Preventive Care

Many SelectHealth® plans cover preventive care at 100%-that means no copay, coinsurance, or deductible.*

Preventive care is covered 100%—but the key is in the codes. Medical codes are used to explain what service or procedure you received. For services to be covered as preventive, your doctor must bill your claims with preventive codes. If the preventive service finds a condition that needs further testing or treatment, you will need to pay regular copays, coinsurance, or deductibles. Certain categories may have different frequency recommendations for the services available. **Remember, not every test within a specific category or service is considered preventive.** Questions? We're happy to explain how this benefit works and how often these services are considered preventive! Call Member Services at **800-538-5038**.

ADULT PREVENTIVE SERVICES

(AGES 18 AND OLDER)

Laboratory Tests

- > Complete Blood Count (CBC)
- > Prostate Cancer Screening (PSA)
- > Diabetes Screening
- > Cholesterol Screening
- > Gonorrhea Screening
- > Human Papillomavirus (HPV) Testing (once every 3 years in women ages 30 and older)
- > Chlamydia Screening
- > Human Immunodeficiency Virus (HIV) Screening
- > Syphilis Screening
- > Tuberculosis (TB) Testing
- > Lead Screening
- > BRCA 1 & 2 Testing (covered once per lifetime for high-risk individuals who meet criteria)
- Hepatitis B Virus (HBV) Screening (covered for high-risk individuals who meet criteria)
- > Hepatitis C Virus (HCV) Screening (ages 48 and older or high-risk individuals who meet criteria)

PROCEDURES

- > Pap Test
- > Lung Cancer Screening (between ages 55 to 80)
- > Screening Mammogram

- > Colon Cancer Screening
- Abdominal Aortic Aneurysm Screening (males only, once between ages 65 and 75)
- > Bone Density/DEXA (once every two years in women ages 60 and older)
- > Tubal Ligations

IMMUNIZATIONS

- > Influenza
- Tetanus (Td,) or Tetanus, Diphtheria, and Pertussis (Tdap)
- > Pneumococcal
- > Hepatitis A
- > Meningitis
- > Zoster (ages 50 and older)
- > Human Papillomavirus (HPV) (ages 9 to 45)

EXAMINATIONS/COUNSELING

- > Physical Exam
- > Tobacco Use Counseling
- > Alcohol Misuse Screening and Counseling
- > Hearing Screening (ages 65 and older)
- > Glaucoma Screening
- > Sexually Transmitted Infections Counseling
- Dietary Counseling (only for certain diet-related chronic diseases)



CONTRACEPTION

(Most contraceptives are covered as a preventive service under your pharmacy benefits.)

- > Cervical Cap with Spermicide
- > Diaphragm with Spermicide
- > Emergency Contraception (Ella, Plan B)
- > Female Condom
- > Implantable Rod
- > IUDs
- > Generic Oral Contraceptives (Combined Pill, Progestin Only, or Extended/Continuous Use)
- > Patch
- > Shot/Injection (Depo Provera)
- > Spermicide
- > Sponge with Spermicide
- > Surgical Sterilization for Women (Tubal Ligation)
- > Surgical Sterilization Implant for Women
- > Vaginal Contraceptive Ring

PEDIATRIC PREVENTIVE SERVICES

(YOUNGER THAN AGE 18)

EXAMINATIONS/COUNSELING

- Well-child Visit (preventive when billed on the following schedule: Birth; 2 to 4 days; 2 to 4 weeks; 2, 4, 6, 9, 12, 15, and 18 months; ages 2,
- > 2 1/2; once a year from ages 3 to 18)
- > Primary Care Tobacco Use Intervention
- > Eye Exam
- > Developmental Testing
- > Newborn Hearing Screening (younger than age 1)
- > Hearing Screening (ages 10 and younger)
- > Application of Fluoride Varnish (younger than age 5)
- Dietary Counseling (only for certain diet-related chronic diseases)

LABORATORY TESTS

- > Newborn Metabolic Screening (younger than age 1)
- > Human Immunodeficiency Virus (HIV) Screening
- > PKU Screening (younger than age 1)
- > Thyroid TSH (younger than age 1)
- > Sickle Cell Disease Screening (younger than age 1)

