

Employee *Benefit Guide*





Vitable Health offers accessible, affordable healthcare designed around you.

 enrollments@vitablehealth.com

 (484) 469-9177

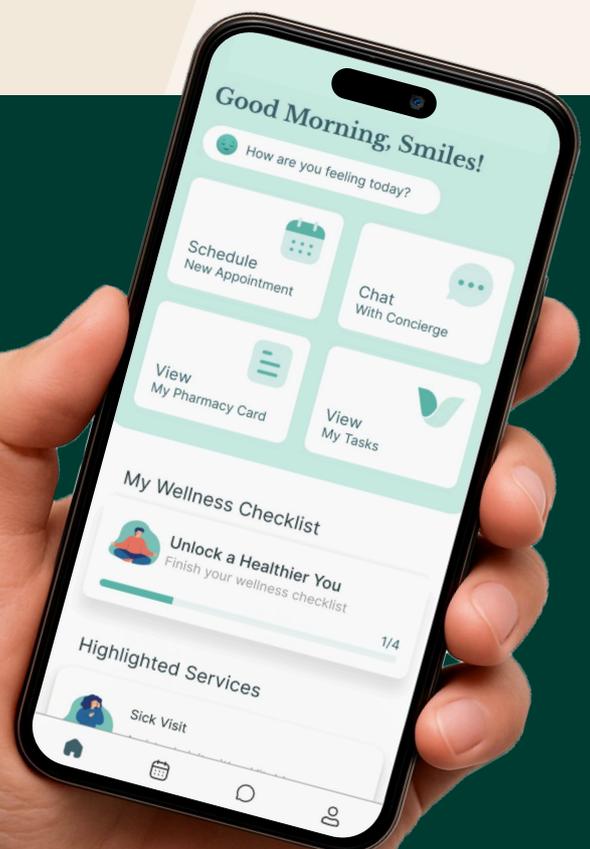
Our goal is simple: make quality, personalized care accessible to everyone.

Don't go without health coverage

Taking care of your health shouldn't be a gamble. Regular checkups and preventive care can catch small issues early, keeping you healthy and avoiding bigger problems down the road.

Our affordable plans make accessing basic healthcare services easy and convenient.

Enroll today and take control of your health and wellness!





Vitable Primary Care

- Unlimited virtual visits, mental health coaching, and urgent care visits with \$0 copay through Vitable’s primary care network
- Over 1,000 free prescription drugs
- Lab services and annual wellness checks
- Chronic condition management and more
- **Add dependents at no additional fee!**



GLP-1 & Premium Labs

- Premium VPC add-on services
- Access to Wegovy® (semaglutide) or Zepbound® (tirzepatide)
- Premium labs: about 100 tests across 16 organ systems
- Includes Vitable Primary Care membership

What’s Covered

Vitable Primary Care

Virtual Services <i>Offered to all VPC members (Core & Enhanced)</i>	Details
Vitable Primary Care (Telemedicine)	\$0 Copay through Vitable Primary Care
Mental Health Coaching (Virtual)	\$0 Copay through Vitable Primary Care
Labs (Available at partnered LabCorp or Quest locations)	\$0 Copay through Vitable Primary Care
Generic Prescription Drugs (Tier 1)	\$0 Copay through Vitable Primary Care
Enhanced Services <i>Only offered to VPC Enhanced members in select regions</i>	Details
In-Home Visits (Select regions)	\$0 Copay through Vitable Primary Care
Licensed Mental Health Therapy (Select regions)	\$0 Copay through Vitable Primary Care <i>10 visits per year</i>

Vitable *Primary* Care

Vitable's Primary Care membership comes standard with your health benefits. As a health benefit paid for by your employer, you and your family get free access to a team of primary care and mental health providers under Vitable's network.

Get unlimited virtual primary care visits, mental health coaching, labs, and over 1,000 free prescription drugs with no out-of-pocket costs.

Vitable

Get to Know Your *Free Vitable* Membership



Scan to get started
or visit app.vitablehealth.com/enroll-new



Virtual Primary Care

Schedule appointments for those common, everyday health concerns such as annual check-ups, sports/school physicals, sick visits, and more!



