



# Secure

Ideal for self-employed individuals or small businesses with verifiable 1099 or business ID.

# Healthcare Benefits

## Two Minimum Essential Coverage (MEC) options for members to choose from

Select one of the following:

- A Co-Pay MEC**
- B Health Savings Account (HSA) MEC**

### Membership Benefits

- ✓ Medical Cost Sharing
- ✓ Mental Health Services
- ✓ 24/7/365 Telehealth

### ✓ Concierge Assistance

- ✓ Cost & Quality Search Assistance
- ✓ Care Connect
- ✓ Pharmacy Benefits Program

### Additional Benefits

- ✓ Discounts on Alternative Care Modalities
- ✓ QR LifeCode
- ✓ Personal Medical Records Vault



**Disclaimer:** Our healthcare memberships are not traditional health insurance, but participating members provide financial protection and a means of accessing care without network limitations. Please refer to

[State HealthShare Notices](#) for additional information.

## Option A

# CO-Pay MEC

Provides preventative and wellness services as defined in the Affordable Care Act (ACA). You have access to free preventative services like:

- ✓ Annual Wellness Visit
- ✓ Well-Woman Visit
- ✓ Childhood Immunizations
- ✓ Mammograms
- ✓ Colonoscopies

**List of Covered Services →**

Primary Care Office Visits  
\$20 Co-Pay  
Unlimited Visits

---

Specialist Office Visits  
\$50 Co-Pay  
Unlimited Visits

---

Lab/Blood Work  
\$10 Co-Pay  
Some Limitations

---

X-rays  
\$50 Co-Pay

---

Urgent Care  
\$50 Co-Pay

## Option B

# HSA MEC

Provides preventative and wellness services as defined in the Affordable Care Act (ACA). You have access to free preventative services like:

- ✓ Annual Wellness Visit
- ✓ Well-Woman Visit
- ✓ Childhood Immunizations
- ✓ Mammograms
- ✓ Colonoscopies

**List of Covered Services →**





## Health Savings Account (HSA) Compatibility

You own the account, therefore, HSA funds stay with you when you change jobs or retire.



---

After age 65, HSA funds can be rolled into a retirement account or kept in the HSA for medical expenses



---

Money you do not use in your HSA rolls over from year to year and earns interest tax-free.



---

Options for self-directed investments can potentially grow your savings for healthcare or retirement.



**[Open a HSA →](#)**

# Medical Cost Sharing

## Provides Protection for Large Medical Expenses

Medical Cost Sharing consists of a large community of health-conscious individuals who voluntarily contribute a monthly share amount towards each other's healthcare expenses.

- No lifetime or annual caps on qualifying medical expenses
- Empowers and promotes healthy living and lifestyle choices
- Two-year lookback for pre-existing conditions.

[Health Sharing Guidelines →](#)  
[Maternity Guidelines →](#)

# 24/7/365 Telehealth

Get unlimited access at no cost to primary, pediatric, women's health, and behavioral health board-certified physicians, anytime, anywhere via chat, video, or call.

**As Easy as Texting a  
Friend**



# Mental Health Services

## 100% Confidential Counseling

This program provides members with a way to find help dealing with personal and work-related issues. Without this help, these issues could decrease members' quality of life or interfere with job performance.

- **Counseling:** Virtual, face-to-face, or telephonic sessions with a counselor
- **Access to Additional Resources:** Childcare, legal, financial, support groups, housing, etc.
- **Elder Care & Financial:** Telephonic consulting, tailored eldercare counseling & resources, plus financial wellness counseling provided by experts in their field
- **Online Training Library:** Thousands of virtual work/life training and the ability to track progress
- **Access to Compass:** Advanced HR support and assistance in professional development

# Concierge Assistance

The concierge is focused on supporting and guiding you every step of the way through your health care journey.

## Cost & Quality Search Assistance

Our Concierge Team researches the highest quality, fairest priced providers, diagnostics centers, labs, and medical facilities for members who are in need of these services.

---

## Care Connect

For high-cost surgical procedures, we work with the Care Connect Team to search for the highest quality and fairest price for each component of a member's surgical procedure. The total cost is then negotiated to the lowest possible price.

---

## Pharmacy Benefits Program

Our Concierge Team searches a variety of U.S. and worldwide pharmacy discount platforms and pharmacy assistance programs to find the fairest-priced medications, as well as where to purchase them.

# Discounts on Alternative Care Modalities

## Choices by WholeHealth Living

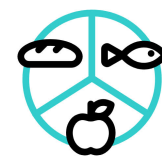
Access to over 35,000 providers, discounts, and more than 35 complementary and alternative medicine specialties. The WHLC Web portal allows you to print your discount coupons directly without having to wait for authorization or benefit approval.

Discounts May Include:



### Mind & Body

Acupuncture, Chiropractic, Massage Therapy, Natural Healing, Physical and Occupational Therapy and Relaxation



### Nutrition

Diet and Nutrition, Food, Vitamins and Prescriptions, and Weight Management



### Movement

Accessories and Equipment, Personal Training, Pilates, Tai Chi, Qi Gong, and Yoga



### Lifestyle

Dental, Hearing and Vision, Gifts and Special Occasions, Relaxation and Others

# QR LifeCode & Personal Medical Records Vault

## QR LifeCode

In a medical emergency first responders can access your Medical Records Vault through your QR LifeCode Five-digit ID code. You can access and safely share your medical records, track health conditions, and get better healthcare solutions.

---

## Personal Medical Records Vault

You can grant access to your Electronic Medical Records to providers, medical facilities, family, etc., providing continuity of care. Health Tracking provides you and your caregivers the ability to record vital health observations easily and securely.

