








 **Business
Health Trust**



The Nicest Benefit

These are the convenient, affordable services included with Nice Healthcare®:

-  Virtual chat and video visits
-  In-person visits with 35 Free labs and physical tests
-  550+ free medications can be prescribed by Nice clinicians

-  Virtual physical therapy visits
-  Virtual mental health therapy visits
-  In-Home X-rays and EKG services
-  Care coordination support

“

They were so personable and made me feel as comfortable as possible, and really made time to learn about me and my health issues. I highly recommend Nice.

Angela K.

Nice Healthcare Patient

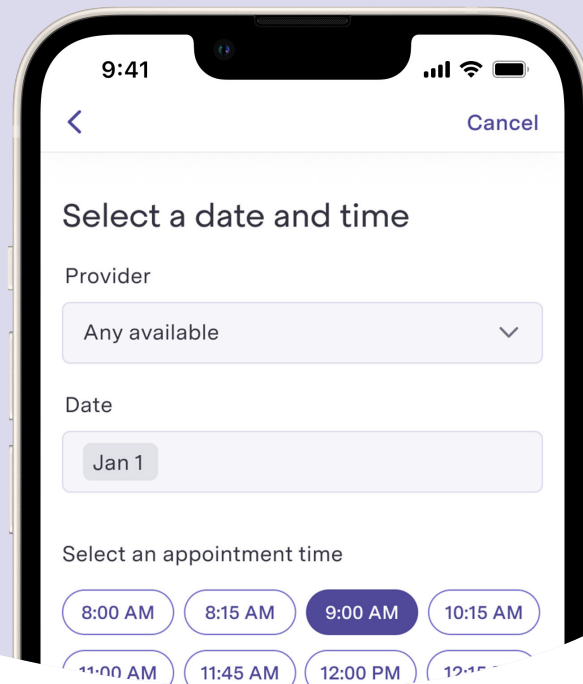


*You may incur a small visit fee if you are enrolled in a High Deductible Health Plan (HDHP). Please confirm with your employer for further details.

It All Starts With The Nice App



Download the app and complete the intake form to start using Nice. All virtual services are conducted using the Nice app, including chat and video visits, physical therapy, and mental health therapy.

In addition to scheduling and conducting visits, you'll also use the Nice app to review treatment plans, upload documents, and manage your accounts.



The Clinic That Comes To You

Nice offers clinical services in parts of Arizona, Colorado, Idaho, Iowa, Minnesota, Nebraska, Nevada, New Mexico, Oregon, Utah, Washington, and Wisconsin.

-  Virtual only
-  Virtual & in-person

In-Person Visit Hours (local time)

