



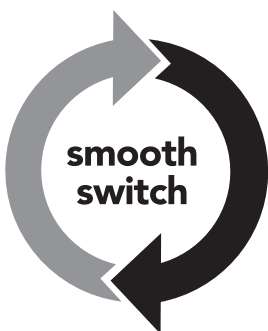
# Welcome

## Switching your health insurance to Fallon Health

**Welcome to Fallon Health! We're glad you're here.**

Now that you're a Fallon member, we want to do everything we can to make it easy for you to continue getting the care you need—and to start using your new Direct Care and Select Care health plans to the fullest.

Switching to a new health plan can be like entering unfamiliar territory. Some of the benefits and programs now available to you may be different from what you've had in the past. We'd like to introduce you to what we have to offer. Let's quickly go over what to do and what to expect as a new Fallon member.



## General information

**First things first:** Are you—or is anyone else on your plan—receiving active and ongoing care for pregnancy or a medical condition? If so, let us know right away by calling the **phone number on the back of your Fallon member ID card, Monday, Tuesday, Thursday and Friday from 8 a.m. to 6 p.m. and Wednesday from 10 a.m. to 6 p.m.** Our Nurse Care Specialists will coordinate your care to help ensure a smooth transition to Fallon Health coverage.

You can also call with questions, for help finding a doctor, to enroll in wellness programs and more.

Learn more about your coverage by reviewing all your materials including the *Member Handbook/Evidence of Coverage* and other plan materials you have been given. If you do not have a *Member Handbook/Evidence of Coverage*, it is available online at *myFallon*, our secure “members only” section of *fallonhealth.org*. Once you obtain your member ID number, you can register for *myFallon* to quickly and easily request a new ID card, update your personal information, choose or change your primary care provider and more.

Our website is a 24-hour resource for information about Fallon’s plans and programs. Check it out! If you have additional questions, contact your plan benefits administrator or Human Resources Department, both of which should be ready to answer your questions.

## How Fallon works: Costs, networks and doctors

At Fallon, our mission is *making our communities healthy*. As a member, you are an important part of our community. As with any health insurance coverage, you are also responsible for certain costs. These costs may include:

- The **premium**, which is the amount you pay to be a member of the plan. Your employer probably pays a portion of the premium.
- A **copayment** is a set dollar amount you pay for each visit to the doctor, each prescription filled, and so on.
- **Coinsurance**, if applicable, is your share of the cost of a service. This is usually a percentage. For example, if the coinsurance is 20% for durable medical equipment (DME), you pay 20% of the total charges, and Fallon pays the remaining 80%.
- A **deductible** is the amount you pay out of your pocket before Fallon starts to cover services to which the deductible applies. For example, if you have a \$500 annual deductible, you’ll pay for the first \$500 worth of covered medical services you receive each year. Thereafter, you pay only the applicable copayment or coinsurance for services. Plans with deductibles often have lower premiums than those that don’t.

### ☑ To do:

- Call Fallon to let them know that I am—or someone on my plan is—receiving medical treatment.
- Check out *fallonhealth.org*, and register for *myFallon*.

**Provider networks:** Your choice of networks depends on your employer's selection(s), where your employer is located and where you and your coworkers live. The name of the plan in which you enroll tells you the network from which you can choose your providers. A provider network includes the doctors and hospitals you have access to through your specific plan.

**Direct Care**, a limited provider network, includes premier provider groups and community hospitals offering high-quality care at an affordable premium. These providers are chosen for their medical excellence, patient access and innovation. There are more than 30,000 participating providers in the Direct Care network. As a Direct Care member, if you ever should need a second opinion or the specialized expertise of Boston research and teaching hospitals, we offer access through our exclusive Peace of Mind Program™. To learn more, visit our website, [fallonhealth.org](http://fallonhealth.org).

**Select Care** is an expansive network that includes physician practices, community-based hospitals and medical facilities across Massachusetts and southern New Hampshire. Select Care offers greater choice at a competitive price. The Select Care service area includes all of Berkshire, Bristol, Essex, Franklin, Hampden, Hampshire, Middlesex, Norfolk, Plymouth, Suffolk and Worcester counties. With more than 42,000 providers, Select Care means more options and choices for you and your family.

