



**Patriot Preventive Care**



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# YOUR WELLNESS GUARDIAN

## BENEFITS INCLUDE:

- TELEPHONIC HEALTH COACHING
- HEALTH RISK ASSESSMENT
- EAP
- SMOKING CESSATION
- 24/7 TELEMEDICINE WITH NO  
COPAY OR VISIT COST
- BEHAVIORAL WELLNESS
- NUTRITION EDUCATION



800-306-3112



[wellness@ushealthcenterinc.com](mailto:wellness@ushealthcenterinc.com)



M-F 8:00am-5:00pm CST

# EXAMPLE PAYCHECK

Increase your take home pay and get added benefits for the entire family.

|                         | WITHOUT<br>PATRIOT | WITH<br>PATRIOT | DIFFERENCE |
|-------------------------|--------------------|-----------------|------------|
| Monthly Gross Income    | \$2,600.00         | \$2,600.00      | \$0.00     |
| Pre-tax Premium Payment | \$0.00             | \$1,200.00      | \$1,200.00 |
| Taxable Income          | \$2,600.00         | \$1,400.00      | \$1,200.00 |
| Tax Withholding         | \$439.17           | \$162.13        | \$277.04   |
| Patriot Claim Payment   | \$0.00             | \$1,000.00      | \$1,000.00 |
| Net Take Home Pay       | \$2,160.83         | \$2,237.87      | \$77.04    |

PREMIUM  
PAYMENT

TELEMEDICINE

PREVENTATIVE HEALTH  
CARE PROGRAMS

**Extra money to spend on  
anything you need!**

Per month increase  
**\$77.04**

Per year increase  
**\$924.48**

|                          | Tax<br>Withholding<br>without<br>PATRIOT | Tax<br>Withholding<br>with<br>PATRIOT |
|--------------------------|--|---------------------------------------|
| Federal Tax              | \$169.92                                 | \$35.42                               |
| Social Security          | \$161.20                                 | \$86.80                               |
| Medicare                 | \$37.70                                  | \$20.30                               |
| State Tax                | \$39.15                                  | \$2.81                                |
| SDI                      | \$31.20                                  | \$16.80                               |
| Total Tax<br>Withholding | \$439.17                                 | \$162.13                              |

The above is an example using \$31,200.00 per year sample information.  
Patriot cannot guarantee the same favorable tax outcome in all  
situations as federal and state tax laws are continuously changing.



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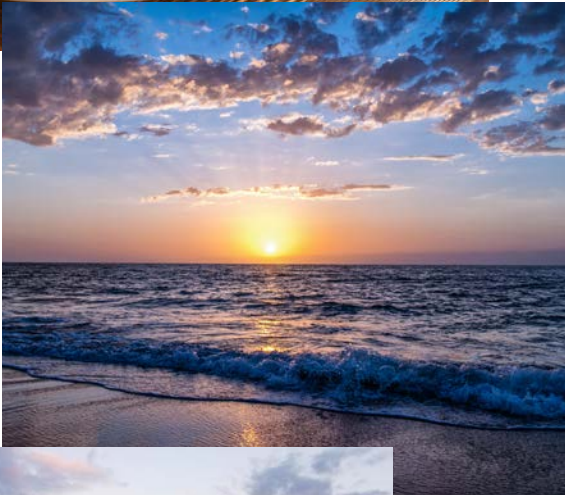
# PERSONAL HEALTH DASHBOARD™ (PHD)

Your Personal Health Dashboard™ (PHD) is a secure online personalized web portal which can be accessed at any time from any device.



## Plan Requirement- Read carefully!

Complete one wellness activity each month. In the first month of the plan, activate your account and complete the Health Risk Assessment. If you miss a monthly activity, we'll send you qualifying health information or make it up during the next month. A list of Qualifying Wellness Activities can be found on the Home Page of your Personal Health Dashboard™ (PHD).



## Activate your Personal Health Dashboard™

NOTE: Do not download the mobile app until you complete step one.

