





## TUFTS ii Health Plan No one does more to keep you healthy.

Do you refill prescriptions monthly? FastStart can help you access valuable mail order discounts.

Tub Health Ran ID and (you'll need information from the card).

\*\*\*Tub Health Ran ID and (you'll need information from the card). \* Medication name of the price of a three-month supply . Medication name Servelin to FastStart

- Copayment, savings compared to your local pharmacy.
- Home delivery including free standard shoping. 10-14 days) to your home or office
- · Access to a ficensed pharmacist wherever who have a (Lestion - 24 hours a dec 7 des a week

TUFTS THealth Plan

Geesing Started is Easy The transport of the second street of the second street of the second se

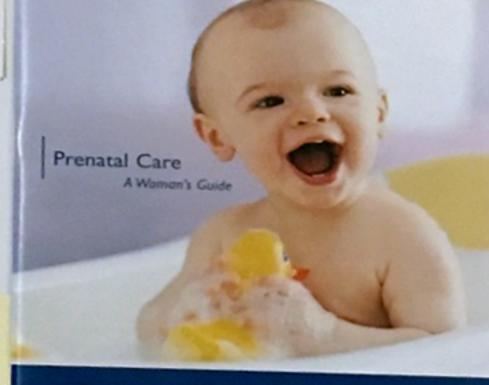
- Physician name and phone number
- Oreclit card information and expiration date. Facilitaticals your doctor to get the prescription set up for

Tufts Health Plan Blue Ribbon designation for eligible primary care physician and primary care/specialist physician practice groups

> To enhance the decision-making tools available to Navigator in a Tufts Health Plan Blue Ribbon designation to the top 25 percen physiciens (PCPs) and PCPs peculist practice groups in our net

he Blue Ribbon designation recognizes a practice group's high pe quality and cost-efficiency measures.

Beginning July 1, 2006, you can find a physician in a practice group Tuts Heath Plan Blue Ribbon designation at www.tufshealthplan.co a printed list of physicians whose practice group his received this a Services at 1-800-870-9488





TUFTS THealth Plan No one does more to keep you healthy.

TUFTS Health Plan

333 Wyman Street, P.O. Box 9112 Waltham, MA 02454-9112

Member Services 1-800-870-9488 www.tuftshealthplan.com/gic

## Need more energy and strength? We're here to help!

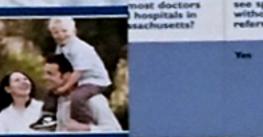
## e the Right Move

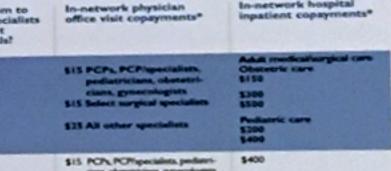
igator by Tufts Health Plan, the health plan of choice th of Massachusetts employees, retirees, and their families.

NAVIGAT#R by TUFTS THealth Plan



Your Tools for Healthy Living





cars, observiors, precologists \$15 Tier 1 specialists \$25 All other specialists (Tier 2) \$10 Tier I doctors \$20 Tier 2 doctors

\$150 \$200

\$250 Value Plus \$300 Value \$200

\$200

\$200

PERSONAL HEALTH ASSESSMENT OFFERINGS



where you seek care. The

services. They can help you and your doctor assess which hospital is right for you.

How did Tufts Health Plan develop the inpatient

ed. The scores are adjusted for the relative severity of

would be reasonable choice and access to a Level 1

hospital copayment levels?

copayment levels balance the quality that inpatient care

sital no marter where you live in the Tufts Health n contracting area. Based on this information, we e grouped hospitals into three copayment levels adult medical/surgical and obstetric care, and two syment levels for pediatric care.

by are hospitals grouped in three copayment els for adult medical/surgical and obstetric care. I two copayment levels for pediatric care?

Because there are fewer pediarric inputient options in Massachusero—compared to inputient options for adult medical/surgical and observic care—grouping these hospitals in two copayment levels seemed to be the most appropriate

approach for our members. e some inpatient care services not subject to Styment levels?

These include rehabilitation services, and extended e and skilled nursing services provided at skilled sing, rehabilitation, and chronic-care facilities. For more information, please review a benefit summary. call a member services coordinator at 1-800-870-9488, or go to www.rufubealthplan.com/go.

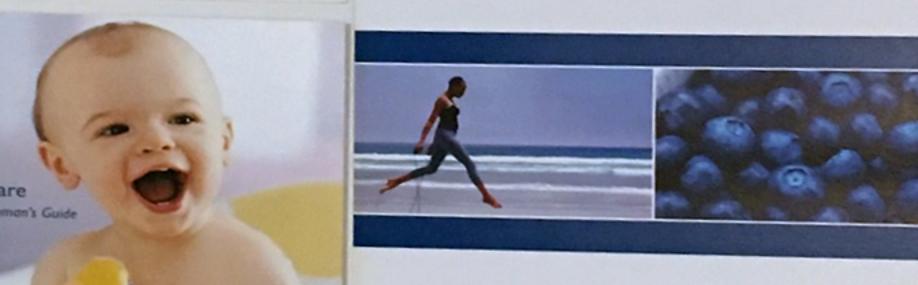
quality that inputient care hospitals in our network deliver with the cost of those Are there hospitals that are not grouped in

copayment levels?

Some network hospitals and services are covered but are not grouped in copayment levels. For more information, please review a benefit summary, call a member services coordinator at 1-800-870-9488, or go to www.tuftshealthplan.com/gic.

> CALL OUR MEMBER SERVICES DEPARTMENT AT

1-800-870-9488 www.tuftshealthplan.com/gic





Can I keep my PCP?

Yes. As a member of the Navigator plan, you can receive covered services from almost any licensed physician, specialist, or hospital of your choice, including your current PCP

OFFICE VISIT COPAYMENTS

Does the Navigator plan cover routine eye exams? Yes. Navigator plan members are covered for a routine eye examination every 24 months with a \$15 copayment per visit.

Does the Navigator plan cover chiropractic care?

Yes. The Navigator plan covers up to 20 visits a year for manual manipulation of the spine with a \$15 copayment per visit.

Massachusetts hospitals in our network are grouped in copayment levels based on the quality of care they provide (using select national and regional measures of quality and data the hospitals report), as well as the cost to Tufts Health Plan for the services provided. patients treated by each hospital. We also made a few additional copayment level adjustments so there