

Assure Pass



Assure Pass

Included in this membership:

Association Membership	<ul style="list-style-type: none"> • American Services Association
Association Benefits	<ul style="list-style-type: none"> • Personal Wellness Specialist • Wellness Assessment • Get Fit On The Go Mobile Workout Program • Prescription Assistance Program • Life Extension Vitamin & Supplement Discounts • LabCorp Blood Testing Services • 1.800MD Telehealth • Healthcare Navigation • Elder Care Solutions • Surgery Cost Saver • Medical Bill Negotiation

About the Association



The American Service Association (ASA) is an association of members, many of whom are entrepreneurs, self-employed workers and independent contractors.

An ASA membership comes with a variety of top-quality health and wellness, lifestyle and small business benefits, services and discounts to help reduce out-of-pocket expenses. The ASA membership gives members access to these types of valuable benefits at a discounted rate through the collective power of joining a large, established association.

About Wellness Plan of America



Wellness Plan of America is a comprehensive membership designed to address everyday health and wellness needs. This program was created to assist members in making the necessary lifestyle changes vital to long term health through free services in addition to members only savings on wellness benefits. What makes WPA unique is that we provide access to our highly trained Wellness Specialist as members make the journey to good health and wellness.

Our mission is to improve our member's quality of life by offering programs and lifestyle benefits supported by Personal Wellness Specialist who promote good health and wellness to live long and live well.

As a WPA member you'll have unlimited FREE access to the Wellness Programs and services in this booklet as they are all included in your membership.

Again, these are all at NO COST TO YOU and are meant to provide guidance, support, and direction on your journey to natural good health and wellness.

Association Benefits

Personal Wellness Specialist

Allow our personal Wellness Specialist team to coordinate your journey to wellness for your lifetime. Your personal Wellness Specialist will help you navigate your lifestyle benefits to continuously make the most of your membership.

Our Wellness Specialists are dedicated to helping members save time and money by assisting with the most common health and wellness needs including:

- Locating a healthcare provider for treatment such as: Doctor, Dental, Vision, Hearing, Routine Checkups, or preventative care. WPA will work on the member's behalf to price shop doctors in your local area to find you the best and most affordable option!
- Scheduling those provider appointments
- Medical Imaging appointments such as CT Scans, MRI's, X-Rays, Ultrasounds and more call your specialist
- Locating medical equipment at the lowest possible price
- Locating and ordering medical Supplies
- Scheduling Blood Testing such as Cancer Screening & other preventative Tests
- Colonoscopy & Endoscopy Scheduling and price negotiations
- Escalation to our Prescription Savings Specialists who will find your medications at the lowest possible price; as an example, on average members save UP TO 85% off the current costs of their brand name medications with WPA's Prescription Assistance Program.

To use this benefit:

Get started on your wellness journey today call your Personal Wellness Specialist at: 1-855-700-WELL (9355).

Wellness Intake Form

Jumpstart your journey to a healthy lifestyle by visiting www.WellnessPlanofAmerica.com and log into your Member Portal to then complete your Intake Form. You will receive a free personalized response which will include general recommendations on wellness programs for you based on your lifestyle. Your Personal Wellness Specialist Team is standing by call today at: 1-855-700-WELL (9355)

Wellness Assessment Form

Jump start the journey to a healthy lifestyle, members have unlimited access to a complimentary in-depth online wellness assessment. Upon completion of the assessment, WPA follows-up and provides recommendations designed specifically for the member and their needs.

The Wellness Assessment is a questionnaire used commonly to identify factors in individuals that increase their risk of impairments or disabilities and then recommend behavioral modifications to minimize their impact. Some assessments may even provide an estimate of health risks to which a client or individual may be vulnerable due to genetics, family history, or their own lifestyle choices.

Our easy to use and simple process will ask members about their exercise habits, eating habits, perceptions of their own health and other lifestyle related items. The information they securely provide will then be used to direct them towards specific program recommendations to help them take control of their own health and help them make any necessary lifestyle changes to prevent health conditions from developing. In addition, the WPA has many cost saving features that directly help our members with the most common, day to day, out of pocket health care expenses.

Find out more about how the WPA can be YOUR complete wellness partner today!

