



Attentive[®] | Program Guide



www.getattentive.com

WELCOME TO ATTENTIVE!

Attentive is a leading health and wellbeing company that delivers care that fits your life—with \$0 copay. Through the program, you and your family receive whole-person support and resources – physical, mental, relational, and nutritional – in one place, from one trusted brand.

The benefits can be accessed 24/7 through the online Attentive portal using your laptop, tablet, or phone. And to ensure all family members have access to these great services, we extend all program offerings to your spouse and children at no additional cost.

From mental health and virtual doctor visits to wellness coaching and fitness challenges, our program gives you and your family members access to modern support, right when you need it.



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INSTRUCTIONS: ACCESS YOUR PORTAL

Access via Mobile App

To access your Attentive benefits on a mobile device, download the Attentive EDGE mobile app from either the Apple App Store or the Google Play Store. Once the app is installed, open it and enter your login credentials to access your member benefits.

Apple App Store:

Scan the QR code or [click here to download.](#)



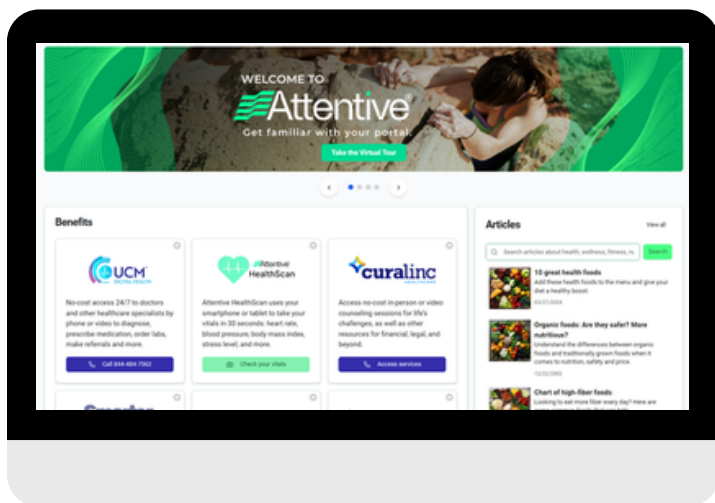
Google Play Store:

Scan the QR code or [click here to download.](#)



Access via Web Browser

1. Open your internet browser.
2. Type www.beattentive.com into the address bar.
3. This will take you to the Attentive EDGE portal login page, where you can enter your credentials and access your member benefits.



Ready to explore?
[Click here](#) to take a virtual tour of the portal.



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TELEHEALTH

Overview

With the Attentive program, you and your family gain access to \$0 copay telehealth services, connecting you with fully licensed physicians for non-emergency care, diagnosis, and treatment:

- Colds, flu, allergies, fever, sore throat
- Ear, sinus, and urinary tract infections
- Skin inflammation and rashes
- Digestive issues, and more

Key Features

24/7 Virtual Care:

Phone or video consultations anytime, anywhere

Licensed Physicians:

Nationwide network of board-certified doctors and other professionals

Prescription Support:

Prescriptions sent directly to your preferred local pharmacy when medically appropriate, coordinated with Rx plan

Family Access:

Coverage for dependents and household members

Cost-Efficient:

Unlimited \$0 copay virtual appointments



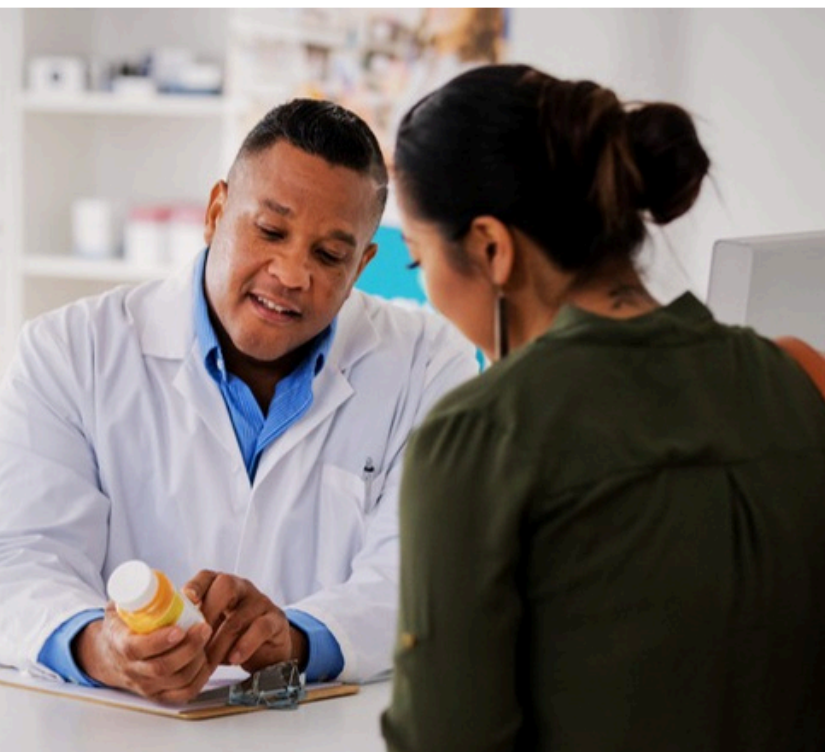
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Rx | Prescription Benefits | COMING SOON

