



truehealth[™]

new mexico

TRUE PERKS

True Health New Mexico is more than a health plan; it's your plan for health. Our top priority is guiding you to your best state of health and helping you stay there. These programs, tools, resources, and other member perks are designed with your lifestyle and needs in mind.

WELLNESS

Fitbit True Wellness Program:¹ Getting fit is easier and more fun with a Fitbit! When you log in to our secure member portal and take a Health Risk Assessment, you can receive a credit to use toward the Fitbit of your choice. Already own a Fitbit? Upgrade it or join the True Health NM Fitbit community.

truehealthnewmexico.com/fitbit.aspx



A.D.A.M.: Empower yourself with trustworthy medical information. Research diseases, injuries, nutrition, first aid, tests, and procedures. Use interactive tools like Health Navigator to pinpoint your symptoms; prepare for a healthy pregnancy with Pregnancy SmartSite[™]; look up in-depth information on complementary and alternative medicine; learn more about how your body works via animated videos; and much more. truehealthnewmexico.com/adam.aspx



Wellness Calendar: Give yourself a year of wellness. Our Wellness Calendar features a different health topic each month with links to detailed, credible, and up-to-date information. truehealthnewmexico.com/wellness-calendar.aspx

SERVICES AND TOOLS

Member Portal, Mobile App: Our secure portal offers you a streamlined way to manage your health plan. Use it to view your benefits, eligibility, and claims; view and print your ID card; search for a provider in our network; and link to many online True Health NM resources. Our mobile app puts all the features of the member portal on your smartphone, making it easier for you to access your plan information wherever you go. truehealthnewmexico.com/my-account-login.aspx



Mail-Order Pharmacy, \$0 Generics: If you take long-term medications to control a chronic condition, you can receive up to a 90-day supply by mail. In addition, your True Health NM plan offers many generic drugs for nine chronic conditions at a \$0 copay.² This benefit makes it easier for you to continue taking medications that help you stay well. truehealthnewmexico.com/Formulary.aspx (True Health New Mexico Formulary [Drug List] section)

FINDING THE CARE YOU NEED



Care Connect Nurse Advice Line with Virtual Clinic: Our Care Connect Line registered nurses provide expert guidance for your minor illnesses and injuries. If needed, the nurse can arrange a consultation via telephone with an MDLIVE® doctor. **1-844-308-2552**

Alternative Health Options: Your True Health NM plan covers acupuncture and chiropractic care. Check your health plan's summary of benefits to learn about your cost-share and the number of visits covered per year. Find an alternative-health practitioner using our online provider directory.

truehealthnewmexico.com/find_a_doctor.aspx



\$0 Copayments for Behavioral Health Office Visits: Behavioral health and overall physical health are closely linked. Whether you are dealing with a crisis or just need a counselor to talk to, our network offers access to many behavioral health providers. Also, your plan offers a \$0 copay for outpatient behavioral health visits, including substance-abuse visits.³

truehealthnewmexico.com/how-to-access-care.aspx

Healthy Checkup Interview: Evaluating your responses to our Healthy Checkup Interview helps us establish a plan for your care and tells us if you need guidance from our Care Management team to find doctors, receive specific healthcare services, or get caught up with preventive screenings.

research.net/r/THNMHealthyCheckUp



Smoking Cessation: Your True Health NM plan covers certain prescription smoking cessation medications, plus some over-the-counter products. The QUIT NOW hotline can help you come up with a plan to quit, too.

truehealthnewmexico.com/smoking-cessation.aspx

truehealthnewmexico.com/new-members.aspx

Notes

¹ The Fitbit® True Wellness Program is a value-added member program under the Health and Wellness Maintenance and Improvement Programs administered by True Health New Mexico. Please refer to your plan's Member Handbook for additional information. This program is available to all True Health New Mexico members 18 years and older. Fitbit is a registered trademark of Fitbit, Inc. Visit truehealthnewmexico.com/fitbit.aspx for other important terms and conditions.

² The \$0 generic drug copay benefit does not apply to high-deductible health plans (HDHPs).

³ The \$0 behavioral health office visit copay benefit does not apply to high-deductible health plans (HDHPs).

