



Core Member Guide

We created this guide to help you use your Core plan and get the most value from your benefits. You'll get things you might not expect—including live, local telephone support and a wide range of health and wellness extras.

Members first



Your member ID



You'll receive a PacificSource member ID by mail once your enrollment application has been processed. Use it when you visit a doctor's office or pharmacy to verify your plan and benefits. You can print a member ID from our member portal, InTouch. You can also view your ID on your mobile device in the myPacificSource app.

Finding a doctor



Your Core plan lets you get care across our Northwest provider network. Visit PacificSource.com/find-a-doctor to search for a doctor or facility by name, specialty, and location. To maximize your benefits and minimize your costs, search within the **Core** network.

Beyond our service area of Idaho, Montana, Oregon, and Cowlitz and Clark Counties in Washington, you can get in-network urgent and emergent care.

Prescriptions and pharmacies



To find an in-network pharmacy, visit Pacsrc.co/pharmacy-core-2026. Log in to InTouch to see a list of your current prescriptions, including refill status. Through our partner CVS Caremark, you can save time and money with prescription-by-mail service. Order by phone, online, or via mobile app.

Members may also use Savings Advisor, a free service that lets you know about lower prices on your prescriptions. Details at Caremark.com.

PacificSource maintains drug lists to help members get effective medications at the lowest cost. You can search these lists by drug name and therapy class at our website, PacificSource.com/find-a-drug. Check your member ID to see which list applies to your plan.

Dental benefits



To learn if your plan includes dental coverage, log in to InTouch.PacificSource.com or contact our Customer Service team. Members with Dental PPO or Dental Choice plans can save by using Dental PPO or Dental Choice network providers.

Preventive care benefits



Your plan includes a host of zero-cost services aimed at keeping you and your family healthy. Routine checkups and immunizations, well-woman and well-child visits, cancer screenings, and other benefits are covered at 100%. Ask your doctor or see PacificSource.com for details.

InTouch



Get personalized answers to many common questions at **InTouch**, our secure member site. Once your coverage begins, log in to InTouch.PacificSource.com to:

- View benefit summaries
- Check your deductible or out-of-pocket status
- Print your member ID or request a replacement
- Look up claims
- Track prior authorizations
- Change your address
- Estimate healthcare costs
- Log in to CVS Pharmacy®

myPacificSource app



Got a smartphone or tablet? Download our free app to:

- View your member ID any time
- Find a doctor or hospital
- Check your deductible status
- And more

Visit your device's app store to download, then sign in to the app using your InTouch username and password.

Plan information



Get detailed information on a wide range of topics on our website. Visit PacificSource.com to learn about prior authorization, getting care, what's covered by your plan, claim information, your rights and responsibilities, understanding your explanation of benefits, and more.

Care management and wellness programs

Condition Support



For members with asthma, diabetes, heart failure, COPD, coronary artery disease, or juvenile diabetes, and certain other conditions, we offer additional support and education programs. Visit the [Members > Healthy Resources](#) section of [PacificSource.com](#) to learn more.

Prenatal Program



Expectant parents can take advantage of a free program offering support, useful information, and resources. Women ages 15 to 50 with prescription drug coverage can receive select physician-prescribed prenatal vitamins at no cost (when filled at an in-network pharmacy).

Weight Management



Our members can receive special discounts from WeightWatchers® (WW).

Fitness Savings



The Active&Fit Direct® program gives you access to more than 12,000 workout videos, one-on-one coaching, and a nationwide network of 12,500+ fitness centers. The standard program is \$28 per month with a one-time \$28 enrollment fee. Discounts range from 20% to 70% on average.

Health Education



We'll reimburse you up to \$150 per plan year for certain health education classes, including first aid, CPR, parenting, heart health, nutrition, and others. (Some limitations apply.)

Global Emergency Services



If you have a medical emergency 100 or more miles from your home or abroad, Assist America® is on call to coordinate your care and help ensure you get the treatment you need.

Expanded No-Cost Drug List



Under some plans, in addition to the drugs covered under the Affordable Care Act, we offer an expanded list of medications covered at 100%. See [Pacsrc.co/no-cost-core-2026](#) for the complete list.

Nurse Case Management



PacificSource Nurse Case Managers work as part of a team with members and their doctors to improve health, financial outcomes, and quality of life. Contact us to learn more.

Rare Disease Management



PacificSource offers rare disease management and specialty pharmacy programs that give individualized support for members with certain uncommon conditions, or those requiring injectable medications or biotech drugs.

Paying your premium



Individual (for only you or your family):

If the insurance policy only covers you or your family, not others in an employer group, it's considered an "individual" plan. You can pay your bill online and set up automatic payments via InTouch, our online member portal. Visit PacificSource.com and log in to InTouch, then choose "Payment Center."

For other payment options, contact our Billing and Payments team at **800-591-6579** or by email: Individual@PacificSource.com.

Prior authorization



PacificSource requires approval in advance for certain medical procedures, supplies, and drugs. This is to determine if and how the procedure or medicine is covered under your plan. You can find information on drugs and procedures requiring prior authorization at Pacsrc.co/prior-auth-core-2026. To find out which drugs and procedures require prior authorization, click on the "Search Authorization Grid" button.

Your doctor or pharmacy can request prior authorization from our Health Services team by mail, email, or fax. If the provider won't request prior authorization for you, contact us, and we'll assist with the process.

Prior authorization applies to in-network providers (see the Provider Authorization Grid for more information) as well as all out-of-network providers, regardless of the service (except for emergency situations). A prior authorization does not mean the entire cost of the service will be covered. Your plan's deductible, coinsurance, and copays still apply. If your treatment is not authorized in advance, you may still seek treatment, but you'll be responsible for the expense if it isn't covered under your plan.

Submitting a claim



Usually, your provider will submit claims for you. But if you need to fill a covered prescription or see a provider for a covered service, or if you see an out-of-network provider, you can pay them and submit a copy of the provider's itemized statement for reimbursement.

You'll find forms and addresses for submitting claims at PacSrc.co/docs-and-forms-core-2026.

Grievances and appeals



Before submitting a grievance, we suggest contacting Customer Service with your concerns. Issues can often be resolved at this level.

You may file a grievance or appeal using forms available at PacSrc.co/docs-and-forms-core-2026 or from Customer Service.

Send it to:

PacificSource
Attn: Grievance Review
PO Box 7068
Springfield, OR 97475-0068

You may also email NewAppeal@PacificSource.com with "Grievance" as the subject.



Contact info

PacificSource Customer Service

888-977-9299, TTY: 711
We accept all relay calls.
8:00 a.m.–5:00 p.m., M–F
En español: 866-281-1464
CS@PacificSource.com
PacificSource.com

Individual plan billing and payments

800-591-6579
Individual@PacificSource.com

PacificSource Pharmacy Services

844-877-4803
Pharmacy@PacificSource.com

CVS Caremark (pharmacy)

866-329-3051
Caremark.com