

my Member Guide

BSW Plus HMO 2021



Scott & White
CARE PLANS
PART OF BAYLOR SCOTT & WHITE HEALTH



Welcome to Scott and White Health Plan!

Welcome to Scott and White Health Plan, part of the Baylor Scott & White Health family of companies. You'll find useful information about what we have to offer in this booklet—and if you have questions, we're happy to answer them.

Got a question?

Our highly trained Customer Advocates can help you with things like finding a provider and answering questions about your benefits or claims. Whatever your question or concern may be, our Customer Advocates will work with you to resolve it as quickly as possible—in most cases, before you hang up the phone.

Contact us by phone

Call the number on the back of your member ID card.

7 AM – 7 PM Monday – Friday

Contact us through the member portal

Log in at MyBSWHealth.com to send a secure email and receive a secure response.




Contact a nurse

If you're not feeling well, the Nurse Advice Line will talk through your symptoms and help you make decisions on next steps, whether that's an appointment or an at-home remedy. The number is on the back of your member ID card.



My member ID card

- 1 Group name
- 2 Group ID number
- 3 Network name
- 4 Benefit effective date
- 5 Member name
- 6 Member ID number
- 7 Copays/coinsurance
- 8 Deductible
- 9 Pharmacy/prescription drug info

| | | |
|--|--|--|
|  | | 1 Group: ABC Co. 2 Group #: 000000 3 Network: 4 Benefit Effective Date: |
| SUBSCRIBER John Sample DOB: 00/00/0000 DEPENDENTS Jane Sample Jack Sample Jill Sample James Sample Julie Sample Joe Sample Jackie Sample | 5 6 MEMBER ID 000000000000 000000000000 000000000000 000000000000 000000000000 000000000000 000000000000 | IN-NETWORK PLAN BENEFITS 7 Adult PCP/Spec: 00% Pediatric PCP/Spec: 00% Emergency Room: 00%* Coinsurance: N/A 8 Deductible: I/\$0000 F/\$0000 Rx: 00%* <small>*Deductible may apply.</small> 9 PHARMACISTS ONLY  OptumRx® Help Desk: 855-205-9182 BIN: 610011 PCN: IRX GRP: SWPBSWCP |
|  | | swhp.org |

| | |
|--|---|
| FOR PROVIDERS Electronic Claims: Availability: 94999 Paper Claims: Scott and White Health Plan PO Box 211342 Eagan, MN 55121 Prior Authorization: Visit the provider portal Fax: 800-626-3042 Phone: 866-384-3488 Provider Portal: swhpprovider.firstcare.com Card Issue Date: 08/01/2020 | FOR MEMBERS Possession of this card or obtaining precertification does not guarantee coverage or payment for the service or procedure reviewed. Important Information: <ul style="list-style-type: none"> In a medical emergency, call 9-1-1 or go to the nearest emergency facility. Customer Service: 844-633-5325 (TTY/TDD: 7-1-1) Telehealth: Download the MyBSWHealth App 24/7 Nurse Line: 877-505-7947 Self-Service Portal: my.bswhealth.com To avoid out-of-network costs and provider balance billing, find a provider at swhp.org |
| CUSTOMER SERVICE: 844.633.5325 ▪ swhp.org | |

- A Customer service phone number
- B 24/7 Nurse Line
- C Information for providers
- D Claims mailing address

You can request a replacement ID card through the member portal or access an electronic card at any time through the MyBSWHealth app.

