

Southwestern Health Select Plan (HMO)

Get the Maximum out of your 2024 Plan Benefits

TWO Benefits on One Card!

1. Flexible Spending by NationsBenefits
2. Rewards & Incentives Program by NationsBenefits



Flexible Spending

You will receive \$800 each year (\$200 every quarter*) for dental, vision, and hearing. Your funds can be used as payment toward hearing aids, glasses or contact lenses, or any dental expenses you may have over the allowed amount of \$3000 covered by Care N' Care.

Staying in network will allow you to maximize your plan benefits. We understand there may be times you choose to see a dental, vision, or hearing provider out of network. Your Flexible spending will allow you to pay for out of network services. *Note: Benefits are limited to qualified merchants who fall under the category of dental, vision, or hearing retailers.*

Unused funds will roll over to the next quarter, but funds must be used by 12/31/2024 as this benefit does not roll over to the next plan year.

Rewards and Incentives Program

Get paid to complete Health and Wellness Activities that you do every year. Care N' Care is offering up to \$750 of rewards for completing Health and Wellness activities. You may use your funds to purchase eligible items from participating retail and online locations including grocery stores, department stores, home improvement stores, local transportation, and utilities. You can also use your rewards funds to shop online for grocery and fitness products through your NationsBenefits member portal (CareNCare.NationsBenefits.com). This card cannot be used to pay for products that are not eligible. Product exclusion includes alcohol, tobacco, firearms, or gift cards. If you would like to buy items that are not eligible, you will need to use another form of payment.

For a complete list of the approved Health & Wellness Activities, please visit our website at www.cnchealthplan.com. Once you complete an activity, you will receive your funds within 60-90 days after the claim has been received and processed.

To view your balance and account details you may do the following:

- Contact NationsBenefits customer service at 888-268-5080 (TTY):711. 7 days a week from 8 a.m. to 8 p.m.
- Visit CareNCare.NationsBenefits.com
- Download the app: Benefits Pro



Medline Over-the-Counter (OTC)

Care N' Care offers Over-The-Counter Benefits through Medline OTC.



In addition to the above Flexible Spending and Rewards and Incentives Program, you also receive a \$100 allowance every quarter* to use toward the purchase of select over-the-counter health and wellness items. Your order will be shipped to the address you provide when ordering at no additional cost to you! But don't wait too long to order, this benefit does not roll over to the next quarter.

You have two options to order:

1. Online – visit livewell.medline.com/CNC
2. Phone – call your OTC Customer Service Representative toll-free at 833-492-9866 (TTY:711), 7 a.m. - 6 p.m. Central, Monday- Friday. Please have your Member ID handy when placing your order.

NOTE: Your Care N' Care Benefits Mastercard Prepaid Card you received for the Flexible Spending benefit and Rewards and Incentive Program does NOT include the Medline over-the-counter benefit. To use this benefit, you must order through Medline.

***Quarter benefits periods are as follows: Quarter 1 (January 1st – March 31st), Quarter 2 (April 1st – June 30th), Quarter 3 (July 1st – September 30th), Quarter 4 (October 1st – December 31st).**

Care N' Care Insurance Company, Inc. (Care N' Care) is an HMO and PPO plan with a Medicare contract. Enrollment in Care N' Care depends on contract renewal. Y0107_24_154_M