



BECOME YOUR BEST SELF FOR THE MISSION

Independence 



Speakers:

Independence 

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IBX

Agenda

- Where to find your Archdiocese benefit resources
- Virtual Care and Wellness Benefits
- Health and Well-being programs
- Your Online Tools
- Discounts & Reimbursements



Get More out of your IBX Health Plan

- Medical Plan Information
- Find a Doctor
- Member Flyers / Forms
- Health & Wellness Services
- Discounts & Reimbursements

<https://www.ibx.com/archdiocese>



A screenshot of the Independence Health Plan website. The top navigation bar includes the 'Independence' logo with a cross icon, and the Archdiocese of Philadelphia logo on the right. The navigation menu contains links for 'Medical Plans', 'Find a Doctor', 'Member Resources', 'Well-being', 'Get Connected', and 'Business Manager Resources'. The main content area features a large image of a woman talking on a mobile phone, with the text 'Welcome Archdiocese of Philadelphia Employees!' overlaid. Below the image, there is a section titled 'Make the Most of Your Independence Health Plan' with a sub-header and a paragraph of text: 'Here in one spot, Independence offers members of the Archdiocese of Philadelphia family the latest news and updates about their benefits along with details on how to get the most out of their plan. You will find details about your PPO plan, information about changes to dependent coverage, and tips and tools to maximize your health.'

Wellness Benefits



Nutrition Counseling

A person wearing a white lab coat is shown from the chest down, squeezing a lime wedge over a bowl of fresh salad. The salad contains diced mango, red onions, and green herbs. The background is slightly blurred, showing a wooden cutting board with more ingredients like a whole red onion and a bowl of green vegetables.

- As an IBX member you're covered for up to six (6) nutrition counseling visits per year at no cost when you use an in-network registered dietitian.
- Nutrition counseling can help you:
 - Look and feel better
 - Learn how to eat right
 - Have more energy
 - Lower cholesterol levels
 - Reduce blood pressure
 - Decrease risk of heart disease and stroke

Log in at ibx.com, select Find a Doctor to find a registered dietitian

Protect Yourself from the Seasonal Flu

To find in-network pharmacies and providers near you, log in at ibx.com.

- Thousands of people every year are hospitalized because of complications from the flu. That's why we encourage you to get your annual flu vaccine.
- It's more important than ever to stay up to date with the flu shot.
- The cost and payment method of getting the flu shot depends on the plan you have and where you choose to get it.



PCPs are VIPs



- You'll see your PCP, or family doctor, for most of your health care needs, and to:
 - answer questions or concerns about your health, including undiagnosed health concerns or medical problems
 - coordinate your care with specialists and other health care professionals
 - help you stay well through regular check-ups and annual screenings

Log in at ibx.com and use the Find a Doctor tool to select a PCP in your health plan's network.

Health and Well-being Programs



Personalized Support

Need a little help? We offer an added level of personalized support when you're managing more complex health challenges to help you achieve better health.



Registered Nurse Health Coach

1-800-ASK-BLUE (1-800-275-2583)

When you call our health information line registered nurse Health Coaches are available 24/7 to answer questions about your health and treatment options.



Baby BluePrints®

1-800-598-BABY (1-800-598-2229)

Our free, comprehensive maternity program supports members across the pregnancy spectrum from the first trimester through delivery to home and continues with the 24/7 availability and support of Registered Nurse Health Coaches and digital communications.



Personal Health Record

<https://www.ibx.com/login>

Select 'My Care' then 'Personal Health Record'

Stay on top of your health with this digital health diary that automatically updates with your office visits, surgeries, and tests.



Health Resources

<https://www.ibx.com/login>

Select 'Health & Well-Being' then 'Healthy Living'

You can read the latest articles on a variety of healthy lifestyle, fitness, and nutrition topics.

College Tuition Benefit

Reduces financial stress and provides a simple and effective way to send a child or loved one to college.

