



Gallagher

Insurance | Risk Management | Consulting

Experts in all areas of Employee Benefits



Ohio offices located in Akron, Cincinnati, Cleveland, Columbus & Solon



Over 1,200 Client partnerships serviced in Ohio



Ohio is a **tight-knit** staff of 130+ serving clients locally and nationwide



Recognized Worlds Most Ethical Company 11 years in a row.



Joe Roberts
Executive Area VP
15+ Years Experience



Anthony Zimbardi
Benefits Consultant
5 Year Experience



Tauya Holloway
Sr. Client Manager
20+ Years Experience

EMPLOYEE PORTAL

Your online connection to
benefits information, wellbeing
news and exclusive discounts



My Benefits For Life

Welcome to your Community Action Wayne Medina, Inc Employee Communication Website.

CAWM

Community Impressions Org Chart People Video

Stacey Corbin

Announcements

Welcome new employee
Ann Martin
11/13/2023 at 12:28 PM
4 comments 61 views
View on Community

Welcome new employee
Ann Martin
7/31/2023 at 11:49 AM
1 comment 82 views
View on Community

Company

Cell Phone (Personal) Use Form

Credit Card Use Policy

Hi, Stacey!

Benefits

YTD Compensation

Manage my Benefits

2024 Benefits Coverage(s)

iSolved

Principle

Pay

Application

Configure Self Service Portal

Employee Training Documents

Administrator Training Documents

Time Entry

Employment

Employee Status

Dept / Position

Company Custom Page

2024 Benefits Coverage(s)

<https://c2mb.ajg.com/cawm/home/>

External links and attachments

Benefits Website can be found in the Paylocity Portal



Member Tools and Resources



Insurance | Risk Management | Consulting

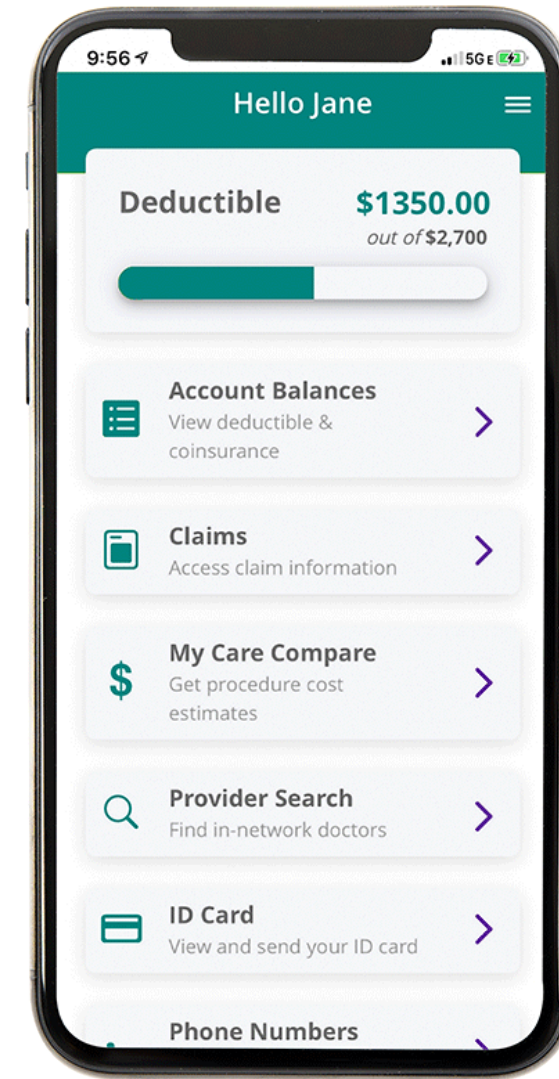
MedMutual Mobile Application

Features

- Swipe to view the back of the card
- Email ID Card
- Fax ID Card
- Contact Us shows phone numbers based on what's on the ID Card

Provider Search

- Search by address
- Mirrors My Health Plan provider search
- Many search filters available (gender, language spoken, etc.)
- One click to call
- Add to phone contacts



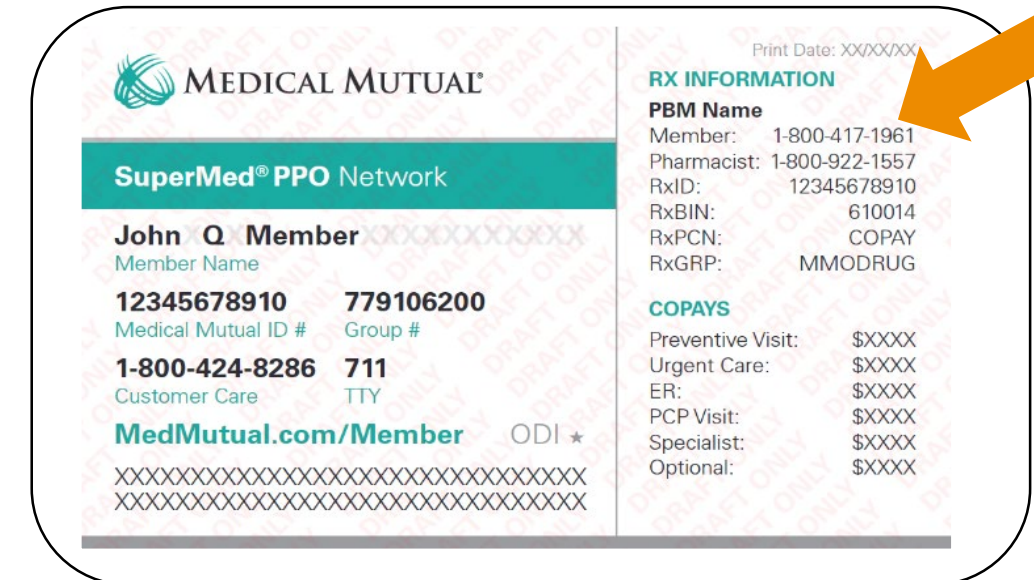
iPhone (iOS 11.0 and above)



Android (7.0 and above)

Contact Express Scripts for Assistance

- Call the **Rx Information** number on your ID card to speak with a representative from Express Scripts, 24 hours a day, 7 days a week to help with any of your prescription drug concerns, including:
 - Finding an in-network pharmacy
 - Determining the cost of your medication
 - Moving your medication to mail order
 - Checking the status of mail order claims
 - Any other prescription drug questions you may have



Find out if your medication is covered and how much it will cost by logging in to **My Health Plan**:

Click on the **Benefits & Coverage** tab.

Select **Prescription Drug Benefits**.

Click the **Sign on to Express Scripts** button.

You will be securely re-directed to the Express Scripts website.

From there, click on **Prescriptions**, then select **Price a Medication**.

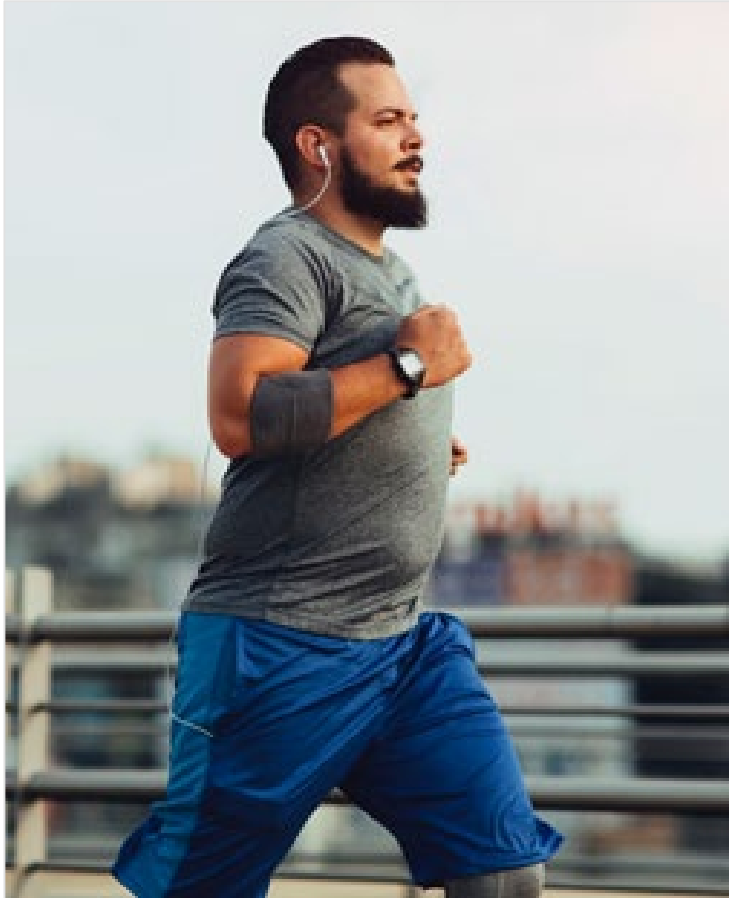
You will be asked to enter the name of the drug and the quantity.

Extended Payment Program

- The Extended Payment Program through Express Scripts can make it easier to pay for 90-day supplies of long-term prescription drugs through mail order.
- The program includes the following:
 - A payment schedule provided with your first prescription order.
 - Shipment of your full 90-day supply after the first payment.
 - The option of paying your cost share in three equal monthly installments.
 - Automatic charges to the credit or debit card of your choice.
 - No additional “convenience” fee.
- To learn more about the Extended Payment Program, call the Rx Information number on your ID card.

Note: Once selected, Express Scripts will apply the Extended Payment Program to all mail order prescriptions for all covered members in your household.

Medical Mutual Wellness Programs



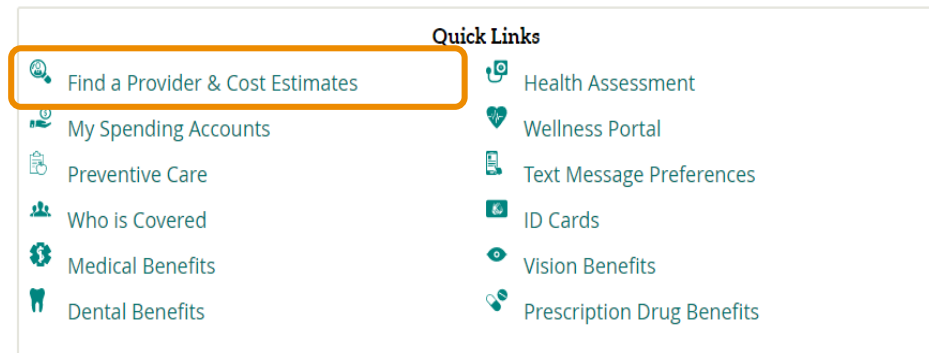
- Comprehensive suite of programs designed to help you maximize health, wellness and quality of life.
 - WW[®] Discount Program ww@medmutal.com
 - QuitLine Tobacco Cessation 866-845-7702
 - Fitness Discounts
 - Nurse Line 888-912-0636 available 24/7
- Member portal to manage your health at your convenience.
 - Access through My Health Plan

Log in to My Health Plan at [MedMutual.com/Member](https://www.MedMutual.com/Member)

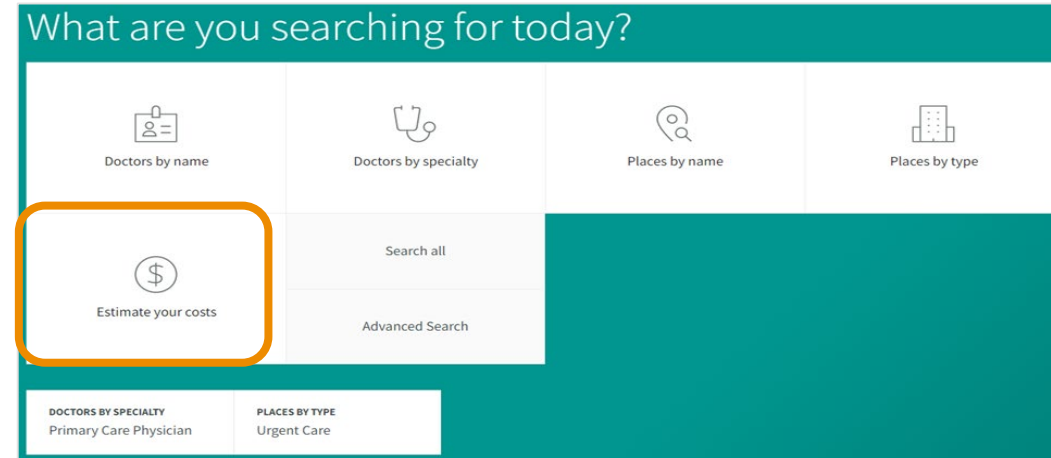
** WW Discount Program is the program formerly known as Weight Watchers. WW is a registered trademark of WW International, Inc.*

Cost Estimator Tool

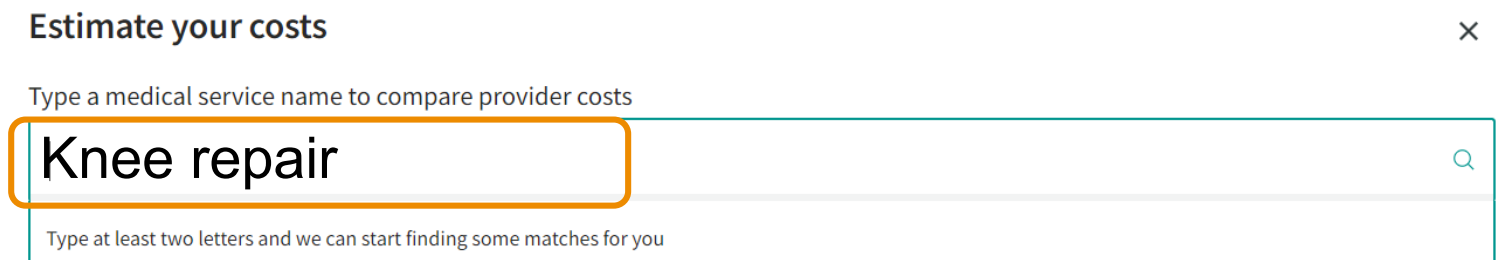
Located within the **Find a Provider** link on **My Health Plan**.



Click on **Estimate your costs**.



- Type name of service to compare pricing.



Cost Estimator Tool

- View average cost in top right corner of screen, along with cost range.

Knee Repair, ACL (Arthroscopic)
CPT 29888 Out of network and service details

AVERAGE COST \$1,725 COST RANGE \$920 - \$11,103

In-person care (181) Remote services (0)

100 miles More filters Cost (Low to High) Map

181 search results

HOASHI, JANE S, MD
Accepting new patients at this location

XCELL MEDICAL GROUP
710 LEONA ST
ELYRIA, OH 44035 • 3.5 miles
(440) 324-0092

SPECIALTIES
Orthopedic Surgery

CONTACT
Main: (440) 324-0092
Email: None
[+1 more](#)

GENDER
Female

NPI

\$920 / you pay
[More details](#)

Knee Repair, ACL (Arthroscopic)
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GENDER
Female

NPI

\$920 / you pay
[More details](#)

- To view cost by provider, click on **More Details** on their card

- See cost breakdown for you based on plan chosen

Service details

Knee Repair, ACL (Arthroscopic) for KELLY GOINS
Arthroscopic ACL Repair uses a long thin tube to examine and repair a torn Anterior Cruciate Ligament (ACL) in the knee.

A service is one piece of a health care procedure. You may be billed separately for anesthesia, facility costs, professional fees, or other specific circumstances. Additionally, you may be billed for this service more than once, for example, if the service has to be done multiple times over a certain time period. The cost represented here is the amount for a single instance of the service. Where applicable, negotiated rates for services are based on a single unit of quantity or per diem allowance. The "Fine print, disclaimers, and more" section below contains more details. Please check with your provider to understand the entire cost of care.

HOASHI, JANE S
XCELL MEDICAL GROUP
710 LEONA ST
ELYRIA, OH 44035 • 3.5 miles
(440) 324-0092

Place of service
On Campus-Outpatient Hospital

Cost details

Total cost	\$920
Insurance pays	\$0
You pay	\$920

Your deductible applied to this service	\$920
Your share of the cost (20% co-insurance)	\$0

We've estimated how much you'll pay based on your plan details and the average cost for this place of service: On Campus-Outpatient Hospital.
[Learn more](#)

Chronic Condition Management Program

Medical Mutual wants to partner with you to help you achieve your personal health goals and make sure you receive the care you need. Our Chronic Condition Management program is provided at no additional cost to you. This program supports the care you receive from your healthcare providers.

If you are managing one of the conditions listed below, our Chronic Condition Management program may be right for you:

- Asthma
- Heart Failure (HF)
- Coronary Artery Disease (CAD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes n Hypertension
- Musculoskeletal pain
- Pelvic health issues (individuals with vaginal anatomy, regardless of gender identity)

ENROLL TODAY : 1-800-590-2583

Chronic Condition Management Program

<p>lark Prevention</p>	<p>lark Diabetes Prevention Program</p>	<p>lark Diabetes Care</p>	<p>lark Hypertension Care</p>
Prevention	Prevention	Chronic Disease Management	Chronic Disease Management
Lark helps prevent future disease by coaching members to stress less, lose weight, and quit tobacco.	Lark is a CDC-recognized national diabetes prevention program provider.	Lark provides 24/7 personalized counseling and education to help members manage diabetes.	Lark provides 24/7 personalized counseling and education to help members manage hypertension.

lark

PROPRIETARY & CONFIDENTIAL



Texting

Text LARKMM to 484848 to enroll in your Lark program.



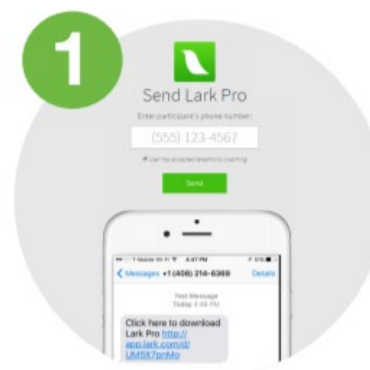
Visiting the website

Go to www.lark.com/medical-mutual to enroll in your Lark program.



Scanning the QR code

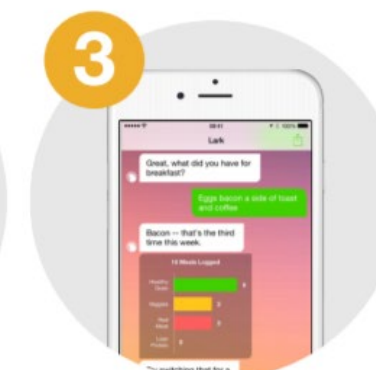
Open your phone's camera over the code to enroll in your Lark program.



Text link to download Lark



Lark sends devices



24/7 coaching with evidence-based care plans

Ready to get started?

Get started today and claim your devices at no additional cost to you.

Scan this QR code with your smartphone camera to get started.



Online visit
enroll.lark.com/MedMutual

SaveonSP

- The SaveonSP program generates savings for Medical Mutual members by maximizing prescription drug copay assistance from pharmaceutical manufacturers for specialty drugs
 - Through this program, you will pay \$0 instead of your plan's specialty drug cost share
 - Your prescription will be filled through one of our specialty pharmacies and you will still receive the same 30-day supply per fill
- For more information or to enroll, call SaveonSP at 1-800-683-1074 or call the Rx Information number listed on your ID card

Note: Enrollment in the program is voluntary. If you choose not to enroll in SaveonSP, your current manufacturer's copay assistance will no longer apply and you will be responsible for paying the full copay amount for your medication. That amount will not accumulate toward your annual deductible or out of pocket maximum.

Medical Mutual 24/7 Nurse Line

Speak with a **trained nurse** to help you determine **the care you need**

Your coverage with Medical Mutual provides 24/7 access to highly trained and experienced nurses to help:

- Advise you personally, no matter the size of the concern
- Provide easy-to-understand explanations about medical tests and results
- Talk you through self-care for treating minor medical conditions at home
- Help determine if you need to visit your doctor, an urgent care clinic or the emergency room
- Assess symptoms using nationally accredited guidelines
- Stay on the line until you feel you understand next step

Highly trained and experienced nurses take your call

Health counseling, education and help with symptom identification

Nurse Line is a valuable health benefit at no additional charge

24/7 Medical Mutual Nurse Line: 1-888-912-0636





Relieve Aches + Pains from the comfort of your home

Tired of chronic pain or loss of mobility? Struggling with discomfort? Meet Sword, a digital physical therapy program designed to help you overcome your joint, back or muscle pain—all from home.

Combining licensed physical therapists (PT) with easy-to-use technology, Sword is more than just convenient.

It can be as effective as in-person physical therapy¹, and it's available to you at **no additional cost**.

ENROLL TODAY! join.swordhealth.com/medmutual/register

Here's how it works



Pick Your PT

Thanks to your dedicated PT, your Sword program is entirely customized to you, your goals and your abilities.



Get Your Sword Kit

Your kit comes with your own tablet, and will provide you and your PT with real-time feedback.



Stay Connected

Chat 1:1 with your PT anytime. They'll check in, monitor your progress, and adjust your program as needed.



Feel the Relief

Complete your exercise sessions whenever is most convenient for you. Then feel pain relief for yourself.





Learn more at
join.hibloom.com/MedMutual

Next generation pelvic health care *from home*

Digital pelvic therapy available at **no additional cost** as part of Medical Mutual's Chronic Condition Management Program



Bladder Health



Sexual Health



Pelvic Pain



Bowel Health



Pregnancy



Postpartum



Menopause

How prevalent are *pelvic disorders*?

1 in 4

women suffer from **moderate to severe** pelvic health disorders

50%

of **pregnant and postpartum** women have pelvic floor disorders

45%

of women with **chronic pelvic pain** report reduced work productivity

10%

of reproductive-aged women have **endometriosis**

74%

of women aged 40-59 suffer from **prolapse**

1 in 3

women suffer from **bladder issues**



Member Tools and Resources

DELTA DENTAL

Member Portal

Our easy-to-use dental benefits tool designed with you in mind

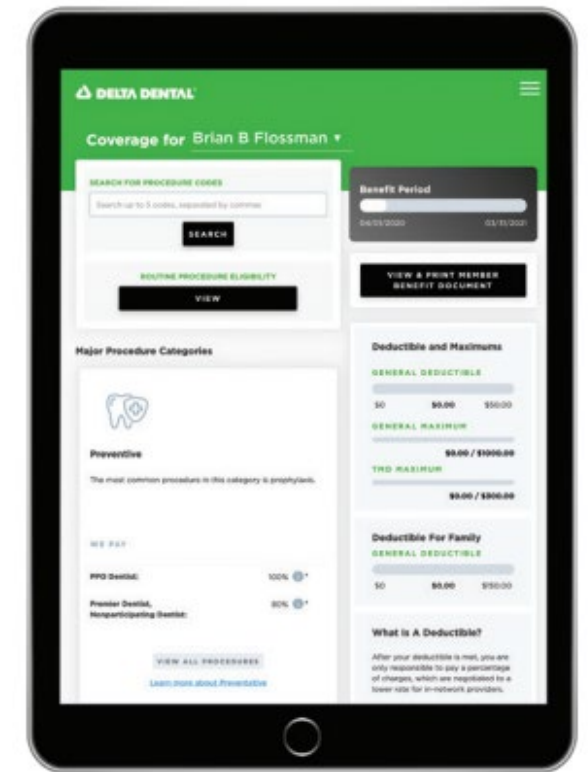
Member Portal gives you easy, secure online access to your dental benefits information, 24/7.

This mobile-friendly tool allows you to:

- View eligibility
- Review coverage details
- Review claims information
- Print ID cards
- Find a dentist
- And more

Member Portal uses highly secure encryption technology to protect your personal information. For even greater protection and convenience, you can opt-in to go paperless and receive your Explanation of Benefits digitally.

All users must first register to gain access to Member Portal. Register your account today at www.memberportal.com





Member Tools and Resources

GUARDIAN

Employee Assistance Program

We all need a little support every now and then.

Guardian’s Employee Assistance Program gives you and your family members access to confidential personal support, across everything from stress management and nutrition to handling legal or financial issues.

The services available include consultations with experienced professionals, as well as access to resources and discounts designed to help you in a variety of different ways.

How it can help



Consultative services are available to provide direct support and assistance



Work/life assistance that can help you save money and balance commitments



Access legal and financial assistance and resources – including WillPrep Services



How to access



Visit

worklife.uprisehealth.com



Access Code

worklife



Call

1 800 386 7055

24 hour crisis help available.
Regular office hours:
Monday-Friday 6am-5pm PST.