



WELCOME TO TUFTS HEALTH PLAN!

Get Started With Your New Benefits

At Tufts Health Plan, we're committed to guiding and empowering healthier lives for you and your family. As a new member, you can count on access to high-quality care, support, and services. Our health plans offer benefits for everything from preventive care and behavioral health services to Telehealth virtual care¹ provided by Teladoc®. Plus, you can take advantage of digital tools to access your benefits anywhere. Or explore our wide choice of health and wellness resources, save with member discounts, and much more.

For plans that include pharmacy benefits, we cover thousands of medications and offer mail service, which provides the added convenience of home delivery instead of going to a retailer.

To help you get started quickly with your new plan, we offer a variety of programs, resources and tools, which are at no cost for most plans. Here's just a sampling:

- Secure access to all your health plan information via the online account or mobile app
- 24/7 access to our nurse care managers for support with chronic conditions
- Tools for saving on prescription medications and estimating treatment costs
- Exclusive perks on nutrition and fitness, acupuncture and other services for good health
- Programs for behavioral health, women's health, smoking cessation, and others
- Dedicated member services to support you and answer all your questions

>> LEARN MORE at tuftshealthplan.com/newmember

¹Telehealth virtual health care services provided by Teladoc are available to Tufts Health Plan Commercial members (not including Tufts Health Direct). There's no member cost share or copay for Teladoc to our employer-sponsored groups that have this benefit and have not opted out; cost share may apply to some self-insured groups. If you're not sure whether your plan includes Telehealth by Teladoc, please ask your employer. And during the COVID-19 emergency, you can also ask your regular health care provider if they're offering services virtually.

Members should refer to their member benefit documents for details regarding benefits and coverage.