



**Medicare Advantage plan
with prescription drugs**

Summary of benefits 2022

UnitedHealthcare® Group Medicare Advantage (PPO)

Group Name (Plan Sponsor): State Health Benefit Plan

Group Numbers: 12472, 12473, 12474, 12475

H2001-816-000, H2001-819-000

Look inside to take advantage of the health services and drug coverages the plan provides.
Call Customer Service or go online for more information about the plan.



Toll-free 877-246-4190, TTY 711

8 a.m.–8 p.m. local time, Monday–Friday



www.UHCRetiree.com/shbp

**United
Healthcare**

Summary of benefits

January 1, 2022–December 31, 2022

The benefit information provided is a summary of what we cover and what you pay. It doesn't list every service that we cover or list every limitation or exclusion. The Evidence of Coverage (EOC) provides a complete list of services we cover. You can see it online at www.UHCRetiree.com/shbp or you can call Customer Service for help. When you enroll in the plan you will get information that tells you where you can go online to view your Evidence of Coverage.

About this plan

UnitedHealthcare® Group Medicare Advantage (PPO) is a Medicare Advantage PPO plan with a Medicare contract.

To join this plan, you must be entitled to Medicare Part A and/or be enrolled in Medicare Part B, live in our service area as listed below, be a United States citizen or lawfully present in the United States and meet the eligibility requirements of the SHBP.

Our service area includes the 50 United States, the District of Columbia and all US territories.

If you are not entitled to Medicare Part A, please refer to SHBP's enrollment materials, or contact SHBP directly to determine if you are eligible to enroll in our plan. Some plan sponsors have made arrangements with us to purchase Medicare Part A on your behalf.

About providers and network pharmacies

UnitedHealthcare® Group Medicare Advantage (PPO) has a network of doctors, hospitals, pharmacies, and other providers. You can see any provider (network or out-of-network) at the same cost share, as long as they accept the plan and have not opted out of or been excluded or precluded from the Medicare Program. If you use pharmacies that are not in our network, the plan may not pay for those drugs, or you may pay more than you pay at a network pharmacy.

You can go to www.UHCRetiree.com/shbp to search for a network provider or pharmacy using the online directories. You can also view the plan Drug List (Formulary) to see what drugs are covered, and if there are any restrictions.

UnitedHealthcare® Group Medicare Advantage (PPO)

Premiums and benefits

	Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Monthly plan premium	Contact your group plan benefit administrator to determine your actual premium amount, if applicable.	
Maximum out-of-pocket amount (does not include prescription drugs)	<p>Your plan has an annual combined in-network and out-of-network out-of-pocket maximum of \$3,500 each plan year.</p> <p>If you reach the limit on out-of-pocket costs, you keep getting covered hospital and medical services and we will pay the full cost for the rest of the plan year.</p> <p>Please note that you will still need to pay your monthly premiums, if applicable, and cost-sharing for your Part D prescription drugs.</p>	<p>Your plan has an annual combined in-network and out-of-network out-of-pocket maximum of \$2,500 each plan year.</p> <p>If you reach the limit on out-of-pocket costs, you keep getting covered hospital and medical services and we will pay the full cost for the rest of the plan year.</p> <p>Please note that you will still need to pay your monthly premiums, if applicable, and cost-sharing for your Part D prescription drugs.</p>

Benefits

		Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Inpatient hospital¹		<p>20% coinsurance per stay</p> <p>Our plan covers an unlimited number of days for an inpatient hospital stay.</p>	<p>20% coinsurance per stay</p> <p>Our plan covers an unlimited number of days for an inpatient hospital stay.</p>
Outpatient hospital Cost sharing for additional plan covered services will apply.	Ambulatory surgical center (ASC) ¹	\$95 copay	\$50 copay
	Outpatient surgery ¹	\$95 copay	\$50 copay
	Outpatient hospital services, including observation ¹	\$95 copay	\$50 copay

¹Some of the network benefits listed may require your provider to obtain prior authorization. You never need approval in advance for plan covered services from out-of-network providers. Please refer to the Evidence of Coverage for a complete list of services that may require prior authorization.

