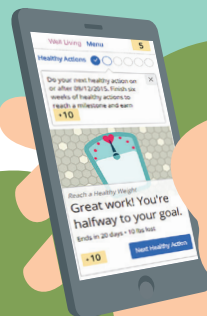


You Go Everywhere

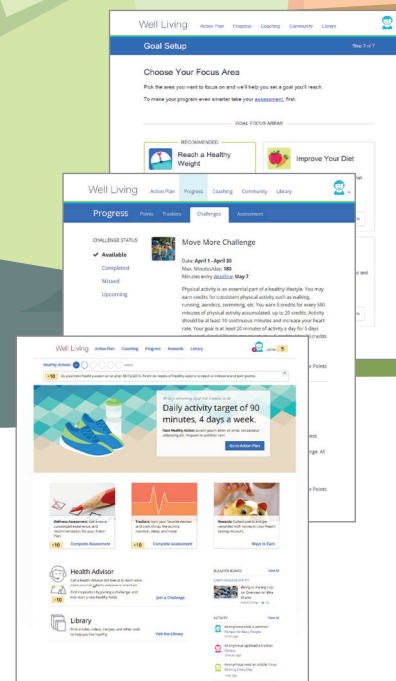
So does the mobile Health Portal.



All you need is your smartphone or tablet to access a mobile-friendly site designed to help you manage health conditions and do so much more! Along with secure access to a nurse, the enhanced portal features tools, trackers and content to help you live healthier, happier — everyday!

The mobile-friendly health portal is always at your fingertips, making it easy to:

- Enroll in a disease management
- Talk with a nurse
- Set individual health goals
- Get personalized action plans
- Track your progress
- "New" virtual coaching to manage your diabetes and other medical conditions
- Sync your lifestyle devices
- Enjoy helpful health content
- Access your personal health record (PHR)
- Receive messages from your nurse
- See your preventive reminders



Visit from your computer, smartphone or tablet - anytime, anywhere or call us.



Alaska Laborers - Construction Industry Health and Security Fund

855-738-1771

<https://aklaborers.optum.com>



ASEA/AFSCME Local 52 Health Benefits Trust

855-738-1768

<https://asea.optum.com>



Fairbanks North Star Borough

855-738-1770

<https://fnsb.optum.com>



Fairbanks North Star Borough School District

855-738-1766

<https://fnsbsd.optum.com>



Public Employees Local 71 Trust Fund

855-738-1764

<https://pe71.optum.com>

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. The wellness team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

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