



CHRISTUS[®]
Health Plan

CHRISTUS Health Advantage

SUPPLEMENTAL BENEFITS

Joining a CHRISTUS Health Advantage plan gives you access to exclusive benefits designed to help you improve your life.



Dental Services



With Delta Dental

Make your oral health a priority! All of our plans include preventive and comprehensive dental. This allows you the freedom of seeing an in-network or an out-of-network dental provider. At your visit, you can expect:

- A \$0 copay for preventive dental services.
- \$20 copay for non-Medicare covered comprehensive dental services.

An annual combined maximum of \$2,000 to \$5,500 depending on the plan you choose.



Vision Care Services

With our new vision benefits, you can better maintain your eyesight as you age. Our plans include:

- Yearly, routine eye exam
- Yearly diabetic retinopathy screening
- Hardware reimbursement allowance
- Annual eye hardware allowance from \$100 to \$300 on Contact lenses; Eyeglasses (lenses and frames); Eyeglass lenses; or, Eyeglass frames

Hearing Services



With Amplifon

Many costs, like hearing aids, aren't covered by Original Medicare. With a CHRISTUS Health Advantage plan, you are able to receive quality hearing care and hearing instruments at the greatest value through our partnership with Amplifon. This includes a benefit of \$2,000 every two years towards hearing aids.

Additional items included with your hearing benefits:

- New virtual services:
 - Virtual screening - determine your hearing needs from the comfort of home
 - and personalized coaching to make the most of your hearing aid experience
 - On-demand virtual visits - convenient care for non-medical needs
- Risk-free trial
 - Try out your hearing aids for 60 days.
- Complimentary aftercare
 - 1-year follow-up care - ensures smooth transition to your new hearing aids
 - 2-year battery support - battery supply or charging station to keep you powered
 - 3-year warranty - coverage for loss, repairs, or damage

Learn more at www.amplifonusa.com/lp/christushealthadvantage



90-day Prescription Mail Order*

Through the Express Scripts mail order pharmacy home delivery service, pay \$0 for a 90-day supply of preferred generic drugs. To use this benefit, visit Express Scripts Online Pharmacy (express-scripts.com). You can also call us at the number on your member ID card.

Over The Counter (OTC) Products

Receive up to a \$150 quarterly benefit for over-the-counter health and wellness products available through OTC Health Solutions (amount varies by plan type). This benefit enables you to get generic and name brand allergy medicine, bathroom safety supplies, cold and flu medicine, vitamins and minerals, and pain relief aids.



To use this benefit and place your order online by going to our website at www.CHRISTUShealthplanotc.com, through the OTC - Anywhere mobile app, by mailing in the order form provided in your catalog (last 2 pages of OTC catalog), or by calling Convey's Contact Center Support at 1-877-906-0738 (Monday - Friday from 8:00 am - 11:00 pm EST) from the comfort of your own home.

Meals



As a part of your plan, we provide home-delivered meals to eligible members after an inpatient surgery or inpatient hospital stay at no additional cost.

You will receive an awareness text within four days of being discharged to let you know GA Foods will be calling you. Then, you will receive their call within two days of the text message. These meals can be customized to your dietary needs, such as gluten-free or vegetarian.

The benefit includes up to 14 meals delivered to your door for up to seven days. If you choose to receive meals, your meals will be sent within three days.

Transportation



One of the first steps to a healthier life is seeing your doctor regularly and following care plans, but getting there is often an issue. With CHRISTUS Health Plan, you're covered. We've partnered with SafeRide to ensure that you can schedule rides to your appointments safely and on time.

To learn more, give member services a call at 844.282.3026.

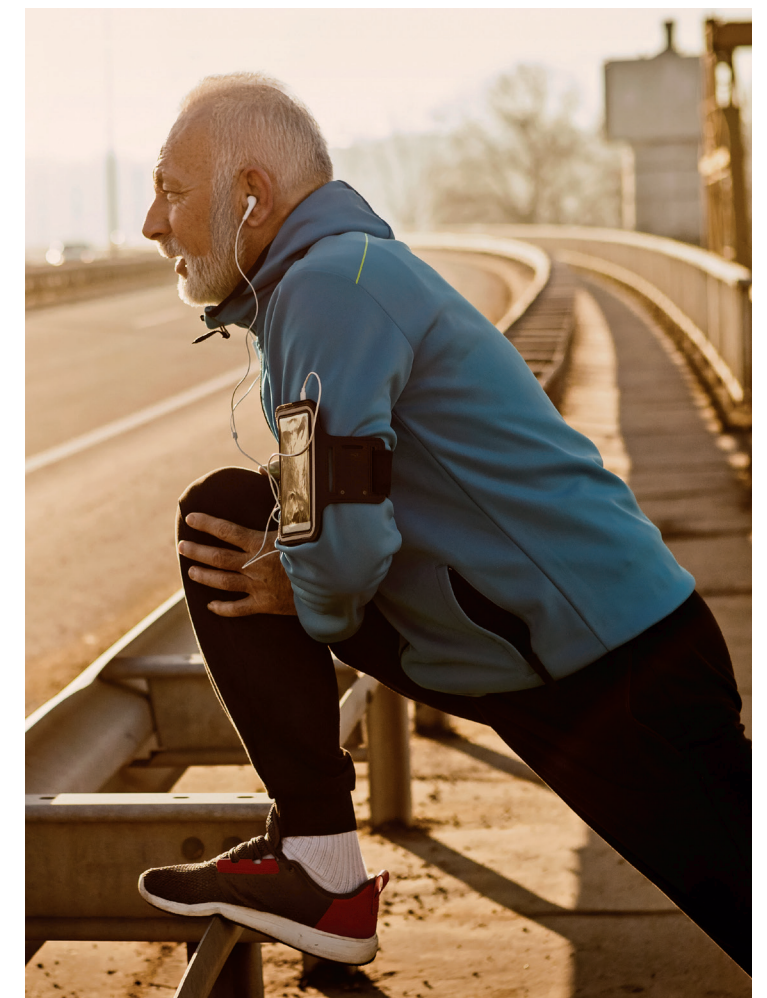
Fitness Program

All CHRISTUS Health Advantage members can stay active with their no-cost Silver & Fit membership. With our fitness program, you can enjoy:



- A membership at thousands of participating fitness centers with access to the standard fitness network
- One home fitness kit per benefit year. Choose from several options, every eligible Silver & Fit member may choose one of 11 home fitness kits on an annual basis.
 - Garmin wearable activity tracker, Fitbit wearable activity tracker, beginner swimming kit, advanced swimming kit, beginner yoga kit, intermediate/ advanced yoga kit, Pilates kit, walking/ trekking kit, beginner strength kit, intermediate strength kit, advanced strength kit
- Access to a variety of on-demand workout videos on the Silver & Fit website and mobile app
- Personalized, over-the-phone or digital education and training for fitness, nutrition, stress, sleep, brain health, social isolation and other
- Access to the Well-Being Club where you can connect with others, view exclusive articles and videos, and join live-streaming classes and events

Visit SilverandFit.com to learn more about the Silver & Fit program or call 1-877-427-4788, Monday through Friday. You can create an account after your plan starts.





919 Hidden Ridge Drive | Irving | TX 75038

844-282-3026 | TTY 711

Oct. 1 – Mar. 31, 7 days a week, 8 a.m. – 8 p.m., local time

Apr. 1 – Sept. 30, Mon. – Fri., 8 a.m. – 8 p.m., local time

CHRISTUShealthplan.org