

# New Ways We're Supporting Your Health

We're adding new programs and services to give you more options for care, recovery, and support.

## Physical Therapy (ATI)

Personalized, hands-on care to help you move better and recover faster.

- Back, neck, knee, shoulder, and more
- Sports injuries, post-surgery rehab, and chronic pain
- One-on-one care with licensed therapists
- Convenient locations near home or work

Cost: \$0 copay per visit  
(employees and dependents)

Call 833-ATI-0001 or visit  
[ATIpt.com/Mesquite-ISD](https://ATIpt.com/Mesquite-ISD)

## Regenerative Therapy (Regenexx)

A non-surgical option to treat joint and spine pain.

- Uses your body's natural healing properties
- Outpatient treatment (most return to activity within a week)
- Treats knees, hips, spine, shoulders, ankles, and more
- May help you avoid surgery

Call 866-682-3436 or visit  
[Regenexxbenefits.com/MesquiteISD/oe](https://Regenexxbenefits.com/MesquiteISD/oe)

## Surgery Guidance (Lantern)

Expert guidance to help you make informed surgery decisions.

- Access to top-rated, vetted surgeons
- A dedicated care advocate to guide you
- Explore all options, including avoiding surgery
- Average savings of \$16,000 per procedure
- 32% of members avoid surgery



# Health Benefits Updates for the Upcoming Plan Year

## Medical Plan Premium Increase

To continue providing reliable, high-quality health coverage for you and your family, medical plan premiums will increase for the upcoming plan year. These changes help ensure the plan remains sustainable so we can support your health and well-being.

## Take Charge of Your Health and Your Benefits Costs

Mesquite ISD has worked to keep employee premium costs as stable as possible. As healthcare costs continue to rise, completing your annual wellness visit is a simple way to avoid a \$50 per month surcharge on your 2027–28 coverage, a \$600 in annual savings on what you would pay otherwise. To avoid the surcharge:

- Schedule and complete a wellness visit during the **2026–27 plan year**
- Visit your primary care provider or the Mesquite Employee Health Center (MEHC)
- If your wellness visit cannot be verified, you may be asked to **provide proof of your visit**

### Important:

- This incentive applies to employees only (spouses/dependents are not included).
- Employees who **do not** complete a wellness visit **will pay \$50 more per month** than those who do.



# Health Benefits Updates for the Upcoming Plan Year

## HDHP Increased Deductible

To meet federal guidelines, the HDHP Plan deductible will increase beginning September 1, 2026.

- Individual: \$3,300 → \$3,400
- Family: \$6,600 → \$6,800
- HDHP participants will receive a new health ID card for the upcoming plan year.

## EPO Low Plan Renamed to EPO Copay

- Plan and benefits remain the same
- If you are currently enrolled, you can continue using your existing ID card
- New ID cards will only be issued to employees who are new to or switching to this plan

## EPO High Plan Discontinued

If you are currently enrolled in the EPO High Plan, you will automatically move to the EPO Copay plan—**no action required**. This change will lower your premium, and you will keep access to the same providers.

**What's different:** The EPO Copay plan has a higher deductible, out-of-pocket maximum, and coinsurance. Please review plan details to understand how this may impact your healthcare planning.

