

Helping Tufts University employees and their families meet health challenges and achieve health goals

Do you want to get healthier? Are you healthy and want to stay that way? Are you or a family member dealing with chronic illness? Harvard Pilgrim is standing behind you and your family.

Here are just some of the ways Harvard Pilgrim's health and wellness programs can help you and your family, no matter what your health challenges and goals:

Preventive care through covered benefits

Since day one, Harvard Pilgrim has advocated for preventive care coverage, and it's something we're respected for nationwide.

We send preventive care guidelines to members through *Your Health*, our quarterly newsletter. *Your Health* also offers a variety of actionable and

consumer-focused health and wellness information. Recent stories have included:

- Living well with arthritis
- Four important numbers you should know: cholesterol, blood pressure, blood sugar and body mass index (BMI)
- Help for people with eating disorders

- Reducing the risk of medical errors
- Heart disease: your personal prevention plan



Harvard Pilgrim also offers *Health 411*, a newsletter addressing the health and wellness issues of interest to young women. Recent topics have included:

- health and fitness information such as the benefits of yoga and Pilates
- benefits of strength training
- planning for pregnancy
- information on sexually transmitted diseases such as chlamydia

In addition, we proactively reach out to members to remind them of important preventive tests and immunizations. For example, we:

- Send reminders to eligible female members who are overdue for a breast cancer or a cervical cancer screening exam.
- Mail "Healthy Reminder" postcards to parents, reminding them to schedule an immunization visit with their child's pediatrician.
- Call adults over 50 years old to remind them about the importance of colorectal cancer screening.
- Call members who are at high risk of complications associated with the flu about getting an annual flu vaccine and a pneumonia vaccine.

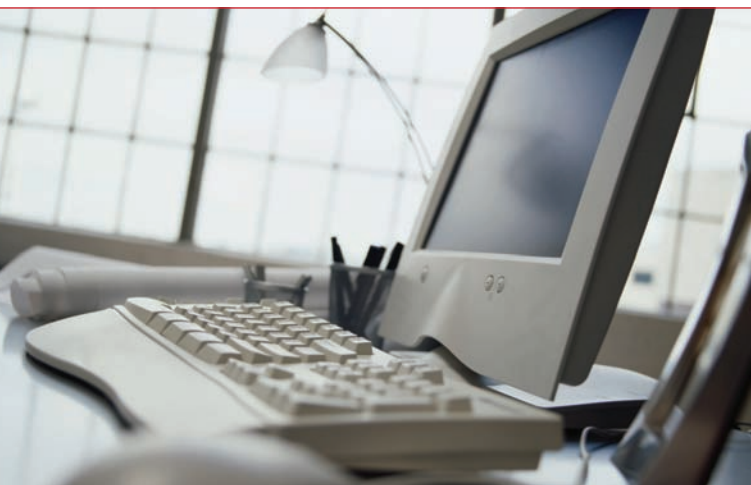


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Web-based health support and services

Through www.harvardpilgrim.org, you have access to a wide range of reliable health-related information that's secure and confidential. When visiting our award-winning Web site, you'll find:

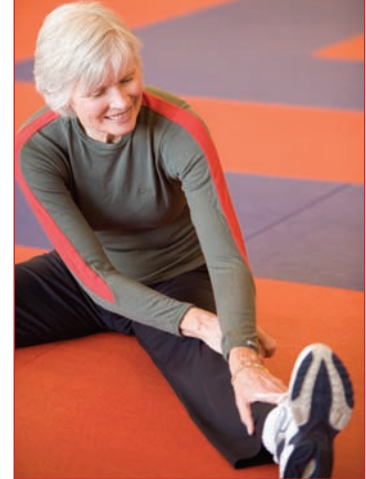
- Health Topics A-Z, powered by the Healthwise® Knowledgebase
- Health Links Finder, offering you personalized assistance in researching health topics online
- Educational tools to help you take control of chronic conditions such as asthma and diabetes
- A monthly e-newsletter on a wide range of health topics
- With *HPHConnect* online, you have secure access to your personal health record and can use tools like the Health Risk Assessment to create your own plan for health, and the Subimo Healthcare Advisor to compare hospitals and prepare for procedures
- Understand Quality, where you will find comprehensive information and links to decision-support tools that can help you choose high-quality providers and practitioners



Savings to encourage health and wellness

Harvard Pilgrim membership entitles you to save money on a variety of programs, products and services to help you stay healthy. Wherever you live or work, or whatever your interests, you're sure to find programs you'll appreciate. For example, you have access to:

- An extensive selection of discounted classes and workshops
- Preferred pricing at hundreds of local fitness clubs and up to \$150 fitness reimbursement*
- Discounts on eyewear, Weight Watchers®, acupuncture, massage therapy and much more



Meeting specific health challenges and conditions

Smoking Cessation Quitworks™

Are you or a family member trying to quit smoking? Harvard Pilgrim members who are residents of Massachusetts, New Hampshire or Rhode Island can call toll-free (800) TRY-TO-STOP to speak with a trained quit expert who can explain the free and confidential services that are available, including:

- free stop-smoking counseling by telephone
- free information sent by mail
- a toll-free Quit Tips line available 24 hours a day
- referral to community stop-smoking programs

Healthy Pregnancy

Harvard Pilgrim offers members the Healthy Pregnancy program. Members can visit our Web site at www.harvardpilgrim.org/pregnancy to access a range of educational information about the following topics:

- planning for a pregnancy
- exercise during pregnancy
- what to do about morning sickness
- smoking and pregnancy
- tests to expect
- pain management during labor
- postpartum depression
- women who are breast feeding can call into a phone line staffed with maternal and child health nurses if they have questions

Harvard Pilgrim is also piloting a program designed to identify and outreach to healthy and high-risk pregnant members and to provide education and support throughout the pregnancy. If you are pregnant, or considering pregnancy, an obstetric nurse care manager will work with you and provide information about:

- Planning for a healthy pregnancy
- Incorporating healthy behaviors - covering nutrition, exercise, smoking cessation and substance abuse
- Reducing or preventing complications such as pre-term labor, hypertension and gestational diabetes
- Increasing an awareness of the early signs and symptoms of complications

A nurse nearby when needed

Nurse care managers help you and your family to navigate the sometimes-complicated world of health care.

Whether you have chronic medical conditions or are scheduled for a specific surgery, nurse care managers help to ensure you have all the services needed to reduce complications and keep you in the best health possible. Every member who could benefit from the personal support of a dedicated nurse care manager has access to one simply by calling Member Services.



Support for specific diseases

Harvard Pilgrim's specific disease management programs arm you and your family members with clear and concise information so you can discuss care options with your health care providers, ultimately optimizing the care you receive. All of our programs feature support from specially trained clinicians as well as:

- An integrated approach to health and benefit services that provides best-in-class decision support for your health care choices
- Disease and condition information delivered through a variety of channels including online, telephonic and face-to-face counseling

Programs focus on diabetes, cancer, asthma, heart failure, coronary artery disease, depression, osteoporosis, pregnancy, anticoagulation management, chronic obstructive pulmonary disease, rare diseases such as Crohn's disease, multiple sclerosis, lupus, Parkinson's disease, cystic fibrosis and ALS, as well as sexually transmitted diseases and medication safety.

Through your plan membership as a Tufts University employee, you will receive high quality coverage and access to nationally recognized programs, services and discounts that will help guide you toward better health.

*Some restrictions apply.

Learn more about how Harvard Pilgrim
helps you stay healthy. Contact us at
1-800-848-9995
TDD: 1-800-637-8257
Or visit: www.harvardpilgrim.org



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