

Optima Medicare Value (HMO) offered by Optima Medicare

Annual Notice of Changes for 2019

You are currently enrolled as a member of Optima Medicare Value. Next year, there will be some changes to the plan's costs and benefits. *This booklet tells about the changes.*

- **You have from October 15 until December 7 to make changes to your Medicare coverage for next year.**
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What to do now

1. ASK: Which changes apply to you

- Check the changes to our benefits and costs to see if they affect you.
 - It's important to review your coverage now to make sure it will meet your needs next year.
 - Do the changes affect the services you use?
 - Look in Sections 1.1, 1.2 and 1.5 for information about benefit and cost changes for our plan.
- Check the changes in the booklet to our prescription drug coverage to see if they affect you.
 - Will your drugs be covered?
 - Are your drugs in a different tier, with different cost-sharing?
 - Do any of your drugs have new restrictions, such as needing approval from us before you fill your prescription?
 - Can you keep using the same pharmacies? Are there changes to the cost of using this pharmacy?
 - Review the 2019 Drug List and look in Section 1.6 for information about changes to our drug coverage.
 - Your drug costs may have risen since last year. Talk to your doctor about lower cost alternatives that may be available for you; this may save you in annual out-of-pocket costs throughout the year. To get additional information on drug prices visit go.medicare.gov/drugprices. These dashboards highlight which manufacturers have been increasing their prices and also show other year-to-year drug price information. Keep in mind that your plan benefits will determine exactly how much your own drug costs may change.

- Check to see if your doctors and other providers will be in our network next year.
 - Are your doctors in our network?
 - What about the hospitals or other providers you use?
 - Look in Section 1.3 for information about our Provider Directory.
- Think about your overall health care costs.
 - How much will you spend out-of-pocket for the services and prescription drugs you use regularly?
 - How much will you spend on your premium and deductibles?
 - How do your total plan costs compare to other Medicare coverage options?
- Think about whether you are happy with our plan.

2. **COMPARE:** Learn about other plan choices

- Check coverage and costs of plans in your area.
 - Use the personalized search feature on the Medicare Plan Finder at <https://www.medicare.gov> website. Click “Find health & drug plans.”
 - Review the list in the back of your Medicare & You handbook.
 - Look in Section 2.2 to learn more about your choices.
- Once you narrow your choice to a preferred plan, confirm your costs and coverage on the plan’s website.

3. **CHOOSE: Decide whether** you want to change your plan

- If you want to **keep** Optima Medicare Value, you don’t need to do anything. You will stay in Optima Medicare Value.
- To change to a **different plan** that may better meet your needs, you can switch plans between October 15 and December 7.

4. **ENROLL:** To change plans, join a plan between **October 15** and **December 7, 2018**

- If you **don’t join another plan by December 7, 2018**, you will stay in Optima Medicare Value.
- If you **join another plan by December 7, 2018**, your new coverage will start on January 1, 2019.

Additional Resources

- Please contact our Member Services number at 1-800-927-6048 for additional information. TTY users can contact us through the Virginia Relay Service at 1-800-828-1140 or 711. From October 1 – March 31, you can call us 7 days a week from 8:00 a.m. to 8:00 p.m. ET. From April 1 – September 30, you can call us Monday through Friday from 8:00 a.m. to 8:00 p.m. ET. Outside of these times, our interactive voice response system allows you to obtain information on many topics related to your plan.
- This information is available in large print, Braille, and audio.
- 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 <https://www.irs.gov/Affordable-Care-Act/Individuals-and-Families> for more information.

About Optima Medicare Value

- Optima Medicare Value is an HMO plan with a Medicare contract. Enrollment in Optima Medicare depends on contract renewal.
- When this booklet says “we,” “us,” or “our,” it means Optima Medicare. When it says “plan” or “our plan,” it means Optima Medicare Value.

Summary of Important Costs for 2019

The table below compares the 2018 costs and 2019 costs for Optima Medicare Value in several important areas. **Please note this is only a summary of changes. It is important to read the rest of this *Annual Notice of Changes* and your *Evidence of Coverage* which is located on our website at <https://www.optimahealth.com/members/optima-medicare-hmo/> to see if other benefit or cost changes affect you.** You may also call Member services to ask us to mail you an *Evidence of Coverage*.

