**Minimum Essential Coverage (MEC)**
Covers preventive health services and health screenings for adults, women and children. Also includes:
- Telemedicine
- Behavioral health services
- Outpatient physician and urgent care visits
- Prescription drug coverage

**Your Benefit Plan Design**

Your employer is providing a benefit package that can help you stay well - or get well.

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**COMPASS**
Total Benefit Solutions

**TELEMEDICINE**

**BEHAVIORAL HEALTH**

**PHYSICIAN NETWORK**

**PHARMACY BENEFIT MANAGER**

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**ADMINISTERED BY RCI**
Eligibility • Member Cards • MEC Claims Adjudication
For information: www.regionalcare.com • 1-833-602-0054
PREVENTIVE/WELLNESS BENEFITS*
MEC benefits cover 100% of the cost of certain preventive health services, when delivered by a doctor or provider in your plan’s network. Visit www.HealthCare.gov/center/regulations/prevention.html for the most current listing of preventive benefits.

COMPASS MEC
Covered at 100%

/free (unlimited)/

TELADOC - TELEMEDICINE 24/7 (Multilingual)²
Clever Health - BEHAVIORAL HEALTH SERVICES (Multilingual)²
PHCS - PPO NETWORK SERVICES²
Primary Care Physician Visits
Specialist Office Visits
Urgent Care
Diagnostic X-ray and Lab
CT Scan/MRI (outpatient only)

Citizens Rx - PRESCRIPTION BENEFITS²
Tier 1 - Low Cost
Tier 2 - Generics
Tier 3 - Preferred

MONTHLY PREMIUMS [PAID BY EMPLOYER AND/OR EMPLOYEE]
Employee only
Employee & Spouse only
Employee & Children only
Family

$20 Copay
max 3 visits per plan year

$50 Copay
max 3 visits per plan year

$50 Copay
max 3 visits per plan year

$50 Copay
in offices, max 5 services per plan year

$200 Copay
max 1 CT Scan or 1 MRI per plan year

$1 Copay
10% Coinsurance
20% Coinsurance

4-YEAR RATE CAP
$143.75
$265.00
$265.00
$380.00

To Use Your Free MEC Preventive Physician Office Visit
1. Locate a network provider using the instructions below.
2. Confirm that the provider is participating in the MEC program when you make your appointment.
3. Request all preventive services you require when making the initial appointment.
4. Present your ID card when you receive covered preventive services.
   (Your provider will bill RCI for the cost of your care.)

NOTE: MEC services are only free when delivered by a doctor or other provider in your plan’s network. There are 3 sets of preventive services - for adults, women and children. Refer to your plan documents to confirm the MEC services you are eligible to receive.
How to Access Your Service Providers

TELADOC

WHEN TO USE
TELEMEDICINE SERVICES
Teladoc’s board-certified physicians have expertise in primary care, pediatrics and family medicine. They can help right away with cold and flu symptoms, allergies, respiratory infections, skin problems and other non-emergency medical issues. You can contact Teladoc when you prefer to see a doctor from the comfort of home or when you’re on vacation. Learn more at: www.teladoc.com

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PHCS

HOW TO LOCATE A NETWORK PROVIDER
PHCS is a comprehensive network of more than 900,000 in-network providers around the U.S. To find a provider visit: www.multiplan.com

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CONNECT WITH BEHAVIORAL
HEALTH SPECIALISTS VIA MOBILE
APP
A better, more clever way to support mental wellness. Get the App at: cleverhealth.ai/apex

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TO FIND AN IN-NETWORK
PHARMACY OR BUY PRESCRIPTION
DRUGS ONLINE
Citizens Rx is a full-service prescription benefit manager with a retail network of 67,000 pharmacies nationwide. Citizens Rx manages your pharmacy benefits, enabling you to receive discounts on your prescriptions. Learn more at: www.citizensrx.com

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For additional help call: 888-371-7427
One ID Card for All Benefits

RCI will send your ID card to your home. Call RCI first with questions. After you enroll, you may use the information on the ID card for help with eligibility, benefit and claim questions.

