



# "MY DOC" HMO PLATINUM EXTRA VALUE PLAN

## NEW HAMPSHIRE

At Minuteman Health, we're all about providing **EXTRA** for our members. Especially for those members who need a little **EXTRA** support to maintain their health and overall well-being.

We created the **"MyDoc" HMO Platinum Extra Value Plan** to provide **EXTRA** support and benefits for our members who live with diabetes, asthma or hypertension. Platinum Extra Value members have an array of **EXTRA** benefits including:



### Extra Access to Doctor Visits:

Members receive four additional visits (*per year*) with either an In-Plan Primary Care Provider (PCP) or an In-Plan Specialist with **no member cost-sharing—that means no copays or out-of-pocket costs!**



### Extra Prescription Benefits with Lower Copays:

When filling a prescription with an In-Plan Pharmacy, members pay **\$5 copays** for some Tier 1 prescriptions, including Atorvastatin, Metforman and Lisinopril. For mail order, members pay **\$10 copays** for a three-month supply for some Tier 1 generic drugs. *(For more information about drug tiers and associated copays, visit the Drug Look-Up tool at [MinutemanHealth.org](http://MinutemanHealth.org).)*



### Extra Fitness and Weight Loss Support:

All plan members can take advantage of our wellness reimbursement program.\* Members will be reimbursed \$150 (*per family per year*) for a wide range of fitness activities like joining a qualifying fitness club, registering for a 5K or cycling event and signing up for a WeightWatchers® membership.



### Extra Behavioral Health Support:

Members have access to four visits (*per year*) with an In-Plan Behavioral Health Provider for psychotherapy and other outpatient mental health/substance abuse services with **no member cost-sharing.**



### Extra Coverage for Lab Work:

Some common lab tests, including pulmonary function tests for asthma, electrocardiograms for hypertension and hemoglobin A1C tests for diabetes, are available with **no member cost-sharing** when using an In-Plan Lab.



### Extra Peace of Mind:

Being healthy is more than staying physically fit. It's about having a healthy mind-body connection too. Members will be reimbursed \$100 (*per family per calendar year*) for holistic services like massage therapy, acupuncture and qualified stress-reduction classes that can help manage chronic conditions.\*

For more information and specific plan benefits and coverage for the "MyDoc" HMO Platinum Extra Value Plan visit [MinutemanHealth.org](http://MinutemanHealth.org) or contact the Member Services Team at 855-644-1776 Monday through Friday from 8am until 6pm.

\*Exclusions apply

