

### Independent Health Brings You High Quality and Trusted Support

#### No surprises, less hassle – for you and your employees. That's the RedShirt<sup>®</sup> Treatment.

Our experienced Sales team works hard to get the answers you need and make things easier so you can concentrate on the health of your business. Just like we have for **45 years as WNY's locally-focused** health plan.



THIRD QUARTER

### AN ENHANCED NATIONAL NETWORK, BACKED BY A LOCAL TEAM OF REDSHIRTS.

# PEACE OF MIND AT HOME and ACROSS THE COUNTRY.

Our local and national network agreements have your employees covered when and where they need it — regardless of their location, no matter where they live or travel.

Our local network covers the 8 counties of WNY, plus 15 surrounding counties in NY/PA.

• Our enhanced national network through UnitedHealthcare covers out-of-area — with 1.6 million doctors/ providers, 6,200 hospitals and 13,500 labs<sup>1</sup>

- Supports employers' benefits strategy with a highly-competitive option outside of WNY
  - All backed by the RedShirt<sup>®</sup> Treatment every step of the way

### Health**Equity**®

The HealthEquity<sup>®</sup> HSA is built into all HSA-qualified (HSAQ) plans.

The convenient way to enjoy all the pre-tax benefits of paying for qualified health care expenses directly through members' HSA account.

Everything is automated and integrated with your Independent Health plan, including enrollment, claims, payment and tracking and a variety of investment options – all with no monthly administration fee.



## **9** OUT **10** MEMBERS ARE **SATISFIED**<sup>2</sup>

**B** OUT **10** EMPLOYERS WOULD **RECOMMEND** INDEPENDENT HEALTH<sup>2</sup>

**100%** OF BROKERS WOULD **RECOMMEND** INDEPENDENT HEALTH<sup>2</sup>

Data is current as of publication and is subject to change without notification.

UnitedHealthcare Network Analysis, August 2024.
 2023 Consumer and Employer Third Party Blinded Stakeholder Studies and 2024 Broker Stakeholder Study

### PLATINUM LEVEL

PLATINUM LEVEL PLANS CONTINUED ON NEXT PAGE »



FlexFit Platinum

FlexFit Platinum Option 2

N/A

\$0

0%

\$4,000/\$8,000 (E)

\$5,000/\$10,000 (T)

Deductible then 20%

\$10,000/\$20,000 (E)

\$10

\$25

\$0

\$75

\$250

\$150

\$200

\$500

\$5/\$30/\$100

Health Extras<sup>SM</sup> or Nutrition IHC

\$993.77

\$1,689.41

\$1,987.54

\$2,832.24

First Dollar Coverage	N/A
Deductible	\$0
Coinsurance	0%
Out-of-Pocket Max.	\$5,250/\$10,500 (E)
OUT-OF-NETWORK (OON) <sup>1</sup>	
Deductible	\$5,000/\$10,000 (T)
Coinsurance	Deductible then 20%
Out-of-Pocket Max.	\$10,000/\$20,000 (E)
MEDICAL SERVICES	
Primary Care Office Visit	\$10
Specialist Office Visit	\$40
Telemedicine — General Medical & Behavioral Health Services (participating Teladoc <sup>®</sup> providers only) For Dermatology telemedicine refer to the plan's benefit summary	\$0
Urgent Care	\$75
Emergency Room Services	\$250
Outpatient Procedures Performed in an Ambulatory Surgery Center	\$150
Outpatient Procedures Performed in a Hospital	\$200
Inpatient Hospital Services (per admission)	\$500
PRESCRIPTION DRUGS	
Pharmacy <sup>2</sup>	\$5/\$30/50%
PRODUCT DETAILS	
Wellness Benefits	Health Extras <sup>sm</sup> or Nutrition
Network	IHC
Q3 RATES	
Employee Rate	\$970.99
Employee & Child(ren) Rate	\$1,650.68
Employee & Spouse Rate	\$1,941.98
Family Rate	\$2,767.32

1. OON coverage applies to non-participating providers outside Independent Health's service area. 2. All pharmacy copays/coinsurance accumulate to out-of-pocket maximums.

