

Microsoft Health Programs

Expert Medical Opinion (EMO)	Advance Medical
<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, and parents/parents-in-law 	
Contact information:	
800-676-1411	https://advance-medical.net/Microsoft

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

Diabetes management	Livongo
<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 13+ with diabetes (type 1 or type 2) 	
Contact information	
800-676-1411	go.livongo.com/Microsoft

Diabetes prevention	Livongo
<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 18+ who meet pre-diabetes criteria followed by the Centers for Disease Control (CDC) 	
Contact information	
800-676-1411	go.livongo.com/Microsoft

Hypertension		Livongo
<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	go.livongo.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/2021-microsoft/	

Perks+		
<ul style="list-style-type: none"> • Annual reimbursement up to \$1,200 toward eligible items and services that promote physical, mental, emotional, and financial wellbeing: 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	

Microsoft CARES Employee Assistance Program (EAP)	Wellspring
<ul style="list-style-type: none"> In-person and over-the-phone counseling and support for issues related to stress management, work-life balance, childcare and parenting, family and relationships, mental and emotional health, etc. 	
Who to refer:	
<ul style="list-style-type: none"> Microsoft employees and family members 	
Contact information:	
800-553-7798	www.microsoftcares.com (user name: MSCARES)

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

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