



PRIMACARESM

When it comes to the health of your loved ones

Aliera's PrimaCare program in conjunction with Trinity HealthShare, Inc. is centered around the Direct Primary Care Medical Home (DPCMH) model of care. This simple, yet effective model of care encompasses multiple disciplines across a wide variety of care issues. Aliera applies systems, science, incentives, and information to improve medical practice, engage patients and their support system in a collaborative process, and manage medical conditions more effectively. The goal of PrimaCare is to achieve an optimal level of wellness and improve coordination of care while providing cost-effective, non-duplicative services.

It's good to have options



Telemedicine

Our U.S. board-certified family practitioners, pediatricians, and internists diagnose, treat, and write prescriptions when necessary and are available 24/7/365 from anywhere in the world. Providers can resolve most medical concerns over the phone or online through video consultation in the convenience of your home or when on the go. Telemedicine consultations help make healthcare affordable for any member.



Preventive & Primary Care

Preventive and Primary Care services are considered to be the core of all Aliera plans and key to maintaining a healthy lifestyle. Aliera's model of care is based on excellent service and a modern, innovative approach that truly is patient-centered. This includes medical care for members such as office visits, a variety of screenings, wellness guidance, basic eye and hearing exams, treatment for infections, flu shots, and more.



Labs & Diagnostics

Most labs ordered by Primary Care Physicians (PCP) or Urgent Care facilities are included in the monthly membership. AlieraCare Plans consist of lab tests at Quest Diagnostics and Lab Corp, along with any other in-network lab facility.



Urgent Care

Services within the scope of the nearest Urgent Care facility, including x-rays, are eligible for treatment. Urgent Care facilities are ideal for patients who need immediate, but not major trauma-level care. Providers administer treatment for minor injuries and illnesses, stitches for minor lacerations, and offer lab and x-ray services, as well as Specialty Care referrals, and flu shots.

This is NOT Insurance.

www.alierahealthcare.com | 844-834-3456



PRIMACARESM

Preventive Care & Primary Care



Healthy choices that are right for you

Preventive and Primary Care are at the core of all PrimaCare Plans, and we consider them key to maintaining a healthy lifestyle. These include medical care services such as office visits, a variety of screenings, wellness guidance, in-office procedures, flu shots, and more. Our innovative health care model is based on a patient-centered approach, combining excellent service with a focus on keeping members in good health while helping them manage the more complex medical issues that may arise.

PREVENTIVE CARE SERVICES:*

1. Evidence-based items or services rated A or B in the United States Preventive Services Task Force recommendations;
2. Recommendations of the Advisory Committee on Immunization Practices adopted by the Director of the Centers for Disease Control and Prevention;
3. Comprehensive guidelines for infants, children, and adolescents supported by the Health Resources and Services Administration (HRSA); and
4. Comprehensive guidelines for women supported by the Health Resources and Services Administration (HRSA).

Preventive Services for Adults

- Blood Pressure Screening
- Cholesterol Screening
- Colorectal Cancer Screening
- Depression Screening
- Type II Diabetes Screening
- Diet Counseling
- HIV Screening

Immunizations & Injections

- Hepatitis A
- Hepatitis B
- Herpes Zoster
- Meningococcal
- Pneumococcal
- Tetanus
- DtaP
- Varicella
- Rotavirus
- Influenza
- Haemophilus
- Influenza Type B
- Human Papillomavirus
- Inactivated Poliovirus
- Measles, Mumps, Rubella

Preventive Services for Children

- Alcohol and Drug Use Assessment
- Autism Screening
- Behavioral Assessment
- Blood Pressure Screening
- Cervical Dysplasia Screening
- Congenital Hypothyroidism Screening
- Depression Screening
- Developmental Screening
- Dyslipidemia Screening
- Hearing Screening
- Height, Weight, and Body Mass Index Measurement
- Hematocrit/Hemoglobin Screening
- Hemoglobinopathies/Sickle Cell Screening
- HIV Screening
- Lead Screening
- Obesity Screening/Counseling
- Phenylketonuria Screening
- STI Counseling/Screening
- Tuberculin Testing
- Vision Screening

