

CARE CONNECTION

News for a Healthy You



We're grateful to have you with us!

Thank you for being a Jefferson Health Plans member. As we approach the holiday season, it's a time to reflect on what matters most — health, family, and community. We're incredibly grateful to have you as part of our community, and we're committed to supporting your health and well-being throughout the year. Thank you for trusting us as your health insurance partner.



FALL HEALTH CHECKLIST: Stay on Track This Season

Fall is a great time to check in on your health. Use this checklist to help you stay on top of preventive care and use the benefits available to you as a Jefferson Health Plans member:

Flu shot

Protect yourself and those around you. Talk to your doctor about getting your annual flu vaccine before peak season hits.

Annual primary care visit

Haven't seen your doctor this year? Your first primary care provider (PCP) visit is \$0.* It's a great time to establish a relationship with your doctor and discuss your health.

Recommended health screenings

Ask your doctor if you're due for blood pressure checks, cholesterol tests, mammograms, colonoscopies, or other age-based screenings.

Health survey

Complete your health survey online to get a clearer picture of your overall health, and you can share your results with your doctor. It only takes a few minutes! Get started at JeffersonHealthPlans.com/healthsurvey.

GET THE CARE YOU NEED, WHEN YOU NEED IT

Life gets busy. Finding care quickly and on your schedule isn't always easy. There are several flexible, convenient ways to get care.



Start with your PCP

Your PCP is your go-to for checkups, health questions, and managing conditions like asthma, diabetes, or high blood pressure.

Whether you prefer to see your doctor face-to-face or from the comfort of your home, you have options:

- **In-office visits:** When you want to see a doctor in person. Your first visit each year is \$0!*
- **Virtual visits:** For convenience, we offer virtual primary care appointments with Jefferson providers. Call **1-800-JeffNOW** to schedule.



Get urgent care virtually

For minor, but urgent issues, use JeffConnect for 24/7 virtual care using your phone or computer. Visit JeffConnect.org or download the JeffConnect app to get started.



If you are having a life-threatening medical emergency, always call 911 or visit your nearest emergency room.



Visit JeffersonHealthPlans.com/findproviders to search for doctors and facilities, including those accepting new patients, in your plan's network. If you need help, we're here for you. Call Member Relations at 1-833-422-4690 (TTY 1-877-454-8477).

GET MORE FROM YOUR PLAN



Stay on top of your health

Your member portal makes managing your health plan easy. Log in anytime to view your benefits, check claims, find in-network providers, and more. Visit JeffersonHealthPlans.com/account to log in or register using your member ID card.

WAYS TO MAKE THE MOST OF YOUR PLAN (AND SAVE!)

Your Individual and Family Plan is packed with benefits. Check out some simple ways to stretch your benefits and lower your costs:

Use in-network providers

When possible, choose doctors, hospitals, labs, and urgent care centers that are in your plan's network. It's the easiest way to avoid surprise bills and keep your out-of-pocket costs low. Visit JeffersonHealthPlans.com/findproviders to find in-network providers.

Take advantage of your \$0 PCP visit*

There's still time to schedule your \$0 PCP visit this year! Don't let this benefit go unused.

Ask about generic medications

Your plan covers both generic and brand name prescriptions, but generics often cost less. Ask your provider or pharmacist if a generic option is available and right for you.

Choose virtual care when it works for you

Virtual visits through JeffConnect or your primary care provider are often a faster, more affordable option than in-person care. Learn more on page [3](#).

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

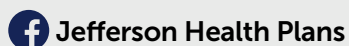


Have questions?

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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