Benefits

		Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Doctor visits	Primary care provider	\$25 copay	\$15 copay
	Virtual doctor visits	\$0 copay	\$0 copay
	Specialists ¹	\$30 copay	\$25 copay
Preventive care	Medicare-covered	\$0 copay	\$0 copay
		Abdominal aortic aneurysm screening Alcohol misuse counseling Annual “Wellness” visit Bone mass measurement Breast cancer screening (mammogram) Cardiovascular disease (behavioral therapy) Cardiovascular screening Cervical and vaginal cancer screening Colorectal cancer screenings (colonoscopy, fecal occult blood test, flexible sigmoidoscopy) Depression screening Diabetes screenings and monitoring Diabetes — Self-Management training Dialysis training Glaucoma screening Hepatitis C screening HIV screening Kidney disease education Lung cancer with low dose computed tomography (LDCT) screening Medical nutrition therapy services Medicare Diabetes Prevention Program (MDPP) Obesity screenings and counseling Prostate cancer screenings (PSA) Sexually transmitted infections screenings and counseling Tobacco use cessation counseling (counseling for people with no sign of tobacco-related disease) Vaccines, including those for the flu, Hepatitis B, pneumonia, or COVID-19 “Welcome to Medicare” preventive visit (one-time)	
		Any additional preventive services approved by Medicare during the contract year will be covered. This plan covers preventive care screenings and annual physical exams at 100%.	
	Routine physical	\$0 copay; 1 per plan year*	\$0 copay; 1 per plan year*

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*Benefits are combined in and out-of-network.

Benefits

	Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Emergency care	<p>\$50 copay (worldwide)</p> <p>If you are admitted to the hospital within 72 hours, you pay the inpatient hospital cost sharing instead of the emergency copay. See the “inpatient hospital” section of this booklet for other costs.</p>	<p>\$50 copay (worldwide)</p> <p>If you are admitted to the hospital within 72 hours, you pay the inpatient hospital cost sharing instead of the emergency copay. See the “inpatient hospital” section of this booklet for other costs.</p>
Urgently needed services	<p>\$25 copay (worldwide)</p> <p>If you are admitted to the hospital within 72 hours, you pay the inpatient hospital cost sharing instead of the urgently needed services copay. See the “inpatient hospital” section of this booklet for other costs.</p>	<p>\$20 copay (worldwide)</p> <p>If you are admitted to the hospital within 72 hours, you pay the inpatient hospital cost sharing instead of the urgently needed services copay. See the “inpatient hospital” section of this booklet for other costs.</p>

Benefits

		Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Diagnostic tests, lab and radiology services, and x-rays	Complex radiology services (e.g. MRI) ¹	If a complex radiology service is performed and processed at a hospital or free-standing facility: 20% coinsurance If a complex radiology service is performed and processed in a doctor's office: \$35 copay	If a complex radiology service is performed and processed at a hospital or free-standing facility: 20% coinsurance If a complex radiology service is performed and processed in a doctor's office: \$35 copay
	Lab services ¹	\$0 copay	\$0 copay
	Diagnostic tests and procedures ¹	If a diagnostic test is performed and processed at a hospital or free-standing facility: \$95 copay If a diagnostic test is performed and processed in a doctor's office: \$0 copay	If a diagnostic test is performed and processed at a hospital or free-standing facility: \$50 copay If a diagnostic test is performed and processed in a doctor's office: \$0 copay
	Therapeutic radiology (e.g., radium and isotope) ¹	If a therapeutic radiology service is performed and processed at a hospital or free-standing facility: 20% coinsurance If a therapeutic radiology service is performed and processed in a doctor's office: \$35 copay	If a therapeutic radiology service is performed and processed at a hospital or free-standing facility: 20% coinsurance If a therapeutic radiology service is performed and processed in a doctor's office: \$35 copay
	Outpatient x-rays ¹	\$0 copay	\$0 copay

