

# Quick Reference Guide



## About Your Plan

This is a guide to your Ambetter Health plan. It is aimed to help you take charge of your health and get the most out of your benefits.



### Your Primary Care Physician (PCP)

Your Primary Care Physician (PCP) is your main physician or provider that helps you with your basic medical needs. To view or change your PCP, go to [AmbetterHealth.com/findadoc](https://AmbetterHealth.com/findadoc).

Make sure your PCP is in-network. This means the doctor, pharmacy, or facility is included in the Ambetter Health network. Always use in-network services and physicians to prevent additional costs.



### Create Your Online Member Account

Set up your secure account at [My.AmbetterHealth.com](https://My.AmbetterHealth.com).

- ✓ Access all your plan details
- ✓ Search for care
- ✓ Save your digital Member ID Card
- ✓ View your claims



### Ways to Pay

- Log in to your Online Member Account to make a payment or set up automatic bill pay.
- Make a payment in the Ambetter Health mobile app.
- Make a one-time payment at [AmbetterQuickPayAR.com](https://AmbetterQuickPayAR.com).
- For more ways to pay, visit [AmbetterHealth.com/en/ar](https://AmbetterHealth.com/en/ar).

After your first month's premium is paid in full, you will receive your Welcome Packet and Member ID Card(s).



Download the Ambetter Health App  
Scan the QR code or log in online at:  
[AmbetterHealth.com/Connect](https://AmbetterHealth.com/Connect)

Learn more about your plan at [AmbetterHealth.com/en/ar/health-plans](https://AmbetterHealth.com/en/ar/health-plans).

## Where to Go for Care

From primary care to urgent care and virtual medicine, you have options with Ambetter Health.



**Primary Care Physician (PCP)** — Your PCP is your main physician and your first choice for care.



**Virtual 24/7 Care\*** — Talk to a doctor online or over the phone. Get the care you need anytime, anywhere.



**Emergency Room (ER)** — If you have a medical emergency, do not wait! Call 911 or go straight to the ER.



**Urgent Care** — Go to an Urgent Care Clinic if you need immediate care and your PCP is unable to see you. You do not need an appointment.









**988 Suicide and Crisis Lifeline** — Call or text 988 for help with mental health, drug use, or suicidal concerns when you need it quickly and confidentially.



**24/7 Nurse Advice Line** — Talk to a registered nurse any time of the day or night with this free service. The 24/7 Nurse Advice Line provides quick, reliable advice for medical situations that aren't life-threatening. **1-877-617-0390 (TTY 1-877-617-0392)**.

## Stay Healthy and Stay Well

Get the most from your Ambetter Health insurance with our health and wellness programs and perks. As an Ambetter Health member, you have access to:

-  **My Health Pays® Rewards Program\*\***  
Use it to help pay for healthcare related costs, monthly bills, and more. Access My Health Pays through your Online Member Account.
-  **A Trusted Physician Network**  
Access a range of physicians, medical facilities, and hospitals.
-  **Preventive Care**  
Be sure to schedule your annual wellness exam with your in-network PCP.
-  **Ambetter Member Perks**  
Save on health products and services with our discount program.
-  **Mental & Behavioral Health Services**  
Your plan includes mental and behavioral health services. You can also access services through Virtual 24/7 Care.
-  **Prescription Drug Coverage**  
Get brand and generic drugs delivered to your door.

Learn more about your programs, perks, and more at [AmbetterHealth.com/Programs-AR](https://AmbetterHealth.com/Programs-AR).

Read about your coverage details in your Summary of Benefits and Coverage or your Evidence of Coverage at [AmbetterHealth.com/Plans-AR](https://AmbetterHealth.com/Plans-AR).

## Member Services

### Free Interpreter Services

If you need information in languages other than English, call Member Services. Interpreter services allow you and your physician to talk about your medical or behavioral health concerns in a way that is most comfortable for you. Members who are blind or visually impaired and need help with interpretation can call Member Services for an oral interpretation.

**Not a member yet?**  Go to [Enroll.AmbetterHealth.com](https://Enroll.AmbetterHealth.com).  Call **1-844-992-0497 (TTY 711)**.



**If you need help or have questions, call Member Services or contact your broker directly.**  
**Member Services: 1-877-617-0390 (TTY 1-877-617-0392).** We are available Monday through Friday, 8 a.m. to 8 p.m. local time. Find more information online. Visit: [AmbetterHealth.com/en/ar](https://AmbetterHealth.com/en/ar).

Ambetter from Arkansas Health & Wellness is underwritten by Celtic Insurance Company (dba Arkansas Health and Wellness Insurance Company), QCA Health Plan, Inc., and QualChoice Life & Health Insurance Company, Inc. These companies are Qualified Health Plan issuers in the Arkansas Health Insurance Marketplace. This is a solicitation for insurance. ©2025 Celtic Insurance Company (dba Arkansas Health and Wellness Insurance Company), QCA Health Plan, Inc., and QualChoice Life & Health Insurance Company, Inc., [AmbetterHealth.com/en/ar](https://AmbetterHealth.com/en/ar). For information on your right to receive an Ambetter from Arkansas Health & Wellness plan free of discrimination, or your right to receive language, auditory and/or visual assistance services, please visit [AmbetterHealth.com](https://AmbetterHealth.com) and scroll to the bottom of the page.

\*Cost sharing may apply when using Virtual 24/7 Care. Virtual 24/7 cost share does not apply to HSA plans until the deductible is met and is only applicable when used through the Virtual 24/7 program. Ambetter Health does not provide medical care. Medical care is provided by individual providers which are independent contractors and not agents of Ambetter Health.

\*\*Healthcare-related costs will vary by member and the plan in which you are enrolled. Funds expire immediately upon termination of insurance coverage. My Health Pays® rewards cannot be used for pharmacy copays.

Restrictions apply. Members must qualify for and complete all activities to receive \$500 or more. Visit [My.AmbetterHealth.com](https://My.AmbetterHealth.com) for more details. Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all members. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-877-617-0390 (TTY 1-877-617-0392) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.