

# Welcome to Select Health

## Utah 2024 Association Plans



Select  
Health





# Select Health Utah Association Plans

**Q: What is an Association Health Plan (AHP)?**

A: A health plan offered to member-employers of a bona-fide association.

**Q: How are they beneficial?**

A: They allow small businesses to group together to purchase and access benefits that are typically only available to large employers.

**Q: Are they well-known and established?**

A: Yes. AHPs have been available for many years and are a common offering in most states throughout the U.S. Select Health currently maintains many AHP groups.

**Want more information?**

Call the Select Health Sales team at **844-442-6294**.

## PLAN OPTIONS

- Choose from up to ten different plans, including traditional and HSA-compatible plans.
- Choose between two large provider networks with access to all Intermountain Health facilities.
- All plan option benefits resemble large company benefits.

## NETWORK OPTIONS

We provide coverage through a broad network of providers and facilities for regularly scheduled and specialty care.

### SELECT HEALTH VALUE® NETWORK

- This is a great option for members living and looking for care along the Wasatch Front. This network includes all Intermountain Health facilities and providers.

### SELECT HEALTH MED® NETWORK

- This network is available statewide with more hospitals and providers than Select Health Value.
- Includes all Intermountain Health providers and facilities.
- A swing-out option provides benefits at out-of-network hospitals and providers for most services.

## UNITEDHEALTHCARE® OPTIONS PPO NATIONAL NETWORK

Our Select Health Med plans with out-of-network benefits include in-network access to nearly **850,000 physicians** and **83% of all hospitals nationwide**.

## WELLNESS TOOLS

- **Preventive care at no additional cost**—this includes things like wellness checkups and immunizations when seeing in-network providers.
- **Healthy Beginnings™**—prenatal program that provides support for a safe and healthy pregnancy.
- **Tobacco cessation program**—access to the Quit for Life® program at no additional cost to members.
- **Care Management**—our team of nurse Care Managers can support members with chronic conditions.
- **Chiropractic Care**—covered with an office copay for up to 20 visits per year.

## DENTAL AND EYEWEAR BENEFITS

- **Dental**—We have a variety of flexible Select Health Dental® plans for every need and budget.
- **Eyewear**—We offer coverage through EyeMed Vision Care®. Benefits include contacts, frames, lenses, and lens options.

## MEMBER DISCOUNTS

Enjoy member discounts on health-related products and services that aren't normally covered. Save up to 25% on specialist healthcare practitioner services and up to 55% on popular health and fitness brands, online classes, and articles.

## INTERMOUNTAIN EMPLOYEE ASSISTANCE PROGRAM (IEAP)

Get 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 (ages 6 to 26). These services also include legal and financial counseling. Call **800-832-7733** to schedule an appointment.

## INTERMOUNTAIN CONNECT CARE®

Intermountain Connect Care is a convenient way to talk to a provider about urgent medical issues. Use your smartphone, tablet, or computer anytime, anywhere—all for **\$0 out-of-pocket costs** per visit\*.

Behavioral Health Services are available daily, from 7:00 a.m. to 7:00 p.m., including same-day appointments.

\*If you're on a High Deductible Health Plan (HDHP), you'll pay **\$0 out of pocket** after your deductible.

## INTERMOUNTAIN HEALTH ANSWERS®

Intermountain Health Answers is a **free, 24-hour** nurse advice line for Select Health members. **Call 844-501-6600**.

## WELLNESS REWARDS PROGRAM

Get reimbursed up to **\$240 per person,\*** per calendar year for things like your gym membership or taking 7,000+ steps a day. Family limits may apply.

\*Rewards received may be considered income and subject to tax.

## SELECT HEALTH MOBILE APP

**MEDICAL COST ESTIMATOR**—Estimate the cost of many healthcare services using your unique benefits.

**REQUEST A CALL**—Use this tool when you need to talk to our Member Services team at a time more convenient for you.

**ID CARDS**—Lost ID card? No worries—members can view and print copies of their card by logging in to their member account.

**CHAT WITH US**—No time for a phone call? We have a secure chat feature to talk with Member Services online.

**RX SAVINGS SOLUTIONS®**—Save money on your prescriptions and enjoy access to more than 55,000 pharmacies, including national chains.

