

# SimplyWell

Wellness tips and encouragement from Hally® health.



## WHAT'S INSIDE

*Hally health: Power your health with protein.* - 2

*Spring into screenings!* - 7

*Keep those kiddos healthy!* - 12

*Mental Health Memo: Child and Adolescent Mental Health* - 16

And much more.

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hally.com

Benefits and coverage may vary from plan to plan. Please review your plan materials or call the number on the back of your health plan ID card for specifics.

Healthy health

# Power your health with protein.

A healthy, balanced diet depends on many things. One of them is getting the right amount – and right kinds – of protein foods. Here's the key info you need to power forward your health, from the experts at the U.S. Department of Agriculture.



## The Basics

What foods are part of the “protein food group?” It’s not just the usual meat and eggs that often come to mind. Protein foods include all of these:

- Seafood, meat, poultry and eggs.
- Beans, lentils and peas.
- Nuts, seeds and soy products.

Proteins are key to your health for many reasons. They’re the building blocks for your bones, muscles, skin and blood. And they provide calories for energy and important nutrients like B vitamins, iron, magnesium, zinc and more.

## Protein Pro Tips

Ask your doctor for advice specific to your health, but in general:

- Eat a variety of protein foods. This will help you get the range of different nutrients your body needs.

- Pick lean or low-fat meat and poultry options. Think skinless chicken and turkey breasts, pork loin, and 93%-lean ground beef.
- For seafood, choose fish higher in healthy fats (called omega-3s) and lower in methylmercury. Salmon, trout and anchovies are great options. Yum!
- Instead of picking animal-based proteins every time, eat lots of beans, peas, lentils, nuts and seeds.
- Check for salt. No matter what type of protein food you choose, go for versions with lower sodium.

## How much?

Finally, you might be wondering how much protein is “enough.” It depends on your age, sex, height and weight, and the amount of physical activity you get. It can also change if you’re pregnant or breastfeeding.

To find the right amount for you, ask your doctor and use this helpful tool: [MyPlate.gov/MyPlate-Plan](https://www.myplate.gov/myplate-plan). And for more general guidance, use this table.

### Daily Protein Recommendations by Age\*

Toddlers 12-23 Months	2 oz-equivalents	Women 19-30 Years	5 to 6.5 oz-equivalents
Children 2-3 Years	2 to 4 oz-equivalents	Women 31-59 Years	5 to 6 oz-equivalents
Children 4-8 Years	3 to 5.5 oz-equivalents	Women 60+ Years	5 to 6 oz-equivalents
Girls 9-13 Years	4 to 6 oz-equivalents	Men 19-30 Years	6.5 to 7 oz-equivalents
Girls 14-18 Years	5 to 6.5 oz-equivalents	Men 31-59 Years	6 to 7 oz-equivalents
Boys 9-13 Years	5 to 6.5 oz-equivalents	Men 60+ Years	5.5 to 6.5 oz-equivalents
Boys 14-18 Years	5.5 to 7 oz-equivalents		

\*Daily recommendations are given in “oz-equivalents.” For example, 1 oz of pork counts as 1 oz-equivalent, but so does one egg, 1 tbsp of peanut butter, etc. For a list of what counts as 1 oz-equivalent, visit [MyPlate.gov/Eat-Healthy/Protein-Foods](https://www.myplate.gov/Eat-Healthy/Protein-Foods).



## Diabetes 101

# What to Know About Vision Loss

Did you know that diabetes can damage your eyes, causing vision loss and even blindness? Here's what you need to know, from the Centers for Disease Control and Prevention (CDC).

### Common Diseases and Problems

Diabetes can cause serious eye diseases and issues, including diabetic retinopathy, macular edema (often occurring alongside diabetic retinopathy), glaucoma and cataracts. All of these can lead to vision loss.

Diabetic retinopathy is the number-one cause of blindness in working-age adults. It occurs when high levels of blood sugar damage the blood vessels in your retina (a layer of cells in the back of your eye).

Anyone with any type of diabetes is at risk of getting diabetic retinopathy – and the longer you've had diabetes, the more likely you are to get it. High blood sugar, blood pressure and cholesterol levels – as well as smoking – can also increase your risk.

### Stages of Diabetic Retinopathy

There are two main stages of diabetic retinopathy.

