

# Summary of Benefits



An Anthem Company

## Medicare Advantage and Part D

Plan year: January 1 – December 31, 2019

### New York

Albany, Rensselaer and Schenectady counties

### Empire MediBlue Dual Advantage (HMO SNP)

19NXH8432018

## Thank you for your interest in our Medicare Advantage plans

Empire BlueCross offers a variety of benefits designed to help keep you healthy while protecting you from unexpected medical and drug costs. This booklet tells you what we cover, what you may pay and more.

# Empire MediBlue Dual Advantage (HMO SNP)

**Our service area includes the following counties:** Albany, Rensselaer, Schenectady

## Have questions?



- If you **are not** a member of our plan, please call us toll-free **1-800-809-7328** (TTY: **711**), and follow the instructions to be connected to a representative.
- If you **are** a member of our plan, please call us toll-free at **1-877-269-5706** (TTY: **711**). We are open 8 a.m. to 8 p.m., seven days a week (except Thanksgiving and Christmas) from October 1 through March 31, and Monday to Friday (except holidays) from April 1 through September 30.



- You can learn more about us on our website at <https://shop.empireblue.com/medicare>.

While the Summary of Benefits does not include every service, limit or exclusion, the *Evidence of Coverage* does. Just give us a call to request a copy.

## This is a Dual-Eligible Special Needs Plan (D-SNP)

Empire MediBlue Dual Advantage (HMO SNP) is a Medicare Advantage and prescription drug plan. It includes hospital, medical and prescription drug benefits in one plan. To join this plan, you must<sup>1</sup>:

- Be entitled to Medicare Part A,
- Enrolled in Medicare Part B and New York Medicaid and
- Live in our service area.

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<sup>1</sup> This plan is available to anyone who has both Medical Assistance from the State and Medicare.

## Eligibility



Empire MediBlue Dual Advantage (HMO SNP) is available to anyone with both Medicare Parts A and B and who receives Medical Assistance from the state Medicaid program to cover Medicare cost sharing.

- Empire MediBlue Dual Advantage (HMO SNP) members with **Qualified Medicare Beneficiary (QMB)** status are covered by the New York Medicaid program for their Medicare cost sharing. Some QMB members are also eligible for full Medicaid benefits (QMB+).
- Empire MediBlue Dual Advantage (HMO SNP) plan members with **full Medicaid coverage (Full Benefit Dual Eligible (FBDE))** status are enrolled in the New York Medicaid program that pays their Medicare cost sharing. These members are also eligible to receive the additional Medicaid benefits described in the plan Evidence of Coverage.
- Empire MediBlue Dual Advantage (HMO SNP) plan members with **Specified Low-Income Beneficiary Plus (SLMB+)** status are covered by the New York Medicaid program for their Medicare cost sharing. Members are also eligible for full Medicaid benefits.

### Cost sharing and cost-sharing protections for all members

In an Empire MediBlue Dual Advantage (HMO SNP) plan, the state Medicaid program pays the cost sharing for Medicare-covered medical services you receive. You pay no cost sharing for the Medicare-covered benefits described later in this Summary of Benefits. You will pay small copayments for prescriptions covered under the Medicare Part D prescription drug benefit. When you receive health services, the provider should only bill Empire MediBlue Dual Advantage (HMO SNP) for the cost of those services and cost-sharing amounts. The provider should not bill you for services or cost sharing.

If you receive care from a non-contracted provider, the provider may not understand Empire MediBlue Dual Advantage (HMO SNP) or these billing rules. If you receive a bill from a provider for Medicare-covered services, please notify Customer Service so we can help you. Please see Chapter 7 of your Empire MediBlue Dual Advantage (HMO SNP) *Evidence of Coverage* for more information.

## Medicare coverage that goes beyond Original Medicare

- Like all Medicare Advantage health plans, we cover everything that Original Medicare covers — Part A (hospital services) and Part B (medical services). Our plan members also get more than what is covered by Original Medicare. Some of the extra benefits are covered in this Summary of Benefits.
- This plan covers Medicare Part D drugs and Part B drugs (such as chemotherapy and some drugs administered by your provider). To see if your prescription drugs are covered, follow the instructions in the “Know Your Drug Plan” section of this booklet.

