



Value Added Benefits

Health and Wellness Rewards



Earn up to \$200 (\$100 per person) for Subscriber and spouse/domestic partner



**Complete the
Online Health
Risk Assessment**
(Required)



Complete Annual Physical Exam

— OR —

**Complete the Health Management
Program with a participating
Wellness Provider**

Start your wellness journey by identifying your health risks!



**Take a simple, secure, online health assessment.
Your answers are confidential.**

- Identify health concerns that may need your attention
- Set your goals for staying healthy
- Share your reports with your doctors



Our NurseLine nurse triage and advice service will help direct you to the right care, at the right time, based on the level of care you need.

1-866-874-3936



24-hour support:

Toll-free access to NurseLine nurses 24 hours a day, seven days a week for triage support and clinical guidance.

Triage support:

NurseLine provides comprehensive clinical guidance to help you decide the most cost-effective levels of care, whether that is the emergency room, an urgent care center, their physician or even virtual care.

Health education:

Supported by 700 triage guidelines and health education topics.

Experienced nurses:

All member interactions are with a clinician. NurseLine nurses are registered nurses with an average tenure of 15 years. Our nurses have extensive experience providing triage services to members.

Accessibility:

TTY service available for the hearing impaired.

NurseLine provided by

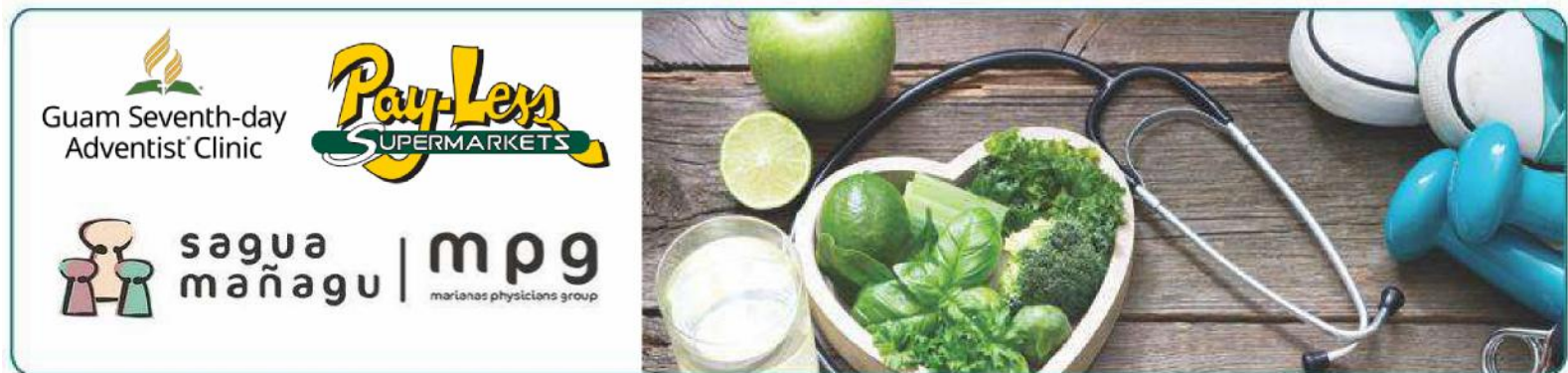


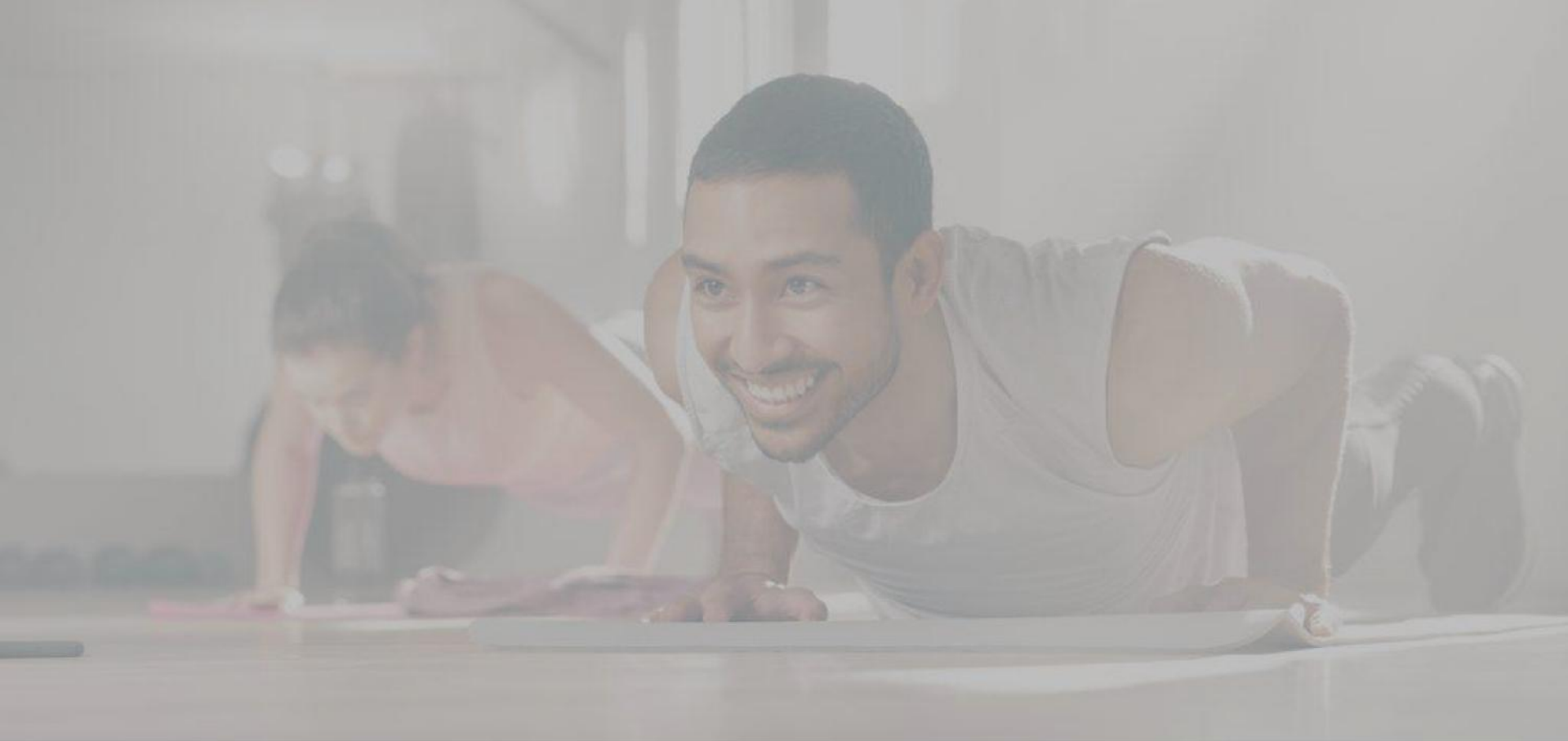
Wellness and Disease Management Programs

- Diabetes Management Program \$100 fully reimbursable upon completion
- Stop Smoking Program 50% fully reimbursable upon completion (Regular Program Price: \$240.22)
- *Medical Nutrition Therapy (Prior- Authorization Required; coverage varies by provider and plan)
- Newstart 100% Covered (Regular Program Price \$525)
- Seven-day Detox & Advance Detox \$88.50 fully reimbursable upon completion (Regular Program Price: \$295)
- Shape-Up \$88.50 fully reimbursable upon completion (Regular Program Price: \$295)
- Depression & Anxiety Program \$189 fully reimbursable upon completion (Regular Program Price \$378)

**MNT only available with providers below*

**Providers may expand through the year.*





Special Gym Memberships



\$30 a month

no enrollment fee

\$40 a month if less than
20 members per company



\$20 a month

no enrollment fee



\$50 a month

no enrollment fee



\$75 a month

no enrollment fee

6 month contract
one and three month
options available



\$63.75 / mo. Basic

\$82.50 / mo. Premium

no enrollment fee

12 month contract

THE WEEKDAY WORKOUT

Members have **EXCLUSIVE** access to group classes offered by our gym partners for Free!

