



**SIMPLEPAY**  
HEALTH

## Clinical Solutions

SimplePay Health is fully integrated with multiple partners to create a unique and superior experience for its members. Below is a high-level overview of these partners and the clinical care solutions available.



### Virtual Care

Teladoc provides virtual wellness visits with doctors who can help you with the flu, infections, anxiety, stress, skin conditions, and provide advice on serious medical conditions. This service is available from wherever you are by phone, video, or app.



### Diabetes and Cardiovascular Disease Management

As a SimplePay Health member, you have access to Livongo for diabetes and hypertension. It is a health benefit at no cost to you to help make it easier to live with diabetes and high blood pressure. Livongo is available to you, your spouse, or your dependent(s) enrolled in the SimplePay Health plan who have been diagnosed with diabetes and/or hypertension. Participants will receive a free glucose and blood pressure monitor, unlimited test strips, and coaching support.



### Fertility, Pregnancy, and Parenting

Ovia Health's mobile apps Ovia Fertility, Ovia Pregnancy, and Ovia Parenting work as daily companions as members navigate their health and parenting journey. While the apps are available for free on the App Store and Google Play, linking the app to a member's SimplePay Health benefit unlocks all of Ovia's features, including unlimited 1-on-1 coaching and related benefits navigation.

For more information on each of these programs available to SimplePay Health members, please visit [www.simplepayhealth.com](http://www.simplepayhealth.com) member portal or contact your Health Valet at (800) 606-3564.



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## Hinge Health

### Digital MSK Care

Hinge Health offers a comprehensive virtual physical therapy program in the palm of your hand. Hinge is comprised of a team of licensed doctors of physical therapy who create custom programs to guide preventative exercises and physical recovery from the convenience of your own home. In addition to physical therapy, Hinge has board-certified health coaches trained in behavior change to provide support and motivation to keep you on track.



### Weight Management and Healthy Eating

Wondr Health is an online skill-building program that teaches you not what to eat, but when and how to eat to lose weight and keep it off. The program focuses on behavior change, taking care of your vital needs, and how to start adding physical activity into your life. No more foods to buy, points to count, or guidelines on what you can and cannot eat