

FY2024

**Judiciary of Guam
Benefit Offering**

FY2024 Benefit Briefing Outline

- Company Overview
- Benefit Offering
- Payroll Deductions
- Provider Network
- Wellness/Fitness Program
- Special Features
- Enrollment Info
- Information Resources

- Wholly-owned by Tan Holdings Corporation
- Delivering Healthcare Solutions to the Region for 50 years
- 40+ year FEHB health plan participant
- Operations in Guam, CNMI, and Philippines
- Over 250 employees
- 40% market share
- Vertically Integrated Organization
 - Licensed Insurance Company - Plan Administration - Healthcare Provider



Tan Holdings

Health Plan Accredited by



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

Elevating the member/patient
experience

TakeCare
The first accredited
health plan on Guam!

- Member Rights, Responsibilities, Protections

- Governance

- Administration

- Provider Network Credentialing

- Network Adequacy

- Case Management/Care Coordination

- Health Education and
Wellness Promotion

- Quality Improvement and
Risk Management



FY2024 Benefit Offering

- PPO 1000
- HSA 2000
- Expanded US Network Access
- Dental 1000
- Dental 2000 w/Ortho

Other FY2024 Benefits

- Travel Allowance Benefit
- Wellness Incentive Program
- Wellness/Health Education Classes
- No-cost Group Fitness Classes
- Discounted Fees @ 21 Fitness Partners
 - Gym membership not subsidized by Judiciary

FY2024 Benefit Changes

PPO1000 and HSA2000 Options

- **Retail Pharmacy (Participating)**

- FY2023 – up to 30 day fill
- FY2024 – **up to 90 day fill** at SuperDrug locations including Kmart, 30 day fill all others

HSA2000 Option

- **Family Deductible (Classes 2-4)**

- FY2023 - \$3,000 individual deductible
- FY2024 - **\$3,200** individual deductible

Participating Network Benefits	PPO 1000
Deductible	\$1,000/\$2,000
Out of Pocket Max (Medical/Rx combined)	\$3,000/\$9,000 (deductible and coinsurance)
Preventive Care	100% covered
Primary Care	\$5 copay (FHP) \$10 (Preferred) \$20 copay (other providers)
Specialist Care	\$40 copay
Laboratory Services	100% covered
Routine Diagnostic Testing	\$15 copay (FHP) \$20 copay (other providers)
Complex Diagnostic Testing	20% coinsurance
Emergency Room	\$75 copay
Urgent Care	\$50 copay
Inpatient Hospital	20% coinsurance
Prescriptions (30 day) (90 day @ SuperDrug)	Preferred 5%/10%/30%/30% Other 10%/20%/30%/30%
Mail Order Prescriptions (90 day)	\$0/\$0/30%/nc


FY2024 TakeCare Medical Benefits

Other coverages include:

- Acupuncture
- ASD Treatment
- Blood & Blood Derivatives
- Chiropractic
- Clinical Trials
- DME incl CPAP, BPAP
- ESRD
- Home Health / Hospice
- Hyperbaric O2 Therapy
- Implants, Prosthetic Devices (limitations)
- Occupational Therapy
- Physical Therapy
- SNF
- Sleep Study (diagnostic)



A TanHoldings Company

 - deductible applies

Participating Network Benefits	PPO 1000	HSA 2000
Deductible	\$1,000/\$2,000	\$2,000/\$4,000
Out of Pocket Max (Medical/Rx combined)	\$3,000/\$9,000 (deductible and coinsurance)	\$4,000/\$11,900 (deductible and coinsurance)
Preventive Care	100% covered	100% covered
Primary Care	\$5 copay (FHP) \$10 (Preferred) \$20 copay (other providers)	\$5 copay (FHP) \$15 (Preferred) \$25 copay (other providers)
Specialist Care	\$40 copay	\$40 copay
Laboratory Services	100% covered	100% covered
Routine Diagnostic Testing	\$15 copay (FHP) \$20 copay (other providers)	\$15 copay (FHP) \$20 copay (other providers)
Complex Diagnostic Testing	20% coinsurance	20% coinsurance
Emergency Room	\$75 copay	\$75 copay
Urgent Care	\$50 copay	\$50 copay
Inpatient Hospital	20% coinsurance	20% coinsurance
Prescriptions (30 day) (90 day @ SuperDrug)	Preferred 5%/10%/30%/30% Other 10%/20%/30%/30%	Preferred 5%/10%/30%/30% Other 10%/20%/30%/30%
Mail Order Prescriptions (90 day)	\$0/\$0/30%/nc	\$0/\$0/30%/nc

FY2023 TakeCare Medical Benefits

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- Acupuncture
- ASD Treatment
- Blood & Blood Derivatives
- Chiropractic
- Clinical Trials
- DME incl CPAP, BPAP
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- Home Health / Hospice
- Hyperbaric O2 Therapy
- Implants, Prosthetic Devices (limitations)
- Occupational Therapy
- Physical Therapy
- SNF
- Sleep Study (diagnostic)



