

MEDICAL BENEFITS

Insured by Meritain Health

Comprehensive and preventive healthcare coverage is important in protecting you and your family from the financial risks of unexpected illness and injury. A little prevention usually goes a long way—especially in healthcare. Routine exams and regular preventive care provide an inexpensive review of your health. Small problems can potentially develop into large expenses. By identifying the problems early, often they can be treated at little cost.



Friendship Senior Options offers you a choice between a \$3,000 HDHP HSA Plan, a \$1,500 Deductible PPO Plan, or a \$4,000 Deductible PPO Plan.

- With all three plans, you may select where you receive your medical services. If you use an in-network Aetna provider, your costs will be less.

How to Find an In-Network Provider

- FSO plans utilize a provider network, you will pay less if you use an in-network provider.
- To find an in-network provider, follow the steps below:
 - Visit <http://www.aetna.com/docfind/custom/mymeritain/>
 - In the “Enter location here” box input your zip code and toggle the “Look within” mile radius to filter your search.
 - If you are enrolled in the \$3,000 HDHP or the \$1,500 Deductible Plan, scroll to “Broad Medical Networks” and select Aetna Choice® POS II (Open Access).
 - If you are enrolled in the \$4,000 Deductible Plan, scroll to “High Performance Networks” and select 2023 Aetna Premier Care Network (APCN).
 - Click the “Continue” button and select the category in which you are seeking care.
- Your member website, myMERITAIN, is custom built to help you manage your benefits. When you register and log in at www.meritain.com you can review your health benefits, check on your claims and more!
- You can also call Meritain at 800-925-2272, between 7:00am to 6:30pm CST for support.

MERITAIN HEALTH

Telemedicine – Teladoc

Stretch your healthcare dollars by connecting with Teladoc the next time you're sick. With Teladoc, you can speak with a U.S. board certified doctor 24/7 by phone or video for many non-emergency illnesses. Virtual visits can be a better alternative than going to the emergency room or urgent care center as services can be provided for a lower cost than an in person visit. Receive affordable care for symptoms such as sinus infections, flu, cough, sore throats, rash, allergies, nausea, and more! Teladoc also offers access to dermatology and Behavioral Health services. Talk to a doctor today by visiting www.teladoc.com or call 800-DOC-CONSULT (362-2667).



To set up your Teladoc account:

1. Download the Teladoc app at www.teladoc.com/mobile/
2. Set up your account – once the app is downloaded, select “Set up your account”.
3. Enter basic contact information – Provide this information to confirm eligibility.
4. Create your account – Enter your address and phone number, create a username and password, and agree to the terms and conditions.