



2023 Medicare Advantage Plans

Monthly premiums as low as **\$0** and a Medicare **Part B Premium Reduction** benefit!
Call **888.532.5324 (TTY: 711)** to talk to a local agent and discuss your options.



Your health. Our mission.

Care management provided by WellSpan Health.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association.

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More options. Less settling.

Capital Blue Cross and WellSpan Health are collaborating to provide Medicare options that deliver better affordability, ease of use, quality of care, and a better patient experience. After years of work, we are prepared to show additional commitment to our community—to your community—as well as our shared commitment to the future of healthcare delivery, and your health.

When two trusted names in Pennsylvania healthcare work together, you get Medicare coverage and care that works better for you. With Capital Blue Cross and WellSpan Health, your health is our mission.

With Capital Blue Cross | WellSpan Health Medicare Advantage plans, you can expect more of what you want and less of what you don't. **More coverage, more benefits, more opportunities for healthy living — but with less hassle.**



More coverage

- Monthly premiums as low as \$0.
- \$0 medical deductibles.
- PCP visits as low as \$0 copay.
- \$0 prescription drug deductibles.
- Prescription drug copays as low as \$0.
- Low copay insulin saver program.



More benefits

- Annual allowance for dental, vision, and hearing.
- Transportation benefit on most plans.
- Quarterly allowance for over-the-counter (OTC) drugs and supplies.
- National network for PPO members.
- \$0 copay for virtual care visits.
- Medicare Part B premium reduction option.

Call **888.532.5324 (TTY: 711)** to review your Medicare options and learn how you can get more coverage with less hassle.

More opportunities for healthy living

- \$0 copay for annual routine physical exam and Medicare-covered preventive services.
- No-cost SilverSneakers[®]* fitness membership, with access to thousands of participating locations nationwide.
- Health education sessions with a certified coach.
- With the member rewards program, eligible members can earn hundreds of dollars in gift cards for participating in healthy behaviors.
- No-cost diabetes prevention, management, and reversal programs with a \$0 copay for self-monitoring and diabetic supplies.
- Blue365^{®†} gives members deals and discounts on personal care items, nutrition, and fitness.

Part B Premium Reduction benefit

A new Medicare plan option allows members to reduce their monthly Medicare Part B premium. Ask us about Capital Blue Cross | WellSpan Health Value (PPO) to learn how you can save up to \$300 in your Part B premium in 2023.

My Benefit Card — one card, more benefits!

Over-the-counter (OTC) drugs and pharmacy supplies

Members receive a quarterly allowance towards health and wellness products such as toothpaste, pain relievers, vitamins, cold and allergy medicine, and much more[‡].

You can go to a participating retail store, place an order over the phone, or shop online at

NationsOTC.com/CapitalBlueCross and have items shipped directly to your home at no additional cost.

Participating retailers include CVS, Rite Aid, Walmart, and Walgreens.