Cost	2018 (this year)	2019 (next year)
Monthly plan premium* *Your premium may be higher or lower than this amount. See Section 1.1 for details.	\$0	\$0
Maximum out-of-pocket amount This is the <u>most</u> you will pay out-of-pocket for your covered Part A and Part B services. (See Section 1.2 for details.)	\$4,900	\$4,700
Doctor office visits	Primary care visits: \$0 per visit Specialist visits: \$40 per visit	Primary care visits: \$0 per visit Specialist visits: \$40 per visit
Inpatient hospital stays 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.	\$450 copay per day for days 1-4 \$0 copay per day for days 5 and beyond	\$425 copay per day for days 1-4 \$0 copay per day for days 5 and beyond
Part D prescription drug coverage (See Section 1.6 for details.)	Deductible: \$300; applies to drugs in Tier 4 & Tier 5.	Deductible: \$130; applies to drugs in Tier 3, Tier 4 & Tier 5.

Cost	2018 (this year)	2019 (next year)
	<p data-bbox="662 296 1008 457">Copayment/Coinsurance during the Initial Coverage Stage, for a one-month supply:</p> <ul data-bbox="711 468 1044 716" style="list-style-type: none"> <li data-bbox="711 468 1027 506">• Drug Tier 1: \$0 copay <li data-bbox="711 512 1044 550">• Drug Tier 2: \$14 copay <li data-bbox="711 556 1044 594">• Drug Tier 3: \$47 copay <li data-bbox="711 600 1044 638">• Drug Tier 4: \$95 copay <li data-bbox="711 644 1044 716">• Drug Tier 5: 27% coinsurance 	<p data-bbox="1071 296 1417 457">Copayment/Coinsurance during the Initial Coverage Stage, for a one-month supply:</p> <ul data-bbox="1117 468 1450 716" style="list-style-type: none"> <li data-bbox="1117 468 1433 506">• Drug Tier 1: \$0 copay <li data-bbox="1117 512 1450 550">• Drug Tier 2: \$12 copay <li data-bbox="1117 556 1450 594">• Drug Tier 3: \$47 copay <li data-bbox="1117 600 1450 638">• Drug Tier 4: \$95 copay <li data-bbox="1117 644 1450 716">• Drug Tier 5: 27% coinsurance

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SECTION 1 Changes to Benefits and Costs for Next Year

Section 1.1 – Changes to the Monthly Premium

Cost	2018 (this year)	2019 (next year)
Monthly premium (You must also continue to pay your Medicare Part B premium.)	\$0	\$0
Optional Supplemental Dental Plan Monthly Premium	Not Offered	DentaQuest Preventive Plus Plan \$13.50
	Not Offered	DentaQuest Comprehensive Plan \$16.00

- Your monthly plan premium will be *more* if you are required to pay a lifetime Part D late enrollment penalty for going without other drug coverage that is at least as good as Medicare drug coverage (also referred to as “creditable coverage”) for 63 days or more.
- If you have a higher income, you may have to pay an additional amount each month directly to the government for your Medicare prescription drug coverage.
- Your monthly premium will be less if you are receiving “Extra Help” with your prescription drug costs.

Section 1.2 – Changes to Your Maximum Out-of-Pocket Amount

To protect you, Medicare requires all health plans to limit how much you pay “out-of-pocket” during the year. This limit is called the “maximum out-of-pocket amount.” Once you reach this amount, you generally pay nothing for covered Part A and Part B services for the rest of the year.

Cost	2018 (this year)	2019 (next year)
Maximum out-of-pocket amount	\$4,900	\$4,700
Your costs for covered medical services (such as copays) count toward your maximum out-of-pocket amount. Your costs for prescription drugs do not count toward your maximum out-of-pocket amount.	Once you have paid \$4,900 out-of-pocket for covered Part A and Part B services, you will pay nothing for your covered Part A and Part B services for the rest of the calendar year.	Once you have paid \$4,700 out-of-pocket for covered Part A and Part B services, you will pay nothing for your covered Part A and Part B services for the rest of the calendar year.