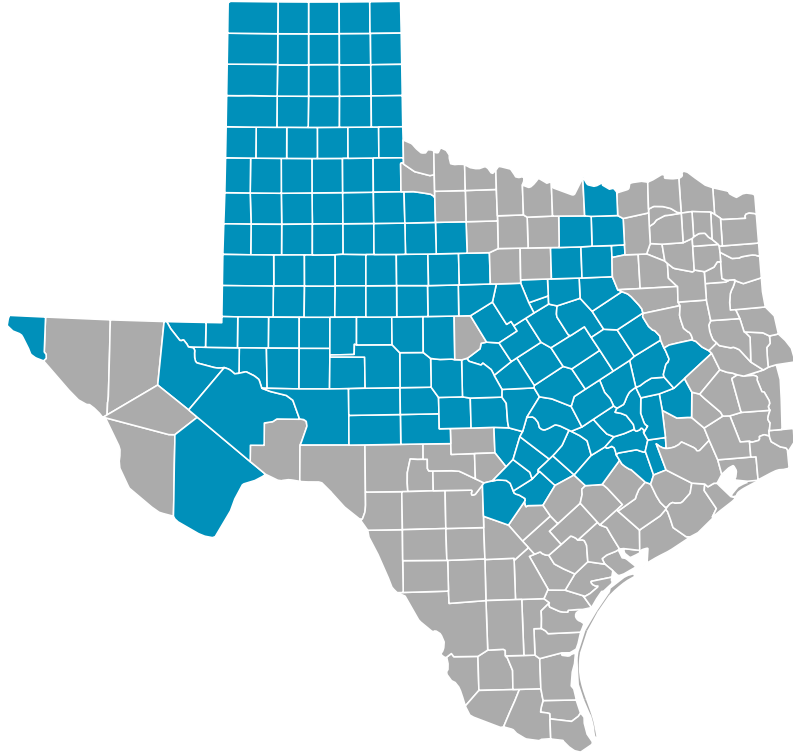
The ID card above is a sample. The exact location of certain elements may vary on your card.

My Service Area

BSW Plus HMO

If you live or work in one of the blue counties, you are eligible to participate in the BSW Plus HMO Plan.

 Service Area



Find a Provider

Choose from a broad range of in-network providers by using the [provider search tool](https://bellcounty.swhp.org/provider-search-tool) at bellcounty.swhp.org.

1. Select Member Type: **Commercial**
2. Select a plan: choose **BSW Plus HMO**
3. Start your search
 - Search by name, specialty and/or location
 - See practice locations, contact information and maps
 - Get details, including network participation and hospital affiliations
 - Add filters for gender, board certification, accepting new patients and more

Referrals are not required to see network specialists, even in our HMO network.

MyBSWHealth member portal

There's a wealth of online information, resources, and functionality available 24/7 in our member portal, accessible from your computer or mobile device. Sign up for portal access at [MyBSWHealth.com](https://www.MyBSWHealth.com).

Download and/or print:

- ID cards
- Benefit plan documents
- Claims summaries and Explanations of Benefits
- Prescription medication history
- Drug formulary
- Pending, approved and denied authorizations

Plus you can:

- Find a provider
- Make an appointment with a BSWH doctor
- Complete a health assessment
- Access virtual care options (eVisit and Video Visit)
- Track your deductible and out-of-pocket maximum
- Message your BSWH doctor
- Refill a prescription at BSWH pharmacies
- Verify eligibility
- View/update demographic information
- Learn about, and register for, the Expecting the Best® Maternity Program






Download the MyBSWHealth app

Virtually all of the information in the member portal is available on your phone through the highly rated MyBSWHealth app. For example, you can view a digital copy of your ID card, see plan details, and track your deductible and out-of-pocket maximum for yourself and your dependents. Use the same user name and password you set up for the member portal to log in to the app. To learn more, visit our website: bellcounty.swhp.org

Be sure to link your account in the app:

1. Tap the gear icon  (top right corner of app welcome screen)
2. Tap “Manage Linked Accounts”
3. Tap “Link Account”
4. Enter member information



Experience virtual care • \$0 copay

MyBSWHealth

8 AM - 8 PM, 7 days a week

Receive care from the comfort of your home, or anywhere in Texas, at no cost to you.

