



# WELCOME!



## ABOUT LIFEX RESEARCH CORPORATION

At LifeX we are committed to collecting and analyzing health data to build a better, ealthier future for everyone. Whether you're looking to improve your personal wellness, or simply save money on healthcare, LifeX offers the tools and information to guide you toward better health outcomes and a brighter future.

# Your Benefits

## INCLUDED BENEFITS

At no extra cost, your program encompasses a variety of well-being initiatives tailored to enhance your overall health.

### Personal Health Dashboard™

Your PHD offers many benefits, including behavior identification modules, risk resolution guidelines, health tracking, library, videos, and more.

### Telemedicine

Get unlimited sessions with no copay. Access to a licensed prescriptive-level practitioner for televisits 24/7/365. Available to the whole family.

### Health Risk Report Card

Completing the Health Risk Assessment (HRA) on your Personal Health Dashboard (PHD) provides you with a detailed Health Risk Assessment Report, highlighting any current health concerns. This dynamic tool can also predict potential future health issues by analyzing your medical history, biometrics, and lifestyle.

We encourage you to complete the online HRA next month. Not only will it count as a qualifying monthly activity, but it also takes less than 15 minutes to complete. Once finished, you can conveniently review your results by navigating to Medical Records > Health Assessment Report.

### Wholeistic™ Coaching

We offer unlimited coaching by a registered nurse to help you understand and manage your health as well as your family's health.

### Pharmacy Benefit Manager

Full-service Pharmacy Benefit company with innovative programs and high-touch member services.



# Important Plan

## INFORMATION

### HOW IT WORKS FOR YOU



#### > Step 01

##### Monthly Opportunities for Compensation

To maintain good standing, you must participate in a health research activity each month. Health research activities are accessed through your Personal Health Dashboard™ (PHD).

#### > Step 02

##### Get Paid & Receive Additional Benefits

You are then auto paid \$40 per hour for performing health research activities. Each activity takes 15 minutes or less to complete. Additionally, you have access to a number of wellness benefits including medical insurance, telemedicine and Health Coaching.

#### > Step 03

##### Reminders

You will receive an email or text reminder each month reminding you to complete an activity, provided a valid email address and phone number are on file. There is no grace period for late activities.

# How You get Paid

## What is included

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# HEALTH RESEARCH Activities

Health Research Activities are all completed on your Personal Health Dashboard™. Each activity completed is worth 15 minutes of your time, whether they take 1 minute or days. Below is a list of activities and how to complete them:

**Videos-** Your PHD has an extensive collection of health related videos to watch. Watch a video under the library page and you will automatically get credit for completing an activity on your PHD.

**Road to Wellness-** Road to Wellness are individual online programs intended to be completed over a few months. Participate in any of the four behavior change modules to receive credit in the month you finish it. The topics covered are Diet & Nutrition, Fitness, Tobacco Cessation, and Stress Management. The completion of these programs are automatically recorded upon completion.

**Surveys-** To gain an understanding of your needs and health risks, there are numerous survey you can complete on your PHD. The Health Risk Assessment (HRA) is the most comprehensive survey that will produce a Personal Health Report that you can view on the Medical Records Page. Each survey is automatically recorded once completed.

**Protocols-** If you complete the HRA, you may have some protocols to work on to better your health. Each protocol can be found on your home page below your Risk Profile. Each protocol resolved is equal to one health research activity and is automatically recorded once you have completed it.

**Health Coaching-** If you are interested in working on some health goals, you may request an appointment with a health coach. Information on how to schedule that is on your Benefits page. Each coaching session is worth 1 health research activity and will automatically be recorded once your coach uploads her notes. Please note, this may take several days to complete.

**Vitals-** Some medical conditions warrant watching your vitals over time. For instance, if you have High Blood Pressure, you may be taking regular readings of your BP. Use the Health Tracker page to record your results and you will automatically receive credit for a health research activity.

**Medical Events -** If you go to a physician, dentist, specialist, therapist or any medical advisor, record your visit by uploading the XXXX form to the PHD. You can upload your documentation on the Medical Records page to receive automatic credit.

# Activating Your Personal Health Dashboard™



Your Personal Health Dashboard™ (PHD) is a secure online personalized web portal which can be accessed at any time from any device. Connect on your computer at <https://networkpros.ushealthcenter.com/app> or scan the code to log in.



