

CARE CONNECTION

News for a Healthy You



GET MORE FROM YOUR PLAN

Thank you for being a Jefferson Health Plans member.

This season, we're sharing tips, tools, and updates designed to help you feel your best and make the most of your plan. There's something for everyone inside!



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NOT SURE WHERE TO GO FOR CARE? WE'VE GOT YOU COVERED.

When you need to see a doctor, you've got options, but knowing where to go isn't always easy. Our quick guide helps you get the right care at the right time.



VIRTUAL CARE

24/7 access through JeffConnect

USE FOR:

Common medical concerns like colds, coughs, fevers, digestive issues

\$0 with JeffConnect

To log in, visit www.JeffConnect.org



PRIMARY CARE PROVIDER

Personalized care and routine checkups

USE FOR:

Yearly well visits, vaccinations, sick visits, and ongoing care

First visit per plan year is \$0!*

Read more on page 4.

**When seeing a Tier 1 provider for HMO plans or an in-network provider for PPO plans.*



URGENT CARE

Often offer walk-in appointments and extended hours

USE FOR:

Non life-threatening, emergencies like minor allergic reactions, minor cuts and burns, and sprains

Your out-of-pocket cost will be lower than an Emergency Room visit.



EMERGENCY ROOM

Life-threatening emergencies

USE FOR:

Signs of heart attack or stroke, major injury, and other medical emergencies

Out-of-pocket costs are higher compared to other care options.

Call 911 or go to the emergency room if you're experiencing a medical emergency.

If you need help finding a doctor, visit JeffersonHealthPlans.com/FindProviders or call Member Relations at 1-833-422-4690 (TTY 1-877-454-8477)



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ROAD TO RECOVERY: REMINDERS AFTER A HOSPITAL STAY

Nobody plans for an ER visit or an overnight hospital stay, but sometimes it happens. If you've recently visited the ER or been admitted to the hospital, be sure to follow the discharge instructions from your doctor. This can make a big difference in helping you feel better faster and avoid another trip back to the hospital.



YOUR HEALTH, YOUR INSIGHTS: TAKE THE SURVEY TODAY

Unlock a clearer picture of your health in minutes! By completing our quick survey, you'll gain valuable insights that empower you to take charge of your well-being and help us guide you in reaching your goals.



Get started today at
JeffersonHealthPlans.com/HealthSurvey.

HOW TO STAY COOL, SAFE, AND HEALTHY THIS SUMMER

Warm weather is here, bringing plenty of opportunities for fun in the sun, from pool days to barbecues. Before you dive in, check out these summer health and safety tips.



Quench Your Thirst

Sip water regularly, not just when you're thirsty, and snack on hydrating foods like watermelon and cucumbers to stay refreshed.



Protect Your Skin

Choose SPF 30+ broad-spectrum sunscreen and reapply often. Add a hat and lightweight long sleeves for an extra sun-smart style.



Stay Safe Around Water

Whether you're at the pool or the beach — swim with a buddy, watch children closely, and follow all posted signs and flags.



JOIN US FOR AN EVENT IN YOUR COMMUNITY!

We offer fun, interactive events like line dancing, yoga, and tai chi — both virtually and in person. To learn more and view the full calendar, visit us at www.JeffersonHealthPlans.com/WellnessPartners.





Already have a provider?
Check if they're in-network.

Need one? Search by ZIP code or name, then call to book your \$0 visit.

STEP INTO WELLNESS WITH A \$0 PCP VISIT

Start your summer strong by scheduling your annual primary care provider (PCP) visit. Your first visit of the year costs \$0!*

A check-up is a great time to talk with your doctor about your health, goals, and any questions you have. Even if you're feeling well, your PCP can help you stay ahead of potential issues.

We make it easy to get high-quality care by offering:



Access to top doctors and hospitals near you



Lower out-of-pocket costs with in-network providers



An easy online provider search tool at JeffersonHealthPlans.com/Providers



You can also schedule a virtual primary care visit by calling 1-800-JeffNOW

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

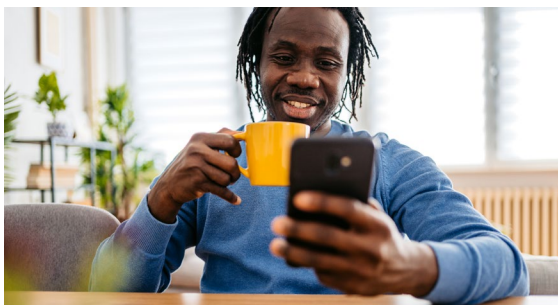


YOUR HEALTH INFORMATION MADE EASY

Need quick access to your health plan information? The Jefferson Health Plans member portal has what you need! Securely check your claims, review benefits, find in-network providers, and much more, all in one convenient spot!

Getting started is simple:

1. Visit JeffersonHealthPlans.com/Account.
2. Click the Register button.
3. Enter the info from your member ID card.



Have questions?

If you need more information about your plan, or help finding an in-network provider, call us at **1-833-422-4690 (TTY 1-877-454-8477)**.

Want to learn more about your drug coverage?

Visit JeffersonHealthPlans.com/Prescriptions.



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