

My+HealthCoverage™

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We make Benefits Better.

PAISC.com

MyHealthCoverage Employer-Sponsored
Health Plans



Wellness and Preventive Services Covered Under ACA with MyHealthCoverage

In-network charges for preventive benefits for adults, women and children are paid at 100%. For more information about preventive care benefits and the most recent list of covered services, visit www.healthcare.gov.

MyHealthCoverage Wellness and Preventive Benefits for Adults										
Abdominal Aortic Aneurysm	One time screening for men of specified ages who have a history of smoking									
Alcohol Misuse	Screening and counseling									
Aspirin	For men and women of certain ages									
Blood Pressure	Screening for all adults									
Cholesterol	Screening for adults of certain ages or at a high risk									
Colorectal Cancer	Screening for adults over 50									
Depression	Screening for adults									
Type 2 Diabetes	Screening for adults with high blood pressure									
Diet	Counseling for adults at higher risk for chronic disease									
HIV Screening	Screening for everyone age 15 to 65 and other ages at increased risk									
Immunizations	Vaccines for adult doses. Recommended ages and recommended populations vary: <table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Hepatitis A / Hepatitis B</td> <td style="width: 33%;">Influenza (Flu Shot)</td> <td style="width: 33%;">Pneumococcal</td> </tr> <tr> <td>Herpes Zoster</td> <td>Measles, Mumps, Rubella</td> <td>Tetanus, Diphtheria, Pertussis</td> </tr> <tr> <td>Human Papillomavirus</td> <td>Meningococcal</td> <td>Varicella</td> </tr> </table>	Hepatitis A / Hepatitis B	Influenza (Flu Shot)	Pneumococcal	Herpes Zoster	Measles, Mumps, Rubella	Tetanus, Diphtheria, Pertussis	Human Papillomavirus	Meningococcal	Varicella
Hepatitis A / Hepatitis B	Influenza (Flu Shot)	Pneumococcal								
Herpes Zoster	Measles, Mumps, Rubella	Tetanus, Diphtheria, Pertussis								
Human Papillomavirus	Meningococcal	Varicella								
Obesity	Screening and Counseling for all adults									
Sexually Transmitted Infection (STI)	Prevention Counseling for adults at higher risk									
Tobacco Use	Screening for adults and cessation interventions for tobacco users									
Syphilis	Screening for all adults at higher risk									

MyHealthCoverage Wellness and Preventive Benefits for Women

Anemia	Screening on a routine basis for pregnant women
Bacteriuria	Urinary tract or other infection screening for pregnant women
BRCA	Counseling about genetic testing for women at higher risk
Breast Cancer Mammography	Screenings ever 1-2 years for women over 40
Breast Cancer Chemoprevention	Counseling for women at higher risk
Breastfeeding	Comprehensive support and counseling from trained providers, as well as access to breastfeeding supplies for pregnant and nursing women
Cervical Cancer	Screening for sexually active women
Chlamydia Infection	Screening for younger women and other women at higher risk
Contraception	Food and Drug Administration approved contraceptive methods, sterilization procedures and patient education and counseling not including abortifacient drugs
Domestic and Interpersonal Violence	Screening and counseling for all women
Folic Acid	Supplements for women who may become pregnant
Gestational Diabetes	Screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
Gonorrhea	Screening for all women at higher risk
Hepatitis B	Screening for pregnant women at their first prenatal visit
Human Immunodeficiency Virus (HIV)	Screening and counseling for sexually active women
Human Papillomavirus (HPV) DNA Test	High risk HPV DNA testing every three years for women with normal cytology results who are 30 or older
Osteoporosis	Screening for women over age 60 depending on risk factors
Rh Incompatibility	Screening for all pregnant women and follow-up testing for women at higher risk
Tobacco Use	Screening and interventions for all women and expanded counseling for pregnant tobacco users
Sexually Transmitted Infections (STI)	Counseling for sexually active women
Syphilis	Screening for all pregnant women or other women at increased risk
Well-woman Visits	To obtain recommended preventive services for women under 65

