

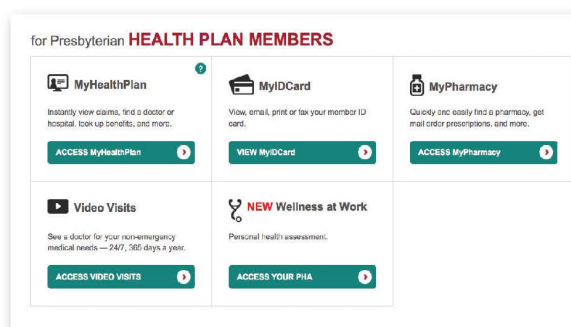


PRESBYTERIAN
Health Plan, Inc.

Membership has its benefits.

Online convenience. Manage your insurance and medical care online through *myPRES*, an easy-to-use, secure website just for Presbyterian members.

- Look up your benefit information securely
- Pay a physician or hospital bill
- View your medical claims and explanation of benefits
- View your ID card or request a replacement
- Access Wellness at Work, a web-based application offering personal health assessments, health education tools, and more.



Talk to a nurse 24/7. Members have access to the PresRN nurse advice line that gives you a direct link to our experienced registered nurses (RN) for answers to your health questions and concerns. Call (505) 923-5570 or 1-866-221-9679 any day, including holidays.

Locally based customer service. Our friendly representatives, located in Albuquerque, are available to answer benefit questions Monday through Friday from 7:00 a.m. to 6:00 p.m. or via email at any time to info@phs.org.

Full access to Presbyterian's system. With more than 800 doctors and eight hospitals across New Mexico, Presbyterian offers specialized healthcare in the areas of women's health, pediatric services, heart wellness, cancer care and more.

(505) 923-5600, 1-888-ASK-PRES (1-888-275-7737)

www.phs.org



 **PRESBYTERIAN**
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Wherever you go, we've got you covered.

Presbyterian has a long tradition of serving the employees of New Mexico Public Schools Insurance Authority (NMPSIA) and their families.

Peace of mind comes with knowing that Presbyterian has been caring for New Mexicans since 1908 and is committed to helping our patients and members live healthier lives.

- **A growing statewide network.** As a Presbyterian Health Plan member, you have access to an integrated health system of eight hospitals, a large medical group, and a health plan network of nearly 20,000 providers and facilities throughout New Mexico and border communities. Visit phs.org/directory for the most current list.
- **National coverage.** You also receive in-network benefits outside of New Mexico with nearly 900,000 providers through our partnership with a national network. Specific providers are listed at multiplan.com/presbyterian.

As the provider of healthcare benefits to nearly 600,000 New Mexicans, Presbyterian Health Plan offers the coverage you need to live the life you want – anytime, anywhere.

Presbyterian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711). Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éí ná hóló, kojji' hódíłłnih (505) 923-5420, 1-855-592-7737 (TTY: 711).

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PRESBYTERIAN
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Supporting you in your wellness journey.

We want to be the healthiest we can be. Presbyterian's *Wellness at Work* is an online tool, available through *myPRES*, that can help you create a personalized health improvement plan. It also features a powerful Personal Health Assessment (PHA) tool that helps members identify personal health risks, provides recommendations for improving those risks, and offers easy-to-use tools to help make healthy lifestyle changes.

Wellness
at WORK

Innovative digital care options at no additional cost

- **Clickotine** is a no-cost smoking cessation program that uses clinically driven app technology to help members stick to a quit plan and overcome nicotine cravings.
- **Talkspace** offers members age 14 and older behavioral health coaching with licensed behavioral therapists via text, video or audio messaging at a time and place that is convenient for them.
- **Computerized Cognitive Behavioral Therapy** is interactive software that provides members an alternative to traditional mental health and substance abuse care.

For more information on these programs, call the number on the back of your Presbyterian member ID card.

(505) 923-5600, 1-888-ASK-PRES (1-888-275-7737)

www.phs.org

Keep moving with a Fitness Pass membership.

Only \$12.50 per eligible member per month.
Enrollment is open year-round.



 **PRESBYTERIAN**
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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)
- A discount on Sports & Wellness gym fees



www.defined.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.



www.primemember.com

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.



www.sportsandwellness.com

Sports & Wellness is where Albuquerque has gone to find fun, friends and fitness for 25+ years. Enjoy a special Presbyterian Health Plan member rate and experience five-star service and first-rate amenities at five New Mexico locations.

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

Enrollment must be completed by the health plan subscriber.