Lab Tests

40+ lab tests are covered 100% (free!) through Vitable. Easily access tests at our partner LabCorp and Quest locations and review test results in our app.



Mental Health Coaching

Mental health coaches empower individuals to thrive and plan, providing guidance on things like coping skills, stressors, and goal setting.

For members 18+



Free Dependents

No additional charge to add any number of dependents to your Vitable membership, so your whole family can access Vitable services.

Dependent members must be 18 mo. - 64 yrs.



Free Prescriptions

Over 1,000 of prescription drugs are covered for free when prescribed through Vitable. We also offer discounts for other medications outside of our covered prescriptions.

Vitable does not prescribe injectables or controlled substances.



Care Navigation

When you need care that we cannot provide directly, our member support team will find providers and resources in your area, guiding you every step of the way.

Primary & Episodic Care

Vitable delivers comprehensive primary and urgent care designed to meet your everyday health needs. With same- or next-day virtual visits, on-demand care team chat, and personalized care navigation, getting the support you need has never been easier.

Our guided Care Pathways make it simple for you and your family to take control of your health. Through regular check-ins, convenient asynchronous tools, scheduled lab work, and medication management, you gain access to everything you need to stay on track—and be your healthiest self.

Scope of Service - Primary & Episodic Care

Primary Care

- Annual Physicals
- School Physicals
- Flu Vaccines
- Smoking cessation
- Oral Contraceptives
- Sports Physicals
- Sick Visits
- Allergies
- Cholesterol screens
- And more!

Episodic Care

- Allergies
- Ear Infections
- Pink eye
- GI/Digestive Issues
- Urinary Tract Infection
- Cold & Flu
- STI / STD Testing
- Respiratory Concerns
- Minor sprains/strains
- Skin Concerns

Scope of Service - Chronic Conditions



Managed Chronic Conditions

- Hypothyroid
(Low thyroid)
- High Blood Pressure
- Type II Diabetes
(Non-Insulin Dependent)
- Acid Reflux
- Anemia
- Asthma
- High Cholesterol



Out-of-Scope Chronic Conditions

- Kidney Disease
- Hepatitis
- Heart Disease
- Atrial Fibrillation
- Type I Diabetes
- STI / STD Testing
- Heart Failure
- Osteoporosis

Covered Labs

To access labs: Download the Vitable app, claim your account, and schedule a visit through Vitable.

If your provider deems a lab test necessary, you can complete the test at our partner LabCorp and Quest locations. Once complete, you can view the results right in the app and review the results with your provider.

Sample Covered Labs

- BMP
Basic Metabolic Panel
- CMP
Comprehensive Metabolic Panel
- CBC w/ Diff
Complete Blood Count with Differential
- BUN
- Creatinine, Serum
- eGFR
- Glucose
- Hemoglobin A1C
- Lipid Panel
- TSH w/ reflex T4
- Free T4
- Triiodothyronine (T3)
- Vitamin D
- Vitamin B12
- Folate
- Iron
- Ferritin
- Iron and Total Iron-binding Capacity (TIBC)
- Transferrin Saturation
- Reticulocyte Count
- Hematocrit
- Hematocrit
- Hemoglobin
- Urinalysis
- Microalbumin, urine
- Albumin/Creatinine Ratio, Random Urine
- Urine Culture
- Hepatic Function Panel
- HIV
- Hepatitis C Virus (HCV) Antibody With Reflex to PCR
- And more!

Free & Discounted Prescriptions

Don't overpay for medication. With Vitable you gain access to huge discounts on prescriptions, with some being completely free. Get the treatment you need without the financial stress.

To access your free and discounted prescriptions: download the Vitable app, claim your account, and schedule a visit through Vitable.

