



COUPE HEALTH

Clinical Programs

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

Virtual Care



Doctor On Demand provides access to board certified doctors, psychiatrists or licensed psychologists via video conferencing for a small fee or at no cost for some plans. You can connect via video from anywhere your home, work or even on vacation. Use the Doctor On Demand app or website to talk to a doctor when it's convenient for you.

Personalized care for you mind and body.

Doctor on Demand allows you to be treated for a wide range of issues including:

Urgent Care

Mental
Health

Preventative
Health

Chronic
Care

Skin Care

See a Doctor Now

Diabetes & Cardiovascular Disease Management



As a Coupe 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 Coupe 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.



[Join Now](#)

Mental Health

Joyages

Joyages is a mental health app that delivers a customized experience designed to empower users to become happier in just minutes each day. With customized assessments, it is 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.

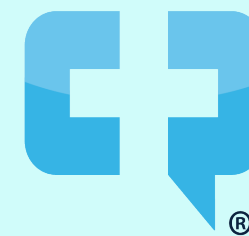
The Joyages app is an on demand mental health solution that empowers employees to feel their best and perform at their peak.

With three minute videos, daily inspiration, and habit tracking, Joyages is an interactive, on demand life coach in every employee's pocket. Your teams will learn how to manage stress, enhance their relationships, and find a greater sense of purpose.



Get Started

Expert 2nd Opinion Services



2nd.MD

2nd.MD provides expert medical opinions via video or phone consultations with leading medical specialists. Members must receive 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.

Get started in **3 simple steps.**

1. Activate your account and request a consult.

2. Speak with a Nurse

3. Consult with a Leading Specialist

Activate Now

Fertility, Pregnancy, and Parenting

oviahealthTM



Ovia Health's mobile apps Ovia Fertility, Ovia Pregnancy, and Ovia Parenting 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 Coupe Health benefit unlocks all of Ovia's features, including unlimited 1-on-1 coaching and related benefits navigation.

Start Your Journey

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.

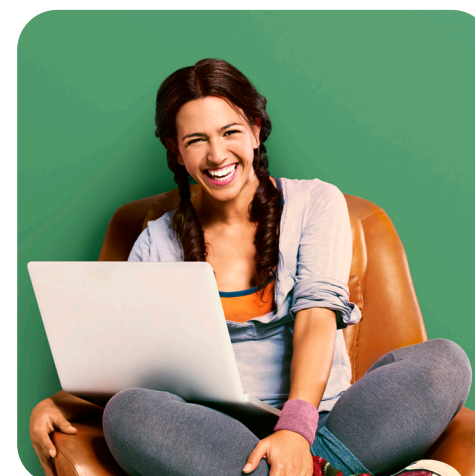
Programs built on science. Care **handled with heart.**

Whether your pain is intense or moderate, persistent or comes and goes, get care you can count on.



A care plan
designed for you.

Low-impact exercises
prescribed just for you,
right in the Hinge
Health app.



An expert team in
your corner.

1-on-1 support from
your personal health
coach or physical
therapist, helping you
meet your goals.



Exercise that works
with your busy life.

Do your sessions
anytime, at home or
anywhere you're
comfortable - all right
from your phone.

[Reduce Your Pain Now](#)

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.

The **3 stages** of Wondr:

1. WondrSkills™

Learn simple, repeatable skills through weekly master classes.

2. WondrUp™

Reinforce and practice WondrSkills through weekly personalized, curriculum.

3. WondrLast™

Build momentum towards your healthiest self in the maintenance phase of the program.

[Make Changes Now](#)

Member Portal with Health and Wellbeing Integrated



Virgin Pulse provides a unique and robust member experience through a custom portal built specifically for Coupe Health. The member portal serves as a one stop shop for all health and wellbeing benefits and Coupe Health related resources. Members have access to complimentary digital and live-coaching through the app as well.

The member portal is where you will go for the following.

- + Find a provider and compare your costs
- + Find a pharmacy and drug prices
- + Member ID card
- + Connect with your personal Health Valet
- + Monthly statements
- + Health and wellbeing program

Login to the Member Portal

Find a **happier** way to healthcare.

For more information on each of these programs visit the Coupe Health member portal or contact your Health Valet.

1-833-749-1969

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