide/Metformin
	Glyburide	Glyburide/Metformin	Glyburide, micronized
	Metformin	Metformin ER	Nateglinide
	Pioglitazone	Pioglitazone/Metformin	Repaglinide
Insulins	Humalog	Humalog mix	Humulin 70-30
	Humulin N	Humulin R	Levemir
	Semglee vials and pens	Toujeo Solostar	—
Non-insulin injectable hypoglycemic agents	Bydureon	Byetta	SymlinPen
RESPIRATORY			
Chapter name	Drug name		
Xanthines	Aminophylline	Theophylline anhydrous	—
Beta agonist oral	Albuterol sulfate	Metaproterenol sulfate	Terbutaline sulfate
Beta agonist inhalers	Albuterol	Albuterol sulfate	Levalbuterol
	Serevent Diskus	—	—
Inhaled steroids	Asmanex	Asmanex HFA	Budesonide
	Qvar Redihaler	—	—
Miscellaneous pulmonary agents	Acetylcysteine	Advair HFA	Atrovent HFA
	Combivent	Cromolyn sodium ampules	Dulera
	Fluticasone-Salmeterol	Ipratropium/Albuterol sulfate	Ipratropium bromide solution
	Incruse Ellipta	Montelukast	Wixela Inhub
	Spiriva	Symbicort	Zafirlukast
Nasal Steroids	Mometasone Furoate	—	—
MENTAL HEALTH			
Chapter name	Drug name		
Selective Serotonin Reuptake Inhibitors	Citalopram	Escitalopram	Fluoxetine
	Fluvoxamine	Paroxetine	Sertraline

Not all forms or strengths of a listed drug may be covered at \$0. This list is subject to change.



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Registering with Express Scripts

Online access to savings and convenience

Manage your medicines anywhere, any time with express-scripts.com and the Express Scripts mobile app

Register now so you can experience:

- **More savings.**
Compare prices of medicines at multiple pharmacies. Get free standard shipping* from the Express Scripts PharmacySM.
- **More convenience.**
Get up to 90-day supplies of your long-term medicine sent to your home. Order refills, check order status, and track shipments. Print forms and ID cards, if needed.
- **More confidence.**
Talk with a pharmacist from the privacy of your home any time, from anywhere. Find the latest information on your medicine, including possible side effects and interactions.
- **More flexibility.**
Download the Express Scripts mobile app to manage your medicines, find nearby pharmacies and get directions, and use your virtual ID card while on the go.

Get Started Today!

Registering is safe and simple. Your information is secure and confidential. Please have your member ID number or SSN available.

- Go to express-scripts.com, select **Register Now** or download the **Express Scripts Mobile App** for free from your mobile device's app store and select **Register Now**
- Complete the information requested, including personal information and member ID number or Social Security Number (SSN), create your user name and password, along with security information in case you ever forget your password
- Click **Register now** and you're registered
- On the final page, you can set preferences** now, or later in **My Account** on express-scripts.com
- Click **Continue**

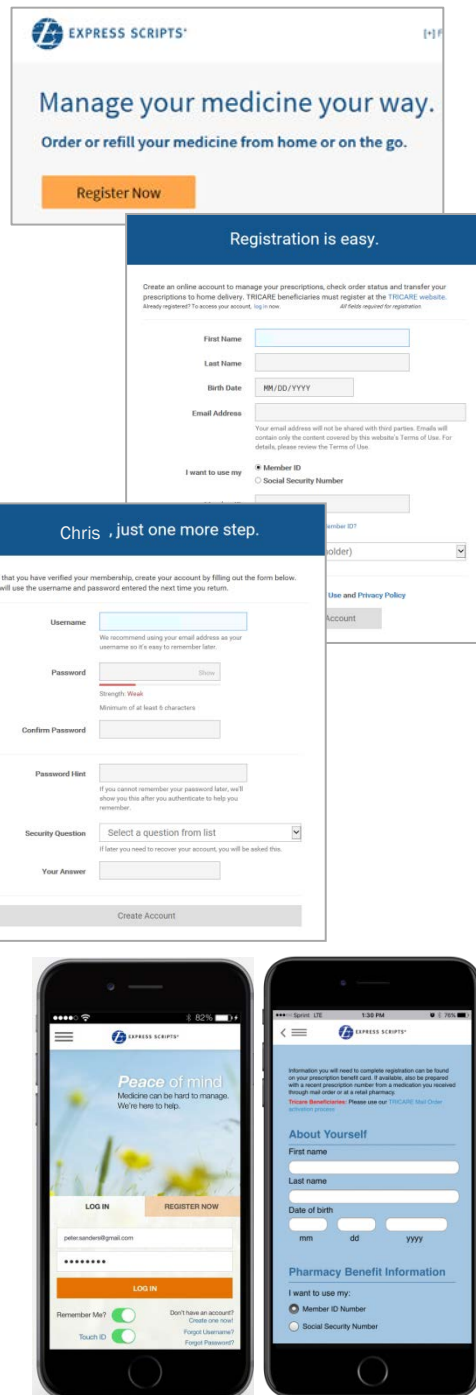
Members who have **Apple's touch ID authentication** on their iPhone or iPad devices can enable it to login to their Express Scripts account on the mobile app, if desired.

