



**New Mexico Public Schools  
Insurance Authority (NMPSIA)  
Open/Switch 2023**

# NMPSIA Open/Switch Enrollment

**2023 NMPSIA Benefits**

**Access to Free Convenient Care &  
Quick Care Options**

**Provider Network  
New Mexico and National Network**

**Programs and Services**



# NMPSIA High Option Plan - PPO

Deductible \$750/\$1,500 INN; \$1,500/\$3,000 OON  
 Out-of-Pocket (OOP) Max (Calendar Year) \$4,100/\$8,200 INN; \$9,500/\$19,000 OON  
 (copays, deductible, coinsurance apply to meet medical OOP)

## Office Visit

Preventive Care	\$0*
PCP/Gyn Care	\$25*
Specialist (no referral)	\$50*
Lab Work (non-Preventive)	
Office/Free Standing	\$30* or lesser of
Outpatient/Hospital	\$60* or lesser of
Outpatient Surgery	20% after deductible
MRI/PET/CT Scans	\$600* copay or 20% whichever is less per test per day

Hospital Inpatient	20% coinsurance after deductible
Maternity Care	\$25 (Initial visit)
Delivery	20% coinsurance after deductible
Emergency Room	\$450 copay*
Urgent Care	\$50 copay*
Short-Term Rehab	\$25 copay* up to \$250, thereafter no charge for the remaining calendar year
Outpatient and Office Occupational, Physical, Speech Therapy	

**\*Deductible not applicable**

**This is a summary illustration only. For a full Summary of Benefits including benefit limitations and maximums, please refer to the Presbyterian NMPSIA Summary Plan Description**

# NMPSIA Low Option Plan – PPO

Deductible \$2000/ \$4,000 INN; \$4,000/\$8,000 OON  
 Out-of-Pocket (OOP) Max (Calendar Year) \$4,100/\$8,200 INN; \$9,500/\$19,000 OON  
 (copays, deductible, coinsurance apply to meet medical OOP)

## Office Visit

Preventive Care	\$0*
PCP/Gyn Care	\$30*
Specialist (no referral)	\$60*
Lab (non-Preventive)	
Office/Free Standing	\$35* or lesser of
Outpatient/Hospital	\$70* or lesser of
Outpatient Surgery	25% after deductible
MRI/PET/CT Scans	\$700* copay or 25%
whichever is less per test/per day	

**\*Deductible not applicable**

Hospital Inpatient	25% coinsurance after deductible
Maternity Care	25% coinsurance after deductible
Delivery	25% coinsurance after deductible
Emergency Room	\$450 copay after deductible
Urgent Care	\$60 copay*
Short-Term Rehab	\$30 copay*
Outpatient and Office	
Occupational, Physical,	
Speech Therapy	

This is a summary illustration only. For a full Summary of Benefits including benefit limitations and maximums, please refer to the Presbyterian NMPSIA Summary Plan Description

# Secure Digital Access to Your Information at Your Fingertips

The screenshot displays the Presbyterian MyChart website. At the top, there is a dark navigation bar with the Presbyterian logo, 'MyChart', and 'Get Care' links. A language selection dropdown is on the right. Below this is a red header with 'myPRES' and navigation links for 'Health & Wellness', 'Care Team', 'Benefits & Coverage', and 'Bills & Claims'. A large banner image shows a desert landscape with a person's name and a dropdown menu. Three main service tiles are visible: 1) 'MyChart' with a red cross icon and text: 'View your Presbyterian electronic health records for care received at a Presbyterian clinic or hospital, pay a doctor bill, and more. Go to MyChart'. 2) 'Your Member ID Card' with a Presbyterian logo and text: 'Your Member ID Card is proof of health insurance with us. Present your card when you go to the doctor, hospital, pharmacy, or lab, or receive other healthcare services. Download, Print, or Share Member ID Card'. 3) 'Member Materials' with a photo of a person wearing a blue surgical mask and text: 'Access your health plan member materials to understand covered services and benefits. Summary of Benefits View More'. A 'back of card' link is also present.

[www.phs.org](http://www.phs.org)

# Secure Digital Access

When do you need care?



 Get care today



 Get care later

Get care today

Telehealth

  
**Urgent Care Video Visits**  
Convenient care for minor illnesses and injuries  
Cost: \$0 - \$      Wait time: 

  
**Online Visits**  
Online medical interview and response  
Cost: \$0 - \$      Wait time: 

  
**PresRN**  
24/7 nurse advice line  
Cost: \$0      Wait time: 

In-Person

  
**Urgent Care**  
Same-day in-person care for minor illnesses and injuries  
Cost: \$\$      Wait time:  

  
**Emergency Care\***  
Walk-in critical care  
Cost: \$\$\$      Wait time:   

# Secure Digital Access

myPRES

Health & Wellness

Care Team

Benefits & Coverage

Bills & Claims

Health and Wellness Resources

Helpful Links [➤](#)

[Login to MyChart](#)

## Health and Wellness Resources

### Wellness at Work

Access your health risk assessment and other useful wellness tools. If you are a **PHS employee**, please log in via PRESNet or the Virgin Pulse mobile app with your Pres login. **Spouses and dependents** over 18, please use the link below.

