

# Healthy Monroe

Healthcare in Your Community



## Healthcare in Your Community

Employers and employees alike can enjoy easy access to **comprehensive** and **convenient care** furnished by **local** healthcare providers. Through **NGS American** and **Healthy Monroe**, **affordable** health care plans designed specifically around these important attributes have been developed for businesses of all sizes based in **Monroe County, Michigan**.

Healthy Monroe creates **community-based** healthcare benefits by bringing together local healthcare providers who have elected to join the Healthy Monroe network with NGS, a leader in the administration of self-funded healthcare benefits. Self-funded employers design their own benefits package and can **customize** healthcare benefits with Healthy Monroe to meet their specific employer needs and budgets. Employers also have the option to pair healthcare benefits with a health reimbursement arrangement (HRA) or health savings account (HSA).



A newborn is welcomed into the world at Mercy Memorial Hospital System.

## Why Healthy Monroe?

### Better Discounts

By using Healthy Monroe's community-based network of healthcare providers, members receive **better discounts on a range of healthcare services** for adults and children.

### More Cost Savings for Members and Great Service

Healthy Monroe members can receive enhanced benefits when accessing non-emergency care at Mercy Memorial Hospital System. Members can easily and conveniently check the status of claims online, and customer service representatives are available by telephone to provide personal service.

### Convenient Care

Through Healthy Monroe, members can select from **more than 200 physicians** who practice in Monroe County. Members and their families can get the care they need when they need it – close to home!

Healthy Monroe doctors practice in a number of specialties, including:

- Allergy
- Cardiology
- Cardio-Thoracic/  
Vascular Surgery
- Dermatology
- Family/General Practice
- Gastroenterology
- Internal Medicine
- Obstetrics/Gynecology
- Oncology
- Ophthalmology
- Oral and Maxillofacial  
Surgery
- Orthopedic Surgery
- Otolaryngology
- Nephrology
- Neurology
- Pain Management
- Pediatrics
- Physical Medicine
- Podiatry
- Psychiatry
- Pulmonology
- Sleep Disorders
- Urology

To locate a physician, go to [www.Healthy-Monroe.com](http://www.Healthy-Monroe.com) or call 800.647.2242.

## Health Management Starts with Health Risk Evaluation and Screening

Results from Healthy Monroe's **Health Risk Evaluation**, which is completed by members themselves, and a health screening are used to identify whether members are candidates for lifestyle management coaching, provided by a counselor, or disease management coaching from a nurse. The Health Risk Evaluation can be easily accessed by following a link from the Health Management Strategies page at [www.Healthy-Monroe.com](http://www.Healthy-Monroe.com).

## Member Support

By logging on to [www.ngs.com](http://www.ngs.com) members can gain access to Health A to Z, which provides tools designed to help members make smart, informed choices to get and stay healthy. From health and wellness centers to health management programs, Health A to Z offers:

- Personal Health Record, which maintains medical records in a secure environment, and provides members with convenient online access to the information
- Customized health information geared specifically to individual members' health needs
- Online medical encyclopedia, a version of the Gale Medical Encyclopedia
- A reminder/calendar for appointments, checkups and more



Mercy Memorial Hospital System's rehabilitation services help patients get back on their feet quickly.

