

## BENEFITING YOU INSIDE AND OUT

FINANCIAL WELLNESS | THE JASON FOUNDATION |  
EMERGENCY ROOM, URGENT CARE, OR TELEMEDICINE

### FINANCIAL WELLNESS— EMPOWER 401K RETIREMENT PLAN

Are you enrolled in the 401k plan with Empower Retirement?

You can contact Empower to enroll or make changes to your contributions by calling **866.467.7756** or by visiting **[www.empowermyretirement.com](http://www.empowermyretirement.com)**.

The Empower Participant website features the following:

- + One-click enrollment using personal information
- + Ability to easily model different saving scenarios
- + A convenient way to adjust contributions
- + Planning tools for future retirement and healthcare expenses
- + Valuable information and resources, including calculators that can help manage your finances

**Did you know we offer an employer matching contribution in the 401k plan?** The plan provides a match of 25% on the first 4% deferred. To be eligible, you need to meet the following criteria:

- + Actively employed on December 31 of the year for which the match is calculated
- + Completed at least 1,000 hours of service within the plan year

Employees are eligible to participate in the 401k plan after completing one month of service. Please contact Empower Retirement to enroll today!

### CLOSE TO ACADIA'S HEART—THE JASON FOUNDATION

Part of Acadia's commitment to its patients, staff, physicians, and community, includes investing in initiatives that speak to the compassion, care, and support expressed daily at our organization.

The Jason Foundation (JFI) is dedicated to the prevention of the "silent" epidemic of youth and young adult suicide. This year marks what would have been Jason's 40th birthday.

Acadia has been a national affiliate for JFI for 10 years, providing offices for parents, teachers, guidance counselors, students, churches, and other community organizations to access educational materials and learn about training programs available through JFI.

Since JFI was founded in 1997, they have never charged a school, church, youth organization, community, or even a state for any of its programs and resources. This is largely due to your good work at Acadia, which not only helps prevent this tragedy but also strengthens our relationship with JFI.

To find out more about The Jason Foundation, and how to obtain their programs, visit **[www.jasonfoundation.com](http://www.jasonfoundation.com)**.

### BOOKMARK YOUR BENEFITS







Bookmark Acadia's dedicated benefits website, **[www.myacadiabenefits.com](http://www.myacadiabenefits.com)**, on your browser. View your important benefit documents, helpful resources, insurance contact information, and more. This site is also accessible through Acadia's My Company page.

### GO MOBILE WITH US

Subscribe to Acadia's texting tool for helpful benefits-related information. You will also be entered to win great prizes, like gift cards and other big-ticket items given away quarterly in 2021. Text **"MyAcadia"** to **888111** to join. Message and data rates apply.

## EMERGENCY ROOM, URGENT CARE, OR TELEHEALTH?

When your doctor's office is closed or you need care quickly, you are often faced with three options—an emergency room, urgent care center, or telehealth service. We want you to understand the differences between your options and how to make a good decision for you and your family.

	Emergency Room	Urgent Care	Telehealth
 Look for this	Will have the word "emergency" in the name and may be associated with a hospital.	Cannot have the word "emergency" in the name. Examples include Concentra, CareNow, Patient First, and U.S. HealthWorks.	Not for emergency medical situations. Acadia's telehealth service is available with any BCBST medical plan and called PhysicianNow.
 Hours	24 hours a day, 7 days a week.	Typically 7 days a week until at least 7:00 p.m. May exclude holidays.	24 hours a day, 7 days a week by video or phone. Log into your account at <a href="https://bcbst.com/member">bcbst.com/member</a> and click "Talk with a Doctor Now." You can also call <b>888.283.6691</b> or download the PhysicianNow mobile app.
 Wait Time	The average wait at a traditional ER is <b>4 hours</b> , according to the Centers for Disease Control.	69% of patients are seen within <b>20 minutes</b> , according to the Urgent Care Association of America Foundation.	The average wait time is less than <b>15 minutes</b> , according to PhysicianNow.
 Who You'll See	Most, if not all, of the doctors on staff are board certified in emergency medicine.	47% of urgent care doctors specialize in family medicine according to the Urgent Care Association of America Foundation.	Primary care physician, specialists, and behavioral health providers.
 Capabilities	Consider an ER if your health condition is life threatening or requires an immediate high level of care including instant lab results, lifesaving intravenous medications, full CT Scan, cardiopulmonary monitoring, etc.	Think of urgent care centers as an extension of your primary care physician; doctors here commonly treat upper respiratory infections, flu symptoms, simple fractures, etc.	Acceptable alternative for non-emergency situations, such as allergies, fever, sinus infections, respiratory issues, sore throat, and rashes. Telehealth is not intended to replace your primary care physician (PCP) for treating common or chronic conditions.
 Cost	Depends on your plan's specific coverage; according to <a href="https://debt.org">debt.org</a> , if you are paying out-of-pocket for something such as a strep throat test, you could pay roughly <b>\$531</b> ; review your plan summary for specific coverage details.	Depends on your plan's specific coverage; according to <a href="https://debt.org">debt.org</a> , if you are paying out-of-pocket for something such as a strep throat test, you could pay roughly <b>\$111</b> ; review your plan summary for specific coverage.	PhysicianNow services are available with any BCBST medical option selected. The <b>same copays, deductibles, and coinsurance</b> will apply as a face-to-face visit with your doctor.