

Get Personalized Health Support with Brook

Independent Health has partnered with Brook to offer personalized health and wellness support right from your smartphone, anytime you need it. With Brook+ and the Brook Health Companion app, keeping track of your health is now easier than ever.

Set wellness goals, receive nutrition advice and feel your best by taking the 1-minute health quiz to be matched with the Brook program that's right for you.

Your Brook Health Companion App Includes:

- Simple tracking of food, activity, sleep, medication and more.
- Support for general wellness and health conditions like diabetes and high blood pressure.
- Meal planning and nutrition advice from registered dietitians.

The Brook+ Diabetes Prevention Program

A proven way to help you lose weight, boost your energy and reduce your risk for type 2 diabetes. Here's what you'll experience in the Brook+ Diabetes Prevention Program:

- Participate in the fully digital program on your own time, with a personal Health Coach who is there to support you every step of the way.
- Receive a fitness tracker* after 4 weeks of active participation.
- Structured, CDC-recognized curriculum to maintain progress and build lasting habits.

Visit **Brook.Plus/IH** to learn more and take the 1-minute health quiz.
To contact Brook for technical help, call 1-800-266-4407 (TTY: 711) or visit www.Brook.Health

brook | Independent Health

*Brook+ is available to eligible Independent Health members based on an eligibility survey. One fitness tracker voucher will be provided per eligible member after 4 weeks of program participation. In addition to the Brook+ Diabetes Prevention Program offered by Independent Health, all eligible Medicare Advantage members also still qualify to participate in the Medicare Part B "Medicare Diabetes Prevention Program." This is a traditional in-person, class-based program certified by the CDC. For more information regarding options for participation and what plan might be right for you, please contact a RedShirt® at (716) 250-4401 or 1-800-665-1502 (TTY: 711); October 1 – March 31: Monday – Sunday, 8 a.m. – 8 p.m., April 1 – September 30: Monday – Friday, 8 a.m. – 8 p.m.

Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-SNP, HMO-POS and PPO plans. Enrollment in Independent Health depends on contract renewal. Benefits vary by plan. Benefits and/or copayments may change on January 1 of each year. Must use network providers. Y0042_G1523_M FYI 10202026

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