



Welcome to Your Benefits

2023 SHARE

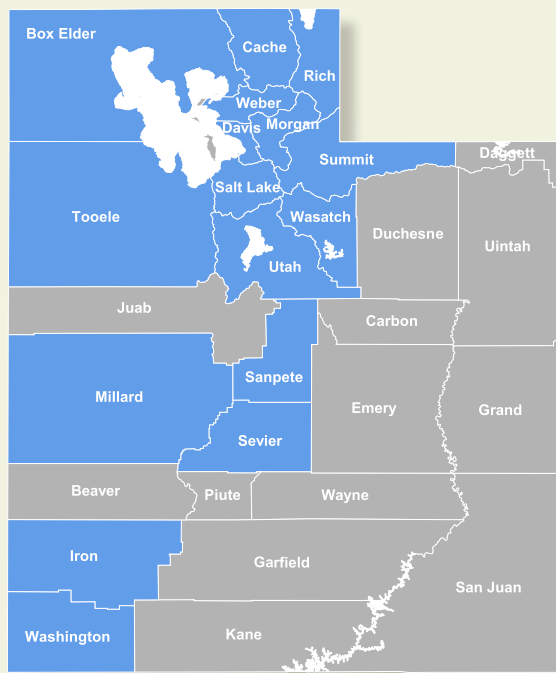
SelectHealth Share®

If you live in one of the shaded counties below, SelectHealth Share is your healthcare option. It includes all Intermountain Healthcare® doctors, facilities, clinics, and InstaCare/KidsCare locations—that's 33 hospitals (including Primary Children's Hospital), over 700 clinics and other facilities, and more than 9,700 providers, including specialists you can see without a referral. This network also includes access to dozens of clinics and providers who aren't affiliated with Intermountain Healthcare.

Enrolled dependents who live outside of your service area (maybe they're going to college or living with another family member) can receive in-network benefits for covered services no matter where they live in the U.S. To qualify for this coverage, submit a Dependent Address Change form, which can be found at selecthealth.org/forms.

We've created the checklist on the next page to help you complete your engagements and live the healthiest life possible.

Wondering whether your current doctor or neighborhood clinic is part of the SelectHealth Share network? To find out, visit selecthealth.org/findadoctor. Remember to filter your results by choosing SelectHealth Share from the network drop-down menu.



PRIMARY CARE PROVIDERS

A Primary Care Provider (PCP) sees patients for common medical problems, performs routine exams, and helps prevent or treat illness. You can trust a PCP to know your health history and help you find other doctors when you need them. If your PCP allows virtual (video) visits, you may pay less for these visits based on your benefits. Check out the "Primary Care Provider (PCP) Virtual Visits" benefit on your Member Payment Summary (MPS) to see how much you will pay.

SPECIALISTS

When you need more than your PCP, our network of quality specialists and surgeons can help.

HOSPITALS AND LOCAL CLINICS

Our facilities span Utah, offering great care and services. Think heart care, cancer treatment, transplant services, women and newborns, and much more—you name it, they can treat it.

INTERMOUNTAIN INSTACARE®

What's open late and costs less than the ER? Our InstaCare® and KidsCare® clinics. If you need urgent care, these are great options.

INTERMOUNTAIN CONNECT CARE®

Visit a provider 24/7 via live online video. Many plans cover this service at no or low out-of-pocket cost to you. Check your ID card or member materials for coverage information.

VIRTUAL MENTAL HEALTH

Some mental health providers offer video visits, which may be less expensive to you. Check out the Mental Health Virtual Visits benefit on your MPS to see how much you will pay.

EMERGENCY CARE ANYWHERE

For emergencies go to the nearest emergency room or hospital and you'll be covered whether in the U.S. or abroad.

continued on next page

SelectHealth Share Checklist

90 DAYS

YOUR FIRST 90 DAYS* (ALL EMPLOYEES)

Create your SelectHealth account at selecthealth.org. Once you register, you'll be able to access your Member Checklist from the Dashboard page. This is where you'll find your Healthy Living™ tools and track your engagements.

Choose a SelectHealth Share Primary Care Provider (PCP). Once you select your Share in-network provider, be sure to designate them in your SelectHealth account. Having an established PCP can help you get quick appointments when needed.

Complete the annual online "Health Check" health assessment. Log in to your SelectHealth account and choose Health Assessment/Virgin Pulse Health Check from your Member Checklist. Then create or log in to your Virgin Pulse account and complete the Health Check, which takes only 15 minutes.

Establish and contribute to a Health Savings Account (HSA), if desired. If you enroll in a High Deductible Health Plan, it's strongly encouraged, but not required that you contribute 25% to 50% of your annual deductible to your HSA. Your employer will offer matching contributions.

9 MONTHS

YOUR FIRST NINE MONTHS* (ALL EMPLOYEES)

Attend a work-site screening event or obtain the screening from a SelectHealth in-network provider. This is how you establish your health baseline and discover the next step in your journey to improved health.

Complete one online digital health coaching "Journey." Log in to your SelectHealth member account, find "Digital Coaching/Virgin Pulse Journey" on your Member Checklist and complete all steps of one Virgin Pulse Journey™.

Get moving with Virgin Pulse. Once you have a Virgin Pulse account, this is where you'll track your activity. Complete at least two campaigns from the options below. **Note:** You can't get credit for both a Team Challenge and 7,000 Steps in the same month.

- > 7,000 Steps—Take 7,000 steps for 20 days within the same calendar month (completion counts as one campaign).
- > Team Challenges—Challenges last for four weeks (completion counts as one campaign).
- > Healthy Habit Challenges—These challenges last for one week each month (completing four of these challenges counts as one campaign).

