



**GIGCARE**

# PLAN OVERVIEW

## CONTACT US

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📞 866-200-2513

🌐 [gigcare.net](https://gigcare.net)

600-1003-8



Population  
Science  
Management

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# EXPLORE THE DIFFERENCE



**GIGCARE**



# WHAT WE DO

## POPULATION SCIENCE MANAGEMENT (PSM)

offers GIGCARE plans with low monthly premiums that won't break your bank.

PSM's GIGCARE offerings provide a custom-tailored mix of health benefit plans with additional no-cost benefits to support your overall health and well-being.

## OUR GIGCARE PLAN SELECTION IS DESIGNED TO:



Save you money



Save you time



Guide you on your journey of well-being

PSM's GIGCARE platform provides the very best services to ensure your experience exceeds your expectations. Our services include an extensive array of physician and ancillary networks, pharmacy benefit management, diabetes management, telehealth, and in-home services. We work hard to keep your healthcare costs under control while providing you with the very best coverage options available.

Our Care Guides are available from 7:30AM - 6PM CST to support your every need.

# NATIONWIDE ACCESS



## **GIGCARE Members have Nationwide Access**

Blue Cross and Blue Shield of Nebraska's statewide network, NETwork Blue, made up of 98% of Nebraska's doctors and 99% of non-governmental acute care hospitals.\* Outside of Nebraska, members have Nationwide Access to a national network called the BlueCard® Program. If members live or travel outside of Nebraska, they may take their health care benefits with them. The BlueCard® Program gives members access to doctors and hospitals almost everywhere within the United States, including both urban and rural areas.

\*Blue Cross and Blue Shield of Nebraska statistics, Jan. 10, 2024.

### **Provides Access To:**

- > Hospitals and clinics across the U.S.
- > Primary and Specialty care providers, including behavioral-health
- > Heart, cancer, and trauma centers
- > Children's care



Disclaimer: Blue Cross and Blue Shield of Nebraska has contracted with Detego Health LLC® to provide certain member services.

# TELEMEDICINE



24/7 ACCESS

- ✓ PRIMARY CARE
- ✓ URGENT CARE
- ✓ MENTAL HEALTH CARE



Connect with Board-Certified Physicians,  
anytime, anywhere in the United States.



**NO CLAIMS  
OR COPAY**



**EVERY  
STATE**



**CARE  
COORDINATION**



**EXCLUSIVE  
DOCTORS**

WE TREAT

50+

ROUTINE MEDICAL  
CONDITIONS!

- > ACNE
- > ALLERGIES
- > COLD/FLU
- > CONSTIPATION
- > COUGH
- > DIARRHEA
- > EAR PROBLEMS
- > FEVER
- > HEADACHE
- > INSECT BITES
- > NAUSEA/  
VOMITING
- > PINK EYE
- > RASH
- > RESPIRATORY  
PROBLEMS
- > URINARY  
PROBLEMS
- > AND MORE

WHY  
THERAPY?



- > ALCOHOL/DRUGS/  
TOBACCO RELIANCE
- > CHILD OR ELDER  
CARE MATTERS
- > CO-DEPENDENCY
- > EATING DISORDERS
- > PHYSICAL/SEXUAL/  
EMOTIONAL ABUSE
- > RELATIONSHIP CONCERNS
- > STRESS AND ANXIETY
- > WORK OR PERSONAL  
CONFLICTS

## PRIMARY CARE

### Same Day Appointments

Access a Virtual Primary Care appointment the same day of requesting it! Or, schedule when it's best for you.

### Same Provider Each Visit

See the same provider each visit so that they can best understand your health needs and provide personalized care.

### Annual Wellness Check

An annual wellness check can help you get on a better health trajectory, get a personalized care plan, and learn about your overall health!

## URGENT CARE

### Instant Access To Care

Virtual Urgent Care visits can be accessed as short as in 20 minutes! You can also schedule appointments when it best works for you.

### In House Providers

See the same provider each visit so that they can best understand your health needs and provide personalized care.



MyLiveDoc  
Your health, your time

## MENTAL HEALTH THERAPY

### Annual Visits

MyLiveDoc includes four mental health visits annually for each family member. Available to adults and adolescents 12 years and older.

### Convenient Scheduling

Easy access to a licensed, Master's level counselor within 1-3 days. Should you need in-person care, our team is able to provide referrals when needed.

