



Select Living

WE WANT OUR MEMBERS TO LIVE WELL, so we provide a number of wellness resources to supplement our health plan benefits. From health-related discounts to other wellness resources, the Select Living program is designed to help our members maintain and enjoy a healthy, happy lifestyle. It's our goal to help them prevent unnecessary health problems and manage existing chronic conditions.

For more information on the following programs and services, visit www.selecthealth.org/wellness or call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.

MEMBER DISCOUNTS

We know our members are more likely to embrace a healthy lifestyle when it costs less. The following table outlines discounts we offer to members through partnerships with numerous vendors:

Eyewear	Up to 35 percent off
Health Clubs and Fitness Centers	Various discounts throughout the state
Vitamins and Nutritional Supplements	Up to 40 percent off
Chiropractic Services, Massage Therapy, Acupuncture Services	Up to 25 percent off
Hearing Aids	Up to 15 percent off
Drug Education Materials	Up to \$30 off

To receive the discounts mentioned above, members simply present their ID Card. For more detailed information about these discounts or to find participating locations, visit www.selecthealth.org/discounts.

DISEASE MANAGEMENT

Helping our members maintain healthy lives is a top priority. We're especially concerned about members with chronic health conditions. With our disease management program, members can receive access to a care management nurse, educational classes, and newsletters mailed to their homes. We want them to know they're not alone. The program covers the following areas:

- Allergies and Rhinitis
- Asthma
- Cholesterol
- Congestive Heart Failure
- Depression
- Diabetes
- Hepatitis C
- Hypertension
- Migraines
- Oncology

SELECTHEALTH HEALTHY BEGINNINGSSM

Pregnancy is a special time. Our prenatal program provides support and resources for expectant mothers. The program includes a risk assessment screening and provides case management, as well as pregnancy education materials.

SMOKING CESSATION PROGRAMS

Quitting smoking is one of the most significant things a person can do to improve overall health. We offer two programs to help members quit smoking. Free & Clear[®] allows members to progress at their own pace from home. A counselor is available to talk with participants over the phone. SmokeBreakersSM is a group program offered at several Intermountain Healthcare hospitals.

ADDITIONAL WELLNESS RESOURCES

We would like our members to have important health information at their fingertips. We provide online education centers, health newsletters, a health topic calendar, and several other resources. To access these materials, visit www.selecthealth.org.