

Benefit or Service	Prior Authorization	Member Cost Share	Additional Information
Abdominal Aortic Aneurysm		\$0 copay	For planned preventive services that become diagnostic
Screening			during the screening, cost sharing may apply.
Acupuncture - Medicare Covered		20% coinsurance	Medicare criteria must be met.
for Chronic Back Pain			• Up to 12 visits in 90 days.
			8 additional sessions will be covered if improvement is
			demonstrated from the initial 12 visits
			No more than 20 visits in a calendar year.
Alternative Medicine:* 2023		0% coinsurance	New limit: 12 visit limit which is a combination of visits from
name change to Health and Well			Acupuncturists, Naturopaths and Chiropractor visits not
Being, Acupuncture and			covered by Medicare. Massage therapy is not covered. X-
Naturopathy, Non-Medicare			rays performed by Chiropractor are not covered.
Chiropractor			
AIR Ambulance (Non-emergency)	Yes	\$300.00 copay per one-way trip	Covered, provided Medicare criteria are met.
Ambulance (Emergency)		\$300.00 copay per one-way trip	Covered, including air ambulance, provided Medicare
			criteria are met.
Ambulance (Non-Emergency)	Yes	\$300.00 copay per one-way trip	Covered, provided Medicare criteria are met.
Anesthesiologist (Anesthesia)		\$0 copay	For professional services.
Annual Wellness Visit/AWV		\$0 copay	All Medicare members who are no longer within 12 months
(Also, see Welcome to Medicare			after the effective date of their first Medicare Part B
Preventive Visit)			coverage period and who have not received a Welcome to
			Medicare Visit (AWV or Initial Preventive Physical
			Exam/IPPE) within the past 12 months
Bone mass measurement (Bone		\$0 copay	For planned preventive services that become diagnostic
Density)			during the screening, cost sharing may apply. CMS
			limitations apply, every 2 years; or more frequently if
			medically necessary.
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Breast cancer screening		\$0 copay	"For planned preventive services that become diagnostic
(mammograms, mammography)			during the screening, cost sharing may apply.
			One baseline mammogram between the ages of 35 and 39
			One screening mammogram every 12 months for age 40
			and older
			Clinical breast exams once every 24 months
Cardiac rehabilitation services		20% Coinsurance	Medicare covers 2 sessions per day (1 hour each), up to 36
			sessions.
Cardiovascular disease risk		\$0 copay	For planned preventive services that become diagnostic
reduction visit			during the screening, cost sharing may apply.
Cardiovascular disease testing		\$0 copay	For planned preventive services that become diagnostic
			during the screening, cost sharing may apply.
Cervical and vaginal cancer		\$0 copay	For planned preventive services that become diagnostic
screening (Pap tests, pelvic			during the screening, cost sharing may apply.
exams)			All women: Every 24 months
			High risk of cervical cancer or abnormal pap: Every 12 months
Chiropractic services, Medicare	See Prior Authorization List and	\$20.00 copay	Only manual manipulation to correct subluxation. Massage
covered	Procedure Code Look Up Tool.		therapy not covered. Per CMS x-rays billed by a chiropractor
			are not covered. X-rays are covered if performed by
			Radiologist. Also See supplemental benefit Health and
			Wellbeing.
Clinical Trials	See Prior Authorization List and		
	Procedure Code Look Up Tool.		



