



Managing Type 2 Diabetes

While a new or existing diabetes diagnosis can be stressful or worrisome, the power to improve your overall health and wellness is in your hands. Positive lifestyle habits, such as a healthy diet and regular exercise, can prevent, slow or even reverse the progression of this condition.

Read More >>

MDLIVE°

Now visiting the doctor is easier than ever before. Avoid the waiting room and inconvenience of going to the doctor's office. Visit a doctor by phone, secure video or MDLIVE App. Doctors are available 24/7, and family members are also eligible.

- Pay \$0 out of pocket for medical consultations.
- Three free Talk Therapy consultations per person, per calendar year and then
- 7,731 visits by 5,292 patients in YTD 2025*
- Dermatology consultations are \$59 per video consult.

\$90 per hour.

2,361 visits
in March 2025*

1,447 activations
in March 2025*

isits by 137,990 activations in March 2025*

Log into aibcoalition.com

in March 2025*

Activate now!

for more information!

*Utilization rates reported in the MCR is intended for directional insight; these numbers are not contract specific and do not count utilization the same way in all reports, see definitions for calculation detail. If your organization has a utilization calculation in your agreement, please contact your account manager to discuss.

= 3Nickels® SAVE. SPEND. GIVE.

From saving for your first car to retirement, 3Nickels is here to help.

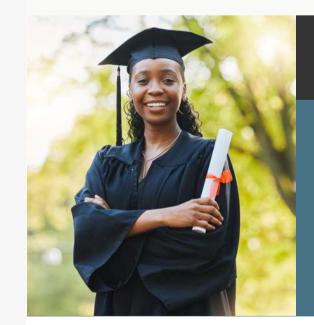


The Financial Advisor in Your Pocket®

3Nickels is a pioneering personal finance app offering a holistic approach to managing your finances. It's not just about budgeting or investing but a complete suite of tools designed to help you achieve financial freedom for whatever goals you may have.

Take advantage of our free, easy-to-use DIY tools and calculators. Get answers to your basic financial questions at no cost to you. Save your data while you work through your options.

Learn more at aibcoalition.com!



Scholarships

Try our easy electronic scholarship application process!

Learn More >>

Sponsorships



At **That Suits You**, we are so excited to provide men with professional attire to help them return to work, as well as to high school seniors for prom and graduation. Whether they are receiving attire or information, we have seen the joy, excitement and appreciation from all the men we have served. We could not do what we do without our generous donors nationwide who have supported us financially or with professional attire. We appreciate everyone who has donated and helped these men.

For information regarding your membership and association services, call or write:

Membership Services Office American Independent Business Coalition

12444 Powerscourt Drive, Suite 500A St. Louis, MO 63131 1.833.418.0968



AMERICAN INDEPENDENT
Business Coalition

Articles in this newsletter are meant to be informative, enlightening and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

Benefits may not be available in all membership levels. For more information, or to upgrade your membership, please call 1.800.992.8044