



FirstLine Ready Sets™

Proactive health for your members, delivered.

Equip members to take charge and pursue better health with Ready Sets. Filled with thoughtful preventative care tools and education, these sets can be added to your plan whenever the need arises.

Put better health in their hands.

- ✓ **Curated preventative care** helps members take on their goals and get ahead of their health.
- ✓ **Habit-changing approach** motivates small shifts and daily choices that promote long-term wellness.
- ✓ **Goal-based delivery** tailored to a wide range of distinctive health goals supports members when they need it most.
- ✓ **Unexpected perks** delight members, creating a positive moment in their health care experience.

Get ahead of your member's health.

Email FirstLineBenefits@Optum.com

Visit [FirstLineBenefits.com](https://www.FirstLineBenefits.com)

Choose a set to support your members' health goals.



Ready Set Prevent to protect against the spread of illness.

Includes everything from face masks to hand sanitizer to help members keep themselves—and the people around them—healthy.



Ready Set Begin for weight management and activity.

Jumpstart member health with education and tools like portion containers, a digital weight scale, and wearable weights to get them moving and eating healthier.



Ready Set Steady for fall prevention.

Help members stay on their feet and prepare their home for independent living with products like bath safety treads and night lights.

“We had the chance to delight our members with a Ready Set Prevent box. The FirstLine Benefits team identified meaningful products to help show members how much we care about them during this challenging time.”

– Patricia
Harvard Pilgrim Health Plan

