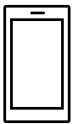


Get Connected



Get Connected to Your Plans

- Getting connected to your benefit plans is an important part of being a good healthcare consumer.
- The more you know about your benefit plans, the more likely you are to use them effectively - saving you money!
- Take some time right now to get connected to your plans so you are ready to use them when you need them.



How to Connect

- Create a member portal + download the app for each of your plans.

Medical / Dental / Vision | [asrhealthbenefits.com](https://www.asrhealthbenefits.com)

Virtual Visits | [amwell.com](https://www.amwell.com) • Service Key: asrcopywaived

FSA's | [bfgroup.healthcareportal.com](https://www.bfgroup.healthcareportal.com)

403(b) | [TIAA.org/Kalamazoo](https://www.tiaa.org/Kalamazoo)

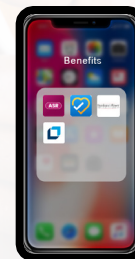
Employee Assistance Program (EAP) | [unum.com/lifebalance](https://www.unum.com/lifebalance)



Prepare for Care

- Establish a primary care provider (PCP) so you can schedule appointments faster.
If you are an established patient, you can call your PCP (even after hours) and get advice on whether your situation can wait until normal office hours.
- Sign up for Amwell virtual visits so you are ready to use it when you need it.
- Search for quality, affordable providers and locations using the ASR Healthcare Choices + Rewards tool.

Pro Tip!



Create a "Benefits" folder in your smart phone to keep all your benefit-related apps in one place!

Benefits that Benefit YOU

Plan Year: July 1, 2023 - June 30, 2024

