

Using Your Pick Your Perks Benefit



What is Pick Your Perks?

The Pick Your Perks reimbursement program, available through your Network Health Medicare Go plan, allows you to choose the supplemental benefits that are most important to you. Simply pay for your eligible services, submit them for reimbursement and you will get reimbursed for the eligible services.

You have access to your full \$775 Pick Your Perks benefit amount beginning on January 1, 2021. You can use the program for one, or many, of the eligible supplemental benefits. No prior authorization is required and you don't need to notify the plan before you receive services. With Pick Your Perks, you have the freedom to choose the benefits you value most.

What does Pick Your Perks cover?

Pick Your Perks can be used to cover your eligible supplemental benefit expenses that are received within the United States. You cannot use Pick Your Perks to reimburse expenses for any other person, such as a spouse or family member. The table below details which expenses are eligible for Pick Your Perks reimbursement.

Benefit	Required Documentation	Notes
Dental*	Itemized receipt	Reimbursement for routine dental services not covered by Medicare, such as fillings, x-rays, dentures and crowns Excludes cosmetic dentistry, orthodontia and dental insurance premiums
Vision hardware*	Itemized receipt	Includes eyeglasses – prescription sunglasses are allowed – and contact lenses Excludes cosmetic items, warranties and LASIK
Non-emergency transportation with Aryv	None	Must use our approved vendor, Aryv This benefit can be used to get to medical appointments and pharmacies To arrange a ride, call Aryv at 855-923-1113 (TTY 711) or visit aryv.com/network-health
Home-delivered meals with Mom's Meals	Itemized receipt -and- Proof of inpatient, outpatient or skilled nursing facility stay (such as Explanation of Benefits or bill) -or- Doctor's note attesting to qualifying condition	Meals can be delivered after an inpatient hospital, hospital observation or skilled nursing facility stay for an approved chronic condition Qualifying conditions include cancer, diabetes, heart disease, high blood pressure, lung disease and COPD and osteoporosis Must use plan-approved vendor, Mom's Meals To order from Mom's Meals, call 877-347-3438 or visit momsmeals.com/networkhealth and use code NETWORKHEALTH
Acupuncture*	Itemized receipt	Must be provided by a licensed/certified professional
Massage*	Receipt and prescription	Must be provided by a licensed/certified professional
Over-the-counter (OTC) items	Itemized receipt	Items must be on the approved list (see the end of this flier for the list)
Nutritional/dietary counseling*	Itemized receipt	Must be provided by a licensed/certified professional Meal plans, lab work and allergy tests are excluded

*There is no provider network for this reimbursement benefit. You can see any licensed provider.

How do I submit for reimbursement?

After you pay out-of-pocket for your services, you submit the reimbursement claim form to Employee Benefits Corporation for processing. Claims can be submitted in one of two ways.

- 1. Online** – Log in to the Network Health member portal at login.networkhealth.com and continue to the Pick Your Perks reimbursement section. Provide some basic information, upload a photo or PDF of the required documentation and provide your bank account information (one time only). You also have the option to receive a paper check in the mail, if you prefer.
- 2. Mail** – You can use the reimbursement form included with this insert. For additional copies, visit networkhealth.com/medicare/additional-benefits or contact the Network Health Member Experience Team at 800-378-5234 (TTY 800-947-3529), Monday–Friday from 8 a.m. to 8 p.m. to have a copy of the form mailed to you. Mail the completed form to Employee Benefits Corporation along with a copy of the required documentation and provide your bank account information (one time only). If you prefer, you can request a paper check.

If Employee Benefits Corporation requires additional information to process the claim, they will reach out to you by email or mail to get the necessary information prior to processing the reimbursement.

How can I receive reimbursement?

Direct Deposit – Employee Benefits Corporation will review the submitted information and reimburse your cost directly to your bank account within five business days.

