

# Your health plan

2023 Open Enrollment


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# Your partner for good<sup>SM</sup>



We're 26,000 partners strong, working together to support your health every day. For you, it's a top-rated Member Services team – here to help you understand your plan and answer your questions. It's a plan you can trust, benefits that benefit you, and a commitment to lower costs. We're your partner for all of it. **Your partner for good.**



HealthPartners<sup>®</sup>



# Getting started

The more you know about your dental plan, the easier it is to make good decisions for your health and wallet. We're happy you're trusting HealthPartners. Here are some tips.

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## What to do next

- **Call us** with questions at **952-883-5000 or 800-883-2177**
- **Sign in** or create an account at **healthpartners.com**

We can help you make choices you'll feel good about.

## Understand your costs

You'll likely see the terms below during enrollment and throughout the year. Knowing how these costs work with your plan will help you avoid unexpected charges.

- **Premium** – how much you pay for your dental plan, usually taken out of your paycheck.
- **Deductible** – the amount you're responsible to pay for care before your dental plan helps cover costs, not including your premium.
- **Coinsurance** – a percent of the bill you pay. Your plan covers the rest.
- **Annual maximum** – the total amount your plan will pay for the year. You'll be in charge of paying all costs after that.
- **Summary of Benefits (SOB)** – lists out the coverage amounts for your plan.

## Use your online account

With an online account, you can get up-to-date personal dental plan information in one simple place.

- See claims and how much you could owe.
- Search for dentists in your network.
- Check your deductible or annual maximum spending.
- View your member ID card.
- Manage your health on the go with the myHP mobile app.



I'm thankful I had someone to help me understand my own dental insurance. I can walk you through your plan now, so you're prepared when you use it later.

**Lauren, Member Services**

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# HSA Plus plan with the Open Access network

Set aside pretax money in a health savings account (HSA) to pay medical bills. Plus, get lower costs on select medicines and care, with access to a large network of doctors.

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## How to get more info

- **See plan details** in your **Summary of Benefits and Coverage (SBC)** in your enrollment materials
- **Call us** with questions at **952-883-5000 or 800-883-2177**
- **Search the network** for your doctor or find a new one at **healthpartners.com/openaccess**

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**TIP:** Put some of the money you're saving on premiums into your HSA on your own or through direct deposit.

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## What you'll pay

### Deductible, then coinsurance

This plan has a deductible – a set amount you pay before your plan helps cover costs for most kinds of care. After that, you may pay coinsurance, which is a percent of the bill.

### Out-of-pocket maximum

Once you reach the max, your plan pays for in-network care the rest of the year.

## What your plan pays for

Even before you reach your deductible, your plan helps cover the things you need most to stay healthy.

### In-network preventive care

Your plan pays 100% of the bill.

### Preventive drugs

For prescriptions on our HSA preventive drug list, your plan pays some and you'll pay a set amount (a copay). See the list at **healthpartners.com/formularies**.

### Preventive care for chronic conditions

Your plan helps pay for certain services and equipment, such as lab work to monitor diabetes or liver disease.

## Where you can get care

The Open Access network lets you choose from one of the biggest networks of doctors and clinics.

## Empower<sup>SM</sup> HSA plan highlights

This plan allows you to contribute money to an HSA before taxes are taken out. Add up what you spent on health care expenses last year to get an idea of how much to put in next year.

### Use your HSA to pay for things like:

- Doctor visits and lab fees
- Prescription and select over-the-counter medicines
- Dental care and braces
- Vision care and LASIK surgery

### HSA money can:

- Earn interest or be invested
- Pay for medical expenses before or after you reach your deductible
- Stay with you year after year, even if you switch jobs – you own the account

# Deductible plan with the Open Access network

You have every reason to get your preventive care to stay healthy. It's covered 100%. Not to mention, your favorite doctor is most likely in your network.

## How to get more info

- **See plan details** in your **Summary of Benefits and Coverage (SBC)** in your enrollment materials
- **Call us** with questions at **952-883-5000 or 800-883-2177**
- **Search the network** for your doctor or find a new one at **healthpartners.com/openaccess**

## What you'll pay

### Deductible, then coinsurance

This plan has a deductible. That's the amount you pay for care before your plan helps cover costs.

After that, your plan splits the bill with you. That's called coinsurance. For example, you might pay 20% and your plan would pay the other 80%.