## Is your PCP in our plan's network of doctors?



You must choose a **Primary Care Provider (PCP)** in our network (plan) for covered services.<sup>2</sup> A PCP is your main doctor who provides most of your medical care, including routine care and hospitalizations. Your PCP will also help coordinate your care after a stay in the hospital. If you use a doctor or facility that is not in our plan, we may not cover the services.

Before you get care from a specialist, we highly recommend you talk to your PCP first. Doing so will keep your PCP informed and will help ensure you get the right care. Many specialist services require a referral from your PCP. So if you have a favorite specialist, make sure to ask if the specialist is in the plan's network.

A PCP can join or leave the plan's network at any time, so be sure to ask the PCP if he or she is in the plan's network, taking new patients and accepts Medicare and Medicaid. You can find a PCP in the plan's network or check the PCP status online. Just follow the steps below. If, for any reason, you need to change your PCP, give us a call – we can help you.

<sup>2</sup> If you need emergency or urgent care, call 911 or go to the nearest doctor or facility that can help you. Most times, you must use doctors in our plan to get covered medical care, except for emergencies and urgently needed care when doctors in our plan are not available, or dialysis services when you are out of the service area. If you get routine care from doctors outside our plan, neither Medicare nor Empire BlueCross will pay for it.

### How to find a doctor/PCP in our plan:



- Go to <https://shop.empireblue.com/medicare>.
  1. Scroll to the *Useful Tools* section and choose the tab labeled **Find a Doctor**.
  2. Enter your ZIP code, county and the date you want your coverage to begin and select **Continue**.
  3. Fill in the details of your search (city, doctor's name, distance, etc.).
  4. Be sure to check that the doctor displays as "In-Network" for these plans.
- Or you can call us and ask for a copy of the *Provider Directory*. The phone number is on page 2.

## Know your drug plan

### Prescription drugs are an important part of health and wellness

Our plan gives you access to the drugs you need to get healthy and stay active.

### What is a formulary?



The formulary is a list of drugs covered by our plan that tells you:

- Which drugs require prior authorization from your plan before you fill your prescription,
- If there is a quantity limit on the frequency, amount or dosage,
- If you need to try other drugs first (called step therapy),
- And the cost-sharing tier a drug is in.

Our plan groups each drug into "tiers." The amount you pay depends on the drug's tier and what stage of the benefit you have reached. Learn more by going to the "Summary of 2019 prescription drug coverage" section in this guide.

## How to find if your drugs (or an acceptable alternative) are covered and what they'll cost:



- Visit <https://shop.empireblue.com/medicare>.
  1. Scroll to the *Useful Tools* section and choose the tab labeled **Find Your Covered Drugs**.
  2. Enter your ZIP code, county and beginning coverage date; then select **Continue**.
  3. Enter the name of your drug, dosage, quantity and refill frequency, and select **Add Drug**.
  4. Select your pharmacy.
  5. Select **View All Plans**.
  6. Make sure to choose **Show drug cost details** to view what tier your drugs are in, specific costs and coverage details.
- You can also call Customer Service at the number on page 2 to get a copy of the *Formulary*.

## Can I use any pharmacy to fill my covered prescriptions?

To get the best savings on your covered Part D drugs, you must generally use a pharmacy in our plan. You may get your covered drugs from pharmacies that are **not** in our plan, but only when you are unable to get your prescription drugs from a pharmacy that **is** in our plan.

Our plan offers preferred and standard pharmacies. You may go to either type of pharmacy to fill your covered prescription drugs. Your costs will be the same if you use a preferred or standard pharmacy.

To find a pharmacy in our plan, see our online *Pharmacy Directory* on our website at <https://shop.empireblue.com/medicare> (under *Useful Tools*, select **Find a Pharmacy**, and enter your location and search details). Preferred pharmacies are indicated above the pharmacy name. Or you can give us a call and we'll send you a copy.









# Summary of 2019 medical benefits



On the following pages, you can review more about our plan benefits to help you choose the right plan for you. If you want to compare our plan with other Medicare health plans, call and ask the other plans for a copy of their Summary of Benefits.

## **Be in the know**

Before you continue, here are some important things to know as you review our plan benefits:

- Services listed on the following pages with a <sup>1</sup> may require prior authorization (pre-approval).

Empire MediBlue Dual Advantage (HMO SNP)

### How much is my premium (monthly payment)?

\$0.00 per month

Part B premium is covered by your state's Medicaid agency for D-SNP enrollees.