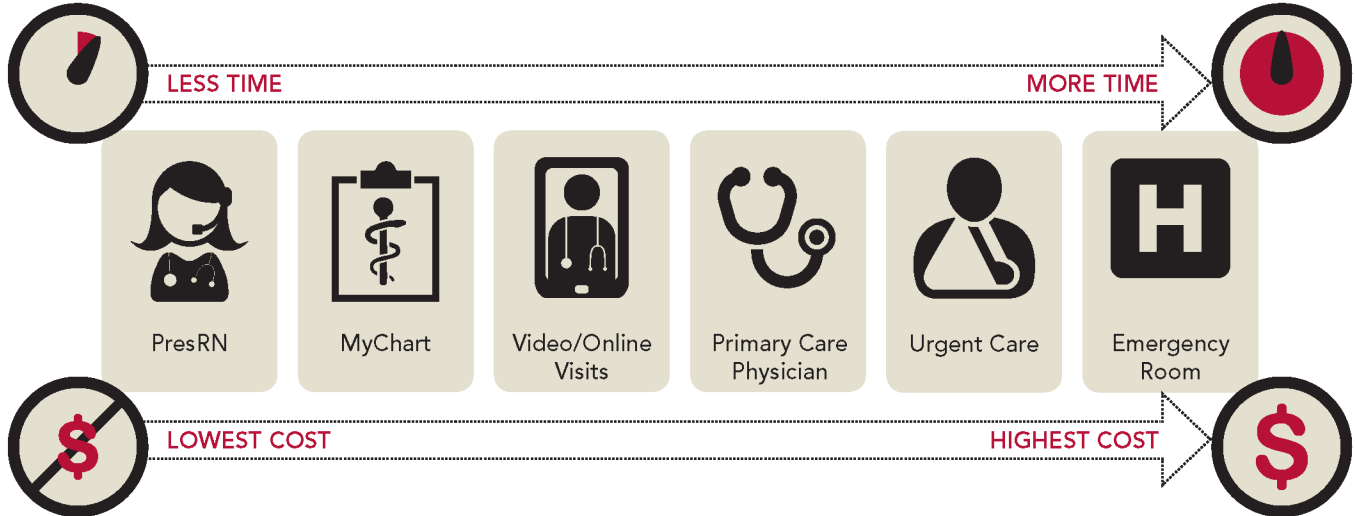
- All enrolled health plan members aged 18 and older are eligible to enroll.
- Once enrolled, Presbyterian will automatically debit your account or credit card each month.
- Your enrollment will last through the current calendar year, and you must reenroll each year.

As a Presbyterian Health Plan member, you and your dependents have access to more than 10,000 national, regional and local fitness, recreation and community centers for a small fee. These facilities include all Defined Fitness locations in Albuquerque, Rio Rancho and Farmington, as well as the nationwide Prime Fitness network. Discounts are available for all Sports & Wellness facilities.

We know that staying active and healthy is important to you, to live your best life. Whether you are at home, traveling, or just want to try something new, there are convenient locations, hours that fit your busy lifestyle, and a variety of classes and programs that let you manage fitness *your way!*

			
Description	Visit more than 10,000 participating locations nationwide as often as you like, including select YMCAs, Snap Fitness, Curves®, Crunch® Fitness, Planet Fitness and Anytime Fitness. Visit any location in the network – your fitness benefit travels with you, wherever you go. Classes and amenities vary by location.	These facilities include all nine Defined Fitness locations in Albuquerque, Rio Rancho and Farmington, as well as the nationwide Prime Fitness network. Defined Fitness is one of New Mexico’s premier health clubs.	Sports & Wellness is where Albuquerque has gone to find fun, friends and fitness for more than 25 years. Enjoy a special Presbyterian Health Plan member rate and experience five-star service and first-rate amenities at five New Mexico locations.
Participating Locations	Nationwide	Albuquerque, Rio Rancho, Santa Fe and Farmington, NM	Albuquerque, NM
Fees	\$12.50 per enrolled member per month entitles you to full access to Prime and Defined Fitness and a discount on Sports & Wellness gym fees.		
How to access	On the first of the month after enrolling, visit www.primemember.com to get a Prime ID Card before visiting the gym of your choice	On the first of the month after enrolling, show your Presbyterian Member ID card to gain access and you will be issued an ID card directly by the gym	On the first of the month after enrolling, show your Presbyterian Member ID card to gain access and you will be issued an ID card directly by the gym
Network	www.primemember.com	www.defined.com	www.sportsandwellness.com
Available services (some may have an additional cost)			
Fitness equipment	Yes	Yes	Yes
Group exercise classes	Yes	Yes	Yes
Personal Training	Most locations	Yes	Yes
Pool	Indoor/outdoor	Indoor	Indoor/outdoor
Sauna/Whirlpools	Yes	Yes	No
Sports courts	Yes	No	Yes
Track	Yes	No	No
Childcare	Some locations	Yes	Yes

Convenient Ways to Access Care



 **PRESBYTERIAN**
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Direct access to medical advice 24 hours a day, 365 days a year. The PresRN nurse advice line is an easy way to speak with a registered Presbyterian nurse if you're not feeling well and do not know what to do. This service is available at no cost to you 24 hours a day, 7 days a week, including holidays. Our nurses are happy to answer general health questions when you are healthy, too. Call (505) 923-5570 or 1-866-221-9679.

A secure, web-based portal for direct communication to your care team. MyChart allows members with a Presbyterian Medical Group provider to send electronic messages and communicate with their care team, request prescription renewals and schedule office or telephone visits. Members can also conveniently view their medical records, lab and radiology reports, procedures and test results.

See a provider anytime day or night with Video/Online Visits. This convenient option offers you a new way to see a medical provider for non-emergency medical conditions via secure video through your smartphone, tablet or computer webcam. Visits are \$0 for all NMPSIA members. For details, visit phs.org/videovisits. Online visits are also available for patients who have visited a Presbyterian facility.

Primary care physicians can treat most health problems. They may be a general/family practice physician, internal medicine physician, gynecologist, physician assistant or nurse practitioner.

Urgent care clinics provide care for minor illness and injuries that are not an emergency. For added convenience, Presbyterian now offers same-day, scheduled appointments.

Emergency rooms are for serious medical emergencies or injuries that require immediate medical attention.

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