



Welcome to Your Benefits

2022 DAVIS SCHOOL DISTRICT

LARGE EMPLOYER - UTAH



SelectHealth Med[®] Network

If you live or work anywhere in Utah, SelectHealth Med is a good choice. It includes all Intermountain Healthcare[®] facilities, clinics, and doctors and key speciality facilities such as the Huntsman Cancer Hospital and Moran Eye Center. SelectHealth Med includes nearly 40 participating hospitals and over 200 clinics with more than 9,800 providers, including specialists who you can see without a referral.

Additionally, you'll have 24/7 access to telehealth through Intermountain Connect Care, our free mental health hotline **(833-442-2211)**, and our Health Answers nurse line **(844-501-6600)**, a service staffed by registered nurses who can answer healthcare questions and can direct you to treatment options.

Wondering whether your current doctor or neighborhood clinic is part of the SelectHealth Med network? To find out, visit selecthealth.org/find-a-doctor. Remember to filter your results by choosing SelectHealth Med from the network drop-down menu.



PRIMARY CARE PROVIDERS

A Primary Care Provider (PCP) sees patients for common medical problems, performs routine exams, and helps prevent or treat illness. You can trust a PCP to know your health history and help you find other doctors when you need them. If your PCP allows virtual (video) visits, you may pay less for these visits based on your benefits. Check out the Primary Care Provider (PCP) Virtual Visits benefit on your MPS to see how much you will pay.

SPECIALISTS

When you need more than your PCP, our network of specialists and surgeons can help.

HOSPITALS AND LOCAL CLINICS

Our facilities span Utah, offering great care and services. Think heart care, cancer treatment, transplant services, women and newborns, and much more—you name it, they can treat it.

INTERMOUNTAIN INSTACARE[®]

What's open late and costs less than the ER? Our InstaCare[®] and KidsCare[®] clinics. If you need urgent care, these are great options.

INTERMOUNTAIN CONNECT CARE[®]

Visit a provider 24/7 via live online video. Most plans cover this service for a \$0 copay. Check your ID card or member materials for coverage information.

