

**TUFTS HEALTH PLAN INTEGRATED PERSONAL HEALTH ASSESSMENT**  
Your Tools for Healthy Living

**TUFTS HEALTH PLAN PERSONAL HEALTH ASSESSMENT PROGRAM**  
Your Tools for Healthy Living

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

**Working Well**

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

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

**What is FastStart?**  
FastStart helps you access valuable discounts through prescriptions by mail. Order nearly maintenance medications—those you refill monthly for conditions like diabetes, high blood pressure, or asthma—at \$10 or more off the price of a three-month supply.

**Benefits to FastStart**

- No forms to fill out to start prescriptions by mail
- Copayment savings compared to your local pharmacy
- Home delivery including free standard shipping (within 10-14 days to your home or office)
- Access to a licensed pharmacist, whenever you have a question—24 hours a day, 7 days a week

**Getting Started is Easy**  
Get all FastStart toll free at 1-866-281-0629 with the following:

- Tufts Health Plan ID card (you'll need information from the card)
- Medication name
- Physician name and phone number
- Shipping address
- Credit card information and expiration date

FastStart calls your doctor to get the prescription set up for mail order.

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

PHARMACY COVERAGE	Standard Plan	Value Plus Plan
Prescription	\$10	\$10
Prescription	\$10	\$10
Prescription	\$10	\$10

To enhance the decision-making tools available to Navigator members, Tufts Health Plan Blue Ribbon designation to the top 25 percent of physicians (PCPs) and PCP/specialist practice groups in our network.

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

Beginning July 1, 2006, you can find a physician in a practice group with Tufts Health Plan Blue Ribbon designation at [www.tuftshealthplan.com](http://www.tuftshealthplan.com) or a printed list of physicians whose practice group has received this services at 1-800-870-9488.

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

**Prenatal Care**  
A Woman's Guide

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

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

**NAVIGATOR**  
by TUFTS Health Plan

**PERSONAL HEALTH ASSESSMENT OFFERINGS**  
Your Tools for Healthy Living

**Working Well**

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

**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.

**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](http://www.tuftshealthplan.com/gic).

**Make the Right Move**  
Navigator by Tufts Health Plan™, the health plan of choice for Massachusetts employees, retirees, and their families.

Network access to most doctors in Massachusetts?	Freedom to see specialists without referrals?	In-network physician office visit copayments*	In-network hospital inpatient copayments*
Yes	Yes	\$15 PCPs, PCP/specialists, pediatricians, obstetricians, gynecologists \$15 Select surgical specialists \$25 All other specialists	Adult medical/surgical care Obstetric care \$150 \$300 \$500 Pediatric care \$200 \$400
Yes	Yes	\$15 PCPs, PCP/specialists, pediatricians, obstetricians, gynecologists \$15 Tier 1 specialists \$25 All other specialists (Tier 2)	\$400
Yes	Yes	\$10 Tier 1 doctors \$20 Tier 2 doctors	\$200 \$400
Yes	Yes	\$10	\$150

It doesn't matter where you live in the Tufts Health Plan contracting area. Based on this information, we've grouped hospitals into three copayment levels for adult medical/surgical and obstetric care, and two copayment levels for pediatric care.

Why are hospitals grouped in three copayment levels for adult medical/surgical and obstetric care, and two copayment levels for pediatric care?

Because there are fewer pediatric inpatient options in Massachusetts—compared to inpatient options for adult medical/surgical and obstetric care—grouping these hospitals in two copayment levels seemed to be the most appropriate approach for our members.

Some inpatient care services not subject to copayment levels!

These include rehabilitation services, and extended and skilled nursing services provided at skilled nursing, 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.tuftshealthplan.com/gic](http://www.tuftshealthplan.com/gic).

**CALL OUR MEMBER SERVICES DEPARTMENT AT**  
1-800-870-9488  
[www.tuftshealthplan.com/gic](http://www.tuftshealthplan.com/gic)