



iMember

Guide

Benefits

Personal Health Dashboard™

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

Telehealth

Unlimited sessions with no copay and access to a licensed prescriptive-level practitioner for televisits 24/7/365, available to the whole family.

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.

OPTIONAL BENEFITS:

Biometric Screening

Screening includes: Albumin, Alkaline Phosphates (ALKP), Bilirubin, BUN, Calcium, Cotinine, Creatinine, GGT, Globulin, SGOT (AST), SGPT (ALT), Total Protein, Uric Acid, Glucose, Total Cholesterol, HDL, LDL, TC/HDL Ratio, Triglycerides, VLDL, LCL/HDL, Blood Pressure, & Measurements.

DNA Screening

DNA screenings provide insight into making healthy lifestyle choices based on your unique genetic profile. We offer three tests to choose from: Nutrition, Fitness, and Skin.

Accessing Your Personal Health Dashboard™

1

Plan Requirement - Read Carefully

Complete one wellness activity each month. In the first month of the plan, activate your account and complete the Health Risk Assessment.

Staying compliant is simple. If you miss a monthly activity, you'll still receive a digital health newsletter by email or text. Just stay subscribed, and you're all set. A list of Qualifying Wellness Activities can be found on the home page of your Personal Health Dashboard™.

2

Activate Your Personal Health Dashboard™

- Visit kiehealth.ushealthcenter.com/app.
- Select **Activate Your Account**, then select **Activate by Demographics**.
- Enter your personal information and select **Activate your Account**.
- You will receive your username and be prompted to create a password. Remember for future logins!
- Select **Login** and enter your password.
- Congratulations! Your PHD account is now activated, and you are logged in.
- Watch the short video for your first month's activity!



3

Complete the Health Risk Assessment (HRA)

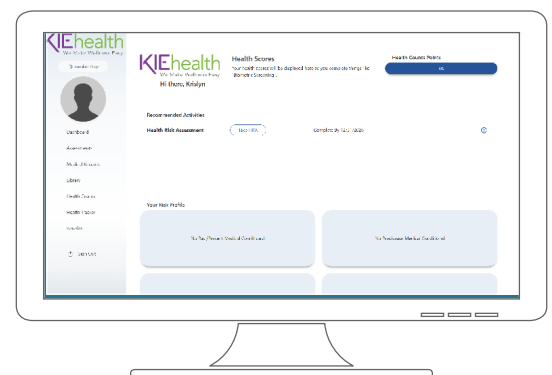
This dynamic assessment has the ability to forecast future health concerns based on your current and past medical history, biometrics, and lifestyle.

It is recommended to complete the online Health Risk Assessment next. The assessment will count as a qualifying monthly activity, and it takes less than 15 minutes. Once completed, you can easily review your results under **Medical Records > Health Assessment Report**.

