



Employee Benefits Overview



WELCOME TO OPEN ENROLLMENT

- Carolina Therapy Services offers you a competitive and rewarding benefits package. We are proud to offer you benefits designed to protect the health and financial security of you and your family.
 - Open Enrollment starts at 4PM on May 10, 2022 and ends on May 17, 2022 at 10AM.
 - Elections made during open enrollment will become effective June 1, 2022.
- Medical & Rx
 - Dental
 - Vision
 - Teladoc
 - Flexible Spending Account



BENEFITS ELIGIBILITY

If you are a full-time employee – working 30 or more hours per week – you are eligible to enroll in the benefits described in this presentation.

New hires become eligible for benefits on the 1st of the month following 30 days of employment

The following family members are eligible for Medical, Dental, Vision and Voluntary Life plans.

- Legal Spouse and dependent children under 26



MAKING BENEFIT CHANGES

Unless you have a qualified change in status, you cannot make changes to the benefits you elect until the next open enrollment period.

Qualified changes in status include:

- Marriage
- Divorce
- Birth or adoption of a child
- Change in child's dependent status
- Death of a spouse, child or other qualifying dependent
- Change in residence due to an employment transfer for you or your spouse
- Commencement or termination of adoption proceedings
- Change in spouse's benefits or employment status

HIGHLIGHTS FOR 2022

Carolina Therapy Services carefully evaluates our employee benefit program every year to ensure we are providing a competitive program.

This year we are pleased to share:

- MedCost will remain as the plan administrator and network along with Southern Scripts as our pharmacy benefit provider.
- We've added the KISx Card as a no-pay medical option. Using this for various procedures will save you from paying ANYTHING out-of-pocket!
- Dental and Vision will remain with Guardian with slight payroll deduction changes to dental only. Vision deductions will remain the same. CTS increased their contribution to your dental coverage from 60 to 63% this year!
- Life, AD&D, Short-Term and Long-Term Disability and Critical Illness are all remaining with Reliance with no benefit or rate changes. There is no open enrollment for these benefits at this time.

MEDICAL PLAN BENEFITS



PPO Plan	
Services	You Pay:
Deductible - Individual - Family	\$2,000 \$4,000 Embedded
Out of Pocket Maximum - Individual - Family	\$6,000 \$12,000 Embedded
Preventive Care	Plan pays 100%
Primary Care	\$30 copay
Specialist Visit	\$70 copay
Inpatient Hospital	\$250 copay then 20%
Physical, Speech & Occupational Therapy	\$30 copay
Urgent Care	\$75 copay
Emergency Room	Deductible then 30%
Prescription Drugs* - Tier 1 - Tier 2 - Tier 3	\$10 copay \$85 copay \$100 copay

** Mail Order Program Available through SouthernScripts.com*

PRESRIPTION DRUG COVERAGE

- Southern Scripts will continue to be our Pharmacy Benefits Manager. You will have member access through their member site at www.southernscripts.net.
- Payer Matrix is a payment assistant program that partners with Southern Scripts to help with the cost of single source specialty drugs. If you are taking one of the qualifying medications you can expect outreach contact from a Care Coordinator with Payer Matrix.
- Payer Matrix advocates on your behalf with drug manufacturers, and our Care Coordinators facilitate with multiple entities to lower the cost of your prescription drugs. Often, members end up paying nothing out of their own pockets once they are admitted into our programs.



MEDCOST WEB PORTAL AND MOBILE APP

- Log in at MedCost.com/MyMedCost to access EOBs, check deductible/out of pocket amounts, review benefits, and view or print your ID card. Also access Live Chat and get real-time answers and support from MedCost Customer Service during our regular business hours of Monday – Friday, 8:30 a.m. – 5:00 p.m. ET.
- Use the My MedCost mobile app to access some of your favorite web features on your mobile device, including the digital version of your ID card. Go to MedCost.com/MyMedCost or download the My MedCost mobile app from your preferred app provider. Just search for My MedCost.
- Creating an account is as easy as 1-2-3
 - Go to MedCost.com/MyMedCost or download the My MedCost mobile app from your preferred app provider. Just search for My MedCost.
 - Follow the on-screen prompts and enter your information — you'll need information from your health plan ID card to complete registration.
 - Confirm that the information you entered is correct to create your account and sign in.



TELADOC

Teladoc services available to you at no charge.