3. Specific qualifications must be met.

4. Subscribers must reside within Independent Health's 23-county network area.

(E) = Embedded Deductible

(T) = True Family (Non Embedded) Deductible

### PLATINUM LEVEL

(CONTIN



CONTINUED)	Passport Plan National Platinum	Passport Plan Local Platinum <sup>4</sup>
IN-NETWORK (IN)		
First Dollar Coverage	N/A	N/A
Deductible	\$0	\$0
Coinsurance	0%	0%
Out-of-Pocket Max.	\$4,500/\$9,000 (E)	\$4,500/\$9,000 (E)
OUT-OF-NETWORK (OON) <sup>1</sup>		
Deductible	\$5,000/\$10,000 (T)	\$5,000/\$10,000 (T)
Coinsurance	Deductible then 50%	Deductible then 50%
Out-of-Pocket Max.	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E)
MEDICAL SERVICES		
Primary Care Office Visit	\$15	\$15
Specialist Office Visit	\$45	\$45
Telemedicine — General Medical & Behavioral Health Services (participating Teladoc <sup>®</sup> providers only) For Dermatology telemedicine refer to the plan's benefit summary	\$0	\$0
Urgent Care	\$75	\$75
Emergency Room Services	\$200	\$200
Outpatient Procedures Performed in an Ambulatory Surgery Center	\$150	\$150
Outpatient Procedures Performed in a Hospital	\$200	\$200
Inpatient Hospital Services (per admission)	\$500	\$500
PRESCRIPTION DRUGS		
Pharmacy <sup>2</sup>	\$5/\$30/50%	\$5/\$30/50%
PRODUCT DETAILS		
Wellness Benefits	Health Extras <sup>sm</sup>	Health Extras <sup>sm</sup> or Nutrition
Network	IHC + United Nationally	IHC + United Nationally
Q3 RATES		
Employee Rate	\$1,408.64	\$1,269.32
Employee & Child(ren) Rate	\$2,394.69	\$2,157.84
Employee & Spouse Rate	\$2,817.28	\$2,538.64
Family Rate	\$4,014.62	\$3,617.56

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#### GOLD LEVEL

GOLD LEVEL PLAN



S CONTINUED ON NEXT PAGE »	Activate Gold	Standard Healthy NY Gold³	iDirect Gold Copay	iDirect Gold Copay Option 3
N)				
erage	\$750/\$1,500	N/A	N/A	N/A
	\$1,500/\$3,000 (E)	\$600/\$1,200 (E)	\$1,250/\$2,500 (T)	\$600/\$1,200 (T)
	25% Coinsurance after first dollar and deductible	0%	0%	0%
Лах.	\$7,950/\$15,900 (E)	\$7,900/\$15,800 (E)	\$6,750/\$13,500 (E)	\$6,250/\$12,500 (E
RK (OON) <sup>1</sup>				
	\$5,000/\$10,000 (E)	\$5,000/\$10,000 (E)	\$5,000/\$10,000 (T)	\$5,000/\$10,000 (T)
	Deductible then 50%	Deductible then 50%	Deductible then 50%	Deductible then 509
Лах.	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E
CES				
fice Visit	\$20 Copayment after first dollar and deductible	Deductible then \$25	\$20	Deductible then \$2
Visit	\$50 Copayment after	Deductible then \$40	Deductible then \$50	Deductible then \$4
ieneral Medical & Behavioral Health Services (participating	first dollar and deductible \$0	\$0	\$0	\$0
For Dermatology telemedicine refer to the plan's benefit summary	\$75 Copayment after first dollar and deductible	Deductible then \$60	\$75	Deductible then \$7
m Services	25% Coinsurance after first dollar and deductible	Doductible then \$150	Deductible then \$200	Deductible then \$250
dures Performed in an Ambulatory Surgery Center	25% Coinsurance after first dollar and deductible	Doductible then \$100	Deductible	Deductible
edures Performed in a Hospital	25% Coinsurance after	Deductible then \$100	then \$200 Deductible	then \$200 Deductible
tal Services (per admission)	first dollar and deductible 25% Coinsurance after	Deductible	then \$250 Deductible	then \$250 Deductible
DRUGS	first dollar and deductible	then \$1,000	then \$1,000	then \$1,000
	\$10/25%/50% after first dollar and deductible	\$10/\$35/\$70	\$10/\$40/ <b>\$100</b>	\$10/\$35/50%
ILS				
is	Health Extras <sup>sm</sup> or Nutrition	Health Extras <sup>sm</sup> or Nutrition	Health Extras <sup>sm</sup> or Nutrition	Health Extras <sup>s™</sup> or Nutrition
	IHC	IHC	IHC	IHC
	\$792.56	\$718.70	\$851.66	\$854.70
ild(ren) Rate	\$1,347.35	\$1,221.79	\$1,447.82	\$1,452.99
puse Rate	\$1,585.12	\$1,437.40	\$1,703.32	\$1,709.40
	\$2,258.80	\$2,048.30	\$2,427.23	\$2,435.90

