

A Roadmap of Comprehensive Care

Alieracare gives individuals and families a clear path to the healthcare services they need, when they need them.

Built on the Multiplan PHCS network, a nationwide preferred provider organization (PPO), Alieracare Value | Plus | Premium and Alieracare Bronze | Silver | Gold plans provide access to more than 1,000,000 healthcare professionals in over 6,000 facilities across the United States.



Preventative, Primary & Hospitalization Care

Preventive, primary and hospitalization care services are fundamental to maintaining a healthy lifestyle. Alera Healthcare's patient-centered approach offers a wide range of medical services and utilizes healthcare sharing communities to meet the unique needs and budgets of members and their families.

The preventive medical services offered follow the recommendations of these organizations:

- United States Preventive Services Task Force (evidence-based items or services rated A or B)
- Centers for Disease Control and Prevention (recommendations of the Advisory Committee on Immunization Practices)
- Health Resources and Services Administration (comprehensive guidelines for infants, children and adolescents, as well as comprehensive guidelines for women)

Please see specific plan tables for details about the services included with each plan.

Preventive Services for Adults

- Blood Pressure Screening
- Cholesterol Screening
- Colorectal Cancer Screening
- Depression Screening
- Diet Counseling
- HIV Screening
- Type II Diabetes Screening

Preventive Services for Women

- Anemia Screening
- Bacteriuria and Urinary Tract Infection Screening
- BRCA Counseling
- Breast Cancer Chemoprevention Counseling
- Breast Cancer Screening
- Breastfeeding Comprehensive Support
- Cervical Cancer Screening
- Chlamydia Infection Screening
- Contraception Counseling
- Domestic Violence Counseling/Screening
- Gestational Diabetes Screening
- Gonorrhea Screening
- HPV Testing (every three years)
- STI Counseling
- Syphilis Screening
- Tobacco Screening/Counseling

Preventive Services for Children

- Alcohol and Drug Use Assessment
- Autism Screening
- Behavioral Assessment
- Blood Pressure Screening
- Cervical Dysplasia Screening
- Congenital Hypothyroidism Screening
- Depression Screening
- Developmental Screening
- Dyslipidemia Screening
- Hearing Screening
- Height, Weight and Body Mass Index Measurement
- Hematocrit/Hemoglobin Screening
- Hemoglobinopathies/Sickle Cell Screening
- HIV Screening
- Lead Screening
- Obesity Screening/Counseling
- Phenylketonuria Screening
- STI Counseling/Screening
- Tuberculin Testing
- Vision Screening

Immunizations & Injections

- DTaP
- Haemophilus

- Hepatitis A
- Hepatitis B
- Herpes Zoster
- Human Papillomavirus
- Inactivated Poliovirus
- Influenza
- Influenza Type B
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal
- Rotavirus
- Tetanus
- Varicella

Primary Care Services

- Allergy Testing through Blood Test (paid separately to the lab)
- Annual Physical Exams
- Application of Cast for Minor Non-displaced Fractures
- Application of Splint
- Audiometry
- Blood Sugar
- Carpal Tunnel Release
- Childhood Immunization (costs of vaccines are additional)
- Circumcision
- Discount Prescription Card
- Ear Irrigation for Wax
- Echocardiogram
- EKG
- Excision of Benign Skin Lesions
- Excision of Breast Mass (lumpectomy when possible)
- Excision of Malignant Skin Lesions
- Facet Joint Injections
- Family Planning
- Fecal Occult Blood Test
- Fine Needle Aspiration (thyroid, breast)
- Flu Vaccine
- Ganglion Cyst Removal
- Gynecological Care
- Gynecological Exam
- Holter Monitor
- I & D of Abscess
- IM/IV Treatments (cost of drug is not included)
- Imaging
- Joint Injections (steroid)
- Lab Test (blood, urine, stool)
- Lipoma Removal
- Lymph Node Biopsy
- Mammogram Screening
- Mole Removal/Skin Biopsy
- Nebulizer Treatment with Oxygen Concentrator

- Office-based Surgeries
- Pap Smear
- Partial or Full Nail Removal for Fungus, Ingrown Toenail
- Pediatric Care
- Pediatric Visits
- Pilonidal Cystectomy
- PPD (skin test for tuberculosis)
- Pregnancy Test
- Pulmonary Function Test (spirometry)
- Referral for Discounted Colonoscopy and Upper Endoscopy
- Referral for Discounted CT Scan and MRI
- Repair of Laceration
- Repair of Split Ear Lobes
- Routine Office Visits
- Rubber Band Hemorrhoidectomy
- Sebaceous Cyst Removal
- Second Opinions
- Shaving of Skin Lesions
- Skin Tag Removal
- Sonograms
- Tendon Injections (steroid)
- Tetanus Vaccine (after injury)
- Trigger Point Injections
- Uncomplicated Anal Fistulectomy
- Urgent Care during Office Hours
- Urinalysis
- Varicose Vein Ligation
- Vascular Studies (venous, carotid, peripheral duplex scans)
- Vitamin B-12 and Allergy Shot (steroid)
- Warts (genital, sole, hand)
- Weight Loss Management
- Wound Care with Debridement
- X-rays

