

# MECplus



## MECplus Health Plan for the Employees of: Bridgemark Employee Services

Administered By:

**BAY BRIDGE  
ADMINISTRATORS**

*"Your solutions begin  
at the Bridge"®*



# What is MECplus?

MECplus goes beyond the minimum required individual benefits by offering additional coverage for employees. Every MECplus offering includes the following benefits:



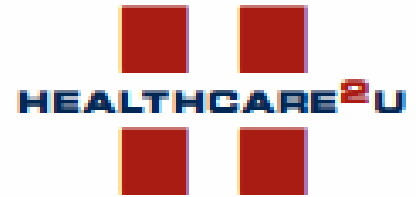
## Preventive Services

Mandated Preventive Services for Adults, Women and Children that will adhere to the ACA mandated screenings in order to keep employees active and healthy



## Prescription Drugs

200 Prescription Drugs at just \$1 plus deep discounts on all other medications at 65,000 retail pharmacies



## Unlimited Access to Care

Telemedicine: No Consult Fee  
Primary Care: \$10 Office Visit Fee  
Urgent Care: \$25 Office Visit Fee

These additional benefits are also included in your MECplus offering:

## Hospital Indemnity Coverage

## Accident Coverage

## Critical Illness Coverage

See below for details on these benefits

# Mandated Preventive Services: No Co-payment, No Deductible

Benefits are only available when these services are delivered by an in-network provider

## Covered Preventive Services for Adults

- Abdominal Aortic Aneurysm one-time screening for men of specified ages who have ever smoked
- Alcohol Misuse screening & counseling
- Aspirin use to prevent cardiovascular disease for men & women of certain ages
- Blood Pressure screening for all adults
- Cholesterol screening for adults of certain ages or at higher risk
- Colorectal Cancer screening for adults over 50
- Depression screening for adults
- Diabetes (Type 2) screening for adults with high blood pressure
- Diet counseling for adults at higher risk for chronic disease
- Hepatitis B screening for all adults at higher risk
- Hepatitis C screening for adults at increased risk, & one time for everyone born 1945 - 1965
- HIV screening for everyone ages 15 to 65 & other ages at increased risk
- Immunization vaccines for adults — doses, recommended ages, and recommended populations vary: Hepatitis A, Hepatitis B, Herpes Zoster, Human Papillomavirus, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis, Varicella
- Lung Cancer Screening for adults 55-80 because they're heavy smokers or have quit in the past 15 years
- Obesity screening & counseling for all adults
- Sexually Transmitted Infection (STI) prevention counseling for adults at higher risk
- Syphilis screening for all adults at higher risk
- Tobacco Use screening for all adults & cessation interventions for tobacco users



## Covered Preventive Services for Women

- Anemia screening on a routine basis for pregnant women
- Breast Cancer Genetic Test Counseling (BRCA) for women at higher risk for breast cancer
- Breast Cancer Mammography screenings every 1 to 2 years for women over 40
- Breast Cancer Chemoprevention counseling for women at higher risk
- Breast feeding comprehensive support & counseling from trained providers, and access to breast feeding supplies, for pregnant & nursing women
- Cervical Cancer screening for sexually active women
- Chlamydia Infection screening for younger women & other women at higher risk
- Contraception: Food & Drug Administration-approved contraceptive methods, sterilization procedures, and patient education & counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs); this does not apply to health plans sponsored by certain exempt "religious employers"
- Domestic & interpersonal violence screening & counseling for all women
- Folic Acid supplements for women who may become pregnant
- Gestational diabetes screening for women 24 to 28 weeks pregnant & those at high risk of developing gestational diabetes
- Gonorrhea screening for pregnant women
- Gonorrhea screening for women at increased risk
- Hepatitis B screening for pregnant women at their first prenatal visit
- HIV screening & counseling for sexually active women
- Human Papillomavirus (HPV) DNA Test every 3 years for women with normal cytology results who are 30 or older
- Osteoporosis screening for women over age 60 depending on risk factors
- Rh Incompatibility screening for pregnant women
- Rh Incompatibility screening follow - up testing for women at higher risk
- Sexually Transmitted Infections counseling for sexually active women
- Syphilis screening for pregnant women
- Syphilis screening for women at increased risk
- Tobacco Use screening & intervention (expanded) for pregnant women
- Tobacco Use screening & intervention for all women
- Urinary tract or other infection screening for pregnant women
- Well-woman visits to get recommended services for women under 65



