Wellness at Brian's House

Supporting employees so they can support others

Brian's House

Affiliated with Woods System of Care

What is Wellness?

Embrace – Enrich - Empower

Wellness means caring for your physical, mental, emotional, and financial health.

Why it matters: Caregivers need care too.

Healthy employees = better care for others.



Brian's House Benefit Portal

One-stop access to all Programs

This is our central hub for all wellness-related resources.

www.brianshousebenefits.com



RL Health Clinic at Brian's House

Now taking appointments

Services:

- Chronic Condition Management
- Illness/Infections
- Immunizations/Vaccinations
- Physicals/Well Visits
- 24/7 On-Call Providers
- Skin Care
- Telehealth
- Tests/Screenings
- Women's Health
- And More!

RL HEALTH

Primary Care & Behavioral Health for Employees!



APPOINTMENTS AVAILABLE

WHO WE ARE

RL Health, now at Brian's House, is the primary care practice that provides superior quality and evidence-based care for you.

SERVICES

- Behavioral Health
- Chronic Condition Management
- Illness and Infections
- Immunizations and Vaccinations
- Injuries and Pain
- Physicals & Well Visits
- Providers on call 24/7
- Skin Care
- Telehealth
- Tests, Screenings
- Women's Health

NO CO-PAY FOR EMPLOYEES

INSURANCE

We accept ALL Insurances and employees have no co-pay!

ADDRESS:

757 Springdale Drive
Exton, PA 19341

HOURS:

Mon - Fri: 9am - 5pm

PHONE:

610-873-3500

WEBSITE:

woodshealthcare.org

Woods | INTEGRATED HEALTHCARE

At Woods Integrated Healthcare, our patient-centered team takes the time to truly listen—so we can provide care that's right for you.

RL Health Clinic Providers

Meet your Care Team

Scan the QR code to learn more about the dedicated healthcare professionals at RL Health!

info@woodshealthcare.org

Meet our Team!

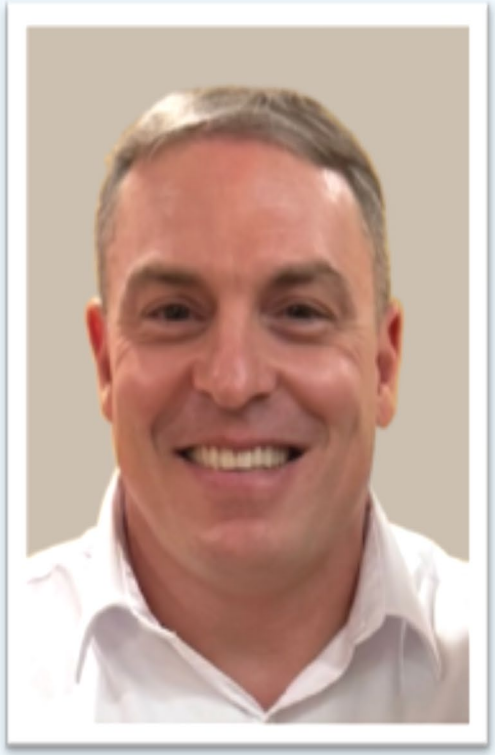


Heather Hayes
Nurse Practictioner

Our Nurse Practitioners are:

