

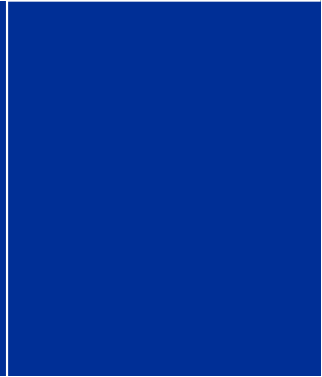
Wellness

- ▶ Get Help from Home
- ▶ Get Help at Work

Choose Value
Choose Simplicity
Choose Well

WELLCHOICE

www.wellchoicenj.com



Choose WellChoice for Wellness Information.

All of WellChoice's Wellness Information is free to our members, to assist them in living well and living healthy.

Get Help from Home

Call our 24/7, toll-free HealthLine. We offer immediate assistance and information to our members when they call 1.877.TALK2RN. Here's what this service provides:

- Access to a team of specially trained registered nurses for confidential consultations and to help you make informed healthcare decisions.
- You can call and access our library of over 1,100 health-related audiotapes in English and Spanish.
- Most calls are answered in under 30 seconds.

Exclusively for WellChoice members: Wellness information is delivered right to your home. Members receive a bi-annual newsletter with articles addressing important topics like diabetes

and asthma, as well as general advice on how to stay healthier and happier.

Follow important staying healthy guidelines

We send our members a chart distributed by WellChoice's Health Education Department that recommends the best times to schedule check-ups, immunizations, screenings and tests for the entire family (ages newborn through 70 years or older). The chart is mailed to our members once a year as an insert in our newsletter.

Receive Staying Healthy Reminders

We mail our members personalized quarterly, bi-annual and annual reminders to schedule important appointments. These reminders include childhood immunization, mammography and Pap smear testing, adolescent well-visits, as well as seasonal flu shots. Our reminders are particularly helpful in managing chronic diseases.

Get Help at Work

Schedule free wellness classes at your workplace

WellChoice education teams travel to workplaces and conduct Worksite Wellness Classes on a variety of important health topics. All it takes is a call from a Group Benefits Administrator, and we'll schedule one

of the following onsite seminars:

Nutritional Wellness

- Nutrition and Weight Management
- Food Safety
- Family Nutrition

Preventive Care

- Healthy Heart
- Stress Management
- Smoking Cessation
- Breast Wellness
- HIV/AIDS Education
- Seasonal Safety

Chronic Illness Care

- Diabetes Education
- Back Care
- Asthma Education

Choose WellChoice for Valuable Wellness Information

Offering free value-added health information is one of the many ways we assist our members and their families in living happy and healthy lives.

WELLCHOICE[™]