*of the plan year

SHARE REWARDS

Based upon your age, gender, medical history, and risk factors, you have both required and optional engagements to complete before the end of your plan year. Complete the engagements and you'll earn reward points! **The value of each point earned is one dollar.***

Cancer Screenings (\$20 Each)

Complete colon, breast, and/or cervical cancer screenings consistent with Intermountain Healthcare® standards, which follow gender and age-based national guidelines.

Diabetes Prevention Program

> Low risk for diabetes? You can be eligible for yearly bonus rewards if you meet program criteria and participate in the following activities:

> \$60 - Get an HbA1c lab test every year—required

> Participate in these optional activities and earn additional yearly bonuses:
\$20 - Prediabetes 101 Class, \$40 - Wellness Coach, \$60 - Medical Nutrition Therapy, and \$120 - Weigh to Health program

Diabetes Management Program

> Complete all three required engagements at \$60 each: Blood sugar monitoring test, Kidney function monitoring test, and Diabetic retinal eye exam.

> Participate in these optional activities and earn additional yearly bonuses:
\$40 - Wellness Coach, \$60 - Medical Nutrition Therapy, and \$120 - Weigh to Health Program

To view your progress and redeem your reward points, log in to selecthealth.org and select the badge(s) on your Member Checklist that apply to your Share rewards.** For questions about your plan or complete information for the activities and engagements mentioned, visit selecthealth.org/share/employees or call Member Services at **800-538-5038**.

* Amounts received may be considered taxable income.

** Unredeemed reward points left at the end of the calendar year will be sent to you in a Visa gift card.



We're Here to Help You

Health insurance doesn't have to be so complicated

We can help you with everything from understanding your benefits to finding the right doctor. Our customer service teams are dedicated to providing exceptional service.

MEMBER SERVICES

We want to help you understand your insurance plan—when you have a question, give us a call. We know life doesn't always happen between nine and five, so we're here late.

7 a.m. to 8 p.m. MST, weekdays
9 a.m. to 2 p.m. MST, Saturdays

800-538-5038

ONLINE CUSTOMER SERVICES

No time for a call? Log in to your SelectHealth member account and chat with us or request a call back at a time that's convenient for you.

selecthealth.org

MEMBER ADVOCATESSM

We can help you find the right doctor for your needs. We'll find the closest facility or doctor with the nearest available appointment, schedule appointments for you, and help you understand and maximize your benefits.

800-515-2220



Facility Map

Use the map and key below to determine which hospitals are participating on your SelectHealth® plan.

SALT LAKE AREA

QUESTIONS?

WEB: selecthealth.org/facilities

PHONE: 800-538-5038

Alta View Hospital* MSCVG

Huntsman Cancer Hospital^{MCV}
(Cancer treatment only)