1. Log-on to: <https://PPC.ushealthcenter.com/activate>
2. Select Activate by Demographics
3. Enter your personal information to create your account. You will receive your username – **REMEMBER THIS FOR FUTURE LOGINS!**
4. Select Login and enter your password
5. Congratulations! Your PHD account is now activated and you are logged in.
6. Watch the short video for your first month activity!



## Complete the Health Risk Assessment

This dynamic assessment has the ability to forecast future health concerns based on your current and past medical history, biometrics, and lifestyle.

It is recommended to complete the online Health Risk Assessment next. The assessment will count as a qualifying monthly activity and it takes less than 15 minutes. Once completed, you can easily review your results under Medical Records > Health Assessment Report.



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# TELEMEDICINE

Activate your account to connect with board-certified physicians anytime, anywhere in the United States.



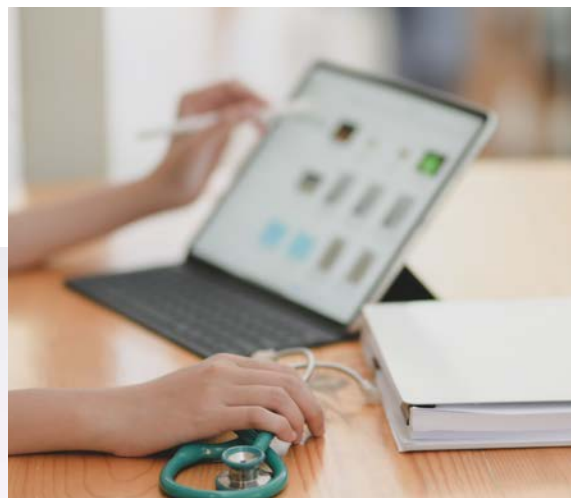
**U.S. board-certified doctors with an average of 15 years of experience.**



**Prescriptions can be sent to your nearest pharmacy, if medically necessary.**



**Consultations are convenient, private and secure.**



- Easily request medical consultations to receive ailment diagnosis and treatment plans for you and your dependents
- Schedule doctor consultations when it's most convenient for you
- Select your preferred pharmacy for easy prescription pick-up
- Avoid waiting in urgent care centers and emergency rooms

## We treat over 50 routine medical conditions including:

- Acne
- Allergies
- Cold / Flu
- Constipation
- Cough
- Diarrhea
- Ear Problems
- Fever
- Headache
- Insect Bites
- Nausea / Vomiting
- Pink Eye
- Rash
- Respiratory Problems
- Sore Throats
- Urinary Problems / UTI
- And More



Activate your MD Live account prior to scheduling a visit by clicking on the MD Live tile on your PHD.



My Benefit  
Tools >  
MD Live



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# EAP SERVICES

The Employee Assistance Program (EAP) offers services that support your well-being and resilience in work and life. There is no cost to you and is completely confidential.

Everything is accessible through your member portal and app including:

- 24/7/365 Video, chat or telephonic access
- Thousands of self-care articles and resources
- Event calendar and free webinars
- Exclusive member discounts

## GETTING STARTED IS EASY!

1. Visit your FEI Landing Page:

<https://myassistanceprogram.com/fei>

2. Select **“Member Portal & App”** in the top menu

3. Register to create a new account using your company code: **ushc**

4. A confirmation email will be sent to complete the process

## COUNSELING BENEFIT

**Up to 3 sessions per year for you or your dependents.**

Alleviate emotional stress  
Address family/parenting challenges  
Address substance abuse  
Build on personal strengths  
Navigate life transitions  
Work through grief and loss

## LEGAL BENEFIT

**One consultation per issue; unlimited issues.**

Bankruptcy, foreclosure  
Home sale/purchase or lease agreement  
Separation or divorce  
Adoption  
Child custody/child support  
Simple will  
Traffic, civil or criminal matters  
Legal document review  
Simple dispute resolution

## WORK-LIFE BENEFIT

**Unlimited consultations and referrals.**

Childcare  
Adoption  
K-12 & Higher Education Resources  
Elder care  
Dependent care

## FINANCIAL BENEFIT

**One consultation per issue; unlimited issues.**

Managing expenses and debt  
Preparing a realistic budget  
Dealing with tax-related questions  
Planning for retirement  
Identity theft solutions  
Investing in a college education  
Student loan coaching  
Home purchase education  
Credit report review



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# IDENTITY THEFT PROTECTION

No one can prevent a data breach!

