



Learn about your new health information service — KnovaSolutions!

Have you ever had a health care question and not known whom to ask? Your doctor may not always be available for a quick call, your friends and family probably aren't experts, and you can't have a conversation with strangers on the internet about your concerns. You need help from an experienced health care professional, and you need it NOW.

That help is always a phone call or email away with KnovaSolutions. Your employer has partnered with KnovaSolutions to provide you with a team of health care professionals (including a nurse, a pharmacist, and a medical research librarian) who will consult and answer your questions about:

- Health care and treatment options.
- Medical care decisions.
- Medication.
- Work-life balance.

KnovaSolutions is dedicated to improving your family's overall health and wellness. If you have questions about how to live a healthier lifestyle, you can call (1-800-355-0885) or email (contactknova@hcmsgroup.com), and your team can provide advice and suggest resources to help. We're not just for when your child is running a fever (though we're here to help at those times as well).

Our service is secure and confidential, and the conversations you have with your KnovaSolutions team will never be shared with anyone else, including your employer. The program is funded by your employer, so there is no cost to you. And participating in KnovaSolutions is voluntary, so you decide how and when you want to connect with your nurse.

You may receive an introductory letter mailed to your home or an email and phone call about the service. During the call you can ask questions about the service, have a brief consultation with your nurse, and schedule time to talk in more depth.

Visit the KnovaSolutions website to learn more.

www.hcmsgroup.com/knovasolutions

your **Health**
your **Decisions**