



# Evidence of Coverage 2025

**UnitedHealthcare® Group Medicare Advantage (PPO)**  
TRS-Care Medicare Advantage  
Group Number: 15727



**[retiree.uhc.com/TRS-CareMA](https://retiree.uhc.com/TRS-CareMA)**



**Toll-free 1-866-347-9507, TTY 711**  
7 a.m.-6 p.m. CT, Monday-Friday

**United  
Healthcare®**

January 1, 2025 - December 31, 2025

# Evidence of Coverage

## Your Medicare Health Benefits and Services as a Member of our plan

This document gives you the details about your Medicare health care coverage from January 1, 2025 - December 31, 2025.



**This is an important legal document. Please keep it in a safe place.**

**For questions about this document, please contact Customer Service at 1-866-347-9507. (TTY users should call 711). Hours are 7 a.m.-6 p.m. CT, Monday-Friday.**

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This plan, TRS-Care Medicare Advantage, is insured through UnitedHealthcare Insurance Company or one of its affiliates. (When this **Evidence of Coverage** says “we,” “us,” or “our,” it means UnitedHealthcare. When it says “plan” or “our plan,” it means TRS-Care Medicare Advantage.)

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 documents in other languages, Braille, large print, audio, or you can ask for an interpreter. For more information, please call Customer Service at the number on your member ID card or the front of your plan booklet.

UnitedHealthcare ofrece servicios gratuitos para ayudarle a que se comunique con nosotros. Por ejemplo, documentos en otros idiomas, braille, en letra grande o en audio. O bien, usted puede pedir un intérprete. Comuníquese con nuestro número de Servicio al Cliente al número que se encuentra en su tarjeta de ID de miembro o en la portada de la guía de su plan.

Benefits and/or copayments/coinsurance may change on January 1, 2026.

The provider network may change at any time. You will receive notice when necessary. We will notify affected enrollees about changes at least 30 days in advance.

This document explains your benefits and rights. Use this document to understand about:

- Your plan premium and cost-sharing;
- Your medical benefits;
- How to file a complaint if you are not satisfied with a service or treatment;
- How to contact us if you need further assistance; and,
- Other protections required by Medicare law.

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**Questions?** Call Customer Service at **1-866-347-9507**, TTY **711**, 7 a.m.-6 p.m. CT, Monday-Friday

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# Chapter 1

Chapter 1: Getting started as a member

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## Section 1 Introduction

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### Section 1.1 You are enrolled in TRS-Care Medicare Advantage, which is a Medicare PPO

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You are covered by Medicare, and you have chosen to get your Medicare health care through our plan, TRS-Care Medicare Advantage. We are required to cover all Part A and Part B services. However, cost-sharing and provider access in this plan differ from Original Medicare.

Our plan is a Medicare Advantage PPO Plan (PPO stands for Preferred Provider Organization). The TRS-Care Medicare Advantage plan does not include Part D prescription drug coverage. Your prescription drug coverage is administered separately by Express Scripts Inc. Like all Medicare health plans, this Medicare PPO is approved by Medicare and run by a private company.

**Coverage under this Plan qualifies as Qualifying Health Coverage (QHC)** and satisfies the Patient Protection and Affordable Care Act's (ACA) individual shared responsibility requirement. Please visit the Internal Revenue Service (IRS) website at: [irs.gov/Affordable-Care-Act/individuals-and-families](https://irs.gov/Affordable-Care-Act/individuals-and-families) for more information.

### Section 1.2 What is the Evidence of Coverage document about?

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This **Evidence of Coverage** document tells you how to get your medical care. It explains your rights and responsibilities, what is covered, what you pay as a member of the plan, and how to file a complaint if you are not satisfied with a decision or treatment.

When the contract for Medicare Advantage is purchased by TRS to provide benefits under a welfare plan governed by the Employee Retirement Income Security Act (ERISA), 29 U.S.C. §1001 et seq., we are not the plan administrator or named fiduciary of the welfare plan, as those terms are used in ERISA.

The words "coverage" and "covered services" refer to the medical care and services available to you as a member of the plan.

It's important for you to learn what the plan's rules are and what services are available to you. We encourage you to set aside some time to look through this **Evidence of Coverage** document.

If you are confused, concerned or just have a question, please contact Customer Service.

### Section 1.3 Legal information about the Evidence of Coverage

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This **Evidence of Coverage** is part of our contract with you about how the plan covers your care. Other parts of this contract include your enrollment form or your verbal or electronic election of our plan, and any notices you receive from us about changes to your coverage or conditions that affect your coverage. These notices are sometimes called "riders" or "amendments."

The contract is in effect for months in which you are enrolled in the plan between January 1, 2025 and December 31, 2025.

Each plan year, Medicare allows us to make changes to the plans that we offer. This means we can change the costs and benefits of the plan after December 31, 2025. We can also choose to stop offering the plan, or to offer it in a different service area, after December 31, 2025.

Medicare (the Centers for Medicare & Medicaid Services) must approve our plan each year. You can continue each year to get Medicare coverage as a member of our plan as long as we choose to continue to offer the plan and Medicare renews its approval of the plan.

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## **Section 2      What makes you eligible to be a plan member?**

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### **Section 2.1      Your eligibility requirements**

**You are eligible for membership in our plan as long as:**

- You have both Medicare Part A and Medicare Part B
- **and** — you live in our geographic service area (Section 2.2 below describes our service area). Incarcerated individuals are not considered living in the geographic service area even if they are physically located in it.
- **and** — you are a United States citizen or are lawfully present in the United States

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### **Section 2.2      Here is the plan service area for TRS-Care Medicare Advantage**

Our plan is available only to individuals who live in our plan service area. To remain a member of our plan, you must continue to reside in the plan service area. The service area is described below.

Our service area includes the 50 United States and the District of Columbia, Puerto Rico, the United States Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands.

If you plan to move out of the service area, you cannot remain a member of this plan. Please contact Customer Service **and TRS Health & Insurance Benefits Department** at 1-888-237-6762 (TTY: 711), 7 a.m. – 6 p.m., CT Monday – Friday to see if we have a plan in your new area.

It is also important that you call Social Security if you move or change your mailing address. You can find phone numbers and contact information for Social Security in Chapter 2, Section 5.

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### **Section 2.3      U.S. Citizen or Lawful Presence**

A member of a Medicare health plan must be a U.S. citizen or lawfully present in the United States. Medicare (the Centers for Medicare & Medicaid Services) will notify TRS if you are not eligible to remain a member on this basis. TRS must disenroll you if you do not meet this requirement.

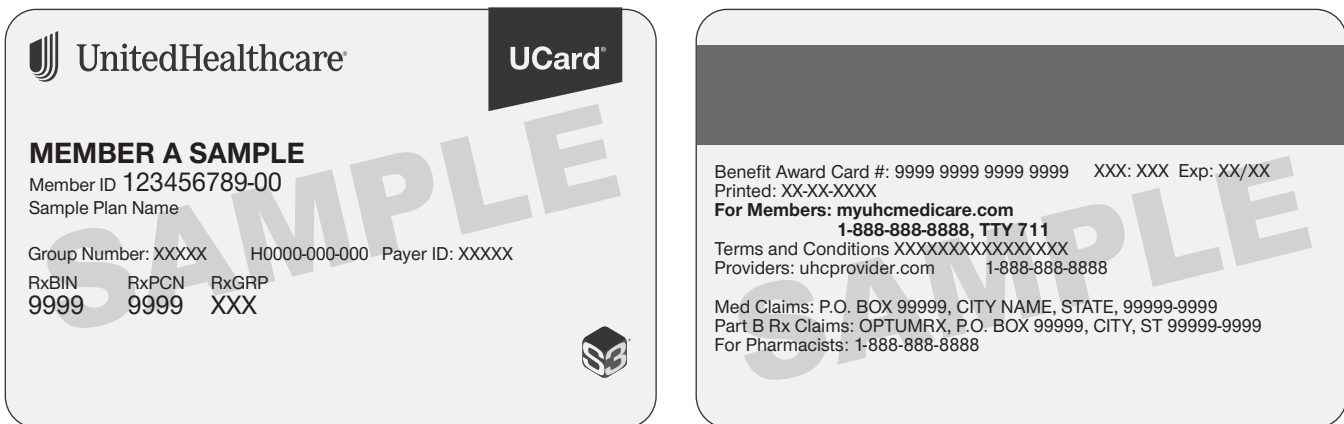
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## **Section 3      Important membership materials you will receive**



### Section 3.1 Your UnitedHealthcare UCard

While you are a member of our plan, you must use your UnitedHealthcare UCard® whenever you get services covered by this plan. You should also show the provider your Medicaid card, if applicable. Here’s a sample UnitedHealthcare UCard to show you what yours will look like:



Do NOT use your red, white, and blue Medicare card for covered medical services while you are a member of this plan. If you use your Medicare card instead of your UnitedHealthcare UCard, you may have to pay the full cost of medical services yourself. Keep your Medicare card in a safe place. You may be asked to show it if you need hospital services, hospice services, or participate in Medicare approved clinical research studies also called clinical trials. Note: If you are not entitled to Medicare Part A coverage, hospice services are not covered by the plan or by Medicare.

If your UnitedHealthcare UCard is damaged, lost, or stolen, call Customer Service right away and we will send you a new card.

### Section 3.2 Provider Directory

The **Provider Directory** lists our current network providers and durable medical equipment suppliers. **Network providers** are the doctors and other health care professionals, medical groups, durable medical equipment suppliers, hospitals, and other health care facilities that have an agreement with us to accept our payment and any plan cost-sharing as payment in full.

As a member of our plan, you can choose to receive care from out-of-network providers. Our plan will cover services from either in-network or out-of-network providers, as long as the provider accepts Medicare and is willing to bill UnitedHealthcare, and the services are covered benefits and medically necessary. See Chapter 3 (**Using the plan’s coverage for your medical services**) for more specific information.

The most recent list of providers and suppliers is available on our website at [retiree.uhc.com/TRS-CareMA](http://retiree.uhc.com/TRS-CareMA).

If you don’t have your copy of the **Provider Directory**, you can request a copy (electronically or in hardcopy form) from Customer Service. Requests for hard copy Provider Directories will be mailed to you within three business days.

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## **Section 4      Your monthly costs for the plan**

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Your costs may include the following:

- Plan Premium (Section 4.1)
- Monthly Medicare Part B Premium (Section 4.2)

Medicare Part B premiums differ for people with different incomes. If you have questions, about these premiums review your copy of Medicare & You 2025 handbook, the section called “2025 Medicare Costs.” If you need a copy, you can download it from the Medicare website ([medicare.gov/medicare-and-you](https://www.medicare.gov/medicare-and-you)). Or you can order a printed copy by phone at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users call 1-877-486-2048.

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### **Section 4.1      Plan premium**

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You pay your TRS-Care Medicare Advantage PPO premiums directly to TRS. You can find monthly premiums here: [trs.texas.gov/TRS%20Documents/trs-care-2023-plan-highlights.pdf](https://trs.texas.gov/TRS%20Documents/trs-care-2023-plan-highlights.pdf). In addition to paying the monthly premium to TRS, you may pay a premium for Medicare Part A, which is free for most people. However, TRS-Care participants are not required to purchase Medicare Part A if they're not eligible to get it for free. Most people will also pay a premium for Medicare Part B. You must pay all premiums to remain a member of TRS-Care Medicare Advantage PPO.

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### **Section 4.2      Monthly Medicare Part B Premium**

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**Many members are required to pay other Medicare premiums**

**You must continue paying your Medicare premiums to remain a member of the plan.** This includes your premium for Part B. It may also include a premium for Part A, which affects members who aren't eligible for premium-free Part A.

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## **Section 5      More information about your monthly premium**

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### **Section 5.1      Can we change your monthly plan premium during the year?**

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No. We are not allowed to change the amount we charge for the plan's monthly plan premium during the year, unless you make a change to your covered dependent or have a special enrollment event. If the monthly plan premium changes for next year TRS will notify you.

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## **Section 6      Keeping your plan membership record up to date**

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Your membership record has information from your enrollment form, including your address and telephone number. It shows your specific plan coverage.

**Let us know about these changes:**

- Changes to your name, your address, or your phone number.
- Changes in any other medical or drug insurance coverage you have (such as from your employer, your spouse or domestic partner's employer, Workers' Compensation, or Medicaid).
- If you have any liability claims, such as claims from an automobile accident.
- If you have been admitted to a nursing home.
- If your designated responsible party (such as a caregiver) changes.
- If you are participating in a clinical research study. (Note: You are not required to tell your plan about the clinical research studies you intend to participate in but we encourage you to do so.)

If any of this information changes, please let us know by calling Customer Service.

It is also important to contact Social Security if you move or change your mailing address. You can find phone numbers and contact information for Social Security in Chapter 2, Section 5.

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## **Section 7      How other insurance works with our plan**

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### **Other insurance**

Medicare requires that we collect information from you about any other medical or drug insurance coverage that you have. That's because we must coordinate any other coverage you have with your benefits under our plan. This is called Coordination of Benefits.

Once each year, we will send you a letter that lists any other medical or drug insurance coverage that we know about. Please read over this information carefully. If it is correct, you don't need to do anything. If the information is incorrect, or if you have other coverage that is not listed, please call Customer Service. You may need to give your plan member ID number to your other insurers (once you have confirmed their identity) so your bills are paid correctly and on time.

When you have other insurance (like employer group health coverage), there are rules set by Medicare that decide whether our plan or your other insurance pays first. The insurance that pays first is called the "primary payer" and pays up to the limits of its coverage. The one that pays second, called the "secondary payer," only pays if there are costs left uncovered by the primary coverage. The secondary payer may not pay all of the uncovered costs. If you have other insurance, tell your doctor, hospital, and pharmacy.

These rules apply for employer or union group health plan coverage:

- If you have retiree coverage, Medicare pays first.
- If your group health plan coverage is based on your or a family member's current employment, who pays first depends on your age, the number of people employed by your employer, and whether you have Medicare based on age, disability, or End-Stage Renal Disease (ESRD):

- If you're under 65 and disabled and you or your family member is still working, your group health plan pays first if the employer has 100 or more employees or at least one employer in a multiple employer plan that has more than 100 employees.
- If you're over 65 and you or your spouse or domestic partner is still working, your group health plan pays first if the employer has 20 or more employees or at least one employer in a multiple employer plan that has more than 20 employees.
- If you have Medicare because of ESRD, your group health plan will pay first for the first 30 months after you become eligible for Medicare.

These types of coverage usually pay first for services related to each type:

- No-fault insurance (including automobile insurance)
- Liability (including automobile insurance)
- Black lung benefits
- Workers' Compensation

Medicaid and TRICARE never pay first for Medicare-covered services. They only pay after Medicare, employer group health plans, and/or Medigap have paid.

# Chapter 2

Chapter 2: Important phone numbers and resources

## Section 1 TRS-Care Medicare Advantage Contacts (how to contact us, including how to reach Customer Service)

### How to contact our plan’s Customer Service

For assistance with claims, billing, or UnitedHealthcare UCard questions, please call or write to our plan Customer Service. We will be happy to help you.

| Method         | Customer Service - Contact Information   |
|----------------|--|
| <b>Call</b>    | <b>1-866-347-9507</b><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday<br>Customer Service also has free language interpreter services available for non-English speakers. |
| <b>TTY</b>     | <b>711</b><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday  |
| <b>Write</b>   | UnitedHealthcare Customer Service Department<br>P.O. Box 30769, Salt Lake City, UT 84130-0769  |
| <b>Website</b> | <b><a href="http://retiree.uhc.com/TRS-CareMA">retiree.uhc.com/TRS-CareMA</a></b>  |

### How to contact us when you are asking for a coverage decision or appeal about your medical care

A coverage decision is a decision we make about your benefits and coverage or about the amount we will pay for your medical services. An appeal is a formal way of asking us to review and change a coverage decision we have made. For more information on asking for coverage decisions or appeals about your medical care, see Chapter 7 (What to do if you have a problem or complaint (coverage decisions, appeals, complaints)).

You may call us if you have questions about our coverage decision process.

| Method      | Coverage Decisions for Medical Care – Contact Information  |
|-------------|--|
| <b>Call</b> | <b>1-866-347-9507</b><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday |
| <b>TTY</b>  | <b>711</b><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday            |

| Method  | Coverage Decisions for Medical Care – Contact Information                  |
|---------|--|
| Write   | UnitedHealthcare<br>P.O. Box 30769, Salt Lake City, UT 84130-0769          |
| Website | <a href="http://retiree.uhc.com/TRS-CareMA">retiree.uhc.com/TRS-CareMA</a> |

| Method  | Appeals for Medical Care – Contact Information   |
|---------|--|
| Call    | <b>1-866-347-9507</b><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday<br>For fast/expedited appeals for medical care:<br><b>1-866-347-9507</b><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday |
| TTY     | <b>711</b><br><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday  |
| Fax     | <b>1-844-226-0356</b><br>For fast/expedited appeals for medical care only:<br><b>1-866-373-1081</b>  |
| Write   | UnitedHealthcare Appeals and Grievances Department<br>P.O. Box 6103, MS CA120-0360, Cypress, CA 90630-0023   |
| Website | <a href="http://retiree.uhc.com/TRS-CareMA">retiree.uhc.com/TRS-CareMA</a>   |

**How to contact us when you are making a complaint about your medical care**

You can make a complaint about us or one of our network providers, including a complaint about the quality of your care. This type of complaint does not involve coverage or payment disputes. For more information on making a complaint about your medical care, see Chapter 7 (**What to do if you have a problem or complaint (coverage decisions, appeals, complaints)**).

| Method | Complaints about Medical Care – Contact Information  |
|--------|--|
| Call   | <b>1-866-347-9507</b><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday<br>For fast/expedited complaints about medical care:<br><b>1-866-347-9507</b> |

| Method                  | Complaints about Medical Care – Contact Information  |
|-------------------------|--|
|                         | Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday  |
| <b>TTY</b>              | <b>711</b><br><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday  |
| <b>Fax</b>              | <b>1-844-226-0356</b><br>For fast/expedited complaints about medical care only:<br><b>1-866-373-1081</b>   |
| <b>Write</b>            | UnitedHealthcare Appeals and Grievances Department<br>P.O. Box 6103, MS CA120-0360, Cypress, CA 90630-0023   |
| <b>Medicare Website</b> | You can submit a complaint about TRS-Care Medicare Advantage directly to Medicare. To submit an online complaint to Medicare, go to <b><a href="https://www.medicare.gov/MedicareComplaintForm/home.aspx">medicare.gov/MedicareComplaintForm/home.aspx</a></b> . |

**Where to send a request asking us to pay for our share of the cost for medical care you have received.**

If you have received a bill or paid for services (such as a provider bill) that you think we should pay for, you may need to ask us for reimbursement or to pay the provider bill. See Chapter 5 (**Asking us to pay our share of a bill you have received for covered medical services**).

Please note: If you send us a payment request and we deny any part of your request, you can appeal our decision. See Chapter 7 (**What to do if you have a problem or complaint (coverage decisions, appeals, complaints)**) for more information.

| Method       | Payment Requests – Contact Information   |
|--------------|--|
| <b>Call</b>  | <b>1-866-347-9507</b><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday |
| <b>TTY</b>   | <b>711</b><br><br>Calls to this number are free.<br>Hours of Operation: 7 a.m.-6 p.m. CT, Monday-Friday        |
| <b>Write</b> | Medical claims payment requests:<br>UnitedHealthcare   |



| Method  | Payment Requests – Contact Information                                     |
|---------|--|
|         | P.O. Box 30995, Salt Lake City, UT 84130-0995                              |
| Website | <a href="http://retiree.uhc.com/TRS-CareMA">retiree.uhc.com/TRS-CareMA</a> |

## Section 2 Medicare (how to get help and information directly from the federal Medicare program)

Medicare is the Federal health insurance program for people 65 years of age or older, some people under age 65 with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant).

The Federal agency in charge of Medicare is the Centers for Medicare & Medicaid Services (sometimes called “CMS”). This agency contracts with Medicare Advantage organizations, including us.

| Method  | Medicare – Contact Information   |
|---------|--|
| Call    | <b>1-800-MEDICARE</b> , or <b>1-800-633-4227</b><br>Calls to this number are free.<br>24 hours a day, 7 days a week.   |
| TTY     | <b>1-877-486-2048</b><br>This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking.<br>Calls to this number are free.   |
| Website | <b><a href="http://medicare.gov">medicare.gov</a></b><br>This is the official government website for Medicare. It gives you up-to-date information about Medicare and current Medicare issues. It also has information about hospitals, nursing homes, physicians, home health agencies, and dialysis facilities. It includes documents you can print directly from your computer. You can also find Medicare contacts in your state.<br>The Medicare website also has detailed information about your Medicare eligibility and enrollment options with the following tools: <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Medicare Eligibility Tool:</b> Provides Medicare eligibility status information.</li> <li><input type="checkbox"/> <b>Medicare Plan Finder:</b> Provides personalized information about available Medicare prescription drug plans, Medicare health plans, and Medigap (Medicare Supplement Insurance) policies in your area. Because your coverage is provided by TRS, you will not find TRS-Care Medicare Advantage plans listed on <a href="http://medicare.gov">medicare.gov</a>. These tools</li> </ul> |

| Method | Medicare – Contact Information   |
|--------|--|
|        | <p>provide an <b>estimate</b> of what your out-of-pocket costs might be in different Medicare plans.</p> <p>You can also use the website to tell Medicare about any complaints you have about TRS-Care Medicare Advantage:</p> <p><input type="checkbox"/> <b>Tell Medicare about your complaint:</b> You can submit a complaint about TRS-Care Medicare Advantage directly to Medicare. To submit a complaint to Medicare, go to <a href="https://www.medicare.gov/MedicareComplaintForm/home.aspx">medicare.gov/MedicareComplaintForm/home.aspx</a>. Medicare takes your complaints seriously and will use this information to help improve the quality of the Medicare program.</p> <p>If you don't have a computer, your local library or senior center may be able to help you visit this website using its computer. Or, you can call Medicare and tell them what information you are looking for. They will find the information on the website and review the information with you. (You can call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.)</p> |

### Section 3 State Health Insurance Assistance Program (free help, information, and answers to your questions about Medicare)

The State Health Insurance Assistance Program (SHIP) is a government program with trained counselors in every state. Here is a list of the State Health Insurance Assistance Programs in each state we serve:

- Alaska - Alaska Medicare Information Office
- Alabama - Alabama State Health Insurance Assistance Program (SHIP)
- Arkansas - Arkansas Senior Health Insurance Information Program (SHIIP)
- American Samoa - American Samoa Senior Health Insurance Program
- Arizona - Arizona State Health Insurance Assistance Program
- California - California Health Insurance Counseling & Advocacy Program (HICAP)
- Colorado - Colorado Senior Health Insurance Assistance Program (SHIP)
- Connecticut - Connecticut CHOICES Senior Health Insurance Program
- District of Columbia - Department of Aging and Community Living
- Delaware - Delaware Medicare Assistance Bureau (DMAB)
- Florida - Florida Serving Health Insurance Needs of Elders (SHINE)
- Georgia - GeorgiaCares Senior Health Insurance Plan
- Guam - Guam Medicare Assistance Program (GUAM MAP)
- Hawaii - Hawaii SHIP
- Iowa - Iowa Senior Health Insurance Information Program (SHIIP)
- Idaho - Idaho Senior Health Insurance Benefits Advisors (SHIBA)
- Illinois - Illinois Senior Health Insurance Program (SHIP)

- Indiana - Indiana State Health Insurance Assistance Program (SHIP)
- Kansas - Kansas Senior Health Insurance Counseling for Kansas (SHICK)
- Kentucky - Kentucky State Health Insurance Assistance Program (SHIP)
- Louisiana - Louisiana Senior Health Insurance Information Program (SHIIP)
- Massachusetts - Massachusetts Serving the Health Insurance Needs of Everyone (SHINE)
- Maryland - Maryland Department of Aging - Senior Health Insurance Assistance Program (SHIP)
- Maine - Maine State Health Insurance Assistance Program (SHIP)
- Michigan - Michigan MMAP, Inc. Senior Health Insurance Program
- Minnesota - Minnesota State Health Insurance Assistance Program/Senior LinkAge Line
- Missouri - Missouri State Health Insurance Assistance Program
- Northern Mariana Islands - North Mariana Islands Senior Health Insurance Program
- Mississippi - Mississippi Department of Human Services, Division of Aging & Adult Services
- Montana - Montana State Health Insurance Assistance Program (SHIP)
- North Carolina - North Carolina Seniors Health Insurance Information Program (SHIIP)
- North Dakota - North Dakota Senior Health Insurance Counseling (SHIC)
- Nebraska - Nebraska Senior Health Insurance Information Program (SHIIP)
- New Hampshire - New Hampshire SHIP - ServiceLink Aging and Disability Resource Center
- New Jersey - New Jersey State Health Insurance Assistance Program (SHIP)
- New Mexico - New Mexico Benefits Counseling Program SHIP
- Nevada - Nevada State Health Insurance Assistance Program (SHIP)
- New York - New York Health Insurance Information Counseling and Assistance Program (HIICAP)
- Ohio - Ohio Senior Health Insurance Information Program (OSHIIP)
- Oklahoma - Oklahoma Medicare Assistance Program (MAP)
- Oregon - Oregon Senior Health Insurance Benefits Assistance (SHIBA)
- Pennsylvania - PA MEDI
- Puerto Rico - Puerto Rico State Health Insurance Assistance Program (SHIP)
- Rhode Island - Rhode Island State Health Insurance Assistance Program (SHIP)
- South Carolina - South Carolina (I-CARE) Insurance Counseling Assistance and Referrals for Elders
- South Dakota - South Dakota Senior Health Information & Insurance Education (SHIINE)
- Tennessee - Tennessee Commission on Aging & Disability - TN SHIP
- Texas - Texas Department of Aging and Disability Services (HICAP)
- Utah - Utah Senior Health Insurance Information Program (SHIP)
- Virginia - Virginia Insurance Counseling and Assistance Program (VICAP)
- Virgin Islands of the U.S. - Virgin Islands State Health Insurance Assistance Program (VISHIP)
- Vermont - Vermont State Health Insurance Assistance Program (SHIP)
- Washington - Washington Statewide Health Insurance Benefits Advisors (SHIBA)
- Wisconsin - Wisconsin State Health Insurance Plan (SHIP)
- West Virginia - West Virginia State Health Insurance Assistance Program (WV SHIP)
- Wyoming - Wyoming State Health Insurance Information Program (WSHIIP)

Your SHIP is an independent (not connected with any insurance company or health plan) state program that gets money from the Federal government to give free local health insurance counseling to people with Medicare.

SHIP counselors can help you understand your Medicare rights, help you make complaints about your medical care or treatment, and help you straighten out problems with your Medicare bills. SHIP counselors can also help you with Medicare questions or problems and help you understand your Medicare plan choices and answer questions about switching plans.

### Method to access SHIP and other resources

- Visit <https://www.shiphelp.org> (Click on SHIP LOCATOR in middle of page)
- Select your STATE from the list. This will take you to a page with phone numbers and resources specific to your state.

### State Health Insurance Assistance Programs (SHIP) - Contact Information

|   |                                      |
|---|--------------------------------------|
| <b>Alaska   Alaska Medicare Information Office</b><br>550 W 7th Ave, STE1230 Anchorage, AK 99501<br><a href="http://dhss.alaska.gov/dsds/Pages/medicare">http://dhss.alaska.gov/dsds/Pages/medicare</a> | 1-800-478-6065<br>TTY 1-800-770-8973 |
|---|--------------------------------------|

|  |                           |
|--|---------------------------|
| <b>Alabama   Alabama State Health Insurance Assistance Program (SHIP)</b><br>201 Monroe ST, STE 350 Montgomery, AL 36104<br><a href="http://www.alabamaageline.gov">www.alabamaageline.gov</a> | 1-877-425-2243<br>TTY 711 |
|--|---------------------------|

|  |                           |
|--|---------------------------|
| <b>Arkansas   Arkansas Senior Health Insurance Information Program (SHIIP)</b><br>1 Commerce Way Little Rock, AR 72202<br><a href="http://www.shiipar.com">www.shiipar.com</a> | 1-800-224-6330<br>TTY 711 |
|--|---------------------------|

|  |                           |
|--|---------------------------|
| <b>American Samoa   American Samoa Senior Health Insurance Program</b><br>ASTCA Executive BLDG #304, P.O. Box 998383 Pago Pago, AS 96799<br><a href="http://www.medicaid.as.gov">www.medicaid.as.gov</a> | 1-684-699-4777<br>TTY 711 |
|--|---------------------------|

|   |                           |
|---|---------------------------|
| <b>Arizona   Arizona State Health Insurance Assistance Program</b><br>1366 E Thomas RD, STE 108 ATTN: SHIP Phoenix, AZ 85104<br><a href="https://des.az.gov/services/older-adults/medicare-assistance">https://des.az.gov/services/older-adults/medicare-assistance</a> | 1-800-432-4040<br>TTY 711 |
|---|---------------------------|

|  |                                      |
|--|--------------------------------------|
| <b>California   California Health Insurance Counseling &amp; Advocacy Program (HICAP)</b><br>2880 Gateway Oaks Dr, STE 200 Sacramento, CA 95833<br><a href="http://www.aging.ca.gov/hicap/">http://www.aging.ca.gov/hicap/</a> | 1-800-434-0222<br>TTY 1-800-735-2929 |
|--|--------------------------------------|

### State Health Insurance Assistance Programs (SHIP) - Contact Information

**Colorado | Colorado Senior Health Insurance Assistance Program (SHIP)** 1-888-696-7213  
TTY 711

1560 Broadway, STE 850 Denver, CO 80202  
<https://doi.colorado.gov/insurance-products/health-insurance/senior-health-care-medicare>

**Connecticut | Connecticut CHOICES Senior Health Insurance Program** 1-800-994-9422  
TTY 711

55 Farmington AVE, FL 12 Hartford, CT 06105-3730  
<https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/CHOICES-Connecticuts-program-for-Health-insurance-assistance-Outreach-Information-and-referral-Couns>

**District of Columbia | Department of Aging and Community Living** 1-202-724-5626  
TTY 711

500 K ST NE Washington, DC 20002  
<https://dcoa.dc.gov/>

**Delaware | Delaware Medicare Assistance Bureau (DMAB)** 1-800-336-9500  
TTY 711

1351 WN ST, STE 101 Dover, DE 19904  
<https://insurance.delaware.gov/divisions/dmab/>

**Florida | Florida Serving Health Insurance Needs of Elders (SHINE)** 1-800-963-5337  
TTY 1-800-955-8770

4040 Esplanade Way, STE 270 Tallahassee, FL 32399-7000  
[www.floridashine.org](http://www.floridashine.org)

**Georgia | GeorgiaCares Senior Health Insurance Plan** 1-866-552-4464  
TTY 711

47 Trinity Ave. S.W. Atlanta, GA 30334  
<https://aging.georgia.gov/georgiacares-ship>

**Guam | Guam Medicare Assistance Program (GUAM MAP)** 1-671-735-7421  
TTY 1-671-735-7415

130 University DR, STE 8, University Castle Mall Mangilao, GU 96913  
<http://dphss.guam.gov/>

**Hawaii | Hawaii SHIP** 1-888-875-9229  
TTY 1-866-810-4379

No. 1 Capitol District, 250 S Hotel ST, STE 406 Honolulu, HI 96813-2831  
[www.hawaiiship.org](http://www.hawaiiship.org)

### State Health Insurance Assistance Programs (SHIP) - Contact Information

**Iowa | Iowa Senior Health Insurance Information Program (SHIIP)** 1-800-351-4664  
TTY 1-800-735-2942  
1963 Bell Avenue, STE 100 Des Moines, IA 50315  
[shiip.iowa.gov](http://shiip.iowa.gov)

**Idaho | Idaho Senior Health Insurance Benefits Advisors (SHIBA)** 1-800-247-4422  
TTY 711  
700 W State St Boise, ID 83720  
<http://www.doi.idaho.gov/SHIBA/>

**Illinois | Illinois Senior Health Insurance Program (SHIP)** 1-800-252-8966  
TTY 711  
One Natural Resources Way, STE 100 Springfield, IL 62702-1271  
<https://ilaging.illinois.gov/>

**Indiana | Indiana State Health Insurance Assistance Program (SHIP)** 1-800-452-4800  
TTY 1-866-846-0139  
311 W Washington ST, STE 200 Indianapolis, IN 46204-2787  
<http://www.in.gov/ship>

**Kansas | Kansas Senior Health Insurance Counseling for Kansas (SHICK)** 1-800-860-5260  
TTY 1-785-291-3167  
New England BLDG, 503 S Kansas AVE Topeka, KS 66603-3404  
<https://www.kdads.ks.gov/services-programs/aging/medicare-programs/senior-health-insurance-counseling-for-kansas-shick>

**Kentucky | Kentucky State Health Insurance Assistance Program (SHIP)** 1-877-293-7447  
TTY 1-800-627-4702  
275 E Main ST, 3E-E Frankfort, KY 40621  
<https://chfs.ky.gov/agencies/dail/Pages/ship.aspx>

**Louisiana | Louisiana Senior Health Insurance Information Program (SHIIP)** 1-800-259-5300  
TTY 711  
P.O. Box 94214 Baton Rouge, LA 70804  
<http://www.lidi.la.gov/SHIIP/>

**Massachusetts | Massachusetts Serving the Health Insurance Needs of Everyone (SHINE)** 1-800-243-4636  
TTY 1-800-439-2370  
1 Ashburton PL, RM 517 Boston, MA 02108  
<http://www.mass.gov/elders/healthcare/shine/serving-the-health-information-needs-of-elders.html>

### State Health Insurance Assistance Programs (SHIP) - Contact Information

**Maryland | Maryland Department of Aging - Senior Health Insurance Assistance Program (SHIP)** 1-800-243-3425  
TTY 711  
301 W Preston ST, STE 1007 Baltimore, MD 21201  
<https://aging.maryland.gov/Pages/state-health-insurance-program.aspx>

**Maine | Maine State Health Insurance Assistance Program (SHIP)** 1-207-287-3707  
TTY 711  
109 Capitol Street Augusta, ME 04333  
<https://www.maine.gov/dhhs/programs-services/health-insurance>

**Michigan | Michigan MMAP, Inc. Senior Health Insurance Program** 1-800-803-7174  
TTY 711  
6105 W Saint Joseph Highway, STE 204 Lansing, MI 48917  
[www.mmapinc.org](http://www.mmapinc.org)

**Minnesota | Minnesota State Health Insurance Assistance Program/Senior LinkAge Line** 1-800-333-2433  
TTY 1-800-627-3529  
540 Cedar Street St. Paul, MN 55164-0976  
<https://mn.gov/senior-linkage-line>

**Missouri | Missouri State Health Insurance Assistance Program** 1-800-390-3330  
TTY 711  
601 W Nifong Blvd, STE 3A Columbia, MO 65203  
<https://www.missouriship.org>

**Northern Mariana Islands | North Mariana Islands Senior Health Insurance Program** 1-670-664-3000  
TTY 711  
P.O. Box 5795 CHRB Saipan, MP 96950  
<http://commerce.gov.mp/>

**Mississippi | Mississippi Department of Human Services, Division of Aging & Adult Services** 1-601-359-4500  
TTY 711  
200 S Lamar ST Jackson, MS 39201  
<http://www.mdhs.ms.gov/adults-seniors/services-for-seniors/state-health-insurance-assistance-program/>

**Montana | Montana State Health Insurance Assistance Program (SHIP)** 1-800-551-3191  
TTY 711  
1100 N Last Chance Gulch, FL 4 Helena, MT 59601  
<http://dphhs.mt.gov/sltc/aging/ship>

### State Health Insurance Assistance Programs (SHIP) - Contact Information

|   |                                      |
|---|--------------------------------------|
| <b>North Carolina   North Carolina Seniors Health Insurance Information Program (SHIIP)</b><br>1201 Mail Service Center Raleigh, NC 27699-1201<br><a href="http://www.ncdoi.gov/SHIIP">http://www.ncdoi.gov/SHIIP</a>   | 1-855-408-1212<br>TTY 711            |
| <b>North Dakota   North Dakota Senior Health Insurance Counseling (SHIC)</b><br>600 E BLVD AVE Bismarck, ND 58505-0320<br><a href="https://www.insurance.nd.gov/consumers/shic-medicare">https://www.insurance.nd.gov/consumers/shic-medicare</a>   | 1-888-575-6611<br>TTY 1-800-366-6888 |
| <b>Nebraska   Nebraska Senior Health Insurance Information Program (SHIIP)</b><br>2717 S. 8th Street, STE 4 Lincoln, NE 68508<br><a href="https://doi.nebraska.gov/consumer/senior-health">https://doi.nebraska.gov/consumer/senior-health</a>  | 1-800-234-7119<br>TTY 711            |
| <b>New Hampshire   New Hampshire SHIP - ServiceLink Aging and Disability Resource Center</b><br>25 Roxbury St, STE 106 Keene, NH 03431<br><a href="https://www.servicelink.nh.gov">https://www.servicelink.nh.gov</a>   | 1-866-634-9412<br>TTY 1-800-735-2964 |
| <b>New Jersey   New Jersey State Health Insurance Assistance Program (SHIP)</b><br>P.O. Box 715 Trenton, NJ 08625-0715<br><a href="http://www.nj.gov/humanservices/doas/services/q-z/ship/index.shtml">www.nj.gov/humanservices/doas/services/q-z/ship/index.shtml</a>  | 1-800-792-8820<br>TTY 711            |
| <b>New Mexico   New Mexico Benefits Counseling Program SHIP</b><br>2250 Cerrillos Rd Santa Fe, NM 87505<br><a href="http://www.nmaging.state.nm.us">www.nmaging.state.nm.us</a>   | 1-800-432-2080<br>TTY 1-505-476-4937 |
| <b>Nevada   Nevada State Health Insurance Assistance Program (SHIP)</b><br>3416 Goni RD, STE D-132 Carson City, NV 89706<br><a href="https://adsd.nv.gov/Programs/Seniors/Medicare_Assistance_Program_(MAP)/MAP_Prog/">https://adsd.nv.gov/Programs/Seniors/Medicare_Assistance_Program_(MAP)/MAP_Prog/</a>               | 1-800-307-4444<br>TTY 711            |
| <b>New York   New York Health Insurance Information Counseling and Assistance Program (HIICAP)</b><br>2 Empire State Plaza, FL 5 Albany, NY 12223<br><a href="http://www.aging.ny.gov/health-insurance-information-counseling-and-assistance">www.aging.ny.gov/health-insurance-information-counseling-and-assistance</a> | 1-800-701-0501<br>TTY 711            |



### State Health Insurance Assistance Programs (SHIP) - Contact Information

**Ohio | Ohio Senior Health Insurance Information Program (OSHIIP)** 1-800-686-1578  
TTY 1-614-644-3745  
50 W Town ST, STE 300, FL 3 Columbus, OH 43215  
<https://insurance.ohio.gov/wps/portal/gov/odi/consumers>

**Oklahoma | Oklahoma Medicare Assistance Program (MAP)** 1-800-763-2828  
TTY 711  
400 NE 50th ST Oklahoma City, OK 73105  
[www.map.oid.ok.gov](http://www.map.oid.ok.gov)

**Oregon | Oregon Senior Health Insurance Benefits Assistance (SHIBA)** 1-800-722-4134  
TTY 711  
350 Winter St NE Salem, OR 97309  
[oregonshiba.org](http://oregonshiba.org)

**Pennsylvania | PA MEDI** 1-800-783-7067  
TTY 711  
555 Walnut ST, FL 5 Harrisburg, PA 17101-1919  
[aging.pa.gov](http://aging.pa.gov)

