

## Tomorrow's Health Today

You can stay ahead of illness and build healthy habits with preventive care. Get ready to explore the power of prevention and safeguard your well-being to create a healthier tomorrow.

### Prioritize Check-Ups

Preventive care is vital because it helps detect and address health issues early, leading to better outcomes and lower healthcare costs. By maintaining your overall health and well-being, you can reduce the risk of developing a serious illness later in life. Improve your quality of life by following a few simple tasks.

#### Schedule Your Exams, Today

You can find an in-network provider anytime by logging in to your BCBS account.



#### Find a Primary Care Physician (PCP)

Your PCP is your focal point for establishing what your normal is. Working with someone who is familiar with your specific medical history and needs, also has the added bonus of making it easier to get the diagnosis and treatment you need.



#### Schedule Preventive Exams

Regular preventive care does more than just check your current health. Your annual preventive exam gives you a glimpse into your health both now and in the past, which can lead to insights and patterns to prevent future health concerns. Paired with age-appropriate exams—mammograms, colonoscopies, prostate—you can ensure your good health.



#### Get Your Immunizations

According to the World Health Organization, immunizations save over 3.5 million lives each year. By getting your annual immunizations, you are not only protecting yourself from preventable diseases, you are also safeguarding those around you by making sure you don't pass them on.

### Taking a Maintenance Medication?

If you have a chronic or long-term condition, having access to your essential medications is important for maintaining your long-term health and well-being.

To help you understand which prescriptions are covered by the BCBS FL medical plan, please visit [myhealthtoolkitfl.com](https://myhealthtoolkitfl.com). Once logged in, go to the **My Plan & Benefits > Pharmacy > Drug List** to find:

- **HDHP Preventive Drug List:** Discover the medications and medical services covered at 100% for HDHP enrollees.
- **Downloadable Drug List:** Explore no-cost preventive medications and find the lowest cost options for other drugs. Additionally, you'll find information on mail order services, specialty drugs, and no-cost blood glucose meters.

#### Pharmacy Benefits Made Simple

Get the most out of your OptumRx integrated pharmacy benefits. Use [myhealthtoolkit.com](https://myhealthtoolkit.com) to:

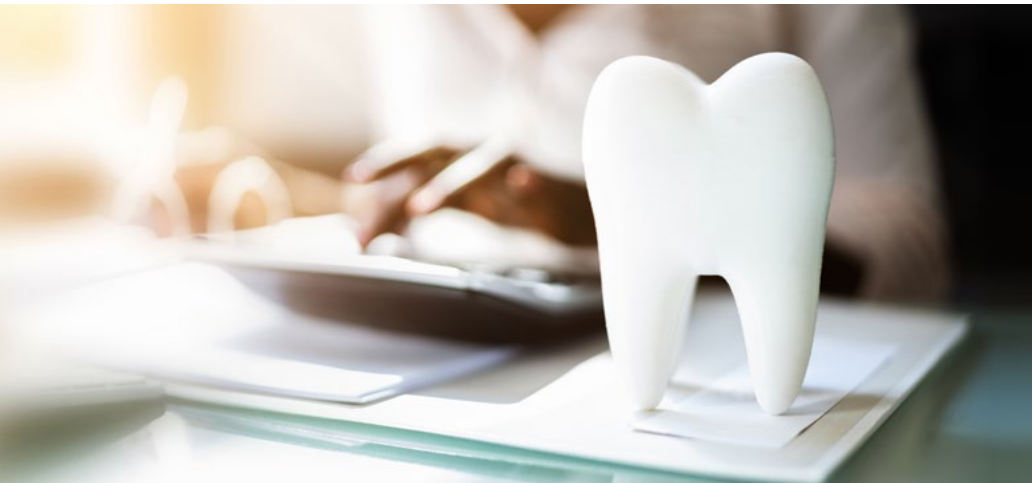
- Review information about your current prescriptions.
- Easily set up home delivery of ongoing medications.
- Use the Drug Pricing Tool to look up prescription costs.

# Smile Confidently

Keep your smile sparkling with a cleaning and exam every six months. In-network preventive care, such as dental exams, is **FREE** to you through the Delta Dental PPO Plan.

Here are six more reasons to get regular preventive dental cleanings:

 <b>Brighten your smile</b>	 <b>Prevent cavities (and pain)</b>	 <b>Protect against gum disease</b>	 <b>Avoid tooth loss</b>	 <b>Improve your overall health</b>	 <b>Save money</b>
Cleanings remove stains and polish your teeth.	Reduce dental expenses, avoid complications, and live pain-free.	Routine cleanings can help prevent gum disease.	Good oral habits support tooth health and stop tooth loss.	Your dental health can also impact your heart and brain health.	Get routine care to avoid costly procedures like root canals and crowns.



## Dental Health Tip

A good oral hygiene routine prevents gum disease and tooth decay, especially important during pregnancy. With Delta Dental, you have access to a **FREE** oral wellness program with special offers and incentives for maintaining a healthy smile. Join at [brushsmart.org](https://brushsmart.org).