- **Early Stage (Nonproliferative):** In the retina, your blood vessel walls weaken and bulge, creating small pouches. These pouches – which are too small for you to see, but which your doctor can detect – may start leaking blood and other fluids, causing a part of your retina called the macula to swell. This swelling, known as macular edema, distorts your eyesight and can cause blindness.
- **Advanced Stage (Proliferative):** Your retina starts growing new blood vessels, which are fragile and bleed into your eye. With only minor bleeding, you might see just a few dark spots floating in your vision. But if the vessels bleed a lot, your eyesight might be completely blocked. Symptoms in the advanced stage can include blurry vision; seeing dark spots or shapes (floaters); empty or dark areas in your vision; trouble seeing colors; and full vision loss.

### Protect your eyes.

There's good news – you can take action to help prevent vision problems or catch them early.

**The most important step you should take, every year, is getting your annual diabetic eye exam.**

Many of these eye diseases have no warning signs, so an exam's the best (and often only) way to catch them in their beginning stages. Finding and treating these issues early is key. Finally, **managing your diabetes and keeping it under control can help prevent eye problems or keep them from getting worse.** Ask your doctor for more helpful tips too, and take action today to protect your vision. You got this.



### Did you know?

**Your diabetic eye exam could be a covered benefit of your health plan,** as long as your eye doctor codes your diabetic retinal (eye) exam visit with a medical diagnosis. For more information – and for information on coverage and costs (if applicable) for specific exams and healthcare appointments – please see your health plan materials or call the number on the back of your health plan ID card.





## Doctor's Orders

# Lower your risk for high blood pressure.

High blood pressure can be very harmful to your health. Here are key tips from the CDC to help lower your risk.

### Lifestyle and Behaviors

You have the power to significantly decrease your risk of getting high blood pressure. Take these steps, and ask your doctor for even more advice.

- **Eat a healthier diet.** Limit how much salt (sodium) you have. Always check food labels at the grocery store and nutrition information at restaurants for salt amounts, and eat fewer processed foods. And make sure you get enough potassium – eat bananas, beans, yogurts and potatoes to get this important mineral.
- **Get moving.** Regular exercise helps your heart and blood vessels stay healthy and helps you maintain a healthy weight – both of which can help lower your blood pressure.



- **Take other actions, too, to stay at a healthy weight.** Ask your doctor for tips and resources. If you're overweight, your heart has to work harder to pump blood around your body, which adds stress to your heart and blood vessels.
- **Drink less – or no – alcohol.** Too much alcohol can raise your blood pressure. Men shouldn't have more than two drinks a day, and women shouldn't have more than one.
- **Don't use tobacco.** Nicotine raises your blood pressure, smoking can damage your heart and blood vessels, and breathing in the chemicals from smoking lowers the amount of oxygen your blood can carry.

### Other Risk Factors to Know About

Some things outside your control may also raise your risk of high blood pressure. Knowing about these can help you and your doctor stay on the lookout.

- **Health conditions:** If you have certain medical issues, they can heighten your risk for high blood pressure. Ask your doctor for examples of health conditions that might put you at risk.
- **Family history:** Since family members share genes, environments and lifestyles, high blood pressure can run in a family. If close relatives have high blood pressure, keep a watch on yours. Additionally, the risk rises when family history combines with smoking, an unhealthy diet or other lifestyle factors.
- **Age:** Your risk rises as you get older. About 90% of Americans will have high blood pressure during their lives.
- **Sex:** Men and women are about equally as likely to have high blood pressure sometime in their lives.

## Take action today.

We value treating you as our partner as we work together to improve your overall health and wellness. We hope the tips in this article help you take action to lower your risk of high blood pressure. Our most important advice? Talk to your doctor. Ask them for guidance and resources on healthy diets, physical activity and stopping smoking. Keep them informed of your family history. And together create a plan to keep your blood pressure low – and your well-being high!

# Spring into screenings!

As springtime blossoms in the weeks ahead, we'll once again be reminded of the beauty of life. It's a perfect time to remember to take care of our life and the lives of our loved ones. By getting the healthcare screenings we need – and making sure our family members and friends get theirs – we can catch health problems early or even prevent them. Here are some of the most important screenings, and ask your doctor for even more recommendations.

