

SUPERIOR HEALTHPLAN

4 Benefits Every Employee Should Know About



Aug 15, 2024



Centene is committed to providing employees with the resources they need to thrive in the workplace while maintaining a balanced life. This includes a comprehensive benefits package. While you may be familiar with many of those benefits – like medical, 401(k), and paid time off – we also know there are some benefits you may not know much about.

Start exploring these 4 benefits today...

HEALTHY PATHWAYS

This program, hosted by Virgin Pulse, allows employees to participate and earn points throughout the year by staying active, reducing stress, and prioritizing mental and physical health. This includes:

- A discount on medical premiums for 2025 for employees enrolled in a Centene Medical Plan who reach 25,000 points by November 15, 2024. Download the Virgin Pulse app to your iPhone or Android or visit Virgin Pulse to join now.
- An array of features like sleep tracking, nutritional recipes, and movement reminders, which can help form healthy habits.

- 1-on-1 coaching sessions that allow employees to discuss stressors they may be facing.

"Healthy Pathways has helped me establish healthy habits. I consistently use the daily self-guided journey courses, recipes under the nutrition guide, and the daily and weekly challenges that allow you to compete against your co-workers. My advice is to log in daily, complete healthy journeys, and find simple ways to earn points quickly to reach your goal." - Lydia B., Provider Relations

"This resource has allowed me to be more mindful of my health – staying active, staying hydrated, and exercising more. I use sleep tracking a lot, which allows you to set 21-day goals to track your sleep to be sure you're getting enough sleep. You can sign up for coaching calls, which allow you to talk with someone about any stressors you may be having. My advice is to get a watch that can be linked to Virgin Pulse to start tracking early. Doing that has helped me get my 25,000 points by mid-to-late April every year." - Melinda M., Provider Account Manager

ABENITY

Did you know you can receive deals on travel, restaurants, movie tickets, apparel and more, just by being a Centene employee? Navigate to Centene's Abenity website or download the app to view your perks.

"I have used Abenity many times and love it! I use it for gift ideas, to send flowers, and to look for things to do in a city I'm visiting for the first time. The app is easy to use and shows me exactly where the discount is located on a map. This helps me plan driving and agendas for a new city. When I need to send a quick gift, the app is helpful because it has a list of companies nationwide, many with same day delivery options." - Teresa K., Director of Compliance

HINGE HEALTH

Hinge Health offers employees and their families support for the mind and body. It's a digital joint and muscle pain clinic that can help employees overcome pain through daily exercise and stretches. Visit the Hinge Health website to learn about the member experience and speak to a health coach or physical therapist virtually from anywhere.

"I have used Hinge Health for a year to help with back pain. The program is very convenient and helps manage pain and get some additional exercise into my day. You can download the app to your phone and have access to the program benefits from anywhere. The sensors you receive when you select a program help ensure that exercises are done correctly. The app provides guided videos for the recommended stretches and exercise. It also gives articles with additional information. Hinge Health provides you with a health coach and physical therapist online that you can text, call, or have a virtual visit with. The program really has helped, and I continue to use it." - Teresa R., Provider Relations

CAREGIVER LEAVE

Centene employees now receive up to 14 weeks of leave for parents who have given birth and up to 6 weeks to care for an immediate family member. Visit the Caregiver Leave page on CNET to learn about other resources and forms of reimbursement.

"The process of contacting Lincoln Financial is easy. You can start the process online on their My Lincoln Portal regarding your request for leave or call and speak with a live representative. The portal can also be downloaded on your mobile device." - Anissa B., Quality Practice Advisor

For questions about benefits, we encourage you to talk to your People Leader or take advantage of the AskHR options below.

- **Max:** Centene's virtual assistant is available to chat 24/7. Check out the Max option at the bottom right of any page on CNET.

- **Call 1-833-GoAskHR:** Call 1-833-462-7547, Monday – Friday, 7:30 a.m. - 5 p.m. (CT)
 - **Request Central:** Submit an HR request.
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