



2012 Essentials 2 (HMO)
Plan Evidence of Coverage

Y0021_H3864_MM720 CMS File & Use 08302011



PacificSource
Medicare

January 1 – December 31, 2012

Evidence of Coverage

Your Medicare Health Benefits and Services as a Member of the PacificSource Medicare Essentials 2 (HMO).

This booklet gives you the details about your Medicare health coverage from January 1 – December 31, 2012. It explains how to get the health care you need covered. This is an important legal document. Please keep it in a safe place.

This plan, the Essentials 2 Plan, is offered by PacificSource Community Health Plans, Inc. (When this *Evidence of Coverage* says “we,” “us,” or “our,” it means PacificSource Medicare. When it says “plan” or “our plan,” it means the Essentials 2 Plan.

We are a health plan with a Medicare contract. Customer Service has free language interpreter services available for non-English speakers (*phone numbers are on the back cover of this booklet*). Benefits, formulary, pharmacy network, premium, deductible, and/or copayments/coinsurance may change on January 1, 2013.

2012 Evidence of Coverage Table of Contents

This list of chapters and page numbers is just your starting point. For more help in finding information you need, go to the first page of a chapter. *You will find a detailed list of topics at the beginning of each chapter.*

Chapter 1	Getting started as a member	2
	Tells what it means to be in a Medicare health plan and how to use this booklet. Tells about materials we will send you, your plan premium, your plan membership card, and keeping your membership record up to date.	
Chapter 2	Important phone numbers and resources	7
	Tells you how to get in touch with our plan (PacificSource Medicare) and with other organizations including Medicare, the State Health Insurance Assistance Program (SHIP), the Quality Improvement Organization, Social Security, Medicaid (the state health insurance program for people with low incomes), programs that help people pay for their prescription drugs, and the Railroad Retirement Board.	
Chapter 3	Using the plan’s coverage for your medical services	14
	Explains important things you need to know about getting your medical care as a member of our plan. Topics include using the providers in the plan’s network and how to get care when you have an emergency.	
Chapter 4	Medical Benefits Chart (what is covered and what you pay)	23
	Gives the details about which types of medical care are covered and <i>not</i> covered for you as a member of our plan. Tells how much you will pay as your share of the cost for your covered medical care.	
Chapter 5	Asking us to pay our share of a bill you have received for covered medical services	45
	Tells when and how to send a bill to us when you want to ask us to pay you back for our share of the cost for your covered services.	
Chapter 6	Your rights and responsibilities	48
	Explains the rights and responsibilities you have as a member of our plan. Tells what you can do if you think your rights are not being respected.	

Chapter 7	What to do if you have a problem or complaint (coverage decisions, appeals, complaints)	57
	Tells you step-by-step what to do if you are having problems or concerns as a member of our plan.	
	<ul style="list-style-type: none">• Explains how to ask for coverage decisions and make appeals if you are having trouble getting the medical care you think are covered by our plan. This includes asking us to keep covering hospital care and certain types of medical services if you think your coverage is ending too soon.• Explains how to make complaints about quality of care, waiting times, customer service, and other concerns.	
Chapter 8	Ending your membership in the plan	86
	Tells when and how you can end your membership in the plan. Explains situations in which our plan is required to end your membership.	
Chapter 9	Legal notices	91
	Includes notices about governing law and about nondiscrimination.	
Chapter 10	Definitions of important words.....	92
	Explains key terms used in this booklet.	

Chapter 1

Getting Started as a Member

Section 1	Introduction.....	1
	Section 1.1 You are enrolled in our plan, which is a Medicare HMO Plan.....	1
	Section 1.2 What is the <i>Evidence of Coverage</i> booklet about?	1
	Section 1.3 What does this chapter tell you?	1
	Section 1.4 What if you are new to our plan?	1
	Section 1.5 Legal information about the <i>Evidence of Coverage</i>	1
Section 2	What makes you eligible to be a plan member?	2
	Section 2.1 Your eligibility requirements.....	2
	Section 2.2 What are Medicare Part A and Medicare Part B?	2
	Section 2.3 Here is the plan service area for our plan.....	2
Section 3	What other materials will you get from us?.....	2
	Section 3.1 Your plan membership card – Use it to get all covered care 2	
	Section 3.2 The <i>Provider Directory</i> : Your guide to all providers in the plan’s network.....	3
Section 4	Your monthly premium for our plan.	3
	Section 4.1 How much is your plan premium?	3
	Section 4.2 There are several ways you can pay your plan premium.	4
	Section 4.3 Can we change your monthly plan premium during the year?	4
Section 5	Please keep your plan membership record up to date.	5
	Section 5.1 How to help make sure that we have accurate information about you.	5
Section 6	We protect the privacy of your personal health information	5
	Section 6.1 We make sure that your health information is protected	5
Section 7	How other insurance works with our plan.	5
	Section 7.1 Which plan pays first when you have other insurance?	5

Section 1 Introduction

Section 1.1 You are enrolled in our plan, which is a Medicare HMO Plan.

You are covered by Medicare, and you have chosen to get your Medicare health care through our plan, PacificSource Medicare.

There are different types of Medicare health plans. Our plan is a Medicare Advantage HMO Plan (HMO stands for Health Maintenance Organization). Like all Medicare health plans, this Medicare HMO is approved by Medicare and run by a private company.

Section 1.2 What is the *Evidence of Coverage* booklet about?

This *Evidence of Coverage* booklet tells you how to get your Medicare medical through our plan. This booklet explains your rights and responsibilities, what is covered, and what you pay as a member of the plan.

This plan, Essentials 2 Plan is *offered* by PacificSource Medicare. (When this *Evidence of Coverage* says “we,” “us,” or “our,” it means PacificSource Medicare. When it says “plan” or “our plan,” it means Essentials 2 Plan.) The word “coverage” and “covered services” refers to the medical care and services available to you as a member of our plan.

Section 1.3 What does this chapter tell you?

Look through Chapter 1 of this *Evidence of Coverage* to learn:

- What makes you eligible to be a plan member?
- What is your plan’s service area?
- What materials will you get from us?
- What is your plan premium and how can you pay it?

- How do you keep the information in your membership record up to date?

Section 1.4 What if you are new to our plan?

If you are a new member, then it’s important for you to learn how the plan operates – what the rules are and what services are available to you. We encourage you to set aside some time to look through this *Evidence of Coverage* booklet. If you are confused or concerned or just have a question, please contact our plan’s Customer Service (contact information is on the back cover of this booklet).

Section 1.5 Legal information about the *Evidence of Coverage*.

It’s part of our contract with you

This *Evidence of Coverage* is part of our contract with you about *how our plan 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 our plan between January 1, 2012 and December 31, 2012.

Medicare must approve our plan each year

Medicare (the Centers for Medicare & Medicaid Services) must approve our plan each year. You can continue to get Medicare coverage as a member of our plan only as long as we choose to continue to offer the plan for the year in question and the Centers for Medicare & Medicaid Services 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:

- Live in our geographic service area (section 2.3 below describes our service area), *and*
- Are entitled to Medicare Part A, *and*
- Are enrolled in Medicare Part B, *and*
- Do not have End-Stage Renal Disease (ESRD), with limited exceptions, such as if you develop ESRD when you are already a member of a plan that we offer, or you were a member of a different plan that was terminated.

Section 2.2 What are Medicare Part A and Medicare Part B?

When you originally signed up for Medicare, you received information about how to get Medicare Part A and Medicare Part B.

Remember:

- Medicare Part A generally covers services furnished by institutional providers such as hospitals, skilled nursing facilities, or home health agencies.
- Medicare Part B is for most other medical services (such as physician's services and other outpatient services) and certain items (such as durable medical equipment and supplies).

Section 2.3 Here is the plan service area for our plan.

Although Medicare is a Federal program, our plan is available only to individuals who live in our plan service area. To remain a member of our plan, you must keep living in this service area. The service area is described below.

Our service area includes these counties and parts of counties in Oregon: Deschutes,

Grant, Hood River, Jefferson, Klamath (zip codes 97731, 97733, 97737, 97739), Lake (zip codes 97638, 97641, 97735, and 97739), Sherman, Wasco, and Wheeler.

If you plan to move out of the service area, please contact Customer Service. 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.

Section 3 What other materials will you get from us?

Section 3.1 Your plan membership card – Use it to get all covered care.

While you are a member of our plan, you must use your membership card for our plan whenever you get any services covered by this plan. Here's a sample membership card to show you what yours will look like:

A sample membership card for PacificSource Medicare. The card features the PacificSource logo and the text 'Medicare Rx Prescription Drug Coverage'. It includes the following information:

Plan: Sample Plan Name	Copayment
Member Name: Sample Name	(DUE AT TIME OF SERVICE)
Member ID #: 1234567809	PCP OV \$20
PCP: Sample Provider Name	Specialist OV \$35
	ER \$100
EXPRESS SCRIPTS	Issue Date 02/01/10
Rx ID 1234567890 RxBin 03858	Issuer # 80840
RxGroup COHA RxPCN A4	Contract # H4754_001

As long as you are a member of our plan you must not use your red, white, and blue Medicare card to get covered medical services (with the exception of routine clinical research studies and hospice services). Keep your red, white, and blue Medicare card in a safe place in case you need it later.

Here's why this is so important: If you get covered services using your red, white, and blue Medicare card instead of using your plan membership card while you are a plan member, you may have to pay the full cost yourself. If your plan membership card is damaged, lost, or stolen, call Customer Service right away and we will send you a new card.

Section 3.2
The *Provider Directory*: Your guide to all providers in the plan's network.

Every year that you are a member of our plan, we will send you either a new *Provider Directory* or an update to your *Provider Directory*. This directory lists our in-network providers.

What are "in-network providers"?

In-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 any plan cost sharing as payment in full. We have arranged for these providers to deliver covered services to members in our plan.

Why do you need to know which providers are part of our network?

It is important to know which providers are part of our network because, with limited exceptions, while you are a member of our plan you may be required to use in-network providers to get your medical care and services. The only exceptions are emergencies, urgently needed care when the network is not available (generally, when you are out of the area), out-of-area dialysis services, and cases in which our plan authorizes use of out-of-network providers. See Chapter 3 (*Using the plan's coverage for your medical services*) for more specific information about emergency, out-of-network, and out-of-area coverage. You have the freedom to see Out-of-Network Providers for certain services.

If you don't have your copy of the *Provider Directory*, you can request a copy from Customer Service. You may ask Customer

Service for more information about our in-network providers, including their qualifications. You can also see the *Provider Directory* at www.Medicare.PacificSource.com or download it from this website. Both Customer Service and the website can give you the most up-to-date information about changes in our in-network providers.

Section 4
Your monthly premium for our plan.

Section 4.1
How much is your plan premium?

As a member of our plan, you pay a monthly plan premium. For 2012, the monthly premium for our plan is \$19. In addition, you must continue to pay your Medicare Part B premium (unless your Part B premium is paid for you by Medicaid or another third party).

Many members are required to pay other Medicare premiums.

As explained in Section 2 above, in order to be eligible for our plan, you must be entitled to Medicare Part A and enrolled in Medicare Part B. For that reason, some plan members will be paying a premium for Medicare Part A and most plan members will be paying a premium for Medicare Part B, in addition to paying the monthly plan premium. You must continue paying your Medicare Part B premium to remain a member of the plan.

- Your copy of *Medicare & You 2012* gives information about these premiums in the section called "2012 Medicare Costs." This explains how the Part B premium differs for people with different incomes.
- Everyone with Medicare receives a copy of *Medicare & You* each year in the fall. Those new to Medicare receive it within a month after first signing up. You can also download a copy of *Medicare & You 2012* from the Medicare website (www.medicare.gov). Or, you can order a printed copy by phone at 1-800-MEDICARE or (800) 633-4227, 24 hours a

day, 7 days a week. TTY users call (877) 486-2048.

Section 4.2

There are several ways you can pay your plan premium.

There are four ways you can pay your plan premium. If you would like to change your premium payment method, please contact Customer Service. If you decide to change the way you pay your premium, it can take up to three months for your new payment method to take effect. While we are processing your request for a new payment method, you are responsible for making sure that your plan premium is paid on time.

Option 1: You can pay by check

We will bill you on a monthly basis and you can pay by cash or check (please do not send cash by mail). Premium invoices will be mailed to you on or about the 20th day of the month preceding the month the payment is due.

Premium payments are due on the 1st day of the month. These can be mailed to PacificSource Medicare at PO Box 6340, Portland, Oregon, 97228-6340, or dropped off at one of our office locations. Please make the check payable to PacificSource Medicare (not to Medicare) and include a copy of your invoice remittance.

Option 2: You can pay by automatic deduction from your checking account

Convenient monthly withdrawals will be made automatically on the 5th of every month from your designated checking account. When the deduction falls on a weekend or a holiday, the transfer will occur the next business day. The deduction will also include any outstanding balance on your account.

To set up automatic deduction from your checking account, please complete an *Automatic Deduction Form*. You can obtain a form by calling Customer Service or you may print the form from our website www.Medicare.PacificSource.com.