Sample Covered Prescriptions Categories

- Addiction
- Allergy
- Antacids
- Anti-inflammatory
- Antibiotics
- Anticoagulants
- Anticonvulsants
- Antifungals
- Antivirals
- Asthma
- Bladder
- Blood Pressure
- Cardiac
- Cholesterol
- Cough
- Dental
- Dermatology
- Diabetes
- Diuretics
- Ear Drops
- Eye Drops
- Flu
- Gout
- Laxatives
- Medical Supplies
- Men's Health
- Mental Health
- Migraines
- Muscle Relaxant
- Nausea
- Pain
- Parkinson's Disease
- Sleep Aids
- Steroids
- Thyroid
- Topicals
- Vitamins
- Women's Health

Accessing your Prescription benefits

- 1 Download the app & activate your account
- 2 Schedule your Vitable primary care visit
- 3 Get updated when your script is ready
- 4 Find your local in-network pharmacy
- 5 Show them your Vitable Rx card



VPC Enhanced Benefits

Only offered to VPC Enhanced members; select regions.

To confirm your VPC plan type and determine if your plan is in an eligible region, please reference the [Vitable Care Navigation](#) tool using your zip code.

Additional steps and resources provided in the VPC Appendix on the following page.

In-Home Visits

Only available in select regions.

Our network is composed of local physicians, nurse practitioners, and healthcare providers who can come to you in-home to assess common health needs. If your virtual provider determines that an in-home visit is needed after a telemedicine appointment, they will submit a request on your behalf.

Scope of Service - In-Home Visits

Physical Exams

Lab Work

Blood draws

Biometrics Screening

Licensed Mental Health Therapy

Only available in select regions.

Our mental health offering makes personalized care easy and discreet. Members gain access to licensed therapists who can help to diagnose, manage, and treat mental health concerns that may be affecting your overall quality of life.

Scope of Service - Mental Health Treatments

Included Mental Health Services

- Care Pathways
- One-on-One Counseling
- Mental Health Coaching
- Asynchronous Tools
- Recurring Examinations
- Lab Work
- Medication Management*

Out-of-Scope Mental Health Services

- Medication management for dependents under age 18
- Medication management for members requiring MAOIs, anti-psychotics, Lithium, or controlled substances.
- Mental health services outside of Vitable Health's mental health offering

** Vitable providers can prescribe the following medications to treat mental illnesses with SSRIs, SNRIs, 2nd Gen Antidepressants, and TCAs. Members can receive up to a 30-day 1 time refill every 6 months of medications prescribed by an outside provider for members not using Vitable for primary management.*

Benefit Support

 info@vitablehealth.com

 (484) 416-0769

Enrollment Support

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Appendix A: VPC Enhanced Benefits Eligibility

How do I verify if I am eligible for Enhanced Benefits?

Enhanced Benefits include **in-home visits** and **licensed mental health therapy**.

1. Login to your Vitable app [here](#).
2. Click the person icon in the bottom right corner (*Image 1*).
3. Under Benefits Overview (*Image 2*):
 - a. If it says **“Vitable Primary Care - Core”**: You do not have licensed mental health benefits or in-home visits.
 - b. If it says **“Vitable Primary Care - Enhanced”**: Proceed to step 4 to see if you are in an eligible region.
4. Navigate to the Vitable Care Navigator tool in the app [here](#) (*Image 2 - “View coverage details”*).
5. Make sure you are on “VPC Enhanced” (top right) (*Image 3*).
6. Select “Plan Services”.
7. Update your zipcode in the top left hand corner (*Image 4*).
8. Review the benefits listed under “Plan Services”.
 - a. If **“in-home appointment” is present**: You have this benefit.
 - b. If **“Therapy” is present**: You have this benefit.
 - c. If the benefit is not listed, you do not have that benefit.