VIRTUAL MENTAL HEALTH

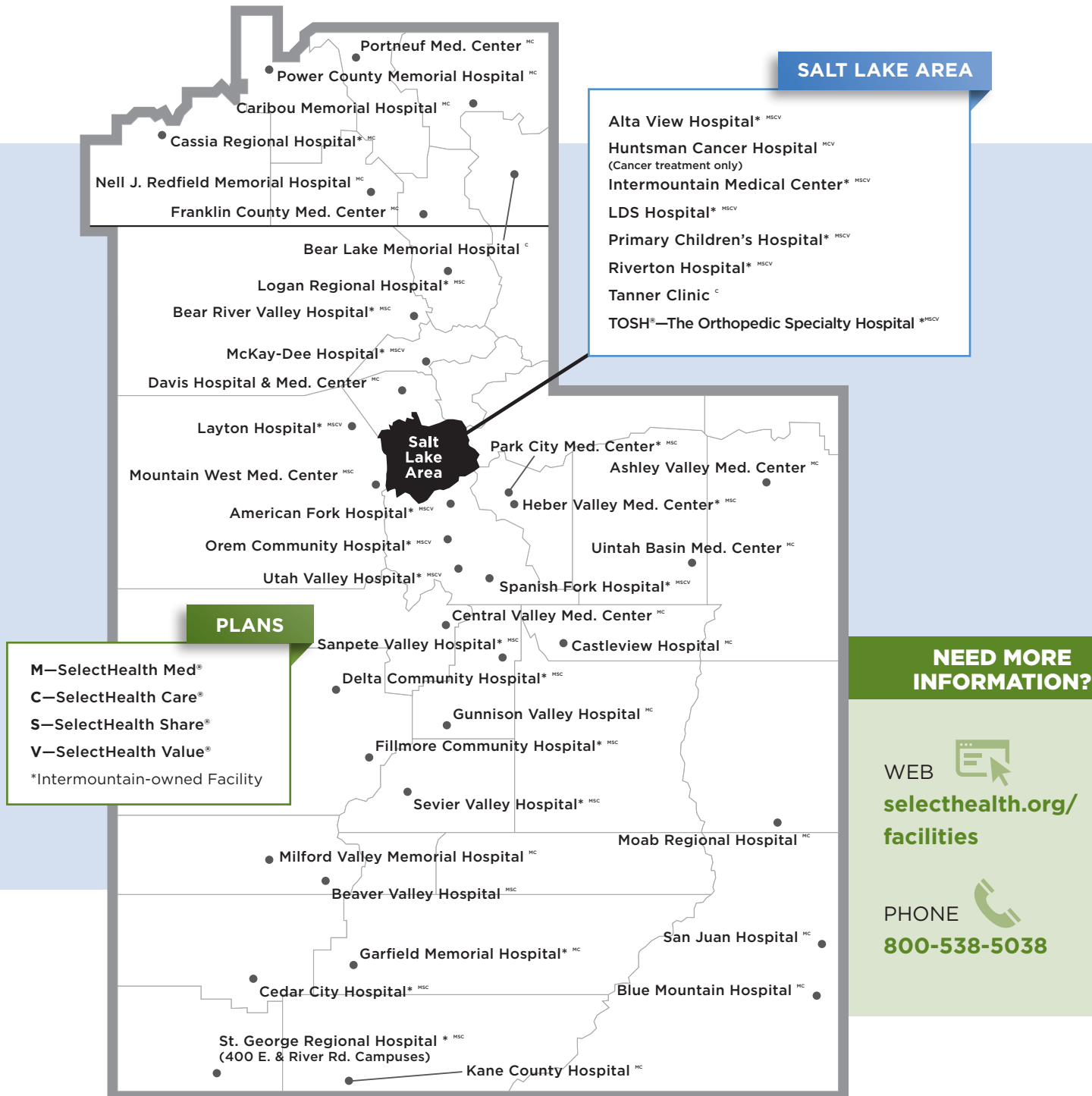
Some mental health providers offer video visits, which may be less expensive to you. Check out the Primary Care Provider (PCP) Virtual Visits benefit on your MPS to see how much you will pay.

EMERGENCY CARE

If you have an emergency, call 911 or go to the nearest hospital—we've got you covered anywhere you are.

Facility Map

Use the map and key below to determine which hospitals are participating on your SelectHealth® plan.



Seven Tips to Keep Healthcare Costs Low

We know healthcare can be expensive, but by using the tips below, you can keep your costs lower.

TIP 1

GET CARE IN THE RIGHT PLACE. Make sure you choose the most appropriate place for your healthcare needs. Besides helping you save money, this helps you stay healthy and safeguard your benefits. If you're not sure where to go, you can always call us at **800-515-2220**. And remember, save that trip to the emergency room for only true emergencies.

TIP 2

USE GENERIC DRUGS WHENEVER POSSIBLE. Talk to your doctor and pharmacist about options for using generic drugs—they can help you get effective medication at the best price.

TIP 3

STAY HEALTHY. The number one influence on your health is you. Take the time to take care of yourself and your family. Fact: The healthier you are, the less you spend on healthcare.

TIP 4

GET PREVENTIVE CARE. Preventive care is covered 100% by most plans when you use in-network providers. Preventive care can help you stay healthy in the long run.

TIP 5

SEE IN-NETWORK PROVIDERS. We've said it many times, but it's worth saying again. If you go to doctors and facilities in your network, your insurance will pay more and you will usually pay less for the care you receive. And if you go out-of-network, you will likely pay more out-of-pocket.

TIP 6

USE AN FSA OR AN HSA. Sign up for a plan that pairs with a Flexible Spending Account (FSA) or Health Savings Account (HSA) to pay for your out-of-pocket health expenses (if offered by your employer). Remember only certain plans pair with an HSA, and other limits may apply.

