

Evidence of Coverage 2023

Care N' Care Choice MA-Only (PPO) H6328-005



1-877-374-7993 (TTY 711) October 1 - March 31, 8 a.m. to 8 p.m., CST, seven days a week
or April 1 - September 30, 8 a.m. to 8 p.m., CST, Monday through Friday.



YourTeam@cnchealthplan.com



cnchealthplan.com

care@care
Insurance Company, Inc.

January 1 – December 31, 2023

Evidence of Coverage:

Your Medicare Health Benefits and Services as a Member of Care N' Care Choice MA-Only (PPO)

This document gives you the details about your Medicare health care coverage from January 1 – December 31, 2023. **This is an important legal document. Please keep it in a safe place.**

For questions about this document, please contact your Customer Experience Team at 1-877-374-7993. (TTY users should call 711). Hours are October 1 -March 31 8AM – 8PM CST, 7 days a week; April 1 - September 30, 8AM – 8PM CST, Monday through Friday.

This plan, Care N' Care Choice MA-Only (PPO), is offered by Care N' Care Insurance Company. (When this *Evidence of Coverage* says “we,” “us,” or “our,” it means Care N' Care Insurance Company. When it says “plan” or “our plan,” it means Care N' Care Choice MA-Only (PPO).)

This document is available for free in Spanish. Este documento está disponible de forma gratuita en español.

This document is available in a different format, including large print. Please call your Customer Experience Team at the number listed above if you need plan information in another format or language.

Benefits, premiums, deductibles, and/or copayments/coinsurance may change on January 1, 2024.

The formulary, pharmacy network, and/or 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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CHAPTER 1:

Getting started as a member

SECTION 1 Introduction

Section 1.1	You are enrolled in Care N' Care Choice MA-Only (PPO), which is a Medicare PPO
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You are covered by Medicare, and you have chosen to get your Medicare health care coverage through our plan, Care N' Care Choice MA-Only (PPO). 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.

Care N' Care Choice MA-Only (PPO) is a Medicare Advantage PPO Plan (PPO stands for Preferred Provider Organization). Like all Medicare health plans, this Medicare PPO is approved by Medicare and run by a private company. This plan does not include Part D prescription drug coverage.

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: www.irs.gov/Affordable-Care-Act/Individuals-and-Families for more information.

Section 1.2	What is the <i>Evidence of Coverage</i> 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.

The words “coverage” and “covered services” refer to the medical care and services available to you as a member of Care N' Care Choice MA-Only (PPO).

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 or concerned or just have a question, please contact our plan's Customer Experience Team.

Section 1.3	Legal information about the <i>Evidence of Coverage</i>
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This *Evidence of Coverage* is part of our contract with you about how Care N' Care Choice MA-Only (PPO) covers your care. Other parts of this contract include your enrollment form 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 Care N' Care Choice MA-Only (PPO) between January 1, 2023, and December 31, 2023.

Each calendar year, Medicare allows us to make changes to the plans that we offer. This means we can change the costs and benefits of Care N' Care Choice MA-Only (PPO) after December 31, 2023. We can also choose to stop offering the plan in your service area, after December 31, 2023.

Medicare (the Centers for Medicare & Medicaid Services) must approve Care N' Care Choice MA-Only (PPO) 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.

SECTION 2 What makes you eligible to be a plan member?

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).
- -- *and* -- you are a United States citizen or are lawfully present in the United States

Section 2.2 Here is the plan service area for Care N' Care Choice MA-Only (PPO)

Care N' Care Choice MA-Only (PPO) 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 these counties in Texas: Collin, Cooke, Dallas, Denton, Erath, Hood, Johnson, Palo Pinto, Parker, Rockwall, Somervell, Tarrant and Wise.

If you plan to move out of the service area, you cannot remain a member of this plan. Please contact your Customer Experience Team to see if we have a plan in your new area. When you move, you will have a Special Enrollment Period that will allow you to switch to Original Medicare or enroll in a Medicare health or drug plan that is available in your new location.

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.

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 Care N' Care Choice MA-Only (PPO) if you are not eligible to remain a member on this basis. Care N' Care Choice MA-Only (PPO) must disenroll you if you do not meet this requirement.

SECTION 3 Important membership materials you will receive

Section 3.1 Your plan membership card

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

FRONT

carencare
Insurance Company, Inc.

**2023 Care N' Care Choice
MA-Only (PPO)**

Member Name:

Member ID:

HealthPlan (00000)

Copays:	In-Network	Out-Of-Network
PCP:	\$0	\$00
Specialist:	\$00	\$00
ER:	\$00	\$00
Urgent Care:	\$00	\$00

H0000-000 Medicare limiting charges apply.

A part of
Southwestern Health Resources

Texas Health
UT Southwestern
Medical Center

BACK

In an emergency, call 911 or go to the nearest emergency room.

Members: Customer Experience Team: Toll Free: 877-374-7993 TTY/TDD: 711 cnchealthplan.com	Pharmacy Customer Service: 855-791-5302 Dental/Vision/Hearing/OTC/Acupuncture Customer Service: 833-492-9866 TeleHealth Services, Medical & Behavioral Health: mdlive.com/carencare 833-791-2188 24-Hour Nurse Advice: 844-209-3635	DentaQuest eye med TruHearing MDLIVE
Providers: Prior Auth/Cert/Service: 855-359-9999 Provider Eligibility & Benefits: 844-806-8216 (Representative and IVR) Acupuncture Claims: 800-972-4226	Pharmacy Claims: 855-791-5302 Dental Claims: 833-492-9865 Vision Claims: 800-521-3605 Medical Claims Phone: 844-806-8216 Medical Claims Payer ID#: 66010 Medical Claims Address: P.O. Box 4375, Scranton, PA 18505	

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 Care N' Care Choice MA-Only (PPO) membership card, 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.

If your plan membership card is damaged, lost, or stolen, call your Customer Experience Team right away and we will send you a new card.

Section 3.2 Provider/Pharmacy Directory

The *Provider/Pharmacy Directory* lists our network providers, durable medical equipment suppliers, and pharmacies. **Network providers** are the doctors and other health care professionals, medical groups, durable medical equipment suppliers, pharmacies 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 services are covered benefits and medically necessary. However, if you use an out-of-network provider, your share of the costs for your covered services may be higher. See Chapter 3 (*Using the plan for your medical services*) for more specific information.

The most recent list of providers and suppliers is available on our website at www.cnchealthplan.com. If you don't have your copy of the *Provider Directory*, you can request a copy from your Customer Experience Team.

SECTION 4 Your monthly costs for Care N' Care Choice MA-Only

Your costs may include the following:

- Plan Premium (Section 4.1)
- Monthly Medicare Part B Premium (Section 4.2)
- Optional Supplemental Benefit Premium (Section 4.3)

Medicare Part B premiums differ for people with different incomes. If you have questions about these premiums review your copy of *Medicare & You 2023* handbook, the section called “2023 Medicare Costs.” If you need a copy, you can download it from the Medicare website (www.medicare.gov). 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.

Section 4.1 Plan premium

You do not pay a separate monthly plan premium for Care N' Care Choice MA-Only.

Section 4.2 Monthly Medicare Part B Premium

Many members are required to pay other Medicare premiums

We will reduce your monthly Medicare Part B premium by \$10. The reduction is set up by Medicare and administered through the Social Security Administration (SSA). Depending on how you pay your Medicare Part B premium, your reduction may be credited to your monthly Social Security check or credited on your Medicare Part B premium statement. Reductions may take several months to be issued, however, you will receive a full credit.

Section 4.3 Optional Supplemental Benefit Premium

If you signed up for extra benefits, also called “optional supplemental benefits,” then you pay an additional premium each month for these extra benefits. See Chapter 4, Section 2.2 for details.

Optional Supplemental Benefits	Monthly Plan Premium
Care N' Care Dental Rider	\$25

SECTION 5 More information about your monthly premium

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

No. We are not allowed to change the amount we charge for the plan's monthly plan premium during the year. If the monthly plan premium changes for next year we will tell you in September and the change will take effect on January 1.

SECTION 6 Keeping your plan membership record up to date

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

The doctors, hospitals, and other providers in the plan's network need to have correct information about you. **These network providers use your membership record to know what services are covered and the cost sharing amounts for you.** Because of this, it is very important that you help us keep your information up to date.

Let us know about these changes:

- Changes to your name, your address, or your phone number
- Changes in any other health insurance coverage you have (such as from your employer, your spouse'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 you receive care in an out-of-area or out-of-network hospital or emergency room
- 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 your Customer Experience Team.

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.

SECTION 7 How other insurance works with our plan

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 your Customer Experience Team. 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 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

Chapter 1 Getting started as a member

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:

Important phone numbers and resources

SECTION 1 Care N' Care Choice MA-Only (PPO) contacts (How to contact us, including how to reach your Customer Experience Team)

How to contact our plan's Customer Experience Team

For assistance with claims, billing or member card questions, please call or write to Care N' Care Choice MA-Only (PPO) Customer Experience Team. We will be happy to help you.

Method	Customer Experience Team – Contact Information
CALL	1-877-374-7993 Hours: October 1 - March 31, 8AM – 8PM Central, 7 days a week; April 1 - September 30, 8AM – 8PM Central, Monday through Friday. Customer Experience Team also has free language interpreter services available for non-English speakers.
TTY	711 Calls to this number are free. Hours: October 1 – March 31, 8AM – 8PM Central, 7 days a week; April 1 – September 30, 8AM – 8PM Central, Monday through Friday
FAX	817-687-4103
WRITE	Care N' Care Insurance Company, Inc. 1603 Lyndon B. Johnson Freeway, Suite 300 Farmers Branch, TX 75234 yourteam@cnchealthplan.com
WEBSITE	www.cnchealthplan.com

How to contact us when you are asking for a coverage decision 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. For more information on asking for coverage decisions about your medical care, see Chapter 7 (*What to do if you have a problem or complaint (coverage decisions, appeals, complaints)*).

Method	Coverage Decisions for Medical Care – Contact Information
CALL	1-877-374-7993 Calls to this number are free. Hours: October 1 - March 31, 8AM – 8PM CST, 7 days a week; April 1 - September 30, 8AM – 8PM CST, Monday through Friday
TTY	711 Calls to this number are free. Hours: October 1 - March 31, 8AM – 8PM CST, 7 days a week; April 1 - September 30, 8AM – 8PM CST, Monday through Friday
FAX	817-687-4103
WRITE	Care N' Care Insurance Company, Inc. 1603 Lyndon B. Johnson Freeway, Suite 300 Farmers Branch, TX 75234 yourteam@cnchealthplan.com
WEBSITE	www.cnchealthplan.com

How to contact us when you are making an appeal about your medical care

An appeal is a formal way of asking us to review and change a coverage decision we have made. For more information on making an appeal about your medical care, see Chapter 7 (*What to do if you have a problem or complaint (coverage decisions, appeals, complaints)*).

Method	Appeals for Medical Care – Contact Information
CALL	1-877-374-7993 Calls to this number are free. Hours: October 1 - March 31, 8AM – 8PM CST, 7 days a week; April 1 - September 30, 8AM – 8PM CST, Monday through Friday.
TTY	711 Calls to this number are free. Hours: October 1 - March 31, 8AM – 8PM CST, 7 days a week; April 1 - September 30, 8AM – 8PM CST, Monday through Friday
FAX	817-687-4103
WRITE	Care N' Care Insurance Company, Inc. Attn: Appeals and Grievances Department 1603 Lyndon B. Johnson Freeway, Suite 300 Farmers Branch, TX 75234 yourteam@cnchealthplan.com
WEBSITE	www.cnchealthplan.com/your-rights-2/

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	1-877-374-7993 Calls to this number are free. Hours: October 1 - March 31, 8AM – 8PM CST, 7 days a week; April 1 - September 30, 8AM – 8PM CST, Monday through Friday.
TTY	711 Calls to this number are free. Hours: October 1 - March 31, 8AM – 8PM CST, 7 days a week; April 1 - September 30, 8AM – 8PM CST, Monday through Friday
FAX	817-687-4103
WRITE	Care N' Care Insurance Company, Inc. Attn: Appeals and Grievances Department 1603 Lyndon B. Johnson Freeway, Suite 300 Farmers Branch, TX 75234 yourteam@cnchealthplan.com
MEDICARE WEBSITE	You can submit a complaint about Care N' Care Choice MA-Only (PPO) directly to Medicare. To submit an online complaint to Medicare, go to www.medicare.gov/MedicareComplaintForm/home.aspx .

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*).

Chapter 2 Important phone numbers and resources

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
CALL	1-877-374-7993 Calls to this number are free. Hours: October 1 - March 31, 8AM – 8PM CST, 7 days a week; April 1 - September 30, 8AM – 8PM CST, Monday through Friday
TTY	711 Calls to this number are free. Hours: 24 hours a day, 7 days a week.
FAX	817-687-4103
WRITE	Care N' Care Insurance Company, Inc. Attn: Direct Member Reimbursement 1603 Lyndon B. Johnson Freeway, Suite 300 Farmers Branch, TX 75234 yourteam@cnchealthplan.com
WEBSITE	www.cnchealthplan.com

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.

Chapter 2 Important phone numbers and resources

Method	Medicare – Contact Information
CALL	<p>1-800-MEDICARE, or 1-800-633-4227</p> <p>Calls to this number are free.</p> <p>24 hours a day, 7 days a week.</p>
TTY	<p>1-877-486-2048</p> <p>This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking.</p> <p>Calls to this number are free.</p>
WEBSITE	<p>www.medicare.gov</p> <p>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.</p> <p>The Medicare website also has detailed information about your Medicare eligibility and enrollment options with the following tools:</p> <ul style="list-style-type: none"> • Medicare Eligibility Tool: Provides Medicare eligibility status information. • Medicare Plan Finder: Provides personalized information about available Medicare prescription drug plans, Medicare health plans, and Medigap (Medicare Supplement Insurance) policies in your area. These tools provide an <i>estimate</i> of what your out-of-pocket costs might be in different Medicare plans. <p>You can also use the website to tell Medicare about any complaints you have about Care N' Care Choice MA-Only (PPO):</p> <ul style="list-style-type: none"> • Tell Medicare about your complaint: You can submit a complaint about Care N' Care Choice MA-Only (PPO) directly to Medicare. To submit a complaint to Medicare, go to www.medicare.gov/MedicareComplaintForm/home.aspx. Medicare takes your complaints seriously and will use this information to help improve the quality of the Medicare program. <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. In Texas, the SHIP is called Health Information, Counseling and Advocacy Program (HICAP).

Health Information, Counseling and Advocacy Program (HICAP) 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.

Health Information, Counseling and Advocacy Program (HICAP) 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. Health Information, Counseling and Advocacy Program (HICAP) 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 www.medicare.gov
- Click on “**Talk to Someone**” in the middle of the homepage
- You now have the following options
 - Option #1: You can have a **live chat with a 1-800-MEDICARE representative**
 - Option #2: You can select your **STATE** from the dropdown menu and click GO. This will take you to a page with phone numbers and resources specific to your state.

Method	Health Information, Counseling and Advocacy Program (Texas SHIP) - Contact Information
CALL	1-800-252-9240
WRITE	Health Information, Counseling, and Advocacy Program Department of Aging and Disability Services 1100 West 49th Street Austin, TX 78756-3199
WEBSITE	hhs.texas.gov/services/health/medicare

SECTION 4 Quality Improvement Organization

There is a designated Quality Improvement Organization for serving Medicare beneficiaries in each state. For Texas, the Quality Improvement Organization is called KEPRO.

KEPRO 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. KEPRO is an independent organization. It is not connected with our plan.

You should contact KEPRO 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.

Method	KEPRO (Texas' Quality Improvement Organization) – Contact Information
CALL	1-888-315-0636 Monday - Friday 9 AM - 5 PM Saturday -Sunday 11 AM - 3 PM (CST)
TTY	1-855-843-4776
WRITE	KEPRO 5201 W. Kennedy Blvd., Suite 900 Tampa, FL 33609
WEBSITE	www.keproqio.com

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 ESRD 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
CALL	1-800-772-1213 Calls to this number are free. Available 8:00 am to 7:00 pm, Monday through Friday. You can use Social Security’s automated telephone services to get recorded information and conduct some business 24 hours a day.
TTY	1-800-325-0778 This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are free. Available 8:00 am to 7:00 pm, Monday through Friday.
WEBSITE	www.ssa.gov

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 Texas Health and Human Services Commission.

Method	Texas Health and Human Services Commission (Texas Medicaid program) – Contact Information
CALL	1-800-252-8263

Method	Texas Health and Human Services Commission (Texas Medicaid program) – Contact Information
TTY	711 or 1-800-735-2989 This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking.
WRITE	Texas Health and Human Services Commission Brown-Heatly Building 4900 N. Lamar Blvd. Austin, TX 78751-2316
WEBSITE	www.hhsc.state.tx.us

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
CALL	1-877-772-5772 Calls to this number are free. 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.
TTY	1-312-751-4701 This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are <i>not</i> free.
WEBSITE	rrb.gov/

SECTION 8 Do you have “group insurance” or other health insurance from an employer?

If you (or your spouse) get benefits from your (or your spouse's) employer or retiree group as part of this plan, you may call the employer/union benefits administrator or your Customer Experience Team if you have any questions. You can ask about your (or your spouse's) employer or retiree health benefits, premiums, or the enrollment period. (Phone numbers for your Customer Experience Team are printed on the back cover of this document.) You may also call 1-800-MEDICARE (1-800-633-4227; TTY: 1-877-486-2048) with questions related to your Medicare coverage under this plan.

CHAPTER 3:

Using the plan for your medical services

SECTION 1 Things to know about getting your medical care as a member of our plan

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, prescription drugs, and other medical care that are covered by the plan.

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*).

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

- **“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.
- **“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.

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

As a Medicare health plan, Care N' Care Choice MA-Only (PPO) must cover all services covered by Original Medicare and must follow Original Medicare's coverage rules.

Care N' Care Choice MA-Only (PPO) 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/Pharmacy Directory*.
 - If you use an out-of-network provider, your share of the costs for your covered services may be higher.
 - 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 is

not eligible to participate in Medicare. 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.

SECTION 2 Using network and out-of-network providers to get your medical care

Section 2.1	You may choose a Primary Care Provider (PCP) to provide and oversee your medical care
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What is a “PCP” and what does the PCP do for you?

Your PCP, or primary care provider, is a physician who meets state requirements and is trained to give you basic medical care. As we explain below, you may get your routine or basic care from your PCP.

A PCP can be a Family Practice, General Practice, or Internal Medicine doctor. Your PCP will provide most of your care and will help you arrange or coordinate the rest of the covered services you get as a member of our Plan. This includes, but is not limited to:

- X-Rays
- Medications
- Laboratory Tests
- Therapy
- Care from doctors who are specialists
- Hospital admissions, and
- Follow-up care
- Health Screenings

“Coordinating” your services includes checking or consulting with other plan providers about your care and how it is going. Since your PCP will provide and coordinate your medical care, you should have all of your past medical records sent to your PCP’s office.

How do you choose your PCP?

To choose your PCP, please contact your Customer Experience Team. (Phone numbers are printed on the back cover of this booklet.)

Changing your PCP

You may change your PCP for any reason at any time. Also, it's possible that your PCP might leave our plan's network of providers and you would have to find a new PCP in our plan or you will pay more for covered services.

