

# Lamar CISD Network Options for 2018-2019 Plan Year

Once you have selected your medical plan  
You then can select the network that goes with it....

- Broad Network – Choice POS Network with Premium Designation
- Charter Network with Kelsey-Seybold
- NEXUS Network with Memorial Hermann and UT Physicians



## Network Options Means More Choice and Better Health

### Choice POS with Premium Designation

You have access to the entire UHC Choice **Open Access** national seamless network.

You will enjoy lower Primary Care and Specialist Copays when you use a Premium Designated Specialists

This is an EPO – In-Network Only benefits

**BROAD NETWORK**

### Charter with Kelsey-Seybold

For Primary and Specialty providers, you will use the broad Kelsey-Seybold physician network.

PCP Selection is required and referrals are required for providers outside of Kelsey System.

For other network providers, you have the rest of our Choice Network (with the exception of MD Anderson).

**HIGH PERFORMANCE/ACO**

### NEXUS with Memorial Hermann or UT Physicians

You will have better benefits when you use Memorial Hermann and UT Physician providers and facilities. However, you also have access to the rest of our Choice Network with *lower* benefits.

PCP selection is required

- Tier 1 – Memorial Hermann and UT Physicians
- Tier 2 – The UHC Choice network Providers

**HIGH PERFORMANCE/ACO**

Network Options to fit your families needs.

# Manage your benefits and health care at [myuhc.com](https://myuhc.com).<sup>®</sup>

- ✓ Complete a health survey
- ✓ Track claims and expenses
- ✓ Pay health care bills
- ✓ Find network providers
- ✓ Estimate medical costs
- ✓ Request an ID card



Access your benefits and get help anytime, anywhere with the UnitedHealthcare **HEALTH4ME**<sup>™</sup> app

**Download the Health4Me app.**



# Support to reach your wellness goals.

## Get your Rally<sup>SM</sup> Age.

Take the Health Survey and instantly get your Rally Age — a number that gives you a measure of your “health age.”

- ✓ Pick missions to help you get your health on track  
Self-help programs
- ✓ Store your health history
- ✓ Connect with online communities
- ✓ Join fun challenges sharing health topics
- ✓ Earn coins as you track and accomplish each mission.



As you complete certain Rally activities, you may earn coins for your efforts, which can be used to enter sweepstakes for chances to **WIN GREAT PRIZES.**

