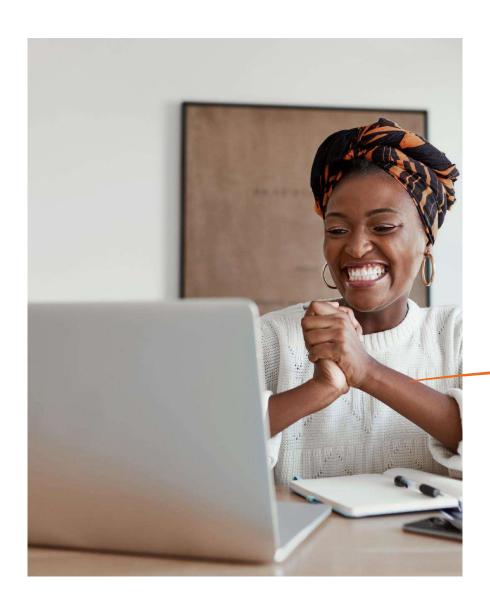


AGENDA

- Getting Started
- Excellus BCBS Webpage Overview
- Wellbeing Benefits
- Mobile App
- Summary



GETTING STARTED

WHY IS CREATING AN ONLINE ACCOUNT IMPORTANT?

There is so much available at the tips of your fingers when you create an online account! Here are some of the highlights:



Access Anytime
Through the mobile

app or online



Answers to Commonly Asked Questions

Deductible questions? Need a new member ID card? And more!



Estimate Medical Costs

Estimate medical costs before you go to the doctor!



Find a Doctor

Find out who is in network and in your area for a variety of different medical needs



Telemedicine

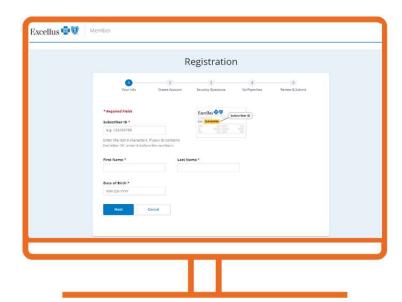
Access to health care professionals all day, every day

CREATING AN ONLINE ACCOUNT

Visit: ExcellusBCBS.com/Register to set up an online account, it's easy!

Here are some helpful registration tips:

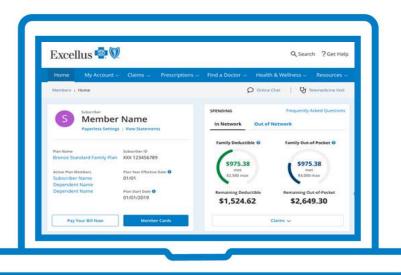
- 1. Have your member card handy!
- 2. You can opt for paperless settings!
- Don't forget to verify your email!
- You can register via the mobile app too!





EXCELLUS BCBS WEBPAGE OVERVIEW

YOUR DASHBOARD



From your dashboard, you can view...

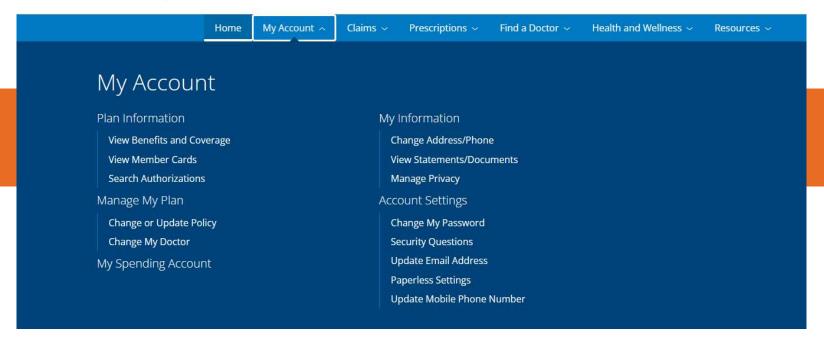
- Your plan
- Active members
- View/order member cards
- Deductible & spending information
- Claims details
- Benefit summary

.....and more!

