



Value-added benefits at no cost to you



Western Grocers Trust is proud to partner with **PacificSource** to bring you quality health insurance. Many are unaware of the extra benefits they deliver to add value to your health plan. Read more about these programs to make the most of your plan and live a healthier life.

Online resources

[PacificSource.com](https://www.pacificsource.com) offers you a wealth of tools, information, and resources to help you make the most of your benefits.

InTouch:

Register online to manage your insurance coverage easily and conveniently 24/7. Look up coverage information, check the status of a claim, view explanation of benefits (EOB) statements for paid claims, and more.

myPacificSource mobile app

The easiest way to view and manage your benefits while on the go. Available for both iPhone® and Android™. Visit [PacificSource.com/mobile](https://www.pacificsource.com/mobile).

Health engagement portal

CaféWell is a secure online health engagement portal with personalized information and tools to help you make the most of your health. Log into InTouch, then click Benefits > Wellness – CaféWell.

Phone and video doctor visits

Teladoc is a national network of U.S. board-certified physicians and pediatricians that you can see on-demand 24/7, via phone or online video consultations, from wherever you happen to be.

24-Hour Nurse Line

Registered nurses are available by phone when you have health-related questions. Call toll-free: **855-834-6150**.

Health and wellness education

Receive up to \$150 reimbursement per year for health and wellness education classes in your area.

Tobacco cessation

The Quit For Life program, brought to you by Optum, offers one-on-one treatment sessions with a professional Quit Coach to help tobacco users kick the habit. Prescription medications are also available, when prescribed by your doctor.

Weight management programs

If you participate in a WW® program ([weightwatchers.com](https://www.weightwatchers.com)) for at least 10 weeks you can receive an annual reimbursement of \$100, or \$40 if you are an online WW participant.

Discounted gym membership

Active&Fit Direct™ gives you access to more than 12,000 fitness facilities and 9000 videos.

The program's website offers a gym locator, educational materials, online fitness tracking, and wellness product discounts.

Travel emergency assistance

Assist America Global Emergency Services

If you experience a medical emergency while traveling 100 or more miles from home, you can access services provided by Assist America at no cost. Services include medical consultation and evaluation, medical referrals, and more..

Rx delivery by mail

PacificSource partners with CVS Caremark® for home delivery by mail. The mail delivery service is a convenient and cost-saving option.

Prenatal Program

Expectant mothers receive educational materials and phone support from a nurse consultant. High-risk members receive additional support through a specialized program. Prenatal vitamins at no cost.

Condition support program

Personal support is available to members with certain chronic conditions such as diabetes, coronary artery disease, heart failure, chronic obstructive pulmonary disease (COPD), or asthma. Just sign up for one-on-one coaching with our nurses and dietitians to help you reach your health and wellness goals.

Case Management Services

If you have an ongoing medical need, our Nurse Case Managers can help ensure continuity of care and prevent breaks in necessary medical services.

Specialty medication support

Members with conditions that require injectable medications and biotech drugs can access our specialty pharmacy program through Caremark Specialty Pharmacy Services. A pharmacist-led Care Team provides individual follow-up care and support.

[See your benefit plan for complete program explanations and eligibility.](#)

Contact us for more information about programs available to you
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PacificSource.com | 888-977-9299 | CS@PacificSource.com