



Dear Josh Lewis,

Welcome to LifeX Research Corporation. As of **03/01/2025**, you are officially enrolled in **LifeX VL \$250 Deductible**.

To get started, activate your Personal Health Dashboard™ (PHD) by clicking here: <https://lifex.ushealthcenter.com/app> selecting Activate Your Account then Activate by Demographics, and then enter your information.

This portal provides access to wellness resources, important documents, your digital Medical ID Card, and more!

The Personal Health Dashboard™ (PHD) is also where you will complete activities—including, but not limited to, surveys and health coaching—for which you will be compensated.

As part of your LifeX employee onboarding materials, you will receive a welcome letter in the mail from Benefits Health Plan, Inc., including detailed employee benefit information and your Medical ID card.

For any questions, feel free to contact our customer support team at 844-580-2474 or email customersupport@benefithealthplan.com. Our support hours are 8 am to 4 pm CT, Monday through Friday.

In Good Health,

LifeX Research Corporation

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