"MY ACCOUNT" DROP DOWN



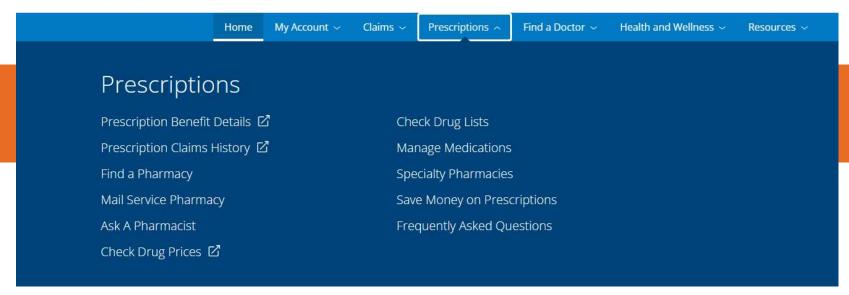




"PRESCRIPTIONS" DROP DOWN







"FIND A DOCTOR" DROP DOWN





Member

Home My Account
Claims
Prescriptions
Find a Doctor
Find a Doctor

Find a Doctor, Provider or Facility
Compare Hospital Quality

Find a Dentist
Estimate Medical Costs

Telemedicine

USING THE "FIND A DOCTOR" TOOL



First, decide what type of health care provider and what characteristics are important to you.

Tips When Searching for a Doctor:

- Ask friends and relatives for recommendations
- Ask another health care provider you already know
- Use the online search tool at <u>ExcellusBCBS.com/Find-A-Doctor</u>
- Use the "find a health care provider" search tool on your local hospital's website.

Action Item:

√ Find a PCP and/or schedule your annual well-care visit

TELEMEDICINE POWERED BY MDLIVE ®*

Through MDLIVE telemedicine, you have **24/7/365 on-demand access** to U.S. board-certified doctors and behavioral health specialists— anytime, anywhere.



There are four easy ways to activate your MDLIVE account!

TEXT – Text EXCELLUS to

APP – Download the

635483

MDLIVE app

WEB – Register/Log in at Member.ExcellusBCBS.com

VOICE – Call 1-866-

692-5045

So, when should you use Telemedicine?

- For non-emergency medical reasons such as allergies, asthma, pink eye, headache, cold, flu, insect bites, rashes, and more
- For behavioral health reasons such as addiction, anxiety, depression, eating disorder, LGBTQ+ support, grief, loss, stress, panic, and more
- When you cannot get into your doctor's office
- When you're out of town/traveling within the United States

ESTIMATE MEDICAL COSTS





Log in for average estimated out-of-pocket medical costs based on your year-to-date spending and deductible

Research estimated medical costs across more than 1,600 treatment categories and 400+ procedures

View a list of providers that perform a specific procedure and filter results by cost, treatments provided, provider location, and more

Access treatment timelines to understand the stages of care, including early evaluations, follow-ups, and recovery time, as well as a breakdown of costs throughout

"HEALTH & WELLNESS" DROP DOWN





Health and Wellness ^ My Account ~ Prescriptions ~ Find a Doctor ~ Resources ~ Home Claims ~ Health and Wellness Health & Wellness Programs Caregiver Support 24/7 Nurse Call Line Care Management with Wellframe Health Risk Assessment Advance Care Planning **Rewards & Incentives** Palliative Care Blue365 Discounts Research Health Topics ☑ Active&Fit Direct Read Our Health Blog ☑ Preventive Health Accessing Your Health Information Managing Conditions Wellness Video Library Mental Health & Substance Use

MEMBER CARE MANAGEMENT

4 IMPORTANT WAYS WE CARE

- Dedicated Team
 Coordinated care when you need it most.
- 2 Chronic Condition Management
 Ongoing expertise and specialized care.
- 3 Complex Condition Management Personalized support to get you through.
- 4 Behavioral Health Management Proven approaches with real results.