To change your PCP please contact your Customer Experience Team (phone numbers are printed on the back cover of this booklet). The change will take effect on the first day of the month following the date of the request.

Section 2.2 What kinds of medical care can you get without a referral from your PCP?

You can get the services listed below without getting approval in advance from your PCP.

- Routine women's health care, which includes breast exams, screening mammograms (x-rays of the breast), Pap tests, and pelvic exams.
- Flu shots, COVID-19 vaccinations, hepatitis B vaccinations, and pneumonia vaccinations.
- Emergency services from network providers or from out-of-network providers
- Urgently needed services are covered services that are not emergency services, provided when the network providers are temporarily unavailable or inaccessible or when the enrollee is out of the service area. For example, you need immediate care during the weekend. Services must be immediately needed and medically necessary.
- Kidney dialysis services that you get at a Medicare-certified dialysis facility when you are temporarily outside the plan's service area. *If possible, please let us know before you leave the service area so we can help arrange for you to have maintenance dialysis while you are away.*
- Chiropractic Services
- Podiatry Services

Section 2.3 How to get care from specialists and other network providers

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.

Care N' Care is a Preferred Provider Organization (PPO); this means that you are not required to get referrals. You are able to use any PCP or specialist you choose whether the provider is in or out of the Care N' Care network.

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 your doctor or specialist leaves your plan you have certain rights and protections summarized below:

- 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.
- We will make a good faith effort to provide you with at least 30 days' notice that your provider is leaving our plan so that you have time to select a new provider.
- We will assist you in selecting a new qualified provider to continue managing your health care needs.
- If you are undergoing medical treatment, you have the right to request, and we will work with you to ensure, that the medically necessary treatment you are receiving is not interrupted.
- If our network does not have a qualified specialist for a plan-covered service, we must cover that service at in-network cost sharing. Prior authorization is required to ensure you are charged In Network cost share.
- If you find out your doctor or specialist is leaving your plan, please contact us so we can assist you in finding a new provider to manage your care.
- If you believe we have not furnished you with a qualified provider to replace your previous provider or that your care is not being appropriately managed, you have the right to file a quality of care complaint to the QIO, a quality of care grievance to the plan, or both. Please see Chapter 7.

Section 2.4 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 in-network or out-of-network providers, as long as the services are covered benefits and are medically necessary. However, **if you use an out-of-network provider, your share of the costs for your covered services may be higher.** 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 is not eligible to participate in Medicare. 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.
- If you are using an out-of-network provider for emergency care, urgently needed services, or out-of-area dialysis, you may not have to pay a higher cost sharing amount. See Section 3 for more information about these situations.

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

Section 3.1 Getting care if you have a medical emergency

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 get approval or a referral first from your PCP. You do not need to use a network doctor. You may get covered emergency medical care whenever you need it, anywhere in the United States or its territories, world-wide emergency/urgent care coverage, and from any provider with an appropriate state license even if they are not part of our network
- **As soon as possible, make sure that our plan has been told about your emergency.** We need to follow up on your emergency care. You or someone else should call to tell us about your emergency care, usually within 48 hours. Please contact your Customer Experience Team (Phone numbers are printed on the back cover of this booklet).
- **We cover world-wide emergency** and urgent care services (this means outside the U.S. and its territories). Refer to Chapter 4 (Benefit Chart, what is covered and what you pay) for more information.

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.

Our plan includes a worldwide emergency benefit for all members. See Chapter 4 for more information.

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

As an additional benefit, our plan provides worldwide emergency coverage up to a fixed limit. This benefit does not include transportation or non-emergent medical care outside the United States. Please refer to Chapter 4 for more information and limitations on this benefit.

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.

However, after the doctor has said that it was *not* an emergency, the amount of cost sharing that you pay will depend on whether you get the care from network providers or out-of-network providers. If you get the care from network providers, your share of the costs will usually be lower than if you get the care from out-of-network providers.

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

What are “urgently needed services”?

An urgently needed service is a non-emergency situation requiring immediate medical care but given your circumstances, it is not possible or not reasonable to obtain these services from a network provider. The plan must cover urgently needed services provided out of network. Some examples of urgently needed services are i) a severe sore throat that occurs over the weekend or ii) an unforeseen flare-up of a known condition when you are temporarily outside the service area.

However, if the circumstances are unusual or extraordinary, and network providers are temporarily unavailable or inaccessible, we will allow you to get covered services from an out-of-network provider at the lower in-network cost-sharing amount by visiting an urgent care center. When circumstances are unusual or extraordinary, and the network providers are temporarily unavailable or inaccessible, proceed to the nearest urgent care center for immediate treatment.

Our plan covers urgently needed services if you receive the care outside of the United States under the supplemental emergency/urgent care benefit. See Chapter 4 for more information.

Section 3.3 Getting care during a disaster

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: www.cnchealthplan.com/current-state-of-emergency/ for information on how to obtain needed care during a disaster.

If you cannot use a network provider during a disaster, your plan will allow you to obtain care from out-of-network providers at in-network cost sharing.

SECTION 4 What if you are billed directly for the full cost of your services?

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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Care N' Care Choice MA-Only (PPO) 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. Once you reach your benefit limit, any money you spend on that service would not count toward your out-of-pocket maximum.

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

Section 5.1 What is a “clinical research study”?

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 the 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.

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 or your PCP. 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.

Although you do not need to get our plan's permission to be in a clinical research study, 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.

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, which is 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.

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: 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.

SECTION 6 Rules for getting care in a “religious non-medical health care institution”

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).

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.

Medicare Inpatient Hospital coverage limits apply. Please refer to the benefits chart in Chapter 4.

SECTION 7 Rules for ownership of durable medical equipment

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 Care N' Care Choice MA-Only (PPO), 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.

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.

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 Care N' Care Choice MA-Only (PPO) 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 Care N' Care Choice MA-Only (PPO) 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:

Medical Benefits Chart (what is covered and what you pay)

SECTION 1 Understanding your out-of-pocket costs for covered services

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 Care N' Care Choice MA-Only (PPO). Later in this chapter, you can find information about medical services that are not covered. It also explains limits on certain services.

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

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 a 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 a 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. Be sure to show your proof of Medicaid or QMB eligibility to your provider, if applicable.

Section 1.2 What is the most you will pay for Medicare Part A and Part B covered medical services?

Under our plan, there are two different limits on what you have to pay out-of-pocket for covered medical services:

- Your **in-network maximum out-of-pocket amount (MOOP)** is \$2,500. This is the most you pay during the calendar year for covered Medicare Part A and Part B services received from network providers. The amounts you pay for copayments and coinsurance for covered services from network providers count toward this in-network maximum out-of-pocket amount. (The amounts you pay for services from out-of-network providers do not count toward your in-network maximum out-of-pocket amount. In addition, amounts you pay for some services do not count toward your in-network maximum out-of-pocket amount. These services are marked with an asterisk in the Medical Benefits Chart.) If you have paid \$2,500 for covered Part A and Part B services from network providers, you will not have any out-of-pocket costs for the rest of the year when you see our network providers. 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).
- Your **combined maximum out-of-pocket amount** is \$5,100. This is the most you pay during the calendar year for covered Medicare Part A and Part B 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 \$5,100 for covered services, you will have 100% coverage and will not have any out-of-pocket costs for the rest of the year for covered Part A and Part B 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).

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

As a member of Care N' Care Choice MA-Only (PPO), 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. You will generally have higher copays when you obtain care from out-of-network providers.
- 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.
- If you believe a provider has “balance billed” you, call your Customer Experience Team.

SECTION 2 Use the *Medical Benefits Chart* to find out what is covered and how much you will pay

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

The Medical Benefits Chart on the following pages lists the services Care N' Care Choice MA-Only (PPO) 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:

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

- 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.
- Some of the services listed in the Medical Benefits Chart are covered as in-network services *only* if your doctor or other network provider gets approval in advance (sometimes called “prior authorization”) from Care N' Care Choice MA-Only (PPO).
 - Covered services that need approval in advance to be covered as in-network services are marked in *italics* in the Medical Benefits Chart.
 - 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.


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 Medicare payment rate for non-participating providers.
- 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 2023* handbook. View it online at 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.
- If Medicare adds coverage for any new services during 2023, either Medicare or our plan will cover those services.





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

Medical Benefits Chart




Services that are covered for you	What you must pay when you get these services	
 Abdominal aortic aneurysm screening A one-time 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	In-Network There is no coinsurance, copayment, or deductible for members eligible for this preventive screening.	Out-of-Network \$30 Copay for this Medicare-covered preventive service
Acupuncture for chronic low back pain Covered services include: Up to 12 visits in 90 days are covered for Medicare beneficiaries under the following circumstances: For the purpose of this benefit, chronic low back pain is defined as: <ul style="list-style-type: none"> • Lasting 12 weeks or longer; • nonspecific, in that it has no identifiable systemic cause (i.e., not associated with metastatic, inflammatory, infectious, disease, etc;) • not associated with surgery; and • not associated with pregnancy. An additional eight sessions will be covered for those patients demonstrating an improvement. No more than 20 acupuncture treatments may be administered annually. Treatment must be discontinued if the patient is not improving or is regressing. Provider Requirements: Physicians (as defined in 1861(r)(1) of the Social Security Act (the Act) may furnish acupuncture in accordance with applicable state requirements.	In-Network \$15 Copay for each one-way Medicare-covered acupuncture service.	Out-of-Network \$40 Copay for each one-way Medicare-covered acupuncture service.



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

Services that are covered for you	What you must pay when you get these services	
<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"> • a masters or doctoral level degree in acupuncture or Oriental Medicine from a school accredited by the Accreditation Commission on Acupuncture and Oriental Medicine (ACAOM); and, • 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. <p>Auxiliary personnel furnishing acupuncture must be under the appropriate level of supervision of a physician, PA, or NP/CNS required by our regulations at 42 CFR §§ 410.26 and 410.27.</p> <p>Acupuncture services provided by American Specialty Health (ASH)</p>		
<p>Ambulance services</p> <ul style="list-style-type: none"> • Covered ambulance services 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. • Non-emergency transportation by ambulance is appropriate if it is 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><i>Prior Authorization is required for Non-Emergency transportation.</i></p>	
	<p>In-Network</p> <p>20% of the cost for each one-way Medicare-covered air transportation service.</p> <p>\$275 Copay for each one-way Medicare-covered ground transportation service.</p>	<p>Out-of-Network</p> <p>20% of the cost for each one-way Medicare-covered air transportation service.</p> <p>\$275 Copay for each one-way Medicare-covered ground transportation service.</p>

Services that are covered for you	What you must pay when you get these services	
<p>Annual Routine Physical Exam</p> <p>Annual Routine Physical Exam includes comprehensive physical examination and evaluation of status of chronic diseases. Doesn't include lab tests, radiological diagnostic tests or non-radiological diagnostic tests or 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. Annual Routine Physical Exam visits do not need to be scheduled 12 months apart, but are limited to one each calendar year.</p>	<p>In-Network</p> <p>\$0 Copay for a routine physical exam each year.</p>	<p>Out-of-Network</p> <p>\$0 Copay for a routine physical exam each year.</p>
<p> Annual wellness visit</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. This is covered once every 12 months.</p> <p>Note: 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>In-Network</p> <p>There is no coinsurance, copayment, or deductible for the annual wellness visit.</p>	<p>Out-of-Network</p> <p>\$30 Copay for this Medicare-covered preventive service.</p>
<p> Bone mass measurement</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>For Diagnostic Bone Scans refer to Outpatient Diagnostic Tests and Therapeutic Services and Supplies in this Medical Benefits Chart</p>	<p>In-Network</p> <p>There is no coinsurance, copayment, or deductible for Medicare-covered bone mass measurement.</p>	<p>Out-of-Network</p> <p>\$30 Copay for this Medicare-covered preventive service</p>

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

Services that are covered for you	What you must pay when you get these services	
 Breast cancer screening (mammograms) Covered services include: <ul style="list-style-type: none"> • One baseline mammogram between the ages of 35 and 39 • One screening mammogram every 12 months for women aged 40 and older • Clinical breast exams once every 24 months For Diagnostic Mammograms refer to Outpatient Diagnostic Tests and Therapeutic Services and Supplies in this Medical Benefits Chart	In-Network There is no coinsurance, copayment, or deductible for covered screening mammograms.	Out-of-Network \$30 Copay for this Medicare-covered preventive service.
Cardiac rehabilitation services Comprehensive programs of cardiac rehabilitation services that include exercise, education, and counseling are covered for members who meet certain conditions with a doctor's referral. The plan also covers intensive cardiac rehabilitation programs that are typically more rigorous or more intense than cardiac rehabilitation programs.	In-Network \$10 Copay for each Medicare-covered cardiac rehab service. \$10 Copay for each Medicare-covered intensive cardiac rehab service.	Out-of-Network \$20 Copay for each Medicare-covered cardiac rehab service. \$20 Copay for each Medicare-covered intensive cardiac rehab service.
 Cardiovascular disease risk reduction visit (therapy for cardiovascular disease) 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.	In-Network There is no coinsurance, copayment, or deductible for the intensive behavioral therapy cardiovascular disease preventive benefit.	Out-of-Network \$30 Copay for this Medicare-covered preventive service.
 Cardiovascular disease testing Blood tests for the detection of cardiovascular disease (or abnormalities associated with an elevated risk of cardiovascular disease) once every five years (60 months).	In-Network There is no coinsurance, copayment, or deductible for cardiovascular disease	Out-of-Network \$30 Copay for this Medicare-covered preventive service.



Services that are covered for you	What you must pay when you get these services	
	testing that is covered once every five years.	
 Cervical and vaginal cancer screening Covered services include: <ul style="list-style-type: none"> For all women: Pap tests and pelvic exams are covered once every 24 months. 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 	In-Network There is no coinsurance, copayment, or deductible for Medicare-covered preventive Pap and pelvic exams.	Out-of-Network \$30 Copay for this Medicare-covered preventive service.
Chiropractic services Covered services include: <ul style="list-style-type: none"> We cover only manual manipulation of the spine to correct subluxation (adjustments of the spine) 	In-Network \$20 Copay for each Medicare-covered chiropractic visit.	Out-of-Network \$40 Copay for each Medicare-covered chiropractic visit.
 Colorectal cancer screening For people 50 and older, the following are covered: <ul style="list-style-type: none"> Flexible sigmoidoscopy (or screening barium enema as an alternative) every 48 months One of the following every 12 months: <ul style="list-style-type: none"> Guaiac-based fecal occult blood test (gFOBT) Fecal immunochemical test (FIT) DNA based colorectal screening every 3 years For people at high risk of colorectal cancer, we cover: <ul style="list-style-type: none"> Screening colonoscopy (or screening barium enema as an alternative) every 24 months For people not at high risk of colorectal cancer, we cover: <ul style="list-style-type: none"> Screening colonoscopy every 10 years (120 months), but not within 48 months of a screening sigmoidoscopy 	In-Network There is no coinsurance, copayment, or deductible for a Medicare-covered colorectal cancer screening exam.	Out-of-Network \$30 Copay for a Medicare-covered colorectal cancer screening exam.

Services that are covered for you	What you must pay when you get these services	
For Diagnostic Colonoscopies refer to Outpatient Diagnostic Tests and Therapeutic Services and Supplies in this Medical Benefits Chart		
<p>Dental services</p> <p>In general, preventive dental services (such as cleaning, routine dental exams, and dental x-rays) are not covered by Original Medicare.</p> <p>We cover:</p> <p>Preventive Oral Exams</p> <ul style="list-style-type: none"> • Periodic Oral Evaluation – D0120 • Extensive Oral Exam – D0160 • Re-evaluation-limited Problem Focused – D0170 Two of (D0120, D0160, D0170) every 12 months • Limited Oral Evaluation – D0140 Three per 12 months, not allowed with routine services • Comprehensive Oral Exam– D0150 • Comprehensive Periodontal Evaluation – D0180 One of (D0150, D0180) every 36 months per provider or location. • Palliative Treatment of Dental Pain per visit – D9110 Allowable only with D0140 and X-rays 	<p>In-Network</p> <p>You pay a \$0 Copay for Preventive Oral Exams</p>	<p>Out-of-Network</p> <p>You pay a \$0 Copay for Preventive Oral Exams</p>
<p>We cover:</p> <p>Dental X-Rays</p> <ul style="list-style-type: none"> • Intraoral, comprehensive series of radiographic images – D0210 	<p>You pay a \$0 Copay for Dental X-Rays</p>	<p>You pay a \$0 Copay for Dental X-Rays</p>


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

Services that are covered for you	What you must pay when you get these services	
<ul style="list-style-type: none"> • Panoramic Radiographic Image – D0330 • Vertical Bitewings – D0277 (7-8 radiographic images) • Intraoral tomosynthesis-comprehensive series of radiographic images – D0372 One of (D0210, D0330, D0277, D0372) every 36 months • Intraoral Periapical First Radiographic Image – D0220 • Intraoral Periapical-each additional Radiographic Image – D0230 One of (D0220) per date of service • Intraoral tomosynthesis-periapical radiographic image – D0374 One of (D0374) every 12 months • Intraoral Occlusal Radiographic Image – (D0240) • Bitewing-single Radiographic Image – D0270 • Bitewings-two Radiographic Images – D0272 • Bitewings-three Radiographic Images – D0273 • Bitewings-four Radiographic Images – D0274 • Intraoral tomosynthesis-bitewing radiographic image – D0373 One of (D0270, D0272, D0273, D0274, D0373) every 12 months 		
<p>We cover:</p> <p>Cleanings</p> <ul style="list-style-type: none"> • Prophylaxis Adult – D1110 	<p>You pay a \$0 Copay for Cleanings</p>	<p>You pay a \$0 Copay for Cleanings</p>

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


Services that are covered for you	What you must pay when you get these services	
<ul style="list-style-type: none"> Scaling in Presence of Generalized Moderate or Severe Gingival Inflammation, Full Mouth – D4346 Two of (D1110, D4346) every 12 months Periodontal Maintenance Procedures (following active therapy) – D4910 Four of (D4910) every 12 months 		
<p>We cover:</p> <p>Fluoride</p> <ul style="list-style-type: none"> Topical Application of Fluoride Varnish – D1206 Topical Application of Fluoride – D1208 Two of (D1206, D1208) every 12 months <p>In addition, Care N' Care offers dental benefits as Optional Supplemental benefits for an additional monthly premium. Please refer to the dental benefits chart in Section 2.2 of this chapter.</p> <p>Dental Services provided by DentaQuest.</p>	You pay a \$0 Copay for Fluoride	You pay a \$0 Copay for Fluoride
<p> Depression screening</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>In-Network</p> <p>There is no coinsurance, copayment, or deductible for an annual depression screening visit.</p>	<p>Out-of-Network</p> <p>\$30 Copay for this Medicare-covered preventive service.</p>
<p> Diabetes screening</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</p>	<p>In-Network</p> <p>There is no coinsurance, copayment, or deductible for the Medicare covered</p>	<p>Out-of-Network</p> <p>\$30 Copay for this Medicare-covered preventive service.</p>