- No membership required
- Classes are on a first come, first served basis
- At least two classes daily 5 days per week



THE WEEKDAY WORKOUT

Free Daily Exercise Classes for the month of **March 2022**

Gym	Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
		6:30am Strength and Conditioning 9:00am Strength and Conditioning 6:30pm Hybrid x Salsa	6:30am Strength and Conditioning 9:00am Strength and Conditioning 3:30pm Golf Meigo Kids	6:30am Strength and Conditioning 9:00am Strength and Conditioning 6:30pm Hybrid x Salsa	6:30am Strength and Conditioning 9:00am Strength and Conditioning 6:30pm Golf Meigo Kids	6:30am Strength and Conditioning 9:00am Strength and Conditioning 6:30pm Hybrid x Salsa	
			5:30pm Paradise Performance Adults	5:00am Paradise Running Paradise Funnel	5:30pm Paradise Performance Adults	5:00am Paradise Running Paradise Funnel	
		5:15pm Steel Fit	6:30pm Kickboxing (No Contact)	6:30pm Kickboxing (No Contact)	5:15pm Steel Conditioning		
 Hagler Location		5:50pm Mommy and Me Tai Chi 5:30pm Syner Fit	4:00pm Kids Yoga 5:30pm Syner Booty Barre	9:00am Yoga East Aerie 5:30pm Power Yoga Hyatt Sunset Deck 6:30pm Syner Fit	5:30pm Syner Booty Barre	5:30am SynerCycle 5:30pm Power Yoga East Aerie 5:30pm SynerCycle	
		5:30am GPP Conditioning	6:30am GPP Strength Training	12:00pm GPP Strength Training	6:30am GPP Conditioning		7:15am GPP Conditioning
		6:30pm Mixed Fit		5:15pm Weight Lifting		6:30pm Zumba	

Space is limited. Call for reservations.
Free to all Calvo's SelectCare Members! No Gym Membership Required!
 Classes are on a first come, first served basis and are subject to change. Must present Calvo's SelectCare identification card.

An added Wellness Benefit for all members!



\$15 Member Fee!*

Shiatsu Massage
Relaxing Oil Massage
Hand and Feet
Reflexology
Combination Feet
and Body



\$15 Member Fee!*

\$10 FEHB Member Fee!*

Full Body Massage
Hilot Massage
Prenatal and Postnatal Massage



\$20 Member Fee

For 60-minute massage!*
Head, Face, Neck, Shoulder,
Lower Back Pain, Belly, Frozen Shoulder
Tennis Elbow, Sports, Knee, Deep
Tissue, Lymphatic Leg, Foot, Body



**Members receive
10% discount
Plus \$35.00 off on
all massage
services!***

Wellness Benefit in Saipan!

\$10 co-pay on any of the following 60 minute massage services for all members!*

Full Body Massage | Leg Massage | Foot Massage



SALT & BARBER
SALON AND LUXURY TREATMENTS

*** Note: Members are limited to only ONE MASSAGE per month across the entire Spa Network.** Members that utilize more than one per month are subjected to paying full fees. Services are only covered for Members 18 and over. Please provide member ID number to Spa Staff.



