



GIGCARE

PLAN OVERVIEW

CONTACT US

📞 866-200-2513

🌐 gigcare.net

600-1003-6



Population
Science
Management

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EXPLORE THE DIFFERENCE



GIGCARE



WHAT WE DO

POPULATION SCIENCE MANAGEMENT (PSM)

offers GIGCARE plans with low monthly premiums that won't break your bank.

PSM's GIGCARE offerings provide a custom-tailored mix of health benefit plans with additional no-cost benefits to support your overall health and well-being.

OUR GIGCARE PLAN SELECTION IS DESIGNED TO:



Save you money



Save you time



Guide you on your journey of well-being

PSM's GIGCARE platform provides the very best services to ensure your experience exceeds your expectations. Our services include an extensive array of physician and ancillary networks, pharmacy benefit management, diabetes management, telehealth, and in-home services. We work hard to keep your healthcare costs under control while providing you with the very best coverage options available.

Our Care Guides are available from 7:30AM - 6PM CST to support your every need.

NATIONWIDE ACCESS



GIGCARE Members have Nationwide Access

Blue Cross and Blue Shield of Nebraska's statewide network, NENetwork Blue, made up of 98% of Nebraska's doctors and 99% of non-governmental acute care hospitals.* Outside of Nebraska, members have Nationwide Access to a national network called the BlueCard® Program. If members live or travel outside of Nebraska, they may take their health care benefits with them. The BlueCard® Program gives members access to doctors and hospitals almost everywhere within the United States, including both urban and rural areas.

*Blue Cross and Blue Shield of Nebraska statistics, Jan. 10, 2024.

Provides Access To

- > Hospitals and clinics across the U.S.
- > Primary and Specialty care providers, including behavioral-health
- > Heart, cancer, and trauma centers
- > Children's care



Disclaimer: Blue Cross and Blue Shield of Nebraska has contracted with Detego Health, LLC to provide certain member services.

TELEMEDICINE



24/7 ACCESS

- ✓ PRIMARY CARE
- ✓ URGENT CARE
- ✓ MENTAL HEALTH CARE



Connect with Board-Certified Physicians,
anytime, anywhere in the United States.



**NO CLAIMS
OR COPAY**



**EVERY
STATE**



**CARE
COORDINATION**



**EXCLUSIVE
DOCTORS**

WE TREAT

50+

ROUTINE MEDICAL CONDITIONS!

- > ACNE
- > ALLERGIES
- > COLD/FLU
- > CONSTIPATION
- > COUGH
- > DIARRHEA
- > EAR PROBLEMS
- > FEVER
- > HEADACHE
- > INSECT BITES
- > NAUSEA/VOMITING
- > PINK EYE
- > RASH
- > RESPIRATORY PROBLEMS
- > URINARY PROBLEMS
- > AND MORE

WHY THERAPY?



- > ALCOHOL/DRUGS/TOBACCO RELIANCE
- > CHILD OR ELDER CARE MATTERS
- > CO-DEPENDENCY
- > EATING DISORDERS
- > PHYSICAL/SEXUAL/EMOTIONAL ABUSE
- > RELATIONSHIP CONCERNS
- > STRESS AND ANXIETY
- > WORK OR PERSONAL CONFLICTS

PRIMARY CARE

Same Day Appointments

Access a Virtual Primary Care appointment the same day of requesting it! Or, schedule when it's best for you.

Same Provider Each Visit

See the same provider each visit so that they can best understand your health needs and provide personalized care.

Annual Wellness Check

An annual wellness check can help you get on a better health trajectory, get a personalized care plan, and learn about your overall health!

URGENT CARE

Instant Access To Care

Virtual Urgent Care visits can be accessed as short as in 20 minutes! You can also schedule appointments when it best works for you.

In House Providers

See the same provider each visit so that they can best understand your health needs and provide personalized care.



MyLiveDoc
Your health, your time

MENTAL HEALTH THERAPY

Annual Vists

MyLiveDoc includes four mental health visits annually for each family member. Available to adults and adolescents 12 years and older.

Convenient Scheduling

Easy access to a licensed, Master's level counselor within 1-3 days. Should you need in-person care, our team is able to provide referrals when needed.

Some Therapist Each Visit

See the same therapist each visit to best understand your personal needs. Our counselors are trained in clinical assessments and care coordination.

CONTACT MyLiveDoc • (855) 226-6567

PHARMACY BENEFITS



Blue Cross and Blue Shield of Nebraska helps close the gaps between medical and pharmacy benefits and delivering holistic care. They leverage innovative data and analytics to improve people's health and help our members save on costs.



INFLUENCING THE FUTURE OF HEALTH CARE

As we reimagine pharmacy management, we're focused on changing health care for the better through connected, values-driven partnership that puts people and their health at the center of everything we do.



