

Welcome to Bright Life Health & Wellness!

About Bright Life

At Bright Life, we believe that meaningful health data, which is gathered thoughtfully and put to good use, is the foundation of a healthier tomorrow. Whether your goal is boosting your own wellbeing or cutting down on healthcare costs, we're here to equip you with the insights and resources you need to make smarter health decisions and build a better future.

Wellness Associate

*As a **true W2** employee, your job is to respond to surveys, questionnaires, and more to provide valuable information and aid in wellness initiatives.*





Your **FREE** Benefits

These benefits are all included at no extra cost to you! These benefits are tailored to enhance your health and well-being.

Employee Wellness Hub

Your EWH provides a wide range of benefits, including modules for identifying behaviors, guidelines for resolving risks, health tracking tools, a library, videos, and more.

Telemedicine

Use Our Live Doc to enjoy UNLIMITED sessions with no copay, plus 24/7/365 access to a licensed, prescriptive-level practitioner for televisits — available for your entire family.

Pharmacy Benefit Manager

A full-service pharmacy benefit company offering innovative programs and highly personalized member services.

Health Risk Assessment

Completing the Health Risk Assessment (HRA) on your Employee Wellness Hub (EWH) gives you a detailed report highlighting any current health concerns. This dynamic tool can also help predict potential future health issues by analyzing your medical history, biometrics, and lifestyle. We encourage you to complete the online HRA next month — it takes less than 15 minutes and counts as a qualifying monthly activity.



Important Information

How this works for you!



Step
01

Monthly Opportunities for Compensation

You can complete health activities, such as surveys and quizzes, in exchange for guaranteed payment. These activities are accessible through your Employee Wellness Hub (EWH).

Step
02

Get Paid & Receive Additional Benefits

You'll be automatically compensated at a rate of \$40 per hour for completing health research activities, calculated on a pro-rata basis according to the time spent on each task. For example, 15 minutes of work would earn you \$10. Each activity is designed to take 15 minutes or less to complete.

Step
03

Reminders

You'll receive a monthly email or text reminder to complete an activity, as long as a valid email address and phone number are on file.

Types of Health Research Activities

✿ Videos

✿ Surveys

✿ Vitals

✿ Medical Events

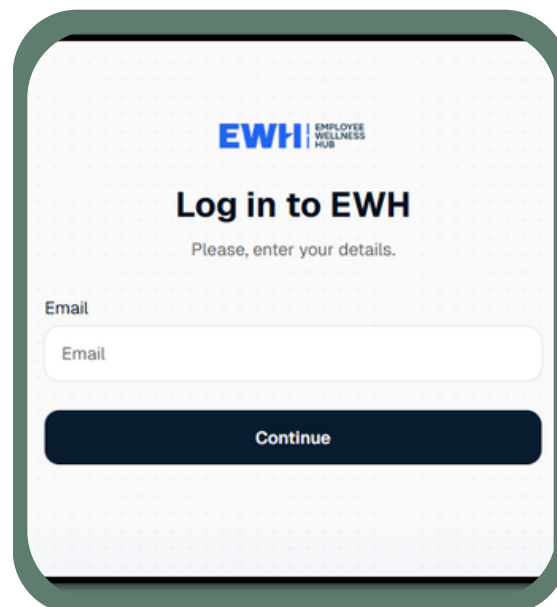
✿ Protocols

Activating Your EWH

Your Employee Wellness Hub (EWH) is a secure online personalized web portal which can be accessed at any time from any device. Connect on your computer at <https://employeehealthhub.app/login>.

1. Visit <https://employeehealthhub.app/login>
2. Enter the email address you enrolled with.

All Employees have access to this portal to view their ID cards, benefit information, and complete wellness activities.

A screenshot of the Employee Wellness Hub (EWH) login page. The page has a white background with a light gray grid pattern. At the top, the EWH logo is displayed in blue, followed by the text "EMPLOYEE WELLNESS HUB" in a smaller font. Below the logo, the heading "Log in to EWH" is centered, followed by the instruction "Please, enter your details." in a smaller font. There is a text input field labeled "Email" with the placeholder text "Email". Below the input field is a dark blue button with the text "Continue" in white.