(E) = Embedded Deductible

Bolded items indicate updated changes since the 2024 plan year.

First	Dollar	Coverage
	0	00101480

Deductible

IN-NETWORK

Coinsurance

Out-of-Pocket

#### OUT-OF-NETV

Deductible

Coinsurance

Out-of-Pocket

#### MEDICAL SERV

Primary Care (

Specialist Office

Telemedicine Teladoc<sup>®</sup> providers or

Urgent Care

Emergency Ro

Outpatient Proc

**Outpatient Pro** 

Inpatient Hosp

#### PRESCRIPTION

Pharmacy<sup>2</sup>

#### PRODUCT DE

Wellness Bene

Network

#### Q3 RATES

Employee Rate

Employee & C

Employee & S

Family Rate

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(T) = True Family (Non Embedded) Deductible

### GOLD LEVEL

(CONTINU



ONTINUED)	iDirect Gold Copay HSAQ	Passport Plan National Gold HSAQ	Passport Plan Local Gold HSAQ⁴
IN-NETWORK (IN)	Health <b>Equity</b>	Health <b>Equity</b>	Health <b>Equity</b>
First Dollar Coverage	N/A	N/A	N/A
Deductible	\$1,650/\$3,300 (T)	\$1,650/\$3,300 (T)	\$1,650/\$3,300 (T)
Coinsurance	0%	Deductible then 20%	Deductible then 20%
Out-of-Pocket Max.	\$5,500/\$11,000 (E)	\$6,750/\$13,500 (E)	\$6,750/\$13,500 (E)
OUT-OF-NETWORK (OON) <sup>1</sup>			
Deductible	\$5,000/\$10,000 (T)	\$5,000/\$10,000 (T)	\$5,000/\$10,000 (T)
Coinsurance	Deductible then 50%	Deductible then 50%	Deductible then 50%
Out-of-Pocket Max.	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E)
MEDICAL SERVICES			
Primary Care Office Visit	Deductible then \$20	Deductible then 20%	Deductible then 20%
Specialist Office Visit	Deductible then \$50	Deductible then 20%	Deductible then 20%
Telemedicine — General Medical & Behavioral Health Services (participating Teladoc <sup>®</sup> providers only) For Dermatology telemedicine refer to the plan's benefit summary	Deductible then \$0	Deductible then \$0	Deductible then \$0
Urgent Care	Deductible then \$75	Deductible then 20%	Deductible then 20%
Emergency Room Services	Deductible then \$200	Deductible then 20%	Deductible then 20%
Outpatient Procedures Performed in an Ambulatory Surgery Center	Deductible then \$200	Deductible then 20%	Deductible then 20%
Outpatient Procedures Performed in a Hospital	Deductible then \$250	Deductible then 20%	Deductible then 20%
Inpatient Hospital Services (per admission)	Deductible then \$750	Deductible then 20%	Deductible then 20%
PRESCRIPTION DRUGS			
Pharmacy <sup>2</sup>	Deductible then \$10/\$40/50%	Deductible then \$10/20%/50%	Deductible then \$10/20%/50%
PRODUCT DETAILS			
Wellness Benefits	Health Extras <sup>sm</sup> or Nutrition	Health Extras <sup>sm</sup>	Health Extras <sup>sm</sup> or Nutrition
Network	IHC	IHC + United Nationally	IHC + United Nationally
Q3 RATES			
Employee Rate	\$804.82	\$1,097.99	\$990.90
Employee & Child(ren) Rate	\$1,368.19	\$1,866.58	\$1,684.53
Employee & Spouse Rate	\$1,609.64	\$2,195.98	\$1,981.80
Family Rate	\$2,293.74	\$3,129.27	\$2,824.07
2011 an une sa mais to man marticipating men iden autoida la dagan dant la lut.	(E) Embadded Deductible		Delded themes in disease on