Member Care Management 1-877-222-1240 (TTY: 1-800-662-1220) 8 a.m. to 5 p.m. ET Case.Management@Excellus.com

WELLFRAME® HELPS YOU CONNECT

Wellframe is a **FREE** mobile app for smartphones or a tablet that connects members to the Excellus BCBS Member Care Management Team.

Get answers to every day clinical questions, medication reminders, help managing a condition, and so much more!

Access Code: **ExcellusWelcome**







BLUE 365

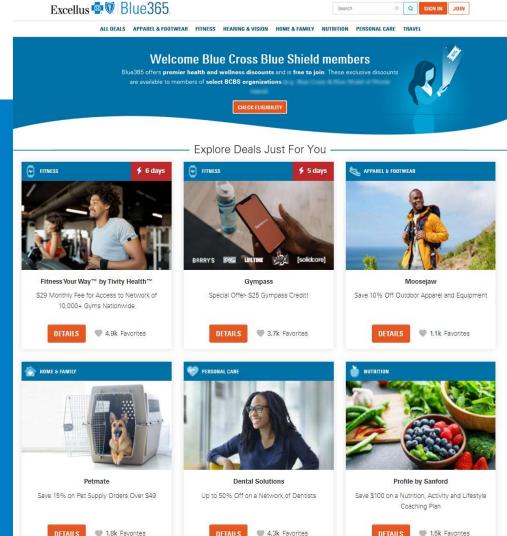
Making Health a Big Deal

Save Money: discounts at health and wellness retailers around the country (fitness gear, gym memberships, family activities, healthy eating, and more)

Get Weekly Deals: delivered right to your inbox

Gym Membership: Fitness Your Way[™] by Tivity Health[™] offers a passport membership to participating gyms (10,000+ facilities nationwide)

Discounts and deals change often.
For more information, visit
ExcellusBCBS.com/Blue365



Excellus 🔯 🗓

24/7 NURSE LINE

Peace of Mind When You Need It Right Away

Contact a nurse by phone anytime – 24 hours a day, seven days a week.

Our specially trained registered nurses can provide support and education for members with chronic or complex health conditions or answers to more general health questions.

1-800-348-9786



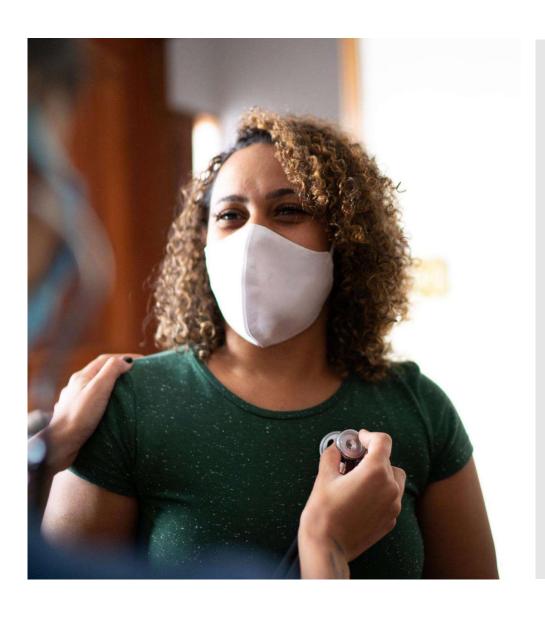
KEY FEATURES

Decision-making support and education when you need it most

Triage to appropriate level of care

Information regarding diagnoses, medications and treatment options

Referrals, as appropriate, into the Member Care Management program for enhanced care management



PREVENTIVE HEALTH

Get screened- it could save your life!

