

**NHRMC Healthy Lifestyles Plan*****Healthy Lifestyles Plan Hotline*****910-667-7777**

Press 1	To schedule an appointment with a Wellness Pharmacist (ext. 5183)
Press 2	To schedule an appointment with a Wellness Dietitian (ext. 4013)
Press 3	To schedule an appointment at Employee Health & Clinic (ext. 7445)
Press 4	To discuss co-pay issues, general benefits questions or special circumstances with your Benefit Administrator (ext. 6000)
Press 5	For more information about the services offered at the Jack Barto Center for Employee Fitness (ext. 4151)
Press 6	To reach our Healthy Lifestyles Plan Administrator (ext. 5959)
Press 7	To hear the menu again

***HR- Benefits Hotline*****910-667-6000**

Call the Benefits Team for general benefits or leave questions. The Benefits Hotline is open Monday-Friday from 8AM-5PM.