

## What is MEC?

MEC™ is a unique plan design that combines elements of self-insurance (which provides greater flexibility and affordability) with the absolute security of reinsurance from an A rated carrier. While the inner workings of MEC™ are complex (and constantly updated to keep up with regulatory changes), the client experience couldn't be any more simple: For a low monthly fee, individuals and employers receive guaranteed PPACA compliance.

It is an alternative for employers and/or employees/group participants burdened with the threats of costly ACA fines, workforce reductions, or even faced with going out of business.



# MEC

# MEC

Contact Us  
Today!  
(844) 208-1591

[www.mec-plans.com](http://www.mec-plans.com)



## Great Savings!

Minimum Essential  
Coverage (MEC)  
for wellness and  
Preventative care

Must use a Network Provider  
for benefits to apply.

# Our solution provides ACA-compliant Minimum Essential Coverage (MEC) for wellness and preventive care.

Since the inception of the Affordable Care Act (ACA), MEC has been a leader of Minimum Essential Coverage solutions. It is 100% funded by employers and/or employees/group participants.

MEC™ provides the most important components to ACA solutions:

- Cost-effectiveness
- 100% compliance
- Easy implementation
- No Deductible
- No Copayments for MEC™
- Pre-Existing Conditions Covered
- Guaranteed Acceptance Up to Age 65

MEC™ is less expensive than traditional group health plans because it is limited to covering preventive and wellness services as required by the Patient Protection and Affordable Care Act only. With this plan you get access to 64 wellness and preventive benefits paid at 100%.

Contact us at **(844) 208-1591**  
for more information or visit  
**[www.mec-plans.com](http://www.mec-plans.com)**

This is NOT a Major Medical Plan. This group health plan is limited to covering preventive and wellness services as required by the Patient Protection and Affordable Care Act as well as other benefits noted in the Schedule of Benefits, which describes the benefits covered by the plan and how these benefits are covered, including information on copays, deductibles, and limitations. This plan does not cover benefits unless they are listed in the Schedule of Benefits, so please review that list carefully. This group health plan is sponsored by American Healthcare Benefits Cooperative, 5015 Addison Circle, Box 338 Addison, Texas 75001. Not available in MD, ME, NH, WA.

## MEC

MEC™ provides 100% coverage on 64 mandated Wellness and Preventive Services plus:

- Prescription Savings Program\*
- \$25,000 Accidental Death & Dismemberment
- MyHealth Pass

### Sample of Benefits for Adults

- Blood Pressure Screening
- Cholesterol Screening
- Colorectal Cancer Screening
- Depression Screening
- Type 2 Diabetes Screening
- HIV Screening
- Obesity Screening and Counseling
- and more

### Sample of Benefits for Women

- Breast Cancer Screenings/Tests
- Cervical Cancer Screening
- Osteoporosis Screening
- Well-Woman Visits
- and more

### Sample of Benefits for Children

- Autism Screening
- Behavioral Assessments
- Developmental Screening
- Hearing and Vision Screening
- Height, Weight, and Body Mass Index
- Sickle Cell Screening
- Hypothyroidism Screening
- Immunization Vaccines
- and more

\* Not all Prescriptions are eligible for a discount.

## MEC HP<sup>3</sup>

MEC HP3™ provides 100% coverage on 64 mandated Wellness & Preventive Services plus:

- Doctor Office Visits: 3 per year (\$25 copay)
- Hospitalization: \$1,000 per day, 5 days/yr\*\*
- Prescription Savings Program\*
- \$25,000 Accidental Death & Dismemberment
- MyHealth Pass

### Sample of Benefits for Adults

- Blood Pressure Screening
- Cholesterol Screening
- Colorectal Cancer Screening
- Depression Screening
- Type 2 Diabetes Screening
- HIV Screening
- Obesity Screening and Counseling
- and more

### Sample of Benefits for Women

- Breast Cancer Screenings/Tests
- Cervical Cancer Screening
- Osteoporosis Screening
- Well-Woman Visits
- and more

### Sample of Benefits for Children

- Autism Screening
- Behavioral Assessments
- Developmental Screening
- Hearing and Vision Screening
- Height, Weight, and Body Mass Index
- Sickle Cell Screening
- Hypothyroidism Screening
- Immunization Vaccines
- and more

\*\* Neonatal Intensive Care (NICU) not covered. Pre-existing conditions within past twelve months excluded.