
















# Tools and resources in 2023

Southern Company offers a number of tools and resources to help you choose, use and manage your benefits. Be sure to take advantage of these valuable offerings.

For help when you:	Tools and resources available at no cost to you:	More details:
<p><b>Feel uncertain about a diagnosis or treatment plan and want a second opinion</b></p>	<p>Virtual medical expert advice and consultation on a wide array of medical conditions</p>	<p> <b>2nd.MD</b>  <a href="https://2nd.MD/southerncompany">2nd.MD/southerncompany</a>            866-841-2575</p>
<p><b>Need assistance managing your overall financial health</b></p>	<p>Access to Financial Coaches who can help you establish, manage and achieve your financial goals</p>	<p> <b>AYCO</b>  <small>A GOLDMAN SACHS COMPANY</small>  <a href="https://ayco.com/login/southernco">ayco.com/login/southernco</a>            888-433-6018</p>
<p><b>Want help finding resources to care for those who depend on you</b></p>	<p>Services to navigate elderly care, childcare providers, tutoring and even pet care</p>	<p> <b>Bright Horizons.</b>  <a href="https://clients.brighthouse.com/southerncompany">clients.brighthouse.com/southerncompany</a>            877-242-2737   Download the BrightHorizons app at the <a href="#">APP store</a> or <a href="#">Google Play</a></p>
<p><b>Have an upcoming medical procedure and want to compare quality rankings and prices between doctors and facilities</b></p>	<p>Research low cost, high quality medical facilities and providers   <i>Kaiser HMO and HMO of Illinois participants are not eligible</i></p>	<p> <b>Healthcare Bluebook.</b>  <a href="https://healthcarebluebook.com/ui/home">healthcarebluebook.com/ui/home</a>            800-993-1076   Download the Healthcare Bluebook app at the <a href="#">APP store</a> or <a href="#">Google Play</a></p>
<p><b>Deal with ongoing back, neck, shoulder, knee or hip pain</b></p>	<p><b>Available to employees enrolled in a company-sponsored medical plan</b>             Digital physical therapy for chronic back, neck, shoulder, knee and hip pain in as little as 45 minutes per week in the comfort of your home</p>	<p> <b>Hinge Health</b>  <a href="https://hingehealth.com/soco">hingehealth.com/soco</a>            855-902-2777</p>

For help when you:	Tools and resources available at no cost to you:	More details:
<p><b>Need professional advice about stress, relationships, parenting, finances, work and more</b></p>	<p>Six counseling sessions per life situation; access to professional legal, financial and work/life services</p>	<p> <b>LifeSource EAP</b>                      New Directions  <a href="http://ndbh.com/southerncompany">ndbh.com/southerncompany</a>                      877-312-5927</p>
<p><b>Experience non-emergency conditions such as cold/flu, respiratory problems, mental health concern, but don't have time to go to the doctor</b></p>	<p>24/7/365 access to board-certified doctors, including pediatricians, by phone, secure video or MDLIVE app*                      *Co-pays apply and vary based on plan enrollment  <i>Kaiser HMO, HMO of Illinois and Consumer \$4,000 Plan participants are not eligible</i></p>	<p><b>MDLIVE</b>  <a href="http://mdlive.com/southernco">mdlive.com/southernco</a>                      877-650-9530   Download the MDLIVE app at the <a href="#">APP store</a> or <a href="#">Google Play</a></p>
<p><b>Compare options and learn about tax-savings accounts that help you pay for health care</b></p>	<p>Details about FSAs, HRAs and HSAs, as well as the Copayment Plan, Coinsurance Plan and Consumer Plan</p>	<p> <b>Medical Plan and Accounts Overview</b>  <a href="http://socoaccounts.com">socoaccounts.com</a>                      (password: accounts)</p>
<p><b>Need to know which medical plan makes most sense for you</b></p>	<p>Cost projection for health care and best plan option, based on current actual claims and anticipated future needs</p>	<p> <b>Plan Selection Tool</b>  <a href="http://planselectiontool.southernco.com">planselectiontool.southernco.com</a></p>
<p><b>Have trouble sleeping and are looking to improve your sleep quality</b></p>	<p><b>Refer to your Summary Plan Description for cost</b>                      Program helps you focus on getting and maintaining healthy sleep</p>	<p> <b>SleepCharge</b>  <small>BY NOX HEALTH</small>  <a href="http://sleepcharge.com/southernco">sleepcharge.com/southernco</a>                      877-615-7257</p>
<p><b>Need to manage stress, improve thinking skills and maximize positivity associated with good health</b></p>	<p>Mental health applications, brain-based tools and self-awareness training</p>	<p> <b>TOTAL BRAIN</b>  <a href="http://totalbrain.com/soco">totalbrain.com/soco</a></p>
<p><b>Face new experiences, life changes or daily challenges like anxiety or depression</b></p>	<p>Resources and checklists to help you navigate common life events                      Marriage repair and divorce wellness toolkit, offered by Forwardly, available on <a href="http://socowellbeing.com">socowellbeing.com</a>.</p>	<p> <b>Wellbeing Toolkits</b>  <a href="http://socowellbeing.com">socowellbeing.com</a>                      (password: wellbeing)</p>
<p><b>Want to improve your health — and earn wellness dollars for your HSA, HRA or FSA</b></p>	<p>Incentives, programs and tools to help you live healthy</p>	<p> <b>Wellness Program</b>                      SouthernLifeStyle Rewards  <a href="http://socorewards.com">socorewards.com</a>                      855-444-1255</p>