## Breast Cancer Screenings

- **Women age 40 to 49:** Talk with your doctor about when to start getting mammograms and how often you should get them.
- **Women age 50 to 74:** If you're at average risk for breast cancer, get a mammogram every two years. If you're at high risk, talk to your doctor about how often you'll need your mammograms.
- **Plus, don't forget to do a breast self-exam once a month.** Visit [NationalBreastCancer.org](https://www.nationalbreastcancer.org) for more details.

## Cervical Cancer Screenings

- **All women age 21 to 65+** should be screened.
- **Pap tests** and **HPV tests** are the best screening and early detection methods.
- **When you turn 21,** start getting Pap tests. If your results are normal, you may only need a test every three years.
- **At age 30,** talk to your doctor about which test options are best for you.

## Colorectal Cancer Screenings

- **Adults age 45 to 75** should get regular screenings.
- **Several test options** help find polyps or cancer: stool testing, sigmoidoscopy, colonoscopy and CT colonography. Ask your doctor which test is best for you.

## Osteoporosis

- **If you're at risk for osteoporosis,** a **DEXA scan** can measure your bone strength and thickness – telling you if you have osteoporosis or are likely to develop it.
- Your **age, weight** and **history of fractures** often help determine how at risk you are.
- **Postmenopausal women age 45 to 65** are most at risk of osteoporosis.
- **Talk to your doctor about your risk** and **schedule your DEXA scan.**

This spring, take action to get the screenings you need – and make sure to schedule them early to avoid limited appointment availability later in the year. As life blossoms around you, you might just be saving yours.

For information on coverage and costs (if applicable) for specific screenings, tests, scans and healthcare appointments, please see your health plan materials or call the number on the back of your health plan ID card.

Sources: CDC, National Breast Cancer Foundation, American Academy of Orthopaedic Surgeons.



# Hally health is part of your health plan.

## Your Hally Health Benefits

Hally® health is the name for the comprehensive suite of resources, programs, perks and offerings that are part of your health plan – all aimed at boosting your health and well-being. Check out all that’s included, and visit [hally.com](http://hally.com) for even more.\* We’re here to help you live your healthiest life!

### Wellness Benefits

- Annual wellness visit.
- Smoking cessation.
- Covered immunizations.
- Care kits and meal service.
- Preventive screenings.

### Case and Disease Management

- Care coordination.
- Health reminders (Stars, CAHPS®, HEDIS®).
- Health coaching.
- Behavioral health.
- Holistic Behavioral Health Program.

### Educational Content

- Health and disease information.
- Podcasts (*Hally Healthcast*).
- Member newsletters (“Simply Well”).
- Blog articles.

### Health and Wellness Classes

- Disease management education.
- Cooking demos.
- Exercise videos.

### Member Wellness and Fitness Programs

- Chronic condition improvement programs.

### Member Tools

- Virtual visits.
- Nurse Advice Line.
- MyChart mobile app.

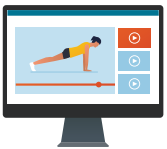
\*All resources, programs, perks, offerings and services aren’t available on all plans. Call the number on the back of your health plan ID card if you have questions about what your specific plan includes.



# Your Health Plan

## Health Plan Services\*

- ID cards.
- Member materials.
- Coverage for:
  - Inpatient care.
  - Outpatient care.
  - Doctor visits.
  - Emergency/urgent care.
  - Prescription drugs.
- Prescription savings programs.
- Provider network.
- Claims processing.
- Customer service.





hally®

Let's cook  
something  
delish!

# Spicy Apricot-Glazed Pork with Sweet Potatoes and Peppers

Serving Size: 3 oz pork and  $\frac{2}{3}$  cup vegetable mixture.  
Makes: 4 servings.

## Ingredients

- 1 lb pork tenderloin
- $\frac{1}{4}$  t. black pepper
- $\frac{1}{2}$  t. garlic powder
- $\frac{1}{2}$  c. sugar-free apricot preserves
- $\frac{1}{4}$  t. crushed red pepper flakes
- $\frac{1}{4}$  t. dried oregano
- 1 large sweet potato (peeled and cubed)
- 1 large green bell pepper (cut into 1-inch strips)

## Directions

1. Preheat the oven to 350°. Season the pork with black pepper and garlic powder. Place the pork in a baking dish.
2. In a small bowl, mix together the apricot preserves, red pepper flakes and oregano. Microwave the glaze for one to two minutes, until the mixture gets thin and easy to stir. Pour the glaze over pork tenderloin and coat it evenly.
3. Spread the sweet potatoes and green peppers around the pork. Bake for 30 minutes or until the pork is done. (When it reaches an internal temperature of 145°).