### How much is my deductible?

This plan does not have a medical deductible.

The Stage 1 Part D deductible does not apply to you because you get Extra Help from Medicare.

### Is there a limit on how much I will pay for my covered medical services? (does not include Part D drugs)

\$6,700 per year from doctors and facilities in our plan.

Like all Medicare health plans, our plan protects you by having yearly limits on your out-of-pocket costs for medical and hospital care.

Services you get from doctors or facilities in our plan, goes toward the yearly limit. If you reach the limit on out-of-pocket costs, you will not have to pay any out-of-pocket costs for covered Part A and Part B services (in our plan) for the rest of the year.

### Inpatient Hospital<sup>1</sup>

**Facilities in our plan:** \$0.00 per stay

Our plan covers 90 days for an inpatient hospital stay.

Our plan also covers 60 "lifetime reserve days." These are "extra" days that we cover. If your hospital stay is longer than 90 days, you can use these extra days. But once you have used up these extra 60 days, your inpatient hospital coverage will be limited to 90 days.

Empire MediBlue Dual Advantage (HMO SNP)

**Outpatient Hospital <sup>1</sup>**

**Doctors and facilities in our plan:** \$0.00 copay

**Doctor's Office Visits<sup>1</sup>**

**Primary care physician (PCP) visit:**

**PCPs in our plan:** \$0.00 copay

**Specialist visit:**

**Doctors in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

**Preventive Care Screenings and Annual Physical Exams**

**Preventive care screenings:**

**Doctors in our plan:** \$0.00 copay

**Annual physical exam:**

**Doctors in our plan:** \$0.00 copay

## Empire MediBlue Dual Advantage (HMO SNP)

**Preventive Care Screenings and Annual Physical Exams - continued****Covered Preventive care screenings:**

- Abdominal aortic aneurysm screening
- Annual “wellness” visit
- Bone mass measurement
- Breast cancer screening (mammogram)
- Cardiovascular disease (behavioral therapy)
- Cardiovascular screening
- Cervical and vaginal cancer screening
- Colorectal cancer screenings (colonoscopy, fecal occult blood test, flexible sigmoidoscopy)
- Depression screening
- Diabetes prevention program
- Diabetes screenings and monitoring
- Hepatitis C Screening
- High Intensity Behavioral Counseling
- HIV screening
- Lung cancer screenings
- Medical nutrition therapy services
- Obesity screenings and counseling
- Prostate cancer screenings (PSA)
- Sexually transmitted infections screenings and counseling
- Tobacco use cessation counseling (counseling for people with no sign of tobacco-related disease)
- Vaccines, including flu shots, hepatitis B shots, pneumococcal shots
- “Welcome to Medicare” preventive visit (one-time)

Any extra preventive services approved by Medicare during the contract year will be covered. When you use doctors in this plan, 100% of the cost of preventive care screenings and annual physical exams are covered.

**Emergency Care**

\$0.00 copay

This plan covers emergency services when traveling outside of the United States for less than six months. This benefit is limited to \$25,000.00 per year for worldwide emergency services. \$0.00 copay

Empire MediBlue Dual Advantage (HMO SNP)

**Urgently Needed Services**

\$0.00 copay

**Diagnostic Radiology Services (such as MRIs, CT scans)<sup>1</sup>**

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

**Diagnostic Tests and Procedures<sup>1</sup>**

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

**Lab Services<sup>1</sup>**

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

**Outpatient X-rays<sup>1</sup>**

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

Empire MediBlue Dual Advantage (HMO SNP)

### **Therapeutic Radiology Services** (such as radiation treatment for cancer)<sup>1</sup>

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

### **Hearing Services**<sup>1</sup>

**Medicare-covered hearing services** (Exam to diagnose and treat hearing and balance issues):

**Doctors in our plan:** \$0.00 copay

#### **Routine hearing services:**

This plan covers 1 routine hearing exam(s) and hearing aid fitting/evaluation(s) every year. \$3,000.00 maximum plan benefit for hearing aids every year.

**Doctors in our plan:** \$0.00 copay for routine hearing exam(s). \$0.00 copay for hearing aids.

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

### **Dental Services**

**Medicare-covered dental services** (this does not include services for care, treatment, filling, removal or replacement of teeth):

**Doctors and dentists in our plan:** \$0.00 copay

#### **Preventive dental services:**

This plan covers: 2 oral exam(s), 2 cleaning(s), 1 dental X-ray(s) every year.