Telemedicine

Our Live 



24/7 Access to Licensed Physicians

Connect with licensed doctors anytime for virtual urgent care, primary care, and behavioral health support. Accessible securely and conveniently via smartphone, tablet, or computer.



NO Additional Cost

Schedule a virtual visit with one of our licensed providers and enjoy telemedicine services at no cost, no copays or additional fees.



Comprehensive Pharmacy Care

Access a wide range of covered prescription medications at no cost when prescribed by one of our telemedicine doctors. See your plan brochure for the complete formulary list.

Treating over 50 Routine Medical Conditions, Including:

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

Treating Numerous Behavioral Health Conditions, Including:

- | | |
|--|----------------------------|
| * Work/Personal Conflicts | * Tobacco Reliance |
| * Co-dependency | * Stress & Anxiety |
| * Alcohol & Drugs, Reliance | * Relationship Concerns |
| * Eating Disorders | * Child/Elder Care Matters |
| * Physical, Sexual, or Emotional Abuse | |



Telemedicine Services

Our Live  Doc

Virtual Primary Care

Get high-quality care from anywhere—home, work, or on the go. Our physicians help manage your overall health and chronic conditions, with ongoing support and medication refills included.

Virtual Urgent Care

Get care in minutes, not hours. Receive medical advice, treatment options, and prescriptions sent to your preferred pharmacy—without unnecessary ER visits or long waits.

Behavioral Health

Connect with a licensed professional 24/7 for confidential support. Get help with stress, anxiety, depression, family or work challenges, and substance use, with follow-up care and referrals when needed.

Our Live Doc is revolutionizing healthcare one virtual visit at a time! Get started today!

 **Virtual Primary Care & Virtual Urgent Care:**
940-LIVEDOC (940-548-3362)

 **Behavioral Health:**
866-890-3741

Your Provider Search



1. PHCS: Search for and find a provider in your area. Web: Click “PHCS (Logo on front of card)” The first drop down on the below site <https://providersearch.multiplan.com/>

Benefit Plans With PHCS Network

VL 1,500, VL 2,500, VL 3,500



1. Visit <https://hcpdirectory.cigna.com/web/public/consumer/directory/search>

Benefit Plans With Cigna Network

MM 2,500, MM 5,300, MM 8,100

Copay 1,250, Copay 2,200, Copay 3,500

HSA 5,500, HSA 8,500

*At time of hire, you chose PHCS or Cigna, please reference ID card for your correct network.

Humana Dental, Vision, Life

Humana

As an employee of Bright Life Health & Wellness, you have access to Dental and Vision benefits through Humana **if you opted in at time of enrollment**. Below are the details in how to access your digital ID cards for these benefits.

Reimbursement Information:

Please use the reimbursement form if needed for these services. See below for the form.

[Documents and Forms for Humana Members](#)

The Humana digital ID cards are available in the Humana portal. Please see document on the next page for instructions.

Sign-In Details:

- Plan Type: "Something Else".
 - If they're using their member ID, they only want to use the first 9 digits, the "01,02 etc" after the member ID number identifies if it's the Employee, Spouse or child.
 - Anyone over the age of 18 can create their own account.
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****Anybody over 18 will have to create their own account to access their card, though dependents under 18 will show with the primary's account.**

