



Lower Costs | More Care

2022 ERHC PLAN

For Enrolled BF&PT Members, Spouses & Dependents

EXCLUSIVE COVERAGE for ACTIVE - DUTY & RETIRED MEMBERS



How the ERHC Plan Works for You & Your Family Members:

- ✓ Provides access to high-quality, comprehensive healthcare — **WITH NO ADDITIONAL OUT-OF-POCKET COSTS** for routine services.
- ✓ Provides an **AFFORDABLE ALTERNATIVE** to conventional health insurance for most primary care & urgent care needs.
- ✓ Works **WITH YOUR TRADITIONAL HEALTH INSURANCE**, which will remain your secondary coverage for non-routine services and those provided outside of the ERHC medical home.



2022 ERHC PLAN:

GUIDE TO EXCLUSIVE HEALTH BENEFITS

For Enrolled BF&PT Members, Spouses & Dependents

COVERAGE for ACTIVE - DUTY & RETIRED MEMBERS

Emergency Responders Health Center knows that **your healthcare should work as hard as you do - and be ready at a moment's notice, too.**

That's why we've partnered with the Boise Fire & Police Trust since 2016 to offer ERHC Plan health coverage that's **confidential, comprehensive, convenient,** and **low-cost** – as well as fully **customized** for you and your family members.

16+ YEARS of CARE

ERHC was founded by a family medicine-certified/ER physician to address **the elevated health risks** faced by firefighters, police officers, and other emergency response professionals. Since 2004, ERHC has worked overtime to safeguard the lives of those who protect our community, ensuring that their healthcare **goes above and beyond** – just like they do.

YOUR FAMILY'S HEALTH is OUR ONLY MISSION

Our singular objective is to promote **optimal well-being, occupational performance,** and **career longevity** among the emergency personnel our community relies on. ERHC emphasizes preventative care, proactive health maintenance, and total wellness. Our pioneering clinic has developed a specialized line of health and wellness services, with clinicians who understand your – and your loved ones' - unique concerns.

WE'VE GOT YOU COVERED | Comprehensive Care without Added Out-of-Pocket Expenses

ROUTINE CARE OVERVIEW

primary care | urgent care (+medications included)
 women's health | men's health | pediatric care
 health screenings | heart & lung health | dermatology
 occupational health | orthopedics | physical therapy
 mental health services

EXCLUSIVELY FOR

Active Duty First Responders
 Spouses & Children of First Responders
 Retired First Responders



Plan Benefits Summary

- ✓ Unlimited primary care & urgent care visits with the ERHC medical provider of your choice.
 - No co-payment, no cost-sharing, no deductible!
 - Medications/orthopedic supplies concurrent with urgent care visits included!
- ✓ No out-of-pocket costs for routine:
 - Wellness Exams & Comprehensive Health Screenings
 - In-clinic Procedures (from skin biopsies to vasectomies)
 - In-clinic Diagnostic Laboratory Services
 - In-clinic Diagnostic X-Ray Services
 - Adult & Pediatric Immunizations

COVERAGE BASICS – 2022 ERHC PLAN

IS MY PRIVACY MAINTAINED UNDER the ERHC PLAN?

YES. Plan member privacy and patient confidentiality are strictly observed in accordance with regulations governing Protected Health Information. *A complete copy of ERHC privacy practices is available upon request.*

WILL I PAY ANY OUT-of-POCKET COSTS for ROUTINE CARE from ERHC?

NO. There are no co-payments, cost-sharing requirements, or deductibles under the ERHC Plan, for ERHC services shown under the ROUTINE SERVICES & PROCEDURES list.

WHICH ROUTINE HEALTHCARE SERVICES ARE COVERED 100%?

NEARLY ALL routine ERHC outpatient services – including unlimited primary care and urgent care visits, basic health screenings, and standard immunizations – are covered, with no out-of-pocket expenses billed to the plan member.

Basic diagnostic services, including in-clinic laboratory analysis and in-clinic X-ray procedures, are covered 100%, as well. In addition, the ERHC Plan fully covers advanced care customized for first responders – heart and lung screenings, injury prevention and rehabilitation, mental health services, wellness outreach, and more.

Please view the ROUTINE SERVICES & PROCEDURES list, refer to the Boise Fire & Police Trust Open Enrollment Guide, or call the ERHC office prior to your next visit to verify whether a requested service is covered.

WHICH SERVICES ARE NOT COVERED?

ONLY A SMALL NUMBER of ERHC services are considered non-routine under the ERHC Plan. Non-routine services are not covered by the Plan, and will be billed to the Regence Plan in accordance with the plan's Schedule of Benefits. These services include, but are not limited to, those shown under the ADDITIONAL SERVICES & PROCEDURES list.

