



The Nicest Benefit

Nice is the clinic that comes to you. Any time you or your benefit eligible dependents feel under the weather, suffer an injury, or want to talk to a clinician about a healthcare need, we're here to provide convenient, clinical care. Start with our app to get virtual help from our friendly team. We can even send a clinician to your home or workplace for things like labs, x-rays, and in-person exams! You won't pay anything. No copays, no deductibles, no mystery bills, and no waiting rooms.

Nice Healthcare offers the following services:

-  Virtual chat and video visits
-  In-person visits with 35+ free labs and physical tests
-  Hundreds of free medications
-  Virtual physical therapy
-  Virtual mental health therapy
-  In-home X-rays and EKG services
-  Specialized programs for complex or chronic conditions
-  Care coordination support

**Available services may vary based on your employer's selected options*

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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.

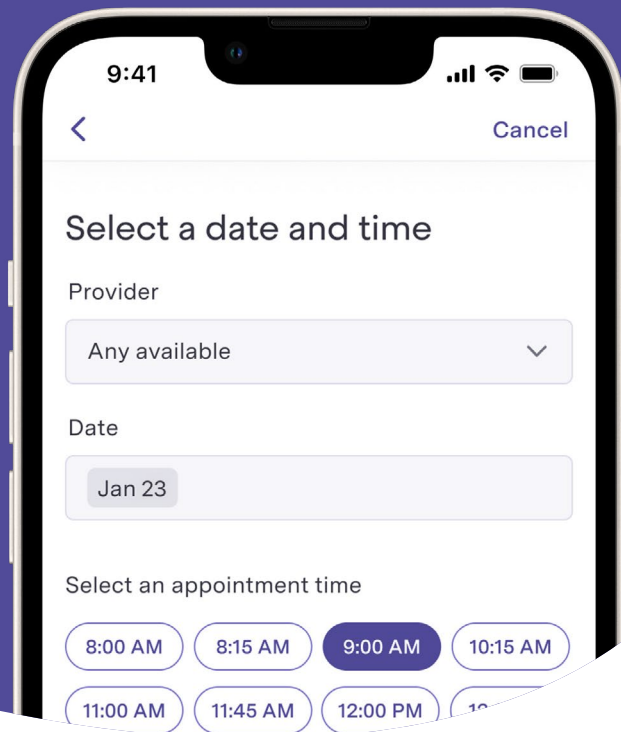
Angela K.

Nice Healthcare Patient



It All Starts With The Nice App

Download the app. Complete the intake form and schedule your first appointment to start using Nice. All virtual services, including chat and video visits, are conducted in the Nice app.



The Clinic That Comes To You

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

-  Virtual only
-  Virtual & in-person

Our mission is simple

Make getting amazing
everyday care easy and
affordable.

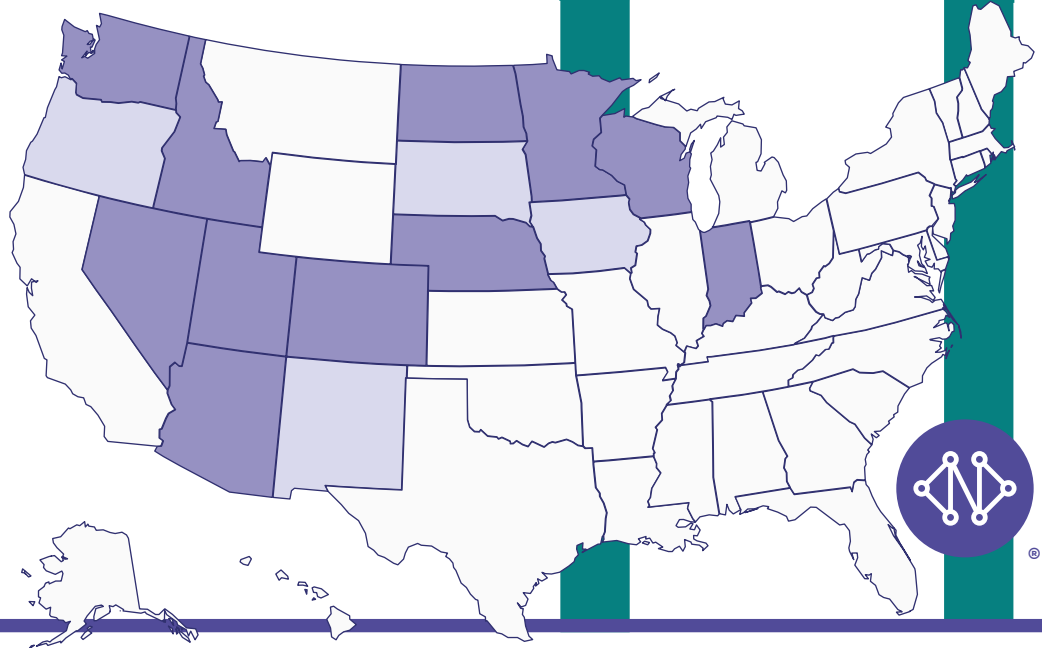
In-Person Visit Hours (local time)