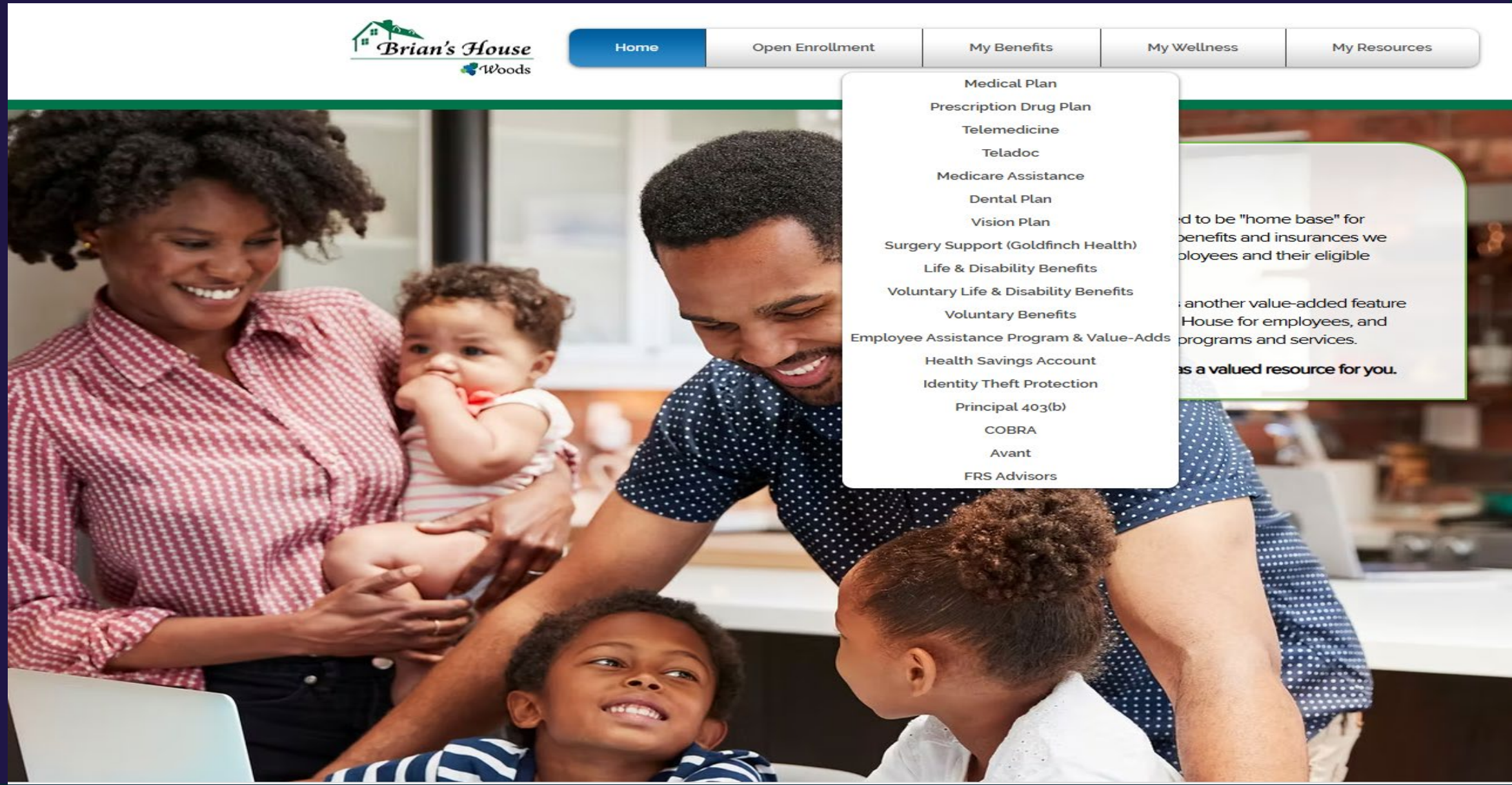


NO CO-PAYS for current employees!



Pedro Delgado
Family Nurse Practitioner

Brian's House Benefits Portal (cont.)



SwiftMD – now Revive Healthcare

Remote, Accessible Telemedicine

revive
Integrated whole person health

Conditions We Treat

Allergies and Rashes, Arthritis Pain, Back Pain or Injury, Cold Sores, Diarrhea, Earache, Conjunctivitis or Pink Eye, Fever and Flu, Headache, Insect Bites and Stings, Lymes Disease, Sinusitis, Sore Throat, Stomach Ache and Nausea, Upper Respiratory Infections, Urinary Tract Infections, Vomiting, Your Individual Concerns

Revive health does not replace your PCP managing chronic conditions. Revive health doctors don't prescribe controlled or psychiatric medications, and certain other medications subject to abuse.

Swift MD/Revive (cont.)

Brian's House
Group Passcode:
BRIANSHSE20

REVIVE HEALTH

Welcome To ReviveHealth!

Eligible employees and dependents can talk to a doctor 24/7 by phone or video-chat at no cost or co-pays!

- 24/7 nationwide access to Board-Certified physicians
- Consults available anytime, anywhere
- Prescriptions sent to your preferred local pharmacy
- Avoid overcrowded waiting rooms and long wait times
- NO copays, deductibles, or surprise statements



Getting Started:

1. Head to the **login page** at www.swiftmd.com and select 'Get Started'
2. Complete the required fields, inclusive of your group code: **BRIANSHSE20**

You will also receive a welcome email with instructions to complete your activation.

