



PRESBYTERIAN

State of New Mexico and Local Public Bodies
Group Benefits Health Plan
January 2023 – December 2023

**Presbyterian Health Plan
Nationwide HMO Plan**



Presbyterian Nationwide HMO Plan

2023 Benefits Presentation

2023 Benefits
One Plan Option, Two Provider Tiers:
Tier I and Tier II

Free 24/7 Access to Convenient
Quick Care Options

Provider Networks
New Mexico and National

Advocacy
Care Management

Gym Membership Program
Wellness Services

2023 Covered Benefits - Summary: Enhancements One Plan Option with Two Provider Tiers Included

Benefit	Tier I Presbyterian Preferred Network	Tier II NM and Nationwide Network
Deductible: Individual / Two Party / Family (Combined Tier 1 and Tier II)	\$350 / \$700 / \$1,050	\$500 / \$1,000 / \$1,500
Out-of-Pocket Maximum: Individual / Two Party / Family <i>Combined with CVS Caremark Member Liability</i> (Combined Tier 1 and Tier II)	\$3,750 / \$7,500 / \$11,250	\$4,250 / \$8,500 / \$12,750
Preventive Care*	\$0	\$0
Telehealth Services – PCP, Specialist, UC*	\$0	\$0
PresRN, Video Visits, Online Visits, Talkspace*	\$0	\$0
Behavioral Health and Substance Abuse*	\$0	\$0
Primary Care*	\$25	\$40
PT/ST/OT*	\$25	\$40
Specialty Care*	\$45	\$60 –Reduction effective 1/1/23
Lab (Non Preventive)*	\$20	\$20
X-Ray (Non Preventive)*	\$100	\$100
Outpatient Surgery*	\$500	\$500
Chiropractic / Acupuncture (combined annual limit and combined Tier I and Tier II annual limit of 25 visits per calendar year)*	\$50	\$50
Naprapathy (combined Tier I and Tier II annual limit of 25 visits per calendar year)*	\$55	\$55
Massage (combined annual limit with Naprapathy and combined Tier I and Tier II annual limit of 25 visits per calendar year)*	\$55 (\$0 Copay with BH Diagnosis Code)	\$55 (\$0 Copay with BH Diagnosis Code)
MRI/PET/CT Scans*	\$250 per test per day	\$250 per test per day
Urgent Care- All Inclusive*	\$100	\$100
Durable Medical Equipment	20% coinsurance after deductible	20% coinsurance after deductible
Emergency Care	20% coinsurance after deductible	20% coinsurance after deductible
Hospitalization	20% coinsurance after deductible	20% coinsurance after deductible
Maternity Care*	\$25 (1st Visit Only)	\$40 (1st Visit Only)
Maternity Hospitalization*	\$1,000	\$1,000
*Services not subject to deductible		



**Free 24/7 Access
to Convenient
Quick Care
Options
For Everyday
Ailments**



Secure Digital Access to Your Information at Your Fingertips



PRESBYTERIAN HEALTH PLAN SERVICES

Update your communication preferences

Go Paperless Now



Plan Information

VIEW



Financial
Information

VIEW



Wellness
Information

VIEW



Options for Care

VIEW



Contact Health
Plan

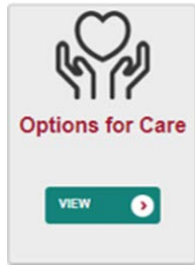
VIEW



New PHP
Treatment Cost
Estimator
Analysis Tool

www.phs.org

More Access to Care Without Paying More When and Where You Want It



No-Cost Member Benefits

PresRN Nurse Advice Line



Speak with a registered Presbyterian nurse for medical advice at no cost 24 hours a day, every day, including holidays. Call (505) 923-5570 or 1-866-221-9679.

For details, visit www.phs.org and search for "PresRN."

Video Visits



See a provider anytime, day or night. This option offers a new way to see a medical provider for non-emergency medical conditions via secure video through a smartphone, tablet or

computer webcam. Visits are \$0.

For details, visit www.phs.org/videovisits.