Preventive Services for Women

- Anemia Screening
- Bacteriuria and Urinary Tract Infection Screening
- BRCA Counseling
- Breast Cancer Screening
- Breast Cancer Chemoprevention Counseling
- Breastfeeding Comprehensive Support
- Cervical Cancer Screening
- Chlamydia Infection Screening
- Contraception Counseling
- Domestic Violence Counseling/Screening
- Gestational Diabetes Screening
- Gonorrhea Screening
- HPV Testing, every 3 years
- Tobacco Screening/Counseling
- STI Counseling
- Syphilis Screening

PRIMARY CARE SERVICES:*

1. Office Visits
2. Well Visits (ages 0–64)
3. Consult/Pre-Op Clearance
4. Office Procedures
 - In-office / non-invasive
 - Dermal care; nails, skin tags, lesions
 - Burn care, initial
5. Immunizations & Injections**
 - Administration
 - Joint injection



*Annual physicals are available immediately at the cost of a Primary Care (PCP) visit. An inclusive annual physical is only available after 9 months of continuous membership.

**Cost of medications not included under Primary Care offering.

The **PrimaCare** solution is the most flexible service platform on the market today, allowing members the opportunity to select from the strongest patient centered services available. Review Plan Details below and select the plan that best fits your needs. **See our side-by-side comparison in this brochure.**

Services	PrimaCare		PrimaCare Premium		
	Alera & Trinity Offerings				
Telemedicine ¹	100% Unlimited No Consult Fee		100% Unlimited No Consult Fee		
Preventive Care ² (Recommended by USPSTF)	64 Preventive Screenings		64 Preventive Screenings		
Primary Care (PCP) ⁵	3 Per Year ¹ \$25 Consult Fee ³		Unlimited ¹ \$25 Consult Fee ³		
Chronic Maintenance	n/a		Included at PCP		
Pediatrics	3 Visits Per Year ¹ \$25 Consult Fee ³		5 Visits Per Year ¹ \$25 Consult Fee ³		
OB/GYN	Preventive Services* only at Primary Care Physician \$45 Consult Fee		Preventive Services & Primary Care Services \$45 Consult Fee		
Labs & Diagnostics	Included at Primary & Urgent Care ¹		Included at Primary & Urgent Care ¹		
Urgent Care	1 Per Year ¹ \$40 Consult Fee ³		2 Per Year ¹ \$40 Consult Fee ³		
X-rays (@ Urgent Care)	100% ⁴		100% ⁴		
Prescription Discount	Included		Included		
Hospitalization	N/A		N/A		
Specialty Care	N/A		N/A		
Surgical (In-Patient / Out-Patient)	N/A		N/A		
	Member	Member + Spouse	Member + Child(ren)**	Family	
Primary Member* Age: 18-59					
	PrimaCare	\$69	\$119	\$129	\$199
	PrimaCare Premium	\$99	\$149	\$159	\$249
Primary Member* Age: 60-64					
	PrimaCare Senior	\$89	\$149	\$159	\$229
	PrimaCare Senior Premium	\$119	\$169	\$179	\$269

- All members must contact an Alera telemedicine provider prior to visiting a provider or lab facility.
- Cannot be combined with a visit for other medical needs. Member is responsible for non-preventive cost at the time of visit.
- Consult Fees range from \$20 to \$40 in certain markets.
- \$25 per x-ray read fee at Urgent Care, (may vary by city).
- Annual physicals are available immediately at the cost of a Primary Care (PCP) visit. An inclusive annual physical is only available after 9 months of continuous membership.

* Primary Member must be at least 18 years of age; Monthly rate is based on eldest eligible family member.

** Member with four or more children will be priced as a family.

Administrative and Conditional Fees:

\$30 one-time application fee per enrollment.

State Exclusions:

These plans are NOT comprehensive health insurance and do NOT include hospitalization or certain other services.

Products NOT available in: AK, HI, MD, ME, MT, ND, PR, SD, VT, WY. Limitation subject to change without prior notice.

