



Medical

SelectHealth

Medical Plan Information

Medical Insurance

Comprehensive and preventive health care coverage is important in protecting you and your family from the financial risks of unexpected illness and injury. A little prevention goes a long way - especially in health care. Routine exams and regular preventive care provide an inexpensive review of your health. Small problems can potentially develop into large expenses. By identifying the problems early, often they can be treated at little cost. Comprehensive health care also provides peace of mind. In case of an illness or injury, you and your family are covered with an excellent medical plan through Provo City School District.

Provo City School District offers you a choice of a traditional medical plan and a HealthSave medical plan. The HealthSave medical plan is a Qualified High Deductible Health Plan (QHDHP) that you can pair with a Health Savings Account (HSA). **With the HealthSave plan, no cost-sharing benefits are available until the full family deductible is met.**

The Plans offered by Provo City School District use the **SelectHealth Share network**, which has 20 contracted hospitals and over 5,100 contracted providers. **You must use a Share contracted provider or facility in order to access your medical plan benefits.** To find an in-network provider and/or facility, go to www.selecthealth.org. The District covers 80% of the premium; each employee is responsible for the remaining 20%, which is taken from your monthly paycheck before taxes.



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Customer Service: 801-442-5038
www.selecthealth.org

Plan Features	Traditional Plan Share Network*	HealthSave Plan Share Network*
Deductible	\$1,500/person \$4,500/family	\$2,500/enrolled as single \$5,000/enrolled as two-party or family
Out-of-Pocket Maximum	\$4,000/person \$8,000/family	\$4,000/enrolled as single \$6,850/enrolled as two-party or family
Coinsurance	20% AD	20% AD
Office Visits <i>Primary Care</i> <i>Specialist</i> <i>Urgent Care</i> <i>Kids Care</i>	\$25 \$40 \$40 \$25	\$15 AD \$25 AD \$35 AD \$15 AD
Preventive Care <i>Primary Care Provider</i> <i>Secondary Care Provider</i> <i>Adult & Pediatric Immunizations</i> <i>Diagnostic Tests: Minor</i> <i>Other Preventive Services</i>	Covered in Full	Covered in Full
Hospital Services <i>Inpatient</i> <i>Outpatient</i>	\$350 then 20% AD 20% AD	20% AD 20% AD
Emergency Room	\$250 AD	\$75 AD

AD = After Deductible

*No out-of-network benefits with the exception of emergency room care. Your emergency care provider may bill you for the difference between the amount charged and the maximum allowed amount.

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Plan Features	Traditional Plan Share Network*	HealthSave Plan Share Network*
Mental Health Services		
Office Visit	\$25	\$15 AD
Inpatient	\$350 then 20% AD	20% AD
Outpatient	20% AD	20% AD
Pharmacy	Deductible \$100 per person*	Deductible See Medical Deductible
Retail 30-day Supply		
Tier 1	\$15	\$7 AD*
Tier 2	\$30 AD*	\$21 AD*
Tier 3	\$50 AD*	\$42 AD*
Tier 4	\$100 AD*	\$100 AD*
Mail Order 90-day Supply		
Tier 1	\$15	\$7 AD*
Tier 2	\$60 AD*	\$42 AD
Tier 3	\$150 AD*	\$126 AD*

AD = After Deductible

*No out-of-network benefits with the exception of emergency room care. Your emergency care provider may bill you for the difference between the amount charged and the maximum allowed amount.

	Traditional SelectHealth Share	HealthSave SelectHealth Share
	Monthly	Monthly
Employee	\$120.72	\$101.79
Two-Party	\$258.94	\$229.10
Family	\$371.30	\$328.54

Employer HSA Match Contributions*		
	Yearly	Monthly
Employee	\$1,000	\$83.33
Two-Party	\$1,750	\$145.83
Family	\$2,000	\$166.66

