

## BOEING HEALTH AND WELL BEING PROGRAMS

### 2019 Quick Reference Guide

## Earn Points. Get Rewarded. Achieve Goals.

**Well Being Co-Pilot** is a dynamic digital platform—available on mobile devices and via the web—that conveniently connects employees and their covered spouses (or, if

applicable, domestic partners) to a range of health and well-being programs. It features easy-to-use programs that are customized to user needs and interests, and users are

rewarded as they complete activities on their well-being journey.

To learn more, visit [Worklife > Browse Menu > Health > Physical Well Being > Well Being Co-Pilot](#).

## Physical



### Want a second opinion or trying to decide between treatment options

#### **Best Doctors® Second Opinion Service and Treatment Decision Support**

Confirm a complex medical diagnosis, learn more about treatment options, and determine the best course of care from leading national experts at no cost without needing to travel or make additional medical appointments. Common conditions for the Treatment Decision Support service include cervical or lumbar disk disease, degenerative hip or knee joints, and early stage cancer.

Worklife Care Team:

**866-473-2016 (say, “Best Doctors”)**  
[www.bestdoctors.com/boeing](http://www.bestdoctors.com/boeing)

### Access to nationally recognized medical centers

#### **Centers of Excellence**

(for Blue Cross and Blue Shield of Illinois members)

For members who are faced with certain complex conditions and prospective nonemergent cardiac, bariatric, transplant, and spine surgery, as well as hip and knee replacement. Prior authorization is required. Blue Cross and Blue Shield of Illinois:

**888-802-8776**  
[www.bcbsil.com/boeing](http://www.bcbsil.com/boeing)

### Support for an ongoing health concern

#### **Primary Nurse Program\***

(for Blue Cross and Blue Shield of Illinois members)

Continuing support from a registered nurse for health conditions such as diabetes or hypertension and pre- and post-hospital treatment.

Blue Cross and Blue Shield of Illinois:

**888-802-8776**  
[www.bcbsil.com/boeing](http://www.bcbsil.com/boeing)

\*The Primary Nurse program is not a substitute for the sound medical advice of your physician. If you have any questions or concerns regarding your health, please contact a medical professional.

### Diagnosed with a nonemergent heart issue

#### **Cleveland Clinic Specialty Program**

Access high-quality care through the nation's leading heart care provider.

**866-261-7126**  
[www.clevelandclinic.org/boeing](http://www.clevelandclinic.org/boeing)

### Shop for health care

#### **Castlight online cost and quality comparison tool**

(for nonunion and union-represented employees and the covered dependents of these employees enrolled in a Blue Cross and Blue Shield of Illinois plan)

The Castlight online shopping tool helps find doctors, hospitals, and medical services and compares them by cost and quality. The tool provides simple descriptions of plan coverage and benefits, details what's been paid to date for services, and if the deductible was met.

# Physical

## Keeping a pulse on your overall health

### Screening Options and Health Assessment

Know your numbers by participating in a screening (at a work site, at a provider's office, using an at-home kit, or at a LabCorp location).

Prioritize health risks by completing the health assessment.

Take action by talking with a health coach or share your numbers with your physician or other health care provider.

To learn more, visit Worklife > Browse Menu > Health > Physical Well Being > Health Screening.

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## Require urgent care without going to the emergency room

### Urgent Care at Home, Inc.®

Eligible employees can get medical advice or treatment for nonemergent issues by telephone or webcam when a primary physician is unavailable.

For eligibility information, visit <https://boeing.anytime.org/home> and look under learn more.

**855-935-WELL (9355)**

<https://boeing.anytime.org/home>

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## Immediate answers about minor medical conditions

### Nurseline<sup>SM</sup>

(for Blue Cross and Blue Shield of Illinois members)

Around-the-clock access to registered nurses who can answer questions about minor medical conditions.

Blue Cross and Blue Shield of Illinois:

**800-765-7298**

[www.bcbsil.com/boeing](http://www.bcbsil.com/boeing)

## Managing weight

### Weight Management Resources

#### Omada

Eligible employees and their covered spouses or, if applicable, domestic partners can apply for a program that combines coaching with a research-based curriculum and online peer group community. Lessons focus on whole-life changes, including stress management, time management, and problem-solving skills.

[www.omadahealth.com/boeing](http://www.omadahealth.com/boeing)

**877-851-3288**

#### WW (formerly Weight Watchers®):

Follow a proven approach to weight loss at work or in the community (where available) or online. For Boeing discount information, visit Worklife > Browse Menu > Community > Boeing Discount Program.

**Well Being healthy menu items:** Look for the green Well Being sticker in Boeing cafeterias, on catering menus, and in vending machines.

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## Help quitting tobacco

### Quit For Life® Program

Confidential telephonic sessions with professional Quit Coaches®, free nicotine replacement therapy products, and help managing weight while quitting.

Quit For Life:

**866-QUIT-4-LIFE (866-784-8454)**

[www.quitnow.net/boeing](http://www.quitnow.net/boeing)

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## Support from pregnancy through post-partum care

### Special Beginnings

(for Blue Cross and Blue Shield of Illinois members)

Mothers-to-be will receive personalized support from a primary nurse who provides education, pregnancy risk factor identification, and ongoing monitoring. Prior authorization is required.

Blue Cross and Blue Shield of Illinois:

**888-802-8776**

[www.bcbsil.com/boeing](http://www.bcbsil.com/boeing)



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## Avoiding influenza

### Flu Shot Program

**Choose the best option:** At work sites (typically October through December), at your physician's or other health care provider's office, or at in-network retail pharmacies.

