

Presbyterian Health Plan

2017 Value Added Benefit Guide

Supplemental Vision and Hearing Programs
Complementary and Alternative Medicine
Wellness and Senior Services



What are Value Added Benefits?

BenefitSource and Presbyterian Health Plan have teamed up to provide the services described in this booklet to Health Plan members **at no additional cost**. There are savings with guaranteed low, preset fees on services for visits to a chiropractor, an acupuncturist and massage therapist. Members also enjoy savings for fitness and wellness programs offered through Jenny Craig Weight Management and Curves. Supplemental Vision Care is available, including discounts for comprehensive eye exams, and savings for eye glasses and contact lenses. Members may “buy up” additional vision coverage to enrich the benefit for eye exams and eye wear.

Who is Eligible?

Members of Presbyterian Health Plan Commercial, SCI or ASO members are eligible for this program. Dependent spouses and children are also eligible for this program.

How do I obtain services through BenefitSource Value Added Program?

Please visit our website, www.benefitsource.org for the most current list of contracted providers for each of the services listed in this booklet. Upon contacting the appropriate office to schedule an appointment, identify yourself as a BenefitSource Value Added member through Presbyterian Health Plan to receive contracted discounts. All discounted fees or copayments are paid directly to the contracted provider at the time of service.



Vision Care

BenefitSource, through a special arrangement with Vision Care Direct and Eye Associates of New Mexico, provides the following discounted schedule of benefits for vision materials as needed.

Exams	Member Pays
Comprehensive eye health examination, including refraction and dilation	\$85.00

Hearing Hardware

You are automatically eligible to receive discounts on hearing hardware and appliances. These discounts vary by provider and include 25% to 50% savings on hearing aids and special discounts for hearing aid batteries.

Visit our website: www.benefitsource.org for a current list of Audiology Care Centers and sources for hearing aid hardware. You must contact the provider directly and identify yourself as a Presbyterian Health Plan member to learn applicable discounts through BenefitSource.

Frames	Member Pays	Contact Lenses	Member Benefit
Frame equal to or less than \$100.00	\$75.00	Routine vision examination, medical examinations, and medical diagnostic procedures not included.	
Receives an additional 10% discount on amount over \$100			
Lenses (Plastic CR-39)*		Evaluation and up to 3 Follow-up Visits	25% Discount
Single Vision – per pair	\$72.00	Contact lens evaluation and up to 3 follow-up visits must be completed within 3 months, or additional fees may apply.	
Bifocal – per pair	\$99.00		
Trifocal – per pair	\$126.00		
Progressive no-line bifocals	30% Discount	Disposable Contact Lenses	
Lens Upgrades and Add-ons	20% Discount	2 week or 1 Month Replacement	Floor Pricing*
Tints, Anti-reflective, basic and upgrade scratch coats, material upgrade, and additional lens enhancements		One Day Disposable	Floor Pricing*
		*Manufacturer mandated Floor Pricing	
Sun Glasses (most styles)	15% Discount	Disposable Contact Lenses	15% Discount
Refractive Surgery Procedures	15% Discount	(not subject to Manufacturer Floor Pricing)	
		Individualized Contact Lenses	
		Toric	15% Discount
		Rigid Gas Permeable	15% Discount
		All non-disposable contact lenses	15% Discount
		Medically necessary contact lenses	15% Discount
		Contact Lens Replacement (non-disposable)	15% Discount

Vision Buy Up Option

Through a special arrangement with Vision Care Direct, BenefitSource members may purchase enhanced vision coverage. Visit the website, www.visioncaredirect.com for a description of many different options and use the promotional code “BenefitSource” to receive a 10% discount off membership fees.

Complementary and Alternative Medicine

Acupuncture

This is an ancient treatment that involves balancing the 5 main forms of vital energy flow through the human body. Treatment involves the use of small, thin, sterile needles that are inserted into specific “reflex points” to relieve pain, sleep disorders, stress, low energy and digestive problems. Through a holistic approach to treatment, nutritional and exercise guidance may also be included.

