



Benefit Details

Value



Welcome to My Health Membership!

We are pleased to offer you an exceptional healthcare benefit designed to simplify your access to health care while offering convenience, quality care, and medications. My Health Membership Solutions were designed with flexibility in mind to help meet the busy demands of your life. You now have control over when and where you receive care. When you need assistance, we have a team there to support you every step of the way. This document provides information about all the great benefits My Health Membership has to offer.

What is My Health Membership?

My Health Membership brings you easy access to virtual primary, urgent and pediatric care, mental health therapy, and prescription medications using your member portal.

[Member Portal](#)

Dependent Care

Individual	Individual +1	Family
Single Adult (18+)	Adult +1 individual	Member + 6 dependents

Membership

Services

As a My Health Membership member, you have access to the following services with no copays, no deductibles, and no out of pocket costs.

Virtual Primary Care

You have 12 virtual primary care visits per member per year as well as, 12 care visits per covered child per year.

- ◆ Care is available for children ages 2+
- ◆ Appointments can be scheduled and in some instances are available as early as the same day
- ◆ Primary Care appointments are available Monday - Friday from 8 AM – 5 PM EST
- ◆ You have the option to see the same providers every time

Virtual Urgent Care

You have 12 virtual urgent care visits per member per year.

- ◆ Appointments are available within less than 20 minutes
- ◆ Appointments are available 24 hours a day, 7 days a week, 365 days a year

Prescription + Pharmacy Care

Over 425 generic medications are included and available with your membership. A list of these medications can be found by accessing your My Health Membership member portal.

- ◆ If your virtual doctor prescribes you an included medication, it will be processed via our mail order pharmacy and delivered to your home within 3-5 days.
- ◆ Your membership covers one free shipment per month. If an additional order is needed within the month, there is a low shipment fee of \$5.
- ◆ If you are currently taking a medication that is on our list, you can transfer it to our mail order pharmacy to receive the medication at no charge.
- ◆ If your provider orders an urgent medication or a medication that is not included in your membership it will be sent to your local pharmacy. You can then use your member prescription card to receive discounts of up to 80% off. The card is available to print or download in your My Health Membership member portal under the “My Medications” section.
- ◆ If you see a doctor outside of the My Health Membership platform and are recommended a covered maintenance medication let them know the medication is covered by My Health Membership so they can process the prescription through My Health Membership’s Pharmacy Subsidiary Manifest Rx. If it is a covered urgent medication your doctor can send the prescription to your local pharmacy where you can use your member prescription card to pick it up free of charge.
- ◆ A Pharmacist is available at 888-770-4009, Monday-Friday from 8 AM - 5 PM EST or via email at MyHealthMembership@manifestrx.com.

Your membership covers 40 urgent medications which can be found in your member portal.

- ◆ If you have an virtual urgent care visit and your provider prescribes an urgent medication, you can pick it up at your local retail pharmacy at no added cost.

Virtual Mental Health Therapy

You have 12 Mental Health therapy visits per member per year.

- Mental Health therapy is available for adults & covered adolescents ages 12+
- Appointments can be scheduled within 1-3 days
- Appointments are available Monday - Friday from 9 AM – 5 PM EST
- Behavioral Health Therapists are available 24/7 for urgent needs

Additional Health Support

If you have other challenges or need assistance and support accessing things like food, shelter, transportation, childcare, job training etc., call our Customer Care team at 888-220-6650 for help finding the resources and support that you need.

Lab Testing

If your doctor orders lab work, orders will be sent to the nearest Quest or LabCorp facility where you can have the lab work completed. Discounted pricing will apply with discounts of up to 80%. You can pay for the lab directly, use your HSA or FSA card, or submit the claim to your major medical insurance provider.

Membership Services + Fees

My Health Membership Value Membership

<u>Service</u>	<u>Cost to Member</u>	<u>Include Benefit</u>	<u>Visits per Year</u>
Deductible	\$0		
Co-Pay / Coinsurance	\$0		

<u>Service</u>	<u>Cost to Member</u>	<u>Include Benefit</u>	<u>Visits per Year</u>
Virtual Primary Care	\$0	X	12
Virtual Pediatric Care	\$0	X	12
Virtual Urgent Care	\$0	X	12
Virtual Mental Health Therapy	\$0	X	12
Discounted Lab Work	see footnote 3	X	12
425+ generic medications (home delivery)	\$0	X	
40 Urgent care medications (@ retail)	\$0	X	
Medication Shipment	see footnote 1	X	
Rx Savings Card	see footnote 2	X	
Pharmacy Consultation Services	\$0	X	
Mental Health Screening	\$0	X	
Access to Drivers of Health Resources	\$0	X	

Footnotes

1. For the My Health Membership covered medications, one shipment per month is included free in your membership. Each additional shipment that month will require a \$5 shipping fee. More than one prescription can be combined in the free shipment per month.
2. Medications not included in the My Health Membership medication list can be purchased through a local pharmacy. The cost for these medications will be incurred by the member. If the member has traditional insurance with a drug benefit, the member can use their insurance card or use the My Health Membership Pharmacy discount card to receive additional discounts.
3. Lab work, if ordered by your doctor and on the list, is discounted up to 80%.