A TanHoldings Company

- deductible applies

FY2023 TakeCare Medical Benefits


Non-Participating Network Benefits	PPO 1000	HSA 2000
Deductible	\$2,000/\$6,000	\$4,000/\$12,000
Out of Pocket Max (Medical/Rx combined)	No maximum	No maximum
Preventive Care	30% coinsurance of our allowance plus any difference between our allowance and billed charges.	30% coinsurance of our allowance plus any difference between our allowance and billed charges.
Primary Care		
Specialist Care		
Laboratory Services		
Outpatient Radiology		
Diagnostic Testing		
Inpatient Hospital	30% of Average Wholesale Price (AWP) plus any difference between any eligible and billed charges	30% of Average Wholesale Price (AWP) plus any difference between any eligible and billed charges
Prescriptions		
Emergency Room	\$75 copay	\$75 copay

Other coverages include:

- Acupuncture
- ASD Treatment
- Blood & Blood Derivatives
- Chiropractic
- Clinical Trials
- DME incl CPAP, BPAP
- ESRD
- Home Health / Hospice
- Hyperbaric O2 Therapy
- Implants, Prosthetic Devices (limitations)
- Occupational Therapy
- Physical Therapy
- SNF
- Sleep Study (diagnostic)



A TanHoldings Company

 - deductible applies

FY2024 TakeCare Dental Benefits

Participating Network Benefits	Dental 1000	Dental 2000
Deductible	None	None
Diagnostic & Preventive Services	100% covered	100% covered
Basic & Restorative	80% covered	80% covered
Major & Replacement	50% covered	50% covered
Orthodontia	Not covered	50% covered
Plan Year Maximum	\$1,000 per year	\$2,000 per year

Diagnostic & Preventive

- Exams/Prophylaxis (once every 6 months)
- X-rays (bite wing 4/plan year max, full mouth once every 3 yrs)
- Flouride (to age 19)
- Sealants, Space Maintainers (to age 16)

Basic & Restorative

- Emergencies
- Routine fillings
- Oral surgery
- Periodontics
- Endodontics
- General Anesthesia

Major & Replacement

- Prosthodontics
 - Fixed
 - Removable

Orthodontia

- Children
- Adults

FY2024 TakeCare Dental Benefits

Non-Participating Network Benefits	Dental 1000	Dental 2000
Deductible	None	None
Diagnostic & Preventive	30% coinsurance of our allowance plus any difference between our allowance and billed charges.	30% coinsurance of our allowance plus any difference between our allowance and billed charges.
Basic & Restorative		
Major & Replacement	65% coinsurance of our allowance plus any difference between our allowance and billed charges.	65% coinsurance of our allowance plus any difference between our allowance and billed charges.
Orthodontia	Not covered	
Plan Year Maximum	\$1,000 per year	\$2,000 per year

Diagnostic & Preventive

- Exams/Prophylaxis (once every 6 months)
- X-rays (bite wing 4/plan year max, full mouth once every 3 yrs)
- Flouride (to age 19)
- Sealants, Space Maintainers (to age 16)

Basic & Restorative

- Emergencies
- Routine fillings
- Oral surgery
- Periodontics
- Endodontics
- General Anesthesia

Major & Replacement

- Prosthodontics
 - Fixed
 - Removable

Orthodontia

- Children
- Adults



Health Savings Accounts

What is a Health Savings Account (HSA)?