SERVICES PROVIDED BY OTHER, non-ERHC healthcare providers and facilities will be billed separately, in accordance with the Regence Plan's Schedule of Benefits.

WILL ERHC BECOME MY “REGULAR” HEALTH CLINIC?

YES. Our clinic offers the same level of care as a traditional family medicine practice/medical home. ERHC also offers advanced services not available through most primary care clinics open to the general public.

CAN MY SPOUSE & CHILDREN BE SEEN at ERHC?

YES. Your spouse and qualifying dependents enrolled under your ERHC Plan will receive the same benefits as enrolled BF&PT members, including no-cost services shown under the ROUTINE SERVICES & PROCEDURES list.

WHEN SHOULD I SCHEDULE a “NEW PATIENT” APPOINTMENT?

IT'S YOUR CHOICE. All ERHC Plan enrollees are already considered “established” patients. Boise Fire & Police Trust recommends that its members schedule Annual Wellness Exams during their birth month, to establish a wellness routine. However, you may be seen at any time – to discuss preventative health with one of our providers, or to address a current health concern.

DO I NEED PRE-AUTHORIZATION for PRIMARY or URGENT CARE VISITS?

NO. ERHC Plan members receive access to unlimited primary care and urgent care visits – no pre-approval required! Appointments for in-clinic health screenings and physical therapy will be made upon referral from your ERHC medical provider.

DO I HAVE a CHOICE in DOCTORS, SPECIALISTS & HOSPITALS?

YES. We will make every effort to place you with the ERHC medical provider of your choice*; if their capacity is full, we'll match you with another ERHC provider well-qualified to care for you. ERHC makes referrals to outside medical specialists and facilities best-suited to meet patient needs, regardless of health system affiliation. As an independent clinic, ERHC collaborates with all area healthcare systems. *See ERHC Directory, pages 5-6.

CONTINUOUS HEALTHCARE ADVANCEMENT



We never stop working to take your care to the next level.

Recent Advances →

- In-clinic Mental Health Therapy, including EMDR
- Satellite Wellness Clinic (Mental Health Services & Massage Therapy)
- Medical Staff Expansion – 4 Current Providers (2 MDs & 2 NPs)
45+ combined years of experience
- Nutrition & Wellness Counseling, including Medical Nutrition Therapy

Future Expansion →

- Performance Center (Fitness Studio & Advanced Preventative Health Services)

ROUTINE SERVICES & PROCEDURES – 2022 ERHC PLAN

100% COVERED CARE

NO OUT-OF-POCKET COSTS for ENROLLED MEMBERS

PRIMARY CARE

- Comprehensive Health Assessments
- Personal Health Planning (Behavioral & Lifestyle Management)
- Computerized Vision & Hearing Screening
- Cancer Screening Consultations
- Chronic Disease Management
Diabetes, Elevated Cholesterol, Endocrine System Disorders, Gout, Hypertension & More

URGENT CARE[†] (including pharmacy benefit – SEE BELOW RIGHT)

- Assessment/Treatment of Minor Illness & Injury
- Sore Throats
- Respiratory Complaints
Nebulized Treatments
- Gastrointestinal or Abdominal Complaints
- Wound Care (Contusions, Lacerations, Ingrown Toenails)
- Sprains & Fractures (Splinting & Casting)
- Musculoskeletal Pain (i.e. Back or Joint)

ERHC is not an emergency facility. Always call 911 or visit a local emergency room for possible life-threatening conditions.

WOMEN'S HEALTH

- Pap Smears, Clinical Screening Exams for Breast & Cervical Cancer
- Family Planning, Pre-Conception Health, Contraception & Early Prenatal Care

MEN'S HEALTH

- Prostate Cancer Screening
- Family Planning & Vasectomies

PEDIATRIC & ADOLESCENT HEALTH

- Annual Well Child Exams
- Sports Physicals (as required for participation in athletics)
- Infant Circumcision (male)

DERMATOLOGY

- Annual Dermatologic Screening
- Mole & Lesion Assessment/Removal
- Lipoma & Epidermal Inclusion Cyst Assessment/Removal
- Laceration Care

HEART & LUNG HEALTH

- Cardiology Screening
EKG, Cardiac Stress Testing (Treadmill or Cycle)
- Spirometry (Lung Function Testing)

IMMUNIZATIONS

- Adult
Seasonal Flu, Hepatitis A (2-shot series) & Hepatitis B (3-shot series), Tdap (tetanus, diphtheria, pertussis), MMR (mumps, measles, rubella)