Overview

With the Attentive program, you gain access to Rx benefits that make prescription medications more affordable and accessible:

- Calculate and compare prescription prices in real time
- Receive reminders for upcoming prescription refills
- Access local, mail-order or international fulfillment



Key Features

\$0 Copay Prescriptions:

Over 1,000 acute and chronic medications, available in both 30-day and 90-day supplies

Discount Card Program:

Thousands of additional discounted prescriptions

70,000+ Pharmacy Locations:

Pick up prescriptions at your retail pharmacy of choice

Diabetic Products:

Discounted pricing on the most commonly prescribed insulin medications and supplies

GLP-1 Weight Loss Program:

Local, international and compounding options available

Specialty Medications:

Men's and women's health options, pet medications, and more



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BIOMETRIC SCANS

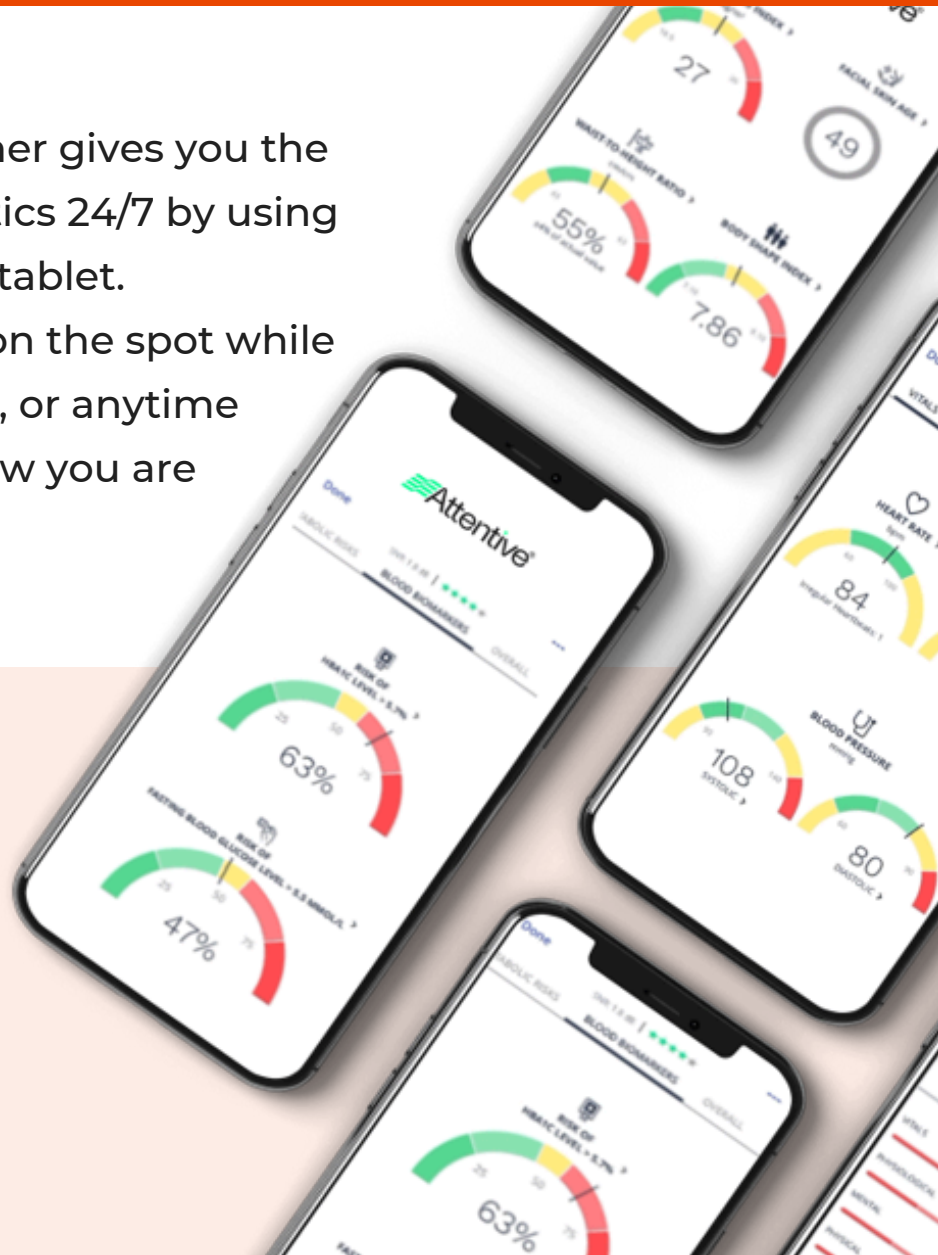
Overview

The Attentive biometric scanner gives you the ability to take your vital statistics 24/7 by using the camera on your phone or tablet.