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Benefits

		Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Hearing services	Exam to diagnose and treat hearing and balance issues ¹	\$30 copay	\$25 copay
	Routine hearing exam	\$0 copay, 1 exam per plan year*	\$0 copay, 1 exam per plan year*
	Hearing aids	The plan pays up to a \$1,000 allowance (combined for both ears) for hearing aid(s) every 4 years*	The plan pays up to a \$1,000 allowance (combined for both ears) for hearing aid(s) every 4 years*
Vision services	Exam to diagnose and treat diseases and conditions of the eye ¹	\$25 copay	\$15 copay
	Eyewear after cataract surgery	\$0 copay	\$0 copay
	Routine eye exam	\$30 copay, 1 exam every 12 months*	\$25 copay, 1 exam every 12 months*
	Routine eyewear	Plan pays up to \$125 combined allowance for eyeglasses and contact lenses every 24 months.*	Plan pays up to \$125 combined allowance for eyeglasses and contact lenses every 24 months.*
Mental health	Inpatient visit ¹	20% coinsurance per stay Our plan covers an unlimited number of days for an inpatient hospital stay.	20% coinsurance per stay Our plan covers an unlimited number of days for an inpatient hospital stay.
	Outpatient group therapy visit ¹	\$30 copay	\$25 copay
	Outpatient individual therapy visit ¹	\$30 copay	\$25 copay
	Virtual behavioral visits	\$0 copay	\$0 copay

¹Some of the network benefits listed may require your provider to obtain prior authorization. You never need approval in advance for plan covered services from out-of-network providers. Please refer to the Evidence of Coverage for a complete list of services that may require prior authorization.

*Benefits are combined in and out-of-network.

Benefits

		Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Skilled nursing facility (SNF)¹		\$0 copay per day: days 1–20 \$50 copay per day: days 21–100 Our plan covers up to 100 days in a SNF per benefit period.	\$0 copay per day: days 1–20 \$25 copay per day: days 21–100 Our plan covers up to 100 days in a SNF per benefit period.
Physical therapy and speech and language therapy visit¹		\$25 copay	\$10 copay
Ambulance²		\$50 copay	\$50 copay
Medicare Part B drugs	Chemotherapy drugs ¹	20% coinsurance	20% coinsurance
	Other Part B drugs ¹	20% coinsurance	20% coinsurance

¹Some of the network benefits listed may require your provider to obtain prior authorization. You never need approval in advance for plan covered services from out-of-network providers. Please refer to the Evidence of Coverage for a complete list of services that may require prior authorization.

²Authorization is required for Non-emergency Medicare-covered ambulance ground and air transportation. Emergency Ambulance does not require authorization.

Prescription drugs

If the actual cost for a drug is less than the normal cost-sharing amount for that drug, you will pay the actual cost, not the higher cost-sharing amount.

SHBP has chosen to make supplemental drug coverage available to you. This coverage is in addition to your Part D prescription drug benefit. The drug copays in this section are for drugs that are covered by both your Part D prescription drug benefit and your supplemental drug coverage. You can view the Certificate of Coverage at www.UHCRetiree.com/shbp or call Customer Service to have a hard copy sent to you.

SHBP offers additional prescription drug coverage. Please see your Additional Drug Coverage list for more information.

If you reside in a long-term care facility, you will pay the same for a 31-day supply as a 31-day supply at a retail pharmacy.

