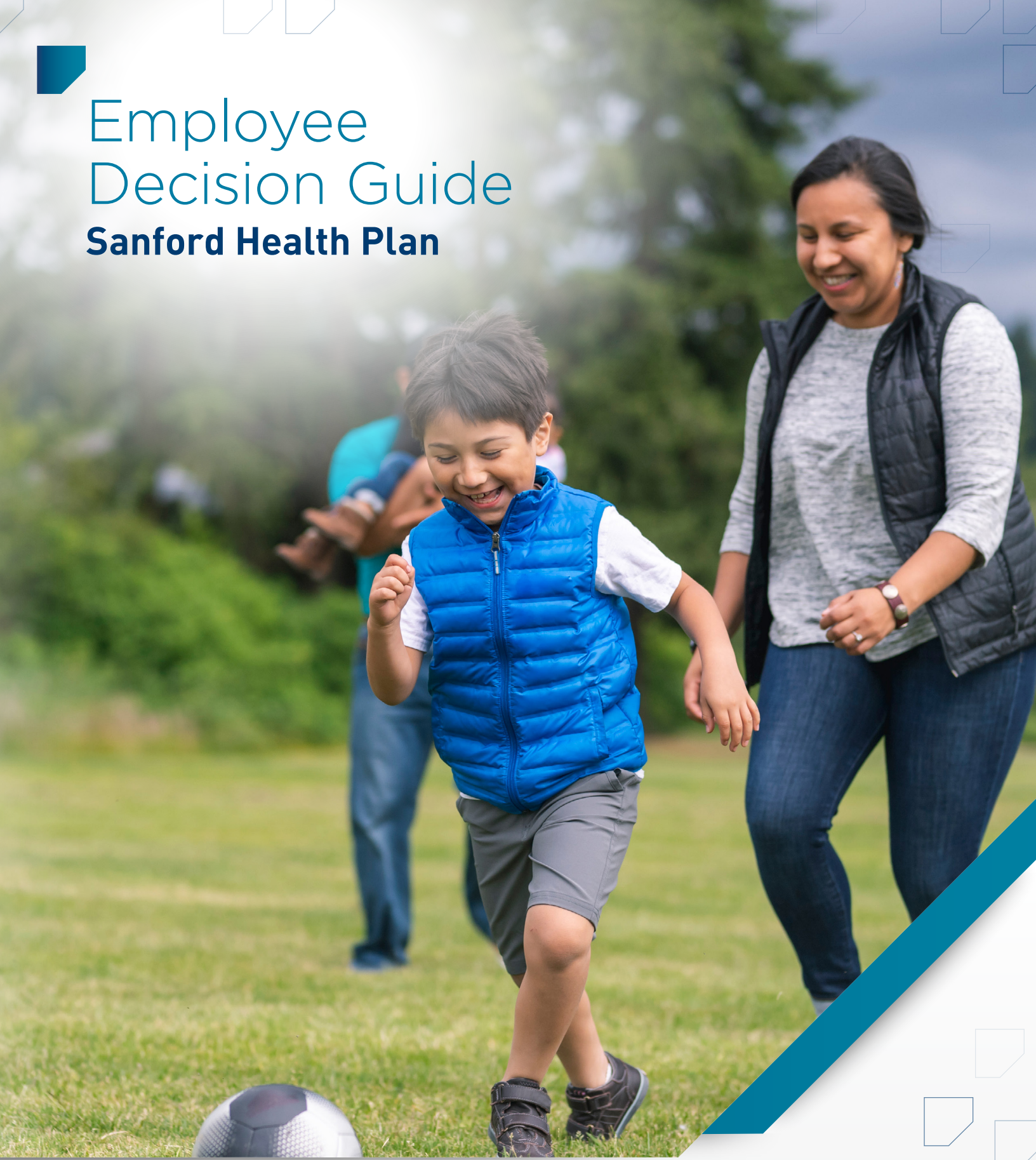




# Employee Decision Guide Sanford Health Plan



**Broad Network Plans  
For Large Employers**

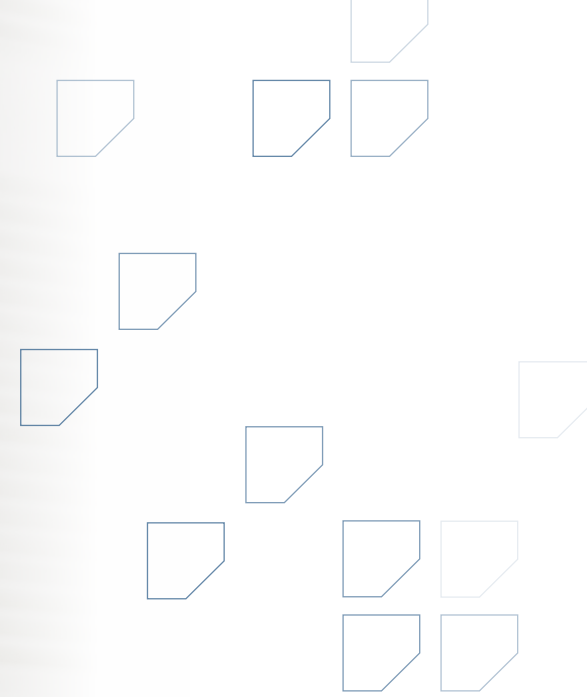
**SANFORD**  
HEALTH PLAN



# We make health insurance easy.

The information you need to make the right decision can be found within this guide. To make things simple — we have also provided commonly asked questions and answers to help you in making your decision.

If you have any questions, feel free to contact us at [sales@sanfordhealth.org](mailto:sales@sanfordhealth.org) for more information.



## Live Life Covered

With the options and the extras that take your dollar further, you can live life covered. Let Sanford Health Plan take care of you with:

- ✓ \$0 Annual checkups
- ✓ \$0 Preventive screenings
- ✓ \$0 Virtual Care\*
- ✓ Access to leading providers
- ✓ A team dedicated to your whole health

\* Sanford Health Plan members save money with \$0 co-pays for urgent care virtual visits through [sanfordvideovisits.com](https://sanfordvideovisits.com) or the Sanford Video Visits app powered by Amwell. Stated charges are for traditional copay plans. Discounted visits are available for HDHP. Other contracted providers' rates may differ. Some exclusions apply.



# Understanding Your Network

	Signature Series Plan
Provider Network	Broad
Flexibility to choose your own in-network providers, including specialists, without a referral	✓
Out-of-network benefits available	✓
Access to over 60,000 pharmacies nationwide	✓
Urgent and emergent coverage 24 hours a day	✓
Virtual care including video visits and e-visits*	✓