* Standard shipping costs are included as part of your prescription plan benefit.

** Preferences include the option to share your prescription information with other adult members of your household (aged 18+) covered under your prescription drug plan.

- All covered adults (aged 18+) in the household need to register separately.
- When you grant permission to share your prescription information with other registered household members, they can view your information, place orders on your behalf and more.

The Express Scripts mobile app is available for iPhone®, Android™, Windows Phone®, Amazon, and Blackberry® mobile devices.



The image displays four screenshots of the Express Scripts registration process. The top screenshot shows the website's landing page with the headline "Manage your medicine your way." and a "Register Now" button. The second screenshot shows the "Registration is easy." page with fields for First Name, Last Name, Birth Date, and Email Address, along with a checkbox for "I want to use my" Member ID or Social Security Number. The third screenshot shows the "Chris, just one more step." page with fields for Username, Password, Confirm Password, Password Hint, Security Question, and Your Answer, with a "Create Account" button at the bottom. The bottom screenshot shows the mobile app interface with a "Peace of mind" banner and a "REGISTER NOW" button. The final screenshot shows the "About Yourself" page with fields for First name, Last name, Date of birth, and Pharmacy Benefit Information, along with a "Continue" button.

How to Enroll in the Active&Fit Direct™ Program

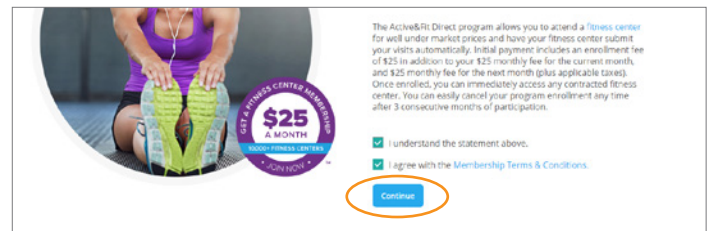
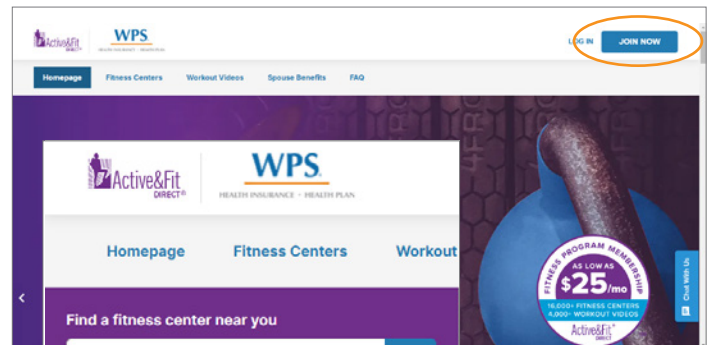
Go to **wpshealth.com** and log in to your customer portal. Then, select the **Active&Fit Direct** link in the side navigation. This will take you to the WPS Active&Fit Direct website to sign up.

Search for a fitness center or studio near you by entering in your ZIP code or City, State in the fitness center search box.

Select your fitness center or studio, then create an account.

Read the statement as well as the terms and conditions, then check the boxes indicating you understand and agree. Then, click **Continue**.

Complete the required information to create your account. Check the box to agree with the terms and conditions. Then, click **Continue**.



