



## 2023 SMART HEALTHCARE SHOPPER TIPS AND STRATEGIES

<b>SERVICE</b>	<b>OPTIONS TO SAVE \$\$</b>	<b>RESOURCES</b>
Wellness – Get Engaged with Your Own Personal Wellness	<ul style="list-style-type: none"> <li>Use CafeWell* on CDPHP’s site to remain healthy.</li> </ul> <p><i>*Lexington does not participate in the LifePoints Program</i></p>	<a href="#">Click Here to Visit CafeWell</a>
Telemedicine	<ul style="list-style-type: none"> <li>Enroll your dependents during Open Enrollment to maximize coverage and utilization.               <ul style="list-style-type: none"> <li>All consultations are free!</li> </ul> </li> </ul>	<a href="https://www.employeenavigator.com/">https://www.employeenavigator.com/</a>
Primary Care Physician Visit <ul style="list-style-type: none"> <li>Preventative Care Visits – No Charge</li> <li>“Sick Visits” - \$500 deductible then \$50 Co-Pay</li> </ul>	<ul style="list-style-type: none"> <li>Stay Healthy – Get Your Annual Physical at no cost.</li> <li>“Sick Visits” – Call Telemedicine for Free               <ul style="list-style-type: none"> <li>Ensure your dependents are enrolled</li> </ul> </li> </ul>	Tel: 1-844-484-7362. Download the UCMNow app at <a href="https://www.ucmdigitalhealth.com/">https://www.ucmdigitalhealth.com/</a>
Lab Services <ul style="list-style-type: none"> <li>\$500 deductible then \$50 Co-Pay</li> </ul>	<ul style="list-style-type: none"> <li>Utilize CDPHP’s Preferred Labs or utilize Lexington’s Preferred Provider, St. Mary’s Healthcare, at No Cost!</li> </ul>	Go to <a href="#">Find-a-Doc</a> -Lab Services/ Preferred Provider/ CDPHN-Self-Insured for Plan Type
Outpatient Surgery Facility <ul style="list-style-type: none"> <li>\$500 deductible then \$300 Co-Pay</li> </ul>	<ul style="list-style-type: none"> <li>Lexington’s Preferred Provider, St. Mary’s will waive the facility fee!</li> </ul>	
Outpatient Surgery Office <ul style="list-style-type: none"> <li>\$500 deductible then \$50 Co-Pay</li> </ul>	<ul style="list-style-type: none"> <li>Consider putting money into a Medical Flexible Spending Account (FSA) – helps to budget and saves on your taxes!</li> </ul>	<a href="#">Click Here for MFSA's Explained</a> Enroll during Open Enrollment at: <a href="https://www.employeenavigator.com/">https://www.employeenavigator.com/</a>
Radiology and Imaging Services <ul style="list-style-type: none"> <li>\$500 deductible then \$50 Co-Pay</li> </ul>	<ul style="list-style-type: none"> <li>Utilize CDPHP’s Preferred Labs or utilize Lexington’s Preferred Provider, St. Mary’s Healthcare, no deductible or copay!</li> </ul>	If not using St. Mary’s, visit <a href="#">Find-a-Doc</a> Select Lab Services/ Preferred Provider/ CDPHN-Self-Insured for Plan Type
Outpatient Rehab (OT, PT, Speech) <ul style="list-style-type: none"> <li>\$500 deductible then \$50 Co-Pay</li> </ul>	<ul style="list-style-type: none"> <li>Utilize Lexington’s Preferred Provider, St. Mary’s – no deductible or copay!</li> </ul>	
Urgent Care <ul style="list-style-type: none"> <li>\$500 deductible then \$50 Co-Pay</li> </ul>	<ul style="list-style-type: none"> <li>Call Telemedicine – No Charge</li> <li>Use FSA funds for tax savings</li> </ul>	Tel: 1-844-484-7362. Download the SAM app from UCM Digital Health <a href="#">Click Here for SAM Demo</a>
Prescriptions <ul style="list-style-type: none"> <li>30-Day Supply \$10/\$50/\$100</li> <li>90-day Supply \$20/\$100/\$200</li> </ul>	<ul style="list-style-type: none"> <li>Ask your doctor for generics when available, then utilize CDPHP’s Rx For Less Program</li> <li>If no generics, use Connect Rx, On the Go App while at the doctor’s office to compare costs</li> </ul>	<a href="#">Click Here for the Rx For Less Flyer 2023</a> <a href="#">Click Here for Connect Rx Information</a>

*Note: All Co-pays listed above are for In-Network and Preferred Providers only and are applied after your deductible is met (except in cases noted where the deductible is waived). Please refer to your Benefits Summary for Out-of-Network costs.*