

"The Preventive Plan routine labs and biometrics screening found I had dangerous levels of glucose and I was not aware I was a diabetic. I changed my entire lifestyle and now have normal glucose levels and am hoping to come off the diabetic medication."

- Shannon, Jacksonville, FL



WE ARE HERE FOR YOU.

Contact Member Health Services today.

Call 1.866.713.1180

E-mail: membercare@uspm.com

Mon. - Fri. 9:00 a.m. to 6 p.m. EST

Follow The Preventive Plan!



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Whether you're in great shape or need some work, we meet you where you are and provide you with a personalized plan to help you be your best!

Better Health Starts with You

One out of two adults has at least one chronic illness, many of which are preventable.¹ Prevention is the best medicine for your health, quality of life, and prosperity. The Preventive Plan® provides a mobile-friendly website, personal health coaching, care management, and strategies, to help create lasting changes that result in better health.²

Preventive Plan Resources:

- Customized Preventive Plan Based on Age, Gender & Health Risks
- Incentive & Preventive Score Tracking
- Wearable Device Tracking
- Health Coaching
- Registered Nurse Care Management (optional)
- Healthy Habits
- Personalized Health Dashboard
- Learning Programs
- Daily Tips
- Nutrition & Wellness
- Health Library with Topics from A to Z

(1.) <http://www.cdc.gov/Features/PreventionStrategy>

(2.) Program components may vary

Joining is easy!

After you register for The Preventive Plan, complete a few steps* to start enjoying the health and financial benefits of being a member! As you participate, you will earn points toward your Preventive Score to help maximize your valuable rewards as well as improve your health and wellbeing.



1. COMPLETE HWA

Log in to The Preventive Plan and complete your Health & Wellbeing Assessment (HWA). Completing the HWA helps build the foundation of your personalized Preventive Plan and will only take you 10 minutes to complete.



2. COMPLETE LABS

Schedule and complete labs and biometrics screening either at one of the wellness centers or at a laboratory designated by your organization.



3. CALL A COACH

After your HWA and lab results become available on The Preventive Plan, call a USPM Health Coach to discuss your results and begin your health and wellbeing journey.

(*) Program steps may vary

Achieve Your Best

We know it's not easy to find time and energy to devote to your health. The Preventive Plan makes it easy to take small steps that lead to big improvements in your health. This year-long program is designed to work for you in the real world — at home, at work, wherever you are.

- Log your food intake and physical activity to stay on track with your health goals using the **nutrition and activity trackers**.
- Join **fitness and nutrition challenges** aimed at keeping you engaged to improve your eating habits, and increase your physical activity to help you feel your best.
- Access videos and **thousands of health articles** with My Searchable Health Library.
- Don't worry about hitting a roadblock — we've all been there. Whether you need advice on nutrition, exercise, or just want to share a milestone you've reached, **USPM trained Health Coaches** are here for you!
- The Preventive Plan is **confidential** and **HIPAA compliant**. Your personal health information will never be shared.

Your health is your most important asset. Get started today to add life to your years and years to your life!