Intermountain Medical Center* MSCVG

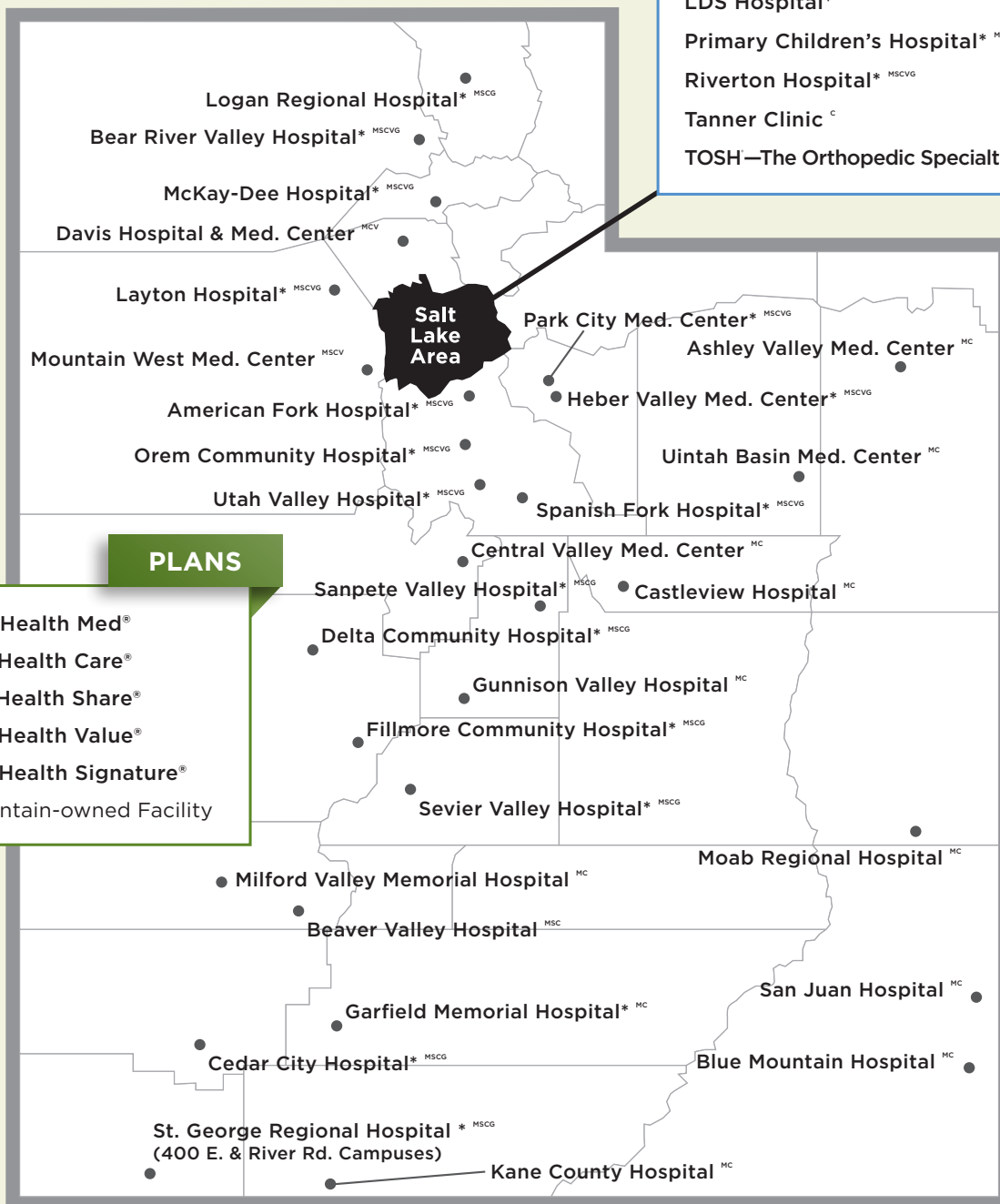
LDS Hospital* MSCVG

Primary Children's Hospital* MSCVG

Riverton Hospital* MSCVG

Tanner Clinic^C

TOSH—The Orthopedic Specialty Hospital *MSCVG



PLANS

M—SelectHealth Med®

C—SelectHealth Care®

S—SelectHealth Share®

V—SelectHealth Value®

G—SelectHealth Signature®

*Intermountain-owned Facility

Virtual Care

You're covered when you see in-network providers over video

THE MY HEALTH+ VIRTUAL CLINIC IS IN YOUR NETWORK. One great option for video visits is the My Health+ app where you can self-schedule visits for urgent care, primary care, mental health, and nutritional support. The app even has an E-Visit option where you can get care via online chat. Services available through My Health+ may vary by state. Visit intermountain.com/myhealthplus for more information.

THERE ARE OTHER OPTIONS for virtual care outside of the My Health+ virtual clinic. Your in-network doctor's office may use various apps or websites for video visits. But don't worry. No matter what platform you and your doctor use, you have covered benefits for virtual care from in-network providers.



VIRTUAL CARE MAY SAVE YOU MONEY. Check your benefits. Many services that are performed over video may cost you less than visits done inside a brick-and-mortar clinic.

Not sure where to start?

Try our free, 24/7 Nurse Line. Talk to a nurse about any condition to get advice on how and where to get care. Call **844-501-6600**.



QUESTIONS?

Questions about your virtual care benefits?
Contact SelectHealth Member Services at **800-538-5038**.

Your Health. Connected.

You've got options when it comes to remote care. Get care wherever, whenever.

Download the MyHealth+ App to get started or use the web version:

intermountainhealthcare.org/myhealth.

The doctor is always in with Intermountain Connect Care®

Get urgent care 24/7 from home with virtual doctor visits at no or low out-of-pocket cost to you. When you can't get in to see your regular doctor, use Connect Care for:

- > Stuffy and runny nose
- > Allergies
- > Sore throat
- > Eye infections
- > Cough
- > Painful urination
- > Lower back pain
- > Joint pain or strains
- > Minor skin problems

The typical wait time is under 10 minutes, and you can save an average of \$400 per visit compared with the ER. Note: For true emergencies, call 911 or go to the ER.

- > In the My Health+ app select "Virtual Care" and choose "Connect Care Urgent Care."



Not sure where to start? Try our free, 24/7 Nurse Line. Talk to a nurse about any condition to get advice on how and where to get care. Call **844-501-6600**.

UnitedHealthcare Options PPO Network

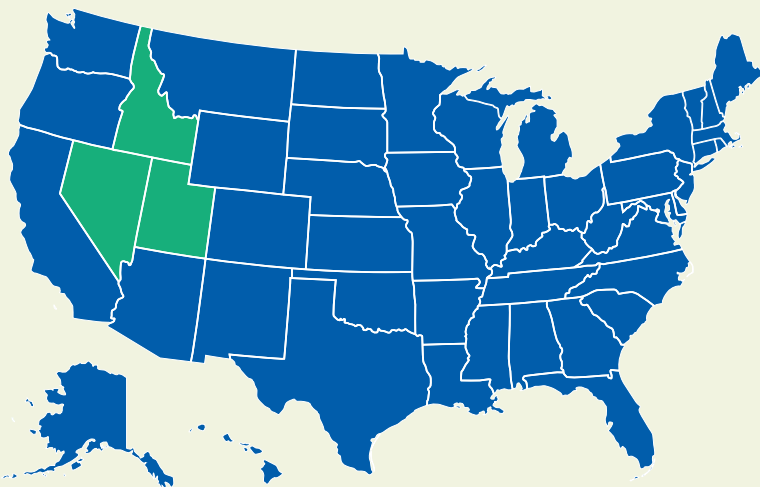
The UnitedHealthcare Options PPO network includes 83% of all hospitals and two of every three healthcare providers in the U.S. Using the SelectHealth website or mobile app, you can easily search for in-network providers and facilities anywhere in the country. Choose "UnitedHealthcare Options PPO" from the network drop down at selecthealth.org/findadoctor or in the app. If you need help finding providers or getting appointments, our team can help. Call **800-538-5038**.

Finally, you'll have in-network benefits throughout the U.S. Use the table below to find in-network providers wherever you are in the country.

STATE	NETWORK
All states outside Utah, Idaho, and Nevada	UnitedHealthcare Options PPO - use this network when getting care in any of the blue states on the map below.
Utah, Idaho and Nevada	Use the appropriate local network on the back of your ID card when seeking care in Utah, Idaho, or Nevada.

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

While your network of doctors and facilities is contracted through UnitedHealthcare, your in-network insurance coverage is through SelectHealth. Contact SelectHealth with any questions about your coverage or benefits.



PRIMARY CARE PROVIDERS

A Primary Care Provider (PCP) sees patients for common medical problems, performs routine exams, and helps prevent or treat illness. You can trust a PCP to know your health history and help you find other doctors when you need them. If your PCP allows virtual (video) visits, you may pay less for these visits based on your benefits. Check out the "Primary Care Provider (PCP) Virtual Visits" benefit on your Member Payment Summary (MPS) to see how much you will pay.