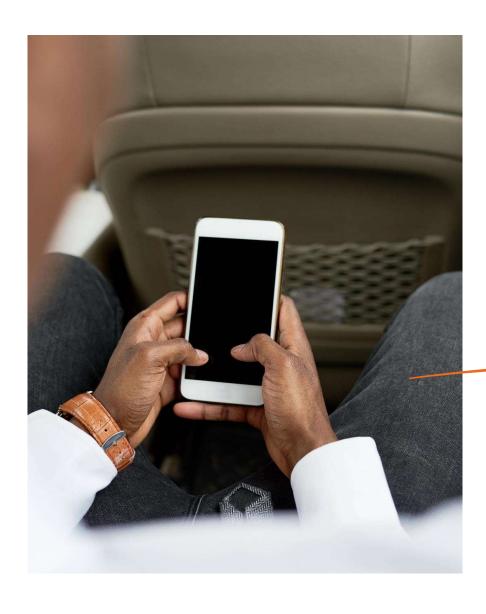
Preventive care services covered by health insurance:

- Flu shots
- Colorectal cancer screening
- Mammograms
- And more!

To learn more about the preventive health services available to you visit:

<u>ExcellusBCBS.com/PreventiveCare</u>

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EXCELLUS BCBS MOBILE APP



EXCELLUS BCBS MOBILE APP





GREATER TOMPKINS COUNTY MUNICIPAL HEALTH INSURANCE CONSORTIUM

2024 PHARMACY BENEFITS





CUSTOMER CARE

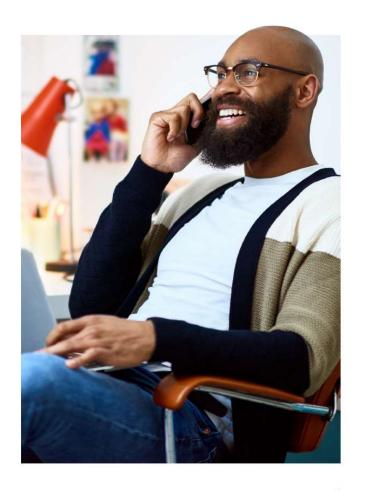
The dedicated Customer Care team that answers questions today regarding medical plan benefits, is the same team that will answer any pharmacy benefit questions.

1-877-253-4797

Monday – Thursday: 8:00 am – 9:00 pm

Friday: 9:00 am – 9:00 am

Saturday (September - May): 9:00 am - 1:00 pm



MAIL ORDER PRESCRIPTIONS*

The smart way to get your medication!

- CONVENIENCE No more running back and forth to the pharmacy.
- **SAVINGS**** Save up to a third on prescription costs just by signing up.
- RELIABILITY Always filled and shipped on time.
- CONTROL Call for express delivery if you need prescriptions sooner than expected.
- SAFETY Insulated packaging ensures your prescription is never damaged or altered.
- EXPERTISE Your doctor still prescribes your medication.
- PRIVACY Packages are never labeled with the prescription name.





www.wegmans.com/pharmacy 1-800-586-6910



www.express-scripts.com 1-855-315-5220

*Pharmacy/prescription benefit varies by group

** Savings vary by group

Confidential – Do Not Distribute



SPECIALTY RX



Your prescription drug plan requires you to purchase specialty medications through our specialty pharmacy network in order to receive coverage. Excellus partners with Accredo and Noble for specialty medications:

Accredo Health: 1-866-413-4137

Noble Health Services: 1-888-843-2040

Note: If you are already using Noble Health Services you will simply need to notify them of your updated insurance information.



ID CARD

- All members will receive a new ID card, inclusive of the new pharmacy benefit information.
- Members should present their new ID card for any prescriptions filled January 1, 2024 or after.
- Members can expect to receive their new ID card in December, prior to the start of the new plan year.







