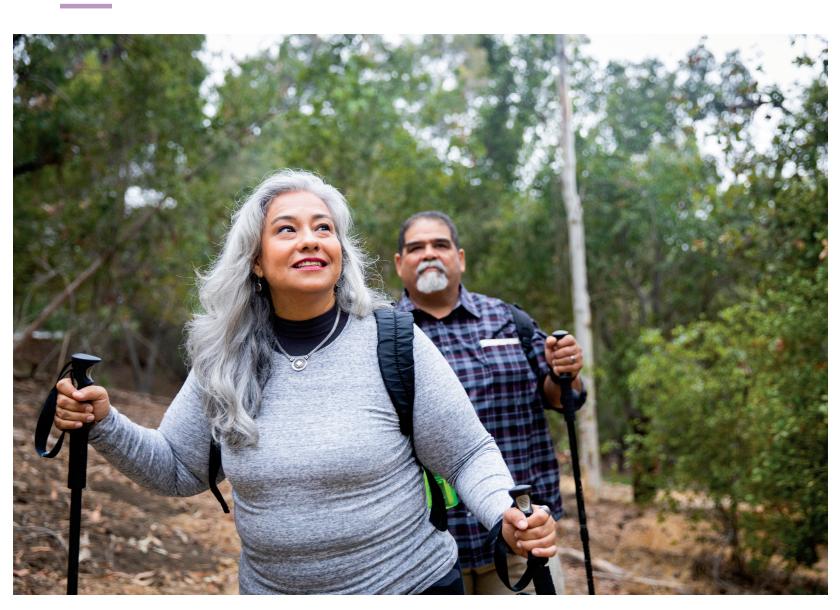


CHRISTUS Health Advantage

HOW TO USE YOUR ADDITIONAL BENEFITS

Use your CHRISTUS Health Advantage plan exclusive benefits designed to help you improve your life.





Dental Services

With Delta Dental

△ DELTA DENTAL®

Make your oral health a priority! Your plan has preventative and comprehensive dental to allow you the freedom of seeing an in-network or an out-of-network dental provider.

To Find a Dentist

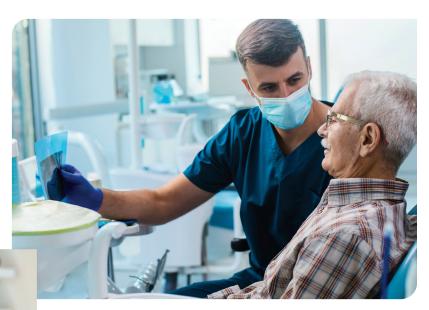
Use our search tool at **DeltaDentalins.com/CHPMedicareAdvantage.** While you're there,

register for easy online access to your plan details, eligibility information, and more.

For quicker access, use your Member Portal and click on "Dental" under your "My Health" tab.

You will be provided a Delta Dental ID card after you enroll.

Please present your ID card when you visit the dentist.



Vision Care Services

With your new vision benefits, you can better maintain your eyesight as you age.

To Find a Network Provider

Visit **superiorvision.com** or call Superior Vision Customer Service to find an in-network provider. Just use your name, date of birth, and CHRISTUS Health member ID number at the provider's office to receive vision service.

Superior Vision Customer Service:

1 (800) 507-3800

Monday-Friday from 8 a.m. – 9 p.m. (EST) or Saturday from 11 a.m. - 4:30 p.m. (EST)





Hearing Services



With Amplifon

Many costs, like hearing aids, aren't covered by Original Medicare. With your 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 towards either prescription or over-the-counter hearing aids.

To Access Your Benefit

Once your PCP determines your need for hearing services or equipment visit **www.amplifonusa.com/lp/christushealthadvantage** to fill out the online appointment request form. You will be put in touch with an Amiplifon Hearing Care Advocate who will help you by explaining your benefits in further detail and requesting an appointment for you at a clinic in your area.

Or call Amplifon at toll-free (866) 687-6756 to be connected with a Care Advocate directly.

24-hour Nurse Line

All CHRISTUS Health Advantage members have access to free confidential help from a nurse 24 hours a day, 7 days a week, 365 days a year. Nurses are available through this service to answer questions about medications, help you decide when and where to seek care, or simply provide reassurance when you need it.

To use this benefit, call **(844) 581 - 3174**

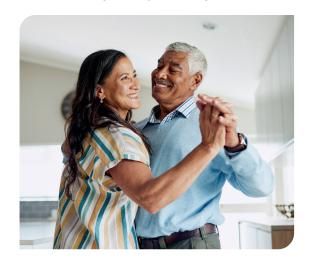
If you are experiencing a life-threatening emergency, such as a heart attack or stroke, call 911 or go the emergency room.