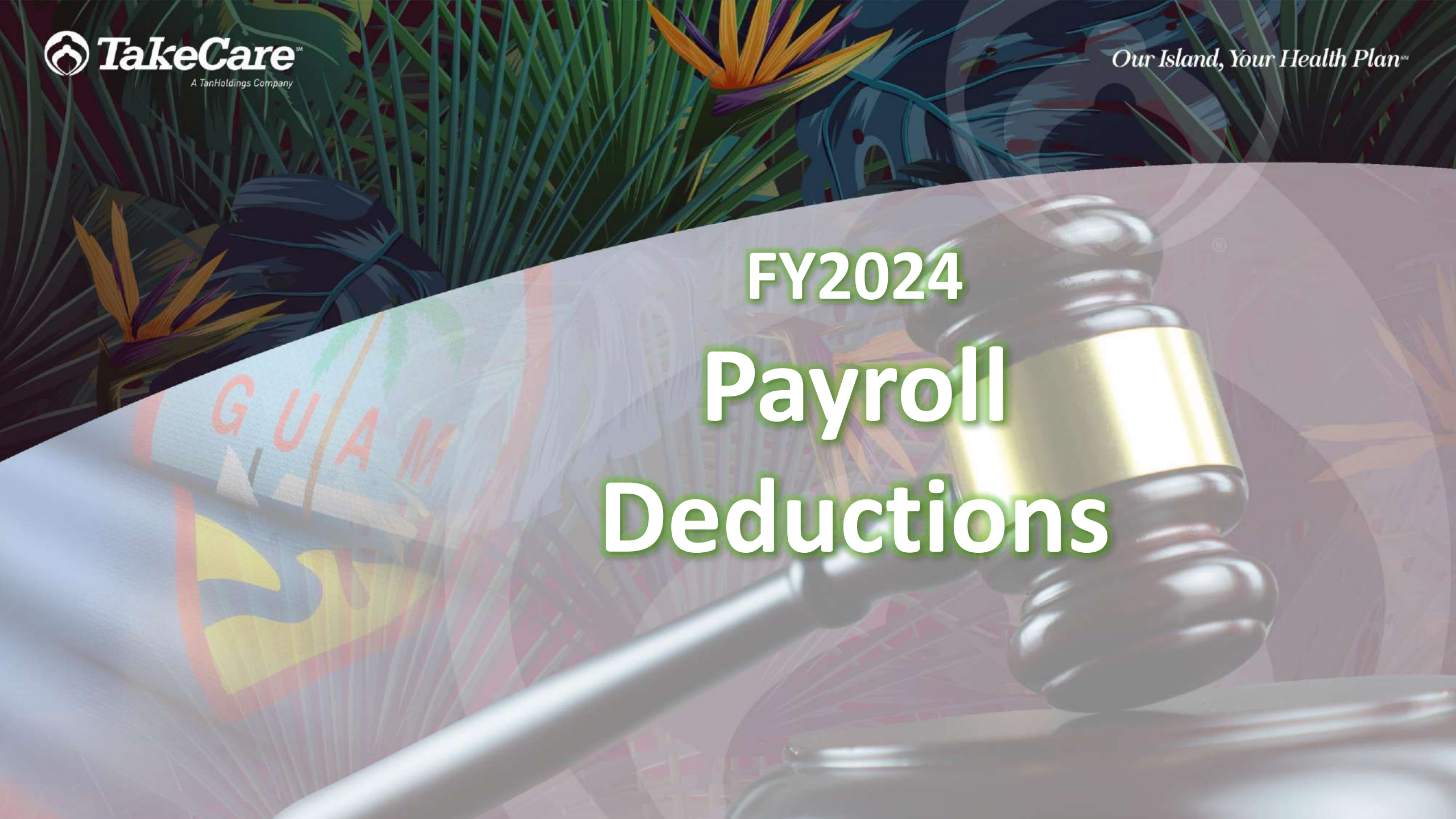
- A federally-recognized savings plan that allows you to make tax-deductible contributions
- Tax-deductible contributions allowed
 - 2023 – up to \$3,850 (individual), \$7,750 (family)
 - 2024 – up to \$4,150 (individual), \$8,300 (family)
 - Plus additional \$1,000 catch up (55 or older)
- No “use it or lose it” rules. Any money left over in your account at the end of the year rolls over year after year until you are ready to withdraw it, even if you are no longer participating in the HSA2000.

How can I use a Health Savings Account (HSA)?

- Non-taxable withdrawals (including interest earnings)
 - if used to pay for tax-deductible medical expenses,
 - including those that your insurance may not cover, or
 - save the money in your account for future needs
- **IRS Publication 969** provides a list of eligible and ineligible medical expenses
- Remember, the IRS may modify its list of eligible expenses from time to time. As always, consult your tax advisor should you require specific tax advice.
- Taxable withdrawals
 - Income tax on the amount withdrawn plus 20% penalty. Penalty is waived for persons who have reached the age of 65 or have become disabled at the time of the withdrawal

Who's eligible for the HSA?

- enrolled in the HSA2000 medical plan, and
- cannot be claimed as a dependent on someone else's tax return, and
- must **NOT** be participating in any one of the following benefit programs:
 - Medicare or Medicaid
 - Health Flexible Spending Account (FSA)
 - Covered under another health insurance plan (including Tricare)
 - Receiving or have received VA benefits in the last 3 month



FY2024
Payroll
Deductions

FY2024 Payroll Deductions

Employee Rate Shares (biweekly)

CLASS	PP01000	HSA2000	DENTAL 1000	DENTAL 2000
CLASS 1:	\$ 62.06	\$ 0.00	\$ 0.47	\$ 5.28
CLASS 2:	\$ 129.33	\$ 0.00	\$ 1.05	\$ 21.56
CLASS 3:	\$ 100.78	\$ 0.00	\$ 0.87	\$ 17.63
CLASS 4:	\$ 179.50	\$ 0.00	\$ 1.45	\$ 28.95

Medical/Dental Classes

Class 1 - Employee Only

Class 2 - Employee + Spouse/Cohabiting Partner

Class 3 - Employee + Dependent Child(ren)

Class 4 - Employee + Family



Provider Network

- Adult Health Care Clinic
- American Medical Centers*
- American Pediatric Clinic
- Dededo Polymedic Clinic
- Dr. Chang's Clinic
- Dr. Shieh's Clinic*
- Evergreen Health Center
- FHP Health Center*
- Guam Adult/Pediatric Clinic
- Guam Med Health Care Center
- Guam Medical Imaging Center
- Guam Radiology Consultants
- Guam SDA Clinic
- Hagatna Med Clinic
- Harmon Pediatrics
- Health Partners, LLC
- IHP Medical Group*
- Isla Pediatrics
- Micronesia Medical & Anesthesia Associates
- MPG Pediatrics*
- Marianas Physicians Group*
- Pacific Cardiology Consultants
- Pacific Health Center

