

Benefits Overview

**Regional Healthcare Clinic,
Inc DBA Katy Trail**

Dedicated Website

KatyTrailBenefits.com

Dedicated Phone Number

844-617-1890

healthEZ



Welcome!

We're here to make your life easier.

HealthEZ is an independent third-party administrator (TPA), which means we manage your employer's health benefits and process your medical claims. We work with your employer to design a custom benefits plan for your organization and we're ready to help you access the services you need. We've been providing our knowledgeable and service-oriented approach for over 40 years.



Manage your health benefits without all the headaches

Download the free myHealthEZ app to view your benefits, manage and pay bills, locate care providers near you, and access your digital insurance card—right from your phone.

Tap. Pay. Done.

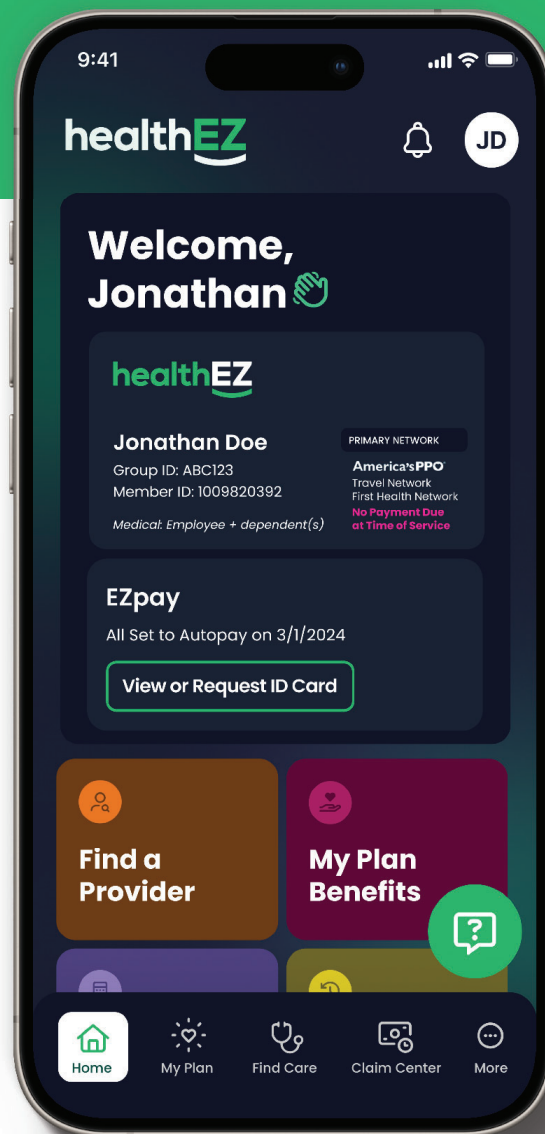
Pay bills, schedule automated payments, and view past statements in one simple, secure location.

Find a provider

Search local healthcare professionals and filter results by location and specialty to find the right care provider for you and your family.

EZchoice

EZchoice makes provider choice easy and medical costs transparent so you can be confident that you are not overspending on your medical care.



Tap into your health benefits

Scan the QR code with your device's camera to download the myHealthEZ app and put the power of hassle-free health benefits management at your fingertips.





Seamless online payments

EZpay is HealthEZ's online payment system that allows you to easily and quickly pay your portion of medical bills with your payment of choice, including credit and debit cards, and HSA accounts.

After you set up EZpay, we will notify you via email each time we process a bill of yours. Your options are:

- Approve Payment
- Decline Payment
- Do not respond

If you do not respond and have a card on file, EZpay will pay your portion automatically. The automatic payment is processed:

- Two days for bills under \$250
- Five days for bills over \$250

One simple statement

We consolidate all of your monthly healthcare expenses into one simple statement. This statement eliminates confusion and provides information about year-to-date deductible and out-of-pocket maximums, and itemized transactions during the current billing period.





Care Advocacy

Helping you when you need it the most.

If you require services like a surgery, hospital stay or you are diagnosed with a complex medical condition, **you may receive a call, text or email from someone on the HealthEZ care management team.**

The advocate is there to help you:

- Understand your treatment options
- Coordinate services among your doctors
- Make sure you have everything you need for a quick recovery with the right care

Boost Your Baby

Promoting healthy pregnancies and happy moms.

HealthEZ offers maternity support by providing education and resources to promote a healthy pregnancy through postpartum.

- Expectant mothers and fathers will have a dedicated one point of a contact throughout their pregnancy journey.
- Providing tips on how to stay happy and healthy during and post pregnancy
- Maternity support offered through pregnancy until 6 months postpartum



Chronic Conditions Management

Our Livongo programs offer a whole-person approach to chronic condition management. Livongo's digital health platform provides actionable, personalized and timely support that make it easier to stay healthy, including:

- Lifestyle behavior change tools
- Medication optimization
- Expert health coaching
- Provider coordination
- Cellular-connected devices
- Personalized plans for reaching health goals

The program is offered at no cost to you and all family members with coverage through your health plan.

Register at be.livongo.com/HEALTHEZ/register or call [\(800\) 945-4355](tel:8009454355) with code: [HEALTHEZ](https://be.livongo.com/HEALTHEZ/register)

LIVONGO FOR DIABETES



Connected blood glucose meter, unlimited testing strips, personalized insights, 24/7 expert support and custom alerts.

LIVONGO FOR HYPERTENSION



Connected blood pressure monitor, personalized insights, shareable reports and access to expert health coaches.