Access care via our mobile app!

Download on the App Store

GET IT ON Google Play

Homestead - Teladoc

Another convenient telehealth option

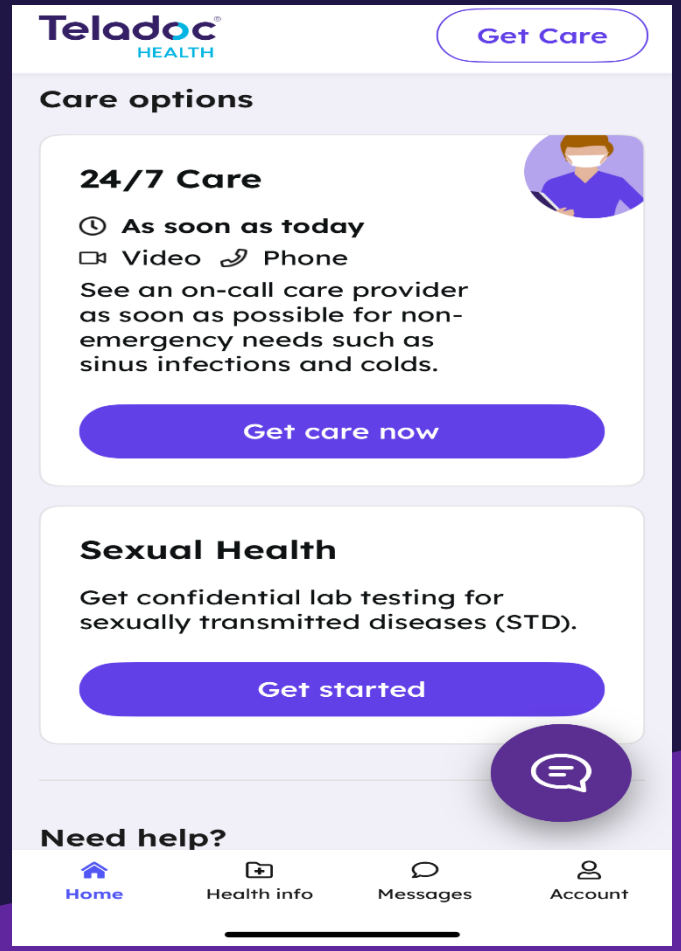
Connect with a doctor virtually for routine care:

- Primary360
- Sexual Health
- Urgent care and 24/7 access
- Regular checkups/chronic care
- Easy scheduling online
- Accessible from home
- $0 co-pay



Homestead – Teladoc (cont.)





Homestead – Teladoc (cont.)

Seamless virtual primary care from day one

How Teladoc Primary360 works



1 Select your virtual PCP
Scroll through in-network primary care providers on the Teladoc app to see bios and pictures so you can find the best fit.

2 Schedule flexible virtual primary care visits
With Primary360, your care is always on your time. Virtual visits are available Monday–Saturday, and you have unlimited access to your Care Team.

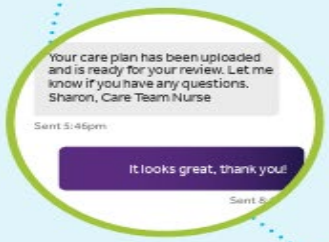




3 Get support at any time
A member of your Care Team will reach out to support you throughout your care experience.

4 There's no rush to your visit
Your PCP will get to know you, understand your health, address concerns and discuss lab results without rushing you.





5 Know exactly what your next steps are
Get clear direction for your health with a custom care plan, specialist referrals and reminders to stay on track.

Ahhh,
now that's how primary care should be

You've got support every step of the way.



Activate your Teladoc Primary360 benefit today

Download the app |
Visit **Teladoc.com/Primary360**
Call **800-835-2362**

Goldfinch Surgery Support



Medical Flexible Spending Account (FSA)

Put aside money for medical expenses

- Available during Open Enrollment
- Enables you to set aside pre-tax dollars to pay for eligible medical expenses
- Annual contribution limits apply



FloresHR



Healthcare FSA

Do you want to save 30% on health-related expenses this year? Enrolling in a Healthcare Flexible Spending Account (FSA) can save you up to $1,020 a year.