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Filing a Claim

When you go to a provider, present your ID card to show you have coverage.

For claims:
To receive the services included with the MEC plan, you must use a network provider who will file the claim.

Note: Once you exceed the specified number of primary care visits and services, you are still eligible for network discounts from the PHCS PPO network.
Your MEC plan is PPACA Compliant

The list below summarizes some but not all services. Please reference the US Preventive Services Task Force website for the entire list.  

### Covered preventive services for all adults (ages 18 and older)

1. Abdominal aortic aneurysm one-time screening for men of specified ages who have ever smoked
2. Alcohol misuse screening and counseling
3. Aspirin use to prevent cardiovascular disease and colorectal cancer for adults 50 to 59 years with a high cardiovascular risk
4. Blood pressure screening
5. Cholesterol screening for adults of certain ages or at higher risk
6. Colorectal cancer screening for adults 45 to 75
7. Depression screening
8. Diabetes (Type 2) screening
9. Diet counseling for adults at higher risk for chronic disease
10. Falls prevention (with exercise or physical therapy and vitamin D use)
11. Hepatitis B screening for people at high risk, including people from countries with 2% or more Hepatitis B prevalence
12. Hepatitis C screening for adults age 18 to 79 years
13. HIV screening for everyone age 15 to 65, at increased risk
14. PrEP (pre-exposure prophylaxis) HIV prevention medication for HIV-negative adults at high risk for getting HIV through sex or injection drug use
15. Immunizations for adults — doses, recommended ages, and recommended populations vary: Chickenpox (Varicella), Diphtheria, Flu (influenza), Hepatitis A, Hepatitis B, Human Papillomavirus (HPV), Measles, Meningococcal, Mumps, Whooping Cough (Pertussis), Pneumococcal, Rubella, Shingles, Tetanus
16. Lung cancer screening for adults 50 to 80 at high risk for lung cancer
17. Obesity screening and counseling
18. Sexually transmitted infection (STI) prevention counseling
19. Statin preventive medication for adults 40 to 75 at high risk
20. Syphilis screening for adults at higher risk
21. Tobacco use screening for all adults and cessation interventions for tobacco users

### Covered preventive services for pregnant women or women who may become pregnant

1. Breastfeeding support and counseling from trained providers, and access to breastfeeding supplies, for pregnant and nursing women
2. Birth control: Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling, as prescribed by a health care provider for women with reproductive capacity (not including abortifacient drugs). This does not apply to health plans sponsored by certain exempt "religious employers." Learn more about contraceptive coverage.
3. Gestational diabetes screening for women 24 weeks pregnant (or later) and those at high risk of developing gestational diabetes
4. Folic acid supplements for women who may become pregnant
5. Hepatitis B screening for pregnant women at their first prenatal visit
6. Maternal depression screening for mothers at baby visits
7. Preeclampsia prevention and screening for pregnant women with high blood pressure
8. Rh incompatibility screening for all pregnant women and follow-up testing for women at higher risk
9. Syphilis screening
10. Expanded tobacco intervention and counseling for pregnant tobacco users
11. Urinary tract or other infection screening
12. Urinary incontinence screening for women yearly
13. Well-woman visits to get recommended services for all women

### Other covered preventive services for women

1. Bone density screening for all women over age 65 or women age 64 and younger that have gone through menopause
2. Breast cancer genetic test counseling (BRCA) for women at higher risk
3. Breast cancer mammography screenings
   - Every 2 years for women 50 and over
   - As recommended by a provider for women 40 to 49 or women at higher risk for breast cancer
4. Breast cancer chemoprevention counseling for women at higher risk
5. Cervical cancer screening
   - Pap test (also called a Pap smear) for women age 21 to 65
6. Chlamydia screening for women at higher risk
7. Domestic and interpersonal violence screening and counseling for all women
8. Gonorrhea screening for all women at higher risk
9. Syphilis screening
10. Well-woman visits to get recommended services for all women