*\$2.00 HSA Monthly Administrative Fee

Information about your Medical Insurance or Claims

<p>Medical Member Services 801-442-5038 800-538-5038</p>	<ul style="list-style-type: none"> • Help you understand your benefits and/or assist you with a claim • Request a new member ID card or email you a temporary ID card • To find a participating provider (you can also go to www.selecthealth.org, click the “Doctors & Facilities” tab, click “Find a Doctor,” and select the SelectHealth Share plan.
<p>Pharmacy Member Services 801-442-5038 (opt. 2) 800-538-5038 (opt. 2)</p>	<ul style="list-style-type: none"> • Help you understand your pharmacy benefits
<p>Member Advocates 801-442-4993 800-515-2220</p>	<ul style="list-style-type: none"> • Help you find your primary care physician and/or schedule an appointment • Give you information about a provider
<p>Preventive Care Services 801-442-6492 800-374-4949</p>	<ul style="list-style-type: none"> • Preventive care includes services that promote wellness and prevent disease
<p>Prenatal Care/Healthy Beginnings 801-442-5052 866-442-5052</p>	<ul style="list-style-type: none"> • Prenatal program that can help you have a healthy pregnancy and baby
<p>Behavioral Health Advocates 801-442-1989 800-876-1989</p>	<ul style="list-style-type: none"> • Answer questions about mental health and substance abuse • Help you find the most appropriate mental health provider for your needs
<p>SelectHealth Website www.selecthealth.org</p>	<ul style="list-style-type: none"> • Your online source for personalized health and plan information • Access tools designed to help you manage your plan, make informed decisions and improve your health
<p>Filing a medical claim</p>	<p>Participating providers will file claims for you. Call Member Services for instructions on filing a claim from a non-participating provider</p> <p>SelectHealth PO Box 30192 Salt Lake City, UT 84130-0192</p>
<p>Medical Appeals Department 801-442-4684</p>	<ul style="list-style-type: none"> • Help you appeal a decision about a claim
<p>Intermountain Health Answers Nurse Line 844-501-6600</p>	<ul style="list-style-type: none"> • Talk to a registered nurse. It’s free, open 24/7, and they can even get you in line at an InstaCare when necessary
<p>Connect Care 800-538-5038</p>	<ul style="list-style-type: none"> • Use your smartphone, tablet, or computer to get basic health care. Log in and speak face-to-face with an Intermountain caregiver through on-demand video • Most visits take less than ten minutes. Your clinician will review your history, answer questions, diagnose, treat, and even prescribe medication
<p>My Health www.selecthealth.com/myhealth</p>	<ul style="list-style-type: none"> • View coverage and claims • View pharmacy tools • Access ID cards • Access medical records • Access wellness dashboard

SelectHealth Share Information

Welcome to SelectHealth Share, let's get started on your journey to better healthcare!

As part of SelectHealth Share, there are several, what we call, *engagements* that are required. You're going to hear this word a lot now that you're part of team Share. There are two different time frames in which you must complete your engagements. The first 90 days and the first nine months of your plan year.

Now, we don't expect you to remember everything you have to do. That's why you'll have a checklist on your MyHealth account. And you know what? As you complete each of these, you will be on your way to living your healthiest life possible. And that's the whole point! So, let's dig in. Read about each of the engagements, and remember to complete them on time!

SelectHealth Share Network Service Area

SelectHealth Share members have access to 5,100 participating providers, including many Intermountain Medical Group physicians and thousands more affiliated providers. Additionally, you can use 20 Intermountain Healthcare hospitals in Utah, including:

- Cedar City Hospital
- Heber Valley Hospital
- Logan Regional Hospital
- Park City Hospital
- Primary Children's Hospital
- Intermountain Medical Center
- The Orthopedic Specialty Hospital (TOSH)
- Utah Valley Hospital
- McKay-Dee Hospital
- Dixie Regional Medical Center
- Mountain West Medical Center

Don't see your hospital? Visit selecthealth.org/providers to see all the hospitals included on SelectHealth Share.

SelectHealth also includes:

- ❖ **Intermountain Health Answers** - a 24/7 nurse line that allows you to speak to a registered nurse who will listen to your concerns, answer your medical questions, and help you decide what course of action to take. All you need is your phone.
- ❖ **Intermountain Connect Care** - use your computer, tablet, or phone to video connect with a doctor or nurse practitioner anytime (24/7 access). Visit intermountainconnectcare.org or download the ConnectCare app. It's a great option for colds, sore throats, earaches, and more.
- ❖ **Intermountain InstaCare/KidsCare** - They're open late - and are a great choice for sore throats, broken bones, sprains, and other urgent medical conditions. With nearly 40 locations, there's a site near you. Use our app to reserve your spot in line!