### Out-of-pocket maximum

Once you reach a limit, called an out-of-pocket maximum, you don't pay any more. Your health plan pays for all in-network care.

## What your plan pays for

Your health plan fully pays for in-network preventive care, even before you've paid your deductible.

After you hit your deductible, your plan chips in on things like:

- Convenience care and telemedicine services
- Specialty care (no referrals needed)
- Prescriptions

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**TIP:** Get your yearly checkup, vaccines and screenings. They're all covered by your plan.

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## Plan highlights

We've partnered with thousands of doctors across the country. Stay in the Open Access network to keep your costs low.

## Where you can get care

The Open Access network lets you choose from one of the biggest networks of doctors and clinics.

# Top care, top value

You don't have to sacrifice top care for top value.

## Facing surgery or a medical procedure?

Our Top Value plan helps you locate the best provider at the best value. You'll receive reimbursements for travel and accommodations to and from the Top Value provider. We'll waive any coinsurance plus you'll receive gift cards based on your plan and procedure.

The end result? You get the best care and you pay less.

## Coinsurance waived

Even if your Smart plan normally requires you pay coinsurance after satisfying your deductible, we waive all coinsurance on eligible expenses at Top Value providers on all of our Smart plans.

## Top Value travel benefit

### Purpose

Offer affordable access to Top Value providers not available close to home

### Total benefit limit

\$1,500 per surgery at Top Value provider

### Minimum distance for reimbursement

Top Value provider must be at least 50 miles from home

### Max. lodging reimbursement

\$150 per day of lodging as required for prep and surgery at Top Value provider

### Transportation type

Economy/coach fare for train, airplane, or bus; car reimbursement is per mile

## Find a top-value location

Select the procedure to see top-value locations.

## Gift cards

Procedure Eligible for Top Value Incentive even if member has met their out-of-pocket maximum*	Smart Plans 1, 3, 5, 7 100/0 Plans	Smart Plans 2, 4, 6 80/20 Plans
<a href="#">Spine Surgery</a>	\$1,000	\$500
<a href="#">Arthroscopic Shoulder Surgery</a>	\$1,000	\$500
<a href="#">Hip Replacement &amp; Revision</a>	\$1,000	\$500
<a href="#">Knee Replacement &amp; Revision</a>	\$1,000	\$500
<a href="#">Cardiac Ablation</a>	\$1,000	\$500
<a href="#">Arthroscopic Knee Surgery</a>	\$500	-
<a href="#">Gallbladder Surgery</a>	\$500	-
<a href="#">Hernia Repair, Inguinal</a>	\$500	-
<a href="#">Cataract Surgery</a>	\$500	-
<a href="#">Carpal Tunnel Surgery</a>	\$200	-
<a href="#">Rotator Cuff Surgery</a>	\$200	-
<a href="#">Cardiac Catheterization / Angioplasty</a>	\$200	-
<a href="#">Tonsil and/or Adenoid Surgery</a>	\$200	-
<a href="#">Ear Tubes</a>	\$200	-

\*Reward is payable during the first quarter of the calendar year following the year in which the procedure occurs, and is taxable to the member in the year of receipt. This reward does not disqualify a member from contributing to a Health Savings Account. The reward is based on our annual review of data provided from HealthPartners' informatics team showing the average total savings when these procedures are performed at Top Value providers. The Top Value provider list is updated annually based on both quality and cost data.

# Skip the clinic trip with online care

Save time and money by getting treated for common conditions right from your smartphone, tablet or computer. Your plan covers two options.

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## Questions about benefits?

We can help. Call Member Services at **952-883-5000 or 800-883-2177**

### Virtuwell® (online questionnaire)

- **Easy.** In fact, 99% of Virtuwell users say it's simple and 98% highly recommend it. Answer a few questions at **virtuwell.com** anytime, anywhere.\*
- **Fast.** Get a treatment plan and prescription from a nurse practitioner in usually just one hour.
- **Guaranteed.** You're only charged if Virtuwell can treat you. Plus follow-up calls about your treatment are free. If you need to be seen in person, we'll let you know – but it's not usually needed.
- **Affordable.** Virtuwell visits are a fraction of the cost of walk-in, urgent or primary care visits. Use your member ID card to check your cost at **virtuwell.com/cost/healthpartners**.