**Dentists in our plan:** \$0.00 copay

Empire MediBlue Dual Advantage (HMO SNP)

**Dental Services - continued**

**Comprehensive dental services:**

This plan covers up to a \$100.00 allowance for comprehensive dental services every quarter.

**Doctors and dentists in our plan:** \$0.00 copay

We cover more dental care than what Original Medicare covers. You can use our coverage for these services and more: extra exams, cleanings, X-rays, fillings and repairs, root canals (endodontics), dental crowns (caps), bridges and implants, and dentures.

Any amount not used at the end of a quarter will carry over to the next quarter. Any amount not used at the end of the calendar year will expire.

**Vision Services**

**Medicare-covered vision services:**

**Exam to diagnose and treat diseases and conditions of the eye**

**Doctors in our plan:** \$0.00 copay

**Eyeglasses or contact lenses after cataract surgery**

**Doctors in our plan:** \$0.00 copay

**Routine vision services:**

**Routine vision exam**

This plan covers 1 routine eye exam(s) every year.

**Doctors in our plan:** \$0.00 copay

Empire MediBlue Dual Advantage (HMO SNP)

## Vision Services - continued

### Routine eyewear (lenses and frames)

This plan covers up to \$100.00 for eyeglasses or contact lenses every year.

**Doctors in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

## Mental Health Care

### Inpatient visit:<sup>1</sup>

**Doctors and facilities in our plan:** \$0.00 per stay

Our plan has a lifetime limit of 190 days for inpatient mental health care in a psychiatric hospital. This limit does not apply to inpatient mental health services provided in a general hospital.

Our plan covers 90 days for an inpatient hospital stay.

Our plan also covers 60 "lifetime reserve days." These are "extra" days that we cover. If your hospital stay is longer than 90 days, you can use these extra days. But once you have used up these extra 60 days, your inpatient hospital coverage will be limited to 90 days.

### Outpatient individual and group therapy services:<sup>1</sup>

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

### Skilled Nursing Facility (SNF)<sup>1</sup>

**Doctors and facilities in our plan:** \$0.00 per stay

Our plan covers up to 100 days in a Skilled Nursing Facility (SNF).



Empire MediBlue Dual Advantage (HMO SNP)

**Physical Therapy<sup>1</sup>**

**Doctors and facilities in our plan:** \$0.00 copay

**Ambulance<sup>1</sup>**

**Ground/Water Ambulance:**

**Emergency transportation services in our plan:** \$0.00 copay per trip

**Air Ambulance:**

**Emergency transportation services in our plan:** \$0.00 copay per trip

**Transportation**

Not Covered

**Medicare Part B Drugs<sup>1</sup>**

**Other Part B Drugs:**

**Drugs in our plan:** \$0.00 copay

**Chemotherapy drugs:**

**Drugs in our plan:** \$0.00 copay

# More benefits and ways we support your health



Empire MediBlue Dual Advantage (HMO SNP)

## Chiropractic Care<sup>1</sup>

**Medicare-covered chiropractic services:**

**Providers in our plan:** \$0.00 copay

Medicare coverage includes manipulation of the spine to correct a subluxation (when one or more of the bones of your spine move out of position).

## Foot Care (podiatry services)<sup>1</sup>

**Medicare-covered podiatry:**

**Doctors in our plan:** \$0.00 copay

Foot exams and treatment are covered if you have diabetes-related nerve damage and/or meet certain conditions.

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

## Home Health Care<sup>1</sup>

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

Empire MediBlue Dual Advantage (HMO SNP)

**LiveHealth Online**

Lets you talk to a board-certified doctor, or licensed psychologist or therapist, by live, two-way video on a computer, smartphone or tablet.  
Please refer to the *Evidence of Coverage* for additional information.

