### **HEALTHIEST YOU** OFFICE OF **HUMAN RESOURCES**

# hyhealthiestyou

Congratulations, your healthcare just got a whole lot easier!

With the HealthiestYou app you can access all our life-changing healthcare tools with the click of a button... and **connect to a doctor 24x7, anytime, anywhere**. HealthiestYou can SAVE YOU TONS OF TIME AND MONEY. Welcome to the future of healthcare!

### DOWNLOAD THE FREE APP TODAY!



Available on your iPhone or Android device. Search for "HealthiestYou" or "HY" in the App Store or Google Play!

After downloading, be sure to open the app and register your account, or head over to **member.healthiestyou.com** and register in the Member Portal. Here you'll have access to the same amazing tools as our app but from your computer.

#### Request Consult

To talk to a doctor, simply launch the HY app and press the Request Consult button... easy peasy!

Don't have a smartphone?

Login to **member.healthiestyou.com** to view your personalized doctor phone number.

#### Need help? Send an email to help@healthiestyou.com

HEALTHIESTYOU IS NOT HEALTH INSURANCE AND WE ENCOURAGE ALL MEMBERS TO MAINTAIN ADEQUATE INSURANCE FROM A RESPONSIBLE PROVIDER. HEALTHIESTYOU IS DESIGNED TO COMPLEMENT, AND NOT REPLACE THE CARE YOU RECEIVE FROM YOUR PRIMARY CARE PHYSICIAN. HEALTHIESTYOU PHYSICIANS ARE AN INDEPENDENT NETWORK OF DOCTORS WHO ADVISE. DIAGNOSE, AND PRESCRIBE AT THEIR OWN DISCRETION. PHYSICIANS PROVIDE CROSS COVERAGE AND OPERATE SUBJECT TO STATE REGULATIONS. PHYSICIANS IN THE INDEPENDENT NETWORK DO NOT PRESCRIBE DEA CONTROLLED SUBSTANCES, NON-THERAPEUTIC DRUGS AND CERTAIN OTHER DRUGS WHICH MAY BE HARMFUL BECAUSE OF THEIR POTENTIAL FOR ADUE. HEALTHIESTYOU DOES NOT GUARANTEE THAT A PRESCRIPTION WILL BE WRITTEN.





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### Getting started with HealthiestYou

With HealthiestYou you can connect to a doctor, get treatment, and get prescriptions, 24 hours a day, 7 days a week over the phone or via the mobile app. Using HealthiestYou can SAVE YOU TONS OF MONEY and no more sitting around in germ-infested waiting rooms.

### Step 1: Setup your member portal

Head over to **member.healthiestyou.com** and register for the member portal. Here you'll have access to the same amazing tools as the app, but from your computer.

### Step 2: Download the app

Search and download "HealthiestYou" or "HY" in the app store or Google Play!



### Step 3: Setup the app

| A CARL A | Click Login to get started<br>Note, the app login is<br>the same information<br>from the online member<br>portal registration. | Horizon V EF M VIII (N. 100) Dec VIII (N. 100) La Nave so m Des of m Ze Colo so m | Select and enter the<br>primary member's<br>information<br>- Last Name<br>- D.O.B.<br>- Zip Code<br>- Email address | Array Brance Margaret State Sta | If you have your insurance<br>card handy, select "I have<br>my Insurance info". You can<br>always enter it later.<br>- Accept the Terms &<br>Conditions"<br>- Click Create Account |
|---|--|---|---|---|--|
|   |  |   | - Password<br>- Phone #   | Cherla Altzan   | * Insurance sync not available<br>to all groups. See your benefits<br>administrator  |

### Step 4: Use HealthiestYou next time you're sick

Open up the app and push the button to visit a doctor. Verify your medical history and make any necessary changes. Verify your contact information and confirm the consultation. Sit back and a doctor will call you shortly.

No smartphone or internet? No problem, simply call toll-free on any phone to talk to a doctor: 866.703.1259

www.healthiestyou.com



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Download the app and take charge today!



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