Find more delicious recipes at [hally.com/category/food-cooking](https://hally.com/category/food-cooking). Yum!

Nutrition Facts: Calories: 190, Total Fat: 3 g, Saturated Fat: 1 g, Cholesterol: 60 mg, Sodium: 60 mg, Total Carbohydrate: 17 g, Fiber: 6 g, Total Sugars: 5 g, Protein: 23 g

Source: *Spicy Apricot-Glazed Pork with Sweet Potatoes and Peppers* (DiabetesFoodHub.org)

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.



# Keep those kiddos healthy!

The “new” year is already months in, and now spring’s fast approaching. With time flying by, have you taken the time to pause and check in on the health and well-being of the kiddos in your life? Whether you’re a parent, guardian, grandparent – or simply the “cool” aunt or uncle – you can help your youngsters stay healthy as spring blooms.



## Schedule their yearly wellness checkups.

The American Academy of Pediatrics and CDC recommend kids have a wellness checkup every year, all the way through young adulthood. These visits are key to:

- Tracking their growth and development.
- Discussing any concerns and catching any health issues early.
- Making sure they’re up to date on their needed vaccines.
- And much more!

Get ahead of the game and schedule their yearly checkup before the busy spring and summer months hit.

## Make sure they’ve gotten their shots.

Childhood and adolescent vaccines are not only safe – they’re key to preventing illness and disease. Have the kiddos in your life gotten all their needed vaccines, based on their age? There’s an easy way to check: visit [cdc.gov/vaccines/schedules](https://www.cdc.gov/vaccines/schedules) to see the shots they need and when they need them.

## Keep ‘em active.

Exercise isn’t just good for adults – it’s great for kids too! But how much physical activity do kids need? And what types? The CDC has a great resource made just for you: visit [cdc.gov/PhysicalActivity/basics/children](https://www.cdc.gov/PhysicalActivity/basics/children).

Let your kids pick sports and activities they enjoy, and get the whole family involved – getting healthy can be quite fun!



## Promote healthful eating.

Also make sure your kiddos are getting nutritious, healthy meals and snacks. This is key to their growth, development and overall health. And by teaching them good habits now, they'll be more likely to continue eating healthier as adults. To get your kids involved and excited, let them help you cook and plan meals. Check out this chart for the current dietary recommendations for kids, from the U.S. Department of Agriculture.

Age	Cups per Day*					Eat/Drink Less:
	Veggies	Fruits	Grains	Dairy	Proteins	
2 to 8 Years	1 – 2.5	1 – 2	3 – 6	2 – 2.5	2 – 5.5	<ul style="list-style-type: none"> <li>- Sodium.</li> <li>- Saturated fats.</li> <li>- Sugar-sweetened beverages.</li> </ul>
9 to 13 Years	1.5 – 3.5	1.5 – 2	5 – 9	3	4 – 6.5	
14 to 18 Years	2.5 – 4	1.5 – 2.5	6 – 10	3	5 – 7	

\*Cups are dependent on recommended calorie intake.

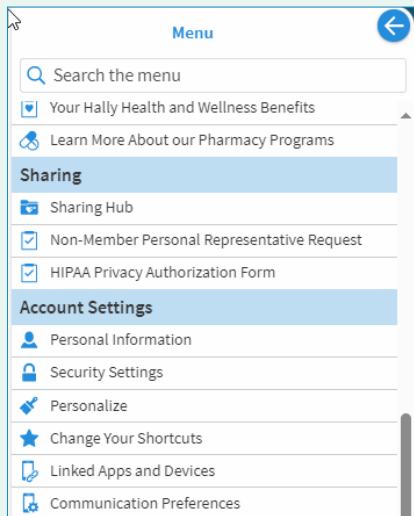
Last – but definitely not least – ask your family’s pediatrician for even more tips on how to keep the kiddos in your life healthy. Together you can keep your youngsters up to date on all their wellness needs.