	Standard plan	Premium plan
Stage 1: Annual prescription (Part D) deductible	Since you have no deductible, this payment stage doesn't apply.	Since you have no deductible, this payment stage doesn't apply.
Stage 2: Initial coverage	Retail pharmacy For a one-month (31-day) supply	Retail pharmacy For a one-month (31-day) supply
Tier 1: Preferred generic	\$0 copay for select generics** \$15 copay for all other generics	\$0 copay for select generics** \$15 copay for all other generics
Tier 2: Preferred brand	\$45 copay	\$45 copay
Tier 3: Non-preferred drug	\$85 copay	\$85 copay
Tier 4: Specialty tier	\$85 copay	\$85 copay
Stage 2: Initial coverage	Retail and mail order pharmacy For a three-month (90-day) supply	Retail and mail order pharmacy For a three-month (90-day) supply
Tier 1: Preferred generic	\$0 copay for select generics** \$37.50 copay for all other generics	\$0 copay for select generics** \$37.50 copay for all other generics
Tier 2: Preferred brand	\$112.50 copay	\$112.50 copay
Tier 3: Non-preferred drug	\$212.50 copay	\$212.50 copay
Tier 4: Specialty tier	\$212.50 copay	\$212.50 copay
Stage 3: Coverage gap stage	After your total drug costs reach \$4,430, the plan continues to pay its share of the cost of your drugs and you pay your share of the cost.	
Stage 4: Catastrophic coverage	After your yearly out-of-pocket drug costs (including drugs purchased through your retail pharmacy and through mail order) reach \$7,050, you pay the greater of: <ul style="list-style-type: none"> • 5% coinsurance (not to exceed \$10 for generics or a drug that is treated like a generic, and \$40 for all other drugs), or • \$3.95 copay for generic (including brand drugs treated as generic) and a \$9.85 copay for all other drugs. 	

** Please see the Additional Drug Coverage list for more information on generic drugs with a \$0 copay.

Additional benefits

		Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Acupuncture services	Medicare-covered acupuncture (for chronic low back pain)	\$18 copay	\$18 copay
Chiropractic services	Medicare-covered chiropractic services (manual manipulation of the spine to correct subluxation) ¹	\$18 copay	\$18 copay
	Routine chiropractic services	\$30 copay, up to 20 visits per plan year*	\$25 copay, up to 20 visits per plan year*

¹Some of the network benefits listed may require your provider to obtain prior authorization. You never need approval in advance for plan covered services from out-of-network providers. Please refer to the Evidence of Coverage for a complete list of services that may require prior authorization.

*Benefits are combined in and out-of-network.

Additional benefits

		Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Diabetes management	Diabetes monitoring supplies ¹	<p>\$0 copay</p> <p>We only cover Accu-Chek® and OneTouch® brands.</p> <p>Covered glucose monitors include: OneTouch Verio Flex®, OneTouch Verio Reflect®, OneTouch® Verio, OneTouch® Ultra 2, Accu-Chek® Guide Me, and Accu-Chek® Guide.</p> <p>Test strips: OneTouch Verio®, OneTouch Ultra®, Accu-Chek® Guide, Accu-Chek® Aviva Plus, and Accu-Chek® SmartView.</p> <p>Other brands are not covered by your plan.</p>	<p>\$0 copay</p> <p>We only cover Accu-Chek® and OneTouch® brands.</p> <p>Covered glucose monitors include: OneTouch Verio Flex®, OneTouch Verio Reflect®, OneTouch® Verio, OneTouch® Ultra 2, Accu-Chek® Guide Me, and Accu-Chek® Guide.</p> <p>Test strips: OneTouch Verio®, OneTouch Ultra®, Accu-Chek® Guide, Accu-Chek® Aviva Plus, and Accu-Chek® SmartView.</p> <p>Other brands are not covered by your plan.</p>
	Medicare covered therapeutic continuous glucose monitors (CGMs) and supplies ¹	\$0 copay	\$0 copay
	Diabetes self-management training	\$0 copay	\$0 copay
	Therapeutic shoes or inserts ¹	20% coinsurance	20% coinsurance
Durable medical equipment (DME) and related supplies	Durable medical equipment (e.g., wheelchairs, oxygen) ¹	20% coinsurance	20% coinsurance
	Prosthetics (e.g., braces, artificial limbs) ¹	20% coinsurance	20% coinsurance

