



2020

Well-Being Benefits Overview

For Windstream, healthy employees equal a healthy company. We offer well-being programs to provide our employees with the tools and resources to live healthier, happier and more fulfilling lives – great for you and your wallet. Take note of all of the programs available to you.



HealthAdvocateSM

Health Advocate services are included when you enroll in a Windstream medical plan. These services provide personalized assistance to help you navigate the health care system, from understanding claims to choosing providers and negotiating fees.

Health Advocate provides you and your eligible family member(s) (spouse, dependents, parents and parent in-laws) with confidential, one-on-one help from an industry expert who knows the ins and outs of the complex healthcare system.

Contact an advocate by calling **866.695.8622** or email answers@HealthAdvocate.com.

Magellan HEALTHCARE.

Employee Assistance Program

Windstream offers an Employee Assistance Program (EAP) through Magellan to all employees and family members. From online information to confidential consultations with licensed behavioral health professionals, you and your household have access to a wealth of practical, solution-focused resources to help you reduce stress, strengthen relationships, increase productivity and improve your quality of life.

Tobacco Cessation Program

Ready to try something new? You may have tried to quit in the past without success. Get the boost you need to quit—and quit for good—with the Clickotine app and personal coaching. Windstream's tobacco cessation program is available to all employees, but only to spouses who are enrolled in a Windstream medical plan.

For information on EAP or Tobacco Cessation, visit www.magellanascent.com or call **800.327.5569**.

advance|medical

With Advance Medical's Expert Medical Opinion, the world's leading doctors consult on your condition so you can make the best possible choices for your health. Advanced Medical works with your current healthcare provider in the Windstream medical plan to coordinate care after you receive a diagnosis to ensure you receive the right care, at the right time, in the right setting.

Examples of common inquiries include orthopedic surgery, cancer treatment, behavioral therapy, pediatrics, autism, diabetes, pain management, rare genetic disorders, stomach problems or any health condition causing concern. Helpful links are below:

Phone: **866.901.2672**

Web: advance-medical.net/Windstream

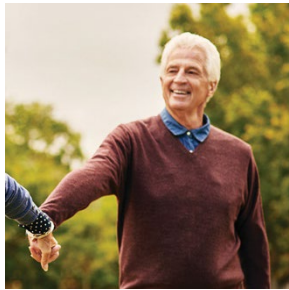
Email: windstream@advance-medical.net



Progyny specializes in offering families a variety of options for **fertility treatment** – with proven success. With over 450 clinics, Progyny offers a wide network of specialists. Available to those who enroll in a Windstream medical plan, Progyny will coordinate with your medical and pharmacy benefits.

For more information on Progyny, call **833.505.6171** or visit progyny.com.





Livongo offers support for members with **diabetes, hypertension and weight management concerns.** These programs are available at no cost to employees and spouses who are eligible, enrolled in a Windstream medical plan and meet clinical requirements for participation.

For questions or to enroll call **800.945.4355** or visit <https://welcome.livongo.com/WINDSTREAM?ccid=>



Employees and spouses who enroll in a Windstream medical plan with coverage effective January 1, must complete a confidential biometric screening by the designated deadline that year to avoid a \$500 medical surcharge.

Quest Biometric Screening Registration and Physician Form: [My.QuestForHealth.com](https://my.questforhealth.com)
Registration Key: **Windstream2020**



Windstream partners with Weight Watchers® to change your relationship with food, for good. Try their proven weight-loss approach and powerful group support at a 50% discount. Windstream will pay half the membership cost of online access or online plus in-person meetings (meetings available to those living in non-franchise locations). Weight Watchers is a validated program and approach that supports millions of people in their weight management goals. Join the Weight Watchers community on Stream.

To purchase either of these Weight Watchers offerings, or for more information, visit <https://wellness.weightwatchers.com>.
Employer ID: 11216946
Employer Passcode: WW11216946

You can also call Weight Watchers at 866-204-2885 (Monday–Friday, 8 a.m.–10 p.m. EST; Saturday 11 a.m.–5 p.m. EST).

Get care from your couch...

A virtual medical visit is included as a covered service under your medical plan. A virtual visit, also known as telemedicine, let you see and talk to a doctor or midlevel provider from the comfort of your home or office without an appointment. When you seek care through virtual visits, you'll pay the same as you would pay for an office visit. Telemedicine is provided through the medical carrier that you chose for the 2020 plan year. See below for contact details.

MDLIVE – BCBS
888.995.1049
mdlive.com/blueadv

Teladoc – UMR
800.Teladoc (835.2362)
Teladoc.com

