

Your Weight Management Resources at a Glance

Ricoh offers a variety of benefits to support your health and wellness goals. From weight management support to discounted gym memberships, these benefits include digital coaching, one-on-one guidance, and incentives like gift cards. Your well-being matters to us, and we're here to help you navigate your health journey with confidence and support.

Wellness Tools

As part of our ongoing efforts to empower individuals in achieving their personal health goals, we offer a variety of tools and resources designed to support effective weight management.

Take the next step: explore your options and make the most of your benefits today.

While medications will no longer be covered specifically for weight loss purposes, coverage for these medications may still be prescribed for other health conditions.



More Ways to Support Your Health Goals

Ricoh offers a robust suite of wellness resources to help you live a healthier life—beyond what's included in your medical plan. Whether you're looking for nutrition support, mental health tools, or exclusive discounts on fitness and wellness services, these programs are designed to meet you where you are.



Carebridge Employee Assistance Program (EAP)

As a Ricoh team member, you and your eligible family members have access to the EAP benefits through Carebridge, a confidential mental health, work-life services, and emotional wellbeing benefit.

Carebridge provides free, confidential support 24/7 for:

- Mental health and emotional wellbeing
- Work-life services (childcare, eldercare, legal, financial)
- Digital tools like mindfulness sessions apps, webinars, and virtual support groups

Access Carebridge:

Ph. 1-800-437-0911

Online: carebridgenow.com (Access Code: HT3D7)

Email: clientservice@carebridge.com

Carebridge BenefitHub health and wellness deals

Browse deals: carebridge.benefithub.com

Wellbeing 365 & On The Goga Wellness Hub

Join **Wellbeing 365** and explore the **On The Goga Wellness Hub**, your one-stop shop for:

- Live and recorded wellbeing workshops
- Articles, recipes, and meditations
- Nutrition and mindful eating resources
- Wellbeing challenges and interactive tools

Sign up today: hub.onthegoga.com/signup

Beneplace Discounts

Through **Beneplace**, Ricoh employees can access exclusive discounts on:

- Fitness equipment and trackers
- Gym memberships
- Weight loss programs

Explore offers: ricoh.savings.beneplace.com



Take advantage of these resources to build healthier habits, stay active, and feel your best—your journey is supported every step of the way.



	Aetna	Cigna	Dean/ Prevea 360	Health Net	Highmark Blue Cross Blue Shield	Kaiser Permanente	Medical Mutual	Priority Health	United Healthcare¹	UPMC Health Plan
	1.855.496.6289	1.855.694.9638	1.877.232.9375	1.888.926.1692	1.844.637.5488	1.877.580.6125	1.800.677.8028	1.833.207.3211	1.888.297.0878	1.844.252.0690
Available Services										
Weight Management	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Biometric Screening	—	—	✓	—	✓	✓	✓	—	—	—
Wellness Portal	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gym Membership										
Discounts Available	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Program Name	Aetna discount program/HUSK/Lifemart	Active&Fit Direct	Partner Perks	Active&Fit Direct	DirectBlue365	Optum One Pass Select Affinity	Fitness Discount Program	Active&Fit Direct	One Pass Select	Active&Fit Direct
Per person enrollment fee (\$) <i>Subject to change anytime</i>	\$0	\$28	\$0	\$28	\$19 or \$10 (digital)	\$29	\$0	\$28	\$29	\$28
Weight Management										
Program(s) Name	Health Your Way	Cigna Healthcare Well-Being Solution	Living Healthy powered by WebMD and American Diabetes Association Nutrition and Diabetes Prevention Program	Eat Right Now via Sharecare (3 targeted programs— Mindful Eating, Weight Loss, and Diabetes Prevention)	My Highmark, Wellness Coaching	Healthy Lifestyle Program	Weight Watchers (discounted rate) and Bravo Wellness	Personify Health	Real Appeal and United Healthcare Rewards	Health Coaching
Coaching Types	Self-guided digital coaching	1:1 telephonic, Self-guided digital coaching	1:1, Self-guided digital coaching	Self-guided digital coaching	1:1 in-person, Self-guided digital coaching	1:1 in-person and telephonic, Self-guided digital	1:1 telephonic (with Weight Watchers program), Self-guided digital	Self-guided digital	Real Appeal includes live 1:1 individual and group coaching	1:1 telephonic, Self-guided digital coaching
Incentives for Completed Activities	Up to \$100 in rewards	No	No	Earn a scale and activity tracker as part of weight loss program	No	No	No	No	UHC Rewards includes up to \$300 in rewards	No

¹United: Stress included via Health via Calm Health. Weight management included via Real Appeal (year-long intensive lifestyle intervention program that helps participants lose weight and maintain weight loss).

✓ Service/program is available
 — Service/program is not available