### Some Therapist Each Visit

See the same therapist each visit to best understand your personal needs. Our counselors are trained in clinical assessments and care coordination.

CONTACT MyLiveDoc • (855) 226-6567

# PHARMACY BENEFITS



Blue Cross and Blue Shield of Nebraska helps close the gaps between medical and pharmacy benefits and delivering holistic care. They leverage innovative data and analytics to improve people's health and help our members save on costs.



## INFLUENCING THE FUTURE OF HEALTH CARE

As we reimagine pharmacy management, we're focused on changing health care for the better through connected, values-driven partnership that puts people and their health at the center of everything we do.



SAVE YOU MONEY



YOUR NEEDS



YOUR HEALTH

### Lowering drug costs

Effective drug lists are one of the best ways to ensure the lowest total cost of care. We curate the right drugs while removing those that are medically unnecessary or have clinically appropriate, cost-effective alternatives.

### Managing specialty

Specialty drugs are changing lives for the better, but they are also costly for the plans and members who pay for them. We offer a new approach that can help drive savings and better control.

### Optimizing drug access

Channel optimization means our clients can choose any solutions that meet their needs, and members can get their medicine the way they want it — and at the lowest cost.

# ADDITIONAL BENEFITS



ScriptAide provides Pharmaceutical Advocacy Services, reducing the financial burden. Our direct-to-member support services are staffed by Pharmaceutical Access Coordinators specialized in helping members acquire prescribed medications using PIP, PAP, and SPIP programs.



E-MAIL: [INFO@SCRIPTAIDE.COM](mailto:INFO@SCRIPTAIDE.COM)

CALL: (866) 837-1515

## EVERY PATIENT

HAS ACCESS TO BENEFIT CONSULTING AND COMPREHENSIVE CLINICAL SUPPORT. CALL US AT 866.837-1515



### Personal Importation Program (PIP)

Through PIP, we compare pricing and import prescriptions from our Canadian pharmacies for **covered medications**, offering savings of up to 70%. For qualifying prescriptions, the co-pay is waived, making the medication free for the member. A valid prescription is required to participate. *HSA Plans may vary.*



### Patient Assistance Program (PAP)

PAP is designed for members in the United States who require **non-covered medications** and **demonstrate qualifying financial need**. Those who qualify will receive their medications for free, with no co-pays or shipping costs. A valid prescription is required to participate.



### Self-Pay Importation Program (SPIP)

SPIP is available to members in the United States who require **non-covered medications**. Through this program, individuals can import their prescribed medications at **their own cost**, typically saving 40-45% compared to U.S. pharmacy prices. A valid prescription is required to participate.

# DIABETES MANAGEMENT



Through GIGCARE, PSM has partnered with Diathrive to get you diabetes supplies and coaching at no cost to you.

Diabetes testing  
supplies covered **100%**

- ✓ DIATHRIVE+ GLUCOSE METER
- ✓ UNLIMITED TEST STRIPS
- ✓ CARRYING CASE
- ✓ LANCING DEVICE
- ✓ LANCETS
- ✓ INSULIN PEN NEEDLES
- ✓ METER SYNC TO DIATHRIVE HEALTH APP
- ✓ UNLIMITED CLINICAL SUPPORT FROM HEALTH ADVISOR



[Click here to sign up for your starter kit!](#)

## Health Advisor

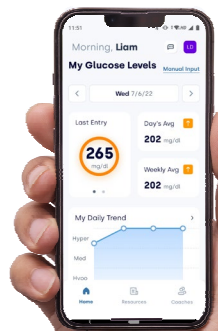
**Unlimited clinical support and individualized diabetes care.**

Our Health Advisors are Certified Diabetes Care and Education Specialists, ready to help.

## Diathrive Health App

**Diabetes management made simple.**

- Sync your meter
- Diabetes education
- Reorder supplies
- Connect with your Health Advisor



# INSULIN PEN NEEDLES

## Free & Unlimited Insulin Pen Needles

### Available Sizes:

- ✓ 4mm / 32g
- ✓ 5mm / 31g
- ✓ 6mm / 31g
- ✓ 8mm / 31g

Compatible with most insulin pens.



## Premium Features

- ✓ **Triple-Bevel Cannula**  
Optimal perforation and easy penetration. So sharp you won't feel a thing!
- ✓ **Silicone Lubricant Coating**  
Coated for a smooth, painless experience. Comfort unmatched by any other.
- ✓ **Thin Wall Technology**  
Better insulin flow and less injection pain. Less pressure required for insertion and reduced risk of insulin leakage.