TIP 7

MANAGE YOUR CHRONIC ILLNESS. The Care Management team can coordinate care and find the best way to meet your needs. Current programs include asthma, cancer, COPD, diabetes, depression, heart disease, high-risk pregnancy, mental health concerns, and substance abuse. To speak with a care manager, call **800-442-5305**.

We're Here to Help You



MEMBER SERVICES

We want to help you understand your insurance plan—so, when you have a question, give us a call. We also realize that life doesn't always happen between nine and five, so we're here late.

7 a.m. to 8 p.m. MST, weekdays
9 a.m. to 2 p.m. MST, Saturdays

800-538-5038



ONLINE CUSTOMER SERVICES

No time for a call? Log in to your SelectHealth member account and chat with us or request a call back at a time that's convenient for you.

selecthealth.org



MEMBER ADVOCATESSM

We can help you find the right doctor for your needs. We'll find the closest facility or doctor with the nearest available appointment, schedule appointments for you, and help you understand and maximize your benefits.

800-515-2220



Health insurance doesn't have to be complicated. We can help you with everything from understanding your benefits to finding the right doctor. Our customer service teams are dedicated to providing exceptional service.

Helping You Manage Your Health

Care managers are specially trained registered nurses who can help with managing long-term chronic diseases and provide support for recovery from surgeries and short-term illnesses. They have years of healthcare experience, with extensive knowledge about facilities, providers, and services. If you qualify for care management, a care manager will work with you and your doctor to make sure you get the most appropriate care and receive help with your benefits and claims.

In addition to one-on-one support, we provide educational materials and follow-up phone calls to help you manage your condition. Care management is available for members with the conditions, surgeries, or illnesses listed here. Please call us to learn more.

Asthma
Cancer
Chronic Obstructive Pulmonary Disease (COPD)
Complex joint replacements
Diabetes
Heart disease
Depression/Anxiety
High-risk pregnancy
HIV and other blood conditions
Some surgeries



NEED MORE INFORMATION?



WEB

selecthealth.org/caremanagement

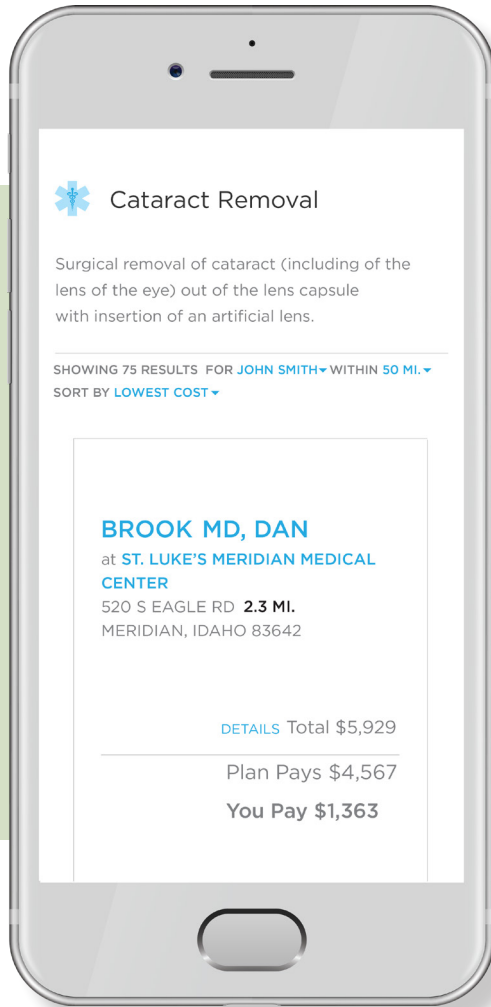


PHONE

800-442-5305

Top-notch Tech for You

Your secure online member account is your one-stop shop for information about your healthcare. Your member account can be accessed from your mobile device or computer by visiting selecthealth.org.



MEDICAL COST ESTIMATOR

We can estimate the cost of many healthcare services, so that you know what a procedure will cost before you schedule it. Log in to your SelectHealth account and click on "Medical Cost Estimator" where you can see bundled cost estimates that include charges for the facility, provider, and anesthesiologist.

