

## Optima Health Mobile App

### Manage benefits on the go.

The Optima Health mobile app is one more way we help members get the most value from their health benefits.

Our app is free and provides secure access to claim status, our Treatment Cost Calculator, virtual consult, and other services.



## OptimaFit® Individual & Family Health Plans 2023



Scan this QR code with your smartphone camera or QR Code reader app to compare plans, get a quote and enroll in a plan.

**Still need help?**  
Talk to an OptimaFit Personal Plan Advisor today at  
**1-866-532-7713**

**Optima Health** 

4417 Corporation Lane  
Virginia Beach, VA 23462

*Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, and Sentara Health Plans, Inc. OptimaFit Individual and Family Plans are issued and underwritten by Optima Health Plan. All Optima Health plans have benefit exclusions and limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of coverage, please call your broker or Optima Health at 1-866-532-7713 or visit [optimahealth.com](https://optimahealth.com).*

Revised September 2022



**Optima Health** 

**A health plan you can count on.**

**OptimaFit, a highly-rated plan<sup>1</sup>**



<sup>1</sup> CMS scores qualified health plans (QHPs) offered through the Exchanges using the Quality Rating System (QRS) based on third-party validated clinical measure data and QHP Enrollee Survey responses. CMS calculates ratings yearly on a 5-star scale. Ratings may change from year to year.

### With the Optima Health mobile app, members can:



**Find providers**  
and facilities



**Calculate costs**  
and view claims



**Access**  
health and wellness  
programs



**Visit a doctor**  
through  
virtual consultation



**Track Progress**  
in meeting deductibles  
and out-of-pocket amounts



**To download**  
the Optima Health mobile app, go to  
[optimahealth.com/app](https://optimahealth.com/app)

# Choose Optima Health. Better Rates. Better Benefits.

OptimaFit Individual & Family plans are part of an open-access network, meaning a referral is not required to see a specialist within our provider network. You have access to a quality network of physicians and facilities, so you and your family can find the healthcare you need.

You have several affordable plan options with a wide range of coverage, cost-sharing options, and Health Savings Accounts (HSAs).

Prescription drug coverage, preventive services, and access to our 24/7 Nurse Advice Line are also included in our plans. OptimaFit plans are offered in a range of deductible and copayment options in Gold, Silver, and Bronze levels in the Health Insurance Marketplace and directly through Optima Health.



OptimaFit plans include prescription benefits, wellness programs, preventive services, and useful tools to help you manage your healthcare costs.

## Extra Savings and Discounts

Optima Health members can save money on health products and services, including:

- **Fitness Facilities:** access to premier fitness clubs, weight loss programs, and wellness brands
- **Vision Extras:** receive significant savings on routine eye exams, lenses and frames, and contact lenses including the cost of laser vision surgery
- **Complementary Therapies:** discounts on acupuncture, chiropractic, and massage therapy



## Treatment Cost Calculator

The Treatment Cost Calculator is a secure, confidential online tool that's easy to access and simple to use.

It can help members save hundreds of dollars when they shop and compare out-of-pocket expenses for common medical procedures and services. It uses health insurance claims history data to provide accurate, real-time estimates for more than 500 procedures including x-rays, advanced imaging, outpatient surgery, office visits, labs, immunizations, and inpatient admissions.



New for 2023!  
Virtual Consults available at no charge for most plans.



## Virtual Consults

Members can securely connect with a board-certified physician over the phone, online, or through video chat.

Providers are available 24/7 to diagnose and treat a variety of non-emergency medical conditions and behavioral health concerns. This is a separate benefit from telemedicine visits scheduled with a member's provider.

## Questions? Help is close by.

OptimaFit Individual & Family health plans are available through:

- your broker
- an Optima Health Personal Plan Advisor at **1-866-532-7713**
- [optimahealth.com/plans/individual/](https://optimahealth.com/plans/individual/)