For information on coverage and costs (if applicable) for specific checkups, vaccines and healthcare appointments, please see your health plan materials or call the number on the back of your health plan ID card.



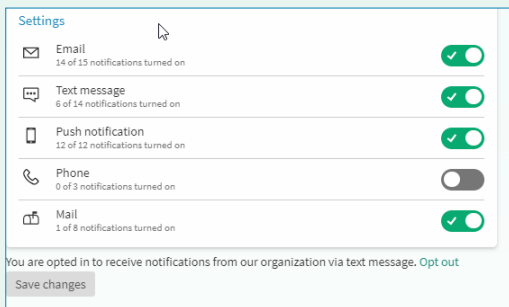
# Simplify your life: Go green

There are a number of ways to reduce the amount of paper electronic delivery of your health plan member materials.



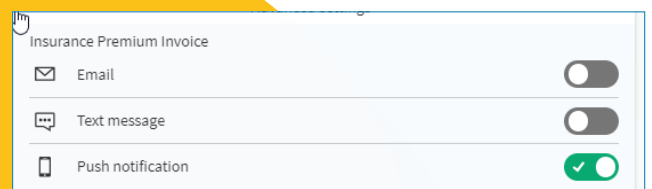
**Elect e-Delivery for your health plan materials when you sign up and log in to your Hally member portal. Just follow these five steps:**

1. Log in at **hally.com**. If you've never used your Hally account, register and sign up for an account.
2. Go to "Menu" at top left of the page. Scroll down to "Account Settings."
3. Click "Communication Preferences." You can choose to go paperless in any of the categories from the menu on the right of the page.
4. Select "Portal e-Delivery." Click on "Advanced Settings" and choose what you'd like to receive online by deselecting the "Mail" option.
5. Read and confirm the information, then click "Save changes" to have your preferences captured.



## Monthly Premium Statement E-Delivery

A paperless option is also available under "Billing" (in the Hally portal) for receiving your insurance premium invoice online only.



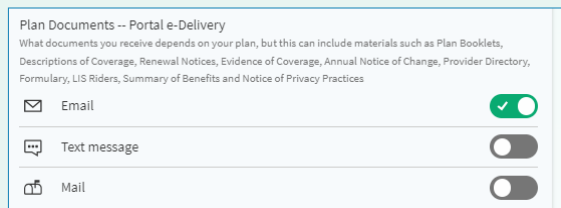


# with Hally health.

communications you receive by opting into

## Plan Documents

The documents you receive will depend on your specific plan. This can include materials such as Plan Booklets, Descriptions of Coverage, Renewal Notices, Evidence of Coverage, Annual Notice of Change, Provider Directory, Formulary, LIS Riders, Summary of Benefits and Notice of Privacy Practices.

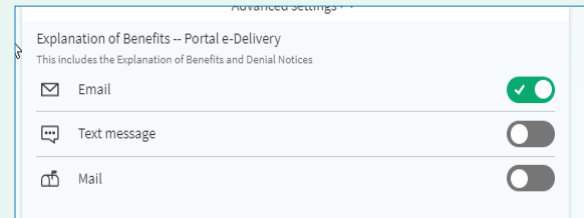


Plan Documents -- Portal e-Delivery  
What documents you receive depends on your plan, but this can include materials such as Plan Booklets, Descriptions of Coverage, Renewal Notices, Evidence of Coverage, Annual Notice of Change, Provider Directory, Formulary, LIS Riders, Summary of Benefits and Notice of Privacy Practices

Email	<input checked="" type="checkbox"/>
Text message	<input type="checkbox"/>
Mail	<input type="checkbox"/>

## Medical EOBs

This includes Explanations of Benefits and Denial Notices.

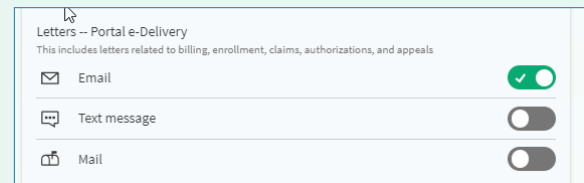


Explanation of Benefits -- Portal e-Delivery  
This includes the Explanation of Benefits and Denial Notices

Email	<input checked="" type="checkbox"/>
Text message	<input type="checkbox"/>
Mail	<input type="checkbox"/>

## Letters

This includes letters related to billing, enrollment, claims, authorizations and appeals.



