

July 2024



Did You Know...

Did you know, if you're enrolled in the Anthem or MMO health plans that you have numerous discount and advocacy programs offered to you?

MMO

Advocacy Program

a one-stop service approach. Being an advocate for you also means using our expertise and resources to act on your behalf when it comes to healthcare.



Coordinate with the right care providers



Help employees manage their medications



Familiarize employees with community resources



Find ways to make prescriptions affordable



Assist with administrative requests and paperwork

Chronic Condition Management

- **Sword Thrive**- virtual physical therapy to help members treat and prevent acute chronic and post surgical pain.
- **Sword Bloom** - virtual pelvic therapy solution addressing dysfunctions such as bladder leakage, and discomfort, etc.

Fitness Program Discounts

- Gyms and fitness centers – from national chains to specialty studios Husk Nutrition – evidence-based virtual health and nutrition programs Home equipment and tech – exclusive equipment and wearable technology On-demand fitness – all the benefits of group exercise classes in the comfort of your own home Mental health – connects you with licensed therapists through technology
- Learn more at marketplace.huskwellness.com/medmutual

Other Discounts

- Beltone -- Hearing Aid Discounts
- Mom's Meals - *Purchasable meals, shipped right to your door!*

Anthem

Anthem Health Guide

a team of concierge-level customer service experts that are ready to answer questions, advocate for your health and explain how to use your benefits. You can call a health guide directly or chat from your mobile device using the Sydney health app.

Wellbeing Benefits

- **Sword-Thrive** - Digital physical therapy program to help members prevent and treat acute, chronic and post-surgical pain for the lower back, shoulder, neck, hip, knee, elbow, ankle and wrist.
- **Sword-Bloom** Digital pelvic therapy solution addressing dysfunctions as bladder leakage, bowel issues, pelvic pain, discomfort and pressure.

Health and Fitness

- **Active&Fit Direct** – choose from more than 11,900 participating fitness centers nationwide.
- **Husk Wellness** – discounts available for gym memberships, fitness equipment, technology and fitness/nutrition coaching.
- **Fitbit Trackers**
- **Garmin**
- **BREVENA** – discount on skin care creams and balms.
- **ChooseHealthy** – discounts available on acupuncture, physical therapy, and nutritional services. Along with fitness equipment, etc.
- **LifeMart** – Deals on beauty and skin care, diet plans, fitness memberships, etc.

Other Discounts

- Dental
- Hearing
- Vision