## ACTIVATING YOUR PERSONAL HEALTH DASHBOARD™

**LIFEX**  
RESEARCH CORP

**Welcome Back!**  
Sign into your account

Username

[Forgot Username?](#)

Password

[Forgot Password?](#)

[Sign In](#)

[Privacy Info](#)

[Activate your Account](#)

[Translate Page](#)

1. Log-on to: <https://lifex.ushealthcenter.com/app>
2. Select Activate Your Account.
3. Enter your personal information to create your account. You will receive your username. (Remember this for future logins)!
4. Select Login and enter your password
5. Congratulations! Your PHD account is now activated.

# About Your PHD

## A BETTER WAY TO WELLBEING

Your Personal Health Dashboard™ (PHD) is a secure online personalized web portal which can be accessed at any time from any device. It houses all of your benefits in the My Benefits tab as well as numerous other health tools.

### > Dashboard

View your account information and update personal info. Use the language widget to translate the site to multiple languages. View Risk Resolution Guidelines to improve your health and Health Reminders for ongoing education.

### > Assessments

Take your Health Risk Assessment or find numerous mini-assessments to help you better understand your state of health and well-being.

### > Medical Records

View your Lab Results, Personal Health Assessment Report, Physician Report and other health records such as a Health Maintenance Schedule.

### > Road to Wellness

Participate in any of the four behavior change modules designed to be completed over a few months. The topics covered are Diet & Nutrition, Fitness, Tobacco Cessation, and Stress Management.

### > Library

View our extensive medical library or watch over 300 visually rich multimedia videos to help develop a deeper understanding of conditions and treatments. There is medical information, tips for healthy living and much more.

### > Health Tracker

Track your daily activity with the Fitness Tracker and food consumption with the Diet and Nutrition Tracker. Plus, connect your Fitbit, Garmin, Apple Watch or mobile device directly to your PHD.

### > Benefits

Find all of your benefits in one spot. Access links and information on Telemedicine, Coaching, and more.

## Mobile App



Once you have activated your account, you can access your PHD on any device. Download the app on your app store by searching Personal Health Dashboard or scan the QR code.

**NOTE: Do not download the mobile app until you activate your PHD.**

# Wholeistic™

## HEALTH COACHING

### What is Wholeistic™ Coaching?



We have partnered with US HealthCenter to offer free Wholeistic™ Health Coaching. Wholeistic™ Health Coaching is a telephonic health management and improvement program that provides you with a personal health coach. Your coach will work with you on an appointment basis to help you understand and manage your health as well as your family's health. Rest assured, your sessions are entirely confidential and come at no expense to you.

As well as managing your health, these one-on-one appointments can also help you lower your health risk(s) and improve your overall well-being. You can discuss a wide range of health conditions or topics such as stress management, high blood pressure, cholesterol, diabetes, weight, smoking cessation, allergies, asthma, heart disease, or cancer.

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## Getting Started



Call us toll free at 877-322-7398 x 3

This line goes directly to a voice mailbox. Please leave the name of your employer, your phone number, and the best time to reach you. A health coach will contact you within 24 hours of your request.



Send an email to [healthcoach@ushealthcenterinc.com](mailto:healthcoach@ushealthcenterinc.com).

Please provide the name of your employer, your phone number, and the best time to reach you.

# TeleMedicine

## BENEFITS



### 24/7 Access to Licensed Physicians

Connect with licensed doctors anytime for urgent care, primary care, and mental health support. Services accessible via smartphone, tablet, or computer, ensuring convenience and security.



### No Additional Cost

Enjoy telemedicine services at no cost, with no copays or additional fees, by scheduling a virtual visit with one of our licensed providers.



### Comprehensive Pharmacy Care

Get hundreds of medications at no cost when prescribed by one of our Telemed doctors. [Click here to view the full formulary list.](#)