- Pacific Medical Group
- Pediatric & Adolescent Clinic
- Polymedic Clinic
- Sagua Managu*
- St. Anthony's Clinic
- Premise Health
- Tumon Medical Office
- Tumon Pediatric Clinic

MEDICAL SERVICES

- Acupuncture
- Birthing Centers
- Chiropractic
- Dialysis
- DME
- Hearing Services
- Home Health
- Hospice
- Occupational Therapy
- Optometrists
- Physical Therapy
- Massage Therapy

SPECIALISTS

- Anesthesiology
- Applied Behavior Analysis
- Behavioral Health
- Cardiology
- Dermatology
- Endocrinology
- Geriatrics
- Nephrology
- Neurology
- Surgery
- Urology
- Oncology (medical)
- Oncology (radiation)
- Ophthalmology
- Oral/Maxillofacial Surgery
- Orthopedics
- Otolaryngology (ENT)
- Perinatology
- Podiatry
- Pulmonology

PHARMACIES

- Community
- Express Med
- Guam Rexall
- KMart*
- ITC Pharmacy
- Minutes Rx Pharmacy
- Oka Pharmacy
- Perezville
- Super Drugs*
- Mega Drug I, II, III*

HOSPITALS

- Guam Memorial Hospital Authority
- Guam Regional Medical City

* Preferred In-Network Providers

- American Medical Centers
- Dr Shieh's Clinic
- FHP Health Center
- IHP Medical Group
- Marianas Physicians Group
- MPG Pediatrics
- Sagua Managu
- MegaDrug Pharmacies
- SuperDrug Pharmacies including Kmart

Preferred In-Network Providers

- Lower copays for primary care and covered medications at preferred in-network providers^[1]
 - \$5 per visit at FHP
 - \$10 per visit at AMC, Dr Shieh's Clinic, IHP, MPG, MPG Pediatrics
 - 5% coinsurance for generic meds and 10% coinsurance for brand name meds at MegaDrug & SuperDrug locations, including Kmart
- ^[1] Subject to deductible under HSA 2000

These are in-network, directly contracted providers that have entered into a written agreement with TakeCare to provide care or treatment at preferential or better rates compared to other contracted or in-network providers and have demonstrated better outcomes based on a standard measurement set (HEDIS) monitored by the National Committee for Quality Assurance (NCQA). The providers which are identified as preferred in-network providers are subject to change. Please check with TakeCare to confirm the preferential status of contracted/in-network providers.



Doctors who care. Experience you can trust.

Pictured above L-R:

Jurga Martini, DMD-Dental; Marlene San Nicolas, OD-Optometry; Mo-Ping Tham, DO-Urgent Care; Marylou Dulay, MD-Internal Medicine; Edna Santos, MD-Pediatrics; Samir Ambrale, MD, MPH-Oncology; Andrew Graves, MD-Radiology

The FHP Health Center is your convenient, one-stop health care facility for your family, medical, dental, vision needs. In addition to our highly-trained and well known physicians, FHP also offers a full-service pharmacy, laboratory, radiology and specialty care center in one location.

We accept most insurances including TakeCare, NetCare, Staywell, Tricare, Medicaid, Medicare, and self-pay patients are welcomed. Come experience the FHP difference. Now accepting new patients. Call for an appointment.

Medical Care

- Adult Medicine
- Occupational Health Services
- Laboratory
- Pediatrics
- Radiology
- Urgent Care

Cancer Care

- Dental Care
- Home Health
- Hospice Care
- Vision Care



Call (671) 646-5825 Press 1 for appointments or scan QR Code with your mobile device to request an appointment via email or visit <http://tiny.cc/FHPappointments>.



SCAN ME



Our Island, Your ClinicSM
A TanHoldings Company

- **St. Luke's Medical Center**
 - ◆ Global City
 - ◆ Quezon City
- **The Medical City**
 - ◆ Pasig City
 - ◆ Iloilo
 - ◆ Clark
- **Makati Medical Center**
- **Cebu Doctor's University Hospital, Inc.**
- **Cardinal Santos Medical Center**





TakeCare will reimburse up to \$500 US dollars for the purchase of an airline ticket and/or payment for lodging while accessing medical care in the Philippines. *Subject to deductible on HSA plan.

This benefit applies to eligible members who are being referred to the Philippines for approved off island care and services meeting qualifying criteria of medical necessity for the travel benefit and approved as well as coordinated by TakeCare's Medical Management Department.

Services are limited to approved referrals for specialty care visits and consultations, diagnostic testing and imaging, out patient surgery, rehabilitation therapy, out patient chemotherapy and radiotherapy that are not available on Guam. Executive Check Ups, Primary Care and Preventive Care are not eligible for the travel allowance benefit.

This benefit is in addition to the airfare benefit which is available for hospital-to-hospital transfer.