Online Visits



With Online Visits, patients who have previously visited a Presbyterian facility can save a trip to a provider's office. Through our online system, Presbyterian Medical Group providers

diagnose, treat and prescribe medications. Online Visits are available 24/7 at no cost.

For details, visit www.phs.org/onlinevisits.

MyChart



Members with a Presbyterian Medical Group provider can send electronic messages and communicate with their care team, request prescription renewals and schedule office or

telephone visits. You can also view medical records, lab and radiology reports, procedures and test results.

For details, visit www.phs.org/mychart.

Access 24/7 Services through your MyPres account or below resources:

phsgetcare.org or www.phs.org/sonm

No-Cost Digital Care Offers Convenience



Video chat or text with a NM licensed and credentialed therapist, 24 hours a day. Engage with a therapist as much as needed at a time and place that is convenient for you.



Access self-help tools 24 hours a day to help cope with common behavioral health matters.
Connect with case managers during severe occurrences.



Get the help that you need to quit smoking and stay quit.
Engage through a mobile app to access numerous tools and resources for quitting nicotine.



Global emergency travel assistance services 24 hours a day. Connects you to services when experiencing a medical emergency while traveling more than 100 miles from your home or in another country.

Access 24/7 Services through your MyPres account or below resources:

www.phs.org/sonm

Get Care Today

Need help getting care?

① The default insurance provider is **Presbyterian**. [Have something else?](#)

When do you need care?



Get care today



Get care later

Get care today

Telehealth



PresRN

24/7 nurse advice line

Cost
\$0

Wait time
☒



Online Visits

Online medical interview and response

Cost
\$0 - \$

Wait time
☒



Video Visits

Same-day video care for minor illnesses and injuries

Cost
\$0 - \$\$

Wait time
☒

In-Person



Urgent Care

Same-day in-person care for minor illnesses and injuries

Cost
\$\$

Wait time
☒ ☒



Emergency Care*

Walk-in critical care

Cost
\$\$\$

Wait time
☒ ☒ ☒

phsgetcare.org

Now Offering PMG Urgent Care Video Appointments: 7am – 7pm, 7 Days a Week

Statewide Access “All Ages” Urgent Care

- Peds Urgent Care

• Open & direct scheduling, video & in-person

• PMG providers with full access to Epic medical record



**Provider Network
Tier I and Tier II**

**Better Health
Outcomes, Just In
Case**



Tier 1 Provider Network

Statewide Value Based Preferred Network

- Subset of Presbyterian Provider Network (all other contracted providers including national providers through Multiplan remain in Tier II)
- Focus on Improving Clinical Quality Outcomes and Lowering Costs
- Lower Out-of-Pocket Cost for Specific Benefits
 - Deductible (only applicable to Hospitalization, Emergency Room, Ambulance and Durable Medical Equipment)
 - Out-of-Pocket Maximum
 - Primary and Specialty Care Copays
- All Other Copays Identical for Tier I and Tier II Providers
- Telehealth (PCP, Specialist, UC) and Behavioral Health Services Covered at 100%: Tier I and Tier II
- Tier I and Tier II Provider Networks: www.phs.org/sonm



Tier I - Albuquerque's Only 24/7 Urgent Care

Only Pay for What You Use

**URGENT CARE OR ER?
LEAVE THAT
DECISION TO US.**

In-network with most insurance plans.








PRES Now














24/7
Urgent and
Emergency Care

- Three locations in Albuquerque and two more coming soon
 - San Pedro and Paseo de Norte, Coors and Western Trail, Isleta and Rio Bravo
- Santa Fe Medical Center 24hr Urgent Care

Tier I - Site of Service: Where You Get Care Matters

Lower-cost Care Locations

Service	Providers Service Area by Region	Lower-cost Care Provider
 Joint Procedures <ul style="list-style-type: none"> • Foot • Ankle • Knee • Shoulder • Hand • Wrist • Elbow • Hip Procedures • Joint Injections 	Central	NM Surgery Center/Orthopaedics 
	Northeast	
	Northwest	Four Corners ASC 
	Southeast	Southern NM Surgery Center 
	Southwest	Las Cruces Surgery Center 
		Southern NM Surgery Center 
 Lab Work <ul style="list-style-type: none"> • Blood • Urine • Other Bodily Fluid • Body Tissue 	Central	TriCore  Quest 
	Northeast	TriCore  El Centro Family Health 
	Northwest	TriCore  Mesa Family Practice  Pinon Family Practice 
	Southeast	TriCore  Quest  Silver Health Care 
	Southwest	TriCore  Quest  Ben Archer Health Center 