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Additional benefits

Additional benefits		Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Fitness program SilverSneakers®		<p>You have access to SilverSneakers®, a Medicare fitness program. SilverSneakers includes a \$0 membership fee for a standard, monthly membership at a participating fitness center.</p> <p>To get your SilverSneakers ID number or learn more about this benefit, call 1-888-423-4632, TTY 711, 8 a.m. to 8 p.m. ET, Monday through Friday, or visit SilverSneakers.com.</p>	<p>You have access to SilverSneakers®, a Medicare fitness program. SilverSneakers includes a \$0 membership fee for a standard, monthly membership at a participating fitness center.</p> <p>To get your SilverSneakers ID number or learn more about this benefit, call 1-888-423-4632, TTY 711, 8 a.m. to 8 p.m. ET, Monday through Friday, or visit SilverSneakers.com.</p>
Foot care (podiatry services)	Foot exams and treatment ¹	\$30 copay	\$25 copay
	Routine foot care	\$25 copay, 6 visits per plan year*	\$15 copay, 6 visits per plan year*

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*Benefits are combined in and out-of-network.

Additional benefits

	Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
UnitedHealthcare Healthy at Home	<p>\$0 copay for the following benefits for up to 30 days after each inpatient and SNF discharge:</p> <ul style="list-style-type: none"> • 28 home-delivered meals from Mom's Meals when referred by an advocate.* To order meals, call 1-866-204-6111, 8 a.m. –7 p.m. ET, Monday–Friday. • 12 one-way trips to or from medically related appointments and the pharmacy with ModivCare when referred by an advocate.* Schedule your ride at www.modivcare.com/BookNow or call 1-833-219-1182, TTY 1-844-488-9724, 8 a.m.–5 p.m. local time, Monday–Friday. • 6 hours of in-home personal care services through CareLinx — a professional caregiver can help with preparing meals, light housekeeping, medication reminders, and more. To use this benefit, visit www.carelinx.com/UHC-retiree-post-discharge or call 1-844-383-0411, 9 a.m.–8 p.m. ET Monday–Friday and 11 a.m.–7 p.m. ET Saturday and Sunday. No referral required. <p>*Call Customer Service to request an advocate referral for each discharge.</p>	<p>\$0 copay for the following benefits for up to 30 days after each inpatient and SNF discharge:</p> <ul style="list-style-type: none"> • 28 home-delivered meals from Mom's Meals when referred by an advocate.* To order meals, call 1-866-204-6111, 8 a.m. –7 p.m. ET, Monday–Friday. • 12 one-way trips to or from medically related appointments and the pharmacy with ModivCare when referred by an advocate.* Schedule your ride at www.modivcare.com/BookNow or call 1-833-219-1182, TTY 1-844-488-9724, 8 a.m.–5 p.m. local time, Monday–Friday. • 6 hours of in-home personal care services through CareLinx — a professional caregiver can help with preparing meals, light housekeeping, medication reminders, and more. To use this benefit, visit www.carelinx.com/UHC-retiree-post-discharge or call 1-844-383-0411, 9 a.m.–8 p.m. ET Monday–Friday and 11 a.m.–7 p.m. ET Saturday and Sunday. No referral required. <p>*Call Customer Service to request an advocate referral for each discharge.</p>

Additional benefits

		Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Home health care¹		\$0 copay	\$0 copay
Hospice		You pay nothing for hospice care from any Medicare-approved hospice. You may have to pay part of the costs for drugs and respite care. Hospice is covered by Original Medicare, outside of our plan.	You pay nothing for hospice care from any Medicare-approved hospice. You may have to pay part of the costs for drugs and respite care. Hospice is covered by Original Medicare, outside of our plan.
Telephonic Nurse Services		Receive access to nurse consultations and additional clinical resources at no additional cost.	Receive access to nurse consultations and additional clinical resources at no additional cost.
Occupational therapy visit¹		\$25 copay	\$10 copay
Opioid treatment program services¹		\$0 copay	\$0 copay
Outpatient substance abuse	Outpatient group therapy visit ¹	\$30 copay	\$25 copay
	Outpatient individual therapy visit ¹	\$30 copay	\$25 copay

¹Some of the network benefits listed may require your provider to obtain prior authorization. You never need approval in advance for plan covered services from out-of-network providers. Please refer to the Evidence of Coverage for a complete list of services that may require prior authorization.

