

# Helping you get and stay HEALTHY

For over 40 years, our RedShirts<sup>SM</sup> have been proud to serve our neighbors as Western New York's local health plan, providing the affordable, high-quality coverage they can depend on. Being there for your members' health needs drives us to deliver more **Reasons to RedShirt**. Supporting you through a wide range of healthy programs, partnerships and resources, including:



**RedShirt® Service** to help you get the support and the care you deserve.



**Community Programs & Events** bring healthy fun with our partners to our entire community.



**Member Discounts** provide savings and special offers on so many local services and activities – plus:

- **RedShirt Rewards<sup>SM</sup>** — Earn up to \$30 in rewards<sup>3</sup> just for completing actions that can help you stay healthy.
- **Nutrition Benefit** — Get up to \$1,000 back for buying fresh fruits and vegetables<sup>5</sup>.
- **Health Extras** — Receive a \$250 Prepaid Visa® Card to use toward a variety of health and wellness services<sup>4</sup>.



**MyIH App** provides personalized benefit information and fingertip access to a range of digital tools and resources.

- View claims, track your deductible<sup>1</sup> and search for a doctor or pharmacy.
- Track your Nutrition Rewards and Health Extras<sup>SM</sup> benefit<sup>2</sup>.
- Brook and Brook+ — Tools, tracking and support from health coaches for diabetes/health control, weight loss and more.
- Foodsmart<sup>TM</sup> — Healthy eating with recipes, meal planning, \$0 dietitian counseling and more.



# More Reasons to Get the RedShirt® Treatment.

Each Independent Health plan includes so many great extras, along with a variety of unique benefits and healthy resources that make it easier for you to get and stay healthy all year long.



## VISION DISCOUNTS

Save on eyeglass frames, lenses and contacts at any EyeMed provider.



## FREE PREVENTIVE CARE

Enjoy more than 60 preventive services to get and stay healthy, at no cost, from physical exams to immunizations and more.



## PREVENTIVE MEDICATIONS

Members can help maintain their health with an expanded list of preventive health medications available at low or no copays — even for high deductible health plans.



## 24-HOUR MEDICAL HELP LINE

For afterhours or when members can't reach their doctor, they can speak with an experienced registered nurse.



## DENTAL DISCOUNTS

Maintain healthy teeth by visiting participating Delta Dental providers.



## WELLNESS DISCOUNTS

Members can show their member ID card for exclusive health and wellness discounts at a wide range of local businesses.



## TELEMEDICINE

When members can't reach their primary care physician, Teladoc® puts them in touch with a board-certified doctor by phone, mobile app or online video.



## COMPARE MEDICAL AND RX COSTS

Easy-to-use online tools accessible from members' MyIH account to look up medications, procedures, treatment timelines, compare costs, shop and save.



## EMERGENCY COVERAGE

No matter where members travel in the world, when an emergency happens, they're covered.

### We're here to help.

For questions or more information, visit [independenthealth.com](https://independenthealth.com) or call us at:

#### Current Members

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

#### Prospective Members

(716) 631-5392 or 1-800-453-1910

#### Chat LIVE with a RedShirt

through the MyIH app

Mon. – Fri., 8 a.m. – 7:45 p.m.

It's all part of the RedShirt® Treatment.



1 The tracker applies to your in-network deductible and reflects claims that have been submitted by your provider(s) and processed by Independent Health. Dependent claims information is tracked and reflected in the dollar amounts displayed through your deductible tracker.

2 Nutrition Rewards and Health Extras exclude Medicare Advantage plans. Benefits vary by plan.

3 \$30.00 limit per eligible member per plan year.

4 These benefits apply to some deductible plans. Please check your benefit summary.

5 Canned or frozen fruits and vegetables are excluded. Money back is in the form of store credit for future purchases. Benefits vary by plan.