Get Fit On The Go Mobile Workout

Log in and enjoy free workout videos with motivating instructors – whether you are focusing on weight loss, strength training, or yoga, we have it all and more at your fingertips! Specific exercise and stretching programs to strengthen and maintain a healthy spine and lower back. You will have unlimited access to hundreds of workout videos on demand, available at any time wherever you are. You can access classes on multiple devices including your iPhone, iPad, Android phone or tablet, computer and even your TV. Say goodbye to your workout excuses and Get Fit on the Go!

Workout videos are now available within your member portal by logging into www.WellnessPlanofAmerica.com or Call us today at: 1-855-700-WELL (9355).

Association Benefits

Prescription Savings

Easy to use prescriptions savings options to help save money. This includes buy-it-now options at the best price, as well as other savings available by working with the prescribing doctor.

6 Ways to Save

1. Best Retail Price at your pharmacy
2. Mail Order Delivery
3. Generic Alternatives
4. Therapeutic Equivalent
5. Pill-Splitting
6. Prescription Savings Program

Prescription Savings is a comprehensive program that utilizes a network of prescription resources to find the lowest price available on your prescription medications. The prescription team experts work on your behalf to provide a FREE detailed analysis of your available savings through the Prescription Assistance Program.

WPA Prescription Assistance Program offers:

- Prescription Expert who works on your behalf as a personal prescription advocate
- Access to thousands of FDA approved medications
- FDA approved brand name prescription medications with a service fee as low as \$25 per eligible medication per month and you make the decision if the value of your savings makes sense to you
- Access to substantial savings on eligible generic prescription medications
- No age or income limit to apply for the Prescription Assistance Program
- No limit on the number of medications
- Prescription experts will personally communicate with your Doctors to obtain signatures
- Prescription experts will assist in completion and submission of all paperwork directly to each pharmaceutical company and or physician's office
- Adding or changing medications or dosages is fast and easy by just contacting your prescription expert
- Prescription expert manage the process of your prescription re-order
- Prescription expert to manage your annual re-qualification requirements

Reasons to Utilize the WPA Prescription Assistance Programs:

1. Studies have consistently shown that 20 percent to 30 percent of medication prescriptions are never filled (High Cost Medication).
2. Approximately 50 percent of medications for chronic disease are not taken as prescribed are not filled.
3. 1/3 of patients take all their medicine, 1/3 take some, 1/3 don't take any at all (Rx prescription never filled cost).

How we make Prescriptions Easy for You!

PAP experts call each potential PAP member to review the information below.

Members Applying for a PAP medication need to:

1. Verify medication Name, Dosage and Frequency.
2. Have on hand all prescribing Physician Information, while also confirming the Physician's Office will accept shipments of medications if necessary.
3. Explain how medication will be serviced (Pharmacy Card, Medication Shipped to Home or Physician's Office, etc.).
4. Member expectations set for Length of Program, Enrolment, Re-enrolment Periods and other program information

To use this benefit:

If you take prescription medications and have a hard time affording the cost, please contact a Specialist today at 1-855-700-WELL (9355) to see how we can help!

Association Benefits

Life Extension Vitamins & Supplements

Life Extension offers over 350 premium-quality formulations that set the industry standard for purity, potency, and efficacy. Vitamins, minerals, hormones, support for heart, bone, and brain health, and much more. Life Extension formulas are based on the latest scientific studies and all come with a 100% money-back guarantee.

Life Extension has designed special nutritional supplement combinations at savings of up to 35% off retail... especially for Wellness Plan of America members! Call Life Extension Toll-Free at 1-855-878-0585 to order.



To use this benefit:

To order your Life Extension Vitamin & Supplement Kits today or for more information please log into your Member Portal at www.WellnessPlanofAmerica.com or call Life Extension Toll-Free at 1-855-878-0585!

Blood Testing Services

LabCorp offers unique blood test services to help you head off potential problems with hundreds of blood tests and comprehensive panels. In addition, they cost a fraction of what commercial blood labs charge, with no insurance required (or accepted)!



Take control of your own health with this innovative blood testing service.

- Remarkably affordable member prices
- No insurance required or accepted
- Nearby locations by Zip code

Testing is as easy as 1-2-3

1. Call 1-855-700-WELL (9355)
2. Take the requisition you will receive by mail to a local LabCorp Patient Service Center blood lab
3. Have your blood drawn at your convenience

Understanding your results!

