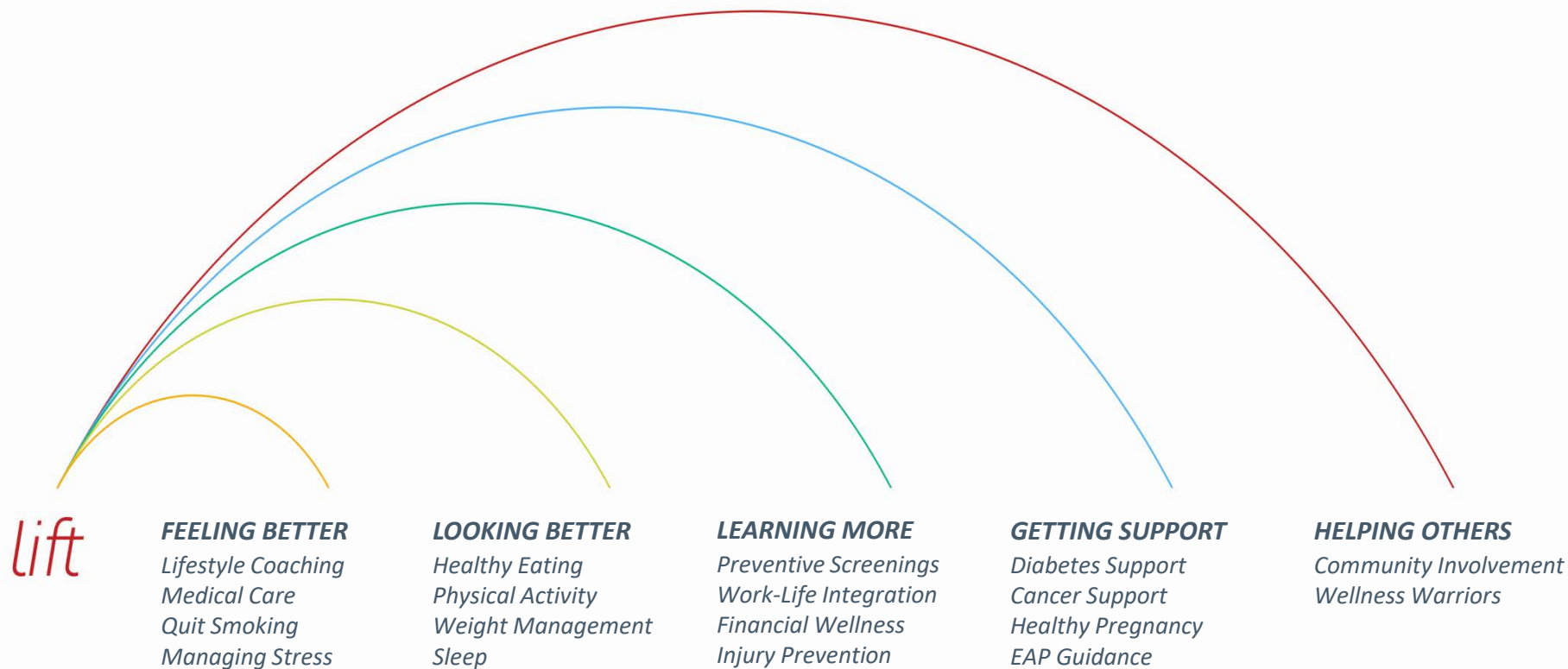


Wellness

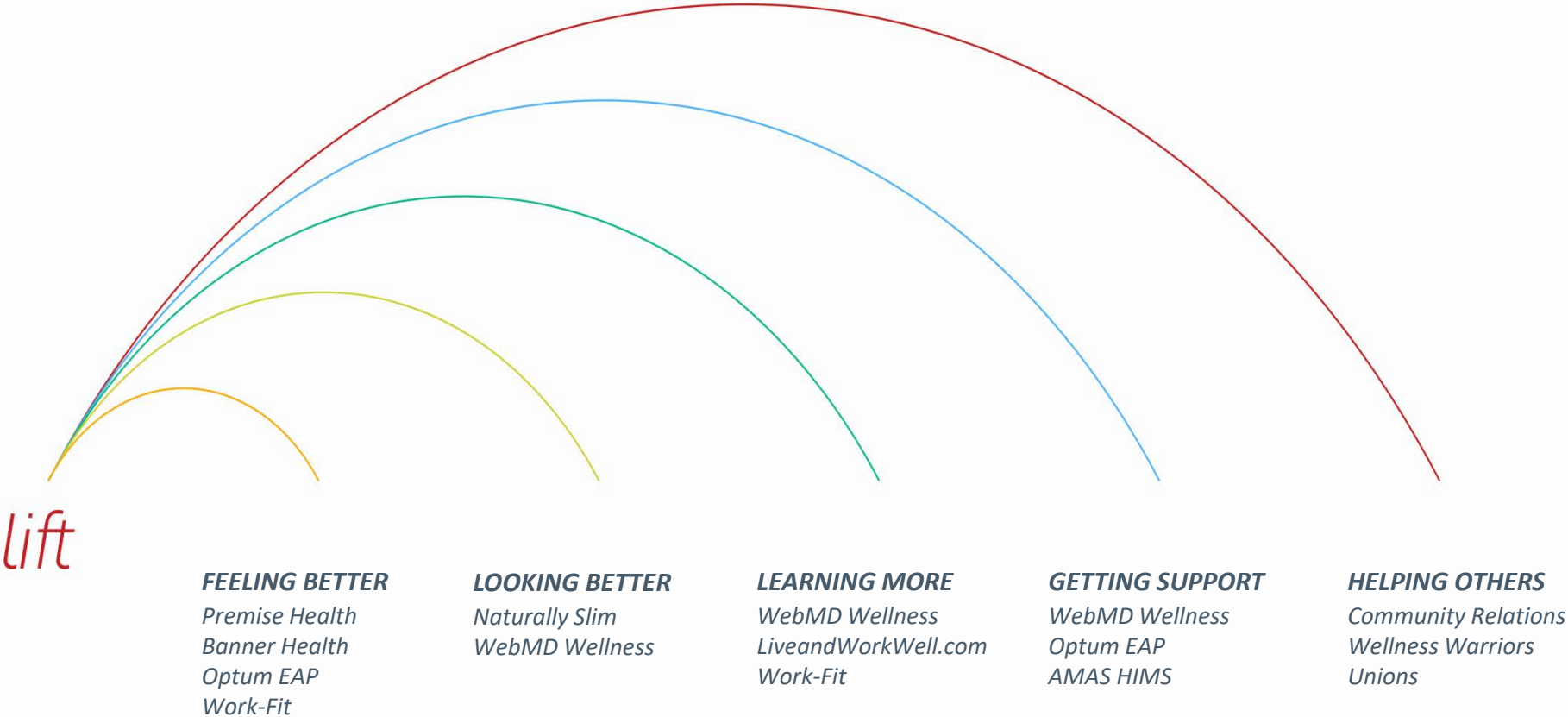
September 7, 2017



Getting you to your destination



Putting in place trusted vendor partners



Onsite Clinics

Onsite clinic locations



Services & cost

Occupational Health

- OJI treatment & triage
- Drug & Alcohol testing
- OSHA medical surveillance

Immediate Care (co-pay)

- Ear, eye and sinus infections
- Cold & flu
- Infections

Preventive Care

- Immunizations / Flu shots
- Travel health & vaccinations
- Biometric screenings

- Preventive care services are provided at no cost.
- The cost of an immediate care visit is \$20 for those enrolled in PPO 80/90/100, Standard, Value, HMO or international employees and \$40 for Core enrollees or those not enrolled in an American medical plan.