This service can protect your online footprint with digital safety plans for you, your family, and your home.



## Identity Theft Protection Services

- Internet Monitoring and Dark Web Surveillance
- Premium ID Theft Early Warning System
- \$1,000,000 insurance Policy from American Insurance Group Credit Monitoring
- Banking and Account Monitoring
- Identity Theft Risk Score
- Fully Managed Identity Theft Recovery Services for the Family



## Home Title Monitoring

New Property Record  
Change in Owner  
New Claim on Title  
Changing in Financing Terms

## Multi-Property Coverage

Primary Address 2nd Homes  
Vacation Properties  
Mechanics Liens  
Court Errors

## Fully Managed Home Title Theft Recovery

## Register Today!

1. Log on to your Personal Health Dashboard:™  
<https://PPC.ushealthcenter.com/Activate>
2. Take note of your **Member ID** located in the upper right corner. This will be used as your **customer account number**.
3. Your Customer Account = USHC-(Member ID Number).  
For example, USHC-USH0205172
4. Click on the **My Benefits** tab.
5. Click on the **Identity Theft Protection - Register** tile.
6. Complete the required information and click **Register**.

**Required to enroll:** name, date of birth, street, city, state, zip, email, phone number.  
If there are questions about enrollment, call US HealthCenter at 877-322-1798.

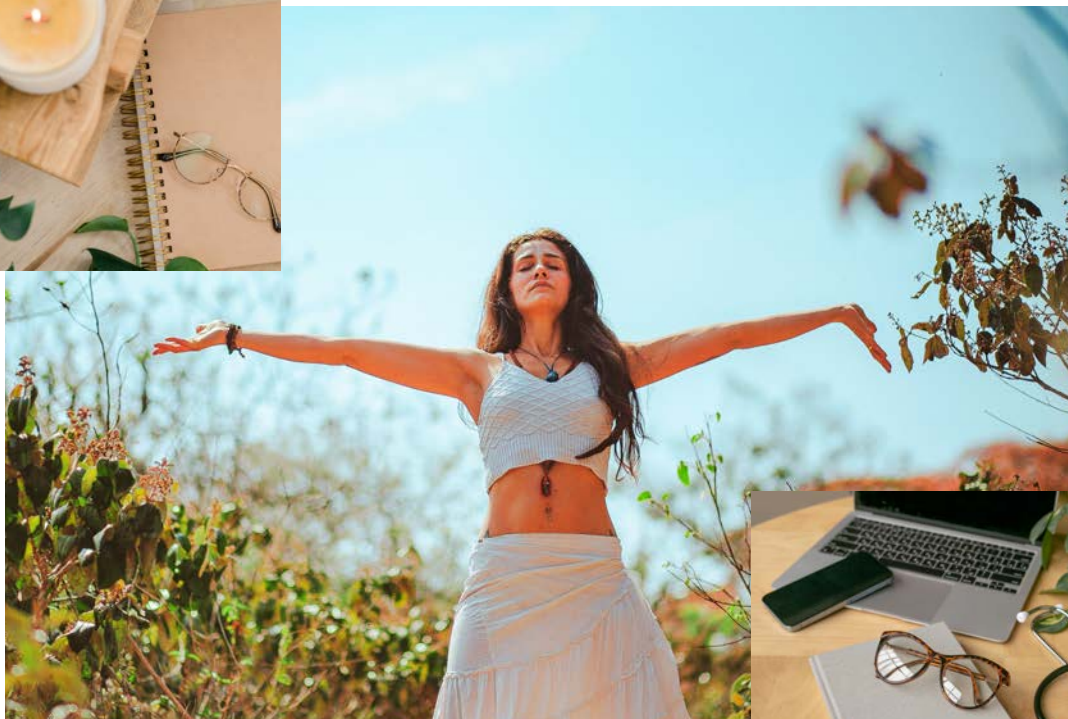


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# WHOLEISTIC™ COACHING



Wholeistic™ Health Coaching is a telephonic health management and improvement program that provides you with a personal health coach. Your coach will work with you on an appointment basis to help you understand and manage your health as well as your family's health.

