



## Important Update From Business Health Trust



Dear Valued BHT Member,

Did you notice? The costs of healthcare and health insurance rates are out of control. Our team has been searching for solutions for employers like yours to manage these costs.

We're excited to share that Nice Healthcare is now included in your benefits. It's an exclusive benefit for our members. **There's no additional cost, no impact on your current medical plan.**

**What is Nice?** It stabilizes costs while saving employees money and improving access to care.

- **\$0 Primary Care:** Visits with Nice are no-cost for employees on traditional deductible medical plans. Employees with an HSA only pay \$5 for initial visits. Follow-up visits are always \$0. Preventive care visits are always \$0.
- **\$0 Medications:** 550+ common prescription drugs at \$0 for patients (including \$0 for HSA). Many over-the-counter meds are also covered. It's allergy season...

Nice prides itself on being "The clinic that comes to you." Currently, services include virtual primary care, sick care, mental health & physical therapy. In-home care becomes available for many areas of Washington, starting in July, including blood draws, physicals, EKGs, and X-rays in the comfort of their own homes or offices.

**"Nothing's free", "It's too good to be true", "What's the catch?"** I can tell you that our team has been using Nice for nearly a year, replacing many of our primary care appointments, urgent care visits, and prescription costs with \$0 Nice visits and Rx. We strategically rolled out Nice to a first group of employers in March to more than 100 companies representing thousands of employees. Hear from their experiences on the back.

**"What's in it for BHT?"** Health insurance premiums are influenced by the cost of claims. With an additional way to seek care outside of your health plan, we can help stabilize your insurance costs. We aim to lower costs and provide more value for our members in order to aid retention and growth. We also just think healthcare is broken, and this is one step we can take to help.

We want to partner with you so it's easy to communicate with your team. BHT will provide communication materials and host in-person or virtual meetings with you and your team.

**How to get started?** Fill out this [simple form](#). The form entry helps us keep track as we set up your eligibility (within a few days) and get you up to speed. Alternatively, email us at [nice@businesshealthtrust.com](mailto:nice@businesshealthtrust.com) with any questions.

Together, we'll create healthier workplaces and more stable healthcare outcomes for the future.

Sarai Childs  
President, Business Health Trust

## Recent Stories from Business Health Trust Members

*Your team members can experience this new way of healthcare within days. Below are just a few of the Nice stories we've heard recently. These are real people in Washington State. Some of their names have changed to ensure privacy.*

### ■ ■ Zero-Cost, Stress Gone, Lacey, April 2025 ■ ■

"During the call, the provider walked me through how to treat my symptoms and prescribed medication I could pick up at the pharmacy - with \$0 out-of-pocket cost. Not having to pay around \$200 for an urgent care visit or medication definitely eased my mind. It was simple, convenient, and stress-free. Will definitely be using Nice again!"

### ■ ■ One-Hour Flu Care From Home, Kevin, March 2025 ■ ■

"When my son got the flu, I used the Nice app and scheduled a virtual appointment with a doctor for an hour later. Right in my own living room. It was such a nice experience that I recommend at least trying it once. You can do it right from your own home. It's so easy, so quick. I loved it."

### ■ ■ Severe Allergy Attack Calmed, Rachel, April 2025 ■ ■

"I had a sudden and severe allergy attack shortly after signing up for Nice Healthcare. I was unable to drive or work, and honestly, I was a bit panicked. Thankfully, I was able to get an appointment with Nice Healthcare in under an hour and a half [...] I received the medication I needed within two hours. The entire process was quick, efficient, and surprisingly pleasant given the circumstances. I'm extremely grateful for the care I received and wouldn't hesitate to recommend Nice Healthcare to others."

### ■ ■ Desk-Side Physical Therapy Session, Maimuna, May 2025 ■ ■

"I had my first visit yesterday for physical therapy. I was skeptical, but it was really convenient and helpful. The appointment came to my desk, it was great!"

### ■ ■ Rash Fixed Fast, Prescriptions in Two Hours, Matt, April 2025 ■ ■

"My wife tried out nice yesterday for a random rash and loved the experience. Very fast to get an appointment, had a great visit, and got two prescriptions in her hand within an hour or two. Just wanted to share the positive feedback from my own family."

### ■ ■ Primary Care Made Accessible Again, Jamie, April 2025 ■ ■

"I had not visited a general practitioner in years and realized it was important to do so. I had difficulty locating a provider in my network and the scheduling was over 3 months out [...] I was able to schedule an appointment for the same week, next day was an option but the time I chose worked for me. My provider was on time took time to listen and provided notes within minutes of our visit on what we landed for treatment. The needed prescriptions were ready at my pharmacy the next day and they were FREE!"

### ■ ■ Easy Scheduling, Superior Pharmacy Card, Lisa, April 2025 ■ ■

"I had an online appointment and it was great! Super easy to schedule and a fast response time too. I was able to get my medicine for free using the Nice Rx card at my pharmacy. The medicine would have cost over \$60 but costs me \$0 because of this card."