	Fee Schedule
Initial Visit	\$60.00
Re-occurring Visits	\$50.00 per visit

Presbyterian medical plan may include limited coverage for acupuncture services. Refer to your summary plan description for updated coverage details. This service is available for acupuncture services either not covered under your medical plan or if benefits are exhausted.

Chiropractic Care

This is a form of medical treatment through manipulation or careful movement of various body parts. Chiropractic care can be helpful for pain management, improvement in the function of nervous, skeletal and muscular systems, and improvement in mobility.

Presbyterian medical plan may include limited coverage for chiropractic care. Refer to your summary plan description for updated coverage details. This service is available for Chiropractic services either not covered under your medical plan or if benefits are exhausted.

Chiropractic Services:

CPT Code	Description	Fee Schedule
99201	Problem focused history and examination—straight forward	\$11.00
99203	Detailed history and examination—low complexity	\$17.00
99204	Comprehensive history and examination – moderate complexity	\$17.00
98940	Chiropractic manipulative treatment spinal, one to two regions	\$34.00
98941	Spinal, three to four regions	\$36.00
98943	Extraspinal, one or more regions	\$26.00
97012	Traction, Mechanical	\$16.00
97014	Electrical Stimulation (unattended)	\$16.00
97110	Therapeutic Exercise, 15 Min.	\$18.00
72040	Cervical 3 Views (x-ray)	\$34.00
72100	Spine, Lumbosacral Anteroposterior and Lateral (x-ray)	\$34.00

This is an abbreviated schedule of fees for chiropractic care. Visit our website: www.benefitsource.org for a complete fee schedule and the most current list of participating Chiropractic providers.



Massage Therapy

This is a form of therapy through soft tissue manipulation that is helpful in relieving pain associated with arthritis, sports injuries, myofascial pain, headache, stress, circulatory problems, gastrointestinal disorders, or chronic and acute pain.

Massage techniques include:

- Deep tissue massage to relieve chronic tension
- Myofascial release to release muscular tension in the fascia
- Reflexology, particularly focused on hands and feet that may be linked to organs, nerves and glands
- Shiatsu and Acupressure that treat points along acupuncture meridians to relieve pain
- Swedish massage for tension relief and circulation improvement
- Trigger Point Therapy (Myotherapy or Neuro-muscular therapy) to relieve cycles of chronic pain
- Sports massage

	Fee Schedule
1/2 Hour Session	\$27.00
1 Hour Session	\$46.00
1 1/2 Hour Session	\$58.00

Naprapathic Medicine

This is a process that employs manual medicine, nutritional counseling and therapeutic modalities, for the purpose of treating pain caused by connective tissue disorders.

	Fee Schedule
1/2 Hour Session	\$50.00 per visit

Vision, Hearing and Home Safety Technology

Assisted technology that will help you hear, see and maintain independence. Through ATS Resources, a non-profit organization, you are eligible to receive a 10% discount.

Conversation Amplifiers	Macular
Amplified Telephones	Retinitis
Help Alerts	Glaucoma
Doorbell Alerts	Low Vision
TV Listening	
Fall Alerts	
Large Group Listening	

Please call **877.287.0608 toll free** or **505.222.0608** for more information.



**ISOTOPES –
BUY 1 GET 1 FREE**

Buy 1 Reserved Level Ticket at Regular Price and receive another Reserved Level ticket FREE!

2017 ISOTOPES BASEBALL TICKET OFFER

- Good for 2017 Regular Season
- Monday thru Thursday Non-Restricted Home Games
- No Upgrades
- Seating is based on availability
- This offer is only valid at the Isotopes Park Box Office
- This pass must be presented to redeem your ticket at the Isotopes Park Box Office
- Retain this coupon for multiple uses at the Isotopes Park Box Office



Non-Medical Home Health Care

The number 1 goal of today's members is to remain at home for as long as possible. Consequently, non-medical home health care focuses on helping members with daily, non-medical activities. Most of these services are not reimbursed by Medicare or other traditional medical insurance plans. BenefitSource has contracted with a variety of local home care providers to fulfill this goal.