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

Services that are covered for you	What you must pay when you get these services	
<p>meet other requirements, like being overweight and having a family history of diabetes.</p> <p>Based on the results of these tests, you may be eligible for up to two diabetes screenings every 12 months.</p>	diabetes screening tests.	
<p> Diabetes self-management training, diabetic services and supplies</p> <p>For all people who have diabetes (insulin and non-insulin users). Covered services include:</p> <ul style="list-style-type: none"> Supplies to monitor your blood glucose: Blood glucose monitor, blood glucose test strips, lancet devices and lancets, and glucose-control solutions for checking the accuracy of test strips and monitors. <i>(Monitoring devices and supplies covered are limited to Freestyle, Precision and One-Touch).</i> For people with diabetes who have severe diabetic foot disease: One pair per calendar 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. Diabetes self-management training is covered under certain conditions. 	<p>In-Network</p> <p>\$0 Copay for preferred diabetic monitoring supplies (Freestyle, Precision, and One-Touch).</p> <p>20% of the cost for all other brand Medicare-covered diabetic monitoring supplies.</p> <p>There is no coinsurance, copayment, or deductible for Medicare-covered diabetic therapeutic shoes or inserts.</p> <p>\$0 Copay for each Medicare-covered self-management training.</p>	<p>Out-of-Network</p> <p>30% of the cost for Medicare-covered diabetic monitoring supplies.</p> <p>30% of the cost for Medicare-covered diabetic therapeutic shoes or inserts.</p> <p>30% of the cost for each Medicare-covered self-management training.</p>
<p>Durable medical equipment (DME) and related supplies</p> <p>(For a definition of “durable medical equipment,” see Chapter 10 of this document as well as Chapter 3, Section 7.)</p> <p>Covered items include, but are not limited to: wheelchairs, crutches, powered mattress systems, diabetic supplies, hospital bed ordered by a provider for use in the home, IV infusion pumps, speech generating devices, oxygen equipment, nebulizers, and walkers.</p>	<p><i>Services require prior authorization.</i></p> <p>In-Network</p> <p>20% of the cost for Medicare-covered durable medical equipment.</p> <p>Your cost sharing for Medicare oxygen equipment coverage is</p>	<p>Out-of-Network</p> <p>30% of the cost for Medicare-covered durable medical equipment.</p>

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

Services that are covered for you	What you must pay when you get these services	
<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 www.cnchealthplan.com/search.</p>	<p>20% of the cost, every month.</p> <p>Your cost sharing will not change after being enrolled for 36 months.</p> <p>If prior to enrolling in Care N' Care Choice MA-Only (PPO) you had made 36 months of rental payment for oxygen equipment coverage, your cost sharing in Care N' Care Choice MA-Only (PPO) is 20% of the cost every month.</p>	
<p>Emergency care</p> <p>Emergency care refers to services that are:</p> <ul style="list-style-type: none"> • Furnished by a provider qualified to furnish emergency services, and • Needed to evaluate or stabilize an emergency medical condition. <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>Emergency services are covered outside the service area anywhere in the world.*</p>	<p>In-Network</p> <p>\$100 Copay for each Medicare-covered emergency room visit.</p>	<p>Out-of-Network</p> <p>\$100 Copay for each Medicare-covered emergency room visit.</p> <p>If you are admitted to the hospital within 3 days for the same condition, you do not have to pay your share of the cost for emergency care. See the “Inpatient Hospital Care” section of this booklet for other costs.</p> <p>If you receive emergency care at an out-of-network hospital and need inpatient care after your emergency condition is stabilized, you must move to a network hospital in order to pay the in-network cost-sharing amount for the part of your stay after you are stabilized. If you stay at the out-of-network hospital, your stay will be covered but you will pay the out-of-network cost-sharing amount for the part of your stay after you are stabilized.</p> <p>\$100 copay for Emergency Services for Worldwide coverage. *Coverage limited to \$100,000 for supplemental emergency/urgent services outside the United States.</p>

Services that are covered for you	What you must pay when you get these services	
 Health and wellness education programs SilverSneakers® is a comprehensive program that improves overall well-being and strength. Designed for all levels and abilities, this program provides access to fitness equipment, group exercise classes, at-home exercises, online education and a sense of community. With more than 14,000 locations nationwide, members may visit any one of the locations at any time.	<p>You pay \$0 Copay for your SilverSneakers® fitness benefit.</p> <p>Out-of-Network</p> <p>\$0 Copay for your SilverSneakers® fitness benefit.</p> <p>Must use preferred vendors for this benefit</p>	
<p>Hearing services</p> <p>Diagnostic hearing and balance evaluations performed by your PCP to determine if you need medical treatment are covered as outpatient care when furnished by a physician, audiologist, or other qualified provider.</p> <p>Up to two TruHearing-branded hearing aids every year (one per ear per year). Benefit is limited to TruHearing's Advanced and Premium hearing aids, which come in various styles and colors. You must see a TruHearing provider to use this benefit. Call 1-877-374-7993 to schedule an appointment (for TTY, dial 711).</p> <p>Hearing aid purchase includes:</p> <ul style="list-style-type: none"> • 3 provider visits within first year of hearing aid purchase • 45-day trial period • 3-year extended warranty • 48 batteries per aid <p>Benefit does not include or cover any of the following:</p> <ul style="list-style-type: none"> • Ear molds • Hearing aid accessories • Additional provider visits • Extra batteries • Hearing aids that are not TruHearing-branded hearing aids • Costs associated with loss & damage warranty claims 	<p>In-Network</p> <p>\$20 Copay for each Medicare-covered exam to diagnose and treat hearing and balance issues.</p> <p>\$45 Copay for Routine Hearing Test*</p> <p>\$699 Copay per aid for Advanced Aids*</p> <p>\$999 Copay per aid for Premium Aids*</p> <p>*Routine hearing exam and hearing aid copayments are not subject to the maximum out-of-pocket.</p>	<p>Out-of-Network</p> <p>\$45 Copay for each Medicare-covered exam to diagnose and treat hearing and balance issues.</p> <p>\$45 Copay for Routine Hearing Test*</p> <p>\$699 Copay per aid for Advanced Aids*</p> <p>\$999 Copay per aid for Premium Aids*</p> <p>*Routine hearing exam and hearing aid copayments are not subject to the maximum out-of-pocket.</p>

Services that are covered for you	What you must pay when you get these services	
Hearing Services provided by TruHearing		
 HIV screening For people who ask for an HIV screening test or who are at increased risk for HIV infection, we cover: <ul style="list-style-type: none"> • One screening exam every 12 months For women who are pregnant, we cover: <ul style="list-style-type: none"> • Up to three screening exams during a pregnancy 	In-Network There is no coinsurance, copayment, or deductible for members eligible for Medicare-covered preventive HIV screening.	Out-of-Network \$30 Copay for this Medicare-covered preventive service.
Home health agency care 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. Covered services include, but are not limited to: <ul style="list-style-type: none"> • 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) • Physical therapy, occupational therapy, and speech therapy • Medical and social services • Medical equipment and supplies 	<i>Services require prior authorization.</i> In-Network \$15 Copay for Medicare-covered home health services.	Out-of-Network \$40 Copay for Medicare-covered home health services.
Home infusion therapy Home infusion therapy involves the intravenous or subcutaneous administration of drugs or biologicals to an 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).	<i>Services may require prior authorization</i> In-Network \$15 Copay for Medicare-covered home health services.* 20% of the cost for Medicare-covered	Out-of-Network \$40 Copay for Medicare-covered home health services.* 30% of the cost for Medicare-covered durable medical equipment.*


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

Services that are covered for you	What you must pay when you get these services	
<p>Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> • Professional services, including nursing services. furnished in accordance with the plan of care • Patient training and education not otherwise covered under the durable medical equipment benefit • Remote monitoring • Monitoring services for the provision of home infusion therapy and home infusion drugs furnished by a qualified home infusion therapy supplier <p>Note: Home infusion therapy (HIT) services may require coordination with the furnishing of home infusion drugs administered through an item of durable medical equipment (DME) and copays and coinsurance are applicable for each covered service.*</p>	durable medical equipment.*	
<p>Hospice care</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"> • Drugs for symptom control and pain relief. • Short-term respite care. • Home care. <p>When you are admitted to a hospice you have the right to remain in your plan; if you chose to</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 Care N' Care Choice MA-Only (PPO).</p> <p>You pay nothing for hospice care from a Medicare-certified hospice program. You may have to pay part of the cost for drugs and respite care.</p>	

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

Services that are covered for you	What you must pay when you get these services
<p>remain in your plan you must continue to pay plan premiums</p> <p><u>For hospice services and for services that are covered by Medicare Part A or B and are related to your terminal prognosis:</u> 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><u>For services that are covered by Medicare Part A or B and are not related to your terminal prognosis:</u> 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, your cost for these services depends on whether you use a provider in our plan's network and follow plan rules (such as if there is a requirement to obtain prior authorization).</p> <ul style="list-style-type: none"> • If you obtain the covered services from a network provider and follow plan rules for obtaining service, you only pay the plan cost sharing amount for in-network services • If you obtain the covered services from an out-of-network provider, you pay the plan cost sharing for out-of-network services <p><u>For services that are covered by <i>Care N' Care Choice MA-Only (PPO)</i> but are not covered by Medicare Part A or B:</u> <i>Care N' Care Choice MA-Only (PPO)</i> 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><u>For drugs that may be covered by the plan's Part D benefit:</u> If these drugs are unrelated to your terminal hospice condition you pay cost sharing.</p>	

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

Services that are covered for you	What you must pay when you get these services	
<p>If they are related to your terminal hospice condition then you pay Original Medicare cost sharing. Drugs are never covered by both hospice and our plan at the same time. For more information, please see Chapter 5, Section 9.4 (<i>What if you're in Medicare-certified hospice</i>).</p> <p>Note: If you need non-hospice care (care that is not related to your terminal prognosis), you should contact us to arrange the services.</p>		
 Immunizations Covered Medicare Part B services include: <ul style="list-style-type: none"> • Pneumonia vaccine • Flu shots, once each flu season in the fall and winter, with additional flu shots if medically necessary • Hepatitis B vaccine if you are at high or intermediate risk of getting Hepatitis B • COVID-19 vaccine • Other vaccines if you are at risk and they meet Medicare Part B coverage rules 	In-Network There is no coinsurance, copayment, or deductible for the pneumonia, influenza, Hepatitis B, and COVID-19 vaccines.	Out-of-Network \$30 Copay for each Medicare-covered preventive vaccine. There is no coinsurance, copayment, or deductible for COVID-19 vaccines
Inpatient hospital care 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. Covered services include but are not limited to: <ul style="list-style-type: none"> • Semi-private room (or a private room if medically necessary) • Meals including special diets • Regular nursing services • Costs of special care units (such as intensive care or coronary care units) • Drugs and medications • Lab tests • X-rays and other radiology services • Necessary surgical and medical supplies 	Services require prior authorization.	
	In-Network Days 1-5; \$50 Copay per day Days 6 and beyond; \$0 Copay per day.	Out-of-Network 10% of the cost
If you get authorized inpatient care at an out-of-network hospital after your emergency condition is stabilized, your cost is the cost-sharing you would pay at a network hospital.		

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


Services that are covered for you	What you must pay when you get these services
<ul style="list-style-type: none"> • Use of appliances, such as wheelchairs • Operating and recovery room costs • Physical, occupational, and speech language therapy • Inpatient substance abuse services • 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. 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 Care N' Care Choice MA-Only provides transplant services at a location outside the pattern of care for transplants in your community and you choose to obtain transplants at this distant location, we will arrange or pay for appropriate lodging and transportation costs for you and a companion. • Blood – including storage and administration. Coverage of whole blood and packed red cells begins only with the fourth pint of blood that you need - you must either pay the costs for the first three pints of blood you get in a calendar year or have the blood donated by you or someone else. All other components of blood are covered beginning with the first pint used. • Physician services <p>Note: 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.” If you are not sure if you are an</p>	

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


Services that are covered for you	What you must pay when you get these services	
<p>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 www.medicare.gov/sites/default/files/2021-10/11435-Inpatient-or-Outpatient.pdf 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>Inpatient services in a psychiatric hospital</p> <p>Covered services include mental health care services that require a hospital stay.</p> <p>Our plan covers up to 190-days in a lifetime for inpatient mental health care in a psychiatric hospital. The inpatient hospital care limit does not apply to inpatient mental services provided in a general hospital.</p>	<i>Services require prior authorization.</i>	
	<p>In-Network</p> <p>\$1,500 Copay for a Medicare-covered stay</p>	<p>Out-of-Network</p> <p>10% of the cost of a Medicare-covered stay</p>


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

Services that are covered for you	What you must pay when you get these services	
<p>Inpatient stay: Covered services received in a hospital or SNF during a non-covered inpatient stay</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"> • Physician services <ul style="list-style-type: none"> - Primary Care Physician - Specialist • Diagnostic tests (like lab tests) <ul style="list-style-type: none"> - at laboratory facility - at outpatient facility • X-ray, radium, and isotope therapy including technician materials and services • Surgical such as dressings • Splints, casts and other devices used to reduce fractures and dislocations • 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 	<p><i>Services may require prior authorization.</i></p> <p>In-Network</p> <p>\$0 Copay</p> <p>\$0 Copay</p> <p>\$10 Copay</p> <p>\$0 Copay lab tests at a stand-alone</p> <p>\$5 copay lab tests at an OP facility</p> <p>\$0 Copay diagnostic tests at a stand-alone</p> <p>\$5 copay diagnostic tests at an/OP facility</p> <p>\$0 Copay for X-rays</p> <p>20% of the cost for radium and isotope therapy including technician materials and services</p> <p>20% of the cost</p> <p>20% of the cost</p>	
	<p>Out-of-Network</p> <p>\$20 Copay</p> <p>\$20 Copay</p> <p>\$20 Copay</p> <p>\$10 copay lab tests at stand-alone</p> <p>\$25 copay lab tests at an/OP facility</p> <p>\$10 copay diagnostic tests at a stand-alone</p> <p>\$25 copay diagnostic tests at an OP facility</p> <p>\$10 - \$25 copay for X-rays</p> <p>30% of the cost for radium and isotope therapy including technician materials and services</p> <p>30% of the cost</p> <p>30% of the cost</p>	

Services that are covered for you	What you must pay when you get these services	
<ul style="list-style-type: none"> • 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 • Physical therapy, speech therapy, and occupational therapy 	20% of the cost \$10 Copay	30% of the cost \$20 Copay
<p>Meal Benefit</p> <p>Chronic Conditions</p> <p>Members under care management with certain chronic conditions may be eligible to receive healthy meals as part of a supervised program to transition to a lifestyle modification.</p> <ul style="list-style-type: none"> • Eligible chronic conditions include AIDS, asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure, coronary artery disease, diabetes, hypertension, and chronic kidney disease (CKD). • Beneficiaries may receive a maximum of 3 healthy meals per day for up to 2 weeks per year per condition. <p>Post-Discharge</p> <p>Immediately following surgery or inpatient hospitalization, beneficiaries may receive 3 meals per day for up to 2 weeks, up to 2 discharges per year.</p>	<i>Services require prior authorization</i> In-Network \$0 Copay \$0 Copay	Out-of-Network \$0 Copay Must use preferred vendors for this benefit \$0 Copay
 Medical nutrition therapy This benefit is for people with diabetes, renal (kidney) disease (but not on dialysis), or after a kidney transplant when referred by your doctor. We cover 3 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	In-Network There is no coinsurance, copayment, or deductible for members eligible for Medicare-covered medical	Out-of-Network \$30 Copay for this Medicare-covered preventive service.

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

Services that are covered for you	What you must pay when you get these services	
<p>Advantage plan, or Original Medicare), and 2 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 referral. A physician must prescribe these services and renew their referral yearly if your treatment is needed into the next calendar year.</p>	nutrition therapy services.	
<p> Medicare Diabetes Prevention Program (MDPP)</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>In-Network</p> <p>There is no coinsurance, copayment, or deductible for the MDPP benefit.</p>	<p>Out-of-Network</p> <p>\$30 Copay for this Medicare-covered preventive service.</p>
<p>Medicare Part B prescription drugs</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"> • 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 • Drugs you take using durable medical equipment (such as nebulizers) that were authorized by the plan • Clotting factors you give yourself by injection if you have hemophilia • Immunosuppressive Drugs, if you were enrolled in Medicare Part A at the time of the organ transplant • Injectable osteoporosis drugs, if you are homebound, have a bone fracture that a doctor certifies was related to post-menopausal 	Services require prior authorization.	
	<p>In-Network</p> <p>20% of the cost for Medicare Part B chemotherapy radiation drugs.</p> <p>20% of the cost for Other Part B drugs.</p>	<p>Out-of-Network</p> <p>30% of the cost for Medicare Part B chemotherapy radiation drugs.</p> <p>30% of the cost for other Medicare Part B drugs.</p>

Services that are covered for you	What you must pay when you get these services	
<p>osteoporosis, and cannot self-administer the drug</p> <ul style="list-style-type: none"> • Antigens • Certain oral anti-cancer drugs and anti-nausea drugs • Certain drugs for home dialysis, including heparin, the antidote for heparin when medically necessary, topical anesthetics, and erythropoiesis-stimulating agents (such as Epogen®, Procrit®, Epoetin Alfa, Aranesp®, or Darbepoetin Alfa) • Intravenous Immune Globulin for the home treatment of primary immune deficiency diseases <p>Some Part B drug categories may be subject to Part B step therapy.</p>		
<p> Obesity screening and therapy to promote sustained weight loss</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>In-Network</p> <p>There is no coinsurance, copayment, or deductible for preventive obesity screening and therapy.</p>	<p>Out-of-Network</p> <p>\$30 Copay for this Medicare-covered preventive service.</p>
<p>Opioid treatment program services</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"> • U.S. Food and Drug Administration (FDA)-approved opioid agonist and antagonist medication-assisted treatment (MAT) medications. • Dispensing and administration of MAT medications (if applicable) • Substance use counseling • Individual and group therapy • Toxicology testing 	<p>In-Network</p> <p>\$25 Copay for each Medicare-covered opioid treatment service.</p>	<p>Out-of-Network</p> <p>\$50 Copay for each Medicare-covered opioid treatment service.</p>

Services that are covered for you	What you must pay when you get these services	
<ul style="list-style-type: none"> • Intake activities • Periodic assessments 		
<p>Outpatient diagnostic tests and therapeutic services and supplies</p> <p>Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> • X-rays <ul style="list-style-type: none"> - included with a physician visit - at an outpatient facility - Diagnostic Bone mass measurement - Sleep study – home based - Treadmill Stress, Pulmonary Function test, Sleep study – other locations. • Radiation (radium and isotope) therapy including technician materials and supplies: <ul style="list-style-type: none"> - Echocardiogram, Ultrasound - Diagnostic Colonoscopy, Diagnostic Mammogram - CT Scan, Other Diagnostic Radiological Services (collapsing all other tests into single copay definition) - Therapeutic Radiology Services (such as radiation treatment for cancer) • Surgical supplies, such as dressings • Splints, casts and other devices used to reduce fractures and dislocations • Laboratory tests <ul style="list-style-type: none"> - at laboratory facility - at outpatient hospital facility • Blood - including storage and administration. Coverage of whole blood and packed red cells begins only with the fourth pint of blood that you need - you must either pay the costs for the first three pints of blood you get in a calendar year or have the blood donated by you or 	<p><i>Services may require prior authorization.</i></p> <p>In-Network</p> <p>\$0 Copay</p> <p>\$0 Copay</p> <p>\$0 Copay</p> <p>\$0 Copay</p> <p>\$25 Copay</p> <p>20% of the cost</p> <p>\$50 Copay</p> <p>\$50 Copay</p> <p>\$150 Copay</p> <p>20% of the cost</p> <p>20% of the cost</p> <p>20% of the cost</p> <p>\$0 Copay</p> <p>\$5 Copay</p> <p>\$0 Copay for blood after the first 3 pints</p>	<p>Out-of-Network</p> <p>\$10 Copay</p> <p>\$25 Copay</p> <p>\$75 Copay</p> <p>\$150 Copay</p> <p>\$150 Copay</p> <p>30% of the cost</p> <p>\$75 Copay</p> <p>\$150 Copay</p> <p>\$200 Copay</p> <p>30% of the cost</p> <p>30% of the cost</p> <p>30% of the cost</p> <p>\$10 Copay</p> <p>\$25 Copay</p> <p>30% of the cost for blood after the first 3 pints</p>

