What are Value Added Benefits?

BenefitSource and Presbyterian Health Plan have teamed up to provide the services described in this booklet to Health Plan members at no additional cost. There are savings with guaranteed low, preset fees on services for visits to a chiropractor, an acupuncturist and massage therapist. Members also enjoy savings for fitness and wellness programs offered through local facilities. Supplemental Vision Care is available, including discounts for comprehensive eye exams, and savings for eye glasses and contact lenses. Members may “buy up” additional vision coverage to enrich the benefit for eye exams and eye wear.

Who is Eligible?

Enrolled members of Presbyterian Health Plan Commercial, SCI or ASO members are eligible for this program. Enrolled dependent spouses and children are also eligible for this program.

How do I obtain services through BenefitSource Value Added Program?

Please visit our website, www.benefitsource.org for the most current list of contracted providers for each of the services listed in this booklet. Upon contacting the appropriate office to schedule an appointment, identify yourself as a BenefitSource Value Added member through Presbyterian Health Plan to receive contracted discounts. All discounted fees or copayments are paid directly to the contracted provider at the time of service.
Supplemental Vision and Hearing Programs

Vision Care

BenefitSource, through a special arrangement with Vision Care Direct and Eye Associates of New Mexico, provides the following discounted schedule of benefits for vision exams and materials as needed.

<table>
<thead>
<tr>
<th>Exams</th>
<th>Member Pays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensive eye health examination, including refraction and dilation</td>
<td>$85.00</td>
</tr>
</tbody>
</table>

**Hearing Hardware**

You are automatically eligible to receive discounts on hearing hardware and appliances. These discounts vary by provider and include 25% to 50% savings on hearing aids and special discounts for hearing aid batteries.

Visit our website: [www.benefitsource.org](http://www.benefitsource.org) for a current list of Audiology Care Centers and sources for hearing aid hardware. You must contact the provider directly and identify yourself as a Presbyterian Health Plan member to learn applicable discounts through BenefitSource.

### Frames

<table>
<thead>
<tr>
<th>Member Pays</th>
</tr>
</thead>
<tbody>
<tr>
<td>$75.00</td>
</tr>
</tbody>
</table>

### Lenses (Plastic CR-39)*

<table>
<thead>
<tr>
<th>Member Pays</th>
</tr>
</thead>
<tbody>
<tr>
<td>$72.00</td>
</tr>
</tbody>
</table>

### Sun Glasses (most styles)

15% Discount

### Refractive Surgery Procedures

15% Discount

### Contact Lenses

**Member Benefit**

Routine vision examination, medical examinations, and medical diagnostic procedures not included.

**Evaluation and up to 3 Follow-up Visits**

25% Discount

Contact lens evaluation and up to 3 follow-up visits must be completed within 3 months, or additional fees may apply.

**Disposable Contact Lenses**

Floor Pricing* (not subject to Manufacturer Floor Pricing)

*Mandatory Floor Pricing

**Disposable Contact Lenses**

15% Discount

**Individualized Contact Lenses**

Toric

15% Discount

Rigid Gas Permeable

15% Discount

All non-disposable contact lenses

15% Discount

Medically necessary contact lenses

15% Discount

Contact Lens Replacement

(non-disposable) 15% Discount

Vision Buy Up Option

Through a special arrangement with Vision Care Direct, BenefitSource members may purchase enhanced vision coverage.

Visit the website, [www.visioncaredirect.com](http://www.visioncaredirect.com) for a description of many different options and use the promotional code “BenefitSource” to receive a 10% discount off membership fees.
Supplemental Dental, Vision, and Hearing Programs

**Acupuncture**

This is an ancient treatment that involves balancing the 5 main forms of vital energy flow through the human body. Treatment involves the use of small, thin, sterile needles that are inserted into specific “reflex points” to relieve pain, sleep disorders, stress, low energy and digestive problems. Through a holistic approach to treatment, nutritional and exercise guidance may also be included.

**Chiropractic Care**

This is a form of medical treatment through manipulation or careful movement of various body parts. Chiropractic care can be helpful for pain management, improvement in the function of nervous, skeletal and muscular systems, and improvement in mobility.

Presbyterian Health Plans may include limited coverage for chiropractic and acupuncture care. Refer to your summary plan description for updated coverage details. This service is available for Chiropractic services either not covered under your medical plan or if benefits are exhausted.