**Puerto Rico | Puerto Rico State Health Insurance Assistance Program (SHIP)** 1-787-721-6121  
TTY 711  
Ponce de León AVE, PDA 16, EDIF 1064, 3er nivel San Juan, PR 00919-1179  
[www.oppea.pr.gov](http://www.oppea.pr.gov)

**Rhode Island | Rhode Island State Health Insurance Assistance Program (SHIP)** 1-401-462-3000  
TTY 1-401-462-0740  
25 Howard AVE, BLDG 57 Cranston, RI 02920  
<https://oha.ri.gov/>

**South Carolina | South Carolina (I-CARE) Insurance Counseling Assistance and Referrals for Elders** 1-800-868-9095  
TTY 711  
1301 Gervais ST, STE 350 Columbia, SC 29201  
<https://aging.sc.gov/>

**South Dakota | South Dakota Senior Health Information & Insurance Education (SHIINE)** 1-877-331-4834  
TTY 711  
2520 E Franklin St Pierre, SD 57501  
[www.shiine.net](http://www.shiine.net)

### State Health Insurance Assistance Programs (SHIP) - Contact Information

|  |                                      |
|--|--------------------------------------|
| <b>Tennessee   Tennessee Commission on Aging &amp; Disability - TN SHIP</b><br>Andrew Jackson BLDG, 502 Deaderick ST, FL 9 Nashville, TN 37243-0860<br><a href="https://www.tn.gov/disability-and-aging/disability-aging-programs/tn-ship.html">https://www.tn.gov/disability-and-aging/disability-aging-programs/tn-ship.html</a> | 1-877-801-0044<br>TTY 711            |
| <b>Texas   Texas Department of Aging and Disability Services (HICAP)</b><br>P.O. Box 13247 Austin, TX 78711<br><a href="https://hhs.texas.gov/services/health/medicare">https://hhs.texas.gov/services/health/medicare</a>   | 1-800-252-9240<br>TTY 1-512-424-6597 |
| <b>Utah   Utah Senior Health Insurance Information Program (SHIP)</b><br>288 N. 1460 West Salt Lake City, UT 84116<br><a href="https://daas.utah.gov">https://daas.utah.gov</a>  | 1-877-424-4640<br>TTY 711            |
| <b>Virginia   Virginia Insurance Counseling and Assistance Program (VICAP)</b><br>1610 Forest AVE, STE 100 Henrico, VA 23229<br><a href="https://www.vda.virginia.gov/vicap.htm">https://www.vda.virginia.gov/vicap.htm</a>  | 1-800-552-3402<br>TTY 711            |
| <b>Virgin Islands of the U.S.   Virgin Islands State Health Insurance Assistance Program (VISHIP)</b><br>1131 King ST, STE 101 St. Croix, VI 00820<br><a href="https://ltg.gov.vi/departments/vi-ship-medicare/">https://ltg.gov.vi/departments/vi-ship-medicare/</a>  | 1-340-773-6449<br>TTY 711            |
| <b>Vermont   Vermont State Health Insurance Assistance Program (SHIP)</b><br>27 Main Street, Suite 14 Montpelier, VT 05602<br><a href="http://www.vermont4a.org">www.vermont4a.org</a>   | 1-800-642-5119<br>TTY 711            |
| <b>Washington   Washington Statewide Health Insurance Benefits Advisors (SHIBA)</b><br>P.O. Box 40255 Olympia, WA 98504-0255<br><a href="http://www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba">www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba</a>                               | 1-800-562-6900<br>TTY 1-360-586-0241 |
| <b>Wisconsin   Wisconsin State Health Insurance Plan (SHIP)</b><br>1402 Pankratz ST, STE 111 Madison, WI 53704<br><a href="http://www.longtermcare.wi.gov">www.longtermcare.wi.gov</a>   | 1-800-242-1060<br>TTY 711            |

### State Health Insurance Assistance Programs (SHIP) - Contact Information

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**West Virginia | West Virginia State Health Insurance Assistance Program (WV SHIP)** 1-877-987-4463  
TTY 711  
1900 Kanawha BLVD E Charleston, WV 25305  
[www.wvship.org](http://www.wvship.org)

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**Wyoming | Wyoming State Health Insurance Information Program (WSHIIP)** 1-800-856-4398  
TTY 711  
106 W Adams AVE Riverton, WY 82501  
[www.wyomingseniors.com](http://www.wyomingseniors.com)

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## Section 4 Quality Improvement Organization

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There is a designated Quality Improvement Organization serving Medicare beneficiaries in each state. Here is a list of the Quality Improvement Organizations in each state we serve:

- Alaska - ACENTRA
- Alabama - ACENTRA
- Arkansas - ACENTRA
- American Samoa - Livanta BFCC-QIO Program
- Arizona - Livanta BFCC-QIO Program
- California - Livanta BFCC-QIO Program
- Colorado - ACENTRA
- Connecticut - ACENTRA
- District of Columbia - Livanta BFCC-QIO Program
- Delaware - Livanta BFCC-QIO Program
- Florida - ACENTRA
- Georgia - ACENTRA
- Guam - Livanta BFCC-QIO Program
- Hawaii - Livanta BFCC-QIO Program
- Iowa - Livanta BFCC-QIO Program
- Idaho - ACENTRA
- Illinois - Livanta BFCC-QIO Program
- Indiana - Livanta BFCC-QIO Program
- Kansas - Livanta BFCC-QIO Program
- Kentucky - ACENTRA
- Louisiana - ACENTRA
- Massachusetts - ACENTRA
- Maryland - Livanta BFCC-QIO Program
- Maine - ACENTRA
- Michigan - Livanta BFCC-QIO Program

- Minnesota - Livanta BFCC-QIO Program
- Missouri - Livanta BFCC-QIO Program
- Northern Mariana Islands - Livanta BFCC-QIO Program
- Mississippi - ACENTRA
- Montana - ACENTRA
- North Carolina - ACENTRA
- North Dakota - ACENTRA
- Nebraska - Livanta BFCC-QIO Program
- New Hampshire - ACENTRA
- New Jersey - Livanta BFCC-QIO Program
- New Mexico - ACENTRA
- Nevada - Livanta BFCC-QIO Program
- New York - Livanta BFCC-QIO Program
- Ohio - Livanta BFCC-QIO Program
- Oklahoma - ACENTRA
- Oregon - ACENTRA
- Pennsylvania - Livanta BFCC-QIO Program
- Puerto Rico - Livanta BFCC-QIO Program
- Rhode Island - ACENTRA
- South Carolina - ACENTRA
- South Dakota - ACENTRA
- Tennessee - ACENTRA
- Texas - ACENTRA
- Utah - ACENTRA
- Virginia - Livanta BFCC-QIO Program
- Virgin Islands of the U.S. - Livanta BFCC-QIO Program
- Vermont - ACENTRA
- Washington - ACENTRA
- Wisconsin - Livanta BFCC-QIO Program
- West Virginia - Livanta BFCC-QIO Program
- Wyoming - ACENTRA

Your state's Quality Improvement Organization has a group of doctors and other health care professionals who are paid by Medicare to check on and help improve the quality of care for people with Medicare. The state's Quality Improvement Organization is an independent organization. It is not connected with our plan.

You should contact your state's Quality Improvement Organization in any of these situations:

- You have a complaint about the quality of care you have received.
- You think coverage for your hospital stay is ending too soon.
- You think coverage for your home health care, skilled nursing facility care, or Comprehensive Outpatient Rehabilitation Facility (CORF) services are ending too soon.

**Quality Improvement Organization (QIO) – Contact Information**

**Alaska | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-305-6759  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 11 a.m. -  
3 p.m. local time,  
weekends and holidays

**Alabama | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0751  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Arkansas | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-315-0636  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**American Samoa | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-684-699-3330  
TTY 711

**Arizona | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, KY 20701  
www.livantaqio.com

1-877-588-1123  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**California | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-877-588-1123  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Quality Improvement Organization (QIO) – Contact Information**

**Colorado | ACENTRA**  
5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0891  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Connecticut | ACENTRA**  
5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-319-8452  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**District of Columbia | Livanta BFCC-QIO Program**  
10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-396-4646  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Delaware | Livanta BFCC-QIO Program**  
10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-396-4646  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Florida | ACENTRA**  
5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-319-8452  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Georgia | ACENTRA**  
5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0751  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Quality Improvement Organization (QIO) – Contact Information**

**Guam | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-877-588-1123  
TTY 1-855-887-6668  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 11 a.m. -  
3 p.m. local time,  
weekends and holidays

**Hawaii | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-755-5580  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Iowa | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-755-5580  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Idaho | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-305-6759  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Illinois | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-524-9900  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Indiana | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-524-9900  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Quality Improvement Organization (QIO) – Contact Information**

**Kansas | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-755-5580

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Kentucky | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0751

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Louisiana | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-315-0636

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Massachusetts | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-319-8452

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Maryland | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-396-4646

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Maine | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-319-8452

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays



**Quality Improvement Organization (QIO) – Contact Information**

**Michigan | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-524-9900

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Minnesota | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-524-9900

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Missouri | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MO 20701  
www.livantaqio.com

1-888-755-5580

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Northern Mariana Islands | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-670-989-2686

TTY 711

**Mississippi | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0751

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Montana | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0891

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Quality Improvement Organization (QIO) – Contact Information**

**North Carolina | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0751  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**North Dakota | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0891  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Nebraska | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-755-5580  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**New Hampshire | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-319-8452  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**New Jersey | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-866-815-5440  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**New Mexico | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-315-0636  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Quality Improvement Organization (QIO) – Contact Information**

**Nevada | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-877-588-1123

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**New York | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, NY 20701  
www.livantaqio.com

1-866-815-5440

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Ohio | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-524-9900

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Oklahoma | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-315-0636

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Oregon | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-305-6759

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Pennsylvania | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-396-4646

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Quality Improvement Organization (QIO) – Contact Information**

**Puerto Rico | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-787-520-5743

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 11 a.m. -  
3 p.m. local time,  
weekends and holidays

**Rhode Island | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-319-8452

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**South Carolina | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0751

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**South Dakota | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0891

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Tennessee | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0751

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Texas | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-315-0636

TTY 711

9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Quality Improvement Organization (QIO) – Contact Information**

**Utah | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-317-0891  
TTY 1-844-878-7921  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Virginia | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-396-4646  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Virgin Islands of the U.S. | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-340-773-6334  
TTY 711

**Vermont | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-319-8452  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Washington | ACENTRA**

5201 W Kennedy BLVD, STE 900 Tampa, FL 33609  
acentraqio.com

1-888-305-6759  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Wisconsin | Livanta BFCC-QIO Program**

10820 Guilford RD, STE 202 Annapolis Junction, MD 20701  
www.livantaqio.com

1-888-524-9900  
TTY 711  
9 a.m. - 5 p.m. local time,  
Monday - Friday; 10 a.m. -  
4 p.m. local time,  
weekends and holidays

**Quality Improvement Organization (QIO) – Contact Information**

|   |  |
|---|--|
| <p><b>West Virginia   Livanta BFCC-QIO Program</b><br/>                 10820 Guilford RD, STE 202 Annapolis Junction, MD 20701<br/>                 www.livantaqio.com</p> | <p>1-888-396-4646<br/>                 TTY 711<br/>                 9 a.m. - 5 p.m. local time,<br/>                 Monday - Friday; 10 a.m. -<br/>                 4 p.m. local time,<br/>                 weekends and holidays</p> |
| <p><b>Wyoming   ACENTRA</b><br/>                 5201 W Kennedy BLVD, STE 900 Tampa, FL 33609<br/>                 acentraqio.com</p>                                       | <p>1-888-317-0891<br/>                 TTY 711<br/>                 9 a.m. - 5 p.m. local time,<br/>                 Monday - Friday; 10 a.m. -<br/>                 4 p.m. local time,<br/>                 weekends and holidays</p> |

**Section 5 Social Security**

Social Security is responsible for determining eligibility and handling enrollment for Medicare. U.S. citizens and lawful permanent residents who are 65 or older, or who have a disability or End-Stage Renal Disease and meet certain conditions, are eligible for Medicare. If you are already getting Social Security checks, enrollment into Medicare is automatic. If you are not getting Social Security checks, you have to enroll in Medicare. To apply for Medicare, you can call Social Security or visit your local Social Security office.

If you move or change your mailing address, it is important that you contact Social Security to let them know.

| Method                | Social Security – Contact Information  |
|-----------------------|--|
| <p><b>Call</b></p>    | <p><b>1-800-772-1213</b><br/>                     Calls to this number are free.<br/>                     Available 8:00 am to 7:00 pm, Monday through Friday.<br/>                     You can use Social Security’s automated telephone services to get recorded information and conduct some business 24 hours a day.</p> |
| <p><b>TTY</b></p>     | <p><b>1-800-325-0778</b><br/>                     This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking.<br/>                     Calls to this number are free.<br/>                     Available 8:00 am to 7:00 pm, Monday through Friday.</p>          |
| <p><b>Website</b></p> | <p><b>ssa.gov</b></p>  |

## Section 6 Medicaid

Medicaid is a joint Federal and state government program that helps with medical costs for certain people with limited incomes and resources. Some people with Medicare are also eligible for Medicaid.

The programs offered through Medicaid help people with Medicare pay their Medicare costs, such as their Medicare premiums. These “Medicare Savings Programs” include:

- Qualified Medicare Beneficiary (QMB):** Helps pay Medicare Part A and Part B premiums, and other cost-sharing (like deductibles, coinsurance, and copayments). (Some people with QMB are also eligible for full Medicaid benefits (QMB+).)
- Specified Low-Income Medicare Beneficiary (SLMB):** Helps pay Part B premiums. (Some people with SLMB are also eligible for full Medicaid benefits (SLMB+).)
- Qualifying Individual (QI):** Helps pay Part B premiums.
- Qualified Disabled & Working Individuals (QDWI):** Helps pay Part A premiums.

To find out more about Medicaid and its programs, contact your state Medicaid agency.

### State Medicaid Programs – Contact Information

**Alaska | State of Alaska Department of Health & Social Services, Division of Health Care Services**  
855 W.Commercial Drive, STE 131 Anchorage, AK 99654  
[http://dhss.alaska.gov/dhcs/Pages/medicaid\\_medicare/default.aspx](http://dhss.alaska.gov/dhcs/Pages/medicaid_medicare/default.aspx)

1-800-478-7778  
TTY 711

**Alabama | Alabama Medicaid**  
P.O. Box 5624 Montgomery, AL 36103-5624  
<http://www.medicaid.alabama.gov/>

1-800-362-1504  
TTY 1-800-253-0799

**Arkansas | Arkansas Division of Medical Services Department of Human Services**  
Donaghey Plaza S, P.O. Box 1437 Slot S401 Little Rock, AR 72203-1437  
<https://humanservices.arkansas.gov/divisions-shared-services/medical-services/>

1-800-482-8988  
TTY 1-800-285-1131

**American Samoa | American Samoa Medicaid State Agency**  
ASCTA Executive BLDG #304, P.O. Box 998383 Pago Pago, AS 96799  
<http://medicaid.as.gov/>

1-684-699-4777  
TTY 711

### State Medicaid Programs – Contact Information

**Arizona | Arizona Health Care Cost Containment System (AHCCCS)** 1-855-432-7587  
TTY 1-800-367-8939  
801 E Jefferson ST Phoenix, AZ 85034  
[www.azahcccs.gov](http://www.azahcccs.gov)

**Arizona | Arizona Department of Economic Security / Division of Developmental Disabilities (DDD)** 1-844-770-9500  
TTY 711  
1789 W Jefferson ST Phoenix, AZ 85007  
<https://des.az.gov/services/disabilities/developmental-disabilities>

**California | Medi-Cal - Managed Care Operations Division Department of Health Care Services** 1-800-430-4263  
TTY 1-800-430-7077  
P.O. Box 989009 West Sacramento, CA 95798-9850  
<https://www.healthcareoptions.dhcs.ca.gov/>

**Colorado | Colorado Department of Health Care Policy and Financing** 1-800-221-3943  
TTY 711  
303 E. 17th Avenue Denver, CO 80203  
[www.healthfirstcolorado.com](http://www.healthfirstcolorado.com)

**Connecticut | Connecticut State Medicaid** 1-877-284-8759  
TTY 1-866-492-5276  
55 Farmington AVE Hartford, CT 06105-3730  
[portal.ct.gov/husky](http://portal.ct.gov/husky)

**District of Columbia | DC Department of Human Services** 1-202-671-4200  
TTY 711  
64 New York AVE NE, FL 6 Washington, DC 20002  
<https://dhs.dc.gov/service/medical-assistance>

**Delaware | Delaware Health and Social Services** 1-302-255-9040  
TTY 711  
1901 N Dupont HWY, Lewis BLDG New Castle, DE 19720  
<http://dhss.delaware.gov/dhss/>

**Florida | Florida Medicaid Agency for Health Care Administration (AHCA)** 1-888-419-3456  
TTY 1-800-955-8771  
2727 Mahan DR, MS 6 Tallahassee, FL 32308  
<https://ahca.myflorida.com/>

**Georgia | Georgia Department of Community Health** 1-877-423-4746  
TTY 711  
1249 Donald Lee Hollowell Parkway Atlanta, GA 30318  
<https://medicaid.georgia.gov/>



**State Medicaid Programs – Contact Information**

|  |   |
|--|---|
| <p><b>Guam   Guam Department of Public Health and Social Services<br/>                 Bureau of Health Care Financing</b><br/>                 123 Chalan Kareta Mangilao, GU 96913-6304<br/> <a href="http://www.dphss.guam.gov/">http://www.dphss.guam.gov/</a></p>                     | <p>1-671-735-7243<br/>                 TTY 711</p>            |
| <p><b>Hawaii   Department of Human Services</b><br/>                 1390 Miller ST, RM 209 Honolulu, HI 96813<br/> <a href="https://humanservices.hawaii.gov/">https://humanservices.hawaii.gov/</a></p>  | <p>1-808-586-5390<br/>                 TTY 711</p>            |
| <p><b>Iowa   Department of Human Services (Iowa Medicaid<br/>                 Enterprise)</b><br/>                 1305 E Walnut Street FL 5 Des Moines, IA 50319<br/> <a href="http://dhs.iowa.gov/">http://dhs.iowa.gov/</a></p>   | <p>1-800-338-8366<br/>                 TTY 1-800-735-2942</p> |
| <p><b>Idaho   Idaho Department of Health and Welfare</b><br/>                 P.O. Box 83720 Boise, ID 83720-0026<br/> <a href="https://healthandwelfare.idaho.gov">https://healthandwelfare.idaho.gov</a></p>   | <p>1-877-456-1233<br/>                 TTY 1-888-791-3004</p> |
| <p><b>Illinois   Illinois Department of Healthcare and Family Services</b><br/>                 100 S Grand AVE E Springfield, IL 62704<br/> <a href="http://www2.illinois.gov/hfs/">http://www2.illinois.gov/hfs/</a></p>   | <p>1-800-843-6154<br/>                 TTY 1-800-447-6404</p> |
| <p><b>Indiana   Indiana Family and Social Services Administration</b><br/>                 FSSA Document CTR, P.O. Box 1810 Marion, IN 46952<br/> <a href="https://www.in.gov/medicaid/">https://www.in.gov/medicaid/</a></p>  | <p>1-800-403-0864<br/>                 TTY 1-800-743-3333</p> |
| <p><b>Kansas   Kansas Dept. of Health and Environment</b><br/>                 900 SW Jackson ST Topeka, KS 66612<br/> <a href="http://www.kancare.ks.gov/">http://www.kancare.ks.gov/</a></p>   | <p>1-800-792-4884<br/>                 TTY 711</p>            |
| <p><b>Kentucky   Kentucky Cabinet for Health and Family Services</b><br/>                 275 E Main ST Frankfort, KY 40621<br/> <a href="https://chfs.ky.gov/">https://chfs.ky.gov/</a></p>   | <p>1-800-635-2570<br/>                 TTY 711</p>            |
| <p><b>Louisiana   Louisiana Department of Health</b><br/>                 628 N. 4th Street Baton Rouge, LA 70802<br/> <a href="https://ldh.la.gov/">https://ldh.la.gov/</a></p>   | <p>1-225-342-9500<br/>                 TTY 711</p>            |
| <p><b>Massachusetts   Executive Office of Health and Human<br/>                 Services</b><br/>                 100 Hancock ST, FL 6 Quincy, MA 02171<br/> <a href="http://www.mass.gov/eohhs/gov/departments/masshealth/">http://www.mass.gov/eohhs/gov/departments/masshealth/</a></p> | <p>1-800-841-2900<br/>                 TTY 1-800-497-4648</p> |

### State Medicaid Programs – Contact Information

**Maryland | Maryland Department of Health, HealthChoice** 1-877-463-3464  
201 W Preston ST Baltimore, MD 21201-2399 TTY 1-800-735-2258  
[health.maryland.gov/mmcp/healthchoice/Pages/Home.aspx](http://health.maryland.gov/mmcp/healthchoice/Pages/Home.aspx)

**Maine | Office of MaineCare Services** 1-800-977-6740  
11 State House Station Augusta, ME 04333-0011 TTY 711  
<https://www.maine.gov/dhhs/oms/>

**Michigan | Department of Health and Human Services** 1-517-373-3740  
333 S Grand AVE, P.O. Box 30195 Lansing, MI 48909 TTY 1-800-649-3777  
<http://www.michigan.gov/mdhhs/>

**Minnesota | Minnesota Department of Human Services** 1-800-657-3739  
P.O. Box 64989 St. Paul, MN 55164-0989 TTY 1-800-627-3529  
<http://mn.gov/dhs>

**Missouri | MO HealthNet Division Department of Social Services** 1-573-526-4274  
615 Howerton CT, P.O. Box 6500 Jefferson City, MO 65102-6500 TTY 1-800-735-2966  
<https://www.dss.mo.gov/mhd/>

**Northern Mariana Islands | State Medicaid Administration Office** 1-670-664-4880  
Government BLDG # 1252, Capital Hill RD, Caller Box 100007 TTY 711  
Saipan, MP 96950  
<http://medicaid.cnmi.mp/>

**Mississippi | State of Mississippi Division of Medicaid** 1-800-421-2408  
550 High ST STE, 1000 Sillers BLDG Jackson, MS 39201-1399 TTY 711  
<http://www.medicaid.ms.gov/>

**Montana | Montana Healthcare Programs** 1-888-362-8312  
1400 Broadway, Room A206 Helena, MT 59601-5231 TTY 1-800-833-8503  
<https://dphhs.mt.gov/MontanaHealthcarePrograms>

**North Carolina | North Carolina Department of Health and Human Services** 1-800-662-7030  
2001 Mail Service Center Raleigh, NC 27699-2501 TTY 1-888-232-6348  
<https://www.ncdhhs.gov/>

### State Medicaid Programs – Contact Information

|   |                                      |
|---|--------------------------------------|
| <b>North Dakota   North Dakota Department of Human Services</b><br>600 E. Boulevard Ave., Dept. 325 Bismarck, ND 58505-0250<br><a href="https://www.hhs.nd.gov/healthcare/medicaid">https://www.hhs.nd.gov/healthcare/medicaid</a>                      | 1-866-614-6005<br>TTY 711            |
| <b>Nebraska   Nebraska Department of Health and Human Services</b><br>P.O. Box 95026 Lincoln, NE 68509-5026<br><a href="https://dhhs.ne.gov/Pages/medicaid-and-long-term-care.aspx">dhhs.ne.gov/Pages/medicaid-and-long-term-care.aspx</a>              | 1-402-471-3121<br>TTY 1-800-471-7352 |
| <b>New Hampshire   New Hampshire Department of Health and Human Services</b><br>129 Pleasant ST Concord, NH 03301-3852<br><a href="https://www.dhhs.nh.gov/ombp/medicaid/">https://www.dhhs.nh.gov/ombp/medicaid/</a>                                   | 1-844-275-3447<br>TTY 1-800-735-2964 |
| <b>New Jersey   Department of Human Services Division of Medical Assistance &amp; Health Services</b><br>P.O. Box 712 Trenton, NJ 08625-0712<br><a href="https://www.state.nj.us/humanservices/dmahs/">https://www.state.nj.us/humanservices/dmahs/</a> | 1-800-701-0710<br>TTY 711            |
| <b>New Mexico   NM Human Services Department</b><br>P.O. Box 2348 Santa Fe, NM 87504-2348<br><a href="https://www.hsd.state.nm.us/">https://www.hsd.state.nm.us/</a>  | 1-800-283-4465<br>TTY 711            |
| <b>Nevada   Nevada Department of Health and Human Services</b><br>1100 E Williams ST, STE 101 Carson City, NV 89701<br><a href="http://dhcfp.nv.gov">http://dhcfp.nv.gov</a>  | 1-800-992-0900<br>TTY 711            |
| <b>New York   New York State’s Medicaid Program</b><br>Corning Tower, Empire State Plaza Albany, NY 12237<br><a href="https://www.health.ny.gov/health_care/medicaid/index.htm">https://www.health.ny.gov/health_care/medicaid/index.htm</a>            | 1-800-541-2831<br>TTY 711            |
| <b>Ohio   Ohio Department of Medicaid</b><br>50 W Town ST, STE 400 Columbus, OH 43215<br><a href="https://medicaid.ohio.gov/">https://medicaid.ohio.gov/</a>  | 1-800-324-8680<br>TTY 711            |
| <b>Oklahoma   Oklahoma Health Care Authority</b><br>4345 N Lincoln BLVD Oklahoma City, OK 73105<br><a href="https://www.oklahoma.gov/ohca.html">https://www.oklahoma.gov/ohca.html</a>  | 1-800-987-7767<br>TTY 711            |
| <b>Oregon   Oregon Health Authority</b><br>500 Summer ST, NE, E-20 Salem, OR 97301-1097<br><a href="https://www.oregon.gov/oha/HSD/OHP">https://www.oregon.gov/oha/HSD/OHP</a>  | 1-503-947-2340<br>TTY 711            |

### State Medicaid Programs – Contact Information

**Pennsylvania | Pennsylvania Department of Human Services** 1-800-692-7462  
P.O. Box 5959 Harrisburg, PA 17110-0959 TTY 1-800-451-5886  
<http://www.dhs.pa.gov/>

**Puerto Rico | Government of Puerto Rico, Department of Health Medicaid Program** 1-787-765-2929  
P.O. Box 70184 San Juan, PR 00936-8184 TTY 1-787-625-6955  
<https://medicaid.pr.gov>

**Rhode Island | Executive Office of Health and Human Services (EOHHS)** 1-401-462-5274  
3 West Road Cranston, RI 02920 TTY 711  
<http://www.eohhs.ri.gov/>

**South Carolina | South Carolina Department of Health and Human Services** 1-888-549-0820  
P.O. Box 8206 Columbia, SC 29202-8206 TTY 1-888-842-3620  
<http://www.scdhhs.gov/>

**South Dakota | South Dakota Department of Social Services, Division of Medical Services** 1-800-597-1603  
700 Governors DR Pierre, SD 57501 TTY 711  
<http://dss.sd.gov/medicaid/>

**Tennessee | Division of TennCare** 1-800-342-3145  
310 Great Circle RD Nashville, TN 37243 TTY 711  
<https://www.tn.gov/tenncare/>

**Texas | Texas Medicaid Health and Human Services Commission** 1-512-424-6500  
4900 N Lamar BLVD, P.O. Box 13247 Austin, TX 78751 TTY 1-512-424-6597  
<https://hhs.texas.gov/about-hhs/find-us>

**Utah | Utah Department of Health, Medicaid and Health Financing** 1-800-662-9651  
P.O. Box 143106 Salt Lake City, UT 84114-3106 TTY 711  
<https://medicaid.utah.gov/>

**Virginia | Virginia Department of Medical Assistance Services** 1-855-242-8282  
600 E Broad ST Richmond, VA 23219 TTY 711  
<http://www.dmas.virginia.gov/>

### State Medicaid Programs – Contact Information

|  |  |
|--|--|
| <p><b>Virgin Islands of the U.S.   U.S. Virgin Islands Bureau of Health Insurance &amp; Medical Assistance</b><br/>1303 Hospital Ground, Knud Hansen Complex, BLDG A St.<br/>Thomas, VI 00802<br/><a href="http://www.dhs.gov.vi">www.dhs.gov.vi</a></p> | <p>1-340-774-0930<br/>TTY 711</p>            |
| <p><b>Vermont   Department of Vermont Health Access</b><br/>280 ST DR Waterbury, VT 05671<br/><a href="http://www.greenmountaincare.org/">http://www.greenmountaincare.org/</a></p>  | <p>1-800-250-8427<br/>TTY 711</p>            |
| <p><b>Washington   Apple Health</b><br/>P.O. Box 45531 Olympia, WA 98501<br/><a href="http://hca.wa.gov">hca.wa.gov</a></p>  | <p>1-800-562-3022<br/>TTY 711</p>            |
| <p><b>Wisconsin   Wisconsin Department of Health Services</b><br/>1 W Wilson ST Madison, WI 53703<br/><a href="https://www.dhs.wisconsin.gov/health-care-coverage/index.htm">https://www.dhs.wisconsin.gov/health-care-coverage/index.htm</a></p>        | <p>1-800-362-3002<br/>TTY 711</p>            |
| <p><b>West Virginia   West Virginia Bureau for Medical Services</b><br/>350 Capitol ST, RM 251 Charleston, WV 25301<br/><a href="http://www.dhhr.wv.gov/bms/Pages/default.aspx">http://www.dhhr.wv.gov/bms/Pages/default.aspx</a></p>                    | <p>1-304-558-1700<br/>TTY 711</p>            |
| <p><b>Wyoming   Wyoming Department of Health</b><br/>122 W 25th St., 4th FL West Cheyenne, WY 82001<br/><a href="http://health.wyo.gov/healthcarefin/medicaid/">http://health.wyo.gov/healthcarefin/medicaid/</a></p>                                    | <p>1-307-777-7531<br/>TTY 1-855-329-5205</p> |

There are programs in Puerto Rico, the Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa to help people with limited income and resources pay their Medicare costs. Programs vary in these areas. Call your local Medical Assistance (Medicaid) office to find out more about their rules (phone numbers are in Section 6 of this chapter). Or call 1-800-MEDICARE (1-800-633-4227) 24 hours a day, 7 days a week and say “Medicaid” for more information. TTY users should call 1-877-486-2048. You can also visit [medicare.gov](http://medicare.gov) for more information.

## Section 7 How to contact the Railroad Retirement Board

The Railroad Retirement Board is an independent Federal agency that administers comprehensive benefit programs for the nation’s railroad workers and their families. If you receive your Medicare through the Railroad Retirement Board, it is important that you let them know if you move or change your mailing address. If you have questions regarding your benefits from the Railroad Retirement Board, contact the agency.

| Method                | Railroad Retirement Board – Contact Information   |
|-----------------------|---|
| <p><b>Call</b></p>    | <p><b>1-877-772-5772</b><br/>                     Calls to this number are free.<br/>                     If you press “0,” you may speak with an RRB representative from 9:00 am to 3:30 pm, Monday, Tuesday, Thursday, and Friday, and from 9:00 am to 12:00 pm on Wednesday. If you press “1”, you may access the automated RRB HelpLine and recorded information 24 hours a day, including weekends and holidays.</p> |
| <p><b>TTY</b></p>     | <p><b>1-312-751-4701</b><br/>                     This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking.<br/>                     Calls to this number are <b>not</b> free.</p>  |
| <p><b>Website</b></p> | <p><b>rrb.gov/</b></p>  |

**Section 8            Do you have “group insurance” or other health insurance from an employer outside of TRS-Care?**

If you (or your spouse or domestic partner) have medical or prescription drug coverage through another employer or retiree group, please contact **that group’s benefits administrator**. The benefits administrator can help you determine how your current coverage will work with our plan. You can also call Customer Service if you have any questions. You can ask about your (or your spouse or domestic partner’s) employer or retiree health benefits, premiums, or the enrollment period.

# **Chapter 3**

Chapter 3: Using the plan for  
your medical services

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## **Section 1      Things to know about getting your medical care as a member of our plan**

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This chapter explains what you need to know about using the plan to get your medical care covered. It gives definitions of terms and explains the rules you will need to follow to get the medical treatments, services, equipment, Part B prescription drugs, and other medical care that are covered by the plan.

Because you are a member of the TRS-Care Medicare Advantage plan, you can see any provider (network or out-of-network) at the same cost share, as long as they accept Medicare and are willing to bill UnitedHealthcare.

For the details on what medical care is covered by our plan and how much you pay when you get this care, use the benefits chart in the next chapter, Chapter 4 (**Medical Benefits Chart, what is covered and what you pay**).

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### **Section 1.1      What are “network providers” and “covered services”?**

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- “Providers”** are doctors and other health care professionals licensed by the state to provide medical services and care. The term “providers” also includes hospitals and other health care facilities.
- “Network providers”** are the doctors and other health care professionals, medical groups, hospitals, and other health care facilities that have an agreement with us to accept our payment and your cost-sharing amount as payment in full. We have arranged for these providers to deliver covered services to members in our plan. The providers in our network bill us directly for care they give you. When you see a network provider, you pay only your share of the cost for their services.
- “Primary Care Provider”** (PCP) is a network physician who is selected by you to provide and coordinate your covered services. PCPs are generally physicians specializing in Internal Medicine, Family Practice or General Practice.
- “Covered services”** include all the medical care, health care services, supplies, and equipment that are covered by our plan. Your covered services for medical care are listed in the benefits chart in Chapter 4.

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### **Section 1.2      Basic rules for getting your medical care covered by the plan**

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As a Medicare health plan, TRS-Care Medicare Advantage must cover all services covered by Original Medicare and must follow Original Medicare’s coverage rules.

The plan will generally cover your medical care as long as:

- The care you receive is included in the plan’s Medical Benefits Chart** (this chart is in Chapter 4 of this document).
- The care you receive is considered medically necessary.** “Medically necessary” means that the services, supplies, equipment, or drugs are needed for the prevention, diagnosis, or treatment of your medical condition and meet accepted standards of medical practice.



- You receive your care from a provider who is eligible to provide services under Original Medicare.** As a member of our plan, you can receive your care from either a network provider or an out-of-network provider (for more about this, see Section 2 in this chapter).
  - The providers in our network are listed in the **Provider Directory**.
  - **Please note:** While you can get your care from an out-of-network provider, the provider must be eligible to participate in Medicare. Except for emergency care, we cannot pay a provider who has opted out of or been excluded or precluded from the Medicare Program. If you go to a provider who is not eligible to participate in Medicare, you will be responsible for the full cost of the services you receive. Check with your provider before receiving services to confirm that they are eligible to participate in Medicare.

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## **Section 2      Using network and out-of-network providers to get your medical care**

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As a member of the TRS-Care Medicare Advantage plan, you may see doctors and other health care professionals, medical groups, hospitals, and other health care facilities that are not contracted with UnitedHealthcare, as long as they accept Medicare and are willing to bill UnitedHealthcare, and as long as the services are covered benefits and are medically necessary. **Unlike most PPO plans, with this plan you pay the same cost share for in-network and out-of-network services.**

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### **Section 2.1      How to get care from specialists and other network providers**

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A specialist is a doctor who provides health care services for a specific disease or part of the body. There are many kinds of specialists. Here are a few examples:

- Oncologists care for patients with cancer.
- Cardiologists care for patients with heart conditions.
- Orthopedists care for patients with certain bone, joint, or muscle conditions.

#### **How to access your behavioral/mental health benefit**

You can call the number on your UnitedHealthcare UCard 24 hours a day, 7 days a week to access your behavioral/mental health benefit. A representative will talk with you and ask about your situation. Depending on the help you need, a clinician may also talk with you to help determine an appropriate provider and treatment.

Or, your primary care provider (PCP) can call us to submit a referral for you. Any personal information you share with your PCP and their staff will be kept confidential.

During the call, we can provide information on network mental health providers, specialty care and how to get care after office hours.

#### **What if a specialist or another network provider leaves our plan?**

It is important that you know that we may make changes to the hospitals, doctors, and specialists (providers) that are part of your plan during the year. If this happens, you may continue to see the provider as long as he/she continues to accept the plan and has not opted out of or been excluded

or precluded from the Medicare Program, and the care you receive is a covered service and is medically necessary. Even though our network of providers may change during the year, Medicare requires that we furnish you with uninterrupted access to qualified doctors and specialists. When possible, we will provide you with at least 30 days' notice that your network provider is leaving our plan.

You may call Customer Service for assistance at the number listed in Chapter 2 of this booklet.

Some services require prior authorization from the plan in order to be covered. Obtaining prior authorization is the responsibility of the PCP or treating provider. Services and items requiring prior authorization are listed in Medical Benefits Chart in Chapter 4, Section 2.1.

## **Section 2.2            How to get care from out-of-network providers**

As a member of our plan, you can choose to receive care from out-of-network providers. However, please note providers that do not contract with us are under no obligation to treat you, except in emergency situations. Our plan will cover services from either network or out-of-network providers, as long as the services are covered benefits and are medically necessary. Because you are a member of the TRS-Care Medicare Advantage plan, **you can see any provider (network or out-of-network) that accepts Medicare and is willing to bill UnitedHealthcare, at the same cost share.** Here are other important things to know about using out-of-network providers:

- You can get your care from an out-of-network provider, however, in most cases that provider must be eligible to participate in Medicare. Except for emergency care, we cannot pay a provider who has opted out of or been excluded or precluded from the Medicare Program. If you receive care from a provider who is not eligible to participate in Medicare, you will be responsible for the full cost of the services you receive. Check with your provider before receiving services to confirm that they are eligible to participate in Medicare.
- You don't need to get a referral or prior authorization when you get care from out-of-network providers. However, before getting services from out-of-network providers you may want to ask for a pre-visit coverage decision to confirm that the services you are getting are covered and are medically necessary. (See Chapter 7, Section 4 for information about asking for coverage decisions.) This is important because:
  - Without a pre-visit coverage decision, if we later determine that the services are not covered or were not medically necessary, we may deny coverage and you will be responsible for the entire cost. If we say we will not cover your services, you have the right to appeal our decision not to cover your care. See Chapter 7 (**What to do if you have a problem or complaint**) to learn how to make an appeal.
- It is best to ask an out-of-network provider to bill the plan first. But, if you have already paid for the covered services, we will reimburse you for our share of the cost for covered services. Or if an out-of-network provider sends you a bill that you think we should pay, you can send it to us for payment. See Chapter 5 (**Asking us to pay our share of a bill you have received for covered medical services**) for information about what to do if you receive a bill or if you need to ask for reimbursement.

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## **Section 3            How to get services when you have an emergency or urgent need for care or during a disaster**

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### **Section 3.1           Getting care if you have a medical emergency**

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#### **What is a “medical emergency” and what should you do if you have one?**

A “**medical emergency**” is when you, or any other prudent layperson with an average knowledge of health and medicine, believe that you have medical symptoms that require immediate medical attention to prevent your loss of life (and, if you are a pregnant woman, loss of an unborn child), loss of a limb or function of a limb, or loss of or serious impairment to a bodily function. The medical symptoms may be an illness, injury, severe pain, or a medical condition that is quickly getting worse.

If you have a medical emergency:

- Get help as quickly as possible.** Call 911 for help or go to the nearest emergency room or hospital. Call for an ambulance if you need it. You do not need to use a network doctor. You may get covered emergency medical care whenever you need it, anywhere in the world.

#### **What is covered if you have a medical emergency?**

Our plan covers ambulance services in situations where getting to the emergency room in any other way could endanger your health. We also cover medical services during the emergency.