Create an Account Already created an account? Log In

Personal Information

First Name* Last Name*

Date of Birth (mm/dd/yyyy)* Gender* ☒ Female ☐ Male Phone Number (10 digits no dashes)

Mailing Address

Address Line 1* Address Line 2

City* State* Zip Code*

*Required Fields

☒ I agree with the Website Terms & Conditions.

Continue

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Fill out the payment information and then click **Pay** to make your initial payment. You will pay for your first two months, plus an enrollment fee.

Payment

Billing Address

First Name* Last Name*

Member11 test343332

Address Line 1* Address Line 2*

777 Front St

City* State* Zip*

san diego California 92109

Payment Information

Card Number*

Expiration Month* Expiration Year* CVV*

mm yy cvv

*Required Fields

Active&Fit Direct

Setup Fee \$ 50.00

\$25 Enrollment Fee

\$25 Current Month's Fee

Next Month's Fee \$ 25.00

Tax [Calculate](#)

Promo Code (Optional)

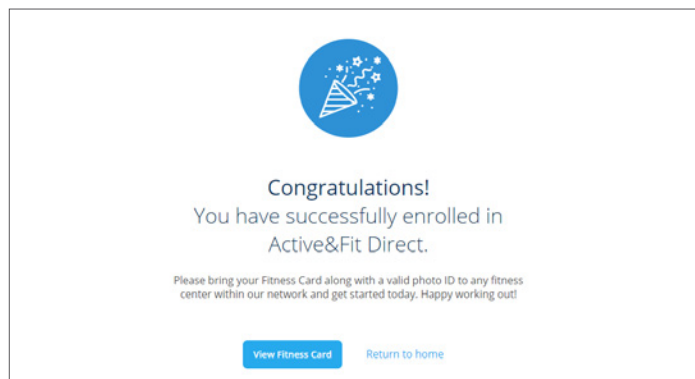
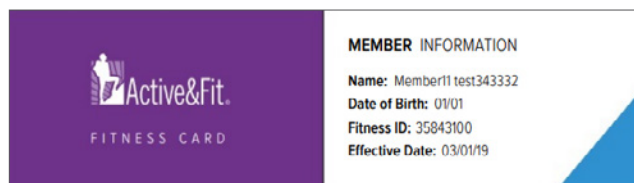
[Apply](#)

Estimated Total \$ 75.00

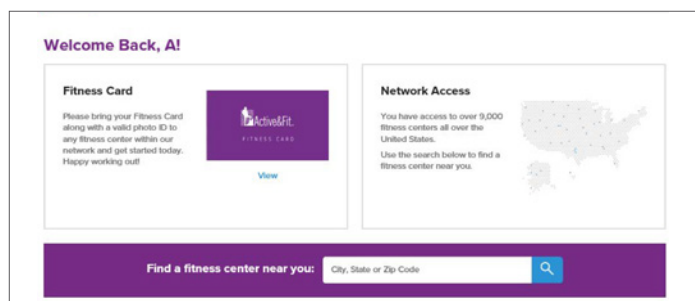
Note: You can easily cancel your program enrollment any time after 3 consecutive months of participation.


[Pay](#)

After you've paid, you're all set up and ready to use Active&Fit Direct at a participating fitness center near you!



Print your fitness card or save it to your phone and take it with you to your fitness center of choice. You can also immediately access over 5,500 workout videos so you can work out at home or on the go.



 If you have questions on how to sign up, call the **Customer Service** number listed on your **WPS ID card** for assistance.

