

Cascade Select health plans

FOR INDIVIDUALS AND FAMILIES

LifeWise Health Plan of Washington is here because healthcare should be simple, flexible, and nearby.

LifeWise Cascade Select plans are available if you live in one of the following counties: Adams, Benton, Chelan, Clark, Cowlitz, Douglas, Ferry, Grays Harbor, Island, Klickitat, Lewis, Pend Oreille, Pierce, Skagit, Skamania, Spokane, Thurston, Wahkiakum, Whatcom, and Yakima.

Open enrollment runs from November 1 through January 15.

Some life events allow you sign up for a health plan outside of open enrollment.

Visit lifewise.com/special-enrollment to learn more.



Choose your providers

Choose LifeWise Alpine network providers who are the right fit for your primary, urgent, specialty, alternative, and hospital-based care. The Find Care tool makes it easy at lifewise.com/find-care.



Be covered for the important things

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

Know you're covered for the essential health benefits—such as maternity and newborn care, mental health support, emergency visits, and prescription drugs.



Secure and convenient access to health information

Manage your health plan online anytime with the new and improved LifeWise member portal. Log in to access your digital ID card, view plan documents, look up claims, compare procedure costs, make payments, and more. It's fast, easy, and mobile friendly.

Stay informed about your healthcare by opting in to personalized text alerts on your mobile phone. Learn more at lifewise.com/digital-health-messages.



Get virtual and 24/7 care

Video or phone-based care with a provider for urgent and mental health care.

- Urgent medical care: By board-certified doctors via **98point6**.
- Mental health therapy and support: By **Spring Health**.
- Substance use disorder treatment: By **Boulder Care**.
- Advice or quick help: By the free **24-Hour NurseLine**.



Advanced primary care at Kinwell

LifeWise members have access to primary care at Kinwell clinics throughout Washington, in person or virtually. Find out more at kinwellhealth.com.



Get more

Wellness: Get discounts on fitness programs and memberships with Active&Fit Direct.

Dental: Add dental coverage with a LifeWise pediatric or family dental plan through Washington Healthplanfinder.

Prescription savings: Save on your prescriptions by using our Express Scripts mail-order pharmacy and Rx Savings Solutions program.

Care management: Get support to manage chronic medical conditions, coordinate care, and navigate the healthcare system.



Know your plan options

LifeWise offers **gold, silver, and bronze plans** to fit your needs and budget. Metal levels refer to how you and your plan split the costs of your care, not the plan quality.

Use **in-network** providers and facilities for the greatest savings. Out-of-network care is not covered, except for emergencies.

Cascade Select plans are health plans designed by the Washington Health Benefit Exchange to provide the benefits you need while keeping your out-of-pocket costs lower.

Cost-sharing reductions are discounts that lower the amount you pay and are only available to qualified households on silver plans.

Visit lifewise.com/how-health-plans-work to better understand the basics.



Learn LifeWise

Get coverage tips, read articles about healthier living, and stay up to date on news about LifeWise and healthcare at lifewise.com/blog.



Get started now at lifewise.com

Call 844-961-9845

LifeWise producers, also known as licensed agents or brokers, can help you select a health plan. Visit lifewise.com/brokers for more information.

Planes de salud Cascade Select

PARA INDIVIDUOS Y FAMILIAS

LifeWise Health Plan of Washington está aquí porque la atención médica debe ser simple, flexible y cercana.

Los planes Cascade Select de LifeWise están disponibles si vives en uno de los siguientes condados: Adams, Benton, Chelan, Clark, Cowlitz, Douglas, Ferry, Grays Harbor, Island, Klickitat, Lewis, Pend Oreille, Pierce, Skagit, Skamania, Spokane, Thurston, Wahkiakum, Whatcom y Yakima

La inscripción abierta se extiende desde el 1 de noviembre hasta el 15 de enero.

Algunos eventos de la vida le permiten inscribirse en un plan de salud fuera del período de inscripción abierta. Visite lifewise.com/special-enrollment para obtener más información.



Elija sus proveedores

Elija los proveedores de la red LifeWise Alpine que sean los adecuados para su atención primaria, urgente, especializada, alternativa y hospitalaria. La herramienta Find Care (Buscar atención) lo hace fácil en lifewise.com/find-care.



Tenga cobertura para lo importante.

Hágase exámenes preventivos, exámenes de detección y aplíquese vacunas sin costo adicional para usted.

Sepa que está cubierto para los beneficios de salud esenciales, como la atención de maternidad y al recién nacido, el apoyo a la salud mental, las visitas de urgencia y los medicamentos con receta.



Acceso seguro y conveniente a la información de salud

Gestione su plan de salud en línea en cualquier momento con el nuevo y mejorado portal para miembros de LifeWise. Inicie sesión para acceder a su tarjeta de identificación digital, ver los documentos del plan, buscar reclamos, comparar costos de procedimientos, realizar pagos y más. Es rápido, fácil y compatible con dispositivos móviles.

Manténgase informado sobre su atención médica optando por recibir alertas de texto personalizadas en su teléfono móvil. Más información en lifewise.com/digital-health-messages.



Obtenga atención virtual y 24/7

Atención médica urgente y de salud mental por videoconferencia o teléfono con un proveedor.

- Atención médica urgente: por médicos certificados por la Junta a través de **98point6**.
- Terapia y apoyo de salud mental: por **Spring Health**.
- Tratamiento para trastornos por consumo de sustancias: por **Boulder Care**.
- Asesoramiento o ayuda rápida: por la **Línea de enfermería 24 horas gratuita**.