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Colorectal cancer screening		\$0 copay	For planned preventive services that become diagnostic
(Colonoscopy, Sigmoidoscopy)			during the screening, cost sharing may apply.
			For age 50 and older:
			Sigmoidoscopy every 48 months
			Fecal occult blood test, every 12 months
			For at high risk of colon cancer:
			Screening colonoscopy every 24 months
			Not at high risk of colon cancer:
			• Screening colonoscopy every 10 years (120 months) but
			not within 48 months (2 years) of a screening
Cosmetic surgery or procedures	See Prior Authorization List and		Only covered because of an accidental injury or to improve a
(Partial Exclusion)	Procedure Code Look Up Tool.		malformed part of the body. All stages of reconstruction are
			covered for a breast after a mastectomy, as well as for the
			unaffected breast to produce a symmetrical appearance.
Custodial Care (Exclusion)	Not Covered	Not Covered	Custodial care is personal care that does not require the
			continuing attention of trained medical or paramedical
			personnel, such as care that helps with activities of daily
			living, such as bathing or dressing. Custodial care is not
			medically necessary.
Dental Services (Medical	See Prior Authorization List and	See specific medical services for	Covered services limited to surgery of the jaw or related
Services, Not Routine Dental)	Procedure Code Look Up Tool.	related copays and coinsurance.	structures, setting fractures of the jaw or facial bones,
			extraction of teeth to prepare the jaw for radiation
			treatments of neoplastic cancer disease, or services that
			would be covered when provided by a physician.



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Dental Services (Supplemental	Referral not required for	Cost share is anything over	Unlimited preventive (cleaning, etc.) with \$500.00
Routine Preventive and	supplemental dental services.	\$500.00 comprehensive benefit	comprehensive services max.
Comprehensive)		maximum.	
Depression screening		\$0 copay	For planned preventive services that become diagnostic
- cp. coston co. cog		,	during the screening, cost sharing may apply.
			and the server may be a server may approximate the server may approximate the server may approximate the server may be a server may approximate the server may be a server may approximate the server may be a
Diabetes screening		\$0 copay	For planned preventive services that become diagnostic
			during the screening, cost sharing may apply.
Diabetes self-management	Prior auth required when glucose	\$0 cost share	No cost share:
training, diabetic services and	monitor, shoes or inserts (orthotics)	_	Blood glucose monitor
diabetes supplies (DME)	greater than \$500.00	requires a referral.	Blood glucose strips
			Lancet devices
			Glucose-control solutions for checking accuracy of strips
			and monitor
			One pair of diabetic shoes per calendar year
			• 2 sets of shoe inserts (orthotics) covered per calendar year
Durable medical equipment	See Prior Authorization List and	*20% Coinsurance	(diabetic) Covered, provided Medicare criteria are met. DME includes,
(DME) and related supplies	Procedure Code Look Up Tool.	20% Consulance	wheelchairs, hospital beds, walkers, oxygen. *When primary
(Divie) and related supplies	Procedure code Look op 1001.		diagnosis is COPD the coinsurance is zero.
			ulagilosis is COPD the comsulance is zero.
Emergency care (Emergency		\$95.00 (facility) copay for ER visit	\$95.00 copayment waived if admitted as inpatient within
Room, ER)			the same hospital within 24 hrs.
Emergency care (ER Physician		0% coinsurance	·
Service)			



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Emergency care: Supplemental		20% Coinsurance	\$25,000.00 Maximum - ER coinsurance is not waived if
World Wide - Facility and			admitted to hospital. Does not count toward Medicare Out
Professional Services			of Pocket (MOOP).
Enteral Feedings, Tube Feedings	See Prior Authorization List and	20% Coinsurance	
(Infusion Therapy, DME)	Procedure Code Look Up Tool.		
Enteral Formula (Infusion	See Prior Authorization List and	20% Coinsurance	
Therapy, DME)	Procedure Code Look Up Tool.		
Eye exam - Medicare Covered		*\$40.00 copay	Exams to diagnose diseases and conditions of the eye
(medical vision disease)			covered by Medicare. *When the primary diagnosis is
			diabetes for a retinal exam and the exam is performed by an
			endocrinologist or ophthalmologist, the copay is zero. If
			provider is not participating then plan approved referral is
			required.
Eye exam - Routine Vision (VSP		In network \$0 copay	Through VSP - One WellVision exam every year. Members
Advantage)			must use the VSP Advantage Network for in-network
			benefits. Out of network - \$45.00 is allowed toward the cost
			of the exam.
Eye Wear - Medicare covered		20% Coinsurance	Covered, provided Medicare criteria are met. One pair of
(Post Cataract Vision Surgery)			eyeglasses or contact lenses includes insertion of an
			intraocular lens after each surgery.



