

# Healthy Extras

Helping FCHP members—your patients—stay healthy, wealthy and wise



## It Fits!

**Provides a \$400 reimbursement for families (\$200 for individuals) to use toward a variety of healthy activities, including:**

- New cardiovascular home fitness equipment
- Gym membership at gym of member's choice
- Weight Watchers® and Jenny Craig®
- Pilates, yoga or aerobics classes
- Local school, town sports leagues and programs
- Race entry fees
- Sports camps
- Ski mountain lift tickets and season passes
- And much, much more!

To download the *It Fits!* reimbursement form, visit [fchp.org](http://fchp.org).

Not available to members of Fallon Senior Plan™, MassHealth or NaviCare®.



## Oh Baby!

**A health and wellness program for birth, baby and beyond includes:**

- Prenatal vitamins and information about prenatal care
- A convertible toddler car seat and a portable electric breast pump
- A home safety kit for childproofing the home
- A choice of books:
  - Caring For Your Baby and Young Child: Birth to Age 5*
  - Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too*
- Reimbursement toward the cost of childbirth or sibling classes
- Exclusive discounts on baby announcements
- Drawings for \$100 American Express Gift Cheques

Not available to members of Fallon Senior Plan™.



## The Healthy Health Plan

FCHP's wellness program that rewards subscribers up to \$200 for being—and becoming—healthy! Subscribers can earn \$50 when they complete the health assessment and they have the opportunity to earn another \$150.

**Program features include:**

- **Interactive tools and calculators**—includes meal plans, exercise tutorials, and cardio/strength training logs.
- **Health coaching**—provided by nurses and other healthcare professionals through online and telephonic access.
- **Member forums**—allows members to post to a discussion board with Q&A, tips/tricks, etc. within the wellness portal.

Your patients can join this program by going to [fchp.org/healthyhealthplan](http://fchp.org/healthyhealthplan).



## Nurse Connect

24/7 access by phone and online to registered nurses.

**Program includes:**

- Personal education and support
- Information to help your patients make healthy decisions
- Educational materials relevant to a diagnosis or condition (mailed right to their home)
- Assistance with finding additional health information online

Your patients can reach a Nurse Connect health coach at 1-800-609-6175 (TDD/TTY: 1-800-848-0160).



## Healthwise® Knowledgebase

One of the nation's leading online resources for helping people become informed about their health and health care, and it's free!

### Healthwise Knowledgebase features:

- Thousands of topics
- Content that is written and reviewed by an expert team of medical professionals, and given the seal of approval by the leading health website accreditation program
- Helpful tools like Actionsets, Decision Points and a medication look-up that all help your patients learn about their treatment options and ways to take control of their health.



## Naturally Well

Provides members discounts on complementary or "alternative" health care as well as health and wellness products.

### Discounts offered include:

- Acupuncture
- Chiropractic care in addition to any chiropractic benefit included in member's plan
- Massage therapy from the American Specialty Health Networks, Inc. (ASHN) credentialed network of qualified providers
- Vitamins and supplements
- Diet and sports nutrition
- And more!

*The above services and products are not covered benefits, but are offered as an extra value for members who wish to use them.*



## SilverSneakers®

A health and fitness program offered to members of Fallon Senior Plan™ and NaviCare®.

### The program offers participants:

- Basic membership to select fitness facilities at no extra cost.
- Access to fitness classes for all levels, exercise equipment, and where available, swimming pools and steam and sauna rooms.

**SilverSneakers® Steps** offers members—upon request—access to interactive Web tools and a portable Steps kit with exercise gear to help them get fit.

*SilverSneakers® is a registered trademark of Healthways.*



## Quit to Win

**FCHP's tobacco treatment program assists members in developing personalized stop-smoking plans. Some of the program's features include:**

- Weekly support group meetings and phone counseling.
- Free nicotine patches and/or gum for MassHealth and NaviCare members; these products are also available to other members at a discount.

Your patients can get help to quit smoking, or obtain more information by calling 1-508-368-9540 or 1-888-807-2908, or by e-mailing [QuitToWin@fchp.org](mailto:QuitToWin@fchp.org).

Learn more at [fchp.org](http://fchp.org) or call the FCHP provider line at 1-866-ASK-FCHP (1-866-275-3247). (TTY users, please call TRS Relay 711).

[fchp.org/providers](http://fchp.org/providers)

*Weight Watchers® is a registered trademark of Weight Watchers International, Inc. Jenny Craig® is a registered trademark of Jenny Craig, Inc.*

*Program eligibility and benefits may vary by employer, plan and product.*

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