

State of Alaska, Department of Administration
 Division of Retirement and Benefits

AlaskaCare Employee Health Plan Amendment	Number: 2021-03
	Effective Date: August 1, 2021
Amended Provisions: Amends: 1) 3.5.4 Teladoc Services	Review Date: June 24, 2021
	Distribution: Commissioner Division Director Chief Health Administrator Health Operations Manager Deputy Health Official Vendor Manager Appeals Supervisor Eligibility Manager Communications Supervisor Legal Counsel TPA File

The State of Alaska provides, by means of self-insurance, health benefits covering each eligible employee of the state and their dependents, unless exempted under regulation adopted by the Commissioner of Administration. Such benefits are set forth in the *AlaskaCare Employee Health Plan* (the “Plan”). Under authority of AS 39.30.090-098, the Commissioner of Administration hereby amends the Plan as follows:

Section 1 Amended Provisions

1) Amends **Section 3.5.4 Teladoc Services** to add the following underlined language:

3.5.4 Teladoc Services

3.5.4.1 Teladoc General Medical and Dermatology Consultations

An experienced **physician** is available to you for consult by phone or video 24 hours a day, 7 days a week, by calling Teladoc’s number listed in the front of the **medical plan**. This service is confidential. The **physicians** are U.S. board certified in Internal Medicine, Family Practice or Pediatrics, they are state-licensed and can be a resource in considering options for adult and pediatric medical care including, but not limited to:

- a) Cold and flu symptoms
- b) Allergies
- c) Bronchitis

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- d) Pink Eye
- e) Skin problems
- f) Respiratory infections
- g) Sore throat
- h) Sinus problems
- i) Dermatology
- j) Caregiving.

The **physicians** can prescribe short-term medication for a wide range of conditions when medically appropriate. Teladoc **physicians** do not prescribe substances controlled by the DEA, non-therapeutic and/or certain other drugs which may be harmful because of their potential abuse.

The **deductible** is waived for services obtained from a Teladoc **physician** for general medical consultations and dermatology consultations. General medical and dermatology consultations are not subject to a **deductible, coinsurance, or copay**. The plan covers 100%.

3.5.4.2 Teladoc Behavioral Health Consultations

Behavioral health professionals are available to eligible members to help with depression, anxiety, stress, panic disorder, ADHD, schizophrenia, work-related issues, personal issues, and more. You can schedule a video visit with a board-certified psychiatrist, licensed psychologist, social worker, or family/marriage therapist 7 days a week, 7 a.m. to 9 p.m. by calling Teladoc's number listed in the front of the medical plan. You can choose to meet with a new provider whenever you need services, or you can establish an ongoing relationship with the provider that works best for you. This service is confidential.

Members age 18 and over are eligible to access all Teladoc behavioral health services. Members age 13-17 are eligible to access all Teladoc behavioral health services except psychiatric services or mental health medication management.

Teladoc behavioral health consultations are not subject to a **deductible, coinsurance, or copay**. The plan covers 100%.

3.5.4.3 Teladoc Caregiver Consultations

If you are a caregiver for another person not covered under the Plan, such as a parent, and have legal documents authorizing you to act on their behalf, you can speak to Teladoc **physician** about their general medical care as long as they are also present. If you do not have legal documents, Teladoc can obtain their authorization during the registration process. The cost for general