SPECIALISTS

When you need more than your PCP, our network of quality specialists and surgeons can help.

HOSPITALS AND LOCAL CLINICS

Your network includes 83% of all hospital beds in the U.S. Think heart care, cancer treatment, transplant services, women and newborns, and much more—you name it, they can treat it.

URGENT CARE

What's open late and costs less than the ER? Our Urgent Care clinics. If you need urgent care, these are great options.

CONNECT CARE

Visit a provider 24/7 via live online video. Many plans cover this service at no or low out-of-pocket cost to you. Check your ID card or member materials for coverage information.

MENTAL HEALTH

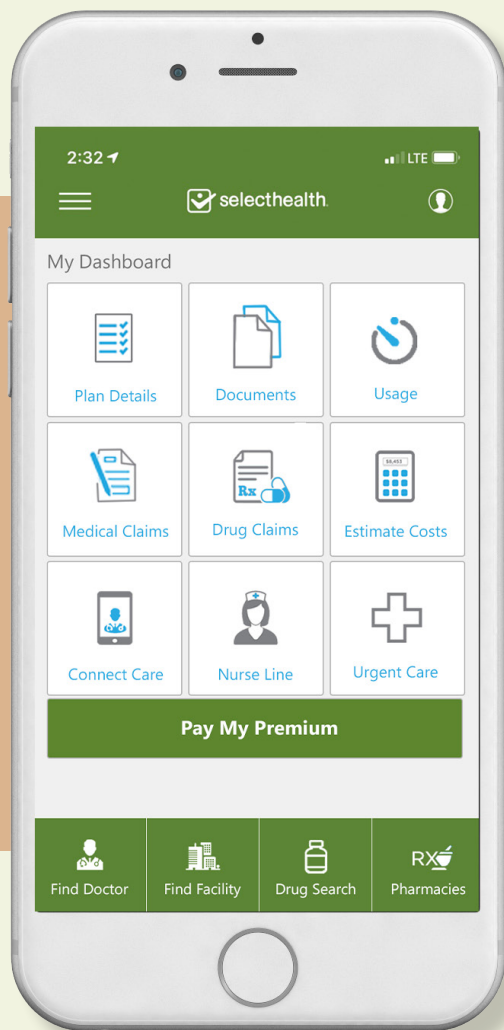
You have coverage through thousands of in-network mental health providers. With your benefits, there is no reason to neglect any mental health issue. If you need help, we have you covered.

EMERGENCY CARE ANYWHERE

For emergencies go to the nearest emergency room or hospital and you'll be covered whether in the U.S. or abroad.

Top-notch Tech for You

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



MEDICAL COST ESTIMATOR

We can estimate the cost of many healthcare services, so that you know what a procedure can cost *before* you schedule it. Log in to your SelectHealth account and click on "Medical Cost Estimator" where you can see bundled cost estimates that include charges for the facility, provider, and anesthesiologist.

ID CARDS

Lost your ID card? No worries—you can view and print copies of your card from your SelectHealth member account.

REQUEST A CALL

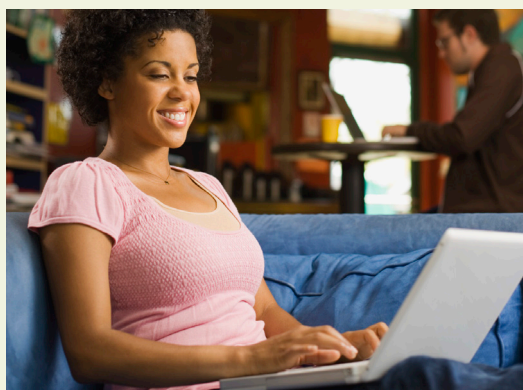
Use our call request feature to schedule a call back from our Member Services team at a set time that's convenient for you.

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.



Tips to Keep Healthcare Costs Low

We know healthcare can be expensive, but by using the tips below, you can keep your costs lower

TIP
1

GET CARE IN THE RIGHT PLACE. Choose the most appropriate in-network location for your healthcare needs. If you're not sure where to go, call Member Advocates at **800-515-2220**. And remember, save that trip to the emergency room for true emergencies.

TIP
2

USE IMAGING CENTERS OR AMBULATORY SURGICAL CENTERS (ASCs).

Get MRIs and CT scans through imaging centers and out-patient surgeries, such as ACL repair or knee replacements, through Ambulatory Surgical Centers (ASCs). Imaging centers and ASCs (such as those found at tellica.com, intermountainhealthcare.com/surgerycenters, or on the UnitedHealthcare Options PPO network) often have lower prices and your benefits may be richer at these facilities.

TIP
3

CHOOSE VIRTUAL CARE WHEN PRACTICABLE. Check your benefits. You may pay less when you see doctors over video instead of in-person. Video visits can often meet your healthcare needs as effectively as in-person care.

TIP
4

USE GENERIC DRUGS IF POSSIBLE. Talk to your doctor and pharmacist about options for using generic drugs—they can help you get effective medication at the best price.