Take advantage of **24/7 access** to doctors over the phone or video chat.

Doctors can help with many conditions including:

- Sore throat
- Headache
- Fever
- Stomachache
- Cold and flu
- Allergies

Visits are FREE

Register online, through the mobile app or over The phone to be ready when you need them.

[Teladoc.com](https://teladoc.com)

[Teladoc.com/mobile](https://teladoc.com/mobile)

1-800-TELADOC (835-2362)





If you believe you need any procedure,
Call the KISx Card first!

877-GET-KISX

Talk to a KISx Card Nurse
About a Procedure:
Call - 877-GET-KISX
Email - Info@getkix.com

Providers To Verify Benefits:
Patient is NOT to Provide
Insurance Information
for procedure.

Send Claims to Info@getkix.com
Fax: 855-351-7521

SURGERY SIMPLIFIED

By choosing a KISxCard provider you will always pay **\$0 out of pocket***



877-GET-KISX



SCHEDULE



SAVE

**KISx Card is the first program to ever exist that
directly rewards YOU for taking action!**

**KISx Card covers over 400
different procedures**

- ✓ Orthopedic Surgery
- ✓ General Surgery
- ✓ Colonoscopies
- ✓ MRI, CT & PET Scans



**Just call, text, or email
your personal nurse
concierge who is
waiting to schedule
your procedure today!**



www.getkix.com



**Please make sure to sign-up for push notifications and download the
Spruce Health App: <https://spruce.care/KISXCARD> so we can stay in touch!**

*HSA Plans require first dollar coverage from patient before procedure up to IRS Minimum; before program incentives are received.

EMPLOYEE CONTRIBUTIONS

- CTS pays 85% of employee only premiums. Employee Medical premiums will be deducted from your paycheck pre-tax.

Employee Semi-Monthly Premium			
Employee Only	Employee & Spouse	Employee & Children	Employee & Family
\$53.10	\$307.33	\$271.93	\$593.75

FLEXIBLE SPENDING ACCOUNT (FSA)

Health Care FSA

- Pay for out-of-pocket medical, dental, and vision expenses pre-tax
- Entire elected balance is available at the beginning of plan year
- Maximum allowable contribution: \$1,200
- 75 day grace period for 2022 plan year claims to be filed.

Dependent Care FSA

- Pay for dependent care expense on a pre-tax basis
- Childcare for children up to 13 & day care of senior dependents living with you
- Other eligible dependents (see HR for qualifications)
- Maximum allowable contribution: \$5,000

- New hires have a six month waiting period for these benefits
- Contributions are deducted from your paycheck pre-tax
- You must enroll/re-enroll each year to participate
- Choose your elections carefully, any funds not used by the end of the plan year will be forfeited (per the IRS regulation)

FLEXIBLE SPENDING ACCOUNT (FSA)

How to Submit a Claim

- Upload your claim electronically through our website, www.flores247.com
 - You will receive a PID Notification email (letter if no email is on file) with instructions on how to register your account. Otherwise, you can call our office at 800.840.7684 and we'll be happy to help you log in.
- Mobile Flores e-Receipt App
 - Simply snap a picture using your mobile device.
 - The Flores e-Receipt App can be downloaded from the App Store or Google Play Store.
- Claims can also be submitted fax or mail

Be sure to submit all claims for services incurred during your active enrollment period by the 2022 claims filing deadline.

DEPENDENT CARE FLEXIBLE SPENDING ACCOUNT (DCFSA)

How to Submit a Claim

- No-Wait Dependent Care Claim Form

- Submit one claim form for your entire plan year's worth of eligible expenses.
- To complete the form, you'll need your provider's nine-digit Tax ID (SSN if it is an individual) and their signature.
 - If you are unable to obtain the provider's signature, simply submit receipts showing the date, cost, and a description of the service along with your completed claim form.
- As you contribute to the account through your payroll deductions, Flores will automatically reimburse this amount to you the *same day* we receive the contribution.
- All claims must be submitted by the 2022 claims filing deadline.

DENTAL BENEFITS

Dental insurance is provided through Guardian. Our plan helps you pay for preventive, basic, major, and orthodontic services. CTS pays 63% of the employee premium.