Services that are covered for you	What you must pay when you get these services	
<p>someone else. All other components of blood are covered beginning with the first pint used</p> <ul style="list-style-type: none"> Other outpatient diagnostic tests <ul style="list-style-type: none"> - at a physician's office - at outpatient facility 	<p>\$0 Copay \$5 Copay</p>	<p>\$10 Copay \$25 Copay</p>
<p>Outpatient hospital observation</p> <p>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>Note: 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.</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 www.medicare.gov/sites/default/files/2021-10/11435-Inpatient-or-Outpatient.pdf 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>In-Network:</p> <p>\$100 Copay for Medicare-covered Observation Services</p>	<p>Out-of-Network</p> <p>\$225 Copay for Medicare-covered Observation Services</p>
<p>Outpatient hospital services</p> <p>We cover medically-necessary services you get in the outpatient department of a hospital for diagnosis or treatment of an illness or injury.</p>	<p><i>Services may require prior authorization.</i></p> <p>In-Network</p>	<p>Out-of-Network</p>

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

Services that are covered for you	What you must pay when you get these services	
<p>Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> • Services in an emergency department or outpatient clinic, such as observation services or outpatient surgery • Laboratory • Mental health care, including care in a partial-hospitalization program, if a doctor certifies that inpatient treatment would be required without it <ul style="list-style-type: none"> - Partial Hospitalization - Outpatient Group Therapy - Individual Therapy Visit • X-rays and other radiology services billed by the hospital • - Diagnostic Radiology, Ultrasound, Echocardiography • - Diagnostic Colonoscopy, Mammography • - CT Scan, Other Diagnostic Radiological Services (collapsing all other tests into single copay definition) <ul style="list-style-type: none"> - Therapeutic Radiology Services (such as radiation treatment for cancer) • Medical supplies such as splints and casts • Certain screenings and preventive services • Certain drugs and biologicals that you can't give yourself <p>Note: 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</p>	<p>\$100 Copay for Medicare-covered Hospital Services. \$100 Copay for Medicare-covered Observation Services</p> <p>\$5 Copay</p> <p>\$55 Copay \$25 Copay \$25 Copay</p> <p>\$0 Copay \$50 Copay \$50 Copay \$150 Copay</p> <p>20% of the cost 20% of the cost</p> <p>\$0 Copay</p> <p>20% of the cost</p>	<p>\$225 Copay for Medicare-covered Hospital Services. \$225 Copay for Medicare-covered Observation Services</p> <p>\$25 Copay</p> <p>\$100 Copay \$50 Copay \$50 Copay</p> <p>\$10 - \$25 Copay \$75 Copay \$150 Copay \$200 Copay</p> <p>30% of the cost 30% of the cost</p> <p>\$30 Copay</p> <p>30% of the cost</p>

Services that are covered for you	What you must pay when you get these services	
<p>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 www.medicare.gov/sites/default/files/2021-10/11435-Inpatient-or-Outpatient.pdf 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 mental health care</p> <p>Covered services include: Mental health services provided by a state-licensed psychiatrist or doctor, clinical psychologist, clinical social worker, clinical nurse specialist, nurse practitioner, physician assistant, or other Medicare-qualified mental health care professional as allowed under applicable state laws.</p>	<p>In-Network</p> <p>\$25 Copay for each Medicare-covered individual therapy visit with a psychiatrist and \$25 Copay for each group therapy visit.</p> <p>\$25 Copay for each Medicare-covered individual therapy visit with a different type of specialist and \$25 Copay for each group therapy visit.</p>	<p>Out-of-Network</p> <p>\$50 Copay for each Medicare-covered individual therapy visit with a psychiatrist and \$50 Copay for each group therapy visit.</p> <p>\$50 Copay for each Medicare-covered individual therapy visit with a different type of specialist and \$50 Copay for each group therapy visit.</p>
<p>Outpatient rehabilitation services</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, and Comprehensive Outpatient Rehabilitation Facilities (CORFs).</p>	<p>In-Network</p> <p>\$10 Copay for each Medicare-covered occupational therapy visit.</p> <p>\$10 Copay for each Medicare-covered physical therapy or speech therapy visit.</p>	<p>Out-of-Network</p> <p>\$20 Copay for each Medicare-covered occupational therapy visit.</p> <p>\$20 Copay for each Medicare-covered physical therapy or speech therapy visit.</p>

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

Services that are covered for you	What you must pay when you get these services	
Outpatient substance abuse services Covered services include group and individual sessions for substance abuse treatment.	In-Network \$35 Copay for each Medicare-covered individual therapy visit. \$35 Copay for each Medicare-covered group therapy visit.	Out-of-Network \$50 Copay for each Medicare-covered individual therapy visit. \$50 Copay for each Medicare-covered group therapy visit.
Outpatient surgery, including services provided at hospital outpatient facilities and ambulatory surgical centers Note: 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."	<i>Services require prior authorization.</i> In-Network Ambulatory surgical center \$50 Copay per visit Ambulatory Surgical Center. Outpatient hospital \$100 Copay per visit Outpatient Hospital Facility for Medicare-covered surgical services. \$100 Copay for Medicare-covered Observation Services	Out-of-Network Ambulatory surgical center \$50 Copay per visit Ambulatory Surgical Center. Outpatient hospital \$225 Copay for Medicare-covered surgical services. \$225 Copay for Medicare-covered Observation Services
Over-the-counter (OTC) benefit Your coverage includes non-prescription OTC health and wellness items like vitamins, sunscreen, pain relievers, cough and cold medicine, and bandages. You have 2 options to order: - Online – visit livewell.medline.com/CNC	You pay \$0. You have \$40 every quarter (3 months) to spend on plan-approved OTC items. Quarterly OTC benefit periods are January-March, April-June, July-September, and October-December. If you don't use all of your quarterly OTC benefit amount when you order, the remaining balance will NOT roll over to the next OTC benefit period.	


Services that are covered for you	What you must pay when you get these services	
<p>- By Phone – call an OTC Customer Service Representative toll-free at 833-492-9866 (TTY users should call 711), 7 AM - 6 PM Central, Monday through Friday</p> <p>At no additional cost to you, your order will be shipped to the address you provide when ordering.</p> <p>Refer to your 2023 OTC Product Catalog for a complete list of plan-approved OTC items or call an OTC Customer Service Representative for more information.</p> <p>OTC benefit provided by Medline Industries</p>	<p>Any unused OTC benefit amount will expire on December 31st of the benefit year.</p> <p>Note: If you exhaust your quarterly OTC benefit, you may still order from the catalog using your own out-of-pocket payment method.</p> <p>Must use a preferred vendor for this benefit</p>	
<p>Partial hospitalization services</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 or therapist’s office and is an alternative to inpatient hospitalization.</p>	<p><i>Services require prior authorization.</i></p> <p>In-Network</p> <p>\$55 Copay per day for Medicare-covered partial hospitalization services.</p>	<p>Out-of-Network</p> <p>\$100 Copay per day for Medicare-covered partial hospitalization services.</p>
<p>Physician/Practitioner services, including doctor’s office visits</p> <p>Covered services include:</p> <ul style="list-style-type: none"> Medically-necessary medical care or surgery services furnished in a physician’s office, certified ambulatory surgical center, hospital outpatient department, or any other location Consultation, diagnosis, and treatment by a specialist Basic hearing and balance exams performed by your PCP, if your doctor orders it to see if you need medical treatment Certain telehealth services, including doctor’s office visits offered through your physician/practitioner services. 	<p>In-Network</p> <p>\$0 Copay for each Medicare-covered PCP visit.</p> <p>\$10 Copay for each Medicare covered specialist visit.</p> <p>For services provided by physicians in ambulatory surgical center or outpatient hospital facility, see “Outpatient Surgery” on previous page.</p> <p>\$0 copay for:</p>	<p>Out-of-Network</p> <p>\$20 Copay for each Medicare-covered PCP visit.</p> <p>\$20 Copay for each Medicare-covered specialist visit.</p> <p>For services provided by physicians in ambulatory surgical center or outpatient hospital facility, see “Outpatient Surgery” on previous page.</p>

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



Services that are covered for you	What you must pay when you get these services	
<ul style="list-style-type: none"> ○ You have the option of getting these services through an in-person visit or by telehealth. If you choose to get one of these services by telehealth, you must use a network provider who offers the service by telehealth. <ul style="list-style-type: none"> ○ <i>Primary Care Physicians Services</i> ○ <i>Individual Sessions for Mental Health Specialty Services</i> ○ <i>Group Sessions for Mental Health Specialty Services</i> ○ <i>Allergy & Immunology</i> ○ <i>Cardiology</i> ○ <i>Dermatology</i> ○ <i>Endocrinology</i> ○ <i>ENT/Otolaryngology</i> ○ <i>Gynecology</i> ○ <i>OB/GYN</i> ○ <i>Infectious Diseases</i> ○ <i>Nephrology</i> ○ <i>Neurology</i> ○ <i>Ophthalmology</i> ● 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 ● Telehealth services to diagnose, evaluate, or treat symptoms of a stroke, regardless of your location ● Telehealth services for members with a substance use disorder or co-occurring mental health disorder, regardless of their location ● Telehealth services for diagnosis, evaluation, and treatment of mental health disorders if: 	<p>Primary Care Physicians Services</p> <p>\$25 copay for:</p> <p>Individual Sessions for Mental Health Specialty Services</p> <p>Group Sessions for Mental Health Specialty Services</p> <p>\$10 copay for:</p> <p>Allergy & Immunology, Cardiology, Dermatology, Endocrinology, ENT/Otolaryngology, Gynecology, OB/GYN, Infectious Diseases, Nephrology, Neurology, Ophthalmology</p>	

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


Services that are covered for you	What you must pay when you get these services	
<ul style="list-style-type: none"> ○ You have an in-person visit within 6 months prior to your first telehealth visit ○ You have an in-person visit every 12 months while receiving these telehealth services ○ Exceptions can be made to the above for certain circumstances ● Telehealth services for mental health visits provided by Rural Health Clinics and Federally Qualified Health Centers ● Virtual check-ins (for example, by phone or video chat) with your doctor for 5-10 minutes if: <ul style="list-style-type: none"> ○ You're not a new patient and ○ The check-in isn't related to an office visit in the past 7 days and ○ The check-in doesn't lead to an office visit within 24 hours or the soonest available appointment ● 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"> ○ You're not a new patient and ○ The evaluation isn't related to an office visit in the past 7 days and ○ The evaluation doesn't lead to an office visit within 24 hours or the soonest available appointment ● Consultation your doctor has with other doctors by phone, internet, or electronic health record if you're not a new patient ● Second opinion prior to surgery ● 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, or services that would be covered when provided by a physician) 		

Services that are covered for you	What you must pay when you get these services	
Podiatry services Covered services include: <ul style="list-style-type: none"> • Diagnosis and the medical or surgical treatment of injuries and diseases of the feet (such as hammer toe or heel spurs). • Routine foot care for members with certain medical conditions affecting the lower limbs 	In-Network \$20 Copay for each Medicare-covered podiatry service.	Out-of-Network \$50 Copay for each Medicare-covered podiatry service.
 Prostate cancer screening exams For men aged 50 and older, covered services include the following once every 12 months: <ul style="list-style-type: none"> • Digital rectal exam • Prostate Specific Antigen (PSA) test 	In-Network There is no coinsurance, copayment, or deductible for an annual PSA test. There is no coinsurance, copayment or deductible for an annual Medicare-covered digital rectal exam.	Out-of-Network \$30 Copay for an annual Medicare-covered PSA test. \$30 Copay for an annual Medicare-covered digital rectal exam.
Prosthetic devices and related supplies Devices (other than dental) that replace all or part of a body part or function. These include, but are not limited to: colostomy bags and supplies directly 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 devices, and repair and/or replacement of prosthetic devices. Also includes some coverage following cataract removal or cataract surgery – see “Vision Care” later in this section for more detail.	<i>Services require prior authorization.</i> In-Network 20% of the cost for Medicare-covered prosthetic devices. 20% of the cost for related Medicare-covered supplies.	Out-of-Network 30% of the cost for Medicare-covered prosthetic devices. 30% of the cost for related Medicare-covered supplies.
Pulmonary rehabilitation services Comprehensive programs of pulmonary rehabilitation are covered for members who have moderate to very severe chronic obstructive	In-Network \$10 Copay for each Medicare-covered	Out-of-Network \$20 Copay for each Medicare-covered

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

Services that are covered for you	What you must pay when you get these services	
pulmonary disease (COPD) and for pulmonary rehabilitation from the doctor treating the chronic respiratory disease.	pulmonary rehab service.	pulmonary rehab service.
Remote access technologies (Nursing Hotline)	<u>In-Network:</u> There is no coinsurance, copayment, or deductible for remote access technologies (Nursing Hotline)	<u>Out-of-Network:</u> There is no coinsurance, copayment, or deductible for remote access technologies (Nursing Hotline) Must use preferred vendors for this benefit
 Screening and counseling to reduce alcohol misuse We cover one alcohol misuse screening for adults with Medicare (including pregnant women) who misuse alcohol but aren't alcohol dependent. If you screen positive for alcohol misuse, you can get up to four brief face-to-face counseling sessions per year (if you're competent and alert during counseling) provided by a qualified primary care doctor or practitioner in a primary care setting.	In-Network There is no coinsurance, copayment, or deductible for the Medicare-covered screening and counseling to reduce alcohol misuse preventive benefit.	Out-of-Network \$30 Copay for this Medicare-covered preventive service.
 Screening for lung cancer with low dose computed tomography (LDCT) For qualified individuals, a LDCT is covered every 12 months. Eligible members are: 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 a written order for LDCT during a lung cancer screening counseling and shared decision making visit that meets the Medicare criteria for	In-Network There is no coinsurance, copayment, or deductible for the Medicare covered counseling and shared decision-making visit or for the LDCT.	Out-of-Network \$30 Copay for this Medicare-covered preventive service.


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

Services that are covered for you	What you must pay when you get these services	
<p>such visits and be furnished by a physician or qualified non-physician practitioner.</p> <p><i>For LDCT lung cancer screenings after the initial LDCT screening:</i> the member must receive a written 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> Screening for sexually transmitted infections (STIs) and counseling to prevent STIs</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 are ordered by a primary care provider. We cover these tests once every 12 months or at certain times during pregnancy.</p> <p>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>In-Network</p> <p>There is no coinsurance, copayment, or deductible for the Medicare-covered screening for STIs and counseling for STIs preventive benefit.</p>	<p>Out-of-Network</p> <p>\$30 Copay for this Medicare-covered preventive service.</p>
<p>Services to treat kidney disease</p> <p>Covered services include:</p> <ul style="list-style-type: none"> • 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 	<p><i>Some services may require prior authorization.</i></p> <p>In-Network</p> <p>There is no coinsurance,</p>	<p>Out-of-Network</p> <p>30% of the cost for Medicare-covered</p>

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

Services that are covered for you	What you must pay when you get these services	
<p>by their doctor, we cover up to six sessions of kidney disease education services per lifetime</p> <ul style="list-style-type: none"> • Outpatient dialysis treatments (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) • Inpatient dialysis treatments (if you are admitted as an inpatient to a hospital for special care) • Self-dialysis training (includes training for you and anyone helping you with your home dialysis treatments) • Home dialysis equipment and supplies • 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>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>copayment, or deductible for Medicare covered kidney disease education services.</p> <p>20% of the cost for Medicare-covered dialysis services.</p> <p>20% of the cost for Self- Dialysis Training</p> <p>20% of the cost for home dialysis equipment and supplies</p> <p>20% of the cost for home support services</p> <p>20% of the cost for Medicare Part B Drugs</p>	<p>kidney disease education services.</p> <p>30% of the cost for Medicare-covered dialysis services.</p> <p>30% of the cost for Self- Dialysis Training</p> <p>30% of the cost for home dialysis equipment and supplies</p> <p>30% of the cost for home support services</p> <p>30% of the cost for Medicare Part B Drugs</p>
<p>Skilled nursing facility (SNF) care</p> <p>(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"> • Semiprivate room (or a private room if medically necessary) • Meals, including special diets • Skilled nursing services • Physical therapy, occupational therapy, and speech therapy • 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.) 	<i>Services require prior authorization.</i>	
	<p>In-Network</p> <p>Our Plan covers up to 100 days in a SNF</p> <p>\$0 Copay per day for Days 1 through 5; \$10 Copay per day for Days 6 through 20; \$100 Copay per day for Days 21 through 100</p>	<p>Out-of-Network</p> <p>Our Plan covers up to 100 days in a SNF</p> <p>10% of the cost</p>

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


Services that are covered for you	What you must pay when you get these services	
<ul style="list-style-type: none"> • Blood - including storage and administration. Coverage of whole blood and packed red cells begins only with the fourth pint of blood that you need - you must either pay the costs for the first three pints of blood you get in a calendar year or have the blood donated by you or someone else. All other components of blood are covered beginning with the first pint used • Medical and surgical supplies ordinarily provided by SNFs • Laboratory tests ordinarily provided by SNFs • X-rays and other radiology services ordinarily provided by SNFs • Use of appliances such as wheelchairs ordinarily provided by SNFs • Physician/Practitioner services <p>Generally, you will get your SNF care from network facilities. However, under certain conditions listed below, you may be able to pay in-network cost sharing for a facility that isn't a network provider, if the facility accepts our plan's amounts for payment.</p> <ul style="list-style-type: none"> • A nursing home or continuing care retirement community where you were living right before you went to the hospital (as long as it provides skilled nursing facility care) • A SNF where your spouse is living at the time you leave the hospital 		
 Smoking and tobacco use cessation (counseling to stop smoking or tobacco use) <p>If you use tobacco, but do not have signs or symptoms of tobacco-related disease: We cover two counseling quit attempts within a 12-month period as a preventive service with no cost to you. Each counseling attempt includes up to four face-to-face visits.</p> <p>If you use tobacco and have been diagnosed with a tobacco-related disease or are taking medicine that may be affected by tobacco: We cover</p>	In-Network <p>There is no coinsurance, copayment, or deductible for the Medicare-covered smoking and tobacco use cessation preventive benefits.</p>	Out-of-Network <p>\$30 Copay for this Medicare-covered preventive service.</p>