ID CARDS

Lost your ID card? No worries—you can view and print copies of your card on your SelectHealth member account.

REQUEST A CALL

Use our call request feature to schedule a call back from our Member Services team at a set time that's convenient for you.

CHAT WITH US

No time for a phone call? Use our secure chat feature to talk with Member Services online. If you need to know whether your medication will be covered or how much a doctor's bill was, chat can help.

HEALTHCARE INFORMATION

View your benefits, claims, and deductible levels.



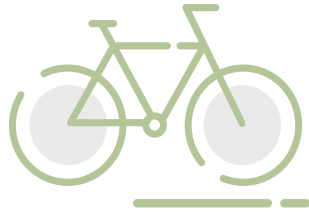
Many contracted providers and facilities receive secure messages and will even upload lab results, imaging reports, and other health information on your Intermountain Healthcare *My Health+* account. To access information from your providers, click the blue *My Health+* button in the right corner of your SelectHealth dashboard.



On the Move?

OUTSIDE OF YOUR SERVICE AREA

In-network benefits apply when you receive services for urgent or emergency conditions, no matter where you are.



SAVE MONEY WHEN TRAVELING

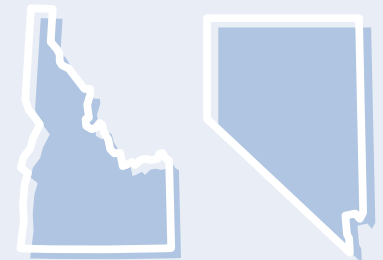
To reduce your medical out-of-pocket expenses while traveling, using the UnitedHealthcare Options PPO network may save you money for urgent and emergency care.

Remember: Always present your ID card when you visit a UnitedHealthcare Options PPO network provider or facility. The logos on the back of the card give you access to the networks.

To find UnitedHealthcare Options PPO network providers or facilities, call Member Services at **800-538-5038** or visit selecthealth.org/find-a-doctor and select "UnitedHealthcare Options PPO" from the network drop down..

OUTSIDE OF THE COUNTRY

If you are traveling outside of the country and need urgent or emergency care, visit the nearest doctor or hospital. You may need to pay for the treatment at the time of service. If you do, keep your receipt and submit it along with a *Claim Reimbursement Form*, which can be found on selecthealth.org/forms.



IDAHO AND NEVADA

SelectHealth Med® and SelectHealth Care® plans also include in-network benefits in Idaho through the Brightpath and St. Luke's Health Partners networks, and in Nevada through the SelectHealth Value and Beech Street networks.

Preventive Care



DID YOU KNOW?

Your plan covers many procedures, services, and preventive screenings at no out-of-pocket cost to you. With 100% coverage, you can get the preventive care you need.

For services to be covered as preventive, your doctor must submit claims with preventive codes. If a preventive service identifies a condition that needs further testing or treatment, regular copays, coinsurance, or deductibles may apply. Unless otherwise indicated, these services are generally covered once every 12 months.

This information is subject to change at any time and additional limitations may apply. To verify if your service or supply is considered preventive, call Member Services at **800-538-5038**.

Zero Out-of-Pocket Cost

Adult Preventive Services (ages 18 and older)

Laboratory Tests

- > Complete Blood Count (CBC)
- > Prostate Cancer Screening (PSA)
- > Diabetes Screening
- > Cholesterol Screening
- > Gonorrhea Screening
- > Human Papillomavirus (HPV) Testing (once every 3 years for women ages 21-65)
- > Chlamydia Screening
- > Human Immunodeficiency Virus (HIV) Screening
- > Syphilis Screening
- > Tuberculosis (TB) Testing
- > Lead Screening
- > BRCA 1 & 2 Testing (covered once per lifetime for high-risk individuals who meet criteria)
- > Hepatitis B Virus (HBV) Screening (covered for high-risk individuals who meet criteria)
- > Hepatitis C Virus (HCV) Screening (once per lifetime for individuals over age 50)

