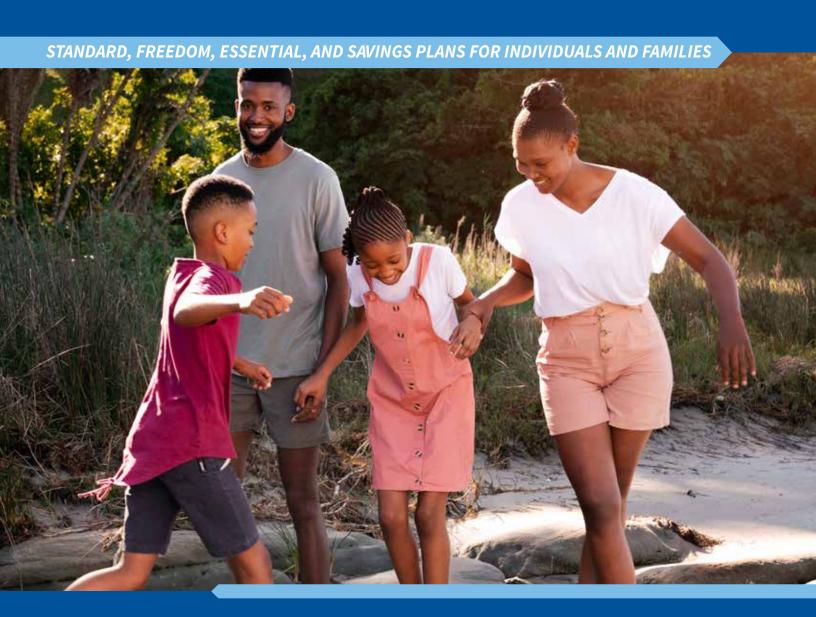


2 0 2 3 MARKETPLACE PLAN FINDER



Freedom to live a healthy life



# Freedom to live a healthy life.

## **VANTAGE BENEFITS INCLUDE:**

- Low monthly premium\*
- Primary care office visit copays as low as \$20\*
- Prescription drug plan included; no separate premium
- **\$0** Tier 1 copay through preferred pharmacies (retail and mail order)
- Affinity Health Network (AHN) copay reductions available\*
- Annual wellness exam covered at 100%
- Vision coverage included for adults and children
- Preventive and Comprehensive Dental coverage included for adults and children
- Great local customer service

The search tools on our Vantage Marketplace website, **www.VantageHealthPlan.com**, will allow you to compare plans, find a provider or a retail pharmacy, and search for prescription drugs covered by Vantage plans.

<sup>\*</sup>There are several plans to choose from and premiums/benefits vary by plan.

## **HOW TO ENROLL...**

### During Open Enrollment.

There are four ways to enroll in a Vantage Marketplace Plan:

- Enroll online at www.Healthcare.gov.
- ▶ Enroll over the phone by calling the Vantage Member Services Marketplace/Exchange Department toll-free at (833) 969-2894, Monday through Friday from 8:00 a.m. to 6:00 p.m. CST
- Enroll over the phone by calling the Centers for Medicare and Medicaid Services (CMS) toll-free at (800) 318-2596. Available twenty-four hours a day, seven days a week.
- Enroll through an independent agent or broker.

To enroll in one of the Vantage plans offered outside of the Marketplace or for benefit and coverage questions, please contact the Vantage Member Services Marketplace/Exchange Department toll-free at **(833) 969-2894.** Monday through Friday from 8:00 a.m. to 6:00 p.m. CST or visit our website, *VantageHealthPlan.com/Exchange*, and click the "Contact Us" link to send an e-mail inquiry.

NOTE: If you purchase a health plan through the Marketplace instead of accepting health coverage offered by your employer, you may lose the employer contribution (if any) to the employer-offered coverage.

# **OPEN ENROLLMENT**IMPORTANT DATES TO REMEMBER

November 1, 2022 - January 15, 2023

Open Enrollment is the yearly designated time to sign up for insurance coverage.

### During a Special Enrollment Period.

You may be able to enroll in a 2023 health insurance plan outside of Open Enrollment if you qualify for a Special Enrollment Period. A Special Enrollment Period is a time outside of the Open Enrollment period during which you and your family have a right to sign up for health coverage. In the Marketplace, you generally qualify for a Special Enrollment Period of 60 days following certain life events that involve a change in family status (for example, marriage or birth of a child) or loss of other health coverage. If you do not have a Special Enrollment Period, you cannot buy insurance through the Marketplace until the next Open Enrollment period.



# DO YOU QUALIFY FOR A SPECIAL ENROLLMENT PERIOD?

Visit <u>healthcare.gov/coverage-outside-open-enrollment/special-enrollment-period/</u> or call CMS at 800-318-2596 or Vantage toll-free at 833-969-2894, Monday through Friday, from 8:00 a.m. to 6:00 p.m. for assistance.

## **NETWORK PROVIDERS**

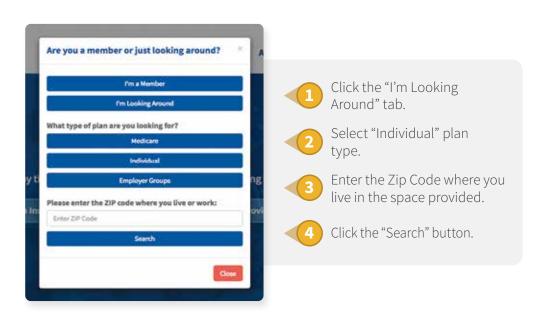
### Using In-Network Providers Saves Money!

Vantage has an extensive provider network for its members. All members have in-network cost share when using any of these Vantage network providers.



## **NETWORK PROVIDER SEARCH**

You can search for providers from our extensive network of In-Network providers located on our website. Visit **www.VantageHealthPlan.com**, select "Find a Provider" and follow the steps listed below.



Vantage members are covered anywhere in the world for emergency care at in-network cost share.

## PREFERRED PHARMACIES

Using Preferred Pharmacies Saves Money!



#### **DESIARD PHARMACY NETWORK**

The DeSiard Pharmacy Network (DPN) is Vantage's preferred network of independent pharmacies where you can fill up to a 100-day supply of covered Tier 1 preferred generics for a **\$0 copay.** DPN works to build lasting relationships with select independent pharmacies while working with providers to improve medication adherence and other positive health outcomes for our members. Many DPN pharmacies also offer mail order services. Visit *VantageHealthPlan.com/dpn* to view a complete list of DPN pharmacies.

#### **DPN DIABETIC SUPPLIES PROGRAM**

**\$0 copay** for GLUCOCARD Shine® blood glucose strips. With a valid prescription, you can receive up to a 100-day supply of strips along with a free GLUCOCARD Shine® Meter that comes with ten complementary strips, ten lancets, and a lancing device. Limited to one meter per member per year. (Cost share applies to the Glucocard strips and meters at non-DPN pharmacies.)



#### SAINT JOHN PHARMACY MAIL ORDER

Saint John Pharmacy is Vantage's preferred mail order pharmacy. Most low-cost Tier 1 generic drugs are available at no cost for a 100-day supply. This benefit is administered by Saint John Pharmacy mail order and may not be available for all members. Access varies by member's location. Please call us at 888-316-4354 to have your prescriptions mailed directly to your home.

Other pharmacies are available in your network.

# MAIL ORDER PHARMACY CONTACT INFO

Phone: (318) 807-1083 Toll-Free: (888) 316-4354 Fax: (318) 807-1079 Email: SJP@ahaphysician.com

## **ADDED BENEFITS**

### Vision and Dental Included in Your Plan

### **VISION BENEFITS**

Specialist cost share for an annual routine eye exam per year. Available to adults and children.

# STANDARD, FREEDOM, ESSENTIAL PLANS

Glasses and contacts for children:

**50%** coinsurance for 1 pair of glasses and 12 pair of contacts per year, not subject to deductible.

Glasses and contacts for adults:

**100%** coverage up to a maximum benefit of **\$100** per year, not subject to deductible.

#### **SAVINGS PLANS**

Glasses and contacts for children:

**0% - 50%** coinsurance for 1 pair of glasses and 12 pair of contacts per year, subject to deductible.

Glasses and contacts for adults:

**100%** coverage up to a maximum benefit of **\$100** per year, not subject to deductible.

### DENTAL BENEFITS

**100%** coverage for preventive dental care: semi-annual cleanings and oral exams and an annual x-ray, not subject to deductible. Available to adults and children.

# STANDARD, FREEDOM, ESSENTIAL PLANS:

Comprehensive Dental for children:

**50%** coinsurance, not subject to deductible.

Comprehensive Dental for adults:

100% coverage up to a maximum benefit of

\$1,000, not subject to deductible.

#### **SAVINGS PLANS**

Comprehensive Dental for children:

**50%** coinsurance, subject to deductible.

Comprehensive Dental for adults:

100% coverage up to a maximum benefit of

\$1,000, not subject to deductible.

# **VANTAGE MAKES IT EASY!**

#### Pick Your Plan!

#### ALL PLANS

- » Free annual wellness exam.
- » Free semi-annual preventive dental cleanings and annual x-rays
- » Comprehensive dental coverage
- » Glasses and contacts coverage
- » Out-of-Network coverage
- » Great local customer service

#### STANDARD

- » Copayments for office visits and most prescription drugs
- » Reduced copayments from Affinity Health Network providers, DeSiard Pharmacy Network, and Saint John Pharmacy mail order
- » Combined in-network medical and prescription drug deductible of \$2,000, \$5,800, or \$7,500

### ESSENTIAL

- » Copayments for PCP office visits and Tier 1 and 2 prescription drugs
- » Reduced copayments from Affinity Health Network providers, DeSiard Pharmacy Network, and Saint John Pharmacy mail order
- » In-network medical deductible amounts of \$1,500 or \$6,500
- » In-network drug deductible amounts of \$500 or \$1,000 for drugs on Tiers 3-5

### **▶** FREEDOM

- » Copayments for office visits, inpatient stays, emergency room visits, many outpatient services, and most prescription drugs
- » Reduced copayments from Affinity Health Network providers, DeSiard Pharmacy Network, and Saint John Pharmacy mail order
- » In-network medical deductible amounts of \$3,500 or \$4,000
- » In-network drug deductible amount of \$1,000 for drugs on Tiers 3-5

### SAVINGS

- » Health Savings Account (HSA) qualified high deductible plans
- » Reduced cost share from Desiard Pharmacy Network and Saint John Pharmacy mail order
- » Combined in-network medical and prescription drug deductible of \$5,500 or \$7,200

# **STANDARD PLANS** Benefit Comparison

BENEFITS	GOLD 2000 ON AND OFF EXCHANGE	
In-Network Combined Medical/Prescription Drug Deductible	<b>\$2,000</b> Individual; <b>\$4,000</b> Family	
In-Network Out-of-Pocket Maximum	<b>\$8,700</b> Individual; <b>\$17,400</b> Family	
Primary Care Provider (PCP)*	<b>\$20</b> AHN/ <b>\$30</b> copay per visit	
Specialist Office Visit*	\$50 AHN/\$60 copay per visit	
Inpatient Hospital	25% coinsurance	
Outpatient Surgery Services	25% coinsurance	
Emergency Room	25% coinsurance	
Major Diagnostic Test (MRI, CT scan, stress test, etc)	25% coinsurance	
Outpatient Lab	25% coinsurance	
Outpatient X-Rays & Other Hospital Services	25% coinsurance	
Physical/Occupational/Speech Therapy*	<b>\$30</b> copay per visit	
Vision Exam*	\$50 AHN/\$60 copay per visit	
Glasses/Contacts - Child*	<b>50%</b> coinsurance	
Glasses/Contacts - Adult*	100% covered; Max benefit: \$100	
Preventive Dental*	100% covered	
Comprehensive Dental - Child*	<b>50%</b> coinsurance	
Comprehensive Dental - Adult*	100% covered; Max benefit: \$1,000	
Prescription Drug Deductible	See Combined Medical/Prescription Drug Deductible Above	
Prescription Drugs (30-day supply)  TIER 1 (Preferred Pharmacies)  TIER 1 (Other Pharmacies)  TIER 2  TIER 3  TIER 4  TIER 5	\$0 copay* \$10 copay* \$15 copay* \$30 copay* \$60 copay* \$100 copay*	
Out-of-Network Medical Deductible	<b>\$5,000</b> Individual; <b>\$15,000</b> Family	
Out-of-Network Coinsurance	<b>50%</b> coinsurance	

<sup>\*</sup>Not subject to combined in-network medical and drug deductible.

The following comparison is not a complete comparison. All of these plans offer out-of-network coverage. Members may be balance-billed by out-of-network providers. Visit <u>VantageHealthPlan.com/Exchange</u> for a complete set of Vantage Marketplace plan documents.

SILVER 5800 ON AND OFF EXCHANGE	BRONZE 7500 ON AND OFF EXCHANGE	
<b>\$5,800</b> Individual; <b>\$11,600</b> Family	<b>\$7,500</b> Individual; <b>\$15,000</b> Family	
<b>\$8,900</b> Individual; <b>\$17,800</b> Family	<b>\$9,000</b> Individual; <b>\$18,000</b> Family	
<b>\$30</b> AHN/ <b>\$40</b> copay per visit	<b>\$40</b> AHN/ <b>\$50</b> copay per visit	
<b>\$70</b> AHN/ <b>\$80</b> copay per visit	<b>\$90</b> AHN/ <b>\$100</b> copay per visit	
<b>40%</b> coinsurance	<b>50%</b> coinsurance	
40% coinsurance	<b>50%</b> coinsurance	
40% coinsurance	<b>50%</b> coinsurance	
40% coinsurance	<b>50%</b> coinsurance	
40% coinsurance	<b>50%</b> coinsurance	
40% coinsurance	<b>50%</b> coinsurance	
<b>\$40</b> copay per visit	<b>\$50</b> copay per visit	
<b>\$70</b> AHN/ <b>\$80</b> copay per visit	<b>\$90</b> AHN/ <b>\$100</b> copay per visit	
<b>50%</b> coinsurance	<b>50%</b> coinsurance	
100% covered; Max benefit: \$100	100% covered; Max benefit: \$100	
100% covered	100% covered	
<b>50%</b> coinsurance	<b>50%</b> coinsurance	
<b>100%</b> covered; Max benefit: <b>\$1,000</b>	<b>100%</b> covered; Max benefit: <b>\$1,000</b>	
See Combined Medical/Prescription Drug Deductible Above	See Combined Medical/Prescription Drug Deductible Above	
\$0 copay* \$10 copay* \$20 copay* \$40 copay* \$80 copay \$125 copay	\$0 copay* \$10 copay* \$25 copay* \$50 copay \$100 copay \$150 copay	
<b>\$5,000</b> Individual; <b>\$15,000</b> Family	<b>\$8,000</b> Individual; <b>\$16,000</b> Family	
<b>50%</b> coinsurance	<b>50%</b> coinsurance	

# FREEDOM PLANS Benefit Comparison

The following comparison is not a complete comparison. All of these plans offer out-of-network coverage. Members may be balance-billed by out-of-network providers. Visit *VantageHealthPlan.com/Exchange* for a complete set of Vantage Marketplace plan documents.

BENEFITS	SILVER 3500 OFF EXCHANGE ONLY	SILVER 4000 ON AND OFF EXCHANGE
In-Network Medical Deductible	<b>\$3,500</b> Individual; <b>\$10,500</b> Family	<b>\$4,000</b> Individual; <b>\$12,000</b> Family
In-Network Out-of-Pocket Maximum	<b>\$9,100</b> Individual; <b>\$18,200</b> Family	<b>\$8,200</b> Individual; <b>\$16,400</b> Family
Primary Care Provider (PCP)*	\$30 AHN/\$40 copay per visit	<b>\$30</b> AHN/ <b>\$40</b> copay per visit
Specialist Office Visit*	\$65 AHN/\$75 copay per visit	<b>\$65</b> AHN/ <b>\$75</b> copay per visit
Inpatient Hospital (\$100 savings at AHN)	<b>\$1,500</b> copay/day; <b>\$4,500</b> max	<b>\$1,500</b> copay/day; <b>\$4,500</b> max
Outpatient Surgery Services	<b>\$900</b> AHN/ <b>\$1,000</b> copay	<b>\$900</b> AHN/ <b>\$1,000</b> copay
Emergency Room	<b>\$400</b> ER copay per visit	<b>\$450</b> ER copay per visit
Major Diagnostic Test (MRI, CT scan, stress test, etc)	<b>\$200</b> AHN/ <b>\$300</b> copay per test	<b>\$200</b> AHN/ <b>\$300</b> copay per test
Outpatient Lab	100% covered	100% covered
Outpatient X-Rays and Other Hospital Services	<b>100%</b> coinsurance up to: AHN: <b>\$200</b> /day; Standard: <b>\$300</b> /day	<b>100%</b> coinsurance up to: AHN: <b>\$200</b> /day; Standard: <b>\$300</b> /day
Physical/Occupational/Speech Therapy	<b>\$40</b> copay per visit	<b>\$40</b> copay per visit
Vision Exam*	<b>\$65</b> AHN/ <b>\$75</b> copay per visit	<b>\$65</b> AHN/ <b>\$75</b> copay per visit
Glasses/Contacts - Child*	<b>50%</b> coinsurance	<b>50%</b> coinsurance
Glasses/Contacts - Adult*	100% covered; Max benefit: \$100	100% covered; Max benefit: \$100
Preventive Dental*	100% covered	100% covered
Comprehensive Dental - Child*	<b>50%</b> coinsurance	<b>50%</b> coinsurance
Comprehensive Dental - Adult*	100% covered; Max benefit: \$1,000	100% covered; Max benefit: \$1,000
Prescription Drug Deductible (applies to Tiers 3, 4, 5)	<b>\$1,000</b> Individual; <b>\$3,000</b> Family	<b>\$1,000</b> Individual; <b>\$3,000</b> Family
Prescription Drugs (30-day supply)		
TIER 1 (Preferred Pharmacies)** TIER 1 (Other Pharmacies)** TIER 2** TIER 3 TIER 4 TIER 5	\$0 copay \$10 copay \$30 copay \$60 copay \$100 copay 50% coinsurance	\$0 copay \$10 copay \$30 copay \$60 copay \$100 copay 50% coinsurance
Out-of-Network Medical Deductible	<b>\$5,000</b> Individual; <b>\$15,000</b> Family	<b>\$5,000</b> Individual; <b>\$15,000</b> Family
Out-of-Network Coinsurance	<b>50%</b> coinsurance	<b>50%</b> coinsurance

<sup>\*</sup>Not subject to in-network medical deductible.

<sup>\*\*</sup>Not subject to prescription drug deductible.

# **ESSENTIAL PLANS** Benefit Comparison

The following comparison is not a complete comparison. All of these plans offer out-of-network coverage. Members may be balance-billed by out-of-network providers. Visit *VantageHealthPlan.com/Exchange* for a complete set of Vantage Marketplace plan documents.

BENEFITS	GOLD 1500 ON AND OFF EXCHANGE	BRONZE 6500 ON AND OFF EXCHANGE
In-Network Medical Deductible	<b>\$1,500</b> Individual; <b>\$4,500</b> Family	<b>\$6,500</b> Individual; <b>\$13,000</b> Family
In-Network Out-of-Pocket Maximum	<b>\$7,200</b> Individual; <b>\$14,400</b> Family	<b>\$9,100</b> Individual; <b>\$18,200</b> Family
Primary Care Provider (PCP)*	\$10 AHN/\$20 copay per visit	<b>\$40</b> AHN/ <b>\$50</b> copay per visit
Specialist Office Visit	20% coinsurance	<b>50%</b> coinsurance
Inpatient Hospital	20% coinsurance	<b>50%</b> coinsurance
Outpatient Surgery Services	20% coinsurance	<b>50%</b> coinsurance
Emergency Room	20% coinsurance	<b>50%</b> coinsurance
Major Diagnostic Test (MRI, CT scan, stress test, etc)	20% coinsurance	<b>50%</b> coinsurance
Outpatient Lab	20% coinsurance	<b>50%</b> coinsurance
Outpatient X-Rays and Other Hospital Services	20% coinsurance	<b>50%</b> coinsurance
Physical/Occupational/Speech Therapy	20% coinsurance	<b>50%</b> coinsurance
Vision Exam	20% coinsurance	<b>50%</b> coinsurance
Glasses/Contacts - Child*	<b>50%</b> coinsurance	<b>50%</b> coinsurance
Glasses/Contacts - Adult*	100% covered; Max benefit: \$100	100% covered; Max benefit: \$100
Preventive Dental*	100% covered	100% covered
Comprehensive Dental - Child*	<b>50%</b> coinsurance	<b>50%</b> coinsurance
Comprehensive Dental - Adult*	100% covered; Max benefit: \$1,000	100% covered; Max benefit: \$1,000
Prescription Drug Deductible (applies to Tiers 3, 4, 5)	\$500 Individual; \$1,500 Family	<b>\$1,000</b> Individual; <b>\$2,000</b> Family
Prescription Drugs (30-day supply)		
TIER 1 (Preferred Pharmacies)** TIER 1 (Other Pharmacies)** TIER 2** TIER 3 TIER 4 TIER 5	\$0 copay \$10 copay \$30 copay 20% coinsurance 20% coinsurance 50% coinsurance	\$0 copay \$10 copay \$30 copay 50% coinsurance 50% coinsurance 50% coinsurance
Out-of-Network Medical Deductible	<b>\$5,000</b> Individual; <b>\$15,000</b> Family	<b>\$8,000</b> Individual; <b>\$16,000</b> Family
Out-of-Network Coinsurance	<b>50%</b> coinsurance	<b>50%</b> coinsurance

<sup>\*</sup>Not subject to in-network medical deductible.

<sup>\*\*</sup>Not subject to prescription drug deductible.

# **SAVINGS PLANS** Benefit Comparison

The following comparison is not a complete comparison. All of these plans offer out-of-network coverage. Members may be balance-billed by out-of-network providers. Visit <u>VantageHealthPlan.com/Exchange</u> for a complete set of Vantage Marketplace plan documents.

ian documents.		
BENEFITS	BRONZE 5500 ON AND OFF EXCHANGE	BRONZE 7200 ON AND OFF EXCHANGE
In-Network Combined Medical/ Prescription Drug Deductible	<b>\$5,500</b> Individual; <b>\$11,000</b> Family	<b>\$7,200</b> Individual; <b>\$14,400</b> Family
In-Network Out-of-Pocket Maximum	<b>\$7,200</b> Individual; <b>\$14,400</b> Family	<b>\$7,200</b> Individual; <b>\$14,400</b> Family
Primary Care Provider (PCP)	<b>50%</b> coinsurance	100% covered
Specialist Office Visit	<b>50%</b> coinsurance	100% covered
Inpatient Hospital	<b>50%</b> coinsurance	100% covered
Outpatient Surgery Services	<b>50%</b> coinsurance	100% covered
Emergency Room	<b>50%</b> coinsurance	100% covered
Major Diagnostic Test (MRI, CT scan, stress test, etc)	<b>50%</b> coinsurance	100% covered
Outpatient Lab	<b>50%</b> coinsurance	100% covered
Outpatient X-Rays & Other Hospital Services	<b>50%</b> coinsurance	100% covered
Physical/Occupational/Speech Therapy	<b>50%</b> coinsurance	100% covered
Vision Exam	<b>50%</b> coinsurance	100% covered
Glasses/Contacts - Child	<b>50%</b> coinsurance	100% covered
Glasses/Contacts - Adult*	100% covered; Max benefit: \$100	100% covered; Max benefit: \$100
Preventive Dental*	100% covered	100% covered
Comprehensive Dental - Child	<b>50%</b> coinsurance	<b>50%</b> coinsurance
Comprehensive Dental - Adult*	100% covered; Max benefit: \$1,000	100% covered; Max benefit: \$1,000
Prescription Drug Deductible	See Combined Medical/Prescription Drug Deductible Above	See Combined Medical/Prescription Drug Deductible Above
Prescription Drugs (30-day supply)		
TIER 1 (Preferred Pharmacies)**  TIER 1  TIER 2  TIER 3  TIER 4  TIER 5	<ul><li>0% coinsurance</li><li>0% coinsurance</li><li>50% coinsurance</li><li>50% coinsurance</li><li>50% coinsurance</li><li>50% coinsurance</li></ul>	0% coinsurance 100% covered 100% covered 100% covered 100% covered 100% covered
Out-of-Network Medical Deductible	<b>\$8,000</b> Individual; <b>\$16,000</b> Family	<b>\$8,000</b> Individual; <b>\$16,000</b> Family
Out-of-Network Coinsurance	<b>50%</b> coinsurance	<b>50%</b> coinsurance
HSA Qualified	Yes	Yes

<sup>\*</sup>Not subject to combined in-network medical and drug deductible.
\*\*Tier 1 drugs are available for no cost share from preferred pharmacies.

# **TERMINOLOGY**

Commonly Used Terms Defined

### **PREMIUM:**

A premium is the amount of money due to Vantage each month for your plan (includes medical and prescription drug coverage).

### **COST SHARE:**

The cost share is the member's financial responsibility for covered services. The cost share includes any deductible, co-insurance, and co-payments.

### **DEDUCTIBLE:**

You will have to meet the full deductible amount before most services are payable by your plan. There may be different deductibles included in your plan, such as In-Network Medical, Out-of-Network Medical, and Prescription Drug deductibles.

### **CO-INSURANCE:**

A co-insurance is a percentage of the costs that a member will pay for certain benefits after a deductible is met. Co-insurance may vary by service.

### **CO-PAYMENT:**

A co-payment is a set dollar amount that a member will pay for certain benefits. Co-payments may or may not be subject to a deductible and vary by type of service.

## **OUT-OF-POCKET MAXIMUM:**

The out-of-pocket maximum is the most that you pay out-of-pocket during the benefit period for in-network covered services. Out-of-network costs, some in-network costs, and premiums do not count toward the out-of-pocket maximum.

## **VANTAGE PERKS**

### A Healthy Tomorrow Starts Today!

### **24-HOUR NURSE LINE**

Vantage offers a 24-hour, 7 days a week Nurse Line so you can speak to a Registered Nurse at any time regarding any medical question you may have. Get professional advice around the clock! Just call **844-657-7829**.

### ACTIVE&FIT DIRECT™

Vantage Health Plan partners with Active&Fit Direct<sup>™</sup> program to give you tools to live a healthier life. The Active&Fit Direct<sup>™</sup> program allows you to choose from 10,000+ participating fitness centers and select YMCAs nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes). The program offers:

- » Online directory maps and locator for fitness centers (available on any device)
- » The option to switch fitness centers to make sure you find the right fit
- » Online fitness tracking from a wide variety of popular wearable fitness devices, apps, & exercise equipment
- » An online, educational resource library

Visit <u>VantageHealthPlan.com/VantageCommercial/FitnessMembership</u> to find out more information!

### **VANTAGE WELLNESS**

Vantage Wellness gives you the tools you need to stick to a healthy lifestyle!

- » Exercise Log: Keep tabs on your daily workouts by entering them into your exercise log
- » Nutrition Log: Take the guesswork out of your nutrition and track what you eat each day
- » Exercise Videos: Stuck in a rut? Check out the Wellness Exercise of the week for new ideas
- » Healthy Recipes: Make healthier meals using recipes from Vantage Wellness
- » Monthly Wellness Prizes: Complete weekly tasks to be entered to win for working on your healthy habits
- » Gym Discounts: Visit *VantageWellness.com/Partners.aspx* to find a gym near you offering a great discount for Vantage Members. Not available in all parishes

### If you have any questions, please contact Member Services at (833) 969-2894.

The Active&Fit Direct™ program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health (ASH). Active&Fit Direct™ and the Active&Fit Direct™ logos are trademarks of ASH.

## **MEMBER PORTAL**

## Simplify Your Life, Go Paperless!

Vantage is making healthcare even easier by providing you with secure online access to important information about your health plan coverage and activity.

members.VantageHealthPlan.com or (833) 969-2894

### SIMPLIFY YOUR LIFE! GO PAPERLESS!

### Vantage Member Portal features include:

- » Your monthly plan premium invoice and payment information
- » Your plan documents online including provider and pharmacy directories
- » Your pre-authorization and claims history
- » Your record of payments for medical and pharmacy services (deductible, copay, and coinsurance amounts)
- » Your contact and other personal information
- » Primary Care Provider selection
- » Vantage News
- » Your choice of communication from Vantage texts, emails, calls, or mail!
- » A link to the Navitus Member Portal to view your prescriptions, search for drug interactions and generic options, and find drugs covered under the Vantage Formulary (Drug List)

Members can register online at **members.VantageHealthPlan.com**, or call Vantage Member Services toll-free at **(833) 969-2894**.



#### **LOCATIONS**

# CORPORATE HEADQUARTERS

130 DeSiard Street Suite 300 Monroe, LA 71201

# CUSTOMER SERVICE AND SALES

122 St. John Street Monroe, LA 71201

#### **HOURS OF OPERATION**

Monday - Friday, 8 a.m. - 6 p.m. CST

#### **CONTACT INFO**

#### PHONE:

833-969-2894 TTY 711 (for the hearing impaired)

www.VantageHealthPlan.com/Exchange