



NATIONAL
HEALTH & WELLNESS



Health benefits you need. A price you can afford.

Football is a tough sport & you can never have enough protection! The AFA knows protection is essential on & off the field for its members. That's why they've partnered with NHW, to provide their Advantages Plans. These plans provide the access & protection of health care without the outrageous cost traditional health insurance has.

What's in it for you & your family?

- ✓ Avoid time-consuming trips to the doctor & emergency room
- ✓ Visits for members and entire family are always \$0
- ✓ 24/7 access to board-certified doctors from anywhere
- ✓ Families reduce average healthcare costs by over \$1,100/year



NHW Advantage Plan

\$19.95 per Month



Telehealth



**Dental powered by
Aetna Dental Access**



Vision



Prescription Drug Discounts



MRI & CT Scans



Lab Testing



Diabetic Supplies &
Patient Assistance



Vitamins



NHW Advantage Plus Plan

\$29.95 per Month



Telehealth



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Vision



Prescription Drug Discounts



MRI & CT Scans



Lab Testing



Diabetic Supplies & Patient Assistance



Vitamins



Health Advocate



Medical Bill Negotiator



Counseling



ID Theft Protection



Legal Access



To review or purchase NHW
Advantage Plans click
<https://nationalhw.net/?aid=AFA>



Why Are Americans use NHW Advantage Dental/Vision and Telemedicine?

Save Time & Money

Dental & Vision Savings

- ✓ Save BIG on dental and vision services for you and your immediate family
- ✓ No limit on use, get the discounts as often as you need to reduce out of pocket expenses on dental and vision care
- ✓ Saving is easy! Just show your healthPERX card at time of service



About Telemedicine

Members get 24/7 access to board-certified physicians by phone or video who can diagnose illnesses, recommend treatment, and even call a prescription to a local pharmacy when medically necessary. By using telemedicine instead of going to an urgent care clinic or ER, members cut unnecessary out-of-pocket costs and time wasted in crowded waiting rooms.

Telemedicine Time Savings



With healthPERX:
Average call back time
from doctor <10 min

Telemedicine Cost Savings

Average cost per episode

- +
- ER Visit: **\$1,917**
- Office/Urgent Care Visit: **\$150**

**With healthPERX:
\$0 for you + your family**

'Episode of care: Includes initial encounter and any subsequent utilization of follow-up office visits, hospitalization, or ER utilization, resulting from initial encounter within a 30-day window for same and related diagnoses. Data is from third party research conducted by Veracity Healthcare Analytics, using claim data from over 1.8M Telemedicine beneficiaries. Sources: Association of Medical Colleges 2018. Willis Towers Watson, 2017. Harvard Medical School 2015.