Worksite Wellness Offerings

Discover the DAKOTACARE Difference

DAKOTACARE Value Plan offers members discounted rates on vision services, travel insurance, identity theft protection and weight management services. In addition, members who participate in the DAKOTACARE Value Plan will receive discounted rates on services and supplies for themselves, their spouse and children. There is no extra charge and no limitations on how often a member may use the Value Plan discounts.

DAKOTACARE COBRA Administrative Services offers employers complete enrollment and management services for benefits members under COBRA and state continuation laws. DAKOTACARE also provides COBRA termination services and termination of COBRA-related claims processing. Population health is a core component of DAKOTACARE’s value plan. COBRA matters, too—our Population Health team is here for you.

Health and Wellness programs are designed to help members improve their quality of life with less family disruption and stress. DAKOTACARE’s Health and Wellness programs are available to members through our Employee Assistance Program (EAP).

Preventive Health programs provide members help to improve the probability of normal births, as well as access to healthcare resources for the self-care of minor health problems. Preventive Health includes:

- Prenatal Partners, including Text4Baby
- Heartline
- Asthma Care
- Diabetes Care
- Tobacco Cessation

Population Health Proactive Health Programs:

- Preventative practice
- Health Maintenance
- Disease Management
- Behavioral health

DAKOTACARE offers a variety of additional offerings available to you and your employees including:

- Health Coaching: DAKOTACARE’s health coaches work with members to identify goals, barriers, and offer one-on-one personalized coaching and education.
- Care Coordination: DAKOTACARE is dedicated to coordinating care to help manage patients with chronic diseases.
- URAC Accredited: DAKOTACARE’s health plan is URAC Accredited for health plan administration and Medicare Special Needs Plan.
- Blue Cross Blue Shield: DAKOTACARE is a Blue Cross Blue Shield certified plan.
Plan Benefit Highlights

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>SELECT PLAN</th>
<th>CHOICE PLAN</th>
<th>ULTRA PLAN</th>
<th>RESERVE PLAN (HSA QUALIFIED)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician Office Visits</td>
<td>Coinsurance % after deductible</td>
<td>$25 copay (office visit component) / 100% (deductible waived)</td>
<td>$30 universal copay / 100% (deductible waived)</td>
<td>Coinsurance % after deductible</td>
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<tr>
<td>Ambulatory Patient Services</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
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<tr>
<td>Emergency Room Services</td>
<td>$150 copay</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
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<tr>
<td>Hospital Services</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
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<tr>
<td>Maternity and Newborn Care</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
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<tr>
<td>Mental Health and Substance Use Disorders</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
</tr>
<tr>
<td>Pharmaceutical Drugs</td>
<td>Prescription Drug Coverage is determined by Health Plan Piller Selection. See included insert for details.</td>
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<tr>
<td>Rehabilitative and Habilitative Services</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
</tr>
<tr>
<td>Lab &amp; X-Ray Services</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
<td>Coinsurance % after deductible</td>
</tr>
<tr>
<td>Preventative and Wellness Services</td>
<td>Covered preventive health services provided by a Participating Provider are not subject to Deductible, Coinsurance or Copayment. A complete list of available Preventive Health Services is located online at <a href="http://www.dakotacare.com">www.dakotacare.com</a>.</td>
<td>Included</td>
<td>Included</td>
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<tr>
<td>Pediatric Dental &amp; Vision</td>
<td>Included</td>
<td>Included</td>
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</tbody>
</table>

Applicable medical and prescription copays apply toward the maximum out-of-pocket accumulation.

*If service provided at physician office or independent x-ray/lab facility. Otherwise, coinsurance % after deductible.

This information is a summary of coverage. Benefits can vary based on services obtained through a Participating Provider. Please see Master Contract for actual benefits, limitations, exclusions and preauthorization requirements.

Services provided by an Non-Participating Provider are subject to 30% penalty. See Master Contract for details.

DAKOTACARE is a Qualified Health Plan issuer in the Health Insurance Marketplace.

DAKOTACARE does not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation, or health status in the administration of the plan, including enrollment and benefit determinations.

At DAKOTACARE, our clients have choices when offering health coverage to their employees. They can choose the traditional method, where the employer picks the plan that best suits their organization and places a percentage of the premium cost onto the employee. Or, they can choose the DAKOTACARE Freedom electronic marketplace. This allows each employee the freedom to choose the plan best suited to them. The result: greater cost control for the employer and freedom of choice for the employee. If you are interested in the DAKOTACARE Freedom eMarket please inquire about additional information.

The DAKOTACARE Freedom eMarket is an ideal solution for employers of any size looking to offer health insurance options to the employees. This allows each employee the freedom to choose the plan best suited to them. The result: greater cost control for the employer and freedom of choice for the employee. If you are interested in the DAKOTACARE Freedom eMarket please inquire about additional information.

Contribution Flexibility

Employee Contribution

Employee Contribution

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