Compare PrimaCare and PrimaCare Premium to determine which patient centered plan solution is right for you.

Medical Services	PrimaCare	PrimaCare Premium
Age	0–64	0–64
Consult Fee	\$25.00	\$25.00
Medical Care		
Annual Physical Exams	✓	✓
Routine Office Visits	✓	✓
Urgent Care during office hours	✓	✓
EKG	✓ (One Per Year)	✓ (Unlimited)
Urinalysis	✓	✓
Blood Sugar	✓	✓
Fecal Occult Blood Test	✓	✓
PPD (Skin test for tuberculosis)	✓ (One Per Year)	✓ (One Per Year)
Weight Loss Management	✓	✓
Ear Irrigation for Wax	✓	✓
Nebulizer Treatment with Oxygen Concentrator	✓	✓
Flu Vaccine	✓ (One Per Year)	✓ (One Per Year)
Pulmonary Function Test (Spirometry)	N/A	✓
Vitamin B-12 and Allergy Shot (Steroid)	N/A	✓
Vascular Studies (Venous, Carotid, Peripheral Duplex Scans)	N/A	✓
Allergy Testing through Blood Test (Paid separately to the lab)	N/A	✓
Tetanus Vaccine (After injury)	N/A	✓
IM/IV Treatments (Cost of drug is not included)	N/A	✓
Holter Monitor	N/A	✓
Echocardiogram	N/A	✓
Office-Based Surgeries		
Shaving of Skin Lesions	✓	✓
Mole Removal/Skin Biopsy	✓	✓
Skin Tag Removal	✓	✓
Warts (Genital, sole, hand)	✓	✓
I & D of Abscess	✓	✓
Wound Care with Debridement	✓	✓
Partial or Full Nail Removal for Fungus, Ingrown Toenail	✓	✓
Fine Needle Aspiration (Thyroid, Breast)	✓	✓
Application of Cast for Minor Non-displaced Fractures	✓	✓
Repair of Laceration	N/A	✓
Excision of Benign Skin Lesions	N/A	✓
Joint Injections (Steroid)	N/A	✓

Compare PrimaCare and PrimaCare Premium to determine which patient centered plan solution is right for you.

Medical Services	PrimaCare	PrimaCare Premium
Office-Based Surgeries, Cont.		
Facet Joint Injections	N/A	✓
Application of Splint	N/A	✓
Tendon Injections (Steroid)	N/A	✓
Trigger Point Injections	N/A	✓
Excision of Malignant Skin Lesions	N/A	✓
Sebaceous Cyst Removal	N/A	✓
Lipoma Removal	N/A	✓
Ganglion Cyst Removal	N/A	✓
Repair of Split Ear Lobes	N/A	✓
Excision of Breast Mass (Lumpectomy when possible)	N/A	✓
Lymph Node Biopsy	N/A	✓
Pilonidal Cystectomy	N/A	✓
Circumcision	N/A	✓
Rubber Band Hemorrhoidectomy	N/A	✓
Uncomplicated Anal Fistulectomy	N/A	✓
Carpal Tunnel Release	N/A	✓
Varicose Vein Ligation	N/A	✓
Gynecological Care		
Gynecological Exam	✓	✓
Pap Smear	N/A	✓ (One Per Year)
Family Planning	✓	✓
Pregnancy Test	N/A	✓ (Two Per Year)
Pediatric Care		
Pediatric Visits	✓	✓
Childhood Immunization (Cost of vaccines are additional)	✓	✓
Audiometry	N/A	✓
Imaging		
X-rays	✓ (Two Per Year)	✓ (Unlimited)
Sonograms	N/A	✓ (Unlimited)
Mammogram Screening	N/A	✓ (One Per Year)
Lab Test (Blood, urine, stool)	✓ (One Per Year)	✓ (Unlimited)
Second Opinions	✓	✓
Discount Prescription Card	✓	✓
Referral for Discounted CT Scan and MRI	✓	✓
Referral for Discounted Colonoscopy and Upper Endoscopy	✓	✓