## Treating over 50 routine medical conditions including:

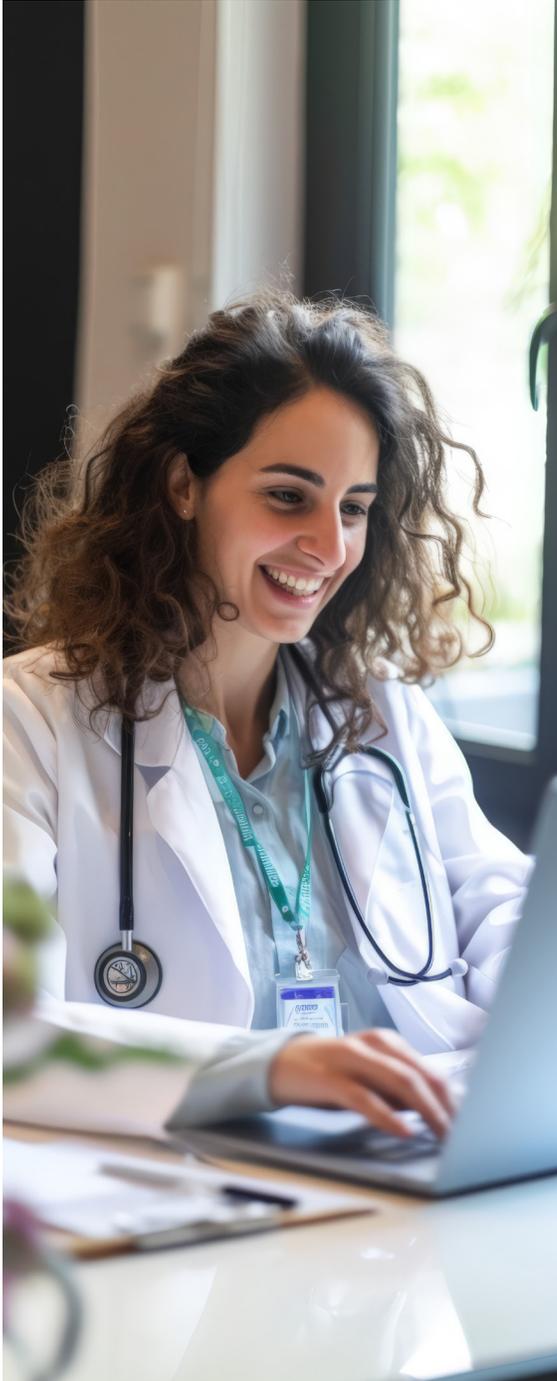
- Acne
- Allergies
- Cold / Flu
- Constipation
- Cough
- Diarrhea
- Ear Problems
- Fever
- Headache
- Insect Bites
- Nausea /Vomiting
- Pink Eye
- Rash
- Respiratory Problems
- Urinary Problems / UTI

## Treating numerous mental health conditions including:

- Work or personal conflicts
- Co-dependency
- Alcohol and drugs, reliance
- Tobacco reliance
- Eating disorders
- Stress and anxiety
- Relationship concerns
- Child or elder care matters
- Physical, sexual, or emotional abuse

# TeleMedicine

## SERVICES



### Medical Guidance

Get medical questions and concerns answered when you need it at the convenience of your own home.

### Primary Care

See the same provider each visit so that they can best understand your health needs and provide personalized care

### Urgent Care

Access Virtual Urgent Care visits in as little as 20 minutes or schedule an appointment at your convenience.

### Mental Health

Connect with a licensed, Master's-level counselor within 1-3 days and continue seeing the same therapist for each session to ensure they fully understand your unique needs.

## Getting Started

Log on to your [Personal Health Dashboard™](#) and go to **Benefits Page > Telemedicine**

Then follow the instruction to activate your account.

# Your Provider

## NETWORK



### CONFIRMING YOUR PHYSICIAN IS IN NETWORK

1. Log on to [www.cigna.com](http://www.cigna.com)
2. Select **Find a Doctor**
3. Select **Employer or School**
4. Enter your zip code and search by Doctor Type, Doctor Name or Health Facility > Search
5. Select **Continue as Guest**
6. Select **Continue**
7. Select **PPO, Choice Fund PPO**
8. Choose from the list of results.

# Pharmacy Benefit MANAGEMENT

## Mail Order

ProAct's mail order program is a reliable, cost effective way to securely receive maintenance medications at your doorstep.

### Set up your Mail Order Profile:

- 01 BY PHONE:** Call 1-866-287-9885 to speak to a representative. ProAct will create a Mail Order Profile and coordinate with your physician(s) to gather your prescription(s) on your behalf.
- 02 ONLINE:** If you haven't already, visit [www.proactrx.com](http://www.proactrx.com) to create a member portal account. Next, set up a Mail Order Profile by filling out the form located under "Mail Order". Once your Profile is active\*, send us your prescription(s). Ask your physician(s) to e-scribe a 3-month supply to "ProAct Pharmacy Services".

\* Mail Order Profiles take up to one business day to be active within our system.

## Prior Authorization

Some medications, due to cost, type of medication, or plan benefit will require prior authorization. ProAct is committed to helping you avoid any delays in getting your medications.

### Here's what you should know:

If you need a prior authorization to continue filling your prescription, don't worry! In order to provide a smooth transition and prevent members from experiencing a lapse in therapy, ProAct has a onetime override<sup>†</sup> policy for claims that may reject for prior authorization. Upon receiving notification of rejection at a local or mail order pharmacy, due to prior authorization, call the ProAct Help Desk.



Call Help Desk  
877-635-9545



ONE-TIME OVERRIDE



Contact your provider to initiate the Prior Authorization Process

<sup>†</sup> This process does not apply to any excluded medications. If a drug is not included within your formulary, it is not a covered benefit.