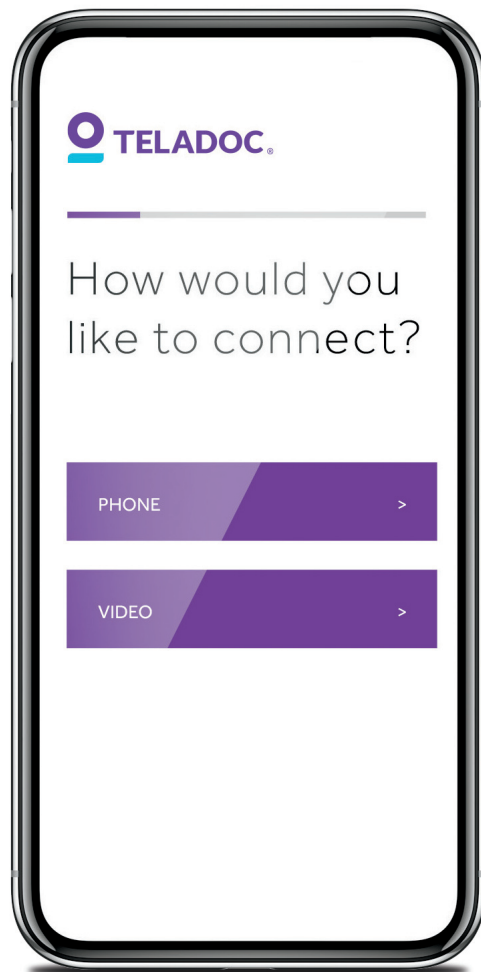
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The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Direct and the Active&Fit Direct logo are trademarks of ASH and used with permission herein.

The right care when you need it most

From common care needs to complex conditions, we've got you covered



Your Teladoc services:



General Medical \$10 for copay plans or \$55 for HDHP/visit

Talk to a U.S. board-certified doctor for non-emergency conditions 24/7 from anywhere you are.

- Bronchitis
- Flu
- Rashes
- Sinus infections
- Sore throats
- And more



Mental Health Care

Talk to a therapist or psychiatrist 7 days a week (7 a.m. to 9 p.m. local time) from wherever you are.

- Anxiety
- Depression
- Not feeling like yourself
- Marital issues
- Stress
- And more

\$10 for copay plans or \$90 for HDHP / therapist visit

\$10 for copay plans or \$220 for HDHP / psychiatrist first visit

\$10 for copay plans or \$100 for HDHP / psychiatrist ongoing



Dermatology \$10 for copay plans or \$85 for HDHP / online review

Upload images of a skin issue online or on the app and get a custom treatment plan within 2 business days

- Acne
- Eczema
- Skin infection
- Psoriasis
- Rosacea
- And more

Mental health services are only available to customers ages 18 and above.

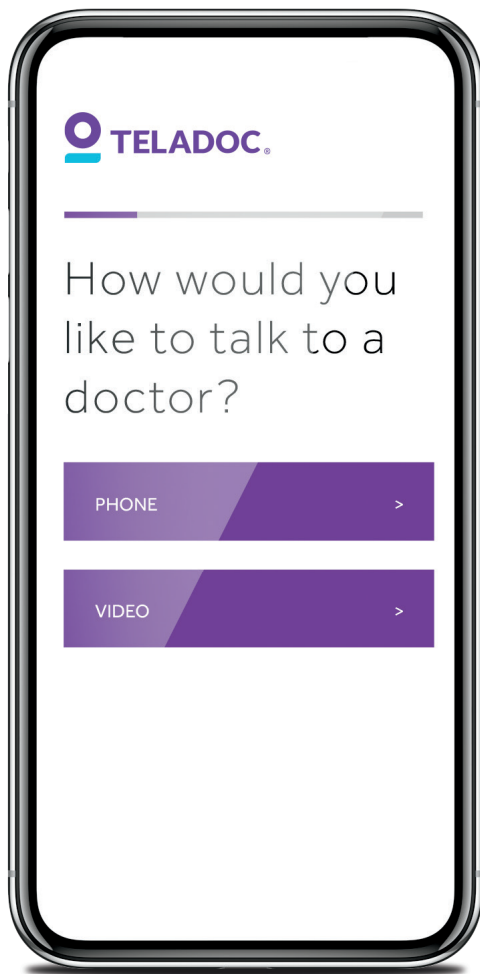
Get quality care by phone, video or app

Teladoc.com | 1-800-TELADOC (835-2362)

Download the
Teladoc
app today.



Setup your Teladoc account in 4 easy steps



**Download the app to talk to a doctor
anytime, anywhere by phone or video.**

1

Download the app

Search for "Teladoc" in the App Store or on Google Play.

2

Set up your account

Once you've downloaded the app, select "Set up your account."

3

Enter basic contact information



Provide some information about yourself to confirm your eligibility. We'll confirm we found your benefits and you'll continue creating your account.

4

Create your account

Enter your address and phone number, create a username and password, pick security questions, and agree to terms and conditions.

