Presbyterian Health Plan
2018 Value Added Benefit Guide
Supplemental Vision and Hearing Programs
Complementary and Alternative Medicine
Wellness and Assisted Living 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 local facilities. 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?

Enrolled members of Presbyterian Health Plan Commercial, SCI or ASO members are eligible for this program. Enrolled 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 exams and materials as needed.

<table>
<thead>
<tr>
<th>Exams</th>
<th>Member Pays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive eye health examination,</td>
<td>$85.00</td>
</tr>
<tr>
<td>including refraction and dilation</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Frames</th>
<th>Member Pays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frame equal to or less than $100.00</td>
<td>$75.00</td>
</tr>
<tr>
<td>Receives an additional 10% discount on amount over $100</td>
<td></td>
</tr>
</tbody>
</table>

Lenses (Plastic CR-39) *

| Single Vision – per pair | $72.00 |
| Bifocal – per pair       | $99.00 |
| Tri-focal – per pair     | $126.00|
| Progressive no-line bifocals | 30% Discount |
| Lens Upgrades and Add-ons | 20% Discount |
| Tints, Anti-reflective, basic and upgrade |                     |
| scratch coats, material upgrade, and additional lens enhancements |                     |

Sun Glasses (most styles)

| 15% Discount |

Refractive Surgery Procedures

| 15% Discount | |

Contact Lenses

<table>
<thead>
<tr>
<th>Routine vision examination, medical examinations, and medical diagnostic procedures not included.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluation and up to 3 Follow-up Visits 25% Discount</td>
</tr>
<tr>
<td>Contact lens evaluation and up to 3 follow-up visits must be completed within 3 months, or additional fees may apply.</td>
</tr>
<tr>
<td>Disposable Contact Lenses 15% Discount</td>
</tr>
<tr>
<td>Disposal Contact Lenses (not subject to Manufacturer Floor Pricing) 15% Discount</td>
</tr>
</tbody>
</table>

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 | 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 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 Health Plans may include limited coverage for chiropractic and acupuncture 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:

<table>
<thead>
<tr>
<th>CPT Code</th>
<th>Description</th>
<th>Fee Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>99201</td>
<td>Problem focused history and examination–straight forward</td>
<td>$11.00</td>
</tr>
<tr>
<td>99203</td>
<td>Detailed history and examination–low complexity</td>
<td>$17.00</td>
</tr>
<tr>
<td>99204</td>
<td>Comprehensive history and examination – moderate complexity</td>
<td>$17.00</td>
</tr>
<tr>
<td>98940</td>
<td>Chiropractic manipulative treatment spinal, one to two regions</td>
<td>$34.00</td>
</tr>
<tr>
<td>98941</td>
<td>Spinal, three to four regions</td>
<td>$36.00</td>
</tr>
<tr>
<td>98943</td>
<td>Extraspinal, one or more regions</td>
<td>$26.00</td>
</tr>
<tr>
<td>97012</td>
<td>Traction, Mechanical</td>
<td>$16.00</td>
</tr>
<tr>
<td>97014</td>
<td>Electrical Stimulation (unattended)</td>
<td>$16.00</td>
</tr>
<tr>
<td>97110</td>
<td>Therapeutic Exercise, 15 Min.</td>
<td>$18.00</td>
</tr>
<tr>
<td>72040</td>
<td>Cervical 3 Views (x-ray)</td>
<td>$34.00</td>
</tr>
<tr>
<td>72110</td>
<td>Spine, Lumbosacral Anteroposterior and Lateral (x-ray)</td>
<td>$34.00</td>
</tr>
</tbody>
</table>

This is an abbreviated schedule of fees for chiropractic care. Visit our website: www.benefitsource.org for complete fee schedule.

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.

<table>
<thead>
<tr>
<th>Product</th>
<th>Fee Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conversation Amplifiers</td>
<td>$27.00</td>
</tr>
<tr>
<td>Amplified Telephones</td>
<td>$46.00</td>
</tr>
<tr>
<td>Help Alerts</td>
<td>$58.00</td>
</tr>
<tr>
<td>Doorbell Alerts</td>
<td>$34.00</td>
</tr>
<tr>
<td>TV Listening</td>
<td>$34.00</td>
</tr>
<tr>
<td>Fall Alerts</td>
<td>$34.00</td>
</tr>
<tr>
<td>Large Group Listening</td>
<td>$34.00</td>
</tr>
</tbody>
</table>

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

Presbyterian Health Plan members 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 providers and complete fee schedule.

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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 needs. Meals are available to accommodate all yoga levels.

First 10 Meals (paid upon delivery)

Meals Thereafter

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.

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 receive 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.

For more information, or to schedule a Free Body Composition Analysis, please visit the website at jennyCraig.com or call 888.862.8659 or 505.237.1501 for a current list of Jenny Craig centers.

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.

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Sports & Wellness
New Mexico Sports & Wellness is the premier exercise facility in Albuquerque. Experience the following:
• Cardiovascular Equipment (Treadmills, Ellipticals, Stationary Bicycle, Recumbent Bicycle)
• Outdoor & Indoor Swimming Pools
• Free Weights
• Machine Weights
• Racquetball, Tennis and Basketball Courts
• Sauna & Hot Tub
• Over 200 group exercise classes per week (Yoga, Zumba, Cycling, Water Aerobics, etc.)

With your Benefit Source discount, you’ll automatically receive $8 off your membership each month. Call or email Nolan to learn more about monthly promotions or to learn more about the elite health club in Albuquerque.

New Mexico Sports & Wellness:
505-293-5820 or nrtrammel@wellbridge.com

Sports & Wellness Locations
Highpoint Sports and Wellness
4300 Landau St NE, Albuquerque, NM 87111
Phone: (505) 293-5820 Hours: 5am–9:30pm

Del Norte Center Sports and Wellness
7212 Wyoming Blvd NE #18B, Albuquerque, NM 87109
Phone: (505) 857-0123 Hours: Open 24 Hours

Midtown Sports and Wellness
4100 Prospect Ave NE, Albuquerque, NM 87110
Phone: (505) 888-4811 Hours: 5am–10:00pm

Riverpoint Sports and Wellness
9190 Coors Blvd NW, Albuquerque, NM 87120
Phone: (505) 897-3716 Hours: 5am–11:00pm

Downtown Sports and Wellness
40 First Plaza Center NW #76, Albuquerque, NM 87102
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