## Welcome to Select Health

We're excited to be your health insurer, and we think you'll be pleased, too. To help you understand how your plan works, we'll guide you through some of the basics. We'll also be sending you your new member materials and ID cards soon.

### Who we are

For more than 40 years, we've been committed to Helping People Live the Healthiest Lives Possible®. As a not-for-profit health plan, we've partnered with Intermountain Health to share a unified mission. This relationship helps align incentives for participating healthcare providers and ensures your healthcare and health coverage are working together—seamlessly.



### Select Health Value®

Select Health Value is our most affordable network and includes all Intermountain Health doctors, facilities (including Primary Children's Hospital), clinics, and Instacare<sup>SM</sup>/ KidsCare<sup>SM</sup> locations—that's 37 hospitals, 600 clinics, and more than 13,500 providers, including specialists you can see without a referral. This network also includes access to dozens of clinics and providers who are aligned with Intermountain Health.

SelectHealth Value is a great option for members living in Box Elder, Davis, Morgan, Salt Lake, Summit, Tooele, Utah, Wasatch, and Weber Counties. Please refer to your employer for different plan options.

### Select Health Med®

The Select Health Med network is available statewide and is a good option no matter where you live or work in Utah. It includes all Intermountain Health facilities, clinics, doctors, and key specialty facilities such as the Huntsman Cancer Institute and Moran Eye Center. Select Health Med includes nearly 42 in-network hospitals and over 600 clinics with more than 14,000 providers, including specialists throughout the state.

### Primary Care Providers

A Primary Care Provider (PCP) sees patients for common medical problems, performs routine exams, and helps prevent or treat illnesses. You can trust a PCP to know your health history and help you find specialty care when you need it. If your in-network PCP allows virtual (video) visits, you'll pay **\$0 before deductible on many plans.**

\* See your Member Payment Summary (MPS).

### Specialty care

For times when you need more than just your regular doctor, we have a broad network of facilities and providers for any kind of treatment.

### Hospitals and local clinics

Our network spans the state of Utah, offering a variety of care and services. 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®

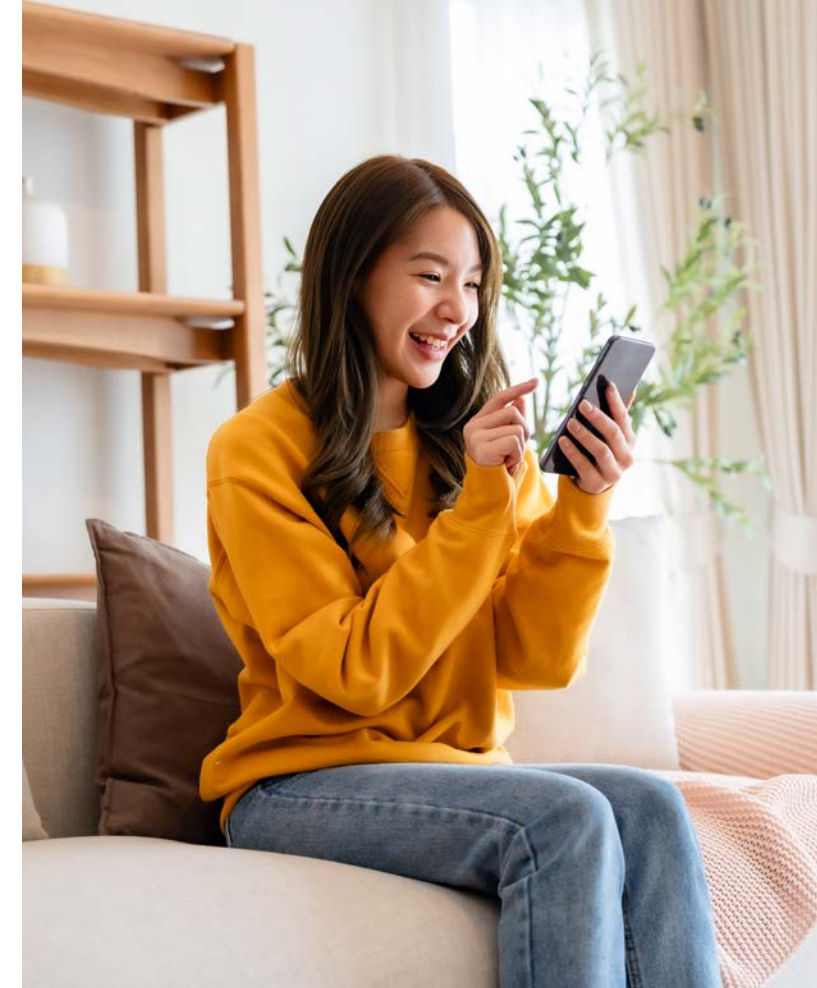
Visit a provider 24/7 via live video at [intermountainconnectcare.org](https://intermountainconnectcare.org). Many plans cover this service for a \$0 copay.\* Check your ID card or member materials for coverage information.