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


Services that are covered for you	What you must pay when you get these services	
<p>cessation counseling services. We cover two counseling quit attempts within a 12-month period, however, you will pay the applicable cost sharing. Each counseling attempt includes up to four face-to-face visits.</p>		
<p>Supervised Exercise Therapy (SET)</p> <p>SET is covered for members who have symptomatic peripheral artery disease (PAD) and a referral for PAD from the physician responsible for PAD treatment.</p> <p>Up to 36 sessions over a 12-week period are covered if the SET program requirements are met.</p> <p>The SET program must:</p> <ul style="list-style-type: none"> • Consist of sessions lasting 30-60 minutes, comprising a therapeutic exercise-training program for PAD in patients with claudication • Be conducted in a hospital outpatient setting or a physician's office • Be delivered by qualified auxiliary personnel necessary to ensure benefits exceed harms, and who are trained in exercise therapy for PAD • 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 <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>In-Network</p> <p>\$0 Copay for each Medicare-covered SET visit.</p>	<p>Out-of-Network</p> <p>\$20 Copay for each Medicare-covered SET visit.</p>
<p>Texas Health Care at Home</p> <p>Hospital services in the home allows for certain health care services to be provided outside of a traditional hospital setting and within your home. Care begins after you're evaluated, determined to be eligible, and a hospitalist refers you. The hospitalist will consider your eligibility criteria</p>	<p>In-Network</p> <p><i>Services require prior authorization.</i></p> <p>Days 1 – 5: \$50 Copay Days 6 – 90: \$0 Copay</p>	<p>Out-of-Network</p> <p>Out-of-Network Providers 10% of the cost.</p>

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

Services that are covered for you	What you must pay when you get these services	
<p>including your medical conditions and your geographic location.</p> <p>If the patient is approved by the hospitalist, the Intake Employee will conduct a Safety Screening with the patient to ensure the patient's home is safe for both the patient and for providers who deliver patient care in their home. The Safety Screening assesses for safety issues such as presence of a caregiver in the home, potential fall risks, running water, reliable cell phone coverage, etc. If a patient passes the Safety Screening, the patient can be admitted into the program contingent on the patient providing consent.</p> <p>You will receive treatment and monitoring at home from a team of providers. Conditions which are eligible to be treated with this benefit can include: asthma, bronchitis, and other respiratory systems diagnosis; heart failure and shock; simple pneumonia and pleurisy; chronic obstructive pulmonary disease (COPD); cellulitis; kidney and urinary tract infections (UTI).</p>		
<p>Urgently needed services</p> <p>Urgently needed services are provided to treat a non-emergency, unforeseen medical illness, injury, or condition that requires immediate medical care but, given your circumstances, it is not possible, or it is unreasonable, to obtain services from network providers. Examples of urgently needed services that the plan must cover out of network are i) you need immediate care during the weekend, or ii) you are temporarily outside the service area of the plan. Services must be immediately needed and medically necessary. If it is unreasonable given your circumstances to immediately obtain the medical care from a network provider, then your plan will cover the urgently needed services from a provider out-of-network.</p>	<p>In-Network</p> <p>\$25 Copay for each Medicare-covered urgent care visit.</p> <p>\$100 Copay for worldwide urgent care services.*</p>	<p>Out-of-Network</p> <p>\$25 Copay for each Medicare-covered urgent care visit.</p> <p>\$100 Copay for worldwide urgent care services.*</p>
	<p>*Coverage limited to \$100,000 for supplemental emergency/urgent services outside the United States.</p>	

Services that are covered for you	What you must pay when you get these services	
<p>Urgently needed services are covered worldwide. If you have an urgent need for care while outside of the U.S. and its territories, you will be responsible to pay for the services rendered upfront. You must submit proof of payment to Care N' Care for reimbursement. For more information see Chapter 7, Section 2. We may not be able to reimburse you for all out-of-pocket expenses. This is because our contracted rates may be lower than provider rates outside of the U.S. and its territories. You are responsible for any costs exceeding our contracted rates as well as the member copay for urgently needed service worldwide.</p> <p>Urgently needed services are covered worldwide.</p>		
<p> Vision care</p> <p>Covered services include:</p> <ul style="list-style-type: none"> • Outpatient physician services for the diagnosis and treatment of diseases and injuries of the eye, including treatment for age-related macular degeneration. Original Medicare doesn't cover routine eye exams (eye refractions) for eyeglasses/contacts • 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 • For people with diabetes, screening for diabetic retinopathy is covered once per year • One pair of eyeglasses or contact lenses after each cataract surgery that includes insertion of an intraocular lens. (If you have two separate cataract operations, you cannot reserve the benefit after the first surgery and purchase two eyeglasses after the second surgery.) 	<p>In-Network</p> <p>\$20 Copay for each Medicare-covered eye exam to diagnose and treat diseases and conditions of the eye.</p> <p>There is no coinsurance, copayment, or deductible for the Medicare covered glaucoma screening</p> <p>\$0 Copay for Medicare-covered eyeglasses or contact lenses after cataract surgery with a maximum benefit amount not to exceed \$150.**</p> <p>\$0 Copay for routine eye exam</p>	<p>Out-of-Network</p> <p>\$35 Copay for each Medicare-covered eye exam to diagnose and treat diseases and conditions of the eye.</p> <p>\$30 Copay for an annual Medicare-covered glaucoma screening.</p> <p>\$30 Copay for Medicare-covered eyeglasses or contact lenses after cataract surgery with a maximum benefit amount not to exceed \$150.**</p> <p>\$35 Copay for routine eye exam</p>

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

Services that are covered for you	What you must pay when you get these services	
<ul style="list-style-type: none"> • Corrective lenses/frames (and replacements) needed after a cataract removal without a lens implant.* • Routine Eye Exam (limited to one per year) • Contact Lenses or Eyeglasses (frames and lenses). Any amounts over and above the benefit maximum are at member cost. <p>**With submission of paid receipt and completed reimbursement form.</p> <p>Routine Vision Care provided by EyeMed.</p>	\$0 Copay for contact lenses or eyeglasses (lenses and frames) up to a maximum benefit amount not to exceed \$150.	\$30 Copay for contact lenses or eyeglasses (lenses and frames) up to a maximum benefit amount not to exceed \$150.**
 “Welcome to Medicare” preventive visit 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), and referrals for other care if needed. Important: 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.	In-Network There is no coinsurance, copayment, or deductible for the “Welcome to Medicare” preventive visit.	Out-of-Network \$30 Copay for this Medicare-covered preventive service.

Section 2.2 Extra “optional supplemental” benefits you can buy

Our plan offers some extra benefits that are not covered by Original Medicare and not included in your benefits package. These extra benefits are called **“Optional Supplemental Benefits.”** If you want these optional supplemental benefits, you must sign up for them. The optional supplemental benefits described in this section are subject to the same appeals process as any other benefits.

You may elect to enroll in an optional supplemental Dental Rider during the Annual Election Period from October 15 through December 7. Your coverage would go into effect as of January 1. You may also elect to enroll into an optional supplemental Dental Rider at any time during the year outside of the Annual Election Period. Once you have enrolled, your optional supplemental Dental Rider coverage would become effective as of the first of the following month. To enroll, call our Customer Experience Team, contact information can be found on the back cover of this document.

If you decide you no longer want to be enrolled in the optional supplemental Dental Rider, please contact our Customer Experience Team to be disenrolled. Any remaining payments will be refunded to you once you have disenrolled from the optional supplemental Dental. You will not be able to re-enroll until the next Annual Election Period October 15 through December 7.

If you enrolled in the dental rider, your enrollment will continue year to year unless you choose to terminate coverage. If you choose to move to another Care N' Care plan, you will need to re-enroll in the Dental Rider.

The monthly premium for the Dental Rider is \$25. Your Dental Rider premium is due in our office by the first day of the month. If we have not received your payment by the 15th of the month, we will send you a notice of your account balance and advise that your account may continue with further collection activity. Your membership in the Dental Rider will end if we do not receive your payment within 90 days.

Care N' Care Dental Rider

- \$25 Monthly Premium
- \$7,500 Annual Benefit Maximum (ABM)
- No Annual Deductible
- Only Comprehensive procedures count toward the ABM
- Does not apply to the plan Maximum Out of Pocket (MOOP)
- No Waiting Period after Enrollment
- Lab Fees are the member's responsibility.
- Members will be responsible for the difference between the in-network fee and the submitted amount for Out-of-network services.

Basic Restorative (Fillings)			
Code	Description	Frequency	Member Co-Pay
D2140	Amalgam Filling - one surface, primary or per-manent	Frequency One Restoration per tooth per surface, once in 24 months. *Restorative service not allow-able once crown services have been rendered for surface.	20% of cost
D2150	Amalgam Filling - two surfaces, primary or permanent		
D2160	Amalgam Filling - three surfaces, primary or permanent		
D2161	Amalgam Filling - four surfaces, primary or permanent		
Resin Restorative (Fillings)			
Code	Description	Frequency	Member Co-Pay

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

D2330	Resin-Based Composite - one surface, anterior	One Restoration per tooth per surface, once in 24 months. *Restorative service not allowable once crown services are rendered.	20% of cost
D2331	Resin-Based Composite - two surfaces, anterior		
D2332	Resin-Based Composite - three surfaces, anterior		
D2335	Resin-Based Composite - four+ surfaces, anterior		
D2390	Resin based composite crown, anterior		
D2391	Resin based composite - one surface, posterior		
D2392	Resin based composite - two surfaces, posterior		
D2393	Resin based composite - three surfaces, posterior		
D2394	Resin based composite- four+ surfaces, posterior		
Inlay/ Onlay Restorations			
Code	Description	Frequency	Member Co-Pay
D2510	Inlay-metallic-one surface	One Restoration per tooth per 60 months	20% of cost
D2520	Inlay-metallic-two surfaces		
D2530	Inlay-metallic-three or more surfaces		
D2542	Onlay metallic-two surfaces		
D2543	Onlay metallic-three surfaces		
D2544	Onlay metallic-four or more surfaces		
D2610	Inlay-porcelain/ceramic-one surface		
D2620	Inlay-porcelain/ceramic- two surfaces		
D2630	Inlay-porcelain/ceramic-three or more surfaces		
D2642	Onlay-porcelain/ceramic- two surfaces		
D2643	Onlay-porcelain/ceramic- three surfaces		
D2644	Onlay-porcelain/ceramic- four or more surfaces		

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

D2650	Inlay - resin based composite one surface		
D2651	Inlay - resin based composite two surfaces		
D2652	Inlay - resin based composite three or more surfaces		
D2662	Onlay - resin based composite two surfaces		
D2663	Onlay - resin based composite three surfaces		
D2664	Onlay - resin based composite four or more surfaces		
Crowns-Single Restoration only (Crown means Prosthodontics)			
Code	Description	Frequency	Member Co-Pay
D2710	Crown-resin-(indirect)	One Restoration per tooth per 60 months	50% of cost
D2712	Crown-3/4 resin-based composite (indirect)		
D2720	Crown-resin with high noble metal		
D2721	Crown-resin with predominantly base metal		
D2722	Crown-resin with noble metal		
D2740	Crown-porcelain/ceramic		
D2750	Crown-porcelain fused to high noble metal		
D2751	Crown-porcelain fused to predominantly base metal		
D2752	Crown-porcelain fused to noble metal		
D2753	Crown-porcelain fused to titanium and titanium alloys		
D2780	Crown -3/4 cast high noble metal		
D2781	Crown-3/4 cast predominantly base metal		
D2782	Crown-3/4 cast noble metal		
D2783	Crown-3/4 porcelain/ceramic		
D2790	Crown-full cast high noble metal		
D2791	Crown-full cast predominantly base metal		

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

D2792	Crown-full cast noble metal		
D2794	Crown-titanium		
D2799	Provisional crown	Included in crown benefit	
Major Restoratives (Crown means Prosthodontics)			
Code	Description	Frequency	Member Co-Pay
D2910	Recement or re-bond inlay, onlay, veneer or partial coverage restoration	Once per tooth per 24 months only after 6 months of initial placement	20% of cost
D2915	Recement or re-bond indirectly fabricated		
D2920	Recement or re-bond crown		
D2940	Protective restoration-direct placement of a restorative material to protect the tooth and/or tissue form. This procedure may also be used to relieve pain, promote healing or prevent further deterioration.	Once per tooth per lifetime	
D2950	Core build-up, including any pins when required.	One of (D2950, D2952, D2954) once per tooth per 60 months. Not allowable with resin or amalgam restoration.	50% of cost
D2952	Post and core in addition to crown,		
D2954	Prefabricated post and core in addition to crown		
D2951	Pin retention-per tooth, in addition to restoration	Once per tooth per 60 months with resin or amalgam restoration. Included with these services D2950, D2952 and D2954	50% of cost
D2953	Each additional post, same tooth, indirectly fabricated	One per tooth per 60 months included with D2952	
D2980	Crown repair necessitated by restorative material failure	Once per tooth per 24 months only after 6 months of initial placement	

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

D2990	Resin infiltration of incipient smooth surface lesion	One of (D2140, D2150, D2160, D2161, D2330, D2331, D2332, D2335, D2390, D2391, D2392, D2393, D2394, D2990), one restoration per tooth, per surface, once in 24 months.	
D2999	Unspecified restorative procedure, by report		
Pulpotomy			
Code	Description	Frequency	Member Co-Pay
D3220	Therapeutic Pulpotomy	One of (D3220 or D3221) once per tooth, per lifetime. Not allowed in conjunction with root canal therapy by same provider/location within 90 days	50% of cost
D3221	Gross pulpal debridement primary and permanent teeth		
Root Canal Therapy			
Code	Description	Frequency	Member Co-Pay
D3310	Endodontic therapy (root canal), anterior	Once per permanent tooth per lifetime	50% of cost
D3320	Endodontic therapy (root canal), bicuspid		
D3330	Endodontic therapy (root canal), molar		
D3331	Treatment of root canal obstruction; non-surgical access		
D3346	Retreatment of previous root canal therapy-anterior		
D3347	Retreatment of previous root canal therapy-bicuspid		
D3348	Retreatment of previous root canal therapy-molar		

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

D3999	Unspecified endontonic procedure		
Apicoectomy/ Periradicular Services			
Code	Description	Frequency	Member Co-Pay
D3410	Apicoectomy-anterior	Once per permanent tooth per lifetime	50% of cost
D3421	Apicoectomy/periradicular-bicuspid (first root)		
D3425	Apicoectomy/periradicular surgery-molar (first root)		
D3426	Apicoectomy/periradicular surgery (each additional root)		
D3430	Retrograde filling	Once per tooth per lifetime	
Periodontic Surgical Services (including usual postoperative services)			
Code	Description	Frequency	Member Co-Pay
D4210	Gingivectomy-gingivoplasty-four or more contiguous teeth or bounded teeth spaces per quadrant	One of (D4210, D4211) once per quadrant per 36 months, per patient	50% of cost
D4211	Gingivectomy of gingivoplasty-one to three contiguous disease teeth or tooth bounded spaces per quadrant		
D4240	Gingival flap procedure, including root planing-four or more contiguous disease teeth or tooth bounded spaces per quadrant		
D4241	Gingival flap procedure, including root planing-one to three contiguous disease teeth or tooth bounded spaces, per quadrant		
D4260	Osseous surgery - four or more contiguous disease teeth or tooth bounded spaces per quadrant		
D4261	Osseous surgery (including flap entry and closure)- one to three contiguous teeth or		

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

	bounded teeth spaces per quadrant		
D4249	Clinical crown lengthening-hard tissue	Once per permanent tooth per lifetime	
Adjunctive Periodontal Services			
Code	Description	Frequency	Member Co-Pay
D4341	Periodontal scaling and root planing-four or more disease teeth per quadrant*	One of (D4341 or D4342), once per quadrant per 36 months	50% of cost
D4342	Periodontal scaling and root planing, 1-3 disease teeth per quadrant		
D4355	Full mouth debridement to enable comprehensive periodontal evaluation and diagnosis	One per 36 months	
Other Periodontal Services			
Code	Description	Frequency	Member Co-Pay
D4910	Periodontal maintenance procedures (following active therapy)	Four of D4910 every 12 months.	50% of cost
D4999	Unspecified periodontal procedure- Narrative of medical necessity and description of service		
Complete Dentures			
Code	Description	Frequency	Member Co-Pay
D5110	Complete denture - maxillary	One of (D5110, D5130, D5211, D5213, D5221, D5223, D5225, D5227, D5863, D5864, D6110, D6112), once per 60 months	50% of cost
D5120	Complete denture - mandibular	One of (D5120, D5140, D5212, D5214, D5222, D5224, D5226, D5228, D5865, D5866, D6111, D6113), once per 60 months	
D5130	Immediate denture - maxillary	One of (D5110, D5130, D5211, D5213, D5221, D5223, D5225, D5227, D5863, D5864, D6110, D6112), once per 60 months	

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

D5140	Immediate denture - mandibular	One of (D5120, D5140, D5212, D5214, D5222, D5224, D5226, D5228, D5865, D5866, D6111, D6113), once per 60 months	
Partial Dentures			
Code	Description	Frequency	Member Co-Pay
D5211	Maxillary partial denture-resin base (including any conventional clasps, rests and teeth)	One of (D5110, D5130, D5211, D5213, D5221, D5223, D5225, D5227, D5863, D5864, D6110, D6112), once per 60 months	50% of cost
D5213	Maxillary part denture-cast metal framework with resin bases		
D5212	Mandibular partial denture -resin base	One of (D5120, D5140, D5212, D5214, D5222, D5224, D5226, D5228 D5865, D5866, D6111, D6113), once per 60 months	
D5214	Mandibular part denture-cast metal framework with resin bases		
D5221	Immediate maxillary partial denture-resin base	One of (D5110, D5130, D5211, D5213, D5221, D5223, D5225, D5227, D5863, D5864, D6110, D6112), once per 60 months	
D5223	Immediate maxillary partial denture-cast metal framework with resin denture bases		
D5222	Immediate mandibular partial denture-resin base	One of (D5120, D5140, D5212, D5214, D5222, D5224, D5226, D5228, D5865, D5866, D6111, D6113), once per 60 months	
D5224	Immediate mandibular partial denture- cast metal framework with resin denture bases		
D5225	Maxillary partial denture-flexible base	One of (D5110, D5130, D5211, D5213, D5221, D5223, D5225, D5227, D5863, D5864, D6110, D6112), once per 60 months	
D5226	Mandibular partial denture-flexible base	One of (D5120, D5140, D5212, D5214, D5222, D5224, D5226, D5228, D5865, D5866, D6111, D6113), once per 60 months.	
D5227	Immediate maxillary partial denture-flexible base	One of (D5110, D5130, D5211, D5213, D5221, D5223, D5225, D5227, D5863, D5864, D6110, D6112), once per 60 months.	