**Medical Equipment/Supplies<sup>1</sup>**

**Durable Medical Equipment** (wheelchairs, oxygen, etc.):

**Suppliers in our plan:** \$0.00 copay

**Medical supplies and prosthetic devices** (braces, artificial limbs, etc.):

**Suppliers in our plan:** \$0.00 copay

**Diabetic supplies and services:<sup>1</sup>**

**Suppliers in our plan:** \$0.00 copay

**Outpatient Rehabilitation<sup>1</sup>**

**Cardiac (heart) rehab services** (with a limit of two, one-hour sessions per day and a maximum of 36 sessions within a 36-week period):

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

Empire MediBlue Dual Advantage (HMO SNP)

### **Outpatient Rehabilitation<sup>1</sup>** - continued

**Pulmonary (lung) rehab services** (with a limit of two, one-hour sessions per day and a maximum of 36 sessions):

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

### **Occupational therapy visit:**

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

### **Outpatient Substance Abuse<sup>1</sup>**

#### **Individual & Group therapy visit:**

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

### **Outpatient Surgery<sup>1</sup>**

#### **Ambulatory surgical center:**

**Doctors and facilities in our plan:** \$0.00 copay

Note: We highly recommend you talk to your PCP first, before you get care from a specialist.

## Over-the-Counter Items

This plan covers certain approved, non-prescription, over-the-counter drugs and health-related items, up to \$200 every quarter. Unused OTC amounts do roll over to the next quarter. Unused OTC amounts do not roll over to the next calendar year.

There are many ways to access your benefit:

- Shop online or use the mobile app and have items sent to your home or to a store location near you for pickup
- Shop at more than 4,600 Walmart and Neighborhood Market stores and other participating retailers
- Call to place an order and have items sent to your home

## Renal Dialysis

**Doctors and facilities in our plan:** \$0.00 copay

## SilverSneakers®\* Fitness program

When you become our member, you can sign up for SilverSneakers. It's included in our plan. To learn more details, go to [www.silversneakers.com](http://www.silversneakers.com) or call SilverSneakers at 1-855-741-4985 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.

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Empire MediBlue Dual Advantage (HMO SNP)

**24/7 Nurse HelpLine**

24-hour access to a nurse helpline, 7 days a week, 365 days a year.  
Please refer to the *Evidence of Coverage* for additional information.



# Summary of Medicaid-covered benefits

The following services are not covered by our plan but are available through Medicaid.

## Empire MediBlue Dual Advantage (HMO SNP)

### Services available through New York State Department of Health

- Adult day health care
- Medicaid pharmacy benefits
- Methadone maintenance treatment programs
- Non-Medicare-covered care in skilled nursing facility
- Non-Medicare-covered durable medical equipment
- Non-Medicare-covered home health services
- Personal care services
- Private duty nursing
- Rehabilitation services provided to residents of OMH-licensed community residences (CRs) and family-based treatment programs

In addition, Medicaid provides benefits beyond that of what our plan offers. Please check your Medicaid contract for a full list of services.



### Have Questions?

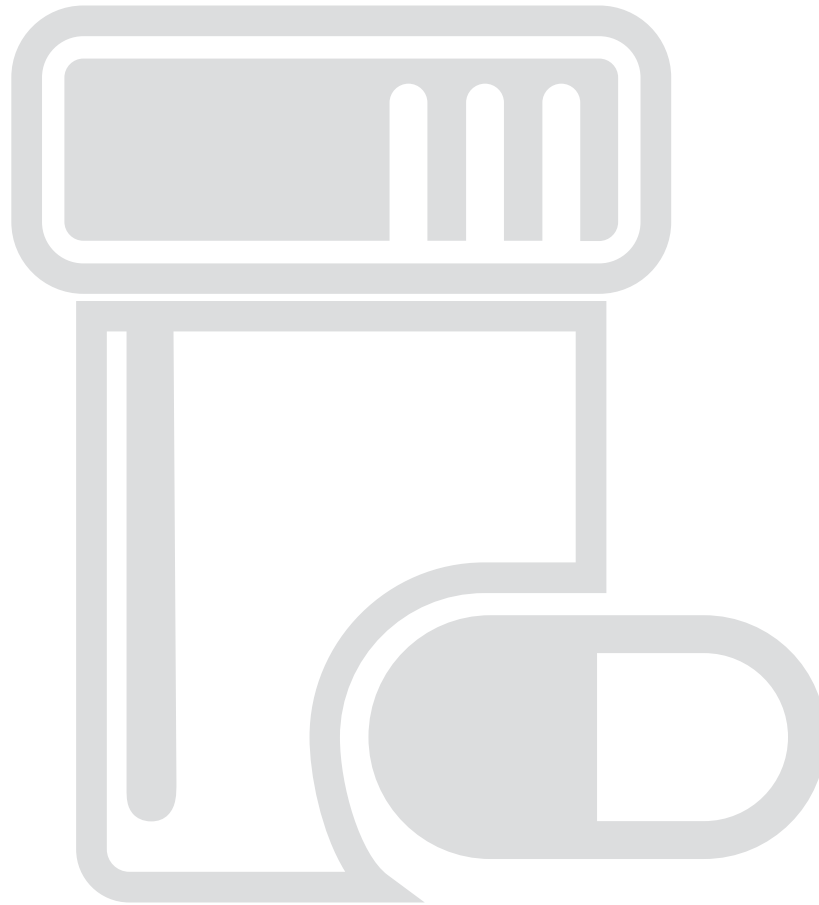
What you pay for covered services may depend on your level of Medicaid eligibility. If you have questions about your Medicaid eligibility and what benefits you are entitled to, call: 1-800-541-2831