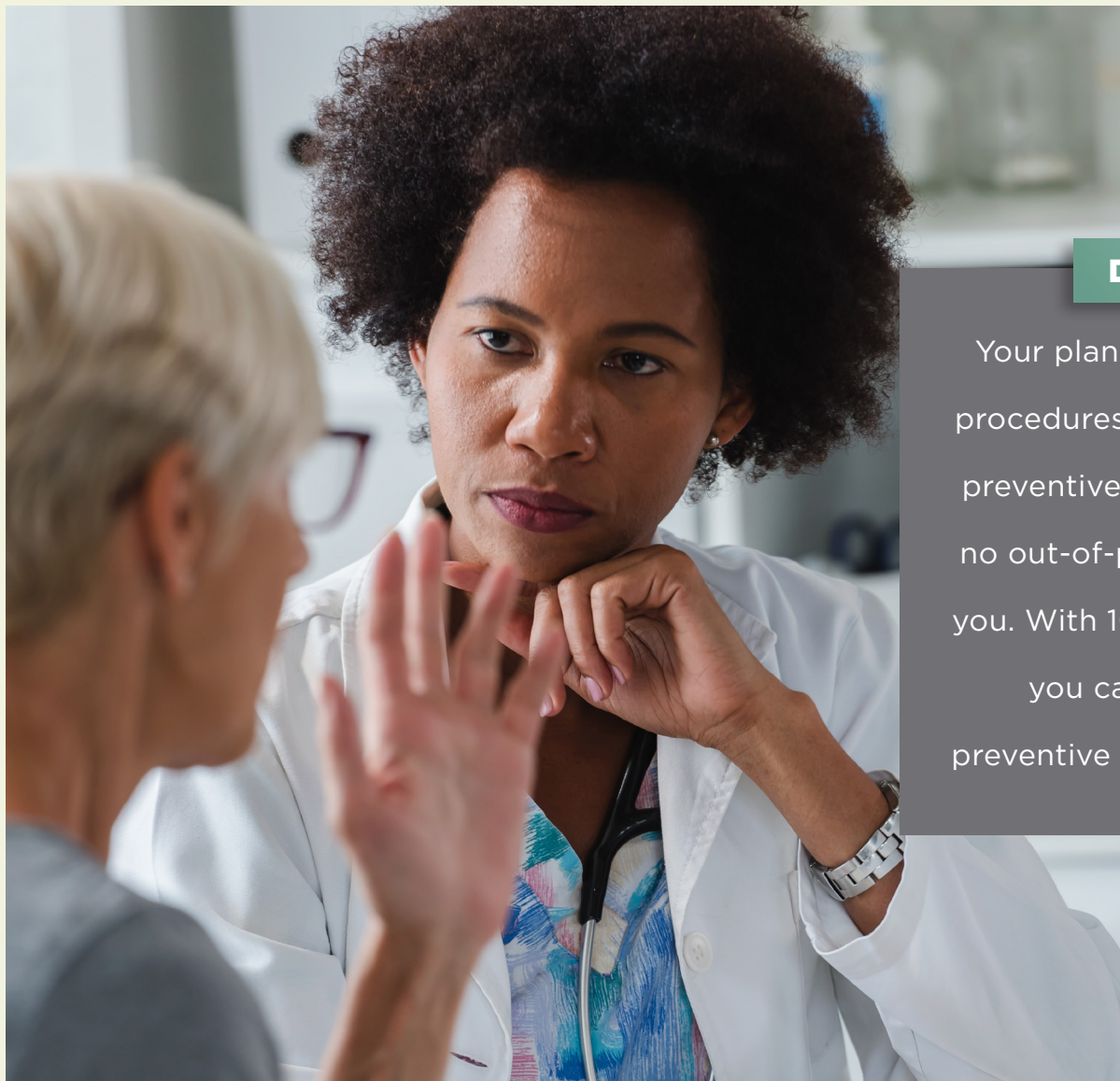
TIP
5

GET PREVENTIVE CARE AND STAY HEALTHY. Take time to care for yourself by adopting healthy behaviors and getting preventive care. Preventive services, covered 100% by most plans when you use in-network providers, help you stay healthy and spend less on healthcare.

TIP
6

MANAGE YOUR CHRONIC ILLNESS. The Care Management team can coordinate care and find the best way to meet your needs. Current programs include asthma, cancer, COPD, diabetes, depression, heart disease, high-risk pregnancy, mental health concerns, and substance abuse. To speak with a care manager, call **800-442-5305**.

Preventive Care



DID YOU KNOW?

Your plan covers many procedures, services, and preventive screenings at no out-of-pocket cost to you. With 100% coverage, you can get the preventive care you need.

For services to be covered as preventive, your doctor must submit claims with preventive codes. If a preventive service identifies a condition that needs further testing or treatment, regular copays, coinsurance, or deductibles may apply. Unless otherwise indicated, these services are generally covered once every 12 months.

This information is subject to change at any time and additional limitations may apply. To verify if your service or supply is considered preventive, call Member Services at **800-538-5038**.

Preventive Care: Zero Out-of-Pocket-Cost

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 for women ages 30 to 65)
- > 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 (once per lifetime for individuals over age 50)

Procedures

- > Pap Test (once every three years for ages 21 and older)
- > Lung Cancer Screening (between ages 50 and 80)
- > Screening Mammogram (once every 275 days)
- > Colonoscopy Colon Cancer Screening (once every five years for ages 45 to 75)
- > 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)
- > Certain Sterilization Procedures (such as tubal ligation)

Examinations/Counseling

- > Physical Exam
- > Eye Exam
- > Tobacco Use Counseling

- > Alcohol Misuse Screening and Counseling
- > Annual Hearing Screening (ages 65 and older)
- > Glaucoma Screening (once every 12 months)
- > Sexually Transmitted Infections Counseling
- > Dietary Counseling (5 visits every 12 months; only for certain diet-related chronic diseases)
- > Depression Screening

Immunizations

- > Influenza
- > Tetanus or Tetanus, Diphtheria, and Pertussis (Td, Tdap)
- > Pneumococcal
- > Hepatitis A & B
- > Meningitis
- > Zoster (ages 18 and older)
- > Human Papillomavirus (HPV) (ages 9 to 45)

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)

Procedures/Counseling

- > Preventive Well-Child Visit (no limit from birth to age 12; every 275 days from ages 12 to 18)
- > Eye Exam
- > Depression Screening
- > Developmental Testing
- > Newborn Hearing Screening (once per lifetime)
- > Annual Hearing Screening (ages 21 and younger)
- > Application of Fluoride Varnish (younger than age 5)
- > Dietary Counseling (5 visits every 12 months; 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 (younger than age 1)
- > Sickle Cell Disease Screening (younger than age 1)
- > Lead Screenings
- > Tuberculosis (TB) Testing

