

# RHODE ISLAND EMPLOYERS: GET THE ADVANTAGE



## HEALTHY LIFESTYLE REWARDS

**Our Healthy Rewards help engage members in taking better care of their health—and that’s good for everyone.**

### Health & Wellness

**Disease Management:** A comprehensive suite of programs for Heart Failure, Chronic Obstructive Pulmonary Disease, Coronary Artery Disease, Diabetes, Asthma, and 11 other high-impact conditions<sup>1</sup>

**Health and Wellness Seminars:** Discounts on wellness seminars (including smoking cessation and stress reduction) at participating providers

**Health Assessment Tools:** Access to health assessment tools like the Caloric and Nutritional Needs Calculator and Target Heart Rate Calculators

**Health Library:** Access to health and wellness articles

**Eyewear:** Discounts on eyeglasses, standard contacts, and daily-wear contacts at participating providers

**Personal Body Care:** Discounts available on personal body care products

Sorting through the benefits, rewards, and options available from various health plans can be a challenge. Take a look at how Tufts Health Plan compares to other local health plans and you’ll agree: ***No one does more to keep you healthy.***

TUFTS  Health Plan

Blue Cross Blue Shield RI

United Healthcare



# HEALTHY LIFESTYLE REWARDS

Continued from cover

TUFTS  Health Plan

Blue Cross Blue Shield RI

United Healthcare

**New Mother Benefit:** Home visit by a registered nurse after delivery or adoption for every mom



—

—

**Mail Order Prescriptions:** Discounts for maintenance medications ordered through the mail



✓

✓

## Nutrition

**Dietary Supplement Discounts**



✓

✓

**Diet/Sports Nutrition Supplement Discounts**



—

✓

**Nutrition & Health Newsletter:** Discounts on subscriptions to the *Tufts University Health & Nutrition Letter*



✓

—

**Weight Watchers® Discounts:** Three ways to save—registration fee is waived with enrollment in the traditional program, and \$10 discounts are available for an online subscription and “at home” kits



✓

✓

## Fitness

**Appalachian Mountain Club:** 20% discount off the Club’s regular membership rates



—

✓

**Curves:** Discounts available at participating Curves facilities



✓

✓

**Fitness Center Discounts:** At participating fitness centers



✓

✓

## Alternative Medicine & Therapy

**Massage Therapy Discounts**



✓

✓

**Natural Therapy Product Discounts**



—

✓

## Other Discounts

**Safety Helmets:** Discounts available on helmets that meet national impact safety standards



✓

—

**Home Instead Senior Care discount:** Receive a \$50 credit on charges for elderly home support services like light housekeeping and meal preparation at participating Home Instead Senior Care offices



—

—

# QUALITY

**We are a leader in quality, service, and patient safety innovations.**

Excellent Accreditation status by the National Committee for Quality Assurance (NCQA)

Ranked as one of the top two health plans by NCQA as reported by *U.S. News & World Report*

TUFTS  Health Plan

Blue Cross Blue Shield RI

United Healthcare



# EDUCATION AND EMPOWERMENT

**Our dynamic suite of decision-support tools helps your employees become better informed and more engaged in their health care.**

Research and **compare hospital performance** with Select Quality Care® by HealthShare Technology or equivalent

Use **Healthwise® KnowledgeBase** or equivalent for information on conditions and symptoms

Online access to physician group quality information

Find a Doctor online

E-mail questions to Member Services

Order prescriptions by mail/online

Access to personal drug history and costs

TUFTS  Health Plan

Blue Cross Blue Shield RI

United Healthcare





## VARIETY & CHOICE

**We offer a variety of innovative plan designs to meet your needs for quality and value.**

Tufts Health Plan options

A **nationwide network plan** available to fully and self-insured employers with 100 or more employees

CareLink<sup>SM</sup>

A **PPO plan** that allows for greater member cost sharing through in- and out-of-network deductibles and coinsurance, while offering the option for copayment-level coverage to preventive care

Advantage PPO

A PPO plan that gives members access to a **simplified tiered copayment structure**

Choice Copay

An **HRA** (health reimbursement arrangement) that can be combined with fully and self-insured plan designs including Advantage PPO and PPO for groups with 51 or more employees

Health Reimbursement Arrangement

An **HSA** (health savings account) that can be added to our high-deductible PPO plan options

Advantage Saver

TUFTS  Health Plan

Blue Cross Blue Shield RI

United Healthcare



*1 All fully insured customers of Tufts Health Plan have the complete suite of disease management programs included with their plans. For self-insured customers, we have several enhanced disease management programs available as a buy-up option.*

*2 Disease Management programs are available but we cannot confirm extent of services and availability for fully insured and self-insured customers on public Web site.*

*3 We are unable to confirm availability of programs for fully insured and self-insured customers on public Web site.*

Sources: Public Web sites and promotional documents produced by each health plan as of May 20, 2008. "America's Best Health Plans" 2007, U.S. News & World Report and NCQA. Important note: information presented is accurate at the time of printing, but subject to change at any time.

TUFTS  Health Plan

**Sales Offices**

705 Mount Auburn Street  
Watertown, MA 02472  
Phone: 800.208.8013  
Fax: 781.466.8504

One West Exchange Place  
Providence, RI 02903  
Phone: 800.455.2012  
Fax: 401.272.1233