

Individual and Family plans

Wellness rewards*

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

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

Visit selecthealth.org/getfit for details.

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



Wellness resources

Find tools to help you 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 60,000 pharmacies, including most 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 thousands of 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.



Pharmacy Compass

Pharmacy Compass helps you find the lowest-cost prescription medications, access discounts, and track real-time pharmacy benefit pricing. Visit selecthealth.org/pharmacy to learn more.



Virtual care

Virtual visits with an in-network primary care 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.



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Select Health account and 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.

Health savings account (HSA)



Sign up for a plan that pairs with an HSA to pay for your out-of-pocket health expenses. Save, spend, and invest in your healthcare with a tax-advantaged HSA from HealthEquity. For more information on HSAs, visit selecthealth.org/resources/hsa.

UnitedHealthcare Options PPO Network



You have access to care no matter where you are.

- Nationwide access to urgent and emergency care for members outside of Colorado, Idaho, Nevada, and Utah
- 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.

To see the full fair treatment notice, visit selecthealth.org/disclaimers/non-discrimination.

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**.