



College of the Holy Cross 2022 Open Enrollment



Harvard Pilgrim
Health Care



COLLEGE OF THE
Holy Cross

Value Added Programs

Fitness Reimbursement



Individual	Family (up to 2 members)
\$150	\$300



Members can qualify to receive up to \$150 in an annual fitness reimbursement – OR up to \$300 per family contract – on fees for health and fitness club memberships, classes or virtual subscriptions*

www.harvardpilgrim.org/fitnessreimbursement

* There is a \$300 maximum per family contract for up to two members per calendar year. Must be currently enrolled in Harvard Pilgrim at the time of reimbursement and active fitness club members for at least four months within a calendar year. Restrictions apply. Reimbursement may be considered taxable income; members should consult their tax advisors.

Live well. Pay less.

Take advantage of discounts on products and services for body and mind. Start saving today on eyeglasses, weight management tools, virtual fitness programs and more. Visit www.harvardpilgrim.org/discounts to learn more.

Discover healthy savings

Vision | SEE THINGS MORE CLEARLY

Save on eyewear and even LASIK eye surgery with our vision discounts.

Healthy eating | A RECIPE FOR SUCCESS

Save money while shrinking your waistline, with discounts on Jenny Craig, mindful eating apps, healthy eating programming and more.

Holistic wellness | A WHOLE-PERSON APPROACH

Save on products and services that make you feel better inside and out, with discounts on acupuncture, massage, meditation apps and more.

Quit smoking | BREATHE IN, BREATHE OUT

Struggling to quit tobacco use? Access the Craving to Quit app and QuitSmart Stop Smoking classes at a lower cost.

Fitness | GO THE DISTANCE

Make movement easier and more affordable, with savings on fitness apps and workout gear.

Hearing | THE SOUND OF SAVINGS

Listen up to save big on hearing aid purchases, cleanings and adjustments.

Dental | SOMETHING TO SMILE ABOUT *(Available to residents of MA and ME only)*

Take the sting out of dental costs, with savings on procedures from a network of participating dentists.

Family care | PUTTING FAMILY FIRST

Sometimes it's the caretaker who needs the extra support. Discover deals on products and services that can help.

Get reimbursed for weight management programs



Harvard Pilgrim offers a weight management reimbursement program for Holy Cross members!

It helps to have support — and this additional incentive, to reach healthy weight goals.

Members can get up to \$150 reimbursement for fees paid for qualifying weight management programs, which include:

- WW (Weight Watchers®) digital and workshop programs
- Hospital-based weight loss programs

Living WellSM at Home

Virtual well-being classes offered at no cost



Available by visiting: harvardpilgrim.org/livingwellathome



Yoga

Mondays and Wednesdays
5:15 p.m. ET



Guided mindfulness

Tuesdays and Fridays
8:30 to 9 a.m. ET



Zumba

Tuesdays and Thursdays
5:15 p.m. ET



Health and wellness webinars

Wednesdays
1 to 1:30 p.m. ET

Sanvello

Feel better, wherever you go.



Powerful, science-driven app provides proven coping techniques, CBT and guided journeys

- **Track your mood daily**—answer simple questions each day to capture your current mood, identify patterns and self-assess your progress
- **Learn coping tools** when you need them most
- **Experience guided journeys**—proven audio lessons, activities and other techniques
- **Get personalized progress** through weekly check-ins
- **Participate and connect with others** who understand you're going through and will be there until you feel better

Get the Sanvello app

Google Play or iTunes

Complimentary premium version access for Harvard Pilgrim members (use your ID#)

Liveandworkwell.com

Browse/explore as a guest (access code: **HPHC**)

Talkspace — therapy via digital messaging

Flexible, convenient and confidential alternative to face-to-face therapy for mild to moderate anxiety, depression, substance use, and other conditions



Complete a **brief assessment**



Choose a therapist from recommended matches



Start messaging with your therapist

Members can contact their therapist anytime via **text, voice or video message**; no appointments needed and hear back from therapist within one business day

Option to set up an appointment for **live video session**, if needed

Members generally pay the **same cost sharing** as a traditional 45-minute office visit

98% of users found Talkspace **more convenient** than traditional therapy

50% **fewer hours of missed work** over a 7-day period following treatment

73% **decrease in depression and anxiety symptoms**

Note: Talkspace study with Columbia University. Results reflect respondents to a survey after 3 months of using Talkspace. Recent studies suggests text-messaging-based psychotherapy delivery systems like Talkspace are effective, show statistically and clinically significant decreases in patients' levels of dysfunction, and achieve results that compare favorably with past clinical trials of face-to-face psychotherapy. Still, therapy through Talkspace may not be right for everyone; please review all terms and conditions. To learn more, go to www.talkspace.com and read about their User Survey and recent studies – research.talkspace.com

Parent Portal member resource

<h3>Symptom Checker</h3>  <p>Powered by Boston Children's Hospital, this online tool helps you evaluate your sick child's symptoms and ensure he or she receives the most appropriate care. The Symptom Checker provides condition and treatment information for the most common symptoms for children up to age 14.</p> <p>LEARN MORE</p>	<h3>Tools & Discounts</h3>  <p>Take advantage of healthy savings! We offer digital tools and discounts on services to make managing your child's health care – and parenting – easier.</p> <p>LEARN MORE</p>	<h3>Pediatric Health News</h3>  <p>Get access to valuable resources supporting your child's health including pediatric updates and wellness tips.</p> <p>LEARN MORE</p>
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- Free and easy access to all members through Harvard Pilgrim member account

parentportal.harvardpilgrim.org

Urgent care virtual visits



Medical urgent care visits:

Fast and easy

Connect with a physician in minutes.

You're covered

Harvard Pilgrim members pay the PCP-level cost sharing. No referral is required to see a Doctor on Demand provider.

Great physicians

Board certified and licensed in your state. Multiple languages available.

Treat many conditions

Treat nearly any non-emergent medical condition.

Get a prescription

Fast and paperless prescription fulfillment to your pharmacy.

Designed to address low acuity, urgent medical visits such as sore throat, cough, conjunctivitis, rash, etc.

Committed to guiding members to the right care at the right time at the right place



Telemedicine services

- Coughs, colds
- Strep/sore throat
- Flu
- Pediatric Issues
- Sinus and allergies
- Nausea/diarrhea
- Rashes and skin issues
- Women's health: UTIs, yeast infections
- Sports injuries
- Eye issues



Convenience care/retail clinic

- Bronchitis
- Ear infections
- Eye infections
- Skin conditions like poison ivy and ringworm
- Strep throat



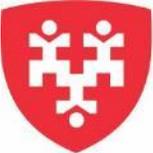
Urgent care clinic

- Burns, rashes, bites, cuts and bruises
- Infections
- Coughs, cold and flu
- Minor injuries
- Respiratory infections
- Sprains and strains



Emergency room (ER)

- Choking
- Convulsions
- Heart attack
- Loss of consciousness
- Major blood loss
- Seizures
- Severe head trauma
- Shock
- Stroke

 **Get healthy. Get HaPi.** 