



A Health and Wellness Management Suite through Healthy Foundations®

As part of your health plan from Trustmark Affinity Markets, you have access to a comprehensive suite of health and wellness management services to help you maintain and improve your health.

Health and Wellness Outreach Program Better Health Begins Here.

Our outreach program will help you take an active role in managing your health so you can maintain and improve your most important asset – your health!

With our integrated outreach program, you receive:

- **Timely age- and gender-appropriate wellness reminders** to encourage you to schedule preventive tests
- **Personalized notifications** to help you stay on track with your treatments if you have a common chronic condition listed in the box
- **Outreach from registered nurses** to assist you if you have one or more serious health conditions

Personalized care focused on members with these chronic conditions:

- Asthma
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease
- Congestive Heart Failure
- Diabetes
- Depression
- High Blood Pressure
- High Cholesterol
- Musculoskeletal pain (neck pain, back pain and osteoarthritis)

Count on MyNurse 24/7® Day or Night

Our staff of registered nurses is available around-the-clock so you can get the answers you need, when you need them most. The nurses offer decision support based on national clinical guidelines and could help you identify emerging conditions before they become serious health issues.

Here's how to reach a registered nurse:

- Call **866.385.6877**
- Use secure live chat online
- Send an e-mail message to a secured site



Healthy Beginnings Start with MaternaLink®

You can expect to receive important information and resources about pregnancy, childbirth and baby care, including:

- **Confidential Pregnancy Screenings** – expectant moms are asked to participate in three pregnancy screenings
- **Access to a maternity case manager** – registered nurses who specialize in pregnancy management will provide support and help coordinate care
- **BabyLine 24/7 Telephone Service** – staffed by experienced maternity nurses to answer your questions anytime
- **Wellness Education** – You get wellness education materials and the opportunity to sign up for the HerHealth News e-newsletter. Get additional pregnancy-related health information at www.maternalink.com/trustmark.

The program is designed to complement the prenatal care and education received from your doctor, because healthier choices make for a healthier baby. And, after completing the program, new moms will receive a **\$100 gift card!**

* Enrollment in MaternaLink is available to eligible employees and dependents through week 33 of gestation.

Good health is just a click away with online decision support tools

We know how hard it can be to find reliable information about healthcare, and we're here to help. Our online tools and web services help you make smart, informed decisions about your healthcare. The online suite includes:

- **HealthAtoZ** – Get health information and interactive health management tools
- **Hospital Comparison** – Compare hospitals by procedure or type of care based on the ability of the hospital
- **Rx Price Comparison** – Compare more than 200 drugs with lower-cost alternatives for ongoing conditions
- **Treatment Cost Comparison** – See a range of cost estimates for providers based on ZIP code

Access the online tools through the Trustmark Affinity Markets website at www.trustmarkaffinitymarkets.com.

Wellness Education with Healthy Foundations E-Newsletter

Our quarterly e-newsletter rounds out our wellness offering. It's full of useful wellness information, such as diet and nutrition tips, health and exercise articles, home safety tips and more! To sign up go to www.trustmarkaffinitymarkets.com > Participant > Healthy Foundations.

Not available on certain plans and programs.



Products sold or administered by Trustmark Affinity Markets are available generally to businesses with two or more employees, and are underwritten by Trustmark Life Insurance Company or Trustmark Insurance Company, Lake Forest, Illinois. Product availability and/or coverage may vary by state.

400 Field Drive, Lake Forest, IL 60045 | 866.447.0639 | www.trustmarkaffinitymarkets.com