Section 1.3 – Changes to the Provider Network

There are changes to our network of providers for next year. An updated Provider and Pharmacy Directory is located on our website at <https://www.optimahealth.com/members/optima-medicare-hmo/>. You may also call Member Services for updated provider information or to ask us to mail you a Provider and Pharmacy Directory. **Please review the 2019 Provider and Pharmacy Directory to see if your providers (primary care provider, specialists, hospitals, etc.) are in our network.**

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. There are a number of reasons why your provider might leave your plan, but if your doctor or specialist does leave 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 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 an appeal of our decision.
- 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 and managing your care.

Section 1.4 – Changes to the Pharmacy Network

Amounts you pay for your prescription drugs may depend on which pharmacy you use. Medicare drug plans have a network of pharmacies. In most cases, your prescriptions are covered *only* if they are filled at one of our network pharmacies.

There are changes to our network of pharmacies for next year. An updated Provider and Pharmacy Directory is located on our website at <https://www.optimahealth.com/members/optima-medicare-hmo/>. You may also call Member Services for updated provider information or to ask us to mail you Provider and Pharmacy Directory. **Please review the 2019 Provider and Pharmacy Directory to see which pharmacies are in our network.**

Section 1.5 – Changes to Benefits and Costs for Medical Services

We are changing our coverage for certain medical services next year. The information below describes these changes. For details about the coverage and costs for these services, see Chapter 4, *Medical Benefits Chart (what is covered and what you pay)*, in your 2019 *Evidence of Coverage*.

Cost	2018 (this year)	2019 (next year)
Ambulance Services	You pay \$225 copay	You pay \$265 copay
Dental Services: Fluoride Treatment (2 per year)	Not Covered	You pay nothing
Emergency Care	You pay \$80 copay	You pay \$90 copay
Fitness Benefit	We will reimburse you up to a maximum of \$200 per calendar year toward your membership fees to join a gym or recreation center or fees to participate in fitness classes.	We will reimburse you up to a maximum of \$400 per calendar year for your fitness benefit. This can be used for expenses related to gym membership, personal training sessions at the gym and other fitness related classes.
Hearing Aids	Our plan pays up to \$1,000 every 3 years for hearing aids (for both ears combined). You pay the balance, if any.	Our plan pays up to \$3,000 every 3 years for hearing aids (for both ears combined). You pay the balance, if any.

Cost	2018 (this year)	2019 (next year)
Inpatient Hospital Services	You pay: \$450 copay per day for days 1 – 4 \$0 copay per day for days 5 and beyond	You pay: \$425 copay per day for day 1 – 4 \$0 copay per day for days 5 and beyond
Outpatient Substance Abuse Therapy Visit		
• Individual Sessions	You pay \$40 per visit	You pay \$0 nothing
• Group Sessions	You pay \$40 per visit	You pay \$0 nothing
Partial Hospitalization	You pay \$45 copay	You pay \$40 copay
Routine Foot Care (6 visits per year)	Not Covered	You pay \$40 per visit
Skilled Nursing Facility (SNF)	You pay: \$0 copay per day for days 1 – 20 \$167.50 copay per day for days 21 – 100	You pay: \$0 copay per day for days 1 – 20 \$172 copay per day for days 21 – 100
Transportation	You pay: \$0 per year for 6 one-way trips for health-related services.	You pay: \$0 per year for 12 one-way trips for health-related services.
Urgently Needed Services		
• Primary Care Office	You pay nothing	You pay nothing
• Specialist Office/ Immediate care facility	You pay \$45 per visit	You pay \$40 per visit
Worldwide Emergency & Urgent Coverage		
• Worldwide Emergency Coverage	Not Covered	You pay nothing
• Worldwide Urgent Coverage	Not Covered	You pay nothing

Comprehensive Plan:**Premium Amount:** \$16.00**Maximum Plan Benefit Coverage:** \$1,000**Benefit Coverage Time Period:** Calendar Year