IMMUNIZATIONS

(As recommended by the CDC/ACIP)

- > Measles, Mumps, Rubella (MMR)
- > Diphtheria, Tetanus, Pertussis (DTaP, DT, DTP)
- > Haemophilus Infuenzae Type B
- > (Hib, DTaP-Hib-IPV, DTP-Hib, DTaP-Hib)
- > Hepatitis A
- > Hepatitis B (HepB)
- > Polio (OPV, IPV, DTaP-HepB-IPV)
- > Influenza
- > Pneumococcal
- > Meningitis
- > Varicella (including MMRV)
- > Rotavirus
- > Human Papillomavirus (HPV) (ages 9 to 45)

OBSTETRICAL PREVENTIVE SERVICES

These are specific to pregnant women.

LABORATORY TESTS

- > Iron Deficiency Anemia Screening
- > Diabetes Screening
- > Urine Study to Detect Asymptomatic Bacteriuria (first prenatal visit or at 12 to 16 weeks gestation)
- > Rubella Screening
- > Rh(D) Incompatibility Screening
- > Hepatitis B Infection Screening (at first prenatal visit)
- > Gonorrhea Screening
- > Chlamydia Screening
- > Syphilis Screening

BREAST-FEEDING SUPPLIES AND SUPPORT

- > Breast Pump, Electronic AC or DC (one per birth)
- > Lactation Class (per birth at a SelectHealthapproved facility)

Questions? Call Member Services at **800-538-5038** weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.

*See your member materials for details about your preventive care benefits. This information is subject to change and other limitations may apply.

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No-deductible Drug Coverage

Small Employer and Individual and Family Plans

Do you take medications in one of the categories listed on this page? We have good news for you! Our Health Savings Account (HSA)-eligible plans provide coverage for drugs in these categories even before you meet your deductible (cost-sharing still applies).

We've listed some of the most commonly prescribed covered medications in these no-deductible categories. If you don't see the one you're looking for, you'll find a more complete Prescription Drug List on selecthealth.org, or log in to your SelectHealth member portal and use our online drug search.

Asthma and COPD

- > Albuterol/HFA
- > Anoro Ellipta
- > Arcapta
- > Arnuity Ellipta
- > Asmanex
- > Atrovent/HFA
- > Budesonide
- > Combivent
- > Daliresp
- > Flovent
- > Fluticasone/Salmeterol
- > Ipratropium
- > Levalbuterol
- > Montelukast
- > Proventil
- > Pulmicort
- > Qvar
- > Serevent
- > Spiriva > Stiolto
- > Striverdi
- > Symbicort
- > Terbutaline

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- > Trelegy
- > Ventolin/HFA
- > Wixela Inhub

Cardiovascular Antiadrenergics

- > Clonidine
- > Minipress
- > Prazosin

Cardiovascular

- > Aldactone
 - > Amlodipine/
- Olmesartan
- > Amlodipine
- > Atenolol
- > Bystolic > Byvalson
- > Candesartan/HCTZ
- > Candesartan
- Carvedilol
- > Corlanor
- > Diltiazem
- > Eliquis
- > Entresto
- > Furosemide

- > Hydrochlorothiazide > Lisinop/HCTZ
- > Lisinopril
 - > Losartan
 - > Losartan/HCTZ
 - > Metoprolol >
 - Multaq
 - Olmesartan/ > Amlodipine/HCTZ > Olmesartan/HCTZ

 - > Olmesartan >
 - Propranolol
 - > Ranolazine
 - > Spironolactone
 - > Telmisartan/ Amlodipine
 - > Telmisartan/HCTZ
 - > Telmisartan
 - Trandolopril/Verapamil >
 - > Triamterene/HCTZ
 - > Valsartan/HCTZ
 - > Valsartan
 - > Warfarin

SelectHealth refers to many of the drugs in this list by their respective trademarks, but SelectHealth does not own those trademarks; the manufacturer or supplier of each drug owns the drug's trademark. By listing these drugs, SelectHealth does not endorse or sponsor any drug, manufacturer, or supplier.

> Xarelto

And these manufacturers and suppliers do not endorse or sponsor any SelectHealth service or plan and are not affiliated with SelectHealth.

