

# Health and Wellness Resources to Help You Improve Your Well-being

These dedicated support teams of registered nurses, personal coaches and clinical specialists can help you stay fit, improve your health, manage an illness or navigate the health care system.

We know that good health takes time and effort, and that's why we continue to offer resources, tools and incentives to encourage your individual journey toward better health and well-being. Visit [myassurantbenefits.com/healthier-assurant](http://myassurantbenefits.com/healthier-assurant) for more information.



## Program contact information

*Is your contact information current in EPIC? If not, please log in to [epic.assurant.com](http://epic.assurant.com) to update it.*

Resource	Phone number	Website	Hours
Anthem 24/7 NurseLine	800.700.9184	<a href="http://anthem.com">anthem.com</a>	24/7
Anthem Member Services and Blue Care Consultant	855.285.4212	<a href="http://anthem.com">anthem.com</a>	Mon – Fri, 8:30 a.m.– 8 p.m. ET
Castlight	855.819.4717	<a href="http://mycastlight.com/assurant">mycastlight.com/assurant</a>	Mon – Fri, 8 a.m.– 9 p.m. ET
LiveHealth Online	855.603.7985	<a href="http://livehealthonline.com">livehealthonline.com</a>	24/7
StayWell Wellness Programs	877.935.5522	<a href="http://assurant.online.staywell.com">assurant.online.staywell.com</a>	Mon – Thurs, 9 a.m.– 9 p.m. ET Fri, 9 a.m.– 7 p.m. ET, Sat, 9 a.m.– 2 p.m. ET
New Directions EAP	800.624.5544	<a href="http://ndbh.com">ndbh.com</a> (Company login code: Assurant)	24/7
CVS Caremark	866.587.4799	<a href="http://caremark.com">caremark.com</a>	Mon – Fri, 8 a.m. – 10 p.m. ET Sat, 9 a.m.– 1 p.m. ET
YES (Your Employee Services)	866.324.6513	<a href="mailto:YES@assurant.com">YES@assurant.com</a> (email)	Mon – Fri, 8:30 a.m.– 6:30 p.m. ET



Kathleen Keating  
Anthem Nurse Case Manager



Amanda Rokjer  
Anthem Nurse Case Manager



## Anthem's 24/7 NurseLine and health support programs

When you need medical advice, and it's not an emergency, call Anthem's 24/7 NurseLine. A registered nurse will talk to you, and make recommendations about what to do next.

Sometimes you or a family member need extra guidance to take control of your health. These health support professionals all work closely with you to help you manage your condition(s) and get the best possible health outcome.



## Castlight Health – health care services, quality and price data

Assurant provides Castlight to all employees and their adult dependents enrolled in the Assurant Health Plan. This online tool lets you compare in-network providers, facilities and services based on the quality of care and price you'll pay. Register today so you can find convenient, high-quality and cost-effective care before you make an appointment.



## LiveHealth Online – two-way video visits with board-certified, network doctors

LiveHealth Online is available to all Assurant employees and their dependents as a convenience for certain professional services via live two-way video from your personal computer, tablet or mobile device for \$49. If you are enrolled in the Assurant Health Plan, any costs associated with your online visit will be applied toward your deductible and coinsurance. If you are not enrolled, you are responsible for costs associated with your visit.



## StayWell – Lifestyle Management programs

Small lifestyle changes can lead to big results for your health and well-being. When you're ready to make a change, StayWell's Lifestyle Management coaches will help guide you to be your healthiest. Available programs can assist with back care, nutrition, stress management and a host of other issues.



## New Directions Employee Assistance Program (EAP)

Life presents us with a variety of challenges, like financial worries, family issues and alcohol and drug abuse. Your EAP is here to help you deal with them.



ASSURANT®

## Visit [MyAssurantBenefits.com](http://MyAssurantBenefits.com) for more information

These **voluntary and confidential programs** are offered as part of your health plan at no extra cost to you. Your health information is never shared with Assurant. If your nurse, coach or specialist thinks you might benefit from another program, he or she will let you know directly.

**Anthem's 24/7 NurseLine and health support programs are available to Assurant Health Plan participants only. To locate a doctor near you, visit [anthem.com](http://anthem.com) and use the Find a Doctor tool.**

Services outlined in this flier are not a substitute for the continuing care and services of a doctor. They are intended to provide support and information to help you better understand and follow your doctor's advice and treatment.