Immunizations

- (As recommended by the CDC/ACIP)
- > Measles, Mumps Rubella (MMR)
- > Diphtheria, Tetanus, Pertussis (Dtap, DT, DTP)
- > Haemophilus Influenzae Type B (Hib, DtaP-Hib-IPV, DTP-Hib, Dtap-Hib)
- > Polio (OPV, IPV, DtaP-Hep-LPV)
- > Influenza
- > Pneumococcal
- > Hepatitis A
- > Hepatitis B
- > Meningitis
- > Varicella (including MMVR)

- > Rotavirus
- > Human Papillomavirus (HPV) (ages 9 to 45)

Obstetrical Preventive Services

These are specific to pregnant women. To determine which additional non-obstetrical services may be considered preventive, please refer to the Adult or Pediatric Preventive Services lists.

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 pregnancy)
- > Lactation Class (one per pregnancy at a SelectHealth approved facility)

This information is subject to change at any time and additional limitations may apply. This list may not include all the preventive care available to you for no money out-of-pocket. To verify if your service or supply is considered preventive, call Member Services at **800-538-5038**.

Know Before You Fill

Compare drug prices

Log in to your SelectHealth member account to search for covered medications, compare drug prices, and see other information about your prescriptions and benefits. Your member account also has information about any special requirements, like step therapy or preauthorization, which you and/or your doctor may need to complete before you can fill a prescription. If you ever have questions about drugs with special requirements, call Member Services at **800-538-5038**.

Save money with lower-tier drugs

The list of drugs covered by your plan will be either RxSelect[®] or RxCore[®]. Your member materials and ID card indicate which drug list you have, and searchable versions of these two drug lists are available on our website.

Your drug list will have three or four tiers of coverage and each tier corresponds to a copay or coinsurance amount (the amount you pay when you get drugs at the pharmacy). Look for generics and lower-tier alternatives to pay less for equally effective medications.

\$	Tier 1	Lowest Cost (mostly generic drugs)
\$\$	Tier 2	Higher Cost (generic and brand-name drugs)
\$\$\$	Tier 3	Highest Cost (mostly brand-name drugs)
\$\$\$\$	Tier 4	Injectable Drugs and Specialty Medications

Convenient pharmacy access

INTERMOUNTAIN HOME DELIVERY PHARMACY

Get your prescriptions delivered for FREE anywhere in the country. Register online at intermountainrx.org or call **855-779-3960**.

INTERMOUNTAIN SPECIALTY PHARMACY

Get your specialty drugs or self-injectables delivered for FREE anywhere in the country.

Ask your doctor to send prescriptions or call **877-284-1114**.

RETAIL 90[®]

Get a 90-day supply of your maintenance medications at a participating Retail 90 pharmacy—and pay less in most cases.

YOUR LOCAL PHARMACY

From major national chains to the corner drug store, you can get your prescriptions filled pretty much anywhere. Search for participating pharmacies at selecthealth.org.

Rx Savings Solutions

Stop overpaying for your prescriptions

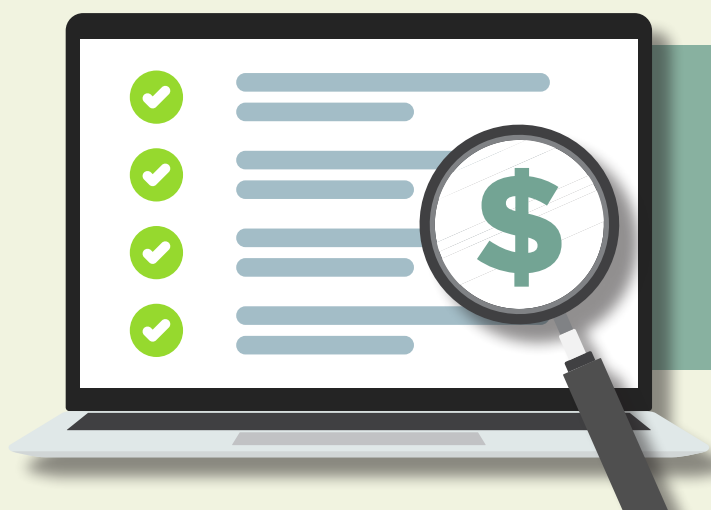
Activate Rx Savings Solutions.

A new way to help lower your prescription drug costs.



How it works

- 1** Rx Savings Solutions uses software connected to your health plan. It looks at the medications you take and finds options that may save you money.
- 2** Your online account shows which lower-cost prescriptions are available and lets you compare prices. It also automatically lists any medications you've filled so everything's in one place. It's like having your own personal pharmacist right at your side.
- 3** Rx Savings Solutions will contact you anytime you're spending too much on prescriptions you're currently taking or new ones you're prescribed in the future.
- 4** Switching to a more affordable prescription is easy. Rx Savings Solutions will consult with your doctor to get their approval on any changes and take care of all the other details—no effort required from you.



Activate your account now to pay less for prescriptions.

Call **1-800-268-4476** (TTY **800-877-8973**).
Para español, llame al **1-800-917-5572**

Visit **selecthealth.org/rxsavings**



Helping You Manage Your Health

Care managers are specially trained registered nurses who can help with managing long-term chronic diseases and provide support for recovery from surgeries and short-term illnesses. They have years of healthcare experience, with extensive knowledge about facilities, providers, and services. If you qualify for care management, a care manager will work with you and your doctor to make sure you get the most appropriate care and receive help with your benefits and claims.

In addition to one-on-one support, we provide educational materials and follow-up phone calls to help you manage your condition. Care management is available for members with the conditions, surgeries, or illnesses listed here. Please call us to learn more.