The doctors who are giving you emergency care will decide when your condition is stable and the medical emergency is over.

After the emergency is over you are entitled to follow-up care to be sure your condition continues to be stable. Your doctors will continue to treat you until your doctors contact us and make plans for additional care. Your follow-up care will be covered by our plan.

#### **What if it wasn’t a medical emergency?**

Sometimes it can be hard to know if you have a medical emergency. For example, you might go in for emergency care – thinking that your health is in serious danger – and the doctor may say that it wasn’t a medical emergency after all. If it turns out that it was not an emergency, as long as you reasonably thought your health was in serious danger, we will cover your care.

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### **Section 3.2           Getting care when you have an urgent need for services**

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#### **What are “urgently needed services”?**

A plan-covered service requiring immediate medical attention that is not an emergency is an urgently needed service if either you are temporarily outside the service area of the plan, or it is unreasonable given your time, place, and circumstances to obtain this service from network providers with whom the plan contracts. Examples of urgently needed services are unforeseen medical illnesses and injuries, or unexpected flare-ups of existing conditions. However, medically necessary routine provider visits, such as annual checkups, are not considered urgently needed even if you are outside the service area of the plan or the plan network is temporarily unavailable.

Our plan covers worldwide emergency and urgently needed services outside the United States under the following circumstances: emergency services, including emergency or urgently needed care and emergency ambulance transportation from the scene of an emergency to the nearest medical treatment facility. Transportation back to the United States from another country is not covered. Pre-scheduled, pre-planned treatments (including dialysis for an ongoing condition) and/or elective procedures are not covered.

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### **Section 3.3      Getting care during a disaster**

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If the Governor of your state, the U.S. Secretary of Health and Human Services, or the President of the United States declares a state of disaster or emergency in your geographic area, you are still entitled to care from your plan.

Please visit the following website: [uhc.com/disaster-relief-info](http://uhc.com/disaster-relief-info) or contact Customer Service for information on how to obtain needed care during a disaster.

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## **Section 4      What if you are billed directly for the full cost of your services?**

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### **Section 4.1      You can ask us to pay our share of the cost of covered services**

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If you have paid more than your plan cost-sharing for covered services, or if you have received a bill for the full cost of covered medical services, go to Chapter 5 (**Asking us to pay our share of a bill you have received for covered medical services**) for information about what to do.

### **Section 4.2      If services are not covered by our plan, you must pay the full cost**

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Our plan covers all medically necessary services as listed in the Medical Benefits Chart in Chapter 4 of this document. If you receive services not covered by our plan, you are responsible for paying the full cost of services.

For covered services that have a benefit limitation, you also pay the full cost of any services you get after you have used up your benefit for that type of covered service. For example, if your plan covers one routine physical exam per year and you receive that routine physical but choose to have a second routine physical within the same year, you pay the full cost of the second routine physical. Any amounts that you pay after you have reached the benefit limitation do not count toward your annual out-of-pocket maximum. (See Chapter 4 for more information on your plan's out-of-pocket maximum.)

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## **Section 5      How are your medical services covered when you are in a “clinical research study”?**

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### **Section 5.1      What is a “clinical research study”?**

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A clinical research study (also called a “clinical trial”) is a way that doctors and scientists test new types of medical care, like how well a new cancer drug works. Certain clinical research studies are

approved by Medicare. Clinical research studies approved by Medicare typically request volunteers to participate in the study.

Once Medicare approves the study, and you express interest, someone who works on the study will contact you to explain more about the study and see if you meet the requirements set by the scientists who are running the study. You can participate in the study as long as you meet the requirements for the study **and** you have a full understanding and acceptance of what is involved if you participate in the study.

If you participate in a Medicare-approved study, Original Medicare pays most of the costs for the covered services you receive as part of the study. If you tell us that you are in a qualified clinical trial, then you are only responsible for in-network cost-sharing for the services in that trial. If you paid more, for example, if you already paid the Original Medicare cost-sharing amount, we will reimburse the difference between what you paid and the in-network cost-sharing. However, you will need to provide documentation to show us how much you paid. When you are in a clinical research study, you may stay enrolled in our plan and continue to get the rest of your care (the care that is not related to the study) through our plan. Note: If you are not entitled to Medicare Part A coverage, neither Medicare nor the plan will pay the Part A costs related to a Medicare-covered clinical research study.

If you want to participate in any Medicare-approved clinical research study, you do **not** need to tell us or to get approval from us. The providers that deliver your care as part of the clinical research study do **not** need to be part of our plan's network of providers. Please note that this does not include benefits for which our plan is responsible that include, as a component, a clinical trial or registry to assess the benefit. These include certain benefits specified under national coverage determinations requiring coverage with evidence development (NCDs-CED) and investigational device exemption (IDE) studies and may be subject to prior authorization and other plan rules.

Although you do not need to get our plan's permission to be in a clinical research study, covered for Medicare Advantage enrollees by Original Medicare, we encourage you to notify us in advance when you choose to participate in Medicare-qualified clinical trials.

If you participate in a study that Medicare has not approved you will be responsible for paying all costs for your participation in the study.

## **Section 5.2      When you participate in a clinical research study, who pays for what?**

Once you join a Medicare-approved clinical research study, Original Medicare covers the routine items and services you receive as part of the study, including:

- Room and board for a hospital stay that Medicare would pay for even if you weren't in a study.
- An operation or other medical procedure if it is part of the research study.
- Treatment of side effects and complications of the new care.

Note: If you are not entitled to Medicare Part A coverage, neither Medicare nor the plan will pay the Part A related costs related to a Medicare-covered clinical research study.

After Medicare has paid its share of the cost for these services, our plan will pay the difference between the cost-sharing in Original Medicare and your in-network cost-sharing as a member of our plan. This means you will pay the same amount for the services you receive as part of the study as you would if you received these services from our plan. However, you are required to submit

documentation showing how much cost-sharing you paid. Please see Chapter 5 for more information for submitting requests for payments.

**Here's an example of how the cost-sharing works:** Let's say that you have a lab test that costs \$100 as part of the research study. Let's also say that your share of the costs for this test is \$20 under Original Medicare, but the test would be \$10 under our plan's benefits. In this case, Original Medicare would pay \$80 for the test and you would pay the \$20 copay required under Original Medicare. You would then notify your plan that you received a qualified clinical trial service and submit documentation such as a provider bill to the plan. The plan would then directly pay you \$10. Therefore, your net payment is \$10, the same amount you would pay under our plan's benefits. Please note that in order to receive payment from your plan, you must submit documentation to your plan such as a provider bill.

When you are part of a clinical research study, **neither Medicare nor our plan will pay for any of the following:**

- Generally, Medicare will **not** pay for the new item or service that the study is testing unless Medicare would cover the item or service even if you were **not** in a study.
- Items or services provided only to collect data, and not used in your direct health care. For example, Medicare would not pay for monthly CT scans done as part of the study if your medical condition would normally require only one CT scan.
- Items and services customarily provided by the research sponsors free-of-charge for any enrollee in the trial.

### **Do you want to know more?**

You can get more information about joining a clinical research study by visiting the Medicare website to read or download the publication "Medicare and Clinical Research Studies." (The publication is available at: [medicare.gov/Pubs/pdf/02226-Medicare-and-Clinical-Research-Studies.pdf](https://www.medicare.gov/Pubs/pdf/02226-Medicare-and-Clinical-Research-Studies.pdf).) You can also call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

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## **Section 6            Rules for getting care in a "religious non-medical health care institution"**

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### **Section 6.1            What is a religious non-medical health care institution?**

A religious non-medical health care institution is a facility that provides care for a condition that would ordinarily be treated in a hospital or skilled nursing facility. If getting care in a hospital or a skilled nursing facility is against a member's religious beliefs, we will instead provide coverage for care in a religious non-medical health care institution. This benefit is provided only for Part A inpatient services (non-medical health care services).

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### **Section 6.2            Receiving care from a religious non-medical health care institution**

To get care from a religious non-medical health care institution, you must sign a legal document that says you are conscientiously opposed to getting medical treatment that is "non-excepted."

- “Non-excepted” medical care or treatment is any medical care or treatment that is **voluntary** and **not required** by any federal, state, or local law.
- “Excepted” medical treatment is medical care or treatment that you get that is **not** voluntary or **is required** under federal, state, or local law.

To be covered by our plan, the care you get from a religious non-medical health care institution must meet the following conditions:

- The facility providing the care must be certified by Medicare.
- Our plan’s coverage of services you receive is limited to **non-religious** aspects of care.
- If you get services from this institution that are provided to you in a facility, the following conditions apply:
  - You must have a medical condition that would allow you to receive covered services for inpatient hospital care or skilled nursing facility care.
  - **and** – you must get approval in advance from our plan before you are admitted to the facility or your stay will not be covered.

You are covered for unlimited days in the hospital, as long as your stay meets Medicare coverage guidelines. The coverage limits are described under **inpatient hospital care** in the medical benefits chart in Chapter 4.

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## **Section 7                      Rules for ownership of durable medical equipment**

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### **Section 7.1                      Will you own the durable medical equipment after making a certain number of payments under our plan?**

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Durable medical equipment (DME) includes items such as oxygen equipment and supplies, wheelchairs, walkers, powered mattress systems, crutches, diabetic supplies, speech generating devices, IV infusion pumps, nebulizers, and hospital beds ordered by a provider for use in the home. The member always owns certain items, such as prosthetics. In this section, we discuss other types of DME that you must rent.

In Original Medicare, people who rent certain types of DME own the equipment after paying copayments for the item for 13 months. As a member of our plan, however, you usually will not acquire ownership of rented DME items no matter how many copayments you make for the item while a member of our plan, even if you made up to 12 consecutive payments for the DME item under Original Medicare before you joined our plan. Under certain limited circumstances, we will transfer ownership of the DME item to you. Call Customer Service for more information.

#### **What happens to payments you made for durable medical equipment if you switch to Original Medicare?**

If you did not acquire ownership of the DME item while in our plan, you will have to make 13 new consecutive payments after you switch to Original Medicare in order to own the item. The payments made while enrolled in your plan do not count.

Example 1: You made 12 or fewer consecutive payments for the item in Original Medicare and then joined our plan. The payments you made in Original Medicare do not count.

Example 2: You made 12 or fewer consecutive payments for the item in Original Medicare and then joined our plan. You were in our plan but did not obtain ownership while in our plan. You then go back to Original Medicare. You will have to make 13 consecutive new payments to own the item once you join Original Medicare again. All previous payments (whether to our plan or to Original Medicare) do not count.

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## **Section 7.2            Rules for oxygen equipment, supplies, and maintenance**

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### **What oxygen benefits are you entitled to?**

If you qualify for Medicare oxygen equipment coverage our plan will cover:

- Rental of oxygen equipment
- Delivery of oxygen and oxygen contents
- Tubing and related oxygen accessories for the delivery of oxygen and oxygen contents
- Maintenance and repairs of oxygen equipment

If you leave our plan or no longer medically require oxygen equipment, then the oxygen equipment must be returned.

### **What happens if you leave your plan and return to Original Medicare?**

Original Medicare requires an oxygen supplier to provide you services for five years. During the first 36 months you rent the equipment. The remaining 24 months the supplier provides the equipment and maintenance (you are still responsible for the copayment for oxygen). After five years you may choose to stay with the same company or go to another company. At this point, the five-year cycle begins again, even if you remain with the same company, requiring you to pay copayments for the first 36 months. If you join or leave our plan, the five-year cycle starts over.



# **Chapter 4**

Chapter 4: Medical Benefits  
Chart (what is covered and what  
you pay)

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## **Section 1            Understanding your out-of-pocket costs for covered services**

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This chapter provides a medical benefits chart that lists your covered services and shows how much you will pay for each covered service as a member of TRS-Care Medicare Advantage. Later in this chapter, you can find information about medical services that are not covered. It also explains limits on certain services.

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### **Section 1.1            Types of out-of-pocket costs you may pay for your covered services**

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To understand the payment information we give you in this chapter, you need to know about the types of out-of-pocket costs you may pay for your covered services.

- A **“copayment”** is the fixed amount you pay each time you receive certain medical services. You pay a copayment at the time you get the medical service. (The medical benefits chart in Section 2 tells you more about your copayments.)
- “Coinsurance”** is the percentage you pay of the total cost of certain medical services. You pay a coinsurance at the time you get the medical service. (The medical benefits chart in Section 2 tells you more about your coinsurance.)

Most people who qualify for Medicaid or for the Qualified Medicare Beneficiary (QMB) program should never pay deductibles, copayments or coinsurance for Medicare-covered services. Be sure to show your proof of Medicaid or QMB eligibility to your provider, if applicable.

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### **Section 1.2            What is the most you will pay for Medicare covered medical services?**

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- Your **combined maximum out-of-pocket amount** is \$3,500. This is the most you pay during the plan year for covered Medicare services received from both in-network and out-of-network providers. The amounts you pay for copayments and coinsurance for covered services count toward this combined maximum out-of-pocket amount. In addition, amounts you pay for some services do not count toward your combined maximum out-of-pocket amount. These services are marked with an asterisk in the medical benefits chart. If you have paid \$3,500 for covered services, you will have 100% coverage and will not have any out-of-pocket costs for the rest of the plan year for services. However, you must continue to pay the Medicare Part B premium (unless your Part B premium is paid for you by Medicaid or another third party).

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### **Section 1.3            Our plan does not allow providers to “balance bill” you**

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As a member of TRS-Care Medicare Advantage, an important protection for you is that you only have to pay your cost-sharing amount when you get services covered by our plan. Providers may not add additional separate charges, called “balance billing.” This protection applies even if we pay the provider less than the provider charges for a service and even if there is a dispute and we don’t pay certain provider charges.

Here is how this protection works.

- If your cost-sharing is a copayment (a set amount of dollars, for example, \$15.00) then you pay

only that amount for any covered services from a network provider.

- If your cost-sharing is a coinsurance (a percentage of the total charges), then you never pay more than that percentage. However, your cost depends on which type of provider you see:
  - If you receive the covered services from a network provider, you pay the coinsurance percentage multiplied by the plan’s reimbursement rate (as determined in the contract between the provider and the plan).
  - If you receive the covered services from an out-of-network provider who participates with Medicare, you pay the coinsurance percentage multiplied by the Medicare payment rate for participating providers.
  - If you receive the covered services from an out-of-network provider who does not participate with Medicare, you pay the coinsurance percentage multiplied by the Medicare payment rate for non-participating providers.
- See your cost-sharing amounts in the medical benefits chart in section 2.1 below.
- If you believe a provider has “balance billed” you, call Customer Service.
- Please note: If you receive a covered service from an out-of-network provider who is unwilling to bill the plan, that provider may require you to pay the entire amount yourself at the time you receive the care. You can ask us for reimbursement as described in Chapter 5, Asking us to pay our share of a bill you have received for covered medical services or drugs. We will reimburse our share of the cost. You may be responsible for the difference after your cost share has been applied to the provider’s total billed charges.

## **Section 2            Use the medical benefits chart to find out what is covered and how much you will pay**

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### **Section 2.1        Your medical benefits and costs as a member of the plan**

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The medical benefits chart on the following pages lists the services TRS-Care Medicare Advantage covers and what you pay out-of-pocket for each service. The services listed in the medical benefits chart are covered only when the following coverage requirements are met:

- Your Medicare-covered services must be provided according to the coverage guidelines established by Medicare.
- Your services (including medical care, services, supplies, equipment, and Part B prescription drugs) **must** be medically necessary. “Medically necessary” means that the services, supplies, or drugs are needed for the prevention, diagnosis, or treatment of your medical condition and meet accepted standards of medical practice.
- For new enrollees, your MA coordinated care plan must provide a minimum 90-day transition period, during which time the new MA plan may not require prior authorization for any active course of treatment, even if the course of treatment was for a service that commenced with an out-of-network provider.
- Some of the in-network services listed in the medical benefits chart are covered only if your doctor or other network provider gets approval in advance (sometimes called “prior authorization”) from us. The approval does not guarantee that the plan will pay for the service.

- Covered services that may need approval in advance to be covered as in-network services are marked by a double dagger (††) in the medical benefits chart.
- Network providers agree by contract to obtain prior authorization from the plan and agree not to balance bill you.
- You never need approval in advance for out-of-network services from out-of-network providers.
- While you don't need approval in advance for out-of-network services, you or your doctor can ask us to make a coverage decision in advance.
- If your coordinated care plan provides approval of a prior authorization request for a course of treatment, the approval must be valid for as long as medically reasonable and necessary to avoid disruptions in care in accordance with applicable coverage criteria, your medical history, and the treating provider's recommendation.

Other important things to know about our coverage:

- For benefits where your cost-sharing is a coinsurance percentage, the amount you pay depends on what type of provider you receive the services from:
  - If you receive the covered services from a network provider, you pay the coinsurance percentage multiplied by the plan's reimbursement rate (as determined in the contract between the provider and the plan).
  - If you receive the covered services from an out-of-network provider who participates with Medicare, you pay the coinsurance percentage multiplied by the Medicare payment rate for participating providers.
  - If you receive the covered services from an out-of-network provider who does not participate with Medicare, you pay the coinsurance percentage multiplied by the Original Medicare Limiting Charge.
- See your cost-sharing amounts in the medical benefits chart in section 2.1 below
- Like all Medicare health plans, we cover everything that Original Medicare covers. For some of these benefits, you pay **more** in our plan than you would in Original Medicare. For others, you pay **less**. (If you want to know more about the coverage and costs of Original Medicare, look in your **Medicare & You 2025** handbook. View it online at [medicare.gov](https://www.medicare.gov) or ask for 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.)
- For all Preventive services that are covered at no cost under Original Medicare, we also cover the service at no cost to you. However, if you also are treated or monitored for an existing medical condition during the visit when you receive the preventive service, a copayment will apply for the care received for the existing medical condition. See the medical benefits chart for information about your share of the **out-of-network** costs for these services.
- If Medicare adds coverage for any new services during 2025, either Medicare or our plan will cover those services.

 You will see this apple next to the Preventive services in the benefits chart.

**Medically Necessary** - means health care services, supplies, or drugs needed for the prevention, diagnosis, or treatment of your sickness, injury or illness that are all of the following as determined by us or our designee, within our sole discretion:

- In accordance with **Generally accepted standards of medical practice**.
- Most appropriate, in terms of type, frequency, extent, site and duration, and considered effective for your sickness, injury, or illness.
- Not mainly for your convenience or that of your doctor or other health care provider.
- Meet, but do not exceed your medical need, are at least as beneficial as an existing and available medically appropriate alternative, and are furnished in the most cost-effective manner that may be provided safely and effectively.

**Generally accepted standards of medical practice** are standards that are based on credible scientific evidence published in peer-reviewed medical literature generally recognized by the relevant medical community, relying primarily on controlled clinical trials, or, if not available, observational studies from more than one institution that suggest a causal relationship between the service or treatment and health outcomes.

If no credible scientific evidence is available, then standards that are based on Physician specialty society recommendations or professional standards of care may be considered. We reserve the right to consult expert opinion in determining whether health care services are Medically Necessary. The decision to apply Physician specialty society recommendations, the choice of expert and the determination of when to use any such expert opinion, shall be within our sole discretion.

## Medical Benefits Chart

| Services that are covered for you | What you must pay when you get these services in-network and out-of-network |
|-----------------------------------|---|
|-----------------------------------|---|

Providers may ask you for more than one cost share payment if you get more than one service at an appointment. For example:

- Your doctor will ask for a copayment for the office visit and additional copayments for each x-ray that is performed while you are there.
- Your hospital will ask for separate cost-sharing for outpatient hospital medical services and any radiological tests or Medicare Part B drugs administered while you are there.
- The specific cost-sharing that will apply depends on which services you receive. The Medical benefits chart below lists the cost-sharing that applies for each specific service.



### **Abdominal aortic aneurysm screening**


A one-time (once per lifetime) screening ultrasound for people at risk. The plan only covers this screening if you have certain risk factors and if you get a referral for it from your physician, physician assistant, nurse practitioner, or clinical nurse specialist.



There is no coinsurance, copayment, or deductible for members eligible for this preventive screening.




| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
|--|--|
| <p><b>Acupuncture for chronic low back pain</b></p> <p>Covered services include:</p> <p>Up to 12 visits in 90 days performed by, or under the supervision of a physician (or other medical provider as described below) are covered for Medicare beneficiaries under the following circumstances:</p> <p>For the purpose of this benefit, chronic low back pain is defined as:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lasting 12 weeks or longer;</li> <li><input type="checkbox"/> nonspecific, in that it has no identifiable systemic cause (i.e., not associated with metastatic, inflammatory, infectious disease, etc.);</li> <li><input type="checkbox"/> not associated with surgery; and</li> <li><input type="checkbox"/> not associated with pregnancy.</li> </ul> <p>An additional eight sessions will be covered for those patients demonstrating an improvement. No more than 20 acupuncture treatments may be administered annually.</p> <p>Treatment must be discontinued if the patient is not improving or is regressing.</p> <p><b>Generally, Medicare-covered acupuncture services are not covered when provided by an acupuncturist or chiropractor.</b></p> <p>Provider Requirements:</p> <p>Physicians (as defined in 1861(r)(1) of the Social Security Act (the Act) may furnish acupuncture in accordance with applicable state requirements.</p> <p>Physician assistants (PAs), nurse practitioners (NPs)/clinical nurse specialists (CNSs) (as identified in 1861(aa)(5) of the Act), and auxiliary personnel may furnish acupuncture if they meet all applicable state requirements and have:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> a masters or doctoral level degree in acupuncture or Oriental Medicine from a school accredited by the</li> </ul> | <p>5% coinsurance for each Medicare-covered visit.</p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |


| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
|--|--|
| <p>Accreditation Commission on Acupuncture and Oriental Medicine (ACAOM); and,</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> a current, full, active, and unrestricted license to practice acupuncture in a State, Territory, or Commonwealth (i.e. Puerto Rico) of the United States, or District of Columbia.</li> <li><input type="checkbox"/> Benefit is not covered when solely provided by an independent acupuncturist.</li> </ul> <p>Auxiliary personnel furnishing acupuncture must be under the appropriate level of supervision of a physician, PA, or NP/CNS as required by Medicare.</p> <p>Acupuncture services performed by providers that do not meet CMS acupuncture provider requirements are not covered even in locations where there are no providers available that meet CMS requirements.</p> |  |
| <p><b>Ambulance services</b></p> <p>Covered ambulance services, whether for an emergency or non-emergency situation, include fixed wing, rotary wing, and ground ambulance services, to the nearest appropriate facility that can provide care only if they are furnished to a member whose medical condition is such that other means of transportation could endanger the person’s health or if authorized by the plan. If the covered ambulance services are not for an emergency situation, it should be documented that the member’s condition is such that other means of transportation could endanger the person’s health and that transportation by ambulance is medically required.</p>  | <p>5% coinsurance for each one-way Medicare-covered trip.</p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p><i>Authorization is not required for non-emergency Medicare-covered ambulance ground transportation.</i></p> <p><i>Authorization is required for non-emergency Medicare-covered ambulance air transportation.</i></p> <p><i>Emergency ambulance does not require authorization.</i></p> |






| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network             |
|--|---|
| <p><b>Annual routine physical exam</b></p> <p>Includes comprehensive physical examination and evaluation of status of chronic diseases. Doesn't include lab tests, radiological diagnostic tests or non-radiological diagnostic tests. Additional cost share may apply to any lab or diagnostic testing performed during your visit, as described for each separate service in this Medical Benefits Chart.</p> <p>Benefit is combined in and out-of-network.</p>  | <p>\$0 copayment for a routine physical exam each year.</p>                             |
| <p> <b>Annual wellness visit</b></p> <p>If you've had Part B for longer than 12 months, you can get an annual wellness visit to develop or update a personalized prevention plan based on your current health and risk factors. You don't have to wait a full year to get your annual wellness visit, you can get it once every calendar year. Doesn't include lab tests, radiological diagnostic tests or non-radiological diagnostic tests. Additional cost share may apply to any lab or diagnostic testing performed during your visit, as described for each separate service in this Medical Benefits Chart.</p> <p><b>Note:</b> Your first annual wellness visit can't take place within 12 months of your Welcome to Medicare preventive visit. However, you don't need to have had a Welcome to Medicare visit to be covered for annual wellness visits after you've had Part B for 12 months.</p> | <p>There is no coinsurance, copayment, or deductible for the annual wellness visit.</p> |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
|---|--|
| <p> <b>Bone mass measurement</b></p> <p>For qualified individuals (generally, this means people at risk of losing bone mass or at risk of osteoporosis), the following services are covered every 24 months or more frequently if medically necessary: procedures to identify bone mass, detect bone loss, or determine bone quality, including a physician’s interpretation of the results.</p>   | <p>There is no coinsurance, copayment, or deductible for Medicare-covered bone mass measurement.</p>   |
| <p> <b>Breast cancer screening (mammograms)</b></p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> One baseline mammogram between the ages of 35 and 39</li> <li><input type="checkbox"/> One screening mammogram every 12 months for women age 40 and older</li> <li><input type="checkbox"/> Clinical breast exams once every 24 months</li> </ul> <p>A screening mammography is used for the early detection of breast cancer in women who have no signs or symptoms of the disease. Once a history of breast cancer has been established, and until there are no longer any signs or symptoms of breast cancer, ongoing mammograms are considered diagnostic and are subject to cost sharing as described under Outpatient Diagnostic Tests and Therapeutic Services and Supplies in this chart. Therefore, the screening mammography annual benefit is not available for members who have signs or symptoms of breast cancer.</p> | <p>There is no coinsurance, copayment, or deductible for covered screening mammograms.</p>   |
| <p><b>Cardiac rehabilitation services</b></p> <p>Comprehensive programs of cardiac rehabilitation services that include exercise, education, and counseling are covered for members who meet certain conditions with a doctor’s order.</p>  | <p>\$10 copayment for each Medicare-covered cardiac rehabilitative visit.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
|--|--|
| <p><b>Intensive cardiac rehabilitation services</b></p> <p>The plan covers intensive cardiac rehabilitation programs that are typically more rigorous or more intense than cardiac rehabilitation programs.</p>  | <p>\$10 copayment for each Medicare-covered intensive cardiac rehabilitative visit.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p> <b>Cardiovascular disease risk reduction visit (therapy for cardiovascular disease)</b></p> <p>We cover one visit per year with your primary care doctor to help lower your risk for cardiovascular disease. During this visit, your doctor may discuss aspirin use (if appropriate), check your blood pressure, and give you tips to make sure you're eating healthy.</p>  | <p>There is no coinsurance, copayment, or deductible for the cardiovascular disease preventive benefit.</p>  |
| <p> <b>Cardiovascular disease testing</b></p> <p>Blood tests for the detection of cardiovascular disease (or abnormalities associated with an elevated risk of cardiovascular disease) covered once every 5 years (60 months).</p>  | <p>There is no coinsurance, copayment, or deductible for cardiovascular disease testing that is covered once every five years.</p>   |
| <p> <b>Cervical and vaginal cancer screening</b></p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> For all women: Pap tests and pelvic exams are covered once every 24 months</li> <li><input type="checkbox"/> If you are at high risk of cervical or vaginal cancer or you are of childbearing age and have had an abnormal Pap test within the past 3 years: one Pap test every 12 months</li> <li><input type="checkbox"/> For asymptomatic women between the ages of 30 and 65: HPV testing once every 5 years, in conjunction with the Pap test</li> </ul> | <p>There is no coinsurance, copayment, or deductible for Medicare-covered preventive Pap and pelvic exams.</p>   |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
|--|---|
| <p><b>Chiropractic services</b></p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Manual manipulation of the spine to correct subluxation (when one or more of the bones of your spine move out of position). Manual manipulation is a treatment that uses hands-on pressure to gently move your joints and tissues.</li> </ul> <p>Excluded from Medicare coverage is any service other than manual manipulation for the treatment of subluxation, including:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Maintenance therapy. Chiropractic treatment is considered maintenance therapy when continuous ongoing care is no longer expected to provide clinical improvements and the treatment becomes supportive instead of corrective.</li> <li><input type="checkbox"/> Extra charges when your chiropractor uses a manual, hand-held device to add controlled pressure during treatment.</li> <li><input type="checkbox"/> X-rays, massage therapy, and acupuncture (unless the acupuncture is for the treatment of chronic low back pain).</li> </ul> | <p>5% coinsurance for each Medicare-covered visit.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p><b>Routine chiropractic services</b></p> <p>Includes 20 visits per plan year.</p> <p>Please turn to Section 4 Routine chiropractic services of this chapter for more detailed information about this chiropractic benefit.</p>  | <p>5% coinsurance for each visit</p> <p>Benefit is combined in and out-of-network.</p>  |
| <p> <b>Colorectal cancer screening</b></p>  | <p>There is no coinsurance, copayment, or deductible for a</p>  |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
|--|---|
| <p>The following screening tests are covered:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Colonoscopy has no minimum or maximum age limitation and is covered once every 120 months (10 years) for patients not at high risk, or 48 months after a previous flexible sigmoidoscopy for patients who are not at high risk for colorectal cancer, and once every 24 months for high risk patients after a previous screening colonoscopy or barium enema.</li> <li><input type="checkbox"/> Flexible sigmoidoscopy for patients 45 years and older. Once every 120 months for patients not at high risk after the patient received a screening colonoscopy. Once every 48 months for high risk patients from the last flexible sigmoidoscopy or barium enema.</li> <li><input type="checkbox"/> Screening fecal-occult blood tests for patients 45 years and older. Once every 12 months.</li> <li><input type="checkbox"/> Multitarget stool DNA for patients 45 to 85 years of age and not meeting high risk criteria. Once every 3 years.</li> <li><input type="checkbox"/> Blood-based Biomarker Tests for patients 45 to 85 years of age and not meeting high risk criteria. Once every 3 years.</li> <li><input type="checkbox"/> Barium Enema as an alternative to colonoscopy for patients at high risk and 24 months since the last screening barium enema or the last screening colonoscopy.</li> <li><input type="checkbox"/> Barium Enema as an alternative to flexible sigmoidoscopy for patient not at high risk and 45 years or older. Once at least 48 months following the last screening barium enema or screening flexible sigmoidoscopy.</li> </ul> <p>Colorectal cancer screening tests include a follow-up screening colonoscopy after a Medicare covered non-invasive stool-based colorectal cancer screening test returns a positive result.</p> | <p>Medicare-covered colorectal cancer screening exam, excluding barium enemas, and colonoscopy.</p> <p>There is no coinsurance, copayment, or deductible for each Medicare-covered barium enema.</p> <p>If you have a prior history of colon cancer, or have had polyps removed during a previous colonoscopy, ongoing colonoscopies are considered diagnostic and are subject to cost-sharing as described under the outpatient surgery cost-sharing in this chart. Therefore, the screening colonoscopy benefit is not available for members who have signs or symptoms prior to the colonoscopy.</p> <p>A colonoscopy or sigmoidoscopy conducted for polyp removal or biopsy is a surgical procedure subject to the outpatient surgery cost-sharing described later in this chart.</p> |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
|---|---|
| <p>Outpatient diagnostic colonoscopy</p>  | <p>\$250 copayment for each Medicare-covered diagnostic colonoscopy.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p><b>Compression stockings (non-Medicare-covered)</b><br/>                     Includes unlimited stockings per plan year, for select stockings.</p>   | <p>\$0 copayment</p>  |
| <p> <b>Depression screening</b></p> <p>We cover one screening for depression per year. The screening must be done in a primary care setting that can provide follow-up treatment and/or referrals.</p>  | <p>There is no coinsurance, copayment, or deductible for an annual depression screening visit.</p>  |
| <p> <b>Diabetes screening and monitoring</b></p> <p>We cover this screening (includes fasting glucose tests) if you have any of the following risk factors: high blood pressure (hypertension), history of abnormal cholesterol and triglyceride levels (dyslipidemia), obesity, or a history of high blood sugar (glucose). Tests may also be covered if you meet other requirements, like being overweight and having a family history of diabetes.</p> <p>You may be eligible for up to two diabetes screenings every plan year following the date of your most recent diabetes screening test.</p> | <p>There is no coinsurance, copayment, or deductible for the Medicare-covered diabetes screening tests.</p>   |
| <p> <b>Diabetes self-management training, diabetic services and supplies</b></p>   |   |


| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
|---|---|
| <p>For all people who have diabetes (insulin and non-insulin users). Covered services include:</p> <ul style="list-style-type: none"> <li>□ Supplies to monitor your blood glucose: continuous glucose monitors, blood glucose monitors, blood glucose test strips, lancet devices and lancets, and glucose-control solutions for checking the accuracy of test strips and monitors.</li> </ul> <p>TRS-Care Medicare Advantage covers any blood glucose monitors and test strips specified within this list. We will generally not cover alternate brands unless your doctor or other provider tells us that use of an alternate brand is medically necessary in your specific situation. If you are new to TRS-Care Medicare Advantage and are using a brand of blood glucose monitors and test strips that is not on our list, you may contact us within the first 90 days of enrollment into the plan to request a temporary supply of the alternate brand while you consult with your doctor or other provider. During this time, you should talk with your doctor to decide whether any of the preferred brands are medically appropriate for you. If you or your doctor believe it is medically necessary for you to maintain use of an alternate brand, you may request a coverage exception to have TRS-Care Medicare Advantage maintain coverage of a non-preferred product through the end of the benefit year. Non-preferred products will not be covered following the initial 90 days of the benefit year without an approved coverage exception.</p> <p>If you (or your provider) don't agree with the plan's coverage decision, you or your provider may file an appeal. You can also file an appeal if you don't agree with your provider's decision about what product or brand is appropriate for your medical condition. (For more information about appeals, see Chapter 7, What to do if you have a problem or complaint (coverage decisions, appeals, complaints).)</p> | <p>\$0 copayment for each Medicare-covered diabetes monitoring supply.<sup>††</sup></p> <p>We only cover Accu-Chek® and OneTouch® brands.</p> <p>Covered glucose monitors include: OneTouch Verio Flex®, 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>Insulin and syringes are not covered.</p> |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
|--|---|
| <p><input type="checkbox"/> <b>Continuous glucose monitor (CGM)</b></p> <p><input type="checkbox"/> Medicare-covered CGMs and supplies are covered for people with diabetes on intensive insulin therapy.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Non-Medicare covered non-therapeutic CGMs and supplies.</li> </ul> <p><input type="checkbox"/> <b>For people with diabetes who have severe diabetic foot disease:</b> One pair per plan year of therapeutic custom-molded shoes (including inserts provided with such shoes) and two additional pairs of inserts, or one pair of depth shoes and three pairs of inserts (not including the non-customized removable inserts provided with such shoes). Coverage includes fitting.</p> <p><input type="checkbox"/> <b>Diabetes self-management training</b> is covered under certain conditions. Limited to 20 visits of 30 minutes per year for a maximum of 10 hours the initial year. Follow-up training subsequent years after, limited to 4 visits of 30 minutes for a maximum of 2 hours per year.</p> <p><input type="checkbox"/> <b>Omnipod insulin delivery system and supplies</b> (non-Medicare covered)</p> | <p>\$0 copayment for Medicare-covered continuous glucose monitors (CGMs) and supplies.<sup>††</sup></p> <p>\$0 copayment for non-Medicare covered non-therapeutic CGMs and supplies.<sup>††</sup></p> <p>\$0 copayment for each pair of Medicare-covered therapeutic shoes.<sup>††</sup></p> <p>\$0 copayment for Medicare-covered benefits.</p> <p>\$0 copayment</p> |




| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
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| <p><b>Durable medical equipment (DME) and related supplies</b><br/>                     (For a definition of “durable medical equipment,” see Chapter 10 as well as Chapter 3, Section 7 of this document.)</p> <p>Covered items include, but are not limited to: wheelchairs, crutches, powered mattress systems, diabetic supplies, hospital beds ordered by a provider for use in the home, IV infusion pumps, speech generating devices, oxygen equipment, nebulizers, and walkers.</p> <p>We cover all medically necessary DME covered by Original Medicare. If our supplier in your area does not carry a particular brand or manufacturer, you may ask them if they can special order it for you. The most recent list of suppliers is available on our website at <a href="http://retiree.uhc.com/TRS-CareMA">retiree.uhc.com/TRS-CareMA</a>.</p> | <p>5% coinsurance for Medicare-covered benefits, except for insulin pumps and associated supplies.<sup>††</sup></p> <p>\$0 copay for compression stockings for lymphedema.</p> <p>\$0 copayment for insulin pumps and associated supplies.<sup>††</sup></p> <p>Your cost-sharing for Medicare oxygen equipment coverage is 5% coinsurance, every time you get covered equipment or supplies.<sup>††</sup></p> <p>Your cost-sharing will not change after being enrolled for 36 months.</p> <p>If prior to enrolling in our plan you had made 36 months of rental payment for oxygen equipment coverage, your cost-sharing in our plan is 5% coinsurance.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p><b>Non-Medicare-covered durable medical equipment and related Supplies</b></p> <p>Covered items include non-Medicare-covered non-therapeutic continuous glucose monitors (CGM) and supplies.</p>   | <p>\$0 copayment for non-Medicare covered non-therapeutic CGMs and supplies.<sup>††</sup></p>   |


| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
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| <p><b>Emergency care</b></p> <p>Emergency care refers to services that are:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/>Furnished by a provider qualified to furnish emergency services, and</li> <li><input type="checkbox"/>Needed to evaluate or stabilize an emergency medical condition.</li> </ul> <p>A medical emergency is when you, or any other prudent layperson with an average knowledge of health and medicine, believe that you have medical symptoms that require immediate medical attention to prevent loss of life (and, if you are a pregnant woman, loss of an unborn child), loss of a limb, or loss of function of a limb. The medical symptoms may be an illness, injury, severe pain, or a medical condition that is quickly getting worse.</p> <p>Cost-sharing for necessary emergency services furnished out-of-network is the same as for such services furnished in-network.</p> <p>Worldwide coverage for emergency department services.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/>This includes emergency or urgently needed care and emergency ambulance transportation from the scene of an emergency to the nearest medical treatment facility.</li> <li><input type="checkbox"/>Transportation back to the United States from another country is not covered.</li> <li><input type="checkbox"/>Pre-scheduled, pre-planned treatments (including dialysis for an ongoing condition) and/or elective procedures are not covered.</li> <li><input type="checkbox"/>Services provided by a dentist are not covered.</li> </ul> | <p>\$65 copayment for each emergency room visit.</p> <p>You do not pay this amount if you are admitted to the hospital within 24 hours for the same condition. If you are admitted to a hospital, you will pay cost-sharing as described in the “Inpatient hospital care” section in this benefit chart.</p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p><br><p>\$65 copayment for worldwide coverage for emergency services. You do not pay this amount if admitted to the hospital within 24 hours for the same condition. If you are admitted to a hospital, you will pay cost-sharing as described in the Inpatient hospital care section in this benefit chart. Please see Chapter 5 Section 1.1 for expense reimbursement for worldwide services.</p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
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| <p> <b>Fitness program</b><br/>                     SilverSneakers®</p> <p>SilverSneakers® is a health and fitness program designed for Medicare plan members. It’s available to you at no additional cost and includes:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> \$0 standard monthly membership fee and group exercise classes at participating fitness locations.<sup>1</sup></li> <li><input type="checkbox"/> Thousands of participating locations<sup>1</sup> nationwide with various amenities.</li> <li><input type="checkbox"/> SilverSneakers Community classes<sup>2</sup> to get active outside of traditional gyms.</li> <li><input type="checkbox"/> If you prefer accessing the benefit from your home, there are virtual resources and a support network through SilverSneakers LIVE™, SilverSneakers On-Demand™ and the SilverSneakers GO™ fitness app.</li> <li><input type="checkbox"/> Or SilverSneakers Steps kit for members 15 miles or more from a participating fitness center. Choose the kit that works best for you: toning, strength, walking or yoga.</li> </ul> <p>Always talk with your doctor before starting an exercise program.</p> <p>1. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.</p> <p>2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.</p> | <p>SilverSneakers is available at no additional cost to you.</p> <p>Call or go online to learn more and to get your SilverSneakers ID number. 1-888-338-1722, TTY 711 or <a href="https://www.silversneakers.com/StartHere">SilverSneakers.com/StartHere</a>.</p> |
| <p><b>UnitedHealthcare Healthy at Home</b><br/>                     Post-discharge program</p> <p>With UnitedHealthcare Healthy at Home, the following benefits are available up to 30 days following all inpatient</p>  | <p>\$0 copayment for covered services provided by approved vendors.</p>   |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network |
|---|---|
| <p>hospital and skilled nursing facility (SNF) stays, at no cost to you. Call Customer Service for more information, to request a referral after each discharge and to use your benefits.</p> <p><b>Home-delivered meals</b></p> <p>Receive 28 home-delivered meals when referred by your plan. The first meal delivery may take up to 72 hours after you place your order. Restrictions, limitations and exclusions apply, including shipping and other requirements.</p> <p><b>Non-emergency transportation</b></p> <p>Receive 12 one-way trips to and from medically related appointments and the pharmacy, up to 100 miles per trip, when referred by your plan.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> New referrals are required after each discharge. If you have been recently discharged from the hospital or a SNF and would like a referral, call the number on your UnitedHealthcare UCard.</li> <li><input type="checkbox"/> Trips must be to or from plan-approved medically related appointments or locations, limited to ground transportation only.</li> <li><input type="checkbox"/> Mileage reimbursement is available on request (arrangements must be made in advance).</li> <li><input type="checkbox"/> Each one-way trip must not exceed 100 miles. A trip is considered one-way and a round trip is considered 2 trips.</li> <li><input type="checkbox"/> This benefit cannot be used for emergency related trips. Drivers do not have medical training. In case of an emergency, call 911.</li> <li><input type="checkbox"/> You may bring 1 companion per trip who is 18 years or older.</li> </ul> |   |


| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
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| <p><input type="checkbox"/> Cab and sedan services are available, as well as transportation by stretcher if needed.</p> <p><input type="checkbox"/> Appointments can be made up to 30 days in advance. Standard transportation services must be made at least 2 business days in advance. Weekend scheduling is available for urgent requests only.</p> <p><b>In-home non-medical personal care</b></p> <p>Receive 6 hours of in-home non-medical care through a professional caregiver who can perform tasks such as companionship, preparing meals, bathing, medication reminders, providing transportation around your community and more. Contact CareLinx for more information and to get in-home care services. 1-888-912-9435, TTY 711 or <a href="http://carelinx.com/trs-careMA">carelinx.com/trs-careMA</a>.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A referral is not required.</li> <li><input type="checkbox"/> Unused hours do not roll over.</li> <li><input type="checkbox"/> Caregiver hours must be scheduled in 2-hour increments.</li> <li><input type="checkbox"/> You will typically be paired with a caregiver within 5 business days.</li> <li><input type="checkbox"/> Some restrictions and limitations apply.</li> </ul> <p>You are not required to use all 3 benefits. New referrals for meals and transportation benefits are required after each discharge. Unused benefits do not roll over.</p> |  |
| <p><b>Hearing services</b></p> <p>Diagnostic hearing and balance evaluations performed by your provider to determine if you need medical treatment are covered as outpatient care when furnished by a physician, audiologist, or other qualified provider.</p>  | <p>\$10 copayment for each Medicare-covered exam.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
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| <p><b>Routine hearing services</b></p> <p>Please turn to Section 4 Routine Hearing Services of this chapter for more detailed information about this benefit.</p>   | <p><b>Hearing exam</b></p> <p>\$0 copayment for 1 exam per plan year.</p> <p><b>Hearing aids</b></p> <p>The plan pays up to a \$500 allowance for hearing aids (combined for both ears) every 3 years.*</p> <p>For details on covered devices and availability, sign in to <a href="http://UHChearing.com/retiree">UHChearing.com/retiree</a> or talk with your hearing care professional.</p> <p>To access your hearing aid benefits, you must contact UnitedHealthcare Hearing at 1-888-547-1374, TTY 711. Hearing aids purchased outside of UnitedHealthcare Hearing’s nationwide network are not covered.</p> |
| <p> <b>Hepatitis C screening</b></p> <p>For people that meet one of the following conditions:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> High risk because of current or past history of illicit injection drug use</li> <li><input type="checkbox"/> Had a blood transfusion before 1992</li> <li><input type="checkbox"/> Born between 1945 – 1965</li> </ul> <p>Screening is covered annually only for high risk people with continued illicit drug use since the prior negative screening test.</p> | <p>There is no coinsurance, copayment, or deductible for beneficiaries eligible for Medicare-covered Hepatitis C screening.</p>   |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
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| <p>Screening is covered once in a lifetime for people that were born between 1945 and 1965, who are not considered high risk.</p>   |  |
| <p> <b>HIV screening</b></p> <p>For people who ask for an HIV screening test or who are at increased risk for HIV infection, we cover:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> One screening exam every 12 months</li> </ul> <p>For women who are pregnant, we cover:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Up to three screening exams during a pregnancy</li> </ul>  | <p>There is no coinsurance, copayment, or deductible for members eligible for Medicare-covered preventive HIV screening.</p>   |
| <p><b>Home health agency care</b></p> <p>Prior to receiving home health services, a doctor must certify that you need home health services and will order home health services to be provided by a home health agency. You must be homebound, which means leaving home is a major effort.</p> <p>Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Part-time or intermittent skilled nursing and home health aide services (To be covered under the home health care benefit, your skilled nursing and home health aide services combined must total fewer than 8 hours per day and 35 hours per week)</li> <li><input type="checkbox"/> Physical therapy, occupational therapy, and speech therapy</li> <li><input type="checkbox"/> Medical and social services</li> <li><input type="checkbox"/> Medical equipment and supplies</li> </ul> | <p>\$0 copayment for all home health visits provided by a network home health agency when Medicare criteria are met.<sup>††</sup></p> <p>Other copayments or coinsurance may apply (Please see Durable medical equipment and related supplies for applicable copayments or coinsurance).</p> |
| <p><b>Home infusion therapy</b></p> <p>Home infusion therapy involves the intravenous or subcutaneous administration of drugs or biologicals to an</p>  | <p>\$0 copayment for home infusion therapy administration or monitoring services.<sup>††</sup></p>   |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
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| <p>individual at home. The components needed to perform home infusion include the drug (for example, antivirals, immune globulin), equipment (for example, a pump), and supplies (for example, tubing and catheters).</p> <p>Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Professional services, including nursing services, furnished in accordance with the plan of care</li> <li><input type="checkbox"/> Patient training and education not otherwise covered under the durable medical equipment benefit</li> <li><input type="checkbox"/> Remote monitoring</li> <li><input type="checkbox"/> Monitoring services for the provision of home infusion therapy and home infusion drugs furnished by a qualified home infusion therapy supplier</li> </ul>   | <p>See “Durable medical equipment” earlier in this chart for any applicable cost-sharing for equipment and supplies related to home infusion therapy. <sup>††</sup></p> <p>See “Medicare Part B prescription drugs” later in this chart for any applicable cost-sharing for drugs related to home infusion therapy. <sup>††</sup></p>   |
| <p><b>Hospice care</b></p> <p>You are eligible for the hospice benefit when your doctor and the hospice medical director have given you a terminal prognosis certifying that you’re terminally ill and have 6 months or less to live if your illness runs its normal course. You may receive care from any Medicare-certified hospice program. Your plan is obligated to help you find Medicare-certified hospice programs in the plan’s service area, including those the MA organization owns, controls, or has a financial interest in. Your hospice doctor can be a network provider or an out-of-network provider.</p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Drugs for symptom control and pain relief</li> <li><input type="checkbox"/> Short-term respite care</li> <li><input type="checkbox"/> Home care</li> </ul> <p>When you are admitted to a hospice you have the right to remain in your plan; if you chose to remain in your plan you must continue to pay plan premiums.</p> | <p>When you enroll in a Medicare-certified hospice program, your hospice services and your Part A and Part B services related to your terminal prognosis are paid for by Original Medicare, not TRS-Care Medicare Advantage.</p> <p><b>Note:</b> If you are not entitled to Medicare Part A coverage, hospice services are not covered by the plan or by Medicare.</p> <p><b>Note:</b> If you need non-hospice care (care that is not related to your terminal prognosis), you should contact us to arrange the services.</p> |




| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
|---|--|
| <p><b>For hospice services and for services that are covered by Medicare Part A or B and are related to your terminal prognosis:</b> Original Medicare (rather than our plan) will pay your hospice provider for your hospice services and any Part A and Part B services related to your terminal prognosis. While you are in the hospice program, your hospice provider will bill Original Medicare for the services that Original Medicare pays for. You will be billed Original Medicare cost-sharing.</p> <p><b>For services that are covered by Medicare Part A or B and are not related to your terminal prognosis:</b> If you need non-emergency, non-urgently needed services that are covered under Medicare Part A or B and that are not related to your terminal prognosis, you pay your plan cost-sharing amount for these services. Please refer to this Benefits Chart.</p> <p><u>For services that are covered by TRS-Care Medicare Advantage but are not covered by Medicare Part A or B:</u> TRS-Care Medicare Advantage will continue to cover plan-covered services that are not covered under Part A or B whether or not they are related to your terminal prognosis. You pay your plan cost-sharing amount for these services.</p> <p>Our plan covers hospice consultation services (one time only) for a terminally ill person who hasn't elected the hospice benefit.</p> |  |
| <p> <b>Immunizations</b></p> <p>Covered Medicare Part B services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pneumonia vaccines</li> <li><input type="checkbox"/> Flu/influenza shots (or vaccines), once each flu/influenza season in the fall and winter, with additional flu/influenza shots (or vaccines) if medically necessary</li> </ul>   | <p>There is no coinsurance, copayment, or deductible for the pneumonia, flu, Hepatitis B, or COVID-19 vaccines.</p> <p>There is no coinsurance, copayment, or deductible for all other Medicare-covered immunizations.</p> |


| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Hepatitis B vaccines if you are at high or intermediate risk of getting Hepatitis B</li> <li><input type="checkbox"/> COVID-19 vaccines</li> <li><input type="checkbox"/> Other vaccines if you are at risk and they meet Medicare Part B coverage rules</li> </ul>   |   |
| <p><b>In-home non-medical care</b></p> <p>Receive 8 hours per month of in-home non-medical care through a professional caregiver. Professional caregivers perform tasks such as companionship, preparing meals, bathing, medication reminders, providing transportation around your community and more.</p> <p>Contact CareLinx for more information and to get in-home care services. 1-888-912-9435, TTY 711 or <a href="http://carelinx.com/trs-careMA">carelinx.com/trs-careMA</a></p> <p>Unused hours do not roll over. Caregiver hours must be scheduled in 2-hour increments. You will typically be paired with a caregiver within 5 business days. Some restrictions and limitations apply.</p> | <p>\$0 copayment for covered services provided by CareLinx.</p>   |
| <p><b>Inpatient hospital care</b></p> <p>Includes inpatient acute, inpatient rehabilitation, long-term care hospitals, and other types of inpatient hospital services. Inpatient hospital care starts the day you are formally admitted to the hospital with a doctor’s order. The day before you are discharged is your last inpatient day.</p> <p>Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Semi-private room (or a private room if medically necessary)</li> <li><input type="checkbox"/> Meals including special diets</li> <li><input type="checkbox"/> Regular nursing services</li> </ul>                            | <p>\$500 copayment for each Medicare-covered hospital stay each time you are admitted.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>Medicare hospital benefit periods do not apply. (See definition of benefit periods in the chapter titled Definitions of important words.) For inpatient hospital care, the cost-sharing described above applies each</p> |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Costs of special care units (such as intensive care or coronary care units)</li> <li><input type="checkbox"/> Drugs and medications</li> <li><input type="checkbox"/> Lab tests</li> <li><input type="checkbox"/> X-rays and other radiology services</li> <li><input type="checkbox"/> Necessary surgical and medical supplies</li> <li><input type="checkbox"/> Use of appliances, such as wheelchairs</li> <li><input type="checkbox"/> Operating and recovery room costs</li> <li><input type="checkbox"/> Physical, occupational, and speech language therapy</li> <li><input type="checkbox"/> Under certain conditions, the following types of transplants are covered: corneal, kidney, kidney-pancreatic, heart, liver, lung, heart/lung, bone marrow, stem cell, and intestinal/multivisceral. The plan has a network of facilities that perform organ transplants. The plan’s hospital network for organ transplant services is different than the network shown in the ‘Hospitals’ section of your provider directory. Some hospitals in the plan’s network for other medical services are not in the plan’s network for transplant services. For information on network facilities for transplant services, please call TRS-Care Medicare Advantage Customer Service at 1-866-347-9507 TTY 711. If you need a transplant, we will arrange to have your case reviewed by a Medicare-approved transplant center that will decide whether you are a candidate for a transplant. Transplant providers may be local or outside of the service area. If our in-network transplant services are outside the community pattern of care, you may choose to go locally as long as the local transplant providers are willing to accept the Original Medicare rate. If TRS-Care Medicare Advantage provides transplant services at a location outside of the pattern of care for transplants in your community and you chose to obtain transplants at this distant location, we will arrange or pay for appropriate</li> </ul> | <p>time you are admitted to the hospital. A transfer to a separate facility type (such as an Inpatient Rehabilitation Hospital or Long Term Care Hospital) is considered a new admission. For each inpatient hospital stay, you are covered for unlimited days as long as the hospital stay is covered in accordance with plan rules.</p> |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
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| <p>lodging and transportation costs for you and a companion. While you are receiving care at the distant location, we will also reimburse transportation costs to and from the hospital or doctor’s office for evaluations, transplant services and follow-up care. (Transportation in the distant location includes, but is not limited to: vehicle mileage, economy/coach airfare, taxi fares, or rideshare services.) Costs for lodging or places to stay such as hotels, motels or short-term housing as a result of travel for a covered organ transplant may also be covered. You can be reimbursed for eligible costs up to \$125 per day total. Transportation services are not subject to the daily limit amount.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Blood - including storage and administration. Coverage begins with the first pint of blood that you need.</li> <li><input type="checkbox"/> Physician services</li> </ul> <p><b>Note:</b> To be an inpatient, your provider must write an order to admit you formally as an inpatient of the hospital. Even if you stay in the hospital overnight, you might still be considered an “outpatient.” This is called an “outpatient observation” stay. If you are not sure if you are an inpatient or an outpatient, you should ask the hospital staff.</p> <p>You can also find more information in a Medicare fact sheet called “Are You a Hospital Inpatient or Outpatient? If You Have Medicare – Ask!” This fact sheet is available on the Web at <a href="https://www.medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf">medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf</a> or by calling 1-800-MEDICARE (1-800-633-4227). TTY users call 1-877-486-2048. You can call these numbers for free, 24 hours a day, 7 days a week.</p> | <p>Outpatient observation cost-sharing is explained in Outpatient surgery and other medical services provided at hospital outpatient facilities and ambulatory surgical centers.</p> |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
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| <p><b>Inpatient services in a psychiatric hospital</b></p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/>Mental health care services that require a hospital stay.</li> <li><input type="checkbox"/>Inpatient substance use disorder services</li> </ul>   | <p>\$500 copayment per Medicare-covered admission.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>Medicare hospital benefit periods do not apply. (See definition of benefit periods in the chapter titled Definitions of important words.) For inpatient hospital care, the cost-sharing described above applies each time you are admitted to the hospital. For each inpatient hospital stay, you are covered for unlimited days as long as the hospital stay is covered in accordance with plan rules.</p> |
| <p><b>Inpatient stay: covered services received in a hospital or skilled nursing facility (SNF) during a non-covered inpatient stay</b></p> <p>If you have exhausted your inpatient benefits or if the inpatient stay is not reasonable and necessary, we will not cover your inpatient stay. However, in some cases, we will cover certain services you receive while you are in the hospital or the skilled nursing facility (SNF). Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/>Physician services</li> </ul> | <p>When your stay is no longer covered, these services will be covered as described in the following sections:</p> <p>Please refer below to Physician/practitioner services, including doctor’s office visits.</p>   |


| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Diagnostic tests (like lab tests)</li> <br/> <li><input type="checkbox"/> X-ray, radium, and isotope therapy including technician materials and services</li> <br/> <li><input type="checkbox"/> Surgical dressings</li> <li><input type="checkbox"/> Splints, casts and other devices used to reduce fractures and dislocations</li> <br/> <li><input type="checkbox"/> Prosthetics and orthotics devices (other than dental) that replace all or part of an internal body organ (including contiguous tissue), or all or part of the function of a permanently inoperative or malfunctioning internal body organ, including replacement or repairs of such devices</li> <br/> <li><input type="checkbox"/> Leg, arm, back, and neck braces; trusses, and artificial legs, arms, and eyes including adjustments, repairs, and replacements required because of breakage, wear, loss, or a change in the patient’s physical condition</li> <br/> <li><input type="checkbox"/> Physical therapy, speech language therapy, and occupational therapy</li> </ul> | <p>Please refer below to Outpatient diagnostic tests and therapeutic services and supplies.</p> <p>Please refer below to Outpatient diagnostic tests and therapeutic services and supplies.</p> <p>Please refer below to Outpatient diagnostic tests and therapeutic services and supplies.</p> <p>Please refer below to prosthetic and orthotic devices and related supplies.</p> <p>Please refer below to prosthetic and orthotic devices and related supplies.</p> <p>Please refer below to Outpatient rehabilitation services.</p> |
| <p> <b>Medical nutrition therapy and counseling services</b></p> <p>This benefit is for people with diabetes, renal (kidney) disease (but not on dialysis), or after a kidney transplant when ordered by your doctor.</p>   | <p>There is no coinsurance, copayment, or deductible for members eligible for Medicare-covered medical nutrition therapy services.</p>   |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
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| <p>We cover three hours of one-on-one counseling services during your first year that you receive medical nutrition therapy services under Medicare (this includes our plan, any other Medicare Advantage plan, or Original Medicare), and two hours each year after that. If your condition, treatment, or diagnosis changes, you may be able to receive more hours of treatment with a physician’s order. A physician must prescribe these services and renew their order yearly if your treatment is needed into the next plan year.</p>  |  |
| <p> <b>Medicare diabetes prevention program (MDPP)</b></p> <p>MDPP services will be covered for eligible Medicare beneficiaries under all Medicare health plans.</p> <p>MDPP is a structured health behavior change intervention that provides practical training in long-term dietary change, increased physical activity, and problem-solving strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle.</p>   | <p>There is no coinsurance, copayment, or deductible for the MDPP benefit.</p>   |
| <p><b>Medicare Part B Prescription Drugs</b></p> <p>These drugs are covered under Part B of Original Medicare. Members of our plan receive coverage for these drugs through our plan. Covered drugs include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Drugs that usually aren’t self-administered by the patient and are injected or infused while you are getting physician, hospital outpatient, or ambulatory surgical center services</li> <li><input type="checkbox"/> Insulin furnished through an item of durable medical equipment (such as a medically necessary insulin pump)</li> <li><input type="checkbox"/> Other drugs you take using durable medical equipment (such as nebulizers) that were authorized by the plan</li> </ul> | <p>\$0 copayment for each Medicare-covered Part B drug and non-chemotherapy drugs to treat cancer.<sup>††</sup></p> <p>You will pay \$0 for each 1-month supply of Part B covered insulin.</p> |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network |
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| <ul style="list-style-type: none"> <li><input type="checkbox"/> The Alzheimer’s drug, Leqembi®, (generic name lecanemab), which is administered intravenously. In addition to medication costs, you may need additional scans and tests before and/or during treatment that could add to your overall costs. Talk to your doctor about what scans and tests you may need as part of your treatment</li> <li><input type="checkbox"/> Clotting factors you give yourself by injection if you have hemophilia</li> <li><input type="checkbox"/> Transplant/Immunosuppressive drugs: Medicare covers transplant drug therapy if Medicare paid for your organ transplant. You must have Part A at the time of the covered transplant, and you must have Part B at the time you get immunosuppressive drugs. Keep in mind, Medicare drug coverage (Part D) covers immunosuppressive drugs if Part B doesn't cover them</li> <li><input type="checkbox"/> Injectable osteoporosis drugs, if you are homebound, have a bone fracture that a doctor certifies was related to post-menopausal osteoporosis, and cannot self-administer the drug</li> <li><input type="checkbox"/> Some Antigens (for allergy shots): Medicare covers antigens if a doctor prepares them and a properly instructed person (who could be you, the patient) gives them under appropriate supervision</li> <li><input type="checkbox"/> Certain oral anti-cancer drugs: Medicare covers some oral cancer drugs you take by mouth if the same drug is available in injectable form or the drug is a prodrug (an oral form of a drug that, when ingested, breaks down into the same active ingredient found in the injectable drug) of the injectable drug. As new oral cancer drugs become available, Part B may cover them. If Part B doesn't cover them, Part D does</li> <li><input type="checkbox"/> Oral anti-nausea drugs: Medicare covers oral anti-nausea drugs you use as part of an anti-cancer chemotherapeutic regimen if they're administered</li> </ul> |   |



| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
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| <p>before, at, or within 48 hours of chemotherapy or are used as a full therapeutic replacement for an intravenous anti-nausea drug</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Certain oral End-Stage Renal Disease (ESRD) drugs if the same drug is available in injectable form and the Part B ESRD benefit covers it</li> <li><input type="checkbox"/> Calcimimetic medications under the ESRD payment system, including the intravenous medication Parsabiv® and the oral medication Sensipar®</li> <li><input type="checkbox"/> Certain drugs for home dialysis, including heparin, the antidote for heparin, when medically necessary, and topical anesthetics</li> <li><input type="checkbox"/> Erythropoiesis-stimulating agents: Medicare covers erythropoietin by injection if you have End-Stage Renal Disease (ESRD) or you need this drug to treat anemia related to certain other conditions (such as Epogen®, Procrit®, Retacrit®, Epoetin Alfa, Aranesp®, Darbepoetin Alfa, Mircera®, or Methoxy polyethylene glycol-epoetin beta)</li> <li><input type="checkbox"/> Intravenous Immune Globulin for the home treatment of primary immune deficiency diseases</li> <li><input type="checkbox"/> Parenteral and enteral nutrition (intravenous and tube feeding)</li> <li><input type="checkbox"/> Chemotherapy Drugs</li> </ul> <p>The following link will take you to a list of Part B Drugs that may be subject to step therapy: <a href="https://www.medicare.uhc.com/retiree/member/documents/group-part-b-step-therapy.html">https://www.medicare.uhc.com/retiree/member/documents/group-part-b-step-therapy.html</a></p> <p>You or your doctor may need to provide more information about how a Medicare Part B prescription drug is used in order to determine coverage. There may be effective, lower-cost drugs that treat the same medical condition. If you are prescribed a new Part B medication or have not recently filled the medication under Part B, you may be required to</p> | <p>5% coinsurance for each Medicare-covered chemotherapy drug to treat cancer.<sup>††</sup> You may pay less for certain rebatable drugs. This list and the cost of each rebatable drug changes every quarter. You pay these amounts until you reach the out-of-pocket maximum.</p> |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
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| <p>try one or more of these other drugs before the plan will cover your drug. If you have already tried other drugs or your doctor thinks they are not right for you, you or your doctor can ask the plan to cover the Part B drug. (For more information, see Chapter 7, What to do if you have a problem or complaint (coverage decisions, appeals, complaints).) Please contact Customer Service for more information.</p>   | <p>\$0 copayment for each allergy injection and/or serum in a doctor’s office. PCP or Specialist office visit copay may apply.</p> |
| <p> <b>Obesity screening and therapy to promote sustained weight loss</b></p> <p>If you have a body mass index of 30 or more, we cover intensive counseling to help you lose weight. This counseling is covered if you get it in a primary care setting, where it can be coordinated with your comprehensive prevention plan. Talk to your primary care doctor or practitioner to find out more.</p>   | <p>There is no coinsurance, copayment, or deductible for preventive obesity screening and therapy.</p>                             |
| <p><b>Opioid treatment program services</b></p> <p>Members of our plan with opioid use disorder (OUD) can receive coverage of services to treat OUD through an Opioid Treatment Program (OTP) which includes the following services:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> U.S. Food and Drug Administration (FDA)-approved opioid agonist and antagonist medication-assisted treatment (MAT) medications.</li> <li><input type="checkbox"/> Dispensing and administration of MAT medications (if applicable)</li> <li><input type="checkbox"/> Substance use disorder counseling</li> <li><input type="checkbox"/> Individual and group therapy</li> <li><input type="checkbox"/> Toxicology testing</li> <li><input type="checkbox"/> Intake activities</li> <li><input type="checkbox"/> Periodic assessments</li> </ul> | <p>\$0 copayment for Medicare-covered opioid treatment program services.<sup>††</sup></p>  |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
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| <p><b>Outpatient diagnostic tests and therapeutic services and supplies</b></p> <p>Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> X-rays (when the service is performed at a hospital, outpatient facility or a freestanding facility imaging or diagnostic center)</li> <br/> <li><input type="checkbox"/> X-rays when performed in a doctor’s office (doctor’s office visit copay will apply)</li> <br/> <li><input type="checkbox"/> Radiation (radium and isotope) therapy including technician materials and supplies (when the service is performed at a hospital, outpatient facility or a freestanding facility imaging or diagnostic center)</li> <br/> <li><input type="checkbox"/> Radiation (radium and isotope) therapy including technician materials and supplies performed in a doctor’s office (doctor’s office visit copay will apply)</li> </ul> | <p>5% coinsurance for each Medicare-covered standard X-ray service.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p><br><p>\$0 copayment for each Medicare-covered standard X-ray service.<sup>††</sup></p><br><p>5% coinsurance for each Medicare-covered radiation therapy service.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p><br><p>\$0 copayment for each Medicare-covered radiation therapy service.<sup>††</sup></p> |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Surgical supplies, such as dressings</li> <li><input type="checkbox"/> Splints, casts, and other devices used to reduce fractures and dislocations</li> </ul> <p>Note: There is no separate charge for medical supplies routinely used in the course of an office visit and included in the provider’s charges for that visit (such as bandages, cotton swabs, and other routine supplies.) However, supplies for which an appropriate separate charge is made by providers (such as, chemical agents used in certain diagnostic procedures) are subject to cost-sharing as shown.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Laboratory tests</li> <li><input type="checkbox"/> Blood - including storage and administration (this means processing and handling of blood). Coverage begins with the first pint of blood that you need.</li> <li><input type="checkbox"/> In addition, for the administration of blood infusion, you will pay the cost-sharing as described under the following sections of this chart, depending on where you received infusion services:                         <ul style="list-style-type: none"> <li><input type="checkbox"/> Physician/practitioner services, including doctor’s office visits</li> <li><input type="checkbox"/> Outpatient surgery and other medical services provided at hospital outpatient facilities and ambulatory surgical centers</li> </ul> </li> </ul> | <p>\$0 copayment for each Medicare-covered medical supply.<sup>††</sup></p> <p>\$10 copayment at a durable medical equipment supplier or pharmacy for Medicare-covered medical supplies except for insulin pumps and associated supplies.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>\$0 copayment for Medicare-covered lab services.<sup>††</sup></p> <p>\$0 copayment for Medicare-covered blood services.<sup>††</sup></p> |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
|---|---|
| <p><input type="checkbox"/> Other outpatient diagnostic tests - non-radiological diagnostic services (when the service is performed at a hospital, outpatient facility or a freestanding facility imaging or diagnostic center)</p> | <p>5% coinsurance for Medicare-covered non-radiological diagnostic services.<sup>††</sup><br/>                     Examples include, but are not limited to EKG's, pulmonary function tests, home or lab-based sleep studies, and treadmill stress tests.<br/>                     You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p><input type="checkbox"/> Other outpatient diagnostic tests - non-radiological diagnostic services performed in a doctor's office (doctor's office visit copay will apply)</p>  | <p>\$0 copayment for Medicare-covered non-radiological diagnostic services.<sup>††</sup><br/>                     Examples include, but are not limited to EKG's, pulmonary function tests, home or lab-based sleep studies, and treadmill stress tests.</p>  |

| <p><b>Services that are covered for you</b></p>  | <p><b>What you must pay when you get these services in-network and out-of-network</b></p>   |
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| <p>□ Other outpatient diagnostic tests - radiological diagnostic services, not including x-rays (when the service is performed at a hospital, outpatient facility or a freestanding facility imaging or diagnostic center)</p> | <p>5% coinsurance for Medicare-covered radiological diagnostic services, not including X-rays.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>The diagnostic radiology services require specialized equipment beyond standard X-ray equipment and must be performed by specially trained or certified personnel.</p> <p>Examples include, but are not limited to, specialized scans, CT, SPECT, PET, MRI, MRA, nuclear studies, ultrasounds, diagnostic mammograms and interventional radiological procedures (myelogram, cystogram, angiogram, and barium studies).</p> |

| <b>Services that are covered for you</b>  | <b>What you must pay when you get these services in-network and out-of-network</b>  |
|---|---|
| <p><input type="checkbox"/> Other outpatient diagnostic tests - radiological diagnostic services, not including x-rays performed in a doctor's office (doctor's office visit copay will apply).</p> | <p>\$0 copayment for each Medicare-covered radiological diagnostic service, not including X-rays.<sup>††</sup></p> <p>The diagnostic radiology services require specialized equipment beyond standard X-ray equipment and must be performed by specially trained or certified personnel. Examples include, but are not limited to, specialized scans, CT, SPECT, PET, MRI, MRA, nuclear studies, ultrasounds, diagnostic mammograms and interventional radiological procedures (myelogram, cystogram, angiogram, and barium studies).</p> |

| <b>Services that are covered for you</b>   | <b>What you must pay when you get these services in-network and out-of-network</b>   |
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| <p><b>Outpatient hospital observation</b><br/>                     Observation services are hospital outpatient services given to determine if you need to be admitted as an inpatient or can be discharged. For outpatient hospital observation services to be covered, they must meet the Medicare criteria and be considered reasonable and necessary. Observation services are covered only when provided by the order of a physician or another individual authorized by state licensure law and hospital staff bylaws to admit patients to the hospital or order outpatient tests.</p> <p><b>Note:</b> Unless the provider has written an order to admit you as an inpatient to the hospital, you are an outpatient and pay the cost-sharing amounts for outpatient hospital services. Even if you stay in the hospital overnight, you might still be considered an “outpatient.” If you are not sure if you are an outpatient, you should ask the hospital staff. You can also find more information in a Medicare fact sheet called “Are You a Hospital Inpatient or Outpatient? If You Have Medicare – Ask!” This fact sheet is available on the Web at <a href="https://www.medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf">medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf</a> or by calling 1-800-MEDICARE (1-800-633-4227). TTY users call 1-877-486-2048. You can call these numbers for free, 24 hours a day, 7 days a week.</p> | <p>Outpatient observation cost-sharing is explained in Outpatient surgery and other medical services provided at hospital outpatient facilities and ambulatory surgical centers.</p> |
| <p><b>Outpatient hospital services</b><br/>                     We cover medically-necessary services you get in the outpatient department of a hospital for diagnosis or treatment of an illness or injury.<br/>                     Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Services in an emergency department</li> </ul>   | <p>Please refer to Emergency Care.</p>   |



| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
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| <input type="checkbox"/> Laboratory and diagnostic tests billed by the hospital   | Please refer to Outpatient diagnostic tests and therapeutic services and supplies.  |
| <input type="checkbox"/> Mental health care, including care in a partial-hospitalization program, if a doctor certifies that inpatient treatment would be required without it | Please refer to Outpatient mental health care.  |
| <input type="checkbox"/> X-rays and other radiology services billed by the hospital   | Please refer to Outpatient diagnostic tests and therapeutic services and supplies.  |
| <input type="checkbox"/> Medical supplies such as splints and casts   | Please refer to Outpatient diagnostic tests and therapeutic services and supplies.  |
| <input type="checkbox"/> Certain screenings and preventive services   | Please refer to the benefits preceded by the “Apple” icon.  |
| <input type="checkbox"/> Certain drugs and biologicals that you can’t give yourself   | Please refer to Medicare Part B prescription drugs.   |
| <input type="checkbox"/> Services performed at an outpatient clinic   | Please refer to Physician/practitioner services, including doctor’s office visits.  |
| <input type="checkbox"/> Outpatient surgery or observation  | Please refer to Outpatient surgery and other medical services provided at hospital outpatient facilities and ambulatory surgical centers. |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
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| <p><input type="checkbox"/> Outpatient infusion therapy</p> <p>For the drug that is infused, you will pay the cost-sharing as described in "Medicare Part B prescription drugs" in this benefit chart.</p> <p><b>Note:</b> Unless the provider has written an order to admit you as an inpatient to the hospital, you are an outpatient and pay the cost-sharing amounts for outpatient hospital services. Even if you stay in the hospital overnight, you might still be considered an “outpatient.” This is called an “outpatient observation” stay. If you are not sure if you are an outpatient, you should ask the hospital staff.</p> <p>You can also find more information in a Medicare fact sheet called “Are You a Hospital Inpatient or Outpatient? If You Have Medicare – Ask!” This fact sheet is available on the Web at <a href="https://www.medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf">medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf</a> or by calling 1-800-MEDICARE (1-800-633-4227). TTY users call 1-877-486-2048. You can call these numbers for free, 24 hours a day, 7 days a week.</p> | <p>Please refer to Medicare Part B prescription drugs and Physician/practitioner services, including doctor’s office visits or Outpatient surgery and other medical services provided at hospital outpatient facilities and ambulatory surgical centers, at any location or place of service.</p> <p>Outpatient observation cost-sharing is explained in Outpatient surgery and other medical services provided at hospital outpatient facilities and ambulatory surgical centers.</p> |
| <p><b>Outpatient injectable medications</b><br/>                     (Self-administered outpatient injectable medications not covered under Part B of Original Medicare)</p>   | <p>Not Covered.</p>  |
| <p><b>Outpatient mental health care</b><br/>                     Covered services include:<br/>                     Mental health services provided by a state-licensed psychiatrist or doctor, clinical psychologist, clinical social</p>   | <p>\$10 copayment for each Medicare-covered therapy session or office visit with a psychiatrist.<sup>††</sup></p>  |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
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| <p>worker, clinical nurse specialist, licensed professional counselor (LPC), licensed marriage and family therapist (LMFT), nurse practitioner (NP), physician assistant (PA), or other Medicare-qualified mental health care professional as allowed under applicable state laws.</p> <p>Please refer to virtual behavioral visits section in this chart for more information.</p>                      | <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>\$10 copayment for each Medicare-covered <b>individual</b> therapy session with other mental health providers.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>\$10 copayment for each Medicare-covered <b>group</b> therapy session with other mental health providers.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p><b>Outpatient rehabilitation services</b></p> <p>Covered services include: physical therapy, occupational therapy, and speech language therapy.</p> <p>Outpatient rehabilitation services are provided in various outpatient settings, such as hospital outpatient departments, independent therapist offices, physician offices, and Comprehensive Outpatient Rehabilitation Facilities (CORFs).</p> | <p>\$5 copayment for each Medicare-covered physical therapy and speech-language therapy visit.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>\$5 copayment for each Medicare-covered occupational therapy visit.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>\$10 copayment for each Medicare-covered</p>  |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
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|  | <p>comprehensive outpatient rehabilitation facility (CORF) visit.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p>   |
| <p><b>Outpatient substance use disorder services</b></p> <p>Outpatient treatment and counseling for substance use disorder.</p>  | <p>\$10 copayment for each Medicare-covered <b>individual</b> therapy session.<sup>††</sup></p> <p>\$10 copayment for each Medicare-covered <b>group</b> therapy session.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p>   |
| <p><b>Outpatient surgery and other medical services provided at hospital outpatient facilities and ambulatory surgical centers</b></p> <p><b>Note:</b> If you are having surgery in a hospital facility, you should check with your provider about whether you will be an inpatient or outpatient. Unless the provider writes an order to admit you as an inpatient to the hospital, you are an outpatient and pay the cost-sharing amounts for outpatient surgery. Even if you stay in the hospital overnight, you might still be considered an “outpatient.” This is called an “Outpatient Observation” stay. If you are not sure if you are an outpatient, you should ask your doctor or the hospital staff.</p> <p>If you receive any services or items other than surgery, including but not limited to diagnostic tests, therapeutic services, prosthetics, orthotics, supplies or Part B drugs,</p> | <p>\$250 copayment for Medicare-covered surgery or other services at an outpatient hospital or ambulatory surgical center, including but not limited to hospital or other facility charges and physician or surgical charges.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>Outpatient surgical services that can be delivered in an available ambulatory surgery center must be delivered in an ambulatory surgery center unless a hospital</p> |

| <b>Services that are covered for you</b>  | <b>What you must pay when you get these services in-network and out-of-network</b>   |
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| <p>there may be additional cost-sharing for those services or items. Please refer to the appropriate section in this chart for the additional service or item you received for the specific cost-sharing required.</p> <p>See “Colorectal cancer screening” earlier in this chart for screening and diagnostic colonoscopy benefit information.</p>   | <p>outpatient department is medically necessary.</p> <p>\$250 copayment for Medicare-covered observation at an outpatient hospital or ambulatory surgical center.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p><b>Over-the-counter (OTC) credit</b></p> <p>With this benefit, you'll get a \$40 credit each quarter added to your UnitedHealthcare UCard® (\$160 a year) to buy covered OTC products from network retail locations or through the website.</p> <p>Credit is added on the first day of each quarter (in January, April, July and October) and expires at the end of the year.</p> <p>To find participating stores, or check your balance, call 1-833-818-8694, TTY 711, or visit <a href="https://healthybenefitsplus.com/">healthybenefitsplus.com/</a> TRSCareMA, or download the Healthy Benefits+ app.</p> | <p>\$0 copayment</p>   |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
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| <p><b>Partial hospitalization services and Intensive outpatient services</b></p> <p>“Partial hospitalization” is a structured program of active psychiatric treatment provided as a hospital outpatient service, or by a community mental health center, that is more intense than the care received in your doctor’s, therapist’s, licensed marriage and family therapist’s (LMFT), or licensed professional counselor’s office and is an alternative to inpatient hospitalization.</p> <p>Intensive outpatient service is a structured program of active behavioral (mental) health therapy treatment provided in a hospital outpatient department, a community mental health center, a Federally qualified health center, or a rural health clinic that is more intense than the care received in your doctor’s, therapist’s, licensed marriage and family therapist’s (LMFT), or licensed professional counselor’s office but less intense than partial hospitalization.</p> | <p>5% coinsurance each day for Medicare-covered benefits.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p><b>Personal emergency response system (PERS)</b><br/>                     Provided by Lifeline</p> <p>With a personal emergency response system (PERS), help is only a button press away. A PERS device can quickly connect you to the help you need, 24 hours a day in any situation. It’s a lightweight, discreet button that can be worn on your wrist or as a pendant. It’s also safe to wear in the shower or bath. Depending on the model you choose, it may even automatically detect falls.</p> <p>You must have a working landline or live in an area that has AT&amp;T wireless coverage to get a PERS device. The cellular device works nationwide with the AT&amp;T wireless network but does not require you to have AT&amp;T.</p>   | <p>\$0 copayment</p>   |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
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| <p>For additional information or to order your device please call 1-855-595-0389, TTY 711 or visit <a href="http://lifeline.com/uhcgroup">lifeline.com/uhcgroup</a>.</p>  |  |
| <p><b>Physician/practitioner services, including doctor’s office visits</b></p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Medically-necessary medical or surgical services furnished in a physician’s office.</li> <br/> <li><input type="checkbox"/> Medically-necessary medical or surgical services furnished in a certified ambulatory surgical center or hospital outpatient department.</li> <br/> <li><input type="checkbox"/> Consultation, diagnosis, and treatment by a specialist.</li> </ul> | <p>\$5 copayment for services from a primary care provider or under certain circumstances, treatment by a nurse practitioner, physician's assistant or other non-physician health care professional in a primary care provider’s office (as allowed by Medicare).<br/>                     You pay these amounts until you reach the out-of-pocket maximum.</p> <p>See “Outpatient surgery” earlier in this chart for any applicable copayments or coinsurance amounts for ambulatory surgical center visits or in a hospital outpatient setting.</p> <p>\$10 copayment for services from a specialist or under certain circumstances, treatment by a nurse practitioner, physician’s assistant or other non-physician health care professional in a</p> |


| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Basic hearing and balance exams performed by your specialist, if your doctor orders it to see if you need medical treatment.</li> <br/> <li><input type="checkbox"/> Some telehealth services including consultation, diagnosis, and treatment by a physician or practitioner, for patients in certain rural areas or other places approved by Medicare.</li> <li><input type="checkbox"/> Telehealth services for monthly end-stage renal disease-related visits for home dialysis members in a hospital-based or critical access hospital-based renal dialysis center, renal dialysis facility, or the member's home.</li> <li><input type="checkbox"/> Telehealth services to diagnose, evaluate, or treat symptoms of a stroke regardless of their location.</li> <li><input type="checkbox"/> Telehealth services for members with a substance use disorder or co-occurring mental health disorder, regardless of their location.</li> <li><input type="checkbox"/> Telehealth services for diagnosis, evaluation, and treatment of mental health disorders.</li> <li><input type="checkbox"/> Telehealth services for mental health visits provided by rural health clinics and federally qualified health centers</li> <li><input type="checkbox"/> Medicare-covered remote patient monitoring services</li> <li><input type="checkbox"/> Virtual check-ins (for example, by phone or video chat) with your doctor for 5-10 minutes if:                         <ul style="list-style-type: none"> <li><input type="checkbox"/> You're not a new patient and</li> <li><input type="checkbox"/> The check-in isn't related to an office visit in the past 7 days and</li> </ul> </li> </ul> | <p>specialist's office (as allowed by Medicare).<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p><br><p>\$10 copayment for each Medicare-covered exam.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p><br><p>\$5 copayment for each Medicare-covered visit.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |




| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> The check-in doesn't lead to an office visit within 24 hours or the soonest available appointment.</li> <li><input type="checkbox"/> Evaluation of video and/or images you send to your doctor, and interpretation and follow-up by your doctor within 24 hours if:                         <ul style="list-style-type: none"> <li><input type="checkbox"/> You're not a new patient and</li> <li><input type="checkbox"/> The evaluation isn't related to an office visit in the past 7 days and</li> <li><input type="checkbox"/> The evaluation doesn't lead to an office visit within 24 hours or the soonest available appointment.</li> </ul> </li> <li><input type="checkbox"/> Consultation your doctor has with other doctors by phone, internet, or electronic health record.</li> <li><input type="checkbox"/> Second opinion prior to surgery.</li> <li><input type="checkbox"/> Non-routine dental care (covered services are limited to surgery of the jaw or related structures, setting fractures of the jaw or facial bones, extraction of teeth to prepare the jaw for radiation treatments of neoplastic cancer disease, oral exams before a kidney transplant or services that would be covered when provided by a physician). Dental services provided by a dentist in connection with care, treatment, filling, removal, or replacement of teeth or structures directly supporting the teeth are not Medicare-covered benefits and not covered under this benefit.</li> </ul> | <p>\$0 copayment for each Medicare-covered consultation.</p> <p>You will pay the cost-sharing that applies to specialist services (as described under “Physician/practitioner services, including doctor’s office visits” above).<sup>††</sup></p> <p>\$10 copayment for each Medicare-covered visit.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |



| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
|---|---|
| <p><input type="checkbox"/> Monitoring services in a physician’s office or outpatient hospital setting if you are taking anticoagulation medications, such as Coumadin, Heparin or Warfarin (these services may also be referred to as ‘Coumadin Clinic’ services).</p> | <p>You will pay the cost-sharing that applies to primary care provider services, specialist services, or outpatient hospital services (as described under “Physician/practitioner services, including doctor’s office visits” or “Outpatient hospital services” in this benefit chart) depending on where you receive services.<sup>††</sup></p>  |
| <p><input type="checkbox"/> Medically-necessary medical or surgical services that are covered benefits and are furnished by a physician in your home or a nursing home in which you reside.</p>   | <p>You will pay the cost-sharing that applies to primary care provider services or specialist physician services (as applied in an office setting, described above in this section of the benefit chart) depending on the type of physician that provides the services.<sup>††</sup></p> <p>\$0 copayment for certain primary care provider, nurse practitioner, physician’s assistant, or other non-physician health care professional services furnished in the home by designated providers<sup>^^</sup></p> |
| <p><input type="checkbox"/> Certain telehealth services, including:</p>   |   |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Virtual doctor visits</li> <br/> <li><input type="checkbox"/> Virtual behavioral visits</li> </ul>  | <p>See “Virtual doctor visits” in this chart for any applicable copayments or coinsurance.</p><br><p>See “Virtual behavioral visits” in this chart for any applicable copayments or coinsurance.</p>  |
| <p><b>Podiatry services</b></p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Diagnosis and the medical or surgical treatment of injuries and diseases of the feet (such as hammer toe or heel spurs).</li> <li><input type="checkbox"/> Routine foot care for members with certain medical conditions affecting the lower limbs.</li> </ul> | <p>\$10 copayment for each Medicare-covered visit in an office or home setting.<sup>††</sup></p> <p>For services rendered in an outpatient hospital setting, such as surgery, please refer to Outpatient surgery and other medical services provided at hospital outpatient facilities and ambulatory surgical centers.</p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p><b>Additional routine podiatry</b></p> <p>Treatment of the foot which is generally considered preventive, i.e., cutting or removal of corns, warts, calluses or nails.</p>   | <p>\$10 copayment per visit for routine podiatry visits up to 6 visits per plan year.</p>   |
| <p><b>Private duty nursing<sup>^</sup></b></p> <p>We cover medically necessary skilled nursing services provided in the hospital or in the home by a private duty nurse who holds a valid, recognized nursing certificate and is licensed according to state law in the state where services are received. Services are covered when provided through a</p>                                     | <p>20% coinsurance for each visit.</p> <p>You pay these amounts until you reach the out-of-pocket maximum. There is no allowance limit per plan year for private duty nursing services.</p>   |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network  |
|--|--|
| <p>Medicare-certified or Accreditation Commission for Health Care (ACHC) accredited provider that can provide services safely in the home or hospital.</p> <p>The services requested must be ordered by a treating practitioner or specialist after a face-to-face evaluation takes place with a written treatment plan and letter of medical necessity. The face-to-face evaluation must occur no more than 90 days prior to the service request.</p> <p>The services requested must require the professional proficiency and skills of a registered nurse (RN), licensed practical nurse (LPN) or licensed vocational nurse (LVN) due to a complex medical need and/or unstable condition. Caregiver or other appropriate support must be available to assume a portion of care.</p> <p>Note: Custodial and domestic services are not covered.</p> | <p><i>Your provider may need to obtain prior authorization.</i></p>  |
| <p> <b>Prostate cancer screening exams</b></p> <p>For men age 50 and older, covered services include the following - once every 12 months:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Digital rectal exam</li> <li><input type="checkbox"/> Prostate Specific Antigen (PSA) test</li> </ul>  | <p>There is no coinsurance, copayment, or deductible for an annual PSA test.</p> <p>Diagnostic PSA exams are subject to cost-sharing as described under Outpatient diagnostic tests and therapeutic services and supplies in this chart.</p> |
| <p><b>Prosthetic and orthotic devices and related supplies</b></p> <p>Devices (other than dental) that replace all or part of a body part or function. These include, but are not limited to testing, fitting, or training in the use of prosthetic and orthotic devices; as well as: colostomy bags and supplies directly</p>   | <p>5% coinsurance for each Medicare-covered prosthetic device, including replacement or repairs of such devices, and related supplies.<sup>††</sup></p>  |

| <b>Services that are covered for you</b>  | <b>What you must pay when you get these services in-network and out-of-network</b>  |
|---|---|
| <p>related to colostomy care, pacemakers, braces, prosthetic shoes, artificial limbs, and breast prostheses (including a surgical brassiere after a mastectomy). Includes certain supplies related to prosthetic and orthotic devices, and repair and/or replacement of prosthetic and orthotic devices. Also includes some coverage following cataract removal or cataract surgery – see “Vision services” later in this section for more detail.</p>  | <p>5% coinsurance for each Medicare-covered orthotic device, including replacement or repairs of such devices, and related supplies.<sup>††</sup><br/>                     You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p><b>Pulmonary rehabilitation services</b><br/>                     Comprehensive programs of pulmonary rehabilitation are covered for members who have moderate to very severe chronic obstructive pulmonary disease (COPD) and an order for pulmonary rehabilitation from the doctor treating the chronic respiratory disease. Medicare covers up to two (2) one-hour sessions per day, for up to 36 lifetime sessions (in some cases, up to 72 lifetime sessions) of pulmonary rehabilitation services.</p> | <p>\$10 copayment for each Medicare-covered pulmonary rehabilitative visit.<sup>††</sup><br/>                     You pay these amounts until you reach the out-of-pocket maximum.</p>  |


| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
|---|--|
| <p><b>Diabetes Prevention and Weight Management Program</b><br/>                     Real Appeal® is an online weight management* and healthy lifestyle program proven to help you achieve lifelong results and Real Appeal Diabetes Prevention** is a CDC-recognized lifestyle program for pre-diabetes and high-risk individuals. It's available to you at no additional cost and includes:</p> <ul style="list-style-type: none"> <li>• Online group sessions and one-on-one sessions (for those that qualify) led by a coach, and personalized messaging</li> <li>• A health coach who will partner with you and guide you to a healthier, happier you</li> <li>• A community of members to keep you motivated and accountable</li> <li>• Goal-setting tools, trackers and weekly content to help you learn and stay engaged</li> <li>• A Success Kit with all the tools you need delivered right to your door</li> </ul> <p>*Real Appeal Weight Management is available to you if you have a BMI of 19 or higher. If you are pregnant, please speak with your primary care provider (PCP) before joining the program. Limitations and restrictions apply.<br/>                     **Real Appeal Diabetes Prevention is available to you if you have a BMI of 25, not previously diagnosed with type 1 or type 2 diabetes, not pregnant and have a pre-diabetes, gestational diabetes history, or high-risk pre-diabetes test result</p> | <p>Real Appeal® is available to you at no additional cost. Call or go online to get started today. 1-844-924-7325, TTY 711 or <a href="http://uhc.realappeal.com">uhc.realappeal.com</a></p> |
| <p> <b>Screening and counseling to reduce alcohol misuse</b></p> <p>We cover one alcohol misuse screening per year for adults with Medicare (including pregnant women) who misuse alcohol, but aren't alcohol dependent.</p> <p>If you screen positive for alcohol misuse, you can get up to four brief face-to-face counseling sessions per year (if you're</p>   | <p>There is no coinsurance, copayment, or deductible for the Medicare-covered screening and counseling to reduce alcohol misuse preventive benefit.</p>                                      |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
|---|--|
| <p>competent and alert during counseling) provided by a qualified primary care doctor or practitioner in a primary care setting.</p>  |  |
| <p> <b>Screening for lung cancer with low dose computed tomography (LDCT)</b></p> <p>For qualified individuals, a LDCT is covered every 12 months.</p> <p><b>Eligible members are:</b> people aged 50 – 77 years who have no signs or symptoms of lung cancer, but who have a history of tobacco smoking of at least 20 pack-years and who currently smoke or have quit smoking within the last 15 years, who receive an order for LDCT during a lung cancer screening counseling and shared decision making visit that meets the Medicare criteria for such visits and be furnished by a physician or qualified non-physician practitioner.</p> <p><b>For LDCT lung cancer screenings after the initial LDCT screening:</b> the member must receive an order for LDCT lung cancer screening, which may be furnished during any appropriate visit with a physician or qualified non-physician practitioner. If a physician or qualified non-physician practitioner elects to provide a lung cancer screening counseling and shared decision-making visit for subsequent lung cancer screenings with LDCT, the visit must meet the Medicare criteria for such visits.</p> | <p>There is no coinsurance, copayment, or deductible for the Medicare-covered counseling and shared decision making visit or for the LDCT.</p>   |
| <p> <b>Screening for sexually transmitted infections (STIs) and counseling to prevent STIs</b></p> <p>We cover sexually transmitted infection (STI) screenings for chlamydia, gonorrhea, syphilis, and Hepatitis B. These screenings are covered for pregnant women and for certain people who are at increased risk for an STI when the tests</p>   | <p>There is no coinsurance, copayment, or deductible for the Medicare-covered screening for STIs and counseling for STIs preventive benefit.</p> |

| <b>Services that are covered for you</b>   | <b>What you must pay when you get these services in-network and out-of-network</b>  |
|--|---|
| <p>are ordered by a primary care provider. We cover these tests once every 12 months or at certain times during pregnancy. We also cover up to two individual 20 to 30 minute, face-to-face high-intensity behavioral counseling sessions each year for sexually active adults at increased risk for STIs. We will only cover these counseling sessions as a preventive service if they are provided by a primary care provider and take place in a primary care setting, such as a doctor’s office.</p>   |   |
| <p><b>Services to treat kidney disease</b><br/>                     Covered services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Kidney disease education services to teach kidney care and help members make informed decisions about their care. For members with stage IV chronic kidney disease when referred by their doctor, we cover up to six sessions of kidney disease education services per lifetime.</li> <li><input type="checkbox"/> Outpatient dialysis treatments when performed in a Medicare certified end stage renal disease (ESRD) facility (including dialysis treatments when temporarily out of the service area, as explained in Chapter 3, or when your provider for this service is temporarily unavailable or inaccessible)</li> <li><input type="checkbox"/> Self-dialysis training (includes training for you and anyone helping you with your home dialysis treatments)</li> <li><input type="checkbox"/> Inpatient dialysis treatments (if you are admitted as an inpatient to a hospital for special care)</li> </ul> | <p>\$0 copayment for Medicare-covered benefits.</p> <p>\$10 copayment for Medicare-covered benefits.<sup>††</sup><br/>                     You pay these amounts until you reach the out-of-pocket maximum.</p> <p>\$0 copayment for Medicare-covered benefits.</p> <p>These services will be covered as described in the following sections:</p> |




| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
|--|---|
| <p><input type="checkbox"/> Home dialysis equipment and supplies</p> <p><input type="checkbox"/> Certain home support services (such as, when necessary, visits by trained dialysis workers to check on your home dialysis, to help in emergencies, and check your dialysis equipment and water supply)</p> <p>Certain drugs for dialysis are covered under your Medicare Part B drug benefit. For information about coverage for Part B Drugs, please go to the section, “Medicare Part B prescription drugs.”</p>  | <p>Please refer to Inpatient hospital care.</p> <p>Please refer to Durable medical equipment and related supplies.</p> <p>Please refer to Home health agency care.</p>  |
| <p><b>Skilled nursing facility (SNF) care</b><br/>                     (For a definition of “skilled nursing facility care,” see Chapter 10 of this document. Skilled nursing facilities are sometimes called “SNFs.”)</p> <p>Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Semiprivate room (or a private room if medically necessary)</li> <li><input type="checkbox"/> Meals, including special diets</li> <li><input type="checkbox"/> Skilled nursing services</li> <li><input type="checkbox"/> Physical therapy, occupational therapy, and speech language therapy</li> <li><input type="checkbox"/> Drugs administered to you as part of your plan of care (This includes substances that are naturally present in the body, such as blood clotting factors.)</li> <li><input type="checkbox"/> Blood - including storage and administration. Coverage begins with the first pint of blood that you need.</li> </ul> | <p>\$0 copayment each day for Medicare-covered days 1 to 20.</p> <p>\$50 copayment each day for Medicare-covered days 21 to 70.</p> <p>\$0 copayment for additional Medicare-covered days.<sup>††</sup></p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>You are covered for inpatient services in a SNF, in accordance with Medicare guidelines. Original Medicare benefit periods do not apply.</p> |

| Services that are covered for you   | What you must pay when you get these services in-network and out-of-network  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Medical and surgical supplies ordinarily provided by SNFs</li> <li><input type="checkbox"/> Laboratory tests ordinarily provided by SNFs</li> <li><input type="checkbox"/> X-rays and other radiology services ordinarily provided by SNFs</li> <li><input type="checkbox"/> Use of appliances such as wheelchairs ordinarily provided by SNFs</li> <li><input type="checkbox"/> Physician/practitioner services</li> </ul> <p>A 3-day prior hospital stay is not required.</p> |  |
| <p> <b>Smoking and tobacco use cessation (counseling to stop smoking or tobacco use)</b></p> <p>If you use tobacco, we cover two counseling quit attempts within a 12-month period as a preventive service. Each counseling attempt includes up to four face-to-face visits.</p>   | <p>There is no coinsurance, copayment, or deductible for the Medicare-covered smoking and tobacco use cessation preventive benefits.</p> |


| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
|--|---|
| <p><b>Steady Together</b><br/>                     If you qualify for the Steady Together program, you are eligible to participate in an online fall prevention program designed to help improve your strength, mobility and balance. You will receive a personalized exercise program designed to help you complete daily tasks.</p> <p>After enrolling in the exercise program, you are eligible for the following:</p> <ul style="list-style-type: none"> <li>• You can get up to 8 hours per month of in-home personal care for 6 months following program enrollment</li> </ul> <p>To verify if you are eligible, call Age Bold at 1-855-608-1393.</p> <ul style="list-style-type: none"> <li>• Enrollment into the program can be done at any point during the plan year</li> <li>• Benefits must be utilized by December 31, 2025</li> <li>• Unused benefits do not roll over</li> <li>• All benefits are provided through our participating vendors.</li> <li>• The benefits mentioned are a part of a special supplemental benefit. To be eligible, you must have a qualifying condition, such as Dementia, and who also meet all applicable plan coverage criteria. Contact us for details.</li> </ul> | <p>\$0 copayment</p>  |
| <p><b>Supervised exercise therapy (SET)</b><br/>                     SET is covered for members who have symptomatic peripheral artery disease (PAD) and have a referral from the physician responsible for PAD treatment.<br/>                     Up to 36 sessions over a 12-week period are covered if the SET program requirements are met.<br/>                     The SET program must:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Consist of sessions lasting 30-60 minutes, comprising of a therapeutic exercise-training program for PAD in patients with claudication</li> </ul>  | <p>\$10 copayment for each Medicare-covered supervised exercise therapy (SET) visit.<sup>††</sup><br/>                     You pay these amounts until you reach the out-of-pocket maximum.</p> |

| <p><b>Services that are covered for you</b></p>   | <p><b>What you must pay when you get these services in-network and out-of-network</b></p> |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Be conducted in a hospital outpatient setting or a physician’s office</li> <li><input type="checkbox"/> Be delivered by qualified auxiliary personnel necessary to ensure benefits exceed harms, and who are trained in exercise therapy for PAD</li> <li><input type="checkbox"/> Be under the direct supervision of a physician, physician assistant, or nurse practitioner/clinical nurse specialist who must be trained in both basic and advanced life support techniques</li> </ul> <p>SET may be covered beyond 36 sessions over 12 weeks for an additional 36 sessions over an extended period of time if deemed medically necessary by a health care provider.</p>   |   |
| <p><b>Routine transportation</b></p> <p>Receive 24 one-way trips per plan year to and from medically related appointments and the pharmacy, up to 100 miles per trip. Call Customer Service for more information and to schedule your trips.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Trips must be to or from plan-approved medically related appointments or locations, limited to ground transportation only.</li> <li><input type="checkbox"/> Mileage reimbursement is available on request (arrangements must be made in advance).</li> <li><input type="checkbox"/> Each one-way trip must not exceed 100 miles. A trip is considered one-way and a round trip is considered 2 trips.</li> <li><input type="checkbox"/> This benefit cannot be used for emergency related trips. Drivers do not have medical training. In case of an emergency, call 911.</li> <li><input type="checkbox"/> You may bring 1 companion per trip who is 18 years or older.</li> <li><input type="checkbox"/> Cab and sedan services are available as well as</li> </ul> | <p>\$0 copayment for covered trips provided by the approved vendor.</p>                   |

| <b>Services that are covered for you</b>   | <b>What you must pay when you get these services in-network and out-of-network</b>  |
|--|---|
| <p>transportation by stretcher if needed.</p> <p><input type="checkbox"/> Appointments can be made up to 30 days in advance. Standard transportation services must be made at least 2 business days in advance. Weekend scheduling is available for urgent requests only.</p>  |   |
| <p><b>Urgently needed services</b></p> <p>A plan-covered service requiring immediate medical attention that is not an emergency is an urgently needed service if either you are temporarily outside the service area of the plan, or even if you are inside the service area of the plan, it is unreasonable given your time, place, and circumstances to obtain this service from network providers with whom the plan contracts. Your plan must cover urgently needed services and only charge you in-network cost sharing. Examples of urgently needed services are unforeseen medical illnesses and injuries, or unexpected flare-ups of existing conditions. However, medically necessary routine provider visits, such as annual checkups, are not considered urgently needed even if you are outside the service area of the plan or the plan network is temporarily unavailable.</p> <p>You have worldwide coverage for urgently needed services (outlined above) that you did not expect or anticipate, and you can't wait until you are back in our plan's service area to obtain. Services provided by a dentist are not covered.</p> <p>There is no additional cost-share if you get multiple services in a visit.</p> | <p>\$35 copayment for each visit.</p> <p>You do not pay this amount if you are admitted to the hospital within 24 hours for the same condition.</p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
|--|---|
| <p><b>Virtual behavioral visits</b></p> <p>Virtual behavioral visits lets you choose to see and speak to a mental health professional using your computer or a mobile device, like a tablet or smart phone. This service can be used for initial evaluation, medication management and ongoing counseling. Providers can't prescribe medications in all states.</p> <p>Virtual behavioral health also includes cognitive behavioral health therapy. Cognitive behavioral health therapy is a type of therapy that works on your thoughts and beliefs and how they affect your actions.</p>   | <p>\$10 copayment using providers that have the ability and are qualified to offer virtual behavioral visits.</p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p>   |
| <p><b>Virtual doctor visits</b></p> <p>Virtual doctor visits lets you choose to see and speak to doctors using your computer or a mobile device, like a tablet or smart phone. These doctors are providers that have the ability to offer virtual doctor visits.</p> <p>During a virtual visit, you can ask questions, get a diagnosis and the doctor may be able to prescribe medication that, if appropriate, can be sent to your pharmacy. Doctors can't prescribe medications in all states. You can find a list of participating virtual doctors, including designated providers, online at <a href="http://retiree.uhc.com/TRS-CareMA">retiree.uhc.com/TRS-CareMA</a>.</p> | <p>\$0 copayment for certain primary care provider, nurse practitioner, physician's assistant, or other non-physician health care professional services by designated providers.^</p> <p>\$5 copayment using providers that have the ability and are qualified to offer virtual medical visits.</p> <p>You pay these amounts until you reach the out-of-pocket maximum.</p> |
| <p> <b>Vision services</b></p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Outpatient physician services provided by an ophthalmologist or optometrist for the diagnosis and</li> </ul>  | <p>\$10 copayment for each Medicare-covered exam.††</p>   |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
|--|---|
| <p>treatment of diseases and injuries of the eye, including diagnosis or treatment for age-related macular degeneration or cataracts. Original Medicare doesn't cover routine eye exams (eye refractions) for eyeglasses/contacts.</p> <ul style="list-style-type: none"> <li data-bbox="231 735 1009 950">☐ For people who are at high risk of glaucoma, we will cover one glaucoma screening each year. People at high risk of glaucoma include: people with a family history of glaucoma, people with diabetes, African Americans who are age 50 and older, and Hispanic Americans who are 65 or older.</li> <li data-bbox="231 1009 1009 1187">☐ For people with diabetes or signs and symptoms of eye disease, eye exams to evaluate for eye disease are covered per Medicare guidelines. Annual examinations by an ophthalmologist or optometrist are recommended for asymptomatic diabetics.</li> <li data-bbox="231 1246 1009 1651">☐ One pair of eyeglasses or contact lenses after each cataract surgery that includes insertion of an intraocular lens (additional pairs of eyeglasses or contacts are not covered by Medicare). If you have two separate cataract operations, you cannot reserve the benefit after the first surgery and purchase two eyeglasses after the second surgery. Covered eyeglasses after cataract surgery includes standard frames and lenses as defined by Medicare; any upgrades are not covered (including, but not limited to, deluxe frames, tinting, progressive lenses or anti-reflective coating).</li> </ul> | <p>You pay these amounts until you reach the out-of-pocket maximum.</p> <p>\$0 copayment for Medicare-covered glaucoma screening.</p> <p>\$0 copayment for each Medicare-covered diabetic eye exam.<sup>††</sup></p> <p>\$0 copayment for one pair of Medicare-covered standard glasses or contact lenses after cataract surgery.</p> |

| Services that are covered for you  | What you must pay when you get these services in-network and out-of-network   |
|--|---|
| <p><b>Routine vision services</b></p> <p>Please turn to Section 4 Routine vision services of this chapter for more detailed information about this benefit.</p>  | <p><b>Eye Exam</b></p> <p>\$0 copayment for 1 exam every 12 months.*</p> <p><b>Eyewear</b></p> <p>Plan pays up to \$70 for eyeglasses, or up to \$105 for contact lenses instead of eyeglasses, every 12 months.</p>  |
| <p> <b>“Welcome to Medicare” Preventive Visit</b></p> <p>The plan covers the one-time “Welcome to Medicare” preventive visit. The visit includes a review of your health, as well as education and counseling about the preventive services you need (including certain screenings and shots (or vaccines)), and referrals for other care if needed. Doesn’t include lab tests, radiological diagnostic tests or non-radiological diagnostic tests. Additional cost share may apply to any lab or diagnostic testing performed during your visit, as described for each separate service in this medical benefits chart.</p> <p><b>Important:</b> We cover the “Welcome to Medicare” preventive visit only within the first 12 months you have Medicare Part B. When you make your appointment, let your doctor’s office know you would like to schedule your “Welcome to Medicare” preventive visit.</p> | <p>There is no coinsurance, copayment, or deductible for the “Welcome to Medicare” preventive visit.</p> <p>There is a 5% coinsurance for a one-time Medicare-covered EKG screening if ordered as a result of your “Welcome to Medicare” preventive visit. Please refer to outpatient diagnostic tests and therapeutic services and supplies for other EKG’s.</p> |
| <p><b>Wigs<sup>^</sup></b></p> <p>Wigs will be covered for hair loss due to chemotherapy, medical treatment, or a medical condition. Includes unlimited wigs per plan year.</p>  | <p>5% coinsurance*</p>  |

\* Covered services that do not count toward your maximum out-of-pocket amount.



**Services that are covered for you**

**What you must pay when you  
get these services in-network  
and out-of-network**

<sup>††</sup> Covered services where your provider may need to request prior authorization.

<sup>^</sup> Coverage for these services, excluding wigs for chemotherapy, are in addition to your Medicare Advantage plan benefits. Unlike your Medicare Advantage plan medical coverage, you cannot file a Medicare appeal or grievance for non-Medicare benefits. If you have questions, please call Customer Service using the information on the cover of this booklet.

<sup>^^</sup> Call Customer Service at the number on your UnitedHealthcare UCard for more details.

### Section 3 What Medical services are not covered by the plan?

#### Section 3.1 Medical services we do not cover (exclusions)

This section tells you what services are “excluded” from Medicare coverage and therefore, are not covered by this plan.

The chart below lists services and items that either are not covered under any condition or are covered only under specific conditions.

If you get services that are excluded (not covered), you must pay for them yourself, except under the specific conditions listed below. Even if you receive the excluded services at an emergency facility, the excluded services are still not covered and our plan will not pay for them.

The only exception is if the service is appealed and decided upon appeal to be a medical service that we should have paid for or covered because of your specific situation. (For information about appealing a decision we have made to not cover a medical service, go to Chapter 7, Section 5.3 in this document.)

| Services not covered by Medicare  | Not covered under any condition | Covered only under specific conditions  |
|---|---------------------------------|---|
| Services considered not reasonable and necessary, according to Original Medicare standards.   | Not covered under any condition |   |
| Experimental medical and surgical procedures, equipment and medications.<br><br>Experimental procedures and items are those items and procedures determined by Original Medicare to not be generally accepted by the medical community. |                                 | May be covered by Original Medicare under a Medicare-approved clinical research study or by our plan. (See Chapter 3, Section 5 for more information on clinical research studies.) |
| Private room in a hospital.   |                                 | Covered only when medically necessary.  |
| Personal items in your room at a hospital or a skilled nursing facility, such as a telephone or a television.   | Not covered under any condition |   |

| Services not covered by Medicare   | Not covered under any condition | Covered only under specific conditions  |
|--|---------------------------------|---|
| Full-time nursing care in your home.   | Not covered under any condition |   |
| Custodial care.<br><br>Custodial care is personal care that does not require the continuing attention of trained medical or paramedical personnel, such as care that helps you with activities of daily living, such as bathing or dressing. | Not covered under any condition |   |
| Homemaker services including basic household assistance, such as light housekeeping or light meal preparation.   |                                 | Refer to the UnitedHealthcare Healthy at Home post-discharge program  |
| Fees charged for care by your immediate relatives or members of your household.  | Not covered under any condition |   |
| Cosmetic surgery or procedures.  |                                 | Covered in cases of an accidental injury or for improvement of the functioning of a malformed body member.<br><br>Covered for all stages of reconstruction for a breast after a mastectomy, as well as for the unaffected breast to produce a symmetrical appearance. |
| Chiropractic services (Medicare-covered)   |                                 | Manual manipulation of the spine to correct a subluxation is covered. Excluded from Medicare coverage is any service other than manual manipulation of the spine for the treatment of subluxation.  |

| Services not covered by Medicare  | Not covered under any condition | Covered only under specific conditions   |
|---|---------------------------------|--|
| Routine dental care, such as cleanings, exams or x-rays.  | Not covered under any condition |  |
| Non-routine dental care.  |                                 | Dental care required to treat illness or injury may be covered as inpatient or outpatient care.  |
| Home-delivered meals.   |                                 | Refer to the UnitedHealthcare Healthy at Home post-discharge program   |
| Post-discharge meal delivery benefit  |                                 | As specifically described as a covered service in the medical benefits chart in this chapter.  |
| Orthopedic shoes or supportive devices for the feet.  |                                 | Shoes that are part of a leg brace and are included in the cost of the brace. Orthopedic or therapeutic shoes for people with diabetic foot disease. (As specifically described as a covered service in the medical benefits chart in this chapter.) |
| Elective hysterectomy, tubal ligation, or vasectomy, if the primary indication for these procedures is sterilization. Reversal of sterilization procedures, penile vacuum erection devices, or non-prescription contraceptive supplies. | Not covered under any condition |  |
| Acupuncture (Medicare-covered).   |                                 | Available for people with chronic low back pain under certain circumstances. (As specifically described in the medical benefits chart in this chapter.)  |

| <b>Services not covered by Medicare</b>   | <b>Not covered under any condition</b> | <b>Covered only under specific conditions</b>  |
|---|--|--|
| Naturopath services (uses natural or alternative treatments).   | Not covered under any condition        |  |
| All services, procedures, treatments, medications and supplies related to workers' compensation claims.   | Not covered under any condition        |  |
| Physical examinations for the purpose of maintaining or obtaining employment, licenses, insurance, court hearings, travel, dietary counseling, weight reduction programs or for premarital and pre-adoption purposes and/or other non-preventive reasons. | Not covered under any condition        |  |
| Abortion.   |  | Cases resulting in pregnancies from rape or incest or that endanger the life of the mother.  |
| Routine transportation.   |  | As specifically described as a covered service in the medical benefits chart in this chapter.  |
| Health services for treatment of military service related disabilities provided by the Military Health Services System (including CHAMPUS or TRICARE) under which the federal government agrees to pay for the services and supplies.                     | Not covered under any condition        |  |
| Paramedic intercept service (advanced life support provided by an emergency service entity, such as a paramedic services unit, which do not provide ambulance transport)  |  | Services are only covered when the ambulance pick-up address is located in rural New York and applicable conditions are met. Members are responsible for all paramedic intercept service |

| Services not covered by Medicare   | Not covered under any condition   | Covered only under specific conditions  |
|--|---|---|
|  |   | costs that occur outside of rural New York.   |
| Optional, additional, or deluxe features or accessories to durable medical equipment, corrective appliances or prosthetics which are primarily for the comfort or convenience of the member, or for ambulation primarily in the community, including but not limited to home and car remodeling or modification, and exercise equipment. | Not covered under any condition   |   |
| Immunizations for foreign travel purposes.   | Not covered under any condition   |   |
| <p><b>The following services and items are excluded from coverage under the transplant program:</b></p>  | <p>Transplants performed in a non-Medicare-certified transplant facility.</p> <p>Non-Medicare-covered organ transplants.</p> <p>Transplant services, including donor costs, when the transplant recipient is not a member.</p> <p>Artificial or non-human organs.</p> <p>Transportation of any potential donor for typing and matching.</p> <p>Services for which government funding or</p> | <p>Transportation services, except as covered in accordance with Medicare guidelines.</p> <p>Food and housing costs except as covered in accordance with Medicare guidelines.</p> <p>Storage costs for any organ or bone marrow.</p> <p>Bone marrow transplants or stem cell transplantation, except as a treatment for an appropriate diagnosis as specifically stated in the Medicare coverage guidelines or in the Evidence of Coverage.</p> |

| Services not covered by Medicare  | Not covered under any condition        | Covered only under specific conditions  |
|---|--|---|
|   | other insurance coverage is available. |   |
| Any non-emergency care received outside of the United States and the U.S. Territories.  | Not covered under any condition        |   |
| <p>For transplants: items not covered include, but are not limited to the below.</p> <p>For transportation:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Vehicle rental, purchase, or maintenance/repairs</li> <li><input type="checkbox"/> Auto clubs (roadside assistance)</li> <li><input type="checkbox"/> Gas</li> <li><input type="checkbox"/> Travel by air or ground ambulance (may be covered under your medical benefit).</li> <li><input type="checkbox"/> Air or ground travel not related to medical appointments</li> <li><input type="checkbox"/> Parking fees incurred other than at lodging or hospital</li> </ul> <p>For lodging:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Deposits</li> <li><input type="checkbox"/> Utilities (if billed separate from the rent payment)</li> <li><input type="checkbox"/> Phone calls, newspapers, movie rentals and gift cards</li> <li><input type="checkbox"/> Expenses for lodging when staying with a relative or friend</li> <li><input type="checkbox"/> Meals</li> </ul> | Not covered under any condition        |   |
| In-home non-medical personal care   |  | As specifically described as a covered service in the medical benefits chart in this chapter. |

| Services not covered by Medicare                        | Not covered under any condition | Covered only under specific conditions  |
|---|---------------------------------|---|
| Personal emergency response system (PERS)               |                                 | As specifically described as a covered service in the medical benefits chart in this chapter. |
| Diabetes Prevention and Weight Management Program       |                                 | As specifically described as a covered service in the medical benefits chart in this chapter. |
| Over-the-counter (OTC) credit                           |                                 | As specifically described as a covered service in the medical benefits chart in this chapter. |
| UnitedHealthcare Healthy at Home post-discharge program |                                 | As specifically described as a covered service in the medical benefits chart in this chapter. |
| Fitness program SilverSneakers®                         |                                 | As specifically described as a covered service in the medical benefits chart in this chapter. |
| Steady Together   |                                 | As specifically described as a covered service in the medical benefits chart in this chapter. |

We regularly review new procedures, devices and drugs to determine whether or not they are safe and effective for members. New procedures and technology that are safe and effective are eligible to become covered services. If the technology becomes a covered service, it will be subject to all other terms and conditions of the plan, including medical necessity and any applicable member copayments, coinsurance, deductibles or other payment contributions.

In determining whether to cover a service, we use proprietary technology guidelines to review new devices, procedures and drugs, including those related to behavioral/mental health. When clinical necessity requires a rapid determination of the safe and effective use of a new technology or new application of an existing technology for an individual member, one of our medical directors makes a medical necessity determination based on individual member medical documentation, review of published scientific evidence, and, when appropriate, relevant specialty or professional opinion from an individual who has expertise in the technology.

## **Section 4      Other additional benefits (not covered under Original Medicare)**

### **Introduction**



Your health and well-being are important to us, which is why we've developed the additional benefit(s) detailed in this section:

- Routine hearing services
- Routine vision services
- Routine chiropractic services

The benefit(s) described on the following pages are designed to help you stay healthy and provide well-rounded health coverage. Please read this section carefully, and reference it later if need be, to help you know what services are covered under your plan. If you ever have questions about what is covered, how to make a claim or about any other issue, please call Customer Service (phone numbers for Customer Service are on the cover of this booklet). We are always happy to provide answers to any questions you may have. We're here to serve you.

The information in this section describes the following benefits:

- Routine eye exam and routine eyewear
- Routine chiropractic care

Refer to the Routine hearing services benefit section below for more details on your routine hearing benefit.

These are covered health services when you follow the coverage rules in the Evidence of Coverage. These services are in addition to Medicare-covered benefits outlined in the Evidence of Coverage. The provisions of this section are incorporated into and made a part of your Evidence of Coverage. Copayments or coinsurance for these covered health services do not apply toward the annual out-of-pocket maximum (if applicable to your plan) described earlier in this chapter.

Further details on the benefits available as part of your additional benefit(s) (if applicable) are detailed in the section titled: **Covered services**.

### **Submit a claim or request reimbursement**

When you obtain services, the service provider normally submits a claim on your behalf. If the service provider is unwilling to do so, you can ask us for reimbursement. Refer to Chapter 5 Section 2 *How to ask us to pay you back or to pay a bill you have received*.

**Hearing aids ordered through providers other than UnitedHealthcare Hearing are not covered.**

### **Limitation of liability**

We will not reduce or deny a claim for failure to furnish such proof within the time required, provided a claim is furnished as soon as reasonably possible. Except in the absence of legal capacity, we will not accept a claim more than one (1) year from the date of service.

### **Access your benefits**

You may see doctors and other health care professionals, medical groups, hospitals, and other health care facilities that are not contracted with UnitedHealthcare, as long as they accept Medicare and are willing to bill UnitedHealthcare, and as long as the services are covered benefits and are medically necessary. Unlike most PPO plans, with this plan you pay the same cost share in-network and out-of-network.

You may receive covered services from a provider anywhere in the United States by taking the following steps:

- Locate a provider of your choice.
- Call your selected provider's office to schedule your services.
- Pay the appropriate cost shares at the time of your service, if applicable.
- When you go to the provider's office for services, you may be asked to show your UnitedHealthcare UCard.

It is important to note that the provider has the right to decide whether or not he or she will agree to submit the bill for covered services directly to us for payment at the time he or she furnishes covered services to you. If the provider does not wish to submit the bill directly to us please follow the instructions under "Submit a claim or request reimbursement".

