

YOUR HEALTH & WELLNESS BENEFITS *AT A GLANCE*

EBMS: YOUR BENEFITS HUB

Manage your health plan easily through the miBenefits portal or mobile app.

- Find in-network providers with cost and quality comparisons
- Estimate procedure costs with your real-time deductible/OOP info
- Access ID cards and claims info 24/7

Visit: mibenefits.EBMS.com

CAREMARK: PHARMACY MADE SIMPLE

Use Caremark.com or the CVS Caremark mobile app to manage your prescriptions:

- Refill and track orders
- View Rx history and ID cards
- Check drug prices & savings
- Locate nearby pharmacies
- Set up delivery reminders

Register: Caremark.com

SIMPLETHERAPY: VIRTUAL MSK CARE THAT WORKS

Get personalized, 24/7 care for joint, muscle, and movement issues - anytime, anywhere.

- Video-guided exercises, PT-directed care
- Ergonomic assessments, behavioral & pelvic health support
- Real-time AI feedback via webcam
- No referral required, all from your device

Register: simpletherapy.com/register

24/7 MSK Hotline available

VSP VISION: SEE BETTER, SPEND LESS

Your VSP Vision benefits help you save on eye care and eyewear.

- Largest network of independent eye doctors
- Log in at VSP.com to:
- Access your digital ID card
- Find providers
- Schedule appointments
- Check claims & view benefits

Shop glasses online: eyeconic.com (in-network)