Option 3: You can pay by credit card

You MUST call Customer Service each time you want to make a payment. We accept VISA, Master Card, or Discover.

Option 4: You can have the plan premium taken out of your monthly Social Security check

You can have the plan premium taken out of your monthly Social Security check. Contact Customer Service for more information on how to pay your plan premium this way. We will be happy to help you set this up.

What to do if you are having trouble paying your plan premium

Your plan premium is due in our office by the 1st of each month. If we have not received your premium payment by the 12th, we will send you a notice telling you that your plan membership will end if we do not receive your premium within two calendar months.

If you are having trouble paying your premium on time, please contact Customer Service to see if we can direct you to programs that will help with your plan premium. If we end your membership with the plan because you did not pay your plan premium, you will have coverage under Original Medicare. At the time we end your membership, you may still owe us for premiums you have not paid. We have the right to pursue collection of these premiums. In the future, if you want to enroll again in our plan (or another plan that we offer), you will need to pay the late premiums before you can enroll. If you think we have wrongfully ended your membership, you have a right to appeal our decision. For information about how to appeal the termination of coverage, call 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users should call (877) 486-2048.

Section 4.3

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 5

Please keep your plan membership record up to date.

Section 5.1
How to help make sure that we have accurate information about you.

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 in-network providers use your membership record to know what services are covered 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 your designated responsible party (such as a caregiver) changes
- If you are participating in a clinical research study

If any of this information changes, please let us know by calling Customer Service (phone numbers are on the back cover of this booklet).

Read over the information we send you about any other insurance coverage you have

Medicare requires that we collect information from you about any other medical insurance coverage that you have. That's because we must coordinate any other coverage you have with your benefits under our plan. (For more information about how our coverage works when you have other insurance, see Section 7 in this chapter.)

Once each year, we will send you a letter that lists any other medical 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 Customer Service (phone numbers are on the back cover of this booklet).

Section 6

We protect the privacy of your personal health information.

Section 6.1
We make sure that your health information is protected.

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. For more information about how we protect your personal health information, please go to Chapter 6, Section 1.4 of this booklet.

Section 7

How other insurance works with our plan.

Section 7.1
Which plan pays first when you have other insurance?

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. 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 size of the 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 plan pays first if the employer has 100 or more employees or at least one employer in a multiple employer plan has more than 100 employees.
 - If you’re over 65 and you or your spouse is still working, the plan pays first if the employer has 20 or more employees or at least one employer in a multiple employer plan 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

Medicaid and TRICARE never pay first for Medicare-covered services. They only pay

after Medicare, employer group health plans, and/or Medigap have paid. If you have other insurance, tell your doctor, hospital, and pharmacy. If you have questions about who pays first, or you need to update your other insurance information, call Customer Service (phone numbers are on the back cover of this booklet.) 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.

Chapter 2

Important phone numbers and resources

Section 1	Plan contacts (how to contact us, including how to reach Customer Service at the plan).....	7
Section 2	Medicare (how to get help and information directly from the Federal Medicare program).....	10
Section 3	State Health Insurance Assistance Program (free help, information, and answers to your questions about Medicare).....	11
Section 4	Quality Improvement Organization (paid by Medicare to check on the quality of care for people with Medicare).....	11
Section 5	Social Security	12
Section 6	Medicaid (a joint Federal and state program that helps with medical costs for some people with limited income and resources).....	12
Section 7	How to contact the Railroad Retirement Board	13
Section 8	Do you have "group insurance" or other health insurance from an employer?	13

Section 1

Plan contacts

(how to contact us, including how to reach Customer Service at the plan).

How to contact our plan's Customer Service

For assistance with claims, billing or member card questions, please call or write to our Customer Service. We will be happy to help you.

<p>Customer Service</p> <p>CALL (541) 385-5315 or (888) 863-3637 (calls to this number are free). Hours are:</p> <ul style="list-style-type: none"> • <i>From October 15 to February 14:</i> 8:00 a.m. to 8:00 p.m. local time zone, seven days a week. • <i>From February 15 to October 14:</i> 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We
--

<p>will return your call the next business day. Customer Service also has free language interpreter services available for non-English speakers.</p>
<p>TTY (800) 735-2900. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are free. Hours are:</p> <ul style="list-style-type: none"> • <i>From October 15 to February 14:</i> 8:00 a.m. to 8:00 p.m. local time zone, seven days a week. • <i>From February 15 to October 14:</i> 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day.
<p>FAX (541) 322-6423</p>
<p>WRITE PacificSource Medicare PO Box 7469, Bend, Oregon 97708</p>
<p>WEBSITE www.Medicare.PacificSource.com</p>

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)*). You may call us if you have questions about our coverage decision process.

Coverage Decisions for Medical Care
CALL (541) 385-5315 or (888) 863-3637 (calls to this number are free). Hours are: <ul style="list-style-type: none">• <u>From October 15 to February 14</u>: 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.• <u>From February 15 to October 14</u>: 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day.
TTY (800) 735-2900. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are free. Hours are: <ul style="list-style-type: none">• <u>From October 15 to February 14</u>: 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.• <u>From February 15 to October 14</u>: 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day.
WRITE PacificSource Medicare PO Box 7469, Bend, Oregon 97708
WEBSITE www.Medicare.PacificSource.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)*).

Appeals for Medical Care
CALL (541) 385-5315 or (888) 863-3637 (calls to this number are free). Hours are: <ul style="list-style-type: none">• <u>From October 15 to February 14</u>: 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.• <u>From February 15 to October 14</u>: 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day. <i>For access to 24-hours lines for expedited appeals call (541) 330-4992.</i>
TTY (800) 735-2900. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are free. Hours are: <ul style="list-style-type: none">• <u>From October 15 to February 14</u>: 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.• <u>From February 15 to October 14</u>: 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day.
FAX (541) 322-6424
WRITE PacificSource Medicare Attn: Grievance and Appeals Department PO Box 7469, Bend, Oregon 97708

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 in-network providers, including a complaint about the quality of your care. This type of complaint does not involve coverage or payment disputes. (If your problem is about the plan's coverage or payment, you should look at the section above about making an appeal.) 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)*).

Complaints about Medical Care

CALL

(541) 385-5315 or (888) 863-3637 (calls to this number are free). Hours are:

- From October 15 to February 14: 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.
- From February 15 to October 14: 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day. *For access to 24-hour lines for expedited grievances call (541) 330-4992.*

TTY

(800) 735-2900. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are free. Hours are:

- From October 15 to February 14: 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.
- From February 15 to October 14: 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day.

FAX

(541) 322-6424

WRITE

PacificSource Medicare
Attn: Grievance and Appeals Department
PO Box 7469, Bend, Oregon 97708

Where to send a request asking us to pay for our share of the cost for medical care you have received

For more information on situations in which you may need to ask us for reimbursement or to pay a bill you have received from a provider, see Chapter 5 (*Asking us to pay our share of a bill you have received for covered medical services*).

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.

Payment Requests

CALL

(541) 385-5315 or (888) 863-3637 (calls to this number are free). Hours are:

- From October 15 to February 14: 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.
- From February 15 to October 14: 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day.

TTY

(800) 735-2900. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are free. Hours are:

- From October 15 to February 14: 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.
- From February 15 to October 14: 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on

weekends, holidays, and after hours. We will return your call the next business day.
FAX (541) 322-6423
WRITE PacificSource Medicare Attn: Claims Department PO Box 7068, Eugene OR 97401-0068

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.

Medicare
CALL 1-800-MEDICARE or (800) 633-4227 Calls to this number are free. 24 hours a day, 7 days a week.
TTY (877) 486-2048. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are free.

WEBSITE

www.medicare.gov

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 booklets you can print directly from your computer. You can also find Medicare contacts in your state by selecting "Help and Support" and then clicking on "Useful Phone Numbers and Websites." The Medicare website also has detailed information about your Medicare eligibility and enrollment options with the following tools:

- **Medicare Eligibility Tool:** Provides Medicare eligibility status information. Select "Find Out if You're Eligible."
- **Medicare Plan Finder:** Provides personalized information about available Medicare prescription drug plans, Medicare health plans, and Medigap (Medicare Supplement Insurance) policies in your area. Select "Health & Drug Plans" and then "Compare Drug and Health Plans" or "Compare Medigap Policies." These tools provide an *estimate* of what your out-of-pocket costs might be in different Medicare plans.

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 at the number above and tell them what information you are looking for. They will find the information on the website, print it out, and send it to you.

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 Oregon, the SHIP is called Senior Health Insurance Benefits Assistance (SHIBA). In Idaho, the SHIP is called Senior Health Insurance Benefits Advisors (SHIBA). SHIBA 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. SHIBA counselors can help you with your Medicare questions or problems. They 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. SHIBA counselors can also help you understand your Medicare plan choices and answer questions about switching plans.

Senior Health Insurance Benefits Assistance (SHIBA) - (Oregon's SHIP)
CALL (800) 722-4134 Calls to this number are free. (503) 378-2014
WRITE Senior Health Insurance Benefits Assistance 350 Winter St NE, Ste 330, Salem, OR 97301
WEBSITE oregonshiba.org

Senior Health Insurance Benefits Advisors (SHIBA) - (Idaho's SHIP)
CALL (800) 247-4422 Calls to this number are free. (208) 334-4352
WRITE Senior Health Insurance Benefits Advisors 700 West State Street, Boise, ID 83720
WEBSITE www.doi.idaho.gov

Section 4

Quality Improvement Organization

(paid by Medicare to check on the quality of care for people with Medicare).

There is a Quality Improvement Organization for each state. For Oregon, the Quality Improvement Organization is called Acentra Health. For Idaho, the Quality Improvement Organization is called Qualis Health. Quality Improvement Organizations have a group of doctors and other health care professionals who are paid by the Federal government. This organization is paid by Medicare to check on and help improve the quality of care for people with Medicare. Quality Improvement Organizations are independent organizations. It is not connected with our plan.

- You should contact Quality Improvement Organizations 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.

Acentra Health (Oregon's Quality Improvement Organization)
CALL (800) 785-0411 Calls to this number are free. (503) 279-0100
WRITE Acentra Health 2020 SW Fourth Avenue, Suite 520, Portland, Oregon, 97201
WEBSITE www.acentra.org

Qualis Health (Idaho's Quality Improvement Organization)
CALL (800) 488-1118 Calls to this number are free. (208) 343-4617
WRITE Qualis Health 720 Park Boulevard, Suite120 Boise, Idaho 83712
WEBSITE www.QualisHealthMedicare.org

Section 5 Social Security

The Social Security Administration is responsible for determining eligibility and handling enrollment for Medicare. U.S. citizens who are 65 or older, or who have a disability or End-Stage Renal Disease 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. Social Security handles the enrollment process for Medicare. To apply for Medicare, you can call Social Security or visit your local Social Security office.

Social Security Administration
CALL (800) 772-1213. Calls to this number are free. Available 7:00 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 (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 7:00 am to 7:00 pm, Monday through Friday.
WEBSITE www.ssa.gov

Section 6 Medicaid

(a joint Federal and state program that helps with medical costs for some people with limited income and resources).

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. In addition, there are programs offered through Medicaid that help people with Medicare pay their Medicare costs, such as their Medicare premiums. These programs help people with limited income and resources save money each year:

- **Qualified Medicare Beneficiary (QMB):**
Helps pay Medicare Part A and Part B premiums, and other cost sharing (like deductibles, coinsurance, and copayments).
- **Specified Low-Income Medicare Beneficiary (SLMB) and 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 the Division of Medical Assistance Programs (DMAP) in Oregon.

Division of Medical Assistance Programs (DMAP) - (Oregon's Medicaid program)
CALL (503) 945-5944
TTY (503) 945-6214. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking.
WRITE Division of Medical Assistance Programs 500 Summer Street NE, Salem, OR 97301
WEBSITE www.oregon.gov/DHS

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 have questions regarding your benefits from the Railroad Retirement Board, contact the agency.

determine how your current prescription drug coverage will work with our plan.

Railroad Retirement Board

CALL

(877) 772-5772. Calls to this number are free. Available 9:00 am to 3:30 pm, Monday through Friday. If you have a touch-tone telephone, recorded information and automated services are available 24 hours a day, including weekends and holidays.

TTY

(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 *not* free.

WEBSITE

www.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, call the employer/union benefits administrator or Customer Service if you have any questions. You can ask about your (or your spouse's) employer or retiree health benefits, premiums, or the enrollment period.