Asthma

Cancer

Chronic Obstructive
Pulmonary Disease (COPD)

Complex joint
replacements

Diabetes

Heart disease

Depression/Anxiety

High-risk pregnancy

HIV and other blood
conditions

Some surgeries



QUESTIONS?



WEB

selecthealth.org/caremanagement



PHONE

800-442-5305

SelectHealth Healthy Beginnings[®]

How we can help

Our Healthy BeginningsSM program is designed to help you have the healthiest pregnancy possible. This prenatal program is available to you at **no extra cost**. Our nurse care managers can offer:

- > Support and education during your pregnancy
- > Help with claims and benefit questions
- > Community resources, such as Women, Infants, and Children (WIC) and food and transportation programs, etc.
- > Education about childbirth, breastfeeding, and more
- > Access to needed care

Extra perks

- > Cash incentives¹ for prenatal and postnatal care²
- > Free online education through Intermountain Healthcare¹
- > Prenatal booklet and a free book of your choice
- > Help getting a breast pump after delivery



How to enroll

Call us at **866-442-5052**, Monday through Friday, from 8:00 a.m. to 5:00 p.m. MST. If calling after hours, please leave a message with a phone number and best time to reach you.

- ¹ Incentives received may be considered income and subject to tax
- ² Based on plan type

Get Everything Aligned

Ache in your back? Pain in your neck?

No worries, your plan is packaged with SelectHealth chiropractic coverage. Check out the “Chiropractic” line on your Member Payment Summary for your specific plan benefits, including any annual visit limits.

No matter where you live, work, or travel in the U.S. you will have coverage through our local networks in Utah, Idaho, and Nevada, and through the UnitedHealthcare Options PPO network in the other 47 states. The chart below will help you understand which network to use in each state.

The first step is to visit selecthealth.org/findadoctor where you can search for in-network chiropractors near you. Make sure you choose the right network from the network drop down. Once you have selected the right network, use the “Show Advanced Search Options” function and filter your results using the “Specialty” drop down and by checking “Chiropractor.”

STATE	NETWORK (choose from the drop down)
Utah	Search using your Utah medical network
Idaho	Use the Idaho networks listed on the back of your ID card
Nevada	SelectHealth Med in Clark and Nye Counties; Beech Street (including Multiplan/PHCS) in all other counties
All Other States	UnitedHealthcare Options PPO

If you ever need help finding an in-network chiropractor, please call **800-515-2220** to reach our Member Advocates team who can help you.



QUESTIONS?

Questions about your chiropractic benefits?
Contact our Member Services team at **800-538-5038**.

Helping You Quit

Tobacco cessation

If you've thought about quitting tobacco, Quit For Life® on Rally Coach™ can help. Get all the tools and online resources you need to quit—and stay tobacco-free—at no cost.

GET COACH SUPPORT

Connect with a coach who will help create a personalized Quit Plan and guide you at every step.

ACCESS ANYTIME, ANYWHERE

Manage triggers with coach-led group sessions, trackers, text support, and more, all at your fingertips.

VIEW QUIT RECOMMENDATIONS

Get real-life tips and plan your path to quit with recommended daily goals, articles, and videos.

Get started at myquitforlife.com/selecthealth or call **1-866-QUIT-4-LIFE** TTY **711**.



Nicotine replacement therapy

Most SelectHealth plans include 100% coverage for Nicotine Replacement Therapy (NRT), which includes prescription drugs or patches that can help curb nicotine cravings. Check your benefits to make sure you have coverage, but most of our plans allow two 90-day courses of nicotine replacement medication each year. For more information about prescribed medication that may increase your chances of quitting, talk to your doctor.

SAVING FOR TODAY AND TOMORROW WITH A

Health Savings Account (HSA) from HealthEquity®

An HSA is a medical savings account that lets you use pre-tax contributions to pay for medical-related expenses. There are a few requirements, but it is a great way to build savings for today and for your future. Why? Because unlike a Flexible Savings Account (FSA) with more restrictions, whatever you do not spend year-to-year rolls over. To get started:

STEP 1

SELECT AN HSA-QUALIFIED HEALTH PLAN

Enroll in an HSA-qualified SelectHealth plan. These plans typically cost less than traditional plans and provide tax-saving opportunities.

STEP 2

SET UP AN HSA WITH HEALTHEQUITY

Depending on your plan you may have to work directly with HealthEquity to set up your account, or you might be able to work with your employer to set up an account. Either way, HealthEquity is easy to work with and account setup is quick and simple.

STEP 3

ADD MONEY TO YOUR HSA

Fund your HSA through pre-tax payroll deductions or transfer money into your account through the HealthEquity member portal. Your employer can help you make pre-tax payroll deductions.

To make tax-free* contributions to an HSA, the IRS requires that:

- > You are covered by an HSA-qualified health plan.
- > You have no other health coverage (such as another health plan, Medicare, military health benefits, or medical FSA).
- > You are not Medicare-eligible.
- > You cannot be claimed as a dependent on another person's tax return.

To see how you can personally benefit from an HSA, visit healthequity.com/me.

* HSAs are not taxed at the federal income tax level when used appropriately for qualified medical expenses. Also, most states recognize HSA funds as tax-free with very few exceptions. Please consult a tax advisor if you have questions.

Member Discounts

CHOOSEHEALTHY™. CHOOSE YOU.

