

# ATTENTION...

## MultiCare Employees

### You have **FREE** benefits from Diabetes and Nutrition services that are covered by MultiCare insurance options!

If you or your family members are covered by any of MultiCare's insurance options, you have valuable benefits at your disposal:

#### All Three Plans:

Your first three visits with a Diabetes educator or Registered Dietitian within the calendar year will be paid at 100%! These visits are not subject to a deductible nor co-pay. These **FREE** visits can be used for a variety of diagnosis' to include: diabetes, pre-diabetes, high cholesterol and others. All you need is a referral from your provider.

#### MyConnected Care plan: Tier One:

- After your first 3 **free** preventative visits, diabetes services will be covered on an individual basis or in a class setting at 90% of the CONTRACTED amount. You will not be subject to a deductible nor co-pay. You will pay just 10% of the contracted amount. No limits on visits as long as it is medically necessary.
- Insulin Adjustment fits under this benefit as well

#### PPO and High Deductible plans:

- If diabetes services are received within MultiCare, the individual will pay towards their deductible first and once it has been met, insurance will cover 90% of the contracted amount.

#### OBESITY (all three plans and defined as having a BMI of > 30):

- MultiCare employees AND family members on the plan receive 12 visits per year under the diagnosis obesity. NO deductible and pays at 100%.
- Must have a provider's referral for any service.

#### Questions?

- Call the Diabetes Services department: 253-403-1726
- Or visit our website: <https://www.multicare.org/diabetes-education>