<ul style="list-style-type: none"> • Restorative: <ul style="list-style-type: none"> ○ Amalgam and resin fillings (once per tooth every 24 months) ○ Inlays/onlays (once per tooth every 60 months) ○ Protective restorations (once per tooth per lifetime) 	<p>You pay 20% of the cost</p> <p>You pay 20% of the cost</p> <p>You pay 20% of the cost</p>
<ul style="list-style-type: none"> • Oral Surgery: <ul style="list-style-type: none"> ○ Simple and surgical extractions (once per tooth per lifetime) ○ Other Surgical Procedures including Alveoloplasty and Vestibuloplasty (one per quadrant or arch per lifetime) 	<p>You pay 20% of the cost</p> <p>You pay 50% of the cost</p>
<ul style="list-style-type: none"> • Periodontics: <ul style="list-style-type: none"> ○ Periodontal surgery and scaling and root planing (once per quadrant per 36 months) ○ Full mouth debridement (one per 36 months) 	<p>You pay 50% of the cost</p> <p>You pay 50% of the cost</p>
<ul style="list-style-type: none"> • Endodontics (once per tooth per lifetime) 	<p>You pay 50% of the cost</p>
<ul style="list-style-type: none"> • Prosthetic Maintenance: <ul style="list-style-type: none"> ○ Bridge or denture repair (once every 12 months) ○ Rebase or reline of dentures (once per denture every 36 months) ○ Recement bridges, crowns, onlays and inlays crowns (once per tooth per 24 months) 	<p>You pay 20% of the cost</p> <p>You pay 20% of the cost</p> <p>You pay 20% of the cost</p>
<ul style="list-style-type: none"> • General Anesthesia (when clinically necessary) 	<p>You pay 50% of the cost</p>
<ul style="list-style-type: none"> • Prosthodontics: <ul style="list-style-type: none"> ○ Dentures - complete, partial, or immediate (once per 60 months) ○ Fixed Bridges (once per tooth per 60 months) 	<p>You pay 50% of the cost</p> <p>You pay 50% of the cost</p>
<ul style="list-style-type: none"> • Crowns and Implants <ul style="list-style-type: none"> ○ Crowns, post and core or crown buildup (once per tooth per 60 months) ○ Implants (one per quadrant per 60 months) (once per tooth per 60 months) 	<p>You pay 50% of the cost</p> <p>You pay 50% of the cost</p>

Section 1.6 – Changes to Part D Prescription Drug Coverage

Changes to Our Drug List

Our list of covered drugs is called a Formulary or “Drug List.” A copy of our Drug List is available on our website at <https://www.optimahealth.com/members/optima-medicare-hmo/>. You may also call Member Services to ask us to mail you a Formulary.

We made changes to our Drug List, including changes to the drugs we cover and changes to the restrictions that apply to our coverage for certain drugs. **Review the Drug List to make sure your drugs will be covered next year and to see if there will be any restrictions.**

If you are affected by a change in drug coverage, you can:

- **Work with your doctor (or other prescriber) and ask the plan to make an exception** to cover the drug. **We encourage current members** to ask for an exception before next year.
 - To learn what you must do to ask for an exception, see Chapter 9 of your *Evidence of Coverage (What to do if you have a problem or complaint (coverage decisions, appeals, complaints))* or call Member Services.
- **Work with your doctor (or other prescriber) to find a different drug** that we cover. You can call Member Services to ask for a list of covered drugs that treat the same medical condition.

In some situations, we are required to cover a temporary supply of a non-formulary drug in the first 90 days of the plan year or the first 90 days of membership to avoid a gap in therapy. (To learn more about when you can get a temporary supply and how to ask for one, see Chapter 5, Section 5.2 of the Evidence of Coverage.) During the time when you are getting a temporary supply of a drug, you should talk with your doctor to decide what to do when your temporary supply runs out. You can either switch to a different drug covered by the plan or ask the plan to make an exception for you and cover your current drug.

If you have a formulary exception for a Part D drug, coverage will end on December 31 of this year unless the coverage was determined to be longer.

Most of the changes in the Drug List are new for the beginning of each year. However, during the year, we might make other changes that are allowed by Medicare rules.

Starting in 2019, before we make changes during the year to our Drug List that require us to provide you with advance notice when you are taking a drug, we will provide you with notice of those changes 30, rather than 60, days before they take place. Or we will give you a 30-day, rather than a 60-day, refill of your brand name drug at a network pharmacy. We will provide this

notice before, for instance, replacing a brand name drug on the Drug List with a generic drug or making changes based on FDA boxed warnings or new clinical guidelines recognized by Medicare.