Image 1

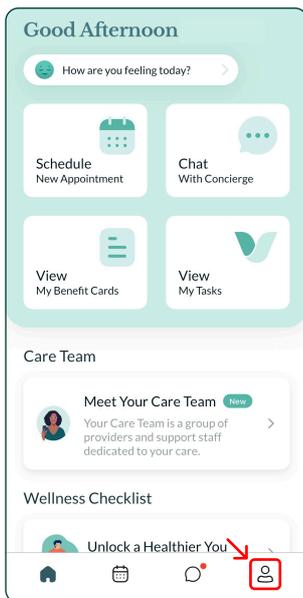


Image 2

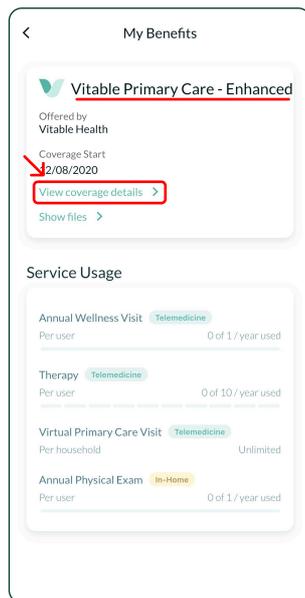


Image 3

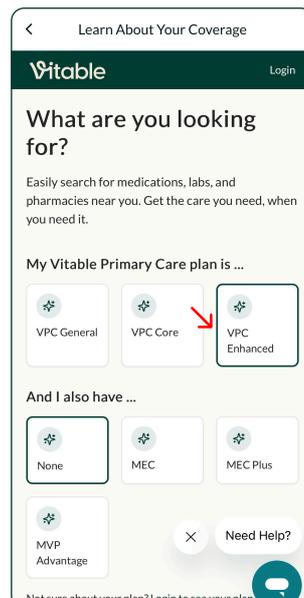
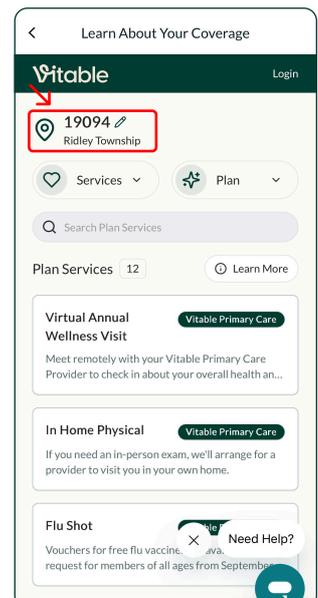


Image 4



Appendix B: What to Expect in a Virtual or In-Home Visit

What should I expect leading up to my visit?

For Virtual Visits:

- Provider Enters the Visit (virtual)
- Your provider will collect any prior medical history if needed
- If an exam is required, your provider will inform you on next steps
- Provider will review findings and chat through diagnosis / treatments

For In-Home Visits:

- Your provider will update the app when they leave and arrive. This will notify you in-app
- Your provider will collect any prior medical history if needed
- If an exam is required, your provider will inform you on next steps
- Provider will review findings and chat through diagnosis / treatments

What should I expect after my visit?

Upon completing your visit, please allow 24 hours for your records to be charted and completed, this also applies for any lab draws or prescriptions. Depending on the care provided, the post visit process may look something like the following:

- A member engagement specialist will follow up with you post-visit
- You will be notified in the 'help chat' section about any lab results/prescriptions
- Your visit summary will be available within 24 hours
- If you need results sooner than 24 hours, you should chat with your provider about that during your appointment

Member expectations

- Please ensure you are in a private space and can give your un-divided attention to your provider
- Have access to your mobile phone in case your provider needs to contact you
- Connect to reliable WIFI for any telemedicine visits
- Double check the service you require is covered under your Vitable membership

