



Health Access Solutions

Affordable access to what you need.

HERE'S A BETTER SOLUTION

Traditional insurance doesn't work for everyone. With premiums and deductibles on the rise, most people aren't even getting the value they deserve from their traditional health care plan. It's a one-size-fits-all approach to your unique health needs.

You and your family deserve better. With the Health Access Membership, you'll get more affordable, more convenient, quality health care. We're bringing health care to the 21st century for a better experience for you.



CONVENIENT

Say goodbye to annoying network restrictions and antiquated claim-filing processes. Enjoy around-the-clock access to doctors and nurses via phone, text, and video and quick medical reimbursements right from your phone.



AFFORDABLE

Save hundreds or even thousands of dollars on health care every year.



TAILORED TO FIT YOUR NEEDS

We offer a flexible health solution that doesn't require you to pay for what you don't use.



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THE HEALTH ACCESS MEMBERSHIP

The Health Access Membership isn't your run-of-the-mill health care plan. Our unique structure cuts out the middleman to make your life simpler and provide you with everyday, quality health care at a low cost. You'll have unlimited access to physicians, low-cost prescriptions, easy reimbursements for preventive care, and no annoying network restrictions.

Primary Care

Primary care gives you access to your personal care team made of doctors, nurses and health advisors. It helps you to improve your health, control your care and reduce your medical expenses.



Preventive Care, Vision and Dental, & Mental Health

Preventive care services are reimbursed 100% up to \$3,250. Mental health treatment, smoking cessation, and dental and vision. There are no provider network restrictions and the reimbursement process is a breeze.



Discount Prescriptions

Find the best price for prescription medicine at over 65,000 pharmacies nationwide or have it delivered. Save 50% or more on generic drugs.



Out-of-Pocket Assistance

Those who join Sedera's medical sharing community for larger or unexpected health expenses will save up to \$2,500 in a calendar year.





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Primary Care

Health Access Solutions partners with U.S. licensed providers to deliver primary care. A breakthrough in the telemedicine model, this new approach recognizes that the relationship between the patient and their health care team is at the center of primary care. Members will enjoy access to a personal care team of doctors, nurses, and health advisors.



Schedule Visits

Physicians and nurses are available to meet and answer questions around the clock via video, phone, and text.



Save Money

Get unlimited access and fair prices for high-quality services. There are no co-pays and no hidden fees.



Prescriptions & Tests

Physicians can prescribe medication and send it to the pharmacy. They can also send orders for labs, imaging, and do follow-ups.



Medical Records

Medical records are automatically transferred from primary physicians to specialists to save employees time.

Supported health issues include...

- ✓ Chronic conditions like asthma, diabetes, high blood pressure, high cholesterol, thyroid disorders
- ✓ Prescription medications & refills for most situations except controlled substances
- ✓ Lab & imaging tests including cholesterol tests, CT scans, diabetes tests, mammograms, MRIs, X-rays
- ✓ Mental health including anxiety, depression, insomnia, panic attacks
- ✓ Common issues & infections like cold, fever, bladder infections, diarrhea, sinus problems, skin infections
- ✓ Injuries & bites like animal and insect bites, ankle and back injuries, abdominal/lower back/neck pain
- ✓ Men's health issues such as erectile dysfunction, hair loss, low testosterone, sexually transmitted conditions
- ✓ Women's health issues like bacterial vaginosis, birth control refills, breast lumps, menstruation problems, UTI
- ✓ Common allergies & rashes including allergic reactions, hives, contact dermatitis, rashes, seasonal allergies
- ✓ Preventive medicine & wellness including diet, nutrition & fitness counseling, smoking cessation, weight management
- ✓ And more.



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Preventive Care, Vision and Dental, & Mental Health

Get reimbursed for preventive medical services from your preventive care expense administrator. Gone are the days of printing and filling out confusing claim forms, snail mailing them across the country, and waiting several weeks for a check to show up in your mailbox. The new mobile app makes the reimbursement process simple and fast.



No-Cost Care

Dozens of preventive labs and screenings are available for 100% reimbursement up to \$3,250 to keep you healthy, including dental and vision and mental health counseling.



No Network Restrictions

Enjoy the freedom to see any provider you want without any annoying network restrictions.



Mobile Reimbursements

Simply pay your provider directly, snap a picture of your bill, and submit it for reimbursement right from your phone or any computer.

Services and labs eligible for 100% reimbursement include...

