

Medical Plan Special Features



THE BOARD OF PENSIONS
OF THE PRESBYTERIAN CHURCH (U.S.A.)

The Medical Plan offered through the Board of Pensions includes special features and programs to help you maintain and improve your health and well-being, in addition to providing benefits when you're sick or injured. Visit pensions.org/medical to learn more about these benefits, including how to access them.

PREVENTIVE CARE

Preventive care helps you stay well and detect problems early, when they are easy to treat.

When using a network provider, you pay nothing for the services listed on the plan's Preventive Schedule, which can be viewed at pensions.org/medical.

CARE NAVIGATION

Care navigation, offered in partnership with Quantum Health, brings added value to your medical coverage by helping you and your covered family members navigate today's complicated healthcare system.

Quantum Health is your primary point of contact when you have questions about your medical or prescription drug benefits or need help understanding how to use them.

TELEMEDICINE THROUGH TELADOC

Teladoc is a convenient, affordable option when a trip to your doctor's office isn't practical — for example, when you are traveling or in the middle of the night.

Teladoc doctors are available 24/7 by phone, video, or mobile app to diagnose and treat many acute medical conditions, like sinus problems, allergies, and flu.

If you are enrolled in the PPO or EPO, you pay just a \$10 copay for each Teladoc consult. If you are enrolled in the HDHP, your cost for a Teladoc consult is \$55 until you meet your annual deductible. Then the plan pays 80% and you pay 20% (up to the annual out-of-pocket maximum).

CALL TO HEALTH

Call to Health, the Board's well-being initiative, helps you be your best through the four dimensions of wholeness: spiritual, health, financial, and vocational.

To answer the Call to Health, you complete activities to earn points and achieve levels.

When you complete specified levels, you can reduce your medical deductibles for next year by as much as one-third and earn gift cards.

Visit pensions.org/calltohealth for details.

MENTAL WELL-BEING AND EAP BENEFITS

The Employee Assistance Plan (EAP) gives you access to confidential mental health assessments, unlimited sessions with certified coaches, and up to six \$0 copay visits (in person or virtual) per year with a network counselor, as well as a variety of work/life and career services. The EAP works seamlessly with your medical benefits if you need longer-term outpatient mental health care or inpatient/residential treatment.

VISION EXAM BENEFIT

You and your covered family members will be automatically enrolled in the VSP vision exam benefit, which covers annual routine eye exams, as well as follow-up exams and screenings related to certain health conditions. You pay just a flat-dollar copay (with no deductible).

You'll also receive discounts of 15-20% from network providers on eyeglass lenses and frames; contact lens exams (but not contact lenses); lens options (such as progressives and antireflective coatings); and laser vision correction.

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INTERNATIONAL MEDICAL CARE

BCBS Global

You and your covered family members may use BCBS Global if you need medical care during an international trip. This program includes access to:

- inpatient hospital care (precertification required)
- outpatient hospital care and physician services
- assistance locating recommended hospitals and physicians

International SOS

When traveling abroad, you and your covered family members are eligible for assistance from International SOS (ISOS). Assistance from ISOS includes the following:

- 24-hour access to ISOS physicians for emergency and routine medical advice
- 24-hour access to International Alarm Centers for medical information, referrals, and emergency assistance
- access to multilingual specialists, who can assist you in communicating with healthcare providers
- medical and dental referrals
- help with emergency medical evacuation

Global Care

You can talk to a U.S. licensed physician for nonemergency conditions 24/7 through Teladoc's Global Care. Access this convenient feature from anywhere in the world to receive a diagnosis and recommended treatment advice.

CENTERS OF EXCELLENCE

Centers of Excellence are designated hospitals that meet high quality and cost standards for certain services. When you have certain procedures in the following four categories performed at a Center of Excellence, the plan will pay 100% of allowable facility charges after you meet the annual deductible:

- bariatric surgery
- transplants
- knee and hip replacements
- spinal surgery

Plus, if you have to travel more than 100 miles to a Center of Excellence, you are eligible for a travel benefit of up to \$10,000 to cover expenses for yourself and a companion.

LIVONGO FOR DIABETES PROGRAM

The Livongo for Diabetes Program combines the latest technology with expert coaching to help those living with diabetes manage their condition.

When you register for Livongo, you receive diabetes management supplies, including unlimited lancets and test strips, at no additional cost, plus access to 24/7 coaching, personalized tips with each blood glucose reading, and more.

WANT TO LEARN MORE ABOUT HOW TO USE YOUR MEDICAL PLAN BENEFITS?

Visit pensions.org/medical. You can also call Quantum Health at **855-497-1237** or the Board of Pensions at **800-PRESPLAN (800-773-7752) (TTY:711)**.



A sense of wholeness

Special features of medical coverage can make a difference in your overall health and well-being.



Added value

These benefits are automatically included with medical coverage. There's no additional cost to participate.



Family-friendly care

Your spouse and children who are enrolled in medical coverage can also take advantage of these features.

This is not a full description of benefits and limitations of the plan. If there is any difference between the information presented here and the provisions of the Benefits Plan of the Presbyterian Church (U.S.A.), the plan terms will govern. Visit pensions.org or call the Board at 800-PRESPLAN (800-773-7752) (TTY: 711) for a copy of the plan document.