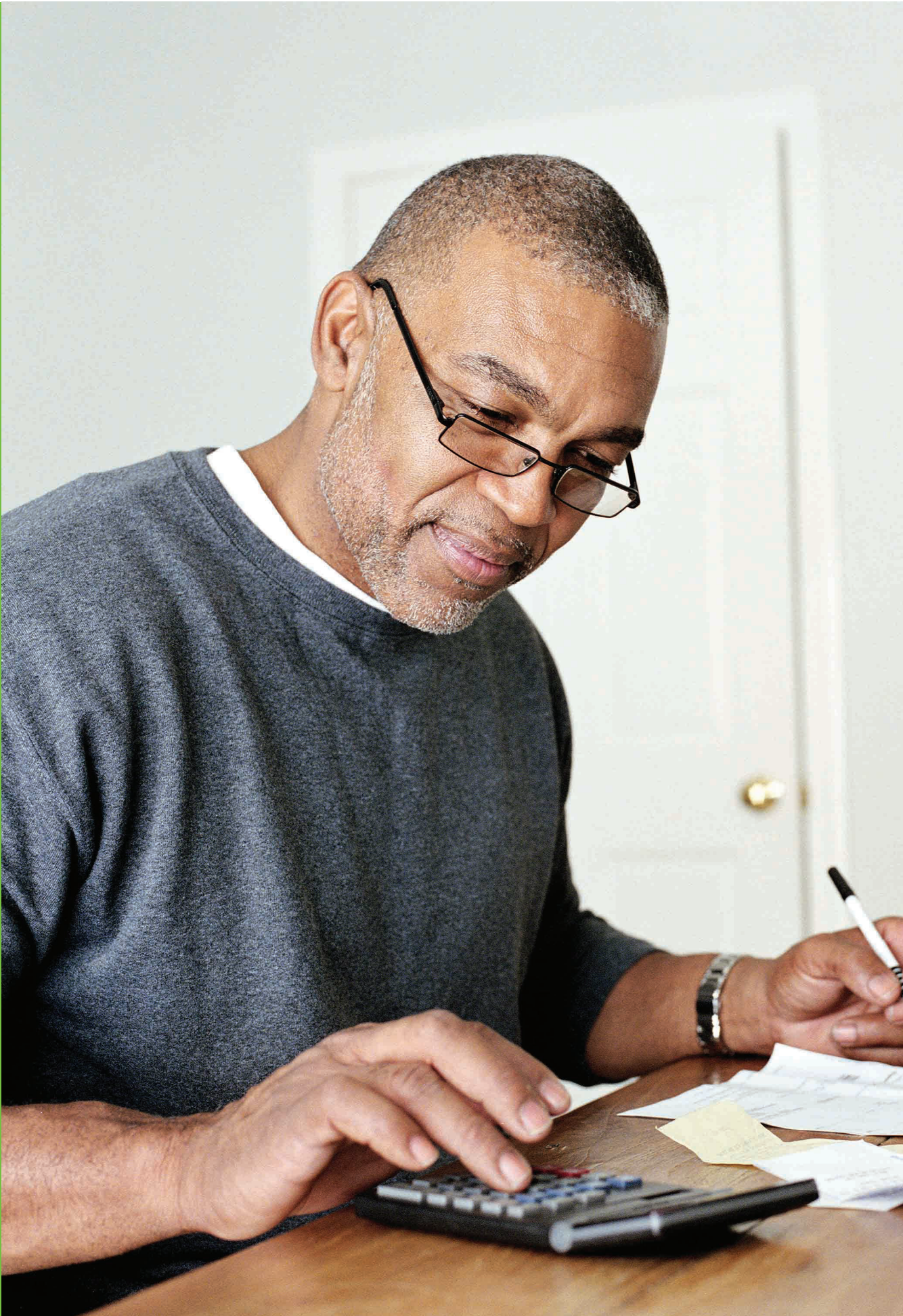
Healthy food allowance

Members who qualify[§] will receive a quarterly allowance on their My Benefit Card to purchase healthy foods, including dairy, fruits, vegetables, meats, and whole grains. Participating retailers include Giant, Weis, and Walmart.

Flexible spending account

The Capital Blue Cross | WellSpan Health Value (PPO) includes a \$250 annual allowance on My Benefit Card that can be used toward routine dental, vision, and hearing services. In order to use your allowance, be sure to confirm that your provider accepts Mastercard[®].

[§]Eligibility is determined by Capital Blue Cross based on chronic conditions.





We offer a Medicare Advantage plan for every budget

How does a Medicare Advantage plan work?

Also known as Medicare Part C, Medicare Advantage plans offered through private insurers like Capital Blue Cross, provide members with their Medicare Part A and Part B coverage, plus extra benefits that Original Medicare does not provide.

Unlike Original Medicare, with Capital Blue Cross, you get a plan for all your coverage — hospital, medical, and prescription drug. Instead of relying on Medicare Part A to cover hospital insurance, Part B to cover medical insurance, along with a separate Part D plan for prescription drugs, they are all covered by one easy to use Capital Medicare Advantage plan. One ID card from a plan you know and trust.

How do HMO and PPO plans differ?

With a Health Maintenance Organization (HMO) plan, your Primary Care Physician (PCP) acts as a gatekeeper and advocate for your care. Referrals are not required, but you must use providers that participate in the plan's 21 county provider network.

With a Preferred Provider Organization (PPO) plan, you have the freedom to see the doctors you want to see, also without the need for referrals. Plus, you have access to one of the largest networks of hospitals, physicians, and medical professionals in Central Pennsylvania and the Lehigh Valley with a national network that has you covered when you are away from home.