## Ready to Order?

**Call Diathrive Customer Service today! 866-878-7477**

[Click here to sign up for your starter kit!](#)

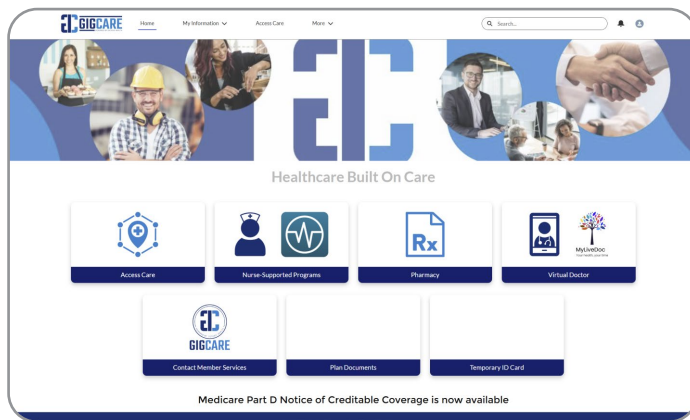
**Questions?** Call Diathrive Customer Support today!



# MEMBER PORTAL

## Welcome to Population Science Management's GIGCARE Health Plan Portal!

Watch for an email from GIGCARE Member Portal Experience that will give you your username and a link to activate your portal. Once you enter your username, you will be prompted to create a password.



### HOME PAGE

Find Quick Links on the Home Page for Easy Access!

- ✓ **Access Care**  
Search for a Provider
- ✓ **Nurse-Supported Programs**  
Download Wellframe App
- ✓ **Pharmacy**  
Find a & Pharmacy  
Prescription Information
- ✓ **Virtual Doctor**  
MyLiveDoc Telemedicine
- ✓ **Contact Member Services**  
866-200-2513  
memberservices@detegohealth.com
- ✓ **Plan Documents**  
Administration & Legal Information  
Welcome Kit
- ✓ **Temporary ID Card**

Scan the QR Code  
to log into your  
**GIGCARE  
MEMBER  
PORTAL**



MYGIGCARE.NET

### Request Access!

Contact our Care Guides  
Monday - Friday from 7:30AM - 6:00PM (CST).



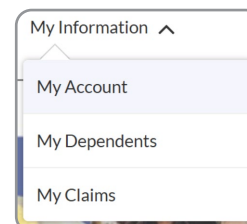
866-200-2513



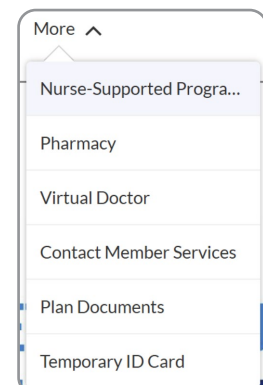
MemberServices@DetegoHealth.com

### NAVIGATION BAR

#### My Information



#### More



# CARE MANAGEMENT



If you are experiencing a complex medical condition or a catastrophic illness or accident, our Care Management program can help.

## ADVOCATE, COORDINATE & ENCOURAGE

Blue Cross and Blue Shield of Nebraska Care Managers are registered nurses able to assist you with cancer treatment, transplants, high-risk pregnancy, children with special needs, traumatic injuries, and many other complex conditions.

**Our Care Managers do not replace the care you receive from your health care providers however, they can:**

- > Advocate for you and assist you in making informed health care decisions
- > Coordinate your care plan with you, your healthcare providers, and other relevant caregivers (including family members)
- > Provide information to help you understand your health insurance benefits
- > Identify and refer services and resources to meet your needs
- > Encourage involvement in your treatment program and empower you to manage your condition
- > Contact you periodically to assure your needs are being met



## No Cost to You

Blue Cross and Blue Shield of Nebraska's case management program is offered at no cost to you, and you may opt out at any time. The program does not affect your claims, payments, or benefits.

**FOR MORE INFORMATION ON CARE MANAGEMENT, PLEASE CALL 800-247-1103**

Blue Cross and Blue Shield of Nebraska is an independent licensee of the Blue Cross Blue Shield Association.