Procedures

- > Pap Test
- > Lung Cancer Screening (between ages 55 and 80)
- > Screening Mammogram
- > Colon Cancer Screening
- > Abdominal Aortic Aneurysm Screening (males only, once between ages 65 and 75)
- > Bone Density/DEXA (once every two years in women ages 60 and older)
- > Certain Sterilization Procedures (such as tubal ligation)

Examinations/Counseling

- > Physical Exam
- > Tobacco Use Counseling
- > Alcohol Misuse Screening and Counseling

- > Hearing Screening (ages 65 and older)
- > Glaucoma Screening (Every 12 months)
- > Sexually Transmitted Infections Counseling
- > Dietary Counseling (only for certain diet-related chronic diseases)

Immunizations

- > Influenza
- > Tetanus or Tetanus, Diphtheria, and Pertussis (Td, Tdap)
- > Pneumococcal
- > Hepatitis A
- > Meningitis
- > Zoster (age 50 and older)
- > Human Papillomavirus (HPV) (ages 9 to 25)

Contraception

Most contraceptives are covered as a preventive service under your pharmacy benefits.

- > Cervical Cap with Spermicide
- > Diaphragm with Spermicide
- > Emergency Contraception (Ella, Plan B)
- > Female Condom
- > Implantable Rod
- > IUDs
- > Generic Oral Contraceptives (Combined Pill, Progestin Only, or Extended/Continuous Use)
- > Patch
- > Shot/Injection (Depo-Provera)
- > Spermicide
- > Sponge with Spermicide
- > Surgical Sterilization for Women (Tubal Ligation)
- > Surgical Sterilization Implant for Women
- > Vaginal Contraceptive Ring

Pediatric Preventive Services (younger than age 18)

Procedures/Counseling

- > Well-Child Visit (preventive when billed on the following schedule: birth; 2 to 4 days; 2 to 4 weeks; 2, 4, 6, 9, 12, 15, and 18 months; ages 2, 2 1/2; once a year from ages 3 to 18)
- > Eye Exam
- > Developmental Testing
- > Newborn Hearing Screening (once per lifetime)
- > Hearing Screening (ages 10 and younger)
- > Application of Fluoride Varnish (younger than age 5)

Laboratory Tests

- > Newborn Metabolic Screening (younger than age 1)
- > Human Immunodeficiency Virus (HIV) Screening
- > PKU Screening (younger than age 1)
- > Thyroid (younger than age 1)
- > Sickle Cell Disease Screening (younger than age 1)

Immunizations

(As recommended by the CDC/ACIP)

- > Measles, Mumps, Rubella (MMR)
- > Diphtheria, Tetanus, Pertussis (Dtap, DT, DTP)
- > Haemophilus Influenzae Type B (Hib, DtaP-Hib-IPV, DTP-Hib, Dtap-Hib)
- > Polio (OPV, IPV, DtaP-Hep-LPV)
- > Influenza
- > Pneumococcal
- > Hepatitis A

- > Hepatitis B
- > Meningitis
- > Varicella (including MMVR)
- > Rotavirus
- > Human Papillomavirus (HPV) (ages 9 to 25)

Obstetrical Preventive Services

These are specific to pregnant women. To determine which additional non-obstetrical services may be considered preventive, please refer to the Adult or Pediatric Preventive Services lists.

Laboratory Tests

- > Iron Deficiency Anemia Screening
- > Diabetes Screening
- > Urine Study to Detect Asymptomatic Bacteriuria (first prenatal visit or at 12 to 16 weeks gestation)
- > Rubella Screening
- > Rh(D) Incompatibility Screening
- > Hepatitis B Infection Screening (at first prenatal visit)
- > Gonorrhea Screening
- > Chlamydia Screening
- > Syphilis Screening

Breast-feeding Supplies and Support

- > Breast Pump, Electronic AC or DC (one per birth)
- > Lactation Class (one per birth at a SelectHealth-approved facility)

This information is subject to change at any time and additional limitations may apply. This list may not include all the preventive care available to you for no money out-of-pocket. To verify if your service or supply is considered preventive, call Member Services at **800-538-5038**.