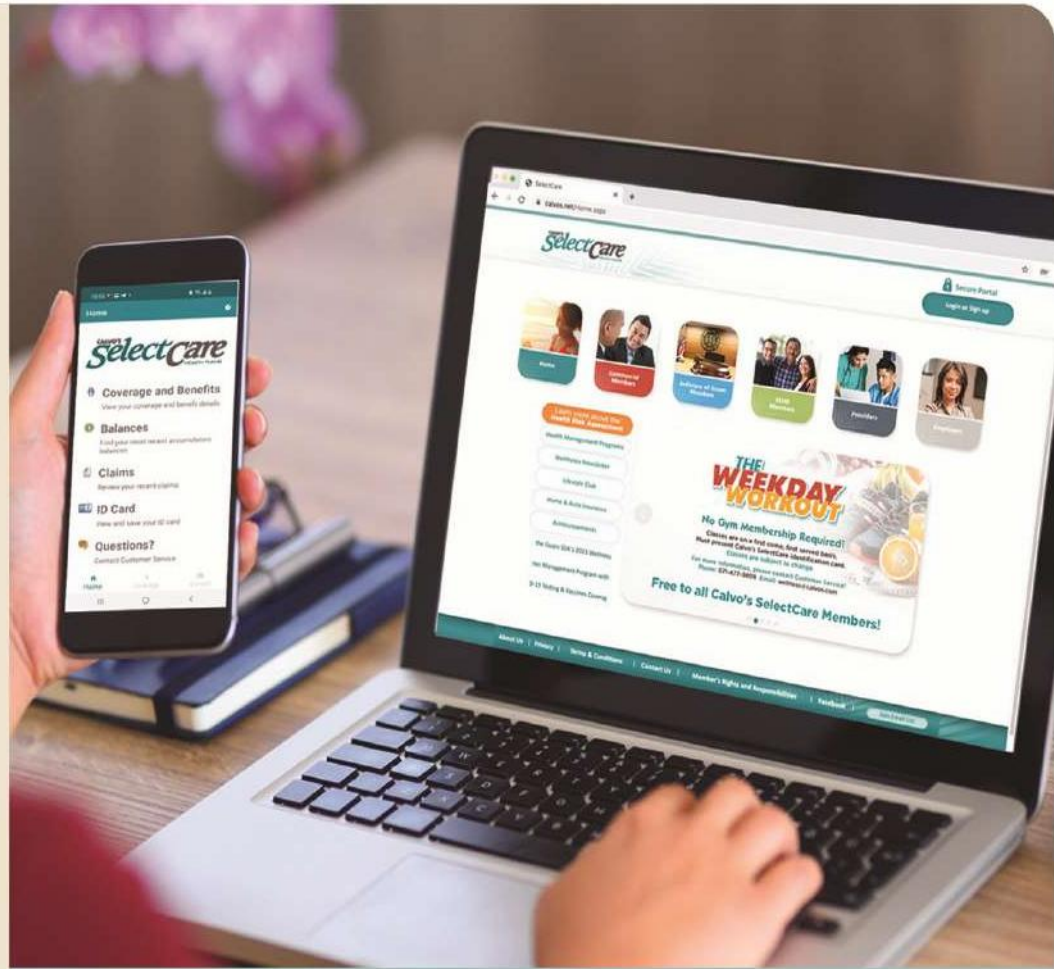
The image is a collage centered around the text "Digital Services". It features several circular inset photos: a couple looking at a tablet, a woman drinking from a mug while working on a laptop, a woman in athletic wear using a smartphone, a woman in a business suit at a laptop, and a couple looking at a smartphone. Surrounding these are various icons: a Wi-Fi symbol, a shopping cart, a target, a globe, a cloud, a laptop, a document, a padlock, a mail icon, a person with a stethoscope, a hand holding a glowing sphere with connected nodes, a pill, a medical cross, and a heart rate monitor. The background is a light blue gradient with faint hexagonal patterns.

Digital Services

Online Tools

Calvo's SelectCare online

- View or print your member card
- Submit Claims or other documents
- Access your Schedule of Benefits
- Access your Member Handbook
- View Claims
 - View Deductible Status and Out-of-Pocket accumulators
- Access the Provider Directory
- Access links to UnitedHealthand OptumRx
- Access Cost Estimators for medical services



www.calvos.net

Download the mobile app today



OPTUMRx® | Benefits

A fast, easy and secure way to get information you need to make the most of your pharmacy benefit.

- Compare medication prices at different pharmacies
- Locate a network pharmacy
- Manage medication covered dependents and spouses
- View real-time benefits and claims history
- Wellness resources

The Mobile App is designed for wellness on-the-go.

- Never miss a dose
- Stay on top of refills
 - Show your doctor exactly what medications you are taking
 - View medication history anytime
 - Learn about side effects & interactions



Save Time and Money using the

 **OPTUMRx®**

Mail Order Maintenance Program!

Special Offers for our members!

Download the app to view the many offers and display your card right on your mobile device to avail discounts when visiting
our Lifestyle Club partners on Guam and Saipan!



it's more than a Club,
it's a Lifestyle!

Download today!



You must be 18 years old or older to join the Lifestyle Club.



Member Communication

Monthly Wellness Newsletters • Provider Updates • Benefit Updates
Healthcare News • Member Satisfaction Surveys