Over The Counter (OTC) Products

You receive a quarterly benefit for over-the-counter health and wellness products available through OTC Health Solutions. Your 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. See your Summary of Benefits in your Member Portal to view the dollar amount of your quarterly benefit.



To Access Your Benefit

Register to create an account at www.CHRISTUSHealthPlanOTC.com using your CHRISTUS Health Member ID number.

Browse the catalog list online, then place your order via:

- Your online account
- The Ultra Access mobile app
- The OTC Support phone line 1-877-906-0738 (Monday-Friday from 8 a.m.-11 p.m. EST)

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

SafeRide Health

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 your 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, and even schedule rides in advance.

To Access Your Benefit

Click "Transportation" under the "My Health" tab in your Member Portal or call SafeRide Member Services at **833.944.0536** to schedule your ride!



Fitness Program



As a CHRISTUS Health Advantage member, you can stay active with your 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. Every eligible Silver & Fit member may choose one of the following home fitness kits on an annual basis.

- Strength Kit

- Toning Kit

- Walking Kit

- Self-Care Kit

- Yoga 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 more
- Access to the Well-Being Club where you can connect with others, view exclusive articles and videos, and join live-streaming classes and events



Create an account at **SilverandFit.com** after your plan starts or call **1-877-427-4788**, Monday through Friday, 7 a.m. to 8 p.m. CST.

You'll then be able to select your Home Fitness Kit and find a fitness center near you!

Virtual Psychiatry



CHRISTUS Health Plan has partnered with Talkiatry to make expert mental health care more accessible – and easier to start.

Talkiatry is a national psychiatry practice that offers care **entirely online**, with licensed, board-certified psychiatrists who treat conditions like anxiety, depression, PTSD, ADHD, and more. They take the time to listen and understand what you are going through – and are here to walk alongside you, wherever you are in your journey.

Getting started at www.Talkiatry.care/christus is easy:

- 1. **Take the online assessment.** Answer a few questions about what you're looking for and your medical history
- 2. **Choose your psychiatrist.** We'll help match you with a psychiatrist on our team who fits your needs and schedule.
- 3. **Get the care you need.** You'll have your first virtual visit in days and start collaborating on your care with your doctor.





Member Portal

Visit **CHRISTUShealthplan.org/member-portal** or scan this QR code to access your online member portal. Featuring **single click sign-on** to many of your additional benefits, like dental coverage and pharmacy!





With your portal, you can:

- View your plan information
- Change your Primary Care Provider
- Download your Member ID card
- Complete your Health Risk Assessment
- View claims
- Find providers, facilities, and pharmacies

CHRISTUS On Demand Care

As part of your CHRISTUS Health Plan benefits, CHRISTUS On Demand Care gives you the ability to see a virtual urgent care provider in 30 minutes or less without the need to schedule a visit.

Go to **CHRISTUShealth.org**, select "Start On Demand Care," and you will see the next available online provider from your smartphone, tablet, or computer.



Scan here to begin your On Demand Care visit.

Select CHRISTUS Health Plan and Associates appointment type.

\$0 copay

Conditions treated through On Demand Care:

- Allergies
- Bronchitis
- Coughing
- Diarrhea

- Fever
- Headaches
- Pink eye
- Rash

- Seasonal flu
- Sore throat
- Stomachache
- Urinary tract infections



NEW FOR 2026!

Earn Rewards for Health Activities

Staying healthy has never been more rewarding! With our new **Rewards & Incentives Program**, you'll earn money by completing activities related to keeping you healthy, like annual wellness visits and flu shots. Reward dollars work like cash and are loaded straight on to your Rewards and Benefit card to spend at stores you know and trust.

Enroll via your Member Portal

- Visit the member portal (www.christushealthplan.org/member-portal) after your plan year effective date and click "OTC & Rewards" from the "My Health" dropdown menu.
- See the full list of rewardable activities and reward dollars you can earn.

Earn Rewards with Healthy Activities

- After your first completed activity, your Rewards and Benefit card will be mailed to you with your reward already loaded!
- Complete more activities and the reward dollars will be loaded onto your card automatically. For a few of the activities, you'll fill out a form on the portal first.

Spend like Cash at Major Retailers

• Your Rewards and Benefit card works just like any other card at Point-of-Sale at retailers like Walmart, Kroger, CVS, Dollar General, Safeway, and more. Visit the Rewards portal to see what other stores are near you!

Questions about your Rewards? Call **877-906-0738** (TTY 711), Monday - Friday 8 a.m. - 11 p.m. EST



Please refer to your CHRISTUS Health Advantage Evidence of Coverage for more information about your benefits, found online at www.christushealthplan.org or in your Member Portal (www.christushealthplan.org/member-portal).



5101 N. O'Connor Blvd | Irving | TX 75039 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