## Covered Preventive Services for Children

- Alcohol & Drug Use assessment for adolescents
- Autism screening for children at 18 & 24 months
- Behavioral assessments for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- Blood Pressure screening for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- Cervical Dysplasia screening for sexually active females
- Depression screening for adolescents
- Developmental screening for children under age 3
- Dyslipidemia screening for children at higher risk of lipid disorders at the following ages: 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- Fluoride Chemoprevention supplements for children without fluoride in their water source
- Gonorrhea preventive medication for the eyes of all newborns
- Hearing screening for all newborns
- Height, Weight and Body Mass Index measurements for children at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- Hematocrit or Hemoglobin screening for children
- Hemoglobinopathies or sickle cell screening for newborns
- Hepatitis B Screening
- HIV screening for adolescents at higher risk
- Hypothyroidism screening for newborns
- Immunization vaccines for children from birth to age 18 — doses, recommended ages, and recommended populations vary: Diphtheria, Tetanus, Pertussis, Haemophilus influenzae type b, Hepatitis A, Hepatitis B, Human Papillomavirus, Inactivated Poliovirus, Influenza (Flu Shot), Measles, Meningococcal, Pneumococcal, Rotavirus, Varicella
- Iron supplements for children ages 6 to 12 months at risk for anemia
- Lead screening for children at risk of exposure
- Medical History for all children throughout development at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- Obesity screening & counseling
- Oral Health risk assessment for young children Ages: 0 to 11 months, 1 to 4 years, 5 to 10 years
- Phenylketonuria (PKU) screening for this genetic disorder in newborns
- Sexually Transmitted Infection (STI) prevention counseling & screening for adolescents at higher risk
- Tuberculin testing for children at higher risk of tuberculosis at the following ages: 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
- Vision screening for all children



Welcome to:

# Direct Primary Care *plus*

A Coast-to-Coast Healthcare Membership™ through Healthcare2U

Healthcare2U's mission is to provide affordable and convenient access to excellent primary care, wellness and chronic disease management. We deliver our Direct Primary Care Plus (DPCplus) membership to individuals ages 2 to 65 and accept pre-existing conditions within manageable ranges. Through our proprietary Private Physician Network (PPN)™ across the nation, Healthcare2U is breaking down the barriers to convenient access to quality primary care with a focus on promoting healthy living while preventing disease. Members receive the unlimited services listed below by scheduling care through Healthcare2U's Central Scheduling Department (CSD) during business hours.

### Unlimited Direct Primary Care\*

- Unlimited doctor visits with a \$10 visit fee
- Unlimited urgent care visits with a \$25 visit fee
- Annual physical<sup>1</sup> with four labs: complete metabolic panel (CMP), complete blood count (CBC), thyroid stimulating hormone (TSH) and lipid panel
- Patient navigation center staffed by bilingual medical assistants to schedule care for members and eligible participants

### Unlimited Virtual DPC<sup>2</sup>

- Unlimited access to bilingual licensed medical providers online or by phone, 24/7/365 for minor illnesses and injuries at \$0 out of pocket cost to members

### Unlimited Chronic Disease Management\*

- Unlimited treatment and management of 13 chronic disease states for the same \$10 visit fee. Healthcare2U accepts pre-existing conditions within manageable ranges, including:
  - Anxiety
  - Arthritis
  - Asthma
  - Blood Pressure
  - CHF
  - COPD
  - Depression
  - Diabetes
  - Fibromyalgia
  - GERD
  - Gout
  - Hypertension
  - Thyroid

\* No walk-ins allowed. Unlimited services (including Virtual DPC/telehealth) must be accessed through Healthcare2U's Central Scheduling Department (CSD). In-office appointments are only available within business hours (Monday through Friday, 7 AM to 6 PM CST). The CSD may direct the member to another level of care if appropriate, depending on the member's condition and utilization of services.

<sup>1</sup> Well-woman pap smear pathology interpretation is not included. Dependent on membership, there may be a waiting period (six consecutive months of membership) before the member is granted eligibility for the annual physical.

<sup>2</sup> Telehealth services are provided through MeMD, a third-party provider. When medically necessary, MeMD's providers can submit a prescription electronically for purchase and pick-up at your local participating pharmacy; however, MeMD providers cannot prescribe elective medications, narcotic pain relievers, or controlled substances. MeMD's providers are each licensed by the appropriate licensing board for the state in which they are providing services, and all have prescriptive authority for each of the states in which they are licensed. MeMD provides access to online medical consultations with physicians, nurse practitioners, and physician assistants who can write prescriptions when medically necessary and permitted by state law. MeMD is not an online pharmacy, and medications cannot be purchased or dispensed from MeMD directly. MeMD is not a replacement for your primary care physician or annual doctor's office visit. Subject to state regulations, MeMD is available nationwide with providers licensed to practice in your state who use video and/or audio technology.

