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GRANT TARBOX: Hello from HealthSpring and welcome to Benefit Tips with Doctor T. I'm Dr. Grant Tarbox, here with a few tips to help you make the most of your transportation benefit. The thing is, not everyone has a reliable way to get to their doctor, pharmacy, or a medical center.

SPEAKER 1: That's me, Doctor T. My neighbor has offered, but I don't want to be a burden.

GRANT TARBOX: You're not alone. You should know that your plan may cover non-emergency trips to and from health-related appointments within 70 miles. There is zero cost to you, but it's important to know how many one-way trips your plan covers.

SPEAKER 1: I'm recovering from surgery. What about my wheelchair?

GRANT TARBOX: We've got you. Wheelchair-equipped vehicles are an option, so are vans, taxis, even ride-share services. Here's a tip. Schedule your ride at least 48 hours before you need it. It's easy. Simply call our transportation vendor or download the app to schedule your ride, and check out the rest of our benefit videos for more healthy tips.

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