This benefit is also available for spouses and parents of participating members.

Presbyterian Health Plan members will receive a 7% savings on billed home care services which include:

- Bathing and dressing
- Transferring and toileting
- Companionship and custodial care
- Medications monitoring
- Light cleaning and meal preparation
- Transportation, laundry, and hobbies

Visit our website: www.benefitsource.org for a current list of participating home care providers. When contacting the home care provider of choice, simply inform them you are a BenefitSource member through Presbyterian Health Plan to receive your savings.

Meals on Wheels

Meals on Wheels of Albuquerque home delivers meals to those who are home bound or otherwise unable to obtain proper, nutritional meals on their own. Seven different menu options for each day are designed to meet special medical or therapeutic needs of their client base. This program

enables members to retain independence, maintain or improve health, and helps them stay at home and out of expensive long-term care facilities. Presbyterian Health Plan members receive a discount off the normal price per meal. This benefit is also available for spouses and parents of participating members.

	Fee Schedule
First 10 Meals (paid upon delivery)	\$57.50
Meals Thereafter	\$5.75

Fitshop

Fitshop helps members achieve their fitness goals by providing individualized nutrition plans designed to accommodate a members schedule and goals. Cost of the program is normally \$299 a month, however with BenefitSource, members get 50% off and only pay \$149 (\$150 savings!).

Membership includes:

- Weekly Nutrition Plans
- Weekly Exercise Plans
- Recipes
- Snack Tips
- Weekly Weigh-Ins
- Accountability & Support
- Weekly Measurements
- Progress Photos
- Access to Group Workout Sessions
- 10% Discount at all Nutrishop Locations
- Water Bottle
- Guaranteed Results

For more information, or to schedule a Free Body Composition Analysis, please visit the website at fitshopnm.com or call 505.872.3348.

Jenny Craig Weight Management Program

This is a comprehensive weight management program. Members learn how to eat the foods they want, develop a healthy and enjoyable eating style, increase energy levels through simple activity, and build more balance into their lives. The results are optimal weight loss and well-being. BenefitSource members have a special discount with Jenny Craig. Just contact Jenny Craig and identify yourself as a Presbyterian Health Plan member to receive this discount. Cost of food is extra.

Please visit benefitsource.org for a current list of Jenny Craig centers.

Fitness Centers

Members enrolled with Presbyterian through an Individual plan, a small employer group plan, or through the Federal Employee Health Benefit Program may have access to this service through their fitness benefit provided by their medical plan.

CURVES

Curves caters to the unique needs of women by providing a safe and fun place to exercise that keeps women coming back. BenefitSource members may participate with the Curves Corporate Accounts Program by completing a voucher and presenting it at a participating Club. Visit our website to obtain a voucher and for a list of participating locations.

Yoga

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the practice of Yoga. It helps to increase strength and flexibility while helping the body detoxify. Various classes are available to accommodate all yoga levels. All enrolled Presbyterian Health Plan members will enjoy a 20% discount or specific fees at participating Yoga Studios.

The Canyon Club at Four Hills

BenefitSource Value Added members may join the Canyon Club at Four Hills in Albuquerque, one of New Mexico's premier private country clubs. Join the Golf Membership or one of the Social Membership options at a discounted rate available only for BenefitSource Members.

Golf Members have full membership privileges of the 18-hole golf course. Social membership provides access to all dining, social activities, seminars and classes. Sports membership includes access to Clubhouse, tennis, and aquatic facilities.

Golf Memberships (2017): Dues vary with age

BenefitSource members receive a \$1,000 credit applied to the initiation fee.

Social Membership (2017): \$29

BenefitSource members enjoy the first two months free and a 50% reduction on the initiation fee.

Sports Membership (2017): \$59

BenefitSource members enjoy the first two months free and a 50% reduction on the initiation fee.

www.canyonclubgolf.com



For more information: 1804 Juan Tabo NE, Suite A, Albuquerque, NM 87112
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