

How to Access Your Learning Modules

1. Go to www.tlcbenefitsolutions.net
2. Go to options under **Members** → Click **Diabetes Management Program**

The screenshot displays the website interface for TLC Benefit Solutions, Inc. The top navigation bar includes links for Home, About, Members, Providers, Forms, FAQ, and Contact Us. A dropdown menu is open under the 'Members' link, listing various program options: New in 2020, Benefit Change Notifications, Find Providers, Medical Plan, Dental Plan, Pharmacy Information, Disease Management, Diabetes Management Program, Resources, SleepCharge Program, Flexible Spending Account - Medcom, and Vision - Avesis. A red arrow points to the 'Diabetes Management Program' option. On the left side of the page, there is a banner with a stethoscope background and the text 'Pharmacy INFORMATION'. At the bottom of the page, a teal footer contains the text 'Welcome to TLC Benefit Solutions, Inc.'.

3. Click Login to The Langdale Company Health Portal



Diabetes Management Program

Program at a Glance

TLC Benefit Solutions, Inc. partnered with Chancy Drugs for the new Wellness Diabetes Management Program. The program is for employees and family members who have been diagnosed with diabetes and associated chronic disease states. Participants will meet with a Health Advocate and/or pharmacist to help manage their chronic conditions. All information exchanged with your Health Advocate and/or pharmacist is confidential and privacy is a priority.

Please note that if you are a diabetic and you choose not to participate in this program, you will be assessed a surcharge of \$40.00 per month to your health insurance premium.

Benefits of the program include:

- ✓ \$5.00 co-pay for all diabetic medications and testing supplies as well as medications to treat associated chronic diseases, which include: hypertension (high blood pressure), hyperlipidemia (high cholesterol), asthma, and cardiovascular diseases
- ✓ Glucose meters will be provided free of charge, one per year
- ✓ Regular A1C screenings free of charge
- ✓ A comprehensive medical review of program participant's medications will be performed
- ✓ Educational opportunities free of charge
- ✓ One-on-one meetings with the Health Advocate in a private and secure environment to assess participant's progress and opportunities for improvement

Requirements of the program include:

- ✓ All medications must be filled at Chancy Drugs in Valdosta. Qualified medications can be mailed
- ✓ Participate in one educational event per quarter covering nutrition, general diabetes, exercise, blood sugar readings and impaired healing. The following education events are approved for this program:

The Langdale Company Health Portal

[View the Health Portal Guide](#)

Login to The Langdale Company Health Portal

Login

* Powered by Deerwalk, Inc.

[View Chancy Drugs Classes - Flyer Q1 2020](#)

Access Your Member Portal

Log in to the Member Portal to access:

- Your Medical & Dental Claims History
- Your Explanations of Benefits (EOBs)

Please Note: Flexible Spending Accounts and Vision Insurance are not administered by TLC.

Login to view Benefits and Claims

Login

Login to view Pharmacy Benefits and Claims

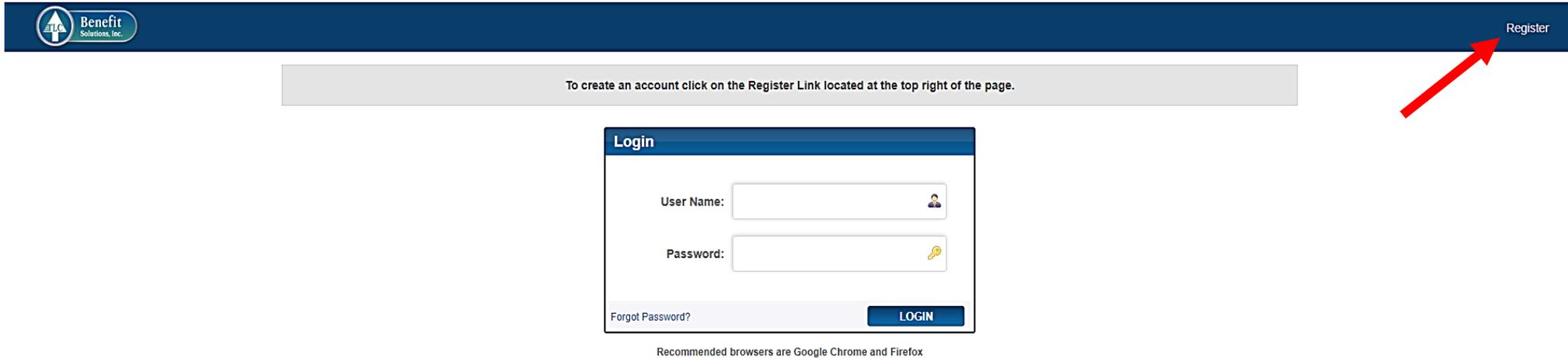
Login

Login to view ELAPulse - Balance Bill Service (Hospital & Facility Bills)

