

EPC Medical Plan

MEMBER CARE PROGRAMS & RESOURCES

The EPC Health Benefits program is dedicated to serving and supporting the health and financial wellbeing of its medical plan participants. To support this goal, we offer a number of Health Care Resources and Programs at \$0 cost to our plan participants.

Whether you are looking to reduce your healthcare expenses, dealing with a chronic condition, searching for a good doctor or hospital for a procedure, planning to expand your family, or looking to get fit there is something for you!

CHECK OUT
OUR
PROGRAMS!



MEMBER CARE PROGRAMS

- Diabetes, Prediabetes or Hypertension
- Nurse Health Coaching
- Healthcare Bluebook
- Virtual Primary Care
- My Active Health
- Maternity Management
- Medical Precertification
- Case Management Services
- High Cost Drug Management



Diabetes - Prediabetes - Hypertension

This nationally recognized health management program provides a personalized and effective approach to managing health challenges related to **diabetes**, **prediabetes**, and **hypertension**.

Whether you are living with one or more of those conditions or related complications such as weight management or behavioral health you will receive a unified one-stop experience that adapts to your needs as you move through your health journey.

If you qualify for this program you'll receive one-on-one expert health coaching with personalized insights and tips; and depending on your conditions access to supplies, connected meters, monitors and scales. This places at your disposal the tools you need for managing your health conditions and reaching your goals.



The Livongo program has a proven record of member satisfaction with measurable and sustainable results. Wait no longer, to learn more call 1.800.945.4355 or go to be.livongo.com/MERITAINWP/new, if registering use code: MERITAINWP

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NURSE HEALTH COACHING

Are you wrestling with managing a chronic condition? Trying to improve your general health? If you are coping with common chronic conditions such as persistent pain caused by arthritis, or lower back pain; heart (CAD) (CHF), lung (COPD) or kidney disease (CKD); or asthma then know you are not alone in your journey. With your EPC medical benefits, you have free access to a Nurse Health Coach!

The trained "Coaching for Activation" nurse will help you develop a plan by setting personal goals, providing you with educational materials, and the motivation and encouragement you need to better manage your condition.

So, if you want to better understand your condition, identify warning signs, or move toward healthier cholesterol, blood sugar levels, or blood pressure, you don't have to go it alone. It's time to reach out to a Nurse Health Coach by calling 1.888.610.0089.



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MY ACTIVE HEALTH

Provides you with your very own Health and Wellness online platform designed to inspire, motivate, and introduce healthy lifestyle actions to your daily life. Members have 24/7 access to:



- Health Assessments Tools
- Health Trackers & Connection to Mobile Devices
- Group and Individual Challenges
- Library of Health & Wellness Webinars, Videos, Recipes & Health Tips
- Preventative Care & Age-Appropriate Screenings Guidance

Start exploring all your Health and Wellness tools by logging on to your Meritain Health portal at www.meritain.com and go to *Tools and Resources* ► *My Wellness*.

VIRTUAL PRIMARY CARE

Feeling sick or have a health concern?

Start a virtual primary care physician visit, on-demand, 24/7 from any location via text messaging using your smart phone or mobile device.

The benefit is available to you and your covered dependents

age 1 or older under any of our five EPC medical plans through 98point6.



If you are enrolled in our traditional medical plan your co-pay is \$0, and only \$5 if you are in our high deductible plan.

All you need to do is download the app, register and you will have immediate access to a primary care physician. Learn more or download the app by visiting www.98point6.com/

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**Healthcare
Bluebook™**

Did you know that the EPC medical benefit provides you with a tool to see quality rankings on doctors and hospitals in your area? About to undergo a medical procedure?

With Healthcare Bluebook you can find out which hospital in your area ranks highest for performance and positive outcomes for your specific procedure. Also see quality rankings for over 200,000 doctors!

Another great feature of Bluebook is when you are scheduling a test or a procedure and select a “**GREEN** provider” you can earn cash incentives of up to \$1,500 on eligible procedures!

Bluebook also has a pricing transparency tool that enables you to see **Fair Price** information and compare costs across providers and facilities in your area. Billed costs can vary by as much as 500% between facilities! Since you may have to meet your deductible or pay coinsurance, these tools empower you to make informed healthcare decisions regarding both quality and cost.

Start using these tools today by logging on to your Meritain Health portal at www.meritain.com, click *Tools and Resources* ► *Health Tools* ► *Healthcare Bluebook*, or call 1.800.341.0504.

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MATERNITY MANAGEMENT

Is someone in your family expecting? If so, you can take advantage of one-on-one support to help you achieve a healthy pregnancy and newborn. Through this program, you will be able to speak with a nurse specialist on a regular basis who will provide educational information and discuss ways to minimize the risks to you and your baby. The nurse, who is experienced in all aspects of prenatal care, will also help you manage your diet and exercise and discuss other ways to stay healthy throughout your pregnancy.

Even if you aren't a first-time mom, the nurse can help you through the changes that come with each unique pregnancy.

Call 1.800.641.3224 to speak to a maternity nurse specialist.

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OTHER PROGRAMS

Your EPC medical plan includes other member care programs tailored specifically to your medical situation. The links below take you to more information about these programs. Or visit Below are those programs with a link to learn more about them. You can also visit www.epc.org/benefits/2023medical/ to learn more.

Medical Precertification

Precertification is an important process ensuring you receive the best health outcomes while also helping you save on the cost of care. Your provider will often handle this process but as an active participant in your health care, it's best to call the precertification number on the back of your ID card (800-925-2272) and make sure your service is covered under your EPC medical plan.

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Case Management Services

Your EPC medical benefit includes healthcare professionals like registered nurses, case managers, or licensed social workers who will be your advocate to support, guide and coordinate your healthcare journey when you or your dependent experiences a serious injury, illness, or condition.

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High Cost Drug Management

Medication that need to be administered in a clinical setting are often very costly resulting in very high co-pays for you. This program works behind the scenes with your doctor in determining the best place of administration and source for purchase of the medications being administered to ensure that you have the best quality of care and the lowest possible out-of-pocket expenses.

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WE CARE ABOUT YOU

EPC Benefit Resources wants to help you and your family on your Health & Wellness journey and we hope you will take advantage of the programs and resources we have made available to you.

If you have any questions you may call Meritain Health customer service at 800.925.2272 or call the EPC benefits office at 407.930.4492.