Who is eligible?

1. You must have both Medicare Part A and Part B.
2. You must be a permanent resident in one of the following counties: Adams, Cumberland, Franklin, Fulton, Lancaster, Lebanon, or York.

Choose from four Medicare Advantage plans with prescription drug coverage:

- Capital Clue Cross | WellSpan Health Value (PPO).
- Capital Clue Cross | WellSpan Health Advantage (PPO).
- Capital Clue Cross | WellSpan Health AdvantagePlus (PPO).
- Capital Clue Cross | WellSpan Health Inspire (HMO).

If you need help finding the plan that best fits your personal situation, call us at **888.532.5324 (TTY: 711)**.

Capital Blue Cross | WellSpan Health

Medicare Advantage plans

	Value PPO	Advantage PPO	AdvantagePlus PPO	Inspire HMO
Monthly premium	\$0	\$0	\$19	\$0
Part B premium reduction	\$25	Not applicable	Not applicable	Not applicable
Deductible	\$0	\$0	\$0	\$0
Maximum out-of-pocket	\$8,000	\$6,600	\$5,900	\$5,000
Primary care doctor visit	\$10 copay	\$0 copay	\$0 copay	\$0 copay
Specialist doctor visit	\$45 copay	\$40 copay	\$25 copay	\$30 copay
Urgent care visit	\$60 copay	\$50 copay	\$50 copay	\$35 copay
Emergency room visit	\$95 copay	\$95 copay	\$100 copay	\$90 copay
Inpatient hospital stay	\$375 copay per stay	\$300 copay per stay	\$275 copay per stay	\$190 copay per stay
Lab services	\$0 routine \$35 all other	\$0 routine \$25 all other	\$0 routine \$20 all other	\$0 routine \$25 all other
X-rays	\$35 copay	\$20 copay	\$20 copay	\$25 copay
Routine hearing exam	\$0 copay	\$0 copay	\$0 copay	\$0 copay
Hearing aids	\$400 annual allowance	\$800 annual allowance	\$1,000 annual allowance	\$800 annual allowance
Routine eye exam	\$10 copay	\$0 copay	\$0 copay	\$0 copay
Routine eyewear	\$100 annual allowance	\$150 annual allowance	\$225 annual allowance	\$150 annual allowance
Preventive dental services	\$10 copay	\$10 copay	\$10 copay	\$10 copay
Comprehensive dental services	50% coinsurance \$1,250 annual allowance	50% coinsurance \$2,750 annual allowance	50% coinsurance \$3,500 annual allowance	50% coinsurance \$2,500 annual allowance
Flexible spending benefit	\$250 annual allowance	Not applicable	Not applicable	Not applicable
SilverSneakers® Fitness	\$0 copay	\$0 copay	\$0 copay	\$0 copay
Transportation services	Not applicable	\$0 copay 16 one-way trips	\$0 copay 48 one-way trips	\$0 copay 24 one-way trips
Over-the-counter (OTC) items	\$75 quarterly allowance	\$100 quarterly allowance	\$125 quarterly allowance	\$100 quarterly allowance
Healthy food [§]	Not applicable	\$60 quarterly allowance	\$60 quarterly allowance	\$60 quarterly allowance

[§]Eligibility is determined by Capital Blue Cross based on chronic conditions.

	Value PPO	Advantage PPO	AdvantagePlus PPO	Inspire HMO
Initial coverage stage	\$0 deductible prescription drug coverage Preferred pharmacy – 30-day supply			
Tier 1: Preferred generic	\$0 copay	\$0 copay	\$0 copay	\$0 copay
Tier 2: Generic	\$12 copay	\$10 copay	\$0 copay	\$5 copay
Tier 3: Preferred brand	\$40 copay	\$40 copay	\$40 copay	\$40 copay
Tier 4: Non-preferred drugs	\$93 copay	\$93 copay	\$93 copay	\$93 copay
Tier 5: Specialty	33% coinsurance	33% coinsurance	33% coinsurance	33% coinsurance
Part D Insulin Saver	\$25 copay	\$10 copay	\$5 copay	\$5 copay
Coverage gap	Once you and the plan have paid \$4,660 for drugs: <ul style="list-style-type: none"> • You pay 25% coinsurance for generic and brand name drugs. • You stay in the coverage gap until your out-of-pockets payments reach \$7,400. 			
Catastrophic coverage	Once your out-of-pockets has reached \$7,400 for the year: <ul style="list-style-type: none"> • You pay the greater of \$4.15 or 5% for generic and \$10.35 or 5% for brand drugs. 			