Excellus BluePPO



Subscriber Name
Smith, John
Subscriber ID
VYA 2XXXXXXXX
Effective On
01/01/2024

Plan Type	PPO	
Provider Ntwk	Excellus Commercial	
Plan Code	302/802	
RxBIN	003858	
RxPCN	A4	
RxGRP	EXLHPRX	
RxFormulary	2950	

PCP	\$15
Specialist	\$25
Urgent Care	\$40
Emergency Room	\$150
Prescriptions	\$5/\$35/\$70

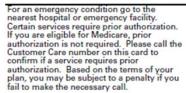
LONG THE COLUMN	In / Out-of-Network	
Ind Deductible	\$0 / \$500	
Fam Deductible	\$0 / \$1500	
Ind Out-of-Pocket Max	\$2000 / \$3000	
Fam Out-of-Pocket Max	\$6000 / \$9000	











All providers: File Claims with your LOCAL Blue Cross Blue Shield Plan.

Member: If you are billed directly for services, submit at the address to the right.

ExcellusBCBS.com/greatertompkins

1-877-253-4797 1-800-662-1220 TTY: Prior Authorization: 1-800-363-4658 BlueCard Provider: 1-800-810-2583

This coverage is self-funded. Excellus BlueCross BlueShield, an independent licensee of the Blue Cross Blue Shield Association provides administrative claims payment services only and does not assume any financial risk or obligation with respect to claims. Claims Department

PO Box 21146 Eagan, MN 55121

An independent licensee of the Blue Cross Blue Shield Association





Excellus W 165 Court Street
Rochester, NY 14647

Important Information Regarding Your Prescription

Beginning **January 1**, **2024**, a medication you may have been prescribed higher tier. Medications are assigned categories known as tiers, based on a effectiveness. The tiers divide prescription drugs into different levels of cor

These drugs are typically generic .	Tier 2 These drugs are brand-name, and they have unique, significant clinical advantages and offer overall greater value over the other products in this class.	Tier 3 These drugs they include and drugs the Tier 3 drugs is amount.
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What This Neans to You...

- Review the drug list on the back of this notice for drugs that will be tier. If you take any of these medications, coverage will continue; I may increase starting January 1.
- Talk to your doctor. If you would like to consider a lower-cost all doctor. If you and your doctor decide to change your medication, you expense by finishing the medication from your most recently filled pre: Call us if you have questions. If you have questions, call Customer

Excellus 165 Court Street
Rochester, NY 14647

Important Information Regarding Your Prescription Medication

Starting January 1, 2024, A&S Pharmacy no longer participates in our pharmacy network. If you continue to use this pharmacy for any new or refill prescriptions, you will be responsible for up to the full cost of the prescription.

We understand this may be a concern to you. Let us assure you that most major pharmacy chains and many independent pharmacies participate in our pharmacy network.

Log on to our website at Member.ExcellusBCBS.com, select Prescriptions, then Find a Pharmacy to find one of our participating pharmacies in your area.

If you do not have an established primary care provider, please go to Member.Excellusbcbs.com/find-a-doctor/provider or call the number on the back of your member card.

To avoid an interruption in your prescription drug coverage, please do the following:

• If you currently have a prescription with refilis remaining on file at A&S Pharmacy, you will need a new prescription from your health care provider for all remaining refills to use at a participating network pharmacy.

A pharmacy in our network may be able to help you transfer a one-time refill if you need a refill right away. Please ask the new pharmacy to contact A&S Pharmacy to ask for a one-time refill prescription transfer.

If you have any questions, please call Customer Care at 1-877-253-4797.

We know

Welcome Greater Tompkins County Munic Consortium Members!

Your prescription drug coverage through Excellus BlueCross BlueShield starts January 1, 2024. Please review this important benefit information and tips to help you save money on your prescription drug costs.



Under your prescription drug plan, your copay varies depending on which tier your prescription drug is placed. Our practicing physicians and clinical pharmacists regularly review and evaluate their placement to ensure the quality of drug care and to control costs.



