

6 TIPS FOR SAVING TIME & MONEY

Get the most value from your health plan



TIP 1

Choose a primary care provider.

Whether your plan requires it or not, choosing a primary care provider (PCP) will help coordinate your care and ensure your health is the best it can be. Primary care providers are also generally less expensive than specialists or a trip to the emergency room. Your PCP knows you and your medical history. This helps him or her diagnose and treat you in a more knowledgeable way.

Save time with fewer and shorter office visits, and save on out-of-pocket costs when you visit your PCP.

Not sure which doctor to choose?

Use the **Find a Doctor or Hospital** tool on Wellmark.com to research and choose the right health care providers for you and your family.



TIP 2

Use the mail order pharmacy for medications you take regularly.

Who doesn't want a little more convenience in their life? Wellmark offers mail order pharmacy that delivers your medications right to your door. Avoid trips and waiting in line at the pharmacy every time you fill your 90-day prescriptions through the mail!

Wellmark offers two convenient ways to sign up! Visit the mail order pharmacy service page on Wellmark.com (Health & Wellness > Drug Information > Mail Order Pharmacy Service) to learn more.



TIP 3

Take your medicine.

Taking your prescriptions in the right dose and at the right time is critical to your health. Doing so keeps your health conditions manageable and may help eliminate more costly care.



To help you remember when to take your medications, set an alarm on your watch, mobile phone or in your email calendar.



TIP 4

Get regular preventive care.

It's always better to take care of a health condition early, before it becomes more serious. That's why your preventive care visits are so important. They give your PCP an opportunity to discover changes in your health that you may not recognize on a daily basis.

A typical checkup will include:

- a physical exam
- a discussion of your health concerns and questions; and
- some screenings or tests.

Take a look at Wellmark's preventive care guidelines at Wellmark.com (Health & Wellness > Preventive Care) to see the recommended exams and screenings. Many preventive services are covered without member cost share.



Save money by logging in to myWellmark and finding which services are covered without any additional out-of-pocket costs.



Personal Health Assistant 24/7

800-724-9122

TIP 5

Call us when you need advice.

When you have health concerns after hours or on the weekend, it's good to know you have a few options. When your primary care provider isn't available, you can call **Personal Health Assistant 24/7** (PHA 24/7) any time, at no additional cost. Get confidential advice from a health care professional about your health concerns or to help you decide where to go for treatment. **Call us 24/7 at 800-724-9122.**

It's more than a nurse line. PHA 24/7 gives you peace of mind with these additional services:

- **Care Navigation:** Understanding a diagnosis and learning about how Wellmark can help.
- **Decision Support:** Explaining your treatment options.
- **Patient Advocacy:** Coordinating care, locating specialists, scheduling home-care services, transferring medical records and more.

Avoid unnecessary and costly visits to the ER, unnecessary visits to the doctor's office and gain peace of mind by calling PHA 24/7.

Call the Customer Service number on your Wellmark ID card for answers to questions about health plan benefits and claims.



TIP 6

Keep track of your care

A great way to get started with managing your health care is to do an inventory of the care you and your family have received. Access doctors' names and contact information, medications and the last time you had your preventive care visit by using the Wellmark mobile app or going to myWellmark at Wellmark.com.

With our online and mobile tools you can:

- **CHECK YOUR CLAIMS HISTORY**
You'll find all your doctor visits and prescription drug claims on myWellmark or on the Wellmark mobile app.
- **GET EXCLUSIVE ACCESS TO THE WELLMARK WELLNESS CENTER**
powered by WebMD® when you log in to myWellmark. The wellness center helps you monitor your health and wellness goals with trackers and support programs.
- **USE THE FIND A PROVIDER TOOL**
on the Wellmark mobile app to find your doctor's contact information and save it to your favorites for easy, on-the-go access when and where you need it.

Having this information on hand is helpful when you visit the doctor or in the event of an urgent care situation.

Not registered for myWellmark?

That's ok! All you need is five minutes and your Wellmark ID. Simply visit Wellmark.com today to get started. Don't forget to download the free Wellmark mobile app. Visit Wellmark.com/GoMobile.