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D5228	Immediate mandibular partial denture-flexible base	One of (D5120, D5140, D5212, D5214, D5222, D5224, D5226, D5228, D5865, D5866, D6111, D6113), once per 60 months	
Adjustments of Removable Protheses			
Code	Description	Frequency	Member Co-Pay
D5410	Adjust complete denture-maxillary	Two adjustments per arch per 12 months (after 6 months have elapsed since initial placement)	20% of cost
D5411	Adjust complete denture - mandibular	Two adjustments per arch per 12 months (after 6 months have elapsed since initial placement)	20% of cost
D5421	Adjust partial denture - maxillary		
D5422	Adjust partial denture - mandibular		
Repairs to Complete Dentures			
Code	Description	Frequency	Member Co-Pay
D5511	Repair broken complete denture base, mandibular	Once per arch per 12 months (after 6 months have elapsed since initial placement)	20% of cost
D5512	Repair broken complete denture base, maxillary		
D5520	Replace missing or broken teeth - complete denture (each tooth)		
D5611	Repair resin denture base, mandibular	Once per arch per 12 months	
D5612	Repair resin denture base, maxillary		
D5621	Repair cast framework, mandibular		
D5622	Repair cast framework, maxillary		
D5630	Repair or replace broken clasp-per tooth		
D5640	Replace broken teeth - per tooth		
D5650	Add tooth to existing partial denture		
D5660	Add clasp to existing partial denture-per tooth		
Denture Rebase Procedures			
Code	Description	Frequency	Member Co-Pay

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

D5710	Rebase complete maxillary denture	One of (D5710, D5730, D5750) per 36 months (after 6 months have elapsed since initial placement)	20% of cost
D5711	Rebase complete mandibular denture	One of (D5711, D5731, D5751) per 36 months (after 6 months have elapsed since initial placement)	
D5720	Rebase maxillary partial denture	One of (D5720, D5740, D5760) per 36 months (after 6 months have elapsed since initial placement) months (after 6 months have elapsed since initial placement)	
D5721	Rebase mandibular partial denture	One of (D5721, D5741, D5761) per 36 months (after 6 months have elapsed since initial placement)	
D5725	Rebase of hybrid prosthesis	One of D5725 per arch per 36 months (after 6 months have elapsed since initial placement)	
Denture Reline Procedures			
Code	Description	Frequency	Member Co-Pay
D5730	Reline complete maxillary denture (chairside)	One of (D5710, D5730, D5750) per 36 months (after 6 months have elapsed since initial placement)	20% of cost
D5750	Reline complete maxillary denture (laboratory)		
D5731	Reline complete mandibular denture (chairside)	One of (D5711, D5731, D5751)per 36 months (after 6 months have elapsed since initial placement)	
D5751	Reline complete mandibular denture (laboratory)		
D5740	Reline maxillary partial denture (chairside)	One of (D5720, D5740, D5760) per 36 months (after 6 months have elapsed since initial placement)	
D5760	Reline maxillary partial denture (laboratory)		
D5741	Reline mandibular partial denture (chairside)		

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

D5761	Reline mandibular partial denture (laboratory)	One of (D5721, D5741, D5761) per 36 months (after 6 months have elapsed since initial placement)	
D5765	Soft liner for complete or partial dentures (indirect)	One of D5765 per arch per 36 months (after 6 months have elapsed since initial placement)	
Other Removable Prosthetic Services			
Code	Description	Frequency	Member Co-Pay
D5850	Tissue conditioning maxillary	With fabrication of new denture only. Not allowable for 60 months after delivery of new denture	20% of cost
D5851	Tissue conditioning mandibular		
D5863	Overdenture-complete maxillary	One of (D5110, D5130, D5211, D5213, D5221, D5223, D5225, D5227, D5863, D5864), once per 60 months	50% of cost
D5864	Overdenture-partial maxillary		
D5865	Overdenture-complete mandibular	One of (D5120, D5140, D5212, D5214, D5222, D5224, D5226, D5228, D5865, D5866), once per 60 months	
D5866	Overdenture-partial mandibular		
D5876	Add metal substructure to acrylic full denture	Only allowable on the same date of service as D5110, D5120, D5130, D5140	
D5899	Unspecified removable prosthodontic procedures		
D5999	Unspecified maxillofacial prosthesis, by re-port		
Endosteal Implants			
Code	Description	Frequency	Member Co-Pay
D6010	Surgical placement of implant body: endosteal implant	One of (D6010, D6013) per 60 months per quadrant	50% of cost
D6013	Surgical placement of mini-implant		
D6056	Prefabricated abutment – includes modification and placement	One of (D6056, D6057) per 60 months per tooth	
D6057	Custom fabricated abutment – includes placement		

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

D6091	Replacement of replaceable part of semi-precision or precision attachment (male or female component) of implant/abutment supported prosthesis, per attachment	One per tooth per 12 months (after 6 months of initial placement)	
D6058	Abutment supported porcelain/ceramic crown	One of (D6058, D6059, D6060, D6061, D6062, D6063, D6064, D6065, D6066, D6067, D6068, D6069, D6070, D6071, D6072, D6073, D6074, D6075, D6076, D6077, D6082, D6083, D6084, D6086, D6087, D6088, D6094, D6097, D6098, D6099, D6120, D6121, D6122, D6123, D6195) per 60 months per quadrant	
D6059	Abutment supported porcelain fused to metal crown (high noble)		
D6060	Abutment supported porcelain fused to metal crown (base metal)		
D6061	Abutment supported porcelain fused to metal crown (noble metal)		
D6062	Abutment supported cast metal crown (high noble)		
D6063	Abutment supported cast metal crown (base metal)		
D6064	Abutment supported cast metal crown (noble metal)		
D6065	Implant supported porcelain/ceramic crown		
D6066	Implant supported porcelain fused to metal crown (titanium, titanium alloy, high noble metal)		
D6067	Implant supported metal crown (titanium, titanium alloy, high noble metal)		
D6068	Abutment supported retainer for porcelain/ ceramic FPD		
D6069	Abutment supported retainer for porcelain fused to metal FPD (high noble metal)		
D6070	Abutment supported retainer of porcelain fused to metal FPD (predominantly base metal)		
D6071	Abutment supported retainer for porcelain fused to metal FPD (noble metal)		

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

D6072	Abutment supported retainer for cast metal FPD (high noble metal)		
D6073	Abutment supported retainer for cast metal FPD (predominantly base metal)		
D6074	Abutment supported retainer for cast metal FPD (noble metal)		
D6075	Implant supported retainer for ceramic FPD		
D6076	Implant supported retainer for porcelain fused to metal FPD (titanium, titanium alloy, or high noble metal)		
D6077	Implant supported retainer for cast metal FPD (titanium, titanium alloy, or high noble metal)		
D6082	Implant supported crown-porcelain fused to predominantly base alloys		
D6083	Implant supported crown-porcelain fused to noble alloys		
D6084	Implant supported crown-porcelain fused to titanium and titanium alloys		
D6086	Implant supported crown-predominantly base alloys		
D6087	Implant supported crown-noble alloys		
D6088	Implant supported crown titanium and titanium alloys		
D6094	Abutment supported crown-titanium		
D6097	Abutment supported crown, porcelain fused to titanium and titanium alloys		
D6098	Implant supported retainer-porcelain fused to predominantly base alloys		

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

D6099	Implant supported retainer for FPD- porcelain fused to noble alloys		
D6120	Implant supported retainer- porcelain fused to titanium and titanium alloys		
D6106	Guided tissue regeneration – resorbable barrier, per implant	One of (D6106, D6107, D7956, D7957) per 60 months per tooth	
D6107	guided tissue regeneration – non-resorbable barrier, per implant		
D6110	Implant /abutment supported removable denture for edentulous arch – maxillary	One of (D5110, D5130, D5211, D5213, D5221, D5223, D5225, D5227, D5863, D5864, D6110, D6112), once per 60 months	
D7956	Guided tissue regeneration, edentulous area–resorbable barrier, per site	One of (D6106, D6107, D7956, D7957) per 60 months per tooth	
D7957	Guided tissue regeneration, edentulous area-non-resorbable, per site	One of (D6106, D6107, D7956, D7957) per 60 months per tooth	
D6111	Implant /abutment supported removable denture for edentulous arch – mandibular	One of (D5120, D5140, D5212, D5214, D5222, D5224, D5226, D5228, D5865, D6111, D6113), once per 60 months	
D6112	Implant /abutment supported removable denture for partially edentulous arch – maxillary	One of (D5110, D5130, D5211, D5213, D5221, D5223, D5225, D5227, D5863, D5864, D6110, D6112), once per 60 months	
D6113	Implant /abutment supported removable denture for partially edentulous arch – mandibular	One of (D5120, D5140, D5212, D5214, D5222, D5224, D5226, D5228, D5865, D6111, D6113), once per 60 months	
D6121	Implant supported retainer for metal FPD- predominantly base alloys		
D6122	Implant supported retainer for metal FPD- noble alloys		

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

D6123	Implant supported retainer for metal FPD- titanium and titanium alloys		
D6191	Semi-precision abutment – placement	One of (D6191) per 60 months per tooth	
D6192	semi-precision attachment – placement	One of (D6192) per 60 months per tooth	
D6195	Abutment supported retainer- porcelain fused to titanium and titanium alloys		
D6090	Repair implant supported prosthesis	Once per tooth per 24 months only after 6 months of initial placement	20% of cost
D6092	Re-cement or re-bond implant/abutment supported crown		
D6093	Re-cement or re-bond implant/abutment fixed partial denture		
D6197	Replacement of restorative material used to close an access opening of a screw-retained implant supported prosthesis, per implant		
Fixed Partial Denture Pontics			
Code	Description	Frequency	Member Co-Pay
D6205	Pontic-indirect resin-based composite	One of (D6205, D6210, D6211, D6212, D6214, D6240, D6241, D6242, D6243, D6245, D6250, D6251, D6252) per tooth per 60 months	50% of cost
D6210	Pontic - cast high noble metal		
D6211	Pontic - cast predominantly base metal		
D6212	Pontic - cast noble metal		
D6214	Pontic titanium		
D6240	Pontic-porcelain fused-high noble		
D6241	Pontic-porcelain fused metal		

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

D6242	Pontic-porcelain fused-noble metal		
D6243	Pontic-porcelain fused to titanium and titanium alloys		
D6245	Pontic-porcelain ceramic substrate		
D6250	Pontic - resin with high noble metal		
D6251	Pontic-resin with base metal		
D6252	Pontic-resin with noble metal		
D6545	Retainer - cast metal for resin bonded fixed prosthesis	One of (D6545, D6548, D6549, D6602, D6603, D6604, D6605, D6606, D6607, D6608, D6609, D6610, D6611, D6612, D6613, D6614, D6615, D6624, D6634, D6710, D6720, D6721, D6722, D6740, D6750, D6751, D6752, D6753, D6780, D6781, D6782, D6784, D6790, D6791, D6792, D6793, D6794), per tooth per 60 months	
D6548	Retainer-porcelain/ceramic for resin bonded fixed prosthesis		
D6549	Resin retainer-for resin bonded fixed prosthesis		
D6602	Retainer inlay-noble metal, two surfaces		
D6603	Retainer inlay-noble metal, three or more surfaces		
D6604	Retainer inlay-base metal, 2 surfaces		
D6605	Retainer inlay-base metal, 3 or more surfaces		
D6606	Retainer inlay-cast noble metal, two surfaces		
D6607	Retainer inlay-cast noble metal, 3 or more surfaces		
D6608	Retainer onlay-porcelain/ceramic two surfaces		
D6609	Retainer onlay-porcelain/ceramic three or more surfaces		
D6610	Retainer onlay-cast high noble metal two surfaces		

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

D6611	Retainer onlay-cast high noble metal three surfaces		
D6612	Retainer onlay-cast predominantly base metal 2 surfaces		
D6613	Retainer onlay-cast predominantly base metal 3 surfaces		
D6614	Retainer onlay-cast noble metal two surfaces		
D6615	Retainer onlay-cast noble metal 3 or more surfaces		
D6624	Retainer-inlay titanium		
D6634	Retainer-onlay titanium		
D6710	Retainer crown - indirect resin-based composite		
Fixed Partial Denture Retainers Crowns			
Code	Description	Frequency	Member Co-Pay
D6720	Retainer crown - resin with high noble metal	One of (D6545, D6548, D6549, D6602, D6603, D6604, D6605, D6606, D6607, D6608, D6609, D6610, D6611, D6612, D6613, D6614, D6615, D6624, D6634, D6710, D6720, D6721, D6722, D6740, D6750, D6751, D6752, D6753, D6780, D6781, D6782, D6784, D6790, D6791, D6792, D6793, D6794), per tooth per 60 months, per patient	50% of cost
D6721	Retainer crown - resin with predominantly base metal		
D6722	Retainer crown - resin with noble metal		
D6740	Retainer crown - porcelain/ceramic		
D6750	Retainer crown-porcelain fused high noble		
D6751	Retainer crown-porcelain fused to metal		
D6752	Retainer crown-porcelain fused noble metal		
D6753	Retainer crown-porcelain fused to titanium and titanium alloys		
D6780	Retainer crown-3/4 cast high noble		

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

D6781	Retainer crown-3/4 cast high predominantly based metal		
D6782	Retainer crown 3/4 cast noble metal		
D6784	Retainer crown-3/4-titanium and titanium alloys		
D6790	Retainer crown-full cast high noble		
D6791	Retainer crown - full cast base metal		
D6792	Retainer crown - full cast noble metal		
D6793	Provisional retainer crown		
D6794	Retainer crown-titanium		
Other Fixed Partial Denture Services			
Code	Description	Frequency	Member Co-Pay
D6930	Re-cement fixed partial denture	Once per 24 months only after 6 months of initial placement	20% of cost
D6980	Fixed partial denture repair,		
D6999	Unspecified fixed prosthodontics procedures		50% of cost
Oral and Maxillofacial Surgery (Oral Surgery or Extractions)			
Code	Description	Frequency	Member Co-Pay
D7140	Extraction - erupted tooth or exposed root	Once per tooth per lifetime	20% of cost
D7210	Surgical removal of erupted tooth requiring removal of bone and/or section of tooth		
D7220	Removal impacted tooth-soft tissue		
D7230	Removal of impacted tooth - partially bony		
D7240	Removal of impacted tooth-completely bony		

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

D7241	Removal of impacted tooth - completely bony, with unusual surgical complications		
D7250	Surgical remove of residual roots		
D7251	Coronectomy-intentional partial tooth removal, impacted teeth only		
Other Surgical Procedures			
Code	Description	Frequency	Member Co-Pay
D7260	Oralantral fistula closure	2 per Arch per lifetime	50% of cost
D7261	Primary closure of a sinus perforation		
D7285	Incisional biopsy of oral tissue-hard		
D7286	Incisional biopsy of oral tissue-soft		
Alveoloplasty-Surgical Preparation of Ridge for Dentures			
Code	Description	Frequency	Member Co-Pay
D7310	Alveoloplasty with extractions-four or more teeth or tooth spaces per quadrant	One of (D7310 or D7311) per quadrant per lifetime	50% of cost
D7311	Alveoloplasty in conjunction with extractions-one to three teeth or tooth spaces per quadrant		
D7320	Alveoloplasty not in conjunction with extractions-four or more teeth or tooth spaces per quadrant	One of (D7320 or D7321) per quadrant per lifetime	
D7321	Alveoloplasty not in conjunction with extractions-one to three teeth or tooth spaces per quadrant		
Vestibuloplasty			
Code	Description	Frequency	Member Co-Pay
D7340	Vestibuloplasty - ridge extension (secondary epithelization)	One per arch per lifetime	50% of cost

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

D7350	Vestibuloplasty-ridge extensions (including soft tissue grafts, muscle re-attachment, revision of soft tissue attachment and management of hypertrophied and hyperplastic tissue) Surgical Excision of Reactive Inflammatory Lesions*		
Surgical Excision of Reactive Inflammatory Lesions*			
Code	Description	Frequency	Member Co-Pay
D7410	Excision of benign lesion of up to 1.25 cm		50% of cost
D7411	Excision of benign lesion greater than 1.25 cm		
D7440	Excision of malignant tumor - lesion diameter up to 1.25 cm		
D7441	Excision of malignant tumor - lesion diameter greater than 1.25 cm		
D7450	Removal of benign odontogenic cyst or tumor - lesion diameter up to 1.25 cm		
D7451	Removal of benign odontogenic cyst or tumor - lesion diameter greater than 1.25 cm		
D7460	Removal of benign nonodontogenic cyst or tumor - lesion diameter up to 1.25 cm		
D7461	Removal of benign nonodontogenic cyst or tumor - lesion diameter greater than 1.25 cm		
D7471	Removal of lateral exostosis (maxilla or mandible)	2 per arch per lifetime per member, regardless of the provider	
D7472	Removal of Torus Palatinus	Once per lifetime per member, regardless of provider	
D7485	Reduction of osseous tuberosity	2 per lifetime per member, regardless of provider	
D7473	Removal of torus mandibularis		

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

Surgical Incision			
Code	Description	Frequency	Member Co-Pay
D7510	Incision and drainage of abscess - intraoral soft tissue	Not allowable with extraction on same date of service	50% of cost
D7520	Incision and drainage of abscess - extraoral soft tissue		
D7521	Incision and drainage of abscess extraoral soft tissue complicated		
Other Repair Procedures			
Code	Description	Frequency	Member Co-Pay
D7961	Buccal / labial frenectomy (frenulectomy)	One (D7961, D7963) once per arch per lifetime	50% of cost
D7963	Frenuloplasty	One (D7962) once per arch per lifetime per patient	
D7962	Lingual frenectomy (frenulectomy)		
D7970	Excision of hyperplastic tissue - per arch	Once per arch per lifetime	
D7971	Excision of pericoronal gingiva	Once per tooth per lifetime	
D7999	Unspecified oral surgery procedure, by report		
Anesthesia			
Code	Description	Frequency	Member Co-Pay
D9222	Deep Sedation/general anesthesia-first 15 minutes	One per member per date of service. Not allowed with (D9239, D9243) on the same day.	50% of cost
D9223	Deep Sedation/general anesthesia-each subsequent 15 minute increment	3 per member per date of service. Not allowed with (D9239, D9243) on the same day.	
D9230	Inhalation of nitrous oxide/ analgesia, anxiolysis	One per member per date of service. Not allowed with (D9222, D9223, D9239, D9243, D9248) on the same day.	
D9239	Intravenous moderation (conscious)	One per member per date of service. Not allowed with (D9222, D9223) on the same day.	

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

D9243	Intravenous moderation (conscious)-each subsequent 15 minute increment	3 per member per date of service. Not allowed with (D9222, D9223) on the same day.	
D9248	Non-intravenous (conscious) sedation	One per member per date of service. Not allowed with (D9222, D9223, D9230, D9239, D9243) on the same day.	
Professional Consultation			
Code	Description	Frequency	Member Co-Pay
D9310	Consultation - diagnostic service provided by dentist or physician other than requesting dentist or physician	One per provider or location per year. Not allowed with (D0120, D0140, D0150, D0160, D0170, D0180) by same provider or location.	50% of cost
Professional Visits			
Code	Description	Frequency	Member Co-Pay
D9410	House/ Extended care facility call	One per date of service. 6 per year.	50% of cost
D9420	Hospital or ambulatory surgical canter call		
Miscellaneous Services			
Code	Description	Frequency	Member Co-Pay
D9910	Application of desensitizing medicament	2 of (D1206, D1208, D9910) per 12 months.	50% of cost
D9930	Treatment of complications (post- surgical)	Once per year. Not allowable routine post-operative care or dry socket treatment	
D9950	Occlusal analysis- mounted case	One of (D9950, D9952) per 60 months.	
D9951	Occlusal adjustment - limited	Once per 12 months	
D9952	Occlusal adjustment - complete	One of (D9950, D9952) per 60 months.	
D9999	Unspecified adjunctive procedure, by report		

Lab fees are the member's responsibility.

SECTION 3 What services are not covered by the plan?