Work-Fit

Onsite Work-Fit locations



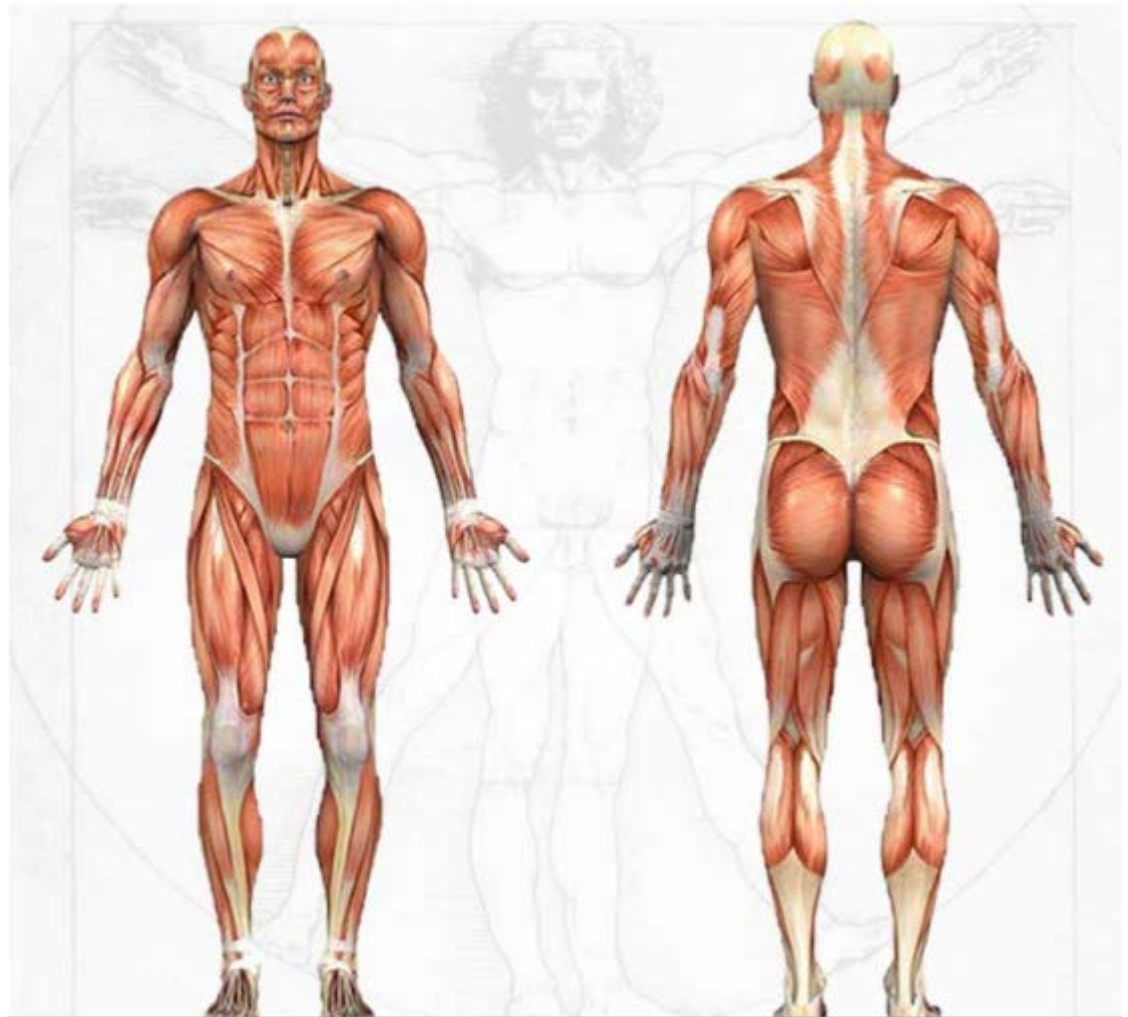
Common injury areas seen by Work-Fit

Ramp Service:

- Lower Back
- Upper Back
- Shoulder

Aircraft Maintenance:

- Elbow
- Neck
- Hip



Work-Fit athletic trainers

Have an onsite athletic trainer assess you and your moves

- Real time help — correct positioning while doing your job
- Customized stretching programs
- Symptom relief on-the-job
- Group injury prevention and education
- Hours of operation: walk-in, call to make an appointment or to request a class:

ORD-M-F 7a-7p and 1 Saturday a month 8a-4p

Located at K19 next to the Credit Union or call 773.894.6860

TULE-M-TH 5a-6p, F 5a-1p

TEO Building Column H19 or call 918.292.3397

CLT- Terminal M-F 7:30a-6:30p, Hangar M-W 2p-4:30p, T-TH 7a-9a

Located downstairs from B11 or call 704.245.5393

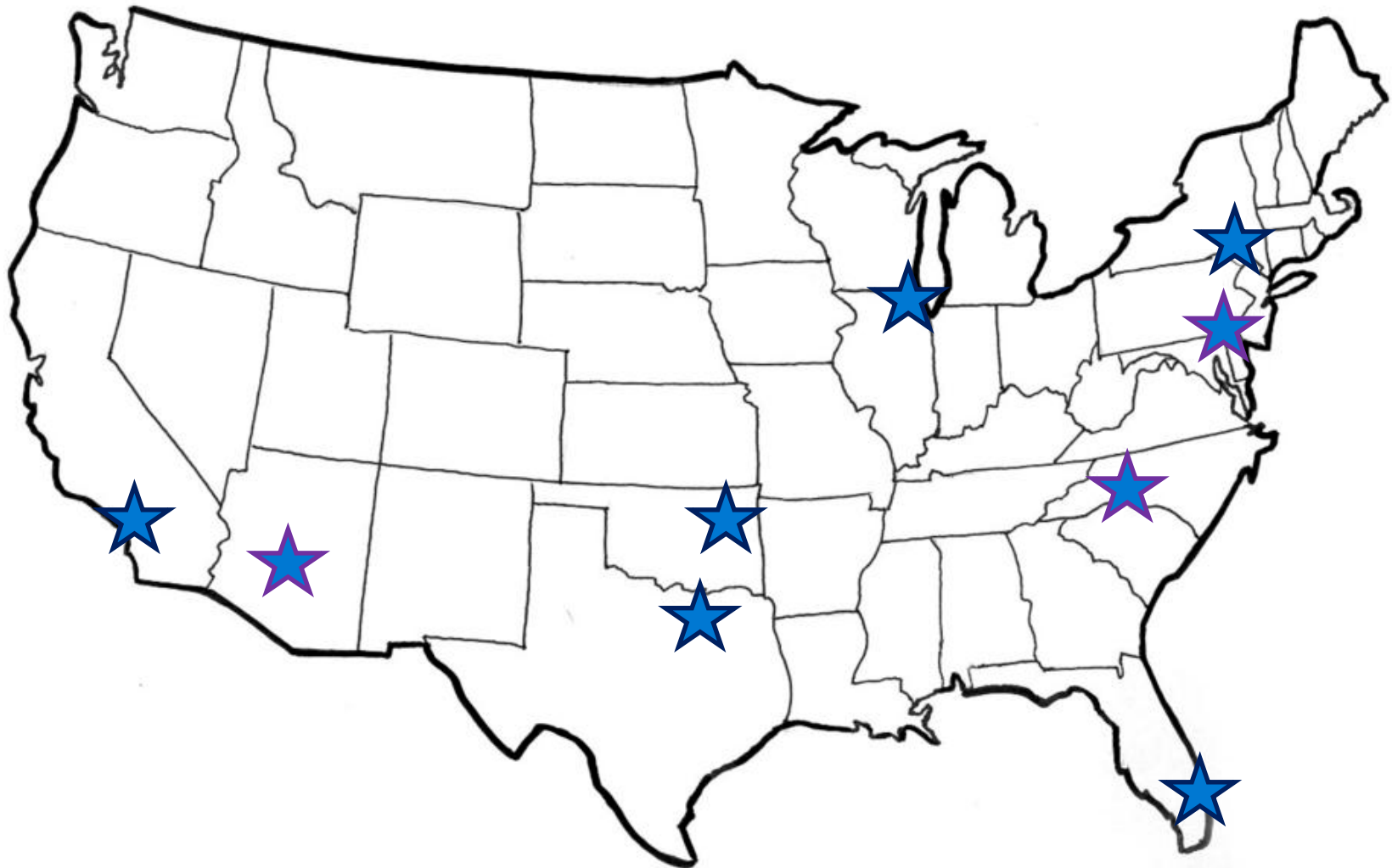
- MIA and DFW opening

Team member experiences



Optum EAP

Onsite EAPs locations



Optum EAP model

- Onsite EAP Offices
- Unlimited access to Masters-level specialists 24/7/365
 - ✓ 800-336-7190
- Four face-to-face counseling sessions at no charge for each issue
- www.liveandworkwell.com

Empowering team members and families

Adult/Elder Services



- Financial planning
- Retirement planning
- Legal services
- Housing assistance
- Support services
- Respite care
- Insurance information
- Medicare/Medicaid support
- Transportation
- Long-distance caregiving
- Aids to daily living

Optum EAP



One call handles it all!