Nationwide network for those who reside outside the Sanford service area (SD, ND, MN, IA).	✓

\*Video visit and e-visit availability may vary by state.

## Broad Network

Our broad network consists of over 25,000 providers within North Dakota, South Dakota, Minnesota and Iowa. The network expands beyond the Sanford Health system and includes access to MultiPlan's nationwide networks. This provides urgent and emergency coverage while traveling or for members who live outside of Sanford Health Plan's service area.

### View a detailed directory

Learn about the providers and facilities available in our broad network.

- 1 [Visit \*\*sanfordhealthplan.com\*\*](#)
- 2 [Click \*\*Find a Doctor\*\*](#)
- 3 [I am a \*\*Guest\*\*](#)
- 4 [Through \*\*My Employer\*\*](#)
- 5 [Signature Series \(\*\*Broad Network\*\*\)](#)

### View a detailed formulary

Sanford Health Plan uses a pharmacy formulary, which is a list of all the medications that are covered by the Plan and at what applicable tier, as well as a list of participating pharmacies. Please make sure you review this list to see how your prescriptions will be covered or if additional steps need to be taken once you transition to Sanford Health Plan.

- 1 [Visit \*\*sanfordhealthplan.com\*\*](#)
- 2 [Click \*\*Pharmacy in the middle of the page.\*\*](#)
- 3 [Find the \*\*3-Tier Formulary Commercial \(Large Group/Self-Funded\)\*\*](#)
- 4 [Search \*\*Drugs\*\*](#)

We provide a robust network of pharmacies our members can access both locally and nationally. A pharmacy that does not participate in our network at this time is Walgreens.