This is not a complete list of benefits. For more details, refer to the Summary of Benefits. For a complete description of plan benefits, exclusions, limitations, and conditions of coverage, see the Evidence of Coverage.

Important Medicare enrollment dates



Pre-enrollment

You can begin shopping and comparing plans so you are educated about your options and ready to enroll when the Annual Enrollment Period (AEP) begins.



Annual Enrollment Period

If you're eligible to enroll, you can enroll into, switch, or drop coverage in a Medicare Advantage plan.



Open Enrollment Period

Medicare Advantage members can return to original Medicare or select a different Medicare Advantage plan during this time.



Plan changes are limited to beneficiaries with a Special Enrollment Period (SEP). An example of an SEP is loss of employer coverage. For a list of SEPs, go to **Medicare.gov** or call us to learn if you may qualify. SEPs can also occur during other times of the year.



How to enroll

You may enroll in a Medicare Advantage plan only during certain times of the year — contact us for details. There are a number of ways to enroll:



Call us

To enroll by phone or to schedule an in-person appointment with a licensed agent, call toll-free at **888.532.5324 (TTY: 711)**.



Mail

Complete a paper enrollment form and return to us either using the postage paid envelope (if provided) or by mailing to:

Medicare Programs

P.O. Box 779827
2500 Elmerton Avenue
Harrisburg, PA 17110-9956

Please do not send cash or a check with your enrollment form.



Enroll online

Enroll at **TogetherForYouMedicare.com**.

Medicare beneficiaries can also enroll in a Capital Blue Cross | WellSpan Health Medicare Advantage plan through the CMS Online Enrollment Center at **Medicare.gov**.



Capital Blue Cross Connect

Visit a Capital Blue Cross Connect health and wellness center.
Visit **CapitalBlueCrossConnect.com** for hours and locations.



Local sales agent

Contact your local sales agent to help you shop plans and enroll into the Capital Blue Cross Medicare plan that's right for you. If you need help finding a local agent in your area, call us at **888.532.5324 (TTY: 711)**.

What to expect when you enroll as a new member

- 1 As confirmation that we have received your enrollment request, we will mail you an **enrollment request receipt letter**.
- 2 Once Medicare has approved your enrollment in the plan, we will send you an **enrollment verification letter**.
- 3 It's very likely that we will attempt to reach you by phone for a **welcome call** to make sure you have everything you need and to see if you have any questions about your coverage. We want to make sure you get the most from your health coverage, so we hope we get the opportunity to speak with you.
- 4 You will receive your **Capital Blue Cross ID card** in the mail, remember to show this card to your provider to help ensure timely claims processing.
- 5 Once you enroll in a Capital Blue Cross | WellSpan Health Medicare plan, you will receive a **My Benefit Card** from us. This card will be mailed separately from your ID card. Prior to use, you must activate your card.
- 6 We will mail you our **How to Use Your Benefits guide** which includes a lot of helpful information about how you get the most value from your coverage.

Member Services

Help is just a phone call away. We are proud to be your local health plan with local customer service.

PPO members: 866.987.4213 (TTY: 711) or MedicareAdvantagePPO@capbluecross.com.

HMO members: 800.779.6962 (TTY: 711) or MedicareAdvantageHMO@capbluecross.com.

Hours are Monday through Sunday, 8:00 AM ET – 8:00 PM ET, October 1 through March 31.
From April 1 through September 30, hours change to Monday through Friday, 8:00 AM ET – 8:00 PM ET.
After these hours, you can leave a message on our secure voice messaging system.



Visit us at Capital Blue Cross Connect

At our Capital Blue Cross Connect health and wellness centers, the focus is on you and your health. Of course, we can help you understand your health plan—but we offer so much more! Most activities and resources are free for members!

Health and wellness support — Schedule an appointment with a certified health coach for important screenings (blood pressure, cholesterol, blood sugar, and more), personal training sessions, or wellness and nutrition consultations.

Special seminars — From cooking classes to weight loss, we offer a number of wellness workshops to help you be your healthy best.