### Covered preventive services for children

1. Alcohol, tobacco, and drug use assessments for adolescents
2. Autism screening for children at 18 and 24 months
3. Behavioral assessments for children: Age 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
4. Bilirubin concentration screening
5. Blood pressure screening for children
6. Blood screening for newborns
7. Depression screening for adolescents beginning routinely at age 12
8. Developmental screening for children under age 3
9. Dyslipidemia screening for all children once between 9 and 11 years and once between 17 and 21 years, and for children at higher risk of lipid disorders
10. Fluoride supplements for children without fluorides in their water source
11. Fluoride varnish for all infants and children as soon as teeth are present
12. Gonorrhea preventive medication for the eyes of all newborns
13. Hearing screening for all newborns; and regular screenings for children and adolescents as recommended by their provider
14. Height, weight and body mass index (BMI) measurements taken regularly for all children
15. Hematocrit or hemoglobin screening for all children
16. Hemoglobinopathies or sickle cell screening for newborns
17. Hepatitis B screening for adolescents at higher risk
18. Hypothyroidism screening for newborns
19. PrEP (pre-exposure prophylaxis) HIV prevention medication for HIV-negative adolescents at high risk for getting HIV through sex or injection drug use
20. Immunizations for children from birth to age 18 — doses, recommended ages, and recommended populations vary: Chickenpox (Varicella), Diphtheria, tetanus, and pertussis (DTaP), Haemophilus influenza type b, Hepatitis A, Hepatitis B, Human Papillomavirus (HPV), Inactivated Poliovirus, Influenza (flu shot), Measles, Meningococcal, Mumps, Pneumococcal, Rubella, Rotavirus
21. Lead screening for children at risk of exposure
22. Obesity screening and counseling
23. Oral health risk assessment for young children from 6 months to 6 years
24. Phenytoin (Phenytoin) screening for newborns
25. Sexually transmitted infection (STI) prevention counseling and screening for adolescents at higher risk
26. Tuberculin testing for children at higher risk of tuberculosis: Age 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
27. Vision screening for all children
28. Well-baby and well-child visits
Teladoc’s U.S. board-certified doctors are available 24/7/365 to resolve many of your medical issues through phone or video consults. Set up your account today so when you need care now, a Teladoc doctor is just a call or click away.

SET UP YOUR ACCOUNT
It’s quick and easy online. Visit the Teladoc website at Teladoc.com, click “Set up account” and provide the required information. You can also call Teladoc for assistance over the phone.

REQUEST A CONSULT
Once your account is set up, request a consult anytime you need care.

PROVIDE MEDICAL HISTORY
Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.

Online: Log into Teladoc.com and click “My Medical History”.

Mobile app: Log into your account and complete the “My Health Record” section. Visit Teladoc.com/mobile to download the app.

Call Teladoc: Teladoc can help you complete your medical history over the phone.

Talk to a doctor anytime for FREE

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Facebook.com/Teladoc
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Teladoc.com/mobile

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Mental health support happens here

A better, more clever way to support mental wellness:

Why use clever connections?
- Service is available 24/7
- Connect one-on-one with a clever connector
- Anonymous conversations
- Discuss real-world challenges
- Be connected to emergency resources immediately, if necessary
- Access helpful resources and programs
- Receive proactive check-ins

Common feelings:
- Feeling overwhelmed
- Need to vent
- Career challenges
- Feeling isolated
- Financial difficulties
- LGBTQIA+ community
- Parenting
- Fearing vulnerability

easy as...

1. Download the clever health app by scanning the QR code below.

2. Enter your mobile phone number then create your clever story. Select "clever connections", then "get care".

3. Complete the prompted onboarding screens. Schedule an appointment or request to connect immediately.

Confidential therapy on your terms

Download the clever health app by scanning the QR code below.

Download the app