# Summary of 2019 prescription drug coverage



## Know where to go:

Once you become a member of our plan, Chapters 5 and 6 of your *Evidence of Coverage* include lots of important details about your pharmacy benefit.



To find a pharmacy in our plan:

- Visit <https://shop.empireblue.com/medicare> (under *Useful Tools*, select **Find a Pharmacy**, and enter your location and search details). Preferred pharmacies are indicated above the pharmacy name.
- Give us a call and we'll send you a copy of the *Pharmacy Directory*.

Empire MediBlue Dual Advantage (HMO SNP)

## How much do I pay for Part D drugs?

### Stage 1: Deductible

The Stage 1 Part D deductible does not apply to you because you get Extra Help from Medicare.

### Stage 2: Initial Coverage

You pay the following until your total yearly drug costs reach \$3,820. Total yearly drug costs are the total drug costs paid by both you and our Part D plan.

You may get your covered drugs at retail pharmacies and mail-order pharmacies in our plan. Generally, you may get your covered drugs from pharmacies that are **not** in our plan, but only when you are unable to get your prescription drugs from a pharmacy that **is** in our plan. If you live in a long-term care facility, you pay the same as at a retail pharmacy.

If you qualify for low-income subsidy (LIS), also known as Medicare's "Extra Help" program, the amount you pay may be different in this Stage.

## Stage 2: Initial Coverage

### Empire MediBlue Dual Advantage (HMO SNP)

Cost Sharing	Preferred Retail Pharmacy: One-month supply	Mail Order: Three-month supply
<b>Tier 1: Preferred Generic</b>	\$0.00	\$0.00
<b>Tier 2: Generic</b>	\$0.00 - \$3.40. The amount you pay is determined by the covered Part D prescription and your low-income subsidy coverage. Please refer to your LIS Rider for the specific amount you pay.	\$0.00 - \$3.40. The amount you pay is determined by the covered Part D prescription and your low-income subsidy coverage. Please refer to your LIS Rider for the specific amount you pay.
<b>Tier 3: Preferred Brand</b>	\$0.00 - \$8.50. The amount you pay is determined by the covered Part D prescription and your low-income subsidy coverage. Please refer to your LIS Rider for the specific amount you pay.	\$0.00 - \$8.50. The amount you pay is determined by the covered Part D prescription and your low-income subsidy coverage. Please refer to your LIS Rider for the specific amount you pay.

## Stage 2: Initial Coverage

### Empire MediBlue Dual Advantage (HMO SNP)

<b>Tier 4: Nonpreferred Drugs</b>	\$0.00 - \$8.50. The amount you pay is determined by the covered Part D prescription and your low-income subsidy coverage. Please refer to your LIS Rider for the specific amount you pay.	\$0.00 - \$8.50. The amount you pay is determined by the covered Part D prescription and your low-income subsidy coverage. Please refer to your LIS Rider for the specific amount you pay.
<b>Tier 5: Specialty Tier</b>	\$0.00 - \$8.50. The amount you pay is determined by the covered Part D prescription and your low-income subsidy coverage. Please refer to your LIS Rider for the specific amount you pay.	Not available for a long-term supply
<b>Tier 6: Select Care Drugs</b>	\$0.00	\$0.00

Your costs will be the same if you use a pharmacy that offers standard cost-sharing, mail-order or a pharmacy that offers preferred cost-sharing.

