crossover | THE FROST **WELLNESS CENTER**

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 Crossover, 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
- ✓ Mental Health*
- ✓ Physical Therapy*
- ✓ Care Navigation*
- ✓ Annual Physicals
- ✓ Health Coaching*
- ✓ Lab Work

*Available virtually

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

*Select charges may apply for certain services not fully covered by your insurance.

Scan this QR code to learn more about Crossover.

TYPE OF SERVICE	ALL OTHER PLANS* (PPO, HRA)	HIGH DEDUCTIBLE HEALTH PLANS (HDHP)
Annual Physical/ Well Women	$0	$0
Primary Care	$0	$45 / $9 (Ded/Coins)
Health Coaching	$0	$0
Mental Health	$0	$25 / $5 (Ded/Coins)
Physical Therapy	$0	$25 / $5 (Ded/Coins)

*All Frost employees who are on a health plan, even if it's not a Frost-sponsored (UHC) insurance plan, will have a $0 visit fee. Employees on any HDHP will have a low-cost visit fee.

MEMBERS HAVE ACCESS TO:

VIRTUAL CARE
the right care at the right time, every time

SELF-SCHEDULING
plus online provider messaging and access to health records

CARE NAVIGATION
we refer you to local, high-quality, cost-effective providers

BE WELL
your 24/7 fitness, wellness, and self-care online resource

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