Benefit or Service	Prior Authorization	Member Cost Share	Additional Information
Eye Wear - Prescription Contacts,		■Available every 2 years.	Members must use the VSP Choice Network for in-network
frames, vision lenses, upgrades		 In VSP Choice network 	benefits. Out of network - Any amount over the out of
(VSP Choice)		● Prame or contact lenses instead	network annual allowance is patient responsibility.
		of glasses - \$150.00 every year	● Erame, \$70 allowed toward costs.
		allowed toward cost.	●Eontact lenses (in lieu of lenses and frame) \$105.
		• In VSP Choice network - Lenses	●Single vision Lenses - up to \$30
		(for glasses) - \$0 copay for the	●Eined bifocal - up to \$50
		following lenses:	●Eined trifocal - up to \$65
		o Single Vision	●Eenticular - up to \$100
		o Lined bifocal	● Progressive - up to \$50
		o Lined trifocal	
		o Lenticular	
		• Lens enhancements not	
		included in the \$0 copay. Lens	
		enhancements are member's	
		responsibility. Average 30%	
		savings on lens and	
		enhancements.	
Eye and Vision Services Not		Not Covered. See Additional	Radial keratotomy not covered
Covered by Medicare		Information	LASIK surgery not covered
(Exclusions)			Vision Therapy not covered
			Low Vision Aids not covered
Genetic Testing Not Related to	See Prior Authorization List and	20% Coinsurance	
Pregnancy	Procedure Code Look Up Tool.		
Hearing exam (Medicare covered		\$20.00 copay	Covered, provided Medicare criteria are met. Routine
to diagnose and treat specific			hearing exams, hearing aids, and hearing aid fittings are not
diseases and conditions-)			covered by Medicare.
Hearing exam (Routine not	Not Covered	Not Covered	Not Covered
covered by Medicare) Exclusion			



Benefit or Service	Prior Authorization	Member Cost Share	Additional Information
Hearing services (hearing aid	Not Covered	Not Covered	Not Covered
fittings, hearing aids) Exclusion			
HIV screening		\$0 copay	For planned preventive services that become diagnostic
			during the screening, cost sharing may apply.
Home health agency care	See Prior Authorization List and	\$0 coinsurance	20% coinsurance for durable medical equipment (DME) still
	Procedure Code Look Up Tool.		applies when related to Home Health services.
Homemaker Services (Exclusion)	Not Covered	Not Covered	Services include basic household assistance, light
			housekeeping or light meal preparation.
Hospice care (inpatient and	No.		You pay nothing for hospice care from a Medicare certified
home)			hospice. You may have to pay part of the cost for drugs and
			respite care. Hospice is covered outside of our plan.
Hyperbaric oxygen treatment	See Prior Authorization List and	20% Coinsurance	
	Procedure Code Look Up Tool.		
Immunizations		\$0 Coinsurance	Covered:
			- pneumonia
			- influenza (flu shot)
			- Hepatitis B
			- COVID-19
			- Other vaccines if at risk and meet Original Medicare Part B
			coverage rules
			*Shingles vaccine (Zostavax) is covered under pharmacy -
			Part D Benefit*
Infusion Therapy, Home Infusion	Not Required for Infusion Therapy	20% coinsurance	Not Required for Infusion Therapy Services. Services related
Therapy	Services. Services related to the		to the Infusion Therapy care may require prior authorization,
	Infusion Therapy care may require		for example medication, enteral nutrition. Review Prior
	prior authorization, for example		Authorization list for related services.
	medication, enteral nutrition.		
	Review Prior Authorization list for		
	related services.		



