

Finding Time for Fitness

The Centers for Disease Control and Prevention (CDC) recommends getting 30 minutes of moderate activity, five days a week. Some days, that may feel impossible. Here are several ways to fit in activity when time is not on your side:

- Choose the stairs when you can.
- Take the long way when you have time.
- If you drive, park your car as far away from your destination as you can. If you take public transportation, get off one stop early, and walk the rest of the way.
- Walk over to a coworker to ask a question instead of sending an email.
- If you travel for work, plan ahead by choosing a hotel with a gym or bringing a jump rope to use in the room.

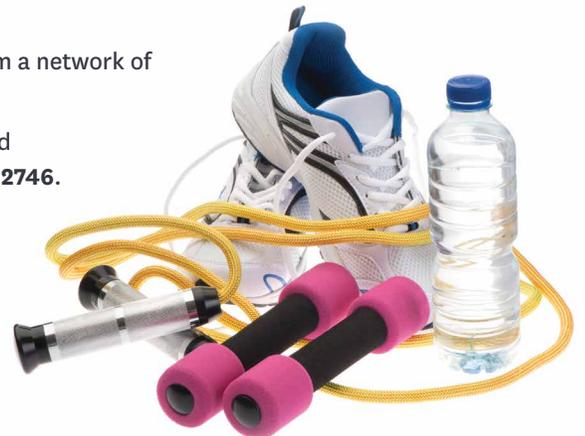
Making these small choices to be active can add up throughout the day and help you reach your health and wellness goals.

At EmblemHealth, it Pays to Get Active

Here at EmblemHealth, we believe you should be rewarded for your healthy choices. We know how much motivation it takes to exercise regularly and we want to give you that extra push to stay active. As an EmblemHealth member, you may be eligible to participate in our Exercise Rewards program and earn up to \$400 a year.

To get started, visit the ExerciseRewards website and choose from a network of 9,000+ participating fitness centers.

For more information on how you can keep track of your visits and earn rewards, please visit exerciserewards.com or call 877-810-2746.



Right in Your Neighborhood!



EmblemHealth Neighborhood Care is a community resource for everyone. Our customer care navigators are passionate about getting to know the whole you.

We offer programs that support your physical, financial, intellectual, social, and emotional wellbeing. Not only do we work in the neighborhood; we live here too. We know the community resources and are here to help you navigate your care. We can help you:

- Find a doctor who meets your needs.
- Solve claims or billing issues.
- Make the most of your benefits.
- Discover new ways to lower out-of-pocket costs.
- Find the right health plan for you.

Want to find out where we are? Visit emblemhealth.com/Neighborhood for a complete list of our New York area locations.

We all deserve a neighborhood we can count on.



Centers of Excellence Have You Covered

As an EmblemHealth member, you may have access to industry-leading hospitals for cancer care and orthopedics through our Centers of Excellence program.

By July 1, 2019, most of our members with serious injuries or illnesses related to cancer or orthopedics and musculoskeletal conditions will have access to our industry-leading hospital partners, Memorial Sloan Kettering Cancer Center and Hospital for Special Surgery (HSS).

These top hospitals and doctors are nationally recognized for their high-quality, patient-focused care and best-in-class research, training, and technology standards. They have many convenient locations throughout Manhattan, Long Island, Westchester, and New Jersey.

You can find out whether these centers are part of your network, and can learn more about your covered services at the Centers of Excellence, including cost-sharing information, by calling the number on the back of your ID card. Other Centers of Excellence, beyond cancer and orthopedics, may be available in the near future.



Memorial Sloan Kettering
Cancer Center

Define This! Primary Care



This is the general health care you receive, including regular checkups or visits for colds and aches and pains.

You may need to see a primary care doctor before you see a specialist for a condition.

Source: U.S. News & World Report

IMPORTANT EMBLEMHEALTH MEMBER RESOURCES

At EmblemHealth, we're committed to supporting the whole you. An important part of that commitment is making sure you're informed about all the resources available to you. This includes:

- Member resources available on our website.
- Your privacy rights.
- Your external appeals rights.
- Your member rights and responsibilities.
- How to find a doctor or hospital.
- How to get a provider directory.
- How to get information in your preferred language.
- Doctor transitions as your child grows.
- What to do if you reach your benefit limit.
- Our care management services.
- Coordinating your health care.
- Utilization management decisions.
- Our quality improvement program.
- Your pharmacy coverage.
- How new medical technologies may become a covered benefit.

To learn more, visit emblemhealth.com/HealthMatters or call us at the number on the back of your member ID card. You can also request a copy of this information be mailed to you in your preferred language.