Here's how the three tiers work:

These drugs are **brand-name** and they have unique, significant clinical advantages and offer overall greater value over the other products in this class.

These drugs are also **brand-name** and they include new brand-name drugs and drugs that have generic equivalents. Tier 3 drugs have the highest copay amount.

To check the costs of your medications, visit ExcellusBCBS.com/Hember. Once you log in with your username and password, select Prescriptions > Check Our Drug List > Check Drug Prices. Simply enter your drug name and follow the prompts.

The current copay structure will remain the same unless a new plan selection is made for January 1, 2024. If your medication will be changing to a higher tier, you will receive a separate notice.

Important Information Regarding Your Prescription Medication

like you to be aware of important updates that may pertain to you.

January 1, 2024, a change will be made to your plan's drug formulary, which is a list of n drugs that are covered under your drug benefit. As a result of this change, the medication urrently be taking will no longer be covered.

currently be taking a medication that is not listed on your plan's formulary (see chart erse). This drug is considered "non-formulary" and non-formulary drugs are generally not deer your drug benefit.

should Do...

Ik to your doctor. Discuss changing your prescription to an alternative medication with your zor. If you fill a prescription for one of the medications being removed from your plan's drug on or after January I. you will have to pay the **full cost** of the drug.

There may be subustion where a day in the six on blast on you per lain formation may be.

There may be subustion where a day that is not fissed on you per lain for maken may be.

There may be subustion where a day that is not fissed on you per lain for maken may be a considered on the subustion. You doubt his access to one exception evaluation. Four doubter has access to one exception evaluation form you or weeklink. Exceptions do the exception evaluation form by your doctor does not guarantee coverage. We will notify you and your doctor if an exception is approved.

sish your current medication supply. If you and your doctor decide to change your dication, you can avoid waste and expense by finishing the medication from your most recently sid prescription.

Il us if you have questions. If you have questions about this change, please call Customer

MEMBER COMMUNICATIONS

Rx Welcome Letter

All members will receive this general information letter

Tier Change Letter

Members currently taking a drug that will be moving to a higher tier effective January 1 will receive this letter

Non-Formulary Letter

Members currently taking a drug that will no longer be covered effective January 1 will receive this letter

Non-Par Pharmacy Letter

Members currently utilizing a pharmacy that will no longer be in-network effective January 1 will receive this letter

*Members should carefully read these Consider all information

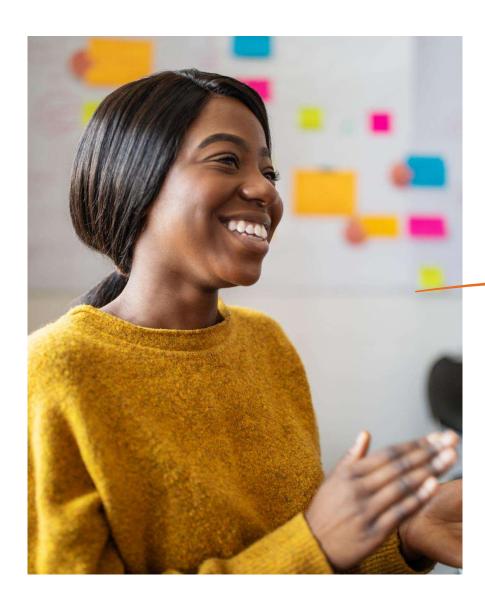
THINGS TO CONSIDER

- Members that have refills remaining under their current coverage, may want to proactively fill their script before the January 1 change over to avoid any delays in securing medication
- Be sure to present your NEW ID card to any pharmacies and providers for prescriptions filled or written January 1 and after
- Members currently taking a medication that requires prior authorization may receive a notice from Excellus instructing their healthcare provider to complete and submit our prior authorization form
- Members currently receiving medication through CanaRx may continue to do so with zero interruption









SUMMARY

IN SUMMARY

Use your health plan as a health plan, not just a sick plan by getting started today......