Benefit or Service	Prior Authorization	Member Cost Share	Additional Information
Injections, Injectable drugs	See Prior Authorization List and	20% Coinsurance	Covered, provided Medicare criteria are met. Includes
(Prescription drugs Medicare	Procedure Code Look Up Tool.		chemotherapy related drugs, drugs related to home dialysis,
Part B medical benefits)			B12, etc.
Inpatient hospital Blood		No Blood Deductible	Coverage begins with the first pint of blood needed. Includes
(including inpatient skilled		0% coinsurance	storage and administration. The patient is responsible for
nursing facility/SNF)			any other applicable coinsurance amounts.
Outpatient Blood		No Blood Deductible	Coverage begins with the fourth pint of blood needed.
		0% coinsurance	Coverage of storage and administration begins with the first
			pint of blood needed. The patient is responsible for any
			other applicable coinsurance amounts.
Inpatient hospital (acute) care	See Prior Authorization List and	Days:	All admissions, planned and urgent, require notification
	Procedure Code Look Up Tool.	1-4 - \$450.00 per day	within 24 hrs. or next business day. Each time a member is
		5-90 - \$0 per day	admitted for a new inpatient stay the copay will apply. Plan
			covers 90 days for an inpatient stay.
Inpatient Professional Services		20% Coinsurance	
Inpatient Hospital (facility)	See Prior Authorization List and	Days:	All admissions, planned and urgent, require notification
mental health, psychiatric,	Procedure Code Look Up Tool.	1-10 - \$155.00 per day	within 24 hrs. or next business day. Each time a member is
psychiatrist)-care		11-90 - \$0 per day	admitted for a new inpatient stay the copay will apply. Not
			psychiatric hospital, same cost shares as acute care.Plan
			covers 90 days for an inpatient stay. 190-day lifetime
			limitation in a psychiatric facility. This limitation does not
			apply to inpatient psychiatric services furnished in a general
			hospital.
Inpatient rehabilitation services	See Prior Authorization List and	Days:	All admissions, planned and urgent, require notification
(physical, speech, occupational	Procedure Code Look Up Tool.	1-4 - \$450.00 per day	within 24 hrs. or next business day. Each time a member is
therapies)		5-90 - \$0 per day	admitted for a new inpatient stay the copay will apply. Same
			cost shares as acute care.



Benefit or Service	Prior Authorization	Member Cost Share	Additional Information
Inpatient services covered during		20% coinsurance	Covered, provided Medicare criteria are met.
a non-covered inpatient stay			
Inpatient substance abuse	See Prior Authorization List and Procedure Code Look Up Tool.	Days: 1-5 - \$450.00 per day	All admissions, planned and urgent, require notification within 24 hrs. or next business day. Same cost shares as
		6-90 - \$0 per day Over 90 - \$0 per day	acute care.
Kidney disease and conditions	NO. Effective 01/01/2016	20% coinsurance	
(Hemodialysis, Dialysis, End	Notification is required.		
Stage Renal Disease/ESRD)	·		
Kidney disease education (on	No.	0% cost share	Medicare covers 6 sessions of kidney disease education per
dialysis)			lifetime per Medicare.
Mastectomy related bras and supplies (DME)	If over \$500.00	20% cost share	
Meal, Meals Benefit		0% cost share	Meals can be delivered to the home upon discharge from a
(Supplemental)			hospital or skilled nursing facility. 2 meals per day up to 14
			days after discharge, up to 6 occurrences per year. Meals to
			dine with members that are inpatient are not covered.
Medical nutrition therapy	No	0% cost share	Education for people with diabetes, kidney disease (patient
education			not on dialysis)post kidney transplant. 3 hrs. for first year. 2 hrs. each year after the first year.
Nurse Advice Line		0% cost share	24 hour nurse hotline available: 1-866-418-1002 or TTY 1-
			866-418-1006
Obesity screening and obesity		0% cost share	Covered, provided Medicare criteria are met, e.g., body
(counseling) therapy			mass index (BMI) of 30 or more, etc.
Organ (Living) Donation	See Prior Authorization List and	20% coinsurance	All admissions, planned and urgent, require notification
(Transplant)	Procedure Code Look Up Tool.		within 24 hrs. or next business day.