(E) = Embedded Deductible

(T) = True Family (Non Embedded) Deductible

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### SILVER LEVEL

SILVER LEVEL PLANS CONTINU



UED ON NEXT PAGE »	Activate Silver	iDirect Silver Copay	iDirect Silver Copay Option 2	iDirect Silver Copay HSAQ
				Health <b>Equity</b>
	\$500/\$1,000	N/A	N/A	N/A
	\$3,100/\$6,200 (E)	\$2,000/\$4,000 (T)	\$2,100/\$4,200 (E)	\$2,000/\$4,000 (T)
	40% Coinsurance after first dollar and deductible	0%	0%	0%
	\$8,500/\$17,000 (E)	\$8,000/\$16,000 (E)	\$9,200/\$18,400 (E)	\$7,500/\$15,000 (E)
I) <sup>1</sup>				
	\$5,000/\$10,000 (E)	\$5,000/\$10,000 (T)	\$5,000/\$10,000 (E)	\$5,000/\$10,000 (T)
	Deductible then 50%	Deductible then 50%	Deductible then 50%	Deductible then 50%
	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E
	\$35 Copayment after first dollar and deductible	Deductible then \$35	Deductible then \$30	Deductible then \$35
	\$60 Copayment after first dollar and deductible	Deductible then \$60	Deductible then \$65	Deductible then \$60
al & Behavioral Health Services (participating ogy telemedicine refer to the plan's benefit summary	\$0	\$0	\$0	Deductible then \$0
	\$75 Copayment after first dollar and deductible	\$75	Deductible then \$70	Deductible then \$7
S	40% Coinsurance after first dollar and deductible	Deductible then \$300	Deductible then \$500	Deductible then \$300
ormed in an Ambulatory Surgery Center	40% Coinsurance after first dollar and deductible	Deductible then \$200	Deductible then \$250	Deductible then \$200
erformed in a Hospital	40% Coinsurance after first dollar and deductible	Deductible then \$250	Deductible then \$300	Deductible then \$250
es (per admission)	40% Coinsurance after first dollar and deductible	Deductible then \$1,000	Deductible then \$1,500	Deductible then \$1,000
	\$15/40%/50% after first dollar and deductible	\$15/\$50/50%	\$15/\$40/ <b>\$125</b>	Deductible then \$15/\$50/50%
	Health Extras <sup>sm</sup> or Nutrition	Health Extras <sup>sm</sup> or Nutrition	Health Extras <sup>sm</sup> or Nutrition	Health Extras <sup>sm</sup> or Nutrition
	IHC	IHC	IHC	IHC
	\$706.18	\$760.86	\$769.93	\$750.64
ate	\$1,200.51	\$1,293.46	\$1,308.88	\$1,276.09
	\$1,412.36	\$1,521.72	\$1,539.86	\$1,501.28
	\$2,012.61	\$2,168.45	\$2,194.30	\$2,139.32

(E) = Embedded Deductible

(T) = True Family (Non Embedded) Deductible

Bolded items indicate updated changes since the 2024 plan year.

IN-NETWORK (IN)

First Dollar Coverage

Deductible

Deductible

Coinsurance

Coinsurance

Out-of-Pocket Max.