800.363.7190

Liveandworkwell.com

Child/Parenting Services



- Childcare
- Parenting support
- Child development experts
- Special needs support
- Help for teens
- Pregnancy services
- Childbirth/Nursing professionals
- Camps
- Family activities
- Adoption support
- Grand parenting assistance
- Help for non-traditional families
- Communication training
- Pet services
- Domestic Relocation

Chronic Condition Support



- Aids to daily living
- Medical suppliers
- Food/nutrition assistance
- Self care tools
- Travel assistance
- Social services
- Home healthcare
- Mail order pharmacies
- Medical alert systems
- Special housing
- Help with work issues
- Assistive technology

Convenience Services



- Household needs
- Personal issues
- Recreational activities
- Shopping
- Entertainment
- Dining
- Nightlife options
- Education
- Health & wellness

Life Learning



- School issues
- Special education resources
- College selection
- Financial aid assistance
- Alternative education programs
- Community education programs
- Career consulting
- Adult education classes
- Enrichment classes
- Lectures
- Music, dance, art, and craft classes
- Online learning

Access to professional services

- One 30-minute legal consult per issue per year at no cost to you (excludes issues with health care provider, health plan or employer)
 - Living wills
 - IRS matters
 - Real estate services
 - Power of attorney
- Two 30-minute consults with financial coach per issue per year at no cost to you
 - Budget management
 - Debt reduction
 - Estate planning
- One 30-minute mediation consult per issue per year at no cost to you
 - Child custody
 - Collections
 - Contractual disputes