Additional benefits

	Standard plan In-network and out-of-network	Premium plan In-network and out-of-network
Rally Coach programs	<p>\$0 copay; Start living a healthier and happier life with help from the Rally Coach programs:</p> <p>Real Appeal Weight Loss and Real Appeal Diabetes Prevention*—online weight loss programs, Wellness Coaching—online and live coaching support program on topics that promote whole person health and the Quit for Life Tobacco cessation program. Get started today at rallyhealth.com/retiree.</p> <p>For Real Appeal call 1-844-924-7325, TTY 711, 7 a.m.–11 p.m. ET, Monday–Friday.</p> <p>For Rally Wellness Coaching call 1-800-478-1057, TTY 711, 8 a.m.–11 p.m. ET, Monday–Thursday; 8 a.m.–8 p.m. ET, Fridays; 9 a.m.–5:30 p.m. ET, Saturdays.</p> <p>For Quit for Life call 1-866-QUIT-4-LIFE, TTY 711, 24 hours a day, 7 days a week.</p> <p>*Refer to the Evidence of Coverage for eligibility requirements</p>	<p>\$0 copay; Start living a healthier and happier life with help from the Rally Coach programs:</p> <p>Real Appeal Weight Loss and Real Appeal Diabetes Prevention*—online weight loss programs, Wellness Coaching—online and live coaching support program on topics that promote whole person health and the Quit for Life Tobacco cessation program. Get started today at rallyhealth.com/retiree.</p> <p>For Real Appeal call 1-844-924-7325, TTY 711, 7 a.m.–11 p.m. ET, Monday–Friday.</p> <p>For Rally Wellness Coaching call 1-800-478-1057, TTY 711, 8 a.m.–11 p.m. ET, Monday–Thursday; 8 a.m.–8 p.m. ET, Fridays; 9 a.m.–5:30 p.m. ET, Saturdays.</p> <p>For Quit for Life call 1-866-QUIT-4-LIFE, TTY 711, 24 hours a day, 7 days a week.</p> <p>*Refer to the Evidence of Coverage for eligibility requirements</p>
Renal dialysis¹	20% coinsurance	20% coinsurance

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Required information

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

Plans may offer supplemental benefits in addition to Part C benefits and Part D benefits.

If you want to know more about the coverage and costs of Original Medicare, look in your current "Medicare & You" handbook. View it online at www.medicare.gov or get a copy by calling 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

UnitedHealthcare provides free services to help you communicate with us such as letters in other languages, Braille, large print, audio, or you can ask for an interpreter. Please contact our Customer Service number at 877-246-4190 for additional information (TTY users should call 711). Hours are 8 a.m.–8 p.m. local time, Monday–Friday.

UnitedHealthcare ofrece servicios gratuitos para ayudarle a que se comunice con nosotros. Por ejemplo, cartas en otros idiomas, braille, letra grande, audio o bien, usted puede pedir un intérprete. Comuníquese con nuestro número de Servicio al Cliente al 877-246-4190, para obtener información adicional (los usuarios de TTY deben comunicarse al 711). Los horarios de atención son de 8 a.m. a 8 p.m., hora local, de lunes a viernes.

This information is available for free in other languages. Please call our Customer Service number located on the first page of this book.

Benefits, features and/or devices vary by plan/area. Limitations and exclusions may apply.

You are not required to use OptumRx home delivery for a 90-day supply of your maintenance medication. If you have not used OptumRx home delivery, you must approve the first prescription order sent directly from your doctor to OptumRx before it can be filled. New prescriptions from OptumRx should arrive within ten business days from the date the completed order is received, and refill orders should arrive in about seven business days. Contact OptumRx anytime at 1-888-279-1828, TTY 711. OptumRx is an affiliate of UnitedHealthcare Insurance Company.

The Formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary.

You must continue to pay your Medicare Part B premium.

Out-of-network/non-contracted providers are under no obligation to treat UnitedHealthcare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

The Telephonic Nurse Services should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Consult a health care professional before beginning any exercise program. Tivity Health and SilverSneakers are registered trademarks or trademarks of Tivity Health, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries.

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