### **Out-of-network benefits**

You can choose to use your in-network benefits with a network provider or use your out-of-network benefits with an out-of-network provider.

### **Routine hearing services**

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#### **Covered Services**

The following services are covered under your additional hearing benefit:

#### **Routine Hearing Exam**

You can receive one hearing exam, every year through any hearing service provider, including a UnitedHealthcare Hearing provider. No authorization needed. For more information, see Access Your Benefits earlier in this section.

Check the Medical Benefits Chart above for any copayment or coinsurance that may be due at the time of your exam.

#### **Hearing Aids**

Hearing aids are medical devices that fit in or near the ear. You must visit a provider in the UnitedHealthcare Hearing network or purchase through UnitedHealthcare Hearing's website for your hearing aids to be covered. With UnitedHealthcare Hearing, you receive a broad selection of name brand and private-labeled prescription hearing aids, including some virtual appointment options. The benefit may be utilized toward the purchase of certain non-prescription (over-the-counter) hearing aids through UnitedHealthcare Hearing only.

To access your hearing aid benefit, call UnitedHealthcare Hearing at 1-866-445-2071, TTY 711, 8 a.m. – 8 p.m. CT, Monday – Friday or by visiting [UHChearing.com/retiree](https://UHChearing.com/retiree). A hearing counselor will verify your eligibility and help determine your hearing care needs, including if you need a routine hearing exam. Then they will help you find a convenient location and make your appointment.

A prescription hearing aid purchase includes:

- 1 hearing exam for evaluation and fitting of hearing aids every year
- A trial period
- 3 hearing aid follow-up appointments within the first year
  - 1 follow-up appointment for hearing aids purchased in the Silver technology level
- A 3-year extended warranty

The warranty for non-prescription (over-the-counter) hearing aids varies by manufacturer. Non-prescription hearing aids do not require any of the following:

- A medical exam
- A fitting by an audiologist
- A written prescription

Check the Medical Benefits Chart above for the amount of your benefit and how often you can purchase hearing aids.

### **Limitations and exclusions**

The limitations and exclusions below apply to your additional hearing aid benefit:

- This benefit may be changed or terminated at the end of the plan year.
- Hearing aids ordered through providers other than UnitedHealthcare Hearing are not covered.
- Government treatment for any services provided in a local, state or federal government facility or agency, except when federal or state law requires payment under the plan.
- Any treatment or services caused by or resulting from employment, or covered under any public liability insurance, including Workers' Compensation programs.
- Covered expenses related to hearing aids are limited to the plan's Usual and Customary (U&C) charge of a basic hearing aid to provide functional improvement.
- Certain hearing aid items and services are not covered, such as:
  - Replacement of a hearing aid that is lost, broken or stolen if it exceeds covered rate of occurrence
  - Repair of the hearing aid and related services
  - An eyeglass-type hearing aid or additional charges for a hearing aid designed specifically for cosmetic purposes
  - Services, accessories, or supplies that are not medically necessary according to professionally accepted standards of practice
  - Replacement batteries or assistive listening devices
  - Services received outside of the plan's coverage dates, warranty or trial period
  - Services you choose to have that are not covered under the benefit will be at your own cost
  - Non-prescription (over-the-counter) hearing aids purchased outside of UnitedHealthcare Hearing

### **Routine Vision Services**

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### **Vision service providers**

Vision coverage is through the UnitedHealthcare Medical network. Providers should contact the provider number on the back of your UnitedHealthcare UCard to confirm eligibility and benefits.

You may visit any vision service provider for routine vision services.

Out-of-network vision and eyewear providers may require you to pay the full cost of the service and then submit to UnitedHealthcare for reimbursement. For more information on this process, please see Chapter 5.

When scheduling your appointment, confirm whether the vision and eyewear providers will bill the UnitedHealthcare medical plan before receiving routine vision services, such as:

- Routine eye exam
- Eyeglasses (frames and lenses) or contact lenses

Providers may accept the medical plan for routine eye exams but not the eyewear so it is important to verify both separately.

For more information please see **Access Your Benefits** earlier in this section.

### **Covered services**

**The following services are covered under your vision benefit:**

#### **Routine eye exam**

A routine vision exam every 12 months, through a network or out-of-network vision provider.

#### **Routine eyewear**

The plan provides an eyewear benefit for vision correction not related to cataract surgery. Eyewear consists of frames and lenses (eyeglasses) or contact lenses.

For routine vision services from an out-of-network vision or eyewear provider, you may need to pay the full cost of the service and then submit to UnitedHealthcare for reimbursement. For more information on this process, please see 5.

Please refer to the **Medical Benefits Chart** above for details about your routine eyewear benefit.

### **Limitations and exclusions**

**The limitations and exclusions below apply to your routine vision benefit:**

- Medically necessary services covered under Original Medicare.
- Government treatment for any services provided in a local, state or federal government facility or agency, except when federal or state law requires payment under the plan.
- Any treatment or services caused by or resulting from employment, or covered under any public liability insurance, including Worker's Compensation programs.
- Orthoptics or vision training and any associated supplemental testing.

- Plano lenses (non-prescription).
- 2 pair of glasses instead of bifocals.
- Subnormal (low) vision aids.
- Replacement of lenses and frames which are lost or broken, except at the normal intervals when services are otherwise available.
- LASIK, surgeries or other laser procedures.
- Any eye exam or corrective eyewear required by an employer as a condition of employment.

## **Routine Chiropractic Services**

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### **Chiropractic service providers**

You may visit any chiropractor for routine chiropractic services. For more information please see **Access Your Benefits** earlier in this section.

### **Covered services**

#### **The following services are covered under your additional chiropractic benefit:**

- A limited number of visits per year, including evaluation of X-rays.
- An initial exam with a chiropractor to determine the nature of your problem and prepare a treatment plan if necessary.
- Follow-up visits to chiropractors, as indicated by a treatment plan, which may include spinal and extraspinal manipulations, therapy, and X-ray procedures with the exception of those listed in the limitations and exclusions, and extraspinal manipulation when medically necessary.
- Any of the following when medically necessary: radiology codes for the spine, traction, whirlpool, manual electrical stimulation, ultrasound, therapeutic exercise, neuromuscular reeducation, massage when performed by a chiropractor, attended therapy techniques, dynamic therapeutic activities, spinal manipulation, and extraspinal manipulation.
- A re-evaluation to assess the need to continue, extend or change your treatment plan. If a separate appointment is made to re-evaluate your treatment plan, it will count as a visit and a copayment or coinsurance will be required.
- X-rays and laboratory tests are covered in full when prescribed by a chiropractor for medically necessary services. X-ray interpretations or consultations are only covered when performed by a chiropractor or an American Radiology Association (ARA) radiologist.

Please refer to the Medical Benefits Chart above for your copayment or coinsurance and the number of visits allowed under this plan.

### **Limitations and exclusions**

#### **The limitations and exclusions below apply to your additional chiropractic benefit:**

- Government treatment for any services provided in a local, state or federal government facility or agency, except when federal or state law requires payment under the plan.

- Any treatment or services caused by or resulting from employment, or covered under any public liability insurance, including Worker's Compensation programs.
- Terms and conditions of coverage not outlined in the Evidence of Coverage.
- Any accommodation, service, supply or other item determined not to be medically necessary, except for routine covered chiropractic services.
- Services for an exam or treatment of strictly non-neuromuscular-skeletal disorders.
- Services that are not documented as necessary and appropriate, or are experimental or investigational chiropractic care.
- Diagnostic scanning, including Magnetic Resonance Imaging (MRI), CAT scans and/or other types of diagnostic scanning.
- Any services or treatment for Temporomandibular Joint Disease (TMJ). TMJ is a condition of the jaw joint that commonly causes headaches, tenderness of the jaw muscles or dull aching facial pain.
- Treatment or service for pre-employment physicals or vocational rehabilitation.
- Thermography.
- Hypnotherapy, behavior training, sleep therapy, weight programs, educational programs, non-medical self-care or self-help including any self-help physical exercise training, or any related diagnostic testing.
- Air conditioners, air purifiers, therapeutic mattress supplies or any other similar devices or appliances.
- Vitamins, minerals, nutritional supplements or other similar-type products.
- Manipulation under anesthesia, hospitalization or any related services.
- Prescription drugs or medicines, including non-legend or proprietary medicine, that don't require a prescription order.
- Measurement codes, transcutaneous electrical nerve stimulator (TENS) unit for chronic low back pain and related supplies, assistant at surgery, unattended electrical stimulation, gait training, osteopathic manipulation, foot orthotics, X-rays other than for the spine, infrared and ultraviolet therapy, vertebral axial decompression, and massage not performed by a chiropractor.

# **Chapter 5**

Chapter 5: Asking us to pay our share of a bill  
you have received for covered medical  
services

## Section 1 Situations in which you should ask us to pay our share of the cost of your covered services

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Sometimes when you get medical care, you may need to pay the full cost. Other times, you may find that you have paid more than you expected under the coverage rules of the plan, or you may receive a bill from a provider. In these cases, you can ask our plan to pay you back (paying you back is often called “reimbursing” you). It is your right to be paid back by our plan whenever you’ve paid more than your share of the cost for medical services that are covered by our plan. There may be deadlines that you must meet to get paid back. Please see Section 2 of this chapter.

There may also be times when you get a bill from a provider for the full cost of medical care you have received or possibly for more than your share of cost-sharing as discussed in this document. First try to resolve the bill with the provider. If that does not work, send the bill to us instead of paying it. We will look at the bill and decide whether the services should be covered. If we decide they should be covered, we will pay the provider directly. If we decide not to pay it, we will notify the provider. You should never pay more than plan-allowed cost-sharing. If this provider is contracted, you still have the right to treatment.

Here are examples of situations in which you may need to ask our plan to pay you back or to pay a bill you have received:

### 1. When you’ve received medical care from a provider who is not in our plan’s network

When you received services from a provider in the United States who is not part of our network, you are only responsible for paying your share of the cost. Ask the provider to bill the plan for our share of the cost.

- Emergency providers are legally required to provide emergency care. You are only responsible for paying your share of the cost for emergency or urgently needed services. If you pay the entire amount yourself at the time you receive the care, ask us to pay you back for our share of the cost. Send us the bill, along with documentation of any payments you have made.
- If you pay the entire amount yourself at the time you receive the care, ask us to pay you back for our share of the cost. Send us the bill, along with documentation of any payments you have made.
- You may get a bill from the provider asking for payment that you think you do not owe. Send us this bill, along with documentation of any payments you have already made.
  - If the provider is owed anything, we will pay the provider directly.
  - If you have already paid more than your share of the cost of the service, we will determine how much you owed and pay you back for our share of the cost.
- Please note:** While you can get your care from an out-of-network provider, the provider must be eligible to participate in Medicare. Except for emergency care, we cannot pay a provider who has opted out of or been excluded or precluded from the Medicare Program. If the provider is not eligible to participate in Medicare, you will be responsible for the full cost of the services you receive.



- You can also receive emergency or urgently needed services from a provider outside the United States. If you receive emergency or urgently-needed services outside of the United States, the provider may require that you pay for the cost of the services in full. Ask for a written, detailed bill or receipt showing the specific services provided to you. Send a copy of the itemized bill or an itemized receipt to us to pay you back. You should be prepared to assist us in obtaining all of the information necessary to properly process your request for reimbursement, including medical records.

## **2. When a network provider sends you a bill you think you should not pay**

Network providers should always bill the plan directly and ask you only for your share of the cost. But sometimes they make mistakes and ask you to pay more than your share.

- You only have to pay your cost-sharing amount when you get covered services. We do not allow network providers to add additional separate charges, called “balance billing.” This protection (that you never pay more than your cost-sharing amount) applies even if we pay the provider less than the provider charges for a service and even if there is a dispute and we don’t pay certain provider charges.
- Whenever you get a bill from a network provider that you think is more than you should pay, send us the bill. We will contact the provider directly and resolve the billing problem.
- If you have already paid a bill to a network provider, but you feel that you paid too much, send us the bill along with documentation of any payment you have made and ask us to pay you back the difference between the amount you paid and the amount you owed under the plan.

## **3. If you are retroactively enrolled in our plan**

Sometimes a person’s enrollment in the plan is retroactive. (This means that the first day of their enrollment has already passed. The enrollment date may even have occurred last year.)

If you were retroactively enrolled in our plan and you paid out-of-pocket for any of your covered services after your enrollment date, you can ask us to pay you back for our share of the costs. You will need to submit paperwork such as receipts and bills for us to handle the reimbursement.

## **4. When you utilize your worldwide emergency coverage, worldwide urgently needed services, or worldwide emergency transportation benefits**

You will pay the full cost of emergency services received outside of the United States at the time you receive services. To receive reimbursement from us, you must do the following:

- Pay your bill at the time it is received. We will reimburse you for the difference between the amount of your bill and your cost share for the services as outlined in Chapter 4 of this document.
- Save all of your receipts and send us copies when you ask us to pay you back. In some situations, we may need to get more information from you or the provider who rendered services to you in order to pay you back for our share of the cost. Please see Chapter 5 Section 2.1 for expense reimbursement for worldwide services.

- If you are being asked to pay your bill for worldwide emergency services and are unable to make the payment, please call Customer Service for additional assistance and we may be able to help coordinate payment for covered services on your behalf.

All of the examples above are types of coverage decisions. This means that if we deny your request for payment, you can appeal our decision. Chapter 7 of this document has information about how to make an appeal.

## **Section 2            How to ask us to pay you back or to pay a bill you have received**

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You may request us to pay you back by sending us a request in writing. If you send a request in writing, send your bill and documentation of any payment you have made. It's a good idea to make a copy of your bill and receipt(s) for your records.

To make sure you are giving us all the information we need to make a decision, you can fill out our claim form to make your request for payment.

- You don't have to use the form, but it will help us process the information faster.
- Either download a copy of the form from our website ([retiree.uhc.com/TRS-CareMA](https://retiree.uhc.com/TRS-CareMA)) or call Customer Service and ask for the form.

Mail your request for payment together with any bills or paid receipts to us at this address:

Medical claims payment requests:  
UnitedHealthcare  
P.O. Box 30995  
Salt Lake City, UT 84130-0995

**You must submit your Part C (medical) claim to us within 12 months** of the date you received the service, item, or Part B drug.

## **Section 3            We will consider your request for payment and say yes or no**

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### **Section 3.1            We check to see whether we should cover the service and how much we owe**

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When we receive your request for payment, we will let you know if we need any additional information from you. Otherwise, we will consider your request and make a coverage decision.

- If we decide that the medical care is covered and you followed all the rules, we will pay for our share of the cost. If you have already paid for the service, we will mail your reimbursement of our share of the cost to you. If you have not paid for the service yet, we will mail the payment directly to the provider.
- If we decide that the medical care is **not** covered, or you did **not** follow all the rules, we will not pay for our share of the cost. We will send you a letter explaining the reasons why we are not sending the payment and your rights to appeal that decision.

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**Section 3.2      If we tell you that we will not pay for all or part of the medical care, you can make an appeal**

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If you think we have made a mistake in turning down your request for payment or the amount we are paying, you can make an appeal. If you make an appeal, it means you are asking us to change the decision we made when we turned down your request for payment. The appeals process is a formal process with detailed procedures and important deadlines. For details on how to make this appeal, go to Chapter 7 of this document.

# **Chapter 6**

Chapter 6: Your rights and responsibilities

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## **Section 1      Our plan must honor your rights and cultural sensitivities as a member of the plan**

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### **Section 1.1      You have a right to receive information about the organization, its services, its practitioners and providers and member rights and responsibilities. We must provide information in a way that works for you and consistent with your cultural sensitivities (in languages other than English, in braille, in large print, or other alternate formats, etc.)**

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Your plan is required to ensure that all services, both clinical and non-clinical, are provided in a culturally competent manner and are accessible to all enrollees, including those with limited English proficiency, limited reading skills, hearing incapacity, or those with diverse cultural and ethnic backgrounds. Examples of how a plan may meet these accessibility requirements include, but are not limited to provision of translator services, interpreter services, teletypewriters, or TTY (text telephone or teletypewriter phone) connection.

Our plan has free interpreter services available to answer questions from non-English speaking members. We can also give you information in braille, in large print, or other alternate formats at no cost if you need it. We are required to give you information about the plan's benefits in a format that is accessible and appropriate for you. To get information from us in a way that works for you, please call Customer Service.

Our plan is required to give female enrollees the option of direct access to a women's health specialist within the network for women's routine and preventive health care services.

If providers in the plan's network for a specialty are not available, it is the plan's responsibility to locate specialty providers outside the network who will provide you with the necessary care. In this case, you will only pay in-network cost-sharing. If you find yourself in a situation where there are no specialists in the plan's network that cover a service you need, call the plan for information on where to go to obtain this service at in-network cost-sharing.

If you have any trouble getting information from our plan in a format that is accessible and appropriate for you, seeing a women's health specialist or finding a network specialist, please call to file a grievance with Customer Service (phone numbers are printed on the cover of this booklet). You may also file a complaint with Medicare by calling 1-800-MEDICARE (1-800-633-4227) or directly with the Office for Civil Rights 1-800-368-1019 or TTY 1-800-537-7697.

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### **Section 1.2      We must ensure that you get timely access to your covered services**

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You have the right to choose an out-of-network provider that participates in Medicare.

You have the right to get appointments and covered services from your providers, **within a reasonable amount of time**. This includes the right to get timely services from specialists when you need that care.

### **How to Receive Care After Hours**

If you need to talk to or see your Primary Care Provider after the office has closed for the day, call your Primary Care Provider's office. When the on-call physician returns your call he or she will advise you on how to proceed. Because you are a member of the TRS-Care Medicare Advantage plan, you can see any provider (network or out-of-network) at the same cost share, as long as they accept Medicare and are willing to bill UnitedHealthcare.

If you think that you are not getting your medical care within a reasonable amount of time, Chapter 7 tells what you can do.

### **Section 1.3 We must protect the privacy of your personal health information**

Federal and state laws protect the privacy of your medical records and personal health information. We protect your personal health information as required by these laws.

- Your "personal health information" includes the personal information you gave us when you enrolled in this plan as well as your medical records and other medical and health information.
- You have rights related to your information and controlling how your health information is used. We give you a written notice, called a Notice of Privacy Practice, that tells about these rights and explains how we protect the privacy of your health information.

#### **How do we protect the privacy of your health information?**

- We make sure that unauthorized people don't see or change your records.
- Except for the circumstances noted below, if we intend to give your health information to anyone who isn't providing your care or paying for your care, we are required to get written permission from you or someone you have given legal power to make decisions for you first.
- There are certain exceptions that do not require us to get your written permission first. These exceptions are allowed or required by law.
  - We are required to release health information to government agencies that are checking on quality of care.
  - Because you are a member of our plan through Medicare, we are required to give Medicare your health information. If Medicare releases your information for research or other uses, this will be done according to Federal statutes and regulations; typically, this requires that information that uniquely identifies you not be shared

#### **You can see the information in your records and know how it has been shared with others**

You have the right to look at your medical records held by the plan, and to get a copy of your records. We are allowed to charge you a fee for making copies. You also have the right to ask us to make additions or corrections to your medical records. If you ask us to do this, we will work with your healthcare provider to decide whether the changes should be made.

You have the right to know how your health information has been shared with others for any purposes that are not routine.

If you have questions or concerns about the privacy of your personal health information, please call Customer Service.

## HEALTH PLAN NOTICE OF PRIVACY PRACTICES

**THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.**

**PLEASE REVIEW IT CAREFULLY.**

Effective January 1, 2024

We<sup>1</sup> are required by law to protect the privacy of your health information. We are also required to provide you this notice, which explains how we may use information about you and when we can give out or “disclose” that information to others. You also have rights regarding your health information that are described in this notice. We are required by law to abide by the terms of this notice that is currently in effect.

The terms “information” or “health information” in this notice include information we maintain that reasonably can be used to identify you and that relates to your physical or mental health condition, the provision of health care to you, or the payment for such health care. We will comply with the requirements of applicable privacy laws related to notifying you in the event of a breach of your health information.

We have the right to change our privacy practices and the terms of this notice. If we make a material change to our privacy practices, we will provide to you, in our next annual distribution, either a revised notice or information about the material change and how to obtain a revised notice. We will provide you with this information either by direct mail or electronically, in accordance with applicable law. In all cases, if we maintain a website for your particular health plan, we will post the revised notice on your health plan website. We reserve the right to make any revised or changed notice effective for information we already have and for information that we receive in the future.

### **How We Collect, Use, and Disclose Information**

**We** collect, use, and disclose your health information to provide that information:

- To you or someone who has the legal right to act for you (your personal representative) in order to administer your rights as described in this notice; and
- To the Secretary of the Department of Health and Human Services, if necessary, to confirm we are meeting our privacy obligations.

**We may** collect, use, and disclose health information for your treatment, to pay for your health care and to operate our business. For example, we may collect, use, and disclose your health information:

- **For Payment** of premiums owed to us, to determine your health care coverage, and to process claims for health care services you receive, including for coordination of other benefits you may have. For example, we may tell a doctor whether you are eligible for coverage for certain medical procedures and what percentage of the bill may be covered.

- **For Treatment**, including to aid in your treatment or the coordination of your care. For example, we share information with other doctors to help them provide medical care to you.
- **For Health Care Operations** as necessary to operate and manage our business activities related to providing and managing your health care coverage. For example, we might talk to your physician to suggest a disease management or wellness program that could help improve your health or we may analyze data to determine how we can improve our services. We may also de-identify health information in accordance with applicable laws.
- To Provide You Information on Health-Related Programs or Products** such as alternative medical treatments and programs or about health-related products and services, subject to limits imposed by law.
- For Plan Sponsors**, if your coverage is through an employer sponsored group health plan. We may share summary health information and enrollment and disenrollment information with the plan sponsor. We also may share other health information with the plan sponsor for plan administration purposes if the plan sponsor agrees to special restrictions on its use and disclosure of the information in accordance with federal law.
- For Underwriting Purposes**; however, we will not use or disclose your genetic information for such purposes. For example, we may use some health information in risk rating and pricing such as age and gender, as permitted by state and federal regulations. However, we do not use race, ethnicity, language, gender identity, or sexual orientation information in our underwriting process, or for denial of services, coverage, and benefits.
- For Reminders**, we may collect, use, and disclose health information to send you reminders about your benefits or care, such as appointment reminders with providers who provide medical care to you.
- For Communications to You** about treatment, payment or health care operations using telephone numbers or email addresses you provide to us.

**We may** collect, use, and disclose your health information for the following purposes under limited circumstances and subject to certain requirements:

- As Required by Law** to follow the laws that apply to us.
- To Persons Involved with Your Care** or who help pay for your care, such as a family member, when you are incapacitated or in an emergency, or when you agree or fail to object when given the opportunity. If you are unavailable or unable to object, we will use our best judgment to decide if the disclosure is in your best interest. Special rules apply regarding when we may disclose health information about a deceased individual to family members and others. We may disclose health information to any persons involved, prior to the death, in the care or payment for care of a deceased individual, unless we are aware that doing so would be inconsistent with a preference previously expressed by the deceased.
- For Public Health Activities** such as reporting or preventing disease outbreaks to a public health authority. We may also disclose your information to the Food and Drug Administration



(FDA) or persons under the jurisdiction of the FDA for purposes related to safety or quality issues, adverse events or to facilitate drug recalls.

- For Reporting Victims of Abuse, Neglect or Domestic Violence** to government authorities that are authorized by law to receive such information, including a social service or protective service agency.
- For Health Oversight Activities** to a health oversight agency for activities authorized by law, such as licensure, governmental audits and fraud and abuse investigations.
- For Judicial or Administrative Proceedings** such as in response to a court order, search warrant or subpoena.
- For Law Enforcement Purposes** to a law enforcement official for purposes such as providing limited information to locate a missing person or report a crime.
- To Avoid a Serious Threat to Health or Safety** to you, another person, or the public, by, for example, disclosing information to public health agencies or law enforcement authorities, or in the event of an emergency or natural disaster.
- For Specialized Government Functions** such as military and veteran activities, national security and intelligence activities, and the protective services for the President and others.
- For Workers' Compensation** as authorized by, or to the extent necessary to comply with, state workers compensation laws that govern job-related injuries or illness.
- For Research Purposes** such as research related to the evaluation of certain treatments or the prevention of disease or disability, if the research study meets federal privacy law requirements, or for certain activities related to preparing a research study.
- To Provide Information Regarding Decedents** to a coroner or medical examiner to identify a deceased person, determine a cause of death, or as authorized by law. We may also use and disclose information to funeral directors as necessary to carry out their duties.
- For Organ Donation Purposes** to entities that handle procurement, banking or transplantation of organs, eyes or tissue to facilitate donation and transplantation.
- To Correctional Institutions or Law Enforcement Officials** if you are an inmate of a correctional institution or under the custody of a law enforcement official, but only if necessary (1) for the institution to provide you with health care; (2) to protect your health and safety or the health and safety of others; or (3) for the safety and security of the correctional institution.
- To Business Associates** that perform functions on our behalf or provide us with services if the information is necessary for such functions or services. Our business associates are required, under contract with us and pursuant to federal law, to protect the privacy of your information.
- Additional Restrictions on Use and Disclosure.** Some federal and state laws may require special privacy protections that restrict the use and disclosure of certain sensitive health information. Such laws may protect the following types of information:
  1. Alcohol and Substance Use Disorder
  2. Biometric Information

3. Child or Adult Abuse or Neglect, including Sexual Assault
4. Communicable Diseases
5. Genetic Information
6. HIV/AIDS
7. Mental Health
8. Minors' Information
9. Prescriptions
10. Reproductive Health
11. Sexually Transmitted Diseases

We will follow the more stringent and protective law, where it applies to us.

Except for uses and disclosures described in this notice, we will use and disclose your health information only with a written authorization from you. This includes, except for limited circumstances allowed by federal privacy law, not using or disclosing psychotherapy notes about you, selling your health information to others, or using or disclosing your health information for certain marketing communications, without your written authorization. Once you give us authorization to use or disclose your health information, you may take back or "revoke" your written authorization at any time in writing, except if we have already acted based on your authorization. For information on how to revoke your authorization, contact the phone number listed on your UCard.

### What Are Your Rights

The following are your rights with respect to your health information:

- You have the right to ask to restrict** our uses or disclosures of your information for treatment, payment, or health care operations. You also have the right to ask to restrict disclosures of your information to family members or to others who are involved in your health care or payment for your health care. We may also have policies on dependent access that authorize your dependents to request certain restrictions. Any request for restrictions must be made in writing. **Please note that while we will try to honor your request and will permit requests consistent with our policies, we are not required to agree to any request for a restriction.**
- You have the right to ask to receive confidential communications** of information in a different manner or at a different place (for example, by sending information to a P.O. Box instead of your home address). We will accommodate reasonable requests in accordance with applicable state and federal law. In certain circumstances, we will accept your verbal request to receive confidential communications, however; we may also require you to confirm your request in writing. In addition, any requests to modify or cancel a previous confidential communication request must be made in writing. Mail your request to the address listed below.
- You have the right to request to see and obtain a copy** of certain health information we maintain about you such as claims and case or medical management records. If we maintain

your health information electronically, you have the right to request that we send a copy of your health information in an electronic format to you. In some cases, you may receive a summary of this health information. You must make a written request to inspect and copy your health information. Mail your request to the address listed below. In certain limited circumstances, we may deny your request to inspect and copy your health information. If we deny your request, you may have the right to have the denial reviewed. We may charge a reasonable fee for any copies.

- You have the right to ask to amend** certain health information we maintain about you such as claims and case or medical management records, if you believe the health information about you is wrong or incomplete. Your request must be in writing and provide the reasons for the requested amendment. Mail your request to the address listed below. We will respond to your request in the timeframe required under applicable law. In certain circumstances, we may deny your request. If we deny your request, you may have a statement of your disagreement added to your health information.
- You have the right to request an accounting** of certain disclosures of your information made by us during the six years prior to your request. This accounting will not include disclosures of information made: (i) for treatment, payment, and health care operations purposes; (ii) to you or pursuant to your authorization; (iii) to correctional institutions or law enforcement officials; and (iv) other disclosures for which federal law does not require us to provide an accounting. Any request for an accounting must be made in writing.
- You have the right to a paper copy of this notice.** You may ask for a copy of this notice at any time. Even if you have agreed to receive this notice electronically, you are still entitled to a paper copy of this notice. If we maintain a website, we will post a copy of the revised notice on our website. You may also obtain a copy of this notice on your website.
- In certain states, you may have the right to request that we delete** your personal information. Depending on your state of residence, you may have the right to request deletion of your personal information. We will respond to your request in the timeframe required under applicable law. If we are unable to honor your request, we will notify you of our decision. If we deny your request, you have the right to submit to us a written statement of the reasons for your disagreement with our assessment of the disputed information and what you consider to be the correct information. We will make your statement accessible to parties reviewing the information in dispute.

### Exercising Your Rights

- Contacting your Health Plan.** If you have any questions about this notice or want information about how to exercise your rights, **please call the toll-free member phone number on your UCard or you may contact a UnitedHealth Group Customer Call Center Representative at 1-866-347-9507 (TTY/RTT 711).**
- Submitting a Written Request.** To exercise any of your rights described above, mail your written requests to us at the following address:
  - UnitedHealthcare
  - Customer Service - Privacy Unit

PO Box 740815  
Atlanta, GA 30374-0815

- Filing a Complaint.** If you believe your privacy rights have been violated, you may file a complaint with us at the address listed above.

**You may also notify the Secretary of the U.S. Department of Health and Human Services of your complaint.** We will not take any action against you for filing a complaint.

<sup>1</sup>This Medical Information Notice of Privacy Practices applies to health plans that are affiliated with UnitedHealth Group. For a current list of health plans subject to this notice go to [www.uhc.com/privacy/entities-fn-v1](http://www.uhc.com/privacy/entities-fn-v1).

### **Financial Information Privacy Notice**

**THIS NOTICE DESCRIBES HOW FINANCIAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED. PLEASE REVIEW IT CAREFULLY.**

Effective January 1, 2024

We<sup>2</sup> are committed to maintaining the confidentiality of your personal financial information. For the purposes of this notice, “personal financial information” means information about an enrollee or an applicant for health care coverage that identifies the individual, is not generally publicly available, and is collected from the individual or is obtained in connection with providing health care coverage to the individual.

#### **Information We Collect**

Depending upon the product or service you have with us, we may collect personal financial information about you from the following sources:

- Information we receive from you on applications or other forms, such as name, address, age, medical information and Social Security number;
- Information about your transactions with us, our affiliates or others, such as premium payment and claims history; and
- Information from a consumer reporting agency.

#### **Disclosure of Information**

We do not disclose personal financial information about our enrollees or former enrollees to any third party, except as required or permitted by law. For example, in the course of our general business practices, we may, as permitted by law, disclose any of the personal financial information that we collect about you, without your authorization, to the following types of institutions:

- To our corporate affiliates, which include financial service providers, such as other insurers, and non-financial companies, such as data processors;

- To nonaffiliated companies for our everyday business purposes, such as to process your transactions, maintain your account(s), or respond to court orders and legal investigations; and
- To nonaffiliated companies that perform services for us, including sending promotional communications on our behalf.

### **Confidentiality and Security**

We maintain physical, electronic and procedural safeguards, in accordance with applicable state and federal standards, to protect your personal financial information against risks such as loss, destruction or misuse. These measures include computer safeguards, secured files and buildings, and restrictions on who may access your personal financial information.

### **Questions About this Notice**

If you have any questions about this notice, please **call the toll-free member phone number on your UCard or contact the UnitedHealth Group Customer Call Center at 1-866-347-9507 (TTY 711).**

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<sup>2</sup> For purposes of this Financial Information Privacy Notice, “we” or “us” refers to health plans affiliated with UnitedHealth Group, and the following UnitedHealthcare affiliates: ACN Group of California, Inc.; AmeriChoice Corporation; Benefitter Insurance Solutions, Inc.; Claims Management Systems, Inc.; Dental Benefit Providers, Inc.; Ear Professional International Corporation; Excelsior Insurance Brokerage, Inc.; gethealthinsurance.com Agency, Inc.; Golden Outlook, Inc.; Golden Rule Insurance Company; HealthMarkets Insurance Agency; Healthplex of CT, Inc.; Healthplex of NJ, Inc.; Healthplex, Inc.; HealthSCOPE Benefits, Inc.; International Healthcare Services, Inc.; Level2 Health IPA, LLC; Level2 Health Holdings, Inc.; Level2 Health Management, LLC; Managed Physical Network, Inc.; Optum Care Networks, Inc; OptumHealth Care Solutions, LLC; Optum Health Networks, Inc.; Oxford Benefit Management, Inc.; Oxford Health Plans LLC; Physician Alliance of the Rockies, LLC; POMCO Network, Inc.; POMCO, Inc.; Real Appeal, LLC; Solstice Administrators of Alabama, Inc.; Solstice Administrators of Missouri, Inc.; Solstice Administrators of North Carolina, Inc.; Solstice Administrators, Inc.; Solstice Benefit Services, Inc.; Solstice of Minnesota, Inc.; Solstice of New York, Inc.; Spectera, Inc.; Three Rivers Holding, Inc.; UHIC Holdings, Inc.; UMR, Inc.; United Behavioral Health; United Behavioral Health of New York I.P.A., Inc.; UnitedHealthcare, Inc.; United HealthCare Services, Inc.; UnitedHealth Advisors, LLC; UnitedHealthcare Service LLC; Urgent Care MSO, LLC; USHEALTH Administrators, LLC; USHEALTH Group, Inc.; and Vivify Health, Inc. This Financial Information Privacy Notice only applies where required by law. Specifically, it does not apply to (1) health care insurance products offered in Nevada by Health Plan of Nevada, Inc. and Sierra Health and Life Insurance Company, Inc.; or (2) other UnitedHealth Group health plans in states that provide exceptions for HIPAA covered entities or health insurance products. For a current list of entities subject to this notice go to [www.uhc.com/privacy/entities-fn-v1](http://www.uhc.com/privacy/entities-fn-v1)

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## **Section 1.4      We must give you information about the plan, its network of providers, and your covered services**

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As a member of our plan, you have the right to get several kinds of information from us. We may also call you occasionally to let you know about other Medicare products and services we offer. Call Customer Service if you want to opt out of receiving these calls or want any of the following kinds of information:

If you want any of the following kinds of information, please call Customer Service:

- Information about our plan.** This includes, for example, information about the plan's financial condition.
- Information about our network providers.**
  - You have the right to get information about the qualifications of the providers in our network and how we pay the providers in our network.
- Information about your coverage and the rules you must follow when using your coverage.** Chapters 3 and 4 provide information regarding medical services.
- Information about why something is not covered and what you can do about it.** Chapter 7 provides information on asking for a written explanation on why a medical service is not covered or if your coverage is restricted. Chapter 7 also provides information on asking us to change a decision, also called an appeal.

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## **Section 1.5      You have a right to participate with practitioners in making decisions about your health care. We must support your right to make decisions about your care and a candid discussion of appropriate or medically necessary treatment options for your conditions, regardless of cost or benefit coverage.**

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### **You have the right to know your treatment options and participate in decisions about your health care**

You have the right to get full information from your doctors and other health care providers. Your providers must explain your medical condition and your treatment choices **in a way that you can understand.**

You also have the right to participate fully in decisions about your health care. To help you make decisions with your doctors about what treatment is best for you, your rights include the following:

- To know about all of your choices.** You have the right to be told about all of the treatment options that are recommended for your condition, no matter what they cost or whether they are covered by our plan.
- To know about the risks.** You have the right to be told about any risks involved in your care. You must be told in advance if any proposed medical care or treatment is part of a research experiment. You always have the choice to refuse any experimental treatments.

- The right to say “no.”** You have the right to refuse any recommended treatment. This includes the right to leave a hospital or other medical facility, even if your doctor advises you not to leave. Of course, if you refuse treatment, you accept full responsibility for what happens to your body as a result.

### **You have the right to give instructions about what is to be done if you are not able to make medical decisions for yourself**

Sometimes people become unable to make health care decisions for themselves due to accidents or serious illness. You have the right to say what you want to happen if you are in this situation. This means that, **if you want to**, you can:

- Fill out a written form to give **someone the legal authority to make medical decisions for you** if you ever become unable to make decisions for yourself.
- Give your doctors written instructions** about how you want them to handle your medical care if you become unable to make decisions for yourself.

The legal documents that you can use to give your directions in advance of these situations are called **advance directives**. There are different types of advance directives and different names for them. Documents called **living will** and **power of attorney for health care** are examples of advance directives.

If you want to use an “advance directive” to give your instructions, here is what to do:

- Get the form.** You can get an advance directive form from your lawyer, from a social worker, or from some office supply stores. You can sometimes get advance directive forms from organizations that give people information about Medicare. You can also contact Customer Service for assistance in locating an advanced directive form.
- Fill it out and sign it.** Regardless of where you get this form, keep in mind that it is a legal document. You should consider having a lawyer help you prepare it.
- Give copies to appropriate people.** You should give a copy of the form to your doctor and to the person you name on the form who can make decisions for you if you can't. You may want to give copies to close friends or family members. Keep a copy at home.

If you know ahead of time that you are going to be hospitalized, and you have signed an advance directive, **take a copy with you to the hospital.**

- The hospital will ask you whether you have signed an advance directive form and whether you have it with you.
- If you have not signed an advance directive form, the hospital has forms available and will ask if you want to sign one.

**Remember, it is your choice whether you want to fill out an advance directive** (including whether you want to sign one if you are in the hospital). According to law, no one can deny you care or discriminate against you based on whether or not you have signed an advance directive.

### **What if your instructions are not followed?**

If you have signed an advance directive, and you believe that a doctor or hospital did not follow the instructions in it, you may file a complaint with the appropriate state-specific agency, for example,

your State Department of Health. See Chapter 2, Section 3 for contact information regarding your state-specific agency.

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**Section 1.6**      **You have a right to voice complaints or appeals about the organization or the care it provides. You have the right to make complaints and to ask us to reconsider decisions we have made**

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If you have any problems, concerns, or complaints and need to request coverage, or make an appeal, Chapter 7 of this document tells what you can do.

Whatever you do – ask for a coverage decision, make an appeal, or make a complaint – **we are required to treat you fairly.**

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**Section 1.7**      **What can you do if you believe you are being treated unfairly or your rights are not being respected?**

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**If it is about discrimination, call the Office for Civil Rights**

If you believe you have been treated unfairly or your rights have not been respected due to your race, disability, religion, sex, health, ethnicity, creed (beliefs), age, sexual orientation, or national origin, you should call the Department of Health and Human Services' **Office for Civil Rights** at 1-800-368-1019 or TTY 1-800-537-7697, or call your local Office for Civil Rights.

**Is it about something else?**

If you believe you have been treated unfairly or your rights have not been respected, **and it's not** about discrimination, you can get help dealing with the problem you are having:

- You can **call Customer Service.**
- You can **call the SHIP.** For details, go to Chapter 2, Section 3.
- Or, **you can call Medicare** at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week (TTY 1-877-486-2048).

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**Section 1.8**      **You have a right to make recommendations regarding the organization's member rights and responsibilities policy. How to get more information about your rights**

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There are several places where you can get more information about your rights:

- You can **call Customer Service.**
- For information on the quality program for your specific health plan, call Customer Service. You can also access this information online at [uhc.com/medicare/resources.html](http://uhc.com/medicare/resources.html). Open the Additional Medicare information and forms section and select Find information. Then select Other resources and plan information and then Commitment to quality.
- You can **call the SHIP.** For details, go to Chapter 2, Section 3.
- You can contact **Medicare.**



- You can visit the Medicare website to read or download the publication “Medicare Rights & Protections.” (The publication is available at: [medicare.gov/Pubs/pdf/11534-Medicare-Rights-and-Protections.pdf](https://www.medicare.gov/Pubs/pdf/11534-Medicare-Rights-and-Protections.pdf))
- Or, you can call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week (TTY 1-877-486-2048).

