

# Using your One Medical benefit with a high deductible health plan

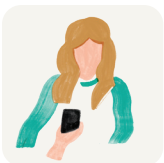
Understanding your high deductible health plan (HDHP) and healthcare costs can be confusing, but we're here to help you make the most of your insurance plan and get the care you need — while avoiding unnecessary bills and trips to the doctor.

## Here are a few ways to make the most of your One Medical membership:



### Book an Annual Wellness Visit

The Annual Wellness Visit (our version of the annual physical) helps you check in on the things that matter most to your health. Insurance (including HDHPs) typically covers the full cost of one Annual Wellness Visit every 365 days\*. Use the One Medical app to book your visit today.



### Get 24/7 care right from your phone

Enjoy 24/7 on-demand care for common conditions, late night emergencies, and everything in between. Book same/next-day appointments, message with a provider, manage medications, and more — right from the One Medical app.\*



### Renew your prescriptions online

No need to book an appointment to renew most existing prescriptions. Save time and money by submitting your request through our app or website.

### What is an HDHP?

HDHPs have lower monthly premiums than traditional health plans, but they have higher deductibles (the fixed amount you pay out of pocket before insurance kicks in). Until you meet your deductible, you'll be responsible for the full cost of most care you receive.

If you have questions about your HDHP plan, email us at [hello@onemedical.com](mailto:hello@onemedical.com). We're always here to help.

Haven't signed up for your sponsored membership to One Medical?

Join today at [onemedical.com/mybenefit](https://onemedical.com/mybenefit)  
Use code **RVTECHXOM**



\*On-demand Video Chats through the app are free of charge, scheduled Remote Visits are billed to insurance. Standard co-pay and deductibles apply. Check with your insurance to confirm coverage.