*This list is not a complete list of all covered drugs and may be subject to change. Other limitations may apply.

Cholesterol

800-538-5038

WEB

PHONE

> Atorvastatin

NEED MORE INFORMATION?

selecthealth.org/pharmacyresources

- > Cholestyramine
- > Colestinol
- > Fenofibrate
- > Livalo
- > Pravastatin
- > Rosuvastatin
- > Simvastatin

Diabetes - Insulin

- > Lantus
- > Novolin
- > Novolin N
- > Novolin R
- > Novolog
- > Novolog Mix
- > Toujeo

Diabetes -

- Non-Insulin
- > Alogliptin
- > Farxiga
- > Glimepiride
- > Glipizide
- > Glucagen

> Glyxambi > Jardiance

> Glucagon

- > Jentadueto
- > Metformin > Pioglitazone > Segluromet

> Steglatro

> Synjardy

> Tradjenta

> Trulicity

> Victoza

> Xigduo XR

> Citalopram

> Fluoxetine

> Paroxetine

> Sertraline

> Fosamax

'selecthealth

Osteoporosis

> Alendronate

Mental Health

> Escitalopram

> Eluvoxamine

UnitedHealthcare® Options PPO Network

THE WORKPLACE HAS CHANGED, SO WE'VE CHANGED TOO.

Employees like you are increasingly working from home. Some of you may be working remotely in a completely different state than your employer. To meet your needs, our SelectHealth Med® plans with out-of-network benefits now include in-network access across the U.S. If you want this national access, make sure you enroll on a SelectHealth Med plan. Here's what you get:

NATIONAL NETWORK

The UnitedHealthcare Options PPO network provides easy access to care outside of Utah, Idaho, and Nevada. This network includes access to 83% of all hospitals and two out of every three healthcare professionals in the U.S.

State	Network
Utah	SelectHealth Med
Idaho	SelectHealth Network, which includes
	BrightPath and St. Luke's Health Partners
Nevada	SelectHealth Med, Beech Street Network
	(outside Clark and Nye Counties)
All Other	UnitedHealthcare Options PPO Network
States	

Visit **selecthealth.org/find-a-doctor** or use our mobile app to search for in-network doctors and facilities. Remember to choose the right network from the drop-down list.



Superior Customer Service

No matter where you live, you can talk to a live person in 20 seconds, on average. And our team is available early and stays late, so time zones are not an issue.

SelectHealth® Communication

All of your member materials will come from SelectHealth—including ID cards, care reminders, and explanations of benefits. So, no matter where you live, you'll know where things stand.

SAME BENEFITS

Uniform Benefits

The same benefits and plan designs are available no matter where you live.

SelectHealth Rx Benefits

You have prescription benefits with SelectHealth which gives you access to 55,000 pharmacies nationwide, Rx Savings Solutions®, and quick preauthorizations.





Your EAP Partner

OFFERING **FREE, CONFIDENTIAL, SHORT-TERM COUNSELING** TO EMPLOYEES AND THEIR FAMILY MEMBERS.

When it comes to well-being, the Intermountain Employee Assistance Program (EAP) can lend an ear and provide support to make life more fulfilling and positive. Taking care of your mental health is just as essential to your welfare as taking care of your physical health. EAP can help you create positive relationships at home and work, effectively manage stress, and thrive during times of change.

INTERMOUNTAIN EMPLOYEE ASSISTANCE PROGRAM (EAP)

We've added the Intermountain Employee Assistance Program to your plan at no additional cost to you! Take advantage of:

- > Up to four counseling sessions per incident, per family (children up to age 26)
 - · Counseling sessions offered in person, virtually, or over the phone
 - Includes assessment for EAP appropriateness, problem solving, short-term counseling, and referral to additional services
- > Crisis response available 24/7 by phone
- > Access to Intermountain EAP web-based resources
- > Access to live, virtual trainings via webinar

WEBSITE

intermountainhealthcare.org/eap

The website includes helpful tools and resources.

SelectHealth obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status. This information is available for free in other languages and alternate formats. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. 注意:如果您使用繁體中文, 您可以免費獲得語言援助服務。請 致電 SelectHealth Advantage: **855-442-9900** (TTY: 711) / SelectHealth: **800-538-5038**.