Conduct an eVisit for common medical conditions and get care fast

- Complete an online interview about your symptoms; it takes only 5-10 minutes
- Receive a response from a Baylor Scott & White Health provider within one hour
- Prescriptions (if needed) will be sent immediately to your preferred pharmacy

Schedule a same-day Video Visit with a provider, face-to-face

- Schedule your appointment
- Talk with a Baylor Scott & White Health provider live about your symptoms
- Visits are quick: just 10-15 minutes
- Prescriptions (if needed) will be sent immediately to your preferred pharmacy



Virtual care powered by MDLIVE

24 hours/day, 7 days a week

Additional virtual care options, powered by MDLIVE, are available 24 hours a day, 7 days a week. These options provide access to board-certified doctors, as well as licensed therapists and more, for general health and behavioral health concerns. You can visit with a doctor by phone, secure video, or the MDLIVE app. [Learn more here.](#)



My pharmacy benefits

Use your pharmacy benefits nationwide, including at most national chains and many local pharmacies. You have access to broad prescription drug coverage, including mail order and specialty pharmacy benefits, through your plan.

- Locate an in-network pharmacy near you:
 - Log in to [MyBSWHealth.com](https://mybswhealth.com) and go to Find Care OR
 - [Click here to Find a Provider](#)
- Find more details about your prescription drug plan:
 - [Pharmacy Information page](#)
- Fill your prescriptions through the mail:
 - Call toll-free **855.388.3090**, Monday – Friday (7 AM to 7 PM), and Saturday (9 AM to 1 PM)

Questions?

Specialty pharmacy benefit questions: call the Baylor Scott & White Specialty Care Team at **844.288.3179**, or Optum Specialty Pharmacy at **855.427.4682**, or visit specialty.optumrx.com.

Prescription drugs/benefits questions, contact Customer Service at **844.633.5325**.



Better health starts with me

Take advantage of our comprehensive suite of digital resources. Log in to your member portal to get started.

Digital Health Coaching – 6-week coaching modules with action plans, important articles, online seminars and video content on topics that include:

- Live Tobacco Free
- Healthier Diet
- Less Stress
- Healthy Weight
- Active Living

Progress Tracker – The digital platform has a dashboard to help you keep track of important health information like A1C, weight/BMI, cholesterol, blood pressure and physical activity. These biometric measurements can be charted over time to monitor your long-term health.

Fitness Tracker Integration – Synchronize your personal fitness tracker with the wellness platform to monitor your physical activity progress on the dashboard.

Digital Health Library – Access to articles, videos, recipes and other content to support a healthier life. You can search for condition-specific information or explore highlighted topics.

Challenges – Sometimes you need extra motivation to go the extra mile. You can participate in step challenges, hydration and even relaxation challenges.

Online Community – Access to online community forums where you can give and receive support for goals as well as get feedback from health coaches in the community.



Well-Being Assessment

The Well-Being Assessment is a simple, digital health survey that helps you take steps toward a more vibrant and healthier life. The Well-Being Assessment asks questions about your life and delivers customized action steps from our Lifestyle Management Program. Modules are self-paced, available online, and convenient for promoting physical and mental health – **all things to help you feel your best.**

You'll find a link to the assessment on the Health and Wellness Programs page on bellcounty.swhp.org.

FREE Wellness Webinars

Did you know SWHP has free health education opportunities you can access from the comfort of home? There's a whole series of topics, from nutrition to happiness, and you can come to one or all. Learn more in the Wellness section at bellcounty.swhp.org.

Be Well newsletter

This free newsletter is packed with information and helpful tips about how to get and stay well. It's emailed four times a year and you'll always find the current issue on the Wellness page at bellcounty.swhp.org.



Expecting the Best[®]

Maternity Program

Expecting the Best members receive helpful tips and assistance during pregnancy and for one year after birth. Benefits include access to a nurse 24/7 during pregnancy, in-home support for high-risk conditions (such as diabetes, hypertension and severe nausea), depression screening following delivery, parental education for newborn health during the first year, immunization reminders and planning for returning to work.

Sign up by calling the customer service number on the back of your ID card or send an email to: HPMaternityCaseManagement@BSWHealth.org.



Weight loss program








Ever wonder how some people can eat all their favorite foods and not gain weight? Wondr Health is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping 'approved' foods. Wondr Health gives you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

Wondr Health is available at NO COST to you and is accessible by computer and mobile device so you can participate whenever it's convenient, wherever you are.