<table>
<thead>
<tr>
<th>CPT Code</th>
<th>Description</th>
<th>Fee Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>99201</td>
<td>Problem focused history and examination—straight forward</td>
<td>$11.00</td>
</tr>
<tr>
<td>99203</td>
<td>Detailed history and examination—low complexity</td>
<td>$17.00</td>
</tr>
<tr>
<td>99204</td>
<td>Comprehensive history and examination—moderate complexity</td>
<td>$17.00</td>
</tr>
<tr>
<td>98940</td>
<td>Chiropractic manipulative treatment spinal, one to two regions</td>
<td>$34.00</td>
</tr>
<tr>
<td>98941</td>
<td>Spinal, three to four regions</td>
<td>$36.00</td>
</tr>
<tr>
<td>98943</td>
<td>Exraspinal, one or more regions</td>
<td>$26.00</td>
</tr>
<tr>
<td>97012</td>
<td>Traction, Mechanical</td>
<td>$16.00</td>
</tr>
<tr>
<td>97014</td>
<td>Electrical Stimulation (unattended)</td>
<td>$16.00</td>
</tr>
<tr>
<td>97110</td>
<td>Therapeutic Exercise, 15 Min.</td>
<td>$18.00</td>
</tr>
<tr>
<td>72040</td>
<td>Cervical 3 Views (x-ray)</td>
<td>$34.00</td>
</tr>
<tr>
<td>72100</td>
<td>Spine, Lumbosacral Anteroposterior and Lateral (x-ray)</td>
<td>$34.00</td>
</tr>
</tbody>
</table>

This is an abbreviated schedule of fees for chiropractic care. Visit our website: www.benefitsource.org for a complete fee schedule and the most current list of participating Chiropractic and Acupuncture providers.

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Complementary and Alternative Medicine
You are automatically eligible to access the discounted fees and networks for Complementary and Alternative Medicine.

## Massage Therapy

This is a form of therapy through soft tissue manipulation that is helpful in relieving pain associated with arthritis, sports injuries, myofascial pain, headache, stress, circulatory problems, gastrointestinal disorders, or chronic and acute pain.

**Massage techniques include:**
- Deep tissue massage to relieve chronic tension
- Myofascial release to release muscular tension in the fascia
- Reflexology, particularly focused on hands and feet that may be linked to organs, nerves and glands
- Shiatsu and Acupressure that treat points along acupuncture meridians to relieve pain
- Swedish massage for tension relief and circulation improvement
- Trigger Point Therapy (Myotherapy or Neuro-muscular therapy) to relieve cycles of chronic pain
- Sports massage

### Fee Schedule

<table>
<thead>
<tr>
<th>Session Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 Hour Session</td>
<td>$27.00</td>
</tr>
<tr>
<td>1 Hour Session</td>
<td>$46.00</td>
</tr>
<tr>
<td>1 1/2 Hour Session</td>
<td>$58.00</td>
</tr>
</tbody>
</table>

## Naprapathic Medicine

This is a process that employs manual medicine, nutritional counseling and therapeutic modalities, for the purpose of treating pain caused by connective tissue disorders.

## Vision, Hearing and Home Safety Technology

Assisted technology that will help you hear, see and maintain independence. Through ATS Resources, a non-profit organization, you are eligible to receive a 10% discount.

### Products

- Conversation Amplifiers
- Amplified Telephones
- Help Alerts
- Doorbell Alerts
- TV Listening
- Fall Alerts
- Large Group Listening

### Discount Code

Please call **877.287.0608** toll free or **505.222.0608** for more information.

## ISOTOPES – BUY 1 GET 1 FREE

Buy 1 Reserved Level Ticket at Regular Price and receive another Reserved Level ticket FREE!

Box Office Code: BENEFIT1(2)

## 2019 ISOTOPES BASEBALL TICKET OFFER

- Good for 2019 Regular Season
- Monday thru Thursday Non-Restricted Home Games
- Not valid for USL or other events
- No Upgrades
- Seating is based on availability
- This offer is only valid at the Isotopes Park Box Office
- This pass must be presented to redeem your ticket at the Isotopes Park Box Office
- Retain this coupon for multiple uses at the Isotopes Park Box Office
Non-Medical Home Health Care

The number 1 goal of today’s members is to remain at home for as long as possible. Consequently, non-medical home health care focuses on helping members with daily, non-medical activities. Most of these services are not reimbursed by Medicare or other traditional medical insurance plans. BenefitSource has contracted with a variety of local home care providers to fulfill this goal.

This benefit is also available for spouses and parents of participating members.

Presbyterian Health Plan members will receive a 7% savings on billed home care services which include:

- Bathing and dressing
- Transferring and toileting
- Companionship and custodial care
- Medications monitoring
- Light cleaning and meal preparation
- Transportation, laundry, and hobbies

Visit our website: www.benefitsource.org for a current list of participating home care providers. When contacting the home care provider of choice, simply inform them you are a BenefitSource member through Presbyterian Health Plan to receive your savings.

