

Benefit Overview

KnovaSolutions- This is a FREE service to employees. Knova has access to your medical claim history through Anthem, and they are there to be a resource to help with complex medical issues. If you or a covered dependent are on several different medications or seeing different physicians, they are there to help make sure that you are receiving the best healthcare. If you receive a call from Knova we would suggest at least talking to them to see if they can help you manage your conditions. Again, it is free to those on the RWC medical plan!

Twin Health- Exciting News.....This has been expanded to pre-diabetics and those who are looking for a weight loss program that have a BMI over 30! They will schedule you to have lab work to verify your eligibility. At that point, they will create a program designed specifically for you and send you all the equipment that you need to get started. This is also a free virtual service to those on RWC's medical plan.

Virtual PT- If you need Physical Therapy, you now have the option to do this virtually. After signing up they will mail you a tablet and the equipment needed to complete this in the comfort of your home. This can be done at your convenience! This is free to Employees on RWC's Anthem medical plan.

Pelvic Health powered by Sword- This is a great women's health option if you are experiencing Leakage, Pain or difficulty emptying your bladder or you are pregnant or postpartum. You will be connected to a licensed provider who will track and guide you during your pelvic therapy sessions. Again, this is free to those on the RWC medical plan.

RULA- Access to virtual Mental Health providers. We currently have EAP, which is ideal for short-term and emergent issues and typically something that can be treated or managed over a short period. Rula is best for ongoing treatment and clinical needs. With mental health being more difficult to find providers for immediate needs, this will eliminate that burden! The cost will depend on your plan and will determine your deductible or co-pay.

Sydney App- Make sure you download this app! You will be able to find care and compare costs at different facilities. You can see your health dashboard and health records, fill prescriptions, check claims and so much more! You will also be able to access your medical and dental ID card. If you need Virtual Care or want to sign up for Virtual PT or Pelvic Health, you can do this through the app.

REMINDER: Virtual Health visits are ZERO cost to you when enrolled in one of RWC's medical plans! Please make sure to utilize this for non-urgent health related questions.