

# My Care

One plan,  
three benefit options



With Presbyterian Health Plan's My Care Plan, employees can choose among three different benefit options to find a plan that best fits their unique needs: the Active, Family, and Independent options.

Once you select an option, you and your qualifying dependents will remain in that option until the next open enrollment. Each option is priced the same, and your per pay period contribution is the same for all options. The benefit levels vary as outlined below.

## The Active Option

The Active option is a good fit for individuals, couples, or some families who do not seek medical services often and are mainly concerned with preventive care. The Active option allows you to seek medical services from participating providers and offers a \$150 reimbursement per family per calendar year under the Unique Services Reimbursement Program for the following:

- Gym memberships\*
- Weight loss programs\*
- Routine vision care
- Ambulance copays
- Copays for scans
- Sterilization services
- Smoking cessation
- Birth control pills
- LASIK surgery
- Vitamins\*
- Dental treatment\*

- Three coverage options designed to accommodate different lifestyles
- Two options offer special reimbursements
- You don't need to select a Primary Care Physician (PCP) under any option

## The Family Option

The Family option is great for those employees with a family-oriented lifestyle. These individuals typically have young children or are expecting to start a family. Instead of offering a Unique Service Reimbursement Program, this option offers significantly lower copayments for the services that children use most. Well child care, preventive physicals and primary care physician (PCP) office visits are offered at no charge for children up to age 26 who are enrolled on this plan.

## The Independent Option

The Independent option is designed for individuals, couples, or families who want to visit doctors outside the Presbyterian network and receive coverage for those costs. This plan offers enhanced out-of-network coverage, allowing you to visit providers outside of the Presbyterian Health Plan provider network. This option offers a \$250 reimbursement per family per calendar year under the Unique Services Reimbursement Program for the following:

- Prescription drug costs with a physician's prescription
- Routine vision care
- Alternative therapies
- Disease management classes\*
- Dental treatments\*
- Diagnostic devices\*
- Hearing aids

*\* If recommended by a physician to treat a specific medical condition. A note or prescription from the provider and the Unique Services Reimbursement Form must be submitted.*

For benefit information, forms and more, visit [www.phs.org/PHS/healthplans/employer/group/cityofabq](http://www.phs.org/PHS/healthplans/employer/group/cityofabq) or [www.cabq.gov/jobs/insurance-benefits](http://www.cabq.gov/jobs/insurance-benefits)

For more information about services and benefits, call your dedicated Presbyterian Customer Service Center representatives at (505) 923-7787 between the hours of 7:00 a.m. to 6:00 p.m., Monday through Friday.

[www.phs.org](http://www.phs.org)

 **PRESBYTERIAN HEALTH PLAN**

# Your Value-Added Benefits at a glance



**NurseAdvice New Mexico**  
**1-866-221-9679**



**Benefit Source**  
**www.benefitsource.org**  
**(505) 237-1501**  
**1-888-862-8659**



**Walgreens**  
**Mail Service Pharmacy**  
**1-800-345-1985**  
**www.WalgreensHealth.com**

## **Direct access to medical advice 24 hours a day, 365 days a year.**

Whenever you have a healthcare question, just call NurseAdvice New Mexico toll-free 1-866-221-9679, any time day or night, any day of the year, to receive confidential medical advice at no extra cost to you. Registered nurses are standing by to offer you suggestions for self-care measures and provide general health information on a broad range of healthcare topics.

## **Discounts for Acupuncture, Massage Therapy, Chiropractic**

**and more.** Presbyterian Health Plan and Presbyterian Insurance Company, Inc. have partnered with BenefitSource to bring you member-only discounts for alternative medicine and other services. Simply present your Presbyterian Member ID card to a participating provider and receive as much as 35% off services like massage therapy, hearing hardware, and acupuncture and chiropractic treatments. For a list of participating providers, fee schedules, and more, visit [www.benefitsource.org](http://www.benefitsource.org) or call (505) 237-1501 or toll-free 1-888-862-8659. In addition to discounts, some of these services may be eligible for reimbursement under the Unique Services Reimbursement Plan (USRP) on the Active and Independent Plans.

## **Our Mail Service Pharmacy Benefit can save you time and money.**

Did you know that, as a member, you can take advantage of the convenience and savings of our mail service pharmacy? Provided by Walgreens Mail Service Pharmacy, a subsidiary of Walgreen Co., our mail-order pharmacy benefit allows you to order up to a 90-day supply of maintenance prescriptions (as prescribed by your physician) and have them conveniently delivered to your home or other specified address.

For more information, call the Customer Service Center at the number listed on your Member ID card or send an e-mail to [cabqinquiry@phs.org](mailto:cabqinquiry@phs.org). You may also call Walgreens Mail Service Pharmacy toll-free 1-800-345-1985 or visit their website at [www.WalgreensHealth.com](http://www.WalgreensHealth.com).

**No waiting, no hassles, the information you want when**

**you need it.** Presbyterian's web-based services help you get fast and convenient service around the clock, any day of the year.

Access your health plan information through our secured site and customize your individual *My Pres Online* page with health topics and information that most interest you. *My Pres Online* allows you to:

- Look up your benefit information
- Check the status of your membership
- Change your PCP
- View the status of your claims
- Request replacement ID cards
- Send Customer Service a question online

To locate a physician or specialist in your area or to look up provider contact information, try our convenient, easy-to-use online Provider Directory of more than 9,000 network providers.

Another helpful tool is Presbyterian's new online *WebMD Health Manager*<sup>1</sup>, which provides the most up-to-date health information and resources. *WebMD Health Manager* features a powerful Personal Health Assessment (PHA) that helps you identify personal health risks, provides recommendations for improving those risks, and offers easy-to-use tools to help make healthy lifestyle changes. Also available through this site is the WebMD Health Record. This feature allows you to securely compile and store immunization records, medical history, allergies, and much more in one handy location.

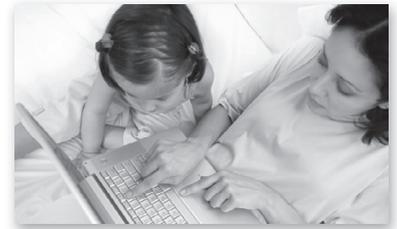
To find these services and more, visit [www.phs.org/phs/healthplans/online](http://www.phs.org/phs/healthplans/online).

**Presbyterian Customer Service Center: Dedicated to you.**

Our friendly representatives, centrally located in Albuquerque, are standing by to answer your benefit questions Monday through Friday from 7:00 a.m. to 6:00 p.m. You can contact your dedicated City of Albuquerque representatives by calling the number on the back of your Member ID card or by sending an e-mail at any time to [cabqinquiry@phs.org](mailto:cabqinquiry@phs.org). We also offer automated options on our Customer Service phone line to help you get the information you need quickly.

<sup>1</sup>Available to members enrolled in a fully insured Employer Group plan, Individual plan (excluding the Individual Care plan), and certain ASO plans.

**MyPres Online**  
**[www.phs.org/phs/healthplans/online](http://www.phs.org/phs/healthplans/online)**



**WebMD<sup>®</sup>**  
**Health Manager<sup>™</sup>**

**Member Services**  
**Monday through Friday**  
**7:00 a.m. to 6:00 p.m.**  
**[cabqinquiry@phs.org](mailto:cabqinquiry@phs.org)**



**[www.phs.org/cabq](http://www.phs.org/cabq)**  
**Presbyterian Health Plan, Inc.**