[Access Wellness at Work, powered by Virgin Pulse](#) [➤](#)

### Advanced Care Planning

Understand your goals related to future healthcare decisions.

[Access Online Advanced Care Planning](#) [➤](#)

### Health Education Tools

Information to help you make better health decisions.

[Access Health Education Tools](#) [➤](#)

### Smoking Cessation Program

Beginning your journey to quitting is as easy as 1-2-3.

[Access Clickotine](#) [➤](#)

### Talk Space

Access to professional, personal and confidential online therapy.

[Access Talk Space](#) [➤](#)

### On To Better Health

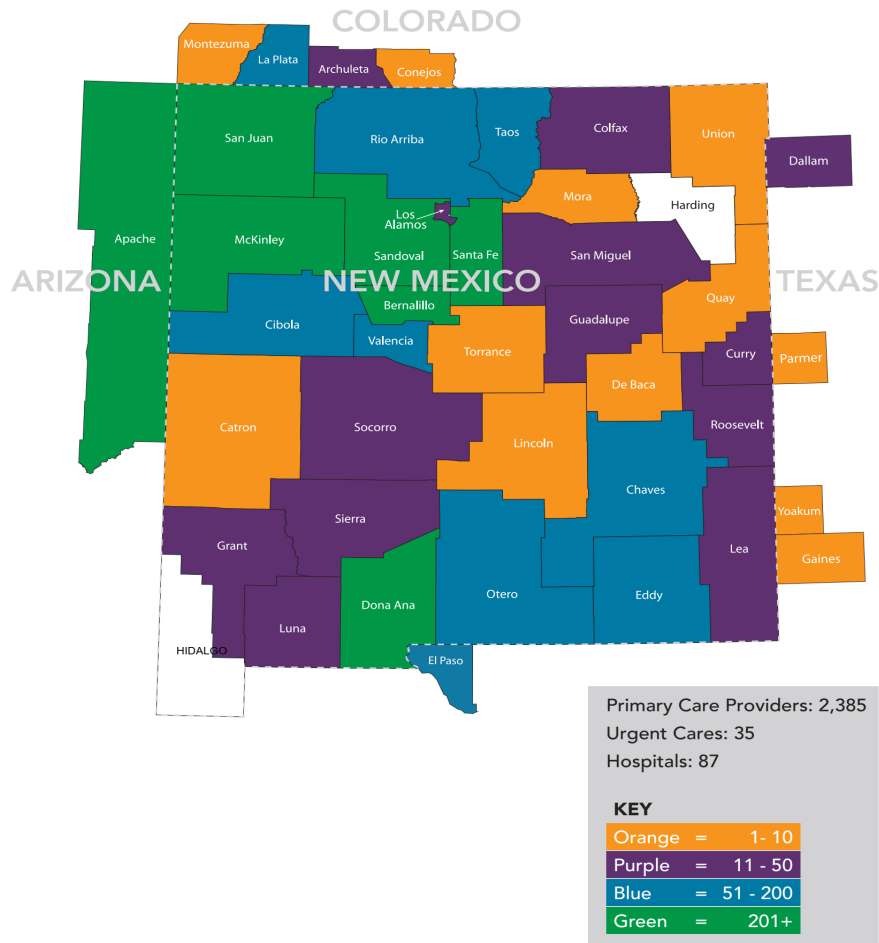
An online website that offers self-help tools, proven to help people get better and feel better, including guided therapy programs, a library of health and wellness articles and live-chat with a specialist.

[Access On To Better Health](#) [➤](#)



# Get Care Where You Need It

## Extensive State Contracted Provider Network



### New Mexico Provider Network

- Over 24,000 Primary Care and Specialty Providers  
*\* No Referrals Required*
- Presbyterian Providers and Hospitals Statewide
- Independent Providers and Hospitals Statewide
- [www.phs.org](http://www.phs.org) - find a doctor (ASO HMO, ASO PPO, ASO HDHP network)

### Optum Healthcare

- 97 Primary Care Providers
- 106 Specialists
- Urgent Care Locations



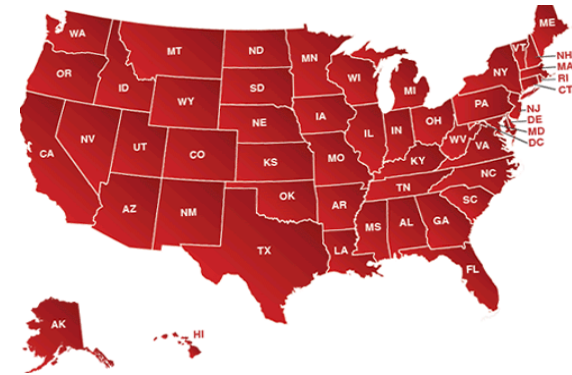
# **Nationwide Provider Network**

Later this year, Presbyterian Health Plan will replace the current national provider network with a larger, more recognizable network. The change will impact employees who work outside New Mexico or those with dependents who live or travel outside the state. The upgraded network is Presbyterian Health Plan's effort to meet the needs of an ever-growing out-of-state employee population.