### Stage 3: Coverage Gap

#### Empire MediBlue Dual Advantage (HMO SNP)

After you enter the coverage gap, you will pay your low income subsidy (LIS) level cost-sharing for generic and brand name drugs unless your plan has extra generic gap coverage.

For drugs on Tier 6 you will pay: \$0.00.

You will stay in the gap until your costs total **\$5,100**, which is the end of the coverage gap. Note - not everyone will enter the coverage gap.

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### Stage 4: Catastrophic Coverage

#### Empire MediBlue Dual Advantage (HMO SNP)

After your yearly out-of-pocket drug costs (including drugs purchased through mail order and your retail pharmacy) reach \$5,100, you pay nothing for your covered drugs for the rest of the year.

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# Ways we support your health

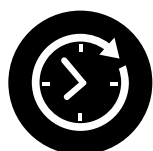
## Get fit and be healthy with SilverSneakers®

We offer the SilverSneakers<sup>1</sup> fitness program as a plan benefit at no cost to you. SilverSneakers includes:



- All basic amenities at participating locations nationwide.
- Group exercise classes at some sites.
- Fun social activities.
- Access to a secure, members-only online community.

**How to get started:** When you become our member, you have SilverSneakers. Go to [www.silversneakers.com](http://www.silversneakers.com) to find over 14,000 nationwide fitness locations and SilverSneakers FLEX classes, and get your unique SilverSneakers ID number. Just show your ID number at the fitness location front desk or to the SilverSneakers FLEX instructor to start working out! You can use more than one location at a time. If you already have a gym membership, SilverSneakers does not replace it or your gym privileges. For more details, visit [www.silversneakers.com](http://www.silversneakers.com) or call SilverSneakers Customer Service at **1-855-741-4985** (TTY: **711**), Monday through Friday, 8 a.m. to 8 p.m. Eastern Time.



### 24/7 Nurse HelpLine

You can talk with a registered nurse (RN) for non-emergencies any time of the day or night year-round. HelpLine RNs:

- Answer basic health questions.
- Help assess your symptoms and determine the appropriate level of care.

<sup>1</sup> The SilverSneakers fitness program is provided by Tivity Health, an independent company. Tivity Health, SilverSneakers and SilverSneakers FLEX are registered trademarks or trademarks of Tivity Health, Inc. and/or its subsidiaries and/or affiliates in the USA and/or other countries. © 2017 Tivity Health, Inc. All rights reserved.



## LiveHealth Online<sup>†</sup>

Using LiveHealth Online, you can visit with a board-certified doctor or licensed psychologist or therapist from the comfort and privacy of your home using your smartphone, tablet or computer for a \$0 copay. Doctors are available 24 hours a day, 7 days a week to assess common health conditions like the flu, a cold, sinus infection, pink eye, sore throat and more. When you're having a tough time coping or feeling stressed, you can make an appointment and visit with a therapist in four days or less. Getting started is easy. You can sign up at [livehealthonline.com](https://livehealthonline.com) or by downloading our free mobile app.

## BenefitsCheckUp<sup>®</sup>



We're proud to be working with the National Council on Aging (NCOA), a nonprofit organization that has been serving seniors since 1950, to make this service available to you. It's easy, and it's completely confidential.

### Visit

**[empireblue.benefitscheckup.org](https://empireblue.benefitscheckup.org)  
to see if you qualify for programs  
that can help you pay for:**

- Prescription drugs and medical costs
- Food
- Utility bills
- Housing/rent
- Legal services
- In-home services

### Or use BenefitsCheckUp<sup>®</sup> to find:

- Employment assistance
- Tax relief
- Veteran's benefits
- Volunteer work
- Other helpful information and resources

<sup>†</sup> LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of our plan.



# An overview of how Medicare works

If you're new to Medicare, this information can help you decide what option is right for you.

**ORIGINAL MEDICARE (PARTS A and B) is offered by the federal government. It helps cover the costs for:**

A  
+  
B



- Inpatient care in hospitals and skilled nursing facilities (not custodial or long-term care).
- Hospice and some home health care services.
- Doctors' services, hospital outpatient care and some home health care services, as well as lab tests, medical equipment and supplies.
- Most preventive services, including a yearly wellness exam.