While details may vary by plan and the type of care or service, in general, you must see network providers to be covered for services.

**Primary care provider (PCP):** If you didn't already name one on your enrollment form when you signed up, you'll need to select a PCP for each family member on your plan. He or she can be a doctor or nurse practitioner of internal medicine or family practice for adults and a pediatric or family practice doctor or nurse practitioner for children.

Your PCP is the doctor or nurse practitioner whom you see regularly for checkups and who coordinates all of your care. You may already have a provider who acts as your PCP. To find a PCP, or see if your current one is in our network, go to our website, [fallonhealth.org](http://fallonhealth.org), and click on "Find a doctor." Choose "Direct Care" or "Select Care" in the "Search a specific plan's network" option and fill in other options to further narrow your search.

If your current provider is in the network, let him or her know about your new Fallon coverage, and tell us that you'd like that provider as your PCP. (You may have already done this when you filled out your enrollment form.) If your current doctor is not in the network, we'll be happy to help you find a new one. Also, if your medical condition warrants it, you may be able to continue seeing your current out-of-network provider for a period of time.

**OB/GYN:** Female members can choose to see a network obstetrician, gynecologist, certified nurse midwife or family practitioner without a referral for annual preventive gynecological health exams, services for pregnancy and maternity care, and care for acute or emergency gynecological conditions.

**Specialists:** To help ensure that you get the right care, you first need to see your PCP before you see a specialist. He or she can give you a referral to a network specialist for necessary care.

**To do:**

- Check [fallonhealth.org](http://fallonhealth.org) or call Fallon to make sure my doctor is in the network.

## Unique and special features

**It Fits!:** We reward our members for participating in healthy activities! Our It Fits! annual fitness reimbursement program pays families and individuals annually to use this money toward any brand of new cardiovascular home fitness equipment, gym memberships at the gym of their choice with no limitations, town and school sports, Weight Watchers®, ski lessons, lift passes and much more. We have one of the most generous and flexible fitness benefits in Massachusetts.

**The Healthy Health Plan:** The Healthy Health Plan is a web-based program with tools to help you meet your health and wellness goals. All eligible members over 18 can participate in the program with access to interactive calculators, health coaching and member forums, too.

**Nurse Connect:** Got health questions or concerns? Fallon members have complimentary access to registered nurses who serve as health coaches, 24 hours a day, seven days a week, 365 days a year. And your health information is always kept private and secure. Access Nurse Connect by phone at 1-800-609-6175 (TDD/TTY: 1-800-848-0160).

**The CVS Caremark ExtraCare® Health Card:** Provides Fallon members with a 20% discount on more than 1,500 CVS/pharmacy-brand health-related products in store and online.

**Care Services for chronic conditions:** Fallon offers Care Services programs that make dealing with complex chronic conditions a little easier. Our Care Services staff works closely with participating members diagnosed with asthma, diabetes and heart disease to help them best manage their conditions. If you have been diagnosed with one of these conditions and would like to participate, call us and we'll help you get started.

**Healthwise® Knowledgebase:** At [fallonhealth.org](http://fallonhealth.org), you get free access to Healthwise® Knowledgebase, an online health encyclopedia that features information on thousands of diseases, conditions, medications and other health topics. The content is written, reviewed and updated by an expert team of physicians, nurses, medical writers and researchers. Go to [fallonhealth.org](http://fallonhealth.org) and click on "Healthwise Knowledgebase."

**Thank you for joining Fallon Health!**



[fallonhealth.org](http://fallonhealth.org)

*Direct Care provides access to a network that is smaller than Select Care. In this plan, members have access to network benefits only from the providers in Direct Care. Please consult the Direct Care provider directory—a paper copy can be requested by calling our Customer Service Department at 1-800-868-5200—or visit the provider search tool at [fallonhealth.org](http://fallonhealth.org) to determine which providers are included in Direct Care.*

*Program eligibility and benefits may vary by employer, plan and product.*

*Weight Watchers® is a registered trademark of Weight Watchers International, Inc.*

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