What is a Healthcare FSA?

A Healthcare FSA is an account that lets you set aside money before taxes to pay for many medical expenses for yourself, your spouse, or eligible dependents.

What can it be used for?

Eligible expenses include things like insurance copayments and deductibles, prescription drugs, vision and dental expenses.

How does it work?

1. During open enrollment, sign up for a Healthcare FSA.
2. Choose how much money you'd like to set aside for medical expenses.
3. The amount you've chosen is divided equally and deducted from your paycheck over the course of the year.
4. When paying for eligible expenses, you can use your FloresHR Benefits Payment Card to pay direct or use your personal funds and get reimbursed.

When can I use it?

Conveniently, the total amount you've chosen to put in your FSA is available to start spending on the first day of your plan.

What are the annual contribution limits?

2025: $3,300
2026: $3,400

Helpful Tips

Plan ahead to maximize your Healthcare FSA and use all your funds each year.

- Review what you paid for health-related expenses last year – are there any reoccurring items?
- Think about the upcoming year – does anyone in your family need orthodontia or vision care? Are you thinking of having a child?
- Use the information to figure out how much you'd like to have in your FSA.

Did You Know?

You can use your Healthcare FSA for:

- Medical procedures and surgeries
- Exercise and wellness expenses
- Family planning and care
- Many prescription drugs, vitamins, and probiotics

Saratoga Medicare Advisors

Woods SYSTEM OF CARE

WHAT WE DO

Education

We help you understand how your unique lifestyle and employment situation can affect your timelines, costs, and options for Medicare coverage.

Medicare Supplement Plans

We work with A+ rated carriers to find a Medicare Supplemental plan that will fit your lifestyle and budget.

Part D Prescription Drug Plans

We check in annually to make sure that you are enrolled in a Part D Prescription Drug Plan (PDP) that is tailored to your needs and budget.

Questions? Give us a call at 856-263-3152

Saratoga
MEDICARE ADVISORS
Medicare. Simplified.

Employee Assistance Program (EAP)

Confidential support for you & your family

- Counseling (emotional, stress, family)
- Financial and legal resources
- 24/7 availability
- How to access: Portal walkthrough

ComPsych Solutions



Your DisabilityGuidance℠
Employee Assistance Program

Access Anytime

Call: **1-888-327-9573**
TDD: **1-800-697-0353**
Online: **guidanceresources.com**
Web ID: **SYMETRA**