SAVE YOU MONEY



YOUR NEEDS



YOUR HEALTH

Lowering drug costs

Effective drug lists are one of the best ways to ensure the lowest total cost of care. We curate the right drugs while removing those that are medically unnecessary or have clinically appropriate, cost-effective alternatives.

Managing specialty

Specialty drugs are changing lives for the better, but they are also costly for the plans and members who pay for them. We offer a new approach that can help drive savings and better control.

Optimizing drug access

Channel optimization means our clients can choose any solutions that meet their needs, and members can get their medicine the way they want it — and at the lowest cost.

ADDITIONAL BENEFITS



ScriptAide provides Pharmaceutical Advocacy Services, reducing the financial burden. Our direct-to-member support services are staffed by Pharmaceutical Access Coordinators specialized in helping members acquire prescribed medications using PIP, PAP, and SPIP programs.



E-MAIL: INFO@SCRIPTAIDE.COM

CALL: (866) 837-1515

EVERY PATIENT

HAS ACCESS TO BENEFIT CONSULTING AND COMPREHENSIVE CLINICAL SUPPORT. CALL US AT 866.837-1515



Personal Importation Program (PIP)

Through PIP, we compare pricing and import prescriptions from our Canadian pharmacies for **covered medications**, offering savings of up to 70%. For qualifying prescriptions, the co-pay is waived, making the medication free for the member. A valid prescription is required to participate. *HSA Plans may vary.*



Patient Assistance Program (PAP)

PAP is designed for members in the United States who require **non-covered medications** and **demonstrate qualifying financial need**. Those who qualify will receive their medications for free, with no co-pays or shipping costs. A valid prescription is required to participate.



Self-Pay Importation Program (SPIP)

SPIP is available to members in the United States who require **non-covered medications**. Through this program, individuals can import their prescribed medications at **their own cost**, typically saving 40-45% compared to U.S. pharmacy prices. A valid prescription is required to participate.

DIABETES MANAGEMENT



Through GIGCARE, PSM has partnered with Diathrive to get you diabetes supplies and coaching at no cost to you.

Diabetes testing
supplies covered **100%**



- ✓ Quality glucose testing supplies
- ✓ FDA approved supplies
- ✓ Accurate and FDA approved
- ✓ Delivered every 3 months
- ✓ Insulin pen needles also available
- ✓ Share your results from your phone

Personal Health Coaching For Employees Covered 100%

> 1 ON 1 (phone or web chat)

> CERTIFIED COACHES

> DIABETES EDUCATION

> NUTRITION AND PERSONAL TRAINING

> PERSONALIZED GOALS

> PROVEN SMOKING CESSATION PROGRAM

CALL OUR **GIGCARE** CARE GUIDES TO LEARN MORE · (866) 200-2513

Our Care Guides are available from 7:30AM - 6PM CST to support your every need.

MEMBER PORTAL

Welcome to Population Science Management's GIGCARE Health Plan Portal!

Watch for an email from GIGCARE Member Portal Experience that will give you your username and a link to activate your portal. Once you enter your username, you will be prompted to create a password. When you are logged on, you can access your ID cards, view EOB's and claims, download forms, access your plan documents and much more!



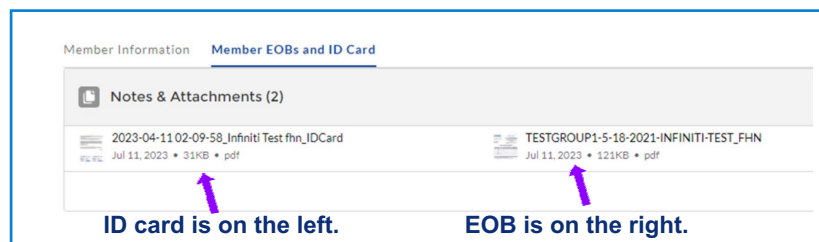
GIGCARE
Member Portal



How to access EOB's and ID cards

On the header, click on **My Information > My Dependents**. You and your dependents will be listed.

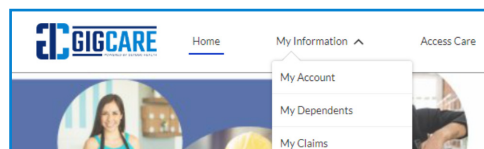
- Under **Member Information**, click on your name to view your information.
- Click on **Member EOB's and ID Card** to view them.



NOTE: If you have multiple EOB's, click on the EOB that correlates to the date of service to view.

How to view your claims

On the header, click on **My Information > My Claims**



How to find plan documents

On the header, click on **More** to view or download your plan documents and notices including:

- Plan Documents
- Welcome Kit
- ID Card Sample
- Quick Reference Guide
- Plan Summary & Summary of Benefits
- Find a Doctor or Lab
- Talk to a Doctor Virtually
- Contact Member Services
- Notices
 - COBRA Notices
 - WHCRA Notices
 - Medicaid and CHIP Notices



MemberServices@DetegoHealth.com



866-200-2513

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MYGIGCARE.NET

HEALTHCARE THE WAY YOU DESERVE IT



CARE MANAGEMENT



If you are experiencing a complex medical condition or a catastrophic illness or accident, our Care Management program can help.