### Virtual mental health

Some mental health providers offer video visits for \$0 before deductible on many plans. Check out the Mental Health Virtual Visits benefit on your MPS to see how much you will pay. Additionally, you have access to our free mental health hotline **833-442-2211**.

### Emergency care

If you have an emergency, call 911 or go to the nearest hospital—we've got you covered anywhere you are.



Wondering whether your current doctor or neighborhood clinic is part of your network? Visit [selecthealth.org/find-a-doctor](https://selecthealth.org/find-a-doctor). Remember to filter your results by choosing Select Health Value or Select Health Med from the network drop-down menu.

To request a copy of the provider directory, call **800-538-5038**.



# In-network hospitals and facilities

## Coverage

We provide coverage through in-network providers for daily hospital room and board, miscellaneous hospital services, anesthesia services, in-hospital medical services, and out-of-hospital care. Our coverage is subject to deductibles, copays, or other limitations set forth in the Certificate of Coverage.

## Emergency and urgent care

We've got you covered outside your network service area if you need urgent or emergency care. If you need urgent care while in Utah, you'll need to go to an in-network facility. For emergencies, call 911 or go to the nearest hospital.

## Extra special care

For times when you need more than just your regular doctor, we have a broad network of facilities for any kind of treatment you seek.

## Hospitals

Intermountain Health hospitals span the state of Utah, offering a variety of care and services. Think heart care, cancer treatment, transplant services, women and newborns, and much more. And because we are integrated with Intermountain, you get high-quality care at a low cost.

Outside of Intermountain's system of hospitals, we partner with high-quality facilities and providers to get you the care you need most.

UTAH	Value	Med
Alta View Hospital*	•	•
American Fork Hospital*	•	•
Ashley Valley Medical Center	•	•
Bear River Valley Hospital*	•	•
Beaver Valley Hospital	•	•
Blue Mountain Hospital	•	•
Castleview Hospital	•	•
Cedar City Hospital*	•	•
Central Valley Hospital	•	•
Delta Community Hospital*	•	•
Fillmore Community Hospital*	•	•
Garfield Memorial Hospital*	•	•
Gunnison Valley Hospital	•	•
Heber Valley Hospital*	•	•
Huntsman Cancer Institute	•	•
Intermountain Medical Center*	•	•
Kane County Hospital	•	•
Layton Hospital*	•	•
LDS Hospital*	•	•
Logan Regional Hospital*	•	•
McKay-Dee Hospital*	•	•
Milford Valley Memorial Hospital	•	•
Moab Regional Hospital	•	•
Moran Eye Center	•	•
Mountain West Medical Center	•	•
Orem Community Hospital*	•	•
Park City Hospital*	•	•
Primary Children's Hospital*	•	•
Riverton Hospital*	•	•
San Juan Hospital	•	•
Sanpete Valley Hospital*	•	•
Sevier Valley Hospital*	•	•
Spanish Fork Hospital*	•	•
St. George Regional Hospital*	•	•
St. George Regional Hospital—River Road*	•	•
TOSH—The Orthopedic Specialty Hospital*	•	•
Uintah Basin Medical Center	•	•
Utah Valley Hospital*	•	•

\*Intermountain-owned Facility  
**Note:** List is subject to change

# On the move?

## Outside of your service area

In-network benefits apply when you receive services for urgent or emergency conditions, no matter where you are.

## Save money when traveling

Use the UnitedHealthcare Options PPO network for urgent and emergency care when traveling outside of Utah, Idaho, or Nevada.

Remember: Always present your ID card when you visit a UnitedHealthcare Options PPO network provider or facility. The logos on the back of the card give you access to the networks.