Atención primaria avanzada en Kinwell

Los miembros de LifeWise tienen acceso a atención primaria en las clínicas Kinwell en todo Washington, en persona o virtualmente. Obtenga más información en kinwellhealth.com.



Obtenga más beneficios

Bienestar: Obtenga descuentos en programas de acondicionamiento físico y membresías con Active&Fit Direct.

Dental: Agregue cobertura dental con un plan dental pediátrico o familiar de LifeWise a través del Washington Healthplanfinder (Buscador de planes de salud de Washington).

Ahorros en medicamentos recetados: Ahorre en sus recetas utilizando nuestra farmacia de pedidos por correo de Express Scripts y el programa Rx Savings Solutions.

Administración de la atención: Obtenga apoyo para manejar afecciones médicas crónicas, coordinar la atención y navegar por el sistema de atención médica.



Conozca sus opciones de plan

LifeWise ofrece **planes oro (gold), plata (silver) y bronce (bronze)** para adaptarse a sus necesidades y presupuesto. Los niveles de metal se refieren a cómo usted y su plan dividen los costos de su atención, no a la calidad del plan.

Use **proveedores y centros dentro de la red** para obtener los mayores ahorros. La atención fuera de la red no está cubierta, excepto para emergencias.

Los **planes Cascade Select** son planes de salud diseñados por el Washington Health Benefit Exchange (Intercambio de Beneficios de Salud de Washington) para brindarle los beneficios que necesita al mismo tiempo que mantenemos sus costos de bolsillo más bajos.

Las **reducciones de costos compartidos** son descuentos que reducen el monto que usted paga y solo están disponibles para grupos familiares calificados con planes Silver.

Visite lifewise.com/how-health-plans-work para comprender mejor los conceptos básicos.



Conozca LifeWise

Obtenga consejos de cobertura, lea artículos sobre una vida más saludable y manténgase actualizado sobre las noticias sobre LifeWise y la atención médica en lifewise.com/blog.



Comience ahora en lifewise.com

Llame al **844-961-9845**

Los productores de LifeWise, también conocidos como agentes o corredores autorizados, pueden ayudarlo a seleccionar un plan de salud. Visite lifewise.com/brokers para obtener más información.

Notice of availability and nondiscrimination 800-817-3056 | TTY: 711

Call for free language assistance services and appropriate auxiliary aids and services.

Llame para obtener servicios gratuitos de asistencia lingüística, y ayudas y servicios auxiliares apropiados.

呼吁提供免费的语言援助服务和适当的辅助设备及服务。

呼籲提供免費的語言援助服務和適當的輔助設備及服務。

Gọi cho các dịch vụ hỗ trợ ngôn ngữ miễn phí và các hỗ trợ và dịch vụ phụ trợ thích hợp.

무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 신청하십시오.

Звоните для получения бесплатных услуг по переводу и других вспомогательных средств и услуг.

Tumawag para sa mga libreng serbisyo ng tulong sa wika at angkop na mga karagdagang tulong at serbisyo.

Звертайте за безкоштовною мовною підтримкою та відповідними додатковими послугами.

សូមហៅទូរសព្ទទៅសេវាជំនួយភាសាដោយឥតគិតថ្លៃ ព្រមទាំងសេវាកម្ម និងជំនួយចាំបាច់ដែលសមរម្យផ្សេងៗ។

無料言語支援サービスと適切な補助器具及びサービスをお求めください。

ለነፃ የቋንቋ እርዳታ አገልግሎቶች እና ተገቢ ድጋፍ ሰጪ አጋዥ ማሳሰቢያዎችን እና አገልግሎቶችን ለማግኘት በስልክ ቁጥር

Tajaajiloota deeggarsa afaan bilisaa fi gargaarsaa fi tajaajiloota barbaachisaa ta'an argachuuf bilbilaa.

ਮੁਫਤ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਅਤੇ ਉਚਿਤ ਸਹਾਇਕ ਚੀਜ਼ਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਵਾਸਤੇ ਕਾਲ ਕਰੋ।

Fordern Sie kostenlose Sprachunterstützungsdienste und geeignete Hilfsmittel und Dienstleistungen an.

ໂທເພື່ອຮັບການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ແລະ ການບໍລິການ ແລະ ການຊ່ວຍເຫຼືອພິເສດທີ່ເໝາະສົມແບບບໍ່ເສຍຄ່າ.

Rele pou w jwenn sèvis asistans lengwistik gratis ak èd epi sèvis oksilyè ki apwopriye.

Appelez pour obtenir des services gratuits d'assistance linguistique et des aides et services auxiliaires appropriés.

Zadzwoń, aby uzyskać bezpłatną pomoc językową oraz odpowiednie wsparcie i usługi pomocnicze.

Ligue para serviços gratuitos de assistência linguística e auxiliares e serviços auxiliares adequados.

Chiama per i servizi di assistenza linguistica gratuiti e per gli ausili e i servizi ausiliari appropriati.

اتصل للحصول على خدمات المساعدة اللغوية المجانية والمساعدات والخدمات المناسبة.

برای خدمات کمک زبانی رایگان و کمک‌ها و خدمات امدادی مقتضی، تماس بگیرید.

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, or sex, including sex characteristics, intersex traits, pregnancy or related conditions, sexual orientation, gender identity, and sex stereotypes. LifeWise does not exclude people or treat them less favorably because of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. LifeWise provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services 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 assistance services to people whose primary language is not English, which may include qualified interpreters and information written in other languages. If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact our 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, sexual orientation, or gender identity, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-6396, TTY: 711, Fax: 425-918-5592, Email AppealsDepartmentInquiries@LifeWiseHealth.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our 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>.