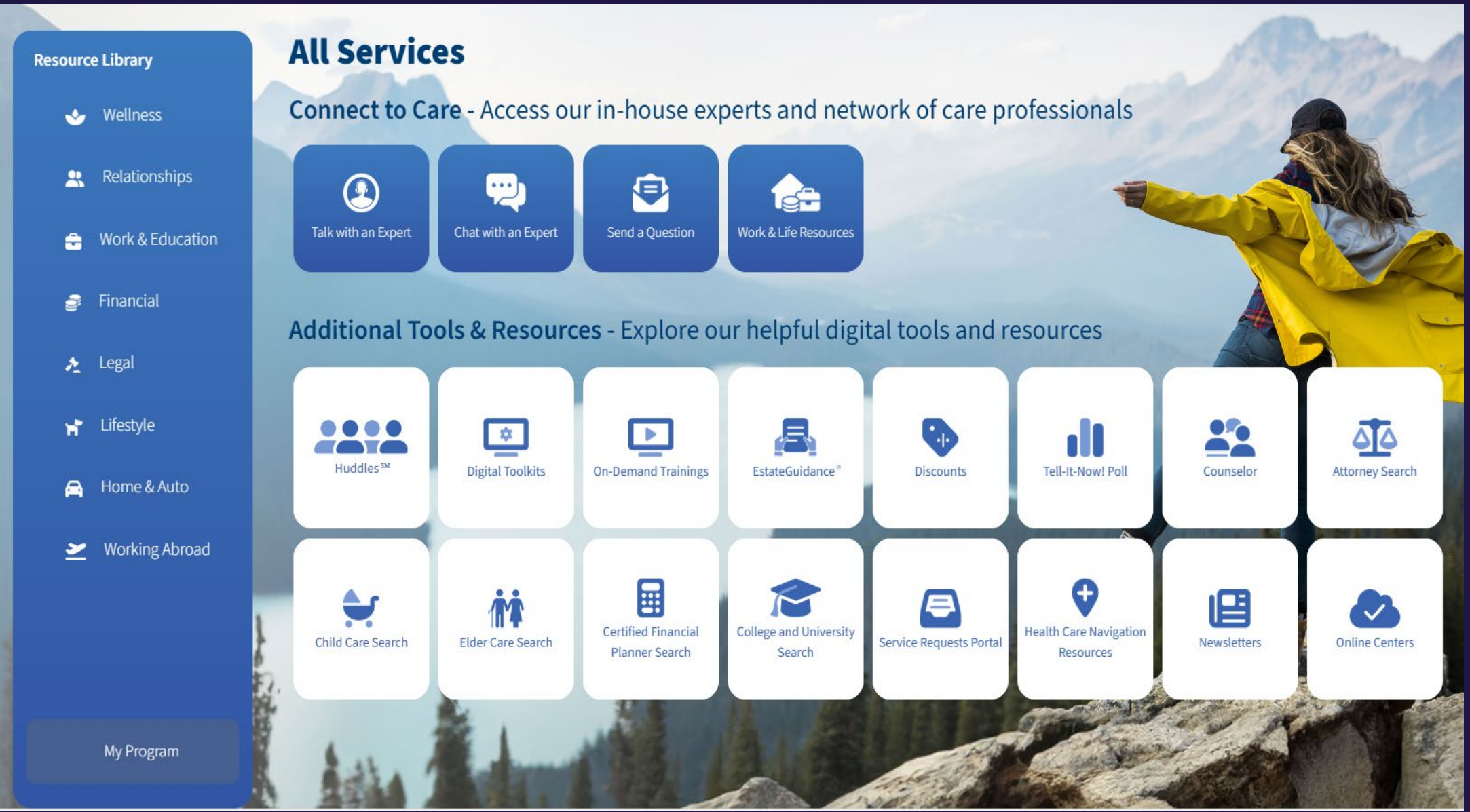
When talking on the phone, mention Symetra as your employer sponsor.

SYMETRA

Confidential support, information and resources for all of life's challenges.

Copyright © 2023 ComPsych Corporation. All rights reserved.
Symetra® is a registered service mark of Symetra Life Insurance Company.

Employee Assistance Program (cont.)



Employee Assistance Program (cont.)

ComPsych | GuidanceResources®

Discounts and Offers

Write your will today!

EstateGuidance

A carefully designed estate plan can help to protect your assets and provide for your dependant's future after your death. EstateGuidance offers a self-guided online will and testament creation tool that enables you to write your will without the assistance of an attorney. Click here to start the estate planning process today.

Save on TurboTax!

TurboTax

Save up to $20 on online federal products through WorkingAdvantage. Click here to login/sign up to access the discount. Current members can login to directly access the discount. As a new member, enter company access code: 653935339 to sign up. Login and navigate to Shopping Deals > Tax Prep and click Learn More to access the discount.

Protect your pet and save money

Nationwide Pet Insurance

Make sure your whole family is protected with Nationwide Pet Insurance--because pets are family too! Choose the plan that's right for you to help pay for those costly vet bills. Enroll through ComPsych to receive preferred pricing today!

Symetra – Ancillary Benefits

Additional benefits to support your health

Coverages include:
- Accident Insurance
- Critical Illness

- Preventive Care = money back
- Get up to $50 back for each employee, dependent, and spouse enrolled in the plan, per claim submitted annually
- Submit claims easily online

Symetra – Ancillary Benefits (cont.)

Additional benefits to support your health

Contact us

Call 1-800-497-3699
Monday–Friday
7:30 a.m. to 6 p.m. ET

sbclaims@symetra.com
symetra.com/MyGO

Mailing address:
P.O. Box 440
Ashland, WI 54806
Fax: 715-682-5919

Your wellness benefit amount:

Policy #:

Policyholder:

When using My Group Online (MyGO) for the first time, please use the policy information above to self-register and create an account.

You can't predict when an accident may occur, but keeping tabs on your overall health can help you prepare for the unexpected. Fortunately, through your accident insurance policy, you can receive a financial benefit for being proactive about your health and your family's.

