

## Wellness Programs

Physicians Plus' robust suite of wellness resources is a collection of helpful and easy-to-use programs designed to help you live a healthier life. You choose which programs work best for you! Visit [pplusic.com](http://pplusic.com) and click the "Members" tab to learn more.

### GO-TO Healthy Choices

GO-TO Healthy Choices is the personal health manager that delivers specific facts about your health and provides you with a personalized plan that can help you live better.

Complete our easy-to-use online health assessment, and you'll receive unique feedback based on your input. You'll get a real, actionable plan made specifically for you — not just general advice — on how to feel and live healthier. Plus, you can earn \$100 in annual rewards from Physicians Plus just for participating.

### Good Health Bonus

We provide the annual \$100 (single) or \$200 (family) Good Health Bonus reimbursement, you decide how to earn it! Choose from one of the following exciting programs:

- **Health & Fitness Facility Reimbursement.** Maintain a healthier lifestyle through regular exercise at a health & fitness facility and apply your annual Good Health Bonus to the cost of a membership.
- **Eat Healthy Rebate.** Purchase a seasonal produce share from any participating farm and apply your annual Good Health Bonus to the cost.
- **GO-TO Healthy Choices.** Details above.
- **Weight Watchers.** Earn \$100 toward the annual cost of the program. Participants must meet the guidelines outlined in the general Good Health Bonus program.
- **Good Health Bonus Classes.** Learn about specific medical conditions, exercise and much more. See the complete list of approved classes at [pplusic.com](http://pplusic.com). Participants pay course fees up front and are reimbursed up to \$200 per class until reaching their Good Health Bonus maximum reward.
- **WeighToGo.** Reach weight loss goals and stay motivated from the comfort of home! An in-home Personal Link system helps keep you on track and in touch with a registered dietician or nurse.

### PlusPerks

Save money while enhancing your life! Get discounts on massage therapy, acupuncture, nutrition & weight loss classes and more. Check out the discounts offered by participating businesses at [pplusic.com](http://pplusic.com). No sign-up is necessary; just show your member ID card at time of purchase.

See Reverse for **Anytime Plan Management & Medical Advice Tools** from Physicians Plus



# Anytime Plan Management & Medical Advice Tools

Physicians Plus offers four convenient tools to help you make decisions about if, when and where to seek medical care when your primary care clinic is closed or your doctor is unavailable:

## MobileNurse

MobileNurse is a free smart phone application designed to help users make appropriate decisions on what level of care (if any) is needed in any health situation. It offers: 24/7 support; symptom relief information for minor illnesses; easy access to the recommended dosage for common, over-the-counter pediatric medications; GPS driving directions to nearby medical facilities; and more! MobileNurse is available through the iTunes App store and the Android App store, or visit [pplusic.com/members](http://pplusic.com/members).

[Download MobileNurse Now!](#)



*MobileNurse iTunes*



*MobileNurse Android*

## NursePLUS

NursePlus (866-PPLUSRN/866-775-8776) provides support from a registered nurse any time day or night, to answer your health care questions and help you live healthier. NursePlus can help you:

- Choose the most appropriate course of care for any medical condition.
- Understand your doctor's or pharmacist's instructions or discuss medication side effects.
- Support your relationship with your doctor and prepare for doctor visits.

NursePlus is here to help you stay healthier, live better and get clinically based answers to important questions, any time day or night. It's a new kind of house call. Visit [pplusic.com/members](http://pplusic.com/members) for more information.

## GO-TO



Our secure and powerful online health plan management tool provides 24/7 access to personal health plan information.

You can review benefits, claims and authorizations, view your summary of benefits, update personal information, choose a new physician, print ID cards, review prescription history and compare drug costs, access our personal health manager (GO-TO Healthy Choices) and more. Visit [pplusic.com](http://pplusic.com) and click on the GO-TO icon to learn more or to sign up.

## GO-TO Rx Manager

Get a personal review of your prescription drug history, the Physicians Plus drug formulary and drug cost comparisons. GO-TO Rx Manager helps you choose lower-cost drugs or those with lower copays. Visit [pplusic.com](http://pplusic.com) and under the "Members" drop-down menu, click "Pharmacy Services for P+ Members" to learn more!

