



# WELCOME TO HEALTH AS IT SHOULD BE

Crossover Health, one of Frost’s trusted healthcare teams, has designed a complete approach to wellbeing that’s built around you. At the Frost Wellness Center, healthcare is convenient, simple to navigate, affordable, and personalized to meet your needs.



## ONE SIMPLE PLACE TO GO

Overall health and wellbeing shouldn’t be considered in pieces, which is why we bring doctors and specialists together. Whether you receive care virtually, in person, or a combination of both, you get the same quality of care—and the same care team—every time. Your team’s collaboration combines with your input to create whole body health.

- ✓ Primary Care
- ✓ Annual Physicals
- ✓ Mental Health\*
- ✓ Lab Work
- ✓ Physical Therapy\*
- ✓ Care Navigation
- ✓ Health Coaching\*

\*Only available virtually or in-person at Crossover Health Centers located throughout Texas. To find a location near you, visit [crossoverhealth.com/where-we-are](https://crossoverhealth.com/where-we-are)

## THE CARE YOU NEED, WHEN YOU NEED IT

### ACCESSIBLE

In-person and virtual visits with an expanded care team, and no long wait times

### AFFORDABLE

No-cost membership and no billing hassles\*

### REMARKABLE

96% Member Satisfaction Score with 64% of members claiming Crossover as their medical home



Sign in to schedule an appointment or sign up to activate your no-cost membership today!

### FROST WELLNESS CENTER FEES

TYPE OF SERVICE	UHC HSA PLAN (HDHP)		UHC PPO & HRA	NON-FROST INSURANCE PLAN
<b>Preventive Care</b> Annual Physicals / Well-Women Exams	\$0		\$0	\$0
<b>Primary Care</b>	\$45 Before deductible is met	\$9 After deductible is met	\$0	\$45
<b>Labs</b>	\$0		\$0	\$0

### CROSSOVER HEALTH CENTER AND VIRTUAL FEES

<b>Preventive Care</b> Available Virtual & In-Person	\$0		\$0	\$0
<b>Primary Care</b> Available Virtual & In-Person	\$45 Before deductible is met	\$9 After deductible is met	\$0	\$45
<b>Physical Therapy</b> Available Virtual & In-Person	\$25 Before deductible is met	\$5 After deductible is met	\$0	\$25
<b>Mental Health</b> Available Virtual & In-Person	\$25 Before deductible is met	\$5 After deductible is met	\$0	\$25
<b>Health Coaching</b> Available Virtual & In-Person	\$0		\$0	\$0
<b>Chiropractic</b> Only Available In-Person	\$40 Before deductible is met	\$8 After deductible is met	\$0	\$40
<b>Acupuncture*</b> Only Available In-Person	\$40		\$40	\$40

\*Acupuncture is not covered by insurance plans therefore fees paid will not go towards your deductible.

Dependents ages 18+ on a Frost-sponsored insurance plan also have access to Crossover's virtual and in-person services at the Crossover Health Centers and can create their own Crossover account. At this time, dependents do not have access the Frost Wellness Center at One Frost.



**To get started, scan the QR code to activate your account and schedule an appointment today!**

For support with your Crossover account call 888-854-1397.