



WELCOME TO
**HEALTH AS
IT SHOULD BE**



Crossover Health, one of Cisco's trusted healthcare teams, has designed a complete approach to wellbeing that's built around you. At Crossover, healthcare is convenient, simple to navigate, affordable, and personalized to meet your needs.

ONE SIMPLE PLACE TO GO

Overall health and wellbeing shouldn't be considered in pieces, which is why we bring doctors and specialists together. Whether you receive care virtually, in person, or a combination of both, you get the same quality of care—and the same care team—every time. Your team's collaboration combines with your input to create whole body health.

- ✓ Primary Care
- ✓ Lab Work
- ✓ Mental Health
- ✓ Physical Therapy
- ✓ Health Coaching
- ✓ Fitness
- ✓ Annual Physicals
- ✓ Prescriptions
- ✓ Acupuncture
- ✓ Chiropractic Care
- ✓ Care Navigation

THE CARE YOU NEED, WHEN YOU NEED IT

ACCESSIBLE

In-person and virtual visits with an expanded care team, and no long wait times

AFFORDABLE

No-cost membership and no billing hassles*

REMARKABLE

96% Member Satisfaction Score with 64% of members claiming Crossover as their medical home



Sign in to schedule an appointment or sign up to activate your no-cost* membership today!

*Select charges may apply for certain services not fully covered by your insurance.

COPAY PLAN		LIFECONNECTIONS PLAN - STANFORD HEALTH CARE ALLIANCE / AETNA		
All Services	Copay	\$10		
DEDUCTIBLE WITH COINSURANCE PLANS*		LIFECONNECTIONS PLUS SAVINGS PLAN Stanford Health Care Alliance / Aetna	HEALTH PLUS SAVINGS PLAN UnitedHealthcare or Cigna	PPO PLAN UnitedHealthcare or Cigna
SERVICES	VISIT COST	WHAT YOU PAY		
Preventive Medical Care				
Annual Exam/Women's Wellness Exam	\$180	Preventive Care covered by Cisco**		
Travel Medicine	\$100			
Vaccines	Varies			
Primary Medical Care				
MD Injury or Illness Visit	\$90	\$0	\$9	\$18
Nurse Visit (Lab Draws, Immunizations)	\$0	\$0	\$0	\$0
Coinsurance and Payment Process		10% after deductible	10% after deductible	20% after deductible
Specialty Medical Care				
Physical Therapy	\$40	\$4	\$4	\$8
Acupuncture	\$40	\$4	\$4	\$8
Chiropractic	\$40	\$4	\$4	\$8
Mental Health				
Mental Health Sessions	\$75	\$7.50	\$7.50	\$15
Health Coaching (10 visits max per goal)	\$0	\$0	\$0	\$0
EAP Counseling (10 visits max per concern)	\$0	\$0	\$0	\$0

* Once you meet your out-of-pocket maximum, your plan covers 100% of the cost of eligible care for the remainder of the calendar year.

** If, during your preventive visit, follow-up care and/or treatment are required for a diagnosed condition, injury, or illness, applicable fees may apply. Non-preventive radiology tests (e.g., X-ray, MRI, CAT scan, ultrasound, etc.) and various diagnostic lab tests may not be covered at 100%. Please refer to the Summary Plan Descriptions (SPDs) on the U.S. Benefits portal at usbenefitsportal.cisco.com for information about preventive care services.

MEMBERS HAVE ACCESS TO:

VIRTUAL CARE

the right care at the right time, every time

SELF-SCHEDULING

plus online provider messaging and access to health records

CARE NAVIGATION

we refer you to local, high-quality, cost-effective providers

BE WELL

your 24/7 fitness, wellness, and self-care online resource

Sign in and schedule an appointment or sign up at crossoverhealth.com