When we make these changes to the Drug List during the year, you can still work with your doctor (or other prescriber) and ask us to make an exception to cover the drug. We will also continue to update our online Drug List as scheduled and provide other required information to reflect drug changes. (To learn more about the changes we may make to the Drug List, see Chapter 5, Section 6 of the Evidence of Coverage.)

Changes to Prescription Drug Costs

Note: If you are in a program that helps pay for your drugs (“Extra Help”), **the information about costs for Part D prescription drugs does not apply to you.** We sent you a separate insert, called the “Evidence of Coverage Rider for People Who Get Extra Help Paying for Prescription Drugs” (also called the “Low Income Subsidy Rider” or the “LIS Rider”), which tells you about your drug costs. If you receive “Extra Help” and haven’t received this insert by September 30, 2018, please call Member Services and ask for the “LIS Rider.” Phone numbers for Member Services are in Section 6.1 of this booklet.

There are four “drug payment stages.” How much you pay for a Part D drug depends on which drug payment stage you are in. (You can look in Chapter 6, Section 2 of your *Evidence of Coverage* for more information about the stages.)

The information below shows the changes for next year to the first two stages – the Yearly Deductible Stage and the Initial Coverage Stage. (Most members do not reach the other two stages – the Coverage Gap Stage or the Catastrophic Coverage Stage. To get information about your costs in these stages, look at Chapter 6, Sections 6 and 7, in your *Evidence of Coverage*.)

Changes to the Deductible Stage

Stage	2018 (this year)	2019 (next year)
<p>Stage 1: Yearly Deductible Stage</p> <p>During this stage, you pay the full cost of your Part D Tier 3 (Preferred Brand) drugs, Tier 4 (Non-Preferred) drugs, and Tier 5 (Specialty) drugs until you have reached the yearly deductible.</p>	<p>The Deductible is \$300.00.</p> <p>During this stage, for a one-month supply you pay:</p> <ul style="list-style-type: none"> • \$0 copay for Tier 1 (Preferred Generic) drugs • \$14 copay for Tier 2 (Generic) drugs • \$47 for Tier 3 (Preferred Brand) drugs 	<p>The Deductible is \$130.00.</p> <p>During this stage, for a one-month supply you pay:</p> <ul style="list-style-type: none"> • \$0 copay for Tier 1 (Preferred Generic) drugs • \$12 copay for Tier 2 (Generic) drugs • The full cost of Tier 3 (Preferred Brand) drugs,

Stage	2018 (this year)	2019 (next year)
	<ul style="list-style-type: none"> The full cost for Tier 4 (Non-Preferred) drugs, and Tier 5 (Specialty) drugs until you have reached the yearly deductible. 	Tier 4 (Non-Preferred) drugs and Tier 5 (Specialty) drugs until you have reached the yearly deductible.

Changes to Your Cost-sharing in the Initial Coverage Stage

To learn how copayments and coinsurance work, look at Chapter 6, Section 1.2, *Types of out-of-pocket costs you may pay for covered drugs* in your *Evidence of Coverage*.

Stage	2018 (this year)	2019 (next year)
<p>Stage 2: Initial Coverage Stage</p> <p>Once you pay the yearly deductible, you move to the Initial Coverage Stage. During this stage, the plan pays its share of the cost of your drugs and you pay your share of the cost.</p> <p>The costs in this row are for a one-month (31- day) supply when you fill your prescription at a network pharmacy that provides standard cost-sharing. For information about the costs for a long-term supply or for mail-order prescriptions, look in Chapter 6, Section 5 of your <i>Evidence of Coverage</i>.</p> <p>We changed the tier for some of the drugs on our Drug List. To see if your drugs will be in a different tier, look them up on the Drug List.</p>	<p>Your cost for a one-month supply filled at a network pharmacy with standard cost-sharing:</p> <p>Tier 1 - Preferred Generic: You pay \$0.00 per prescription.</p> <p>Tier 2 - Generic: You pay \$14.00 per prescription.</p> <p>Tier 3 - Preferred Brand: You pay \$47.00 per prescription.</p> <p>Tier 4 - Non-Preferred Drug: You pay \$95.00 per prescription.</p> <p>Tier 5 - Specialty Tier: You pay 27% of the total cost.</p> <p>Once your total drug costs have reached \$3,750, you will move to the next stage (the Coverage Gap Stage).</p>	<p>Your cost for a one-month supply filled at a network pharmacy with standard cost-sharing:</p> <p>Tier 1 - Preferred Generic: You pay \$0.00 per prescription.</p> <p>Tier 2 - Generic: You pay \$12.00 per prescription.</p> <p>Tier 3 - Preferred Brand: You pay \$47.00 per prescription.</p> <p>Tier 4 - Non-Preferred Drug: You pay \$95.00 per prescription.</p> <p>Tier 5 - Specialty Tier: You pay 27% of the total cost.</p> <p>Once your total drug costs have reached \$3,820, you will move to the next stage (the Coverage Gap Stage).</p>