Mail – Employee Benefits Corporation will review the claim and mail a check to your home. Please allow up to two weeks to receive your reimbursement. The check can only be mailed to the address you have on file with Network Health. To update your address, call the Network Health Member Experience team at 800-378-5234 (TTY 800-947-3529), Monday–Friday from 8 a.m. to 8 p.m.

You can submit reimbursement forms for 2021 Pick Your Perks claims until March 31, 2022. The date of service or purchase must be during the 2021 plan year. If you end your membership with Network Health, you must submit your request for reimbursement within 90 days of your last day of membership.

What is an itemized receipt?

An itemized receipt should include the provider name, the date(s) of service, a description of the service you received and the expense amount. For over-the-counter purchases, your receipt must include a list of all items purchased and the date you purchased them.

How can I check my balance or inquire about a reimbursement I submitted?

Log in to your member portal at login.networkhealth.com to check your balance or track your reimbursement requests. Your member portal is the quickest, most convenient way for you to use the Pick Your Perks benefit.

You may also call Employee Benefits Corporation at 888-831-4753 (TTY 711), Monday–Friday from 8 a.m. to 8 p.m.

List of Approved Over-the-Counter Items

The items on this list can be purchased at any local retailer or online website.

Allergy relief
Allergy nasal spray
Allergy tablets
Antihistamine tablets
Nasal decongestant spray
Nasal saline spray
Antacids and acid reducers
Alka-Seltzer®

Antacid tablets / chewables
Anti-gas liquid
Esomeprazole magnesium
Famotidine
Omeprazole
Simethicone
Anti yeast treatments
Antifungal creams

Anti-diarrheal, laxatives, digestive health
Anti-diarrheal tablets
Bismuth subsalicylate (Pepto- Bismol®)
Enema
Fiber tablets*
Fiber therapy (Methylcellulose)

* Dual-purpose item which may require a prescription or note from your doctor

Gas relief
Glycerin suppository laxative
Lactase capsules
Laxative tablets
Magnesium hydroxide (milk of magnesia)
Natural vegetable laxative
Powder laxative
Stool softener
Anti-fungal
Anti-fungal cream
Athlete's foot cream or spray
Bathroom safety and fall prevention
Adjustable transfer bench
Bath bench (with or without back)
Bathtub safety rail
Bedside commode
Cane
Grab bar
Night light
Non-skid bath or shower mat
Raised toilet seat
Toilet safety rails
Cold and flu
Cold and flu relief
Cough and cold relief
Cough drops
Cough expectorant
Cough suppressant
Mucus relief
Nasal decongestant
Nasal saline rinse kits
Personal steam inhaler
Sore throat lozenges
Sore throat spray
VapoRub®
Cold sore and medicated lip products
Cold sore lip balm
Cold sore treatment (Abreva®, Releev®, etc.)
Medicated lip ointment
Dental and denture care
Dental floss
Denture cleaning tablets

Denture cream adhesive
Dry mouth oral rinse
Dry mouth spray
Fingertip tooth and gum massager
Interdental flossups
Medicated sore mouth swabs
Oral pain relief
Tongue cleaner
Toothbrush
Toothpaste
Water jet and replacement tips
Diabetes care
Diabetic skin relief foot cream
Diabetic socks
Glucose tablets
Diagnostics
Bathroom scale*
Blood pressure monitor*
Finger pulse oximeter*
Heart rate monitor*
Home access cholesterol kit*
Peak flow meter*
Thermometer
Thermometer probe covers
Eye and ear care
Artificial tears drops
Artificial tears ointments
Contact lens solution
Cotton tipped swabs
Ear pain relief ear drops
Ear wax removal drops
Ear wax removal system with rubber bulb
Irritation relief eye drops
Redness relief eye drops
Stye eye compress
Stye eye ointment
Swim-ear ear drops
First aid
Adhesive bandages
After Bite® relief
Alcohol pads
Anti-itch lotion or cream
Antiseptic skin cleanser
Antiseptic towelettes
Bacitracin ointment

