



Save Up to 60% on Brand-name Hearing Aids

Like vision loss, hearing loss can have a huge impact on your quality of life. However, the cost of a pair of quality hearing aids usually costs more than \$5,000, and few people have hearing aid insurance coverage.

TruHearing® makes hearing aids affordable by providing exclusive savings to all VSP® Vision Care members. You can save up to 60% on a pair of hearing aids with TruHearing. What's more, your dependents and even extended family members are eligible, too.

In addition to great pricing, TruHearing provides you with:

- Three provider visits for fitting and adjustments
- 45-day trial
- Three-year manufacturer warranty for repairs and one-time loss and damage replacement
- 48 free batteries per hearing aid

Plus, with TruHearing you'll get:

- Access to a national network of more than 3,800 hearing healthcare providers
- Straightforward, nationally-fixed pricing on a wide selection of the latest brand-name hearing aids
- Deep discounts on batteries shipped directly to your door

Best of all, if you already have a hearing aid benefit from your health plan or employer, you can combine it with TruHearing prices to reduce your out-of-pocket expense even more!

Learn more about this VSP Exclusive Member Extra at truhearing.com/vsp or, call 877.396.7194 with questions.

TruHearing™

Here's how it works:

Contact TruHearing.

Call **877.396.7194**. You and your family members must mention VSP.

Schedule exam.

TruHearing will answer your questions and schedule a hearing exam with a local provider.

Attend appointment.

The provider will perform a hearing exam, make a recommendation, order the hearing aids through TruHearing, and fit them for you.

The relationship between VSP and TruHearing is that of independent contractors. VSP makes no endorsement, representations or warranties regarding any products or services offered by TruHearing, a third-party vendor. TruHearing is solely responsible for the products or services offered by them. Savings based on a survey of national average retail hearing aid prices compared to average TruHearing pricing. Actual customer savings will vary. Three follow-up visits must be used within one year after the date of initial purchase. Forty-five-day trial and hearing aid returns, repairs, and replacements subject to provider and manufacturer fees. For questions regarding fees, contact TruHearing customer service. Not available in the state of Washington.

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Enhancements to the EAP

- ✚ Member speaks with a Master Level clinician (Case Manager) not a customer service representative
- ✚ A quick assessment will happen to better define the issue affecting you
- ✚ MHN will find the provider make sure they are available and match to your medical if able to
- ✚ MHN will call or email member back with provider information member then calls provider to set appointment
- ✚ **First appointment within 5 days of initial call!**
- ✚ Case Manager will reach out to both provider and member after first appointment to ensure match is appropriate and meets the members needs

New Ways to Connect with MHN

- ✚ Finally there is an app for your smart phone!
 - Call – Text – Email to reach a Clinical Case Manager
- ✚ New website
 - Later in 2017 will add Live Connect that will allow text and email directly to a work/life consultant

Enhanced Work/Life Benefits

- ✚ In My Hands – Computerized Cognitive Behavioral Therapy (CCBT)
 - Online with guidance from Case Manager
- ✚ Geriatric Care and Care Coach for elder care issues
- ✚ Nursing Mother
- ✚ Now 60 minutes free consultation (telephonic or in person) with attorney and then 30% reduction in hourly fee



Archdiocese of Portland in Oregon

Account Number 5125

Benefit Summary

Clinical Counseling

- 5 face-to-face sessions or telephonic or web-video consultations per individual, per issue, per year

Telephonic Work-life Services

- Child and Elder Care Referrals (confirmed provider openings)
- Legal Consultations
- Financial Consultations
- Identity Theft Prevention and Recovery Assistance
- Daily Living Services
- Wellness Coaching Program:
 - Weight management
 - Smoking cessation
 - Fitness and exercise
 - Stress management
 - Overall lifestyle improvement
 - Lifestyle support for chronic conditions

Member Website - members.mhn.com

Company Code: **aportland**

- Assessments: depression, alcoholism, insomnia and stress, and more
- Self-help programs, articles and resources
- Wellness Portal - Health Assessment
- Online Smoking Cessation, Weight Loss and Nutrition Programs
- Downloadable legal forms and online Estate Planning
- Self-paced e-Learning training workshops

Client Services:

- Job Performance Referrals
- Critical Incident Response (20 hours free onsite time per event)
- Management Consultations



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Benefit Summary

Training Services

- Training Workshops: 10 hours (4 of which may be used for Organizational Development) per year with option to buy additional hours on a Fee For Service basis

Health Fairs & Orientations

- As requested in person and telephonic Employee Orientations about Employee EAP benefits per year
- As requested in person and telephonic Supervisor Orientations about Supervisor EAP benefits per year
- As requested Health Fair attendance per year