Idaho Savings and Perks | 2026

Select Health

Individual and Small Employer Plans

WELLNESS REWARDS*

Earn up to $240 per person or $580 per family by doing wellness activities like:

- Acupuncture
- Tai Chi
- Yoga
- Getting a gym membership

Idaho members also have access to a $0 PIVOT Lifestyle & Fitness membership ($79/month value; members in Boise only).

Visit **selecthealth.org/getfit** for details.

**Rewards received may be considered income and subject to tax.*

WELLNESS RESOURCES

Help manage your well-being with resources like:

- Preventive Care—typically at no cost
- Way to Wellness—one-year diabetes prevention program for adults who want to work with a registered dietitian to lose weight
- Quit for Life—tobacco cessation program
- Healthy Beginnings—prenatal support for a safe and healthy pregnancy
- Care Management—care coordination and support for chronic conditions

Visit **selecthealth.org/wellness** to learn more.

MEMBER DISCOUNTS

Get discounts on things like LASIK surgery, gym memberships, hearing aids, cosmetic dermatology, eyewear, and more. Start browsing and saving at **selecthealth.org/discounts**.

Rx SAVINGS SOLUTIONS®

You can access more than 55,000 pharmacies, including all major national chains, with an average annual savings of $455.
Visit **rxsavingssolutions.com** to learn more.

MARK CUBAN COST PLUS DRUGS

You have access to more than 2,000 prescription products at potentially lower prices than traditional pharmacy locations. Visit **costplusdrugs.com** to learn more.

AMAZON PHARMACY

You have in-network benefits for covered medications at the Amazon Pharmacy. They deliver your medication right to your door with status updates along the way. Visit **pharmacy.amazon.com** to get started.

VIRTUAL CARE

Virtual visits with an in-network primary care provider, mental health provider, and Intermountain Health virtual care providers are covered at no additional cost to you on most plans. Visit **selecthealth.org/find-care/virtual-care** to get started.

SELECT HEALTH ACCOUNT AND MOBILE APP

Use your Select Health account online or with the mobile app to help you manage your plan details.

- Download your ID cards
- See real time spending and medical and pharmacy claims in one location
- Search providers and facilities and assign primary care doctors
- Review tasks and take actions to manage your health
- Estimate costs for specific medical services or procedures
- Search for covered medications and pharmacies, compare drug prices, and enroll in cost saving programs
- Set preferences and get health and wellness reminders and notifications
- Chat with our Member Services team or send them a secure message with questions about your benefits

Get started at **selecthealth.org/resources/online-tools**.

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UNITEDHEALTHCARE OPTIONS PPO NATIONAL NETWORK

You have access to care no matter where you are.

- Nationwide access for Small Employer plan members on the Select Health Med network outside of Utah, Idaho, Nevada, and Colorado
- Individual and Small Employer plan members on other networks only have access to urgent and emergency care
- Access to 83% of all hospitals and 2/3 of the healthcare professionals in the United States
- Access to nearly 850,000 physicians nationwide
- Same excellent Select Health customer service

To find a UnitedHealthcare Options PPO network provider or facility, call Member Services at **800-538-5038** or visit **selecthealth.org/find-care#uhc**.

Small Employer Plans Only

MITRATECH'S MINERAL HR AND COMPLIANCE PLATFORM

Enjoy peace of mind and cost savings with the Mineral HR and benefit compliance platform, all at no additional cost. Mineral experts can help you solve HR and compliance challenges with data, technology, and personalized advice on topics like:

- Employee benefits and handbooks
- Employee management
- Safety
- Recruiting and hiring

Visit **selecthealth.org/employers/small-employer/mineral** to learn more.

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