



## “Getting the Most Out of Your Health Plan”

### Narus Health

If you have questions about any of your benefits reach out first to Narus Health, your dedicated Care Team. Health benefits can be confusing and finding the right care for you and your family can be frustrating and time consuming. Narus Health is here to simplify your healthcare experience. Your Care Team will take care of you, so you can take care of other things. You can reach out to Narus Health at (888) 585-3309 or use the Narus Health app.

### INTERLINK

**CancerCARE** is a cutting-edge program designed to optimize the treatment of your cancer and increase the likelihood of your speedy recovery. It is a free benefit to you and your family members to help during your cancer treatment. When you or a covered family member is diagnosed with cancer, benefits are increased if you call and register with the CancerCARE Triage Center at (877) 640-9610.

### Quest Diagnostics

This voluntary lab card program helps you obtain routine laboratory testing services at no cost to you. As long as the test is approved and covered under the medical plan, you pay no deductibles, no copays and no coinsurance. Call Quest Diagnostics at (800) 646-7788 or visit [LabCard.com](http://LabCard.com).

### KISxCard

Before seeking In-Network Providers through your health plan, contact Narus Health at (888) 585-3309 regarding your elective procedure. By choosing a KISx Card provider, your procedure will be covered at 100%. That's \$0 cost to you. Common procedures include Orthopedics, General Surgery, Colonoscopies, & Most Major Imaging.

### BHS

Your **Employee Assistance Program (EAP)** provides you and your household members with free, confidential, in-the-moment support to help with personal or professional problems that may interfere with work or family responsibilities. Common reasons to call your EAP include work relationships, birth, illness, depression/anxiety, suicidal thoughts, substance abuse, daily responsibilities, financial/legal, parenting and stress/conflict. Contact BHS at (800) 327-2251, visit [portalBHSONline.com](http://portalBHSONline.com) or use the BHS app.