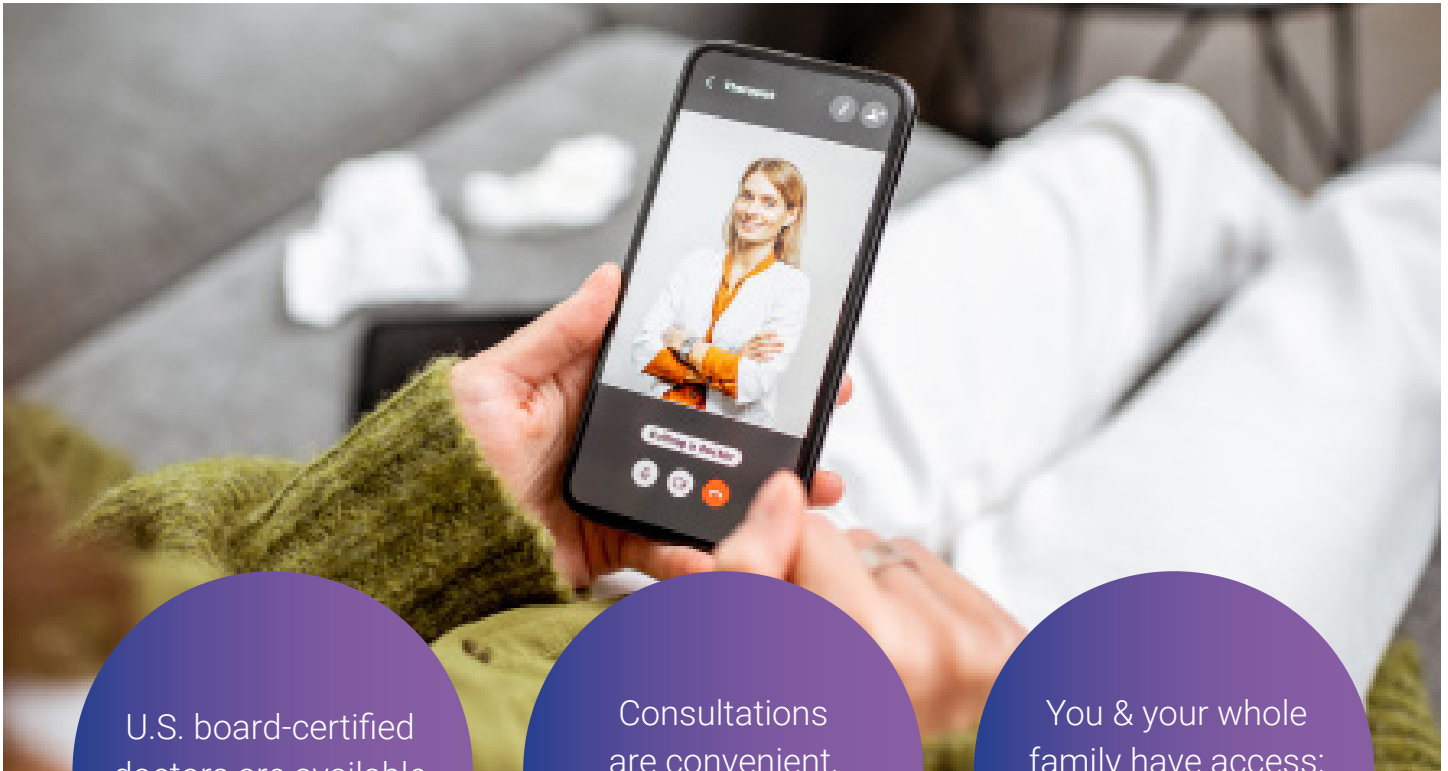
Mobile App

AFTER you have created your PHD account with Step 1 above, you can download the mobile app.

Complete your health optimization activities right on the mobile app. Search "Personal Health Dashboard" in the app store or scan the QR code.



Telehealth Program



U.S. board-certified doctors are available 24/7/365 nationwide.

Consultations are convenient, private, & secure.

You & your whole family have access; no co-pays or surprise bills.

Pharmacy + Health Discounts

- Bilingual Primary Care Telemedicine either on the phone or through secured video chat. \$0 Copay.
- \$0 Copay for many common medications at any pharmacy.
- Short-term Mental Health therapy with 100% follow up and \$0 Copay.

Drug Formulary

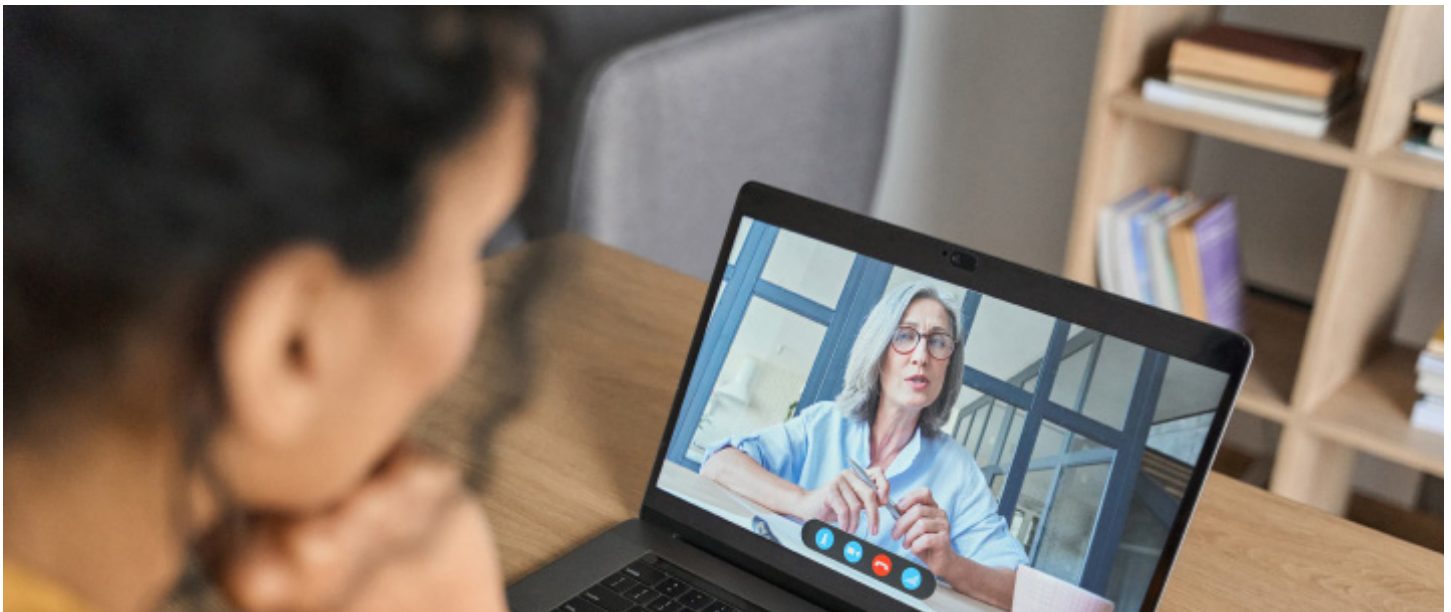
- [Click here](#) for your full RX Formulary.