Section 3.1 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
Acupuncture		Available for people with chronic low back pain under certain circumstances.
Cosmetic surgery or procedures		<ul style="list-style-type: none"> Covered in cases of an accidental injury or for improvement of the functioning of a malformed body member. Covered for all stages of reconstruction for a breast after a mastectomy, as well as for the unaffected breast to produce a symmetrical appearance.
Custodial care 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.	✓	

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

Services not covered by Medicare	Not covered under any condition	Covered only under specific conditions
Experimental medical and surgical procedures, equipment and medications. 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.)
Fees charged for care by your immediate relatives or members of your household.	✓	
Full-time nursing care in your home.	✓	
Home-delivered meals		Covered after discharge from an Inpatient Acute Care Stay Covered for certain chronic conditions (See Chapter 4, Section 3.1)
Homemaker services include basic household assistance, including light housekeeping or light meal preparation.	✓	
Naturopath services (uses natural or alternative treatments).	✓	
Non-routine dental care		Dental care required to treat illness or injury may be covered as inpatient or outpatient care.
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.

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

Services not covered by Medicare	Not covered under any condition	Covered only under specific conditions
Personal items in your room at a hospital or a skilled nursing facility, such as a telephone or a television.	✓	
Private room in a hospital.		Covered only when medically necessary.
Reversal of sterilization procedures and or non-prescription contraceptive supplies.	✓	
Routine chiropractic care		Manual manipulation of the spine to correct a subluxation is covered.
Routine dental care, such as cleanings, fillings or dentures.		Covered up to limitations noted in Dental Services previously listed in Chapter 4.
Routine eye examinations, eyeglasses, radial keratotomy, LASIK surgery, and other low vision aids.		Eye exam and one pair of eyeglasses (or contact lenses) are covered for people after cataract surgery. Eyewear covered up to limits listed in Vision Care in Chapter 4. Routine services covered up to limitations previously listed in Vision Services in Chapter 4.
Routine foot care		Some limited coverage provided according to Medicare guidelines (e.g., if you have diabetes).
Routine hearing exams, hearing aids, or exams to fit hearing aids.		Hearing Aides and provider visits to service hearing aids (except as specifically described in the Covered Benefits), ear molds, hearing aid accessories, return fees, warranty claim fees, and hearing aid batteries (beyond the 48 free batteries per aid purchased).

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

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		Unless these services are listed by our plan as covered services

CHAPTER 5:

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

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

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 the 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 receive care from a provider who is not part of our network, you are only responsible for paying your share of the cost. (Your share of the cost may be higher for an out-of-network provider than for a network provider.) Ask the provider to bill the plan for our share of the cost.

- You are only responsible for paying your share of the cost for emergency or urgently needed services. Emergency providers are legally required to provide emergency care. If you accidentally 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 is not eligible to participate in Medicare. If the provider is not eligible to participate in Medicare, you will be responsible for the full cost of the services you receive.

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

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 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.

Please call your Customer Experience Team for additional information about how to ask us to pay you back and deadlines for making your request. (Phone numbers for your Customer Experience Team are printed on the back cover of this document.)

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

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 receipts for your records. **You must submit your claim to us within 365 days** of the date you received the service or item.

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. For Medical claims be sure to include your member and provider information, date of service, codes for service or supplies,

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

Diagnosis Codes (ICD10) and amount Charged along with itemized receipts for each supply or service received.

- Either download a copy of the form from our website (www.cnchealthplan.com) or call your Customer Experience Team and ask for the form.

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

Care N' Care Insurance Company, Inc.
Attn: Organization Determination
1603 Lyndon B. Johnson Freeway, Suite 300
Farmers Branch, TX 75234

SECTION 3 We will consider your request for payment and say yes or no

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

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 right to appeal that decision.

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

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:

Your rights and responsibilities

SECTION 1 Our plan must honor your rights and cultural sensitivities as a member of the plan

Section 1.1	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 your Customer Experience Team.

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, please call to file a grievance with Care N' Care. You can call your Customer Experience Team at 1-877-374-7993. They are available: October 1 - March 31, 8AM – 8PM Central, 7 days a week; April 1 - September 30, 8AM – 8PM Central, Monday through Friday. 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.

Para obtener información en un formato que le resulte útil, llame a Servicios para Miembros al 1-877-374-7993. Los usuarios de TTY deben llamar al 711.

Nuestro plan cuenta con personas y servicio de intérprete disponible para responder a preguntas de miembros discapacitados o que no hablan inglés. También podemos ofrecerle la información en Braille, en letra grande, u otros formatos alternativos sin costo alguno si lo necesita. Tenemos que brindarle información sobre los beneficios del plan en un formato accesible y apropiado para usted. Para obtener información de nosotros de una manera que funcione para usted, llame a Servicios para Miembros (los números de teléfono están impresos en la contraportada de este folleto).

Si tiene algún problema para obtener información de nuestro plan en un formato que sea accesible y apropiado para usted, Por favor llame para presentar una queja con call your Customer Experience Team at 1-877-374-7993. They are available: October 1 - March 31, 8AM – 8PM Central, 7 days a week; April 1 - September 30, 8AM – 8PM Central, Monday through Friday. También puede presentar una queja ante Medicare llamando al 1-800-MEDICARE (1-800-663-4227) o directamente con la Oficina de Derechos Civiles. La información de contacto está incluida en esta Evidencia de Cobertura o con este envío, o puede comunicarse con el Servicio para Miembros para obtener información adicional.

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

You have the right to choose a provider in the plan's network. You also have the right to go to a women's health specialist (such as a gynecologist) without a referral and still pay the in-network cost sharing amount.

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.

If you think that you are not getting your medical care within a reasonable amount of time, Chapter 7, Section 9 of this document 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 your Customer Experience Team.

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 Care N' Care Choice MA-Only (PPO), you have the right to get several kinds of information from us.

If you want any of the following kinds of information, please call your Customer Experience Team:

- **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.

Section 1.5	We must support your right to make decisions about your care
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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.
- **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:

Texas Department of Aging and Disability Services
Consumer Rights and Services – Complaint Intake Unit
Mail Code E-249
P.O. Box 149030
Austin, TX 78714-9030
1-800-458-9858

Section 1.6	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.**

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 your Customer Experience Team**
- 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).

Section 1.8	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 your Customer Experience Team**
- You can **call the State Health Insurance Assistance Program**. 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: 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

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

- **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 plan membership card 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 premiums to remain a member of the plan.
 - For some of your medical services covered by the plan, you must pay your share of the cost when you get the service.

Chapter 6 Your rights and responsibilities

- **If you move *within* our 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 outside of our plan service area, you cannot remain a member of our plan.**
- If you move, it is also important to tell Social Security (or the Railroad Retirement Board).

CHAPTER 7:

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

SECTION 1 Introduction

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.

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.

SECTION 2 Where to get more information and personalized assistance

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.

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

The services of SHIP counselors are free. You will find phone numbers and website URLs 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).

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 or prescription drugs are covered or not, the way they are covered, and problems related to payment for medical care or prescription drugs.

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 deals with problems related to your benefits and coverage for medical services, including payment. This is the process you use 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 services

A coverage decision is a decision we make about your benefits and coverage or about the amount we will pay for your medical services. For example, your plan network doctor makes a (favorable) coverage decision for you whenever you receive medical care from him or her or if your network doctor refers you to a medical specialist. 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 a medical service 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 a service 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 service 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 do not dismiss your case but say no to all or part of your Level 1 appeal, you can go on to a Level 2 appeal. The Level 2 appeal is conducted by an independent review organization that is not connected to us. (Appeals for medical services and Part B drugs will be automatically sent to the independent review

organization for a Level 2 appeal – you do not need to do anything. 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).

Section 4.2	How to get help when you are asking for a coverage decision or making an appeal
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Here are resources if you decide to ask for any kind of coverage decision or appeal a decision:

- **You can call us at your Customer Experience Team.**
- **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 your Customer Experience Team 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)
 - 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 your Customer Experience Team 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. 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 begin or complete our review until we receive it. If we do not receive the form within 44 calendar days after receiving your appeal request (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 the doctor is discharging you 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 your Customer Experience Team. You can also get help or information from government organizations such as your State Health Insurance Assistance Program.

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

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 and services. These benefits are described in Chapter 4 of this document: *Medical Benefits Chart (what is covered and what you pay)*. To keep things simple, we generally refer to “medical care coverage” or “medical care” which includes medical items and services as well as Medicare Part B prescription drugs. 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.

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

Legal Terms

When a coverage decision involves your medical care, it is called an **“organization determination.”**

A “fast coverage decision” is called an **“expedited determination.”**

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

A “standard coverage decision” is usually made within 14 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 care *you have not yet 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 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 that may benefit you **we can take up to 14 more 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
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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."
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Step 1: Decide if you need a "standard appeal" or a "fast appeal."

A "standard appeal" is usually made within 30 days. 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.

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

- 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.

- **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 60 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. (For more information about the process for making complaints, including fast complaints, see Section 9 of this chapter.)
 - 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. ”

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 the “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” It is also called “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?
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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 coverage decision, we will check to see if the medical care you paid for is a covered service. 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 our share of the cost within 60 calendar days after we receive your request. If you haven't paid for the services, 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 services 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 the doctor is discharging you too soon

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 also 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 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 your Customer Experience Team 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 about:

- 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.

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

- 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 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 your Customer Experience Team 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/BNI/HospitalDischargeAppealNotices

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 your Customer Experience Team. 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 who are paid by the Federal government to check on and help improve the quality of care 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.

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

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, and 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.
 - If you miss the deadline for contacting the Quality Improvement Organization, and you still wish to appeal, you must make an appeal directly to our plan instead. For details about this other way to make your appeal, see Section 6.4.
- 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 your Customer Experience Team 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

Step 2: The Quality Improvement Organization conducts an independent review of your case.

- 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 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
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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.

Section 6.4 What if you miss the deadline for making your Level 1 appeal?

Legal Term

A “fast review” (or “fast appeal”) is also called an “ expedited appeal .”

You can appeal to us instead

As explained above, you must act quickly to start your Level 1 appeal of your hospital discharge. If you miss the deadline for contacting the Quality Improvement Organization, there is another way to make your appeal.

If you use this other way of making your appeal, *the first two levels of appeal are different.*

Step-by-Step: How to make a Level 1 *Alternate* Appeal

Step 1: Contact us and ask for a “fast review.”

- **Ask for a “fast review.”** This means you are asking us to give you an answer using the “fast” deadlines rather than the “standard” deadlines. Chapter 2 has contact information.

Step 2: We do a “fast” review of your planned discharge date, checking to see if it was medically appropriate.

- During this review, we take a look at all of the information about your hospital stay. We check to see if your planned discharge date was medically appropriate. We see if the decision about when you should leave the hospital was fair and followed all the rules.

Step 3: We give you our decision within 72 hours after you ask for a “fast review”.

- **If we say yes to your appeal,** it means we have agreed with you that you still need to be in the hospital after the discharge date. We will keep providing your covered inpatient hospital services for as long as they are medically necessary. It also means that we have agreed to reimburse you for our share of the costs of care you have received since the date when we said your coverage would end. (You must pay your share of the costs and there may be coverage limitations that apply.)

- **If we say no to your appeal**, we are saying that your planned discharge date was medically appropriate. Our coverage for your inpatient hospital services ends as of the day we said coverage would end.
 - If you stayed in the hospital *after* your planned discharge date, then **you may have to pay the full cost** of hospital care you received after the planned discharge date.

Step 4: If we say *no* to your appeal, your case will *automatically* be sent on to the next level of the appeals process.

Step-by-Step: Level 2 Alternate Appeal Process

Legal Term
The formal name for the “independent review organization” is the “ Independent Review Entity. ” It is sometimes called the “ IRE. ”

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: We will automatically forward your case to the independent review organization.

- We are required to send the information for your Level 2 appeal to the independent review organization within 24 hours of when we tell you that we are saying no to your first appeal. (If you think we are not meeting this deadline or other deadlines, you can make a complaint. Section 9 of this chapter tells how to make a complaint.)

Step 2: The independent review organization does a “fast review” of your appeal. The reviewers give you an answer within 72 hours.

- Reviewers at the independent review organization will take a careful look at all of the information related to your appeal of your hospital discharge.
- **If this organization says *yes* to your appeal**, then we must pay you back for our share of the costs of hospital care you received since the date of your planned discharge. We must also continue the plan’s coverage of your inpatient hospital services for as long as it is medically necessary. You must continue to pay your share of the costs. If there are coverage limitations, these could limit how much we would reimburse or how long we would continue to cover your services.
- **If this organization says *no* to your appeal**, it means they agree that your planned hospital discharge date was medically appropriate.
 - The written notice you get from the independent review organization will tell how to start a Level 3 appeal review process, which is handled by an Administrative Law Judge or attorney adjudicator.

Step 3: If the independent review organization turns down your appeal, 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 reviewers say no to your Level 2 appeal, you decide whether to accept their decision or go on to Level 3 appeal.
- Section 8 in this chapter tells more about Levels 3, 4, and 5 of the appeals process.

SECTION 7 How to ask us to keep covering certain medical services if you think your coverage is ending too soon

Section 7.1	<i>This section is only about three services: Home health care, skilled nursing facility care, and Comprehensive Outpatient Rehabilitation Facility (CORF) services</i>
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When you are getting **home health services, skilled nursing care, or rehabilitation care (Comprehensive Outpatient Rehabilitation Facility)**, you have the right to keep getting your covered 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
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Legal Term

<p>“Notice of Medicare Non-Coverage.” It tells you how you can request a “fast-track appeal.” Requesting a fast-track appeal is a formal, legal way to request a change to our coverage decision about when to stop your care.</p>
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1. **You receive a notice in writing** at least two 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.

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 your Customer Experience Team. 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 who are paid by the Federal government to check on and 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.

Your deadline for contacting this organization.

- If you miss the deadline for contacting the Quality Improvement Organization, and you still wish to file an appeal, you must make an appeal directly to us instead. For details about this other way to make your appeal, see Section 7.5.

Step 2: The Quality Improvement Organization conducts an independent review of your case.

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 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
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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 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 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 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.

Section 7.5 What if you miss the deadline for making your Level 1 appeal?

You can appeal to us instead

As explained above, you must act quickly to contact the Quality Improvement Organization to start your first appeal (within a day or two, at the most). If you miss the deadline for contacting this organization, there is another way to make your appeal. If you use this other way of making your appeal, *the first two levels of appeal are different.*

Step-by-Step: How to make a Level 1 Alternate Appeal

Legal Term
A “fast review” (or “fast appeal”) is also called an “ expedited appeal. ”

Step 1: Contact us and ask for a “fast review.”

- **Ask for a “fast review.”** This means you are asking us to give you an answer using the “fast” deadlines rather than the “standard” deadlines. Chapter 2 has contact information.

Step 2: We do a “fast” review of the decision we made about when to end coverage for your services.

- During this review, we take another look at all of the information about your case. We check to see if we were following all the rules when we set the date for ending the plan’s coverage for services you were receiving.

Step 3: We give you our decision within 72 hours after you ask for a “fast review.”

- **If we say yes to your appeal,** it means we have agreed with you that you need services longer, and will keep providing your covered services for as long as it is medically necessary. It also means that we have agreed to reimburse you for our share of the costs of care you have received since the date when we said your coverage would end. (You must pay your share of the costs and there may be coverage limitations that apply.)
- **If we say no to your appeal,** then your coverage will end on the date we told you and we will not pay any share of the costs after this date.
- If you continued to get 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, then **you will have to pay the full cost** of this care.

Step 4: If we say *no* to your fast appeal, your case will *automatically* go on to the next level of the appeals process.

Legal Term
The formal name for the “independent review organization” is the “ Independent Review Entity. ” It is sometimes called the “ IRE. ”

Step-by-Step: Level 2 *Alternate* Appeal Process

- During the Level 2 appeal, the **independent review organization** reviews the decision we made to your “fast appeal.” This organization decides whether the decision should be changed. **The independent review organization is an independent organization that is hired by Medicare.** This organization is not connected with our plan and it is not a government agency. This organization is a company chosen by Medicare to handle the job of being the independent review organization. Medicare oversees its work.

Step 1: We automatically forward your case to the independent review organization.

- We are required to send the information for your Level 2 appeal to the independent review organization within 24 hours of when we tell you that we are saying no to your first appeal. (If you think we are not

meeting this deadline or other deadlines, you can make a complaint. Section 9 of this chapter tells how to make a complaint.)

Step 2: The independent review organization does a “fast review” of your appeal. The reviewers give you an answer within 72 hours.

- Reviewers at the independent review organization will take a careful look at all of the information related to your appeal.
- **If this organization says yes to your appeal**, then we must pay you back for our share of the costs of care you have received since the date when we said your coverage would end. We must also continue to cover the care for as long as it is medically necessary. You must continue to pay your share of the costs. If there are coverage limitations, these could limit how much we would reimburse or how long we would continue to cover services.
- **If this organization says no to your appeal**, it means they agree with the decision our plan made to your first appeal and will not change it.
- The notice you get from the independent review organization will tell you in writing what you can do if you wish to go on to a Level 3 appeal.

Step 3: If the independent review organization says no to your appeal, you choose 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.
- A Level 3 appeal is reviewed 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.

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.

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.

- **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 service 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 service 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.

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.

- **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 service 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.

Level 5 appeal A judge at the Federal District Court will review your appeal.

- 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

Section 9.1 What kinds of problems are handled by the complaint process?

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
Quality of your medical care	<ul style="list-style-type: none"> • Are you unhappy with the quality of the care you have received (including care in the hospital)?
Respecting your privacy	<ul style="list-style-type: none"> • Did someone not respect your right to privacy or share confidential information?
Disrespect, poor customer service, or other negative behaviors	<ul style="list-style-type: none"> • Has someone been rude or disrespectful to you? • Are you unhappy with our Customer Experience Team? • Do you feel you are being encouraged to leave the plan?
Waiting times	<ul style="list-style-type: none"> • Are you having trouble getting an appointment, or waiting too long to get it? • Have you been kept waiting too long by doctors, or other health professionals? Or by our Customer Experience Team or other staff at the plan? <ul style="list-style-type: none"> ○ Examples include waiting too long on the phone, in the waiting or exam room.
Cleanliness	<ul style="list-style-type: none"> • Are you unhappy with the cleanliness or condition of a clinic, hospital, or doctor's office?
Information you get from us	<ul style="list-style-type: none"> • Did we fail to give you a required notice? • Is our written information hard to understand?

Complaint	Example
Timeliness (These types of complaints are all related to the <i>timeliness</i> of our actions related to coverage decisions and appeals)	If you already asked us for a coverage decision or made an appeal, and you think that we are not responding quickly enough, you can make a complaint about our slowness. Here are examples: <ul style="list-style-type: none"> • You asked us for a “fast coverage decision” or a “fast appeal,” and we have said no; you can make a complaint. • You believe we are not meeting the deadlines for coverage decisions or appeals; you can make a complaint. • You believe we are not meeting deadlines for covering or reimbursing you for certain medical services that were approved; you can make a complaint. • You believe we failed to meet required deadlines for forwarding your case to the independent review organization; you can make a complaint.

Section 9.2 How to make a complaint

Legal Terms
<ul style="list-style-type: none"> • 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.”

Section 9.3 Step-by-step: Making a complaint

Step 1: Contact us promptly – either by phone or in writing.

- **Usually, calling your Customer Experience Team is the first step.** If there is anything else you need to do, your Customer Experience Team 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.