STATEMENT OF BELIEFS

Because Trinity HealthShare, Inc. is a religious organization, members are required to agree with the organization's Statement of Beliefs:

1. We believe that our personal rights and liberties originate from God and are bestowed on us by God.
2. We believe every individual has a fundamental religious right to worship God in his or her own way.
3. We believe it is our moral and ethical obligation to assist our fellow man when they are in need, according to our available resources and opportunity.
4. We believe it is our spiritual duty to God and our ethical duty to others to maintain a healthy lifestyle and avoid foods, behaviors, or habits that produce sickness or disease to ourselves or others.
5. We believe it is our fundamental right of conscience to direct our own healthcare, in consultation with physicians, family, or other valued advisor.

LEGAL NOTICES

The following legal notices are the result of discussions by Trinity HealthShare, Inc. or other healthcare sharing ministries with several state regulators and are part of an effort to ensure that Sharing Members understand that Trinity HealthShare, Inc. is not an insurance company and that it does not guarantee payment of medical costs. Our role is to enable self-pay patients to help fellow Americans through voluntary financial gifts.

GENERAL LEGAL NOTICE

This organization facilitates the sharing of medical expenses but is not an insurance company, and neither its guidelines nor plan of operation is an insurance policy. Sharing is available for all eligible claims; however, this program does not guarantee or promise that your medical bills will be paid or assigned to others for payment. Whether anyone chooses to pay your medical bills will be totally voluntary. As such, this program should never be considered as a substitute for an insurance policy. Whether you or your provider receive any payments for medical expenses and whether or not this program continues to operate, you are always liable for any unpaid bills. This health care sharing ministry is not regulated by the State Insurance Departments. You should review this organization's guidelines carefully to be sure you understand any limitations that may affect your personal medical and financial needs.

STATE SPECIFIC NOTICES

Alabama Code Title 22-6A-2

Notice: The organization facilitating the sharing of medical expenses is not an insurance company, and neither its guidelines nor plan of operation is an insurance policy. Whether anyone chooses to assist you with your medical bills will be totally voluntary because no other participant will be compelled by law to contribute toward your medical bills. As such, participation in the organization or a subscription to any of its documents should never be considered to be insurance. Regardless of whether you receive any payment for medical expenses or whether this organization continues to operate, you are always personally responsible for the payment of your own medical bills.

Arizona Statute 20-122

Notice: The organization facilitating the sharing of medical expenses is not an insurance company and the ministry's guidelines and plan of operation are not an insurance policy. Whether anyone chooses to assist you with your medical bills will be completely voluntary because participants are not compelled by law to contribute toward your medical bills. Therefore, participation in the ministry or a subscription to any of its documents should not be considered to be insurance. Regardless of whether you receive any payment for medical expenses or whether this ministry continues to operate, you are always personally responsible for the payment of your own medical bills.

Arkansas Code 23-60-104.2

Notice: The organization facilitating the sharing of medical expenses is not an insurance company and neither its guidelines nor plan of operation is an insurance policy. If anyone chooses to assist you with your medical bills, it will be totally voluntary because participants are not compelled by law to contribute toward your medical bills. Participation in the organization or a subscription to any of its documents should never be considered to be insurance. Regardless of whether you receive a payment for medical expenses or if this organization continues to operate, you are always personally responsible for the payment of your own medical bills.

Florida Statute 624.1265

Trinity HealthShare, Inc. is not an insurance company, and membership is not offered through an insurance company. Trinity HealthShare, Inc. is not subject to the regulatory requirements or consumer protections of the Florida Insurance Code.

Georgia Statute 33-1-20

Notice: The organization facilitating the sharing of medical expenses is not an insurance company, and neither its guidelines nor plan of operation is an insurance policy. Whether anyone chooses to assist you with your medical bills will be totally voluntary because no other participant will be compelled by law to contribute toward your medical bills. As such, participation in the organization or a subscription to any of its documents should never be considered to be insurance. Regardless of whether you receive any payment for medical expenses or whether this organization continues to operate, you are always personally responsible for the payment of your own medical bills.