For more information about Wondr Health, visit WondrHealth/swhp.org.

Where you go for care matters

Knowing where to go for care may save you time and money.

| Type of care | Examples of health issues | Average cost |
|--|---|---|
|  Primary care doctor Your first choice for care when it's not an emergency | <ul style="list-style-type: none"> • Asthma • Chronic conditions <ul style="list-style-type: none"> - Diabetes management - High blood pressure • Earache • Headaches • Preventive health • Sprains • Well women exams |  |
|  eVisits and Same-day Video Visits Using your mobile device or computer Download the free MyBSWHealth app  | <ul style="list-style-type: none"> • Acne • Allergies • Bladder infection • Cold • Flu • Pink eye • Quit tobacco • Sinus infection • Stomach problems • Yeast infection | \$0 |
|  Walk-in clinics Same-day appointments when your doctor does not have availability Walk-in clinics include select primary care clinics and some pharmacy locations | <ul style="list-style-type: none"> • Asthma • Bladder infection • Ear or sinus pain • Earache • Flu • Sore throat • Sprains |  |
|  Urgent care Needs immediate attention but is not life-threatening, or an appointment is not available with your doctor | <ul style="list-style-type: none"> • Back pain • Bladder infection • Earache • Minor burns • Minor eye injuries • Minor cuts that may need stitches • Sore throat • Sprains |  |
|  Emergency room Any condition you believe to be life-threatening | <ul style="list-style-type: none"> • Chest pain • Deep cuts or wounds • Difficulty breathing • Poisoning, overdoses and suicidal behavior • Abdominal pain, coughing or vomiting blood • Severe burns • Severe head injuries • Sudden loss of balance, vision change, facial droop, arm or leg weakness | Hospital average cost:  Stand-alone average cost:  |

Your EOBs will be available on the [Member Portal](#) unless you specifically request to receive paper EOBs in the mail. To request paper EOBs, log in to the [Member Portal](#) and select “Update Preferences.”

[illegible]

Stay better, longer

Disease Management

Disease Management empowers you to manage your chronic condition and help prevent complications. We work with your healthcare providers to identify chronic conditions quickly and treat them effectively. We can also identify self-care activities that help you manage your condition at home. Together, we'll work to slow down the progression of your disease and help you **stay better, longer.**

Complex Case Management

If you have chronic conditions or complex care needs, our nurse case managers will work with you, your family, and your physician to create and manage your care plan. Case managers advocate for you and can help you navigate the healthcare system and arrange the services you need. They can also answer questions and help you understand your condition and care plan. If you are enrolled in a Disease Management program, they'll incorporate the program into your care.

There is no additional cost to you for this voluntary program. It's all part of our goal to help you get the best possible results and the greatest value from your health plan.

NOTE: You can opt-in or opt-out of these programs by calling **844.279.7589**.



My tools and resources

Find frequently requested documents and forms in the Tools and Resources section at bellcounty.swhp.org. Select the Menu (top left corner by the logo), then select Tools and Resources to locate information about:

- Member Rights and Responsibilities
- Notice of Privacy Practices
- Authorization to Release PHI Form
- Prior Authorization List for Medical Procedures
- Complex Case Management Program
- Disease Management Program
- Utilization Management (UM) Program
- Quality Improvement Program
- Medical and Pharmacy Claim Forms
- Pharmaceutical Management Procedures and Updates
- Wellness Programs
- Glossary of Key Terms
- Technology Assessment Program
- Language Assistance
- Member Frequently Asked Questions (FAQ)

Printed copies of documents and language assistance are available by calling **844.633.5325**.

**Thank you
for choosing
Scott & White
Care Plans
for your
healthcare
coverage needs.**



**Scott & White
CARE PLANS**



**Baylor Scott & White
HEALTH**

HMO products are offered through Scott and White Health Plan and Scott & White Care Plans. Insured PPO and EPO products are offered through Insurance Company of Scott and White. Scott & White Care Plans and Insurance Company of Scott and White are wholly owned subsidiaries of Scott and White Health Plan.