If you have other prescription drug coverage through your (or your spouse's) employer or retiree group, please contact that group's benefits administrator. The benefits administrator can help you

Chapter 3

Using the plan’s coverage for your medical services

Section 1	Things to know about getting your medical care covered as a member of our plan.....	14
	Section 1.1 What are “in-network providers” and “covered services”?	15
	Section 1.2 Basic rules for getting your medical care covered by the plan.	15
Section 2	Use providers in the plan’s network to get your medical care.	15
	Section 2.1 You must choose a Primary Care Provider (PCP) to provide and oversee your medical care.	15
	Section 2.2 What kinds of medical care can you get without getting approval in advance from your PCP?	16
	Section 2.3 How to get care from specialists and other in-network providers.	16
	Section 2.4 How to get care from out-of-network providers.	17
Section 3	How to get covered services when you have an emergency or urgent need for care.	17
	Section 3.1 Getting care if you have a medical emergency.....	17
	Section 3.2 Getting care when you have an urgent need for care.....	18
Section 4	What if you are billed directly for the full cost of your covered services?....	18
	Section 4.1 You can ask the plan to pay our share of the cost of your covered services.....	18
	Section 4.2 If services are not covered by our plan, you must pay the full cost.	19
Section 5	How are your medical services covered when you are in a “clinical research study”?.....	19
	Section 5.1 What is a “clinical research study”?	19
	Section 5.2 When you participate in a clinical research study, who pays for what?.....	20
Section 6	Rules for getting care covered in a “religious non-medical health care institution”	20
	Section 6.1 What is a religious non-medical health care institution?	21
	Section 6.2 What care from a religious non-medical health care institution is covered by our plan?.....	21
Section 7	Rules for ownership of durable medical equipment.....	21
	Section 7.1 Will you own your durable medical equipment after making a certain number of payments under our plan?	21

Section 1

Things to know about getting your medical care covered as a member of our plan.

This chapter tells things 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, 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 as your share of the cost 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 "in-network providers" and "covered services"?

Here are some definitions that can help you understand how you get the care and services that are covered for you as a member of our plan:

- **"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.
- **"In-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 generally bill us directly for care they give you. When you see an in-network provider, you usually 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, we must cover all services covered by Original Medicare and must follow Original Medicare's coverage rules. We 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 booklet).
- The care you receive is considered 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.

- You have an in-network Primary Care Provider (a PCP) who is providing and overseeing your care. As a member of our plan, you must choose an in-network PCP (for more information about this, see Section 2.1 in this chapter).
- Referrals from your PCP are not required. Your PCP or other providers may need to get Prior Authorization (approval in advance) from the plan before providing some services. Please see the benefits chart in Section 4 for more information.

Section 2
Use providers in the plan's network to get your medical care.

Section 2.1
You must choose a Primary Care Provider (PCP) to provide and oversee your medical care.

What is a "PCP"?

When you enroll in our plan, you must choose an in-network provider to be your PCP. A PCP is a healthcare professional who meets state requirements and is trained to give you basic medical care. They can also coordinate your care with other providers.

PCPs can be selected from the following specialties:

- Family Practice
- General Practice
- Internal Medicine
- Pediatrics

Providers in the specialties above may include: Nurse Practitioners (NP), Physicians Assistants (PA), Medical Doctors (MD), or Doctor of Osteopathy (DO).

Services your PCP provides and coordination of your care

Generally, you see your PCP first for most of your routine health care needs. Your PCP can also help you arrange or coordinate your covered services. This includes x-rays,

laboratory tests, therapies, specialists visits, hospital admissions, and follow-up care.

Your PCP may help make decisions about or obtaining prior authorization

Your PCP or other providers may need to get Prior Authorization (approval in advance) from the plan before providing some services. Please see the benefits chart in Section 4 for more information.

How do you choose your PCP

You can select a PCP from the providers listed under Family Practice, General Practice, Internal Medicine, or Pediatrics in our Provider Directory. Call Customer Service or visit www.Medicare.PacificSource.com for an up-to-date list of in-network providers. We suggest you choose a PCP close to your home so it is convenient for you to receive medical care. Your relationship with your PCP is important, so please take special care when making this selection.

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.

To change your PCP, please call Customer Service and we will:

- Determine whether the PCP you are requesting is accepting new patients.
- Tell you when your PCP change will take effect. Generally, the change takes effect immediately upon receipt of the request.
- Update your member record to reflect the name of your new PCP.
- Send you a new membership ID card.

Section 2.2

What kinds of medical care can you get without getting approval in advance 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 and pneumonia vaccinations.

- Emergency services from in-network providers or from out-of-network providers.
- Urgently needed care from in-network providers or from out-of-network providers when in-network providers are temporarily unavailable or inaccessible, e.g., when you are temporarily outside of the plan's service area.
- 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 call Customer Service before you leave the service area so we can help arrange for you to have maintenance dialysis while you are away.)

Section 2.3

How to get care from specialists and other in-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, who care for patients with cancer.
- Cardiologists, who care for patients with heart conditions.
- Orthopedists, who care for patients with certain bone, joint, or muscle conditions.

Many procedures performed by specialists do require prior Authorization (approval in advance) from us in order to be covered. Please see the Benefits Chart in Chapter 4 for services that require prior authorization.

Referrals from your PCP to Specialists

Referrals are not required. Your PCP or other providers may need to get Prior Authorization (approval in advance) from the plan before providing some services. Please see the benefits chart in Section 4 for more information.

How to Get Prior Authorization for Certain Services

Some of the services listed in the Medical Benefits Chart are covered *only* if your doctor or other Medicare-certified provider gets prior authorization from us. If a service requires

prior authorization, you or your doctor will obtain the plan's approval in advance of the service being provided either by faxing or by calling Customer Service. We will notify you and your provider of the decision within 14 calendar days of your request unless additional information is required.

Covered Services that need prior authorization are marked in the Medical Benefits Chart in Chapter 4 in bold. Please see Chapter 4, Section 2.1 for information about which services require prior authorization.

What if a specialist or another in-network provider leaves our plan?

Sometimes a specialist, clinic, hospital or other in-network provider you are using might leave the plan. Each year we will send you a complete directory or will send you information about changes to our provider directory. If your Primary Care Provider (PCP) leaves our network or if there are significant changes to our provider directory, we will send you a letter with details about the changes and how to choose a new provider. You can use our Provider Directory on our website (www.Medicare.PacificSource.com) to select a new provider or you can contact our Customer Service Department for assistance. Please remember you can notify us at any time if you want to change your PCP or if you need assistance with finding a provider.

If your provider leaves the network and you have an urgent need for care or a medical emergency, call 911 for help or go to the nearest emergency room, hospital, or urgent care center. Please see Section 3 below for additional information about urgent and emergent care.

Section 2.4 How to get care from out-of-network providers.

You must receive your care from an in-network provider.

In most cases, care you receive from an out-of-network provider (a provider who is not part of our plan's network) will not be covered. If you need medical care that

Medicare requires our plan to cover and the providers in our network cannot provide this care, you can get this care from an out-of-network provider with prior authorization from the plan. In this situation, you will pay the same as you would pay if you got the care from an in-network provider. You or your doctor may obtain prior authorization either by faxing or by calling Customer Service.

Section 3 How to get covered services when you have an emergency or urgent need for care.

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 loss of life, 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.

If you have a medical emergency:

- Get help as quickly as possible. Call 911 for help or go to the nearest emergency room, hospital, or urgent care center. Call for an ambulance if you need it. You do *not* need to get approval or a referral first from your PCP.
- 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. Our phone number is listed on the back of your ID card.

What is covered if you have a medical emergency?

You may get covered emergency medical care whenever you need it, anywhere in the United

States or its territories. Our plan covers ambulance services in situations where getting to the emergency room in any other way could endanger your health. For more information, see the Medical Benefits Chart in Chapter 4 of this booklet. Our Plan covers urgently needed care anywhere in the U.S. and world-wide.

If you have an emergency, we will talk with the doctors who are giving you emergency care to help manage and follow up on your care. The doctors who are giving you emergency care will decide when your condition is stable and the medical emergency is over.

After your emergency is over you are entitled to follow-up care to be sure your condition continues to be stable. Your follow-up care will be covered by our plan. Follow-up care with an out-of-network Medicare-certified provider may require prior authorization from the plan in order to be covered. In our review, we will try to arrange for an in-network provider to take over your care as soon as your medical condition and the circumstances allow.

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, we will cover additional care *only* if you get the additional care in one of these two ways:

- You go to an in-network provider to get the additional care.
- – *or* – the additional care you get is considered "urgently needed care" and you follow the rules for getting this urgent care (for more information about this, see Section 3.2 below).

Section 3.2

Getting care when you have an urgent need for care.

What is "urgently needed care"?

"Urgently needed care" is a non-emergency, unforeseen medical illness, injury, or condition, that requires immediate medical care, but the plan's network of providers is temporarily unavailable or inaccessible. The unforeseen condition could, for example, be an unforeseen flare-up of a known condition that you have (for example, a flare-up of a chronic skin condition).

What if you are in the plan's service area when you have an urgent need for care?

In most other situations, if you are in the plan's service area, we will cover urgently needed care *only* if you get this care from an in-network provider and follow the other rules described earlier in this chapter. However, if the circumstances are unusual or extraordinary, and in-network providers are temporarily unavailable or inaccessible, we will cover urgently needed care that you get from an out-of-network provider.

What if you are outside the plan's service area when you have an urgent need for care?

When you are outside the service area and cannot get care from an in-network provider, our plan will cover urgently needed care you get from any provider. Our Plan covers urgently needed care anywhere in the U.S. and world-wide.

Section 4

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

Section 4.1

You can ask the plan to pay our share of the cost of your covered services.

If you have paid more than your share 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.

Our plan covers all medical services that are medically necessary, are listed in the plan's Medical Benefits Chart (this chart is in Chapter 4 of this booklet), and are obtained consistent with plan rules. You are responsible for paying the full cost of services that aren't covered by our plan, either because they are not plan covered services, or they were obtained out-of-network where not authorized.

If you have any questions about whether we will pay for any medical service or care that you are considering, you have the right to ask us whether we will cover it before you get it. If we say we will not cover your services, you have the right to appeal our decision not to cover your care.

Chapter 7 (*What to do if you have a problem or complaint (coverage decisions, appeals, complaints)*) has more information about what to do if you want a coverage decision from us or want to appeal a decision we have already made. You may also call Customer Service at the number on the back cover of this booklet to get more information about how to do this.

For covered services that have a benefit limitation, you pay the full cost of any services you get after you have used up your benefit for that type of covered service. Costs incurred for services that are not covered by our Plan do not count towards the annual Out-of-Pocket Maximum. You can call Customer Service when you want to know how much of your benefit limit you have already used.

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 is a way that doctors and scientists test new types of medical care, like how well a new cancer drug works. They test new medical care procedures or drugs by asking for volunteers to help with the study. This kind of study is one of the final stages of a research process that helps doctors and scientists see if a new approach works and if it is safe.

Not all clinical research studies are open to members of our plan. Medicare first needs to approve the research study. 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.*

Once Medicare approves the study, 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. 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 a Medicare-approved clinical research study, you do *not* need to get approval from us or your provider. 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, *you do need to tell us before you start participating in a clinical research study.*

Here is why you need to tell us:

1. We can let you know whether the clinical research study is Medicare-approved.
2. We can tell you what services you will get from clinical research study providers instead of from our plan.

If you plan on participating in a clinical research study, contact Customer Service (see Chapter 2, Section 1 of this *Evidence of Coverage*).

Section 5.2

When you participate in a clinical research study, who pays for what?

Once you join a Medicare-approved clinical research study, you are covered for 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.

Original Medicare pays most of the cost of the covered services you receive as part of the study. After Medicare has paid its share of the cost for these services, our plan will also pay for part of the costs. We will pay the difference between the cost sharing in Original Medicare and your 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.

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 would be only \$10 under our plan's benefits.

In this case, Original Medicare would pay \$80 for the test and we would pay another \$10. This means that you would pay \$10, which is the same amount you would pay under our plan's benefits.

In order for us to pay for our share of the costs, you will need to submit a request for payment. With your request, you will need to send us a copy of your Medicare Summary Notices or other documentation that shows what services you received as part of the study and how much you owe. Please see Chapter 5 for more information about submitting requests for payment.

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 and services the study gives you or any participant for free.
- 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 condition would usually require only one CT scan.

Do you want to know more?

You can get more information about joining a clinical research study by reading the publication "Medicare and Clinical Research Studies" on the Medicare website (www.medicare.gov). You can also call 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users should call (877) 486-2048.

Section 6

Rules for getting care covered 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 care. 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. You may choose to pursue medical care at any time for any reason. This benefit is provided only for Part A inpatient services (non-medical health care services). Medicare will only pay for non-medical health care services provided by religious non-medical health care institutions.

Section 6.2
What care from a religious non-medical health care institution is covered by our plan?

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 your home, our plan will cover these services only if your condition would ordinarily meet the conditions for coverage of services given

by home health agencies that are not religious non-medical health care institutions.

- 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.

There is unlimited coverage for this benefit. Please see the benefits chart in Chapter 4 for additional information.

Section 7

Rules for ownership of durable medical equipment.

Section 7.1
Will you own your durable medical equipment after making a certain number of payments under our plan?