Idaho Statute 41-121

Notice: The organization facilitating the sharing of medical expenses is not an insurance company, and neither its guidelines nor plan of operation is an insurance policy. Whether anyone chooses to assist you with your medical bills will be totally voluntary because no other participant will be compelled by law to contribute toward your medical bills. As such, participation in the organization or a subscription to any of its documents should never be considered to be insurance. Regardless of whether you receive any payment for medical expenses or whether this organization continues to operate, you are always personally responsible for the payment of your own medical bills.

Illinois Statute 215-5/4-Class 1-b

Notice: The organization facilitating the sharing of medical expenses is not an insurance company, and neither its guidelines nor plan of operation constitute or create an insurance policy. Any assistance you receive with your medical bills will be totally voluntary. As such, participation in the organization or a subscription to any of its documents should never be considered to be insurance. Whether or not you receive any payments for medical expenses and whether or not this organization continues to operate, you are always personally responsible for the payment of your own medical bills.

Indiana Code 27-1-2.1

Notice: The organization facilitating the sharing of medical expenses is not an insurance company, and neither its guidelines nor its plan of operation is an insurance policy. Any assistance you receive with your medical bills will be totally voluntary. Neither the organization nor any other participant can be compelled by law to contribute toward your medical bills. As such, participation in the organization or a subscription to any of its documents should never be considered to be insurance. Whether or not you receive any payments for medical expenses and whether or not this organization continues to operate, you are always personally responsible for the payment of your own medical bills.

Kentucky Revised Statute 304.1-120 (7)

Notice: Under Kentucky law, the religious organization facilitating the sharing of medical expenses is not an insurance company, and its guidelines, plan of operation, or any other document of the religious organization do not constitute or create an insurance policy. Participation in the religious organization or a subscription to any of its documents shall not be considered insurance. Any assistance you receive with your medical bills will be totally voluntary. Neither the organization nor any participant shall be compelled by law to contribute toward your medical bills. Whether or not you receive any payments for medical expenses, and whether or not this organization continues to operate, you shall be personally responsible for the payment of your medical bills.

Louisiana Revised Statute Title 22-318,319

Notice: The ministry facilitating the sharing of medical expenses is not an insurance company. Neither the guidelines nor the plan of operation of the ministry constitutes an insurance policy. Financial assistance for the payment of medical expenses is strictly voluntary. Participation in the ministry or a subscription to any publication issued by the ministry shall not be considered as enrollment in any health insurance plan or as a waiver of your responsibility to pay your medical expenses.

Maine Revised Statute Title 24-A, §704, sub-§3

Notice: The organization facilitating the sharing of medical expenses is not an insurance company and neither its guidelines nor plan of operation is an insurance policy. Whether anyone chooses to assist you with your medical bills will be totally voluntary because no other participant will be compelled by law to contribute toward your medical bills. Participation in the organization or a subscription to any of its documents should never be considered to be insurance. Regardless of whether you receive payment for medical expenses or whether this organization continues to operate, you are always personally responsible for the payment of your own medical bills.

Maryland Article 48, Section 1-202(4)

Notice: This publication is not issued by an insurance company nor is it offered through an insurance company. It does not guarantee or promise that your medical bills will be published or assigned to others for payment. No other subscriber will be compelled to contribute toward the cost of your medical bills. Therefore, this publication should never be considered a substitute for an insurance policy. This activity is not regulated by the State Insurance Administration, and your liabilities are not covered by the Life and Health Guaranty Fund. Whether or not you receive any payments for medical expenses and whether or not this entity continues to operate, you are always liable for any unpaid bills.

Mississippi Title 83-77-1

Notice: The organization facilitating the sharing of medical expenses is not an insurance company, and neither its guidelines nor plan of operation is an insurance policy. Whether anyone chooses to assist you with your medical bills will be totally voluntary because no other participant will be compelled by law to contribute toward your medical bills. As such, participation in the organization or a subscription to any of its documents should never be considered to be insurance. Regardless of whether you receive any payment of medical expenses or whether this organization continues to operate, you are always personally responsible for the payment of your own medical bills.

