NAVIGATING YOUR BENEFITS

Value-based Benefits at No Cost to You

It's always better to address a health issue before it becomes a health crisis. Visit a network provider or pharmacy to take advantage of these value-based benefits at no cost to you. These benefits can help make it easier for you and your family to stay healthy. For more details about PEBA Perks, including eligibility, visit www.PEBAperks.com.

peba Perks℠ VALUE FOR A HEALTHIER STATE

Preventive screening

Identifying health issues early can prevent serious illness and help save you money. This benefit, worth more than $300, allows you to receive a biometric screening at no cost. Share your results with your doctor during your well visit to minimize cost to the Plan at your adult well visit.

Adult vaccinations

Vaccines are one of the safest ways to protect your health and the health of those around you. The State Health Plan covers vaccinations, including the flu shot, based on age, interval and medical history recommendations from the Centers for Disease Control and Prevention (CDC).

Well adult benefits

Well visits may be a key part of preventive care. State Health Plan primary members ages 19 and older are eligible for one well visit each year at no member cost. Eligible female members can take advantage of the annual adult well visit and can also receive an annual well woman visit at no member cost. Evidence-supported services, based on United States Preventive Services Task Force (USPSTF) A and B recommendations, are included as part of an adult well visit and well woman visit. Schedule your preventive screening before your well visit and share your results with your doctor during your well visit to minimize cost to the Plan.

Well child benefits (exams and immunizations)

This benefit aims to promote good health and prevention of illness in children. Covered children through age 18 are eligible for this benefit. The State Health Plan covers doctor visits based on recommendations from the American Academy of Pediatrics and immunizations based on recommendations from the CDC at network providers.

Colorectal cancer screening

Colorectal cancer is the second-most common cause of cancer deaths in the U.S. The State Health Plan covers the cost for both diagnostic and routine screenings based on age ranges recommended by the United States Preventive Services Task Force (USPSTF). Any facility charges or associated lab work as a result of the screening may be subject to copayments, deductibles and coinsurance.

Cervical cancer screening

Cervical cancer deaths have decreased since the implementation of widespread cervical cancer screenings. The State Health Plan allows women ages 18-65 to receive a Pap test each calendar year at no cost. For women ages 30-65, the Plan covers the HPV test in combination with a Pap test once every five years at no cost.

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Mammography

A mammogram is an important step in taking care of yourself. This benefit provides one baseline routine mammogram (four views) for women ages 35-39. Women ages 40 and older can receive one routine mammogram (four views) each calendar year. The State Health Plan also covers diagnostic mammograms, which are subject to copayments, deductibles and coinsurance.

Behavioral health management

Meru Health offers a 12-week treatment program at no cost to reduce anxiety, stress, depression and burnout. It combines therapist and psychiatrist support, a biofeedback training device, anonymous peer support, meditation practices and habit-changing activities. Members can also take advantage of health coaching at no cost through BlueCross.

Weight management

Wondr Health[1] will help you learn the skills to lose weight and keep it off while still eating your favorite foods in a 12-week, clinically-proven online program. BlueCross also offers health coaching to help you meet your weight management goals.

Heart health

Hello Heart[1] is an easy-to-use program that helps you track, understand and manage your heart health from the privacy of your phone. You can also work with a BlueCross health coach who can help you better understand your condition and how to manage it.

Diabetes management

Virta[1] is a program that can help you reverse Type 2 diabetes while naturally lowering and controlling your average blood sugar (HbA1c). You can also receive diabetes education through certified diabetes educators, and a BlueCross health coach can help you understand and manage your condition.

No-Pay Copay

No-Pay Copay encourages members to be more engaged in their health—and saves them money. By completing activities in Personify Health each year, members can receive certain generic drugs the remainder of the year and the following year at a lower or no cost. Covered conditions include:

- High blood pressure and high cholesterol.
- Cardiovascular disease, congestive heart failure and coronary artery disease.
- Diabetes.

Tobacco cessation

This benefit provides enrollment in the State Health Plan's tobacco cessation program at no cost. It also includes a $0 copay for some tobacco cessation drugs to eligible participants.

Maternity management

Members can enroll in Coming Attractions, a maternity management program. Participants can receive certain electric or manual breast pumps at no cost through the program.

[1]To participate in this program, members must enroll and meet certain qualifications.