Durable medical equipment includes items such as oxygen equipment and supplies, wheelchairs, walkers, and hospital beds ordered by a provider for use in the home. Certain items, such as prosthetics, are always owned by the enrollee. In this section, we discuss other types of durable medical equipment that must be rented.

In Original Medicare, people who rent certain types of durable medical equipment own the equipment after paying copayments for the item for 13 months. As a member of our plan, however, you usually will not acquire ownership of rented durable medical equipment items no matter how many copayments you make for the item while a member of our plan. Under certain limited circumstances we will transfer ownership of the durable medical equipment item. Call Customer Service (phone numbers are on the back cover of this booklet) to find out about

the requirements you must meet and the documentation you need to provide.

What happens to payments you have made for durable medical equipment if you switch to Original Medicare?

If you switch to Original Medicare after being a member of our plan:

- If you did not acquire ownership of the durable medical equipment item while in our plan, you will have to make 13 new consecutive payments for the item while in Original Medicare in order to acquire ownership of the item. Your previous payments while in our plan do not count toward these new 13 consecutive payments.
- If you made payments for the durable medical equipment item under Original Medicare *before* you joined our plan, these previous Original Medicare payments also do not count toward the new 13 consecutive payments. You will have to make 13 new consecutive payments for the item under Original Medicare in order to acquire ownership. There are no exceptions to this case when you return to Original Medicare.

Chapter 4

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

Section 1	Understanding your out-of-pocket costs for covered services.....	23
	Section 1.1 Types of out-of-pocket costs you may pay for your covered services.....	23
	Section 1.2 What is the most you will pay for Medicare Part A and Part B covered medical services?.....	23
	Section 1.5 Our plan also limits your out-of-pocket costs for certain types of services.....	23
	Section 1.6 Our plan does not allow providers to “balance bill” you	24
Section 2	Use the <i>Medical Benefits Chart</i> to find out what is covered for you and how much you will pay	25
	Section 2.1 Your medical benefits and costs as a member of the plan	25
Section 3	What benefits are not covered by the plan?	42
	Section 3.1 Benefits we do <i>not</i> cover (exclusions)	42

Section 1

Understanding your out-of-pocket costs for covered services.

This chapter focuses on your covered services and what you pay for your medical benefits. It includes a Medical Benefits Chart that gives a list of your covered services and tells how much you will pay for each covered service as a member of our plan. Later in this chapter, you can find information about medical services that are not covered. It also tells about limitations 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 the 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 the 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.)

Some people qualify for State Medicaid programs to help them pay their out-of-pocket costs for Medicare. (These “Medicare Savings Programs” include the Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), Qualifying Individual (QI), and Qualified Disabled & Working Individuals (QDWI) programs.) If you are enrolled in one of these programs, you may still have to pay a copayment for the service, depending on the rules in your state.

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

Because you are enrolled in a Medicare Advantage Plan, there is a limit to how much

you have to pay out-of-pocket each year for in-network medical services that are covered by our plan (see the Medical Benefits Chart in Section 2, below). This limit is called the maximum out-of-pocket amount for medical services.

As a member of our plan, the most you will have to pay out-of-pocket for in-network covered Part A and Part B services in 2012 is \$3,400. The amounts you pay for copayments, and coinsurance for in-network covered services count toward this maximum out-of-pocket amount. (The amounts you pay for your plan premiums and for your Part D prescription drugs do not count toward your maximum out-of-pocket amount.) If you reach the maximum out-of-pocket amount of \$3,400, you will not have to pay any out-of-pocket costs for the rest of the year for in-network covered Part A and Part B services. However, you must continue to pay your plan premium and 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 also limits your out-of-pocket costs for certain types of services.

In addition to the maximum out-of-pocket amount for covered Part A and Part B services (see Section 1.4 above), we also have a separate maximum out-of-pocket amount that applies only to certain types of services.

The plan has a maximum out-of-pocket amount of \$500 for Durable Medical Equipment (DME) and Prosthetics combined. Once you have paid \$500 out-of-pocket for Durable Medical Equipment (DME) and Prosthetics combined, the plan will cover these services at no cost to you for the rest of the calendar year. Both the maximum out-of-pocket amount for Part A and Part B medical services and the maximum out-of-pocket amount for Durable Medical Equipment (DME) and Prosthetics combined apply to your covered Durable Medical Equipment (DME) and Prosthetics combined. This means that once you have paid \$3,400 in-network for Part A and Part B medical services or \$500 for

your Durable Medical Equipment (DME) and Prosthetics combined, the plan will cover your Durable Medical Equipment (DME) and Prosthetics at no cost to you for the rest of the year.

Section 1.4
Our plan does not allow providers to “balance bill” you.

As a member of our plan, an important protection for you is that, after you meet any deductibles, you only have to pay the plan’s cost-sharing amount when you get services covered by our plan. We do not allow providers to add additional separate charges such as “balance billing.” This protection (that you never pay more than the plan 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. 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 services from an in-network provider.

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 obtain covered services from an in-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 obtain covered services from an out-of-network provider who participates with Medicare, you pay the coinsurance percentage multiplied by the Medicare payment rate for in-network providers. (Remember, the plan covers services from out-of-network providers only in certain situations, such as when you get a referral.)
- If you obtain covered services from an out-of-network provider who does not participate with Medicare, then you pay

the coinsurance amount multiplied by the Medicare payment rate for out-of-network providers. (Remember, the plan covers services from out-of-network providers only in certain situations, such as when you get a referral.)

Section 2

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

<p>Section 2.1 Your medical benefits and costs as a member of the plan.</p>

The Medical Benefits Chart on the following pages lists the services we cover 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:

- Your Medicare covered services must be provided according to the coverage guidelines established by Medicare.
- Your services (including medical care, services, supplies, and equipment) *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.
- You receive your care from an in-network provider. In most cases, care you receive from an out-of-network provider will not be covered. Chapter 3 provides more information about requirements for using in-network providers and the situations when we will cover services from an out-of-network provider.
- You have a primary care provider (a PCP) who is providing and overseeing your care.

- Some of the services listed in the Medical Benefits Chart are covered *only* if your doctor or other in-network provider gets approval in advance (sometimes called “prior authorization”) from us. Covered services that need approval in advance are marked in the Medical Benefits Chart in bold.
- 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.

Medical Benefits Chart

Services that are covered for you	What you must pay when you get these services In-Network
Inpatient Care	
<p>Inpatient hospital care</p> <p>Prior authorization may be required.</p> <p>Stays are not subject to the Medicare lifetime maximum of 150 days. You are covered for an unlimited number of medically necessary days. Each time you are admitted or transferred to a new facility type, including transfers within the same facility, this is considered a new stay.</p> <p>Covered services include:</p> <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. • 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. If our plan provides transplant services at a distant location (farther away than the normal community patterns of care) and you chose 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 pay for the first 3 pints of unreplaced blood. All other components of blood are covered beginning with the first pint used. 	<p>Days 1-6: \$275 copay per day.</p> <p>Days 7+: \$0 copay per day.</p> <p>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.</p>

Services that are covered for you	What you must pay when you get these services In-Network
<ul style="list-style-type: none"> Physician services. <p><i>Note: To be an inpatient, your provider must write an order to admit you to the hospital.</i> Even if you stay in the hospital overnight, you might still be considered an "outpatient." If you are not sure if you are an inpatient, you should ask the hospital staff. 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/Publications/Pubs/pdf/11435.pdf or by calling 1-800-MEDICARE or (800) 633-4227. TTY users call (877) 486-2048. You can call these numbers for free, 24 hours a day, 7 days a week.</p>	
<p>Inpatient mental health care</p> <p>Prior authorization may be required. Covered services include mental health care services that require a hospital stay.</p> <p>There is a 190-day lifetime limit for inpatient services in a psychiatric hospital. The 190-day limit does not apply to Mental Health services provided in a psychiatric unit of a general hospital.</p>	<p>Days 1-6: \$275 copay per day.</p> <p>Days 7+: \$0 copay per day.</p>
<p>Skilled nursing facility (SNF) care</p> <p>Prior authorization may be required.</p> <p>Limited up to 100 days per benefit period. (For a definition of "skilled nursing facility care," see Chapter 10 of this booklet. Skilled nursing facilities are sometimes called "SNFs.")</p> <p>No prior hospital stay is required. Covered services include:</p> <ul style="list-style-type: none"> Semiprivate room (or a private room if medically necessary). Meals, including special diets. Regular 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.) 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 pay for the first 3 pints of unreplaced blood. All other components of blood are covered beginning with the first pint used. Medical and surgical supplies ordinarily 	<p>Days 1-20: \$10 copay per day.</p> <p>Days 21-100: \$75 copay per day.</p>

<p>Services that are covered for you</p>	<p>What you must pay when you get these services In-Network</p>
<p>provided by SNFs.</p> <ul style="list-style-type: none"> • 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 services. <p>Generally, you will get your SNF care from plan facilities. However, under certain conditions listed below, you may be able to pay in-network cost sharing for a facility that isn't a plan 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. 	
<p>SNF services covered during a non-covered SNF stay</p> <p>Prior authorization may be required.</p> <p>In some cases, even though your SNF stay may not be covered, we will continue to cover certain services you receive while you are in the skilled nursing facility (SNF) stay. Covered services include, but are not limited to:</p> <ul style="list-style-type: none"> • Physician services. • Diagnostic tests (like lab tests). • X-ray, radium, and isotope therapy including technician materials and services. • Surgical 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. • 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. 	<p>For each service, see appropriate sections of this Benefits Chart for cost sharing. Cost sharing applies for each individual service and may vary by service.</p>

<p>Services that are covered for you</p>	<p>What you must pay when you get these services In-Network</p>
<p>Home health agency care</p> <p>Prior authorization is required.</p> <p>Covered services include:</p> <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. 	<p>\$0 copay.</p>
<p>Hospice care</p> <p>You may receive care from any Medicare-certified hospice program. Your hospice doctor can be an in-network provider or an out-of-network provider. Original Medicare (rather than our plan) will pay for your hospice services and any Part A and Part B services related to your terminal condition. While you are in the hospice program, your hospice provider will bill Original Medicare for the services that Original Medicare pays for.</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>You are still a member of our plan. If you need non-hospice care (care that is not related to your terminal condition), you have two options:</p> <ul style="list-style-type: none"> • You can obtain your non-hospice care from plan providers. In this case, you only pay plan allowed cost sharing. • --or-- You can get your care covered by Original Medicare. In this case, you must pay the cost-sharing amounts under Original Medicare, except for emergency or urgently needed care. However, after payment, you can ask us to pay you back for the difference between the cost sharing in our plan and the cost sharing under Original Medicare. <p>Note: If you need non-hospice care (care that is not related to your terminal condition), you should contact us to arrange the services. Getting your non-hospice care through our in-network providers will lower your share of the costs for the services. Our plan covers hospice consultation services (one time only) for a terminally ill person who hasn't elected the hospice benefit.</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 condition are paid for by Original Medicare, <i>not our plan.</i></p> <p>Hospice Consultative visit \$0 copay.</p>

Services that are covered for you	What you must pay when you get these services In-Network
Outpatient Services	
<p>Physician services, including doctor’s office visits</p> <p>Covered services include:</p> <ul style="list-style-type: none"> • Medically necessary medical or surgical 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 or specialist, if your doctor orders it to see if you need medical treatment. • Telehealth office visits including consultation, diagnosis and treatment by a specialist. • 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). 	<p>PCP \$15 copay per visit.</p> <p>Specialist \$35 copay per visit.</p> <p>Hearing exam \$35 copay.</p> <p>Non-routine dental care \$35 copay.</p> <p>See Inpatient Hospital Services, Skilled Nursing Facility Care, Outpatient Hospital Services, and Outpatient Surgery sections in this benefits chart for cost-sharing that applies for physician services provided in these facilities.</p> <p>Additional cost-sharing for other services provided during your visit may apply.</p> <p>Treatment by a Nurse Practitioner, Physicians Assistant, or other non-physician healthcare professional as permitted under Medicare rules may require applicable cost-sharing for the services provided.</p>

Services that are covered for you	What you must pay when you get these services In-Network
<p>Outpatient hospital services</p> <p>Prior authorization may be required.</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. Covered services include:</p> <ul style="list-style-type: none"> • Services in an emergency department or outpatient clinic, including same-day surgery. • Laboratory tests billed by the hospital. • Mental health care, including care in a partial-hospitalization program, if a doctor certifies that inpatient treatment would be required without it. • X-rays and other radiology services billed by the hospital. • Medical supplies such as splints and casts. • Certain screenings and preventive services. • Certain drugs and biologicals that you can't give yourself. <p><i>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.</i> 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. 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/Publications/Pubs/pdf/11435.pdf or by calling 1-800-MEDICARE or (800) 633-4227. TTY users call (877) 486-2048. You can call these numbers for free, 24 hours a day, 7 days a week.</p>	<p>For each service, see appropriate sections of this benefits chart. Cost sharing applies for each individual service and may vary by service.</p>
<p>Chiropractic services</p> <p>Covered services include:</p> <ul style="list-style-type: none"> • We cover only manual manipulation of the spine to correct subluxation for acute care only. <p>See exclusions in Section 3.1.</p>	<p>\$15 copay per visit.</p>
<p>Podiatry services</p> <p>Covered services include:</p> <ul style="list-style-type: none"> • Treatment of injuries and diseases of the feet (such as hammer toe or heel spurs). 	<p>\$35 copay per visit.</p>