Login

[View the ELAPulse Member Guide](#)

4. Login to your Health Portal account by entering your username and password.



If you do not have your health portal account set up, please follow these few easy steps:

1. Click “REGISTER” upper right corner and complete the Registration form
2. You will receive an email with your username and password
3. Go to the website <https://tlc.hp.deerwalk.com> and sign-in with your new username and password
4. You will see the following Health Portal homepage as shown in the following example in step 5:

5. Click Tools and Resources



The screenshot shows the top navigation bar of the Benefit Solutions, Inc. website. The logo is on the left, and the navigation menu includes: Home, My Health History, Tools & Resources (highlighted with a red arrow), Assess My Health, Drug Information, and Medical Library. Below the navigation bar is a banner for the annual Health Risk Assessment (HRA).

It's time to complete your annual Health Risk Assessment (HRA)

To complete the HRA you first need to obtain a simple blood test from your family physician, lab, clinic, or company health fair. The test should include the following results:

- Blood Pressure
- Total Cholesterol Level
- Triglyceride Levels
- LDL (Bad) Cholesterol Levels
- HDL (Good) Cholesterol Levels
- Fasting and/or Non-Fasting Glucose Levels

[COMPLETE THE ASSESSMENT](#) [LEARN MORE](#)



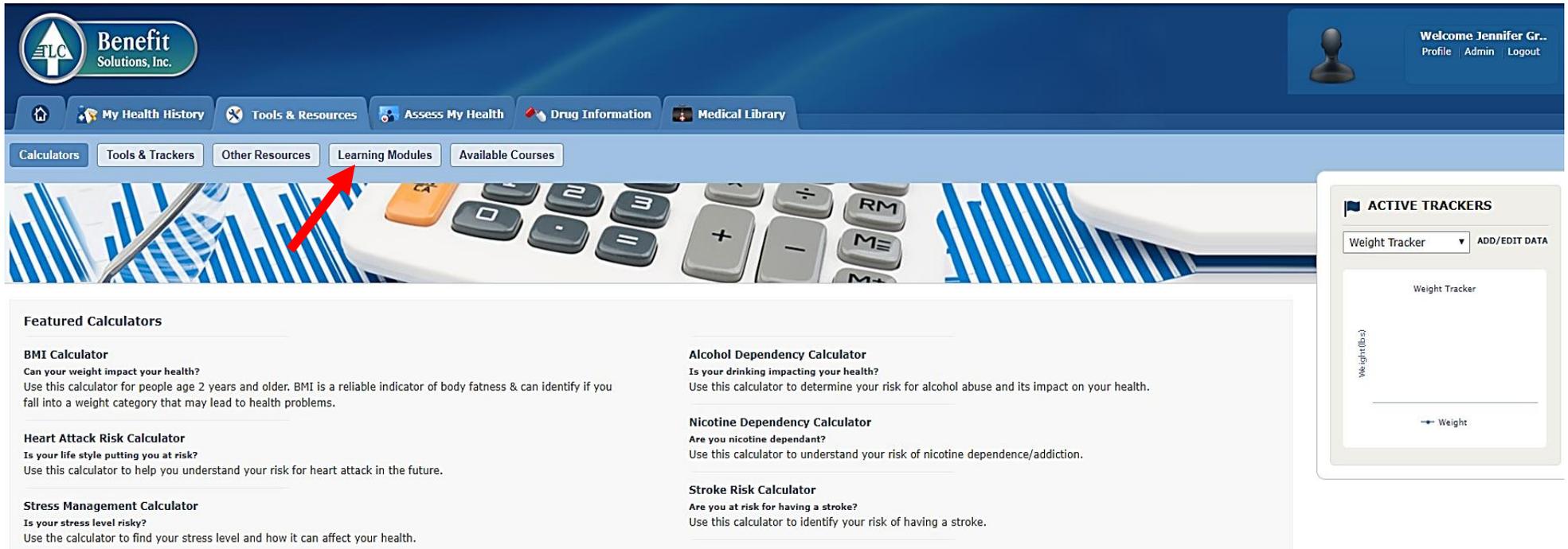
[COMPLETE SATISFACTION SURVEY](#)

MESSAGES & REMINDERS

You have **0** new message(s) waiting for you to read

[View My Messages & Reminders](#)

6. Click Learning Modules



The screenshot shows the user interface of the Benefit Solutions, Inc. website. At the top left is the logo for Benefit Solutions, Inc. At the top right, a user profile for Jennifer Gr... is shown with links for Profile, Admin, and Logout. Below the header is a navigation bar with tabs for My Health History, Tools & Resources, Assess My Health, Drug Information, and Medical Library. A secondary navigation bar contains buttons for Calculators, Tools & Trackers, Other Resources, Learning Modules (highlighted with a red arrow), and Available Courses. The main content area features a section titled "Featured Calculators" with five calculator options: BMI Calculator, Heart Attack Risk Calculator, Stress Management Calculator, Alcohol Dependency Calculator, Nicotine Dependency Calculator, and Stroke Risk Calculator. On the right side, there is a "ACTIVE TRACKERS" widget showing a "Weight Tracker" with an "ADD/EDIT DATA" button and a graph area.