Mon - Fri 9am - 5pm

Virtual Visit Hours (local time)

Mon - Fri 7am - 6pm

Sat - Sun 9am - 12pm



When to Use Nice®



EVERYDAY CARE WHENEVER YOU NEED IT



Routine Checkups

Annual Wellness Exam - Sports Physicals - Child Checkups



Chronic Care

Liver Health - Thyroid Conditions - Sleep Disorders



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



Specialized Programs

Diabetes - Hypertension - Weight Management - Peri/Menopause



Imaging

X-Rays - EKGs



35+ Labs

Blood Work - A1c



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

Mental and physical health are intertwined and equally important. We can help you manage stressors and maintain whole-person health.

Nice can support you when you're stressed, overwhelmed, grieving, or facing other mental health challenges. Select "Mental Health therapy" under "How can we help?" on the intake form. Our team can provide up to 8 sessions to support you. Note that our mental health services are not intended to address serious mental illness or chronic mental health needs including (but not limited to) suicidal/homicidal ideation, self-injurious behavior, substance abuse, eating disorders, psychosis, trauma, or severe mood dysregulation. For these conditions, you may be guided to long-term or other mental health services better suited to your needs.

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.



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
- Learn and implement 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.

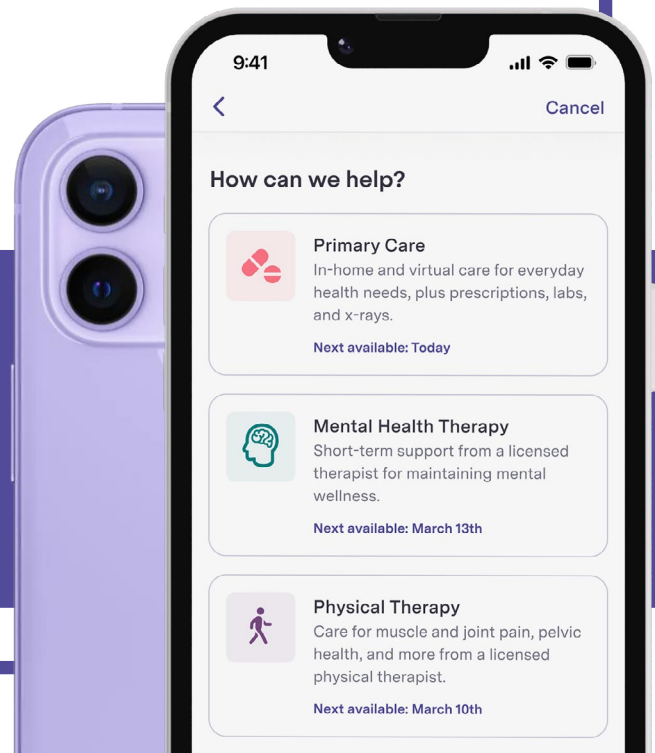
As always, we'll work with your other Nice clinicians to coordinate whole-person care.

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 hundreds 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.

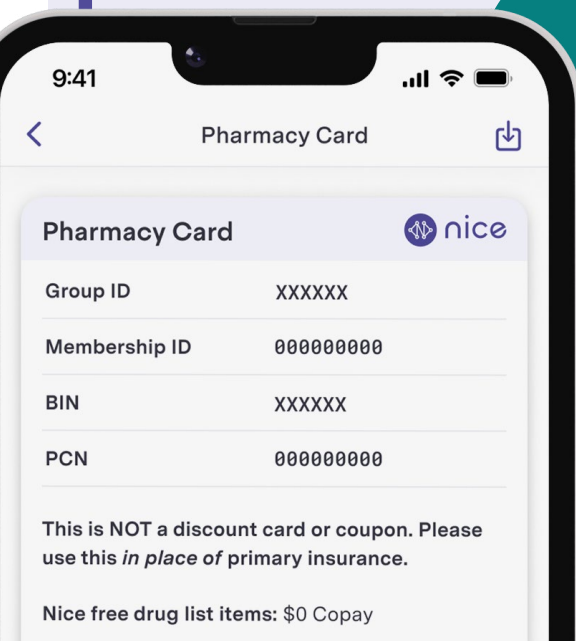
2. Pick up your prescription at one of Nice's 60,000 in-network pharmacies.