Mon - Fri 9am - 5pm

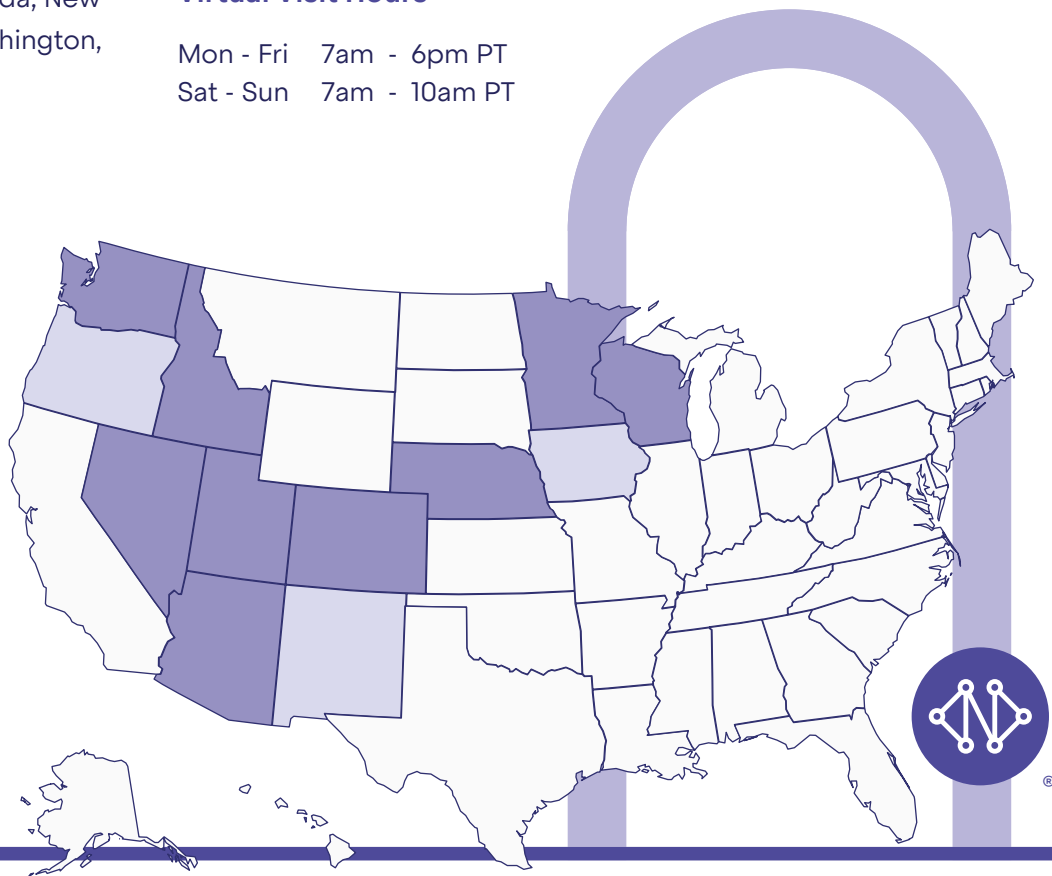
Virtual Visit Hours

Mon - Fri 7am - 6pm PT

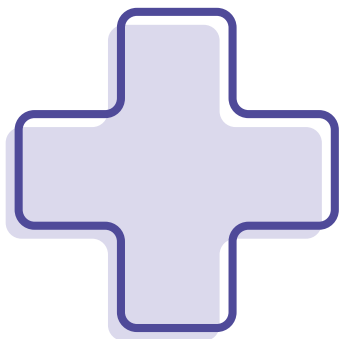
Sat - Sun 7am - 10am PT

Our mission is simple

Make getting amazing
everyday care easy and
affordable.



When to Use Nice®



EVERYDAY CARE WHENEVER YOU NEED IT



Routine Checkups

Annual Wellness Exam - Sports Physicals - Child Checkups



Chronic Care

High Blood Pressure - High Cholesterol - Thyroid Conditions
- Diabetes



Sick Care

Cold/Flu - Strep Throat - Sinus & Ear Infection - UTIs - Pink
Eye - Rashes



Short-Term Mental Health

Anxiety - Depression - Grief & Loss



Virtual Physical Therapy

Back Pain - Neck Pain - Injury Recovery



Imaging

X-Rays - EKGs



35+ Labs

Blood Work - A1c



*You may incur a small visit fee if you are enrolled in a High Deductible Health Plan (HDHP). Please confirm with your employer for further details.

Using the The Nice® App



Create Your Account

Open the app and select “Sign Up.”
Using your personal email address,
fill out the required fields.



Sign In To Your Account

Open the app and enter your email
and password. You’ll be taken to your
homepage where you can book and
view upcoming appointments.



Add Dependents *(if necessary)*

Navigate to the
“Accounts” tab and
select “Add a Patient.”
Fill out the necessary
information and repeat
for each dependent.

Eligible dependents that are 18+ need to create
their own accounts, and dependents under 17
can be added to an adult’s account.

*The patient should join through the Nice-eligible employer,
which may not be their personal employer.*



Schedule Your First Visit

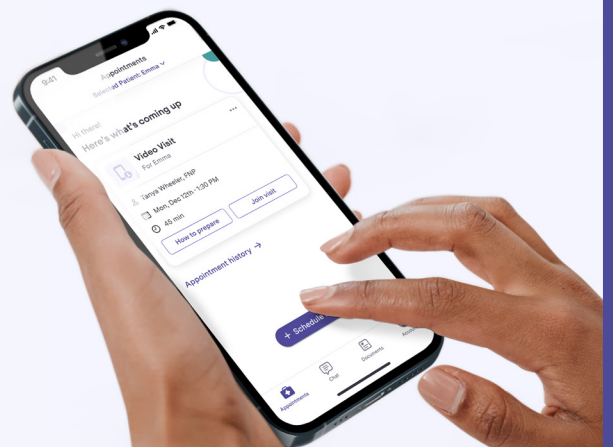
On the homepage, select “Schedule a Visit” and follow the prompts to complete a
health history and intake form (this usually takes about 5-6 minutes).

Finalize the details of your appointment by selecting a date and time that works for
you, and confirm. You’ll see your upcoming appointment on your homepage.



