

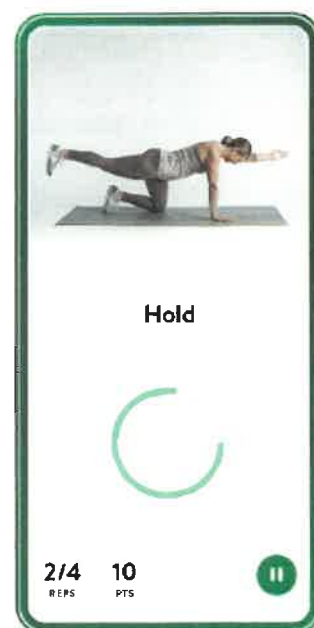
\$0
cost to you



Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy
at no cost to you. On average, participants reduce their pain by 68%.¹

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction



To learn more and apply, scan the QR code or visit
hinge.health/enroll-today

Questions? Call (855) 902-2777

Hinge Health está disponible en español

Alivia los dolores articulares y musculares y previene las lesiones con tus beneficios de salud gratuitos. Únete ahora.

Employees and dependents 18+ enrolled in the company-sponsored health insurance plan are eligible.

¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.



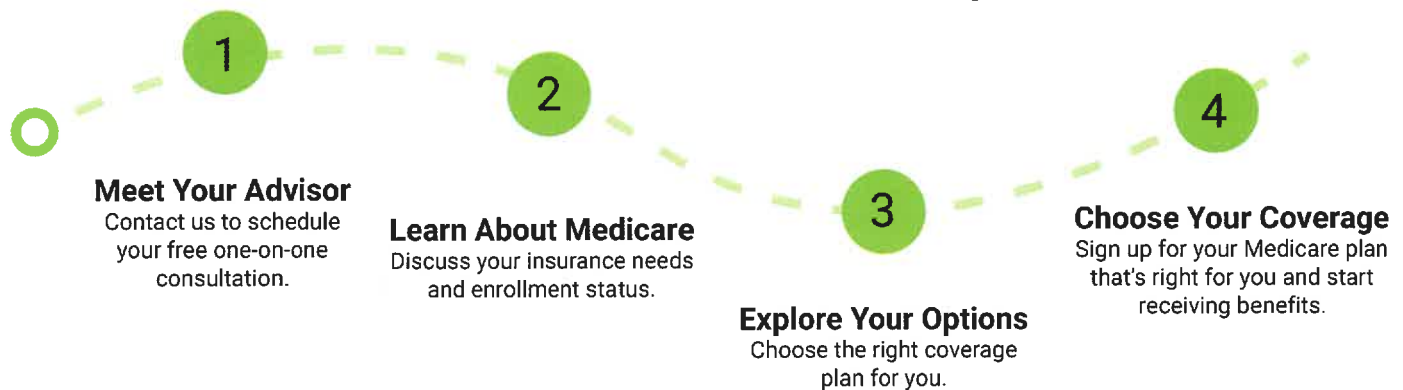
In partnership with
 **Gallagher**

We're LIG Solutions, Your New Medicare Advisors!

Offering a no-cost consulting service to Medicare eligible employees and retirees to review coverage options.



Find The Best Plan In 4 Steps



Let's Find The Right Coverage For Your Needs.

Employer-Sponsored Coverage

Health coverage that's offered through you or spouses employer. Usually offered to active staff of the company, Federal laws allow you to extend employer coverage from 18-36 months after employment.

Original Medicare: Parts A & B

The most essential element of Medicare, Part A covers inpatient care and skilled nursing facilities. Part B focuses on outpatient and preventative services.

Medicare Part C

Also known as the Medicare Advantage Plan, Part C combines the coverage of other Parts of Medicare in a comprehensive, privately-offered package.

Medicare Part D

Medicare Part D covers prescription drugs, giving you peace of mind about your medication expenses.

Medicare Supplement

Medicare supplements are insurance plans that fill the gaps in your Medicare coverage — like co-payments, coinsurance, and deductibles.



Plans are Ready for Review!

LIG Solutions' dedicated staff is here to educate and answer all questions around your coverage options.



We do not offer every plan available in your area. Currently we represent 7 organizations which offer over 200 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Contact LIG Solutions' Medicare Enrollment Team:

Partner.LIGSolutions.com/Medicare

(866) 210-0639

Need help managing your weight goals?