After completing a wellness screening, just give us a call or send us an email and let us know (1) the name of the insured, (2) the type of screening, and (3) the date the screening was completed.

Eligible wellness screenings

- Abdominal aortic aneurysm ultrasonography
- Baseline testing for concussion
- Blood test for lipids, including total cholesterol, LDL, HDL and triglycerides
- Bone density screening
- Bone marrow testing
- Breast MRI
- Breast ultrasound
- CA 15-3 blood test for breast cancer
- CA 125 blood test for ovarian cancer
- Carotid Doppler
- CEA blood test for colon cancer
- Chest X-ray
- Child sports physicals
- Colonoscopy or virtual colonoscopy
- COVID-19 (PCR, rapid, antibody)
- CT angiography
- Electrocardiogram
- Fasting blood glucose test
- Flexible sigmoidoscopies
- Mammograms
- Pap test
- Prostate-specific antigen (PSA) test
- Serum cholesterol test to determine level of HDL and LDL
- Stress test on a bicycle or treadmill
- Testicular ultrasound
- Thermography
- ThinPrep Pap test

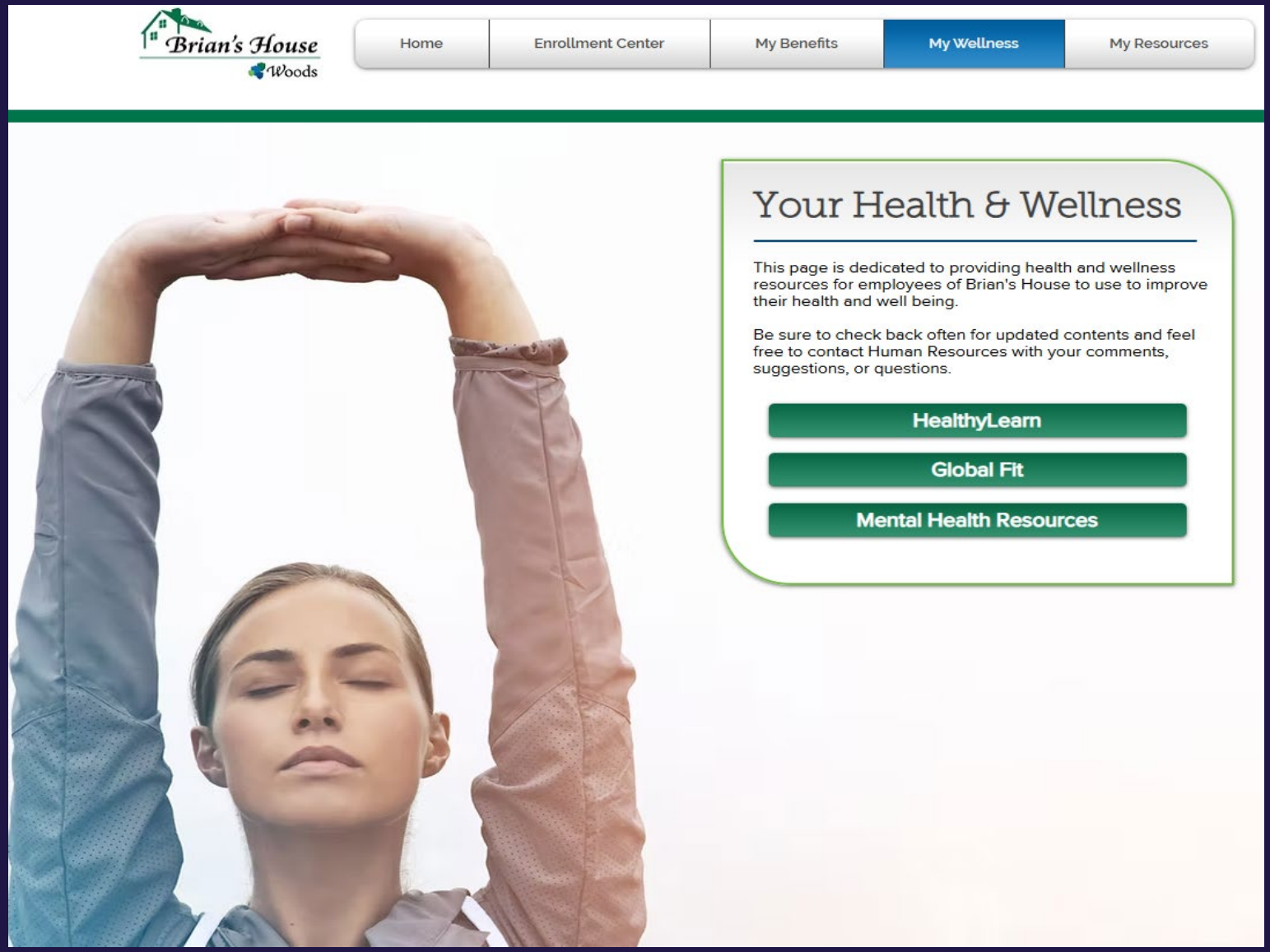
Discounts and Perks

Enjoy exclusive savings as an employee

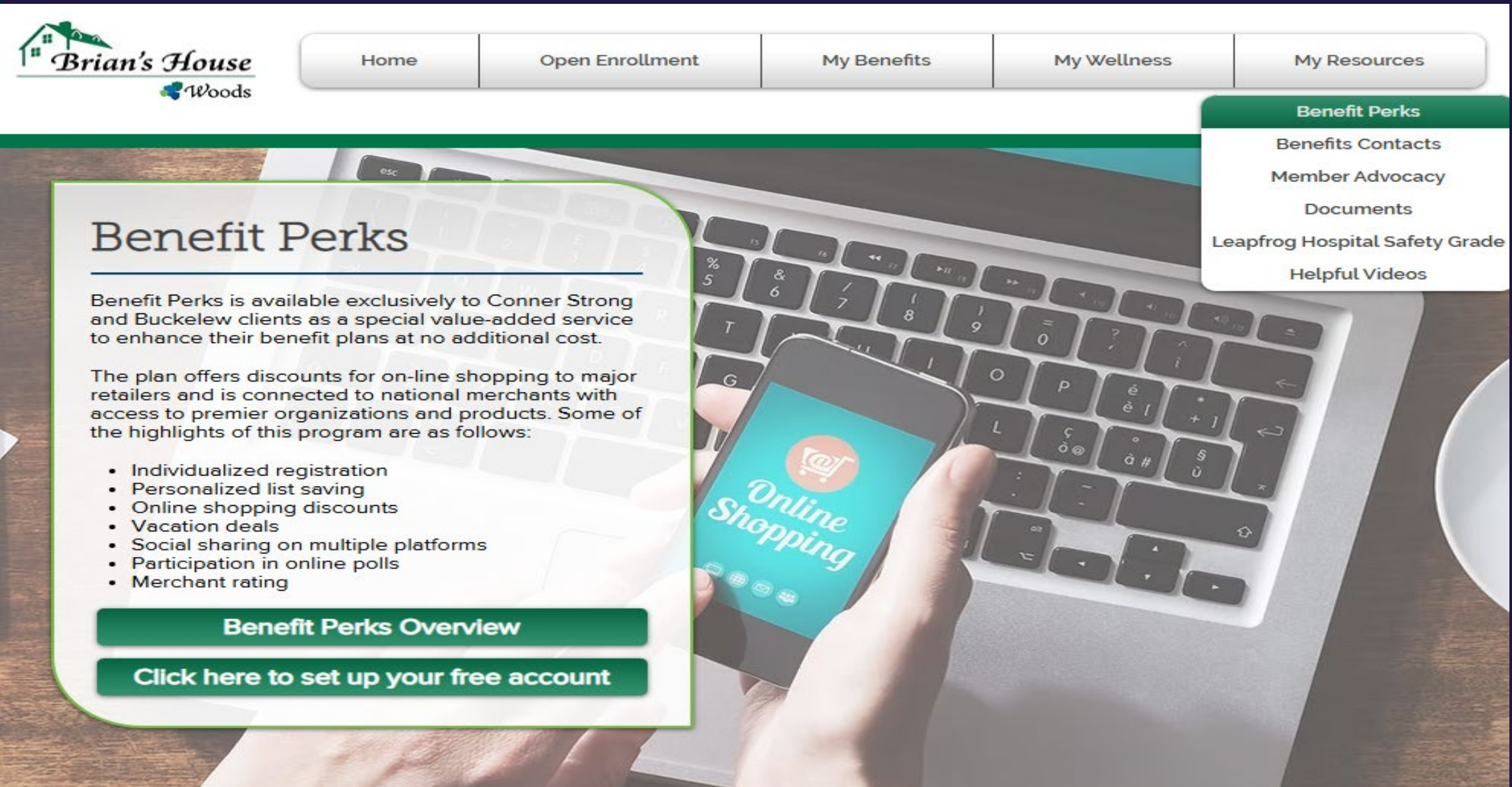
- Gym memberships
- Retail and travel discounts
- Reimbursements for wellness care
- Preventive care at your fingertips
- Tuition reimbursement and student loan assistance programs