- Earn SAGE Scholars Tuition Rewards® to help offset the cost of a four-year undergraduate education at a participating college and universities.
- One Tuition Rewards Point is equal to **\$1 guaranteed minimum** discount off the full tuition price.
- Employees earn **2,000 Points** when they sign up, and students receive **500** Student Tuition Rewards Points when registered. Must be registered by August 31st of the beginning of students 12th grade year.
- Employees then earn 2,000 Points each year and an additional **2,500 Points in year four.**

<https://ibx.collegetuitionbenefit.com/>

Now Includes Sage Prime

For employees pursuing professional certifications, graduate studies, or degree completions, Sage Prime is a guaranteed tuition discount available to employees providing a pathway to affordability in continuing education.

- SAGE Prime reduces tuition costs by 10% or more
- SAGE Prime is for employees who are interested in continuing their education
- Courses include degree programs, occupational certifications, and special interest courses

NEW



GradFin

GradFin offers free, value-added services that can improve and employees' financial future. GradFin helps pay off student loans faster so employees can begin saving for the future.

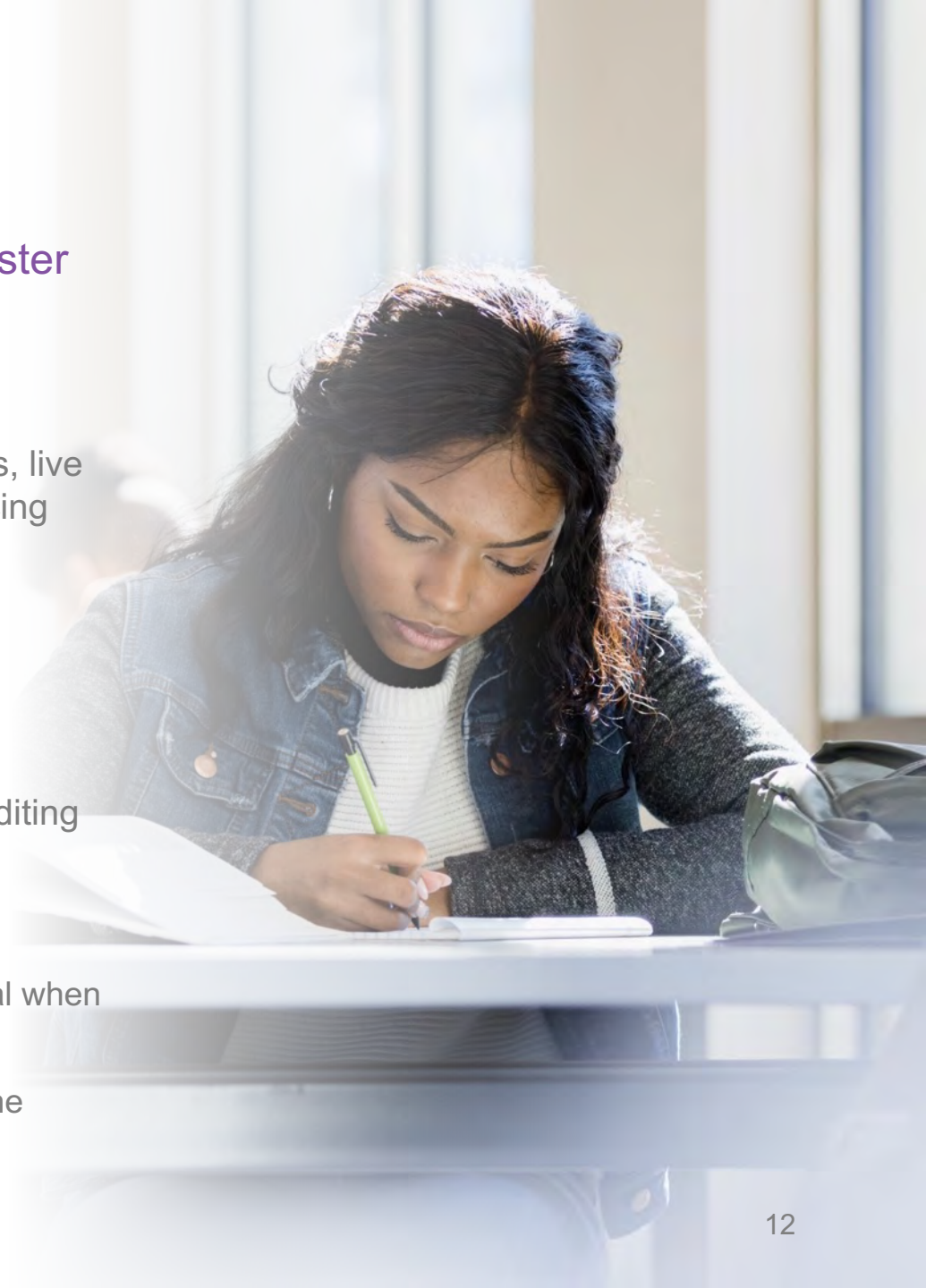
Employee Services

- **Student Loan Financial Education.** GradFin offers free personal consultations, live webinars, and in-house "town hall" meetings to educate employees on reducing their debt
- **Student Loan Solutions.** GradFin originates, refinances, and consolidates a member's student loan(s) through a lending platform made up of 11 lenders, maximizing chances for loan approval and the lowest rates
- **Public Service Loan Forgiveness (PSLF) Program.** GradFin will work with employees to ensure they stay compliant with the PSLF program through auditing payments and certifying income and employment.