Provo City School District Wellness Program

Provo City School District believes our employees are our greatest asset. The wellness program encourages employees to live a healthy, happier lifestyle by promoting healthy living in all aspects of our life: physical, emotional and mental.

Provo City School District, in partnership with SelectHealth, provides opportunities for employees to engage in healthy activities throughout the year. Provo City School District supports all employees in reaching their personal health-related goals and encourages employees to participate in the SelectHealth Share wellness offerings.

By completing the following wellness steps in the given timeframe, all employees who participate can earn wellness incentives. In addition, all insured employees can earn up to \$300 in insurance premium credit:

1st Step: September 1st - November 30th

1. Create a MyHealth SelectHealth member account and register on Virgin Pulse
2. Choose a Primary Care Provider (PCP)
3. Complete the online health check in Virgin Pulse
4. Obtain a health screening at an onsite event or with your PCP
5. If applicable, establish and contribute to your Health Savings Account
6. Complete an activity campaign

2nd Step: December 1st - April 30th

1. Complete one online digital health coaching “Journey” in Virgin Pulse
2. Complete an activity campaign in Virgin Pulse
3. If applicable, complete one of the pre-diabetes education and coaching options and/or disease management program - * This will not apply towards annual premium credit, but members will be rewarded with a Visa cash card provided by SelectHealth

** For a full list of the Share program engagements, please refer to the benefit guide.

If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Please contact human resources and we will work with you to find a wellness alternative with the same reward that is right for you in light of your health status.



SelectHealth Share (Wellness Program)

Your First Ninety Days

Create an online *My Health* account. This is key to accessing your Healthy Living tools and tracking your engagements. It's your health hub.

Pick your Primary Care Provider (PCP). Once you choose your doctor, make sure to tell us via *My Health* or by calling Member Services at 800-538-5038. Establishing a PCP is critical. From getting care quickly when you need it to referrals, your PCP is your #1.

Attend a work-site health screening event or obtain the screening from a physician. This is how we establish your health baseline and figure out the best plan for you.

Complete the annual online health check in Virgin Pulse. This is an online assessment that gives you a health score based on everyday things like nutrition, exercise, sleep, and your health history. You can access through your Member Checklist or the Virgin Pulse app.

Establish and contribute to a Health Savings Account (HSA). This is for those of you who have a high-deductible health plan and contribute at least 25 percent of your annual deductible. Consider this your health bucks account - a real lifesaver if you need it.

Your First Nine Months

Complete one online digital coaching "Journey".

Receive tips and resources on improving any health issues - and hey, we all have at least one. Go to *My Health*, then find "Enroll in Digital Coaching" on your Member Checklist, and complete a "Journey" in Virgin Pulse.

Get moving with Virgin Pulse. This is a two-part engagement. First, create a Virgin Pulse account. This is where we track your activity. Then, complete at least two of the wellness/activity campaigns. Keep in mind, company team challenges, 7,000 steps in 20 days, or Healthy Habits Challenges all count as activity campaigns.

A Few Extras

For employees who have a condition, or are of a specific age and/or gender, there are a few special engagements that will help you feel your best. And because we care, these are also required.

Complete screenings.

- Women age 42 - 69 - one mammogram every two years
- Women age 24 - 64 - one pap test every three years
- Men & women age 51 - 80 - one colonoscopy every 10 years, or other colorectal cancer screening every 1 - 5 years

Complete prediabetes education.

If your health screening/assessment indicates you have prediabetes, you will need to complete prediabetes education and health coaching. Plus, we'll reward you for improving your health with Healthy Rewards Visa cash cards.

Participate in Disease Management

If you have asthma, diabetes, Chronic Obstructive Pulmonary Disease (COPD), or heart failure, you need to work with a SelectHealth care manager. Plus, we'll reward you for improving your health with Healthy Rewards Visa cash cards.