



2023 Employee Benefit Guide

Affordable Solution to the
UN-Affordable Care Act

Plans Benefit Summary

	In Network Vitale
Annual Maximum/Lifetime Maximum Benefit	Unlimited
Deductible (per person)	\$0
Medical Benefits	
Deductible and Maximum Out of Pocket	Not Applicable
Wellness and Preventive Care (Including Pediatric and OBGYN)	Annual physical, blood work, and mammogram covered at 100%
Primary Doctor & Pediatric-sick visits	Covered at 100%
Specialist Doctor	—
Laboratory Services and Imaging	Primary Care labs covered at 100%
X-Rays	Covered at 100%
Urgent Care	Covered at 100%
Emergency Room Admission	—
Outpatient Surgery, Hospice, Skilled Nurse	—
In Patient Surgery/Services	—
Maternity Pre/Post Natal Consultation	—
Mental Health, Substance Abuse Consultation	Covered at 100%
Rehabilitative Speech Therapy	—
Rehabilitative and Rehabilitative Physical Therapy	—
Chiropractic Care	—
Skilled Nursing Facility	—
Durable Medical Equipment	—
Outpatient Facility (e.g, Ambulatory Surgery Center)	—
Prescription Drug Benefits	
RX	Over 1000 medications covered at 100%

Vitale
Employee Only
\$0
Employee Plus Spouse
\$0
Employee Plus Children
\$0
Employee Plus Family
\$0



Vitable Benefits

Primary & Urgent Care

Vitable's primary and urgent care offering provides access to comprehensive care for a wide array of health services. In addition to same and next-day virtual/in-home appointments, Vitable offers on-demand care team chat, making access to the care you need easy and effective.

Primary & Urgent Care Scope of Service

- › Annual Physicals
- › Sports & School Physicals
- › Sick Visits
- › Flu Vaccines (September - End of May)
- › Chronic Condition Management and Screening

- › Lab Tests (standard panels, UA, STI screenings)
- › Point of Care Tests (strep, covid, flu)
- › Dermatology (Acne, rashes, sunburns)
- › Birth Control

Chronic Conditions Scope of Service

Managed Chronic Conditions

- › Hypertension (High blood pressure)
- › Hyperlipidemia (High cholesterol)
- › Type II Diabetes
- › Asthma
- › Depression

Out-of-Scope Chronic Conditions

- › Kidney Disease
- › Hepatitis
- › Type I Diabetes
- › Heart Failure / Heart Disease
- › Atrial Fibrillation
- › Osteoporosis

Care Pathways

Care pathways offers an easy and effective way for you and your family to manage your health. Through recurring examinations, asynchronous tools, scheduled lab work, and medication management you and your family access the tools to be the healthiest versions of yourself.

Mental Health

Our Mental Health plan makes personalized mental health treatment easy and discreet; members gain access to licensed therapists that help to diagnose, manage, and treat the mental illnesses that may be affecting your overall quality of life.

Mental Health Scope of Service

Treatable Mental Illnesses

- › Depressive Disorders
- › Anxiety Disorders
- › Trauma and Stressor-Related Disorders
- › Autism Spectrum Disorders/
Parenting Concerns
- › Grief and Loss
- › Relationship Issues
- › Anger Management
- › Insomnia

Out-of-Scope Mental Illnesses

- › Bipolar Disorder
- › Suicidal/Homicidal Ideation
- › Pre/Postpartum Anxiety and/or Depression
- › Schizophrenia
- › Personality Disorders

Mental Health Services

Mental Health Services Included

- › Care Pathways
- › One-on-One Counseling
- › Group Counseling
- › Asynchronous Tools
- › Recurring Examinations
- › Lab work
- › Medication Management*

Out-of-Scope Mental Health Services

- › Medication management for dependents under age 18
- › Medication management for members requiring MAOIs, anti-psychotics, Lithium, or controlled substances.
- › Mental health services outside of Vitable Health's mental health offering

* Vitable providers can prescribe the following medications to treat mental illnesses with SSRIs, SNRIs, 2nd Gen Antidepressants, TCAs. Members can receive up to a 30-day 1 time refill every 6 months of medications prescribed by an outside provider for members not using Vitable for primary management

1000+ Free prescriptions.

Don't pay more than you need to for medication. Vitable provides huge discounts on prescriptions so you can treat a condition without breaking the bank.

› Allergy

› Diabetes

› Smoking Cessation

› Antacids

› Ear Drops

› Sleep Aid

› Acetylcholinesterase Inhibitors

› Diuretic

› Steroid

› Anti-Coagulant

› Eye Drops

› Topicals

› Anti-Convulsant

› Gout

› Asthma

› Anti-Biotic

› Migraines

› Vitamins

› Anti-Fungal

› Muscle Relaxant

› Cholestrol

› Anti-Viral

› Pain

› Women's Health

› Mental Health

› Arthritis

› Men's Health

› Blood Pressure

› Cardiac

› Thyroid

› Cough

How to access your Free Prescriptions

- 1 Schedule a visit
- › 2 Download the app
- › 3 Claim your account

Vitable: Your visit

What to expect leading up to your visit

For Virtual Visits:

- › Provider Enters the Visit (virtual)
- › Your provider will collect any prior medical history if needed.
- › If an exam is required, your provider will inform you on next steps
- › Provider will review findings and chat through diagnosis / treatments

For In-Home Visits:

- › Your Provider will update the app when they leave and arrive. This will notify you in-app
- › Your provider will collect any prior medical history if needed.
- › If an exam is required, your provider will inform you on next steps
- › Provider will review findings and chat through diagnosis / treatments

What to expect following your visit

Upon completing your visit, please allow 24 hours for your records to be charted and completed, this also applies for any lab draws or prescriptions. Depending on the care provided, the post visit process may look something like the following:

- › A member engagement specialists will follow up with you post-visit
- › You will be notified in the 'help chat' section about any lab results/prescriptions
- › Your visit summary will be available within 24 hours
- › If a member needs results sooner than 24 hours they should chat with the provider about this during the appointment

Member expectations

- › Please ensure you are in a private space and can give your un-divided attention to your provider.
- › Have access to your mobile phone in case your provider needs to contact you.
- › Connect to reliable WIFI for any telemedicine visits.
- › Double check the service you require is covered under your Vitable membership