#### MEDICAL SERVICES

Primary Care Office Visit

Specialist Office Visit

Telemedicine - General Medica Teladoc<sup>®</sup> providers only) For Dermatole

Urgent Care

**Emergency Room Services** 

**Outpatient Procedures Perfo** 

**Outpatient Procedures Pe** 

Inpatient Hospital Services

PRESCRIPTION DRUGS

Pharmacy<sup>2</sup>

PRODUCT DETAILS

Wellness Benefits

Network

<b>C</b> 2	DATES	
<b>U</b> J	RATES	

**Employee Rate** 

Employee & Child(ren) Ra

Employee & Spouse Rate

Family Rate

1. OON coverage applies to non-participating providers outside Independent Health's service area. 2. All pharmacy copays/coinsurance accumulate to out-of-pocket maximums.

3. Specific qualifications must be met.

4. Subscribers must reside within Independent Health's 23-county network area.

### SILVER LEVEL

(CONTIN



NTINUED)	iDirect Silver Coinsurance HSAQ	Passport Plan National Silver HSAQ	Passport Plan Local Silver HSAQ⁴
N-NETWORK (IN)	Health <b>Equity</b>	Health <b>Equity</b>	Health <b>Equity</b>
First Dollar Coverage	N/A	N/A	N/A
Deductible	\$3,000/\$6,000 (T)	\$3,000/\$6,000 (T)	\$3,000/\$6,000 (T)
Coinsurance	Deductible then 25%	Deductible then 25%	Deductible then 250
Out-of-Pocket Max.	\$7,500/\$15,000 (E)	\$7,500/\$15,000 (E)	\$7,500/\$15,000 (E)
DUT-OF-NETWORK (OON) <sup>1</sup>			
Deductible	\$5,000/\$10,000 (T)	\$5,000/\$10,000 (T)	\$5,000/\$10,000 (T)
Coinsurance	Deductible then 50%	Deductible then 50%	Deductible then 50%
Out-of-Pocket Max.	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E)	\$10,000/\$20,000 (E
MEDICAL SERVICES			
Primary Care Office Visit	Deductible then 25%	Deductible then 25%	Deductible then 25°
Specialist Office Visit	Deductible then 25%	Deductible then 25%	Deductible then 25
Telemedicine — General Medical & Behavioral Health Services (participating Teladoc" providers only) For Dermatology telemedicine refer to the plan's benefit summary	Deductible then \$0	Deductible then \$0	Deductible then \$0
Jrgent Care	Deductible then 25%	Deductible then 25%	Deductible then 25
Emergency Room Services	Deductible then 25%	Deductible then 25%	Deductible then 25
Outpatient Procedures Performed in an Ambulatory Surgery Center	Deductible then 25%	Deductible then 25%	Deductible then 259
Outpatient Procedures Performed in a Hospital	Deductible then 25%	Deductible then 25%	Deductible then 25
npatient Hospital Services (per admission)	Deductible then 25%	Deductible then 25%	Deductible then 259
PRESCRIPTION DRUGS			
Pharmacy <sup>2</sup>	Deductible then \$15/ <b>\$50</b> /50%	Deductible then \$15/ <b>\$50</b> /50%	Deductible then \$15/ <b>\$50</b> /50%
PRODUCT DETAILS			
Wellness Benefits	Health Extras <sup>sm</sup> or Nutrition	Health Extras <sup>sm</sup>	Health Extras <sup>sM</sup> or Nutrition
Network	IHC	IHC + United Nationally	IHC + United Nationa
Q3 RATES			
Employee Rate	\$699.81	\$994.84	\$898.29
Employee & Child(ren) Rate	\$1,189.68	\$1,691.23	\$1,527.09
Employee & Spouse Rate	\$1,399.62	\$1,989.68	\$1,796.58

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4. Subscribers must reside within Independent Health's 23-county network area.