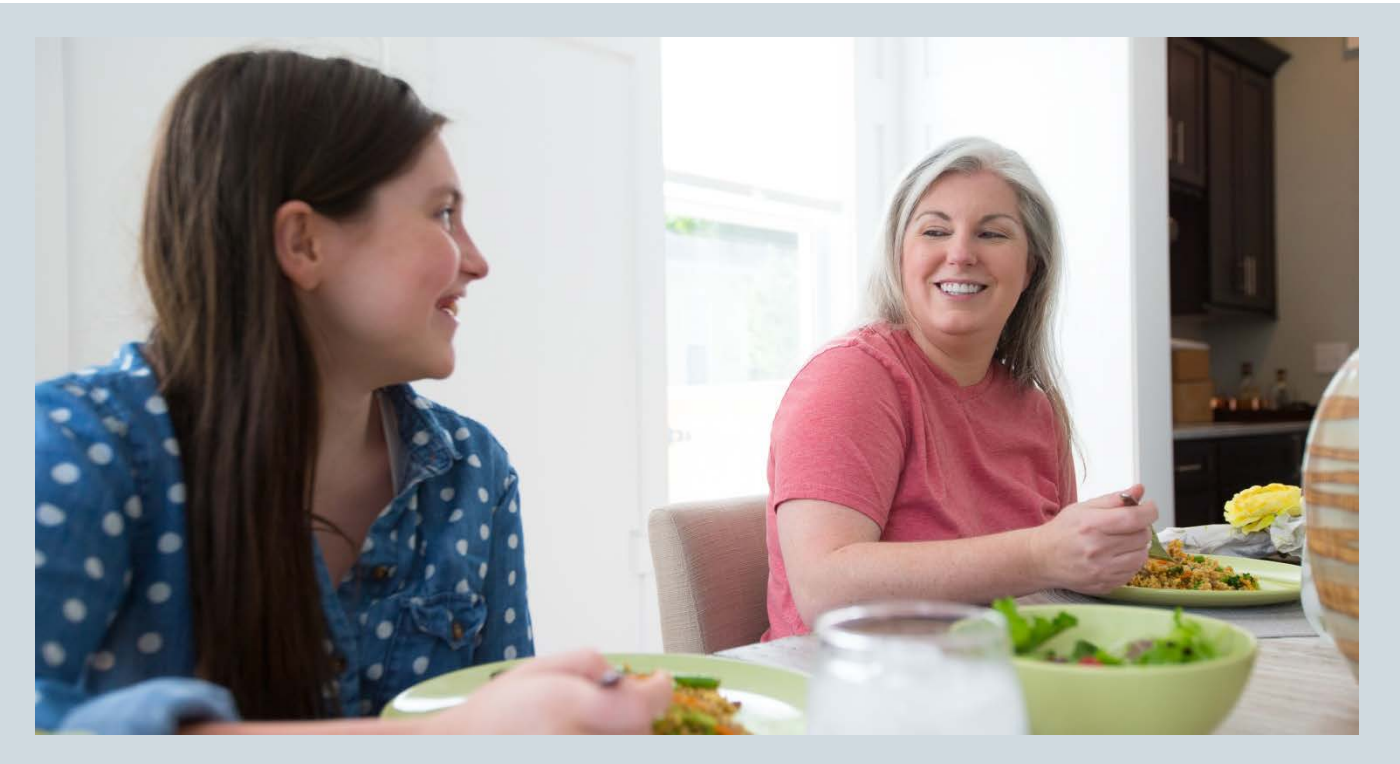


WebMD Wellness

WebMD Wellness

- Online portal, incentive administration, health assessment, biometric screenings, lifestyle coaching and wellness challenges
 - Weight Management
 - Tobacco Cessation
 - StayWell R_x

WebMD[®]



2017 wellness rewards

Earn \$250 for yourself and \$250 for your covered spouse (\$500 in total) by choosing any combination of the activities below:

Complete your health assessment	\$50
Complete a biometric screening OR Complete an age/gender appropriate preventive screening or annual physical exam	\$100
Engage in online activity (e.g., activity tracking or online coaching) OR Engage in telephonic coaching OR Complete Naturally Slim	\$75
Participate in a community fun run or walk (e.g., 5K) OR Do Crew Activity	\$25

Naturally Slim

Naturally Slim

- Online 10-week skill-building program that helps change how people eat, not what they eat.
- On-going support for a full year to ensure the skills are reinforced for long-term weight maintenance.
- www.naturallyslim.com/american
- No cost, as long as program requirements are met.
- Possible \$100 cost share for non-completers.
 - Submit the online application and sign all appropriate releases by their associated deadlines.
 - Complete at least 8 of the 10 online video courses for Naturally Slim Foundations, within their set weekly time frames.



Stand Up 2 Cancer

SU2C Wellness initiatives

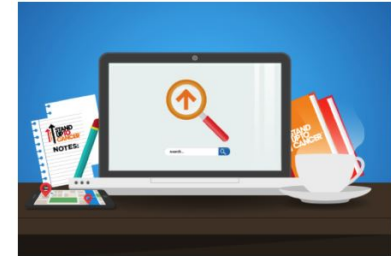
Resources have been added to engage and support team members in determining which cancer treatment is most appropriate and how it can be provided

- Hosting onsite SU2C events
- Created an Jetnet educational series that includes questions to ask when confronted with a cancer diagnosis
- Enhanced awareness of oncology support nurses as a health benefit
- Added a second opinion service working closely with SU2C on treatment options (Advanced Medical)

Streamlined the process to get into clinical trials

- Created team approach bringing treating physician, second option service, SU2C-funded research teams, and health plan together to make best treatment decisions

Where should I be treated?



What are my treatment options?



Clinical trials: what you need to know



SU2C Wellness initiatives

Enhanced focus on prevention and screening and survivorship

- Reinstated mobile mammogram screening onsite
- Added availability of weight management programs and physical activity deals and discounts

Future plans include:

- Identifying a process on how supervisors and team members can best respond when a co-worker receives a cancer diagnosis
- Earning the CEO Cancer Gold Standard award

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