

Finally, an affordable individual health plan offered locally

Pat Strittmater was tired of her healthcare premiums increasing. So when her monthly bill went up \$200 in one month's time, she knew it was time for a change.

"I'm a healthy person," said Pat. "I bike, golf, walk, and I eat healthy. It was really frustrating to be paying so much and not be happy with my coverage."

Pat needed an individual plan, and "there just weren't any good options out there," she said.

So when she learned of the new Premier One individual plan, "I was thrilled!"

Health Tradition Health Plan's new Premier One plan is designed for individuals like Pat who need a quality healthcare plan with flexibility – young retirees, self-employed individuals and small businesses, college students/graduates, and those who are between jobs.

"It really answers a need in our community for people like me," said Pat.

One of Pat's favorite parts of Premier One is the emphasis on health. The Premier One plan covers all routine exams, screenings and immunizations at 100% up to \$500 per year.

"I'm saving more than \$200 a month and I get preventive care now," said Pat. "My old plan didn't cover preventive services until after I met a very high deductible." Pat says that philosophy encourages people to put off routine exams. "Premier One actually encourages me to have regular check-ups, mammograms, etc. I love that part. I definitely will take advantage of that – there's no reason not to."

Pat especially likes that she didn't have to change doctors. Health Tradition's core provider system is Franciscan Skemp, Luther Midelfort and other Mayo Health System providers.

"I really like my doctor and I didn't want to switch," said Pat. "That was very important to me."

She also likes the many choices available through Premier One. "They offer five different options and I really liked that flexibility. It wasn't a one-size fits all philosophy," said Pat. "I sat down with the people at Health Tradition and they explained everything so well. We discussed which plan would fit just right for me. I feel very informed and comfortable with my choice."

Premier One offers individual standard HMO plans with a variety of low deductible and co-payment options. It also offers HMO-qualified higher deductible plans designed to work independently or with a Health Savings Account. The plans are designed to meet your individual needs work to help you maximize your healthcare dollars.

You also have the option to add prescription drug coverage and maternity care to your

Premier One health plan if those services fit your needs.

Pat says one of the biggest reasons for switching to Premier One was that it is a local company. “With my old plan, when I had a problem or question, I’d literally sit on the phone for hours talking to some faceless name trying to figure things out. It was so frustrating and impersonal. I love that Premier One is managed locally by Health Tradition.”

“They make the whole process so easy,” said Pat. “I can look up my claims on my computer, or I can call them if I want – but I especially love that if I have any problems or questions, I can meet with them face-to-face at their Onalaska office. That’s really important to me. The people are all so great out there!”

For more information on the new Premier One individual healthcare plan, call Health Tradition at 781-9692 or 888-459-3020.

Resources for healthy living

Your personalized website

As a member of Premier One, you will gain access to Mayo Clinic EmbodyHealth, a state-of-the-art personal health management portal where you can access claims lookup, review important health information, participate in a personal health assessment, learn about lifestyle and behavior change programs, and more.

Ask Mayo Clinic – 24-hour nurse line

We understand you want to manage your healthcare and your healthcare dollars. When you enroll in a Premier One individual health plan, you will have access to Ask Mayo Clinic – a strategic resource that will help you select the right level of care for illness or injuries, including self-care when appropriate, and give you information that protects your health. The nurses from Ask Mayo Clinic are available to answer your health questions, help you decide how to handle an illness or injury, assist you in seeking the appropriate level of care and give you information that protects your health. Ask Mayo Clinic uses the most reliable medical information.

Mayo Clinic Tobacco Quitline

Offering confidential, professional telephone-based counseling to help you quit smoking for good.