

Health Benefit Resources

ELCA-PRIMARY HEALTH BENEFITS

Portico offers several resources to help plan members enrolled in ELCA-Primary health benefits address health needs and support long-term well-being — most at no out-of-pocket cost to them. Members can sign in to *myPortico.PorticoBenefits.org* to learn more about these and other resources.

Care Coordinators

Portico Care Coordinators by **Quantum Health**[®] make it easier to ask questions and navigate today's complex health care system. Care Coordinators work closely with plan members and their doctors, helping to save time, purchase health care wisely, and achieve healthier outcomes. Care Coordinators are health care experts, so members don't have to be. Coordinators help with:

- Answering claims, billing, and benefit questions
- Finding in-network providers, pharmacies, and facilities
- Learning about a new diagnosis
- Managing an existing health condition
- Saving money on out-of-pocket costs
- Replacing ID cards

Call a Care Coordinator
877.851.5656
7:30 a.m. – 9 p.m. (Central)
Monday – Friday

Employee Assistance Program

Through **Beacon Health Options**[®], access professional counselors 24/7, for help with personal concerns. Plan members can receive six no-cost counseling visits per year, per issue.

- Personal and family finances
- Grief or depression
- Marital, family, and other relationships
- Childcare and elder care
- Legal matters, including finding an attorney
- Alcohol or substance use

Call a Counselor
800.432.5155

Chronic Condition Prevention Program

This innovative digital program through **Omada**[®] is designed to help plan members who qualify create modest changes that promote weight loss and help reduce the risk of type 2 diabetes and heart disease. Program participants receive no-cost access to the following features:

- Professional health coach for one-on-one guidance
- Wireless smart scale to monitor progress
- Weekly online lessons to educate and inspire
- Small online peer group for real-time support

Learn More Online
go.omadahealth.com/portico

Holistic Wellness Education

Being is a faith-based, online educational platform offering 50+ lessons on topics ranging from spirituality to finance to relationships – recognizing all well-being dimensions. Guided by experts, plan members can discover new ways to enhance their longevity, purpose, resiliency, and more.

Call to Learn More
800.352.2876
8 a.m. – 5 p.m. (Central)
Monday – Friday

Diabetes Management Program

An innovative program through **Livongo**® combines the latest technology with personalized support to make living with diabetes easier. Those with type 1 or type 2 diabetes who use the ELCA prescription drug benefit for diabetes supplies and medications are eligible. Participants receive cost-free access to:

- A blood glucose meter that provides personalized tips and enables sharing readings with others, replacing the need for log books
- Unlimited test strips and lancets, shipped directly whenever needed
- Coaching from Certified Diabetes Educators, available 24/7/365

Online Mental Health Program

Learn to Live® is an online program for stress, anxiety and worry, depression, insomnia, and social anxiety offering effective tools to help those who enroll (including family members, age 13 and older) change behavior patterns and live a whole, healthy life. Coaching is available to online program enrollees via phone, email, or text. There is no cost for this benefit.

Text-Based Primary Care

98point6® delivers primary care through a highly secure in-app messaging experience via mobile phone. U.S.-based, board-certified physicians answer questions, diagnose and treat acute and chronic illnesses, outline care, and order any necessary prescription or lab test. Plan members pay \$0 copay. The coverage and costs under the ELCA-Primary health benefits will apply for lab tests and prescriptions and be charged separately as applicable.

Tobacco Cessation Program

Through **Quantum Health**, this benefit combines the personal support and accountability of a highly trained tobacco cessation coach with concrete tools proven to help participants kick the habit for good.

Customer Care Center

Portico Benefit Services provides comprehensive health benefits through partnerships with the health organizations noted above, as well as others including BlueLink, Express Scripts, and Delta Dental. Plan members learn more by signing in to myPortico, or by calling a Customer Care Advocate for help with:

- Registering on myPortico
- Resolving username and password issues
- Learning more about the overall benefits

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Go Online to Begin

Learntolive.com/partners
Code: Portico

Learn More Online

98point6.com/portico

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