Expedited or fast grievances will be responded to within 24 hours if the grievance is related to the plan’s refusal to make a fast coverage organizational determination or reconsideration and you haven’t received the medical care yet. We will address other grievance requests within 30 days after receiving your complaint. 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

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

calendar days to respond to your complaint. Be sure to provide all pertinent information. Make sure your grievance letter includes: your name, your member ID number (listed on your membership ID card), your address, your telephone number, what your grievance is about, the facts related to your grievance, and the resolution you are seeking.

- Send your written complaint (also known as a grievance) to us within 60 days of the event or incident to:

Care N' Care Insurance Company, Inc.
Attn: Appeals and Grievances Department
1603 Lyndon B. Johnson Freeway, Suite 300
Farmers Branch, TX 75234
Or:
Fax: 817-687-4103

- 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.

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

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

- You can make your complaint to both the Quality Improvement Organization and us at the same time.

Section 9.5 You can also tell Medicare about your complaint

You can submit a complaint about *Care N' Care Choice MA-Only (PPO)* directly to Medicare. To submit a complaint to Medicare, go to 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:

Ending your membership in the plan

SECTION 1 Introduction to ending your membership in our plan

Ending your membership in *Care N' Care Choice MA-Only* 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. Sections 2 and 3 provide 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 5 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.

SECTION 2 When can you end your membership in our plan?

Section 2.1 You can end your membership during the Annual Enrollment Period
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You can end your membership in our plan during the **Annual Enrollment Period** (also known as the “Annual Open Enrollment Period”). During this time, review your health and drug coverage and decide about coverage for the upcoming year.

- **The Annual Enrollment Period** is from **October 15 to December 7**.
- **Choose to keep your current coverage or make changes to your coverage for the upcoming year.** If you decide to change to a new plan, you can choose any of the following types of plans:
 - Another Medicare health plan, with or without prescription drug coverage
 - Original Medicare *with* a separate Medicare prescription drug plan.

OR

 - Original Medicare *without* a separate Medicare prescription drug plan.
- Your membership will end when your new plan’s coverage begins on January 1.

Section 2.2 You can end your membership during the Medicare Advantage Open Enrollment Period

You have the opportunity to make *one* change to your health coverage during the **Medicare Advantage Open Enrollment Period**.

- **The annual Medicare Advantage Open Enrollment Period?** is from January 1 to March 31.
- **During the annual Medicare Advantage Open Enrollment Period** you can:
 - Switch to another Medicare Advantage Plan with or without prescription drug coverage.

- Disenroll from our plan and obtain coverage through Original Medicare. If you choose to switch to Original Medicare during this period, you can also join a separate Medicare prescription drug plan at that time.
- **Your membership will end** on the first day of the month after you enroll in a different Medicare Advantage plan or we get your request to switch to Original Medicare. If you also choose to enroll in a Medicare prescription drug plan, your membership in the drug plan will begin the first day of the month after the drug plan gets your enrollment request.

Section 2.3	In certain situations, you can end your membership during a Special Enrollment Period
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In certain situations, members of *Care N' Care Choice MA-Only* may be eligible to end their membership at other times of the year. This is known as a **Special Enrollment Period**.

You may be eligible to end your membership during a Special Enrollment Period if any of the following situations apply to you. These are just examples, for the full list you can contact the plan, call Medicare, or visit the Medicare website (www.medicare.gov):

- Usually, when you have moved.
- If you have Medicaid.
- If we violate our contract with you.
- If you get care in an institution, such as a nursing home or long-term care (LTC) hospital.
- If you enroll in the Program of All-inclusive Care for the Elderly (PACE).

The enrollment time periods vary depending on your situation.

To find out if you are eligible for a Special Enrollment Period, please call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users call 1-877-486-2048. If you are eligible to end your membership because of a special situation, you can choose to change both your Medicare health coverage and prescription drug coverage. You can choose:

- Another Medicare health plan with or without prescription drug coverage.
- Original Medicare *with* a separate Medicare prescription drug plan.

OR

- Original Medicare *without* a separate Medicare prescription drug plan.
- **When will your membership end?** Your membership will usually end on the first day of the month after your request to change your plan is received.

Section 2.4	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 your Customer Experience Team.**
- You can find the information in the *Medicare & You 2023* handbook.
- Contact **Medicare** at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week (TTY 1-877-486-2048).

SECTION 3 How do you end your membership in our plan?

The table below explains how you should end your membership in our plan.

If you would like to switch from our plan to:	This is what you should do:
<ul style="list-style-type: none"> • Another Medicare health plan. 	<ul style="list-style-type: none"> • Enroll in the new Medicare health plan. You will automatically be disenrolled from Care N' Care Choice MA-Only (PPO) when your new plan's coverage begins.
<ul style="list-style-type: none"> • Original Medicare <i>with</i> a separate Medicare prescription drug plan. 	<ul style="list-style-type: none"> • Enroll in the new Medicare prescription drug plan. You will automatically be disenrolled from Care N' Care Choice MA-Only (PPO) when your new plan's coverage begins.
<ul style="list-style-type: none"> • Original Medicare <i>without</i> a separate Medicare prescription drug plan. 	<ul style="list-style-type: none"> • Send us a written request to disenroll. Contact your Customer Experience Team if you need more information on how to do this. • You can also contact Medicare, at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week, and ask to be disenrolled. TTY users should call 1-877-486-2048. • You will be disenrolled from Care N' Care Choice MA-Only (PPO) when your coverage in Original Medicare begins.

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.

SECTION 4 Until your membership ends, you must keep getting your medical services through our plan

Until your membership ends, and your new Medicare coverage begins, you must continue to get your medical 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).

SECTION 5 Care N' Care Choice MA-Only (PPO) must end your membership in the plan in certain situations

Section 5.1 When must we end your membership in the plan?
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Care N' Care Choice MA-Only (PPO) must end your membership in the plan if any of the following happen:

- 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 six months.
 - If you move or take a long trip, call your Customer Experience Team to find out if the place you are moving or traveling to is in our plan's 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 membership card 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 your Customer Experience Team.

Section 5.2 We cannot ask you to leave our plan for any health-related reason

Care N' Care Choice MA-Only (PPO) 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, you should call Medicare at 1-800-MEDICARE (1-800-633-4227) 24 hours a day, 7 days a week. (TTY 1-877-486-2048).

Section 5.3 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:

Legal notices

SECTION 1 Notice about governing law

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.

SECTION 2 Notice about non-discrimination

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 www.hhs.gov/ocr/index.

If you have a disability and need help with access to care, please call us at your Customer Experience Team. If you have a complaint, such as a problem with wheelchair access, your Customer Experience Team can help.

SECTION 3 Notice about Medicare Secondary Payer subrogation rights

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, Care N' Care Choice MA-Only (PPO), 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.

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 – 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.

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 Care N' Care Choice MA-Only (PPO), you only have to pay our plan's 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 both our plan and 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 haven't 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.

Centers for Medicare & Medicaid Services (CMS) – The Federal agency that administers Medicare.

Coinsurance – An amount you may be required to pay, expressed as a percentage (for example 20%) as your share of the cost for services.

Combined Maximum Out-of-Pocket Amount – This is the most you will pay in a year for all Part A and Part B services from both network (preferred) providers and out-of-network (non-preferred) 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, hospital outpatient visit, or a prescription. A copayment is a set amount (for example \$10), rather than a percentage.

Chapter 10 Definitions of important words

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.

Creditable Prescription Drug Coverage – Prescription drug coverage (for example, from an employer or union) that is expected to pay, on average, at least as much as Medicare’s standard prescription drug coverage. People who have this kind of coverage when they become eligible for Medicare can generally keep that coverage without paying a penalty if they decide to enroll in Medicare prescription drug coverage later.

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 include, 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.

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.

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.

Extra Help – A Medicare or a State program to help people with limited income and resources pay Medicare prescription drug program costs, such as premiums, deductibles, and coinsurance.

Grievance – A type of complaint you make about our plan or providers, including a complaint concerning the quality of your care. This type of complaint 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).

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.

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.”

Income Related Monthly Adjustment Amount (IRMAA) – If your modified adjusted gross income as reported on your IRS tax return from 2 years ago is above a certain amount, you’ll pay the standard premium amount and an Income Related Monthly Adjustment Amount, also known as IRMAA. IRMAA is an extra charge added to your premium. Less than 5% of people with Medicare are affected, so most people will not pay a higher premium.

Initial Enrollment Period – 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.

In-Network Maximum Out-of-Pocket Amount – The most you will pay for covered Part A and Part B services received from network (preferred) 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 (non-preferred) provider.

Low Income Subsidy (LIS) – See “Extra Help.”

Maximum Out-of-Pocket Amount – The most you will pay during the calendar year for covered Part A and Part B services received from network (preferred) 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 (non-preferred) 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 Open Enrollment Period – The time period from January 1 until March 31 when members in a Medicare Advantage plan can cancel their plan enrollment and switch to another Medicare Advantage plan, or obtain coverage through Original Medicare. If you choose to switch to Original Medicare during this period, you can also join a separate Medicare prescription drug plan at that time. The Medicare Advantage Open Enrollment Period is also available for a 3-month period after an individual is first eligible for Medicare.

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**.

Medicare Advantage Plans with Prescription Drug Coverage. Everyone who has Medicare Part A and Part B is eligible to join any Medicare Advantage health plan that is offered in their area.

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).

Medicare Prescription Drug Coverage (Medicare Part D) – Insurance to help pay for outpatient prescription drugs, vaccines, biologicals, and some supplies not covered by Medicare Part A or Part B.

“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).

Your Customer Experience Team – A department within our plan responsible for answering your questions about your membership, benefits, grievances, and appeals. See Chapter 2 for information about how to contact your Customer Experience Team.

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.”

Optional Supplemental Benefits – Non-Medicare-covered benefits that can be purchased for an additional premium and are not included in your package of benefits. You must voluntarily elect Optional Supplemental Benefits in order to get them.

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 doctor, hospital, or other health care provider that accepts Medicare. 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 (LTC) 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. People enrolled in PACE plans receive both their Medicare and Medicaid benefits through the plan.

Part C – see “Medicare Advantage (MA) Plan.”

Part D – The voluntary Medicare Prescription Drug Benefit Program.

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 network or out-of-network providers. Member cost sharing will generally be higher when plan benefits are received from out-of-network providers. PPO plans have an annual limit on your out-of-pocket costs for services received from network (preferred) providers and a higher limit on your total combined out-of-pocket costs for services from both in-network (preferred) and out-of-network (non-preferred) providers.

Premium – The periodic payment to Medicare, an insurance company, or a health care plan for health or prescription drug coverage.

Primary Care Provider (PCP) – The doctor or other provider you see first for most health problems. In many Medicare health plans, you must see your primary care provider before you see any other health care provider.

Prior Authorization – Approval in advance to get covered services. In the network portion of a PPO, some in-network medical services are covered only if your doctor 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 cost sharing responsibility is. Covered services that need prior authorization are marked in the Benefits Chart in Chapter 4.

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.

Service Area - A geographic area where you must live to join a particular health plan. For plans that limit which doctors and hospitals you may use, it's also generally the area where you can get routine (non-emergency) services. The plan must 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 – 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 outside the service area, if you move into a nursing home, or if we violate our contract with you.

Special Needs Plan – A special type of Medicare Advantage Plan that provides more focused health care for specific groups of people, such as those who have both Medicare and Medicaid, who reside in a nursing home, or who have certain chronic medical conditions.

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 – Covered services that are not emergency services, provided when the network providers are temporarily unavailable or inaccessible or when the enrollee is out of the service area. For example, you need immediate care during the weekend. Services must be immediately needed and medically necessary.

Care N' Care Choice MA-Only (PPO) Customer Experience Team

Method	Customer Experience Team – Contact Information
CALL	1-877-374-7993 Hours: October 1 - March 31, 8AM – 8PM Central, 7 days a week; April 1 - September 30, 8AM – 8PM Central, Monday through Friday. Customer Experience Team also has free language interpreter services available for non-English speakers.
TTY	711 Calls to this number are free. Hours: October 1 – March 31, 8AM – 8PM Central, 7 days a week; April 1 – September 30, 8AM – 8PM Central, Monday through Friday
FAX	817-687-4103
WRITE	Care N’ Care Insurance Company, Inc 1603 Lyndon B. Johnson Freeway, Suite 300 Farmers Branch, TX 75234 yourteam@cnchealthplan.com
WEBSITE	www.cnchealthplan.com

The State Health Insurance Assistance Program (SHIP)

The State Health Insurance Assistance Program (SHIP) is a state program that gets money from the Federal government to give free local health insurance counseling to people with Medicare.

Method	Contact Information
CALL	1-800-252-9240
WRITE	Health Information, Counseling, and Advocacy Program Department of Aging and Disability Services 1100 West 49th Street Austin, TX -78756-3199
WEBSITE	www.hhs.texas.gov/services/health/medicare

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.

Multi-Language Insert

Multi-language Interpreter Services

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 1-877-374-7993 (TTY: 711). Someone who speaks English/Language can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-877-374-7993 (TTY: 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Chinese Mandarin: 我们提供免费的翻译服务，帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务，请致电 1-877-374-7993 (TTY: 711)。我们的中文工作人员很乐意帮助您。这是一项免费服务。

Chinese Cantonese: 您對我們的健康或藥物保險可能存有疑問，為此我們提供免費的翻譯服務。如需翻譯服務，請致電 1-877-374-7993 (TTY: 711)。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

Tagalog: Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa 1-877-374-7993 (TTY: 711). Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

French: Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au 1-877-374-7993 (TTY : 711). Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

Vietnamese: Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quý vị cần thông dịch viên xin gọi 1-877-374-7993 (TTY: 711) sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

German: Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter 1-877-374-7993 (TTY: 711). Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

Korean: 당사는 의료 보험 또는 약품 보험에 관한 질문에 대해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 1-877-374-7993 (TTY: 711) 번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

Russian: Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону 1-877-374-7993 (TTY: 711). Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

Arabic: إننا نقدم خدمات المترجم الفوري المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول [1-xxx-xxx-xxxx] على مترجم فوري، ليس عليك سوى الاتصال بنا على 1-877-374-7993 (TTY: 711). سيقوم بمساعدتك. هذه خدمة مجانية شخص ما يتحدث العربية.

Hindi: हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं. एक दुभाषिया प्राप्त करने के लिए, बस हमें 1-877-374-7993 (TTY: 711) पर फोन करें. कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है. यह एक मुफ्त सेवा है.

Italian: È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero 1-877-374-7993 (TTY: 711). Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

Português: Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número 1-877-374-7993 (TTY: 711). Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

French Creole: Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan 1-877-374-7993 (TTY: 711). Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer 1-877-374-7993 (TTY: 711). Ta usługa jest bezpłatna.

Japanese: 当社の健康健康保険と薬品 処方薬プランに関するご質問にお答えするために、無料の通訳サービスがあります。通訳をご用命になるには、1-877-374-7993 (TTY: 711)にお電話ください。日本語を話す人 者が支援いたします。これは無料のサービスです。

February 16, 2023

**ADDENDUM TO 2023 ANOC and EOC
Care N' Care Choice MA-Only (PPO) H6328-005**

We previously sent you the 2023 Annual Notice of Change (ANOC) which provided information about changes to your coverage as an enrollee in our plan. You may have requested a copy of the 2023 Evidence of Coverage (EOC) or viewed electronically at <https://www.cnchealthplan.com/our-plans-2023/plan-documents-2023/> which provided your Medicare Health Benefits and Services and Prescription Drug Coverage as an enrollee in our plan. This notice is to let you know there are changes to the ANOC and the EOC because of a provision in the Inflation Reduction Act signed by President Joe Biden on August 16, 2022.

Beginning on April 1, 2023, you may pay less than your normal in-network coinsurance of 20% and out-of-network coinsurance of 30% for some Part B prescription drugs. Per the Inflation Reduction Act, the coinsurance will be reduced, if the drug's price has increased at a rate faster than the rate of inflation. The Centers for Medicaid and Medicare Services (CMS) will identify and publish a list of these Part B prescription drugs every quarter with the updated coinsurance. This list will be published approximately 2 weeks prior to the start of each new quarter on the following CMS website: cms.gov/medicare/medicare-fee-for-service-part-b-drugs/mcrrpartbdrugavgsalesprice. This list is called the Average Sales Price (ASP) file and will have a note in the "Notes" column to show the adjusted coinsurance for each drug on the list for the specified quarter. Care N' Care will then adjust what you pay for those drugs to match what is on the ASP file.

It is important to note, not every Part B drug will be subject to a reduced coinsurance (only those identified by CMS), and the list may change every quarter. If a Part B prescription drug you take is not on the list, you will pay the normal in-network coinsurance of 20% and out-of-network coinsurance of 30%.

Examples of Part B prescription drugs:

- 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
- Drugs you take using durable medical equipment (such as nebulizers) that were authorized by the plan
- Clotting factors you give yourself by injection if you have hemophilia
- Immunosuppressive drugs, if you were enrolled in Medicare Part A at the time of the organ transplant
- 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
- Antigens
- Certain oral anti-cancer drugs and anti-nausea drugs
- Certain drugs for home dialysis, including heparin, the antidote for heparin when medically necessary, topical anesthetics, and erythropoiesis-stimulating agents (such as Epogen®, Procrit®, Epoetin Alfa, Aranesp®, or Darbepoetin Alfa)
- Intravenous Immune Globulin for the home treatment of primary immune deficiency diseases

Beginning on July 1, 2023, for insulins that are administered through an item of durable medical equipment (i.e., a medically necessary traditional insulin pump): You won't pay more than \$35 for a one-month supply of each insulin product covered by our plan, no matter what cost-sharing tier it's on.

The chart below provides additional information to the 2023 Annual Notice of Change under Inflation Reduction Act.

Cost	Original Information	New Information	What does this mean for you?
Medicare Part B prescription drugs	In Network: 20% coinsurance Out-of-Network 30% coinsurance	In Network: No more than 20% coinsurance Out-of-Network No more than 30% coinsurance	Your Part B prescription drug may be less than the normal coinsurance, if it is on the CMS list posted each quarter as a part of the Inflation Reduction Act

The chart below tells you where on the EOC you can find the change:

Where you can find the changes in your 2023 EOC	Original Information	New Information	What does this mean for you?
On page 59, Chapter 4 Medical Benefit Chart: Medicare Part B prescription drugs	In-Network 20% coinsurance for Medicare-covered Part B chemotherapy drugs 20% coinsurance for other Medicare-covered Part B drugs Out-of-Network 30% coinsurance for Medicare-covered Part B chemotherapy drugs 30% coinsurance for other Medicare-covered Part B drugs	In-Network No more than 20% coinsurance for Medicare-covered Part B chemotherapy drugs No more than 20% coinsurance for other Medicare-covered Part B drugs Out-of-Network No more than 30% coinsurance for Medicare-covered Part B chemotherapy drugs No more than 30% coinsurance for other Medicare-covered Part B drugs	Your Part B prescription drug may be less than the normal coinsurance, if it is on the CMS list posted each quarter as a part of the Inflation Reduction Act

This information is available for free in other languages. Please contact the Customer Experience Team at 1-877-374-7993 October 1 to March 31: 8 a.m. – 8 p.m. CST, seven days a week
April 1 to September 30: 8 a.m. – 8 p.m. CST, Monday– Friday for additional information.

Care N' Care Insurance Company, Inc. (Care N' Care) is an HMO and PPO plan with a Medicare contract. Enrollment in Care N' Care depends on contract renewal.