Intermountain' Employee Assistance Program

CONTACT US

Call **801-442-3509** or **800-832-7733** weekdays, from 8:00 a.m. to 5:00 p.m. (MST) to schedule an appointment

A crisis counselor is available by phone 24/7

COUNSELING

Free, short-term counseling for life problems such as conflict at work or with a family member, depression, anxiety, and life stress. Services are available in a four-session limit model to employees, spouses or partners, and dependent children (under 26 years old).

HELP FOR CAREGIVERS

Information, resources, and coaching for employees who are providing assistance to a spouse or relative who is ill, disabled, or needs help with basic activities of daily living. Caregiver services can help identify medical, legal, and financial resources, as well as provide support for the emotional issues of caregiving.

CRISIS RESPONSE

Crisis response is available by phone 24 hours a day, 7 days a week at **800-832-7733**.

Employees and family members are encouraged to use this service when urgent situations arise. Clients with emergency situations receive immediate attention by phone.



Intermountain Connect Care® HALF THE COST OF A DOCTOR'S OFFICE VISIT

When you feel sick or injured, you don't need to leave the house to get the care you need. Grab your smartphone or computer and talk with a doctor in minutes.

Join in the savings by downloading the Connect Care app and creating an account. You can also visit **intermountainconnectcare.org** to get started. Set up an account now so you'll be all set when you or your family needs care for commonly treated conditions. See a full list of conditions at **intermountainconnectcare.org**.

DID YOU KNOW?

SelectHealth members **SAVE AN AVERAGE OF \$31** each time* they use Intermountain Connect Care instead of visiting the ER, urgent care clinic, or their doctor's office.*

GET AN HOUR OF YOUR LIFE BACK WITH CONNECT CARE

A TRIP TO URGENT CARE:*

- > Commute back and forth: 28 minutes
- > Average wait time: **39 minutes**
- > Total time: 67 minutes

USING INTERMOUNTAIN CONNECT CARE:*

> Stay home and see a doctor: 6 minutes

Save time and money. Set up an account now so you'll be all set when you or your family needs care.

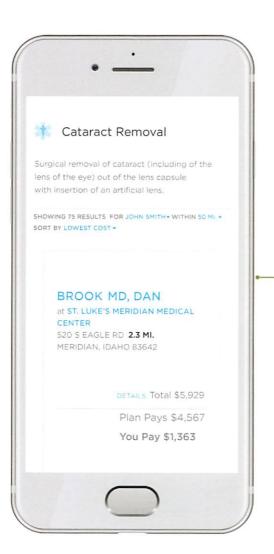


* Data based on internal SelectHealth and Intermountain Healthcare claims and wait time data



Online Tools

Our secure online member portal is your one-stop shop for information about your healthcare. The portal can be accessed from your mobile device or computer by visiting **selecthealth.org**.



MEDICAL COST ESTIMATOR

We can use your benefits to estimate the cost of many healthcare services. For example, we can estimate the cost of cataract removal, including charges for the facility, provider, and anesthesiologist. Bundling these numbers together, we'll estimate how much your plan will cover and what you will pay.

ID CARDS

Lost your ID card? No worries—you can view and print copies of your card on the SelectHealth member portal.

REQUEST A CALL

Use our call request feature to schedule a call back from our Member Services team at a set time that's convenient for you.

CHAT WITH US

No time for a phone call? Use our secure chat feature to talk with Member Services online. If you need to know whether your medication will be covered or how much a doctor's bill was, chat can help.

HEALTHCARE INFORMATION

View your benefits, claims, and deductible levels.



Many contracted providers and facilities receive secure messages and will even upload lab results, imaging reports, and other health information on your Intermountain Healthcare *My Health* account. To access information from your providers, click the blue *My Health* button in the right corner of your SelectHealth dashboard.





Wellness Rewards

Utah and Nevada Gym Membership and Physical Activity Rewards Program

Step into the gym—or just get steps—and earn money back from your health plan. Get rewarded for your gym membership or for participating in activities like swimming, walking, dancing, and more.

EARN UP TO \$240 PER PERSON PER YEAR*

WHO'S ELIGIBLE?