SAVING FOR TODAY AND TOMORROW WITH A Health Savings Account (HSA) from HealthEquity®

An HSA is an untaxed medical savings account you can use to pay for medical-related expenses. There are a few requirements, but it is a great way to build savings for today and for your future. Why? Because unlike a Flexible Savings Account (FSA), whatever you do not spend year-to-year rolls over. To get started:

STEP 1

SELECT AN HSA-QUALIFIED HEALTH PLAN

Enroll in an HSA-qualified SelectHealth plan. These plans typically cost less than traditional plans and provide tax-saving opportunities. Our preferred HSA provider, HealthEquity, will work with your employer and SelectHealth to automatically set up your account and send you a HealthEquity Visa® Health Account Card¹ to conveniently pay for eligible medical expenses.



STEP 2

ADD MONEY TO YOUR HSA

Fund your HSA through pre-tax payroll deductions or transfer money into your account through the HealthEquity member portal. Your employer can help you make pre-tax payroll deductions.

To make tax-free² contributions to an HSA, the IRS requires that:

- > You are covered by an HSA-qualified health plan.
- > You have no other health coverage (such as another health plan, Medicare, military health benefits, or medical FSA).
- > You are not Medicare-eligible.
- > You cannot be claimed as a dependent on another person's tax return.



To see how you can personally benefit from an HSA, visit healthequity.com/me.

¹ This card is issued by The Bancorp Bank, pursuant to a license from U.S.A., Inc. and can be used for qualified expenses. See Cardholder Agreement for complete usage instructions.

² HSAs are not taxed at the federal income tax level when used appropriately for qualified medical expenses. Also, most states recognize HSA funds as tax-free with very few exceptions. Please consult a tax advisor if you have questions.

SelectHealth Healthy Beginnings®

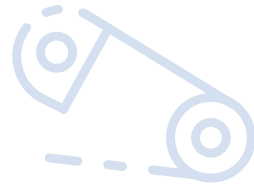
HOW WE CAN HELP

Our Healthy BeginningsSM program is designed to help you have the healthiest pregnancy possible. This prenatal program is available to you at **no extra cost**. Our nurse care managers can offer:

- > Support and education during your pregnancy
- > Help with claims and benefit questions
- > Community resources, such as Women, Infants, and Children (WIC) and food and transportation programs, etc.
- > Education about childbirth, breastfeeding, and more
- > Access to needed care

EXTRA PERKS

- > Cash incentives for prenatal and postnatal care*
- > Free online education through Intermountain Healthcare®
- > Prenatal booklet and a free book of your choice
- > Help getting a breast pump after delivery



HOW TO ENROLL

Call us at **866-442-5052**, Monday through Friday, from 8:00 a.m. to 5:00 p.m. MST. If calling after hours, please leave a message with a phone number and best time to reach you.

*based on plan type

Your Health. Connected.

You've got options when it comes to remote care. Get care wherever, whenever.

Download the MyHealth+ App to get started or use the web version:

intermountainhealthcare.org/MyHealth.

THE DOCTOR IS ALWAYS IN WITH INTERMOUNTAIN CONNECT CARE®.

Get urgent care 24/7 from home with virtual doctor visits for a \$0 copay (before deductible on the Traditional Plan, after deductible on the High Deductible Health Plan). Use Connect Care for:

- > Stuffy and runny nose
- > Allergies
- > Sore throat
- > Eye infections
- > Cough
- > Painful urination
- > Lower back pain
- > Joint pain or strains
- > Minor skin problems

The typical wait time is under 10 minutes, and you can save an average of \$400 per visit compared with the ER. Note: For true emergencies, call 911 or go to the ER.

- > In the My Health+ app select "Get Care," then "Get Care Now," then "Connect Care."

YOUR PAL IN FIGURING IT OUT—THE ALL-NEW SYMPTOM CHECKER.