- Standard Pediatric Vaccinations*

**Pediatric vaccinations covered by the State of Idaho for minors through 18 years of age.*

DIAGNOSTIC/LABORATORY SERVICES

- Phlebotomy (blood draws)
Wellness Labs – CBC, Metabolic Profile, Cholesterol/Lipid Panel, Uric Acid, TSH (thyroid-stimulating hormone), HgbA1c (diabetes surveillance), PSA (prostate-specific antigen), Infectious Disease Screening (HIV, Hepatitis B titer, Hepatitis C)
- Point-of-Care Testing
Rapid Strep/Standard Throat Culture (if indicated), Influenza A/B, Mononucleosis Testing, Urinalysis, Pregnancy Testing (urine)

RADIOLOGY SERVICES

- Medical Imaging
In-clinic Digital X-ray (including radiology interpretation)

MENTAL HEALTH SERVICES

- Outpatient Mental Health Therapy (adults; couples)
- PTSI Treatment/Assistance with Workers' Compensation Claims for PTSI/PTSD
- Pharmacotherapy Management (most mental health conditions)
- Referral to vetted Psychiatrists & Inpatient Facilities

[†]Urgent Care Pharmacy Benefit

In addition to accessing unlimited medical office visits for urgent care, ERHC Plan members will receive standard* medications dispensed by ERHC during these visits, in association with acute conditions treated, at no additional cost. In most cases, the full course of medication will be provided. Examples of covered medications include:

- Analgesics (NSAIDs)
- Muscle Relaxants
- Antibiotics & Antivirals
- Anti-Emetics (for Nausea)
- Steroids (oral and topical)
- Allergy & Asthma Relief
- Cough & Cold Remedies
- More



*This benefit does not extend to medications dispensed for routine/ongoing treatment of chronic conditions, refills, or medications filled by pharmacies outside of ERHC. ERHC does not store or dispense controlled substances in-house. *ERHC stocks most commonly prescribed medications; non-standard medications will require filling by outside pharmacies.*

100% COVERED CARE, CONTINUED ...

OCCUPATIONAL HEALTH

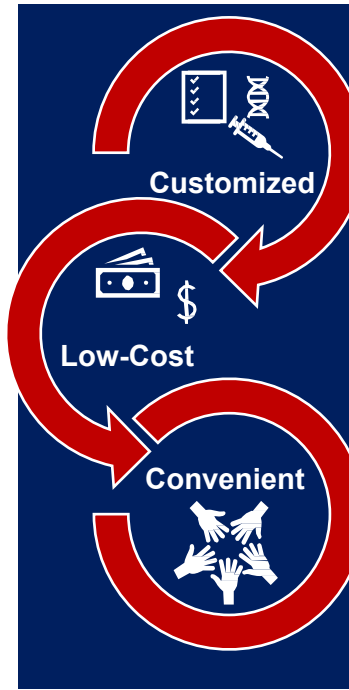
- Occupational Risk Counseling
- Functional Movement Screening & Injury Prevention Assessment
- Worker's Compensation-Covered Care
- CDL License Examination & Medical Certification

ORTHOPEDICS

- Outpatient Fracture Care (non-operative)
- Joint Injections (most therapies)
- Orthopedic Braces (standard/non-customized)

PHYSICAL THERAPY

- Physical Therapy Rehabilitation (Acute & Chronic Conditions, Post-Operative Care)
 - Myofascial Release
 - Soft Tissue & Joint Mobilization (IASTM)
- Strength & Conditioning



BEST CARE. LOWEST PRICE. THE ERHC PLAN ADVANTAGE

- **Specialized** care designed to match the rigors of your job.
- **Exclusive** services not available in traditional primary care settings.
- Medical & Mental Health providers with **years of expertise** in caring for emergency personnel.
- **Cost-effective** care: no co-insurance, no cost-sharing, no deductible!
- **100% coverage** for routine primary and urgent care, and much more.
- The only Boise Fire & Police Trust plan with **\$0 monthly contribution**.
- Care when you need it, with expanded hours and **same-day appointments**.
- Comprehensive medical services in **one central location**.
- **Coordination** of care delivered by outside medical providers and facilities.

ADDITIONAL SERVICES & PROCEDURES

Additional services are considered non-routine under the ERHC Plan. Non-routine services are not covered by the ERHC Plan, and will be billed to the Regence Plan in accordance with the plan's Schedule of Benefits. These services include, but are not limited to, those shown below.

Other services may be available; please call our office to ask about conditions or procedures not listed below. If a service is not listed as an included (routine/covered) service, it is considered to be excluded (billed separately).