# PLANS AVAILABLE

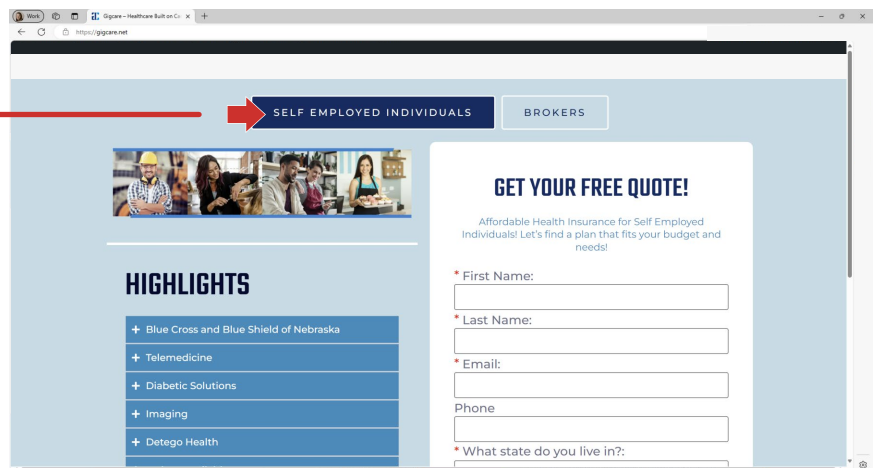
PLAN	GIGCARE \$1,500 (PPO)		GIGCARE \$2,500 (PPO)		GIGCARE \$5,000 (EPO)		GIGCARE \$7,350 (EPO)		GIGCARE \$5,000 (PPO / HSA)	
NETWORK	IN	OUT	IN	OUT	IN	OUT	IN	OUT	IN	OUT
<b>Deductible</b>										
• Individual	\$1,500	\$3,000	\$2,500	\$5,000	\$5,000	N/A	\$7,350	N/A	\$5,000	\$10,000
• Family (Embedded*)	\$3,000	\$6,000	\$5,000	\$10,000	\$10,000	N/A	\$14,700	N/A	\$10,000	\$20,000
<b>Coinsurance</b>										
• Covered Person Pays	30%	50%	30%	50%	30%	N/A	30%	N/A	30%	50%
• Plan Pays	70%	50%	70%	50%	70%	N/A	70%	N/A	70%	50%
<b>Out-of-Pocket Limit</b>										
• Individual	\$7,350	\$20,000	\$7,350	\$20,000	\$7,350	N/A	\$9,200	N/A	\$6,550	\$20,000
• Family (Embedded*)	\$14,700	\$40,000	\$14,700	\$40,000	\$14,700	N/A	\$18,400	N/A	\$13,100	\$40,000
*Embedded – If you have single coverage, you only need to satisfy the individual Deductible and Out-of-pocket Limit amounts. If you have family coverage, no one family member contributes more than the individual amount. Family members may combine their covered expenses to satisfy the required family Deductible and Out-of-pocket amounts.										
<b>Annual Wellness Exam</b>	\$0	Deduct. / Coinsurance	\$0	Deduct. / Coinsurance	\$0	Not Covered	\$0	Not Covered	\$0	Deduct. / Coinsurance
<b>Primary Care Visit</b>	\$25	Deduct. / Coinsurance	\$25	Deduct. / Coinsurance	\$25	Not Covered	\$25	Not Covered	Deduct. / Coinsurance	Deduct. / Coinsurance
<b>Preventive Care Visit</b>	\$0	Deduct. / Coinsurance	\$0	Deduct. / Coinsurance	\$0	Not Covered	\$0	Not Covered	\$0	Deduct. / Coinsurance
<b>Specialty Care Visit</b>	\$40	Deduct. / Coinsurance	\$40	Deduct. / Coinsurance	\$40	Not Covered	\$40	Not Covered	Deduct. / Coinsurance	Deduct. / Coinsurance
<b>Urgent Care Visit</b>	\$60	Deduct. / Coinsurance	\$60	Deduct. / Coinsurance	\$75	Not Covered	\$100	Not Covered	Deduct. / Coinsurance	Deduct. / Coinsurance
<b>Emergency Room Facility</b>	Deduct. / Coinsurance	In Network level of benefits	Deduct. / Coinsurance	In Network level of benefits	Deduct. / Coinsurance	In Network level of benefits	Deduct. / Coinsurance	In Network level of benefits	Deduct. / Coinsurance	In Network level of benefits
<b>PHARMACY</b>										
<b>RETAIL (30 DAY SUPPLY) · COPAYS</b>										
<b>Generic</b>	\$10	Not Covered	\$10	Not Covered	\$10	Not Covered	\$10	Not Covered	Deduct. / Coinsurance	Not Covered
<b>Preferred Brand</b>	\$45	Not Covered	\$45	Not Covered	\$105	Not Covered	\$105	Not Covered	Deduct. / Coinsurance	Not Covered
<b>Non-Preferred</b>	\$105	Not Covered	\$105	Not Covered	Not Covered	Not Covered	Not Covered	Not Covered	Deduct. / Coinsurance	Not Covered
<b>Specialty</b>	Not Covered	Not Covered	Not Covered	Not Covered	Not Covered	Not Covered	Not Covered	Not Covered	Not Covered	Not Covered
<b>NOTE:</b> Excluded and not covered medications: These medications may be separately available through our ancillary company, ScriptAide, using either their Patient Assistance Program (PAP), Personal Importation Program (PIP) or Self-Pay Importation Program (SPIP).										