Benefit or Service	Prior Authorization	Member Cost Share	Additional Information
Orthotics (Supportive Devices for	Only covered for diabetic foot	\$0 cost share	• 2 sets of shoe inserts (orthotics) covered per calendar year
feet)	disease.		only for diabetic foot disease.
	Prior auth required for orthotics		
	(shoe inserts) greater than \$500.00.		
Outpatient diagnostic tests and	See Prior Authorization List and	0% Medicare covered lab	
therapeutic services (lab,	Procedure Code Look Up Tool.	\$15 copay x-ray outpatient facility	
radiology, x-ray)		fee does not include scans (CT,	
		MRI, PET, etc.) Does not include	
		professional fees.	
		20% Other diagnostic procedures	
		(includes scans and professional	
		fees)	
Outpatient hospital	See Prior Authorization List and	\$250.00 copay outpatient facility	
services,includes observation	Procedure Code Look Up Tool.	fee maximum. Does not include	
		professional services.	
Outpatient mental health (not		\$30.00 copay	Copay the same for group therapy. Must be Medicare
psychiatrist)			eligible provider. Per CMS, some 'counselors' are not eligible
			to perform services for Medicare and Medicare Advantage
			members.
Outpatient psychiatrist care		\$30.00 copay	Copay the same for group therapy.
Outpatient rehabilitation	See Prior Authorization List and	\$30.00 copay for therapy services	12 visits allowed for each type of therapy. 12 PT, 12 OT and
services (physical (PT), speech	Procedure Code Look Up Tool.		12 ST. Prior Authorization is required for additional visits
(ST), occupational therapy (OT))		\$30.00 copay and or 20% facility	after the initial 12 visits. Evaluation and reevaluation is
		fees for other additional services	separate from the 12 visits.
		when performed in a facility.	
Outpatient substance abuse	See Prior Authorization List and	20% coinsurance	Opioid Treatment Services, to allow codes G2067 through
services	Procedure Code Look Up Tool.	2070 Comsulance	G2080, the provider must be certified with SAMSAH and
Services			enrolled with Medicare.
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Benefit or Service	Prior Authorization	Member Cost Share	Additional Information
Outpatient surgery, ambulatory	See Prior Authorization List and	\$250.00 copay for ASC Facility	
surgical centers (ASC)	Procedure Code Look Up Tool.	Services	
Over the Counter (OTC)	Not Covered	Not Covered	
medication/pharmacy			
Partial hospitalization service		20% coinsurance	Must be Medicare eligible provider. Per CMS, some
(intensive outpatient mental			'counselors' are not eligible to perform services for Medicare
health services)			and Medicare Advantage members.
Physician/Practitioner/PCP		\$0 copay for PCP E & M service	
services, including doctor's office		20% coinsurance for all other	
visits		services	
Physical Exam, See Welcome to		See Welcome to Medicare	See Welcome to Medicare Preventive Visit and Annual
Medicare Preventive Visit and		Preventive Visit and Annual	Wellness Visit
Annual Wellness Visit		Wellness Visit	
Podiatry Services (Foot Care)		No copay \$0.00	4 visits each year - Not limited to Medicare covered
When Not Covered by Medicare		0% Coinsurance	diagnosis codes. NEW, when the primary care is Diabetes an
(Supplemental Benefit)			additional 4 visits each year for a total of 8 Non-Medicare
			covered visits.
			The specialist copay does not apply to podiatrists for these
			services.
Podiatry Services (Foot Care)		No copay \$0.00	Limited to Medicare covered diagnosis codes.
Medical Medicare Covered		0% Coinsurance	The specialist copay does not apply to podiatrists for these
			services.
Prescription drugs Medicare Part	See Prior Authorization List and	20% coinsurance	Includes chemotherapy related drugs, drugs related to home
B medical benefits (injectable	Procedure Code Look Up Tool.		dialysis, etc.
drugs, injections)			
Prescription drugs Medicare Part		Pharmacy, Part D is not covered	Over the counter (OTC) not covered
D pharmacy benefit (drug list,			
formulary)			
Primary Care Physician (PCP)		\$0 copay for evaluation and	
		management (E & M) service	
		20% coinsurance for all other	
		services	