*Non-compliance with required treatment guidelines as defined by TakeCare's provider and Medical Management will result to non-eligibility under the travel benefit. TakeCare will cover one adult companion per patient, up to a maximum of two adult companions, for an approved travel benefit to accompany minors or disabled members. Approved companions are limited to eligible legal parents or legal guardians. Other limitations may also apply.

PHARMACY

- Available to TakeCare members accessing care in the Philippines
- 100% coverage for prescription drugs listed on the TakeCare formulary listing
- Approved prescription drugs can be obtained from approved pharmacy locations
- Approval from TakeCare MRO is required



Locations ▪ San Juan City ▪ Makati ▪ Pasig City ▪ Quezon City ▪ Taguig City



Locations ▪ The Medical City ▪ St. Luke's Quezon City ▪ Makati Medical Center



Preferred Locations

- Alabang
- Bonafacio Global City
- Bacolod
- Cebu
- Makati

Services Available

- Diagnostic
- Basic Treatment
- Endodontics
- Periodontics
- Crowns, Bridges
- Dentures
- Oral Surgery

CONTINENTAL US

- Cedars Sinai Hospital*
- Children's Hospital of Los Angeles*
- PIH Health Downey Hospital
- PIH Health Good Samaritan Hospital
- PIH Whittier Hospital
- Long Beach Memorial Medical Center
- Mayo Clinic Health System*
- MD Anderson Cancer Centers*
- Miller Children's Hospital
- Pacific Cardiovascular Associates
- UCLA Medical Center
- Western Medical Center Santa Ana
- Plus 1.2 million providers nationwide*



HAWAII

- Adventist Health Castle*
- Shriners Hospital for Children
- The Queen's Medical Center*
- Wahiawa General Hospital*
- 180 PCPs, 9 Urgent Care, 112 specialists*



**THE QUEEN'S
MEDICAL CENTER**

US PHARMACY BENEFIT MANAGER (PBM)

- Elixir Solutions  | 
- 1,000s of pharmacies nationwide

NEW ZEALAND

- 5 Hospitals, 7 PCPs, 350 Specialists

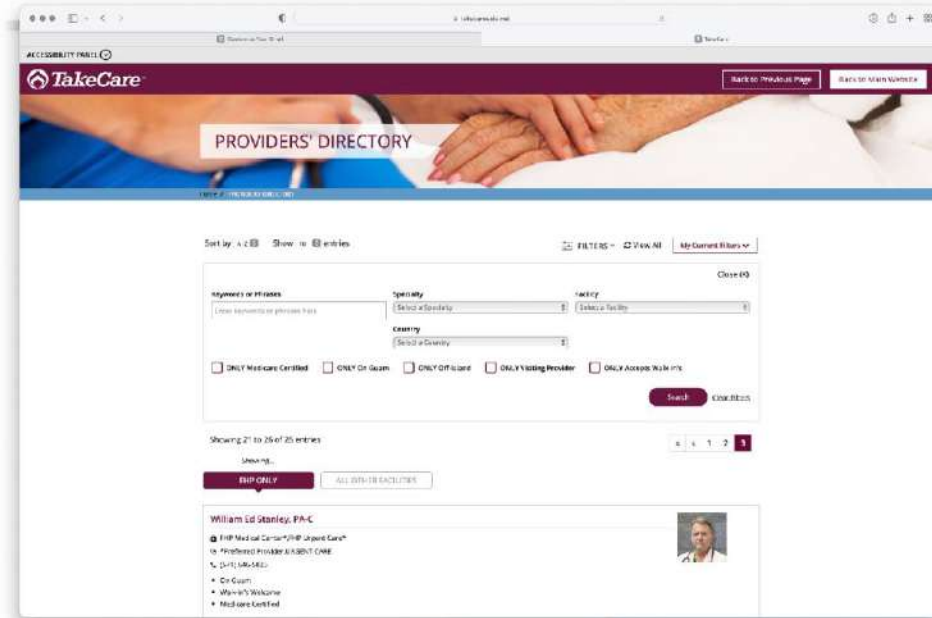
ASIA

- Kameda Medical Center, Japan
- Samsung Medical Center, Korea
- Sime Darby Healthcare, Malaysia
- Raffles Hospital, Singapore
- Taiwan Adventist Hospital, Taiwan
- Bumrungrad Hospital, Thailand





DOWNLOAD THE **TAKECARE** MOBILE APP!



Visit <http://tiny.cc/TakeCareProviders> or scan the QR Code below for the latest TakeCare network provider listings. You can also download our mobile app so you can access on the go!

Getting started is simple.

1. Search by typing 'TakeCare app' in the Apple iOS App Store (iPhone) or the Google Play App Store (Android)
2. Download the App for your Apple or Android phone
3. Open app and select "I AM A TAKECARE MEMBER, BUT IT'S MY FIRST TIME HERE"
4. Enter your information and TakeCare member ID number
(note: Use 11-digit Member ID number on your TakeCare insurance card-^{*}do not include dash "-")

^{*}Note: TakeCare will discontinue hardcopy booklets. All provider listings subject to change. Please check TakeCare Mobile App for the latest updates on network provider listings and contracted services.