## Give Yourself a Bright Future

Annual eye exams maintain both your vision and overall health. These preventive check-ups can help detect issues early, such as changes in your vision or the presence of diseases like diabetes or glaucoma.

By staying on top of your eye health with regular exams, you can ensure that your vision remains clear and your eyes stay healthy for years to come. Login to your account at [vsp.com](https://vsp.com) to find an in-network vision provider.



## See Clearly, Pay Less!

You can save on your annual eye exam by staying in-network. Your VSP vision plan covers in-network eye exams for just \$15. Don't wait, schedule your appointment today!

# Empowering Healthier Futures

If you are enrolled in a BCBS FL plan, you have access to three My Health Novel programs, at **no cost to you**. These programs are specially designed to help you make shifts in your day-to-day activities to create a better quality of life.

Access the programs by logging into [myhealthtoolkitfl.com](http://myhealthtoolkitfl.com) and clicking “Log In to My Health Novel” at the bottom of the page.



## Weight Management Program

Build healthier habits and access tools for nutrition, weight management, and physical activity. This program can help lower your risk of heart disease and Type 2 diabetes.



## Musculoskeletal Health Program

This program helps match you with a mobility solution for your physical and emotional needs to get you on the fastest track to comfort and recovery.



## Mental/Behavioral Health Program

With this program, you can decrease stress, improve sleep quality, and increase your overall happiness. My Health Novel includes on-demand/live sessions, mindfulness, meditation, and coaching/therapy.

# Nourish Your Mind: Prioritize Mental Health

## Use Your EAP for Proactive Well-Being

With the EAP, all employees (and immediate family) have access to 24/7 support in navigating family challenges, stress, chronic illness, financial issues, substance abuse, and elder care, and it offers 5 counseling sessions for **FREE. NEW!** Easily book a video, telephone, or in-person counseling appointment by logging into [one.telushealth.com](http://one.telushealth.com) and clicking on “Book a Counselor”.

### TELUS

Call: 866-695-6327  
Visit: [one.telushealth.com](http://one.telushealth.com)



SCAN ME

**Haven't registered yet?**  
Use the monthly invitation email containing your unique code to access the online portal.

## You Get to Choose Your Path

With the BCBS FL plan, you have access to several online programs to help you work through and overcome mental health issues. Find more details at [myhealthtoolkitfl.com](http://myhealthtoolkitfl.com) > **Wellness & Care Management** > **Mental and Behavioral Health**.

Meru Health	NOCD	YouTurn
Get paired with a dedicated therapist that will work with you to build long-lasting mental well-being. <b>Meru Health is 100% covered</b> by the plan.	Manage your OCD with a licensed therapist, therapeutic tools, and virtual support groups. NOCD has a low cost share depending on your plan.	You and your family can get support to manage the stressors that can lead to destructive substance use behavior. YouTurn has a low cost share depending on your plan.





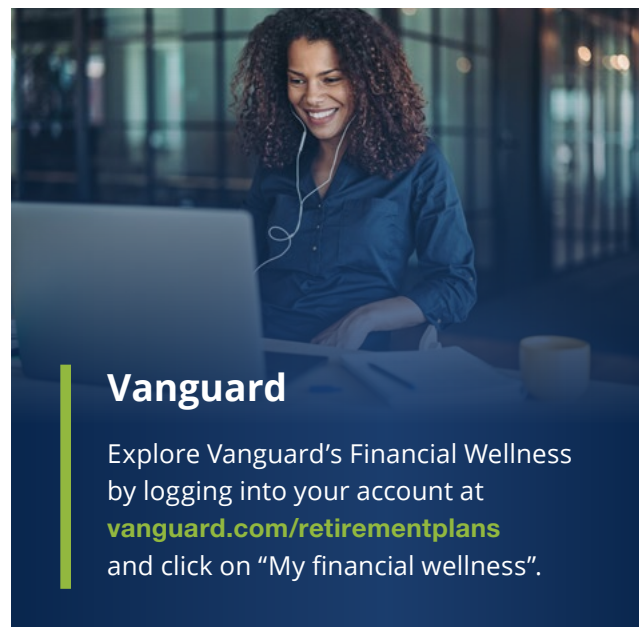
## Take Care of Future You

### Set Yourself Up for Financial Security

Your financial health is about more than just dollars and cents - it's about the peace of mind that comes with knowing you can live and retire on your terms.

Vanguard's Financial Wellness offers simple, supportive, and personalized tools and information that can help to:

- Take control of your finances
- Prepare for the unexpected
- Make progress toward your goals
- Live well in retirement
- Explore webinars



### Vanguard

Explore Vanguard's Financial Wellness by logging into your account at [vanguard.com/retirementplans](https://vanguard.com/retirementplans) and click on "My financial wellness".



## Invest in Y(our) Success with the ESPP

Roper's Employee Stock Purchase Plan (ESPP) gives you a chance to invest in Roper. You can purchase stock at a 10% discount\* and invest in our success, making it your success, too!

Stay tuned for more updates as we transition the ESPP to our new service provider, Fidelity. Further details coming soon!

\*Subject to plan restrictions and limitations.