

Discover what Quantum Health can do for you

You don't have to face healthcare challenges alone. Quantum's Care Coordinators and Personal Care Guide Nurses are here to ensure you receive the best care at the right price. As an NOV medical plan member, you and your covered family members have access to a team of experts dedicated to providing personalized support, guidance, and advocacy. Whether you're facing a medical issue, looking for cost-effective care options, or simply need clarity on your healthcare benefits, Quantum Health is here for you every step of the way.



Quantum Health is here for you

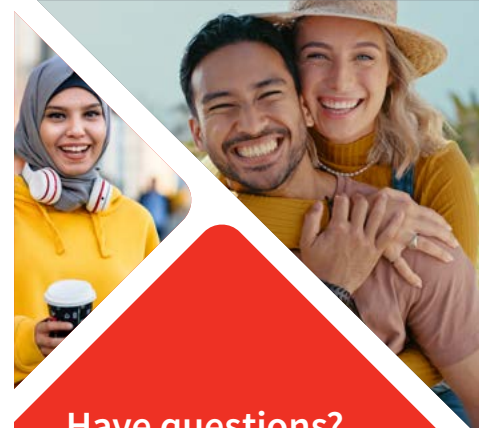
This team of nurses, benefits experts, and claims specialists is here to help with things like:

- Finding an in-network provider near you.
- Ensuring those with heart disease, high cholesterol, or high blood pressure get the extra care they need.
- Providing tips on how to improve or maintain your health, and proactively reaching out to you to help you manage your health condition(s) or understand your benefits.

More ways Quantum Health can help

ID Cards	Find the Best Price	Prescriptions	Health Resources
<p>If you need a new BCBS card, a Quantum Health Care Coordinator can have one sent to you.</p> <p>(Please note, there are new medical cards for 2024 with the BCBS IL logo)</p>	<p>Upcoming procedures can be stressful. Your Quantum Health team can help you get the right care at a fair price.</p>	<p>Your Care Coordinators can help you save on prescriptions and provide support for specialty medications.</p>	<p>Quantum Health will help you explore other services, such as weight loss, pregnancy program, virtual physical therapy, or 24/7 virtual care.</p>

February 2024



Have questions?

Connect with the Quantum Health healthcare warriors through live chat, scheduled calls, secure messages, or phone calls.

1-866-920-1950
quantum.nov.com



Quantum Health app



Getting started is simple

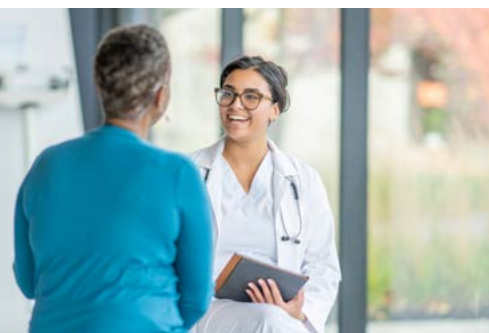


- Download the Quantum Health app or visit quantum.nov.com.
- Click on "Register" and fill in the required details, including your name, birth date, and the last four digits of the plan holder's Social Security number.
- Set up two-factor authentication using your email or mobile number.
- Check for a verification code sent to your email or phone and enter the code to complete your registration.

Looking for an in-network doctor?

Whether for a routine checkup or when you're not feeling well, your primary care provider (PCP) is your first stop for non-emergency care. They're familiar with your medical history, allowing them to spot and address potential health issues early.

Need help finding an in-network family physician, general practitioner, physician assistant, nurse practitioner, or specialist? Reach out to quantum.nov.com or call **1-866-920-1950** (Monday to Friday, 7:30 a.m. to 9 p.m. CT).



Upcoming webinars for all NOV employees

Take a financial selfie with Principal

You are invited to join us for a new financial webinar, Taking a Financial Selfie. During this webinar, you will learn ways to make your financial goals a reality. This event is designed for all NOV employees, but it may be particularly beneficial for those who are new to investing and financial planning.

Please register in advance for the meeting. Once registered, you will receive a calendar invitation via email with the direct link to access the webinar. Please allow 5 to 10 minutes for the email to arrive. Scan the QR code below to choose the seminar time that best suits your schedule:



Thursday, March 14, 2024, from 11 am to 12 pm CT



Thursday, March 14, 2024, from 1 pm to 2 pm CT

After registering, check your inbox to find the email calendar invitation. Then, visit principal.com/welcome to log in or set up access to your account. We look forward to seeing you there!



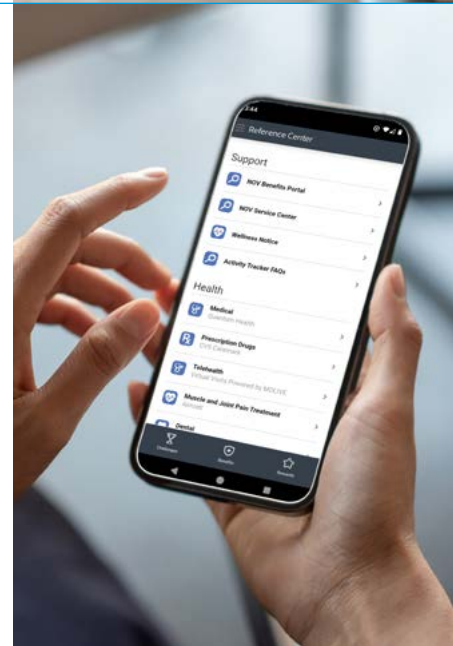
Discover new ways to be well

We're excited to introduce our new quarterly Well-being Webinars and monthly Refuel health topics on CarePlus Mobile Health! Join us for 30 minutes each quarter to dive deep into the latest science on mental and physical well-being with guest experts. Plus, don't miss our 15-minute monthly Refuel break for practical tips on improving your health.