Services that are covered for you	What you must pay when you get these services In-Network
<ul style="list-style-type: none"> Routine foot care for members with certain medical conditions affecting the lower limbs. 	
<p>Outpatient mental health care</p> <p>Covered services include: Mental health services provided by a 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>\$35 copay per visit.</p>
<p>Partial hospitalization services</p> <p>Prior authorization may be required. Limited to 90 days per stay.</p> <p>“Partial hospitalization” is a structured program of active psychiatric treatment provided in a hospital outpatient setting 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. Note: Because there are no community mental health centers in our network, we cover partial hospitalization only in a hospital outpatient setting.</p>	<p>Days 1-6: \$275 copay per day.</p> <p>Days 7-90: \$0 copay per day.</p>
<p>Outpatient substance abuse services</p>	<p>\$35 copay per visit.</p>
<p>Outpatient surgery, including services provided at hospital outpatient facilities and ambulatory surgical centers</p> <p>Prior authorization may be required.</p> <p>Note: If you are having surgery in a hospital, 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.”</p>	<p>20% coinsurance.</p>
<p>Ambulance services</p> <p>Worldwide coverage.</p>	<p>\$100 copay per transport.</p>

Services that are covered for you	What you must pay when you get these services In-Network
<p>Prior authorization is required for non-emergency ambulance transportation.</p> <p>Covered ambulance services include fixed wing, rotary wing, and ground ambulance services, to the nearest appropriate facility that can provide care if they are furnished to a member whose medical condition is such that other means of transportation are contraindicated (could endanger the person’s health) or if authorized by the plan. The member’s condition must require both the ambulance transportation itself and the level of service provided in order for the billed service to be considered medically necessary.</p> <p>Non-emergency transportation by ambulance is appropriate if it is documented that the member’s condition is such that other means of transportation are contraindicated (could endanger the person’s health) and that transportation by ambulance is medically required.</p>	
<p>Emergency care</p> <p>Worldwide coverage.</p> <p>Emergency care is care that is needed to evaluate or stabilize an emergency medical condition.</p> <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, 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>\$65 copay per visit.</p> <p>The Emergency care copay waived if admitted to the hospital or observation within 12 hours.</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 have your inpatient care at the out-of-network hospital authorized by the plan and your cost is the cost sharing you would pay at an in-network hospital.</p>
<p>Urgently needed care</p> <p>Worldwide coverage.</p>	<p>\$25 copay per visit.</p>

Services that are covered for you	What you must pay when you get these services In-Network
<p>Urgently needed care is care provided to treat a non-emergency, unforeseen medical illness, injury, or condition, that requires immediate medical care, but the plan's network of providers is temporarily unavailable or inaccessible.</p>	
<p>Outpatient rehabilitation services</p> <p>Prior authorization may be required. For 2011, \$1,870 limit per calendar year for physical and speech language therapy combined. \$1,870 limit per calendar year for occupational therapy. These limits may change in 2012.</p> <p>Covered services include: physical therapy, occupational therapy, and speech language therapy. 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>\$35 copay per type of therapy per visit.</p>
<p>Cardiac rehabilitation services</p> <p>Comprehensive programs that include exercise, education, and counseling are covered for members who meet certain conditions with a doctor's order. The plan also covers intensive cardiac rehabilitation programs that are typically more rigorous or more intense than cardiac rehabilitation programs.</p>	<p>\$0 copay per visit.</p>
<p>Pulmonary rehabilitation services</p> <p>Comprehensive programs of pulmonary rehabilitation are covered for members who have moderate to very severe chronic obstructive pulmonary disease (COPD) and order for pulmonary rehabilitation from the doctor treating their chronic respiratory disease.</p>	<p>\$0 copay per visit.</p>
<p>Durable medical equipment and related supplies</p> <p>Prior authorization may be required. (For a definition of "durable medical equipment," see Chapter 10 of this booklet.)</p> <p>Covered items include, but are not limited to: wheelchairs, crutches, hospital bed, IV infusion pump, oxygen equipment, nebulizer, and walker.</p>	<p>Durable Medical Equipment 20% coinsurance</p>

Services that are covered for you	What you must pay when you get these services In-Network
	\$500 Out-of-Pocket Maximum per year for DME and prosthetic devices combined. Supplies \$0 copay.
Prosthetic devices and related supplies Prior authorization may be required. Devices (other than dental) that replace 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.	Prosthetic Devices 20% coinsurance. \$500 Out-of-Pocket Maximum per year for DME and prosthetic devices combined. Supplies \$0 copay.
Diabetes self-management training, diabetic services, and supplies For all people who have diabetes (insulin and non-insulin users). Covered services include: <ul style="list-style-type: none"> • Blood glucose monitor, blood glucose test strips, lancet devices and lancets, and glucose-control solutions for checking the accuracy of test strips and monitors. • 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. 	\$0 copay.
Outpatient diagnostic tests and therapeutic services and supplies Prior authorization may be required. Covered services include, but are not limited to:	Lab services \$0-\$10 copay.

Services that are covered for you	What you must pay when you get these services In-Network
<ul style="list-style-type: none"> • X-rays. • Radiation (radium and isotope) therapy including technician materials and supplies. • Surgical supplies, such as dressings. • Splints, casts and other devices used to reduce fractures and dislocations. • Laboratory tests. • Blood. Coverage begins with the fourth pint of blood that you need – you pay for the first 3 pints of unreplaced blood. Coverage of storage and administration begins with the first pint of blood that you need. • Other outpatient diagnostic tests. <p>See section 3.1 for exclusions.</p>	<p>Diagnostic procedures and tests \$0-\$10 copay.</p> <p>X-rays \$10 copay.</p> <p>Diagnostic Radiology \$0-\$325 copay.</p> <p>CT or CT myelogram \$125 copay.</p> <p>MRI \$325 copay.</p> <p>Nuclear Cardiac testing \$175 copay.</p> <p>PET scan \$325 copay.</p> <p>Therapeutic Radiology \$0 copay.</p> <p>Medical Supplies \$0 copay.</p> <p>Blood \$0 copay.</p> <p>Protine and Glucose testing \$0 copay.</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 conditions of the eye. Original Medicare doesn't cover routine eye exams (eye refractions) for eyeglasses/contacts. • For people who are at high risk of glaucoma, such as people 	<p>Physician Services \$35 copay.</p> <p>Eye Exams (Medicare-covered)</p>

Services that are covered for you	What you must pay when you get these services In-Network
<p>with a family history of glaucoma, people with diabetes, and African-Americans who are age 50 and older: glaucoma screening once per year.</p> <ul style="list-style-type: none"> 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.) Corrective lenses/frames (and replacements) needed after a cataract removal without a lens implant. 	<p>\$0 copay per exam.</p> <p>Glaucoma screening \$0 copay per exam.</p> <p>Eyewear after cataract surgery \$0 copay (one pair basic eyeglasses or contact lenses. This is not an unlimited benefit. Please contact Customer Service for more information on what is covered with a \$0 copay.</p> <p>Routine (refractive) eye exams See Routine Eye Exams under Additional Benefits later in this chart.</p>
Preventive Services	
<p>Abdominal aortic aneurysm screening</p> <p>A one-time screening ultrasound for people at risk.</p>	<p>\$0 copay.</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>\$0 copay.</p>
<p>Colorectal cancer screening</p> <p>For people 50 and older, the following are covered:</p> <ul style="list-style-type: none"> Flexible sigmoidoscopy (or screening barium enema as an alternative) every 48 months. Fecal occult blood test, every 12 months. 	<p>\$0 copay.</p>

Services that are covered for you	What you must pay when you get these services In-Network
<p>For people at high risk of colorectal cancer, we cover:</p> <ul style="list-style-type: none"> • Screening colonoscopy (or screening barium enema as an alternative) every 24 months. <p>For people not at high risk of colorectal cancer, we cover:</p> <ul style="list-style-type: none"> • Screening colonoscopy every 10 years (120 months), but not within 48 months of a screening sigmoidoscopy. 	
<p>HIV screening</p> <p>For people who ask for an HIV screening test or who are at increased risk for HIV infection, we cover:</p> <ul style="list-style-type: none"> • One screening exam every 12 months. <p>For women who are pregnant, we cover:</p> <ul style="list-style-type: none"> • Up to three screening exams during a pregnancy. 	\$0 copay.
<p>Immunizations</p> <p>Covered Medicare Part B services include:</p> <ul style="list-style-type: none"> • Pneumonia vaccine. • Flu shots, once a year in the fall or winter. • Hepatitis B vaccine if you are at high or intermediate risk of getting Hepatitis B. • Other vaccines if you are at risk and they meet Medicare Part B coverage rules. 	\$0 copay.
<p>Breast cancer screening (mammograms)</p> <p>Covered services include:</p> <ul style="list-style-type: none"> • One baseline mammogram between the ages of 35 and 39. • One screening mammogram every 12 months for women age 40 and older. • Clinical breast exams once every 24 months. 	\$0 copay.
<p>Cervical and vaginal cancer screening</p> <p>Covered services include:</p> <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 cancer or have had an abnormal Pap test and are of childbearing age: one Pap test every 12 months. 	\$0 copay.

Services that are covered for you	What you must pay when you get these services In-Network
<p>Prostate cancer screening exams</p> <p>For men age 50 and older, covered services include the following - once every 12 months:</p> <ul style="list-style-type: none"> • Digital rectal exam. • Prostate Specific Antigen (PSA) test. 	<p>\$0 copay.</p>
<p>Cardiovascular disease testing</p> <p>Blood tests for the detection of cardiovascular disease (or abnormalities associated with an elevated risk of cardiovascular disease) once every 5 years (60 months).</p>	<p>\$0 copay.</p>
<p>“Welcome to Medicare” physical exam</p> <p>The plan covers a one-time “Welcome to Medicare” physical exam, which 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.</p> <p>Important: You must have the physical exam 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” physical exam.</p>	<p>There is no coinsurance, copayment, or deductible for the Welcome to Medicare exam.</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” exam. However, you don’t need to have had a “Welcome to Medicare” exam to be covered for annual wellness visits after you’ve had Part B for 12 months.</p>	<p>There is no coinsurance, copayment, or deductible for the Welcome to Medicare exam.</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 meet other</p>	<p>\$0 copay.</p>

Services that are covered for you	What you must pay when you get these services In-Network
<p>requirements, like being overweight and having a family history of diabetes. Based on the results of these tests, you may be eligible for up to two diabetes screenings every 12 months.</p>	
<p>Medical nutrition therapy</p> <p>This benefit is for people with diabetes, renal (kidney) disease (but not on dialysis), or after a transplant when ordered 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 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 order. A physician must prescribe these services and renew their order yearly if your treatment is needed into another calendar year.</p>	<p>\$0 copay.</p>
<p>Smoking and tobacco use cessation (counseling to stop smoking)</p> <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. Each counseling attempt includes up to four face-to-face visits.</p> <p>If you use tobacco and <u>have been diagnosed</u> with a tobacco-related disease or are taking medicine that may be affected by tobacco: we cover cessation counseling services. We cover two counseling quit attempts within a 12-month period. Each counseling attempt includes up to four face-to-face visits, however, you will pay the applicable inpatient or outpatient cost sharing.</p>	<p><u>If you haven’t been diagnosed</u> with an illness caused or complicated by tobacco use: \$0 copay.</p> <p><u>If you have been diagnosed</u> with an illness caused or complicated by tobacco use, or you take a medicine that is affected by tobacco: \$0 copay.</p>
<p>Other Services</p>	
<p>Services to treat kidney disease and conditions</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 by their doctor, we cover up to six sessions of kidney disease education services per lifetime. • Outpatient dialysis treatments (including dialysis treatments when temporarily out of the service area, as explained in 	<p>\$0 copay.</p>

Services that are covered for you	What you must pay when you get these services In-Network
<p>Chapter 3).</p> <ul style="list-style-type: none"> • 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 below, "Medicare Part B prescription drugs."</p>	
<p>Medicare Part B prescription drugs</p> <p>Prior authorization may be required.</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 was 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. 	<p>20% coinsurance.</p>

Services that are covered for you	What you must pay when you get these services In-Network
Additional Benefits	
<p>Hearing services</p> <p>Basic hearing evaluations performed by your provider are covered as outpatient care when furnished by a physician, audiologist, or other qualified provider.</p> <ul style="list-style-type: none"> • Routine hearing exam. <p>Limited to one exam per calendar year.</p>	<p>\$35 copay per exam.</p>
<p>Vision care</p> <ul style="list-style-type: none"> • Routine (refractive) eye exams. Limited to one exam every two calendar years. • Eye glasses or contact lenses not related to cataract surgery. You may purchase eye hardware from any licensed, qualified provider. Reimbursement limited to \$100 every 2 calendar years. 	<p>Routine (refractive) eye exams \$35 copay per exam.</p> <p>Hardware \$0 copay.</p>
<p>Routine physical exams</p> <p>Limited to one exam per year.</p> <p>This exam is covered in addition to Welcome to Medicare Exam and Annual Wellness Visits.</p>	<p>\$0 copay.</p>

Section 3 What benefits are not covered by the plan?

