



## Wellness and Minor Care

A well-designed medical plan provides cost-appropriate care options for various needs. That's why HCCMCA offers a Wellness and Minor Care program – to provide plan participants with affordable options when they need routine preventive care and minor treatment for colds, flu, minor illness or accidents, general care and X-rays or lab tests.

HCCMCA offers discounted Wellness and Minor care through Primary Care Associates, Alaska Urgent Care, Wasilla Medical Clinic, and Fairbanks Urgent Care Center, providing wide coverage and easy access to care for Alaskans.

### **Goals**

HCCMCA's Wellness and Minor Care program goals are to:

Make it easy and affordable for health plan participants to utilize preventive care, which allows them to detect potentially serious illnesses earlier.

Provide a low-cost way to obtain care for minor accidents or illness, with easy access for plan participants and fewer emergency room visits.

Offer pricing plans that vary according to utilization.

### **How it Works**

Current Wellness and Minor Care providers for HCCMCA plan participants include:

Primary Care Associates in Anchorage and Eagle River.

Alaska Urgent Care in Anchorage.

Wasilla Medical Clinic in the Mat-Su Valley.

Fairbanks Urgent Care Center in Fairbanks.

Services include:

Routine and Minor Care: treatment for colds, flu, minor illness or accident, general minor medical care for non-chronic conditions and x-rays or lab tests.

Preventive care for adults: covers physical exams, mammograms and prostate-specific antigen testing, annual pap smears and associated lab and x-rays.

Preventive care for Children age 2 and older: includes physical exams, sports physicals and immunizations.

Participants pay a low co-pay per visit (typically from \$10 to \$25, a value which is set by the member health plan). The health plan is billed monthly for the discounted cost of the office visit and any associated lab, X-ray and ancillary services. Participants enjoy special provider appointment lines, reduced wait times and no paperwork.

Keeping health care affordable for workers and their families

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### **How it Works (cont.)**

Generally, the discounted price of services is at least 20% less than the usual and customary pricing, depending on the clinic and type of service.

The HCCMCA access fee is 1.5% of net discounted charges.

### **Benefits**

HCCMCA's Wellness and Minor Care program benefits member health plans in a number of ways.

Help member plans save money by providing a low-cost way for plan participants to access preventive and minor care.

Improve utilization of preventive care, to help identify serious health problems earlier and reduce health care expenses that result.

Reduces utilization of more expensive care options such as Emergency Room.

“Our participants really appreciate the Wellness and Minor Care program. In fact, when we first started, this service helped several people identify serious illnesses through the preventive care portion of the program. That’s really our ultimate goal – to catch serious problems early.”

*Alaska Electrical Health & Welfare Fund*

### **Learn More**

To learn more about the Wellness and Minor Care program, contact HCCMCA at (907) 474-4226 or (888) 474-4226 (toll-free).