Download the app to talk to a doctor today.

Download the app  

Visit [Teladoc.com](https://www.teladoc.com) | Call 1-800-TELADOC (835-2362)

Vision Discount Program



WPS Health Insurance and WPS Health Plan customers receive FREE access to the EyeMed Vision Care discount program. EyeMed offers substantial savings on eye care and eyewear at thousands of provider locations nationwide.

To receive your discount, simply show your WPS customer ID card when you visit participating EyeMed providers. Tell them your EyeMed discount number:

- **WPS Health Insurance: 9238049**
- **WPS Health Plan: 9238064**

EyeMed's provider network includes many familiar optical retailers, including LensCrafters, Pearle Vision, Target Optical, and more.

To find a vision care provider in your area, contact EyeMed toll-free at **866-559-5252** or **eyemed.com**. On the website, click **Find an eye doctor**, enter your ZIP code, and select **Access** in the **Choose Network** drop-down menu. If you would like to speak to an EyeMed agent, please call **866-939-3633**.

Vision Care Services	Customer Benefits
Eye Exam (with dilation, as necessary)	\$5 off routine exam \$5 off contact lens exam
Complete Pair Eyeglass Purchase*	
Frames	
▪ Any Available Frame at Provider Location	35% off retail price
Standard Plastic Lenses	
▪ Single Vision	\$50 member responsibility
▪ Bifocal	\$70 member responsibility
▪ Trifocal	\$105 member responsibility
Lens Options	
▪ UV Coating	\$15 member responsibility
▪ Tint (solid and gradient)	\$15 member responsibility
▪ Standard Scratch-Resistant Coating	\$15 member responsibility
▪ Standard Polycarbonate	\$40 member responsibility
▪ Standard Anti-Reflective Coating	\$45 member responsibility
▪ Standard Progressive (add-on to bifocal)	\$65 member responsibility
▪ Other Add-Ons and Services	20% off retail price
Contact Lenses (discount applies to materials only)	
▪ Conventional	15% off retail price
Laser Vision Correction	
▪ LASIK or PRK from U.S. Laser Network	15% off retail price or 5% off promotional price
Frequency of use for examination, frames, lenses, or contact lenses unlimited	

WPS customers receive access to the EyeMed Vision Care discount program at no additional cost.

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*Frame, lens, and lens option discounts apply only when purchasing a complete pair of eyeglasses. If purchased separately, customers receive 20% off the retail price. Benefits may not be combined with any discount, promotional offering, or other group benefit plans, except as indicated. Discount plan is effective Oct. 1, 2021 through Dec. 31, 2023. Vision program is not part of the insurance policy, is offered at no additional charge, and can be changed or discontinued at any time.

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1-844-203-4870

Call to schedule your hearing exam!

7AM to 7PM Central Time, Monday-Friday



As a **WPS** customer, you will receive:

- Comprehensive hearing exam at no charge
- Hearing aid evaluation at no charge
- Fixed, discounted pricing at multiple levels of technology
- A wide selection of fully digital instruments
- Choice of up to 9 major manufacturers
- Access to HCS Dr. of Audiology & Product Specialists to respond to your questions
- Choice of more than 5,000 locations nationwide

Included with all hearing aids:



Hearing aid fitting
at **no charge**



**3-year supply of
batteries*** (up to 64
cells per ear, per year)



**60-day evaluation
period**



**3-year manufacturer's
warranty** including loss,
damage & repair



1 year of follow-up care
at no charge, with
original provider



**12-month interest-free
financing** available to
qualified applicants

*A supply of batteries only available for non-rechargeable models.

Hearing instruments include features such as:

- Direct to iPhone and Android connectivity
- Bluetooth compatibility
- Smartphone apps
- Rechargeability
 - Lithium-ion technology
 - Charger included with many devices
- Remote access adjustments & Telehealth capabilities
- Accessories for TV & phone connectivity



Basic

\$500

per instrument

Designed for essential listening environments

Entry

\$675

per instrument

Designed for a casual lifestyle

Superior

\$825

per instrument

Designed for a fairly active lifestyle

Advanced

\$1,150

per instrument

Designed for a moderately active lifestyle

Premium

\$1,550

per instrument

Designed for a very busy lifestyle

Specialty

\$1,850

per instrument

Designed for an extremely active lifestyle

Certain features only available on some models. Out-of-pocket cost applies for ear molds.

