



INDEPENDENT HEALTH'S

Max[®]

WELCOME TO INDEPENDENT HEALTH!

Being a member of Independent Health has many advantages — from the comprehensive coverage 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 Max[®] is a deductible health plan that makes it easy and affordable for you to get the care you need. This includes low out-of-pocket costs for such health care services as primary care visits, urgent care, Tier 1 prescriptions and our telemedicine benefit – **none of which are subject to your deductible.**

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

NEW for 2023!

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 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.

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.

independenthealth.com

You Deserve the RedShirt Treatment.®



* 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. Independent Health's Max is a registered trademark of Independent Health Benefits Corporation.