Changes to the Coverage Gap and Catastrophic Coverage Stages

The other two drug coverage stages – the Coverage Gap Stage and the Catastrophic Coverage Stage – are for people with high drug costs. **Most members do not reach the Coverage Gap Stage or the Catastrophic Coverage Stage.** For information about your costs in these stages, look at Chapter 6, Sections 6 and 7, in your *Evidence of Coverage*.

SECTION 2 Deciding Which Plan to Choose

Section 2.1 – If you want to stay in Optima Medicare Value

To stay in our plan you don't need to do anything. If you do not sign up for a different plan or change to Original Medicare by December 7, you will automatically stay enrolled as a member of our plan for 2019.

Section 2.2 – If you want to change plans

We hope to keep you as a member next year but if you want to change for 2019 follow these steps:

Step 1: Learn about and compare your choices

- You can join a different Medicare health plan,
- *OR--* You can change to Original Medicare. If you change to Original Medicare, you will need to decide whether to join a Medicare drug plan.

To learn more about Original Medicare and the different types of Medicare plans, read *Medicare & You 2019*, call your State Health Insurance Assistance Program (see Section 4), or call Medicare (see Section 6.2).

You can also find information about plans in your area by using the Medicare Plan Finder on the Medicare website. Go to <https://www.medicare.gov> and click “Find health & drug plans.” **Here, you can find information about costs, coverage, and quality ratings for Medicare plans.**

As a reminder, Optima Medicare offers other Medicare health plans. These other plans may differ in coverage, monthly premiums, and cost-sharing amounts.

Step 2: Change your coverage

- To change to a different Medicare health plan, enroll in the new plan. You will automatically be disenrolled from Optima Medicare Value.
- To change to Original Medicare with a prescription drug plan, enroll in the new drug plan. You will automatically be disenrolled from Optima Medicare Value.

- To **change to Original Medicare without a prescription drug plan**, you must either:
 - Send us a written request to disenroll. Contact Member Services if you need more information on how to do this (phone numbers are in Section 6.1 of this booklet).
 - – *or* – 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.

SECTION 3 Deadline for Changing Plans

If you want to change to a different plan or to Original Medicare for next year, you can do it from **October 15 until December 7**. The change will take effect on January 1, 2019.

Are there other times of the year to make a change?

In certain situations, changes are also allowed at other times of the year. For example, people with Medicaid, those who get “Extra Help” paying for their drugs, those who have or are leaving employer coverage, and those who move out of the service area may be allowed to make a change at other times of the year. For more information, see Chapter 10, Section 2.3 of the *Evidence of Coverage*.

If you enrolled in a Medicare Advantage plan for January 1, 2019, and don’t like your plan choice, you can switch to another Medicare health plan (either with or without Medicare prescription drug coverage) or switch to Original Medicare (either with or without Medicare prescription drug coverage) between January 1 and March 31, 2019. For more information, see Chapter 10, Section 2.2 of the *Evidence of Coverage*.

SECTION 4 Programs That Offer Free Counseling about Medicare

The State Health Insurance Assistance Program (SHIP) is a government program with trained counselors in every state. In Virginia, the SHIP is called the Virginia Insurance Counseling and Assistance Program (coordinated through the Virginia Division for the Aging).