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Prostate cancer screening exams		\$0 copay	For planned preventive services that become diagnostic
(PSA)			during the screening, cost sharing may apply.
			For men over age 50:
			Every 12 months: Digital rectal exam
			• Every 12 months PSA test
Prosthetic devices and related	See Prior Authorization List and	20% coinsurance	
supplies (DME)	Procedure Code Look Up Tool.		
Pulmonary rehabilitation	See Prior Authorization List and	20% coinsurance	Comprehensive programs of pulmonary rehabilitation are
services	Procedure Code Look Up Tool.		covered for members who have moderate to very severe
			chronic obstructive pulmonary disease (COPD) and a referral
			for pulmonary rehabilitation from the doctor treating the
			chronic respiratory disease.
Screening and counseling to		\$0 copay	For planned preventive services that become diagnostic
reduce alcohol misuse			during the screening, cost sharing may apply.
Screening for sexually		\$0 copay	For planned preventive services that become diagnostic
transmitted infections (STIs) and			during the screening, cost sharing may apply.
counseling to prevent STIs			
Shoes, Diabetic- SEE Diabetes			
self-management training,			
diabetic services and diabetes			
supplies (DME)			
Shoes, Orthopedic/Prosthetic	See Prior Authorization List and	20% coinsurance	Limited coverage. Prosthetic/Orthopedic Shoes that are part
with Braces (DME)	Procedure Code Look Up Tool.		of a leg brace are covered and included in the cost of the leg
			brace.



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Skilled nursing inpatient facility	See Prior Authorization List and	Days:	No (zero) acute inpatient hospital days required prior to SNF
(SNF) care (Part A)	Procedure Code Look Up Tool.	1-20 - \$ 00.00 per day	admission. Custodial (not medically necessary) care is not
		21-100 - \$160.00 per day	covered. All admissions, planned and urgent, require
			notification within 24 hrs. or next business day. Each time
			member is admitted to a new SNF stay the copay will apply.
Skilled nursing facility (SNF)		20% coinsurance	Part B (outpatient) coinsurance and benefit limits apply.
inpatient care (Part B)			
Skilled nursing facility (SNF)		No blood deductible	
Blood		0% coinsurance	
Sleep Studies	No.	20% coinsurance	
Smoking and tobacco use		0% Coinsurance	• Contact Optum at 1-866-784-8454 (1-866-QUIT-4-LIFE).
cessation			No disease - 8 sessions per calendar year
			Disease related - 8 sessions per calendar year
Sterilization Reversal (Exclusion)	Not Covered	Not Covered	Reversal of sterilization procedures and non-prescription contraceptive supplies.
Specialist Physician Care/Services		*\$40.00 copay for E & M service.	20% coinsurance for all other services.
(does not apply to psychiatrists,		,	*Zero copay when primary diagnosis is diabetes for
mental health, lab or radiology)			endocrinologist
incited ficultif, tab of Tadiology)			*Zero copay when primary diagnosis is COPD for
			pulmonologist.
			*Zero copay when primary diagnosis is CHF for cardiologist.
			*See Eye Exam – Medicare Covered - for Retinal Exam
			benefit
Telemedicine, Telehealth (Virtual		Must meet Original Medicare	Covered. Must meet Original Medicare criteria.
care)		criteria.	