To find UnitedHealthcare Options PPO network providers or facilities, call Member Services at **800-538-5038** or visit [selecthealth.org/find-a-doctor](https://selecthealth.org/find-a-doctor) and select UnitedHealthcare Options PPO from the network drop down.

## Outside of the country

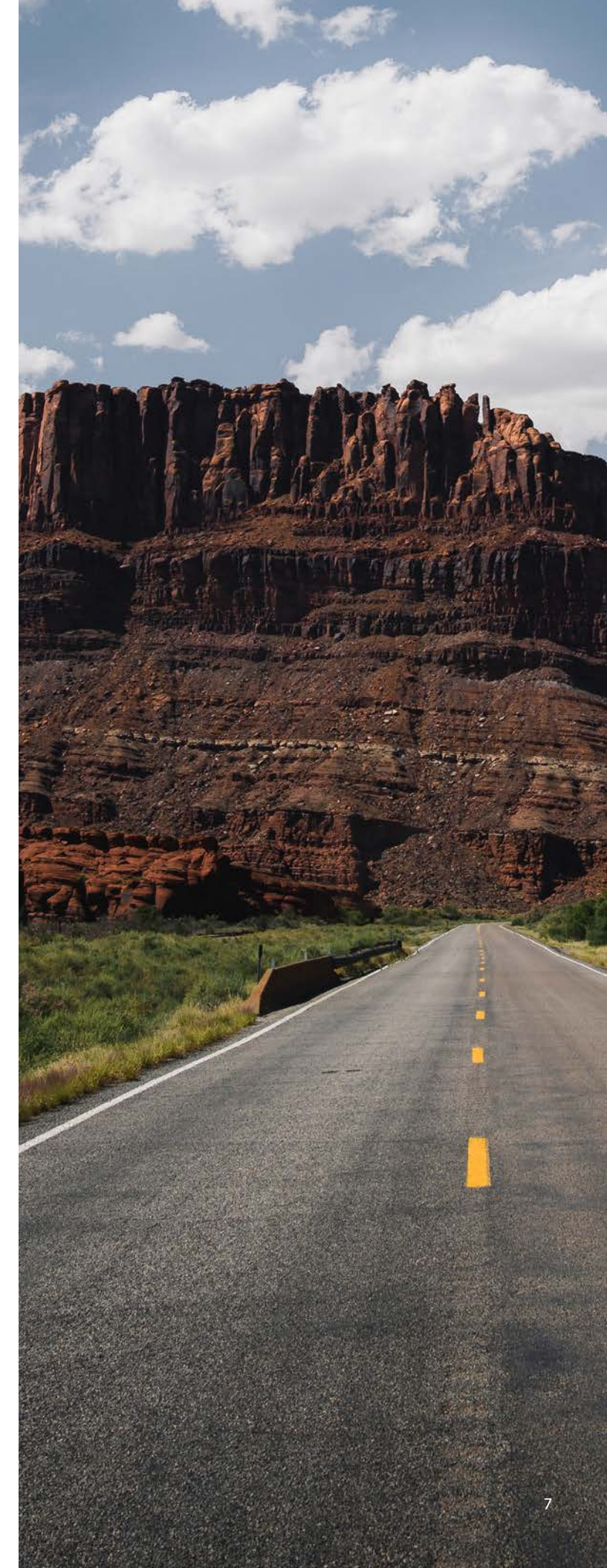
If you are traveling outside of the country and need urgent or emergency care, visit the nearest doctor or hospital. You may need to pay for the treatment at the time of service. If you do, keep your receipt and submit it along with a Claim Reimbursement Form, found on [selecthealth.org/forms](https://selecthealth.org/forms).

## Out-of-area dependents

Enrolled dependents who live outside of your service area 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, found at [selecthealth.org/forms](https://selecthealth.org/forms).

State	Network
Utah	Select Health Med
Idaho	Southwest Idaho: St. Luke's Health Partners' (SLHP) Eastern & Northern Idaho: Select Health Med and BrightPath
Nevada	Select Health Med, Beech Street Network (outside Clark and Nye Counties)
All other States	UnitedHealthcare Options PPO Network

To see a full list of in-network facilities, visit [selecthealth.org/facilities](https://selecthealth.org/facilities).