Humana Dental, Vision, Life

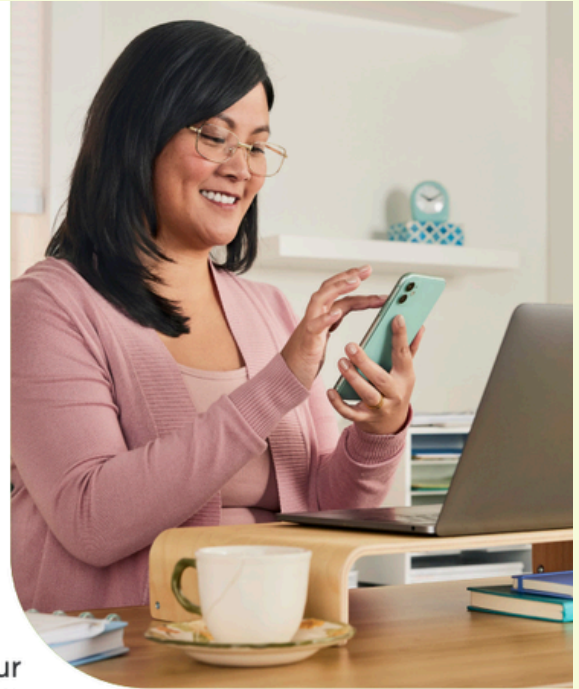


Manage your Humana plan online



MyHumana on the go

Once you become a Humana plan member, you get the most out of your plan with a MyHumana account, and take your Humana essentials wherever you go with the **MyHumana mobile app**.

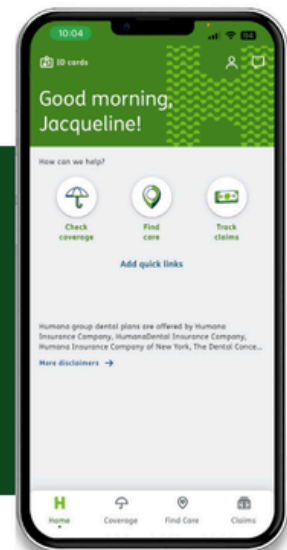


Depending on your plan, you can use the app to:

- Explore coverage and benefit details the moment you need them
- Get your member ID cards and add them to your phone's wallet
- Find care close to you and get directions on your phone's map app
- Review claims status
- Estimate your out-of-pocket costs before your appointment
- Access your exclusive member discounts



Once your Humana plan coverage begins, go to **MyHumana.com** to activate your account or **download and register on the MyHumana app** for iOS and Android. Learn more at **Humana.com/member/manage-your-account**



Humana®

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FAQs

Who is Bright Life Health and Wellness?

BL is committed to advancing global well-being by delivering actionable national health insights and wellness market statistics. Our mission is to close the gap between raw data and meaningful health solutions, equipping businesses and healthcare professionals with the tools to improve lives. To support this, BL employs Wellness Associates (WAs) who provide information about their health and consumer habits. In return, employees receive guaranteed payments from BL, and W-2s are issued to each employee.

What are the expectations of a Wellness Associate?

Each month, you'll receive an email and/or text from Bright Life inviting you to contribute to our de-identified, anonymous data set by participating in a health research activity. These activities are accessed through your Wellness Associate portal, the Employee Wellness Hub (EWH) — your single dashboard for accessing and understanding all of your benefits. Activities can vary and may include surveys, videos, quizzes, protocols, telemedicine, healthcare satisfaction and utilization surveys, and more. In return for sharing your data, Bright Life will pay you.

What benefits are offered to Wellness Associates?

Active Wellness Associates are eligible to participate in group medical and wellness benefits. These benefits are available to similarly situated Wellness Associates, provided premiums are paid on time. Failure to pay premiums in a timely manner may result in loss of coverage under the terms of the plan.

What are qualified health activities?

Wellness Associates are compensated at a rate of \$40 per hour for completing health research activities, calculated on a pro-rata basis according to the time spent on each task. For example, 15 minutes of work would earn you \$10. Each activity is designed to take 15 minutes or less to complete. Examples of activities include watching videos, taking surveys, health coaching, logging vitals, and many more!

Who has the option to complete an activity in their EWH?

The employee who holds the Wellness Associate status is the individual who may complete activities in their Employee Wellness Hub.

Quick Reference Guide



Customer Service: OBA

Phone: 844-500-8729



Network

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<https://providersearch.multipian.com/>

Cigna Provider Search:

<https://hcpdirectory.cigna.com/web/public/consumer/directory/search>



Telemedicine: Our Live Doc

VPC & VUC: 940-LIVEDOC (940-548-3362)

Behavioral Health: 866-890-3741



Verus PBM

Phone: 1-800-838-0007

Website: [Verus-rx.com](https://verus-rx.com)



Employee Wellness Hub (EWH)

Log In: <https://employeewellnesshub.app/login>



HR or Paycheck Inquiries

ADP

Phone: 844-500-8729

Email: Admin@brightlifehw.com



Lively HSA

Phone: 844-500-8729