It All Starts With the App

Use the Nice app to schedule visits,
chat with clinicians, attend video
visits, review treatment plans,
upload documents, and more.



Mental Health Therapy

SHORT-TERM MENTAL HEALTH SUPPORT

The Nice team understands that mental and physical health are equally important. Their mental health services help you manage stressors and maintain a healthy mind and body.

Nice offers the flexibility of up to 8 sessions to support you in developing the skills and mindset to take charge of your thoughts, feelings, and behaviors.

You can schedule a mental health assessment by selecting Mental Health Therapy when prompted with “How can we help?” while filling out the intake form.

You may be guided to external resources that can better support your mental health needs during the intake process or after your assessment.

Who’s eligible?

- Must be at least 18 years old
- Must not already be in therapy

Nice can help patients:

- Enhance mindfulness
- Navigate parenthood or other life transitions
- Increase confidence in managing social situations
- Improve stress management
- Develop boundary setting skills
- Strengthen conflict resolution skills
- Refine their ability to regulate emotions
- Live in better alignment with their values
- Communicate more effectively in relationships



Nice does not prescribe controlled substances or antipsychotic medications, and does not provide evaluations for ADHD, ASD, or other disorders.





Mental health treatment through Nice is **not intended** to address serious mental illness or chronic mental health needs, such as (but not limited to):

- Severe mood dysregulation
- Suicidal/homicidal ideation
- Self-injurious behavior
- Substance use
- Complicated grief
- Eating disorders
- Psychosis
- Trauma

Long-term or other mental health services may be better suited to address these needs.



Use the Nice app to schedule visits, chat with clinicians, attend video visits, review treatment plans, upload documents, and more.



**It All Starts
With the App**



Physical Therapy

IMPROVE MOBILITY • REDUCE PAIN • RESTORE FUNCTION

Aches, pains, or strains? From injuries to nagging back pain, our licensed physical therapists can help you address all kinds of musculoskeletal issues.

Nice's physical therapy service can help you:

- Enhance mobility and movement
- Alleviate discomfort and pain
- Restore your strength and improve your functional abilities
- Provide strategies to prevent future injuries

Our therapists collaborate closely with you to craft a personalized plan to meet your specific goals and requirements. If needed, you'll receive a resistance band for exercises you can do between check-ins.

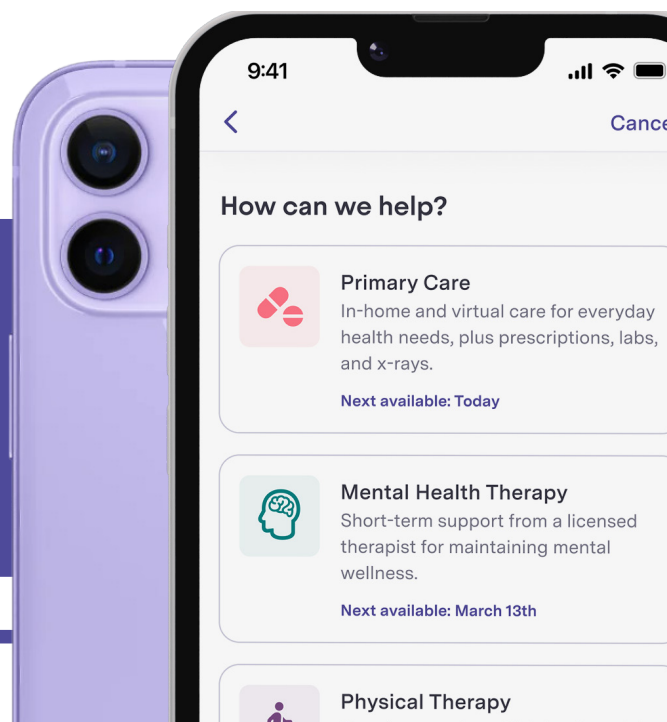
As always, we'll work with your other Nice clinicians to coordinate whole-person care.

Schedule a physical therapy visit simply by selecting Physical Therapy when prompted with "How can we help?" while filling out the intake form.



It All Starts With the App

Use the Nice app to schedule visits, chat with clinicians, attend video visits, review treatment plans, upload documents, and more.



Nice clinicians can help you manage your medications and write new ones for you. Nice covers 550+ of the most common medications, which can be prescribed with no out-of-pocket costs for patients.

1. Schedule a chat or video visit in your Nice app.

Your clinician will determine whether you need a prescription and send the order to your preferred pharmacy.

