

# **First** CarolinaCare

*A Health Plan That Cares*



*For more information, contact your  
insurance agent/broker or us directly:*

**(910) 715-8100**

**or (800) 574-8556**

*[www.firstcarolinacare.com](http://www.firstcarolinacare.com)*

# **First** CarolinaCare

*A wholly-owned subsidiary of  
FirstHealth of the Carolinas*



# FirstCarolinaCare Wellness Packages

Offered separately or a package to select employer groups at a nominal cost per member, per year.

## FirstHealth Center for Health & Fitness

### Membership

- Access to six regional FirstHealth Health & Fitness Centers
- No additional cost to the employer
- Employees will receive a 15% discount on current rates. Initial health evaluation is optional.

### Smoking Cessation

- FirstQuit Program
- No additional cost to the employer
- Cost for smoking cessation medications are included through the program
- Small member copayment may apply. Call for details.

### Stress Management

- Four-week program to address methods for coping with daily stress
- No additional cost to the employer
- Small member copayment may apply. Call for details.

### Weight Loss Management

- FirstHealth Weight Management Program includes nutrition information and behavior modification
- No additional cost to the employer
- Small member copayment may apply. Call for details.

### Lunch and Learn

- 2-4 on-site presentations on wide range of topics
- No additional cost for employer or employee

### FirstHealth Employee Assistance Services

- Counseling, supervisor training sessions and a “Lunch and Learn” session
- No additional cost to the employer
- No additional cost to the employee