Bactine® solution
Cotton balls
Cotton tipped applicator
Elastic bandage
First aid kit
Gauze
Hot/cold pack
Hydrocortisone cream
Hydrogen peroxide
Insect repellent spray
Iodine solution antiseptic
Isopropyl alcohol
Liquid bandage
Nitrile exam gloves
Paper surgical tape
Procedural face masks with earloops
Sterile bandages
Triple antibiotic ointment
Foot care
Bunion guard
Callus remover pads
Corn Remover Pads
Medicated foot powder
Toe protector
Toe separator
Hemorrhoidal preparations
Hemorrhoid itch/pain relief cream
Hemorrhoid itch/pain relief wipes
Hemorrhoidal ointment
Hemorrhoidal suppository
Medicated cooling pads
Pre-moist hemorrhoid pads
Home aids
Cool-mist humidifier
C-PAP pillow (Fiber or memory foam)
Elastic mattress cover
Foam ring cushion
Hypoallergenic pillow
Inflatable shampoo basins
Kitchen scale*
Lumbar cushion
Pill case
Pill crusher
Pill cutter

* Dual-purpose item which may require a prescription or note from your doctor

Seat cushion (gel or foam)
Sharps container
Weighted blanket
Incontinence supplies
A + D ointment
Adult briefs
Barrier cream
Bladder control pads
Disposable underwear
Flushable wipes
No-rinse body wash
Perineal wash
Skin protectant ointment
Washcloth with lanolin
Lice treatments
Lice elimination kit
Lice treatment rinse
Lice treatment shampoo
Motion sickness
Motion sickness caplets
Motion sickness tablets
Pain relief
Cold/hot menthol medicated patch
Epsom salt
Heat wraps
Heating pad
Ice bag
Lidocaine patch
Menthol gel
Migraine pain relief patch
Pain relief cream
Pain relief mask
Pain relief patch
Pain relief spray
Pain relieving muscle rub
Warm or cold water bottle
Pain relievers and fever reducers
Acetaminophen
Arthritis pain relievers
Aspirin

Ibuprofen
Naproxen
Pain relief cream (Capsaicin)
Skin and sun care
Acne gel
Ammonium lactate moisturizing lotion
Calamine skin protectant lotion
Hand sanitizer
Moisturizing body lotion with aloe
Scar gel
Sunscreen
Sleep aids
Nasal strips
Sleep tablets (non-prescription)
Smoking cessation
Nicotine gum*
Nicotine lozenges*
Nicotine patch*
Supports and braces
Ankle support
Arthritis gloves
Arthritis knee sleeve
Back support
Carpal tunnel brace
Compression socks*
Elbow support
Heel and elbow protector
Hip protector
Knee stabilizer
Knee support
Night wrist support
Protective arm sleeve
Rib belt
Thumb brace
Wrist splint
Wrist support or compression
Vitamins and minerals
Biotin gummy*
Calcium + Vitamin D3*
Calcium*

Cod liver oil*
Coenzyme Q-10*
DHEA hormonal supplement*
Fish oil*
Flaxseed*
Folic acid*
Glucosamine/chondroitin*
Herbal cranberry supplement
Immune support chewables*
Iron supplement*
Leg cramps pain relief*
Magnesium*
Melatonin*
Multivitamin*
Niacin*
Omega + DHA*
Potassium gluconate*
Rena-Vite*
Vitamin A*
Vitamin B-1*
Vitamin B-12*
Vitamin B-6*
Vitamin B-complex*
Vitamin C*
Vitamin D3*
Vitamin E*
Zinc chelated*
Wart remover
Liquid wart remover
Wart removal patch
Wart removal system

* Dual-purpose item which may require a prescription or note from your doctor

Network Health Medicare Advantage Plans include MSA, HMO and PPO plans with a Medicare contract. Enrollment in Network Health Medicare Advantage Plans depends on contract renewal. This information is not a complete description of benefits. Call 800-378-5234 (TTY 800-947-3529) for more information. H5215_3157-01a-1020_M Accepted 03162021