Services	Benefit
Annual Deductible (Calendar Year) Applies to basic and major services only	\$50 Individual / \$150 Family
Annual Plan Maximum (Calendar Year)	\$1,500 + Max Rollover Benefit
Preventive Services Exams, cleanings, x-rays, emergency services	Covered at 100%
Basic Services Fillings, simple extractions	Covered at 80%
Major Services Oral surgery, root canal, crowns	Covered at 50%
Orthodontics Services (Children under age 19 only)	Covered at 50% with a \$1,000 lifetime maximum benefit
Semi-Monthly Premium	Employee Only \$6.39 Employee & Spouse \$21.86 Employee & Children \$28.76 Employee & Family \$44.23



VISION BENEFITS

Vision insurance is provided through Guardian and helps you pay for eye exams and corrective eyewear

Plan Highlights	Benefit	Frequency
Vision Exam	\$10 copay	12 Months
Lenses		
Single	\$25 copay	12 Months
Bifocal	\$25 copay	12 Months
Trifocal	\$25 copay	12 Months
Frames	\$130 Allowance + 20% off remaining balance	24 Months
Contacts	\$130 Allowance	12 Months
Semi-Monthly Premium	Employee Only \$4.03 Employee & Spouse \$8.62 Employee & Children \$6.97 Employee & Family \$11.57	



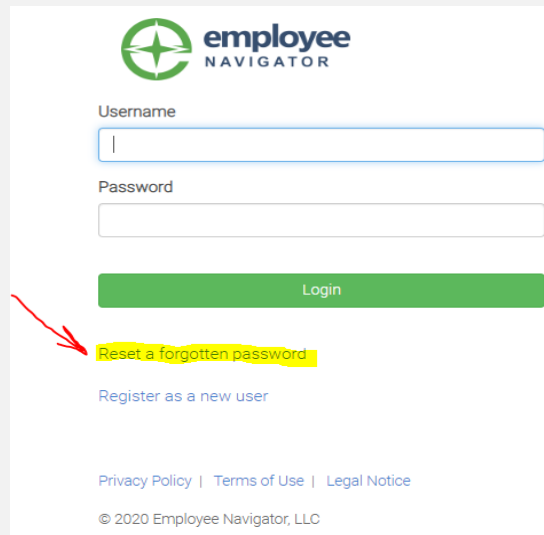
EMPLOYEE NAVIGATOR

EVERYONE MUST LOGIN TO EMPLOYEE NAVIGATOR TO ENROLL FOR BENEFITS

<http://www.carolinatherapy.net>

click ***Employee tab***, select ***Employee Links*** then select ***2022 Open Enrollment Online Enrollment Portal***

If you do not remember your login credentials, select “Forgot Username?” or “Forgot Password?” and follow the instructions in the email you receive.



employee
NAVIGATOR

Username

Password

Login

[Reset a forgotten password](#)

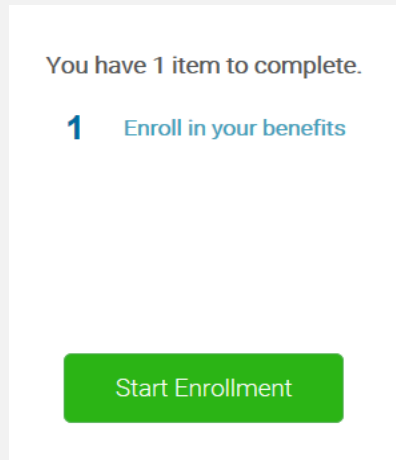
[Register as a new user](#)

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EMPLOYEE NAVIGATOR

- Once you have successfully logged in, you will be taken through a wizard that will help navigate you through the enrollment process.
- You will notice a welcome greeting and a “Start Enrollment” icon as pictured below:



Complete any missing data on the first page where you will see your employee information.

EMPLOYEE NAVIGATOR

Medical

You have the option of enrolling in one of two medical plans offered through Cigna. Grainer Bio-One covers the majority of the cost for you and your dependents. Dependent children are eligible for medical coverage up to age 26, regardless of student status. If your spouse is eligible for medical coverage with their current employer, they are not eligible to elect medical coverage provided by Grainer Bio-One.

1. Select the plan of your choice if you want to elect coverage.
2. A question will display asking if your spouse is eligible for other coverage.
3. If you answer "Yes", you will not be able to select coverage for your spouse under the medical plan.
4. If you answer "No", you will be able to enroll your spouse in the medical plan option.
5. If you need to change your answers, select "View my answers" on the right above "My Selections".
6. If you do not want to enroll, select "Don't want this benefit" and the reason to transition to the next plan enrollment.


