



Humboldt Health

INCLUDED WITH HUMBOLDT HEALTH MEMBERSHIP

Support for the Health Plan. Support for the People in It.

Humboldt Health includes B.Well Blueprint programs and virtual care services. The programs give employers clearer visibility into plan performance and give eligible members more ways to access care.

[Explore Humboldt Health → blackwellcaptive.com/humboldt-health](https://blackwellcaptive.com/humboldt-health)

INCLUDED WITH HUMBOLDT HEALTH

B.Well Blueprint

INCLUDED IN CAPTIVE-MANAGEMENT FEES

Claims visibility, care guidance, pharmacy strategy, and support for high-cost health risks.

Springbuk • Outfox Health • Renalogic • Cancer Expert Now • B.WellRx

Virtual Care, 24/7

INCLUDED WITH HUMBOLDT HEALTH MEMBERSHIP

Virtual Urgent Care and Virtual Behavioral Health give eligible members access to care by phone, video, web, or mobile.

Virtual Urgent Care • Virtual Behavioral Health

Three optional upgrades.

Virtual Primary Care

A more connected virtual primary-care relationship.

Virtual MSK Therapy

Virtual physical therapy, mobility support, and coaching.

On-Demand Counseling

Counseling and practical life support for employees and families.

Optional programs can be added based on employer needs. Contact the Humboldt Health team for program details.

See Performance. Guide Members. Manage What Matters.

B.Well Blueprint is included in captive-management fees. It brings claims visibility, care guidance, targeted support for high-cost conditions, and pharmacy oversight into the Humboldt Health program.

SEE

Claims and population-health visibility

Springbuk surfaces claims trends, utilization patterns, and population-health signals that may need attention.

GUIDE

Benefits guidance and care navigation

Outfox Health helps members understand their benefits and find appropriate care.

ACT

Support for high-cost health risks

Renalogic and Cancer Expert Now support eligible members facing renal and oncology care decisions.

MANAGE

Ongoing plan performance review

B.WellRx supports pharmacy strategy and specialty-drug review. Blackwell combines program reporting with population-health information.

Services are subject to plan experience, member eligibility, provider availability, engagement, and program terms.

Virtual Care, Now Included with Humboldt Health Captive Membership

Eligible members can access Virtual Urgent Care and Virtual Behavioral Health through Recuro Health by phone, video, web, or mobile. These are member-access benefits, not stop-loss coverage.

VIRTUAL URGENT CARE

INCLUDED WITH HUMBOLDT HEALTH MEMBERSHIP

Eligible members and covered family members can connect with board-certified physicians for common, non-emergency medical concerns.

- 24/7 access
- Phone, video, web, and mobile access
- Full-family coverage, subject to eligibility
- Primary-care coordination
- Support for common non-emergency medical concerns

Member consult cost: \$0

VIRTUAL BEHAVIORAL HEALTH

INCLUDED WITH HUMBOLDT HEALTH MEMBERSHIP

Eligible members age 14 and up can access therapy, counseling, and behavioral-health support through virtual appointments.

- Therapy and counseling with licensed professionals
- Recurring provider visits available
- Behavioral-health screening and intake
- Virtual psychiatry access according to program terms
- Support for anxiety, depression, grief, sleep concerns, substance use, and other behavioral-health needs

Therapy and counseling member consult cost: \$0

Virtual-care services are administered by Recuro Health and are subject to program terms, provider availability, eligibility, and applicable law. They are member-access benefits, not stop-loss coverage.

OPTIONAL PROGRAM UPGRADES

Optional Programs for Added Support

Employers may add one, two, or all three programs based on workforce needs, benefits goals, and program terms. No upgrade is required.

OPTIONAL UPGRADE

VIRTUAL PRIMARY CARE

Ongoing virtual primary care for eligible members who want support beyond episodic urgent-care visits.

- Ongoing primary care with virtual providers
- Behavioral-health support integrated with primary care
- Integrated urgent-care access
- At-home lab capabilities
- Care-management support for members with complex or chronic needs

OPTIONAL UPGRADE

VIRTUAL MSK THERAPY

Virtual physical therapy, mobility support, and coaching for members managing musculoskeletal concerns.

