



# Creating Healthier and Happier Retirees



**MANAGE**  
MY HEALTH

# Manage My Health's **Four Pillars Of Health**



Mental



Financial



Physical



Nutritional



## About Manage My Health™

The idea of retirement is appealing, allowing us to control our own daily schedule of activities. However, often forgotten in the romanticism of retirement is what the workplace means to us. Employment gives us a sense of purpose, a place of friendships, a stable income and a brief escape from life's day-to-day challenges. Many employees only reach this realization after they stop working, creating a difficult transition to retirement. As a result, many of these retirees suffer from anxiety, depression, and illness.

As an employer currently offering retiree health benefits you clearly care for your retirees. Complement your health benefits program with Manage My Health™ and give your former workers the support they need to get the most out of their retirement years.

You can learn more about the program by reading through this brochure.

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**Manage My Health's robust package of services is available to every retiree and their families. The program covers four key wellness components: [physical](#), [mental](#), [nutritional](#), and [financial](#), leading to overall improved health and happiness.**

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## Services

### Fitness Program

We all know the importance of exercise in maintaining a healthy lifestyle. Through our fitness program, your retirees will have access to more than 14,800 popular fitness centers across the country at no additional cost.

Retirees looking to access unique fitness experiences such as swimming and rowing can take advantage of these activities at an exclusive member discount rate.

They'll also receive home fitness kits that include fitness trackers from brands like Fitbit® and Garmin®. In addition, members will have access to personal coaching and a mobile app that acts as a remote one-stop shop for members' wellness goals. Members also have access to a digital workout library where they can view on-demand videos.



### Counseling & Intervention

It's common for seniors to suffer from depression and anxiety. Our counseling and intervention program provides members and others in the household with confidential, 24/7 access to professional counselors, ready to support members over the phone or by email. From alcohol or drug abuse, depression, smoking cessation or receiving elder care, CNA can help resolve many issues seniors face today.

Counselors possess either a Master's degree or Ph.D. and have five or more years of experience in the counseling field.



### Food Delivery Service

Our food delivery program helps families provide freshly prepared meals delivered right to their loved ones' home. Meals are specially developed by dietitians for members who may have trouble with weight management, on dialysis, diabetic, or fully healthy. Meal frequency and options can be customized and there is no commitment and no contract. This service is ideal for members who need some help in the kitchen and also provides a great opportunity for family members around the country to care for their loved ones.



### Telehealth Solutions

Retirees receive 24/7 care for common illnesses and injuries from the comfort of their home. Highly qualified, board-certified doctors and medical providers evaluate common conditions and prescribe medication when necessary.





## Services

### Discounts and Rewards

BenefitHub is your single-source site where you can find extensive savings through an easy-to-use, exclusive discount marketplace. BenefitHub negotiates the best reduced prices on the market and many of the offers include additional cash back, to make it the best overall value to you. Not only saving you money, but time and hassle too. The diverse platform includes discounts on an array of products, services, restaurants, hotels, car rentals, your favorite local establishments and much more!



### Health & Wellness Support

Leading a healthy lifestyle can be a challenge. This program provides personalized exercise routines and healthy eating tips for members of all ages. As a result, members are able to lead healthier, happier lives and delay or prevent the onset of many acute and chronic medical conditions. This wealth of health knowledge is available online, 24/7 for members to access at their convenience.



### Hearing Services

Hearing loss is prevalent among seniors and difficult to manage for seniors and their families. Diagnosis is often delayed—on average between five and seven years—compounding problems. Medicare often falls short in helping those with hearing loss. Even more concerning, recent studies have shown that hearing loss can be linked with cognitive decline.

Our hearing service can help members improve their home and social life, and mental/cognitive ability, with valuable member benefits. We help members get started on the road to better hearing by offering a free online hearing assessment, access to a nationwide network of 7,000 locations, and an average savings of \$1,250 off per hearing aid.





## Testimonials

"I enjoy working out to all the different types of videos offered. I did join a gym for free, and the free at home kits are a wonderful benefit. Thank you!" -Cheryl

"When I was feeling overwhelmed and isolated, I was hesitant to seek help. However, contacting the eldercare phoneline proved to be the best decision I could have made. The kind and understanding reception I received was truly heartwarming. It's a safe haven where I can always find someone to listen and offer compassion. I am grateful for your presence and support. Thank you for being there for me."- Susan W

"Initially, I hesitated to reach out, but I'm so glad I did. The counselor helped me through a difficult period after losing my spouse. The support I received from the caring volunteers was genuinely heartwarming. It's amazing how a simple conversation can make such a big difference in someone's life. Thank you for being there for us." – Jeff S

"On demand videos were a Godsend through the pandemic & I'm still using them on a daily basis. Great motivation!"- Sara