Progress: 0 of 14
View steps >


My Selections
Current:
No election yet

Helpful Resources
2018 Benefit Summary
Option A HSA Summary of Benefits Coverage
Option B PPO Summary of Benefits Coverage

Who am I enrolling?
Myself

Which plan do I want?

	2018 Medical Plan Option A - HDHP
\$14.00	Effective on 12/01/19
Cost per pay period	Employee
Compare	Details
Select	

	2018 Medical Plan Option B - PPO
\$31.00	Effective on 12/01/19
Cost per pay period	Employee
Compare	Details
Select	

[Save & Continue](#)
[Don't want this benefit?](#)

After adding any dependents, you will now go through the enrollment process. Simply make your plan selection for each benefit:

Who am I enrolling? *You will need to select your dependents on each line of coverage you are enrolling them.*

Which plan do I want (if you have more than one to chose from).

You can also click on the "compare" icon to show the plan(s) and cost for all tier levels... And the "details" icon to provide a brief benefit overview.

Click on the "Select" button which will elect your option". Then "Save & Continue" to go to the next benefit available.

If you are not taking benefits, click "Don't want this benefit". It will ask you to provide a reason why you are not electing coverage.

You will do this the same for each line of coverage available to you during this enrollment process.

EMPLOYEE NAVIGATOR

The screenshot displays the 'Enrollment Summary' page. At the top left, there is a section titled 'Enrollment Summary' with a printer icon. Below it, a message states: 'Below is a summary of your elections and cost for the upcoming plan year. If you have any questions about your enrollment or would like to make changes, please contact HR.' A prominent yellow banner with a warning icon reads 'Enrollment Not Complete!' and instructs the user to 'Please complete the required highlighted steps from your enrollment progress menu.' Below this is a section for 'Enrolled Plans' which shows 'Not Enrolled In Any Plans'. At the bottom, a blue box displays 'Total Cost Per Pay Period' as '\$0'. On the right side, a 'Progress: 0 of 14' bar is shown above a list of 14 steps. Steps 1 through 13 are marked with a minus sign and are highlighted in yellow, while step 14, 'Enrollment Summary', is marked with a plus sign and is not highlighted. A 'View steps' dropdown menu is located above the list.

Enrollment Summary

Below is a summary of your elections and cost for the upcoming plan year. If you have any questions about your enrollment or would like to make changes, please contact HR.

Enrollment Not Complete!
Please complete the required highlighted steps from your enrollment progress menu.

Enrolled Plans
Not Enrolled In Any Plans

Total Cost Per Pay Period
\$0

Progress: 0 of 14

View steps ▾

1. Personal Information
2. Dependent Information
3. Medical
4. Consumer Directed Health
5. Dental
6. Vision
7. Life
8. Short-Term Disability
9. Voluntary Long-Term Disability
10. Voluntary Life
11. Voluntary AD&D
12. Flexible Spending Account
13. Dependent Care Spending Account
- 14. Enrollment Summary

You can follow the progress bar located on the right if you need to go back to any benefit.

If you miss any elections or do not complete a section, when you get to the end, it will reflect “Enrollment Not Complete!” banner and highlight the benefit line you missed.

Please click on the benefit, make your election, and then click “Enrollment Summary” to complete your enrollment process.

If you do not click “Agree” at the end of the process, your benefits will not update.

To modify or go back, simply click on the benefit you want to modify/change. **Be sure to always select “SAVE & CONTINUE” for any modifications that you make.**

You can enroll from a computer, laptop, or tablet!!

IMPORTANT DATES & RESOURCES

Open Enrollment starts at 4PM on May 10, 2022 to May 17, 2022 at 10AM

Elections become effective June 1, 2022

You are required to complete your benefit elections for Medical, Dental, Vision and FSA and Childcare only in Employee Navigator .

If you need to make changes to your existing Voluntary Life, AD&D, Short-Term and Long-Term Disability, Critical Illness coverage or beneficiaries, please see Human Resources.

Questions?

Chastity Strickland

(910) 892-0027

Refer to your benefit guide for additional details



Thank You for Being a Part of the Carolina Therapy Services Team

Our employees are our greatest asset
and we are proud to offer benefits to support and protect
the health and wellbeing of you and your family