- Medical Specialty Supplies
 - IUD Devices (intrauterine contraception), Visco-supplementation
 - Medications, Custom-Ordered Braces and Orthotics
- Additional Adult Immunizations
 - Herpes Zoster (shingles), Varicella (chickenpox), Pneumococcal, Meningococcal, HPV (human papillomavirus)
- Off-site Laboratory Services & Pathology Services
- Prescriptions Filled by Off-site Pharmacies
- Chiropractic Care
- Massage Therapy
- Nutrition & Wellness Counseling
- COVID Vaccination & Testing

Services provided by off-site (non-ERHC) specialists, laboratories, pharmacies, imaging facilities, hospitals, surgical facilities and other providers/facilities will be billed separately, in accordance with the Regence Plan. When a visit to another outpatient service provider or facility outside of ERHC is necessary, ERHC will remain your primary medical home. You can count on us to:

- ✓ Make timely referrals to appropriate medical providers;
- ✓ Coordinate care delivered by different providers or facilities;
- ✓ Follow up to ensure diagnostic or treatment plans are fulfilled.

CONTACT | LOCATIONS | HOURS



CONTACT US

208.229.3742 (ERHC) | info@er-hc.org
er-hc.org (Health Center)
erhc360.org (Mental Health Directory)

CLINIC LOCATIONS

Main Health Center -
9976 West Emerald Street |
West Boise

Satellite Clinic -
6485 West Interchange Way |
South Central Boise

MAIN CLINIC HOURS

MONDAYS - THURSDAYS: 7:30 AM - 6 PM
FRIDAYS: 7:30 AM - 5 PM
SATURDAYS: 10 AM - 2 PM
Same-day appointments for Urgent Care.

LABORATORY SERVICES

ERHC Walk-In Lab Clinic

MONDAYS - FRIDAYS: Starting at 7:30 AM

YOUR MISSION IS TO PROTECT
THE LIVES OF OTHERS.

OUR MISSION IS TO HELP YOU
SAFEGUARD YOUR OWN.



YOUR FRONT LINE OF CARE: ERHC Provider Directory

Medical Care |



ROB HILVERS, MD
Family Medicine | Sports Medicine |
Preventative Medicine | Heart Health
ERHC Founder & Medical Director
University of Washington School of Medicine
Family Medicine Residency of Idaho
Idaho Sports Medicine Institute



JENNA ROVIG, NP-C
Family Practice | Acute Care |
Women’s Health | Child Health |
Adolescent Health
Nurse Practitioner
Boise State University
Idaho State University



JOHN WICK, MD
Family Medicine | Sports Medicine |
Men’s Health | Child Health
Physician
Oregon Health Sciences University
Family Medicine Residency of Idaho
Idaho Sports Medicine Institute



CHELSEA WALLACE, NP-C
Family Practice | Critical Care Nursing |
Women’s Health | Child Health
Nurse Practitioner
Boise State University
Northwest Nazarene University

Mental Health Services |



ARI BROOKS, LCSW
Anxiety & Depression | Trauma |
Grief | Couple’s Counseling
Licensed Therapist
University of Utah



REBECCA HOUSTON, LCPC
Anxiety & Depression | Trauma |
Substance Abuse | Couple’s Counseling
Licensed Therapist
Boise State University



RICH BROWN, LPC
Anxiety & Depression |
Grief & Loss
Licensed Therapist
Idaho State University



CUSTOMIZED. COMPREHENSIVE. COMPASSIONATE.

MAIN HEALTH CENTER 9976 WEST EMERALD STREET | BOISE, ID | 208.229.3742 (ERHC) | er-hc.org
SATELLITE CLINIC 6485 WEST INTERCHANGE WAY | BOISE, ID | 208.639.0005 | erhc360.org



Physical Therapy |



MICHAEL OWENS, PT, AT
 Physical Therapy & Rehabilitation |
 Sports Medicine | Injury Prevention |
 Strength & Conditioning
Physical Therapist, Athletic Trainer
 California State University at Long Beach



AMBER GRANT, PTA
 Physical Therapy | Injury Prevention |
 Soft Tissue Rehabilitation
Physical Therapist Assistant
 Idaho Consortium for Physical Therapist Assistant

Wellness Services |



JENNIFER AUMEIER, LMT
 Massage Therapy | Myofascial Release |
 Trigger Point Therapy |
 Deep Tissue Massage
Massage Therapist
 Boise State University
 Idaho School of Massage Therapy



RAE KRICK, RDN
 Medical Nutrition Therapy |
 Healthy Weight Management |
 Diabetes Self-Management Training |
 Body Composition Assessment
Registered Dietitian
 University of Idaho