Eligible members must:

- > Be on a Small Employer (50 or fewer employees) or an Individual and Family plan.
- > Be age 18 or older.
- > Agree to and follow the Program Terms and Conditions.

If you're on an employer plan, you may want to talk to your HR team or call Member Services to find out if you are eligible. Call us at **800-538-5038**.

HOW THE PHYSICAL ACTIVITY REWARDS OPTION WORKS

- 1. If you don't already have an account, visit **selecthealth.org** and select Member Login to register for one.
- 2. Select Membership Rewards from the Member Checklist on the Dashboard and accept the Program Terms and Conditions.
- 3. On the Membership Rewards page, select Sign Up & Track Steps to create a Virgin Pulse Account and sign in.

Creating a Virgin Pulse Account may take between 24 to 48 hours after you have registered for your SelectHealth account.

- 4. On the Virgin Pulse website, choose 7,000 Steps for 20 Days in the same calendar month. Or convert the activity of your choice to steps using the Add a Workout feature.
- Start tracking your activity using the website tracking tool or mobile app, or sync a wearable device or smartphone to your account. You must open your Virgin Pulse app at least once a week to track and or sync your activity.
- Complete 20 days or more of 7,000 steps or the equivalent in non-stepping exercise in a calendar month to get the 7K Steps for 20 Days Badge. It will appear in your Virgin Pulse Trophy Case.



To claim your reward(s), login to selecthealth.org.
From the Member Checklist, choose Progress
Tracking & Rewards and click on to the Rewards homepage.
Choose "Select Reward" and pick your reward from the listed options.

Note: To receive your reward for a month, you must complete tracking your steps or non-stepping exercise by the end of that calendar month.



HOW THE GYM MEMBERSHIP REWARDS OPTION WORKS

- 1. If you don't already have an account, visit **selecthealth.org** and select Member Login to register for one.
- 2. Select Membership Rewards from the Member Checklist on the Dashboard and accept the Program Terms and Conditions.
- 3. Join any gym you like or find low rates through the Virgin Pulse network. There are over 12,000 gyms and fitness clubs nationally.
- 4. To join or try one week at a network gym, log in to **selecthealth.org** and select Membership Rewards from your Member Checklist.
- 5. On the Membership Rewards page, select Find Discounts on Gyms and Fitness Clubs in the Virgin Pulse Network—this is where you'll find a list of gyms and other fitness discounts.
- 6. To claim your reward(s), login to **selecthealth.org**. From the Member Checklist choose Progress Tracking & Rewards and link to the Rewards homepage. Select Gym Membership and complete the Gym Attestation form, then click on Select Reward and pick your reward from the listed options.

Note: To receive your reward(s) for these program options, you must complete all requirements by the end of the calendar year.

Take it a Step Further with a Virgin Pulse Online Health Check[®] Assessment

Although completing the online health assessment is optional, we strongly encourage all members participating in a fitness program to do so. Our health assessment can help you discover connections between daily lifestyle choices and your long-term health.

Other questions?

We're happy to help—for Program Terms and Conditions and more information on how the program works, visit **selecthealth.org/getfit** or call Member Services at **800-538-5038**.



MEMBER DISCOUNT



Don't pay full price. Take advantage of our Member Discounts Program—two ways to get healthy for less!



SelectHealth Member Discounts are included as part of your coverage. Save money on health-related services like:

- > LASIK
- > Gym
- > Hearing aids
- memberships
- > Eyewear
- > Baby safety
- > Massage therapy
- products
- > Tattoo removal

To start saving, visit **selecthealth.org**/ savings and click on SelectHealth Member Discounts. Show your ID card at any participating retailer on our services list for savings.



ChooseHealthy is another included member discount option to help you save.

- > Get up to 55% off on popular health and fitness brands
- > Save up to 25% on services from specialty healthcare practitioners
- > Learn from free online health classes and articles

Log in to your SelectHealth account and select the ChooseHealthy link at the bottom of the page to get started. Once on the ChooseHealthy website, you'll need to register for an account to get discounts.



The discounts and resources offered to SelectHealth members are not covered benefits under your health plan. SelectHealth does not endorse or warrant in any way the products and/or services offered by participating vendors. Discounts and participating vendors may be subject to change without notice.