Exclusive Value-adds Through Independence

- **Bonus towards principal.** GradFin provides a \$100 bonus towards the loan principal when originating or refinancing loans through GradFin.
- **Dedicated loan consultants and scheduling.** Participants have access to one-on-one consultations and dedicated consultants and appointments.

For more information, visit gradfin.com/independence



Member Tools & Resources

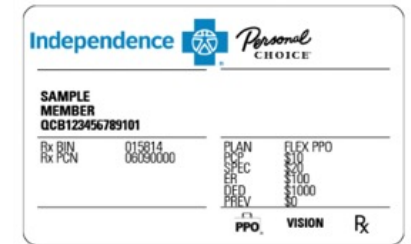


You're in Control

Whether you're at home or on-the-go, you can quickly and securely find a doctor and access your benefits information using our member tools. Just log in at ibx.com or use the IBX mobile app.

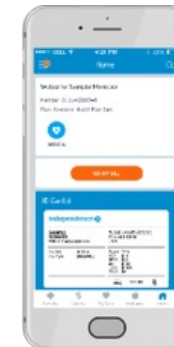
Access plan information

Login in anytime to view your ID card, claims, spending, and benefits information.



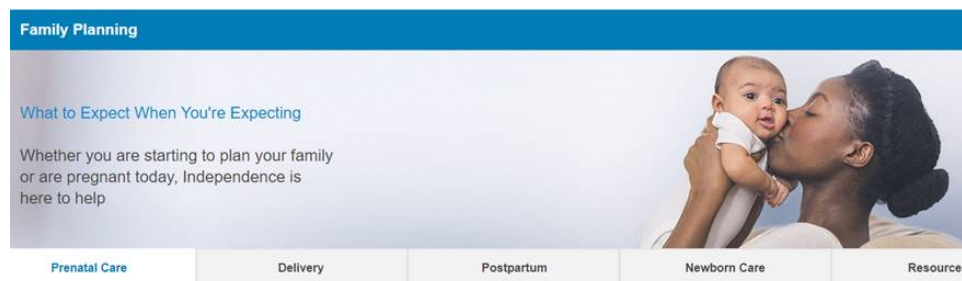
Get IBX to go!

Download our free IBX app for your iPhone or Android device.



Family Planning

Section is dedicated to present benefits, tools, and resources available to help members with conception, delivery, and newborns.



Find a Provider

The Find a Provider tool at **ibx.com** helps you make confident decisions about your health care.

Easy-to-use search

Simple navigation helps you get faster, more accurate results when looking for doctors, hospitals, or other facilities.

Doctor and hospital profiles

Informative doctor and hospital profiles and nationally recognized quality measurements help you find the doctor that is right for you. Our provider profiles offer more than just location and phone number. Once you search for a list of doctors, you can click on the provider's name.

Compare doctors and facilities

Easily compare up to five doctors and hospitals at once. You can compare specialties, education, board, certifications, quality reviews, and more.