Download the TakeCare mobile app today.

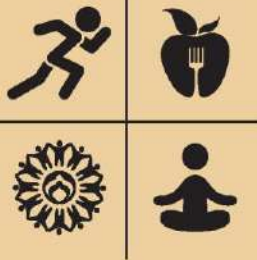


takecareasia.com





Wellness Program



Balanced Lifestyle
TakeCare

Wellness Program

"I used to be 254 lbs with a 44" waistline. Now I'm proud to say that I am 218 with a 40" waistline. I can keep going on about doing things I love while remaining healthy."

- Richard Manley, 80 years old, Prevent T2 Participant

The only nationally recognized wellness program on island with a proven track record. TakeCare's Prevent T2 diabetes prevention program is fully recognized by the CDC.

- **Community Outreach**
- **Evolt 360 Body Analyzer**
- **Kids & Teen Workshops**
- **Group Fitness Classes**
- **Nicotine Cessation**
- **Disease Management Counseling**
- **Health & Wellness Workshops**
- **Nutrition Counseling**
- **Prevent T2 - Diabetes Prevention**
- **Worksite Wellness**

WELLNESS, DISEASE MANAGEMENT, AND PREVENTIVE INCENTIVE PROGRAM

CRITERIA/REQUIREMENT	If Completed at FHP Health Center	If Completed within TakeCare's Participating Network
Preventive		
Completion of TakeCare's Online Health Risk Assessment by eligible members 18 years and older once per benefit year		\$5
Completion of a Biometric Screening through a TakeCare participating primary care provider or TakeCare's Wellness team or by eligible members 18 years and older once per benefit year.		\$5
Completion of an Annual Physical Exam through a TakeCare participating primary care provider once per benefit year	\$50	\$25
Completion of an Annual Physical Exam and Colorectal Cancer Screening for eligible members between 50 to 75 years of age with any of the following services: colonoscopy, sigmoidoscopy and fecal occult blood test once per benefit year as part of the annual physical exam through TakeCare's participating primary care provider	\$25	\$10
Completion of an Annual Physical Exam, Breast Cancer Screening and Screening Mammogram for eligible female members between 35 to 74 years of age as part of the annual physical exam through TakeCare's participating primary care provider	\$25	\$10
Completion of an Annual Physical Exam, Cervical Cancer Screening and Pap Smear for eligible female members between 21 to 65 years of age as part of the annual physical exam through TakeCare's participating primary care provider	\$25	\$10
Administration of flu vaccines for eligible members between 18 to 64 years old once per benefit year	\$10	\$5
Completion of an Annual Dental Exam through a TakeCare participating dentist	\$10	\$5
Completion of an Annual Vision Exam through a TakeCare participating primary care provider	\$10	\$5
Completion of a Pre-natal Visit with a TakeCare participating Obstetrician Gynecologist within the first trimester and member needs to provide documentation and proof of pre-natal visit and pregnancy test to TakeCare	Not Applicable	\$10
Sustained controlled HbA 1c (< 8 HbA 1c) in a benefit year for insulin dependent patient members enrolled under Wellness and Disease Management Program.	\$10	Not Applicable
Achieving a 75% medication adherence to any one of the following – antidiabetic, antihypertensive, antihyperlipidemic or asthma medication in a benefit year for eligible patients/members diagnosed with diabetes, hypertension, dyslipidemia and asthma (respectively) as prescribed by a TakeCare participating primary care provider.	Not Applicable	\$10
Completion of any TakeCare Disease Management Program or Wellness Workshop once per benefit year	\$25 per program up to \$50 maximum per member per benefit year	Not Applicable

OUTCOME BASED INCENTIVE PROGRAM

CRITERIA/REQUIREMENT	MEMBER INCENTIVE
<p>10% Improvement or sustained blood pressure reading of lower than 140 over 90 if member completed Cardiac Risk Management (CRM) or Diabetes Management (DM) Program and was diagnosed with Hypertension prior to enrollment of the program. Initial screening and final screening must be at least (3) months apart within the benefit period. Screening must be performed by TakeCare's Wellness Team, primary care provider or chosen participating gym/fitness partner. Results must be submitted to TakeCare (tc.incentives@takecareasia.com).</p>	<p>Initial Screening - \$100 Final Screening - \$100</p>
<p>10% Improvement or sustained cholesterol screening results for LDL-C less than 100mg/dl or Triglycerides less than 150mg/dl if member completed Cardiac Risk Management (CRM) or Diabetes Management (DM) Program and was diagnosed with Hypertipidemia prior to enrollment of the program.</p> <p>Initial screening and final screening must be at least (3) months apart within the benefit period. Screening must be performed by TakeCare's Wellness Team, primary care provider or chosen participating gym/fitness partner. Results must be submitted to TakeCare (tc.incentives@takecareasia.com).</p>	<p>Initial Screening - \$100 Final Screening - \$100</p>
<p>10% Improvement or sustained HBA1C result of 7% or lower if member completed Cardiac Risk Management (CRM) or Diabetes Management (DM) Program and was diagnosed with Diabetes prior to enrollment of the program.</p> <p>Initial screening and final screening must be at least (3) months apart within the benefit period. Screening must be performed by TakeCare's Wellness Team, primary care provider or chosen participating gym/fitness partner. Results must be submitted to TakeCare (tc.incentives@takecareasia.com).</p>	<p>Initial Screening - \$100 Final Screening - \$100</p>