### Doctor On Demand (video chat)

- **Convenient.** Get started when and where it works for you at **doctorondemand.com**. Video capabilities are required.
- **Quick.** See a doctor in minutes. Live video visits include assessment, diagnosis and prescriptions when necessary.
- **Affordable.** A visit to treat conditions like colds, the flu and allergies costs less than a clinic visit. It's free to sign up and easy to check your coverage when you register.



The next time you're sick, your health plan has affordable options to help you get better, faster.

**Julie, RN, Nurse Navigator**

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\*Available anywhere in the U.S. to residents of AZ, CA, CO, CT, IA, MI, MN, NY, ND, PA, SD, VA and WI.

# Get the right care at the right price

Your health plan covers a range of options when you need care. Knowing the differences between the options can help you choose where to get care at the best cost. Search online to find an in-network option specifically covered by your plan.

## Find in-network care

Manage your health and your plan at **healthpartners.com** or the **myHP** app.

Don't have an account yet? It's quick and easy to sign up— you'll just need your member ID card.

When you need	Go to	Average cost	Average time spent
Health advice from a registered nurse for: <ul style="list-style-type: none"> <li>At-home remedies</li> <li>When to go in for care</li> </ul>	CareLine <sup>SM</sup> service Call 24/7 at <b>800-551-0859</b>	Free	15 minutes
Treatment and prescriptions for minor medical issues, like: <ul style="list-style-type: none"> <li>Bladder infection</li> <li>Pink eye</li> <li>Upper respiratory infections</li> </ul>	Virtual or convenience care	\$	15 minutes
A regular checkup or special care during the day for things like: <ul style="list-style-type: none"> <li>Diabetes management</li> <li>Vaccines</li> </ul>	Primary care clinics	\$\$	30 minutes
Care for urgent problems when your doctor's office is closed, like: <ul style="list-style-type: none"> <li>Cuts that need stitches</li> <li>Joint or muscle pain</li> </ul>	Urgent care clinics	\$\$\$	45 minutes
Help in an emergency, such as: <ul style="list-style-type: none"> <li>Chest pain or shortness of breath</li> <li>Head injury</li> </ul>	Emergency room	\$\$\$\$	60 minutes



Still not sure where to go? We'll help you figure out the best place based on the urgency of your care needs.

Call CareLine at **800-551-0859**.

**Rachel, Registered Nurse, CareLine**



# Get the most from your meds

Knowing what you'll pay for your medicine is important. Use these tools and resources to understand your costs and get support if your medicine isn't working for you.

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## Questions about benefits?

We can help. Call Member Services at **952-883-5000 or 800-883-2177**

## Check your formulary

A formulary, also called a drug list, tells you what medicines are covered by your health plan and generally how much you'll pay. You'll also learn if there are any requirements before you can start a medicine.

Your formulary is called PreferredRx.

1. Go to **healthpartners.com/preferredrx**.
2. Search by the name or type of medicine.
3. Use your Summary of Benefits and Coverage (SBC) in your enrollment materials to understand how each type of medicine is covered.

## Try generics

Generics are just as safe and effective as brand-name medicines, but cost a lot less. Talk to your doctor or pharmacist about switching to a generic medicine.

## Search for the lowest cost

Medicine prices can change from pharmacy to pharmacy. Shop around. See what your costs are at different pharmacies. Members can get started with the prescription shopping tool at **healthpartners.com/pharmacy**.

## Talk with a Pharmacy Navigator

One call will give you answers to your questions around benefits, coverage, costs, formularies and more. Call Member Services at the number on the back of your member ID card. Ask to talk with a Pharmacy Navigator.

## Meet with a pharmacist

In a one-on-one visit, a pharmacist will review your medicines with you to make sure they're working and are right for you. Plus, it's free. Visit **healthpartners.com/mtminfo** to learn more.



Our team is here to support you. If you can't find your medicine on the formulary or shopping tool, give us a call. We'll help you find it or an alternative that's covered.

**Kerry, Pharmacy Navigator**

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# Medicine delivered to your door

Skip the trip to the pharmacy. Get your prescriptions mailed to your home with WellDyne.

## 5 great things about mail order

1. You'll never pay for standard shipping.
2. Refilling your medicine online or with our mobile app is easy.
3. All orders are sent in a tamper resistant, plain package to make it more private.
4. Safety is important. You'll get the best quality medicine.
5. You'll get your medicine delivered within seven to 10 days.