Talk to us!

(888) 585-8742

Telehealth Program



Mental Health Therapy

Talk to or text a licensed Mental Health Therapist 24/7/365 nationwide. Some common issues we can help you with include:

- ADHD
- Addictions
- Anger Management
- Anxiety
- Bipolar Disorders
- Bullying
- Career-Related Stress
- Child/Adolescent Issues
- Depressions
- Divorce
- Eating Disorders
- Grief and Loss
- Life Changes
- Nutrition Counseling
- Panic Disorders
- Parenting Issues
- Relationship & Marriage Issues
- Self-Image
- Stress
- Substance Abuse
- Trauma and PTSD
- And More!



Talk to us!

(888) 585-8742



What is Wholeistic™ 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.

Call or email us to get started!

Contact us toll-free at 877-322-7398 x 3 at any time.

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 weekday hours of your request.

Send an email to healthcoach@ushealthcenterinc.com.

Biometric Screening Kit

It's Your Health. Know Your Numbers.

As part of your program, you are eligible to order a biometric screening kit at a discounted cost. This comprehensive health screening, when coupled with the online Health Risk Assessment (HRA), can proactively identify the potential onset of various diseases such as diabetes, heart disease, hypertension, and other chronic conditions. Combine that with Wholeistic™ Coaching, and the screening experience can be a powerful motivation toward positive lifestyle changes.

This individual screening provides access to a venipuncture blood draw and body analysis that includes:

- Lipid Profile, Glucose, Liver, Tobacco, Plus Blood Chemistries
- Body analysis for Height, Weight, BMI, Body Fat, Blood Pressure
- Comprehensive Health Report Card



The process is easy!

Log in to your Personal Health Dashboard™ or scan the QR Code.

1. Go to **HealthMall > Order Health Screening**.
2. Purchase your lab kit.
3. Your test will arrive in approximately 7-14 business days with instructions and a list of nearby clinics.
4. Once your results are processed, you will receive an email notification from US Health-Center to log in to your Personal Health Dashboard™ and view your report.



All the results are kept confidential. You will obtain valuable data to prioritize your risk resolution plan.

DNA Screening Kit

It's Your Health. Know Your Genetics.

As part of your program, you are eligible to order a DNA Screening kit at a discounted cost. Genetic testing is an important healthcare tool that can tell you a lot about your body. Often, test results can help doctors diagnose and predict a person's risk for developing a disease.

DNA Tests Available

Nutrition - Discover 43 genetic traits related to your diet, eating behaviors, and nutritional needs. This test is highly recommended for those with potential food allergies, vitamin deficiencies, or individuals who wish to lose weight or gain muscle.

Fitness - Identify 31 genetic traits that are essential to fitness, including strength, recovery, and performance. Learn more about how your body reacts to the volume of workouts, duration of the workouts, and the level of repetition you can withstand.

Skin - Identify 25 genetic traits that will help you develop and maintain a healthier skincare routine. From complexion to nutritional deficiencies, receive personalized treatment recommendations based on your unique genetic profile.

Getting Started is Easy!



Log in to your
Personal Health Dashboard™
or scan the QR code.

1. Go to **HealthMall > Order DNA Kit**.
2. Order one of the tests listed.
3. Your test will arrive in approx. 7-14 business days.
4. When it arrives, follow the instructions and mail your sample back to the lab.
5. When your results are ready, you will receive an email from US HealthCenter with your report.

Need Assistance?
877-322-7398 Ext. 2
wellness@ushealthcenterinc.com

Paycheck Example



Using \$31,200.00 per year sample information.

	Without KIEhealth	With KIEhealth
Monthly Gross Pay	\$2,600.00	\$2,600.00
Major Medical Premium	\$0.00	\$0.00
Additional Pre-tax Deductions	\$0.00	\$0.00
Wellness Plan Premium	\$0.00	-\$1,200.00
Taxable Income	\$2,600.00	\$1,400.00
Federal Withholding	\$142.13	\$15.00
Social Security	\$161.20	\$86.80
Medicare	\$37.70	\$20.30
State Withholding	\$86.69	\$33.66
Post-tax Income (Paycheck from Employer)	\$2,172.28	\$1,244.24
Wellness Reward	\$0.00	\$1,000.00
Total Amount to Bank Account	\$2,172.28	\$2,244.24
Dollars available for employees to use at their discretion	\$0.00	\$71.96

The above is an example using \$31,200.00 per year sample information. KIEhealth cannot guarantee the same favorable tax outcome in all situations as federal and state tax laws are continuously changing.

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\$71.96
Per-Month Increase

\$863.52
Per-Year Increase

Disclaimer



kiehealth.ushealthcenter.com/app

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For more information or to opt out of this benefit, you must call 800-306-3112 within 30 days of your benefit's effective date.