

2022 Essential health plans

FOR INDIVIDUALS AND FAMILIES



Be well with LifeWise

A good health plan offers more than access to care. It can help you stay healthy and at your very best.

Choose LifeWise Health Plan of Washington and get a health plan that's easy to use, fits your budget, and provides the benefits you and your family need now.

Who can get a LifeWise Essential health plan?

You can enroll in a LifeWise Essential plan if you live in one of the following counties:

Adams	Columbia	Island	Lincoln	Skagit	Wahkiakum
Asotin	Cowlitz	Jefferson	Mason	Skamania	Walla Walla
Benton	Douglas	King	Okanogan	Snohomish	Whatcom
Chelan	Ferry	Kittitas	Pend Oreille	Spokane	Whitman
Clallam	Garfield	Klickitat	Pierce	Stevens	Yakima
Clark	Grant	Lewis	San Juan	Thurston	

With a LifeWise health plan, you can:



Choose your own doctors and specialists.

Choose from our LifeWise Primary network of providers for your primary and urgent care, specialists, alternative care, and hospitals.



Get no-cost benefits.

\$0 preventive care services

Get preventive exams, screenings, and vaccinations at no cost to you.

\$0 medical advice

Call our free 24-Hour NurseLine at any time to get advice about how to treat symptoms or when to seek additional care.



See a doctor, virtually anywhere.

Virtual visits for medical and mental health care

Get virtual visits by phone or video with Doctor On Demand for primary and urgent care for common medical conditions such as cold, flu, and allergies, as well as chronic conditions.

Receive virtual treatment for anxiety, depression, addiction, or other mental health conditions from the privacy of your home with our virtual providers, Boulder Care and Workit Health.



Be covered for the important things.

10 essential health benefits

These important benefits—such as maternity and newborn care, mental health support, and prescription drugs—ensure your unique health needs are covered.

Get more

As a LifeWise member, you manage your health plan the way you want with these additional features.

SECURE LIFEWISE MEMBER ACCOUNT

Your LifeWise account gives you convenient online access to your health plan. Access your digital ID card, view plan documents, look up claims, make a payment, and more.

DISCOUNTS ON FITNESS PROGRAMS AND MEMBERSHIPS

Get access to thousands of fitness centers and digital workout options through the Active&Fit Direct program, starting at just \$25 a month (plus a \$25 enrollment fee and applicable taxes).

HEALTH DECISION AIDS

Take control of your healthcare with Healthwise decision support. Research what's right for you with decision-making aids, videos, and articles about the latest medical science news, available on our website.

DENTAL PLANS

LifeWise offers a **pediatric dental plan** for children under age 19 and a **family dental plan** for both adults and children. These plans are available through the state exchange, Washington Healthplanfinder.

Get to know our plans

You can select from several types of Essential health plans: gold, silver, and bronze. These levels refer to the plan cost, not the quality.

When choosing the plan that's right for you, keep in mind:

- **Health savings account (HSA):** Some plans with a high deductible let you set up an account to save and invest your money for qualified healthcare costs. An HSA has tax advantages.
- **In network:** Visits to an in-network doctor, pharmacy, hospital, or other care provider help keep your costs lower.
- **Out of network:** Care outside of your plan's network is not covered, except for emergencies.

To enroll or find out more

- Visit [lifewise.com](https://www.lifewise.com).
- Call LifeWise at **844-666-WISE (844-666-9473)**.
- Talk with a producer, a licensed professional also known as an agent or broker.

Depending on your household income, you may be eligible to receive help with part of the cost of your plan. See if you qualify by calling 844-666-WISE (844-666-9473).



Discrimination is Against the Law

LifeWise Health Plan of Washington (LifeWise) complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. LifeWise does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. LifeWise provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). LifeWise provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that LifeWise has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-6396, Fax: 425-918-5592, TTY: 711, Email AppealsDepartmentInquiries@LifeWiseHealth.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. You can also file a civil rights complaint with the Washington State Office of the Insurance Commissioner, electronically through the Office of the Insurance Commissioner Complaint Portal available at <https://www.insurance.wa.gov/file-complaint-or-check-your-complaint-status>, or by phone at 800-562-6900, 360-586-0241 (TDD). Complaint forms are available at <https://fortress.wa.gov/oic/onlineservices/cc/pub/complaintinformation.aspx>.

Language Assistance

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-817-3056 (TTY: 711).

注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-817-3056 (TTY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-817-3056 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-817-3056 (TTY: 711) 번으로 전화해 주십시오.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-817-3056 (телетайп: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-817-3056 (TTY: 711).

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки.

Телефонуйте за номером 800-817-3056 (телетайп: 711).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតលុយ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 800-817-3056 (TTY: 711)។

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。800-817-3056 (TTY:711) まで、お電話にてご連絡ください。

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 800-817-3056 (መስማት ለተሳናቸው: 711)።

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 800-817-3056 (TTY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-817-3056 (رقم هاتف الصم والبكم: 711).

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 800-817-3056 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-817-3056 (TTY: 711).

ໂປດອຸບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ຄ່າສ່ຽງຄ່າ, ຄວນມີພ້ອມໃຫ້ທ່ານ. ໂທ 800-817-3056 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sévis èd pou lang ki disponib gratis pou ou. Rele 800-817-3056 (TTY: 711).

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-817-3056 (ATS : 711).

UWAGA: Jezeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-817-3056 (TTY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-817-3056 (TTY: 711).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-817-3056 (TTY: 711).

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-817-3056 (TTY: 711) تماس بگیرید.