Rate and review your experience

See what other members thought about a doctor or hospital and share your own experiences. Anyone can read ratings and reviews, but you must log in at **ibx.com** to submit a review.

Questions?

Call Customer Service at the number on the back of your member ID card

Get Connected

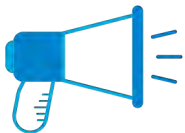
Looking for a simple way to get the most from your **Independence**  health plan? Connect with us by signing up for email or test alerts to get:



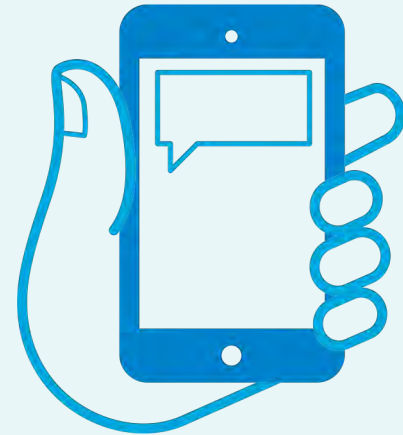
Personalized reminders about your health when it's time for an annual visit or screening.



Notification to help you access important plan information like changes to the prescription drug formulary and where to go for care based on your health plan.



Alerts on how to get the most out of your health plan with information about available benefits you may not be using or how you can save money when you need health care



Register today

And be notified when
ID card mails.

Call **1-888-700-1078** or text
IBX WIRE to **77576** today!

ibx.com/getconnected

Discounts & Reimbursements



Exclusive Discounts and Savings



Blue InsiderSM discounts on entertainment

- Great deals on family-themed activities
- Movie and theater tickets, sporting events, museums and zoos, and travel
- Online shopping and merchant gift certificates



Blue365TM exclusive deals

- Save on health-related products and services with exclusive value-added discounts and offers from national companies
- Weekly featured deals on meal delivery services, fitness apparel, weight loss programs, laser vision correction, and more



GlobalFit fitness discounts

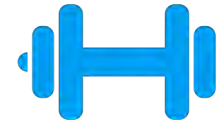
- The GlobalFit Gym Network offers discounts to 8,000 gyms, fitness centers, and studios nationwide.
- Discounts on a variety of fitness equipment free access to a library of discounted fitness and nutrition resources
- Plus, with the GlobalFit Anywhere App, book workout classes and sessions with gyms, studios, and trainers. No monthly membership is required

The app is only available as a value-added benefit in individual consumer and small group plans, plus standard and select large group plans.



Get Good Living

- Need healthy recipe inspiration? Getgoodliving.com and the IBX Good Living app offer valuable coupons
- Get the latest info on popular food and household items plus delicious recipes to try



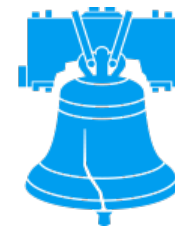
Healthy LifestylesSM reimbursements

- Earn \$150 reimbursement for living healthy
- Programs include fitness centers, tobacco cessation, and weight management



Free nutrition counseling

- Schedule up to six visits a year with a participating registered dietitian, your doctor, or another network provider



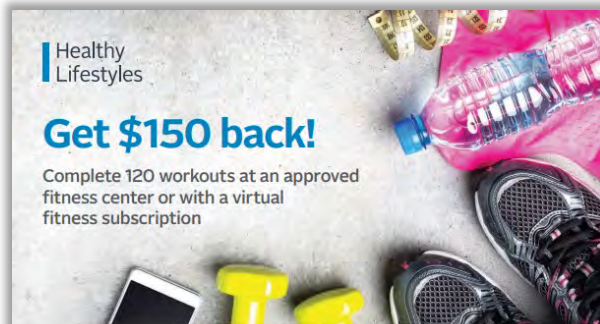
Philly-area fun

- Members-only offer on Indego, Philly's bike-share program
- Show your member ID card for free skating admission at the Blue Cross RiverRink

Check out all the exciting member perks at www.ibx.com/discounts.

Healthy Lifestyles

- Gym Membership Reimbursement
- Tobacco Cessation
- Weight Management Reimbursement



Healthy Lifestyles

Get \$150 back!

