



2022 OPEN ENROLLMENT

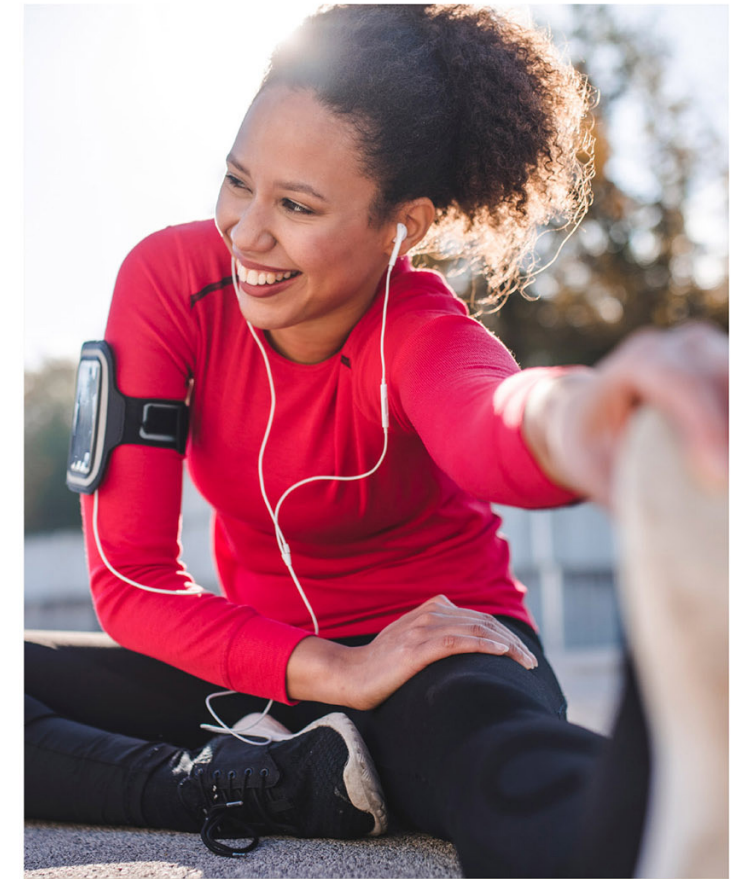
Mattel Fisher Price



2022 Independent Health Benefits Passport Plan Select

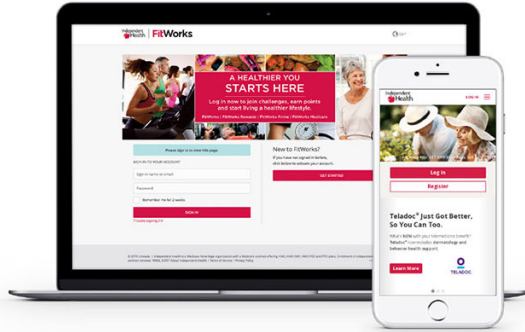
In Network Deductible	\$200/\$400
Out of Pocket Maximum	\$3,000/\$6,000
PCP	\$35 Copay
Specialist	\$50 Copay
Outpatient Mental health and Substance Abuse	\$0 Copay
Lab Testing	\$0 Copay
Teladoc	
• General Medicine	\$0 Copay*
• Mental Health	\$0 Copay
• Dermatology	\$50 Copay
Urgent Care	\$75 Copay
Emergency Room	Deductible then \$100 Copay
Inpatient Hospital	Deductible then \$250 Copay
Outpatient Surgery	Deductible then 10% Coinsurance
Prescription	
• Generic	\$12 Copay
• Brand	\$45 Copay
• Non-Formulary	\$60 Copay
Routine Eye Exam	\$0 Copay

* Change for 2022



Independent
 Health.

MEETING YOU WHERE YOU ARE



With Tools, Technology and Products:

Providing members what they need, when they need it with unique resources that help them get and stay healthy – all from their smartphone.



With Community Engagement Opportunities:

A wide range of Independent Health-sponsored events and opportunities lead to healthier behaviors and a more integrated, inclusive community, including:



With Physicians:

When a health plan works closely with its physicians, members get better care. How we work with physicians is our difference, and it revolves around improved patient care by providing physicians with the tools they need.