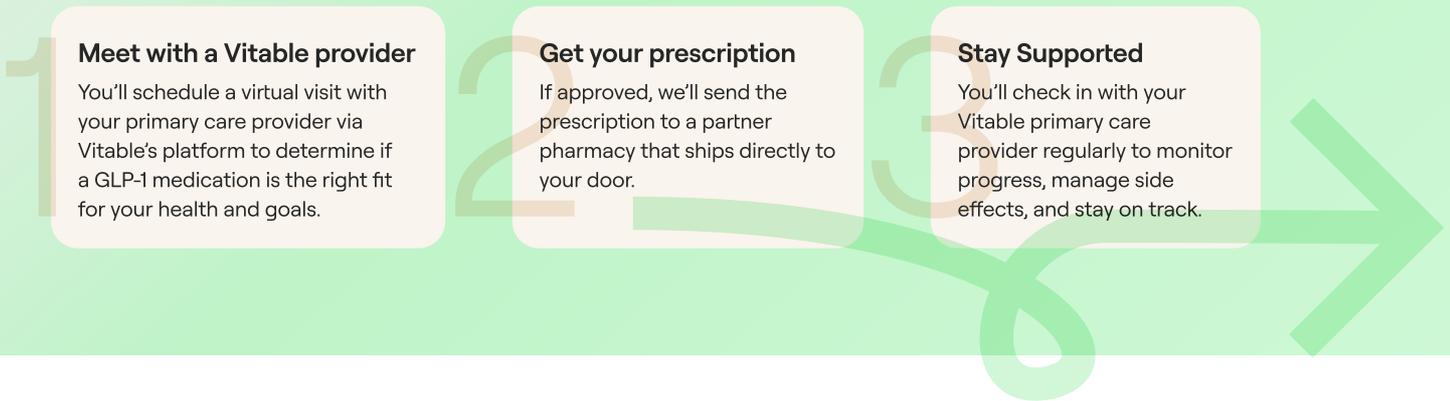
Vitable's *GLP-1* Program

Vitable

A better way to access prescription weight loss support

Our GLP-1 program helps eligible members access medications like Wegovy® (semaglutide) or Zepbound® (tirzepatide) through your Vitable Primary Care membership.

How It Works



What's included in the GLP-1 Program

- Virtual one-on-one medical evaluation and eligibility screening
- Ongoing primary care and monthly or quarterly follow-ups
- FDA-approved medications Wegovy® (semaglutide) or Zepbound™ (tirzepatide)
- Prescription management and guidance
- Help managing side effects and lifestyle adjustments
- Mental health support
- Access to 1000+ free additional prescriptions and labs for managing other conditions

How do I take the medication?

Both Wegovy® and Zepbound™ are injectable medications, but the experience is different depending on the drug:

wegovy®
semaglutide injection

comes in a pre-filled injection pen. There's no vial or syringe, and the pen is designed to be simple and discreet to use at home — just press it against your skin and click.

zepbound™
(tirzepatide) injection

is currently available as a multi-dose vial, which means it requires a small syringe for self-injection. Your provider will show you exactly how to use it safely and confidently.

Not sure which one is right for you? Your provider will walk through the options and guide you based on medical needs, preferences, and comfort with the method of use.

Who's eligible?

You may qualify if

Your BMI is over 30, or
Your BMI is 27+ with a weight-related condition, like:

High blood pressure

Type 2 diabetes

High cholesterol

Sleep apnea

Heart disease

Fatty liver

Osteoarthritis



Your Vitable primary care provider will walk you through the clinical guidelines during your visit.



Vitable Primary Care

All visits, labs, mental health, and lifestyle support are included in your Vitable membership offered by your employer.



Medication Cost

\$499/mo

one of the lowest available rates

Available in 40+ states: Coming soon in Florida, Georgia, Indiana, Louisiana, Mississippi, Missouri, South Carolina, and Tennessee. ** Not available in Alabama (due to state telehealth restrictions).

Frequently Asked Questions

What are GLP-1s?

GLP-1s are injectable medications that help with weight loss by reducing appetite, slowing digestion, and improving insulin response.

What medications are included?

Wegovy® (semaglutide) and Zepbound™ (tirzepatide)

Is this covered by insurance?

No, this is a cash-pay only program through our pharmacy partners.

How often do I need follow-ups?

Typically monthly at first, then every 3 months once stable.

What are the side effects?

Most people tolerate the medication well, but common side effects include nausea, constipation, fatigue, and loss of appetite. Your provider will discuss all risks with you.

Will I gain weight back after stopping?

There's a chance — but with the right support, lifestyle habits, and medical guidance, you can reduce that risk.

Resources

Instructions and Self-Help Videos

You'll receive clear instructions from your provider, but you can also review how to safely take your medication using the links below.

