Medical Plan Special Features

THE BOARD OF PENSIONS
OF THE PRESBYTERIAN CHURCH (U.S.A.)

The Medical Plan offered through the Board of Pensions includes special features and programs to help you, and your covered family members, maintain and improve your health and well-being, in addition to providing benefits when you're sick or injured. Visit pensions.org/medical to learn more about these benefits, including how to access them.

PREVENTIVE CARE

Preventive care helps you stay well and detect problems early, when they are easy to treat.

When you use a network provider, the services listed in the Plan's Preventive Schedule are 100% covered. Refer to the Plan's Preventive Schedule on **pensions.org/preventive** for details.

CARE NAVIGATION

Care navigation, offered in partnership with Quantum Health, brings added value to your medical coverage by helping you navigate today's complicated healthcare system.

Quantum Health is your primary point of contact when you have questions about your medical benefits or need help navigating a healthcare issue.

TELEMEDICINE BENEFITS

Teladoc Health is a convenient, affordable option when a trip to your doctor's office isn't practical — for example, when you are traveling or in the middle of the night.

Doctors are available 24/7 by phone, video, or mobile app to diagnose and treat many acute medical conditions, like sinus problems, allergies, and flu — for less than the cost of an in-person visit.

CALL TO HEALTH

Call to Health, the Board's well-being program, helps you be your best through the four dimensions of wholeness: spiritual, health, financial, and vocational.

By completing Call to Health in the current year, you can reduce your medical deductible(s) for the following year (by as much as one-third, depending on your medical option), while working toward your health and wellness goals.

Visit **pensions.org/calltohealth** for details.

MENTAL WELL-BEING AND EAP BENEFITS

Mental Well-Being and Employee Assistance Plan (EAP) benefits give you access to a wealth of resources designed to bolster mental well-being, including unlimited coaching, on-demand wellness exercises, and up to six therapy sessions per year with a Spring Health provider — all at no cost to you. After the sixth visit, you can continue with the Spring Health therapist and your care will be in-network.*

You also have access to mental health care navigators for guidance and support, including connecting you with providers that meet your specific care needs, with appointments typically available within three days.

**Regular plan copays, deductibles, and/or coinsurance apply after the sixth visit.*

VISION EXAM BENEFIT

You will be automatically enrolled in the VSP vision exam benefit, which covers annual routine eye exams, as well as follow-up exams and screenings related to certain health conditions. You pay just a flat-dollar copay (with no deductible).

You'll also receive discounts from network providers on eyeglass lenses and frames; contact lens exams (but not contact lenses); and laser vision correction.

VIRTUAL PHYSICAL THERAPY PROGRAM

Through Hinge Health, you have access to a virtual physical therapy program for relief of back, joint, and muscle pain.** This program provides personalized care from a dedicated team, including a physical therapist, from the comfort and privacy of home — and at no cost to you.

The virtual physical therapy program can help with recovering from an injury, reducing joint and muscle aches, and improving balance and strength.

***Covered children must be age 18 or older to participate.*

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INTERNATIONAL MEDICAL CARE

BCBS Global Core

You may use BCBS Global Core if you need medical care during an international trip. This program includes access to:

- inpatient hospital care (precertification required)
- outpatient hospital care and physician services
- assistance locating recommended hospitals and physicians

International SOS

When traveling abroad, you are eligible for assistance from International SOS (ISOS). Assistance from ISOS includes the following:

- 24-hour access to ISOS physicians for emergency and routine medical advice
- 24-hour access to worldwide Alarm Centers for medical information, referrals, and emergency assistance
- access to multilingual specialists, who can assist you in communicating with healthcare providers
- medical and dental referrals
- help with emergency medical evacuation

Global Care

You can talk to a U.S. licensed physician for nonemergency conditions 24/7 through Teladoc Health's Global Care. Access this convenient feature from anywhere in the world to receive a diagnosis and recommended treatment advice as well as prescriptions when appropriate.

CENTERS OF EXCELLENCE

Centers of Excellence are designated hospitals that meet high-quality and cost standards for certain services. When you have certain procedures in the following four categories performed at a Center of Excellence, the plan will pay 100% of allowable facility charges after you meet the annual deductible:

- bariatric surgery
- knee and hip replacements
- transplants
- spinal surgery

Plus, if you have to travel more than 100 miles to a Center of Excellence, you are eligible for a travel benefit of up to $10,000 to cover expenses for yourself and a companion.

DIABETES MANAGEMENT PROGRAM

The diabetes management program through Teladoc Health combines the latest technology with expert coaching to help those living with diabetes manage their condition.

When you register for the program, you receive diabetes management supplies, including unlimited lancets and test strips, at no cost to you, plus access to 24/7 coaching, personalized tips with each blood glucose reading, and more.

WANT TO LEARN MORE ABOUT HOW TO USE YOUR MEDICAL PLAN BENEFITS?

Visit **pensions.org/medical**. You can also call Quantum Health at **855-497-1237** or the Board of Pensions at **800-PRESPLAN (800-773-7752) (TTY: 711)**.

A sense of wholeness

Medical Plan special features can make a difference in your overall health and well-being.

Added value

These benefits are automatically included with medical coverage. There's no additional cost to participate.

Family-friendly care

Spouses and children who are enrolled in medical coverage can also take advantage of these features.

If you are enrolled in Triple-S or BCBS Global Solutions (formerly GeoBlue), please refer to your plan document as Medical Plan special features may vary.
This is not a full description of benefits and limitations of the plan. If there is any difference between the information presented here and the provisions of the Benefits Plan of the Presbyterian Church (U.S.A.), the plan terms will govern. Visit pensions.org or call the Board at 800-PRESPLAN (800-773-7752) (TTY: 711) for a copy of the plan document.