



What You Need To Know



Kansas City

Women's Health Program

If you have questions, call **866-400-8941**.

www.MyHealthToolkitKC.com

1. What is the women's health program?

This chapter of My Health Novel provides support and solutions for the health challenges women face at various stages of life. Maternity is a common focus for health plans, but it's not the only issue. Online help is available for problems ranging from pelvic pain to the challenges of fertility, breastfeeding and menopause.

2. How effective is the program in resolving these problems?

Our women's health program is unique and comprehensive. Reported results include:

- ◆ Up to an 80 percent improvement in chronic pelvic pain.
- ◆ A 56 percent cure rate for incontinence.
- ◆ 74 percent more outreach to help with breastfeeding.
- ◆ Annual cost savings of \$3,323 for pelvic floor conditions.

3. What's included in the program?

Multichannel engagement educates women on health solutions that are available — and motivates them to them. They choose how they want to take part in solutions such as Origin, Visana, Frame, Pacify and RestoreBalance.

4. Who is eligible?

The women's health program is a covered wellness benefit for members ages 18 years and older.

5. How do members sign up?

Members can enroll by logging in to their My Health Toolkit® account and selecting **Wellness & Care Management, Wellness Programs**, then **My Health Novel**. (On the My Health Toolkit app, they select **Benefits**, then **My Health Novel**.) A one-minute health quiz will determine which programs members qualify for and then match them to programs that best fit their needs.

6. How do members enroll?

They can enroll online through My Health Toolkit or call **866-400-8941** to enroll by phone. Once enrolled, members will get a welcome email with instructions on how to complete the registration process with their matched women's health program. Then they can start the program.

7. What's the cost?

This program is no cost to members. Once a member enrolls in the program, we will file claims to cover the processing and program services for this wellness benefit based on a member's engagement. Members should not get an Explanation of Benefits (EOB) for this benefit. No action is necessary if a member happens to get an EOB.

8. What is Origin?

Origin's coaches offer directions and follow-up support so members can learn exercises to relieve pelvic pain, incontinence and prolapse symptoms.

9. What is Visana?

Visana offers modules aimed at relieving pelvic pain. These include education, cognitive behavioral therapy, diet and nutrition help, and interaction with a coach.

10. What is Frame?

Frame addresses fertility issues with an assessment report, coaching and educational material. It might help you schedule a provider visit.

11. What is Pacify?

Pacify engages members who need help and support with breastfeeding. It offers consultation with a lactation expert or triage nurse.

12. What is RestoreBalance?

RestoreBalance offers a combination of coaching sessions and webinars to help women deal successfully with symptoms related to menopause.



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