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#### BRONZE LEVEL

BRONZE LEVEL PLANS CONTINUED ON NEXT PAGE »



	iDirect Bronze Coinsurance HSAQ	iDirect Bronze MV HSAQ
	Health <b>Equity</b>	Health <b>Equity</b>
	N/A	N/A
	\$5,600/\$11,200 (E)	\$8,050/\$16,100 (E)
	Deductible then 50%	0%
	\$7,500/\$15,000 (E)	\$8,050/\$16,100 (E)
	\$7,500/\$15,000 (E)	\$10,000/\$20,000 (E)
	Deductible then 50%	Deductible then 50%
	\$15,000/\$30,000 (E)	\$20,000/\$40,000 (E)
	Deductible then 50%	Deductible then \$0
	Deductible then 50%	Deductible then \$0
cipating enefit summary	Deductible then \$0	Deductible then \$0
	Deductible then 50%	Deductible then \$0
	Deductible then 50%	Deductible then \$0
gery Center	Deductible then 50%	Deductible then \$0
	Deductible then 50%	Deductible then \$0
	Deductible then 50%	Deductible then \$0
	Deductible then 50%	Deductible then \$0
	Health Extras <sup>sM</sup> or Nutrition	Health Extras <sup>sm</sup> or Nutrition
	IHC	IHC
	\$619.29	\$607.86
	\$1,052.79	\$1,033.36
	\$1,238.58	\$1,215.72
	\$1,764.98	\$1,732.40

First Dollar Coverage

IN-NETWORK (IN)

Deductible

Coinsurance

Out-of-Pocket Max.

OUT-OF-NETWORK (OON)<sup>1</sup>

Deductible

Coinsurance

Out-of-Pocket Max.

#### MEDICAL SERVICES

Primary Care Office Visit

Specialist Office Visit

Telemedicine – General Medical & Behavioral Health Services (par Teladoc<sup>®</sup> providers only) For Dermatology telemedicine refer to the plan's

Urgent Care

**Emergency Room Services** 

Outpatient Procedures Performed in an Ambulatory Su

**Outpatient Procedures Performed in a Hospital** 

Inpatient Hospital Services (per admission)

PRESCRIPTION DRUGS

Pharmacy<sup>2</sup>

PRODUCT DETAILS

Wellness Benefits

Network

#### Q3 RATES

**Employee Rate** 

Employee & Child(ren) Rate

Employee & Spouse Rate

Family Rate

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#### BRONZE LEVEL

(CONTINUED)



	Passport Plan National Bronze HSAQ	Passport Plan Local Bronze HSAQ⁴
	Health <b>Equity</b> <sup>.</sup>	Health <b>Equity</b>
	N/A	N/A
	\$5,600/\$11,200 (E)	\$5,600/\$11,200 (E)
	Deductible then 50%	Deductible then 50%
	\$7,500/\$15,000 (E)	\$7,500/\$15,000 (E)
	\$7,500/\$15,000 (E)	\$7,500/\$15,000 (E)
	Deductible then 50%	Deductible then 50%
	\$15,000/\$30,000 (E)	\$15,000/\$30,000 (E)
	Deductible then 50%	Deductible then 50%
	Deductible then 50%	Deductible then 50%
ing fit summary	Deductible then \$0	Deductible then \$0
	Deductible then 50%	Deductible then 50%
	Deductible then 50%	Deductible then 50%
y Center	Deductible then 50%	Deductible then 50%
	Deductible then 50%	Deductible then 50%
	Deductible then 50%	Deductible then 50%
	Deductible then 50%	Deductible then 50%
	Health Extras <sup>sm</sup>	Health Extras <sup>sM</sup> or Nutrition
	IHC + United Nationally	IHC + United Nationally
	\$880.01	\$794.43
	\$1,496.02	\$1,350.53
	\$1,760.02	\$1,588.86
	\$2,508.03	\$2,264.13

#### IN-NETWORK (IN)

First Dollar Coverage

Deductible

Coinsurance

Out-of-Pocket Max.

OUT-OF-NETWORK (OON)<sup>1</sup>

Deductible

Coinsurance

Out-of-Pocket Max.