Letters -- Portal e-Delivery  
This includes letters related to billing, enrollment, claims, authorizations, and appeals

Email	<input checked="" type="checkbox"/>
Text message	<input type="checkbox"/>
Mail	<input type="checkbox"/>



## Mental Health Memo

# Child and Adolescent Mental Health

Mental health issues are getting more attention lately, but mostly in the adult world. It's important to remember that kids often face these issues too. Children and adolescents need your help – and the help of their doctors – to make sure they're getting the care, support and treatment that'll help improve their well-being.

## ADHD

One common condition is ADHD, which stands for attention-deficit/hyperactivity disorder. Children with ADHD may have trouble paying attention or controlling their impulsive behaviors, and they're often overly active. This makes having ADHD especially hard for kids during their early school years (around ages 6 to 12). Surround your child with love and support and let them know it's OK to have ADHD. As a parent, guardian or grandparent, you also have ways to help them manage their behavior:

- Create routines for your child.
- Help them plan their day and their activities.
- Limit the number of choices they're given.
- Be ready to manage distractions.
- Be specific and clear when giving directions.
- Create positive, growth-enabling opportunities.
- Set goals and give praise, kudos and rewards.
- Provide a healthy, supportive lifestyle.

## Medications and More

Just like adults, kids facing mental health issues have a lot of help available. Talk to your family's pediatrician – they'll know all about the many options for treatment and care, and which seem best for your child. They might suggest talk therapy, medication, a combination of both or even another option.

ADHD, for example, cannot be cured, but it can be successfully managed with medications and other treatments. Always know – for any mental health condition – that medications affect children differently. And be sure to ask about possible side effects. Your child's doctor might need to try different medicines or doses before they find what works best.



Also know that when taking certain medicines, your child might need to have lab tests – for example, checking their cholesterol or blood sugar levels. This is to make sure the medicine is (and will continue to be) safe and effective. Kids taking medication for ADHD, oppositional-defiant disorder (ODD), obsessive-compulsive disorder (OCD), intermittent-explosive disorder, bipolar disorder and other issues might require such additional tests and monitoring. Always follow up with the doctor regularly to ask them how the medication's working, what testing and monitoring is needed, and any other questions you may have.

## Some Final Thoughts

Taking care of your child's mental health is extremely important. This article has introduced just a few takeaways, but your family's pediatrician will have even more information, in much more detail, along with a wide variety of resources and support. Whatever the doctor and your family decide in terms of treatment, success depends on keeping up with all follow-up care and having your pediatrician monitor – and adjust if needed – any medications being used. Together you'll work to find the best all-around support for your child, helping them thrive in living their fullest life.

Sources: CDC, American Academy of Pediatrics, [mind.org.uk](http://mind.org.uk).





# Healthy Mamas, Healthy Babies

When a newborn arrives, it's easy to get lost in the mix of emotions – joy, happiness, love, stress – and the nonstop busyness (and tiredness!) that's now become a part of your life. But don't forget to take care of your own health and the health of your baby. Here are some quick tips and key info!

## Mama's Health

Taking care of yourself is just as important as taking care of your little one.

- As soon as you know you're pregnant – or if you suspect you are – schedule your important “prenatal” (before-the-birth) care and appointments. For sure, try to see your OB-GYN within the first trimester (first 12 weeks of pregnancy).
- Once your baby arrives, it's important that you stay on top of your “postpartum” (after-the-birth) care and appointments. Whether you had a natural birth or a C-section, your body's gone through a major event, and many physical and emotional changes are common. Make sure you schedule your postpartum visits with your doctor and keep up with the care and support they recommend.

## Baby's Health

Before you leave the hospital after giving birth, you'll likely be asked to:

1. Schedule a “newborn visit” (a key checkup) with your baby's pediatrician within their first week of life.
2. Have your baby vaccinated for life-threatening illnesses.

Experts recommend that your baby has 11 checkups between birth and the time they turn 2½ years old. These visits are very important for your little one's health. During the checkups, the doctor will make sure your baby's growth and development are on track, provide information on recommended vaccines and care, answer any concerns you may have, and more.