Hearing discount programs are not part of the insurance policy, are offered at no additional charge, and can be changed or discontinued at any time. Discount program may not coordinate with your WPS plan. Benefits may not be available under your WPS plan. Call WPS Customer Service for information.

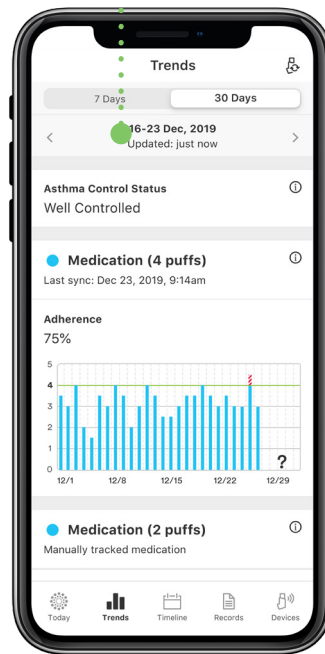
Take control of your asthma or COPD. It's easy with Propeller.

Get your inhaler sensor in the mail

Propeller sensors easily attach to the inhalers you already use. They gather information about your medication use. And they can chime when it's time to take a dose.

Download the smartphone app

The app learns about your asthma or COPD. It identifies trends about your condition and sends you tips that can help you breathe easier.



Share your progress with your doctor

Get detailed reports and share them with your doctor to determine the best way to treat your asthma or COPD in the future.

Propeller is available at no cost to you if you qualify.

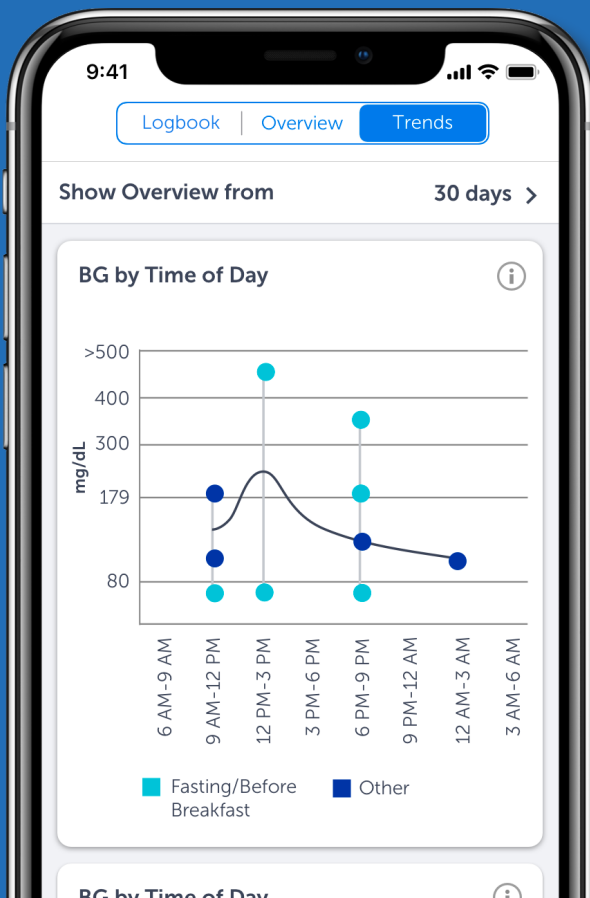
Log in to your Express Scripts account at express-scripts.com/healthsolutions to see if you are eligible for the Propeller program.

Questions? Call Express Scripts at (844) 399-5542 Mon-Fri, 9 a.m.-5:30 p.m. ET.

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 **Propeller**



Take charge of your health.

At no additional cost, the welldoc app is available to help you manage your diabetes.



It all starts with a single step:

Scan this QR code with your phone's camera to download the welldoc app.

You can also download the welldoc app from the iTunes App Store or Google Play Store.

Enter access code to complete registration:



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How welldoc can help you with your diabetes.



Learn how your body responds to different foods with welldoc's insights, recipes, and nutrition tools.



welldoc compiles all of your data & gives you individualized feedback in real-time.



Sync your fitness tracker and get motivated when you see how activity impacts your diabetes health.