## Section 2      You have some responsibilities as a member of the plan

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Things you need to do as a member of the plan are listed below. If you have any questions, please call Customer Service.

- Get familiar with your covered services and the rules you must follow to get these covered services.** Use this **Evidence of Coverage** to learn what is covered for you and the rules you need to follow to get your covered services.
  - Chapters 3 and 4 give the details about your medical services.
- If you have any other health insurance coverage in addition to our plan, or separate prescription drug coverage, you are required to tell us.** Chapter 1 tells you about coordinating these benefits.
- Tell your doctor and other health care providers that you are enrolled in our plan.** Show your UnitedHealthcare UCard whenever you get your medical care.
- Help your doctors and other providers help you by giving them information, asking questions, and following through on your care.**
  - To help get the best care, tell your doctors and other health providers about your health problems. Follow the treatment plans and instructions that you and your doctors agree upon.
  - Make sure your doctors know all of the drugs you are taking, including over-the-counter drugs, vitamins, and supplements.
  - If you have any questions, be sure to ask and get an answer you can understand.
- Be considerate.** We expect all our members to respect the rights of other patients. We also expect you to act in a way that helps the smooth running of your doctor’s office, hospitals, and other offices.
- Pay what you owe.** As a plan member, you are responsible for these payments:
  - You must continue to pay your Medicare Part B premium to remain a member of the plan.
  - You risk losing all TRS-Care coverage if you do not have Medicare Part B.
  - For some of your medical services covered by the plan, you must pay your share of the cost when you get the service.
  - If you move outside of our plan service area, you cannot remain a member of our plan.**
  - If you move within our plan service area, we need to know** so we can keep your membership record up to date and know how to contact you.
  - If you move, it is also important to tell Social Security (or the Railroad Retirement Board).

# **Chapter 7**

Chapter 7: What to do if you have a problem or complaint (coverage decisions, appeals, complaints)

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## **Section 1            Introduction**

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### **Section 1.1            What to do if you have a problem or concern**

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This chapter explains two types of processes for handling problems and concerns:

- For some problems, you need to use the **process for coverage decisions and appeals**.
- For other problems, you need to use the **process for making complaints**; also called grievances.

Both of these processes have been approved by Medicare. Each process has a set of rules, procedures, and deadlines that must be followed by us and by you.

The guide in Section 3 will help you identify the right process to use and what you should do.

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### **Section 1.2            What about the legal terms?**

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There are legal terms for some of the rules, procedures, and types of deadlines explained in this chapter. Many of these terms are unfamiliar to most people and can be hard to understand. To make things easier, this chapter:

- Uses simpler words in place of certain legal terms. For example, this chapter generally says “making a complaint” rather than “filing a grievance,” “coverage decision” rather than “organization determination” and “independent review organization” instead of “Independent Review Entity.”
- It also uses abbreviations as little as possible.

However, it can be helpful – and sometimes quite important – for you to know the correct legal terms. Knowing which terms to use will help you communicate more accurately to get the right help or information for your situation. To help you know which terms to use, we include legal terms when we give the details for handling specific types of situations.

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## **Section 2            Where to get more information and personalized assistance**

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We are always available to help you. Even if you have a complaint about our treatment of you, we are obligated to honor your right to complain. Therefore, you should always reach out to customer service for help. But in some situations, you may also want help or guidance from someone who is not connected with us. Below are two entities that can assist you.

### **State Health Insurance Assistance Program (SHIP)**

Each state has a government program with trained counselors. The program is not connected with us or with any insurance company or health plan. The counselors at this program can help you understand which process you should use to handle a problem you are having. They can also answer your questions, give you more information, and offer guidance on what to do.

The services of SHIP counselors are free. You will find phone numbers in Chapter 2, Section 3 of this document.

## Medicare

You can also contact Medicare to get help. To contact Medicare:

- You can call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.
- You can also visit the Medicare website ([www.medicare.gov](http://www.medicare.gov)).

## Section 3 To deal with your problem, which process should you use?

If you have a problem or concern, you only need to read the parts of this chapter that apply to your situation. The guide that follows will help.

### Is your problem or concern about your benefits or coverage?

This includes problems about whether medical care (medical items, services and/or Part B prescription drugs) are covered or not, the way they are covered, and problems related to payment for medical care.

#### Yes.

Go on to the next section of this chapter, **Section 4, “A guide to the basics of coverage decisions and appeals.”**

#### No.

Skip ahead to **Section 9** at the end of this chapter: **“How to make a complaint about quality of care, waiting times, customer service or other concerns.”**

## Coverage decisions and appeals

### Section 4 A guide to the basics of coverage decisions and appeals

#### Section 4.1 Asking for coverage decisions and making appeals: the big picture

Coverage decisions and appeals deal with problems related to your benefits and coverage for your medical care (services, items and Part B prescription drugs, including payment). To keep things simple, we generally refer to medical items, services and Medicare Part B prescription drugs as medical care. You use the coverage decision and appeals process for issues such as whether something is covered or not and the way in which something is covered.

#### Asking for coverage decisions prior to receiving benefits

A coverage decision is a decision we make about your benefits and coverage or about the amount we will pay for your medical care. For example, if your plan network doctor refers you to a medical specialist not inside the network, this referral is considered a favorable coverage decision unless either your network doctor can show that you received a standard denial notice for this medical

specialist, or the Evidence of Coverage makes it clear that the referred service is never covered under any condition. You or your doctor can also contact us and ask for a coverage decision if your doctor is unsure whether we will cover a particular medical service or refuses to provide medical care you think that you need. In other words, if you want to know if we will cover medical care before you receive it, you can ask us to make a coverage decision for you. In limited circumstances a request for a coverage decision will be dismissed, which means we won't review the request. Examples of when a request will be dismissed include if the request is incomplete, if someone makes the request on your behalf but isn't legally authorized to do so or if you ask for your request to be withdrawn. If we dismiss a request for a coverage decision, we will send a notice explaining why the request was dismissed and how to ask for a review of the dismissal.

We are making a coverage decision for you whenever we decide what is covered for you and how much we pay. In some cases, we might decide medical care is not covered or is no longer covered by Medicare for you. If you disagree with this coverage decision, you can make an appeal.

### **Making an appeal**

If we make a coverage decision, whether before or after a benefit is received and you are not satisfied, you can "appeal" the decision. An appeal is a formal way of asking us to review and change a coverage decision we have made.

Under certain circumstances, which we discuss later, you can request an expedited or "fast appeal" of a coverage decision. Your appeal is handled by different reviewers than those who made the original decision. When you appeal a decision for the first time, this is called a Level 1 appeal. In this appeal, we review the coverage decision we made to check to see if we were properly following the rules.

When we have completed the review, we give you our decision. In limited circumstances a request for a Level 1 appeal will be dismissed, which means we won't review the request. Examples of when a request will be dismissed include if the request is incomplete, if someone makes the request on your behalf but isn't legally authorized to do so or if you ask for your request to be withdrawn. If we dismiss a request for a Level 1 appeal, we will send a notice explaining why the request was dismissed and how to ask for a review of the dismissal.

If we say no to all or part of your Level 1 appeal for medical care, your appeal will automatically go on to a Level 2 appeal conducted by an independent review organization that is not connected to us.

- You do not need to do anything to start a Level 2 appeal. Medicare rules require we automatically send your appeal for medical care to Level 2 if we do not fully agree with your Level 1 appeal.

- See Section 5.4 of this chapter for more information about Level 2 appeals for medical care.

If you are not satisfied with the decision at the Level 2 appeal, you may be able to continue through additional levels of appeal (Section 8 in this chapter explains the Level 3, 4, and 5 appeals processes).

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## **Section 4.2            How to get help when you are asking for a coverage decision or making an appeal**

Here are resources if you decide to ask for any kind of coverage decision or appeal a decision:

- You **can call us at Customer Service.**
- You can get free help from your State Health Insurance Assistance Program.
- Your doctor can make a request for you.** If your doctor helps with an appeal past Level 2, they will need to be appointed as your representative. Please call Customer Service and ask for the “Appointment of Representative” form. (The form is also available on Medicare’s website at [www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf](http://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf).)
  - For medical care or Part B prescription drugs, your doctor can request a coverage decision or a Level 1 appeal on your behalf. If your appeal is denied at Level 1, it will be automatically forwarded to Level 2.
- You can ask someone to act on your behalf.** If you want to, you can name another person to act for you as your “representative” to ask for a coverage decision or make an appeal.
  - If you want a friend, relative, or another person to be your representative, call Customer Service and ask for the “Appointment of Representative” form. (The form is also available on Medicare’s website at [www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf](http://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf).) The form gives that person permission to act on your behalf. It must be signed by you and by the person who you would like to act on your behalf. You must give us a copy of the signed form.
  - While we can accept an appeal request without the form, we cannot complete our review until we receive it. If we do not receive the form before our deadline for making a decision on your appeal, your appeal request will be dismissed. If this happens, we will send you a written notice explaining your right to ask the independent review organization to review our decision to dismiss your appeal.
- You also have the right to hire a lawyer.** You may contact your own lawyer, or get the name of a lawyer from your local bar association or other referral service. There are also groups that will give you free legal services if you qualify. However, **you are not required to hire a lawyer** to ask for any kind of coverage decision or appeal a decision.

### **Section 4.3 Which section of this chapter gives the details for your situation?**

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There are three different situations that involve coverage decisions and appeals. Since each situation has different rules and deadlines, we give the details for each one in a separate section:

- Section 5** of this chapter: “Your medical care: How to ask for a coverage decision or make an appeal”
- Section 6** of this chapter: “How to ask us to cover a longer inpatient hospital stay if you think you are being discharged too soon”
- Section 7** of this chapter: “How to ask us to keep covering certain medical services if you think your coverage is ending too soon” (**Applies only to these services:** home health care, skilled nursing facility care, and Comprehensive Outpatient Rehabilitation Facility (CORF) services)

If you're not sure which section you should be using, please call Customer Service. You can also get help or information from government organizations such as your State Health Insurance Assistance Program.

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## **Section 5      Your medical care: How to ask for a coverage decision or make an appeal of a coverage decision**

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### **Section 5.1      This section tells what to do if you have problems getting coverage for medical care or if you want us to pay you back for our share of the cost of your care**

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This section is about your benefits for medical care. These benefits are described in Chapter 4 of this document: **Medical Benefits Chart (what is covered and what you pay)**. In some cases, different rules apply to a request for a Part B prescription drug. In those cases, we will explain how the rules for Part B prescription drugs are different from the rules for medical items and services.

This section tells what you can do if you are in any of the five following situations:

1. You are not getting certain medical care you want, and you believe that this care is covered by our plan. **Ask for a coverage decision. Section 5.2.**
2. Our plan will not approve the medical care your doctor or other medical provider wants to give you, and you believe that this care is covered by the plan. **Ask for a coverage decision. Section 5.2.**
3. You have received medical care that you believe should be covered by the plan, but we have said we will not pay for this care. **Make an appeal. Section 5.3.**
4. You have received and paid for medical care that you believe should be covered by the plan, and you want to ask our plan to reimburse you for this care. **Send us the bill. Section 5.5.**
5. You are being told that coverage for certain medical care you have been getting that we previously approved will be reduced or stopped, and you believe that reducing or stopping this care could harm your health. **Make an appeal. Section 5.3.**

**Note: If the coverage that will be stopped is for hospital care, home health care, skilled nursing facility care, or Comprehensive Outpatient Rehabilitation Facility (CORF) services, you need to read Sections 6 and 7 of this Chapter. Special rules apply to these types of care.**

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### **Section 5.2      Step-by-step: How to ask for a coverage decision**

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| <b>Legal Terms</b> | When a coverage decision involves your medical care, it is called an <b>“organization determination.”</b> |
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A “fast coverage decision” is called an “**expedited determination.**”

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**Step 1: Decide if you need a “standard coverage decision” or a “fast coverage decision”.**

**A “standard coverage decision” is usually made within 14 calendar days or 72 hours for Part B drugs. A “fast coverage decision” is generally made within 72 hours, for medical services, or 24 hours for Part B drugs. In order to get a fast coverage decision, you must meet two requirements:**

- You may **only ask** for coverage for medical items and/or services (not requests for payment for items and/or services already received).
- You can get a fast coverage decision **only** if using the standard deadlines **could cause serious harm to your health or hurt your ability to function.**
- If your doctor tells us that your health requires a “fast coverage decision,” we will automatically agree to give you a fast coverage decision.**
- If you ask for a fast coverage decision on your own, without your doctor’s support, we will decide whether your health requires that we give you a fast coverage decision.** If we do not approve a fast coverage decision, we will send you a letter that:
  - Explains that we will use the standard deadlines.
  - Explains if your doctor asks for the fast coverage decision, we will automatically give you a fast coverage decision.
  - Explains that you can file a “fast complaint” about our decision to give you a standard coverage decision instead of the fast coverage decision you requested.



**Step 2: Ask our plan to make a coverage decision or fast coverage decision.**

Start by calling, writing, or faxing our plan to make your request for us to authorize or provide coverage for the medical care you want. You, your doctor, or your representative can do this. Chapter 2 has contact information.



**Step 3: We consider your request for medical care coverage and give you our answer.**



**For standard coverage decisions we use the standard deadlines.**

**This means we will give you an answer within 14 calendar days** after we receive your request **for a medical item or service**. If your request is for a **Medicare Part B prescription drug**, we will give you an answer **within 72 hours** after we receive your request.

- However**, if you ask for more time, or if we need more information that may benefit you **we can take up to 14 more calendar days** if your request is for a medical item or service. If we take extra days, we will tell you in writing. We can't take extra time to make a decision if your request is for a Medicare Part B prescription drug.
- If you believe we should not take extra days, you can file a "fast complaint". We will give you an answer to your complaint as soon as we make the decision. (The process for making a complaint is different from the process for coverage decisions and appeals. See Section 9 of this chapter for information on complaints.)

**For Fast Coverage decisions we use an expedited timeframe**

**A fast coverage decision means we will answer within 72 hours if your request is for a medical item or service. If your request is for a Medicare Part B prescription drug, we will answer within 24 hours.**

- However**, if you ask for more time, or if we need more information that may benefit you **we can take up to 14 more calendar days**. If we take extra days, we will tell you in writing. We can't take extra time to make a decision if your request is for a Medicare Part B prescription drug.
- If you believe we should **not** take extra days, you can file a "fast complaint." (See Section 9 of this chapter for information on complaints.) We will call you as soon as we make the decision.
- If our answer is no to part or all of what you requested**, we will send you a written statement that explains why we said no.



**Step 4: If we say no to your request for coverage for medical care, you can appeal.**

- If we say no, you have the right to ask us to reconsider this decision by making an appeal. This means asking again to get the medical care coverage you want. If you make an appeal, it means you are going on to Level 1 of the appeals process.

**Section 5.3**

**Step-by-step: How to make a Level 1 appeal**

**Legal Terms**

An appeal to the plan about a medical care coverage decision is called a plan "**reconsideration.**"

A "fast appeal" is also called an "**expedited reconsideration.**"



### **Step 1: Decide if you need a “standard appeal” or a “fast appeal.”**

**A standard appeal is usually made within 30 calendar days or 7 calendar days for Part B drugs. A fast appeal is generally made within 72 hours.**

- If you are appealing a decision we made about coverage for care that you have not yet received, you and/or your doctor will need to decide if you need a “fast appeal.” If your doctor tells us that your health requires a “fast appeal,” we will give you a fast appeal.
- The requirements for getting a “fast appeal” are the same as those for getting a “fast coverage decision” in Section 5.2 of this chapter.



### **Step 2: Ask our plan for an appeal or a fast appeal**

- If you are asking for a standard appeal, submit your standard appeal in writing.** Chapter 2 has contact information.
- If you are asking for a fast appeal, make your appeal in writing or call us.** Chapter 2 has contact information.
- You must make your appeal request within 65 calendar days** from the date on the written notice we sent to tell you our answer on the coverage decision. If you miss this deadline and have a good reason for missing it, explain the reason your appeal is late when you make your appeal. We may give you more time to make your appeal. Examples of good cause may include a serious illness that prevented you from contacting us or if we provided you with incorrect or incomplete information about the deadline for requesting an appeal.
- You can ask for a copy of the information regarding your medical decision. You and your doctor may add more information to support your appeal.**



### **Step 3: We consider your appeal and we give you our answer.**

- When our plan is reviewing your appeal, we take a careful look at all of the information. We check to see if we were following all the rules when we said no to your request.
- We will gather more information if needed, possibly contacting you or your doctor.

#### **Deadlines for a “fast appeal”**

- For fast appeals, we must give you our answer **within 72 hours after we receive your appeal.** We will give you our answer sooner if your health requires us to.

- However, if you ask for more time, or if we need more information that may benefit you, we **can take up to 14 more calendar days** if your request is for a medical item or service. If we take extra days, we will tell you in writing. We can't take extra time if your request is for a Medicare Part B prescription drug.
- If we do not give you an answer within 72 hours (or by the end of the extended time period if we took extra days), we are required to automatically send your request on to Level 2 of the appeals process, where it will be reviewed by an independent review organization. Section 5.4 explains the Level 2 appeal process.
- If our answer is yes to part or all of what you requested**, we must authorize or provide the coverage we have agreed to provide within 72 hours after we receive your appeal.
- If our answer is no to part or all of what you requested**, we will send you our decision in writing and automatically forward your appeal to the independent review organization for a Level 2 appeal. The independent review organization will notify you in writing when it receives your appeal.

#### Deadlines for a “standard appeal”

- For standard appeals, we must give you our answer **within 30 calendar days** after we receive your appeal. If your request is for a Medicare Part B prescription drug you have not yet received, we will give you our answer **within 7 calendar days** after we receive your appeal. We will give you our decision sooner if your **health** condition requires us to.
- However, if you ask for more time, or if we need more information that may benefit you, **we can take up to 14 more calendar days** if your request is for a medical item or service. If we take extra days, we will tell you in writing. We can't take extra time to make a decision if your request is for a Medicare Part B prescription drug.
- If you believe we should **not** take extra days, you can file a “fast complaint”. When you file a fast complaint, we will give you an answer to your complaint within 24 hours. (See Section 9 of this chapter for information on complaints.)
- If we do not give you an answer by the deadline (or by the end of the extended time period), we will send your request to a Level 2 appeal, where an independent review organization will review the appeal. Section 5.4 explains the Level 2 appeal process.
- If our answer is yes to part or all of what you requested**, we must authorize or provide the coverage within 30 calendar days if your request is for a medical item or service, or **within 7 calendar days** if your request is for a Medicare Part B prescription drug.
- If our plan says no to part or all of your appeal, we will automatically send your appeal to the independent review organization for a Level 2 appeal.

#### Section 5.4 Step-by-step: How a Level 2 appeal is done

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##### Legal Term

The formal name for the “independent review organization” is the “**Independent Review Entity**.” It is sometimes called the “**IRE**.”

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The **independent review organization is an independent organization hired by Medicare**. It is not connected with us and is not a government agency. This organization decides whether the decision we made is correct or if it should be changed. Medicare oversees its work.



**Step 1: The independent review organization reviews your appeal.**

- We will send the information about your appeal to this organization. This information is called your “case file.” **You have the right to ask us for a copy of your case file.**
- You have a right to give the independent review organization additional information to support your appeal.
- Reviewers at the independent review organization will take a careful look at all of the information related to your appeal.

**If you had a “fast” appeal at Level 1, you will also have a “fast” appeal at Level 2**

- For the “fast appeal” the review organization must give you an answer to your Level 2 appeal within 72 hours of when it receives your appeal.
- However, if your request is for a medical item or service and the independent review organization needs to gather more information that may benefit you, **it can take up to 14 more calendar days**. The independent review organization can’t take extra time to make a decision if your request is for a Medicare Part B prescription drug.

**If you had a “standard” appeal at Level 1, you will also have a “standard” appeal at Level 2**

- For a “standard appeal” if your request is for a medical item or service, the review organization must give you an answer to your Level 2 Appeal **within 30 calendar days** of when it receives your appeal. If your request is for a Medicare Part B prescription drug, the review organization must give you an answer to your Level 2 appeal within 7 calendar days of when it receives your appeal.
- However, if your request is for a medical item or service and the independent review organization needs to gather more information that may benefit you, **it can take up to 14 more calendar days**. The independent review organization can’t take extra time to make a decision if your request is for a Medicare Part B prescription drug.



**Step 2: The independent review organization gives you their answer.**

The independent review organization will tell you its decision in writing and explain the reasons for it.

- If the review organization says yes to part or all of a request for a medical item or service,** we must authorize the medical care coverage within 72 hours or provide the service within 14 calendar days after we receive the decision from the review organization for standard requests. For expedited requests, we have 72 hours from the date we receive the decision from the review organization.
- If the review organization says yes to part or all of a request for a Medicare Part B prescription drug,** we must authorize or provide the Part B prescription drug within **72 hours** after we receive the decision from the review organization for **standard requests**. For **expedited requests** we have **24 hours** from the date we receive the decision from the review organization.
- If this organization says no to part or all of your appeal,** it means they agree with us that your request (or part of your request) for coverage for medical care should not be approved. (This is called “upholding the decision” or “turning down your appeal.”) In this case, the independent review organization will send you a letter:
  - Explaining its decision.
  - Notifying you of the right to a Level 3 appeal if the dollar value of the medical care coverage meets a certain minimum. The written notice you get from the independent review organization will tell you the dollar amount you must meet to continue the appeals process.
  - Telling you how to file a Level 3 appeal.



**Step 3: If your case meets the requirements, you choose whether you want to take your appeal further.**

- There are three additional levels in the appeals process after Level 2 (for a total of five levels of appeal). If you want to go to a Level 3 appeal the details on how to do this are in the written notice you get after your Level 2 appeal.
- The Level 3 appeal is handled by an Administrative Law Judge or attorney adjudicator. Section 8 in this chapter explains the Level 3, 4, and 5 appeals processes.

### **Section 5.5      What if you are asking us to pay you for our share of a bill you have received for medical care?**

Chapter 5 describes when you may need to ask for reimbursement or to pay a bill you have received from a provider. It also tells how to send us the paperwork that asks us for payment.

#### **Asking for reimbursement is asking for a coverage decision from us**

If you send us the paperwork asking for reimbursement, you are asking for a coverage decision. To make this decision, we will check to see if the medical care you paid for is covered. We will also check to see if you followed all the rules for using your coverage for medical care.

- If we say yes to your request:** If the medical care is covered and you followed all the rules, we will send you the payment for the cost typically within 30 calendar days, but no later than 60

calendar days after we receive your request. If you haven't paid for the medical care, we will send the payment directly to the provider.

- If we say no to your request:** If the medical care is **not** covered, or you did **not** follow all the rules, we will not send payment. Instead, we will send you a letter that says we will not pay for the medical care and the reasons why.

If you do not agree with our decision to turn you down, **you can make an appeal**. If you make an appeal, it means you are asking us to change the coverage decision we made when we turned down your request for payment.

**To make this appeal, follow the process for appeals that we describe in Section 5.3.** For appeals concerning reimbursement, please note:

- We must give you our answer within 60 calendar days after we receive your appeal. If you are asking us to pay you back for medical care you have already received and paid for, you are not allowed to ask for a fast appeal.
- If the independent review organization decides we should pay, we must send you or the provider the payment within 30 calendar days. If the answer to your appeal is yes at any stage of the appeals process after Level 2, we must send the payment you requested to you or to the provider within 60 calendar days.

## **Section 6            How to ask us to cover a longer inpatient hospital stay if you think you are being discharged too soon**

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When you are admitted to a hospital, you have the right to get all of your covered hospital services that are necessary to diagnose and treat your illness or injury.

During your covered hospital stay, your doctor and the hospital staff will be working with you to prepare for the day when you will leave the hospital. They will help arrange for care you may need after you leave.

- The day you leave the hospital is called your **“discharge date.”**
- When your discharge date is decided, your doctor or the hospital staff will tell you.
- If you think you are being asked to leave the hospital too soon, you can ask for a longer hospital stay and your request will be considered.

### **Section 6.1            During your inpatient hospital stay, you will get a written notice from Medicare that tells about your rights**

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Within two calendar days of being admitted to the hospital, you will be given a written notice called **An Important Message from Medicare about Your Rights**. Everyone with Medicare gets a copy of this notice. If you do not get the notice from someone at the hospital (for example, a caseworker or nurse), ask any hospital employee for it. If you need help, please call Customer Service or 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week (TTY 1-877-486-2048).

- 1. Read this notice carefully and ask questions if you don't understand it.** It tells you:

- Your right to receive Medicare-covered services during and after your hospital stay, as ordered by your doctor. This includes the right to know what these services are, who will pay for them, and where you can get them.
- Your right to be involved in any decisions about your hospital stay.
- Where to report any concerns you have about the quality of your hospital care.
- Your right to **request an immediate review** of the decision to discharge you if you think you are being discharged from the hospital too soon. This is a formal, legal way to ask for a delay in your discharge date so that we will cover your hospital care for a longer time.

**2. You will be asked to sign the written notice to show that you received it and understand your rights.**

- You or someone who is acting on your behalf will be asked to sign the notice.
- Signing the notice shows **only** that you have received the information about your rights. The notice does not give your discharge date. Signing the notice **does not mean** you are agreeing on a discharge date.

**3. Keep your copy** of the notice handy so you will have the information about making an appeal (or reporting a concern about quality of care) if you need it.

- If you sign the notice more than two calendar days before your discharge date, you will get another copy before you are scheduled to be discharged.
- To look at a copy of this notice in advance, you can call Customer Service or 1-800 MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048. You can also see the notice online at [www.cms.gov/Medicare/Medicare-General-Information/BNH/HospitalDischargeAppealNotices.html](http://www.cms.gov/Medicare/Medicare-General-Information/BNH/HospitalDischargeAppealNotices.html).

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**Section 6.2                    Step-by-step: How to make a Level 1 appeal to change your hospital discharge date**

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If you want to ask for your inpatient hospital services to be covered by us for a longer time, you will need to use the appeals process to make this request. Before you start, understand what you need to do and what the deadlines are:

- Follow the process.**
- Meet the deadlines.**
- Ask for help if you need it.** If you have questions or need help at any time, please call Customer Service. Or, call your State Health Insurance Assistance Program, a government organization that provides personalized assistance.

**During a Level 1 appeal, the Quality Improvement Organization reviews your appeal.** It checks to see if your planned discharge date is medically appropriate for you.

**The Quality Improvement Organization** is a group of doctors and other health care professionals paid by the Federal government to check on and help improve the quality of care for people with Medicare. This includes reviewing hospital discharge dates for people with Medicare. These experts are not part of our plan.



**Step 1: Contact the Quality Improvement Organization for your state and ask for an immediate review of your hospital discharge. You must act quickly.**

### How can you contact this organization?

- The written notice you received (**An Important Message from Medicare About Your Rights**) tells you how to reach this organization. Or, find the name, address, and phone number of the Quality Improvement Organization for your state in Chapter 2.

### Act quickly:

- To make your appeal, you must contact the Quality Improvement Organization **before** you leave the hospital and **no later than midnight the day of your discharge**.
  - If you meet this deadline, you may stay in the hospital **after** your discharge date **without paying for it** while you wait to get the decision from the Quality Improvement Organization.
  - If you do **not** meet this deadline, contact us. If you decide to stay in the hospital after your planned discharge date, **you may have to pay all of the costs** for hospital care you receive after your planned discharge date.

Once you request an immediate review of your hospital discharge the Quality Improvement Organization will contact us. By noon of the day after we are contacted, we will give you a **Detailed Notice of Discharge**. This notice gives your planned discharge date and explains in detail the reasons why your doctor, the hospital, and we think it is right (medically appropriate) for you to be discharged on that date.

You can get a sample of the **Detailed Notice of Discharge** by calling Customer Service or 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. (TTY users should call 1-877-486-2048.) Or you can see a sample notice online at [www.cms.gov/Medicare/Medicare-General-Information/BNI/HospitalDischargeAppealNotices](http://www.cms.gov/Medicare/Medicare-General-Information/BNI/HospitalDischargeAppealNotices).



**Step 2: The Quality Improvement Organization conducts an independent review of your case.**

- Health professionals at the Quality Improvement Organization (we will call them “the reviewers”) will ask you (or your representative) why you believe coverage for the services should continue. You don’t have to prepare anything in writing, but you may do so if you wish.
- The reviewers will also look at your medical information, talk with your doctor, and review information that the hospital and we have given to them.



- By noon of the day after the reviewers told us of your appeal, you will get a written notice from us that gives your planned discharge date. This notice also explains in detail the reasons why your doctor, the hospital, and we think it is right (medically appropriate) for you to be discharged on that date.



**Step 3: Within one full day after it has all the needed information, the Quality Improvement Organization will give you its answer to your appeal.**

#### **What happens if the answer is yes?**

- If the review organization says **yes, we must keep providing your covered inpatient hospital services for as long as these services are medically necessary.**
- You will have to keep paying your share of the costs (such as deductibles or copayments, if these apply). In addition, there may be limitations on your covered hospital services.

#### **What happens if the answer is no?**

- If the review organization says **no**, they are saying that your planned discharge date is medically appropriate. If this happens, **our coverage for your inpatient hospital services will end** at noon on the day **after** the Quality Improvement Organization gives you its answer to your appeal.
- If the review organization says **no** to your appeal and you decide to stay in the hospital, then **you may have to pay the full cost** of hospital care you receive after noon on the day after the Quality Improvement Organization gives you its answer to your appeal.



**Step 4: If the answer to your Level 1 appeal is no, you decide if you want to make another appeal.**

- If the Quality Improvement Organization has said **no** to your appeal, **and** you stay in the hospital after your planned discharge date, then you can make another appeal. Making another appeal means you are going on to Level 2 of the appeals process.

### **Section 6.3      Step-by-step: How to make a Level 2 appeal to change your hospital discharge date**

During a Level 2 appeal, you ask the Quality Improvement Organization to take another look at their decision on your first appeal. If the Quality Improvement Organization turns down your Level 2 appeal, you may have to pay the full cost for your stay after your planned discharge date.



**Step 1: Contact the Quality Improvement Organization again and ask for another review.**

- You must ask for this review **within 60 calendar days** after the day the Quality Improvement Organization said **no** to your Level 1 appeal. You can ask for this review only if you stay in the hospital after the date that your coverage for the care ended.



**Step 2: The Quality Improvement Organization does a second review of your situation.**

- Reviewers at the Quality Improvement Organization will take another careful look at all of the information related to your appeal.



**Step 3: Within 14 calendar days of receipt of your request for a Level 2 appeal, the reviewers will decide on your appeal and tell you their decision.**

**If the review organization says yes:**

- We must reimburse you** for our share of the costs of hospital care you have received since noon on the day after the date your first appeal was turned down by the Quality Improvement Organization. **We must continue providing coverage for your inpatient hospital care for as long as it is medically necessary.**
- You must continue to pay your share of the costs and coverage limitations may apply.

**If the review organization says no:**

- It means they agree with the decision they made on your Level 1 appeal.
- The notice you get will tell you in writing what you can do if you wish to continue with the review process.



**Step 4: If the answer is no, you will need to decide whether you want to take your appeal further by going on to Level 3.**

- There are three additional levels in the appeals process after Level 2 (for a total of five levels of appeal). If you want to go to a Level 3 appeal, the details on how to do this are in the written notice you get after your Level 2 appeal decision.
- The Level 3 appeal is handled by an Administrative Law Judge or attorney adjudicator. Section 8 in this chapter tells more about Levels 3, 4, and 5 of the appeals process.

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**Section 7      How to ask us to keep covering certain medical services if  
you think your coverage is ending too soon**

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**Section 7.1            This section is only about three services: Home health care, skilled nursing facility care, and Comprehensive Outpatient Rehabilitation Facility (CORF) services**

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When you are getting covered **home health services, skilled nursing care, or rehabilitation care (Comprehensive Outpatient Rehabilitation Facility)**, you have the right to keep getting your services for that type of care for as long as the care is needed to diagnose and treat your illness or injury.

When we decide it is time to stop covering any of the three types of care for you, we are required to tell you in advance. When your coverage for that care ends, **we will stop paying our share of the cost for your care.**

If you think we are ending the coverage of your care too soon, **you can appeal our decision.** This section tells you how to ask for an appeal.

---

**Section 7.2            We will tell you in advance when your coverage will be ending**

---

|                   |   |
|-------------------|---|
| <b>Legal Term</b> | <b>“Notice of Medicare Non-Coverage.”</b> It tells you how you can request a <b>“fast-track appeal.”</b> Requesting a fast-track appeal is a formal, legal way to request a change to our coverage decision about when to stop your care. |
|-------------------|---|

---

**1. You receive a notice in writing** at least two calendar days before our plan is going to stop covering your care. The notice tells you:

- The date when we will stop covering the care for you.
- How to request a “fast track appeal” to request us to keep covering your care for a longer period of time.

**2. You, or someone who is acting on your behalf, will be asked to sign the written notice to show that you received it.** Signing the notice shows **only** that you have received the information about when your coverage will stop. **Signing it does not mean you agree** with the plan’s decision to stop care.

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**Section 7.3            Step-by-step: How to make a Level 1 appeal to have our plan cover your care for a longer time**

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If you want to ask us to cover your care for a longer period of time, you will need to use the appeals process to make this request. Before you start, understand what you need to do and what the deadlines are.

- Follow the process.**
- Meet the deadlines.**

- Ask for help if you need it.** If you have questions or need help at any time, please call Customer Service. Or call your State Health Insurance Assistance Program, a government organization that provides personalized assistance.

**During a Level 1 appeal, the Quality Improvement Organization reviews your appeal.** It decides if the end date for your care is medically appropriate.

The **Quality Improvement Organization** is a group of doctors and other health care experts paid by the Federal government to check on and help improve the quality of care for people with Medicare. This includes reviewing plan decisions about when it's time to stop covering certain kinds of medical care. These experts are not part of our plan.



**Step 1: Make your Level 1 appeal: contact the Quality Improvement Organization and ask for a fast-track appeal. You must act quickly.**

#### **How can you contact this organization?**

- The written notice you received (Notice of Medicare Non-Coverage) tells you how to reach this organization. Or find the name, address, and phone number of the Quality Improvement Organization for your state in Chapter 2.

#### **Act quickly:**

- You must contact the Quality Improvement Organization to start your appeal by noon of the day before the effective date on the Notice of Medicare Non-Coverage.
- If you miss the deadline, and you wish to file an appeal, you still have appeal rights. Contact your Quality Improvement Organization.



**Step 2: The Quality Improvement Organization conducts an independent review of your case.**

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#### **Legal Term**

**“Detailed Explanation of Non-Coverage.”** Notice that provides details on reasons for ending coverage.

---

#### **What happens during this review?**

- Health professionals at the Quality Improvement Organization (“the reviewers”) will ask you, or your representative, why you believe coverage for the services should continue. You don't have to prepare anything in writing, but you may do so if you wish.
- The review organization will also look at your medical information, talk with your doctor, and review the information that our plan has given to them.

- By the end of the day the reviewers tell us of your appeal, you will get the **Detailed Explanation of Non-Coverage** from us that explains in detail our reasons for ending our coverage for your services.



**Step 3: Within one full day after they have all the information they need; the reviewers will tell you their decision.**

#### What happens if the reviewers say yes?

- If the reviewers say **yes** to your appeal, then **we must keep providing your covered services for as long as it is medically necessary.**
- You will have to keep paying your share of the costs (such as deductibles or copayments, if these apply). There may be limitations on your covered services.

#### What happens if the reviewers say no?

- If the reviewers say **no**, then **your coverage will end on the date we have told you.**
- If you decide to keep getting the home health care, or skilled nursing facility care, or Comprehensive Outpatient Rehabilitation Facility (CORF) services **after** this date when your coverage ends, then **you will have to pay the full cost** of this care yourself.



**Step 4: If the answer to your Level 1 appeal is no, you decide if you want to make another appeal.**

- If reviewers say **no** to your Level 1 appeal – **and** you choose to continue getting care after your coverage for the care has ended – then you can make a Level 2 appeal.

### Section 7.4      **Step-by-step: How to make a Level 2 appeal to have our plan cover your care for a longer time**

During a Level 2 appeal, you ask the Quality Improvement Organization to take another look at the decision on your first appeal. If the Quality Improvement Organization turns down your Level 2 appeal, you may have to pay the full cost for your home health care, or skilled nursing facility care, or Comprehensive Outpatient Rehabilitation Facility (CORF) services **after** the date when we said your coverage would end.



**Step 1: Contact the Quality Improvement Organization again and ask for another review.**

- You must ask for this review **within 60 calendar days** after the day when the Quality Improvement Organization said **no** to your Level 1 appeal. You can ask for this review only if you continued getting care after the date that your coverage for the care ended.



**Step 2: The Quality Improvement Organization does a second review of your situation.**

- Reviewers at the Quality Improvement Organization will take another careful look at all of the information related to your appeal.



**Step 3: Within 14 calendar days of receipt of your appeal request, reviewers will decide on your appeal and tell you their decision.**

**What happens if the review organization says yes?**

- We must reimburse you** for our share of the costs of care you have received since the date when we said your coverage would end. **We must continue providing coverage** for the care for as long as it is medically necessary.
- You must continue to pay your share of the costs and there may be coverage limitations that apply.

**What happens if the review organization says no?**

- It means they agree with the decision made to your Level 1 appeal.
- The notice you get will tell you in writing what you can do if you wish to continue with the review process. It will give you the details about how to go on to the next level of appeal, which is handled by an Administrative Law Judge or attorney adjudicator.



**Step 4: If the answer is no, you will need to decide whether you want to take your appeal further.**

- There are three additional levels of appeal after Level 2, for a total of five levels of appeal. If you want to go on to a Level 3 appeal, the details on how to do this are in the written notice you get after your Level 2 appeal decision.
- The Level 3 appeal is handled by an Administrative Law Judge or attorney adjudicator. Section 8 in this chapter tells more about Levels 3, 4, and 5 of the appeals process.

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**Section 8                      Taking your appeal to Level 3 and beyond**

## Section 8.1 Appeal Levels 3, 4, and 5 for Medical Service Requests

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This section may be appropriate for you if you have made a Level 1 appeal and a Level 2 appeal, and both of your appeals have been turned down.

If the dollar value of the item or medical service you have appealed meets certain minimum levels, you may be able to go on to additional levels of appeal. If the dollar value is less than the minimum level, you cannot appeal any further. The written response you receive to your Level 2 appeal will explain how to make a Level 3 appeal.

For most situations that involve appeals, the last three levels of appeal work in much the same way. Here is who handles the review of your appeal at each of these levels.

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**Level 3 appeal: An Administrative Law Judge or an attorney adjudicator who works for the Federal government** will review your appeal and give you an answer.

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- If the Administrative Law Judge or attorney adjudicator says yes to your appeal, the appeals process may or may not be over.** Unlike a decision at a Level 2 appeal, we have the right to appeal a Level 3 decision that is favorable to you. If we decide to appeal, it will go to a Level 4 appeal.
  - If we decide **not** to appeal, we must authorize or provide you with the medical care within 60 calendar days after receiving the Administrative Law Judge's or attorney adjudicator's decision.
  - If we decide to appeal the decision, we will send you a copy of the Level 4 appeal request with any accompanying documents. We may wait for the Level 4 appeal decision before authorizing or providing the medical care in dispute.
- If the Administrative Law Judge or attorney adjudicator says no to your appeal, the appeals process may or may not be over.**
  - If you decide to accept this decision that turns down your appeal, the appeals process is over.
  - If you do not want to accept the decision, you can continue to the next level of the review process. The notice you get will tell you what to do for a Level 4 appeal.