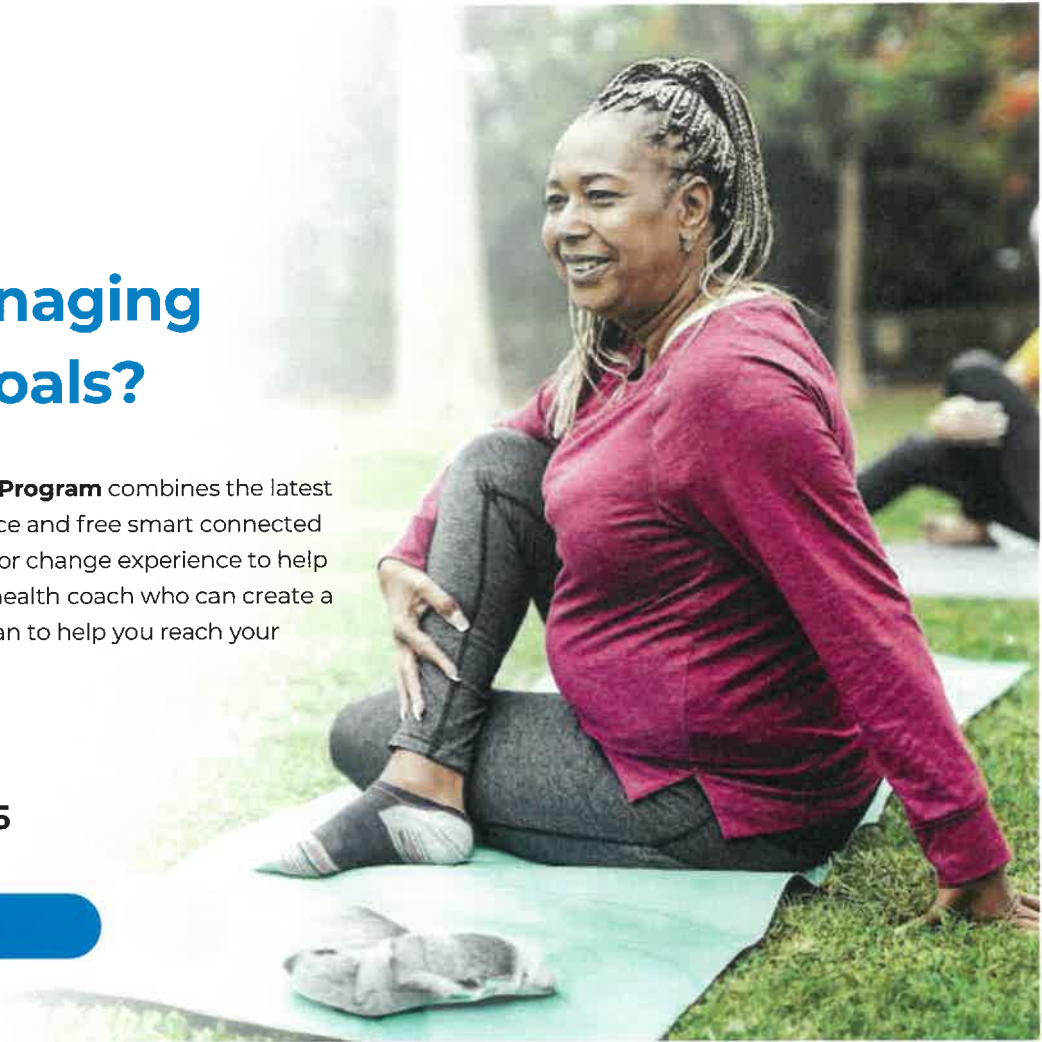
LiveHealth Online's **Healthy Weight Program** combines the latest in digital technology, behavioral science and free smart connected scale to provide a personalized behavior change experience to help you lose weight. You will work with a health coach who can create a personalized nutrition and exercise plan to help you reach your weight loss goals at **no cost**.



Starting
January 1st 2025

livehealthonline.com/havertys

Available at no cost to Haverty's employees.



What makes Healthy Weight different than other wellness programs?



Healthy Weight is **integrated into the LiveHealth Online application** so you don't have to use multiple applications to access care.



Visit with a health coach through the Healthy Weight practice. Your coach will **send a free connected weight scale to your home**.



When you get the scale, you can start recording your weight and will receive **personalized messages** to help guide you on your journey towards better health.



Continue to visit with your coach throughout the program to help you lower your weight and meet your goals.

Questions? Call 1-888-LIVEHEALTH, and select option 5.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your employer.