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**TIP:** You can track the status of your order every step of the way, from receipt and processing to shipping and delivery.

To check the status of your order, sign into your online account or call our automated phone system.

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## How to get started

- Call **800-591-0011**
- Visit **[healthpartners.com/mailorder](https://healthpartners.com/mailorder)**



It's hard to get to the pharmacy each month. Mail order pharmacy delivers your meds quickly and easily to you, just like your favorite stores.

**Dave, Pharmacist**

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# Find the best medicine cost

Shopping for the lowest price medicine is easier than comparing prices for airline travel.

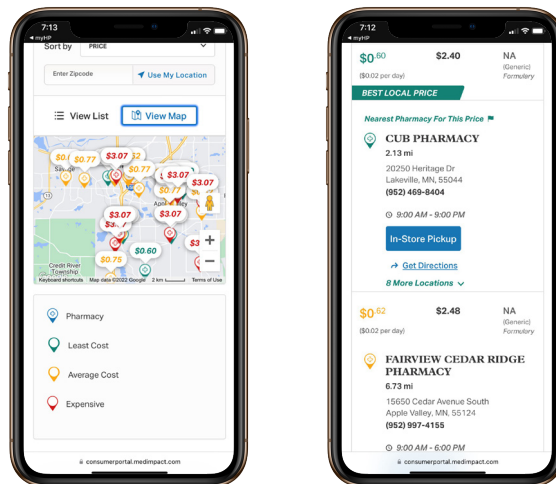
## Multiple ways to save on medicines, in one online tool

The prescription shopping tool helps you find the lowest cost for medicines, based on your current health plan. Find other options to save money too, like when a lower price alternative is available.

### Sign in to your account

Manage your health and your plan at [healthpartners.com](https://healthpartners.com) or the **myHP** app.

Don't have an account yet? It's quick and easy to sign up– you'll just need your member ID card.



## You can use the prescription shopping tool to:

- Find the lowest cost for your medicine
- Compare current prices at pharmacies near you
- Understand what medicines are covered by your health plan
- Transfer prescriptions to the lowest cost pharmacy
- Know if you have available refills
- See if you have a prior authorization and when it expires
- Download tax reports of what you spent last year

# Personal nurse support

Living with a health condition is easier when you have a team of people to support you. Work with a nurse one-on-one at no cost.

## Get support for

- Asthma
- Depression
- Diabetes
- Heart disease
- Rheumatoid arthritis
- And more

## We will help

- Answer questions and provide resources about your condition
- Discuss how your treatment is going
- Navigate the health system and your benefits
- Work with your doctor
- And more

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## Ready to get started?

Call 952-883-5469 or 800-871-9243 or visit [healthpartners.com/nursesupport](https://healthpartners.com/nursesupport)

## How it works

Working with a HealthPartners nurse is a great addition to your health care team. Through phone calls and other communications, we'll support you in feeling your best and meeting your personal health goals. It's all confidential and no cost for HealthPartners members.



No matter what health condition you're living with, talking to our nurses can help you feel better about your condition. We're here to help care for the whole you.

**Jill, Registered Nurse**

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# Relief for your back pain

Our nurses can help make sure back pain doesn't keep you down. HealthPartners members get support and resources at no cost.

## Personal nurse support

When you're dealing with back pain, it can be frustrating to feel like nothing works. Our nurses are here to listen and suggest personalized solutions to help you feel better.

## How it works

Working with a HealthPartners nurse is a great addition to your health care team. Through phone calls and other communications, we'll support you in feeling your best and meeting your personal health goals. All support is confidential, and you can stop at any time.

## Partnering with you

Most Americans will experience back pain at some point in their lives. Although it's common, there are many myths about the causes and treatment for back pain. Depending on your pain, we'll give you tips on prevention, exercises and options. We'll discuss questions like:

- What's working well for you right now?
- Where do you need more help?
- What are your treatment options?

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## Ready to get started?

- Call **952-883-5469** or **800-871-9243** or fill out the form at [healthpartners.com/healthsupport](https://healthpartners.com/healthsupport)
- Visit [healthpartners.com/backhealth](https://healthpartners.com/backhealth) to learn more about back pain



Back pain is very common, but treatment might look different for everyone. That's why working with a nurse one-on-one can make such a difference.

**Jill, Registered Nurse**

# Face cancer with confidence

If you're facing a cancer diagnosis, we want you to know you're not alone. Our nurses will be with you every step of the way.