# HOW TO LEARN MORE

- Go to [gigcare.net](https://gigcare.net)
- Select which tab applies to you.

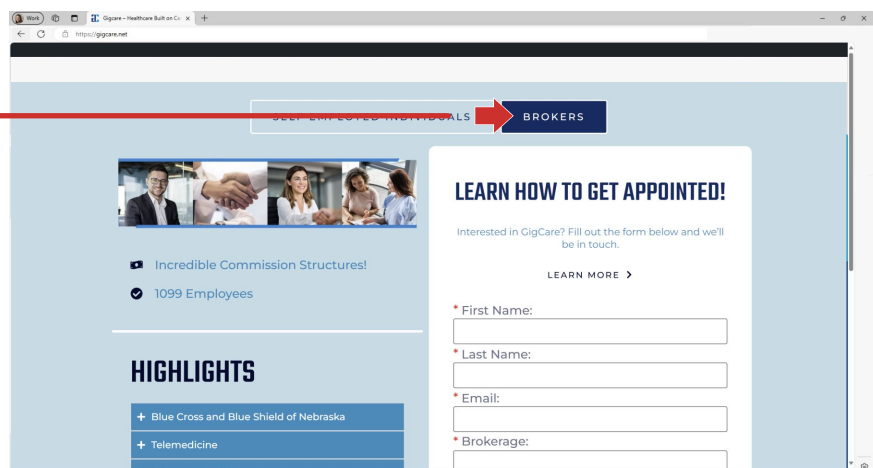
## Self Employed Individuals

OR



The screenshot shows the GigCare website with the 'SELF EMPLOYED INDIVIDUALS' tab selected. The page features a header with the tab name and a 'BROKERS' tab. Below the header is a banner image of diverse people. The main content area is divided into two columns. The left column, titled 'HIGHLIGHTS', lists several benefits: '+ Blue Cross and Blue Shield of Nebraska', '+ Telemedicine', '+ Diabetic Solutions', '+ Imaging', and '+ Detego Health'. The right column, titled 'GET YOUR FREE QUOTE!', contains a sub-header 'Affordable Health Insurance for Self Employed Individuals! Let's find a plan that fits your budget and needs!' and a form with fields for 'First Name', 'Last Name', 'Email', 'Phone', and 'What state do you live in?'. A red arrow points from the 'Self Employed Individuals' section header to the 'SELF EMPLOYED INDIVIDUALS' tab.

## Brokers



The screenshot shows the GigCare website with the 'BROKERS' tab selected. The page features a header with the 'SELF EMPLOYED INDIVIDUALS' tab and the 'BROKERS' tab. Below the header is a banner image of people in business attire. The main content area is divided into two columns. The left column, titled 'HIGHLIGHTS', lists several benefits: '+ Blue Cross and Blue Shield of Nebraska' and '+ Telemedicine'. The right column, titled 'LEARN HOW TO GET APPOINTED!', contains a sub-header 'Interested in GigCare? Fill out the form below and we'll be in touch.' and a 'LEARN MORE' link. Below this is a form with fields for 'First Name', 'Last Name', 'Email', and 'Brokerage'. A red arrow points from the 'Brokers' section header to the 'BROKERS' tab.

- Fill out Information
- Click on Submit when completed.
- You will receive a call from one of our DetegoHealth Representatives to further discuss our GigCare Health Plans.

Our Care Guides are available from 7:30AM - 6PM CST to support your every need.



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