- Register/log in to Excellus BCBS website and/or mobile app
- Sign up for Mail Service Pharmacy*
- Register for telemedicine with MDLIVE*
- Download the Wellframe app

If you have any questions regarding your health plan, please talk to your human resources department or call the Customer Care number on the back of your member card.







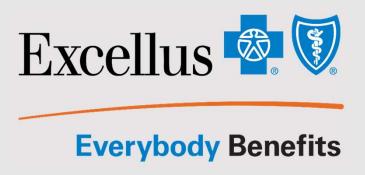






*Availability varies by group

QUESTIONS?



THANK YOU

Confidential - Do Not Distribute

Notice of Nondiscrimination

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, national origin, age, disability, or sex. The Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

The Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, please refer to the enclosed document for ways to reach us.

If you believe that the Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Advocacy Department Attn: Civil Rights Coordinator PO Box 4717 Syracuse, NY 13221 Telephone number: 1-800-614-6575

TTY number: 1-800-421-1220 Fax: 1-315-671-6656

You can file a grievance in person or by mail or fax. If you need help filing a grievance, the Health Plan's Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 1-800-537-7697 (TDD)
Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

Attention: If you speak English free language help is available to you. Please refer to the enclosed document for ways to reach us.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意:如果您说中文,我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

Внимание! Если ваш родной язык русский, вам могут быть предоставлены бесплатные переводческие услуги. В приложенном документе содержится информация о том, как ими воспользоваться.

Atansyon: Si ou pale Kreyòl Ayisyen gen èd gratis nan lang ki disponib pou ou. Tanpri gade dokiman ki nan anvlòp la pou jwenn fason pou kontakte nou.

주목해 주세요: 한국어를 사용하시는 경우, 무료 언어 지원을 받으실 수 있습니다. 연락 방법은 동봉된 문서를 참조하시기 바랍니다.

Attenzione: Se la vostra lingua parlata è l'italiano, potete usufruire di assistenza linguistica gratuita. Per sapere come ottenerla, consultate il documento allegato.

אויפמערקזאם: אויב איר רעדט אידיש, איז אומזיסטע שפראך הילף אוועילעבל פאר אייך ביטע רעפערירט צום בייגעלייגטן דאקומענט צו זען אופנים זיך צו פארבינדן מיט אונז.

নজর দিন: যদি আপনি বাংলা ভাষায় কথা বলেন ভাষাল আপনার জন্য সহায়তা উপলত্য রয়েছে। আমাদের সঙ্গে যোগাযোগ করার জন্য অন্ত্রহ করে সংযক্ত নথি গড়ন।

Uwaga: jeśli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Patrz załączony dokument w celu uzyskania informacji na temat sposobów kontaktu z nami.

تنبيه: إذا كنت تتحدث اللغة العربية، فإن المساعدة اللغوية المجانية متاحة لك. يرجى الرجوع إلى الوثيقة المرفقة لمعرفة كيفية الوصول إلينا.

Remarque : si vous parlez français, une assistance linguistique gratuite vous est proposée. Consultez le document ci-joint pour savoir comment nous joindre.

Paunawa: Kung nagsasalita ka ng Tagalog, may maaari kang kuning libreng tulong sa wika. Mangyaring sumangguni sa nakalakip na dokumento para sa mga paraan ng pakikipag-ugnayan sa amin.

Προσοχή: Αν μιλάτε Ελληνικά μπορούμε να σας προσφέρουμε βοήθεια στη γλώσσα σας δωρεάν. Δείτε το έγγραφο που εσωκλείεται για πληροφορίες σχετικά με τους διαθέσιμους τρόπους επικοινωνίας μαζί μας.

Kujdes: Nëse flisni shqip, ju ofrohet ndihmë gjuhësore falas. Drejtojuni dokumentit bashkëlidhur për mënyra se si të na kontaktoni.

Confidential - Do Not Distribute