Benefit Solutions, Inc.

Welcome Jennifer Gr...
Profile Admin Logout

My Health History Tools & Resources Assess My Health Drug Information Medical Library

Calculators Tools & Trackers Other Resources **Learning Modules** Available Courses

Featured Calculators

BMI Calculator
Can your weight impact your health?
Use this calculator for people age 2 years and older. BMI is a reliable indicator of body fatness & can identify if you fall into a weight category that may lead to health problems.

Heart Attack Risk Calculator
Is your life style putting you at risk?
Use this calculator to help you understand your risk for heart attack in the future.

Stress Management Calculator
Is your stress level risky?
Use the calculator to find your stress level and how it can affect your health.

Alcohol Dependency Calculator
Is your drinking impacting your health?
Use this calculator to determine your risk for alcohol abuse and its impact on your health.

Nicotine Dependency Calculator
Are you nicotine dependant?
Use this calculator to understand your risk of nicotine dependence/addiction.

Stroke Risk Calculator
Are you at risk for having a stroke?
Use this calculator to identify your risk of having a stroke.

ACTIVE TRACKERS

Weight Tracker ADD/EDIT DATA

Weight Tracker

Weight (lbs)

Weight

- Click the **drop down arrow** → Click the modules you would like to complete (**Deerwalk Diabetes Learning and/or Deerwalk Metabolic Syndrome Learning**) → Click **Create**

Benefit Solutions, Inc.

Welcome Jennifer Gr...
Profile Admin Logout

My Health History Tools & Resources Assess My Health Drug Information Medical Library

Calculators Tools & Trackers Other Resources **Learning Modules** Available Courses

Learning Module

These learning modules are designed to help you improve your health decrease your risk for developing new diseases and lower your risk for developing complications of conditions you currently have. To start a new module, select the name of the modules from the drop down list and click the "Create" button. If you do not have time to complete the whole module at one time, you can save it and come back later to work on completing it. These are called "in-progress" modules. To open an in-progress or completed module just click on the name of the module in the appropriate grid below.

Deerwalk Diabetes Learning **Create**

Deerwalk Diabetes Learning
Heart Disease in Women
Deerwalk Metabolic Syndrome Learning

Name of Module	Start Date	Last Saved Date
Deerwalk Metabolic Syndrome Learning	10/23/2019	10/23/2019
Deerwalk Diabetes Learning	09/25/2019	09/25/2019

Completed Module

Name of Module	Start Date	Completed Date
----------------	------------	----------------

ACTIVE TRACKERS

Weight Tracker **ADD/EDIT DATA**

Weight Tracker

Weight

- After clicking **create**, the modules will appear under your In-Progress Module list. Click on the Name of the Module you would like to complete. The following page will appear:



Welcome Jennifer Gr..
Profile Admin Logout

- My Health History
- Tools & Resources
- Assess My Health
- Drug Information
- Medical Library

Learning Module			
Learning Module	Start Date	Status	Completed Date
Deerwalk Diabetes Learning Session 1			
Deerwalk Diabetes Learning Session 2			
Deerwalk Diabetes Learning Session 3			
Deerwalk Diabetes Learning Session 4			
Deerwalk Diabetes Learning Session 5			

Note: You are not able to click the links within the modules. If you would like to visit the links provided, you can copy and paste them in another browser.

*Note: Only session 1 is available on this screen. Once you have completed Session 1, Session 2 will open, and you will be able to click on the link for Session 2.

How does this apply to my class requirement for the Langdale Company Diabetic Management Program?

The modules are available to members in need of a class credit for the quarter who are enrolled in the Diabetes Management Program. You must complete all the sessions in a module and pass the quiz at the end of each session to receive credit. You are only allowed to use the online module option once per year. (A total of 4 classes are required per year (once per quarter)).

1 Learning Module (all sessions) = 1 education class credit

REMINDER- Educational class options include:

- Chancy Diabetic Education class (located in Valdosta, GA) – *ask your bookkeeper for the class schedule
- Health Advocate Session (contact Langdale’s health advocate)
- Online educational modules (one per year)
- Hospital Education – Documentation required for completion