Vaccines are an incredibly important part of these checkups, since your little one doesn't yet have a strong immune system to protect them from all sorts of illnesses. It's key to talk to the pediatrician to figure out which vaccines are right for your baby, and when they should get them. As a helpful reference, visit this resource from the CDC:

**Vaccine Schedule for Children Birth to Age 6:**  
[cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf](https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf)

Last, but not least, check out our Healthy Baby Guide online: visit [hally.com/care](https://hally.com/care), scroll down to “**Checking In On Your Child's Health**” and click on “**Infant to 30 months.**”

Your health – and the health of your little one – matters. We're here for you!

For information on coverage and costs (if applicable) for specific checkups, vaccines and healthcare appointments, please see your health plan materials or call the number on the back of your health plan ID card.

*Sources: CDC, American Academy of Pediatrics, U.S. Department of Health & Human Services Office on Women's Health, Stanford Medicine.*

# Right Care, Right Place

## Know where to go for care.

When you need a healthcare service, where should you go? Should you call your primary care provider? Visit the hospital or urgent care clinic? It all depends, based on what your illness, injury or need is; how severe it is; how soon you need care; your location; and more. Use this guide to help – and cut it out and put it on your fridge for easy reference.



Where to Go	When to Go	Typical Costs	Appointment Needed?
Primary Care Provider (PCP)	Non-emergency care. Physicals and wellness checks, vaccines, routine care and illness. Available in person and (often) by phone/video.	\$-\$\$	Yes. Available during usual business hours. Same-day often available.
Virtual Visits*	Non-emergency care. Illness, injury, behavioral health and more. Available from home or anywhere, by phone or video through hally.com.*	\$ Free with some plans.	No. Available 24/7, 365. Wait Time: ~15 mins.
Urgent Care Clinic	Non-emergency care. Illnesses and injuries that need care right away. Available in person.	\$-\$\$	No. Available for extended hours. Often open seven days a week.
Emergency Department	Emergency care. Immediate treatment for serious or life-threatening illnesses, injuries and issues.	\$\$\$\$	No. Available 24/7, 365. Potentially longer wait times.

For coverage information – or if you have any questions – call the number on the back of your health plan ID card. **And remember, always call 911 right away if you have a life-threatening medical or mental health emergency.**

### Have you tried out virtual visits?\*

Getting expert, trusted help for your physical, emotional and behavioral health needs has never been easier. Many plans offer **virtual visits**, which let you connect with board certified doctors and psychiatrists, as well as licensed therapists, by phone or secure video 24 hours a day, 365 days a year – all through your phone, tablet or computer.

**Physical Health Needs** – Get help for your allergies, insect bites, rashes, cold and flu

symptoms, ear problems, pink eye, nausea, vomiting, diarrhea, and many other common conditions.

**Emotional and Behavioral Health Needs** – Get help for anxiety, stress, depression, grief, PTSD, trauma, bipolar disorder, addictions and substance issues, and more.

Easily set up a virtual visit online from **hally.com**.\* Simply log in and get started today.

*\*Virtual visits aren't available on all plans. Also, some plans feature virtual visits through a source other than hally.com. To see if virtual visits are available on your plan (and to see if they're offered through hally.com), please see your health plan materials or call the number on the back of your health plan ID card.*

*For more information about virtual visits, or help getting started, call the number on the back of your health plan ID card.*

*Virtual care isn't meant to treat all medical conditions – please remember to always visit the emergency department or call 911 for emergencies.*

*You'll need to have an online member account (for your health plan) before you're able to access virtual visits. If you haven't already created an account, visit [login.hally.com](http://login.hally.com).*

*For more specific details and information about coverage and costs for virtual offerings, please see your health plan materials or call the number on the back of your health plan ID card.*





3310 Fields South Dr.  
Champaign, IL 61822

## Want to make a difference?

We are looking for members who are comfortable sharing their perspectives and feedback on how we, as a health plan, can improve for the greater good of our plan participants. If you are interested in learning more, please email [Gregg.Mottola@HealthAlliance.org](mailto:Gregg.Mottola@HealthAlliance.org). Meetings are typically held on a quarterly basis, so you would be asked to share your perspective three to four times a year. As always, our goal is to represent our plan participants' diverse geographic, cultural and medical backgrounds.

Benefits and coverage may vary from plan to plan. Please review your plan materials or call the number on the back of your health plan ID card for specifics.