CEBT
Benefit by Trust

SAVE MONEY. KEEP RATES AFFORDABLE. TAKE ADVANTAGE OF YOUR CEBT HEALTH BENEFITS!

We can all help keep healthcare costs down so our benefits remain affordable. Lower claims costs lead to lower rates for everyone! Here's how you can make the most of the programs available to you:

Here's How You Can Save!

Use In-Network Providers
They offer the best rates and help keep costs down.

Take Advantage of Preventive Care
Annual checkups and screenings are often covered at no cost.

Shop Smart for Prescriptions
Ask about generics and use mail-order options.

Choose Urgent Care Over ER
(When Appropriate) – It's faster and far less expensive.

Extra Ways to Save with CEBT Partners

Surgery & Infusion Care

- **Lantern:** $0-Low Cost top quality surgical/infusion care
- **Valénz Bluebook:** find the highest quality & lowest cost medical visits in your area - cost transparency tool

Cancer & Pregnancy Programs

- **UMR:** Cancer & Maternity Resource Services

Prevention Services

- **Omada:** Disease Management & Physical Therapy Programs

Telehealth Services

- **Teladoc:** 24/7 Telehealth Access for non-emergency care (virtual care for general medical issues)

Mental Health & Other Support

- **Modern Health:** Mental Health Support
- **AllOne Health:** Employee Assistance Program (EAP)

Learn more and access these services at: cebt.org
(800) 332-1168

Why it matters: Every smart choice helps keep the cost of claims low and rates affordable for everyone. Rising healthcare costs affect us all—let's work together to save.

Your health. Your savings. Our future.