Section 3.1 Benefits we do *not* cover (exclusions)

This section tells you what kinds of benefits are “excluded.” Excluded means that the plan doesn’t cover these benefits.

The list below describes some services and items that aren’t covered under any

conditions and some that are excluded only under specific conditions.

If you get benefits that are excluded, you must pay for them yourself. We won’t pay for the excluded medical benefits listed in this section (or elsewhere in this booklet), and neither will Original Medicare. The only exception: If a benefit on the exclusion list is found upon appeal to be a medical benefit 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 booklet.)

In addition to any exclusions or limitations described in the Benefits Chart, or anywhere else in this *Evidence of Coverage*, the following items and services aren't covered under Original Medicare or by our plan:

- Services considered not reasonable and necessary, according to the standards of Original Medicare, unless these services are listed by our plan as covered services.
- Experimental medical and surgical procedures, equipment and medications, unless covered by Original Medicare or under a Medicare-approved clinical research study. (See Chapter 3, Section 5 for more information on clinical research studies.) Experimental procedures and items are those items and procedures determined by our plan and Original Medicare to not be generally accepted by the medical community.
- Surgical treatment for morbid obesity, except when it is considered medically necessary and covered under Original Medicare.
- Private room in a hospital, except when it is considered medically necessary.
- Private duty nurses.
- Personal items in your room at a hospital or a skilled nursing facility, such as a telephone or a television.
- Full-time nursing care in your home.
- Custodial care, unless it is provided with covered skilled nursing care and/or skilled rehabilitation services. Custodial care, or non-skilled care, is care that helps you with activities of daily living, such as bathing or dressing.
- Homemaker services include basic household assistance, including light housekeeping or light meal preparation.
- Fees charged by your immediate relatives or members of your household.
- Meals delivered to your home.
- Elective or voluntary enhancement procedures or services (including weight loss, hair growth, sexual performance, athletic performance, cosmetic purposes, anti-aging and mental performance), except when medically necessary.
- Cosmetic surgery or procedures, unless because of an accidental injury or to improve a malformed part of the body. However, all stages of reconstruction are covered for a breast after a mastectomy, as well as for the unaffected breast to produce a symmetrical appearance.
- Routine dental care, such as cleanings, fillings or dentures. However, non-routine dental care required to treat illness or injury may be covered as inpatient or outpatient care.
- Chiropractic care, other than manual manipulation of the spine consistent with Medicare coverage guidelines.
- Routine foot care, except for the limited coverage provided according to Medicare guidelines.
- Orthopedic shoes, unless the shoes are part of a leg brace and are included in the cost of the brace or the shoes are for a person with diabetic foot disease.
- Supportive devices for the feet, except for orthopedic or therapeutic shoes for people with diabetic foot disease.
- Hearing aids.
- Radial keratotomy, LASIK surgery, vision therapy and other low vision aids.
- Reversal of sterilization procedures, sex change operations, and non-prescription contraceptive supplies.
- Acupuncture.
- Naturopath services (uses natural or alternative treatments).
- Services provided to veterans in Veterans Affairs (VA) facilities. However, when emergency services are received at VA hospital and the VA cost sharing is more than the cost sharing under our plan, we will reimburse veterans for the difference. Members are still responsible for our cost-sharing amounts.
- X-rays, labs, or other diagnostic procedures ordered or rendered by a Chiropractor.
- Electron Beam Tomography (EBT) calcium scoring.
- Services provided by providers that are not licensed or certified by Medicare.
- Massage therapy.
- Services provided outside the United States unless specified in Benefit Chart.

- Physical exams for the following reasons: employment, licensing, insurance coverage (ie: pilot licenses, commercial driver license, etc.)
- Court ordered treatment, testing, special reports that are not directly related to medically necessary treatment.
- Wigs, toupees, hair transplants are not covered even if they are related to a condition that is otherwise covered.
- Immunizations for the sole purpose of travel.
- Surgery for TMJ, services or supplies to shorten or lengthen the upper or lower jaw are not covered unless medically necessary.
- Incontinence supplies (ie: diapers, under garments, underpads).
- Contraceptives.
- Family planning.
- Robotic-assisted surgery.

The plan will not cover the excluded services listed above. Even if you receive the services at an emergency facility, the excluded services are still not covered.

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	45
	Section 1.1 If you pay our plan’s share of the cost of your covered services, or if you receive a bill, you can ask us for payment	45
Section 2	How to ask us to pay you back or to pay a bill you have received	46
	Section 2.1 How and where to send us your request for payment	46
Section 3	We will consider your request for payment and say yes or no	47
	Section 3.1 We check to see whether we should cover the service and how much we owe	47
	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	47

Section 1

Situations in which you should ask us to pay our share of the cost of your covered services.

Section 1.1
If you pay our plan’s share of the cost of your covered services, or if you receive a bill, you can ask us for payment.

Sometimes when you get medical you may need to pay the full cost right away. Other times, you may find that you have paid more than you expected under the coverage rules of the plan. In either case, 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 also be times when you get a bill from a provider for the full cost of medical care you have received. In many cases, you should send this 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.

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 emergency or urgently needed medical care from a provider who is not in our plan’s network

You can receive emergency services from any provider, whether or not the provider is a part of our network. When you receive emergency or urgently needed care from a provider who is not part of our network, you are only responsible for paying your share of the cost, not for the entire cost. You should ask the provider to bill the plan for our share of the cost.

If you pay the entire amount yourself at the time you receive the care, you need to 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.

At times 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.

2. When an in-network provider sends you a bill you think you should not pay

In-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.

Whenever you get a bill from an in-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 an in-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. (Retroactive means that the first day of their enrollment has already past. 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 for us to handle the reimbursement.

Please call Customer Service for additional information about how to ask us to pay you back and deadlines for making your request.

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 booklet (*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.

Section 2.1 How and where to send us your request for payment.

Send us your request for payment, along with 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. 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. Either download a copy of the form from our website www.Medicare.PacificSource.com or call Customer Service and ask for the form. The phone numbers for Customer Service are on the back cover of this booklet.

Mail your request for payment together with any bills or receipts to us at one of these

addresses:

Mail your request for medical claim
reimbursement, along with any bills or
receipts to:

PacificSource Medicare
Attn: Claims Department
2965 NE Conners Avenue
Bend, Oregon, 97701

You may also call our plan to request
payment. For details, go to Chapter 2,
Section 1 and look for the section called,
*Where to send a request that asks us to pay
for our share of the cost for medical care you
have received.*

You must submit your claim to us within 1
year of the date you received the service, or
item.

Please be sure to contact Customer Service if
you have any questions. If you don't know
what you should have paid, or you receive
bills and you don't know what to do about
those bills, we can help. You can also call if
you want to give us more information about a
request for payment you have already sent to
us.

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 is covered and
you followed all the rules for getting the care,
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. (Chapter 3 explains the rules you
need to follow for getting your medical
services covered.)

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. Instead,
we will send you a letter that explains the
reasons why we are not sending the payment
you have requested and your rights 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
you don't agree with 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.
For the details on how to make this appeal,
go to Chapter 7 of this booklet (*What to do if
you have a problem or complaint (coverage
decisions, appeals, complaints)*).

The appeals process is a formal process with
detailed procedures and important deadlines.
If making an appeal is new to you, you will
find it helpful to start by reading Section 4 of
Chapter 7. Section 4 is an introductory
section that explains the process for coverage
decisions and appeals and gives definitions of
terms such as "appeal." Then after you have
read Section 4, you can go to the section 5.3
to learn how to make an appeal about getting
paid back for a medical service.

Chapter 6

Your rights and responsibilities

Section 1	Our plan must honor your rights as a member of the plan	48
Section 1.1	We must provide information in a way that works for you (in languages other than English, in Braille, in large print, or other alternate formats, etc.)	48
Section 1.2	We must treat you with fairness and respect at all times	48
Section 1.3	We must ensure that you get timely access to your covered services	49
Section 1.4	We must protect the privacy of your personal health information	49
Section 1.5	We must give you information about the plan, its network of providers, and your covered services	52
Section 1.6	We must support your right to make decisions about your care	53
Section 1.7	You have the right to make complaints and to ask us to reconsider decisions we have made	54
Section 1.8	What can you do if you think you are being treated unfairly or your rights are not being respected?	54
Section 1.9	How to get more information about your rights	54
Section 2	You have some responsibilities as a member of the plan	55
Section 2.1	What are your responsibilities?	55

Section 1

Our plan must honor your rights as a member of the plan.

Section 1.1
We must provide information in a way that works for you (in languages other than English, in Braille, in large print, or other alternate formats, etc.)

To get information from us in a way that works for you, please call Customer Service (phone numbers are on the back cover of this booklet). Our plan has people and free language 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 if you need it. If you are eligible for Medicare because of a disability, we are required to give you information about the plan's benefits that is accessible and appropriate for you.

If you have any trouble getting information from our plan because of problems related to language or a disability, please call Medicare at 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week, and tell them that you want to file a complaint. TTY users call (877) 486-2048.

Section 1.2
We must treat you with fairness and respect at all times.

Our plan must obey laws that protect you from discrimination or unfair treatment. *We do not discriminate* based on a person's race, ethnicity, national origin, religion, gender, age, mental or physical disability, health status, claims experience, medical history, genetic information, evidence of insurability, or geographic location within the service area.

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 1-800-368-1019 (TTY 1-800-537-7697) or your local Office for Civil Rights.

If you have a disability and need help with access to care, please call us at Customer Service (phone numbers are on the back cover of this booklet). If you have a complaint, such as a problem with wheelchair access, Customer Service can help.

Section 1.3

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

As a member of our plan, you have the right to choose a Primary Care Provider (PCP) in the plan's network to provide and arrange for your covered services (Chapter 3 explains more about this). Call Customer Service to learn which doctors are accepting new patients (phone numbers are on the back cover of this booklet). You also have the right to go to a women's health specialist (such as a gynecologist) without a referral.

As a plan member, you have the right to get appointments and covered services from the plan's network of 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 booklet tells what you can do. (If we have denied coverage for your medical care and you don't agree with our decision, Chapter 7, Section 4 tells what you can do.)

Section 1.4

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.

- The laws that protect your privacy give you rights related to getting 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.
- In most situations, if we 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 first*. Written permission can be given by you or by someone you have given legal power to make decisions for you.
- There are certain exceptions that do not require us to get your written permission first. These exceptions are allowed or required by law.
 - For example, 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.

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 at 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 Customer Service (phone numbers are on the back cover of this booklet).

Notice of Privacy Practices

This notice describes how medical information about you may be used and disclosed, and how you can get access to this information. Please review it carefully.

Protected Health Information (PHI) is any information about your health, your health insurance or health services that you get. PHI also includes information that is created and kept by the Plan. Examples of this type of information are your enrollment in the Plan, your past, present or future physical or mental health condition, health care you have received, or payment for the health care you have received. We are required by law to:

- Keep your PHI private
- Give you this notice as required by the Health Insurance Portability and Accountability Act (HIPAA)
- Follow the policies and procedures in this notice

This notice is given to our members when they enroll with the Plan. We can change this notice at any time. You will be notified of any big changes and may request a copy of this notice at any time. It is also posted on our website: www.Medicare.PacificSource.com.

How We May Use and Share Your PHI

There are times when we can use and share your PHI without your direct permission. These times are described below.

1. **For Treatment:** We may use and share your PHI with your providers (doctors, pharmacies, hospitals and other caregivers) who are treating you. For treatment reasons we may also share PHI about claims and services, medical history, eligibility, payment information and other information. For example, we may talk to your doctor about your condition and treatment to improve the care you get.

2. **For Health Care Operations:** We may use or share PHI to do business activities. These activities include things like:
 - Using PHI to find out if the Plan is meeting quality goals and standards
 - For programs that support early detection of diseases, prevention of diseases or case management of diseases
 - Sharing PHI with people and companies that help manage your care
 - Sharing PHI with people and companies that help us perform business. We will only share information if there is a business reason to share it and if there is a signed agreement in place to protect your PHI
 - We may use or share your PHI to give you more information about the Plan or about treatments. For example, we may use your name and address to send you a newsletter or other information about our activities

Allowed And Required Uses And Sharing of Your PHI

We may use or share your PHI without your permission if required by state and federal laws. We may share your PHI:

- When required by law or for public health reasons. If we need to give you information about benefits you can get under your plan or in some situations, about health-related products or services that may be of interest to you.
- If law enforcement or specific government agencies ask us through a court order, subpoena, warrant, summons or similar process.
- PHI may be released for law enforcement or specific government functions. These include a request by a law enforcement official made through a court order, subpoena, warrant, and summons or from a similar process.

