



Employee Decision Guide

**Broad Network Plans:
Small and Large Employer**

SANFORD[®]
HEALTH PLAN

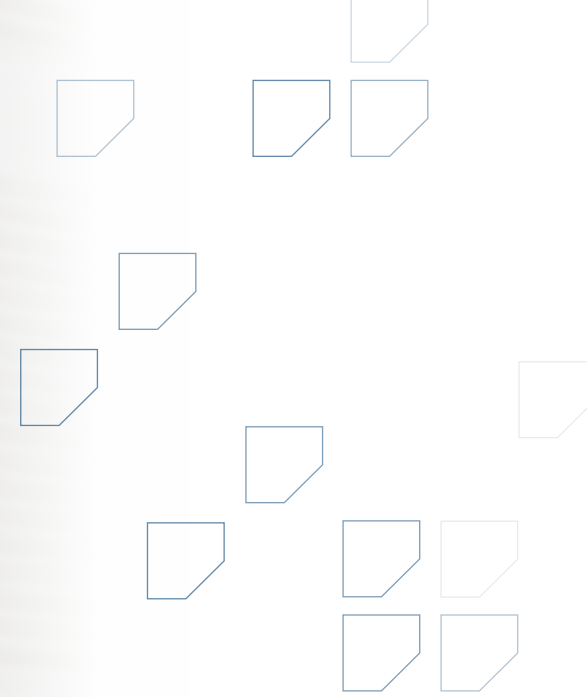


We make health insurance easy.

The information you need to make the right decision can be found within this guide. To make things simple — we have also provided direct webpage access to additional information and online tools to help you in your decision making.



If you have any questions, please feel free to contact our team at 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 On-Demand Urgent Care Video Visits, 24/7*
- ✓ 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 sanfordvideo-visits.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.

Access

Sanford Health Plan has you covered whether you are in your hometown or traveling across the country. Please review this information about the Broad Network Plans.

Signature Series & Simplicity Plans

Provider Network

Broad Network

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*



National network of in-network providers for members who reside outside the Sanford Health Plan service area (SD, ND, western MN and northwest IA).**



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

**Members or dependents residing outside of the Sanford Health Plan Service Area will need to submit an Out-Of-Area Verification Form to ensure accurate in-network processing of claims when utilizing National Network (MultiPlan) providers.

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.*

For a detailed directory of providers and facilities available in the Broad Network follow these simple steps:

I'm a Current SHP Member:

- 1 Visit sanfordhealthplan.com
- 2 Find a Doctor
- 3 Enter Last Name & Member ID Number
- 4 Run the directory based on your needs to get immediate results.

I'm Looking to be a new SHP Member:

- 1 Visit sanfordhealthplan.org/employers/broad
- 2 Access the Broad Network
- 3 Run the directory based on your needs to get immediate results.



***Sanford Health Plan Service Area:**

All counties in SD & ND, and approved counties in **IA**: Clay, Dickinson, Emmet, Ida, Lyon, O'Brien, Osceola, Plymouth, Sioux, and Woodbury. **MN**: Becker, Beltrami, Big Stone, Blue Earth, Brown, Chippewa, Clay, Clearwater, Cottonwood, Douglas, Grant, Hubbard, Jackson, Kandiyohi, Kittson, Lac Qui Parle, Lake of the Woods, Lincoln, Lyon, Mahnommen, Marshall, Martin, McLeod, Meeker, Murray, Nicollet, Nobles, Norman, Otter Tail, Pennington, Pipestone, Polk, Pope, Red Lake, Redwood, Renville, Rock, Roseau, Sibley, Stearns, Stevens, Swift, Traverse, Watonwan, Wilkin, and Yellow Medicine



Sanford Health Plan Video Visits

Your guide to getting started

See a provider without leaving home

Sanford Health Plan Video Visits make it easy for you to connect with a board-certified urgent care provider from the comfort of home. Using your desktop, tablet or mobile device, you can see a provider within minutes, giving you quick, convenient access to quality care.

What to expect

During your visit, a provider can assess your symptoms, develop a treatment plan and send a prescription to your pharmacy of choice, if needed.

\$0 Urgent care 24/7*

Our providers can help with common conditions, including:

- Coughs and colds
- Flu-like symptoms
- Sinus congestion and discomfort
- Allergies, skin and eye irritations
- UTIs and bladder infections

Behavioral health

- Take care of your mental health by scheduling a visit with a therapist, psychologist or psychiatrist for concerns such as anxiety, depression or a social disorder.
- Your Sanford Health Plan standard office-visit cost share will apply to these services.

Steps for getting started



Desktop

Visit sanfordhealthplan.com/virtualcare.



Mobile

Search your App Store or Google Play for "Sanford Video Visits" and download the app.



Connect

Sign up or log in. Then, start a visit with a provider anytime, anywhere.

*HSA-qualified High Deductible Health Plans (HDHP) are not eligible for \$0 video visits but do qualify for discounted visits for which Health Savings Account (HSA) dollars may be used.



Cost

The cost of video visits depend on your health insurance coverage. Credit, debit, HSA and FSA are accepted. **Further details at sanfordhealthplan.com/virtualcare.**



Convenient

Connect with a provider 24/7. Referrals and prescriptions are available if necessary.



Quality

All video visit providers are board-certified.



Easy to use

Install the app and sign up to start a visit.



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 members have affordable access to 24/7 virtual care — holidays included. We offer three virtual care options so our members can see a provider from the comfort of home or without leaving work.



Preventive Drugs

High costs for medications should not keep you from taking vital prescriptions essential to your health. The IRS allows certain medications to be available at a low cost without having to meet your deductible on a High Deductible Health Plan. These medications include many that treat common conditions and diseases such as high blood pressure, high cholesterol, depression, COPD, asthma, cancer, irritable bowel syndrome, and many more. Medications that are both considered preventive and on our list of covered drugs, only cost \$5 for each 30-day fill at an in-network pharmacy.

Questions? Contact our team at sales@sanfordhealth.org



Ready to Choose Your Plan?

STEP

1

Review the type of health insurance plan(s) offered to you and the differences between them.

Doctor, urgent care or emergency room visits

Lab work, x-rays, outpatient, and inpatient care

Prescriptions

Monthly premium cost

Traditional co-pay plans

- ▶ Pay a fixed-dollar amount, and let your health plan pay the rest.
- ▶ Share in the costs of care through your deductible and co-insurance.
- ▶ Whether generic or brand, pay a fixed dollar amount for your medications.
- ▶ These plans will typically cost more than HDHP plans.

High deductible health plans (HDHP)

- ▶ You pay the charges until your out-of-pocket is met.
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Certain preventive drugs are offered to members at a \$5 copay on High Deductible Health Plans (HDHP) that are HSA qualified. To see if your drug is on the list go to optumrx.com/oe_sanfordhealthplan/drug-pricing.

- ▶ These plans typically cost less than the traditional co-pay plans.

Qualified plans allow the ability to contribute to Health Savings Account (if applicable) using pre-tax money to pay for qualified medical expenses.

For full plan benefit details, see your Summary of Benefits & Coverage (SBC).

Ask yourself:

- How often do I visit the provider?
- How much would my prescriptions cost?
- If I have significant health care costs, what am I comfortable paying?
- Which premium fits my budget?

STEP

2

Review the in-network providers and facilities in the Broad Network.

Ask yourself:

- Are my provider(s) in the network being offered?
- Would I be willing to switch provider to save money?
- Are out-of-network benefits important to me?

STEP

3

Consider the premiums.

Your employer will provide you premium information.

Ask yourself:

- Which health insurance plan fits my budget?

STEP

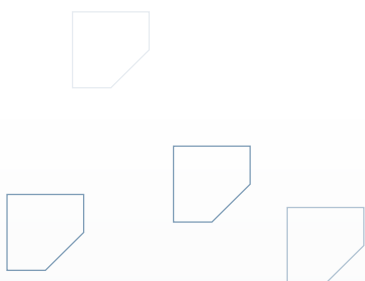
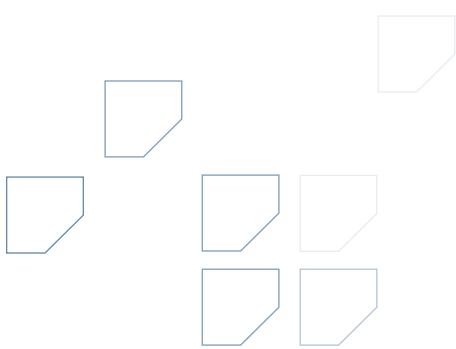
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Visit sanfordhealthplan.com/employers/broad to finalize your decision.

Ask yourself:

- What questions do I have?





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