- ✓ Mental health treatment and counseling (\$250 annually per member)
- ✓ Smoking Cessation (one time \$250 per member)
- ✓ Dental cleaning and/or vision exam (\$150 year 1 / \$250 year 2+)
- ✓ Well child exams
- ✓ Physical exam (every calendar year)
- ✓ Gynecological exam (every calendar year, age 21 and over)
- ✓ Breast MRI and/or ultrasound (if required post-mamogram)
- ✓ Procto/sigmoidoscopy (every 60 months)
- ✓ Cologuard (every 36 months)
- ✓ Flu and pneumonia shots (annually)
- ✓ Lipid panel (cholesterol and triglycerides)
- ✓ Comprehensive metabolic panel
- ✓ Complete blood count with differential test
- ✓ Thyroid panel TSH (thyroid stimulating hormone) reflex to T4 if abnormal
- ✓ Routine comprehensive urinalysis
- ✓ Hemoglobin A1C
- ✓ Vitamin D level
- ✓ Prostate specific antigen test, men age 50-75 (40 with family history)
- ✓ Heart screening: c-reactive protein & homocysteine levels
- ✓ Bone density screening (post-menopausal women, every 2-3 years)

NOTE: Preventive care services are limited to \$3,150/year one and \$3,250/year two+ for all services combined, per individual.





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Discount Prescriptions

Health Access Solutions partners with a nationwide network of pharmacies to give your employees access to affordable drug pricing at over 65,000 locations. Save more on generic drugs with your pharmacy benefits administrator.

Savings Comparison	Good Rx	BlueCross	Cigna
Generic Drugs	50%	62%	64%
Brand Name Drugs	4%	1%	1%

Note: Comparison is based on top ten prescription drugs.

HOW IT WORKS

- 1** Get a prescription from the physician, but instead of having it called into the pharmacy right away, look for the best price.
- 2** Search for the prescription online using a list of all local and mail-order pharmacies to view all the options.
- 3** Choose the best option and pick up the prescription at a pharmacy nearby or have it mailed to your front door.

MEMBERSHIP ALSO PROVIDES

- Access to manufacturer savings and patient assistance programs
- Access to international pharmacies



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Out-of-Pocket Assistance

For unexpected health expenses, join Sedera, a medical cost-sharing community. With your Health Access Benefit, you can save up to \$2,500 on Sedera’s out-of-pocket assistance to help you and your family access the care you need without straining your financial resources.

HOW IT WORKS



Sedera members submit their 3rd or 5th initial unshareable amount (IUA) in a calendar year as a preventive expense and get 100% of that IUA reimbursed.

1

Send the need to Sedera and receive a reimbursement that excludes the IUA for that need.

2

Get confirmation from Sedera of the 3rd or 5th IUA. Individuals should seek confirmation for their 3rd IUA in a calendar year and families should seek confirmation for their 5th to get reimbursed. Receive confirmation from Sedera usually within two weeks.

3

Submit the Sedera confirmation of 3rd or 5th IUA as a preventive expense to Health Access Solutions and receive reimbursement for the entire IUA amount, up to \$2,500.

MEMBERSHIP	IUA #	REIMBURSEMENT
member only	3	100% of the IUA
member & adult	5	100% of the IUA
member & child(ren)	5	100% of the IUA
family	5	100% of the IUA



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NEXT STEPS

We think you're going to love your new health membership. Our team is dedicated to guiding you each step of the way towards a happy and healthy future.

1

GET SET UP TO USE YOUR BENEFITS

When your benefits are activated, you'll receive a series of emails from Health Access Solutions with your membership details and instructions on how to sign up and use all of your benefits.

2

ACCESS YOUR BEST HEALTH CARE EVER

Enjoy a health benefit that is customized to fit you and your unique needs. Have the peace of mind knowing you and your family are taken care of.

3

GET ONGOING SUPPORT

If you ever misplace your member benefit details, it's always a quick email or text away. Text (239) 299-0333 or email memberdetails@healthaccessolutions.com for a quick response.

4

BE HAPPY AND HEALTHY

We want to help you and your family stay healthy by giving you a medical experience that is more convenient and affordable, with uncompromising quality.



Individual Membership

Membership Pricing

Membership	Price
Single	\$115.00 / month
Single & Adult	\$180.00 / month
Single & Child(ren)	\$215.00 / month
Family	\$275.00 / month