## Online Resources

[www.proactrx.com](http://www.proactrx.com)

ProAct's member portal contains a variety of resources to support your pharmacy benefit needs, such as:

- Dashboard
- Benefit Overview
- View Claims History
- Transfer Prescriptions to Mail Order
- Manage Mail Order Prescriptions
- View and Print Temporary ID Cards
- Drug Pricing Tool
- Pharmacy Finder
- ProAct Messenger

## Drug Formulary

[Click Here](#) or call 844-580-2474 for your Prescription Drug Formulary.

## Specialty Pharmacy

Noble Health Services is a patient-focused specialty pharmacy. Specialty medications may cost more than traditional medications and often require extra attention. Noble starts working with you as soon as they receive a prescription from your physician to provide copay and benefits assistance and clinical support. They are available 24/7/365 to assist with any situation that may arise at <https://www.noblehealthservices.com/>.

## Member Support

24/7/365 Member Support  
Call: **1-877-635-9545**

# FAQs

## 01 Who is LifeX?

LifeX Research Corporation is dedicated to enhancing global well-being by delivering actionable national health insights and wellness market statistics. Our mission is to bridge the gap between raw data and meaningful health solutions, providing businesses and healthcare professionals with tools to improve lives. LifeX employs Research Associates (RAs) to provide information about their health and consumer habits. Employees complete activities at a required frequency in return for guaranteed payments from LifeX. Employees have no liability to the company and have no voting right. W-2s will be issued to the individual at the end of the year showing earnings.

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## 02 What are the expectations of a Research Associate?

Each month LifeX Research Associates, will be sent an email and/or text for the opportunity to add to our de-identified and anonymous data set by participating in a health research activity. Health research activities are accessed through your Research Associate portal, the Personal Health Dashboard. Your dashboard also is your single site for accessing and understanding all of your benefits.

Activities can vary such as surveys, videos, quizzes, protocols, health coaching, telemedicine, health care satisfaction utilization surveys, and others. In return for sharing your data, Life-X will pay you a payment. Individuals understand and agree that the Preferred Units are being transferred as compensation for the performance of personal services. Failure to comply with these activities may result in the Company invoking its Call Right.

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## 03 What benefits are afforded to Research Associates?

Active Research Associates will be eligible to participate in group medical insurance and wellness benefits. Benefits are made available to other similarly situated Research Associates in return for timely payment of premiums. Failure to pay premiums timely may result in loss of coverage under the terms of the plan maintained by the Company and/or permit the Company to invoke its Call Right. Should a Research Associates not meet these conditions of Research Associates status, the Company shall reserve its Call Right to cause the Research Associates to sell all of their Membership Interest.

# FAQs

## 04 What are qualified health activities?

Research Associates will be paid \$40 per hour for performing health research activities. These activities help monitor and improve your health, reducing the risk of dangerous health conditions and lowering healthcare costs. Requiring one qualified health activity each month to stay qualified for employment ensures that employees remain engaged in proactive health management.

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## 05 Who is required to complete the activity?

The main health benefits plan holder who holds the research associate status is the required individual who needs to complete the activity in their Personal Health Dashboard™.

# Quick Reference Guide

01

## Customer Support Benefit Health Plan, Inc. (BHPI)

For all of your customer service needs, first call our support specialists to answer your questions. They can provide details on you and your dependents, your claims, important forms etc.

Phone: 844-580-2474

Email: [customersupport@benefithealthplan.com](mailto:customersupport@benefithealthplan.com)

Web: <https://benefithealthplan.com/>

02

## Network Anthem

Search for and find a provider in your area.

Web: [www.anthem.com/find-care](http://www.anthem.com/find-care)

03

## Telemedicine OurLive Doc

Connect with board-certified physicians anytime, anywhere in the United States.

Phone: 844-580-2474

04

## Health Coaching US HealthCenter

Schedule an appointment with a Wholeistic™ health coach.

Phone: (877) 322-7398 x 3

Email: [healthcoach@ushealthcenterinc.com](mailto:healthcoach@ushealthcenterinc.com)

05

## Pharmacy Manager ProAct, Inc

Full-service Pharmacy Benefit company with innovative programs and high-touch member services.

Phone: 877-635-9545

Web: <https://secure.proactrx.com/>

06

## Personal Health Dashboard™ US HealthCenter

Assistance Logging into the Personal Health Dashboard™

Phone: 877-322-7398 X3

Email: [wellness@ushealthcenterinc.com](mailto:wellness@ushealthcenterinc.com)



THANK  
YOU!