



FOR EMPLOYERS HEADQUARTERED
IN PIERCE COUNTY

Peak Care

2019



Peak Care offers a new journey, where you and your employees will get quality care, at a fair price. An integrated collaboration between health plan and providers smooths the path for your employees, allowing them to focus on their health.

**Be a part of something new,
something better.**

What is Peak Care?

Premera Blue Cross and MultiCare, two locally based companies in the Pacific Northwest, have come together to develop a new product. Peak Care plans leverage Premera's more than 80 years of experience providing health plans in Washington state with MultiCare's integrated health system of hospitals, clinics, and urgent care centers.

Peak Care is an exclusive provider organization (EPO) plan designed for Pierce County-based employers who want a fully insured health plan.

Together through Peak Care, Premera and MultiCare can help customers take control of their basic health needs, while better managing their costs.

What is an EPO?

An exclusive provider organization, or EPO, is a hybrid health plan in which a primary care provider referral is not required when seeking specialty care, but health care providers must be chosen from within a predetermined network.

The customer is at the center of all we do

That's why we offer plans that help you keep control of your expenses while giving your employees access to quality and affordable care.

How you benefit with Peak Care

Lower costs

Save as much as 15% on the cost of a traditional preferred provider organization (PPO) plan.*

A transparent and integrated care experience

Depending on your business size, you may benefit from deeper, real-time insights into the way your employees are using their benefits. These insights can help you uncover better ways to engage and meet the needs of your employees.

Attract and retain with quality benefits

Peak Care's benefits and programs will help you get and keep a talented workforce.

Administrative ease and support

Effortlessly manage your health plans and pay bills online with our secure employer dashboard.

Get ready-to-share resources that make benefits simple to understand for you and your employees.

*Comparison of Premera preferred provider organization plan pricing.

How your employees benefit with Peak Care

Simple and easy benefits

- Peak Care offers integrated care, without the barriers. This means primary care providers don't serve as gatekeepers, and referrals aren't required for seeing specialists. Specialists make up more than 85% of the MultiCare Connected Care Clinically Integrated Network.
- Your employees have access to a variety of programs and services to help them where they're at in their healthcare journey.

Convenient access to care

- The MultiCare Connected Care Clinically Integrated Network covers everything from pediatrics to cancer care plus more than 40 urgent clinics across the state.
- Peak Care includes coverage for rides to scheduled appointments through transportation services. (Restrictions apply.)
- Your employees have access to virtual care 24/7.

Lower costs

- Your employees will pay a lower deductible,* making Peak Care an attractive option.
- Because customers are required to choose only in-network providers, they may also experience lower overall out-of-pocket costs.

*Comparison of Premera preferred provider organization plan pricing.

Programs and services

Preventive healthcare: Preventive health services are part of every Premera plan. Our secure member website provides your employees with details about what is covered. They'll also find suggested preventive exams, vaccinations, and screenings.

Virtual care: Video or phone consultations with a doctor are available to your employees any time for a low copay.

Low-cost fitness center memberships: Your employees get access to 9,000 fitness centers nationwide for only \$25 a month (plus a \$25 enrollment fee and applicable taxes).

Online tools: Apps and digital tools give your employees more control when it comes to managing their healthcare. They can easily search for doctors, compare costs of services, track medications, review claims, and more.

24-Hour NurseLine: Free, confidential, health services from a registered nurse is available to your employees 24/7.

Wellness programs: Employees who feel better do better. That's why Premera offers tools for both large and small businesses to develop a culture of well-being within your workplace. Talk to your Premera representative or producer for more information about our wellness programs.

Additional personal support programs: A variety of clinical services as well as quality and utilization management programs are available for your employees. These programs are designed to keep your employees engaged, healthy, and productive.

Exclusive for Peak Care plans

Maternity and newborn care

Identifying and providing care for high-risk maternity patients and neonatal intensive care unit (NICU) customers is easier than ever.

