

“I’d like to learn more about healthy behaviors. What tools does Fallon offer?”

The Healthy Health Plan* focuses on behaviors that you can change.

The Healthy Health Plan offers a wealth of information so you can learn more about your own health. Then you may begin new activities and behaviors to get healthier. Below are some of the benefits.

Online Health Assessment: Answer these questions to give you an idea of what your strengths are and where you could use some help. The questionnaire will ask you about your health behaviors, and focus on behavior-related risks that you can change to improve your health. You’ll even receive guidance as you answer the questions. It will only take about 20 minutes to complete.

Reports: From the health assessment, two reports are generated specifically for you.

1. **The Participant Wellness Report** is designed to increase personal awareness and encourage you to make healthy behavior changes.
2. **The Physician’s Summary Report** provides a more detailed view of your responses and includes your stage of readiness to change. This one-page summary is designed as an easy way to share your results with your primary care provider (PCP).

Health Shelf: The tools in this library will inspire you to start engaging in healthy habits every day. They include articles, quizzes, self-assessments, how-to guides and healthy recipes.

Interactive tools: The guides to resources can help you learn about specific health conditions and issues.

Coaching: If you choose to, you may work with a health coach via email or phone. Your coach will help you stay motivated and on track toward a healthier you.

How to log in:

1. Go to fallonhealth.org/gic and click “health assessment & health coaching”.
2. Your username will be your Member ID number, found on the back of your Member ID card.
3. The first time you log in, use “Welcome1” as your password. You’ll then be prompted to create your own password.

Once you’re in, you’ll be able to take advantage of all that The Healthy Health Plan offers!

**Subscribers and their spouses over age 18 are eligible for The Healthy Health Plan.*



“I want more from my health plan. What does Fallon offer?”



Healthy perks *designed to give you the most for your health care budget*

Free mobile ID card app

Get your Fallon member ID card on the go with our smartphone app. With this app you can view your ID card, see your copays, plus email or fax an image of your card to your doctor, hospital or pharmacy. Just scan the QR code to the right to download, or search for “Fallon Member ID card” in the App Store or Google Play.



Eyewear discounts

Members save up to 35% on frames and get additional discounts on contact lenses, laser vision correction and nonprescription sunglasses—at thousands of locations nationwide.

Quit to Win

Fallon offers a successful quit smoking program, called Quit to Win. Our experienced, supportive Quit Coaches will help you develop a quit plan, made just for you. Fallon Health members may join this program for free.

Phone coaching consists of individual telephone coaching sessions that can take place anywhere you’re comfortable, including your own home. The calls are led by our Quit Coaches. During these calls, you’ll get support, counseling and quitting tips. We also offer **text message support**.

Contact us at 1-508-368-9540 or 1-888-807-2908 (TRS 711), Monday through Friday from 8:30 a.m. to 5:00 p.m. Or you may email QuitToWin@fallonhealth.org.

Oh Baby!

A health and wellness program for parents-to-be, Oh Baby! provides some of the “little extras” like prenatal vitamins, a child care book, a home safety kit, plus a free convertible toddler car seat and breast pump.

Nurse Connect

Got a question at 3 a.m.? For those times when you’re not feeling well, but don’t think it’s an emergency, call the registered nurses at Nurse Connect. Fallon GIC members get free access—by phone and online—24 hours a day, seven days a week, 365 days a year.

Disease Management Program*

If you have asthma, diabetes, chronic obstructive pulmonary disease, heart disease or heart failure, the Disease Management Program could be for you. In this voluntary program, you’ll work with your own health educator or nurse. You’ll talk about ways to slow your disease, how to be healthy for longer periods and how to improve your quality of life.

Contact us at 1-800-333-2535 (TRS 711), Monday through Friday from 8:30 a.m. to 5:00 p.m.

**With the exception of asthma, these programs are for our members who are at least 18 years old.*