Hospitalization Services

- Bariatric Center
- Cancer Institute
- Diabetes Education Program
- Emergency Services
- GI/Pulmonary Endoscopy Centers
- Heat & Vascular Institute
- Maternity
- Nutrition Services
- Radiology
- Rehabilitation
- Research
- Sleep Disorders Center
- Spine & Pain Treatment
- Sports Medicine
- Stroke Center
- Surgery
- Urodiagnostics

VALUE PLAN DETAILS

PLAN OFFERINGS PER MEMBER ▶				Multiplan PHCS (in-network)			Non-Network		
MSRA Options (per member)				\$5,000 \$7,500 \$10,000			Not Eligible		
Out-of-pocket Maximum (per member within sharing limits)				MSRA			Not Eligible		
Per Incident Maximum Limit				\$150,000			Not Eligible		
Lifetime Maximum Limit				\$1,000,000			Not Eligible		
Section 1				Offerings Eligible Prior to Meeting MSRA					
The offerings in Section 1 are available to Alieracare members upon enrollment. They do not require you to meet MSRA prior to using them.									
Telemedicine				Free			Not Eligible		
Wellness & Preventive Care				Unlimited			Not Eligible		
Primary Care ¹				1 Per Year \$20 Consult Fee			Not Eligible		
Urgent Care				Not Eligible			Not Eligible		
Labs & Diagnostics				Included at PCP			Not Eligible		
X-rays ²				Not Eligible			Not Eligible		
Chronic Maintenance				Not Eligible			Not Eligible		
Pediatrics				Preventive Care Only			Not Eligible		
OB/GYN				Preventive Care Only			Not Eligible		
Prescription Discount				Included			Not Eligible		
Section 2				Offerings Eligible After Meeting MSRA ³					
The offerings in Section 2 require you to meet your selected MSRA amount before your medical expenses are eligible for member sharing.									
Specialty Care				Not Eligible			Not Eligible		
Maternity				Not Eligible			Not Eligible		
Emergency Room ⁴				Full MSRA			Not Eligible		
Inpatient Services									
Hospitalization				100% After MSRA			Not Eligible		
Surgical ⁵				100% After MSRA			Not Eligible		
Outpatient Services									
Hospitalization				Not Eligible			Not Eligible		
Surgical ⁵				100% After MSRA			Not Eligible		
Rates	\$5,000 MSRA			\$7,500 MSRA			\$10,000 MSRA		
Age ⁶	Member	Member + 1	Family	Member	Member + 1	Family	Member	Member + 1	Family
18–29	\$206.63	\$349.63	\$449.74	\$185.18	\$321.03	\$428.29	\$156.58	\$285.29	\$392.54
30–39	\$254.32	\$430.32	\$553.52	\$227.92	\$395.12	\$527.12	\$192.72	\$351.12	\$483.12
40–49	\$286.11	\$484.11	\$622.71	\$256.41	\$444.51	\$593.01	\$216.81	\$395.01	\$543.51
50–59	\$317.91	\$537.91	\$691.91	\$284.91	\$493.91	\$658.91	\$240.91	\$438.91	\$603.91
60–64	\$381.48	\$645.48	\$830.28	\$341.88	\$592.68	\$790.68	\$289.08	\$526.68	\$724.68

1. A physical is available immediately at the cost of a primary care visit; an annual physical is included at no cost after nine months of continuous membership; lifestyle lab testing not included.

2. \$25 per x-ray read fee at urgent care, may vary by city.

3. Hospitalization, surgery and emergency room services for pre-existing conditions have a 24-month waiting period. All other healthcare services for pre-existing conditions are eligible upon effective date.

4. Emergency room cost sharing is subject to review and is only meant for life-threatening situations.

5. Non-emergency surgical services are unavailable for the first six months for Value. Surgical services do not include cosmetic surgery.

6. Members under the age of 20 or full-time students ages 20 to 26 can qualify as a dependent. Add \$50 per additional dependent for families of six or more.

Administrative and conditional fees: \$125 one-time enrollment fee. Add \$60 per member who smokes. To increase per incident maximum limit an additional \$500,000, add \$130 per member.

Trinity HealthShare plans follow medical eligibility review protocols described in the plan but are not a promise to pay.