

# PROGRAMS SENA CAN HELP YOU ACCESS



SENA Health can help you access additional valuable programs available to medical plan participants. Teladoc, Livongo, Valenz Health, and CancerCare offer specialized care to help you get well while saving you time and money.

## Teladoc

You and your covered family members can talk to a doctor for non-emergency conditions by phone, video, or app at any time of the day or night, 365 days of the year. Conditions commonly treated by Teladoc include sore throat, flu, fever, sinus infection and rash. Teladoc doctors can provide a diagnosis, treatment, and prescription if needed. Teladoc can help avoid the high cost and long waits at the ER or urgent care, or if your primary doctor is unavailable. There is **no copay** for using Teladoc.

## Livongo by Teladoc Health

Livongo helps you live healthier at **no cost** to you by offering chronic care solutions, including:

**Diabetes management:** connected meter, unlimited strips and lancets

**Hypertension management:** connected monitor and one-on-one coaching

**Health living and diabetes prevention:** connected scale and expert guidance

There are also a wide range of personalized self- and program directed solutions based on your level of program engagement.

## Valenz Health

Valenz Health is a surgery and imaging program for the most common surgical and imaging procedures, including orthopedic, general surgeries, colonoscopies, MRIs, CT and PET scans. If you utilize this program, you will receive your procedure at **no cost**.

When appropriate, SENa Health will facilitate a call with a navigator from Valenz Health. The navigator will discuss your procedure with you and assist in finding and scheduling an appointment at an in-network facility to ensure that there are no out-of-pocket costs.