# Online tools

## Everything at your fingertips

Our secure member website is your one-stop shop for information about your healthcare. Access your account using your mobile device or computer by visiting [selecthealth.org](https://selecthealth.org) and selecting “Member Login.”

## Medical cost estimator

Log in to your Select Health account and click on “Medical Cost Estimator” where you can see bundled cost estimates that include charges for procedures, facilities, and providers.

## ID cards

Lost your ID card? No worries—you can view and print copies of your card by logging in to your member account.

## Request a call

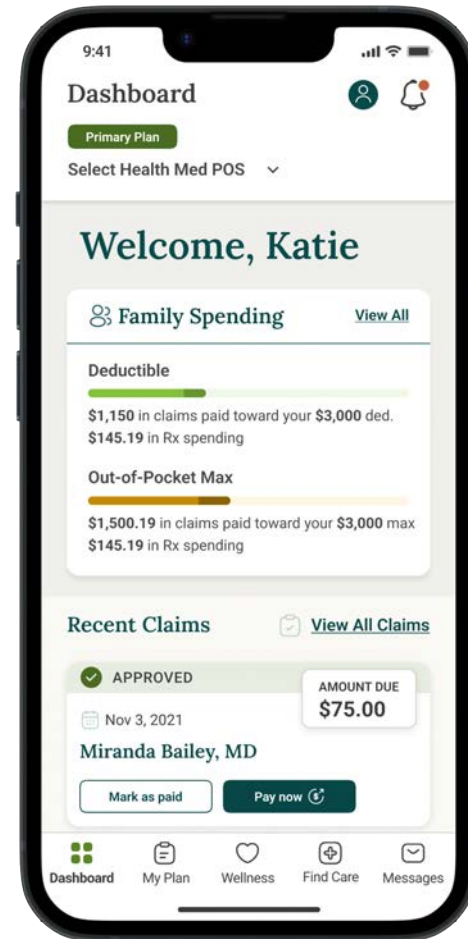
Use our call request feature to schedule a call back from our Member Services team at a set time that’s convenient for you.

## 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 if your medication will be covered or how much a doctor’s bill was, chat can help.

Many contracted providers and facilities receive secure messages and will upload lab results and other health information to your Intermountain Health patient portal. To access information from your providers, click the blue Intermountain Health Patient Portal button in the top right corner of your Select Health® dashboard.

Also, if you use Intermountain Health® doctors and facilities, you can connect to Intermountain Health Patient Portal using the same username and password as your Select Health account.



## The Select Health app.

On the go? Download the free Select Health® app to access your account.



App Store



Google Play



# Keep healthcare costs low

## Get care in the right place

Make sure you choose the most appropriate place for your healthcare needs. This helps you save money, stay healthier, and safeguards your benefits. If you’re not sure where to go, you can always call us at **800-515-2220**. Remember, save trips to the emergency room for true emergencies.

## Use generic drugs whenever possible

Talk to your doctor and pharmacist about options for using generic drugs—they can help you get the medications you need at the lowest possible price.

## Get preventive care

Preventive care is covered 100% by most plans when you use in-network providers.

## See in-network providers

If you go to doctors and facilities in your network, your insurance will pay more, and you will usually pay less for the care you receive.

## Use an HSA

Sign up for a plan that pairs with a Health Savings Account (HSA) to pay for your out-of-pocket health expenses (if offered by your employer). Remember, only certain plans pair with an HSA and other limits may apply.

## Manage your chronic illness

Current Care Management programs include asthma, cancer, 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

All our plans cover preventive care at 100%—that means no copay, coinsurance, or deductible.

Categories for preventive care include laboratory tests, procedures, examinations and counseling, recommended adult and child immunizations, contraception, and breastfeeding supplies and support.

Preventive care services cover annual physical exams, Complete Blood Count (CBC), and screenings for colon, lung, prostate, and other cancers. Screenings are preventive for diabetes, cholesterol, glaucoma, hearing loss, chlamydia, Human Papillomavirus (HPV), Human Immunodeficiency Virus (HIV), hepatitis viruses B and C, etc.

There are preventive care screenings such as mammograms, Pap tests, bone density/DEXA scans, and counseling for weight loss, smoking cessation, alcohol misuse, and more.