Meals on Wheels

Meals on Wheels of Albuquerque delivers meals to those who are home bound or otherwise unable to obtain proper, nutritional meals on their own. Seven different menu options for each day are designed to meet special medical or therapeutic needs of their client base. This program enables members to retain independence, maintain or improve health, and helps them stay at home and out of expensive long-term care facilities. Presbyterian Health Plan members receive a discount off the normal price per meal. This benefit is also available for spouses and parents of participating members.

Fitshop

Fitshop helps members achieve their fitness goals by providing individualized nutrition plans designed to accommodate a members schedule and goals. Cost of the program is normally $299 a month, however with BenefitSource, members get 50% off and only pay $149 ($150 savings!).

Membership includes:

- Weekly Nutrition Plans
- Weekly Exercise Plans
- Recipes
- Snack Tips
- Weekly Weigh-Ins
- Accountability & Support
- Weekly Measurements
- Progress Photos
- Access to Group Workout Sessions
- 10% Discount at all Nutrishop Locations
- Water Bottle
- Guaranteed Results

For more information, or to schedule a Free Body Composition Analysis, please visit the website at fitshopnm.com or call 505.872.3348.

Yoga

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the practice of Yoga. It helps to increase strength and flexibility while helping the body detoxify. Various classes are available to accommodate all yoga levels. All enrolled Presbyterian Health Plan members will enjoy a 20% discount or specific fees at participating Yoga Studios.

Fee Schedule

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>First 10 Meals (paid upon delivery)</td>
<td>$57.50</td>
</tr>
<tr>
<td>Meals Thereafter</td>
<td>$5.75</td>
</tr>
</tbody>
</table>
Jenny Craig Weight Management Program

This is a comprehensive weight management program. Members learn how to eat the foods they want, develop a healthy and enjoyable eating style, increase energy levels through simple activity, and build more balance into their lives. The results are optimal weight loss and well-being. BenefitSource members have a special discount with Jenny Craig. Just contact Jenny Craig and identify yourself as a Presbyterian Health Plan member to receive this discount. Cost of food is extra.

Please visit benefitsource.org for a current list of Jenny Craig centers.

The Canyon Club at Four Hills

BenefitSource Value Added members may join the Canyon Club at Four Hills in Albuquerque, one of New Mexico’s premier private country clubs. Join the Golf Membership or one of the Social Membership options at a discounted rate available only for BenefitSource Members.

Golf Members have full membership privileges of the 18-hole golf course. Social membership provides access to all dining, social activities, seminars and classes. Sports membership includes access to Clubhouse, tennis, and aquatic facilities.

Golf Memberships (2017): Dues vary with age
BenefitSource members receive a $1,000 credit applied to the initiation fee.
Social Membership (2017): $29
BenefitSource members enjoy the first two months free and a 50% reduction on the initiation fee.
Sports Membership (2017): $59
BenefitSource members enjoy the first two months free and a 50% reduction on the initiation fee.

www.canyonclubgolf.com

Sports & Wellness

New Mexico Sports & Wellness is the premier exercise facility in Albuquerque. Experience the following:

• Cardiovascular Equipment (Treadmills, Ellipticals, Stationary Bicycle, Recumbent Bicycle)
• Outdoor & Indoor Swimming Pools
• Free Weights
• Machine Weights
• Racquetball, Tennis and Basketball Courts
• Sauna & Hot Tub
• Over 200 group exercise classes per week (Yoga, Zumba, Cycling, Water Aerobics, etc.)

With your Benefit Source discount, you’ll automatically receive $8 off your membership each month. Call or email Nolan to learn more about monthly promotions or to learn more about the elite health club in Albuquerque.

New Mexico Sports & Wellness:
505-293-5820 or ntrammell@wellbridge.com

Sports & Wellness Locations
Highpoint Sports and Wellness
4300 Landau St NE, Albuquerque, NM 87111
Phone: (505) 293-5820 Hours: 5am–9:30pm

Del Norte Center Sports and Wellness
7120 Wyoming Blvd NE #8B, Albuquerque, NM 87109
Phone: (505) 857-0123 Hours: Open 24 Hours

Midtown Sports and Wellness
4100 Prospect Ave NE, Albuquerque, NM 87110
Phone: (505) 888-4811 Hours: 5am–10:00pm

Riverpoint Sports and Wellness
9190 Coors Blvd NW, Albuquerque, NM 87120
Phone: (505) 897-3716 Hours: 5Aam–11:00pm

Downtown Sports and Wellness
40 First Plaza Center NW #76, Albuquerque, NM 87102
Phone: (505) 242-1500 Hours: 5am–9:00pm

Visit benefitsource.org or call 888.862.8659 or 505.237.1501 for a current list of providers and complete fee schedule.