

# Ochsner Select Tiered Plan

Understanding your new benefits plan for optimal care coordination.



# Ochsner Select Tiered Plan



## OPEN ACCESS

See any Choice Plus network provider in any state, without referrals.



## TIERED NETWORK

You will get the best cost benefit if you stay in the Tier 1 network. In areas outside of the defined service area, Tier 2 cost share will apply.

Out of Network benefits are not included in Ochsner Select.



## VALUE OF A PCP

Care coordination results in your optimal overall care. You will need to designate a PCP, but referrals are not required to visit a Specialist.



# Ochsner Select Network



**OCHSNER SELECT** includes Ochsner hospitals, clinics and providers and offers access to dozens of managed and affiliated hospitals

**1,600+ PARTICIPATING PHYSICIANS** in the region!

## Look for Tier 1 care first

**TIER 1** Look for the Tier 1 symbol when searching for a provider.

## Need Help?

Ochsner Patient Engagement Team

Call our concierge line for help with:

- PCP Selection
- Scheduling Appointments
- Setting up MyOchsner account/mobile app

**855.723.8152**

**[connected@ochsner.org](mailto:connected@ochsner.org)**

## Ochsner Medical Centers:

Main Campus | Baptist Campus | Kenner  
Westbank | Northshore | Baton Rouge

Ochsner LSU Health Shreveport – Academic Medical Center,  
St Mary’s Medical Center & Monroe Medical Center

Ochsner Hospital for Orthopedics and Sports  
Ochsner St. Ann Hospital (Raceland)

Ochsner St. Bernard Parish Hospital | Ochsner St. Charles Parish Hospital  
Ochsner St. Mary Parish Hospital | Leonard J Chabert Medical Center (Houma)  
Slidell Memorial Hospital | St. Tammany Health System



# Ochsner Select Features

## ANYWHERE CARE VIRTUAL VISITS\*

See a doctor anywhere, anytime 24/7/365

- \$0 Urgent Care Virtual Visits with coupon code UNITED
- Behavioral Health Counseling Visits
- Download Ochsner Anywhere Care App to visit with a doctor or mental health professional at your preferred time.

*\*Visits are not billed as a claim*

## OCHSNER DIGITAL MEDICINE

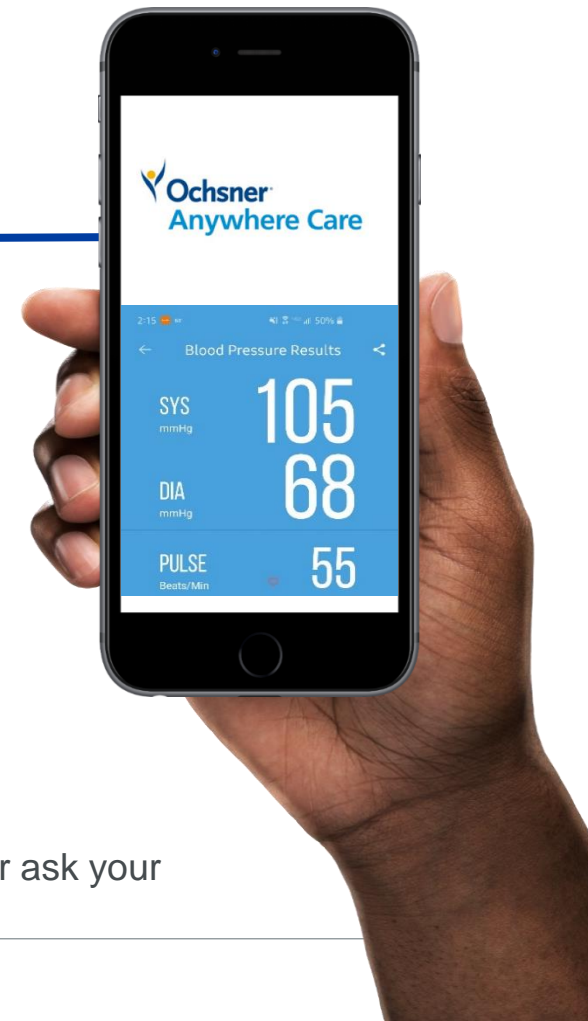
Manage your chronic conditions from home while staying connected to a dedicated care team.

- **Hypertension** – Digital Blood Pressure Cuff
- **Type 2 Diabetes** – Digital Glucometer

Your personal care team monitors your readings to support you in real time with:

- Medication Management
- Lifestyle Coaching
- Proactive Treatment

For eligibility go to: <https://www.ochsner.org/digitalmedicinepartners> or ask your Ochsner physician for more information!



# Medical Fitness Program



- **30-day Free Membership** to any Ochsner Fitness or Performance Center
- **Complimentary Services:**
  - Personal fitness consultation
  - In Body Analysis (measures body composition)
  - TRX MAPS assessment (measures posture, balance)
- **Electronic Nutrition Resources**
- **Group Classes and Pools**
- **Discounted Ochsner Fitness Center Membership** after initial complimentary month:
  - No enrollment fee; 22% discount = \$63/month for month to month, \$58/month for annual contract. Additional 20% off discounted rate after 12 visits per month. Second adult \$47/month.
  - To learn more about enrolling in this program, please call a Membership Representative at **504.842.9542**



Locations in: Harahan | Kenner | Downtown New Orleans | Metairie | Southshore New Orleans | Covington

# A better health care experience.



## Save on covered services when you use Ochsner Health Network providers.

- Doctors' office visits.
- Hospital care.
- Pregnancy care services.
- Outpatient surgery.
- Wellness services and more.

For full coverage details, see your official health plan documents.



## Preventive care is covered 100% in our network.\*

- Immunizations.
- Preventive exams and health screenings.



## Help is a call, email or web chat away.

- Have questions about your health care benefits?
- Need help resolving a claim?
- Have questions about a recent screening or test?
- Need to find a doctor or schedule an appointment?
- You can call or web chat with a registered nurse 24/7.



## Be more active with Rally®.

Rally is a wellness program that helps you make changes to your daily routine, set smart goals and track progress.



## See a doctor whenever, wherever.

Virtual Visits let you see and talk to a doctor from your mobile device\*\* or computer, 24/7.