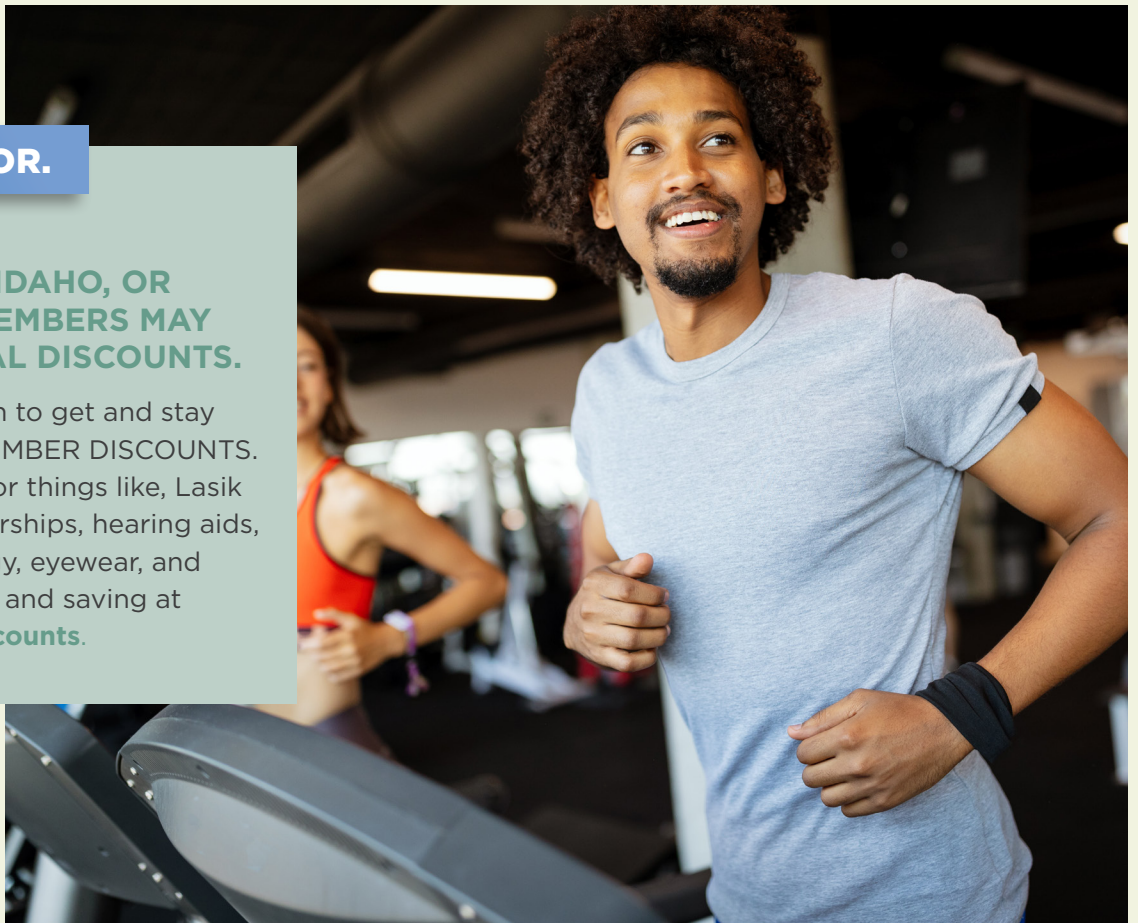
ALL MEMBERS, ANYWHERE IN THE U.S.

Visit your member account on selecthealth.org and click on ChooseHealthy Discounts to start saving. You'll find specialty provider discounts, deep product discounts, and free health resources. Need a hearing aid, upscale piece of home gym or fitness equipment, wearable tech, sunglasses, fitness fashion, healthy food service delivery, or wireless buds to fuel your workout? We've got a discount for that.

DEALS TO LIVE FOR.

WHEN IN UTAH, IDAHO, OR NEVADA, OUR MEMBERS MAY FIND ADDITIONAL DISCOUNTS.

Get a little motivation to get and stay healthy with local MEMBER DISCOUNTS. Find prices slashed for things like, Lasik surgery, gym memberships, hearing aids, cosmetic dermatology, eyewear, and more. Start browsing and saving at selecthealth.org/discounts.



QUESTIONS?



WEB
selecthealth.org/discounts



PHONE
800-538-5038



Plan Information

Outside of the country

If you are traveling outside of the country and need urgent or emergency care, visit the nearest doctor or hospital. You may need to pay for the treatment at the time of service. If you do, keep your receipt and submit it along with a Claim Reimbursement Form, which can be found on selecthealth.org/forms.

Care and cost management

SelectHealth works to manage costs while protecting the quality of care. We review things such as the appropriateness of the care setting, medical necessity, and appropriateness of hospital lengths of stay. This helps reduce unnecessary medical expenses and keeps premiums as low as possible. For more information about how we help manage healthcare, including information about services that require preauthorization or to know how to file an appeal, please visit selecthealth.org/policy.

Protecting your privacy

We understand the importance and sensitivity of your personal health information, and we have security measures in place to protect it. For more information about how we protect your privacy, including our complete Notice of Privacy Practices, please visit selecthealth.org/policy.

Exclusions and limitations

Unless otherwise noted on your Member Payment Summary, there are some healthcare services that SelectHealth does not cover. Please visit selecthealth.org/policy to learn more about some of the services that are not covered or have coverage limitations. You can also read more about exclusions and limitations in your Member Materials.

Member rights and responsibilities

We want you to be an active part of your healthcare. Visit selecthealth.org/policy to view your member rights and responsibilities.

Fair treatment notice

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.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame a SelectHealth Advantage: 1-855-442-9900 (TTY: 711) / SelectHealth: 1-800-538-5038.

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: 1-855-442-9900 (TTY: 711) / SelectHealth: 1-800-538-5038

Printed versions available

If you would like to request a printed copy of your in-network provider directory, or any or all of these notices, call Member Services at **800-538-5038** weekdays, from 7:00 a.m. to 8:00 p.m. MST, and Saturdays, from 9:00 a.m. to 2:00 p.m. MST.



Retiring? Have a child
dependent who is turning 26?
If you're shopping for a health
plan, call our experts at

855-442-0220.



5381 Green Street • Murray, UT 84123
800-538-5038 • selecthealth.org

© 2022 SelectHealth. All rights reserved. 2129115 08/22