Concordia Plans is happy to be the provider of your health benefits – offering you physical and emotional paths to wellness.

You have quality health coverage, as well as wellness solutions that are NO EXTRA COST to you!

- Let a personal health care assistant help you find top in-network doctors, get second opinions or lead you to a wellness solution for your specific need.
- Earn cash rewards by simply making healthy, smart choices.
- Get help navigating your health plan and translating the health care jargon that may be in your way.
- Receive help during difficult health journeys.
- Be inspired to lose weight or fight diabetes.

Register and explore your benefits today!

**HOW TO REGISTER FOR YOUR MEMBER PORTAL**

It's easy to register for your CPS member portal. Go to [ConcordiaPlans.org](http://ConcordiaPlans.org), click on “My Account.” You’ll click “Register” and then follow the steps to set up your account. Then check out all of the physical and emotional wellness solutions available to you—to help you be well to serve well!
Physical and emotional solutions

**Concordia Health Plan:** The CHP provides coverage from office visits to hospital stays to emergency care. It also includes coverage for prescription drugs, mental health/substance abuse, preventive care and more!

**Dental & Vision Coverage:** If your employer offers dental and vision benefits, Cigna Dental and VSP will be the administrators.

**Hearing Care Discounts:** Access to discounted hearing aids and services through TruHearing.

**Personal Spending Accounts:** Saving in a PSA can help you pay for your out-of-pocket health care costs, such as deductibles.

**Vitality:** A great foundational program that can help you integrate healthy activities and choices into your daily life. By blending technology, data, incentives and behavioral science, it inspires healthy changes.

**Omada:** Those at risk of diabetes and cardiovascular disease will learn how to lose weight and create a sustainable lifestyle by making small changes around eating, activity, sleep and stress.

**Wondr:** Wondr has a common-sense, skill-building approach to lasting weight loss, and it doesn’t include starving, counting calories or avoiding foods you love.

**Livongo:** A whole new approach to diabetes management that makes living with diabetes easier.

**SmartShopper:** SmartShopper lets you compare high-quality, in-network medical providers for common procedures and choose the best, low-cost option. You will save money out-of-pocket and earn a cash reward. Simply register, shop, schedule and earn! ONLY available with BCBS plan options.

**Virta:** Tired of just managing your diabetes? Virta is a treatment to reverse type 2 diabetes—patients reduce their blood sugar and A1c, while potentially removing diabetes medications.

**Included Health:** Included Health is like having a personal health care assistant, ready to help you find the best personalized wellness solution, locate the best doctors and get second opinions from world-leading medical experts without having to leave your home.

**98point6:** This new kind of text-based, primary care gets you on-demand access to quality, personalized care from a board-certified physician at $0 per visit. There are no appointments, no travel, no waiting room – you can do everything from the comfort and convenience of your home – 24/7.

**Sword Physical Therapy:** A physical therapy alternative solution for back, joint and muscle pain, as well as help recovering after surgery. Sword is effective and at no extra cost to you.

**Telehealth:** Telehealth lets you access health care, prescriptions and counseling via computer, smartphone or tablet and is a good solution to getting a diagnosis and treatment plan for common illnesses, such as flu, stress/anxiety, skin conditions and allergies. Telehealth providers are board certified, like the doctors you see in person.

**Maternity Care:** Prenatal support and in-depth educational tools to encourage healthier pregnancies and healthier babies.

**Employee Assistance Program:** When experiencing stress, burn-out and other life challenges, the EAP is here to help 24/7/365. A dedicated staff of personal advocates can get you the information you need, guiding you toward the right solution.