## Community Hospital Care in Monroe County

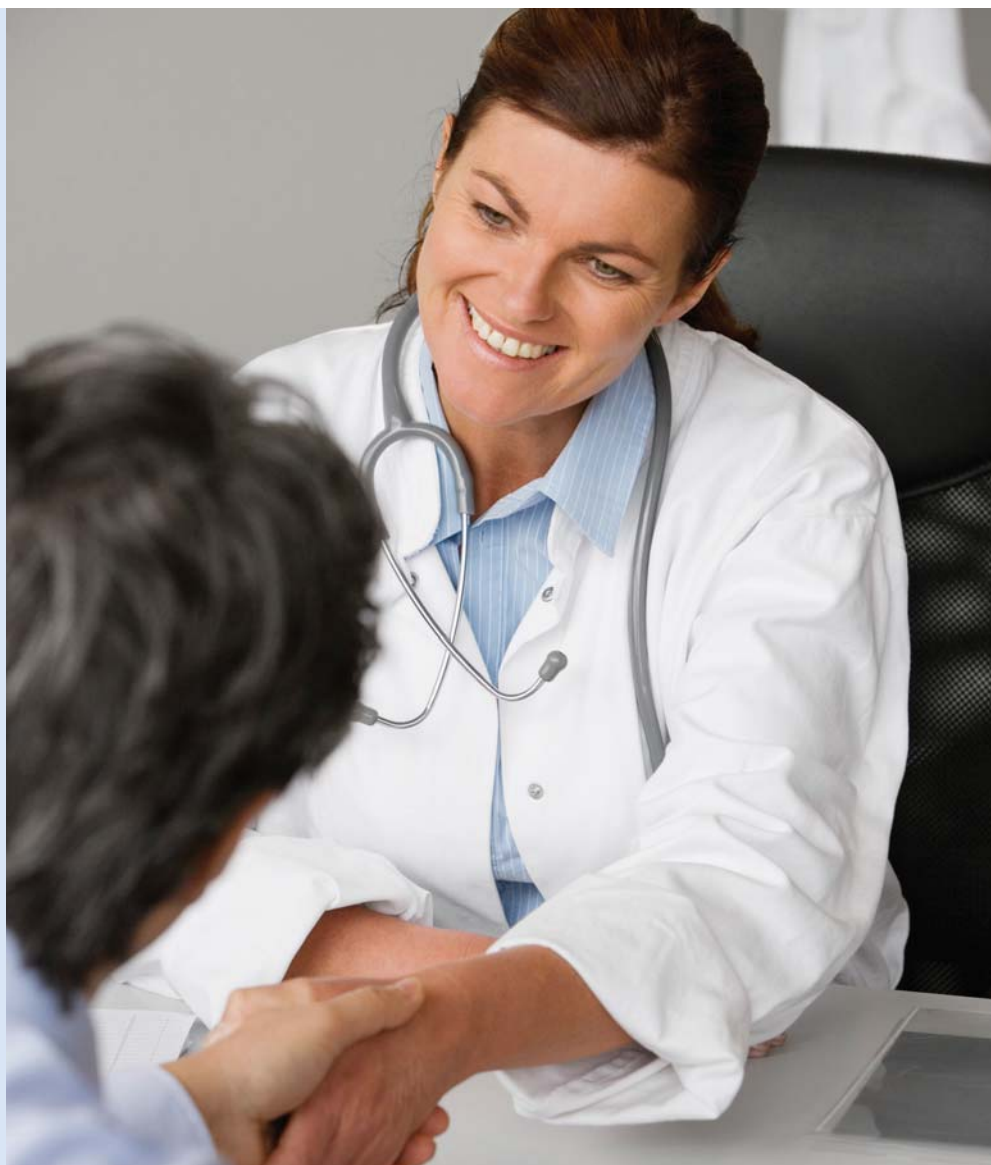
Members have access to healthcare services close to home and/or work through **Mercy Memorial Hospital System**, a 238-bed, full-service community hospital in the City of Monroe. The hospital's comprehensive healthcare services include:

- Cancer care
- Cardiac care
- CAT scans and MRIs
- Dialysis treatment
- Home health services
- Hospice care
- Inpatient and outpatient mental health services
- Obstetrics care and family-centered birthing suites
- Outpatient surgery
- Physical and occupational therapy

## Healthcare in Your Community: NGS and Healthy Monroe

Businesses based in **Monroe County** can access **comprehensive healthcare** for their employees by combining the convenience of local healthcare providers with the flexibility of **NGS** for these advantages:

- **Discounts on services** when using Healthy Monroe's community-based network of healthcare providers
- **Health Management Strategies** to promote wellness, and support disease and lifestyle management
- **Affordable and flexible** healthcare benefits
- **Personal service** that employers and members deserve



Healthy Monroe is a community-based network of healthcare providers serving employer groups based in Monroe County, Michigan. Healthy Monroe also offers health management strategies and tools promoting wellness, and supporting disease and lifestyle management.

NGS American is a third-party administrator providing claims administration for self-funded employer health plans. By balancing cost control with employee goodwill, clients receive a customized benefit delivery system that best suits their needs. NGS is committed to exceptional customer service, strong partnerships with customers and proactive involvement in the employee benefit field.