Problem solve sleep issues with welldoc's insights & patterns.



Keep your medications straight with reminders so you never miss a dose.



Easy to follow reports that you can share with your health care team.

Personalizing welldoc.

Set yourself up for success.

1 ADD MEDICATIONS

Welldoc can provide coaching that's best suited to your treatment plan.

Automatically Import Medications

Sync with your pharmacy or patient portal

or

Manually Enter Your Medications

Enter easily by hand

Go to: More > Medication > Import Medications
Or go to: More > Medication > Create/Update Medication List

2 SHARE PROGRESS

So your care team can understand how you are doing and recommend possible treatment changes.

Health Report

Share progress with your care team

or

Weekly Insights

Learn from your trends by reviewing your weekly report

Go to: More > Health Information > Health Report.
Add doctor's name and contact information.
Schedule a report to be sent every 30 days.

3 CONNECT DEVICES

Connect your devices to make tracking easy and understand how activity affects your overall health.

Sync your devices

Automatically imports data to your logbook from blood pressure cuffs, blood glucose meters, weight scales, and health apps.

or

Sync your activity tracker

Automatically adds activity to your logbook

Go to: More > Connections & Devices > Health and Fitness Trackers, Glucose Meter, Blood Pressure Monitor, Weight Scale, and Continuous Glucose Monitor

4 ADJUST SETTINGS

So welldoc is more in sync with you and your routines. Update your settings to personalize your experience even more.

Personalize your experience

- Set targets
- Enter your daily schedule
- Language preferences
- Email preferences
- And more...

Go to: More > Settings > to personalize your settings

You're all set, let's get started!

The Welldoc program and digital health app are not part of the insurance policy, are offered at no additional charge, and can be changed or discontinued at any time.

Welldoc is intended to promote, track, and encourage healthy choices among individuals with existing diagnoses of diabetes, hypertension (high blood pressure), heart failure, and prediabetes. Welldoc is not intended for diagnosis or treatment and does not replace a physician's judgement in any way.

The prediabetes program is an evidence-based lifestyle change program that is intended to reduce the risk of developing type 2 diabetes by educating and coaching users to create associated behavioral changes that have demonstrated to reduce the risk of developing type 2 diabetes. The program is heavily based on a curriculum developed by the U.S. Centers for Disease Control and Prevention ("CDC") as part of the National Diabetes Prevention Program.

The behavioral health program promotes wellness and the active process of making choices toward a healthy and fulfilling life. It is not designed to diagnose or treat specific medical disorders or mental health conditions. The app is to be used for self-development and educational purposes only.





Let us help you quit smoking for **FREE!**

WPS can help you kick the habit and get healthy

Quitting smoking is hard, but the health benefits are worth it. We can help you quit for **FREE!** If you are 18 or older, you have access to certain nicotine replacements and drugs used to help you overcome your tobacco addiction, so you can enjoy all the benefits of a healthier lifestyle!

Which drugs are covered?

Your plan covers 100% of the cost for six months—a 180-day supply—each plan year for these smoking cessation aids:

- » Over-the-counter nicotine replacement products, such as a patch, gum, or lozenges
- » Prescription nicotine replacement products, such as a patch, inhaler, or nasal spray
- » Prescription non-nicotine medications, such as Chantix or bupropion

Who is eligible?

These drugs are covered for customers who:

- » Are covered by a WPS individual or group health plan (WPS Medicare supplement insurance plans and WPS Short-Term Health Plan customers are not eligible)
- » Are 18 years of age or older
- » Have a prescription written by a doctor, even for over-the-counter products
- » Fill the prescription at an in-network pharmacy

No matter your reason for quitting, we can help you get there!

Ready to quit?

Talk to your doctor today and visit the Wisconsin Tobacco Quit Line at **ctri.wisc.edu** or call **1-800-QUIT-NOW** for tips to help you quit.

DID YOU KNOW?

Stopping smoking is associated with the following health benefits:

- Lowered risk for lung cancer and many other types of cancer.
- Reduced risk for heart disease, stroke, and peripheral vascular disease (narrowing of the blood vessels outside your heart).
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- Reduced risk of developing some lung diseases, such as chronic obstructive pulmonary disease—COPD.

WPS[®]

HEALTH INSURANCE • HEALTH PLAN