#### MEDICAL SERVICES

Primary Care Office Visit

Specialist Office Visit

Telemedicine – General Medical & Behavioral Health Services (participatir Teladoc<sup>®</sup> providers only) For Dermatology telemedicine refer to the plan's benefit

Urgent Care

**Emergency Room Services** 

Outpatient Procedures Performed in an Ambulatory Surgery

**Outpatient Procedures Performed in a Hospital** 

Inpatient Hospital Services (per admission)

PRESCRIPTION DRUGS

Pharmacy<sup>2</sup>

PRODUCT DETAILS

Wellness Benefits

Network

#### Q3 RATES

**Employee Rate** 

Employee & Child(ren) Rate

Employee & Spouse Rate

Family Rate

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(T) = True Family (Non Embedded) Deductible

## BRINGING YOU MORE REASONS TO REDSHIRT.®

Independent Health members can rely on the high-quality coverage they need, backed by the leading RedShirt service and support they deserve. With convenient access to tools, resources, member savings, community programs and a wide range of unique health benefits<sup>3</sup>, we make it even easier to get and stay healthy all year long.

#### \$250 HEALTH EXTRAS<sup>™</sup> VISA<sup>®</sup>

A debit card to pay for healthy goods and services.

Health Freakth Extras 4000 1234 5678 9000 JP STITH W 10/26 VISA

#### EARN \$1,000 BACK

Nutrition Benefit<sup>4</sup> pays members back for buying fresh fruits and vegetables.



#### EARN UP TO \$30 IN REDSHIRT REWARDS<sup>™</sup>

Get rewarded<sup>5</sup> for completing healthy actions like annual checkups, flu shots and health screenings and choose a gift card at a wide range of retailers, including Amazon.com Gift Card, Target and more!

#### **\$0 PREVENTIVE CARE**

More than 60 FREE services – from checkups and screenings to vaccines.



### 600+ WELLNESS DISCOUNTS

Members can show their member ID card for exclusive health and wellness discounts – up to 30% off – at a wide range of local businesses.

### **\$0 PREVENTIVE RX**

For cholesterol, blood pressure, diabetes, antidepressants and so much more.

**Plus** – Get **Vision Discounts** with EyeMed providers. Also available, **Dental Coverage** through Delta Dental.



## **DIGITAL HEALTH TOOLS AND APPS**



Download the **MyIH app** to get started with personalized plan information and access to a wide range of easy-to-use digital tools and resources. Chat with a RedShirt, search for a doctor or pharmacy, view member ID card, track balances and so much more.



Scan here to download the MyIH app

**It's all a tap away! Brook and Brook+** (health coaching, diabetes/weight management), **Compare Medical and Rx Costs** (online compare tools), **e-pay** (pay plan bills electronically) and more!

## **CONNECT WITH OUR COMMUNITY**

Our goal is to improve the health and well-being of every Western New Yorker, not just our members. That's why we partner with local organizations to offer programs and events that promote the importance of healthy choices and easy access to healthy activities. Bringing healthy to WNY – year-round:

- Buffalo Outer Harbor
- Buffalo RiverWorks
- Community Health Day
- First Night<sup>®</sup> Buffalo
- Fitness for Kids Challenge

- Fitness in the Parks
- Food Truck Tuesdays
- GObike
- Good for the Neighborhood<sup>®</sup>

- Kids Run
- PlayStreets
- Reddy Bikeshare
- Soccer for Success
- Wellness Walks

To learn about community partnerships, visit independenthealth.com/in-the-community.





You Deserve the RedShirt Treatment. Call our RedShirts<sup>sm</sup> today at **1-800-453-1910**.



#### independenthealth.com

- 3. Benefits vary by plan.
- 4. Canned or frozen fruits and vegetables are excluded. Money back is in the form of store credit for future purchases.
- 5. Rewards will be issued when Independent Health receives notification of a claim for each service, which may take up to 90 days for a provider to submit the claim(s). \$30.00 limit per eligible member (subscriber, spouse and dependents 18 years of age and older) per plan year

- Healthy Options<sup>®</sup>