- Healthcare2U's Direct Primary Care is a healthcare membership. It is not insurance.  
 - The discount program is provided through a third-party provider.



## Welcome to SimpleScripts Rx: **The Easiest Way to Save on Your Medications**

As a subscriber to SimpleScripts Rx, you won't have to worry about the expensive cost of 200 common medications. That's because SimpleScripts Rx has created a Medication Subscription Program that provides 200 meds at just \$1.00, plus great discounts on all other medications.

Consider us your pharmacy savings advocate. Our live Customer Care team is here to help you find the lowest price on medications available.

### **Our Program Covers:**

- Allergy
- Arthritis/Pain
- Asthma
- Blood Pressure/Heart
- Cholesterol
- Cold/Cough
- Diabetes
- Men/Women's Health
- Mental Health
- Pink Eye
- Poison Ivy and More!

### **Drugs Like:**

- Amoxicillin
- Azithromycin (Z-Pak)
- Cialis (generic)
- Glipizide
- Omeprazole
- Sprintec
- Viagra (generic)
- Warfarin
- and Much More!

### **The Program is Easy to Use.**

You will receive an electronic member card that can be presented at any retail pharmacy (over 65,000 in network) and if on the formulary – only pay \$1.00. If it is not on the \$1.00 formulary, your out-of-pocket cost is based on a deeply discounted price.

All future chronic or recurring medications will be mailed directly to you for just \$1.00 (see subscription details). Plus, get discounts on diabetic supplies, pet meds and other prescription medication saving options.

# Included Additional Benefits

## Off-the-Job Accident

Reimbursement for Accident treatment at  
at an ER, Urgent Care or Physician's office  
Accident related Hospitalization (per day)  
Ground Ambulance/Air Ambulance  
Fractures & Dislocations  
Accidental Death (EE/SP/CH)

### Low & High Plan

**Up to \$250**  
**\$100**  
**\$100/\$200**  
**Up to \$2,000**  
**\$20,000/\$10,000/\$5,000**



## Hospital Indemnity

Admission to Hospital  
Hospital Confinement (days 2-3)  
Hospital Confinement (days 4-60)  
Inpatient Surgery benefit  
Anesthesia benefit  
Emergency Room benefit  
Ground/Air Ambulance benefit

### Low Plan   High Plan

<b>\$300</b>	<b>\$400</b>
<b>\$300</b>	<b>\$400</b>
<b>\$100</b>	<b>\$200</b>
<b>\$0</b>	<b>\$500</b>
<b>\$0</b>	<b>\$100</b>
<b>\$0</b>	<b>\$150</b>
<b>\$0</b>	<b>\$50/\$100</b>



## Critical Illness

Heart Attack/Heart Transplant/Stroke  
Invasive Cancer/Malignant Melanoma  
Major Organ Transplant  
End-Stage Renal Failure  
Coma  
Permanent Paralysis Due to Accident  
Severe Burns  
Occupational HIV  
Coronary Artery Bypass Surgery (25% benefit)  
Angioplasty (10% benefit)  
Cancer in Situ (25% benefit)

### Low Plan   High Plan

<b>\$0</b>	<b>\$5,000</b>
<b>\$0</b>	<b>\$5,000</b>
<b>\$0</b>	<b>\$5,000</b>
<b>\$0</b>	<b>\$5,000</b>
<b>\$0</b>	<b>\$5,000</b>
<b>\$0</b>	<b>\$5,000</b>
<b>\$0</b>	<b>\$5,000</b>
<b>\$0</b>	<b>\$5,000</b>
<b>\$0</b>	<b>\$500</b>
<b>\$0</b>	<b>\$1,250</b>



\*\*Refer to Accident, Hospital Indemnity and Critical Illness Certificates of Coverage for Details on Plans and Benefits. Limitations and Exclusions Apply\*\*

