

Microsoft Health Programs

Expert medical opinion	Teladoc Health Medical Experts
<ul style="list-style-type: none"> Expert medical advice for patients facing an important, complex medical decision Second opinion regarding treatment and clarification of diagnosis 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees, spouses, children, parents/parents-in-law, and extended family 	
Contact information:	
800-676-1411	www.teladochealth.com/microsoft

Virtual health visits	Teladoc Health*
<ul style="list-style-type: none"> Connect 24/7, 365 days/year by phone or virtual visit to a U.S. licensed provider for non-urgent conditions like the flu, allergies, sinusitis, etc. 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members 	
Contact information:	
855-332-4059	www.teladochealth.com/microsoft
*For more information on virtual care providers, visit aka.ms/benefits or contact Premera at 800-676-1411.	

Diabetes management	Teladoc Health Condition Management
<ul style="list-style-type: none"> Unlimited test strips and other supplies, including a meter, shipped directly to the patient at no cost Personalized coaching and support 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members age 13+ with diabetes (type 1 or type 2) 	
Contact information:	
800-676-1411	www.teladochealth.com/microsoft

Diabetes prevention	Teladoc Health Condition Management
<ul style="list-style-type: none"> A cellular-connected scale that uploads readings to a personal online account Unlimited coaching and support via phone, text, e-mail, or the mobile app 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members age 18+ who meet pre-diabetes criteria followed by the Centers for Disease Control (CDC) 	
Contact information:	
800-676-1411	www.teladochealth.com/microsoft

Hypertension	Teladoc Health Condition Management
<ul style="list-style-type: none"> A cellular-enabled blood pressure cuff that uploads blood pressure readings to a personal online account Unlimited coaching and support via phone, text, e-mail, or the mobile app 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members 18+ who have hypertension 	
Contact information:	
800-676-1411	www.teladochealth.com/microsoft

Maternity support	Maven
<ul style="list-style-type: none"> A digital health platform to help navigate pregnancy, postpartum, adoption, surrogacy, and returning to work Personalized coaching and support 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members 	
Contact information:	
800-676-1411	https://get.mavenclinic.com/join/msft

Perks+	
<ul style="list-style-type: none"> Annual reimbursement of up to \$1,500 toward eligible items and services that promote physical, mental, emotional, and financial wellbeing, such as gym membership, financial planning, exercise equipment, fitness/mindfulness apps, etc. 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees 	
Contact information:	
Contact Microsoft HR for more information	Visit aka.ms/benefits or email benefits@microsoft.com

Tobacco cessation	Quit for Life
<ul style="list-style-type: none"> Self-help materials and information about quitting tobacco use Over-the-phone sessions with cessation counselors 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members, age 18+ 	
Contact information:	
866-784-8454	

Personal health support	Premera
<ul style="list-style-type: none"> Individual support from a clinician to coordinate care and navigate the healthcare system Typically for patients with a complex medical condition and/or experience surgery/hospitalization 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members 	
Contact information:	
888-742-1479	Email: case.management@premera.com

Employee Assistance Program (EAP)	Spring Health
<ul style="list-style-type: none"> Confidential, free, short-term counseling and work-life resource and referral provider 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members 	
Contact information:	
8855-629-0554	www.microsoft.springhealth.com

Parent support for children with learning or behavior challenges, or developmental disabilities	Rethink
<ul style="list-style-type: none"> Online program that supports families caring for children with learning or behavioral challenges, or developmental disabilities Includes parent education, care coordination, peer support, progress reports, and tele-consultations 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members 	
Contact information:	
877-988-8871	Email: support@rethinkbenefits.com

Cancer support	Thyme Care
<ul style="list-style-type: none"> A 24/7 evidence-based virtual cancer advocacy and navigation program that offers individualized support in between visits with an oncologist. 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and their dependents age 18+ with a suspected or confirmed cancer diagnosis 	
Contact information:	
833-849-6300	www.thymecare.com/microsoft

Additional programs and services:	Contact information:
<ul style="list-style-type: none"> Autism/ABA therapy Weight management Respite benefits (non-hospice) Nutritional therapy/counseling 	Premera, 800-676-1411
<ul style="list-style-type: none"> Infertility treatment 	Progyny, 888-203-5066
<ul style="list-style-type: none"> Childcare assistance Back-up Care Advantage Program Group legal On-site flu shots and mammograms (employees and spouses only) Adoption assistance 	Visit aka.ms/benefits or email benefits@microsoft.com