



You don't have to  
manage your  
healthcare alone.  
You've got us.

### Have you had a recent hospital visit or one coming up soon?

Thanks to Windstream, you've got a personal care team to support you through it, every step of the way. On call at no cost to you, the Connected Care Program by Included Health makes sure you get the highest-quality healthcare out there. Your care team handles it all for you, so you can meet your health goals and save money along the way.

Whether you're ending a hospital stay or expecting one soon, you've got 24/7 support standing by to answer questions and create a personalized care plan that's right for your needs.

### Call or chat for live answers to all your health questions such as:

1. I was just diagnosed with a new condition. What do I do now?
2. Do I have the right doctors on my local treatment team to manage this new condition?
3. How do I pay for my medications and treatment? What's covered?
4. Are there other Windstream health benefits that can help me meet my health goals?
5. I was just discharged from the hospital. What should I do now?

### Who can use Included Health?

It's available to all eligible Windstream employees and their covered dependents that are enrolled in a medical plan.

### How much does it cost?

Included Health is fully covered by Windstream and available at no cost to employees and their covered dependents.

**Learn more.**

[includedhealth.com/windstream](https://includedhealth.com/windstream)  
1-855-524-8426

→  
download the app