## A nurse is ready to help

Working with a nurse will give you all the extras. We're here for you – lean on us for support. We can offer advice and guidance to help make facing cancer a little less overwhelming.

## How it works

Working with a HealthPartners nurse is a great addition to your health care team. Through phone calls and other communications, we'll support you in feeling your best and meeting your personal health goals. All support is confidential, and you can stop at any time. Plus, it's no cost for HealthPartners members.

## We're here to

- Help you make decisions
- Talk through what's working well in your treatment, and what's not
- Connect you to resources between doctor visits
- Just listen when you need to talk

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## Ready to get started?

Call **952-883-5469** or **800-871-9243**  
or visit **healthpartners.com/  
cancersupport**



When you're dealing with cancer, it can feel like your whole life centers around it. Having a nurse to lean on when you need support can make a big difference.

**Jill, Registered Nurse**

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# Healthy baby, healthy you

If you're pregnant or thinking about it, we have lots of resources to support you – all available at no cost.

## Planning and preparing for pregnancy

Start by taking the online assessment at [healthpartners.com/healthy-pregnancy](https://healthpartners.com/healthy-pregnancy). Based on your answers, you may get a call from a nurse. Our specially-trained team will work with you over the phone to answer questions and give advice between doctor visits.

## Personalized, digital support

After you take the assessment, you'll have access to the **My Pregnancy** digital experience in your HealthPartners account and through email. It's all written by our health experts and timed to where you're at in your pregnancy. Topics include staying healthy, what to expect in each trimester, health plan coverage, caring for a newborn and much more.

## Other resources during pregnancy

- **24/7 phone support from a nurse** whenever you need it – even at 3 a.m. Call the BabyLine at **612-333-2229** or **800-845-9297**.
- **Get pregnancy tips texted** to your phone by texting **BABY** to **511411** (BEBE for Spanish).
- **Track your pregnancy with the myHealthyPregnancy app.** Our myHealthyPregnancy app powered by YoMingo puts important parent education resources and fun extras for every stage of pregnancy, newborn care and more at your fingertips. Visit [healthpartners.com/myhealthypregnancy](https://healthpartners.com/myhealthypregnancy) for instructions on how to download the app.

Want to know more?



Whether this is your first, second or sixth baby, we're here to help. Our support is confidential and no cost to you.  
**Jill, Registered Nurse**

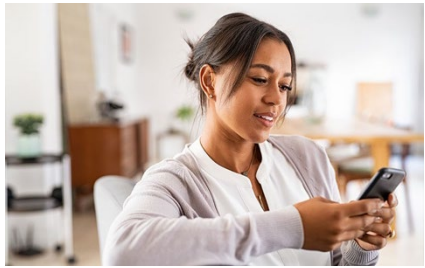
# Your Fertility and Family Building Benefit

Provided by: Sourcewell



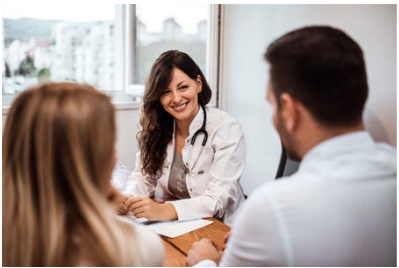
## Comprehensive Coverage

Fertility treatment coverage for every unique path to parenthood.



## Personalized Support

Unlimited clinical and emotional support from a dedicated Patient Care Advocate (PCA).



## High Quality Care

Convenient access to a premier network of fertility specialists across the US.

Your Progyny fertility benefit has been specifically designed to give you the best chance of fulfilling your dreams of family. The Progyny Smart Cycle covers all the individual services, tests, and treatments you may need. Progyny removes barriers to care so you and your doctor can create the customized treatment plan that is best for you.

## Your Progyny coverage includes:

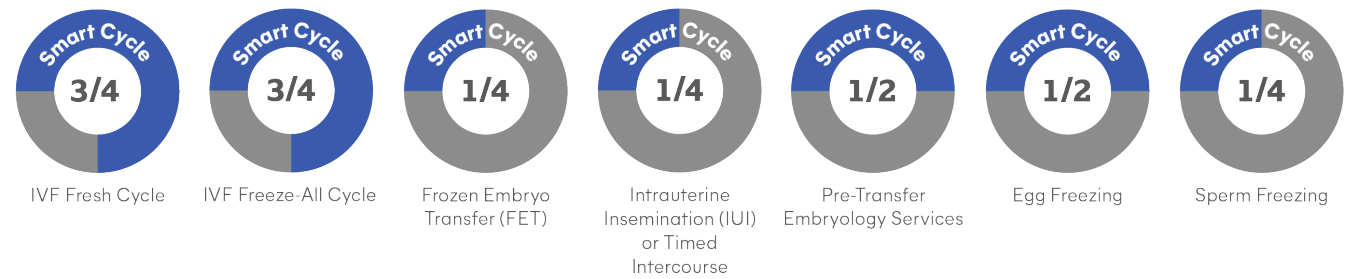
1 Smart Cycle*
Progyny Rx Integrated fertility medication coverage
Fertility Preservation Egg and sperm freezing coverage**
Donor Tissue Purchase Egg and sperm tissue purchase coverage

Note: The person(s) receiving fertility treatment must be enrolled in an eligible medical plan through Sourcewell to have access to the Progyny benefit. You are subject to financial responsibility according to your plan. Please consult with your human resources department to confirm your eligibility.

\*You have access to an additional Smart Cycle if your first is not successful.

\*\*When medically necessary.

## Common ways to use a Smart Cycle:



To learn more and activate your benefit, call: 833.208.8447





# A resilient you

We're here to support the whole you – this includes your emotional health. Our programs will help you build resilience and cope with life's challenges.

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## Questions about benefits?

Behavioral health navigators can help.  
Call **952-883-5811** or **888-638-8787**.

## Health assessment and well-being activities

Start your path to building emotional resilience with an online health assessment. You'll then have access to resources to help build healthy habits, like our *Healthy Thinking* and *Tackle Stress* digital activities.

To get started, sign in to your online account. Then click on the *Living Well* tab and choose *Go to your Well-being program*. If you don't have an online account, create one at **healthpartners.com/signupnow**.

## myStrength

Build a healthier mind for a stronger you. myStrength is a flexible and comprehensive digital program with tools and activities for stress, depression, sleep and more. Learn from hundreds of activities, articles and videos. Practice techniques to help you shift your thinking, get inspired and feel more hopeful.

## Employee Assistance Program (EAP)

Life doesn't always go as planned. When you need extra support, HealthPartners EAP is here to help. Whether it's an issue at work or home, get support and resources to help you with life's challenges. Call or go online anytime – day or night.

- Call **866-326-7194**
- Log on to **hpeap.com** and chat through instant message (ask your employer or call your EAP to get your password)

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**TIP:** Visit **healthpartners.com/resilience** for more information and resources on building emotional resilience.

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## Employee Assistance Program (EAP)

# Find balance with everyday support

Get support and resources to help you in a wide range of stressful situations. It's free and completely confidential.

## Your EAP has your back 24/7

Whether you're facing a challenge at work or looking for options to support a sick parent, your EAP is always here to help.

### Get support with:

- Adopting a child
- Finding child care
- Grieving
- Knowing your legal options
- Making a budget
- Managing stress
- And more!

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## Use your EAP anytime

- **Call 866-326-7194**
- **Log on to [hpeap.com](https://hpeap.com)** and chat through instant message (ask your employer or call your EAP to get your password)
- **Download the iConnectYou mobile app** (ask your employer or call your EAP to get your app passcode)



Members are often surprised how much support is available through their Employee Assistance Program. It's a great benefit I encourage everyone to take advantage of.

**Jonathan, Member Services**



# Get healthy your way



Create lasting change with Omada.

**All at no cost to you.**

## What you'll get with Omada:

- ✓ Dedicated health coach & care team
- ✓ Interactive weekly lessons
- ✓ Smart devices, delivered to your door
- ✓ Healthier lifestyle in 10 minutes a day | anywhere, anytime
- ✓ Long term results through habit & behavior change

## Do what works for you

Find healthy habits and routines that work for you.

## 24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

## You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

## The best part?

If you or your adult family members are enrolled in a HealthPartners® health plan and eligible for any of the Omada programs, verify benefit coverage by contacting the Member Services phone number on the back of your ID card.

It only takes a few minutes to get started:

## With Omada, there's a program for you



Weight loss &  
overall health



Diabetes



High blood pressure

[omadahealth.com/sourcewell](https://omadahealth.com/sourcewell)



HealthPartners

In partnership with

Sourcewell

# Living healthier just got a little less expensive

Get special savings from handpicked retailers as a HealthPartners member. There are lots of products and services available to you at a discounted rate – all designed to help you live healthy every day.

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## See where you can save

Visit [healthpartners.com/discounts](https://healthpartners.com/discounts) for a list of participating retailers and discounts.

### Save big by showing your member ID card to participating retailers

#### Save money on:

- Eyewear
- Exercise equipment
- Fitness and well-being classes
- Eating well
- Healthy mom and baby products
- Hearing aids
- Pet insurance
- Swim lessons
- And more!

### Discounts on gym memberships

#### GlobalFit's Gym Network 360

Provides discounts on memberships at more than 11,000 fitness centers, weight loss programs and wellness brands

#### The Active&Fit Direct™ program

Offers more than 11,000 fitness centers nationwide for a flat monthly fee

### Digital workouts

#### Wellbeats

Get access to free workout videos across all fitness levels, featuring top fitness brands and names



Making healthy choices is easier when it doesn't break the bank. I always say taking advantage of these discounts is a great way to make the most out of your health plan.

**Katie, Member Services**

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# Here for you, 24/7

Call us at one of these numbers if you have questions about your health or what your plan covers. We're ready to help.

## Member Services

### For questions about:

- Your coverage, claims or plan balances
- Finding a doctor, dentist or specialist in your network
- Finding care when you're away from home
- Health plan services, programs and discounts

Monday – Friday,  
7 a.m. to 6 p.m. CT  
Call the number on the back  
of your member ID card,  
**952-883-5000 or 800-883-2177**  
Interpreters are available if you  
need one.  
Español: **866-398-9119**  
**healthpartners.com**

## Member Services can help you reach:

### Nurse Navigator<sup>SM</sup> program

### For questions about:

- Understanding your health care and benefits
- How to choose a treatment

Monday – Friday,  
7:30 a.m. to 5 p.m. CT

### Pharmacy Navigators

### For questions about:

- Your medicines or how much they cost
- Doctor approvals to take a medicine (prior authorization)
- Your pharmacy benefits
- Transferring medicine to a mail order pharmacy

Monday – Friday,  
8 a.m. to 5 p.m. CT

## Behavioral Health Navigators

### For questions about:

- Finding a mental or chemical health care professional in your network
- Your behavioral health benefits

Monday – Friday,  
8 a.m. to 5 p.m. CT  
**888-638-8787**

## CareLine<sup>SM</sup> service nurse line

### For questions about:

- Whether you should see a doctor
- Home remedies
- A medicine you're taking

24/7, 365 days a year  
**800-551-0859**

## BabyLine phone service

### For questions about:

- Your pregnancy
- The contractions you're having
- Your new baby

24/7, 365 days a year  
**800-845-9297**



One thing I love about my job is how my team helps people all day, every day.

**Rachel, Registered Nurse, CareLine**

# Take charge of your health plan

You go online to research, plan and follow up on big decisions. A HealthPartners online account makes it just as easy to stay on top of your health care and insurance.

## Get personalized information when and where you need it

With an online account, you have real-time access to your personal health plan information in one simple place. No more guessing or waiting until business hours to get answers to your questions.

### Sign in to your account

Manage your health and your plan at **healthpartners.com** or the **myHP** app.

Don't have an account yet? It's quick and easy to sign up— you'll just need your member ID card.

### Top 6 ways to use your online account and mobile app

1. See recent claims, what your plan covered and how much you could owe.
2. Access your Living Well dashboard to check your program progress, take the health assessment and complete activities.
3. View your HealthPartners member ID card and fax it to your doctor's office.
4. Check your balances, including how much you owe before your plan starts paying (deductible) and the most you'll have to pay (out-of-pocket maximum).
5. Compare pharmacy costs to find the best place to get your medicines.
6. Search for doctors and get cost estimates for treatments and procedures specific to your plan.



I love directing members to their online accounts and the mobile app. You can easily get your health plan info, even when I'm not in the office.  
**Jarria, Member Services**

## Our approach to protecting personal information

HealthPartners® complies with all applicable laws regarding privacy of health and other information about our members and former members. When needed, we get consent or authorization from our members (or an authorized member representative when the member is unable to give consent or authorization) for release of personal information. We give members access to their own information consistent with applicable law and standards. Our policies and practices support compliant, appropriate and effective use of information, internally and externally, and enable us to serve and improve the health of our members, our patients and the community, while being sensitive to privacy. For a copy of our Notice of Privacy Practices, visit our website or call Member Services.

## Summary of utilization management programs for medical plans

Our utilization management programs help ensure effective, accessible and high-quality health care. These programs are based on the most up-to-date medical evidence to evaluate appropriate levels of care and establish guidelines for medical practices. Our programs include activities to reduce the underuse, overuse and misuse of health services.

### THESE PROGRAMS INCLUDE:

- Progression of care review and care coordination to support safe, timely care and transition from the hospital.
- Outpatient case management to provide member support and coordination of care.
- Evidence-based care guidelines for certain kinds of care.
- Prior authorization of select services – we require prior approval for a small number of services and procedures. For a complete list, visit our website or call Member Services.

## Appropriate use and coverage of prescription medicines for medical plans

We provide coverage for medicines that are safe, high-quality and cost-effective.

### TO HELP US DO THIS, WE USE:

- A formulary (drug list). These prescription medicines are continually reviewed and approved for coverage based on quality, safety, effectiveness and value.
- A free, confidential one-on-one appointment (in person or over the phone) with an experienced clinical pharmacist. Our Medication Therapy Management (MTM) program helps members who use many different medicines get the results they need.
- An opioid management program to support members in managing their pain.
- A patient alert program that provides a seamless transition to our formulary. We allow coverage for a first-time fill of a qualifying non-preferred medicine within the first three months of becoming a member.

The formulary is available at [healthpartners.com/formulary](https://healthpartners.com/formulary), along with information on how medicines are reviewed, the criteria used to determine which medicines are added to the list and more. You may also get this information from Member Services.

## Important information on provider reimbursement

Our goal in reimbursing providers is to provide affordable care for our members while encouraging quality care through best care practices and rewarding providers for meeting the needs of our members. Several different types of reimbursement arrangements are used with providers. All are designed to achieve that goal. Check with your individual provider to find out how they are paid.

### ARRANGEMENTS USED FOR MEDICAL PLANS:

- **Fee-for-service** – the health plan pays the provider a certain set amount that corresponds to each type of service furnished by the provider.
- **Discount** – the provider sends us a bill, and we've already negotiated a reduced rate on behalf of our members. We pay a predetermined percentage of the total bill for services.
- **Case rate** – the provider receives a set fee for a selected set of services, up to an agreed upon maximum amount of services, for a designated period of time. Alternatively, we may pay a case rate to a provider for all of the selected set of services needed during an agreed upon period of time.
- **Withhold** – a portion of the provider's payment is set aside until the end of the year. Withholds are sometimes used to pay specialty, referral or hospital providers who furnish services to members. The provider usually receives all or a portion of the withhold based on performance of agreed upon criteria, which may include patient satisfaction levels, quality of care and/or care management measures.
- **Basis of the diagnosis/per diem** – a set fee to treat certain kinds of conditions, sometimes based on the number of days the patient spent in the facility.
- **Ambulatory Payment Classifications (APCs)** – for outpatient services. We have a negotiated payment level based on the resources and intensity of the services provided. Hospitals are paid a set fee for certain kinds of services which is based on the resources utilized to provide that service.
- **Combination** – more than one of the methods described are used. For example, we may pay a case rate to a provider for a selected set of services, up to an agreed upon maximum amount of services, and pay that same provider on a fee-for-service basis for services not provided within the time period that exceed the maximum amount of services. We may also pay a provider such as a clinic using one type of reimbursement method, while that clinic may pay its employed providers using another reimbursement method.

## Conducting medical necessity reviews

HealthPartners conducts medical necessity reviews for select services. These reviews ensure our members receive safe and effective care that aligns with the coverage outlined in the member's contract. Medical necessity reviews can be conducted pre-service, before the service takes place; post-service, after the service has happened; or concurrently, while the service is taking place. Contracted providers are responsible for obtaining prior authorization from the health plan when it is required. Services that require prior authorization are listed on our website. Prior authorization is not required for emergency services. HealthPartners will inform both you and your provider of the outcome of our review.

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This plan may not cover all your health care expenses. Read your plan materials carefully to determine which expenses are covered. For details about benefits and services, go to [healthpartners.com](https://www.healthpartners.com) or call Member Services at **952-883-5000 or 800-883-2177**.

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