We will protect your Personal Health information and make sure that all sharing of this information follows the rules above. If we

use or share your information for any other reason, we will get your written permission.

You must sign a special agreement and send it to us so we can share your information. For example, you may agree in writing that the Plan may share information with another person or company such as a caregiver. Remember that once we get permission to share information, we cannot be certain that the person who gets the information from us will not share it with someone else. Again, the only time we would not need your permission is if the use or sharing of this information is allowed or required by law.

Your Rights With PHI

You have rights about your protected PHI.

1. You have the right to look at and get a copy your PHI. You may look at and get a copy of PHI that is part of a designated record set for as long as we keep this information on file. A designated record set means medical and billing records, and any other records that are used by the Plan. You may have to pay a small fee for the costs of copying, mailing or other materials. You must ask for this in writing. Please send it to the Grievance/Appeals & Privacy Administrator at PacificSource Medicare, PO Box 7469, Bend, Oregon 97708, and we will answer your request within 30 days. If for any reason this information is not in our office, we will answer within 60 days. You may not be able to get some types of PHI like psychotherapy notes or PHI collected by us in preparation for any legal actions.
2. You have the right to ask that the Plan change or modify your PHI. You may ask that the Plan change information that is in a designated record set. We may or may not agree to what you ask. You must ask us in writing and we will answer whether or not we will make the change. If you do not agree with our answer, you may tell us in writing why you do not agree. We may not agree with what you ask if the information is:
 - Not correct or complete

- Was not created by the Plan
 - Necessary to meet with state and federal regulations
3. You have the right to a list of those we have shared your PHI with. This listing will not include those that we have shared PHI with for the purposes of treatment, payment, health care operations, or as required by law as listed above. This list will not include any information prior to April 14, 2003. You must ask us in writing and tell us the dates you want us to include.
 4. You have the right to restrict or limit us from using your PHI. We may review what you are asking us but we are not required to agree to it. To ask us to limit PHI we may use, you must ask us in writing and tell us what information you want to limit and the dates involved. If we do not agree to what you ask, we will send you a letter. We cannot agree to restrict PHI that we are legally required to share, or that is necessary for treatment, payment, or health care operations.
 5. We can communicate with you in different ways. You have the right to ask that we communicate with you in a certain way, such as by telephone or mail. You can also ask that we communicate with you at a certain place, such as sending mail to a specific address. You must ask us in writing. We will review and agree to all reasonable requests
 6. You have the right to ask us for a copy of this notice at any time. You may view this notice on line at www.Medicare.PacificSource.com.

Using Your Rights And Complaints

If you think your privacy has been shared when it should not have been, you may send a written complaint to our Privacy Contact. We will not react against you for your complaint. Please send your complaint to:
PacificSource Medicare
Attn: Grievance/Appeals & Privacy Administrator

PO Box 7469, Bend, Oregon 97708

You may also send your complaints to the US Department of Health and Human Services:
U.S. Department of Health and Human Services
200 Independence Ave. SW, Room 509F,
HHH Building, Washington DC 20201
(866) 627-7748 Toll-free
(886) 788-4989 TTY

If you have any questions please call Customer Service (numbers listed on the back of this book). Privacy rules are overseen by the Compliance Officer, who also acts as the Privacy Officer.

This notice is effective April 14, 2003.

Section 1.5
We must give you information about the plan, its network of providers, and your covered services.

As a member of our plan, you have the right to get several kinds of information from us. (As explained above in Section 1.1, you have the right to get information from us in a way that works for you. This includes getting the information in languages other than English and in large print or other alternate formats.)

If you want any of the following kinds of information, please call Customer Service (phone numbers are on the back cover of this booklet):

- **Information about our plan.** This includes, for example, information about the plan's financial condition. It also includes information about the number of appeals made by members and the plan's performance ratings, including how it has been rated by plan members and how it compares to other Medicare health plans.
- **Information about our in-network providers.**
 - For example, you have the right to get information from us about the qualifications of the providers in our network and how we pay the providers in our network.
 - For a list of the providers in the plan's network, see the *Provider Directory*.
 - For more detailed information about our providers, you can call Customer Service (phone numbers are on the back cover of this booklet) or visit our website at www.Medicare.PacificSource.com.
- **Information about your coverage and rules you must follow in using your coverage.**
 - In Chapters 3 and 4 of this booklet, we explain what medical services are covered for you, any restrictions to your coverage, and what rules you must follow to get your covered medical services.
 - If you have questions about the rules or restrictions, please call Customer Service (phone numbers are on the back cover of this booklet).
- **Information about why something is not covered and what you can do about it.**
 - If a medical service is not covered for you, or if your coverage is restricted in some way, you can ask us for a written explanation. You have the right to this explanation even if you received the medical service from an out-of-network provider.
 - If you are not happy or if you disagree with a decision we make about what medical care is covered for you, you have the right to ask us to change the decision. You can ask us to change the decision by making an appeal. For details on what to do if something is not covered for you in the way you think it should be covered, see Chapter 7 of this booklet. It gives you the details about how to make an appeal if you want us to change our decision. (Chapter 7 also tells about how to make a complaint about quality of care, waiting times, and other concerns.)
 - If you want to ask our plan to pay our share of a bill you have received for

medical care, see Chapter 5 of this booklet.

Section 1.6

We must support your right to make decisions about your care.

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 when you go for medical care. 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.*** This means that 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. It also includes being told about programs our plan offers to help members manage their medications and use drugs safely.
- ***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. You also have the right to stop taking your medication. Of course, if you refuse treatment or stop taking medication, you accept full responsibility for what happens to your body as a result.
- ***To receive an explanation if you are denied coverage for care.*** You have the right to receive an explanation from us if a provider has denied care that you believe you should receive. To receive this

explanation, you will need to ask us for a coverage decision. Chapter 7 of this booklet tells how to ask the plan for a coverage decision.

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 in 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.** If you want to have an advance directive, you can get a 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. You can also contact Customer Service to ask for the forms (phone numbers are on the back cover of this booklet).
- **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 as the one to make decisions for you if you can't. You may want to give copies to close friends or family members as well. Be sure to 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.

- If you are admitted to the hospital, they 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 hasn't followed the instructions in it, you may file a complaint with the Oregon Department of Human Resources, Public Health. See Section 2 for contact information.

Section 1.7
You have the right to make complaints and to ask us to reconsider decisions we have made.

If you have any problems or concerns about your covered services or care, Chapter 7 of this booklet tells what you can do. It gives the details about how to deal with all types of problems and complaints.

As explained in Chapter 7, what you need to do to follow up on a problem or concern depends on the situation. You might need to ask our plan to make a coverage decision for you, make an appeal to us to change a coverage decision, or make a complaint. Whatever you do – ask for a coverage

decision, make an appeal, or make a complaint – we are required to treat you fairly.

You have the right to get a summary of information about the appeals and complaints that other members have filed against our plan in the past. To get this information, please call Customer Service (phone numbers are on the back cover of this booklet).

Section 1.8
What can you do if you think you are being treated unfairly or your rights are not being respected?

If it is about discrimination, call the Office for Civil Rights

If you think you have been treated unfairly or your rights have not been respected due to your race, disability, religion, sex, health, ethnicity, creed (beliefs), age, 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 think 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 Customer Service (phone numbers are on the back cover of this booklet).
- You can call the State Health Insurance Assistance Program. For details about this organization and how to contact it, go to Chapter 2, Section 3.
- Or, you can call Medicare at 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users should call (877) 486-2048.

Section 1.9
How to get more information about your rights.

There are several places where you can get more information about your rights:

- You can call Customer Service (phone numbers are on the back cover of this booklet).

- You can call the State Health Insurance Assistance Program. For details about this organization and how to contact it, go to Chapter 2, Section 3.
- You can contact Medicare.
 - You can visit the Medicare website to read or download the publication "Your Medicare Rights & Protections." (The publication is available at: www.medicare.gov/Publications/Pubs/pdf/10112.pdf.)
 - Or, you can call 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users should call (877) 486-2048.

Section 2

You have some responsibilities as a member of the plan.

Section 2.1

What are your responsibilities?

Things you need to do as a member of the plan are listed below. If you have any questions, please call Customer Service (phone numbers are on the back cover of this booklet). We're here to help.

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, including what is covered, what is not covered, rules to follow, and what you pay.

If you have any other health insurance in addition to our plan, or separate prescription drug coverage, you are required to tell us. Please call Customer Service to let us know.

- We are required to follow rules set by Medicare to make sure that you are using all of your coverage in combination when you get your covered services from our plan. This is called "coordination of

benefits" because it involves coordinating the health benefits you get from our plan with any other health and drug benefits available to you. We'll help you with it. (For more information about coordination of benefits, go to Chapter 1, Section 7.)

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 your doctors and other health providers give you the best care, learn as much as you are able to about your health problems and give them the information they need about you and your health. 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. Your doctors and other health care providers are supposed to explain things in a way you can understand. If you ask a question and you don't understand the answer you are given, ask again.

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 pay your plan premiums to continue being a member of our plan.
- In order to be eligible for our plan, you must be entitled to Medicare Part A and enrolled in Medicare Part B. For that reason, some plan members must pay a premium for Medicare Part A and most

plan members must pay a premium for Medicare Part B to remain a member of the plan.

- For most of your medical services covered by the plan, you must pay your share of the cost when you get the service. This will be a copayment (a fixed amount) or coinsurance (a percentage of the total cost). Chapter 4 tells what you must pay for your medical services.
- If you get any medical services that are not covered by our plan or by other insurance you may have, you must pay the full cost.
 - If you disagree with our decision to deny coverage for a service, you can make an appeal. Please see Chapter 7 of this booklet for information about how to make an appeal.
- If you are required to pay a late enrollment penalty, you must pay the penalty to remain a member of the plan.

Tell us if you move.

If you are going to move, it's important to tell us right away. Call Customer Service (phone numbers are on the back cover of this booklet).

If you move outside of our plan service area, you cannot remain a member of our plan. (Chapter 1 tells about our service area.) We can help you figure out whether you are moving outside our service area. If you are leaving our service area, we can let you know if we have a plan in your new area.

If you move within our service area, we still need to know *so we can keep your membership record up to date and know how to contact you.*

Call Customer Service for help if you have questions or concerns.

We also welcome any suggestions you may have for improving our plan.

- Phone numbers and calling hours for Customer Service are on the back cover of this booklet.
- For more information on how to reach us, including our mailing address, please see Chapter 2.

Chapter 7

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

Background

Section 1	Introduction.....	58
	Section 1.1 What to do if you have a problem or concern	58
	Section 1.2 What about the legal terms?	58
Section 2	You can get help from government organizations that are not connected with us	59
	Section 2.1 Where to get more information and personalized assistance.....	59
Section 3	To deal with your problem, which process should you use?	59
	Section 3.1 Should you use the process for coverage decisions and appeals? Or should you use the process for making complaints?	59

Coverage Decisions and Appeals

Section 4	A guide to the basics of coverage decisions and appeals.....	60
	Section 4.1 Asking for coverage decisions and making appeals: the big picture	60
	Section 4.2 How to get help when you are asking for a coverage decision or making an appeal	60
	Section 4.3 Which section of this chapter gives the details for <u>your</u> situation?	61
Section 5	Your medical care: How to ask for a coverage decision or make an appeal	61
	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	61
	Section 5.2 Step-by-step: How to ask for a coverage decision (how to ask our plan to authorize or provide the medical care coverage you want)	62
	Section 5.3 Step-by-step: How to make a Level 1 Appeal (how to ask for a review of a medical care coverage decision made by our plan)	65
	Section 5.4 Step-by-step: How to make a Level 2 Appeal	67
	Section 5.5 What if you are asking us to pay you for our share of a bill you have received for medical care?.....	68
Section 6	How to ask us to cover a longer inpatient hospital stay if you think the doctor is discharging you too soon.....	69
	Section 6.1 During your inpatient hospital stay, you will get a written notice from Medicare that tells about your rights.....	69
	Section 6.2 Step-by-step: How to make a Level 1 Appeal to change your hospital discharge date.....	70
	Section 6.3 Step-by-step: How to make a Level 2 Appeal to change your hospital discharge date.....	72
	Section 6.4 What if you miss the deadline for making your Level 1 Appeal?	73

Section 7 How to ask us to keep covering certain medical services if you think your coverage is ending too soon.....75

Section 7.1 *This section is about three services only: Home health care, skilled nursing facility care, and Comprehensive Outpatient Rehabilitation Facility (CORF) services..... 75*

Section 7.2 We will tell you in advance when your coverage will be ending 76

Section 7.3 Step-by-step: How to make a Level 1 Appeal to have our plan cover your care for a longer time..... 76

Section 7.4 Step-by-step: How to make a Level 2 Appeal to have our plan cover your care for a longer time..... 78

Section 7.5 What if you miss the deadline for making your Level 1 Appeal? 78

Section 8 Taking your appeal to Level 3 and beyond80

Section 8.1 Levels of Appeal 3, 4, and 5 for Medical Service Appeals..... 80

Making a Complaint

Section 9 How to make a complaint about quality of care, waiting times, customer service, or other concerns.....82

Section 9.1 What kinds of problems are handled by the complaint process? 82

Section 9.2 The formal name for “making a complaint” is “filing a grievance” 83

Section 9.3 Step-by-step: Making a complaint 83

Section 9.4 You can also make complaints about quality of care to the Quality Improvement Organization 84

Background

Section 1 Introduction.