Service	Providers Service Area by Region	Lower-cost Care Provider
 Diagnostic Imaging <ul style="list-style-type: none"> • Computerized Tomography Scan • Magnetic Resonance Imaging • Mammography • Positron Emission Tomography Scan • General Radiology 	Central	Radiology Associates of Albuquerque 
	Northeast	X-Ray Associates 
	Northwest	
	Southeast	Covenant Diagnostic Lubbock, TX  Spine and Orthopedic Center of New Mexico 
	Southwest	Imaging Center of Las Cruces 
 Colon Screening <ul style="list-style-type: none"> • Colonoscopy • Endoscopy 	Central	Presbyterian Outpatient Gastroenterology Lab  Optum Digestive Disease Clinic and Endoscopy Center 
	Northeast	Endoscopy of Santa Fe 
	Northwest	Four Corners ASC 
	Southeast	Clovis Surgery Center 
	Southwest	Lohman Endoscopy Center 

Savings Opportunities

	Hospital Facility Average Claim Cost	Potential Savings at Lower-Cost Location	Potential Claim Savings at Lower-Cost Location
Orthopedic (Joint) Procedures	\$5,357	40%	\$2,143
Colon Screening	\$1,417	65%	\$921
Diagnostic Imaging	\$1,320	50%	\$660
Lab Work	\$261	65%	\$170

www.phs.org/yourcareyourchoice

Access All Current Providers: Tier I and Tier II Combined Extensive State and Nationwide Contracted Provider Network

New Mexico Provider Network Tier I and Tier II

- Over 24,000 Primary Care and Specialty Providers
- * No Referrals Required
- Presbyterian Providers and Hospitals Statewide
- Independent Providers and Hospitals Statewide

www.phs.org/sonm

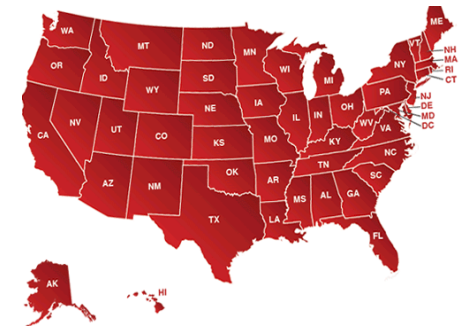
Tier I and Tier II
Covered at 100%
Preventive Services
Telehealth (PCP, Specialist, UC)
Behavioral health

Nationwide Provider Network Tier II

- Over 900,000 National Providers, Over 4,000 Facilities Nationwide
- Access to Centers of Excellence
- Logos for MultiPlan / PHCS Networks Located on Back of Your ID card



www.phs.org/sonm or www.multiplan.com/presbyterian





Advocacy

**Care
Management**

Wellness Program

**Fitness Pass Gym
Program**



Dedicated Member Service Team

(505) 923-5600, 1-888-ASK-PRES

Email: info@phs.org

SONM Custom Website: www.phs.org/sonm

- Only Local and Integrated Customer Service Team in New Mexico
- Strive for One Call Resolution
- Benefit, Transition of Care, and Billing Questions
- Provider Scheduling Assistance: Telehealth or In-person PCP or Specialist
- Member Navigation / Site of Service Redirection to Lowest Cost Setting
- Referrals to Clinical Programs – Disease / Care Management and Community Health Workers



Improving Health Outcomes Collaboratively

Comprehensive Disease Management Program

1-800-841-9705 or healthysolutions@phs.org

Licensed nurses work with your healthcare provider to provide you with coaching and self-management tools to manage chronic conditions such as:

- Diabetes
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)



Care Coordination

1-866-672-1242 or phpreferral@phs.org

Provides support for managing cancer or low back pain/musculoskeletal conditions and help members manage complex acute medical needs such as transplants, high-risk pregnancies, and transition of care.