1. Your results will be sent directly to you ... by mail, e-mail or fax. Alternatively, you can view them online. It's your call. Results take 3 days to 3 weeks to receive, depending on the complexity of the blood tests ordered and your chosen method of delivery.
2. Once you receive your test results, discuss them with your own doctor. You can also call 1-855-700-(9355) and ask one of our knowledgeable Health Advisors for help in understanding your blood test results. *Blood testing services are available only in the continental United States and Anchorage, AK.

Certain restrictions apply for residents of MA, NY, NJ, MD and RI. Due to state billing laws, customers will receive a blood draw kit (an additional local blood draw fee may be incurred).

Blood Test Categories

- Cancer Tests
- Heart Health
- Hormone Testing
- Men's Health Concerns
- Bone Health
- Kidney and Metabolic
- Infections & Immune Disorders
- Allergies
- Health and Wellness Panels
- Nutrient Testing
- Urinary Tests
- Women's Health Concerns

For more information on LabCorp Blood test services:

Please log into your Member Portal at www.WellnessPlanofAmerica.com or call 1-855-700-WELL (9355)

Association Benefits

1.800MD Behavioral Health Program

CONVENIENT
CARE ANYWHERE™



1-800MD's national telemedicine program provides the MAP (Member Assistance Program) Behavioral Health Program with fast and convenient access to quality medical care 24 hours a day, 7 days a week, 365 days a year. It's an easily accessible alternative to inconvenient and expensive therapist and physician visits, during and after normal business hours, from home, office or while traveling. Members can request a FREE therapist or clinician consultation by telephone calling 1-800-530-8666 or on-line at www.1800md.com.

- **Clinical Assessment.** 1800MD's licensed mental health clinicians ('Case Managers') answer every telephonic, chat or email intake directly and prepare a comprehensive care plan that focuses on resolution within the program.
- **Referral.** After conducting the initial assessment, the Case Manager will make a strategic referral to a local network clinician who meets the following criteria: specialty matches presenting concern; proximity to the participant's home or office; participates in the member's benefit plan (MHSA) network; and verified willingness to accept new appointments.
- **Counseling.** After the first two stages are complete, the participant is referred to a local clinician for face-to-face counseling or (upon request) to technology-driven care through 1800MD's eConnect® tele-behavioral counseling platform. The clinician will spend the first counseling session evaluating the member. Subsequent sessions are used to facilitate treatment.
- **Follow-Up.** 1800MD follows up with both the participant and the affiliate clinician after counseling sessions have been exhausted. Although this follow-up typically leads to case closure and resolution, 1800MD will facilitate a referral to the medical plan or a community-based resource if the participant's concern is not fully-resolved.

Healthcare Navigation

Allow our personal Wellness Specialist team to coordinate your journey to wellness for your lifetime. Your personal Wellness Specialist will help you navigate your lifestyle benefits to continuously make the most of your membership.

Our Wellness Specialists are dedicated to helping members save time and money by assisting with the most common health and wellness needs including:

- Locate, schedule and negotiate healthcare
- Medical Imaging appointments such as CT Scans, MRI's, X-Rays, Ultrasounds and more Locate medical equipments & supplies at the lowest possible price
- Physician, Hospital & Specialists Search – Care Navigator will provide you with a list of local, qualified providers and their best available pricing on requested procedures. This allows you to make an informed, time and money-saving decision on their health care.
- Health Cost Estimates – We can provide you with cost estimates for various outpatient procedures in your area, so you can make informed decisions.
- Alternative Medicine – We can contact and schedule appointments with alternative medicine providers including acupuncture, chiropractic care, massage therapy and more.
- Appointment Scheduling – We can schedule appointments with doctors, Dental, Vision, Hearing, Routine Checkups or preventative care.

Association Benefits

Elder Care Solutions

We can assist you in locating living facilities, coordinating Home Health Care, transportation, prescription delivery, exploring Disability and VA benefits, supplemental insurance and more.