Measurements can be taken on the spot while on a telehealth or therapy call, or anytime you want a quick check on how you are doing in all vital areas.

Key Features

- Heart Rate
- Breathing
- Blood Pressure
- Heart Rate Variability
- Cardiac Workload
- Mental Stress Index
- Body Mass Index
- Overall Wellness
- And more!



This benefit is only available via the **Attentive EDGE** mobile app. Download the mobile app today!



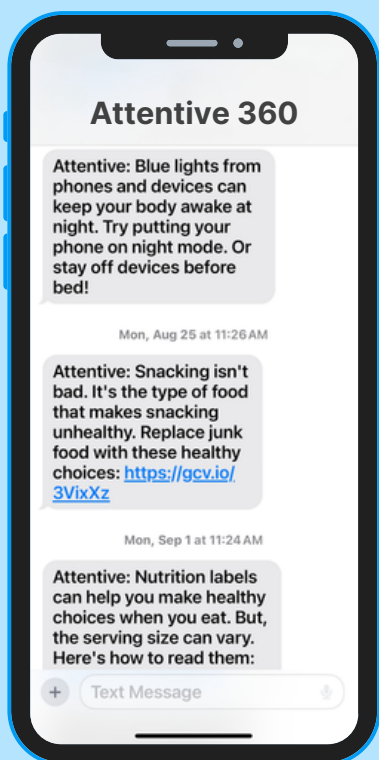
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CHRONIC CARE

Overview

The Attentive program delivers interactive chronic care support that empowers you to manage your health more effectively:

- Individualized support and direction
- AI guided wellness engagement to help manage chronic diseases and other targeted health areas



Your Attentive 360 Health Concierge is a personalized program that helps you become healthier while lowering your out-of-pocket healthcare costs.

Learn more about the program and customize your health journey support: <https://attentive360.gomohealth.care/concierge-enrollment/>

Key Features

Personalized Coaching: Nutrition, fitness, and behavioral coaching to target key areas of health

Interactive Tips and Guidance: AI guided text messaging and educational tools to reinforce small daily improvements

Digital Wellness Check-Ins: Continuous monitoring of mood, stress, and health progress

Integrated Support: Support for conditions such as diabetes, hypertension, cardiac care, obesity, stress, and mental health

To personalize your Attentive 360 health tips and guidance, visit: attentive360.gomocompanion.com



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EAP | Employee Assistance Program

Overview

With the Attentive program, you gain access to a comprehensive employee assistance program that offers support in areas including life transitions, health challenges, career resources, work-life balance, legal and financial matters, and much more.

GROUP CODE: attentiveap



Key Features

In-the-Moment Support:
24/7 availability by phone or online

No-Cost Counseling:
6 in-person or virtual counseling sessions per year for you and each of your family members

Text Coaching:
Clinician-led text-based support and coaching

Support Groups:
Anonymous group sessions moderated by clinicians

On-Demand Mental Health Tools:
Modules, assessments, action plans, and live sessions for stress, anxiety, depression, trauma, addiction and more

Video Library:
On-demand emotional fitness video library with tracking tools, badges, and new content weekly



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ADDICTION RECOVERY

Overview

With the Attentive program, you receive structured, compassionate support to overcome substance use and unhealthy behaviors. Daily guidance and practical tools help you build self-awareness, strengthen coping skills, and develop healthy, sustainable habits for long-term recovery.

Key Features

Learning Modules & Library: Guided daily routines, videos, exercises, and daily steps to support progress

Virtual Support & Advocacy: Year-round digital guidance and on-demand support for substance-use concerns

Group Meeting Finder: Tools to locate local/virtual support group meetings

Clinical Assessment: Instant access to a validated screening tool

Personalized Action Plan: Tailored recommendations for care

Licensed Coaching: Confidential support from master's-level coaches



COUPLES PROGRAM

Overview

With the Attentive program, couples receive compassionate, structured support to work through relationship challenges and deepen connection. This evidence-based approach helps partners improve communication, understand each other's needs, and build healthier patterns that strengthen the relationship.