Most adult immunizations are covered from a tetanus shot to your annual flu shot. And your children's annual well-child exams and immunizations are also covered as preventive care.

In addition, most contraceptives for women are covered by your pharmacy benefits as a preventive service. Examples range from generic oral medication and the patch to Intrauterine Devices (IUDs) and Depo-Provera injections.

For services to be covered as preventive, your doctor must bill your claim with preventive codes. If your provider finds a condition that needs further testing or treatment, you'll need to pay regular copays, coinsurance, or deductibles.



Questions? Call Member Services at 800-538-5038 or visit [selecthealth.org/wellness-resources](https://selecthealth.org/wellness-resources) for a complete list of preventive services and supplies.

This information is subject to change at any time and additional limitations may apply.

# 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 300 days for age 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

- (HPV) (ages 9 to 45)
- 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)
- Varicella (MMRV)
- Measles, Mumps, Rubella (MMR)

### 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
- Hepatitis B Virus (HBV) Screening (covered for high-risk individuals who meet criteria)

### 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 MMRV)
- Rotavirus
- Human Papillomavirus

## 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.

Questions? Call Member Services at 800-538-5038 or visit [selecthealth.org/wellness-resources](https://selecthealth.org/wellness-resources) for a complete list of preventive services and supplies.

This information is subject to change at any time and additional limitations may apply.



## Get care whenever, wherever

Get urgent care 24/7 from home with virtual doctor visits at no or low out-of-pocket cost to you.\* Use Connect Care<sup>SM</sup> for:

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

**Note:** For true emergencies, call 911 or go to the ER.

- In the Intermountain Health Patient Portal app, select “Get Care,” then “Get Care Now,” then “Connect Care,” and choose “Connect Care Urgent Care.”

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



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

Self-schedule visits for urgent care, primary care, mental health, and nutritional support using the Intermountain Health Patient Portal app. The app even has an E-Visit option where you can get care via online chat. Services available may vary by state. Visit [intermountain.com/myhealthplus](https://intermountain.com/myhealthplus) for more information.

Your in-network doctor's office may use various apps or websites for video visits. 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.

*\*See your member payment summary for more information about your benefits.*

## Your mental health partner



The Intermountain Employee Assistance Program (IEAP) is designed to help you create positive relationships at home and work, effectively manage stress, and thrive during times of change.

### Available on your plan for no added cost

- Up to four counseling sessions per incident, per family (children ages 6 to 26) for life problems impacting your mental, emotional, and social health
- 24/7 crisis response
- Web-based resources and trainings

### Elder care support

- Professional support designed to reduce caregiver stress
- Help identifying appropriate care and creating actionable plans for elderly loved ones

Call **800-832-7733** and ask for Elder Care Support to learn more.

### Legal and financial counseling

Members can meet for up to 30 minutes with a legal and/or financial expert who can point them in the right direction and assist them in finding resources for long-term support.

### Caregiver support

Information, resources, and coaching for employees caring for a spouse or relative who is ill, disabled, or in need of help with basic daily living activities.

### Want to learn more?

Visit [intermountainhealthcare.org/eap](https://intermountainhealthcare.org/eap) or scan the QR code.



### Contact us.

Call **800-832-7733** weekdays, from 8:00 a.m. to 5:00 p.m. (MST) to schedule an appointment or scan the QR code.

Crisis counselors are available 24/7 by calling the number above.





# Know before you fill

## Compare drug prices

Log in to your Select Health® member account to search for covered medications, compare drug prices, and find information on your benefits. The 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. For 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 RxSelect®. Your member materials and ID card indicate which drug list you have, and additional information is available on our website.

Your drug list will have 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 effective medications.

For those on high deductible health plans, some maintenance drugs are covered before meeting the deductible, such as certain asthma, diabetes, and heart medications.

## Rx Savings Solutions®

Rx Savings Solutions is an easy to use, comprehensive online prescription tool that shows you ways to spend less money on your prescriptions. It will automatically alert you if you are paying too much for your medication and identifies less expensive alternatives.

Log in to your Select Health member account at [selecthealth.org/rxsavings](https://selecthealth.org/rxsavings) to enroll and start saving!



## Intermountain home delivery pharmacy

Get your prescriptions delivered for FREE anywhere in the country. Register online at [intermountainrx.org](https://intermountainrx.org) or call **855-779-3960**.

