

## Now there are even more reasons to love your health plan

With Gravie, you get access to **best-in-class virtual care** and fitness perks that empower you to lead a healthier life.



Gravie health plan members (18+) get unlimited access to FitOn's library of 30K+ virtual classes, including cardio, HIIT, yoga, pilates, meditation, dance, and barre, as well as nutrition guides, meal plans, fitness courses and challenges, and more. In-person fitness perks are available to qualifying members. Gravie's fitness partner removes barriers that often prevent members from achieving a healthier lifestyle through diet and exercise.



Gravie health plan members (13+) have access to Sword. Sword's clinical-grade digital physical therapy program helps members overcome musculoskeletal (MSK) pain through personalized care from licensed physical therapists and innovative sensor-based technology. Unlike traditional physical therapy, members can access treatment wherever and whenever it's convenient.



Gravie health plan members have access to virtual care including general medicine, dermatology, and mental health (18+) through Teladoc Health, the world leader in whole-person virtual care. Mental health care includes clinical services such as psychiatry and therapy visits, as well as non-clinical services such as mental health coaching and digital programs.

*Cost sharing may apply depending on plan type. Check your benefits summary for more information.*



Gravie partners with industry leaders to give you access to a suite of digital services that aim to enhance your health and wellness journey.

For many Gravie health plan members, these services are included at **no additional cost**. Check your benefits summary for more information.



Sign up for these services by logging in to your Gravie account at [member.gravie.com](https://member.gravie.com) or on the Gravie mobile app.