- **Transportation:** While driving in one's personal vehicle is undoubtedly convenient, the best way to ensure continued transportation as we age is to become comfortable using a variety of options. People often look to family and friends to assist with transportation, but this may not always be possible. Community transportation can help you stay connected to essential services and other activities. Local experts, such as mobility managers and information and referral specialists, can assist you in learning about the transportation options in your community.
- The transportation options available in your community are likely to include some of the services listed below. Keep in mind that names of these services:
- **Taxi Services.** Taxis are licensed vehicles that offer on-demand services to passengers. Trips usually can be scheduled in advance or on the spot, and fares are charged per mile or per minute. Many communities require taxi companies to have accessible vehicles in their fleets. Some community agencies offer taxi vouchers to older adults and people with disabilities who meet certain eligibility criteria.
- **Travel Training.** Public transit agencies and local aging and disability organizations provide free instruction to help new riders learn to travel safely on public transit. Travel training may be provided by professionals or peers who are experienced users of public transit. The training generally includes classroom instruction plus a group trip on transit.
- **Paratransit** must be offered by public transit agencies to individuals who are not able to use fixed route service. This is a requirement of the Americans with Disabilities Act (ADA). Paratransit is a complement to public transit, so must operate within $\frac{3}{4}$ of a mile of the fixed route and is available during the same hours as the fixed route service. Paratransit is a door-to-door service. A personal care attendant can travel with the passenger at no cost. To qualify for paratransit, riders need to meet specific eligibility requirements established under ADA.
- **Overall Support:** Speak with an Information Specialist who can connect you to the right resource, which often is a local program that can offer assistance where you need it most—in your community. Learn about the federal, state and local programs designed to support people as they age, including home and community-based services, caregiver supports, benefits counseling and more.
- **Locating Living Facilities:** Group living arrangements are another housing option very important to many older adults. Group settings provide housing, a range of in-home support services and some social activities. Both the housing and in-home support services are designed to meet the individual needs of those who require help with "activities of daily living" or "instrumental activities of daily living". However, group housing does not offer the level of medical care provided in nursing homes.
- Because running to your mailbox is easier than running out. When your prescription is ready for pick-up, call the pharmacy to have it delivered. Choices matter and, with over 60,000 pharmacies nationwide, the inherent price competition to be the low cost provider means significant savings. Multiple mail order solutions and delivery methods available call for more details.
- Veterans who have disabilities, medical conditions or injuries incurred or aggravated during active military service—no matter when or where they served—may be eligible to receive tax-free monthly benefits.
- Collecting documentation for your VA benefits can be a challenge and frustrating sometimes provided below is an easily accessible way to obtain access to your Veterans' service Records
- Original Medicare pays for many, but not all, health care services and supplies. A Medigap policy, sold by private insurance companies, can help pay some of the health care costs ("gaps") that Original Medicare does not cover, like copayments, coinsurance, and deductibles.

Association Benefits

Surgery Cost Saver

When your doctor tells you that you need surgery, the virtually unknown fact is that surgical costs and quality can vary greatly from facility to facility. Let our experienced specialists do the legwork to obtain real-time cost, quality and availability. This information helps you become an informed health care consumer.

- Each Care Navigator member has access to an experienced Advisor who researches up to five surgical facilities for non-emergency procedures in your area providing information regarding cost, quality, availability and physician privileges
- Advisors have found an average \$13,000 cost difference between the least expensive and most expensive facilities with no difference in quality ratings.

Medical Bill Negotiation

Talk about trauma. The last thing most people need after a frightening or painful medical procedure is an equally terrifying hospital bill. The impact of unexpected, high medical bills can be really devastating and stressful to individuals and families, Care Navigator which works with health care consumers to reduce medical costs. But don't despair. Health care consumers have a range of options when it comes to tackling medical debt. Here is what to know if you cannot repay your medical bills.

- WPA offers our Medical Billing Assistance Program that helps assist members to navigate settling or reducing outstanding unpaid medical bills.
- Our Medical Bill Specialists will guide you through the process of managing your outstanding balances through all available means including negotiations, financial assistance and/ or billing errors.
- Our medical bill specialists assist with bills that have not gone into collection but will also look at those that have as well.
- Our highly trained Medical Billing Specialists will contact you to review and discuss the process we are standing by now to accept your Medical Bills.
- Care Navigator Advisors will assign members a personal WPA Patient Billing specialist to work directly with your health care provider to help reduce medical bills. Whether through program qualification, settlement discounts, personalized payment plans, etc. our expert advocates can help lower these medical bills to something more manageable.