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**Level 4 appeal:** The Medicare **Appeals Council** (Council) will review your appeal and give you an answer. The Council is part of the Federal government.

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- If the answer is yes, or if the Council denies our request to review a favorable Level 3 appeal decision, the appeals process may or may not be over.** Unlike a decision at Level 2, we have the right to appeal a Level 4 decision that is favorable to you. We will decide whether to appeal this decision to Level 5.
  - If we decide **not** to appeal the decision, we must authorize or provide you with the medical care within 60 calendar days after receiving the Council's decision.

- If we decide to appeal the decision, we will let you know in writing.
- If the answer is no or if the Council denies the review request, the appeals process may or may not be over.**
  - If you decide to accept this decision that turns down your appeal, the appeals process is over.
  - If you do not want to accept the decision, you may be able to continue to the next level of the review process. If the Council says no to your appeal, the notice you get will tell you whether the rules allow you to go on to a Level 5 appeal and how to continue with a Level 5 appeal.

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**Level 5 appeal:** A judge at the **Federal District Court** will review your appeal.

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- A judge will review all of the information and decide yes or no to your request. This is a final answer. There are no more appeal levels after the Federal District Court.

## Making complaints

### Section 9      How to make a complaint about quality of care, waiting times, customer service, or other concerns

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#### Section 9.1      What kinds of problems are handled by the complaint process?

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The complaint process is only used for certain types of problems. This includes problems related to quality of care, waiting times, and the customer service. Here are examples of the kinds of problems handled by the complaint process.

| Complaint   | Example  |
|---|--|
| <b>Quality of your medical care</b>                                   | <input type="checkbox"/> Are you unhappy with the quality of the care you have received (including care in the hospital)?  |
| <b>Respecting your privacy</b>  | <input type="checkbox"/> Did someone not respect your right to privacy or share confidential information?  |
| <b>Disrespect, poor customer service, or other negative behaviors</b> | <input type="checkbox"/> Has someone been rude or disrespectful to you?<br><input type="checkbox"/> Are you unhappy with our Customer Service?<br><input type="checkbox"/> Do you feel you are being encouraged to leave the plan? |
| <b>Waiting times</b>  | <input type="checkbox"/> Are you having trouble getting an appointment, or waiting too long to get it?   |



| Complaint   | Example   |
|---|---|
|   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Have you been kept waiting too long by doctors or other health professionals? Or by Customer Service or other staff at our plan?                             <ul style="list-style-type: none"> <li><input type="checkbox"/> Examples include waiting too long on the phone, in the waiting or exam room.</li> </ul> </li> </ul>  |
| <b>Cleanliness</b>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Are you unhappy with the cleanliness or condition of a clinic, hospital, or doctor’s office?</li> </ul>   |
| <b>Information you get from us</b>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Did we fail to give you a required notice?</li> <li><input type="checkbox"/> Is our written information hard to understand?</li> </ul>  |
| <b>Timeliness</b> (These types of complaints are all related to the <b>timeliness</b> of our actions related to coverage decisions and appeals) | <p>If you have asked us for a coverage decision or made an appeal, and you think that we are not responding quickly enough, you can also make a complaint about our slowness. Here are examples:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You asked us for a “fast coverage decision” or a “fast appeal,” and we have said no; you can make a complaint.</li> <li><input type="checkbox"/> You believe we are not meeting the deadlines for coverage decisions or appeals; you can make a complaint.</li> <li><input type="checkbox"/> You believe we are not meeting deadlines for covering or reimbursing you for certain medical items or services that were approved; you can make a complaint.</li> <li><input type="checkbox"/> You believe we failed to meet required deadlines for forwarding your case to the independent review organization; you can make a complaint.</li> </ul> |

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## Section 9.2      How to make a complaint

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### Legal Terms

A “**complaint**” is also called a “**grievance.**”  
 “**Making a complaint**” is also called “**filing a grievance.**”  
 “**Using the process for complaints**” is also called “**using the process for filing a grievance.**”  
 A “**fast complaint**” is also called an “**expedited grievance.**”

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## Section 9.3      Step-by-step: Making a complaint

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### **Step 1: Contact us promptly – either by phone or in writing.**

- Usually, calling Customer Service is the first step.** If there is anything else you need to do, Customer Service will let you know.
- If you do not wish to call (or you called and were not satisfied), you can put your complaint in writing and send it to us.** If you put your complaint in writing, we will respond to your complaint in writing.
- We must receive your complaint within 60 calendar days of the event or incident you are complaining about. If something kept you from filing your complaint (you were sick, we provided incorrect information, etc.) let us know and we might be able to accept your complaint past 60 days. We will address your complaint as quickly as possible but no later than 30 days after receiving it. Sometimes we need additional information, or you may wish to provide additional information. If that occurs, we may take an additional 14 days to respond to your complaint. If the additional 14 days is taken, you will receive a letter letting you know.  
If your complaint is because we took 14 extra days to respond to your request for a coverage determination or appeal or because we decided you didn't need a fast coverage decision or a fast appeal, you can file a fast complaint. We will respond to you within 24 hours of receiving your complaint. The address and fax numbers for filing complaints are located in Chapter 2 under "How to contact us when you are making a complaint about your medical care."
- The **deadline** for making a complaint is 60 calendar days from the time you had the problem you want to complain about.



### **Step 2: We look into your complaint and give you our answer.**

- If possible, we will answer you right away.** If you call us with a complaint, we may be able to give you an answer on the same phone call.
- Most complaints are answered within 30 calendar days.** If we need more information and the delay is in your best interest or if you ask for more time, we can take up to 14 more calendar days (44 calendar days total) to answer your complaint. If we decide to take extra days, we will tell you in writing.
- If you are making a complaint because we denied your request for a "fast coverage decision" or a "fast appeal," we will automatically give you a "fast complaint".** If you have a "fast complaint," it means we will give you **an answer within 24 hours.**
- If we do not agree** with some or all of your complaint or don't take responsibility for the problem you are complaining about, we will include our reasons in our response to you.

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## **Section 9.4      You can also make complaints about quality of care to the Quality Improvement Organization**

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When your complaint is about **quality of care**, you also have two extra options:

- You can make your complaint directly to the Quality Improvement Organization.**
- The Quality Improvement Organization is a group of practicing doctors and other health care experts paid by the Federal government to check and improve the care given to Medicare patients. Chapter 2 has contact information.

**Or**

- You can make your complaint to both the Quality Improvement Organization and us at the same time.**

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## **Section 9.5      You can also tell Medicare about your complaint**

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You can submit a complaint about TRS-Care Medicare Advantage directly to Medicare. To submit a complaint to Medicare, go to [www.medicare.gov/MedicareComplaintForm/home.aspx](http://www.medicare.gov/MedicareComplaintForm/home.aspx). You may also call 1-800-MEDICARE (1-800-633-4227). TTY/TDD users can call 1-877-486-2048.

# Chapter 8

Chapter 8: Ending your membership in the plan

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## Section 1 Introduction to ending your membership in our plan

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Ending your membership in the plan may be **voluntary** (your own choice) or **involuntary** (not your own choice):

- You might leave our plan because you have decided that you **want** to leave. Section 2 provides information on ending your membership voluntarily.
- There are also limited situations where you do not choose to leave, but we are required to end your membership. Section 4 tells you about situations when we must end your membership.

If you are leaving our plan, our plan must continue to provide your medical care and you will continue to pay your cost share until your membership ends.

If you drop TRS-Care coverage, you cannot re-enroll in the program unless you experience a Special Enrollment Opportunity such as a marriage. Contact TRS Health & Insurance Benefits for information about disenrolling from TRS-Care Medicare Advantage PPO.

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## Section 2 When can you end your membership in our plan?

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You may end your membership in TRS-Care Medicare Advantage PPO at any time. If you drop TRS-Care coverage, you cannot re-enroll in the program unless you experience a Special Enrollment Opportunity such as a marriage. Contact TRS Health & Insurance Benefits for information about disenrolling from TRS-Care Medicare Advantage PPO.

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### Section 2.1 Where can you get more information about when you can end your membership?

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If you have any questions about ending your membership you can:

- Call TRS
- Call Customer Service.**
- Find the information in the **Medicare & You 2025** handbook.
- Contact **Medicare** at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. (TTY 1-877-486-2048).

Note: If you also have creditable prescription drug coverage (e.g., standalone PDP) and disenroll from that coverage, you may have to pay a Part D late enrollment penalty if you join a Medicare drug plan later after going without creditable prescription drug coverage for 63 days or more in a row.

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## Section 3 Until your membership ends, you must keep getting your medical items, services through our plan

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Until your membership ends, and your new Medicare coverage begins, you must continue to get your medical items, services care through our plan.

- Continue to use our network providers to receive medical care.**
- If you are hospitalized on the day that your membership ends, your hospital stay will be covered by our plan until you are discharged (even if you are discharged after your new health coverage begins).**

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## **Section 4            We must end your membership in the plan in certain situations**

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### **Section 4.1            When must we end your membership in the plan?**

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#### **We must end your membership in the plan if any of the following happen:**

- We are notified that you no longer meet the eligibility requirements of TRS.
- TRS' contract with us is terminated.
- If you no longer have Medicare Part A and Part B.
- If you move out of our service area.
- If you are away from our service area for more than 6 months.
  - If you move or take a long trip, call Customer Service to find out if the place you are moving or traveling to is in our plan's service area.
- If you become incarcerated (go to prison).
- If you are no longer a United States citizen or lawfully present in the United States.
- If you intentionally give us incorrect information when you are enrolling in our plan and that information affects your eligibility for our plan. (We cannot make you leave our plan for this reason unless we get permission from Medicare first.)
- If you continuously behave in a way that is disruptive and makes it difficult for us to provide medical care for you and other members of our plan. (We cannot make you leave our plan for this reason unless we get permission from Medicare first.)
- If you let someone else use your UnitedHealthcare UCard to get medical care. (We cannot make you leave our plan for this reason unless we get permission from Medicare first.)
  - If we end your membership because of this reason, Medicare may have your case investigated by the Inspector General.

#### **Where can you get more information?**

If you have questions or would like more information on when we can end your membership, call Customer Service.

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### **Section 4.2            We cannot ask you to leave our plan for any health-related reason**

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Our plan is not allowed to ask you to leave our plan for any health-related reason.

**What should you do if this happens?**

If you feel that you are being asked to leave our plan because of a health-related reason, call Medicare at 1-800-MEDICARE (1-800-633-4227) 24 hours a day, 7 days a week (TTY 1-877-486-2048).

**Section 4.3      You have the right to make a complaint if we end your membership in our plan**

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If we end your membership in our plan, we must tell you our reasons in writing for ending your membership. We must also explain how you can file a grievance or make a complaint about our decision to end your membership.

# Chapter 9

Chapter 9: Legal notices



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## **Section 1            Notice about governing law**

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The principal law that applies to this **Evidence of Coverage** document is Title XVIII of the Social Security Act and the regulations created under the Social Security Act by the Centers for Medicare & Medicaid Services, or CMS. In addition, other Federal laws may apply and, under certain circumstances, the laws of the state you live in. This may affect your rights and responsibilities even if the laws are not included or explained in this document.

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## **Section 2            Notice about non-discrimination**

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We don't discriminate based on race, ethnicity, national origin, color, religion, sex, gender, age, sexual orientation, mental or physical disability, health status, claims experience, medical history, genetic information, evidence of insurability, or geographic location within the service area. All organizations that provide Medicare Advantage plans, like our plan, must obey Federal laws against discrimination, including Title VI of the Civil Rights Act of 1964, the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, the Americans with Disabilities Act, Section 1557 of the Affordable Care Act, all other laws that apply to organizations that get Federal funding, and any other laws and rules that apply for any other reason.

If you want more information or have concerns about discrimination or unfair treatment, please call the Department of Health and Human Services' Office for Civil Rights at 1-800-368-1019 (TTY 1-800-537-7697) or your local Office for Civil Rights. You can also review information from the Department of Health and Human Services' Office for Civil Rights at [ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf).

If you have a disability and need help with access to care, please call us at Customer Service. If you have a complaint, such as a problem with wheelchair access, Customer Service can help.

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## **Section 3            Notice about Medicare Secondary Payer subrogation rights**

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We have the right and responsibility to collect for covered Medicare services for which Medicare is not the primary payer. According to CMS regulations at 42 CFR sections 422.108 and 423.462, our plan, as a Medicare Advantage Organization, will exercise the same rights of recovery that the Secretary exercises under CMS regulations in subparts B through D of part 411 of 42 CFR and the rules established in this section supersede any State laws.

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## **Section 4            Third party liability and subrogation**

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If you suffer an illness or injury for which any third party is alleged to be liable or responsible due to any negligent or intentional act or omission causing illness or injury to you, you must promptly notify us of the illness or injury. We will send you a statement of the amounts we paid for services provided in connection with the illness or injury. If you recover any sums from any third party, we shall be reimbursed out of any such recovery from any third party for the payments we made on your behalf, subject to the limitations in the following paragraphs.

- 1) **Our payments are less than the recovery amount.** If our payments are less than the total recovery amount from any third party (the “recovery amount”), then our reimbursement is computed as follows:
  - a) **First:** Determine the ratio of the procurement costs to the recovery amount (the term “procurement costs” means the attorney fees and expenses incurred in obtaining a settlement or judgment).
  - b) **Second:** Apply the ratio calculated above to our payment. The result is our share of procurement costs.
  - c) **Third:** Subtract our share of procurement costs from our payments. The remainder is our reimbursement amount.
- 2) **Our payments equal or exceed the recovery amount.** If our payments equal or exceed the recovery amount, our reimbursement amount is the total recovery amount minus the total procurement costs.
- 3) **We incur procurement costs because of opposition to our reimbursement.** If we must bring suit against the party that received the recovery amount because that party opposes our reimbursement, our reimbursement amount is the lower of the following:
  - a) Our payments made on your behalf for services; or
  - b) the recovery amount, minus the party’s total procurement cost.

Subject to the limitations stated above, you agree to grant us an assignment of, and a claim and a lien against, any amounts recovered through settlement, judgment or verdict. You may be required by us and you agree to execute documents and to provide information necessary to establish the assignment, claim, or lien to ascertain our right to reimbursement.

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## Section 5      Member liability

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**Note:** This section only applies to you if you are required by your plan rules to obtain a referral before seeing non-network providers. Please see the chapter entitled **Using the plan’s coverage for your medical services** to see if your plan requires referrals to non-network providers.

You will be liable if you receive services from non-network providers without authorization or a referral.

In the event we fail to reimburse provider’s charges for covered services, you will not be liable for any sums owed by us. Neither the plan nor Medicare will pay for non-covered services except for the following eligible expenses:

- Emergency services
- Urgently needed services
- Out-of-area and routine travel dialysis (must be received in a Medicare Certified Dialysis Facility within the United States)
- Post-stabilization services

If you enter into a private contract with a provider, neither the plan nor Medicare will pay for those services.

---

## **Section 6 Medicare-covered services must meet requirement of reasonable and necessary**

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In determining coverage, services must meet the reasonable and necessary requirements under Medicare in order to be covered under your plan, unless otherwise listed as a covered service. A service is “reasonable and necessary” if the service is:

- Safe and effective;
- Not experimental or investigational; and
- Appropriate, including the duration and frequency that is considered appropriate for the service, in terms of whether it is:
  1. Furnished in accordance with accepted standards of medical practice for the diagnosis or treatment of the patient’s condition or to improve the function of a malformed body member;
  2. Furnished in a setting appropriate to the patient’s medical needs and condition;
  3. Ordered and furnished by qualified personnel;
  4. One that meets, but does not exceed, the patient’s medical need; and
  5. At least as beneficial as an existing and available medically appropriate alternative.

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## **Section 7 Non duplication of benefits with automobile, accident or liability coverage**

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If you are receiving benefits as a result of other automobile, accident or liability coverage, we will not duplicate those benefits. It is your responsibility to take whatever action is necessary to receive payment under automobile, accident, or liability coverage when such payments may reasonably be expected, and to notify us of such coverage when available. If we happen to duplicate benefits to which you are entitled under other automobile, accident or liability coverage, we may seek reimbursement of the reasonable value of those benefits from you, your insurance carrier, or your health care provider to the extent permitted under State and/or federal law. We will provide benefits over and above your other automobile, accident or liability coverage, if the cost of your health care services exceeds such coverage. **You are required to cooperate with us in obtaining payment from your automobile, accident or liability coverage carrier. Your failure to do so may result in termination of your plan membership.**

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## **Section 8 Acts beyond our control**

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If, due to a natural disaster, war, riot, civil insurrection, complete or partial destruction of a facility, ordinance, law or decree of any government or quasi-governmental agency, labor dispute (when said dispute is not within our control), or any other emergency or similar event not within the control of us, providers may become unavailable to arrange or provide health services pursuant to this Evidence of Coverage and Disclosure Information, then we shall attempt to arrange for covered services insofar as practical and according to our best judgment. Neither we nor any provider shall have any liability or obligation for delay or failure to provide or arrange for covered services if such delay is the result of any of the circumstances described above.

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## **Section 9 Contracting medical providers and network hospitals are independent contractors**

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The relationships between the plan and network providers and network hospitals are independent contractor relationships. None of the network providers or network hospitals or their physicians or employees are employees or agents of the plan. An agent would be anyone authorized to act on the plan's behalf.

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## **Section 10 Technology assessment**

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We regularly review new procedures, devices and drugs to determine whether or not they are safe and efficacious for members. New procedures and technology that are safe and efficacious are eligible to become Covered Services. If the technology becomes a Covered Service, it will be subject to all other terms and conditions of the plan, including medical necessity and any applicable member copayments, coinsurance, deductibles or other payment contributions.

In determining whether to cover a service, we use proprietary technology guidelines to review new devices, procedures and drugs, including those related to behavioral/mental health. When clinical necessity requires a rapid determination of the safety and efficacy of a new technology or new application of an existing technology for an individual member, one of our Medical Directors makes a medical necessity determination based on individual member medical documentation, review of published scientific evidence, and, when appropriate, relevant specialty or professional opinion from an individual who has expertise in the technology.

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## **Section 11 Member statements**

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In the absence of fraud, all statements made by you will be deemed representations and not warranties. No such representation will void coverage or reduce covered services under this Evidence of Coverage or be used in defense of a legal action unless it is contained in a written application.

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## **Section 12 Information upon request**

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As a plan member, you have the right to request information on the following:

- General coverage and comparative plan information
- Utilization control procedures
- Quality improvement programs
- Statistical data on grievances and appeals
- The financial condition of UnitedHealthcare Insurance Company or one of its affiliates

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## **Section 13 2025 Enrollee Fraud & Abuse Communication**

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## 2025 Enrollee Fraud & Abuse Communication

### **How you can fight healthcare fraud**

Our company is committed to preventing fraud, waste, and abuse in Medicare benefit programs and we're asking for your help. If you identify a potential case of fraud, please report it to us immediately.

Here are some examples of potential Medicare fraud cases:

- A health care provider - such as a physician, or medical device company - bills for services you never got;
- A supplier bills for equipment different from what you got;
- Someone uses another person's Medicare card to get medical care, supplies or equipment;
- Someone bills for home medical equipment after it has been returned;
- A company offers a Medicare drug or health plan that hasn't been approved by Medicare; or
- A company uses false information to mislead you into joining a Medicare drug or health plan.

To report a potential case of fraud in a Medicare benefit program, call TRS-Care Medicare Advantage Customer Service at 1-866-347-9507 (TTY 711), 7 a.m.-6 p.m. CT, Monday-Friday.

This hotline allows you to report cases anonymously and confidentially. We will make every effort to maintain your confidentiality. However, if law enforcement needs to get involved, we may not be able to guarantee your confidentiality. Please know that our organization will not take any action against you for reporting a potential fraud case in good faith.

You may also report potential medical or prescription drug fraud cases to the Medicare Drug Integrity Contractor (MEDIC) at 1-877-7SafeRx (1-877-772-3379) or to the Medicare program directly at (1-800-633-4227). The Medicare fax number is 1-717-975-4442 and the website is [medicare.gov](https://www.medicare.gov).

## **Section 14      Commitment of Coverage Decisions**

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UnitedHealthcare's Clinical Services Staff and Physicians make decisions on the health care services you receive based on the appropriateness of care and service and existence of coverage. Clinical Staff and Physicians making these decisions: 1. Do not specifically receive reward for issuing non-coverage (denial) decisions; 2. Do not offer incentives to physicians or other health care professionals to encourage inappropriate underutilization of care or services; and 3. Do not hire, promote, or terminate physicians or other individuals based upon the likelihood or the perceived likelihood that the individual will support or tend to support the denial of benefits.

# Chapter 10

Chapter 10: Definitions of important words

## Chapter 10

### Definitions of important words

**Ambulatory Surgical Center** – An Ambulatory Surgical Center is an entity that operates exclusively for the purpose of furnishing outpatient surgical services to patients not requiring hospitalization and whose expected stay in the center does not exceed 24 hours.

**Annual Enrollment Period (Medicare)** – The time period of October 15 until December 7 of each year when members can change their health or drug plans or switch to Original Medicare. Please contact TRS for more information or visit [trs.texas.gov/Pages/healthcare\\_trscare\\_eligibility.aspx](https://trs.texas.gov/Pages/healthcare_trscare_eligibility.aspx) for details about TRS-Care eligibility and enrollment.

**Appeal** – An appeal is something you do if you disagree with our decision to deny a request for coverage of health care services or payment for services you already received. You may also make an appeal if you disagree with our decision to stop services that you are receiving.

**Balance Billing** – When a provider (such as a doctor or hospital) bills a patient more than the plan's allowed cost-sharing amount. As a member of TRS-Care Medicare Advantage, you only have to pay our plan's allowed cost-sharing amounts when you get services covered by our plan. We do not allow providers to "balance bill" or otherwise charge you more than the amount of cost-sharing your plan says you must pay.

**Benefit period** – The way that Original Medicare measures your use of hospital and skilled nursing facility (SNF) services. A benefit period begins the day you go into a hospital or skilled nursing facility. The benefit period ends when you have not received any inpatient hospital care (or skilled care in a SNF) for 60 days in a row. If you go into a hospital or a skilled nursing facility after one benefit period has ended, a new benefit period begins. There is no limit to the number of benefit periods. For Inpatient Hospital Care, Medicare-defined hospital benefit periods do not apply. For inpatient hospital care, the cost-sharing described in the Medical Benefits Chart in Chapter 4 applies each time you are admitted to the hospital. For each inpatient hospital stay, you are covered for unlimited days as long as the hospital stay is covered in accordance with plan rules.

**Biological Product** – A prescription drug that is made from natural and living sources like animal cells, plant cells, bacteria, or yeast. Biological products are more complex than other drugs and cannot be copied exactly, so alternative forms are called biosimilars. Biosimilars generally work just as well, and are as safe, as the original biological products.

**Centers for Medicare & Medicaid Services (CMS)** – The Federal agency that administers Medicare.

**Chronic-Care Special Needs Plan** – C-SNPs are SNPs that restrict enrollment to MA eligible individuals who have one or more severe or disabling chronic conditions, as defined under 42 CFR 422.2, including restricting enrollment based on the multiple commonly co-morbid and clinically-linked condition groupings specified in 42 CFR 422.4(a)(1)(iv).

**Clinical Research Study** – A clinical research study is a way that doctors and scientists test new types of medical care, like how well a new cancer drug works. They test new medical care procedures or drugs by asking for volunteers to help with the study. This kind of study is one of the

final stages of a research process that helps doctors and scientists see if a new approach works and if it is safe.

**Coinsurance** – An amount you may be required to pay, expressed as a percentage (for example 20%) as your share of the cost for services.

Coinsurance for in-network services is based upon contractually negotiated rates (when available for the specific covered service to which the coinsurance applies) or Medicare Allowable Cost, depending on our contractual arrangements for the service.

**Combined Maximum Out-of-Pocket Amount** – This is the most you will pay in a year for all services from both network providers and out-of-network providers. See Chapter 4, Section 1.2 for information about your combined maximum out-of-pocket amount.

**Complaint** – The formal name for making a complaint is filing a grievance. The complaint process is used only for certain types of problems. This includes problems related to quality of care, waiting times, and the customer service you receive. It also includes complaints if your plan does not follow the time periods in the appeal process.

**Comprehensive Outpatient Rehabilitation Facility (CORF)** – A facility that mainly provides rehabilitation services after an illness or injury, including physical therapy, social or psychological services, respiratory therapy, occupational therapy and speech-language pathology services, and home environment evaluation services.

**Copayment (or “copay”)** – An amount you may be required to pay as your share of the cost for a medical service or supply, like a doctor’s visit, or hospital outpatient visit. A copayment is a set amount (for example \$10), rather than a percentage.

**Cost-Sharing** – Cost-sharing refers to amounts that a member has to pay when services are received. Cost-sharing includes any combination of the following three types of payments: (1) any deductible amount a plan may impose before services are covered; (2) any fixed “copayment” amount that a plan requires when a specific service is received; or (3) any “coinsurance” amount, a percentage of the total amount paid for a service that a plan requires when a specific service is received.

**Covered Services** – The term we use in this EOC to mean all of the health care services and supplies that are covered by our plan.

**Custodial Care** – Custodial care is personal care provided in a nursing home, hospice, or other facility setting when you do not need skilled medical care or skilled nursing care. Custodial care, provided by people who do not have professional skills or training, includes help with activities of daily living like bathing, dressing, eating, getting in or out of a bed or chair, moving around, and using the bathroom. It may also include the kind of health-related care that most people do themselves, like using eye drops. Medicare doesn’t pay for custodial care.

**Customer Service** – A department within our plan responsible for answering your questions about your membership, benefits, grievances, and appeals.

**Deductible** – The amount you must pay for health care before our plan pays.

**Disenroll or Disenrollment** – The process of ending your membership in our plan.

**Dual Eligible Special Needs Plans (D-SNP)** – D-SNPs enroll individuals who are entitled to both Medicare (Title XVIII of the Social Security Act) and medical assistance from a state plan under



Medicaid (Title XIX). States cover some Medicare costs, depending on the state and the individual's eligibility.

**Durable Medical Equipment (DME)** – Certain medical equipment that is ordered by your doctor for medical reasons. Examples include walkers, wheelchairs, crutches, powered mattress systems, diabetic supplies, IV infusion pumps, speech generating devices, oxygen equipment, nebulizers, or hospital beds ordered by a provider for use in the home.

**Emergency** – A medical emergency is when you, or any other prudent layperson with an average knowledge of health and medicine, believe that you have medical symptoms that require immediate medical attention to prevent loss of life (and, if you are a pregnant woman, loss of an unborn child), loss of a limb, or loss of function of a limb, or loss of or serious impairment to a bodily function. The medical symptoms may be an illness, injury, severe pain, or a medical condition that is quickly getting worse.

**Emergency Care** – Covered services that are: 1) provided by a provider qualified to furnish emergency services; and 2) needed to treat, evaluate, or stabilize an emergency medical condition.

**Evidence of Coverage (EOC) and Disclosure Information** – This document, along with your enrollment form and any other attachments, riders, or other optional coverage selected, which explains your coverage, what we must do, your rights, and what you have to do as a member of our plan.

**Grievance** – A type of complaint you make about our plan or providers, including a complaint concerning the quality of your care. This does not involve coverage or payment disputes.

**Home Health Aide** – A person who provides services that do not need the skills of a licensed nurse or therapist, such as help with personal care (e.g., bathing, using the toilet, dressing, or carrying out the prescribed exercises).

**Home Health Care** – Skilled nursing care and certain other health care services that you get in your home for the treatment of an illness or injury. Covered services are listed in the Benefits Chart in Chapter 4, Section 2.1 under the heading “Home health agency care.” If you need home health care services, our plan will cover these services for you provided the Medicare coverage requirements are met. Home health care can include services from a **home health aide** if the services are part of the home health plan of care for your illness or injury. They aren't covered unless you are also getting a covered skilled service. Home health services don't include the services of housekeepers, food service arrangements, or full-time nursing care at home.

**Hospice** – A benefit that provides special treatment for a member who has been medically certified as terminally ill, meaning having a life expectancy of 6 months or less. We, your plan, must provide you with a list of hospices in your geographic area. If you elect hospice and continue to pay premiums you are still a member of our plan. You can still obtain all medically necessary services as well as the supplemental benefits we offer.

**Hospice Care** – A special way of caring for people who are terminally ill and providing counseling for their families. Hospice care is physical care and counseling that is given by a team of people who are part of a Medicare-certified public agency or private company. Depending on the situation, this care may be given in the home, a hospice facility, a hospital, or a nursing home. Care from a hospice is meant to help patients in the last months of life by giving comfort and relief from pain. The focus is on care, not cure. For more information on hospice care visit [medicare.gov](http://medicare.gov) and under

“Search Tools” choose “Find a Medicare Publication” to view or download the publication “Medicare Hospice Benefits.” Or, call (1-800-633-4227). TTY users should call 1-877-486-2048. You may call 24 hours a day/7 days a week. Note: If you are not entitled to Medicare Part A coverage, hospice services are not covered by Medicare or the plan.

**Hospital Inpatient Stay** – A hospital stay when you have been formally admitted to the hospital for skilled medical services. Even if you stay in the hospital overnight, you might still be considered an “outpatient.”

**Initial Enrollment Period (Medicare)** – When you are first eligible for Medicare, the period of time when you can sign up for Medicare Part A and Part B. If you’re eligible for Medicare when you turn 65, your Initial Enrollment Period is the 7-month period that begins 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after the month you turn 65. Please contact TRS for more information or visit [trs.texas.gov/Pages/healthcare\\_trscare\\_eligibility.aspx](https://trs.texas.gov/Pages/healthcare_trscare_eligibility.aspx) for details about TRS-Care eligibility and enrollment.

**In-Network Maximum Out-of-Pocket Amount** – The most you will pay for covered services received from in-network providers. After you have reached this limit, you will not have to pay anything when you get covered services from network providers for the rest of the contract year. However, until you reach your combined out-of-pocket amount, you must continue to pay your share of the costs when you seek care from an out-of-network provider.

**Medicaid (or Medical Assistance)** – A joint Federal and State program that helps with medical costs for some people with low incomes and limited resources. State Medicaid programs vary, but most health care costs are covered if you qualify for both Medicare and Medicaid.

**Medically Necessary** – Services, supplies, or drugs that are needed for the prevention, diagnosis, or treatment of your medical condition and meet accepted standards of medical practice.

**Medicare** – The Federal health insurance program for people 65 years of age or older, some people under age 65 with certain disabilities, and people with End-Stage Renal Disease (generally those with permanent kidney failure who need dialysis or a kidney transplant).

**Medicare Advantage (MA) Plan** – Sometimes called Medicare Part C. A plan offered by a private company that contracts with Medicare to provide you with all your Medicare Part A and Part B benefits. A Medicare Advantage Plan can be an i) HMO, ii) PPO, a iii) Private Fee-for-Service (PFFS) plan, or a iv) Medicare Medical Savings Account (MSA) plan. Besides choosing from these types of plans, a Medicare Advantage HMO or PPO plan can also be a Special Needs Plan (SNP). In most cases, Medicare Advantage Plans also offer Medicare Part D (prescription drug coverage). These plans are called **Medicare Advantage Plans with Prescription Drug Coverage**. TRS-Care Medicare Advantage does not offer Medicare prescription drug coverage.

**Medicare Allowable Cost** – The maximum price of a service for reimbursement purposes under Original Medicare.

**Medicare Assignment** – In Original Medicare, a doctor or supplier “accepts assignment” when he or she agrees to accept the Medicare-approved amount as full payment for covered services. For covered out-of-network services, it can save you money if your doctor or supplier accepts assignment. If a doctor or supplier accepts assignment, your cost-sharing is limited to your copayment or coinsurance amount for the covered service.

**Medicare-Covered Services** – Services covered by Medicare Part A and Part B. All Medicare

health plans must cover all of the services that are covered by Medicare Part A and B. The term Medicare-Covered Services does not include the extra benefits, such as vision, dental or hearing, that a Medicare Advantage plan may offer.

**Medicare Health Plan** – A Medicare health plan is offered by a private company that contracts with Medicare to provide Part A and Part B benefits to people with Medicare who enroll in the plan. This term includes all Medicare Advantage Plans, Medicare Cost Plans, Special Needs Plans, Demonstration/Pilot Programs, and Programs of All-inclusive Care for the Elderly (PACE).

**“Medigap” (Medicare Supplement Insurance) Policy** – Medicare supplement insurance sold by private insurance companies to fill “gaps” in Original Medicare. Medigap policies only work with Original Medicare. (A Medicare Advantage Plan is not a Medigap policy.)

**Member (Member of our plan, or “Plan Member”)** – A person with Medicare who is eligible to get covered services, who has enrolled in our plan, and whose enrollment has been confirmed by the Centers for Medicare & Medicaid Services (CMS).

**Network** – The doctors and other health care professionals, medical groups, hospitals, and other health care facilities or providers that have an agreement with us to provide covered services to our members and to accept our payment and any plan cost-sharing as payment in full. (See Chapter 1, Section 3.2)

**Network Provider** – “Provider” is the general term for doctors, other health care professionals, hospitals, and other health care facilities that are licensed or certified by Medicare and by the State to provide health care services. “Network providers” have an agreement with our plan to accept our payment as payment in full, and in some cases to coordinate as well as provide covered services to members of our plan. Network providers are also called “plan providers.”

**Organization Determination** – A decision our plan makes about whether items or services are covered or how much you have to pay for covered items or services. Organization determinations are called “coverage decisions” in this document.

**Original Medicare** (“Traditional Medicare” or “Fee-for-service” Medicare) – Original Medicare is offered by the government, and not a private health plan such as Medicare Advantage Plans and prescription drug plans. Under Original Medicare, Medicare services are covered by paying doctors, hospitals, and other health care providers payment amounts established by Congress. You can see any provider (network or out-of-network) at the same cost share, as long as they accept Medicare and are willing to bill UnitedHealthcare. You must pay the deductible. Medicare pays its share of the Medicare-approved amount, and you pay your share. Original Medicare has two parts: Part A (Hospital Insurance) and Part B (Medical Insurance) and is available everywhere in the United States.

**Out-of-Network Provider or Out-of-Network Facility** – A provider or facility that does not have a contract with our plan to coordinate or provide covered services to members of our plan. Out-of-network providers are providers that are not employed, owned, or operated by our plan.

**Out-of-pocket costs** – See the definition for “cost-sharing” above. A member’s cost-sharing requirement to pay for a portion of services received is also referred to as the member’s “out-of-pocket” cost requirement.

**PACE plan** – A PACE (Program of All-Inclusive Care for the Elderly) plan combines medical, social, and long-term care services for frail people to help people stay independent and living in their

community (instead of moving to a nursing home) as long as possible, while getting the high quality care they need. People enrolled in PACE plans receive both their Medicare and Medicaid benefits through the plan. PACE is not available in all states. If you would like to know if PACE is available in your state, please contact Customer Service.

**Part C** – see “**Medicare Advantage (MA) Plan.**”

**Plan Sponsor** – Teacher Retirement System of Texas (TRS).

**Plan Year** – The period of time TRS has contracted with us to provide covered services to you through the plan. TRS’ plan year is listed inside the front cover of the Evidence of Coverage.

**Preferred Provider Organization (PPO) Plan** – A Preferred Provider Organization plan is a Medicare Advantage Plan that has a network of contracted providers that have agreed to treat plan members for a specified payment amount. A PPO plan must cover all plan benefits whether they are received from in-network or out-of-network providers.

**Premium** – The periodic payment to Medicare, an insurance company, or a health care plan for health coverage.

**Prior Authorization** – For medical services it means a process where your PCP or treating provider must receive approval in advance before certain medical services will be provided or payable. Covered services that need prior authorization are marked in the Medical Benefits Chart in Chapter 4. In the network portion of a PPO, some in-network medical services are covered only if your PCP or other network provider gets “prior authorization” from our plan. In a PPO, you do not need prior authorization to obtain out-of-network services. However, you may want to check with the plan before obtaining services from out-of-network providers to confirm that the service is covered by your plan and what your costs-sharing responsibility is.

**Prosthetics and Orthotics** – Medical devices including, but are not limited to, arm, back and neck braces; artificial limbs; artificial eyes; and devices needed to replace an internal body part or function, including ostomy supplies and enteral and parenteral nutrition therapy.

**Quality Improvement Organization (QIO)** – A group of practicing doctors and other health care experts paid by the Federal government to check and improve the care given to Medicare patients.

**Rehabilitation Services** – These services include physical therapy, speech and language therapy, and occupational therapy.

**Retail Walk-In Clinic** – A provider location that generally does not require appointments and may be a standalone location or located in a retail store, supermarket or pharmacy. Walk-In Clinic Services are subject to the same cost-sharing as Urgent Care Centers. (See the Benefit Chart in Chapter 4)

**Service Area** – A geographic area where you must live to join a particular health plan. The plan may disenroll you if you permanently move out of the plan’s service area.

**Skilled Nursing Facility (SNF) Care** – Skilled nursing care and rehabilitation services provided on a continuous, daily basis, in a skilled nursing facility. Examples of care include physical therapy or intravenous injections that can only be given by a registered nurse or doctor.

**Special Enrollment Period (Medicare)** – A set time when members can change their health or drug plans or return to Original Medicare. Situations in which you may be eligible for a Special Enrollment Period include: if you move into a nursing home, or if we violate our contract with you.

Please contact TRS for more information or visit [trs.texas.gov/Pages/healthcare\\_trscare\\_eligibility.aspx](https://trs.texas.gov/Pages/healthcare_trscare_eligibility.aspx) for details about TRS-Care eligibility and enrollment.

**Supplemental Security Income (SSI)** – A monthly benefit paid by Social Security to people with limited income and resources who are disabled, blind, or age 65 and older. SSI benefits are not the same as Social Security benefits.

**Urgently Needed Services** – A plan-covered service requiring immediate medical attention that is not an emergency is an urgently needed service if either you are temporarily outside the service area of the plan, or it is unreasonable given your time, place, and circumstances to obtain this service from network providers with whom the plan contracts. Examples of urgently needed services are unforeseen medical illnesses and injuries, or unexpected flare-ups of existing conditions. However, medically necessary routine provider visits, such as annual checkups, are not considered urgently needed even if you are outside the service area of the plan or the plan network is temporarily unavailable.

# TRS-Care Medicare Advantage Customer Service:



Call **1-866-347-9507**

Calls to this number are free. 7 a.m.-6 p.m. CT, Monday-Friday. Customer Service also has free language interpreter services available for non-English speakers.

**TTY 711**

Calls to this number are free. 7 a.m.-6 p.m. CT, Monday-Friday.



Write: **P.O. Box 30769**  
**Salt Lake City, UT 84130-0769**



**[retiree.uhc.com/TRS-CareMA](http://retiree.uhc.com/TRS-CareMA)**

## State Health Insurance Assistance Program

State Health Insurance Assistance Program is a state program that gets money from the Federal government to give free local health insurance counseling to people with Medicare.

You can call the SHIP in your state at the number listed in Chapter 2 Section 3 of the Evidence of Coverage.

**PRA Disclosure Statement** According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0938-1051. If you have comments or suggestions for improving this form, please write to: CMS, 7500 Security Boulevard, Attn: PRA Reports Clearance Officer, Mail Stop C4-26-05, Baltimore, Maryland 21244-1850.

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