FITNESS/GYM INCENTIVE PROGRAM

CRITERIA/REQUIREMENT	MEMBER INCENTIVE
<p>10% Improvement or sustained normal or ideal body fat range; or 2-inch waist circumference improvement or sustained ideal range for waist circumference depending on the member's age and gender; or two (2) point improvement on eligible member's body mass index ("BMI") score or a sustained BMI score between 18.5 to less than 25 if eligible member has chosen and enrolled under a TakeCare participating gym/fitness partner.</p> <p>Initial screening and final screening must be at least (3) months apart within the benefit period. Screening must be performed by TakeCare's Wellness Team, primary care provider or chosen participating gym/fitness partner. Results must be submitted to TakeCare (tc.incentives@takecareasia.com).</p>	<p>Initial Screening - \$100 Final Screening - \$100</p>
<p>Completion of ten (10) visits every month by eligible member to any TakeCare's participating gym/fitness partner</p>	<p>\$10 per month for every month that member had ten (10) visits or more</p>



Wildcards:

CORAL REEF
FITNESS CENTER

CHARLES KING
FITNESS CENTER





Self-Reporting

Fitness Activity

The list of acceptable fitness apps has been expanded to now include Fitbit and Samsung. In addition, participants have the option of earning fitness stamps using other fitness apps not listed, so long as submitted screenshots include all of the required measures.



To earn fitness stamps through self-reported fitness activities, TakeCare Members must:

1. Be eligible for fitness incentives through TakeCare's Wellness and Fitness Incentives Program OR have a gym benefit through TakeCare Insurance.
 - Walking/Jogging/Running
 - Strength Training
 - Biking
 - Court/Field Sports
 - Swimming
 - Rowing
 - Boxing/Combat Sports

3. Track your activity using one of your favorite fitness apps such as these below, plus others:



4. Upload a **screenshot*** of your activity to <http://tiny.cc/TCActivityReport> and complete the validation form. *Program Restriction Apply

*Screenshots **must** include:

- Exact Date and Time (Dates listed as "Today", "Yesterday", etc will not be accepted)
- Type of activity
- Duration (time) of activity
- Optional: GPS mapping, heart rate, calories, steps, distance



Scan QR Code to upload via mobile device.



*Program Restriction Apply

Attention TakeCare Members!



DOWNLOAD THE TAKECARE APP!

- Automatic Submission of Completed Fitness Card
- Incentives paid quarterly
- Access to Biometric Data*



Health Plan Accredited by
AAAHC
ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

Features Include:

- Access to Affinity Rewards Partner listing and discounts
- Access your biometric data to track your fitness progress* (*available for select plans)
- Digital TakeCare Member ID card
- Find a provider or clinic nearby or search by location
- Access to Fitness Stamp cards
- Alerts for TakeCare sponsored events and promotions

Getting started is simple.

1. Search by typing 'TakeCare app' in the Apple iOS App Store (iPhone) or the Google Play App Store (Android)
2. Download the App for your Apple or Android phone
3. Open app and select "I AM A TAKECARE MEMBER, BUT IT'S MY FIRST TIME HERE"
4. Enter your information and TakeCare member ID number
(note: Use 11-digit Member ID number on your TakeCare insurance card)

Download the TakeCare mobile app today.



takecareasia.com

Connect with us     



TakeCare's Special Features



Receive special offers or discounts when you present your TakeCare member ID card at any of our Affinity Partners.

The Affinity Rewards program is TakeCare's loyalty program that rewards members for supporting partner program members. As a TakeCare member, you have the benefit of receiving discounts and special offers from our Affinity Partners.