**But Original Medicare doesn't cover everything. Parts A and B don't cover:**

- Part D prescription drugs.
- Routine vision, dental or hearing care.

# How Medicare works - continued

## Option 1

### Choose all your coverage in one plan

C  
D+



**MEDICARE PART C (offered by private insurers) can also be called a “Medicare Advantage” plan and:**

- Includes all of Part A (hospital) and Part B (medical) coverage.
- Usually includes Part D prescription drug coverage.
- Often offers extra services and benefit options.
- Have yearly limits on your out-of-pocket costs for medical services.

- OR -

## Option 2

### Choose one or both of the following

D



**MEDICARE PART D (offered by private insurers) is stand-alone prescription drug coverage and:**

- Helps pay for many of your prescribed drugs.
- Gives you access to mail-order options and retail drug stores across the country.

Medicare  
Supplement



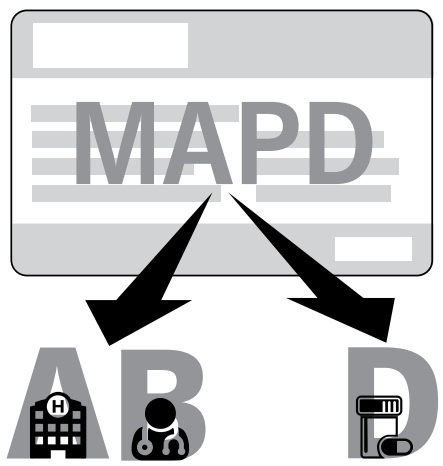
**MEDICARE SUPPLEMENT (offered by private insurers) bridges the gap in costs that are not fully covered by Original Medicare, such as:**

- Medicare Part A or Part B deductibles, coinsurance or copayments.
- Medicare Part B excess charges.
- Skilled Nursing Facility care coinsurance.
- Foreign Travel Emergencies.

# Medicare ID cards

The Medicare plan option you choose will determine the plan ID card or cards you will need to carry with you at all times.

- **If you choose one of our Dual-Eligible Special Needs (D-SNP) plans:**  
 You should put away your red, white and blue Medicare ID card because all you'll need to carry is one card. Just present your D-SNP plan ID card for all your covered medical and drug benefits. We recommend that you also carry your state Medicaid ID card just in case your doctor may need to see it.



## How can I learn more about Medicare?



### Medicare & You – a helpful tool

We strongly recommend you obtain a copy of the official U.S. government's *Medicare & You* handbook to get the answers to all of your questions about Medicare. If you do not have a copy, you can view it online at [www.medicare.gov](http://www.medicare.gov) or call Medicare for a copy at **1-800-MEDICARE (1-800-633-4227)**, 24 hours a day, 7 days a week. TTY users can call **1-877-486-2048**.

# When you can enroll



## Initial coverage period



You can sign up for a D-SNP when you are first eligible for Medicare. Your initial enrollment phase is a 7-month period that includes the 3 months before you turn 65, the month you turn 65 and the 3 months after you turn 65. You must be eligible for both Medicare and Medicaid to join a D-SNP.



## Annual election period - October 15 to December 7

During this time frame each year, you can enroll in or change your Medicare Advantage or Part D plan. You may also switch to Original Medicare (Parts A and B). New coverage begins January 1 of each year, after you've enrolled.



## Special enrollment period - January 1 to September 30

As a D-SNP member, you can change plans one time per calendar quarter. This option is known as a special enrollment period. For more help, call your agent or Customer Service (toll-free number is listed on page 2).

This information is not a complete description of benefits. Call **1-877-269-5706** (TTY: **711**) for more information.

Empire BlueCross is an HMO DSNP plan with a Medicare contract and a coordination of benefits agreement with the New York State Department of Health. Enrollment in Empire BlueCross depends on contract renewal.

Empire HealthChoice HMO, Inc. (Empire) is the legal entity that has contracted with the Centers for Medicare & Medicaid Services (CMS) to offer the HMO DSNP plan noted above or herein. Empire is the risk-bearing entity licensed under applicable state law to offer the HMO DSNP plan(s) noted. Empire has retained the services of its related companies and the authorized agents/brokers/producers to provide administrative services and/or to make the HMO DSNP plan(s) available in this region.

Services provided by Empire HealthChoice HMO, Inc. licensee of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans.