

CARE CONNECTION

News for a Healthy You



Benefits you may
not know you have
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Wellness in your
neighborhood
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Simple steps to stay
healthy this fall
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Health made simple. Care made personal.

★ YOUR PLAN IS PACKED WITH PERKS

You already have great coverage through your Jefferson Health Plans Individual and Family Plan. Many members don't realize just how much is included!

Here are some important benefits you can start using today:



24/7 virtual care with JeffConnect

Sick after hours? Traveling? Skip the waiting room. You can see a Jefferson doctor from your phone, tablet, or computer, any time. Virtual care is a great option for colds, rashes, infections, and more.

Get started at JeffConnect.org or download the JeffConnect app.



Prescription benefit

Your plan covers both generic and brand-name medications. Generic drugs work just as well and often cost less. Ask your doctor or pharmacist about generic options.

Learn more at JeffersonHealthPlans.com/prescriptions



\$0 PCP visit

Your first primary care provider (PCP) visit is \$0*. Use it to ask questions or set new health goals. It's one of the easiest ways to stay ahead of your health.



Health and wellness

Your plan includes more than medical coverage — you also have access to wellness programs designed to support your everyday health.

Learn more about our programs, classes, and events on [page 3](#).

**Applies when seeing a Tier 1 provider for HMO plans or an in-network provider for PPO plans. One \$0 visit per plan year.*

WELLNESS IS CLOSER THAN YOU THINK

We connect you to programs that support your health outside of the doctor's office. These resources help you stay active, learn healthy habits, and support your overall well-being.

Health and wellness classes

Join a variety of classes at no cost to you. Options include yoga, dance, health education, and more. These classes are open to all. If you can't attend a class in person, many programs are also available virtually, so you can participate from home.

Upcoming special events

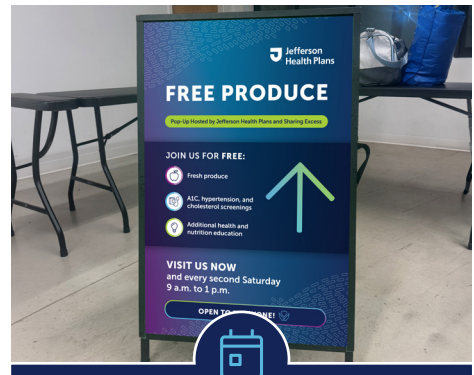
This fall, look out for upcoming in-person events, including:



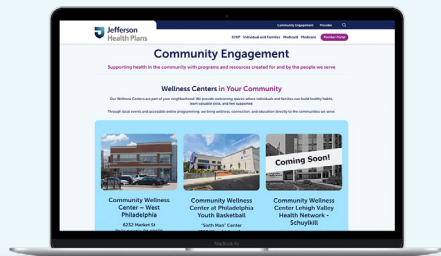
 Zoo events in Philadelphia and the Lehigh Valley



 Menstrual health events with access to our Period Pantry



 Monthly fresh food pop-ups



To view upcoming classes and events and find our Community Wellness Centers, visit:

**[JeffersonHealthPlans.com/
community-engagement](https://JeffersonHealthPlans.com/community-engagement)**



MAKE SURE YOUR CONTACT INFORMATION IS UP TO DATE!

Open Enrollment is approaching, and this is the time of year when you can review, update, or change your health insurance plan. This year, it runs November 1, 2026 – January 15, 2027 for 2027 coverage.

What this means for you

- If your information is up to date, your coverage will continue automatically
- If you've had changes to your address, phone number, income, or household, you should make updates during this time

GET YOUR FAMILY READY FOR A HEALTHY FALL

A new school year means new schedules, new classrooms, and new opportunities to stay on top of your family's health. Here are a few tips to help keep your family healthy.

✓ 1. Schedule wellness visits now

These visits are a good time to get recommended vaccines and address any health questions. Even better, your first PCP visit is \$0!*

✓ 2. Don't skip the flu shot

Flu season peaks in the fall. Getting vaccinated is one of the best ways to protect yourself and your family.

✓ 3. Complete school and sports physicals

Many schools and sports programs require physicals before participation. Your plan covers these visits, so schedule early to avoid last-minute stress.



✓ 4. Refill prescriptions

Make sure medications are filled before schedules get busy so you're prepared.

✓ 5. Take advantage of the portal

Manage your health plan, view your benefits, and find providers — anytime, all in one place.

Visit JeffersonHealthPlans.com/account to log in or register.

**Applies when seeing a Tier 1 provider for HMO plans or an in-network provider for PPO plans. One free visit per plan year.*



Need more information about your plan?

Call us at **1-833-422-4690 (TTY 1-877-454-8477)** to speak with one of our friendly Member Relations representatives.

We are available from 8 am – 8 pm, seven days a week, from **October – March 31** and 8 am – 8 pm, Monday through Friday, from **April 1 – September 30**.

Want to learn more about your drug coverage?

Visit JeffersonHealthPlans.com/prescriptions.