## Intermountain specialty pharmacy

If you take specialty drugs or self-injectables, the Specialty Pharmacy offers the convenience of FREE home delivery anywhere in the country. Visit [intermountainrx.org](https://intermountainrx.org) 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](https://selecthealth.org).





# ChooseHealthy™ Choose you

## All members, anywhere in the U.S.

Visit your member account on [selecthealth.org](https://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.

## Weigh to Health®

This is a one-year Diabetes Prevention Program for adults who want to lose weight. It includes 23 required sessions with a registered dietitian to set, review, and personalize your plan.

- Track your food and activity each week
- Build up your activity levels
- Work towards losing 5–7% body weight

To get started, visit [intermountainhealthcare.org/weighttohealth](https://intermountainhealthcare.org/weighttohealth) or call 801-507-2400.

## Wellness rewards program

We want to give you up to \$240\* per year just for being active! Choose from one of our two Wellness Rewards program options and receive reimbursement monthly—up to \$580 per family, per year.

- Gym Membership Reward
- Physical Activity Reward

For detailed Program Terms and Conditions and more information on how these options work, visit [selecthealth.org/getfit](https://selecthealth.org/getfit) or call us at 800-538-5038.

\*Rewards received may be considered income and subject to tax



## Care Management

### Helping you manage your health

Care managers are specially trained registered nurses who can help members manage 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 following conditions, surgeries, or illnesses listed here:

- Asthma
- Cancer
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart Disease
- Depression/Anxiety
- High-risk pregnancy
- Human Immunodeficiency Virus (HIV) and other blood conditions
- Some surgeries

To talk to a nurse Care Manager about your concerns, call **800-442-5305**.





## Healthy Beginnings<sup>SM</sup>

### How can we help?

Our Healthy Beginnings 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
- Information about community resources such as Women, Infants, and Children (WIC), transportation programs, etc.
- Education about childbirth, breastfeeding, and more
- Access to needed care

### Extra perks

- Cash incentives for prenatal and postnatal care\*
- Free online education through Intermountain Health<sup>®</sup>
- Prenatal booklet and 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.

*\*Based on plan type*

## Helping you quit

Get all the tools and online resources you need to quit—and stay tobacco-free—at no cost.

### Get trained 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](https://myquitforlife.com/selecthealth) or call **1-866-QUIT-4-LIFE TTY 711**.

### Nicotine replacement therapy

Select Health plans cover Nicotine Replacement Therapy (NRT) 100%, with 90-day courses of nicotine replacement medications each year.

Review your benefits to ensure this is a covered benefit on your plan. If you have questions about medications that may improve your chances of quitting smoking, talk to your doctor.

QUIT





## Health insurance made simple

We can help you with everything from understanding your benefits to finding the right doctor.

### Member Services

Have a question? Give us a call. We're open late because we know that life doesn't always happen between nine and five.

7:00 a.m. to 8:00 p.m. MST, weekdays

9:00 a.m. to 2:00 p.m. MST, Saturdays

**800-538-5038**

### Member Advocates®

Call us when you need to find the right doctor, at the right facility, at the right time. We're happy to help you schedule an appointment and answer your benefits questions.

**800-515-2220**

## Plan information

### Care and cost management

We are committed to the responsible management of healthcare costs and the maintenance of quality care. For more information about how we help manage healthcare costs, visit [selecthealth.org/resources/member-resources](https://selecthealth.org/resources/member-resources).

### Protecting your privacy

For more information about how we protect your privacy, including our complete Notice of Privacy Practices, please visit [selecthealth.org/resources/member-resources](https://selecthealth.org/resources/member-resources).

### Exclusions and limitations

There are some healthcare services that Select Health does not cover. Please refer to your Certificate of Coverage or visit [selecthealth.org/resources/member-resources](https://selecthealth.org/resources/member-resources) to learn more about some of the services that are not covered or have coverage limitations.

### Member rights and responsibilities

We want you to be an active part of your healthcare. Visit [selecthealth.org/resources/member-resources](https://selecthealth.org/resources/member-resources) to view your member rights and responsibilities.



### Printed versions available

Select Health 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 by contacting Select Health Medicare:

**855-442-9900 (TTY: 711) / Select Health: 800-538-5038.**

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









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