

Express Scripts and Mango Health for Diabetes

High-level Overview

Mango Health powered by Express Scripts: Staying on top of your healthcare can be difficult. We are pleased to introduce the Mango Health app, an interactive and free way to help you stay engaged in managing your health. This app is offered to eligible employees and their covered family members 18+ years old with diabetes enrolled in the Michigan Catholic Conference medical plan.

Mango Health is a mobile health platform designed to generate deep engagement through the use of a personalized smartphone app. Using aspects of gamification and incentives, you engage in learning about your wellbeing. Mango Health has earned an average app store rating of 4.5 (out of 5) through over 17,000 ratings across Apple and Android devices.

As you track your healthy habits with Mango, you'll win points and move up a ladder of reward levels. Weekly raffles are held at each level, with prizes ranging from a free Redbox movie rental to \$100 gift cards to retailers such as Starbucks and Whole Foods. All prizes can be redeemed or their equivalent can be donated to charity.

Eligible plan members will receive a communication in the next few weeks with personalized activation code and instructions on how to get started.

It is a brand new approach to improving your health and we know you'll enjoy this smartphone-based experience!

Detailed Description

When your Mango Health app is activated with your unique user code, you'll receive:

1. An instant gift card with your automatically-populated medication list just for downloading and activating the app
2. A rewards program with additional gift card raffles that's designed to inspire long-term habits
3. Healthy Habits to measure, track and help improve clinical outcomes
4. In-app, customized clinical education developed by Express Scripts' specialist pharmacists
5. Condensed health overviews and goals to help steer you in a healthier direction
6. Clinical counseling sessions with Express Scripts' specialist pharmacists for select members
7. Task-based caregiver support that creates a one-stop, seamless information hub
8. Refill capabilities for Express Scripts' home delivery pharmacy and all retail pharmacies (Walgreens, CVS, etc.)

To get started:

- Simply search for "Mango Health" on any App Store (Apple) or Google Play Store (Android) and download the app. Upon opening for the first time, you'll be prompted to enter your activation code.
- Activation codes will be mailed to those members on medication for long-term conditions, such as diabetes, high cholesterol, asthma, depression, and high blood pressure.
- If you need your unique activation code at any time, including if you didn't receive a mailing, simply email AskMango@express-scripts.com.