Complete 120 workouts at an approved fitness center or with a virtual fitness subscription

Looking for motivation to exercise?
The Healthy LifestylesSM Fitness Program will reimburse you \$150 for working out regularly.


Four easy steps

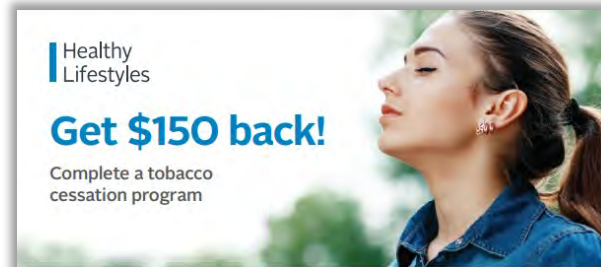
1. Join an approved fitness center. Choose a full-service fitness center that includes amenities for continuous cardiovascular, flexibility, and resistance training. You may also submit a reimbursement request for virtual fitness subscriptions or apps and membership costs for workouts.
2. Exercise regularly. Complete 120 workouts within a 12 month period, either at a fitness center or through a virtual fitness program. You may combine workouts from a fitness center with virtual programs to meet the 120 workout requirement.
3. Record your workouts. After you complete 120 workouts, you can request reimbursement. Your logged workouts must be at least eight hours apart.

Start your well-being journey today!
Visit [ibx.com](https://reimbursements.ibx.com) or download the IBX mobile app.

Once all your documentation is submitted, you can request your reimbursement to be paid by direct deposit or a Visa rewards card.*

*Please note that Visa charges a fee of \$4.00 plus three percent of reimbursement amount.

Independence 



Healthy Lifestyles

Get \$150 back!

Complete a tobacco cessation program

You probably know many of the reasons why you should quit smoking — it can help you breathe easier, live longer, and protect the health of those around you. Quitting isn't easy, and many people try more than once before they succeed, but it's worth it.

To help you quit for good, our Healthy LifestylesSM Tobacco Cessation Program will reimburse you up to \$150 for completing an approved tobacco cessation program.*

How it works

1. Sign up for an approved tobacco cessation program.
2. Complete the approved program.
3. Submit documentation and request your reimbursement.

Log on to reimbursements.ibx.com/ibc and submit the following documentation:

- Proof of your participation in an approved tobacco cessation program or a certificate of completion
- All program receipts and receipts for nicotine replacement products or medications prescribed to you to help you quit


Start your well-being journey today!
Visit ibx.com or download the IBX mobile app.

Once all of your documentation is submitted, you can request your reimbursement to be paid by direct deposit or a Visa rewards card.*

Approved tobacco cessation programs include those that focus on behavior modification and provide frequent and regular support.

* If you're a 3 Star member and your program costs more than \$150, you can apply the difference toward reimbursement of nicotine replacement products or medications prescribed to you. If not, you may quit.

* Please note that Visa charges a fee of \$4.00 plus three percent of the reimbursement amount.

Independence 



Healthy Lifestyles

Get \$150 back!

Enroll in a weight management program

Support from others can make weight loss feel more manageable. Enroll in WW[®], WW[®] Online, Noom, or an approved weight management program at a network hospital and the Healthy LifestylesSM Weight Management Program will reimburse you up to \$150.

Start your well-being journey today!
Visit ibx.com or download the IBX mobile app.

How it works

1. Sign up for an approved weight management program.
2. Attend the approved program.
3. Submit documentation and request your reimbursement.

Once all of your documentation is submitted, you can request your reimbursement to be paid by direct deposit or a Visa rewards card.*

Log on to reimbursements.ibx.com/ibc and submit the following documentation:

- If attending WW in person, you will need to submit receipts and copies of your booklets.
- If participating in WW Online, you should submit screen prints to show proof of payment and progress in the program.
- If participating in Noom, you should submit screenshots to show proof of payment and participation in the program.
- If attending a hospital-based or youth program, proof of payment and participation is required.

* Please note that Visa charges a fee of \$4.00 plus three percent of the reimbursement amount.

Independence 

Visit reimbursements.ibx.com/ibc to learn more

Thank you for choosing IBX



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