

# Member Quick Start Guide

## Getting started with your WellSense Clarity plan

### Pick a doctor for routine care and go see them

- **Find a doctor at [wellsense.org](https://wellsense.org)** to provide your care and refer you to other doctors when needed. Call us for help finding a doctor, a printed list of doctors in your area or support in another language.
- **Login to tell us who you picked or call us.** If you don't choose a doctor, we'll assign you one, but you can change at any time.
- **Tell your doctor about your new insurance before your next appointment.** Some treatments and medications may need approval before they will be covered on your new plan.

### Annual check-ups at no cost to you!



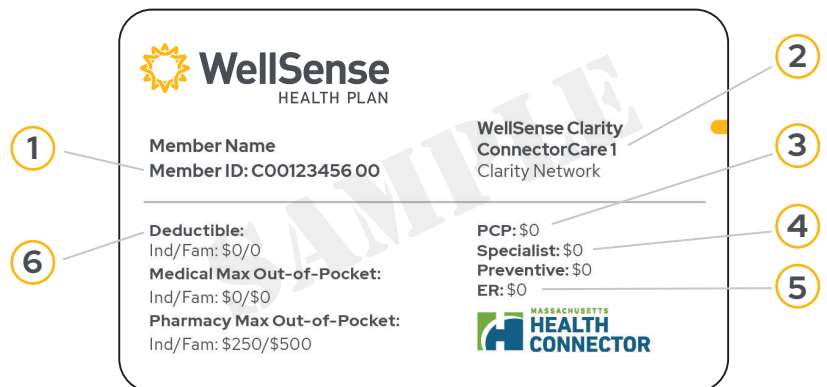
If you haven't already, now is a great time to schedule your annual check-up.

### Learn about your benefits and ID card

Your Schedule of Benefits has a summary of what is covered on your WellSense Clarity plan. It also shows what you can expect to pay for treatments, prescriptions, and doctor's visits, if anything.

**If ever in doubt, call us to learn if a service is covered and what you can expect to pay.**

- 1 **Your Member ID Number.** You'll need this to register on the portal.
- 2 **Your Plan Type.** You'll need this to find your benefit documents and search for doctors on our website.
- 3 **The cost of an Office Visit with your PCP** (your yearly physical is free).
- 4 **The cost to see a Specialty Doctor.**
- 5 **The cost for an Emergency Room Visit.**
- 6 **A Deductible is the amount you'll pay for covered services before your plan starts to pay.** A Max Out-of-Pocket cost is the most you'd have to pay in total for your covered services in a plan year. These amounts are different for Individual and Family plans.



Get started at  
[wellsense.org](https://wellsense.org)



We revolve around you.

# Take advantage of all your benefits



## Healthy meals, ready to eat

Save on Mom's Meals orders and get healthy heat-and-eat options delivered to your door. Use this link to claim your free shipping discount at checkout when ordering:

[momsmeals.com/wellsense-clarity](https://momsmeals.com/wellsense-clarity)



## Get meds in the mail

Save on a 90-day supply of prescriptions you take regularly through our mail order pharmacy program.\*

**Enroll at [wellsense.org](https://wellsense.org)**



## Use your free extras\*\*

- Money back each year for a gym membership or fitness tracker, plus money back for WW® membership fees
- Discounts on prescription glasses, prescription contact lens fittings, and eye exams
- FREE programs to help you stop smoking



## Take a health survey

Log in at [wellsense.org](https://wellsense.org) to take a health survey and see if you qualify for extra health support.

**Call us if you need additional printed copies.**

## Important Phone Numbers

### Member Services

855-833-8120  
(TTY: 711)

### 24/7 Nurse Advice Line

866-763-4695

### Mental Health and Substance Use Hotline

877-957-5600

### Dealing with an ongoing condition?

Call 866-853-5241 and let us know, we can offer extra support.

[wellsense.org](https://wellsense.org)



\*Only for maintenance medications. See your Schedule of Benefits for cost-share information.

\*\*Some restrictions apply. Visit [wellsense.org](https://wellsense.org) to learn more.