As well as managing your health, these one-on-one appointments can also help you lower your health risk(s) and improve your overall well-being. You can discuss a wide range of health conditions or topics such as stress management, high blood pressure, cholesterol, diabetes, weight, smoking cessation, allergies, asthma, heart disease, or cancer. Your sessions are completely confidential and offered at no cost to you.

## Call or email us to get started!

- Contact us toll-free at **877-322-7398 x 3** at any time. This line goes directly to a voice mailbox. Please leave the name of your employer, your phone number, and the best time to reach you. A health coach will contact you within 24 weekday hours of your request.
- Send an email to [\*\*healthcoach@ushealthcenterinc.com\*\*](mailto:healthcoach@ushealthcenterinc.com).



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# LIVING 2.0

Living 2.0 is a bundle of health and wellness apps and self-help programs designed to improve your life and save you money.



**Lower Your Bills** - We negotiate with your provider to lower your bills (mobile, cable, etc.), and if we save you money, we split the savings with you 50/50.



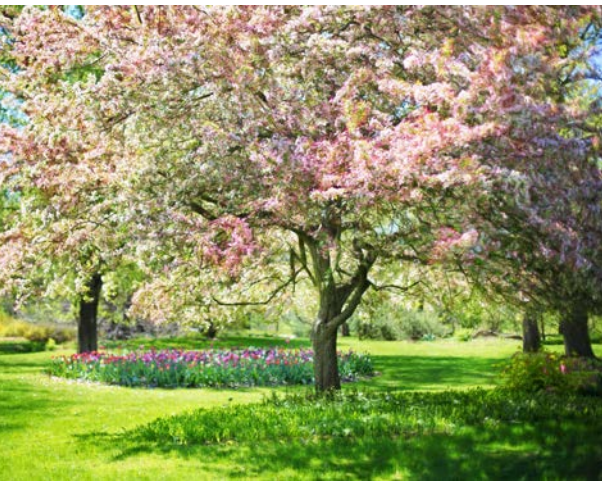
**Rewards for Walking** - Earn cash for every calorie you burn. Earn up to \$10 each day. Use the rewards in our marketplace, plus a growing number of cash offers.



**Student Loan Debt Relief** - For a small one-time fee, work with our specialists to reduce your student loans by up to 40% with an average savings of over \$340 per month!



**Living 2.0 Deals** - Get discounts on take-out at over 57,000 restaurants, 100's of grocery coupons, guaranteed lowest price for hotels & resorts, and discounts on entertainment.



**Save + Give Cashback Wallet** - Get cash back for in-store or online purchases and donate a percentage to charity.



**Social Anxiety Relief** - A mobile game that teaches how to reduce stress and anxiety.



**Shop Now, Pay Later** - Shop millions of products and pay over a period of time, interest-free, with up to \$2,500 in credit.



**0% Pay Day Loan** - Get up to \$100 a day at 0% interest payday loans. Additionally get instant overdraft protection, cash back at hundreds of retailers and restaurants, and a medical bill negotiation service.



**Relationship Health** - Repair, grow, and strengthen a marriage or any committed relationship.



**Smart Sober Living** - A comprehensive 28-day and 1-year recovery support program for Opioid, drug and alcohol addiction.



**Child Health + Development** - The most accurate source for parents to take control of their child's health and well-being.



**PTSD + Trauma Relief** - PTSD testing and recovery tools for people involved in a traumatic event.



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**For more information or to opt out of this benefit, you must call xxxxxxxx before the end of this month.**



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