For Wegovy (semaglutide):

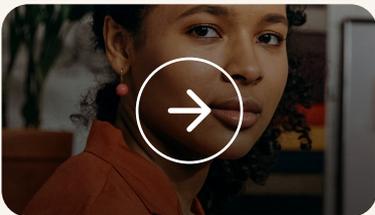
- [Wegovy administration instructions](#)
- [Wegovy self-help videos](#)

For Zepbound (tirzepatide):

- [Zepbound administration instructions](#)
- [Zepbound self-help videos](#)

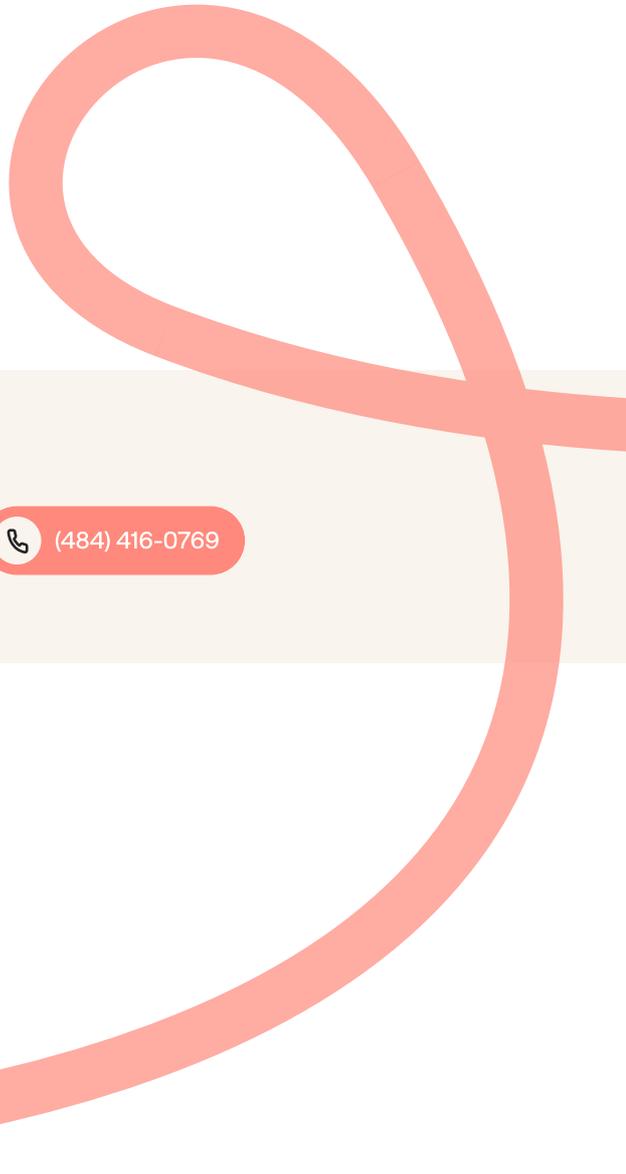
Additional Information:

- [Florida Weight-Loss Consumer Bill of Rights](#)



Member Support

-  scheduling@vitablehealth.com
-  (484) 416-0769



Vitable's Premium *Lab Panel*

Vitable

Take Control of Your Health

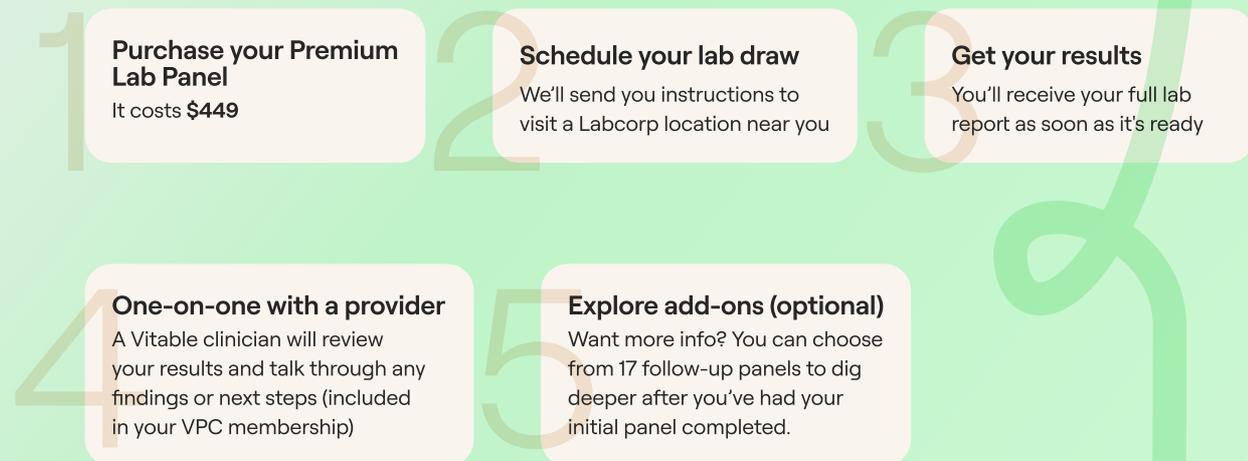
Preventative testing made simple — so you can catch issues early and stay ahead of your health.

