



Your Personal Health and Wellness Plan

The StayFit Plan is a voluntary health and wellness program that provides you with 24/7 access to a variety of self-directed programs, tools, educational materials, health calculators and other helpful health resources designed to engage and motivate you to adopt healthy behaviors and lifestyles that will support your personal journey to good health and well-being.



Four Steps to a Healthy You

You can maintain or improve your health in four distinct ways:

1. Measures your **Four Critical Health Factors:** Blood Pressure, Cholesterol Panel, BMI and Tobacco use. You can find participating StayFit Plan screening locations on the StayFit Plan website.

www.simplicityhealthplans.com



2. Engage in "Best in Class" online health resources, programs and tools that will help you achieve optimal health and well being. Just "click" on **MyHealthCenter** to gain access to the following programs and services:

- Behavior Programs
- Weight Management
- Tobacco Cessation
- Exercise Tools
- Health Trackers
- Exercise Demos
- Social Networking
- Customizable Newsletters
- Meal Planner

3. Access **Physician Telephonic Consult* services 24/7 x 365 for general health inquiries and non-complex medical conditions that can be safely and effectively treated over the telephone. You can even get a prescription!**
 *Consult A Doctor and Simplicity Health Plans make no warranty as to the content of any treatment response. You and your physician are solely responsible for all information and/or communication sent during a tele-consultation or other communication. Consult A Doctor is not health insurance. Its services do not replace your primary care doctor or regular office visits. You agree to contact your Primary Care Physician should your condition change or your symptoms worsen. Priority and By Appointment Tele-Consults do not guarantee prescriptions as requested. Consult A Doctor is not a prescription distribution center. Consult A Doctor's physicians do not prescribe DEA-controlled medications or lifestyle drugs. If you require urgent care, you should contact your local emergency services immediately or dial 911. Consult A Doctor, at its sole discretion, reserves the right to cancel your membership at any time.

4. Use your **Health Discount Membership to access a variety of health and wellness resources such as; Dental, Prescriptions, Diabetic Supplies, Vitamins and other resources.**

Get Started Today!