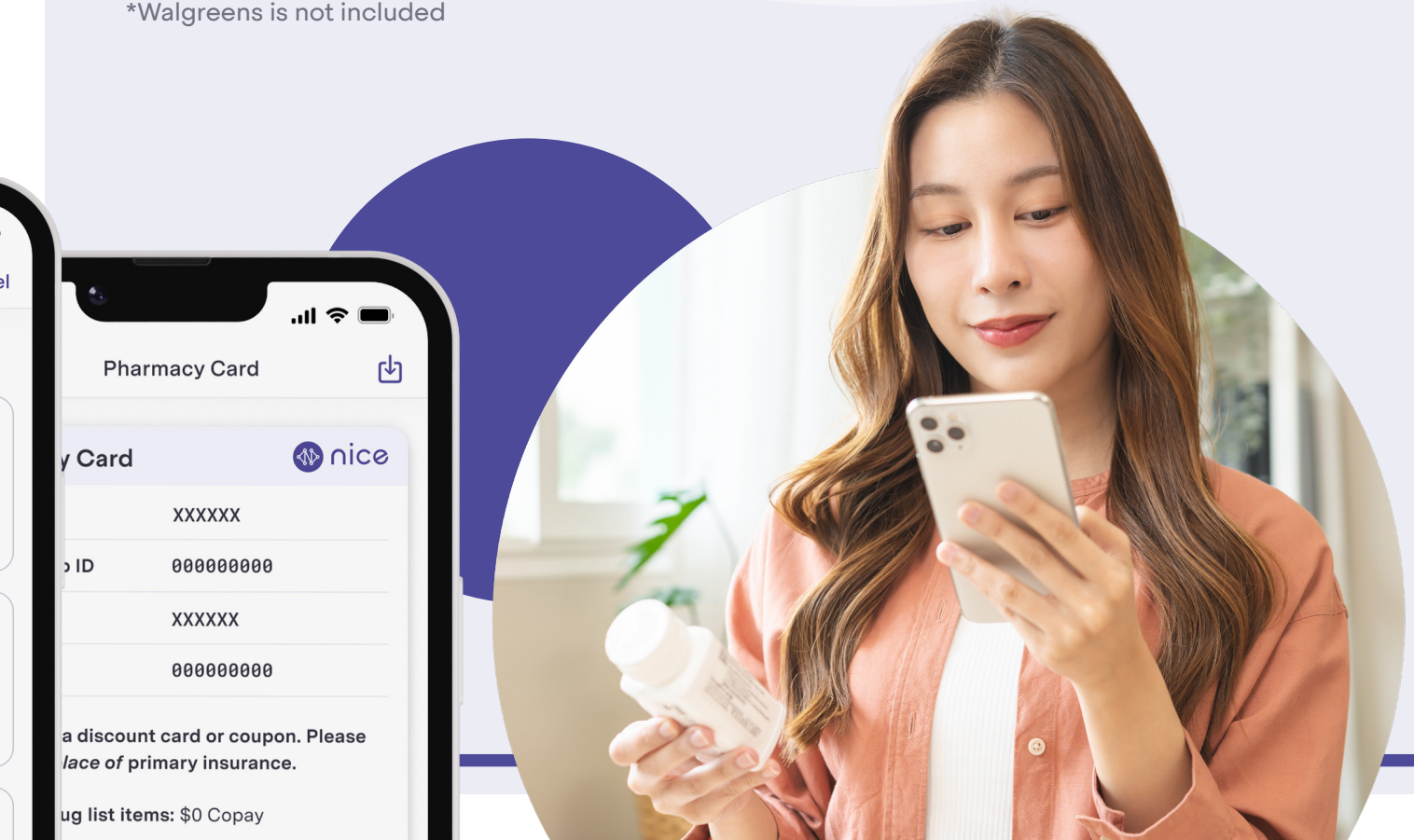
2. Pick up your prescription at one of Nice's 60,000 in-network pharmacies.

Your prescription will be waiting when you arrive. Show your Nice Rx card, printed or in the app, and check out. You will have to use your health insurance, or pay in cash, for any non-covered medications.

*Walgreens is not included

Types of Medications

- Allergy/sinus
- Antibiotics
- Anti-fungal
- Anti-viral
- Asthma
- Cold/cough
- Diabetes
- Ear/eye drops
- Gastrointestinal
- High cholesterol
- Hypertension
- Mental health
- Skin
- Thyroid
- Women's health





HOW HEALTHCARE SHOULD BE

