



# Ready Set

Curated kits designed to help members pursue better health



## Empower your members to take better care of their health

Ready Set™ care kits from Optum® Personal Care Benefits come packed with proactive wellness items and guidance to increase adoption of new healthy habits. The kits ship right to each member's door, helping ensure they feel cared for—which can boost satisfaction and retention.

The Ready Set program can be added to your health plan at any time and can be customized with products to support the health needs of your unique member population.



**Curated preventive 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.

Deliver preventive care to your members with a Ready Set care kit from Optum® Personal Care Benefits. Support defense against seasonal illness, fitness and weight management, healthy aging, or better condition management.

## Put better health in their hands

With a minimum order as low as 250 kits, each goal-based Ready Set can be easily added to your plan whenever the need arises. Turnkey program design means your kits are ready to be shipped directly to your members anywhere, nationwide within 12 weeks. Customizing a Ready Set with items specific to your member population such as glucose monitoring kits or a digital thermometer takes just an additional four weeks.



### Ready Set Prevent

Helps protect against germs so members stay healthy.



### Ready Set Begin

Helps members get moving and eat healthier.



### Ready Set Steady

Helps improve stability and prevent falls.

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We had the chance to delight individuals with Ready Set Prevent. The team identified meaningful products to help show how much we care.

—Patricia, Harvard Pilgrim Health Plan

## Support member health



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# Optum

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FirstLine Benefits is now Optum® Personal Care Benefits.

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