Fitness classes — Take virtual fitness classes and improve your overall strength, flexibility, and mobility. We offer fitness classes for every age and stage of life. Sign up for a free virtual class today!

On-site representatives — Sit down with a licensed Medicare representative and learn about your specific healthcare coverage.

To learn more or to schedule an appointment, go to **CapitalBlueCrossConnect.com** or call us at **855.505.2583** (TTY: 711).

Locations

Allentown

1221 Hamilton Street
Allentown, PA 18102

Chambersburg

WellSpan Health Campus
12 St. Paul Drive
Chambersburg, PA 17201

Enola

Hampden Marketplace
4500 Marketplace Way
Enola, PA 17025

Saucon Valley

The Promenade Shops
at Saucon Valley
2845 Center Valley Parkway
Center Valley, PA 18034

York

Apple Hill Medical Center
25 Monument Road
York, PA 17403



TogetherForYouMedicare.com

* SilverSneakers® is a program of Tivity Health, Inc. On behalf Capital Blue Cross, Tivity Health, Inc. assists in the administration of this fitness program. Tivity Health, Inc. is an independent company.

† The Blue365® program is brought to you by the Blue Cross Blue Shield Association. The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and/or Blue Shield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that members may purchase from independent vendors, which are different from covered benefits under your policies with Capital Blue Cross and its family of companies, its contracts with Medicare, or any other applicable federal healthcare program.

‡ On behalf of Capital Blue Cross, NationsBenefits, LLC, an independent company, provides this benefit program. Capital Blue Cross is an HMO, PPO Plan with a Medicare Contract. Enrollment in Capital Blue Cross depends on contract renewal. Care management services are provided by WellSpan Health. Capital Blue Cross is an independent licensee of the Blue Cross Blue Shield Association. Communications issued by Capital Blue Cross in its capacity as administrator of programs and provider relations for all companies. Other providers are available in the network. This information is not a complete description of benefits. Call 866.987.4213 (TTY: 711) for more information on Capital Blue Cross | WellSpan Health PPO. Call 800.779.6962 (TTY: 711) for more information on Capital Blue Cross | WellSpan Health HMO. Customer Service is available 8:00 AM ET – 8:00 PM ET, Monday–Friday (with extended hours October 1–March 31). Out-of-network/non-contracted providers are under no obligation to treat Capital Blue Cross | WellSpan Health PPO/HMO members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. Other physicians and providers are available in our network. Every year, Medicare evaluates plans based on a 5-star rating system.

Language assistance

To talk to an interpreter in your language at no cost, call 1-866-987-4213 (TTY: 711).

Para hablar con un intérprete de forma gratuita, llame al 1-866-987-4213 (TTY: 711).

欲免费用本国语言咨询译员 · 请拨电话1-866-987-4213 (TTY: 711).

Để nói chuyện với thông dịch viên bằng ngôn ngữ của quý vị không phải mất phí, xin gọi 1-866-987-4213 (TTY: 711).

Д л я бесплатного разговора с переводчиком на своем языке, позвоните по тел.: 1-866-987-4213 (TTY: 711).

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무료 전화 통역 서비스 1-866-987-4213 (TTY: 711).

Per parlare con un interprete nella vostra lingua gratis, chiami 1-866-987-4213 (TTY: 711).

1-866-987-4213 للتحدث مجاناً إلى مترجم للغتك، يرجى الاتصال بـ

711: الهاتف النصي

Pour parler à un interprète dans votre langue sans charges, téléphoner à 1-866-987-4213 (TTY: 711).

Um in Ihrer Sprache gebührenfrei mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer

1-866-987-4213 an (TTY: 711).

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Aby porozmawiac z tłumaczem w języku polskim, prosze zadzwonic na numer darmowy telefonu

1-866-987-4213 (TTY: 711).

Pou pale avèk yon entèprèt nan lang ou grastis, rele nan 1-866-987-4213 (TTY: 711).

ដើម្បីនិយាយជាមួយអ្នកបកប្រែបង្គោលមាត់ជាភាសារបស់អ្នកដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅលេខ

1-866-987-4213 (TTY: 711).

Para falar com um intérprete em seu idioma de graça, ligue para 1-866-987-4213 (TTY: 711).