Key Features

8-Hour Online Course:

Complete at your convenience using a phone, tablet, or computer

Virtual Coaching Support:

Four 20-minute calls with skilled coaches, available days, evenings, and weekends

Flexible, Private Format:

Participate from home with confidential online tools and resources available 24/7

Practical Communication Tools:

Learn how to express emotions, discuss concerns without judgment, and work toward shared solutions

Additional Support (via EAP):

Gentle, informed guidance for navigating sensitive topics, including marriage and divorce



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HOLISTIC WELLNESS | COMING SOON

Overview

With the Attentive program, you gain access to holistic wellness benefits designed to support healthy habits across key areas of wellbeing:

- Diet and nutrition
- Exercise and physical fitness
- Mindfulness and sleep



Key Features

On-Demand Wellness Library:
Unlimited access to fitness classes, recipes, mindfulness, sleep support, healthy tips and reminders, and more

Health Coaching:
Nutrition, fitness, stress management, and work/life

Health Risk Assessments:
Survey covering eight key areas of wellbeing; results create personalized feedback and recommendations

Custom Challenges:
Individual and team-based wellness challenges

Activity Tracking:
Progress tracked via wearables and app integrations

Engagement Tools:
Points, leaderboards, and reward capabilities

Reporting:
Real-time insights into participation and outcomes



MAYO CLINIC | Resource Library

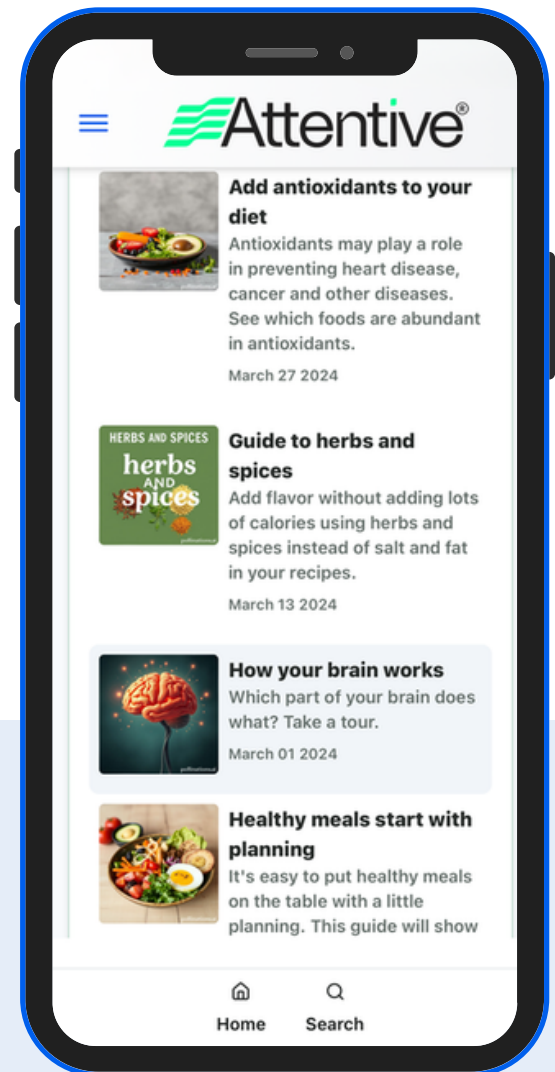
Overview

Attentive is partnered with the world-renowned Mayo Clinic to bring a comprehensive health and wellbeing information library to you and your family. Created and managed by Mayo's team of experts, the library contains articles, videos, FAQs, and more—all in a searchable library for easy access.

Key Features

Contains over 10,000 assets covering 3,000 health topics in the following categories:

- Articles, Images, and Videos
- Recipes
- Diseases & Conditions
- Treatments & Procedures
- Frequently Asked Questions
- Expert Answers



Resources cover various topics, including mental health, holistic health, productivity, and diet & nutrition.



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FAQs

Portal Login

Q: Where do I go to login to my portal?

A: The new web portal address is www.beattentive.com.

Q: I never received a registration email.

A: Email info@ahwus.com with your full name and company name. We'll resend the link within one business day.

Q: I forgot my password.

A: Use the “forgot password” link on the login screen to request a link to reset your password.

Q: Can my dependents receive their own login credentials for the portal?

A: Yes. Add the adult dependents (18+) using the Add/Manage Dependents tool on the left-hand side of the home screen. Make sure to click Create Dependent. After doing so, you'll see the dependent's name in the dependent list. On the right you'll see three icons: a pencil to edit; an envelope to send a registration email; a trash can to delete the dependent. Click the envelope to send the dependent a registration email.

Note: Primary users and dependents must have unique email addresses to create separate profiles.



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Contact Us

Have Questions? We're here to help!

Head over to www.getattentive.com, click *Contact Us*, and fill out the brief contact form.

Prefer to speak with someone directly?

Give us a call at 256-543-0722.



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