Missouri Section 376.1750

Notice: This publication is not an insurance company nor is it offered through an insurance company. Whether anyone chooses to assist you with your medical bills will be totally voluntary, as no other subscriber or member will be compelled to contribute toward your medical bills. As such, this publication should never be considered to be insurance. Whether you receive any payments for medical expenses and whether or not this publication continues to operate, you are always personally responsible for the payment of your own medical bills.

Nebraska Revised Statute Chapter 44-311

IMPORTANT NOTICE. This organization is not an insurance company, and its product should never be considered insurance. If you join this organization instead of purchasing health insurance, you will be considered uninsured. By the terms of this agreement, whether anyone chooses to assist you with your medical bills as a participant of this organization will be totally voluntary, and neither the organization nor any participant can be compelled by law to contribute toward your medical bills. Regardless of whether you receive payment for medical expenses or whether this organization continues to operate, you are always personally responsible for the payment of your own medical bills. This organization is not regulated by the Nebraska Department of Insurance. You should review this organization's guidelines carefully to be sure you understand any limitations that may affect your personal medical and financial needs.

New Hampshire Section 126-V:1

IMPORTANT NOTICE This organization is not an insurance company, and its product should never be considered insurance. If you join this organization instead of purchasing health insurance, you will be considered uninsured. By the terms of this agreement, whether anyone chooses to assist you with your medical bills as a participant of this organization will be totally voluntary, and neither the organization nor any participant can be compelled by law to contribute toward your medical bills. Regardless of whether you receive payment for medical expenses or whether this organization continues to operate, you are always personally responsible for the payment of your own medical bills. This organization is not regulated by the New Hampshire Insurance Department. You should review this organization's guidelines carefully to be sure you understand any limitations that may affect your personal medical and financial needs.

North Carolina Statute 58-49-12

Notice: The organization facilitating the sharing of medical expenses is not an insurance company and neither its guidelines nor its plan of operation is an insurance policy. Whether anyone chooses to assist you with your medical bills will be voluntary. No other participant will be compelled by law to contribute toward your medical bills. As such, participation in the organization or a subscription to any of its documents should never be considered to be insurance. Regardless of whether you receive any payment for medical expenses or whether this organization continues to operate, you are always personally liable for the payment of your own medical bills.

Pennsylvania 40 Penn. Statute Section 23(b)

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South Dakota Statute Title 58-1-3.3

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Texas Code Title 8, K, 1681.001

Notice: This health care sharing ministry facilitates the sharing of medical expenses and is not an insurance company, and neither its guidelines nor its plan of operation is an insurance policy. Whether anyone chooses to assist you with your medical bills will be totally voluntary because no other participant will be compelled by law to contribute toward your medical bills. As such, participation in the ministry or a subscription to any of its documents should never be considered to be insurance. Regardless of whether you receive any payment for medical expenses or whether this ministry continues to operate, you are always personally responsible for the payment of your own medical bills. Complaints concerning this health care sharing ministry may be reported to the office of the Texas attorney general.

Virginia Code 38.2-6300-6301

Notice: This publication is not insurance, and is not offered through an insurance company. Whether anyone chooses to assist you with your medical bills will be totally voluntary, as no other member will be compelled by law to contribute toward your medical bills. As such, this publication should never be considered to be insurance. Whether you receive any payments for medical expenses and whether or not this publication continues to operate, you are always personally responsible for the payment of your own medical bills.

Wisconsin Statute 600.01 (1) (b) (9)

ATTENTION: This publication is not issued by an insurance company, nor is it offered through an insurance company. This publication does not guarantee or promise that your medical bills will be published or assigned to others for payment. Whether anyone chooses to pay your medical bills is entirely voluntary. This publication should never be considered a substitute for an insurance policy. Whether or not you receive any payments for medical expenses, and whether or not this publication continues to operate, you are responsible for the payment of your own medical bills.

Brochure and product are not available for sale in AK, HI, MD, ME, MT, ND, PR, SD, VT, WY. Limitation subject to change without prior notice.

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