








# A snapshot of Surest support programs

A sample of what's available as part of the Surest plan.

 <b>Doctor on Demand</b>	 <b>Talkspace</b>	 <b>Canary Health</b>	 <b>Real Appeal</b>
<b>24/7 video access</b> to medical and behavioral health providers.	Connect with <b>licensed mental health professionals</b> via text or video chat.	Better Choices, Better Health® six-week online workshop to help <b>manage chronic conditions</b> .	An interactive step-by-step program for <b>weight loss</b> , with personal coaching support along the way.
 <b>MyCancerJourney</b>	 <b>Pivot</b>	 <b>One Pass Select</b>	
<b>One-on-one patient advocates</b> help guide members through the cancer experience.	Multi-pronged approach to <b>smoking cessation</b> including nicotine replacement.	A subscription-based <b>fitness and well-being</b> program that helps support a healthier lifestyle.	

