



20 in '20

20 Ways the OPEH&W Health Plan is Making Healthy Cheaper in 2020

1 Free Select Medical Procedures
Members can save thousands of dollars by choosing to have certain medical procedures performed for **free** at certified centers of excellence.

2 Cash Rewards
Members can earn **free** cash rewards for a large range of medical services from MemberRewards by Vitals, just for using higher quality, lower cost providers.

3 Primary & Pediatric Care
Members can receive **free** primary or pediatric treatment through a digital solution from MDLIVE, for accessing fully-licensed primary care doctors and pediatricians.

4 Psychiatry & Counseling
Members can receive **free** psychiatry and counseling treatment through a digital solution from MDLIVE, for accessing fully-licensed psychiatrists and counselors.

5 Medical Equipment
Members can receive **free** medical equipment, supplies, delivery, set-up and/or training from ConnectDME.

6 Pre-Diabetes, Hypertension & Metabolic Syndrome
Members can receive a **free** digital solution with connected technology from Omada, to help manage their condition.

7 Diabetes
Members can receive a **free** digital solution with connected technology from Livongo, for managing diabetes.

8 Physiotherapy
Members can receive a **free** digital solution with connected technology from Hinge Health, for musculoskeletal health and physiotherapy.

9 Fitness & Wellness
Members receive a **free** digital solution from Well OnTarget, providing fitness programs, health assessments, self management programs, wellness coaching and education.

10 Weight-Loss
Members can enroll in a **free** digital solution from Naturally Slim, providing a revolutionary 10-week weight-loss program.

11 In-Home Sleep-Studies
Members can receive a **free** in-home sleep-study solution from ConnectDME.

12 Specialty Drugs
Members can significantly lower co-pays with SaveOnSp, with assisted enrollment in drug manufacturer co-pay assistance programs.

13 Help & Advice
A **free** 24-hour nurse line for members to call 7-days a week, 365-days a year to ask basic health questions and address concerns.

14 Fertility, Pregnancy & Parenting
Members have access to a **free** comprehensive maternity and family benefits solution from Ovia Health.

15 Quit Tobacco Use
Members can receive **free** tobacco and smoking cessation products, with a prescription.

16 Insulin
Members pay **\$25** for a 30-day supply of preferred brand insulin.

17 GERD & Acid-Reflux Medications
Members pay **nothing** for over-the-counter GERD or acid-reflux medications, with a prescription.

18 Antihistamines
Members pay **\$5** for an over-the-counter anti-histamine medication, with a prescription.

19 Dependent Accidents
Members can file for coverage of the first **\$500** of claims resulting from a dependent child's accident.

20 Dependent Deductible
Members can receive reimbursement for any amounts paid in excess of **50%** of a dependents deductible.

For more information, visit: www.opehw1.com or call: **800.468.5744**

OPEH&W Health Plan Partners