# Secure Co-Pay MEC Monthly Membership

The Initial Unshareable Amount (IUA) is the personal responsibility of members for their medical needs. All qualified medical expenses after the IUA is met are 100% shareable with the Medical Cost Sharing community.

There are three simple responsibility options:  
[\\$1,000 IUA](#) [\\$2,500 IUA](#) [\\$5,000 IUA](#) Find your age group and select the IUA that best fits your needs to see monthly membership

\*Tobacco surcharge of \$50 per household



**\$1000 IUA**

## AGE 18-29

Member Only	\$385
Member + Spouse	\$670
Member + Child	\$670
Member + Family	\$955

## AGE 30-49

Member Only	\$410
Member + Spouse	\$695
Member + Child	\$695
Member + Family	\$955

## AGE 50-65

Member Only	\$485
Member + Spouse	\$820
Member + Child	\$820
Member + Family	\$1,155

**\$2500 IUA**

## AGE 18-29

Member Only	\$335
Member + Spouse	\$570
Member + Child	\$570
Member + Family	\$855

## AGE 30-49

Member Only	\$355
Member + Spouse	\$595
Member + Child	\$595
Member + Family	\$855

## AGE 50-65

Member Only	\$435
Member + Spouse	\$720
Member + Child	\$720
Member + Family	\$1,005

**\$5000 IUA**

## AGE 18-29

Member Only	\$310
Member + Spouse	\$520
Member + Child	\$520
Member + Family	\$755

## AGE 30-49

Member Only	\$335
Member + Spouse	\$570
Member + Child	\$570
Member + Family	\$805

## AGE 50-65

Member Only	\$360
Member + Spouse	\$670
Member + Child	\$670
Member + Family	\$930

# Secure HSA MEC Monthly Membership

The Initial Unshareable Amount (IUA) is the personal responsibility of members for their medical needs. All qualified medical expenses after the IUA is met are 100% shareable with the Medical Cost Sharing community.

There are three simple responsibility options:  
[\\$1,000 IUA](#) [\\$2,500 IUA](#) [\\$5,000 IUA](#) Find your age group and select the IUA that best fits your needs to see monthly membership

\*Tobacco surcharge of \$50 per household



**\$1000 IUA**

**AGE 18-29**

Member Only	\$275
Member + Spouse	\$500
Member + Child	\$500
Member + Family	\$705

**AGE 30-49**

Member Only	\$300
Member + Spouse	\$525
Member + Child	\$525
Member + Family	\$705

**AGE 50-65**

Member Only	\$375
Member + Spouse	\$650
Member + Child	\$650
Member + Family	\$905

**\$2500 IUA**

**AGE 18-29**

Member Only	\$225
Member + Spouse	\$400
Member + Child	\$400
Member + Family	\$605

**AGE 30-49**

Member Only	\$245
Member + Spouse	\$425
Member + Child	\$425
Member + Family	\$605

**AGE 50-65**

Member Only	\$325
Member + Spouse	\$550
Member + Child	\$550
Member + Family	\$755

**\$5000 IUA**

**AGE 18-29**

Member Only	\$200
Member + Spouse	\$350
Member + Child	\$350
Member + Family	\$505

**AGE 30-49**

Member Only	\$225
Member + Spouse	\$400
Member + Child	\$400
Member + Family	\$555

**AGE 50-65**

Member Only	\$250
Member + Spouse	\$500
Member + Child	\$500
Member + Family	\$680

# What happens when you have an emergency?

## A "Needs" Based Solution

Any single accident or illness can cause a "Need". A need arises when the expenses for a single accident or illness exceed the IUA. The member is responsible for any costs incurred up to their selected IUA. Each individual or household is responsible for a maximum of 3 IUAs per year. For example, at the \$1000 IUA level, if a household has 3 Needs per membership year, the member's responsibility is  $\$1000 \times 3 = \$3000$  maximum.



# Broken Arm

Example Based on  
a \$1000 IUA

Member breaks arm falling off the step stool and is taken to the Emergency Room (ER). He has an X-ray and arm is put into a cast.

EMERGENCY ROOM	\$3,100
X-RAYS	\$250
PRESCRIPTIONS (1ST 120 DAYS)	\$32
FOLLOW-UP OFFICE VISITS	\$200
SHARED WITH COMMUNITY	-\$2,582
TOTAL MEMBER COST	\$1,000

# Pregnancy

\*60-day waiting period

Example Based on  
a \$1000 IUA

Member becomes pregnant and receives prenatal care for 9 months. Member has standard vaginal delivery and postnatal care. Delivery is successful without further complications. The doctor prescribes several medications.

\*Member must have been an active member for two months at the time of conception. Ask your advisor for details.

PRE AND POSTNATAL CARE	\$2,500
ULTRASOUND AND LABS	\$1,800
DELIVERY	\$7,800
PRESCRIPTIONS (1ST 120 DAYS)	\$425
SHARED WITH COMMUNITY	-\$11,525
TOTAL MEMBER COST	\$1,000

# Heart Attack

Example Based on  
a \$1000 IUA

Member has heart attack at home and is taken to the ER by ambulance. Patient spends 5 days in the hospital and receives EKG, surgery, and post-surgery physical therapy. Doctor prescribes medication for maintenance.

HOSPITAL BILL	\$54,600
ANESTHESIA AND SURGERY	\$22,000
PRESCRIPTION (1ST 120 DAYS)	\$425
AMBULANCE TO HOSPITAL	\$725
FOLLOW-UP OFFICE VISITS	\$500
SHARED WITH COMMUNITY	-\$77,250
TOTAL MEMBER COST	\$1,000