

2016

Federal Employee Health Benefits Program Benefits Information



Scott & White
HEALTH PLAN
PART OF BAYLOR SCOTT & WHITE HEALTH

Welcome to the #1 Health Plan in Texas*

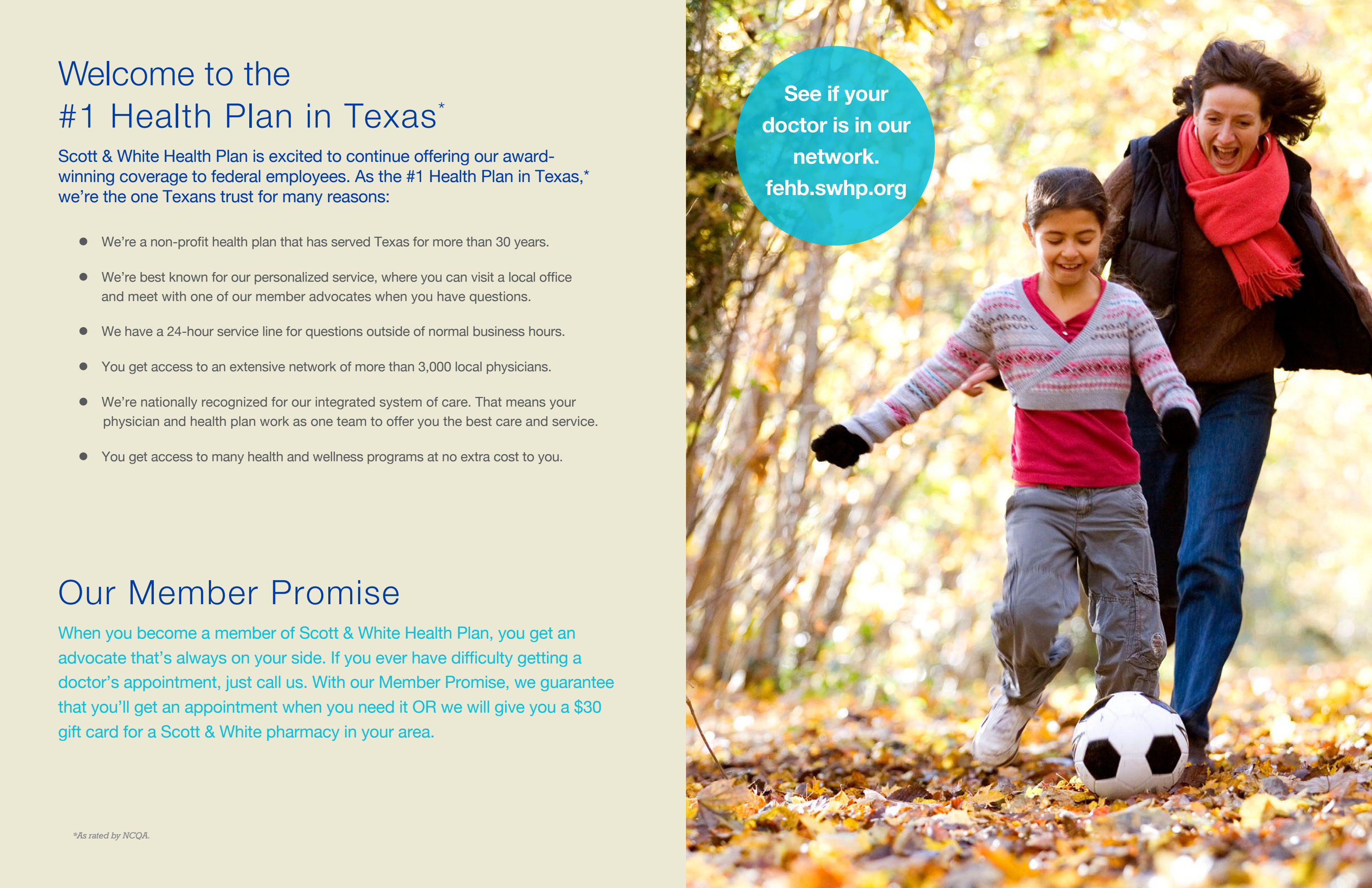
Scott & White Health Plan is excited to continue offering our award-winning coverage to federal employees. As the #1 Health Plan in Texas,* we're the one Texans trust for many reasons:

- We're a non-profit health plan that has served Texas for more than 30 years.
- We're best known for our personalized service, where you can visit a local office and meet with one of our member advocates when you have questions.
- We have a 24-hour service line for questions outside of normal business hours.
- You get access to an extensive network of more than 3,000 local physicians.
- We're nationally recognized for our integrated system of care. That means your physician and health plan work as one team to offer you the best care and service.
- You get access to many health and wellness programs at no extra cost to you.