LIVONGO FOR WEIGHT MANAGEMENT AND DIABETES PREVENTION



Connected smart scale, automatic weight and steps tracking, food logging, CDC-approved lessons and access to expert health coaches.



Medical ID cards

If you are new to the HealthEZ plan, keep an eye out for your medical ID card. Once you receive that, you can setup your myHealthEZ account.

If you need a replacement card, log into to your myHealthEZ account and request a new card be printed and mailed, or download a digital copy directly to your device!

Dependents over the age of 19 can create their own myHealthEZ account to manage their plan and request a replacement ID card or download their ID card directly to their own devices.

Your tier 1 medical networks are Regional Healthcare Clinic (Katy Trail) and Health Cooperative of Missouri



Your tier 2 medical networks are HealthLink Open Access III with Freedom Select.



What is a medical network?

Your medical network is a group of healthcare providers. It includes doctors, specialists, hospitals, surgical centers and other facilities. These healthcare providers offer services at a lower rate than out-of-network providers, which you will see reflected on your statements as a discount.

What if I go outside of my medical network?

There may be times when you decide to visit a doctor or clinic that is out-of-network. The costs for these visits and services are often higher than seeing doctors that are in-network. You will be responsible for paying the difference between the provider's out-of-network charge and the amount your health insurance plan pays. This is called balance billing.

How do I know if my provider is in-network?

Please visit your dedicated Benefits Website and click "Find Care."



Your Pharmacy Benefit Manager is SmithRx. **SmithRx**

What is a Pharmacy Benefit Manager?

Pharmacy Benefit Managers (PBMs) reduce prescription drug costs and improve convenience and safety for consumers. Your PBM administers your prescription drug plan and offers a network of pharmacies that offer more affordable medications.

What is mail order?

If you take maintenance medications for long-term conditions like arthritis, asthma, diabetes, high blood pressure or high cholesterol you could save money with SmithRx's mail order service.

What are Generic drugs?

Generic drugs are copies of brand-name drugs and are the same as those brand-name drugs in dosage form, safety, strength, route of administration, quality, performance characteristics and intended use. Although generic drugs are chemically identical to their branded counterparts, they are typically sold at substantial discounts from the branded price.

To find out if there is a generic equivalent for your brand-name drug, talk to your doctor or visit [SmithRx.com](https://www.smithrx.com).

Summary of Medical Benefits

Medical PPO Plan

Embedded Deductible Embedded Out-of-Pocket Maximum	Tier 1 In-Network Katy Trail/ MO COOP	Tier 2 In-Network HL/FS	Out of Network
Deductible			
Individual Coverage	\$0	\$4,000	\$5,000
Individual under Family Coverage	\$0	\$4,000	\$5,000
Family Coverage	\$0	\$8,000	\$10,000
Out-of-Pocket Maximum			
Individual Coverage	\$0	\$5,000	\$20,000
Individual under Family Coverage	\$0	\$5,000	\$20,000
Family Coverage	\$0	\$10,000	\$60,000
Preventive Care Services			
Preventive Care Services	No Charge	No Charge	30%*
Primary Office Visit	No Charge	\$40 Copay	30%*
Specialist Office Visit	No Charge	\$80 Copay	30%*
Chiropractic Visit	No Charge	\$40 Copay	30%*
Urgent Care Services	No Charge	\$40 Copay	30%*
Complex Imaging: MRI/CT/PET Scans			
Complex Imaging: MRI/CT/PET Scans	No Charge	\$400 Copay	30%*
Inpatient Hospital Care			
Inpatient Hospital Care Facility Fee Physician Fee	No Charge No Charge	20%* 20%*	30%* 30%*
Outpatient Procedures			
Outpatient Procedures Facility Fee Physician Fee	No Charge No Charge	20%* 20%*	30%* 30%*
Emergency Room Services			
Emergency Room Services	Not Available at Katy Trails	\$200 Copay	
Emergency Medical Transportation			
Emergency Medical Transportation	Not Available at Katy Trails	No Charge	20%*
Mental Health/Chemical Dependency - Inpatient			
Mental Health/Chemical Dependency - Inpatient	No Charge	20%*	30%*
Mental Health/Chemical Dependency - Office Visit			
Mental Health/Chemical Dependency - Office Visit	No Charge	\$40 Copay	30%*

Summary of Pharmacy Benefits

	Retail (per 30 Day supply)	Retail (per 90 Day supply)	Retail (per 30 Day supply)	Retail (per 90 Day supply)	Retail (per 30 Day supply)	Retail (per 90 Day supply)
	Katy Trail Pharmacy and Katy Trail Prescriber	Katy Trail Pharmacy and Katy Trail Prescriber	Katy Trail Pharmacy and Non-Katy Trail Prescriber	Katy Trail Pharmacy and Non-Katy Trail Prescriber	Non -Katy Trail Pharmacy	Non-Katy Trail Pharmacy
Generic	No Charge	No Charge	\$5 Copay	\$10 Copay	\$20 Copay	\$50 Copay
Preferred Brand	No Charge	No Charge	\$20 Copay	\$40 Copay	\$45 Copay	\$113 Copay
Non-Preferred Brand	No Charge	No Charge	\$50 Copay	\$100 Copay	\$80 Copay	\$200 Copay
Preferred Specialty Drugs	No Charge	Not Covered	20% Coinsurance up to \$500	Not Covered	20% Coinsurance up to \$500	Not Covered
Non-Preferred Specialty Drugs	No Charge	Not Covered	30% Coinsurance up to \$500	Not Covered	30% Coinsurance up to \$500	Not Covered

All specialty prescriptions must be filled at Katy Trail pharmacies, unless the medication is not available

