

## MyLife MyPlan

Creative health solutions for Optima Health members.

For more information call  
1-800-736-8272  
[optimahealth.com/mylifemyplan](http://optimahealth.com/mylifemyplan)



**Optima Health**   
A Service of Sentara

4417 Corporation Lane  
Virginia Beach, VA 23462

Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, and Sentara Health Plans, Inc. Optima Vantage HMO products and Point-of-Service products are underwritten by Optima Health Plan. Optima Plus PPO products and Optima Individual Plans are underwritten by Optima Health Insurance Company. Sentara Health Plans, Inc. provides administrative and TPA services for self-insured group health plans. The services listed in this brochure are value added benefits available to Optima Health plan members and not covered benefits under any Optima Health plan.

Updated 2/2012

Getting Started

Staying Healthy

Improving Health

Saving More

Managing Meds

Partners In Pregnancy

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Your *Care Manager* can help make a difference in your life.

**Saving More** provides added value for members with discounts on products and services including massage therapy, natural supplements, eye exams, eyewear, hearing aids, fitness centers and more.

**Managing Meds** helps ensure the safety, effectiveness and affordability of the prescription medications covered by your pharmacy benefit.



**Partners in Pregnancy** helps coach expectant mothers through their pregnancy and encourages healthy prenatal choices and regular physician visits.

**O**ptima Health offers creative health solutions to help you take charge and get the most out of your health plan and life – introducing **MyLife MyPlan**. Our revolutionary programs, designed with clinical experts, show you how to get started, stay motivated and exceed your health improvement goals.

Let **MyLife MyPlan** work for you!

## Get Started With Your Personal Health Assessment

**B**egin taking charge of your health by completing your Personal Health Assessment annually to learn ways to improve your health and lower your health risks.

- Visit **optimahealth.com**
- Select **Start Your Personal Health Assessment** to begin.
- If you have not registered on our site, select **Register now**.
- **Sign in** using your username and password.
- Select **Personal Health Assessment** from the Member menu.



**Getting Started** is a Personal Health Assessment members complete online to receive health improvement and lifestyle information. Get started now!

**Staying Healthy** offers award-winning nutrition, fitness, tobacco cessation and screening programs.

*WalkAbout with Healthy Edge* gets you moving with a free pedometer.

**Improving Health** involves a *Care Manager*, specialized in clinical, behavior and disease management, dedicated to helping you manage your specific health needs.



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