MultiCare maternity programs offer:

- Virtual obstetrician (OB) visits for non-complicated pregnancies
- Midwife care
- Traditional OB care
- Prenatal care group program (CenteringPregnancy®)

MultiCare NICU programs offer:

- A team of MultiCare specialists working together
- Personalized care for moms and babies
- Maternal fetal medicine (MFM) specialist
- Programs for diabetes care and high-risk pregnancies

Comprehensive provider network



Our comprehensive provider network is comprised of the MultiCare Connected Care Clinically Integrated Network, which offers more than 3,500 providers and practices across Washington state. In addition, customers will have access to a network of contracted chiropractors, acupuncturists, naturopaths, and massage therapists to ensure they have access to a full range of services to meet their needs. The network name that will appear on member ID cards is the Tahoma provider network.

Eight MultiCare hospitals

- Allenmore Hospital
- Auburn Medical Center
- Covington Medical Center
- Good Samaritan Hospital
- Deaconess Hospital
- Valley Hospital
- Mary Bridge Children's Hospital
- Tacoma General Hospital

More than 40 MultiCare urgent care clinics, as well as MultiCare primary care and specialty services

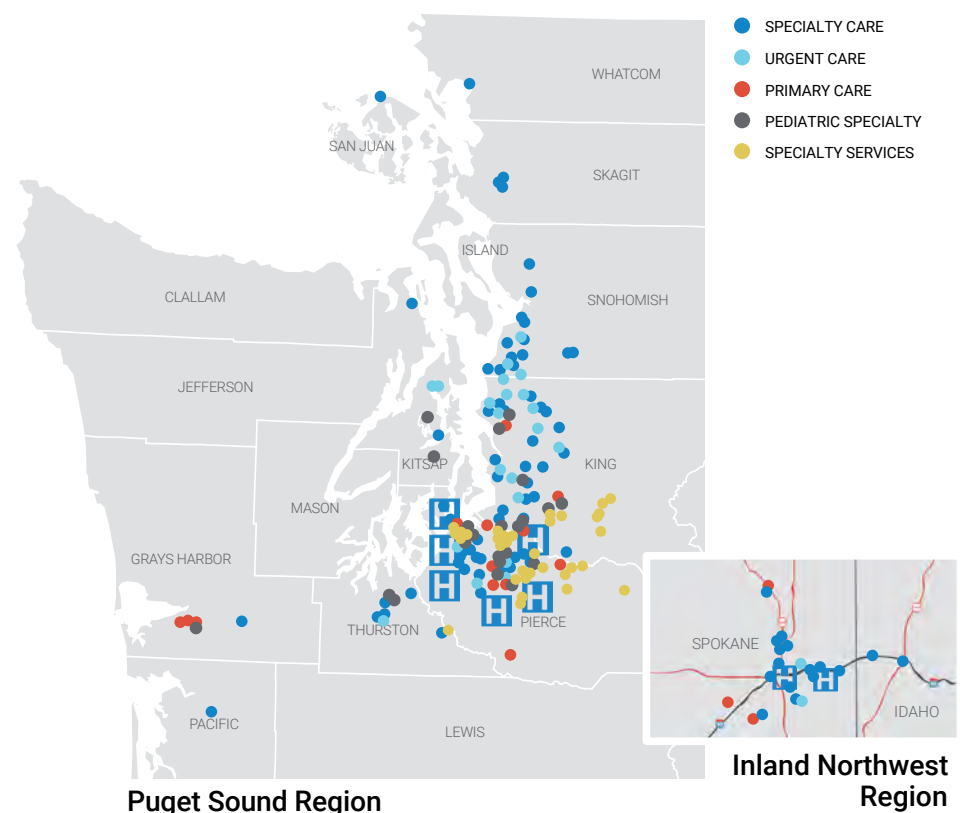
- Immediate Clinic
- MultiCare Indigo Urgent Care
- Pulse Heart Institute
- MultiCare Rockwood Clinic
- Navos Mental Health Solutions

Alternative care network of contracted providers

More than 100 specialty services providers, primarily in Pierce County, are available within the Tahoma provider network. These specialty services providers include chiropractors, acupuncturists, naturopaths, and massage therapists.

National access to care

- Virtual care
- Emergency department visits





FIND OUT MORE

Visit peakcare.com

Talk with your Premera representative or producer