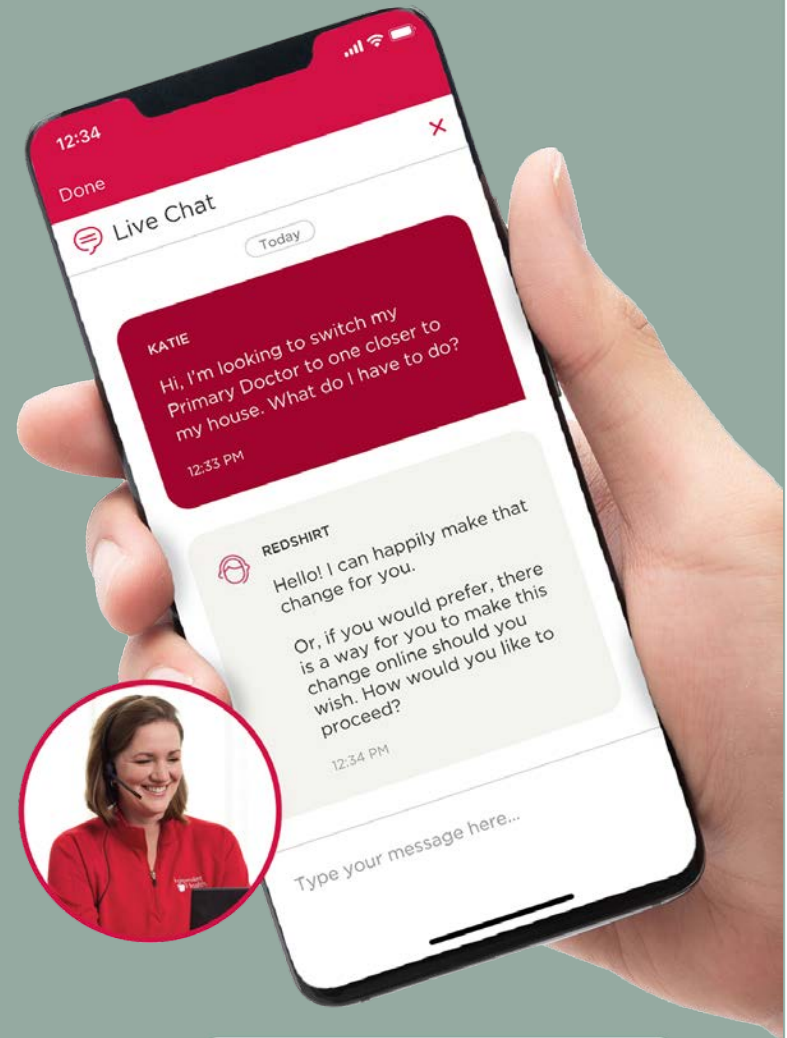


MyIH App

The RedShirt® Treatment at your fingertips.

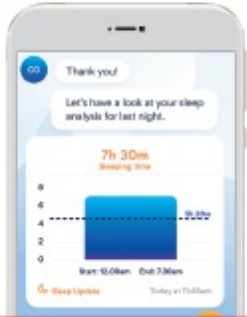
Members always have secure access to their plan benefits anytime, anywhere right from their smartphone.

- Access a digital image of your member ID card at appointments or on the go
- Track your deductible and balance to always know where you stand
- Review your plan details, benefits and coverage for you and your family
- Find care with doctors, specialists and urgent care in your network
- **NEW!** Chat with a LIVE RedShirt® to get answers about your health plan
- **NEW!** Explanation of Benefits (EOB) can now be securely accessed electronically



Member Tools

brook



Brook, a Health Companion app that offers

personalized, chat-based health coaching and chronic condition support 24/7.

- Work with Experts, from Diabetes and Hypertension to General Health
- Plan Meals and Track Daily Activity
- Reach Goals Through Expert Support and Motivation

foodsmart

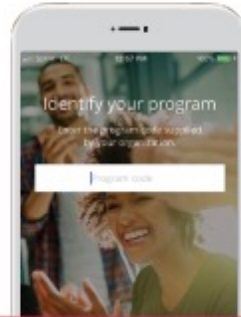


Foodsmart™, a digital nutrition platform that aids healthy meal

planning based on personalized characteristics and food preferences.

- Create Meal Calendars and Shopping Lists
- Get Healthy Recipes and Nutrition Assistance
- Save Money with the Latest Local Deals

FitWorks.



FitWorks® an online wellness program that rewards

participants for completing wellness challenges and engaging in healthy behaviors.

- Sync FitWorks Activity with the Limeade App
- Complete a Wide Range of Wellness Challenges
- Share Recipes, Best Practices and Accomplishments

brook+

Diabetes Prevention Program

NEW!

In January 2021, Independent Health helped introduce Brook+, a CDC-recognized Diabetes Prevention Program (DPP). This program helps members create sustainable lifestyle changes, lose weight, and reduce their risk of developing Type 2 diabetes. Brook+ is a year-long, fully-digital, on-demand program. Completing a CDC-recognized DPP reduces the risk of developing Type 2 diabetes by 58% and has been shown to prevent or delay the onset of diabetes for approximately 3 years.

Brook+ Success With Independent Health:

- Over 1,700 members enrolled in Brook+ initially
- Total weight loss of over 17,000 pounds
- 40% have lost at least 5% body weight after 10 weeks
- Enrollment is now more than 3,800 members

Independent
Health.

\$0 preventive care services

Staying up to date with preventive care is key to maintaining and improving your health and well-being. That's because, through prevention, diseases can be detected and treated early.

We want you to Know Your Zero, so you're aware of all the \$0 preventive services offered to keep you healthy. Even those enrolled in a deductible health plan can enjoy FREE preventive services from the start!



More than
60 preventive services
available to our members!

Top 10 List of FREE Preventive Services

- Annual Routine Checkup
- Cholesterol Screening
- Colonoscopy Screening
- Diabetes Screening
- High Blood Pressure Screening
- Mammography Screening
- Pap Smear Collection and Preparation
- Vaccinations
- Well-Child Visit
- Well-Woman Visit



Thank You

Our members mean a lot to us, and helping you get and stay healthy is what drives us every day. As your local health plan, for over 40 years we have remained dedicated to improving the health and well-being for all of Western New York. It's a commitment that we deliver through the RedShirt® Treatment – our promise of exceptional customer service. It's who we are.

It's all part of the RedShirt® Treatment