ADVOCATE, COORDINATE & ENCOURAGE

Blue Cross and Blue Shield of Nebraska Care Managers are registered nurses able to assist you with cancer treatment, transplants, high-risk pregnancy, children with special needs, traumatic injuries, and many other complex conditions.

Our Care Managers do not replace the care you receive from your health care providers however, they can:

- > Advocate for you and assist you in making informed health care decisions
- > Coordinate your care plan with you, your healthcare providers, and other relevant caregivers (including family members)
- > Provide information to help you understand your health insurance benefits
- > Identify and refer services and resources to meet your needs
- > Encourage involvement in your treatment program and empower you to manage your condition
- > Contact you periodically to assure your needs are being met



No Cost to You

Blue Cross and Blue Shield of Nebraska's case management program is offered at no cost to you, and you may opt out at any time. The program does not affect your claims, payments, or benefits.

FOR MORE INFORMATION ON CARE MANAGEMENT, PLEASE CALL 800-247-1103

Blue Cross and Blue Shield of Nebraska is an independent licensee of the Blue Cross Blue Shield Association.

PLANS AVAILABLE

PLAN	GIGCARE PPO \$1,500		GIGCARE PPO \$2,500		GIGCARE PPO \$5,000		GIGCARE \$5,000 HDHP (HSA)	
	IN	OUT	IN	OUT	IN	OUT	IN	OUT
Annual Wellness Exam	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Primary Care Visit	\$25	Deductible & Coinsurance	\$25	Deductible & Coinsurance	\$25	Deductible & Coinsurance	Deductible & Coinsurance	Deductible & Coinsurance
Preventive Care Visit	\$0	Deductible & Coinsurance	\$0	Deductible & Coinsurance	\$0	Deductible & Coinsurance	\$0	Deductible & Coinsurance
Specialty Care Visit	\$40	Deductible & Coinsurance	\$40	Deductible & Coinsurance	\$40	Deductible & Coinsurance	Deductible & Coinsurance	Deductible & Coinsurance
Urgent Care Visit	\$60	Deductible & Coinsurance	\$60	Deductible & Coinsurance	\$60	Deductible & Coinsurance	Deductible & Coinsurance	Deductible & Coinsurance
Emergency Room Facility	Deductible & Coinsurance	In Network level of benefits	Deductible & Coinsurance	In Network level of benefits	Deductible & Coinsurance	In Network level of benefits	Deductible & Coinsurance	In Network level of benefits
Pharmacy								
Preferred Drug List · Copays								
Generic	\$10	-	\$10	-	\$10	-	Deductible & Coinsurance	-
Preferred Brand	\$45	-	\$45	-	\$45	-	Deductible & Coinsurance	-
Non-P. Brand	\$85	-	\$85	-	\$85	-	Deductible & Coinsurance	-
Specialty	-	-	-	-	-	-	-	-
Medical Deductible								
Individual	\$1,500	\$3,000	\$2,500	\$5,000	\$5,000	\$10,000	\$5,000	\$10,000
Family	\$3,000	\$6,000	\$5,000	\$10,000	\$10,000	\$20,000	\$10,000	\$20,000
Coinsurance	80/20	60/40	80/20	60/40	80/20	60/40	80/20	60/40
Annual Max. Out-of-Pocket								
Individual	\$7,350	\$20,000	\$7,350	\$20,000	\$7,350	\$20,000	\$6,550	\$20,000
Family	\$14,700	\$40,000	\$14,700	\$40,000	\$14,700	\$40,000	\$13,100	\$40,000

HOW TO LEARN MORE

- Go to gigcare.net
- Select which tab applies to you.

Self Employed Individuals

SELF EMPLOYED INDIVIDUALS | BROKERS

GET YOUR FREE QUOTE!
Affordable Health Insurance for Self Employed Individuals! Let's find a plan that fits your budget and needs!

* First Name:

* Last Name:

* Email:

Phone

* What state do you live in?:

HIGHLIGHTS

- + Blue Cross and Blue Shield of Nebraska
- + Telemedicine
- + Diabetic Solutions
- + Imaging
- + Detego Health

OR

Brokers

SELF EMPLOYED INDIVIDUALS | BROKERS

LEARN HOW TO GET APPOINTED!
Interested in GigCare? Fill out the form below and we'll be in touch.

LEARN MORE >

* First Name:

* Last Name:

* Email:

* Brokerage:

HIGHLIGHTS

- + Blue Cross and Blue Shield of Nebraska
- + Telemedicine

- Fill out Information
- Click on Submit when completed.
- You will receive a call from one of our DetegoHealth Representatives to further discuss our GigCare Health Plans.

Our Care Guides are available from 7:30AM - 6PM CST to support your every need.



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