# Value

As a Sanford Health Plan member, you may have access to programs and services available to you at a low cost – or even no cost at all.



## Preventive Care

Free preventive services are provided based on age and gender. Find the free screenings available to you at [sanfordhealthplan.com](https://www.sanfordhealthplan.com).



## Fitness Center Reimbursement

Receive \$20 per month for going to a fitness center 12 days per month. Check with your employer to find out if the fitness center reimbursement is included in your employee health benefits. To view a list of participating fitness centers, visit [nihca.org](https://www.nihca.org).



## Online Resources

Access free apps to online resources that allow you to:

- Engage with your health insurance through a secure member portal
- Complete virtual visits
- Take charge of your health through a wellness portal
- Easily access Provider and Pharmacy directories

Your member ID is all you need to access your account at [sanfordhealthplan.com](https://www.sanfordhealthplan.com).



## Virtual care

Sanford Health Plan Video Visits powered by Amwell makes it easy for you to talk to an urgent care provider from the convenience of your desktop, tablet, or mobile device 24 hours a day, 7 days a week. Simply sign up and login to connect with a provider for most acute/urgent care (but non-emergency) needs. Visit [sanfordhealthplan.com/virtualcare](https://www.sanfordhealthplan.com/virtualcare) for more info



## Center for Lifestyle Medicine services

Our lifestyle medicine specialists meet in clinic or online to coach members through lifestyle changes that can improve long-term outcomes and cost less than traditional medical services and prescriptions. They provide education, accountability and resources to help manage health conditions early in a diagnosis — for a proactive approach to care.

Questions? Contact us at [sales@sanfordhealth.org](mailto:sales@sanfordhealth.org)

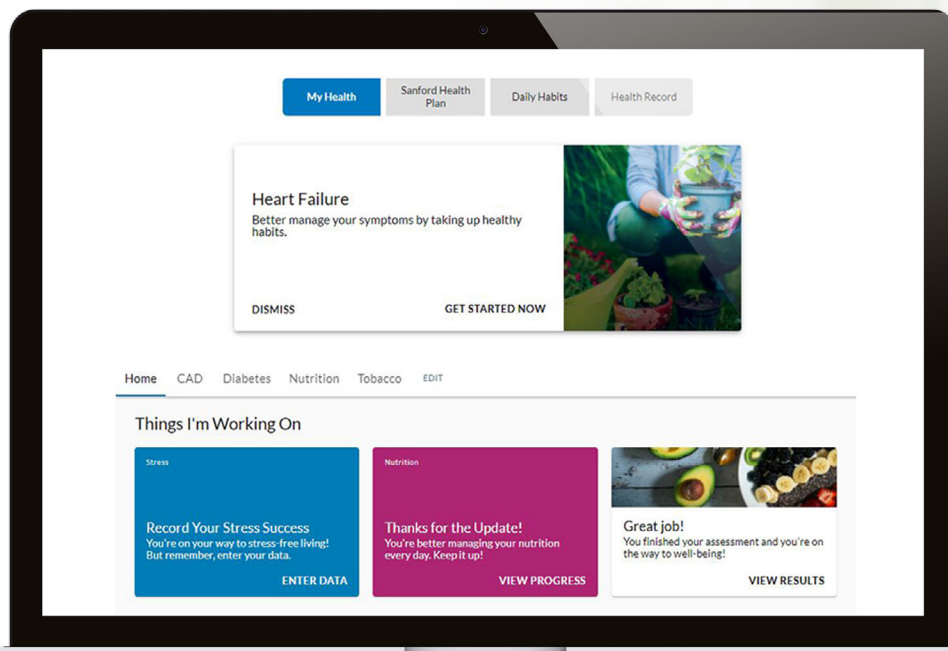
# Online tools

Sanford Health Plan offers online resources to empower you to manage your health care coverage.

Your secure member portal, *MyChart*, gives you quick and easy access to benefit details, claims and more. Your member ID is all you need to access your account at [sanfordhealthplan.com](http://sanfordhealthplan.com).



Your online wellness portal makes it easier to commit to your health and well-being by storing and tracking important health data, challenging co-workers and getting support on your journey.





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