The new network will give employees and covered dependents access to more than 1.5 million health care professionals and specialists and 6,000 hospitals nationwide. Nearly all (98%) providers contracted through the current MultiPlan/PHCS will be included in the new network. Member access to care within New Mexico and existing Presbyterian Health Plan in-network providers will remain the same and member ID numbers will not change.

The new network will also include more case management oversight for complex or serious inpatient hospital stays that are out of state.

More information will be communicated in the coming weeks, including FAQs and links to additional details.



# Improving Health Outcomes Collaboratively

## Comprehensive Disease Management Program

1-800-841-9705 or [healthysolutions@phs.org](mailto:healthysolutions@phs.org)

Licensed nurses work with your healthcare provider to provide you with coaching and self-management tools to manage chronic conditions such as:

- Diabetes
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)

## Care Coordination

1-866-672-1242 or [phpreferral@phs.org](mailto:phpreferral@phs.org)

Provides support for managing cancer or low back pain/musculoskeletal conditions and help members manage complex acute medical needs such as transplants, high-risk pregnancies, and transition of care.



# Community Health Workers

## *Closing the gaps.....*

### ✓ Taking up where the healthcare providers leave off:

- Community services
- Government programs
- Extension of medical services and cost assistance
- Food insecurity
- Member Advocacy – Doctor Appointments
- Behavioral Health Services

### ✓ Improving health outcomes

## How to Contact a Community Health Worker

505-923-8567 or 1-866-597-7839  
[chwincomingdocuments@phs.org](mailto:chwincomingdocuments@phs.org)



Your CHW will help you develop an action plan to address the services you want and need.



CHWs can help you for as long as you want, but services usually last 30 to 90 days.

# Dedicated Member Service Team

**(505) 923-5600, 1-888-ASK-PRES**

**[info@phs.org](mailto:info@phs.org)**

- 
- Locate a Provider or Facility in NM or Nationwide
    - Presbyterian Medical Group or Contracted Network including Specialists, Facilities, Behavioral Health and Multiplan.
  - Scheduling/Member Advocate
  - Claims, Benefits, Billing and General Questions
  - Patient Financial Services
  - Referrals to our Enhanced Integrated Services (Disease Management, Case Management, Community Health Workers Program)
  - Site of Service Navigation





## Keep Moving with a Fitness Pass Membership

**Only \$22.50 per Eligible Member per Month**

**Enrollment is Open Year-round**

**Enrollment is Effective 1<sup>st</sup> of the Month Following Online Enrollment**

**\*Once Enrolled, You are Committed Through the End of the Calendar Year (unless you terminate your medical plan)**

**\*Must Reenroll Annually in December to Continue the Program the Following Calendar Year**

As a Presbyterian Health Plan member, you and your dependents have access to more than 10,000 fitness, recreation and community centers, including:

- Defined Fitness locations in Albuquerque, Rio Rancho, Farmington and Santa Fe
- Prime Fitness network (nationwide)
- Discounted Membership Fees at all Sports & Wellness facilities



Defined Fitness is one of New Mexico's premier health clubs, offering a wide variety of group exercise classes, supervised child care and state-of-the-art strength training and cardiovascular equipment. All locations feature an aquatic complex with an indoor pool, hot tub, dry sauna and steam room.



The Prime Fitness network provides group exercise classes and amenities such as pools, sport courts, tracks and more. You can visit participating locations nationwide as often as you like, including select CHUZE, YMCAs, Snap Fitness, Curves® and more. When you use Prime Fitness, your fitness travels with you.



Sports & Wellness is where Albuquerque has gone to find fun, friends and fitness for 25+ years. Enjoy a special Presbyterian discount off traditional membership fees and experience five-star service and first-rate amenities at five New Mexico locations and other clubs across the country.

**If you choose Presbyterian,  
you can use Presbyterian.**



**Access to Free  
Convenient Care**

**Quick Care**

**For Everyday  
Ailments**



**Provider Network  
New Mexico and  
Nationwide**

**Optum Providers**



**Programs and  
Services**

- **Dedicated Member Service Team**
- **Community Health Workers**
- **Fitness Pass Gym Membership**
- **Wellness Program**