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## Staying active

### Physical Activity Resources

**Boeing fitness centers:** At some U.S. sites; dues reimbursement incentive available.

**Boeing on the Move:** Annual enterprisewide physical activity challenge, which typically occurs in late spring or early summer.

**Boeing Discount Program:** Discounts on community fitness center memberships and exercise equipment.

**Blue Cross Blue Shield of Illinois health plan participants:** Discounted rates at a nationwide network of participating fitness centers and select YMCA locations.

[www.bcbsil.com/boeing](http://www.bcbsil.com/boeing)

# Emotional

**Find information and support for reaching goals, managing daily stresses, and developing relationships**

## **Employee Assistance Program and Solutions for Living (EAP)**

EAP professionals help you and your family with information and support for reaching goals, managing daily stresses, and developing relationships—at no cost to you.

Any time of the day or night, for problems large or small, you'll find

- **Access is easy**  
Go online or phone the toll-free number.
- **There's no cost to you**  
Up to six sessions per issue (per calendar year) for you and your immediate family.
- **Confidential service from professional staff**  
Highly trained and qualified staff give you up-to-date and relevant guidance, keeping your information private in accordance with federal and state laws.
- **Educational resources**  
Free webinars, news, and articles about a wide variety of topics.

## **Appointments with Behavioral Health Specialists**

The Access Assistance service helps those seeking a clinically urgent referral, or who have specific clinical or cultural needs as determined by licensed clinical care managers.

## **Counseling Services**

Talk confidentially with a licensed counselor—in person, online, or by phone—for support with

- Depression,
- Stress management,
- Grief and loss,
- Relationships,
- Work-life balance,
- Anxiety,
- Substance use,
- Mindfulness,
- and more.

## **Legal Services**

Get legal help with

- Divorce,
- Landlord and tenant issues,
- Real estate transactions,
- Wills and power of attorney,
- Civil lawsuits and contracts,
- Identity theft,
- and more.

## **Financial Services**

Get advice for

- Saving for college,
- Debt consolidation,
- Mortgages,
- Estate planning,
- General tax questions,
- Family budgeting,
- and more.

## **Solutions for Living**

- Child care referrals,
- Adult and elder care services,
- Education resources,
- Parenting and growing family services,
- Help with consumer issues,
- Relocation support,
- and more.

## **Access EAP**

**866-719-5788**

[www.achievesolutions.net/boeing](http://www.achievesolutions.net/boeing)



## **Improve memory, increase focus and reduce stress**

### **Total Brain** (formerly MyBrainSolutions)

Eligible employees and spouses (or, if applicable, domestic partners) can use this online program to access over 35 exercises to improve overall brain health.

To learn more, visit [Worklife > Browse Menu > Health > Emotional Well Being > Total Brain](#).

# Financial

## Professional financial advice from Financial Engines

**Retirement Checkups:** Need help reaching your financial goals? Meet with an advisor—at no additional cost—to discuss your retirement goals and life's dreams. You'll come away with a comprehensive financial plan and you can bring your spouse.

**Income Planner:** This free online retirement income planning tool from Financial Engines can help you compare options for when to start Social Security. If you're close to retirement age, it also lets you map your income plan throughout your retirement years.

**Pension lump-sum guidance:** If you are eligible for a lump-sum payment option under the PVP or BCERP, Financial Engines can help you consider the benefits of a lump-sum or annuity (must have a VIP account to be eligible). There is no cost to use this service.

**Online Advice:** Available at no cost to you, offering the same VIP investment and saving plan as Professional Management, but you do the work.

**Professional Management:** With this fee-based service, you receive a personalized VIP investment and savings plan and ongoing management.

**Personal Advisor:** A dedicated advisor can help you create and implement a comprehensive financial plan, including management of your IRAs and taxable investment accounts outside of the VIP, as well as your VIP account.

To access Financial Engines, go to Worklife, then within the green Quick Access box, select Retirement Benefits. From there, click the "Financial Engines" button.

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### Watch informational videos

Learn more about diversification, Roth vs. pretax contribution options, and other money management topics by watching videos available on demand. Visit <https://boeing.a.guidespark.com/channels/4931>.



## All your Boeing retirement information in one place

Go to Worklife, then within the green Quick Access box select "Retirement Benefits."

(Find Worklife at [www.boeing.com](http://www.boeing.com) or at [www.boeing.com/express](http://www.boeing.com/express).)

By phone, call the Worklife Care Team at **866-473-2016**.

## Looking for more information?

### Call the Worklife Care Team at 866-473-2016

Call and enter your BEMSID. When the system asks "Briefly tell me, how can I help you today?" say "Well Being" and have your Worklife password available. Representatives are available Monday through Friday from 7 a.m. to 8 p.m. U.S. Central Time. Deaf or hard of hearing callers are encouraged to use the relay service offered by their phone carrier.

### Boeing Education Network (BEN) resources

Watch, at your convenience, prerecorded training sessions that cover a wide variety of topics including nutrition, meditation, stress management, and ideas to increase physical activity. From within the Boeing firewall, visit [ben.web.boeing.com](http://ben.web.boeing.com), select On Demand, and then select Well Being.

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### Members of other medical plans

Refer to their health care plan's website or call the plan's customer service phone number listed on their ID card.

### Access Health Plan User's Guides

The guides provide health plan information when you need it fast. User's guides for all BCBSIL plans can be viewed on a computer, smartphone, or tablet. Visit Worklife > Health > Health & Insurance Benefits.

(Viewing from Boeing-provided devices may limit functionality due to required security settings.)

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