You've certainly felt better, but what is it? We've got you covered. Our chat bot, Scout, asks questions through the symptom checker to guide you to the most appropriate level of care, which may include an eVisit. During an eVisit, a doctor will review your symptoms, chat with you through secure messaging, and then prescribe the appropriate course of care. When in doubt, use Scout!

- > In the My Health+ app, select "Get Care," then "Check Symptoms," then "Get started."

CONNECT TO A BETTER YOU WITH VIDEO VISITS FOR MENTAL HEALTH.

If there is one thing that is really great about telehealth, it's doing mental health visits from the comfort of your own home. Call **833-442-2670** to schedule an appointment or schedule through MyHealth+.

- > In the My Health+ app, select "Get Care," then "Book an appointment," then "Behavioral Health Connect Care" in the specialty dropdown. You can choose between a talk therapy (counseling) provider or a psychiatrist, who can prescribe medication.

Commonly treated MILD-TO-MODERATE issues:

- > Anger or Mood Swings
- > Anxiety
- > Attention Deficit
- > Bipolar
- > Depression
- > Insomnia
- > Panic Attacks
- > PTSD
- > Stress
- > Substance Abuse/
Misuse

Not sure where to start? Try our free, 24/7 Nurse Line. Talk to a nurse about any condition to get advice on how and where to get care. Call **844-501-6600**.

Member Discounts

CHOOSEHEALTHY™. CHOOSE YOU.

ALL MEMBERS, ANYWHERE IN THE U.S.

Visit your member account on selecthealth.org and click on ChooseHealthy Discounts to start saving. You'll find specialty provider discounts, deep product discounts, and free health resources. Need a hearing aid, upscale piece of home gym or fitness equipment, wearable tech, sunglasses, fitness fashion, healthy food service delivery, or wireless buds to fuel your workout? We've got a discount for that.



DEALS TO LIVE FOR.

WHEN IN UTAH, IDAHO, OR NEVADA, OUR MEMBERS MAY FIND ADDITIONAL DISCOUNTS.

Get a little motivation to get and stay healthy with local MEMBER DISCOUNTS. Find prices slashed for things like, Lasik surgery, gym memberships, hearing aids, cosmetic dermatology, eyewear, and more. Start browsing and saving at selecthealth.org/discounts.



NEED MORE INFORMATION?



WEB
selecthealth.org/discounts



PHONE
800-538-5038

Plan Information

CARE AND COST MANAGEMENT

SelectHealth works to manage costs while protecting the quality of care. We review things such as the appropriateness of the care setting, medical necessity, and appropriateness of hospital lengths of stay. This helps reduce unnecessary medical expenses and keeps premiums as low as possible. For more information about how we help manage healthcare, including information about services that require preauthorization or to know how to file an appeal, please visit selecthealth.org/policy.

PROTECTING YOUR PRIVACY

We understand the importance and sensitivity of your personal health information, and we have security measures in place to protect it. For more information about how we protect your privacy, including our complete Notice of Privacy Practices, please visit selecthealth.org/policy.

EXCLUSIONS AND LIMITATIONS

Unless otherwise noted on your Member Payment Summary, there are some healthcare services that SelectHealth does not cover. Please visit selecthealth.org/policy to learn more about some of the services that are not covered or have coverage limitations. You can also read more about exclusions and limitations in your Member Materials.



MEMBER RIGHTS AND RESPONSIBILITIES

We want you to be an active part of your healthcare. Visit selecthealth.org/policy to view your member rights and responsibilities.

FAIR TREATMENT NOTICE

SelectHealth obeys Federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status. This information is available for free in other languages and alternate formats upon request.

PRINTED VERSIONS AVAILABLE

If you would like to request a printed copy of any or all of these notices, call Member Services at **800-538-5038** weekdays, from 7:00 a.m. to 8:00 p.m. MST, and Saturdays, from 9:00 a.m. to 2:00 p.m. MST





Retiring? Have a child
dependent who is turning 26?
If you're shopping for a health
plan, call our experts at
855-442-0220.



5381 Green Street • Murray, UT 84123
800-538-5038 • selecthealth.org