

Supporting your whole health

Extra benefits included in your MEA Benefits Trust health plan



The Anthem Medicare Preferred (PPO) with Senior Rx Plus health plan includes several additional benefits, programs, and services to support your health and well-being. Designed to help you get the most out of your health plan, these offerings focus on preventive care and promoting better health.

Virgin Pulse

Virgin Pulse is a unique online wellness platform with tools and support to help you make changes to your physical health, activity level, mental health, and day-to-day stress.

You can be rewarded for your healthy habits with up to \$250 in cash incentives and can choose from more than 100 points-earning activities.¹

New to Virgin Pulse!

A new Secret Level 5 has been added! Earn a chance at one of five drawings each for \$50.00 in Pulse Cash.

How to get started:

- To register, scan this QR code with the camera on your mobile device, or go to www.join.virginpulse.com/MEABT.
- Already a member? Sign in at www.virginpulse.com.
- Questions? Contact Virgin Pulse at **1-855-689-6884**.



SilverSneakers®

Stay energized and be part of a community with the SilverSneakers fitness program², included with your plan at no extra cost. Create your account at www.silversneakers.com to get access to thousands of fitness locations nationwide, group exercise classes, and a mobile app for workout programs.

Hearing Care Solutions

You have access to a wide range of hearing benefits through Hearing Care Solutions (HCS). Get a routine hearing exam every 12 months for a \$0 copay and a hearing aid allowance up to \$3,000 per ear every 36 months. Even if your provider is not in the HCS network, you may be eligible for reimbursement for any payments made up to your benefit limit. Contact Hearing Care Solutions for more information at **1-855-312-2545**.

Member Assistance Program

Your Member Assistance Program (MAP) offers valuable resources designed to help you overcome challenges that can impact your health and family life. Through the MAP, you can receive mental health support, consult with a lawyer, connect with resources to improve your financial standing, and sign up for ID recovery & monitoring services. Call your Member Assistance Program at **1-855-686-5615** or go to www.anthemEAP.com and enter MEABT to log in.

The House Call program³

A personalized visit by a licensed clinician to your home that can lead to a care plan tailored just for you. This program is administered by Matrix Medical Network. Schedule your visit at www.matrixforme.com or call **1-888-912-8414**.



The Sydney Health app

It's easy and convenient to stay on top of your healthcare and access your plan information 24/7 right from your phone or tablet. You can find care, view your benefit plan, access digital ID cards, and see a live doctor with virtual visits.



Download the SydneySM Health app today from the App Store[®] or Google Play[™] or by scanning this QR code.

LiveHealth Online[®]

You can have a video visit with a board-certified doctor or licensed therapist on your smartphone, tablet, or computer with a camera when you can't go to a doctor or clinic in person.⁴ LiveHealth Online is included at no additional cost.

- Visit with a board-certified doctor 24/7 for common conditions like the flu, colds, sinus infections, pink eye, and skin rash.
- Have prescriptions sent to the pharmacy, if needed.⁵
- Set up a 45-minute counseling session with a licensed therapist or psychiatrist when you feel depressed, anxious, or stressed.⁶

You can access LiveHealth Online through the Sydney Health app or the member website. On the Sydney Health app, select Care, then Video Visit. On www.anthem.com, first log in, then from the Care tab, select Find Care in the drop-down menu. Then under More Options, select Video Visit.

24/7 NurseLine

You can speak with a registered nurse when you have health questions or need help finding care. Please call **1-800-700-9184**, anytime, day or night.

Extra Covered Drugs

Your plan includes cough and cold medications, vitamins and minerals, and Erectile Dysfunction (ED) drugs that are not normally covered under a Part D plan. You can access a list of Extra Covered Drugs at www.anthem.com or by calling our Member Services at **1-844-963-0436**. To get coverage, you must have a prescription from your provider.



We want to help and will be here when you need us:

Anthem Member Services — 1-844-963-0436

Hearing Care Solutions — 1-855-312-2545

House Call Program — 1-888-912-8414

LiveHealth Online — www.anthem.com or Sydney Health app

MEA Benefits Trust — 1-888-622-4418 (www.meabt.org)

Member Assistance Program — 1-855-686-5615

Silver Sneakers — www.silversneakers.com

Virgin Pulse — 1-855-689-6884

24/7 NurseLine — 1-800-700-9184

1 Only a subscriber and their enrolled spouse or domestic partner, or dependents, age 18 or older, are eligible for program rewards.

2 SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. ©2023 Tivity Health, Inc. All rights reserved. Tivity Health, Inc. is an independent company, providing health and wellness benefit management on behalf of Anthem Blue Cross and Blue Shield.

3 The House Call program is administered by Matrix Medical Network, an independent company. House Call clinicians do not prescribe medication. The visiting clinician will review your medications with you and may make recommendations for you to talk about with your primary care doctor.

4 LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) or 911 and ask for help.

5 Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online.

6 Appointments subject to availability of a therapist. Therapists using LiveHealth Online cannot prescribe medications.

Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Anthem Blue Cross and Blue Shield is an LPP0 plan with a Medicare contract. Enrollment in Anthem Blue Cross and Blue Shield depends on contract renewal. Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. Independent licensee of the Blue Cross Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.