



INDEPENDENT HEALTH'S Choice Plus[®]

WELCOME TO INDEPENDENT HEALTH!

Being a member of Independent Health has its advantages – from the comprehensive coverage that your plan provides, to a wide variety of tools, benefits and services you can use to help you get and stay healthy.

WHAT YOU NEED TO KNOW ABOUT YOUR PLAN

Independent Health's Choice Plus[®] offers the ability to save money by seeking care from a preferred group of physicians, hospitals and facilities. Referred to as **Network A**, this network features more than 3,000 higher-performing health care providers. That means you get better, more coordinated care for a lower cost.

Of course, you have the freedom to seek care from any Western New York physician, hospital or facility from Independent Health's full provider network, known as **Network B**, but at a greater out-of-pocket cost.

Our Find a Doctor tool makes it easy to search for providers and locations in either Network A or Network B. Visit independenthealth.com/findadoctor to get started.

Note: Services that are not available at a Network A hospital will be paid at the Network A member cost share. This includes emergency and pediatric services.

UNIQUE BENEFITS

Your plan comes with a choice between two wellness benefits to help you live a healthier lifestyle. When logging in or creating an online account, you'll be prompted to select one of the following:



Independent Health's Nutrition Benefit

Get rewarded for healthy food choices! Earn up to \$1,000* back when you buy fresh produce at TOPS Friendly Markets. Learn more at independenthealth.com/nutrition.



Independent Health's \$250 Health ExtrasSM Prepaid Visa[®] Card

Use this debit card toward fitness club memberships, massages and other health and wellness services. View the current list of vendors at independenthealth.com/healthextras.



INDEPENDENT HEALTH'S

RedShirt RewardsSM

Earn up to \$30 in rewards[†] just for completing actions that can help you stay healthy. Learn more at independenthealth.com/redshirtrewards

Your plan also comes with a wide range of unique health benefits and resources, including:



FREE PREVENTIVE CARE



WELLNESS DISCOUNTS



LOW OR NO COPAY PREVENTIVE DRUGS



TELEMEDICINE



VISION DISCOUNTS



24-HOUR MEDICAL HELP LINE



DENTAL DISCOUNTS



COMPARE MEDICAL & RX COSTS TOOL

CREATE AN ACCOUNT

The MyIH app provides an easy way to view plan information and access tools, including a Health Dashboard to view and track personal health recommendations, review claims, find a doctor and more.

Download the MyIH app or visit independenthealth.com/register.

Our RedShirtsSM are here to help.

Current Members

(716) 631-8701 or 1-800-501-3439

Chat LIVE with a RedShirt[®] through the MyIH app, Mon. – Fri., 8 a.m. – 7:45 p.m.

independenthealth.com

Prospective Members

(716) 631-5392 or

1-800-453-1910

Individual Market

(716) 505-8515 or

1-855-210-9930 (TTY: 711)

Mon. – Fri., 8 a.m. – 5 p.m.

You Deserve the RedShirt Treatment.[®]



For additional details, please refer to the benefit summary.

* Money back is in the form of store credit for future purchases.

† Rewards issued when Independent Health receives notification of a claim for each service, which may take up to 90 days for a provider to submit the claim(s). \$30.00 limit per eligible member per plan year.

Benefits vary by plan. Verbal translation, alternate formats of written materials, and/or assistance for those with special needs, may be available upon request. Traducción verbal, formatos alternativos de materiales escritos y/o asistencia para quienes tienen necesidades especiales, disponibles a solicitud.

Participating Facility Listing

June 2023

The facilities listed below participate with the Choice Plus® medical plan. While both Network A and Network B providers are considered “participating,” you will receive the highest level of coverage by obtaining health care services from Network A facilities and providers. NOTE: Some providers can be either Network A or B, depending on the office location you visit.*

For services that are not available at a Network A hospital, those services will be paid at the Network A member cost share. This includes emergency and pediatric services.

NETWORK A	<p>HOSPITALS</p> <ul style="list-style-type: none"> • BryLin Hospitals • Kenmore Mercy Hospital • Mercy Hospital of Buffalo • Mount St. Mary’s Hospital • Roswell Park Comprehensive Cancer Center • Sisters of Charity Hospital • Sisters of Charity – St. Joseph Campus 	<p>PHYSICIANS*</p> <ul style="list-style-type: none"> • Buffalo Medical Group • Catholic Medical Partners • Roswell Park Physicians • All Participating OB/GYN Providers • All Participating Pediatrician Providers • All Participating Anesthesiologist Providers • All Participating Adolescent Medicine Providers • All Participating Child & Adolescent Psychiatry Providers • All Participating Emergency Medicine Providers • Additional primary care and specialist physicians not specified above to meet geographic and specialty needs 	
	<p>OTHER NON-HOSPITAL AND PHYSICIAN PROVIDERS</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p>Laboratories:</p> <ul style="list-style-type: none"> • Catholic Health System Laboratories • Quest Diagnostics • X-Cell Laboratories <p>Freestanding Ambulatory Surgery Centers:</p> <ul style="list-style-type: none"> • Ambulatory Surgery Center of WNY • Atlas Surgery Center • Buffalo Ambulatory Surgery Center • Buffalo Surgery Center • Center for Ambulatory Surgery • Endoscopy Center of WNY • Eye Health Associates • Premier Ambulatory Surgery Center • Sisters Ambulatory Surgery Center • Sterling Surgical Center </td> <td style="vertical-align: top;"> <p>Freestanding Imaging Providers:</p> <ul style="list-style-type: none"> • Dent Neurologic Group, LLP • Seton Imaging • Southtowns Radiology • Windsong Radiology <p>Homecare Providers:</p> <ul style="list-style-type: none"> • McAuley-Seton Homecare <p>After Hours Urgent Care Centers:</p> <ul style="list-style-type: none"> • WellNow Urgent Care PC <p>Other Ancillary Facilities and Providers:</p> <ul style="list-style-type: none"> • Please refer to the provider directory for Choice Plus facilities and providers or click on “Find a Doctor” at independenthealth.com </td> </tr> </table>		<p>Laboratories:</p> <ul style="list-style-type: none"> • Catholic Health System Laboratories • Quest Diagnostics • X-Cell Laboratories <p>Freestanding Ambulatory Surgery Centers:</p> <ul style="list-style-type: none"> • Ambulatory Surgery Center of WNY • Atlas Surgery Center • Buffalo Ambulatory Surgery Center • Buffalo Surgery Center • Center for Ambulatory Surgery • Endoscopy Center of WNY • Eye Health Associates • Premier Ambulatory Surgery Center • Sisters Ambulatory Surgery Center • Sterling Surgical Center
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NETWORK B	<p>HOSPITALS</p> <ul style="list-style-type: none"> • All other hospitals in the Independent Health network 	<p>PHYSICIANS</p> <ul style="list-style-type: none"> • All other physicians in the Independent Health network 	
	<p>Homecare Providers, Freestanding Laboratory Providers, Freestanding Ambulatory Surgery Centers, Freestanding Imaging Providers and Other Ancillary Providers/Facilities</p> <ul style="list-style-type: none"> • All other facilities and providers in the Independent Health network 		

* To confirm your physician participates in Choice Plus, or whether they are in Network A or B, visit independenthealth.com/findadoctor or call Member Services at (716) 631-8701 or 1-800-501-3439 (TTY: 711).