

## **Important Update for Employees Enrolled in Group Health Plan Benefits**

As a valued member of the The Porter Trust for Medical, Dental and Vision insurance coverage, we are excited to announce these additional and valuable resources at **No Cost** for employees of the district! Please make sure you carefully review all these options for FREE care within The Porter Trust.

### **First Stop Health- No Cost Virtual Care**

- First Stop Health phone app— provides 24/7 care: all via phone or video
- Mental health therapy for short-term, solution-focused therapy for anxiety, grief and more Immediate consultations
- If a prescription is necessary, provider will submit prescription to pharmacy of your choice (subject to your prescription plan co-pays).
- See attached flyers for additional details.

### **ProactiveMD -No Cost Wellness Clinics**

- ProactiveMD offers in person no cost medical care to all employees and dependents enrolled in Tri Township medical insurance
- Includes visits with health care providers, labs, and a standard list of generic medications available on the site.
- Limited outside generic medications (ordered by outside physician) can also be filled
- Services include primary care, preventative care, chronic disease management, and sports physicals just to name a few of their services.
- Telehealth (virtual visits) offered at No Cost to employees and enrolled dependents.
- Patient Portal allows online appointment scheduling, prescription refill requests, and quick access to lab results
- Find a location here: Porter Trust – Proactive MD Health Centers

### **Rx Protect- No Cost Medication for Select List**

- If you have a prescription on this select list of high cost medications (must be covered under the plan), we highly encourage you to utilize this program as it's possible for you to receive your medication at no cost to you.
- Prior to participating in this program, your medication must be approved under the group health plan and the first fill must be made at a retail pharmacy.
- See attached flyer for further details or visit Porter Trust – RX Protect to easily enroll with a nurse.

### **Hendricks Regional Health- Orthopedic Center of Excellence No Cost**

- Hendricks Regional Health – no cost orthopedic and spine surgery program.
- Includes a “shared cost savings program” wherein patient is eligible for \$500 - \$1500 check based on surgery performed.
- See attached flyer and call the concierge line for additional details.

### **MEDICATION CONSIDERATIONS**

- Prior Authorization and Formulary Changes – Be sure to review UHC Formulary attachments closely to determine if your current medication requires prior authorization.
- Currently on a medication? \*Please review the attached UHC prescription list to determine if any special approvals are required for your medications. If so, start the process now before it's time to refill the prescription.