Benefits Portal Revisited

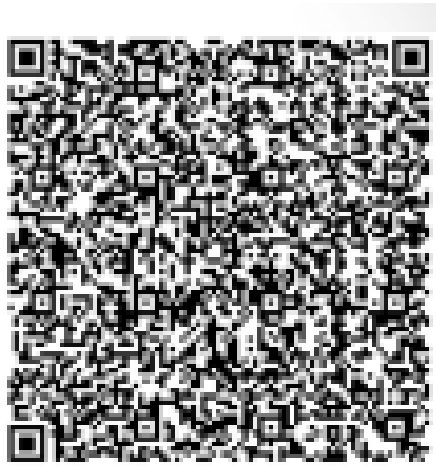


Benefits Portal Revisited (cont.)



Education Made Easy

- Tuition reimbursement
- Student Loan Assistance
- Education discounts and partnerships through WSOC
- Visit our SharePoint to access our policies regarding tuition and student loan assistance programs and to view current partnerships with educational institutions.

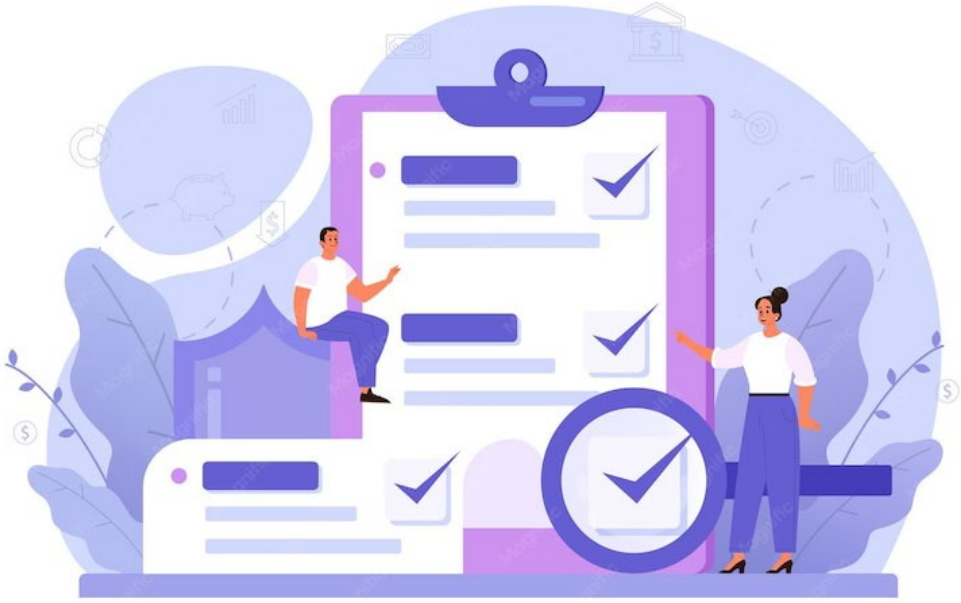




Putting it all together…

Your Wellness Map

- Revive telemedicine
- Homestead Teladoc services
- Employee Assistance Program
- Symetra Ancillary Benefits
- Benefit Portal
- Employee Discounts



Brian's House Benefit Highlights

Thank you and best of luck!

www.brianshousebenefits.com

Human Resources Department:

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484-886-5390

Richard Baird Jr., HR Coordinator
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484-473-4649

Zachary Dodrill, HR Coordinator
Zachary.Dodrill@brianshouse.org
610-425-8086

Brian's House

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