



Diabetes and Cardiovascular Disease Management

As a SimplePay Health member you have access to **Livongo for Diabetes** and **Livongo for Hypertension**: health benefits at no cost to you that 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



Digestive Health

SimplePay Health has partnered with this first-of-its-kind digital program to help those who struggle with digestive disorders. Guided by expert digestive dietitians, participants can get back to feeling normal again, saving time and money with fewer ER and specialist visits, and finally overcoming the cycle of frustration you feel when searching for ways to treat these conditions.



Fertility, Pregnancy, and Parenting

Ovia Health's mobile apps Ovia Fertility, Ovia Pregnancy, and Ovia Parenting are your daily companion as you navigate your health and parenting journey by helping you take control of your health and achieve your goals. While the apps are available for free on the App Store and Google Play, linking your app to your SimplePay benefit unlocks all of Ovia's features, including unlimited 1-on-1 coaching and related benefits navigation.



Weight Management and Healthy Eating

Naturally Slim 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 can't eat.



Mental Health

Joyages is a mental health app that delivers a customized experience designed to empower users to become happier in just minutes each day. The app encourages positive habit formation and mindset shifting. With customized assessments designed to alert users to mental risks, the Joyages app is a private, user-friendly digital life coach that helps users navigate through life's toughest moments and build the resilience necessary to thrive.



Stem Cell Therapy

Regenexx uses your body's natural healing agents to replace the need for up to 70% of elective orthopedic surgeries. Your stem cells and blood platelets are concentrated in our on-site orthobiologics lab and injected under image guidance into the precise area of your injury where they repair and regrow damaged bone, cartilage, muscle, tendon, and ligament tissues. With Regenexx, you can get back to doing what you love without invasive surgery and lengthy recovery.



Expert Second Opinion Services

2nd.MD provides expert medical opinions via video or phone consultations with leading medical specialists. A member must have received a diagnosis and/or treatment plan from a licensed medical practitioner or remain undiagnosed after multiple visits to specialists. The 2nd.MD care team assists the member in selecting a Specialist, providing medical records to the Specialist for review, and scheduling the Specialist consultation.

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