Community Health Workers

505-923-8567

✓ **Taking up where the healthcare providers leave off:**

- Community services
- Government programs
- Extension of medical services and cost assistance
- Food insecurity
- Behavioral Health Services



Wellness Programs



2022-2023 Wellness Offerings



Good Measures Nutrition Coaching

Connect with a
Registered Dietitian.
Track nutrients, sleep
and blood pressure



Health Coaching

Set goals and make life-
style changes with one
on one coaching.



Wellness Webinars

Informative interactive
sessions on advancing
your wellness journey



Wellness at Work

Personal Health Assessment
tool, and other health
resources.



Life On Mindfulness

Access to guided on
demand and live
meditations, and more.

Login to: myPres
Select Wellness at Work
www.phs.org



All programs can be found on www.mybenefitsnm.com



Keep Moving with a Fitness Pass Membership

*The 2023 cost is only \$17.50 per eligible member per month
Enrollment is Open Year-round*

Presbyterian Members Are Eligible To Enroll with January 1, 2023 Effective Date

(Enroll in December prior to 12/20 to Ensure Gyms Have Eligibility Prior to 1/1/23)

Enrollment is Effective 1st of the Month Following Online Enrollment

***Must Reenroll Annually in December to Continue the Program the Following Calendar Year**

Access as many gyms simultaneously as you would like there is no limit to the number of gyms you can utilize

As a Presbyterian Health Plan member, you and your dependents have access to more than 10,000 fitness, recreation and community centers, including:

- Defined Fitness locations in Albuquerque, Rio Rancho, Farmington and Santa Fe
- Prime Fitness network (nationwide)
- Discounted Membership Fees at all Sports & Wellness facilities



www.defined.com



www.primemember.com



www.sportsandwellness.com

Defined Fitness is one of New Mexico's premier health clubs, offering a wide variety of group exercise classes, supervised child care and state-of-the-art strength training and cardiovascular equipment. All locations feature an aquatic complex with an indoor pool, hot tub, dry sauna and steam room.

The Prime Fitness network provides group exercise classes and amenities such as pools, sport courts, tracks and more. You can visit participating locations nationwide as often as you like, including select CHUZE, YMCAs, Snap Fitness, Curves® and more. When you use Prime Fitness, your fitness travels with you.

Sports & Wellness is where Albuquerque has gone to find fun, friends and fitness for 25+ years. Enjoy a special Presbyterian discount off traditional membership fees and experience five-star service and first-rate amenities at five New Mexico locations and other clubs across the country.



Keep Moving with a Fitness Pass Membership

*The 2023 cost is only \$17.50 per eligible member per month.
Enrollment is Open Year-round*

Fitness Pass program enrollment is easy. How to start:

For quick access and to learn more about Fitness Pass, go to www.phs.org/wellness.

Or, from www.phs.org you can:

Log in or register
for MyPRES



Select
MyHealthPlan



MyHealthPlan

Select
Wellness Information



Select
Fitness Pass

Fitness Pass

- All enrolled health plan members aged 18 and older are eligible to enroll. Subscriber (policy holder) must enroll for dependents to enroll.
- Your enrollment will last through the current calendar year and can not be changed or cancelled voluntarily, and you must reenroll each year.
- Once enrolled, Presbyterian will automatically debit your account or credit card each month.
 - Debit will occur the last week of the month. If you enroll after the 17th of the month you will be debited for two months fees the following month but your gym membership will still be effective the 1st of the month following enrollment.

**If you choose Presbyterian,
you can use Presbyterian.**



**Free 24/7 Access to
Convenient Quick
Care Options**

**For Everyday
Ailments**



**Provider Network
New Mexico and
Nationwide**

**One Plan to Enroll Into
Includes Both Tiers:
Tier I and Tier II**

**Better Health
Outcomes, Just In Case**



**Advocacy,
Care Management
and Fitness Pass**

- **Dedicated Member Service Team**
- **Community Health Workers**
- **Wellness Program**
- **Fitness Pass Gym Membership**

Thank You!