<p>Asiga 5% off on food and drinks¹</p>	<p>Ignite Juice Bar 10% off on one item on menu² 15% Discount on Cleanse Program, 5 days or more²</p>	<p>Ajisen Ramen Free Iced Tea with any entree purchase⁵</p>	<p>Fountain Lobby Lounge (at Hotel Nikko Guam) 10% off card holder's over \$15 purchase¹</p>
<p>Magellan Restaurant (at Hotel Nikko Guam) Free Iced Tea with any entree purchase⁵</p>	<p>Fisherman's Cove (at Hilton Guam Resort) 15% off on Total Purchase⁵</p>	<p>Caffe Cino 15% off cardholder's purchase⁵</p>	<p>Islander Terrace (at Hilton Guam Resort) 15% off. (Sunday-Thursday, up to 6 pax)⁵</p>
<p>Blake's Car Rental 10% off any car rental or detail servicing</p>	<p>Island Skin Spa 10% off all regular priced facials, massages and waxes.</p>	<p>Car Audio Image 10% off Selected Items: JBL/Skor Audio/PG / SS/Chemical Gyls/Power Acoustik/DS 18 5</p>	<p>KM Universal 15% off Sundries 5% off STIHL Bushcutters, Chainsaws, and Outdoor Power Equipment</p>
<p>Lagoon Spa 5% off (Conditions apply)*</p>	<p>Drip Served Daily 10% off of all active wear and apparel</p>	<p>Lotus Surf Shop 20% off All Apparel & Accessories⁴</p>	<p>East Island Tinting 10% off all services including special promotions.</p>
<p>FHP Vision 10% off all frames and over the counter items.</p>	<p>MegaDrug III Pharmacy 5% off when purchased \$10 or more on over the counter items.</p>	<p>Moka's Paddleboarding 10% off select services. Includes Rental, Tag-Alongs, and Expeditions.</p>	<p>Furniture Kathy Style 20% discount on any regular priced items</p>
<p>H2O Spa Guam 5% off (Conditions apply)*</p>	<p>Spa Ayualam 35% Spa Treatment⁵</p>	<p>Ina Wellness Collective 100 OFF Holistic Health Coaching - Private & Group Programs to redeem, mention you have TakeCare when booking a complimentary consultation. Check out www.inawellnesscollective.com or email helo@inawellnesscollective.com for more details</p>	<p>Smile Child 10% OFF (In-store and online) Use Code: [TAKECARE10] for online orders only.</p>
<p>Wanderlust Paddleboards 10% off all boards² Must Contact Wanderlust Paddleboards to avail discount.</p>	<p>The Laundry Time 5% off ALL PREMIUM ORDERS FOR LAUNDRY PICK UP & DELIVERY. Use Code: [TAKECARE22] to avail discount.</p>	<p>Natural Ginger Spa 5% off (Conditions apply)*</p>	<p>Guam Serenity Massage 10% off (Conditions apply)*</p>
<p>Zephyr Cooling Technologies Air Conditioning and Refrigeration Tel: 624-8855 10% discount off all basic AC cleaning</p>	<p>FHP Dental 10% off Teeth Whitening (Conditions apply. Please call FHP Dental for more information).</p>	<p>Fewture 15-25% off of all selected merchandise. (Including Pop-ups, events and online purchases.) Use Code: [TKCR] for online orders only.</p>	<p>Island Eye Specialists Receive up to \$600.00 OFF LASIK Surgery. *Please note LASIK surgery is a cosmetic procedure and is not a covered benefit under your TakeCare medical plan</p>



Register Today!

MyTakeCareSM is a convenient and secure online portal allowing you to access your personal medical and health plan information **24 hours a day, 7 days a week.**

With MyTakeCareSM, you will be able to access valuable health and wellness resources through TakeCare's Healthwise Knowledge-base, as well as manage your own personal health within MyTakeCareSM health calendar.

Visit [My.takecareasia.com](https://my.takecareasia.com) to register and log on.

- **Reprint your member card**
- **See your claims information**
- **Track your wellness goals**
- **Complete a Health Check questionnaire**

Access to your personal medical and health plan information.

Account creation instructions

- 1 Visit my.takecareasia.com to register.
- 2 For New User Registration, click the "I'm a Member" link.
- 3 Note - you will need your TakeCare Insurance member ID number to create your account. You can find this on your TakeCare insurance card.
- 4 Follow the account creation wizard from here and save, write down, or remember your account credentials.



Need more info?



Customer-Focused Services

Judiciary-dedicated services & assets

- Monthly scheduled onsite visits by service team
- Customized webpage
- Online enrollment portal

Customer Service Department

Office Hours: 8:00am – 5:00pm Monday-Friday

(671) 647-3526

(877) 484-2411 (Toll Free)

Email: customerservice@takecareasia.com

Fax: **(671) 647-3542**



Wrapping Up

- **Most economical, beneficial health insurance non-exclusive plan**
- **Full FHP Health Center Access**
 - \$5 copay primary care
 - Urgent Care open 6 days, 8am-8pm
 - On-site Pharmacy, Lab, & Imaging Services
- **\$10 copay primary care** – AMC, IHP, Dr Shieh’s Clinic, MPG
- **5% coinsurance for Generic Rx** at SuperDrug, Mega Drug Locations
 - Up to 90 fill at SuperDrug incl Kmart
- **On-island network access** including Guam SDA Clinic, GRC, GRMC
- **100% coverage** for routine lab tests

- **\$500 Travel Allowance Benefit** available for each approved referral to the Philippines
- **100% coverage in the PI** (subject to plan deductibles)
- **Philippine provider network** includes Affinity Dental, Mercury Drug, MedExpress pharmacies
- **No-cost** Wellness/Health Education Programs
- **Up to \$920 in wellness/outcome/fitness incentives** for individuals, up to \$1840 for families – paid quarterly

- **Member discounts at 21 fitness partners**
- **Self-reported fitness activities** earn incentives
- **Member discounts at 6 massage therapy partners**, multiple restaurants and other service partners



Choose TakeCare!

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