

Smart Health Book

Welcome to Smart Health Book



Thank you for enrolling in Smart Health Book. We hope you will find these benefits to be the perfect solution to offset the rising cost of healthcare. It's important to have benefits that provide peace of mind for you and your family, as well as help pay for unexpected out-of-pocket healthcare expenses. Please review this information and contact Customer Service at 1-800-269-3563 with any questions.

Included in this plan:

Non-Insured Benefits

- Smart Health Book
- Prioritize Wellness

Please read through the following product information to learn about your benefits and how to access them.

Discount Program

Smart Health Book

We are very proud of the cutting edge technology and services we have developed to help thousands of members access affordable dental care and enjoy healthy smiles. Remember, you can access Smart Health Book through our Mobile App, the Web, or simply call us directly to connect with dentists, review prices, book appointments and save. It really is that easy!



Before Making an Appointment – Call Us First!

Our Elite Care Coordinators will help you find a provider, check appointment availability, and verify the lowest available rates for procedures, BEFORE you arrive at the dental office. This way there are NO SURPRISES when you show up for your visit! This is a valuable feature included with your Smart Health Book membership.

To schedule an appointment, contact us Monday–Friday from 9:00am–5:00pm Eastern Time at (866) 305-7015

Special Offers and Discounts

Also, included with your membership you have access to special offers and discounts of 10% - 50% or more* off procedures at participating dental providers. Visit your member portal to access your Access One Member Participation Agreement. This agreement outlines the details and specific fees associated with the Discount Medical Program (DMP)* portion of your Smart Health Book membership. You also have access to prescription discounts and vision discounts at no extra cost to you!

Provider Search



Search for Dental Providers at:

www.smarthealthbook.com/index.html#/welcome/login

Search for Vision Providers at:

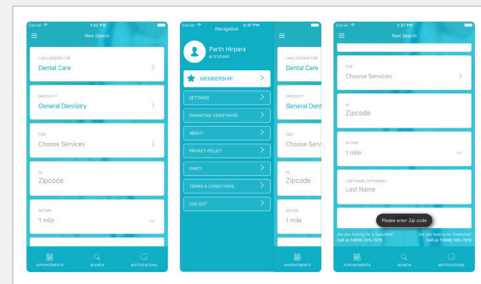
www.toolbox.e2visionlookup.com

Search for Participating Pharmacies at:

www.paramountrx.com/main/PharmLocator.aspx

Download the App!

Visit the Apple App Store or Google Play to download the Smart Health Book Mobile App.



www.shbdental.com

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Our mailing address is: 16250 NW 59th Avenue, Suite 208, Miami Lakes, FL 33014

DISCLOSURE: This plan is NOT INSURANCE, nor is it a replacement for insurance. It is a discount plan and does not meet the requirements of the Affordable Care Act (ACA). You must pay for services at the time they are rendered. If you receive services at a participating provider you will receive a discount on those services. It is not a Part D prescription drug plan. Neither Smart Health Dental nor Access One will pay any fees to providers. You may request a refund within 30 days of receipt of your ID card and all monthly fees paid for your Smart Health Dental Discount program, excluding the one-time non-refundable application fee, will be refunded. If you have a complaint regarding the plan you may contact Access One Consumer Health 84 Villa Rd. Greenville SC 29615 - (866) 305-7015.

* The Discount Medical Plan portion of this membership is not available to residents in AK, MT, RI, VT, UT, or WA. Savings percentages are not guaranteed to residents of these states; however, Smart Health Book Elite Care Coordination services are available to residents in all 50 states plus Washington DC.

Health & Wellness Resource

Prioritize Wellness

Prioritize Wellness is an independently managed health and wellness resource that will help you in your journey for a healthier lifestyle. We are here to consistently provide you with knowledge on our four pillars of health. At Prioritize Wellness, we dedicate our time to helping you live your best and healthiest life. Your health is our priority.



Four Pillars of Health

We believe that there are four pillars of health that are essential to living a healthy lifestyle:

- Nutrition
- Fitness
- Sleep + Stress Management
- Supplementation

We have chosen these areas of focus because they provide a holistic approach to whole body wellness. Nutrition, fitness, sleep, stress management and supplementation play a vital role in an individual's overall health.

Nutrition



Nutrition is the process of providing or obtaining the food necessary for health and growth. The importance of proper nutrition has been well established for years within the medical community. An individual's eating habits directly effect his or her likelihood of developing several life-threatening conditions.

Proper nutrition can:

- Maintain proper body function
- Increase energy levels
- Promote weight management
- Enhance immune function
- Reduce disease risk
- Improve pre-existing health conditions
- Enhance overall quality of life

We will make it easy for you to eat healthy by offering bi-weekly grocery lists and recipes. On our website, prioritizewellness.com/nutrition, you can download a free e-book nutrition guide that contains a grocery list and a sample meal plan.

Exercise



Regular physical activity is an important part of a healthy lifestyle. It contributes to the quality of life both physically and mentally. Although the importance and benefits of exercise have been emphasized through many outlets, it is difficult for many individuals to make exercise a priority and to stay consistent with their fitness goals.

Our fitness program will help you:

- Become informed about fitness
- Customize your own fitness plan
- Make exercise a priority
- Have a clear vision for your fitness goals

Our three basic programs include information about:

- Weight training
- Cardiovascular exercises
- Flexibility and restorative exercises

Health & Wellness Resource

Stress Management + Sleep



Stress and sleep are two areas of an individual's life that interact with one another, so we have combined stress management and sleep into our third pillar of health.

We will:

- Discuss how sleep and stress are connected
- Discuss the different stages of sleep and provide sleep need information
- Discuss the side effects of sleep deprivation and how to obtain better sleep
- Discuss how to manage stress with stress management techniques

We understand the importance of quality sleep, and our program gives you the knowledge on how to cultivate better sleeping habits, and how to keep stress levels managed.

Supplementation



Supplementation is our fourth and last pillar of health. Supplementation is the practice of supplementing nutrients, such as vitamins and minerals, that are not obtained through diet alone to achieve optimum health.

Supplementation can:

- Fill in nutritional gaps
- Increase energy levels
- Naturally improve health conditions
- Enhance quality of life

In regard to supplementation education, we will:

- Explain who may need to take a dietary supplement
- Discuss supplement quality
- Provide supplement recommendations

To register for Prioritize Wellness:

- Go to: www.prioritizewellness.com
- Click login/Sign Up
- Enter Your Name and Email

A registration email will be sent with a link to complete your registration

On the member registration page, you will need to enter the following:

- First Name
- Last Name
- Product Code: **SMB**
- Confirm Your Email
- Click "Verification"
- Click "Submit"