- Virtual physical therapy sessions
- Wellness coaching
- Chronic-pain support resources
- Mobility and recovery resources

OPTIONAL UPGRADE

ON-DEMAND COUNSELING

Counseling and practical support for employees and families, including financial and legal resources.

- Virtual counseling sessions
- Financial-planning support access
- Legal-assistance access
- Family-support resources
- Face-to-face referrals when appropriate

Optional programs are subject to program terms, provider availability, eligibility, and applicable law.

Which Upgrade May Fit Your Workforce?

The optional programs address different needs. Review workforce characteristics, plan use, and benefits goals with your broker or Humboldt Health contact before adding a service.

CONSIDER VIRTUAL PRIMARY CARE IF:

Employees lack a consistent primary-care relationship, rely on urgent care for routine needs, or have limited access to in-person providers.

WHAT IT ADDS

Ongoing virtual primary care, integrated urgent care, behavioral-health support, and care management.

CONSIDER VIRTUAL MSK THERAPY IF:

Your workforce includes cultivation, processing, distribution, logistics, or other physical roles where pain, mobility concerns, or musculoskeletal injuries may affect employees.

WHAT IT ADDS

Virtual physical therapy, mobility support, coaching, and chronic-pain resources.

CONSIDER ON-DEMAND COUNSELING IF:

Employees may benefit from support with stress, family concerns, financial pressures, legal questions, or other life issues that affect wellbeing and work.

WHAT IT ADDS

Counseling, financial and legal resources, family support, and referral options.

Employers may add one, two, or all three programs. Availability, eligibility, provider access, and program terms apply.

Humboldt Health | A Blackwell Captive Solutions Program. B.Well Blueprint and virtual-care services are subject to program terms, provider availability, eligibility, and applicable law. Virtual-care services are member-access benefits and are not stop-loss coverage.

PROGRAM SUMMARY

What's Included. What You Can Add.

Use this as a reference when reviewing the program with your benefits advisor or broker.

Service	What it supports	Status
B.Well Blueprint	Claims visibility, care guidance, targeted renal and oncology support, pharmacy strategy, and program reporting.	INCLUDED IN CAPTIVE-MANAGEMENT FEES
Virtual Urgent Care	24/7 virtual access for common non-emergency medical concerns.	INCLUDED WITH HUMBOLDT HEALTH MEMBERSHIP
Virtual Behavioral Health	Therapy and counseling for eligible members age 14 and up, behavioral-health screening, recurring visits, and psychiatry access according to program terms.	INCLUDED WITH HUMBOLDT HEALTH MEMBERSHIP
Virtual Primary Care	Ongoing virtual primary care, integrated urgent care, behavioral-health support, at-home labs, and care management.	OPTIONAL UPGRADE
Virtual MSK Therapy	Virtual physical therapy, mobility support, wellness coaching, and chronic-pain resources.	OPTIONAL UPGRADE
On-Demand Counseling	Counseling, financial and legal resources, family support, and referral options.	OPTIONAL UPGRADE

All virtual-care services are administered by Recuro Health. B.Well functions are administered by their respective program partners.

Put Humboldt Health to Work for You

ALREADY A HUMBOLDT HEALTH MEMBER?

- Confirm program activation and member-access details
- Request member communication materials
- Review optional-program fit with your broker or program contact

EVALUATING HUMBOLDT HEALTH?

- Review program structure and eligibility requirements
- Share available renewal, census, and plan information
- Discuss fit for your workforce and risk profile

CONSIDERING OPTIONAL PROGRAMS?

- Review available Springbuk data or utilization trends
- Identify workforce access and support gaps
- Discuss which program, if any, fits current needs

QUESTIONS FOR YOUR ADVISOR OR OUR TEAM

- Which B.Well and virtual care services are active for my organization?
- Where are employees facing the greatest care-access or support gaps?
- Which optional program, if any, aligns with our current plan information?

Explore Humboldt Health

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