MyHealthCoverage Wellness and Preventive Benefits for Children

Alcohol and Drug Use	Assessments for adolescents
Autism	Screening for children at 18 and 24 months
Behavioral	Assessments for children of all ages: ages 0 – 11 months, 1 – 4 years, 5 – 10 years, 11 – 14 years, 15 – 17 years
Blood Pressure	Screening for children: ages 0 – 11 months, 1 – 4 years, 5 – 10 years, 11 – 14 years, 15 – 17 years
Cervical Dysplasia	Screening for sexually active females
Congenital Hypothyroidism	Screening for Newborns
Depression	Screening for adolescents
Developmental	Screening for children under age 3 and surveillance throughout childhood.
Dyslipidemia	Screening for children at higher risk of lipid disorders: ages 1 – 4 years, 5 – 10 years, 11 – 14 years, 15 – 17 years
Fluoride Chemoprevention	Supplements for children without fluoride in their water source
Gonorrhea	Preventive medication for the eyes of all newborns
Hearing	Screening for all newborns
Height, Weight, Body Mass Index	Measurements for children: ages 0 – 11 months, 1 – 4 years, 5 – 10 years, 11 – 14 years, 15 – 17 years
Hematocrit or Hemoglobin	Screening for children
Hemoglobinopathies	Sickle Cell screening for newborns
HIV	Screening for adolescents at higher risk
Iron	Supplements for children ages 6 – 12 months at risk for anemia
Immunizations	Vaccines for children from birth to age 18. Recommended ages and recommended populations vary. Diphtheria, Tetanus, Pertussis Human Papillomavirus Measles, Mumps, Rubella Rotavirus Haemophilus Influenzae TypeB Inactivated Poliovirus Meningococcal Varicella Hepatitis A / Hepatitis B Influenza (Flu Shot) Pneumococcal
Lead	Screening for children at risk for exposure
Medical History	For all children throughout development: ages 0 – 11 months, 1 – 4 years, 5 – 10 years, 11 – 14 years, 15 – 17 years
Obesity	Screening and Counseling
Oral Health	Risk assessment for young children: ages 0 to 11 months, 1 to 4 years, 5 to 10 years
Phenylketonuria (PKU)	Screening for this genetic disorder in newborns
Sexually Transmitted Infection (STI)	Prevention counseling and screening for adolescents at higher risk
Tuberlin	Testing for children at higher risk of tuberculosis: ages 0 – 11 months, 1 – 4 years, 5 – 10 years, 11 – 14 years, 15 – 17 years
Vision	Screening for all children

MyHealthCoverage+ Plan A			MyHealthCoverage+ Plan B		
	In Network	Out of Network		In Network	Out of Network
Preventive Services for Adults	100%	40%	Preventive Services for Adults	100%	40%
Preventive Services for Women	100%	40%	Preventive Services for Women	100%	40%
Preventive Services for Children	100%	40%	Preventive Services for Children	100%	40%
Wellness Care			Wellness Care		
Persons age 1+ (one per year)	\$75	1 day	Persons age 1+ (one per year)	\$75	1 day
Persons under age 1 (one per year)	\$75	4 days	Persons under age 1 (one per year)	\$75	4 days
Outpatient Benefits	Per Day	Plan Year Maximum	Outpatient Benefits	Per Day	Plan year Max
Physician Office Visit	\$55	8 days	Physician Office Visit	\$100	8 days
Diagnostic (Lab)	\$75	6 days	Diagnostic (Lab)	\$75	6 days
Diagnostic (X-Ray)	\$150	3 days	Diagnostic (X-Ray)	\$200	3 days
Ambulance Services	\$300/\$900	1 day	Ambulance Services	\$300/\$900	1 day
Emergency Room Benefit (Sickness)	\$100	2 days	Emergency Room Benefit (Sickness)	\$200	2 days
Emergency Room Benefit (Accident)	\$300	2 days	Emergency Room Benefit (Accident)	\$500	2 days
Outpatient Surgery	\$500	1 day	Outpatient Surgery ¹	\$500	1 day
Anesthesiology	\$125	—	Anesthesiology	\$125	—
Inpatient Benefits	Per Day	Plan Year Maximum	Inpatient Benefits	Per Day	Plan year Max
Inpatient Surgery	\$2,000	1 day	Inpatient Surgery	\$2,000	1 day
Anesthesiology	\$500	—	Anesthesiology	\$500	—
Daily Hospital Confinement	\$300	3 days	Daily Hospital Confinement	\$300	3 days
Intensive Care Unit Maximum	\$400	30 days	Intensive Care Unit Maximum	\$400	30 days
Skilled Nursing	\$100	60 days	Skilled Nursing	\$100	60 days
Perscription Drugs	Per Day	Plan year Maximum	Perscription Drugs	Per Day	Plan year Max
Per Day	\$20	30 days	Per Day	\$20	30 days



Plan Administrator

Our limited benefit customers get the same quality of service as our members covered by our employer-sponsored self-funded plans. Since 1981 Planned Administrators, Inc. (PAI) is a Third Party Administrator (TPA) focused on health care claims administration and utilization management. After building a block of over 100 self-funded employer groups, PAI began administering limited benefits in 2004. Large national employer groups have continued to come on board, and currently PAI has more than 350,000 covered plan members and 500 employer groups. PAI has built its reputation on the highest standards of customer service and excellence.



PPO Network Medical Network

The Employer-Sponsored Self-Funded Minimum Essential Coverage (MEC) Wellness and Preventive Plan includes the First Health Network, which provides access to approximately 5,000 hospitals and over 550,000 doctors and health care professionals across all 50 states and the District of Columbia. Call the First Health Provider Locator, 800-226-5116, or visit www.FirstHealth.com.



Prescription Drug Network

Plan members have access to savings on drugs through the OptumRx Pharmacy Network, with more than 67,000 pharmacies in their network, including national retail pharmacy chains: Walmart, Walgreens, CVS Pharmacy, Kroger and Sam's Club. To locate an in-network pharmacy please call 866-798-0803 or visit online at www.paisc.com.



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