You'll receive clear instructions from your provider, but you can also review how to safely take your medication using the links below.

What Is It?

Think of it as your health's annual report. Covering everything from cardiovascular risk to vitamin deficiencies, our Premium Lab Panel is designed to screen for potential issues before they become a problem, providing you and your provider with a more comprehensive view of your health.

How It Works



How Much Does It Cost?

- \$449 for the full baseline panel (paid directly to Vitable)
- Add-on labs are priced individually and available only after your baseline review
- Provider visits, follow-ups, and care coordination are included in your Vitable Primary Care membership
- No insurance required. No hidden fees. No copays or deductibles.

What's Included

Included	Details
Lab Tests	About 100 tests across 16 organ systems
Lab Draw	Single blood draw via Labcorp (nationwide access)
Add-On Panels Available	17 targeted panels (ordered after provider review)
Provider Review & Follow-up	Clinical review + follow-up with a Vitable clinician. Included for free in your VPC membership
Insurance Required?	No
Hidden Fees?	No
Cost	\$449 (self-pay)

Common Questions

Do I need to see a provider first?

No — you'll do the labs first and review results with your provider afterward.

What if something looks off?

Your Vitable provider will walk through your results and help you create a plan, including any necessary follow-up testing.

Can I get a copy of my results?

Yes — you'll receive a notification once your results are ready, and you can download the full report.

Do I need to fast?

Yes — please fast for 8–12 hours before your lab draw. Water is okay.

Can I skip the add-ons?

Definitely. The baseline panel is designed to give you a comprehensive overview on its own. Add-ons are optional.

Is this covered by insurance?

No — this program is self-pay and outside of insurance, but it's designed to be affordable and transparent.

How long does it take to get results?

You'll typically get your lab results within 3–5 business days after your Labcorp visit. We'll notify you as soon as they're ready.

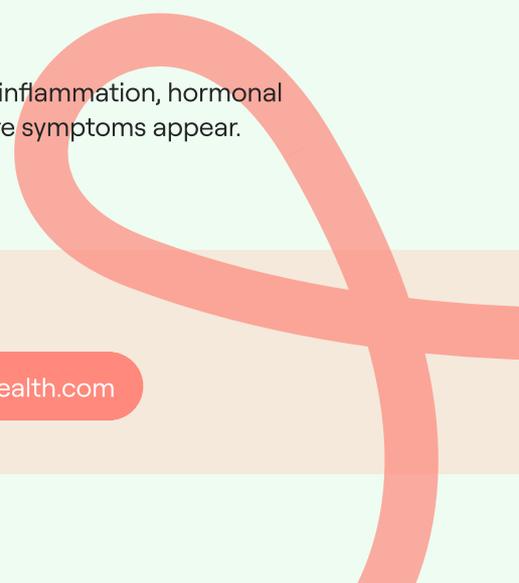
What kinds of things can this panel help detect?

The Premium Lab Panel can help identify early signs of heart disease, diabetes, inflammation, hormonal imbalances, liver and kidney issues, nutrient deficiencies, and more, often before symptoms appear.



Need help?

 support@vitablehealth.com



Have questions or are
you not sure if you've
already enrolled?



enrollments@vitablehealth.com



(484) 469-9177

Vitable

vitablehealth.com/for-members