

YOUR FMCP SERVICES AT A GLANCE



The **FMCP Member Self-Service Online Portal** is your one-stop-shop for all things FMCP! In the portal, you can:

- View your personal data
- View your claims and EOBs
- Receive electronic notifications for new EOBs
- Access the HealthClips medical video resource library
- Request new medical/Rx ID cards
- Contact the Benefit Office

Log on to www.nifmcp.com to register for the Member Self-Service Online Portal today!

Talkspace offers confidential virtual messaging therapy on your schedule at no cost.

- No appointment necessary
- Talkspace matches you with a therapist who is the best fit for you
- Engage at your own pace in a personal, virtual messaging “room”
- One free 30-minute video session with your therapist each month

Take the first steps now at www.talkspace.com/fmcp. Members must register at www.talkspace.com/fmcp to receive this benefit at no cost through the FMCP.



Teladoc Health offers free 24/7 access to doctors in all 50 states by phone, video, or app. Use Teladoc for:

- General Medical — Care for non-emergency conditions like cold & flu, sinus infections, allergies and more
- Dermatology — Upload photos to get a treatment plan for skin conditions like acne, eczema, psoriasis and more within 2 business days
- Local in-person Care — Get help finding local providers for in-person care

Get started at www.teladochealth.com/fmcp or by calling 1-800-TELADOC.

Teladoc Medical Experts lets you request a second opinion about a medical diagnosis or treatment, from the comfort of your own home.

- Have a leading specialist evaluate an existing condition or give guidance on your medical concerns
- No need to travel or make appointments
- Your information is collected and consolidated into a convenient e-Summary
- Receive an easy-to-understand report about your diagnosis and treatment from your expert

Start a case at www.teladoc.com/fmcp or by calling 1-800-TELADOC.



HealthClips Online is an easily accessible platform for expert-reviewed health and wellness education.

- More than 4,000 videos about various health and wellness topics
- Specially curated Recommended Learning playlists
- Facility Resource links to connect you to other FMCP services, providers, and resources
- Easily share videos or playlists with your providers or family

FMCP members can access HealthClips through the Member Self-Service Online Portal at www.nifmcp.com.

The enhanced **Sax-Rx Patient Portal** makes managing your prescriptions easier than ever. Some of the things you can do in the new portal include:

- Quick refills without logging in
- Advanced mail order tracking
- View and download your retail and mail order claims
- Search claims by date range
- Download your soft ID card
- Edit your account information

Create or manage your account at app.savrx.com today.

Please note: The Talkspace benefit only applies to members who have their medical benefits through one of the FMCP PPO Plans. Teladoc Health and Teladoc Medical Experts services are not applicable to members who have their medical coverage through Kaiser.

For more information about benefits offered to you by the FMCP, visit www.nifmcp.com or call 1-877-937-9602