Our Member Promise

When you become a member of Scott & White Health Plan, you get an advocate that's always on your side. If you ever have difficulty getting a doctor's appointment, just call us. With our Member Promise, we guarantee that you'll get an appointment when you need it OR we will give you a \$30 gift card for a Scott & White pharmacy in your area.

*As rated by NCQA.



See if your
doctor is in our
network.
fehbswhp.org

Wellness Programs

You Won't Find Anywhere Else

The best thing you can do for yourself is to prevent health problems before they start. Whether you're looking to quit smoking, eat healthier or just want some general health advice, you'll find a wellness program that can help you reach your health goals. We offer several wellness programs at no additional cost to you.

Balance

Improve your self-image with a personalized weight management and physical activity plan.

Nourish

Discover how to make smart food choices with a nutrition plan that fits your lifestyle.

Relax

Get stress management strategies developed just for you.

Breathe

Stop smoking for good.

Overcoming Depression

Learn to live a fuller life with depression management strategies.

Overcoming Insomnia

Discover healthy, restful, stress-free sleep.

Overcoming Binge Eating

Free yourself from compulsive overeating.

For Your Back

Care for your back with strategies, videos and exercises.

For Your Health

Obtain the skills you need to take better care of your health.

Nurse Advice Line

Our members enjoy 24/7 access to qualified nurses who can answer medical questions, give advice on how to care for yourself at home, or help you decide if an urgent care visit or emergency room visit is best for your symptoms. You can also access our nurses through email and receive a response in 24 hours or less.

Step Up Scale Down Program

This is a free 12-week program that features nutrition and exercise education from nurses, clinical pharmacists and wellness professionals. You get the tools and support to change your lifestyle and incorporate healthy living choices.

Dinner Tonight Healthy Cooking School Program

In partnership with the Texas A&M AgriLife Extension, SWHP offers four free healthy cooking classes per year. You'll sample a quick and healthy meal and then learn the recipe, as well as receive valuable cooking and shopping tips.

Walk Across Texas Program

This popular program is an eight-week walking competition that can be done in groups or as an individual. Each mile you walk during exercise counts toward miles walked across the state of Texas. Groups and individuals are encouraged to compete to see who can meet their goals within a specified time frame.

Shared Decision-Making

Our Shared Decision-Making resources give you reliable tools and information to help you make important medical decisions about your health. Use them to become better informed about your condition so you can work more closely with your doctor when discussing your treatment.

Complex Case Management

- Hypertension (high blood pressure)
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (heart disease)
- Diabetes (high blood sugar)

Rewards for Completing Assessments and Screenings

Scott & White Health Plan rewards our members for being proactive about their health. We offer gift cards to members who complete Health Risk Assessments and biometric screenings.

\$50 SWHP Pharmacy Voucher for Health Risk Assessment

Each member who completes an annual Health Risk Assessment (HRA) receives a \$50 SWHP Pharmacy Voucher. Your HRA summarizes your top health risk issues to work on. You can even print a copy of your survey and summary to discuss with your physician.

\$25 SWHP Pharmacy Voucher for Biometric Screenings

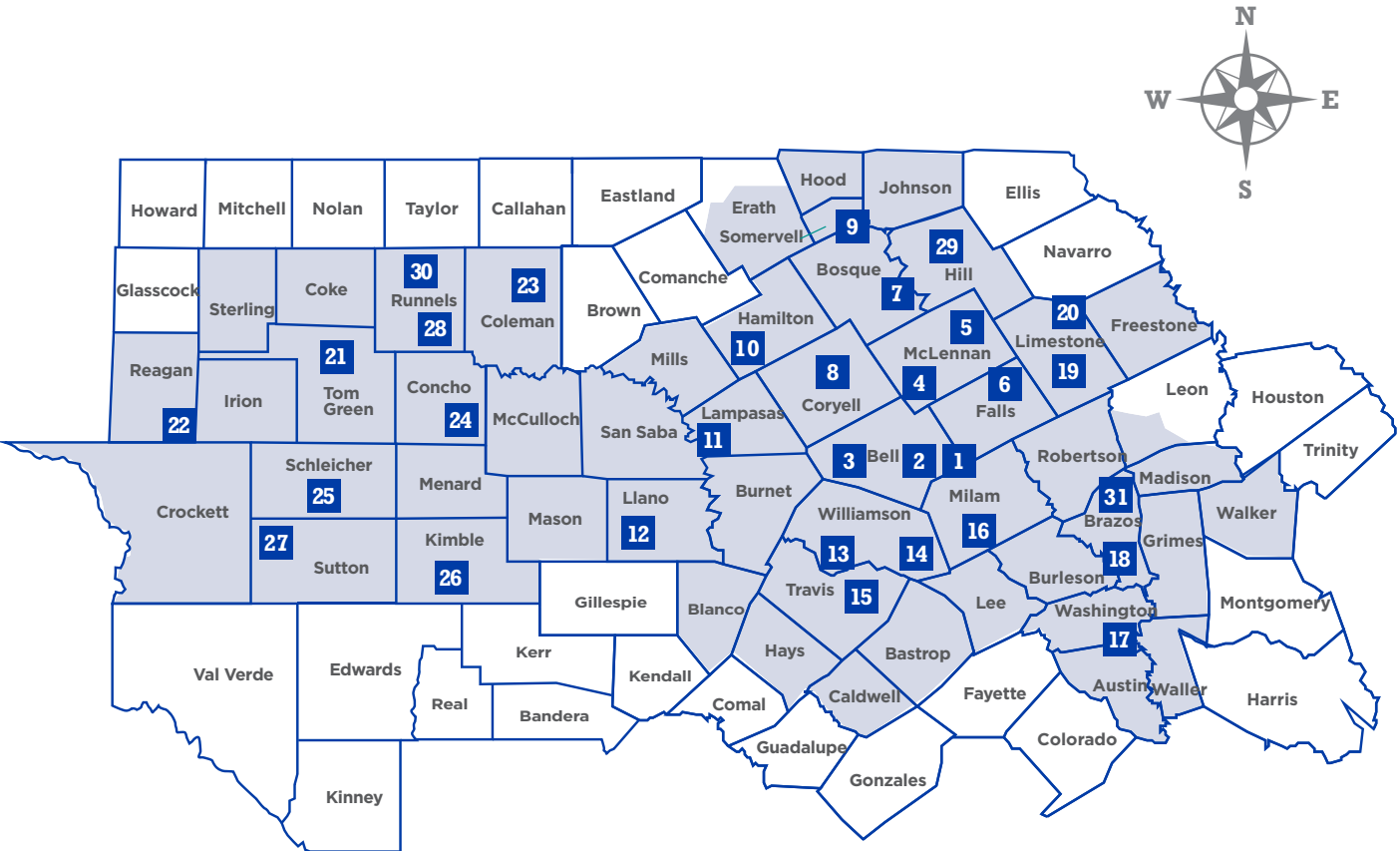
Each member who completes a biometric screening receives a \$25 SWHP Pharmacy Voucher. Biometric screenings include Body Mass Index (BMI) measurement, waist circumference measurement, lipid or cholesterol levels testing, blood pressure testing, tobacco-use testing and glucose or hemoglobin A1C testing.

Open Season

Open season dates are November 9th through December 14th. Don't miss your opportunity to experience the personal service and extraordinary value of Scott & White Health Plan – the one Texans trust.



Service Area Map



Hospital Locations

- | | | |
|--|--|---|
| 1 Scott & White Memorial Hospital
Temple, TX | 12 Scott & White Hospital–Llano
Llano, TX | 22 Reagan Memorial Hospital
Big Lake, TX |
| 2 McLane Children’s Hospital
Scott & White
Temple, TX | 13 Scott & White
Healthcare–Round Rock
Round Rock, TX | 23 Coleman County Medical Center
Coleman, TX |
| 3 Metroplex Hospital
Killeen, TX | 14 Scott & White Hospital–Taylor
Taylor, TX | 24 Concho County Hospital
Eden, TX |
| 4 Providence Health Center
Waco, TX | 15 The Hospital at Westlake
Medical Center
Austin, TX | 25 Schleicher County Medical Center
Eldorado, TX |
| 5 Hillcrest Baptist Medical Center
Waco, TX | 16 Richards Memorial Hospital
Rockdale, TX | 26 Kimble Hospital
Junction, TX |
| 6 Falls Community Hospital
Marlin, TX | 17 Scott & White Hospital–Brenham
Brenham, TX | 27 Lillian M. Hudspeth
Memorial Hospital |
| 7 Goodall-Witcher Healthcare
Clifton, TX | 18 College Station Medical Center
College Station, TX | 28 Ballinger Memorial Hospital
Ballinger, TX |
| 8 Coryell Memorial Hospital
Gatesville, TX | 19 Limestone Medical Center
Groesbeck, TX | 29 Hill Regional Hospital
Hillsboro, TX |
| 9 Glen Rose Medical Center
Glen Rose, TX | 20 Parkview Regional Hospital
Mexia, TX | 30 North Runnels Hospital
Winters, TX |
| 10 Hamilton General Hospital
Hamilton, TX | 21 Shannon Medical Center
San Angelo, TX | 31 Scott & White Hospital–College Station
College Station, TX |
| 11 Rollins Brook Community Hospital
Lampasas, TX | | |

2016 Summary of Benefits & Services

Individual Deductible Options	
Self Only	\$0
Self plus One	\$0
Self and Family	\$0
Out-of-Pocket Maximum	
Self Only	\$5,500
Self plus One	\$7,000
Self and Family	\$7,000
Doctor Office Visits	
Primary care visit to treat an injury or illness	\$20 co-pay/visit
Specialist visit	\$45 co-pay/visit
Other practitioner office visit	\$45 co-pay/visit
Preventive care/screening/immunization	No charge
Emergency Medical Care	
Urgent care visit	\$50 co-pay/visit
Emergency room services	\$150 co-pay/visit
Emergency medical transportation	\$125 co-pay
Services Provided by a Hospital	
Inpatient	\$250 per day up to a maximum of \$750 per admission
Outpatient	\$250/visit
Medical Testing	
Diagnostic test <i>(X-ray, blood work)</i>	No charge
Imaging <i>(CT/PET scans, MRIs)</i>	\$100 per procedure
Dental Care	
Discounts available through Careington International Corporation	20%-50% discounts

2016 Prescription Drug Coverage

Preferred Generic Drugs	\$6 co-pay/retail, non-maintenance \$12 co-pay/mail order, maintenance	Covers up to a 30-day supply or 100 units (retail prescription); and the lesser of 90-day or 360 units (mail order prescription)
Preferred Brand Drugs	\$50 co-pay/retail, non-maintenance \$100 co-pay/mail order, maintenance	Covers up to a 30-day supply or 100 units (retail prescription); and the lesser of 90-day or 360 units (mail order prescription)
Non-preferred & Non-formulary	\$100 or 50% copayment, whichever is greater/retail, non-maintenance. \$250 per RX cap	Covers up to a 30-day supply or 100 units (retail prescription),
Specialty Drugs	\$250 co-pay/ non-maintenance	Failure to obtain pre-authorization may result in the denial of coverage for this service. Please consult fehbswhp.org or call 1-800-321-7947 to verify pre-authorization requirements.

See if your favorite pharmacy
is in our network
fehbswhp.org

Our Premiums

2016 Rate Information for Scott & White Health Plan

Type of Enrollment	Enrollment Code	Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
		Gov't Share	Your Share	Gov't Share	Your Share	Category 1 Your Share	Category 2 Your Share
Standard Option Self Only	A84	\$204.01	\$68.00	\$442.02	\$147.34	\$56.44	\$68.00
Standard Option - Self Plus One	A86	\$427.78	\$142.59	\$926.85	\$308.95	\$118.35	\$142.59
Standard Option Self and Family	A85	\$478.64	\$159.54	\$1,037.04	\$345.65	\$132.42	\$159.54

Download an application at
fehbswhp.org
 or call
 1-800-321-7947

View our
 provider network online.
fehbswhp.org



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