



Health Connect 360



As part of your pharmacy benefits, you may be identified and invited to participate in a digital health formulary program. These programs are free – there is no additional cost to you. To be considered for the program, you must have received a direct communication addressed to your name. Spouses and dependents do not qualify for these programs unless they've been notified by mail or email that they qualify to join. If eligible or interested in any of the below programs, members will need an access code, which can be found within their emailed/mailed invitations or on the Health Solutions tab of the ESI member portal along with a link to enroll in the program: <http://www.express-scripts.com/healthsolutions>. When enrolling, you will be asked to enter the enrollment code provided on your invitation, basic demographic information and set passwords for the programs as well as provide or confirm coverage information from your Express Scripts benefits card. Below is more information about these programs.

 <p>Livongo by Teladoc Health</p> <p>Livongo for Diabetes Management Program</p> 	<p>This digital health solution is designed to help patients with diabetes better manage their blood sugar levels. Members who are invited and enroll in the Livongo for Diabetes Solution with Express Scripts receive:</p> <ul style="list-style-type: none"> • Unlimited refills of free test strips, lancing devices and an In Touch® blood glucose smart meter. The meter is a cellular, cloud connected smart blood glucose meter. Access to a smart phone, the Livongo Member app and Member Portal is required. • Access to Certified Diabetes Education coaches 24/7 and type 2 diabetes educational curriculum • Personalization within the app to enter the medications they are currently on, set glucose levels to trigger a coach contact and how they would like to be contacted. • Access to Health Summary reports you can print and take to your provider's office
 <p>Livongo by Teladoc Health</p> <p>Livongo for Hypertension Management Program</p> 	<p>This digital health solution is designed to empower patients with hypertension better manage their blood pressure. Invited members that enroll in Livongo Hypertension and Express Scripts will receive a complimentary cellular-enabled BP cuff, along with access to a personalized, holistic health program that includes:</p> <ul style="list-style-type: none"> • One on one coaching with a personal health coach • Nutrition, fitness, mood, and blood pressure tracking with the cellular enabled cuff all through the Livongo app. Access to a smart device is suggested to get the most benefit from the program, but the meter works without • Personalization of contact frequency by health coach and contact channel and ability to track food and activity
 <p>Propeller</p> 	<p>The pulmonary digital health formulary solution through Propeller Health and Express Scripts is designed to help patients with asthma and COPD become empowered to better manage their disease through personal insights and clinical support. After enrollment, members will receive sensors for compatible inhalers that will sync with an app to monitor inhaler usage. Access to a smart device with an up-to-date operating system and downloading the Propeller Health app is required. The program includes:</p> <ul style="list-style-type: none"> • Personalization. Enter details about symptoms, triggers in the app which can then share trends and give tips on trigger avoidance. • Direct outreach from an Express Scripts Pulmonary specialist pharmacist on a variety of clinical triggers based on inhaler use. • Adherence support. When the sensor recognizes a daily controller medication has not been taken, a friendly reminder will be sent. • Access to the Asthma Outlook and Weather Card. These are features in the Propeller app to help you learn about various environmental factors occurring that day and how it may impact your breathing.



Diabetes Prevention and Weight Management Program



The Omada and Express Scripts Diabetes Prevention and Weight Management digital health program will help to identify members who are at the highest risk of developing a chronic condition and help members to get healthier and stay healthy. Members invited to enroll will receive a complimentary cellular-enabled scale, along with access to a 12-month holistic health program that includes:

- One on one coaching with a professional health coach
- Nutrition, fitness, mood, and weight tracking with the cellular enabled scale all through the Omada app
- An online community of peers all on the same journey to improve their health
- Lessons that include ways to help with developing healthy habits that will last a lifetime including diabetes prevention curriculum (if applicable)
- Specialty pharmacists available to support any questions regarding medication when needed.



Chronic Musculoskeletal Pain Management Program



This digital health solution is designed to empower patients living with chronic pain to participate in a program with a goal to better manage their pain. Overcoming a musculoskeletal treatment can be a lengthy process as treatment requires dedication to purposeful stretching, exercise movements and condition specific clinical guidance – all of which can be engaged through our comprehensive digital solution. Members identified as having chronic pain will be invited to participate in a program that provides a pre-loaded Amazon tablet paired with:

- Customized exercise treatments in an easy to use, digital playlist
- Instant feedback through Bluetooth connected wearable sensors
- Educational resources on lifestyle and recovery
- Dedicated health coaches that serve as an accountability partner
- Physical therapists accessible as needed, at no extra cost

To learn more, invited members can click the link in the email, call 855-902-2777, or apply at www.hingehealth.com/express-scripts.



Cognitive Behavioral Therapy program

All covered employees and dependents older than 18 are eligible to join for FREE

Digital Cognitive Behavioral Therapy (dCBT) with SilverCloud and Express Scripts provides members living with depression, anxiety, insomnia, and stress the tools to help them view challenging situations more clearly and respond in a more effective way. Members that enroll in dCBT with SilverCloud and Express Scripts receive access to a web and app-based program that focuses on anxiety, depression, insomnia, resilience, and stress. The program includes:

- Web and app-based programs available 24-hours a day, 7 days a week.
- Access to a comprehensive, evidence-based cognitive behavioral therapy curriculum.
- Medication counseling from Express Scripts Neuroscience specialist pharmacists
- Dedicated, personalized engagement support from behavioral health experts.

SilverCloud is different from the other programs in that you don't need to be invited to join. All Monmouth covered employees and family members older than 18 are eligible. It is free to everyone.

To enroll in SilverCloud:

1. Visit <https://express-scripts.com/healthsolutions>
2. Log in to your Express Scripts account
3. If you are eligible for SilverCloud, you will see an access code and link to enroll