The Virginia Insurance Counseling and Assistance Program (VICAP) is independent (not connected with any insurance company or health plan). It is a state program that gets money from the Federal government to give **free** local health insurance counseling to people with Medicare. VICAP counselors can help you with your Medicare questions or problems. They can help you understand your Medicare plan choices and answer questions about switching plans. You can call VICAP at 1-800-552-3402 (TTY 711). You can learn more about VICAP by visiting their website (www.vda.virginia.gov/vicap.htm).

SECTION 5 Programs That Help Pay for Prescription Drugs

You may qualify for help paying for prescription drugs.

- **“Extra Help” from Medicare.** People with limited incomes may qualify for “Extra Help” to pay for their prescription drug costs. If you qualify, Medicare could pay up to 75% or more of your drug costs including monthly prescription drug premiums, annual deductibles, and coinsurance. Additionally, those who qualify will not have a coverage gap or late enrollment penalty. Many people are eligible and don’t even know it. To see if you qualify, call:
 - 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048, 24 hours a day/7 days a week;
 - The Social Security Office at 1-800-772-1213 between 7 am and 7 pm, Monday through Friday. TTY users should call 1-800-325-0778 (applications); or
 - The Your State Medicaid Office (applications).
- **Prescription Cost-sharing Assistance for Persons with HIV/AIDS.** The AIDS Drug Assistance Program (ADAP) helps ensure that ADAP-eligible individuals living with HIV/AIDS have access to life-saving HIV medications. Individuals must meet certain criteria, including proof of State residence and HIV status, low income as defined by the State, and uninsured/under-insured status. Medicare Part D prescription drugs that are also covered by ADAP qualify for prescription cost-sharing assistance through the Virginia AIDS Drug Assistance Program (ADAP). For information on eligibility criteria, covered drugs, or how to enroll in the program, please call 1-855-362-0658.

SECTION 6 Questions?

Section 6.1 – Getting Help from Optima Medicare Value

Questions? We’re here to help. Please call Member Services at 1-800-927-6048. (TTY call the Virginia Relay Service at 1-800-828-1140 or 711.) We are available for phone calls 7 days a week from 8:00 a.m. to 8:00 p.m. ET from October 1, 2018 – March 31, 2019. From April 1, 2019 - September 30, 2019, you can call us Monday through Friday from 8:00 a.m. to 8:00 p.m. ET. Outside of these times, our interactive voice response system allows you to obtain information on many topics related to your plan. Calls to these numbers are free.

Read your 2019 Evidence of Coverage (it has details about next year's benefits and costs)

This *Annual Notice of Changes* gives you a summary of changes in your benefits and costs for 2019. For details, look in the 2019 *Evidence of Coverage* for Optima Medicare Value. The *Evidence of Coverage* is the legal, detailed description of your plan benefits. It explains your rights and the rules you need to follow to get covered services and prescription drugs. A copy of the *Evidence of Coverage* is available on our website at <https://www.optimahealth.com/members/optima-medicare-hmo/>. You may also call Member Services to ask us to mail you an *Evidence of Coverage*.

Visit our Website

You can also visit our website at <https://www.optimahealth.com/members/optima-medicare-hmo/>. As a reminder, our website has the most up-to-date information about our provider network (Provider and Pharmacy Directory) and our list of covered drugs (Formulary/Drug List).

Section 6.2 – Getting Help from Medicare

To get information directly from Medicare:

Call 1-800-MEDICARE (1-800-633-4227)

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.

Visit the Medicare Website

You can visit the Medicare website (<https://www.medicare.gov>). It has information about cost, coverage, and quality ratings to help you compare Medicare health plans. You can find information about plans available in your area by using the Medicare Plan Finder on the Medicare website. (To view the information about plans, go to <https://www.medicare.gov> and click on “Find health & drug plans”).

Read *Medicare & You 2019*

You can read the *Medicare & You 2019* Handbook. Every year in the fall, this booklet is mailed to people with Medicare. It has a summary of Medicare benefits, rights and protections, and answers to the most frequently asked questions about Medicare. If you don't have a copy of this booklet, you can get it at the Medicare website (<https://www.medicare.gov>) or 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.