

Individual and Small Employer Plans

WELLNESS REWARDS*



Earn up to \$240 per person or \$580 per family by doing wellness activities like:

- Acupuncture
- Tai Chi
- Yoga
- Getting a gym membership

Idaho members also have access to a \$0 PIVOT Lifestyle & Fitness membership (\$79/month value; members in Boise only).

Visit selecthealth.org/getfit for details.

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

WELLNESS RESOURCES



Help manage your well-being with resources like:

- Preventive Care—typically at no cost
- Way to Wellness—one-year diabetes prevention program for adults who want to work with a registered dietitian to lose weight
- Quit for Life—tobacco cessation program
- Healthy Beginnings—prenatal support for a safe and healthy pregnancy
- Care Management—care coordination and support for chronic conditions

Visit selecthealth.org/wellness to learn more.

MEMBER DISCOUNTS



Get discounts on things like LASIK surgery, gym memberships, hearing aids, cosmetic dermatology, eyewear, and more. Start browsing and saving at selecthealth.org/discounts.

Rx SAVINGS SOLUTIONS®



You can access more than 55,000 pharmacies, including all major national chains, with an average annual savings of \$455.

Visit rxsavingsolutions.com to learn more.

MARK CUBAN COST PLUS DRUGS



You have access to more than 2,000 prescription products at potentially lower prices than traditional pharmacy locations. Visit costplusdrugs.com to learn more.

AMAZON PHARMACY



You have in-network benefits for covered medications at the Amazon Pharmacy. They deliver your medication right to your door with status updates along the way. Visit pharmacy.amazon.com to get started.

VIRTUAL CARE



Virtual visits with an in-network primary care provider, mental health provider, and Intermountain Health virtual care providers are covered at no additional cost to you on most plans. Visit selecthealth.org/find-care/virtual-care to get started.

SELECT HEALTH ACCOUNT AND MOBILE APP



Use your Select Health account online or with the mobile app to help you manage your plan details.

- Download your ID cards
- See real time spending and medical and pharmacy claims in one location
- Search providers and facilities and assign primary care doctors
- Review tasks and take actions to manage your health
- Estimate costs for specific medical services or procedures
- Search for covered medications and pharmacies, compare drug prices, and enroll in cost saving programs
- Set preferences and get health and wellness reminders and notifications
- Chat with our Member Services team or send them a secure message with questions about your benefits

Get started at selecthealth.org/resources/online-tools.

UNITEDHEALTHCARE OPTIONS PPO NATIONAL NETWORK



You have access to care no matter where you are.

- Nationwide access for Small Employer plan members on the Select Health Med network outside of Utah, Idaho, Nevada, and Colorado
- Individual and Small Employer plan members on other networks only have access to urgent and emergency care
- Access to 83% of all hospitals and 2/3 of the healthcare professionals in the United States
- Access to nearly 850,000 physicians nationwide
- Same excellent Select Health customer service

To find a UnitedHealthcare Options PPO network provider or facility, call Member Services at **800-538-5038** or visit selecthealth.org/find-care#uhc.

Small Employer Plans Only

MITRATECH'S MINERAL HR AND COMPLIANCE PLATFORM



Enjoy peace of mind and cost savings with the Mineral HR and benefit compliance platform, all at no additional cost. Mineral experts can help you solve HR and compliance challenges with data, technology, and personalized advice on topics like:

- Employee benefits and handbooks
- Employee management
- Safety
- Recruiting and hiring

Visit selecthealth.org/employers/small-employer/mineral to learn more.