



The Attentive Preventative Care Management Program[®]

When you participate in Attentive, you get two great opportunities for yourself and your family:

- 1) **Preventative Care Management Program:** The program is a collection of benefits that you and your family can use with **no copays** or other costs. An overview of the program is outlined on the right. These benefits are accessed through the Attentive Personal Portal using your laptop, tablet, or phone.
- 2) **Additional Benefits:** The Attentive premium is deducted on a pre-tax basis from the paycheck, which generates tax savings that enables participants to purchase additional benefits. Benefits may include things such as:
 - ✓ Life Insurance
 - ✓ Disability Insurance
 - ✓ Accident
 - ✓ Critical Illness
 - ✓ Other Options

To receive the Preventative Care Management Program and the additional insurance benefits **without lowering your take-home pay**, you must log into the Personal Portal to complete at least one activity during the plan year, such as completing the wellbeing questionnaire, accessing health and nutrition information, or other similar activity.

Program Benefits

TELEMEDICINE

UCM telemedicine has \$0 copay for appointments with doctors by phone or video, 24 hours a day, 365 days a year. Doctors can diagnose, prescribe medication, order labs, make referrals and more.

EMPLOYEE ASSISTANCE

CorpCare employee assistance program provides 6 sessions per family member at \$0 copay for marital/family concerns, anxiety/stress, drug/alcohol, and more. You can also access unlimited assistance for legal, financial, childcare, and eldercare.

HEALTH VITALS VIA FACIAL SCAN APP

Anura App takes a selfie to learn your statistics using a smartphone app that will inform you about your general wellness in 30 seconds. Measure your heart rate, blood pressure, body mass index, stress level, and more!

COUPLES COUNSELING

Our Relationship couples counseling offers you an 8-hour online course that you can complete at your convenience. You will also have access to four 20-minute calls with a program coach.

ADDICTION RECOVERY

Freedom 365 is an interactive virtual recovery program for addiction and PTSD that provides a one-year program, including a library of over 450 videos and action steps to help you on your journey.

MAYO CLINIC PROGRAMS

Mayo Clinic 24alife provides several programs that provide expert resources to achieve a healthy lifestyle. The programs include:

- + **Total Body Workout** – 12-week high-intensity interval training program provides a series of 20-minute exercise routines that include strength, cardio, and stretching.
- + **12 Habits of Highly Healthy People** – A year-long guided program to implement healthy lifestyle habits.
- + **The Resilient Program** – A self-paced video course to teach you techniques to lower stress, burnout, and anxiety by developing a more resilient mindset.
- + **Mayo Clinic Diet** – A long-term weight management program created by a team of weight-loss experts at Mayo Clinic.
- + **More Tools and Resources**