This series includes three class types designed to support your total well-being:

- **Inner Balance with Selena Lael:** Meditation and mindfulness classes that invite you to cultivate a deeper connection between mind and body, fostering a sense of inner calm and clarity.
- **Flex & Flow with Leanna Joan:** Get up and move during Flex & Flow and walk away feeling looser, learning movements to increase mobility and reduce pain.
- **Food for Thought with Wondr Health:** Registered dietitians join us to cover essential nutrition topics, providing practical insights and tools for healthier eating habits.
- **Refuel:** March 14, 2024: Food for Thought: Food for Medicine.
- **Well-being Webinar:** March 20, 2024: Cooking Demo.

Look for more details on the CarePlus Mobile app or visit careplusmobilehealth.com to register and add the events to your calendar.



Protect your 401(k) assets

Securing your financial future starts with safeguarding your retirement savings. As cyber threats continue to evolve, it's crucial to take proactive steps to protect your accounts. Now is the perfect time to add an extra layer of protection to your retirement funds.

To get started, simply log in to principal.com and register your mobile device and email address. This simple yet vital step is your first line of defense against fraud. Once registered, Principal will send you a unique code every time you log in, ensuring that only you can access your account. This added security measure not only protects your retirement savings from potential threats but also gives you access to Principal's Customer Protection Guarantee for added peace of mind.



Put your family's future in expert hands

Securing your family's long-term well-being requires careful consideration. MetLife offers free will preparation and estate planning services to help ensure your final wishes are honored and reduce stress for your loved ones. Covered services include:

Unlimited, in-person or telephone consultations with an attorney in a private and supportive environment.

Preparing and updating wills, codicils, durable power of attorney, healthcare directives, and proxies for you and your spouse.

An online version of these services is also available. Employees that live in areas where in-network attorneys are not available can use the online version. Out-of-network attorneys may be available, but fees are based on a fee schedule and employees are responsible for any difference in cost.

Ready to get started?

- Visit legalplans.com/estateplanning and register as a new user.
- Follow the simple instructions to create your online document.
- Have your document signed in front of a notary public.
- Access your documents online at any time.

Take a fresh look at your beneficiaries



It's important to review your beneficiary designations periodically to ensure they reflect your current wishes. You may change your beneficiary any time to ensure your assets go where you want them to.

Life and AD&D: US Benefits | usbenefits.nov.com | 1-877-668-2363

Health Savings Account: HSA Bank | hsabank.com | 1-855-731-5220

401(k) Retirement Plan: Principal | principal.com | 1-800-547-7754

NOV Equity Program: E*Trade | trade.com | 1-800-838-0908

Your dental PPO ID card is now digital



For dental PPO plan enrollees, Cigna has transitioned to digital ID cards to provide you with a convenient way to access your dental plan details and have a copy of your ID card at your fingertips. Here's how this change may benefit you:

- Never lose your ID card again. It's always available on mycigna.com or through the myCigna app.
- You can easily share your digital ID cards with your dental providers.
- Digital ID cards will always reflect the most up-to-date plan information.

You may continue to use your physical ID card, but new cards will no longer be issued automatically. However, you may request a physical ID card, if needed.

Coming soon: Join our NY to London team activity challenge

Get ready to jet-set across the pond for our New York to London adventure! Through the CarePlus Mobile app, you'll start the team activity challenge in the Big Apple and end in downtown London. Teams are immersed in history and culture while encountering larger-than-life landmarks across the Atlantic such as the Bermuda Triangle, the RMS Titanic, a German submarine, and even a newborn island. And you'll earn rewards and be entered in raffles for great prizes. Get your team assembled—registration opens March 25th. More details will be available on your CarePlus Mobile app beginning March 18th.



NOV
Benefits Service Center
P.O. Box 4888
Houston, TX 77210-4888

5 ways to take your health to heart

Heart disease is the leading cause of death in the U.S. When it comes to your heart health, prevention is the name of the game. Even small changes can significantly improve your health. Here are a few simple changes to start taking control of your health today:

- 1. Get moving:** Aim for 150 minutes of moderate-intensity exercise per week. Consider going for a brisk walk, biking, dancing, or gardening.
- 2. Know your numbers:** High blood pressure and high cholesterol are major risk factors for heart disease. Neither has signs or symptoms. Visit the Biometric Screening page on your CarePlus Mobile app to download a lab voucher or physician form and earn \$75.
- 3. Think about nutrition:** Optimize heart health by limiting sugary drinks and avoiding processed foods, aiming for whole foods such as fresh vegetables, fruits, and healthy protein sources.
- 4. Avoid tobacco:** Cigarette smoking damages the heart and blood vessels, increasing your risk for a heart condition and a heart attack.
- 5. Limit alcohol:** Don't go above one drink a day for women, and two per day for men, to keep blood pressure in check.

Your Quantum Health Care Coordinators are here to assist you with finding in-network providers, supporting those with heart conditions, and setting health goals. Call **1-877-920-1950**, visit quantum.nov.com, or download the Quantum Health app today.



Habla Español?

Para leer este boletín en español en.



These are highlights of some of your benefit plans. Your actual rights and benefits are governed by the official plan documents. If there are any discrepancies between this communication and the official plan documents, the plan documents will prevail. Employees subject to a collective bargaining agreement may or may not be covered under the benefits contained in this guide and should look to their respective agreement for the benefits to which they have bargained.

Join the “U.S. Benefits Program” group on Viva Engage (Yammer) for benefits updates and information.