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

Nice offers free medications and select vitamins and supplements for conditions like:

- Allergies and chronic sinus
- Asthma
- COPD (chronic obstructive pulmonary disease)
- Diabetes
- Gastrointestinal issues
- High cholesterol
- Hypertension
- Mental health
- Osteoporosis
- Smoking cessation
- Women's health conditions



Specialized Programs

ONE-ON-ONE SUPPORT FOR YOUR HEALTH GOALS

Managing an ongoing health concern can feel overwhelming. Nice's specialized programs provide personalized education, guidance, and ongoing support for some of the most common health needs.

Each program takes a whole-person approach, helping you better understand your health, build realistic habits, and create a plan that fits your life.



Diabetes

Personalized support to help you better understand and manage diabetes.

- Work toward healthier A1c levels
- Monitor your condition and help prevent complications
- Build sustainable nutrition, movement, and lifestyle habits



Hypertension

Practical guidance to help manage your blood pressure and support long-term heart health.

- Understand and monitor your blood pressure
- Take medications consistently and safely
- Develop heart-healthy habits

Ongoing health support should feel practical, personal, and easy to access.





Weight Management

Judgment-free support centered on your health, lifestyle, and personal goals.

- *Work toward a healthy weight or BMI*
- *Address concerns early*
- *Create a realistic nutrition and movement plan*



Perimenopause and Menopause

Support for the physical and emotional changes that can happen during perimenopause and menopause.

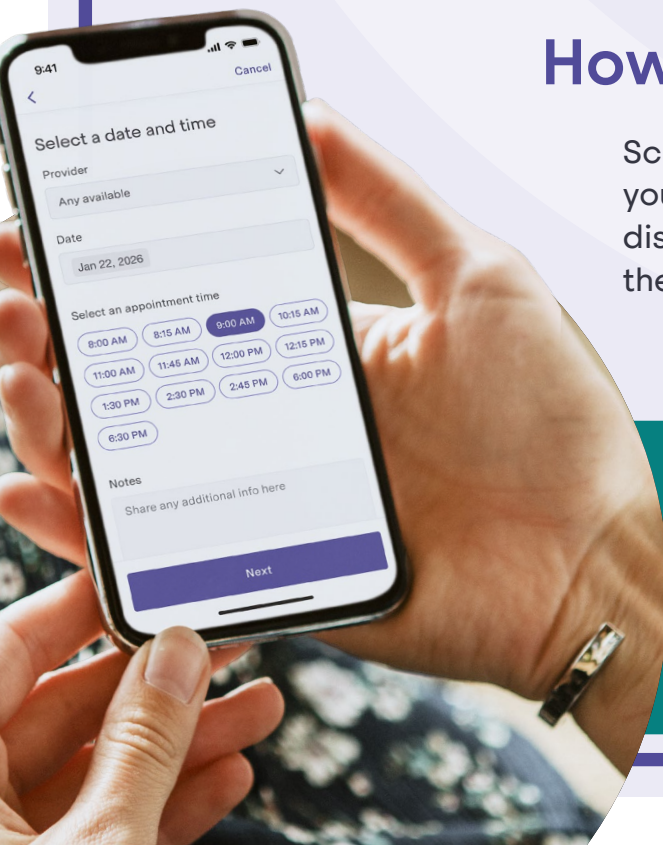
- *Understand and manage symptoms*
- *Address changing cardiovascular health risks*
- *Support your comfort, well-being, and quality of life*

What to expect

You'll work one-on-one with a Nice clinician who can help you understand your health, set realistic goals, and develop a personalized care plan. Your support may include education, follow-up visits, lifestyle guidance, medication management, and coordination with other Nice services when appropriate.

How to get started

Schedule a primary care visit in the Nice app and tell your clinician what you would like help with. They can discuss your goals and help determine whether one of these programs may be right for you.



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.



HOW HEALTHCARE SHOULD BE

