

5. WHAT'S COVERED

5.1 COVERED PREVENTIVE SERVICES ADULTS		
WELLNESS OFFICE VISITS	NETWORK PROVIDERS	BENEFIT LIMITS
Office Visit Exam & Includes Service For:	Plan Pays 100%	Limited to preventative diagnosis only.
Abdominal Aortic Aneurysm	Plan Pays 100%	One time screening for males of ages 65-75 who have ever smoked.
Alcohol Misuse Screening	Plan Pays 100%	
Aspirin Use for Men & Women	Plan Pays 100%	One Aspirin use consultation for women ages 45-79 and men 55-79.
Blood Pressure Screening	Plan Pays 100%	One screening every two years for ages 18-39. One screening per calendar year for ages 40 & over.
Cholesterol Screening	Plan Pays 100%	One screening per calendar year for men 35 & older. Men under 35 who have heart disease or risk factors for heart disease or women who have heart disease or risk factors for heart disease.
Depression Screening	Plan Pays 100%	
Type 2 Diabetes Screening	Plan Pays 100%	Screening for adults with high blood pressure only.
Diet Counseling	Plan Pays 100%	Screening for adults at higher risk of chronic disease.
HIV Screening	Plan Pays 100%	Screening for adults at higher risk
Immunizations Hepatitis A, Hepatitis B, Herpes Zoster, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis, Varicella	Plan Pays 100%	Listed immunizations are once per calendar year. Pneumococcal shots for adults 65 & older.
Obesity Screening & Counseling	Plan Pays 100%	
Sexually Transmitted Infection (STI) Screening & Counseling	Plan Pays 100%	
Tobacco Use Screening	Plan Pays 100%	
5.2 COVERED PREVENTIVE SERVICES WOMEN		
Well-Women Visits	Plan Pays 100%	
Anemia Screening	Plan Pays 100%	For pregnant women.
Bacteriuria Urinary Tract or Infection Screening	Plan Pays 100%	For pregnant women.
Breast Cancer Mammography Screening	Plan Pays 100%	Screenings every 1 to 2 years for women over 40 years old.
Breast Cancer Chemoprevention Counseling	Plan Pays 100%	Counseling for women at high risk.
Cervical Cancer Screening	Plan Pays 100%	Women ages 21-39 pap test every 3 years. Women ages 30-65 every 3 years if you only have a pap test. Every 5 years if you have both a pap test and an HPV test. Women ages 66 & older consult your doctor.
Chlamydia Infection Screening	Plan Pays 100%	For yonder women & women at high risk.

5. WHAT'S COVERED (cont.)

5.3 COVERED PREVENTIVE SERVICES CHILDREN		
WELLNESS OFFICE VISITS	NETWORK PROVIDERS	BENEFIT LIMITS
Alcohol & Drug Use Assessments	Plan Pays 100%	
Autism Screening	Plan Pays 100%	For children at 18-24 months.
Behavioral Assessments	Plan Pays 100%	For children to age 18.
Blood Pressure Screening	Plan Pays 100%	For children to age 18.
Cervical Dysplasia Screening	Plan Pays 100%	For sexually active females.
Congenital Hypothyroidism Screening	Plan Pays 100%	For newborns.
Depression Screening	Plan Pays 100%	For teenagers ages 12-18.
Developmental Screening	Plan Pays 100%	For children under age 3 & surveillance throughout childhood.
Dyslipidemia Screening	Plan Pays 100%	For children at high risk of lipid disorders.
Fluoride Chemoprevention Supplements	Plan Pays 100%	For children without fluoride in their water sources.
Hearing Screenings	Plan Pays 100%	For all newborns.
Height, Weight & Body Mass Index Measurements	Plan Pays 100%	For children to age 18.
Hematocrit or Hemoglobin Screening	Plan Pays 100%	For children to age 18.
Hemoglobinopathies of Sickle Cell Screening	Plan Pays 100%	For all newborns.
HIV Screening		For sexually active children.
Immunizations Diphtheria, Tetanus, Pefussis, Haemophilus influenza type B, Hepatitis A, Hepatitis B, Inactivated, Poliovirus, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Rotavirus, Varicella	Plan Pays 100%	For children to age 18.
Iron Supplements	Plan Pays 100%	For children ages 6-12 months at risk of anemia.
Lead Screening	Plan Pays 100%	For children at risk of exposure.
Medical History	Plan Pays 100%	For all children throughout development.
Obesity Screening & Counseling	Plan Pays 100%	For children to age 18.
Oral Health	Plan Pays 100%	At risk assessment for your children ages newborn-age 10.
Phenylketonuria (PKU) Screening	Plan Pays 100%	For genetic disorders in newborns.
Sexually Transmitted Infection (STI) Screening & Counseling	Plan Pays 100%	For children at higher risk, includes gonorrhea preventive medication for newborn eyes,
Tuberculin Testing	Plan Pays 100%	For children at higher risk of tuberculosis to age 18.
Vision Screening	Plan Pays 100%	For children to age 18.

* Dependents can be covered under the plan until the age of 25.

* This Plan covers routine preventive services only. This Plan does not cover medical illness or accidental injury claims.