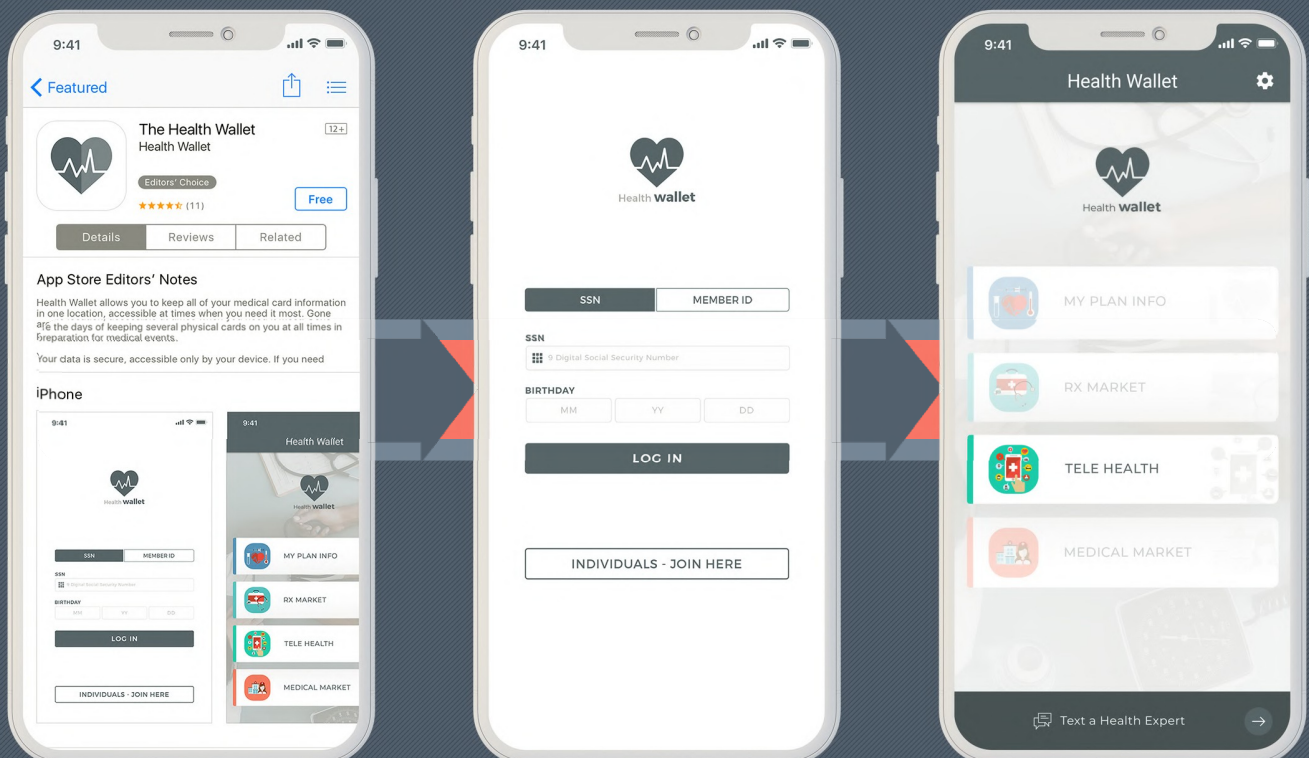


HealthWallet

## How to Use Use Health Wallet

The Health Wallet app is where you will find details on your Health plan benefits and where you will access your ID cards.

- Go to the Apple App Store or Google Play Store.
- Type in "The Health Wallet".
- Download "The Health Wallet" App.
- Open "The Health Wallet" App.
- To login, enter your SSN or Member ID, along with your birthday.
- Once you are logged in, you will have immediate access a suite of digital health benefits.
- Click on each tile to access your MEC, Pharmacy and Direct Primary Care ID cards as well as plan information and links to help you utilize your benefits.



To Find an In-Network Physician for Your Covered Preventive Services Visit Multiplan.com and Click on the Following Links:



[Provider Resources](#) [Payer Resources](#) [Find a Provider](#)  
[Solutions](#) [Services](#) [Markets](#) [Company](#) [Careers](#)



## Find a doctor or facility

Select Network

**Select Network**

Providers listed may not be in your network

Search by name, specialty, facility type, NPI # or license #

near Enter Zip

PHCS

Which network would you like to search?  
(usually a logo on the front or back of your benefits ID card)

- PHCS
- MultiPlan
- HealthEOS
- ValuePoint
- Beech Street
- AMN, RAN, and/or HMN
- First Choice Health Network
- I don't see one of these

Preventive Services Only

Back

Do you see any of these statements on your benefits ID card?  
(usually immediately below the logo)

- Out of Area
- Extended PPO
- Limited Benefit Plan
- Practitioner Only
- Hospital Only
- Practitioner Plus Ancillary
- Preventive Services Only
- Specific Services
- Healthy Directions
- I don't see any of these statements

## Find a doctor or facility

PHCS

**Change Network**

Remember my network

Search by name, specialty, facility type, NPI # or license #

near Enter Zip

Enter Zip