

## *ODS helps you save money*

As your partner in health, we realize that rising health costs are an important concern for you. At ODS, we're committed to providing you with access to high-quality, cost-effective care that helps you manage your health.

Getting the most from your health plan isn't just about saving money – it's also about smart decisions that help you get well sooner and live well longer.



### **ODS Well delivers resources that put savings back in your pocket**

ODS Well™, a standard part of every ODS medical plan, provides tools and personalized health support to help you evaluate health symptoms and decide on the most economical – and appropriate – treatment path.

ODS Well also gives you 24/7 access to:

- Doctors, psychologists, dentists, pharmacists, dietitians and fitness experts via email through ODS eDoc
- A registered nurse, available by telephone at 866-321-7580 to ask about health symptoms, treatment suggestions for minor injuries, home cold and flu remedies, and advice on whether to visit an urgent care clinic or a hospital emergency room

Individual plan members with a pharmacy benefit can access additional cost-saving health tools, including:

- Web-based health and symptom evaluator
- Health assessments
- Online medical library
- Health news articles, forums and more

### **Save on prescription drug costs with our pharmacy discount card**

The pharmacy discount card delivers discounts on prescription drugs not covered in your health plan, saving you up to 60 percent on generic and up to 20 percent on brand-name medications through our partnership with the Oregon Prescription Drug Program (OPDP).

The OPDP pharmacy network offers Oregon residents more than 600 participating pharmacies in Oregon and 27,000 nationwide.

### **How does it work?**

Enrollment is free and there are no exclusions. Sign up online, over the phone or by mailing an enrollment form. All prescription drugs are eligible for a discount; you are responsible for paying the cost, in full, after the discount is applied.

For more details and enrollment instructions, please visit [www.odskompanies.com/plans/](http://www.odskompanies.com/plans/) individual and click on Pharmacy.

### **Access direct savings and health professionals through myODS**

As an ODS member, you'll enjoy around-the-clock access to your health plan information with myODS, your personalized member website.

To access your myODS account, visit [www.odskompanies.com](http://www.odskompanies.com) and log in. (If you don't already have a myODS account, creating one is easy. With your ODS member ID card handy, follow the online instructions to enter your registration information.)

### **Resources for direct savings**

Once logged in to myODS, click on the myHealth tab, then look for the ODS Member Savings link for direct member savings. There you'll find:

- WeightWatchers subscription discounts
- Dental Optimizer's Coupon Corner
- Contact lens and hearing aid discounts
- Savings for expectant parents

### **Consult health professionals with ODS eDoc**

In the myHealth tab you'll also see a button to log in to ODS eDoc, a free and confidential service. Within ODS eDoc you can consult via email with a team of health professionals.

Click on the ODS eDoc login button and create a brief medical profile for yourself. Now you're ready to email a physician, psychologist, dentist, pharmacist, dietitian or fitness expert.

## Save yourself money by making informed choices about your healthcare

When you or a loved one needs care, don't let uninformed healthcare choices cost you money. The following tips will help you control your healthcare costs.

- **Always seek treatment from preferred providers.** We negotiate with our providers to keep fees reasonable, ensuring that providers bill ODS health plan members at a contracted rate.

When you select a preferred provider instead of a provider outside our network, these contracted fees will often save you money on out-of-pocket expenses.

- **Consider visiting an urgent care clinic instead of the ER.** When you're faced with an emergency health situation a visit to a hospital emergency room (ER) is the safest bet. However, research has shown that only 20 percent of the 100 million patients who visit the emergency room each year truly need emergency care.

Consider this: an urgent care clinic visit can save you as much as 75 percent over the amount you would have paid for the same treatment at an ER.

- **Ask your doctor to use our preferred lab service provider, Quest Diagnostics.** As an ODS member, when you request that your lab work be sent to Quest Diagnostics labs, your out-of-pocket cost will be lower – potentially saving you more than 60 percent compared with hospital-based labs.

Our partnership with Quest Diagnostics, the world's leading provider of diagnostic testing, information and services, helps us deliver superior medical care to you, while offering you savings that add up.

## Find care that saves you money

To find a conveniently-located preferred provider – whether you're searching for a physician, dentist, pharmacy or clinic – use our Find Care tool. When you search within your network, the results will only list preferred providers.

Simply visit [www.odskompanies.com](http://www.odskompanies.com) and click on Find Care. (A mobile version of Find Care is also available for smartphone users.) To search for preferred providers, have your ODS member ID card ready, and enter your Subscriber ID number.

You can also access the Find Care tool by logging into your myODS account, which will automatically filter your search results to include only preferred providers.

### ODS customer service resources:

Medical: 503-243-3962 | 877-605-3229  
Pharmacy: 503-243-3960 | 888-361-1610  
Dental: 503-265-5680 | 877-277-7280  
myODS: 503-265-4700 | 888-374-8907



[www.odskompanies.com](http://www.odskompanies.com)

Insurance products provided by Oregon Health Plan, Inc.



## Maximize your health plan benefits



*Tips for getting the most from your ODS individual plan coverage*