Disclosures:

1. The Vitable MEC Plan is believed to be a non-grandfathered health plan under the Patient Protection and Affordable Care Act (PPACA).
2. Liferaft is a licensed third party administrator, domiciled in Delaware
3. Non-duplicating coverage. Plan will not pay in excess of what the plan would have paid with other coverage.
4. Claims must be filed within plan year as outlined in employer's Plan Document

Vitable Coverage

5.4 COVERED PREVENTIVE SERVICES		
WELLNESS OFFICE VISITS	NETWORK	BENEFIT LIMITS
Telemedicine and In Home Visit Exam & Includes Service For:	Vitable Plan Pays 100%	Refer to Scope of Care . All memberships include 1 annual physical and 10 sick visits. After limits are reached: <ul style="list-style-type: none"> • Synchronous visit: \$39/visit • Asynchronous visit: \$10/visit • In-home visit: \$99/visit
Labs	Vitable Plan Pays 100%	Refer to our Covered Lab List . All memberships include 1 annual panel and up to 2 additional labs. After limits are reached, discounted rates can be provided.
Prescriptions	Ventegra / GoodRx Discounts	All memberships include discounted rates.
Mental Health	Vitable Plan Pays 100%	All memberships include access to a 10 week program with bi-weekly visits. After the program is completed, additional visits will be \$90/visit

6. USING VITABLE

6.1 PRIMARY & URGENT CARE

Vitable's primary and urgent care offering provides access to comprehensive care for a wide array of health services. In addition to same and next-day virtual visits and in-home appointments, Vitable offers on-demand care team chat, making access to the care you need easy and effective.

Care pathways offers an easy and effective way for you and your family to manage your health. Through recurring examinations, asynchronous tools, scheduled lab work, and medication management you and your family access the tools to be the healthiest versions of yourself.

SCOPE OF SERVICE PRIMARY & URGENT CARE	
<ul style="list-style-type: none">→ Annual Physicals→ Sports & School Physicals→ Sick Visits→ Flu Vaccines (Sep. - End of May)→ Chronic Condition Management and Screening	<ul style="list-style-type: none">→ Lab Tests (standard panels, UA, STI)→ Point of Care Tests (strep, covid, flu)→ Dermatology (acne, rashes, sunburns)→ Birth Control (pill)
SCOPE OF SERVICE CHRONIC CONDITIONS	
Managed Chronic Conditions <ul style="list-style-type: none">→ Hypertension (High blood pressure)→ Hyperlipidemia (High cholesterol)→ Type II Diabetes→ Asthma→ Depression	Out-of-Scope Chronic Conditions <ul style="list-style-type: none">❖ Kidney Disease❖ Hepatitis❖ Type I Diabetes❖ Heart Failure / Heart Disease❖ Atrial Fibrillation❖ Osteoporosis

6.2 DISCOUNTED PRESCRIPTIONS

Don't pay more than you need to for medication. Vitable provides huge discounts on prescriptions so you can treat a condition without breaking the bank. To access your discounted prescriptions, schedule a visit through Vitable, download the Vitable app, and claim your account.

→ Arthritis	→ Eye Drops	→ Allergy	→ Vitamins
→ Cardiac	→ Gout	→ Antacids	→ Women's & Men's Health
→ Diuretic	→ Migraines	→ Thyroid	→ Blood Pressure
→ Diabetes	→ Muscle Relaxant	→ Gout	→ Mental Health
→ Ear Drops	→ Pain	→ Anti-Coagulant	→ Anti-Viral, and more!

6. USING VITABLE (cont.)

6.3 MENTAL HEALTH

Our Mental Health plan makes personalized mental health treatment easy and discreet; members gain access to licensed therapists that help to diagnose, manage, and treat the mental illnesses that may be affecting your overall quality of life.

SCOPE OF SERVICE MENTAL HEALTH TREATMENTS	
<p>Treatable Mental Illnesses</p> <ul style="list-style-type: none"> → Depressive Disorders → Anxiety Disorders → Trauma and Stressor-Related Disorders → Autism Spectrum Disorders/ Parenting Concerns → Grief and Loss → Relationship Issues → Anger Management → Insomnia 	<p>Out-of-Scope Mental Health</p> <ul style="list-style-type: none"> ❖ Bipolar Disorder ❖ Suicidal/Homicidal Ideation ❖ Pre/Postpartum Anxiety and/or Depression ❖ Schizophrenia ❖ Personality Disorders

SCOPE OF SERVICE MENTAL HEALTH SERVICES	
<p>Included Mental Health Services</p> <ul style="list-style-type: none"> → Care Pathways → One-on-One Counseling → Group Counseling → Asynchronous Tools → Recurring Examinations → Lab work → Medication Management* 	<p>Out-of-Scope Mental Health Services</p> <ul style="list-style-type: none"> ❖ Medication management for dependents under age 18 ❖ Medication management for members requiring MAOIs, anti-psychotics, Lithium, or controlled substances. ❖ Mental health services outside of Vitable Health's mental health offering

* Vitable providers can prescribe the following medications to treat mental illnesses with SSRIs, SNRIs, 2nd Gen Antidepressants, TCAs. Members can receive up to a 30-day 1 time refill every 6 months of medications prescribed by an outside provider for members not using Vitable for primary management. This will be left up to the discretion of the provider.