

Telehealth, Preventive and Wellness Care

TELEHEALTH

Each medical plan option includes coverage for Telehealth. Telehealth services are virtual visits conducted via secure video or mobile app with a board-certified physician from Independence Blue Cross' MDLIVE network. Telehealth allows you and your eligible family members to address your medical concerns from the convenience of your home or office. MDLIVE's Telehealth providers are available 24/7 to address simple medical issues (skin rash, cold/flu, pink eye, nausea, etc.); prescriptions can be written as needed.

MDLive includes access to **Behavioral Health and Dermatology** services from MDLive. See the Medical Plan Highlights in the following pages for details on your cost for these services.

- » Activate your account now with MDLIVE (visit [MDLIVE.com/ibx](https://www.mdlive.com/ibx), or call 877-764-6605), so you are ready to go when the need arises for your first Telehealth visit.
- » For employees in the HDHP or Basic HDHP, the 2023 cost of MDLive Telehealth services is as follows:
 - » General Medicine: \$64
 - » Dermatology: \$94
 - » Behavioral Health: Up to \$250
 - » HDHP and Basic HDHP participants will pay the full cost of service until their deductible has been satisfied for the year.

PREVENTIVE CARE

No matter which Swarthmore College medical plan you choose, one thing is consistent with each plan option: preventive care is covered at 100%. What services are considered preventive care?

- » Annual physical exam – keeping up with your annual preventive exams is an important way to stay healthy
- » Flu shot – Swarthmore's medical plans cover annual seasonal flu shots at 100% if you visit an in-network provider
- » Colorectal cancer screening for members age 45 and older:
 - Fecal occult blood testing – annually
 - Colonoscopy – every 10 years
- » Well woman services
 - Pelvic and breast examination - annually
 - Mammogram – annually starting at age 40
 - PAP test – annually starting at age 21

This list is not all-inclusive; well child exams, routine immunizations, etc. also fall under the Preventive Care benefit.

WELLNESS

Swarthmore College cares about you and your health. The College provides various opportunities to participate in wellbeing programs throughout the year; keep a lookout for your chance to engage in wellness activities!

Services and programs available to you include:

- » Nutrition counseling for Weight Management - each of Swarthmore's medical plan options covers 6 visits per year, payable at 100% if services are provided by an Independence Blue Cross participating provider
- » Independence Healthy Lifestyles Reimbursements – earn up to \$150 back on fitness center fees, an approved weight management program, and/or for tobacco cessation assistance
- » Virtual Benefits Fair – see all the latest information from our benefits partners at our [**Virtual Benefits Fair**](#).