



Maritz  
**HEALTHY YOU!**

# QUICK GUIDE

HYPERTENSION RESOURCES



**The resources on this page are available to employees enrolled in the Cigna Medical Plan:**

## **Livongo**

<https://ready.livongo.com/Maritz>  
(800) 945-4355

At no cost to you, those who have been diagnosed with Hypertension (high blood pressure) can enroll in this program and receive a free cellular connected blood pressure monitor, a mobile app that gives personalized feedback, and one-on-one coaching. The monitor automatically sends your readings to the easy-to-use app.

You will receive useful information and tips to help you stay on track to manage your blood pressure and feel your best. Livongo coaches provide answers to your questions and advice on improving your health.

To enroll in the program, click on the link above to go to the Livongo website, click Join Now to register and enter Maritz as the Client Specific Registration code.

## **Cigna**

[www.MyCigna.com](http://www.MyCigna.com)  
(800) 244-6224

- Office visits are covered at 80% for in-network (after deductible).
- Health Coaching is available to help you manage your high blood pressure. Login to [www.MyCigna.com](http://www.MyCigna.com) and select **Health Coaching** under **Wellness**.
- Health Library – Click the Wellness tab and scroll down to the bottom and click the topic **Heart Health** then the **High Blood Pressure** tab for information and resources such as a home blood pressure log, over-the-counter medicines to avoid, and blood pressure nutrition

## **Express Scripts**

[www.express-scripts.com](http://www.express-scripts.com)

Deductible is waived for most blood pressure medications.



Maritz  
**HEALTHY YOU!**

# QUICK GUIDE

## HYPERTENSION RESOURCES

### ComPsych Employee Assistance Program

[www.GuidanceResources.com](http://www.GuidanceResources.com) (888) 628-4824

App: GuidanceNow

Website Username: LFGSupport, Password: LFGSupport1

- All employees are eligible. Enrollment in the Maritz medical plan is not required.
- Hover on the Wellness tab and click Physical Health. Click the topic High Blood Pressure for information related to hypertension.
- Live or virtual counseling at no cost if you need emotional support. You are eligible for up to 5 visits per person, per issue, per year.

### EyeMed Vision Plan

<https://eyemed.com/en-us>

Hypertension can cause blurred vision or blindness. If you are enrolled in the EyeMed vision plan and have hypertension, be sure to get your annual eye exam. You pay just a \$20 when using in-network providers (or copay is waived if using a provider with the PLUS designation).

### Virgin Pulse Wellness Program

<https://www.virginpulse.com/> (877) 671-9395 or [support@supportpulse.com](mailto:support@supportpulse.com)

- On the Virgin Pulse website, hover over **More** (with three dots) and select Topics of Interest.
- Under the Health tab, click **Journeys** which are daily, self-guided courses to help you build healthy habits.

### Wex Health Savings Account

If you are enrolled in the Maritz medical plan and have HSA funds available, the IRS allows you to use these funds to purchase a blood pressure monitor.

### Cigna

<https://www.cigna.com/knowledge-center/hw/medical-topics/high-blood-pressure-center1047>

Visit this site for information and resources related to:

- Home blood pressure log
- Over-the-counter medicines to avoid
- Blood pressure nutrition tips and the DASH diet

### Centers for Disease Control & Prevention (CDC)

<https://www.cdc.gov/bloodpressure/index.htm>

Visit this site for information such as:

- How to prevent and manage hypertension
- Facts and statistics
- Blood pressure medications
- Links to American Heart Association and Food and Drug Administration articles