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Telemedicine, Telehealth (Virtual		Member cost share same as in-	
care) - Supplemental		person cost shares for: Urgently	
		Needed Services; Primary Care	
		Physician Services; Physician	
		Specialist Services; Individual and	
		Group Sessions for Mental Health	
		Specialty Services; Individual and	
		Group Sessions for Psychiatric	
		Services; Individual and Group	
		Sessions for Outpatient Substance	
		Abuse.	
Transplant Evaluation/Work-Up	See Prior Authorization List and	0% coinsurance (lab)	
Transplant Evaluation/ Work-Op	Procedure Code Look Up Tool.	0% comsurance (lab)	
	Procedure Code Look op 1001.		
Transplant	See Prior Authorization List and	20% coinsurance	Corneal transplant does not require prior authorization (PA),
	Procedure Code Look Up Tool.		other transplants do require PA. All admissions, planned and
	·		urgent, require notification within 24 hrs. or next business
			day.
Transportation SEE AMBULANCE	See Ambulance	See Ambulance	See Ambulance
Unlisted Codes with Charge	See Prior Authorization List and		Unlisted codes is the actual, AMA description of the service.
Greater Than \$250.00	Procedure Code Look Up Tool.		Medical necessity documentation and pricing must be
•	·		submitted with the request.
			Example: 43499, Unlisted procedure, esophagus.
Urgently needed care		\$0 copay for evaluation and	
		management (E & M) service	
		20% coinsurance for all other	
		services	
Vision Care SEE EYE EXAM AND	See Eye Exam and Eye Wear	See Eye Exam and Eye Wear	See Eye Exam and Eye Wear
EYE WEAR			



Benefit or Service	Prior Authorization	Member Cost Share	Additional Information
Welcome to Medicare Preventive		\$0 copay	1 visit lifetime max within 12 months of Part B effective
Visit (Initial Preventive Physical			date. For planned preventive services that become
Exam/IPPE or Annual Wellness			diagnostic during the screening, cost sharing may apply. If
Visit/AWV)			greater than 12 months from the effective date and did not
			receive a Welcome Exam see Annual Physical Exam
Wig (DME)	Yes if +\$500.00	20% coinsurance	Must be medically necessary and meet criteria to covered by
			Medicare.
Lung Cancer Screening		\$0 copay	Limited to ages 55 through 77, once per year.
Fitness Benefit		\$0 copay	Membership at participating fitness centers or 2 Home
			Fitness Kits per year:
			Includes:
			Access to Silver& Fit website including The Silver Slate
			newsletter, healthy aging education program, motivational
			tips and rewards.
			34 Home Fitness Kits to choose from
			Single fitness center access; can be changed once per
			month.
			Customer Service, open Monday through Friday, 5 AM
			through 6 PM PST
			• Tele 1-877-427-4788
Supervised Exercise Therapy (SET)			Only for members who have symptomatic peripheral artery
			disease (PAD). No referral is required. The SET provider must
		20% coinsurance	meet Medicare requirements.
			Covered up to 36 sessions over a 12-week period if all of the
			components of a SET program are met.



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Medicare Diabetes Prevention		No Cost Shares	Provider must be enrolled in Medicare as an MDPP supplier
Program (MDPP)			to bill for MDPP services.
			Therapeutic exercise-training program for PAD.
			Conducted in a hospital outpatient setting, or a physician's
			office
			Delivered by qualified auxiliary personnel necessary to
			ensure benefits exceed harms, and who are trained in
			exercise therapy for PAD
Pulmonary rehabilitation		20% Coinsurance	Medicare covers 2 sessions per day (1 hour each), up to 36
services			sessions. Prior Authorization required after 36 sessions.
Transgender Services		Cost share determined by service,	The procedure code must be covered by Original Medicare
		e.g. outpatient hospital copay,	with an allowed amount on the Medicare fee schedule. The
		specialist visit, etc.	PCLT can be referenced for covered codes and prior
			authorization requirements: https://forms.chpw.org/pclt.
Health and Wellbeing		0% coinsurance	12 visit limit which is a combination of visits from
			Acupuncturists, Naturopaths and Chiropractor visits not
			covered by Medicare. Massage therapy is not covered. X-
			rays performed by Chiropractor are not covered.
Member Total Out-of-Pocket		\$7,900.00	
(MOOP)			