Section 1.1 What to do if you have a problem or concern.

This chapter explains two types of processes for handling problems and concerns:

- For some types of problems, you need to use the process for coverage decisions and making appeals.
- For other types of problems, you need to use the process for making complaints.

Both of these processes have been approved by Medicare. To ensure fairness and prompt handling of your problems, each process has a set of rules, procedures, and deadlines that must be followed by us and by you. Which one do you use? That depends on the type of problem you are having. The guide in Section 3 will help you identify the right process to use.

Section 1.2 What about the legal terms?

There are technical 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 keep things simple, this chapter explains the legal rules and procedures using 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” or “coverage 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 for the situation you are in. Knowing which terms to use will help you communicate more clearly and accurately when you are dealing with your problem and 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

You can get help from government organizations that are not connected with us.

Section 2.1
Where to get more information and personalized assistance.

Sometimes it can be confusing to start or follow through the process for dealing with a problem. This can be especially true if you do not feel well or have limited energy. Other times, you may not have the knowledge you need to take the next step.

Get help from an independent government organization

We are always available to help you. But in some situations you may also want help or guidance from someone who is not connected with us. You can always contact your State Health Insurance Assistance Program (SHIP). This government program has trained counselors in every state. 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. The services of SHIP counselors are free. You will find phone numbers in Chapter 2, Section 3 of this booklet.

You can also get help and information from Medicare

For more information and help in handling a problem, you can also contact Medicare. Here are two ways to get information directly from Medicare:

- You can call 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a

week. TTY users should call (877) 486-2048.

- You can visit the Medicare website (www.medicare.gov).

Section 3

To deal with your problem, which process should you use?

Section 3.1
Should you use the process for coverage decisions and appeals? Or should you use the process for making complaints?

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.

To figure out which part of this chapter will help with your specific problem or concern, **START HERE**

Is your problem or concern about your benefits or coverage? (This includes problems about whether particular medical care is covered or not, the way in which they are covered, and problems related to payment for medical care.)

Yes. My problem is about benefits or coverage. Go on to the next section of this chapter, *Section 4, A guide to the basics of coverage decisions and making appeals.*

No. My problem is not about benefits or coverage. 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.

The process for coverage decisions and making appeals deals with problems related to your benefits and coverage for medical services, including problems related to 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

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 in-network doctor makes a (favorable) coverage decision for you whenever you receive medical care from him or her or if your in-network doctor refers you to a medical specialist.

You 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. 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 and you are not satisfied with this decision, you can “appeal” the decision. An appeal is a formal way of asking us to review and change a coverage decision we have made.

When you make an appeal, we review the coverage decision we have made to check to see if we were following all of the rules properly. Your appeal is handled by different reviewers than those who made the original unfavorable decision. When we have completed the review we give you our decision.

If we 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 organization that is not connected to us. (In some situations, your case will be automatically sent to the independent organization for a Level 2 Appeal. If this happens, we will let you know. In other situations, you will need to ask for a Level 2 Appeal.) If you are not satisfied with the decision at the Level 2 Appeal, you may be able to continue through several more levels of appeal.

Section 4.2 How to get help when you are asking for a coverage decision or making an appeal.

Would you like some help? Here are resources you may wish to use if you decide to ask for any kind of coverage decision or appeal a decision:

- You can call us at Customer Service (phone numbers are on the back cover of this booklet).
- To get free help from an independent organization that is not connected with our plan, contact your State Health Insurance Assistance Program (see Section 2 of this chapter).
- Your doctor or other provider can make a request for you. Your doctor or other provider can request a coverage decision or a Level 1 Appeal on your behalf. To request any appeal after Level 1, your

doctor or other provider must be appointed as your representative.

- *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.
 - There may be someone who is already legally authorized to act as your representative under State law.
 - If you want a friend, relative, your doctor or other provider, or other person to be your representative, call Customer Service and ask for the “Appointment of Representative” form. The form is also available on Medicare’s website at www.cms.hhs.gov/cmsforms/downloads/cms1696.pdf or on our website at www.Medicare.PacificSource.com. 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.
- *You also have the right to hire a lawyer to act for you.* 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?

There are four different types of 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 to these services only: 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 Customer Service (phone numbers are on the back cover of this booklet). You can also get help or information from government organizations such as your State Health Insurance Assistance Program (Chapter 2, Section 3, of this booklet has the phone numbers for this program).

Section 5

Your medical care: How to ask for a coverage decision or make an appeal.



Have you read Section 4 of this chapter (*A guide to “the basics” of coverage decisions and appeals*)? If not, you may want to read it before you start this section.

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

This section is about your benefits for medical care and services. These benefits are described in Chapter 4 of this booklet: *Medical Benefits Chart (what is covered and what you pay)*. To keep things simple, we generally refer to “medical care coverage” or “medical care” in the rest of this section, instead of repeating “medical care or treatment or services” every time.

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.
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.
3. You have received medical care or services that you believe should be covered by the plan, but we have said we will not pay for this care.
4. You have received and paid for medical care or services that you believe should be covered by the plan, and you want to ask our plan to reimburse you for this care.
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.

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 a separate section of this chapter because special rules apply to these types of care. Here's what to read in those situations:

- Chapter 7, Section 6: *How to ask us for a longer hospital stay if you think you are being asked to leave the hospital too soon.*
- Chapter 7, Section 7: *How to ask us to keep covering certain medical services if you think your coverage is ending too soon.* This section is about three services only: home health care, skilled nursing facility care, and Comprehensive Outpatient Rehabilitation Facility (CORF) services.

For *all other* situations that involve being told that medical care you have been getting will be stopped, use this section (Section 5) as your guide for what to do.

Which of these situations are you in?	
If you are in this situation:	This is what you can do:
Do you want to find out whether we will cover the medical care or services you want?	You can ask us to make a coverage decision for you. Go to the next section of this chapter, <u>Section 5.2.</u>
Have we already told you that we will not cover or pay for a medical service in the way that you want it to be covered or paid for?	You can make an <u>appeal</u> . (This means you are asking us to reconsider.) Skip ahead to <u>Section 5.3</u> of this chapter.
Do you want to ask us to pay you back for medical care or services you have already received and paid for?	You can send us the bill. Skip ahead to <u>Section 5.5</u> of this chapter.

Section 5.2
Step-by-step: How to ask for a coverage decision (how to ask our plan to authorize or provide the medical care coverage you want).

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

Step 1
You ask our plan to make a coverage decision on the medical care you are requesting.

If your health requires a quick response, you should ask us to make a "fast decision."

Legal Terms

A "fast decision" is called an "**expedited determination**."

How to request coverage for the medical care you want

Start by calling, writing, or faxing our plan to make your request for us to provide coverage for the medical care you want. You, your doctor, or your representative can do this.

For the details on how to contact us, go to Chapter 2, Section 1 and look for the section called, *How to contact us when you are asking for a coverage decision about your medical care*.

Generally we use the standard deadlines for giving you our decision

When we give you our decision, we will use the "standard" deadlines unless we have agreed to use the "fast" deadlines.

A standard decision means we will give you an answer within 14 days after we receive your request. However, we can take up to 14 more calendar days if you ask for more time, or if we need information (such as medical records) that may benefit you. If we decide to take extra days to make the decision, we will tell you in writing.

If you believe we should *not* take extra days, you can file a "fast complaint" about our decision to take extra days. When you file a fast complaint, we will give you an answer to your complaint within 24 hours. (The process for making a complaint is different from the process for coverage decisions and appeals. For more information about the process for making complaints, including fast complaints, see Section 9 of this chapter.)

If your health requires it, ask us to give you a "fast decision"

A fast decision means we will answer within 72 hours. However, we can take up

to 14 more calendar days if we find that some information that may benefit you is missing, or if you need time to get information to us for the review. If we decide to take extra days, we will tell you in writing.

If you believe we should *not* take extra days, you can file a "fast complaint" about our decision to take extra days. (For more information about the process for making complaints, including fast complaints, see Section 9 of this chapter.) We will call you as soon as we make the decision.

To get a fast decision, you must meet two requirements:

- You can get a fast decision *only* if you are asking for coverage for medical care *you have not yet received*. (You cannot get a fast decision if your request is about payment for medical care you have already received.)
- You can get a fast 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 decision," we will automatically agree to give you a fast decision.

If you ask for a fast decision on your own, without your doctor's support, we will decide whether your health requires that we give you a fast decision.

If we decide that your medical condition does not meet the requirements for a fast decision, we will send you a letter that says so (and we will use the standard deadlines instead). This letter will tell you that if your doctor asks for the fast decision, we will automatically give a fast decision. The letter will also tell how you can file a "fast complaint" about our decision to give you a standard decision instead of the fast decision you requested. (For more information about the process for making complaints, including fast complaints, see Section 9 of this chapter.)

Step 2

We consider your request for medical care coverage and give you our answer.

Deadlines for a “fast” coverage decision

Generally, for a fast decision, we will give you our answer *within 72 hours*. As explained above, we can take up to 14 more calendar days under certain circumstances. If we decide to take extra days to make the decision, we will tell you in writing.

If you believe we should *not* take extra days, you can file a “fast complaint” about our decision to take extra days. 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 our answer within 72 hours (or if there is an extended time period, by the end of that period), you have the right to appeal. Section 5.3 below tells how to make an appeal.

- *If our answer is yes to part or all of what you requested*, we must authorize or provide the medical care coverage we have agreed to provide within 72 hours after we received your request. If we extended the time needed to make our decision, we will provide the coverage by the end of that extended period.
- *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.

Deadlines for a “standard” coverage decision

Generally, for a standard decision, we will give you our answer *within 14 days of receiving your request*. We can take up to 14 more calendar days (“an extended time period”) under certain circumstances. If we decide to take extra days to make the decision, we will tell you in writing.

If you believe we should *not* take extra days, you can file a “fast complaint” about our decision to take extra days. 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 our answer within 14 days (or if there is an extended time period, by the end of that period), you have the right to appeal. Section 5.3 below tells how to make an appeal.

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 14 days after we received your request. If we extended the time needed to make our decision, we will provide the coverage by the end of that extended period.

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 3

If we say no to your request for coverage for medical care, you decide if you want to make an appeal.

If we say no, you have the right to ask us to reconsider – and perhaps change – this decision by making an appeal. Making an appeal means making another try to get the medical care coverage you want.

If you decide to make an appeal, it means you are going on to Level 1 of the appeals process (see Section 5.3 below).

Section 5.3

Step-by-step: How to make a Level 1 Appeal (how to ask for a review of a medical care coverage decision made by our plan).

Legal Terms

An appeal to the plan about a medical care coverage decision is called a plan “reconsideration.”

Step 1

You contact us and make your appeal.

If your health requires a quick response, you must ask for a “fast appeal.”

What to do

To start an appeal you, your doctor, or your representative, must contact us. For details on how to reach us for any purpose related to your appeal, go to Chapter 2, Section 1 look for section called, *How to contact us when you are making an appeal about your medical care*.

If you are asking for a standard appeal, make your standard appeal in writing by submitting a signed request. You may also ask for an appeal by calling us at the phone number shown in Chapter 2, Section 1 (*How to contact us when you are making an appeal about your medical care*).

If you have someone appealing our decision for you other than your doctor, your appeal must include an Appointment of Representative form authorizing this person to represent you. (To get the form, call Customer Service and ask for the “Appointment of Representative” form. It is also available on Medicare’s website at www.cms.hhs.gov/cmsforms/downloads/cms1696.pdf or on our website at www.Medicare.PacificSource.com. While we can accept an appeal request without the form, we cannot complete our review until we receive it. If we do not receive the form

within 44 days after receiving your appeal request (our deadline for making a decision on your appeal), your appeal request will be sent to the Independent Review Organization for dismissal.

If you are asking for a fast appeal, make your appeal in writing or call us at the phone number shown in Chapter 2, Section 1 (*How to contact us when you are making an appeal about your medical care*).

You must make your appeal request within 60 calendar days from the date on the written notice we sent to tell you our answer to your request for a coverage decision. If you miss this deadline and have a good reason for missing it, we may give you more time to make your appeal. Examples of good cause for missing the deadline may include if you had 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 and add more information to support your appeal. You have the right to ask us for a copy of the information regarding your appeal. We are allowed to charge a fee for copying and sending this information to you. If you wish, you and your doctor may give us additional information to support your appeal.

If your health requires it, ask for a “fast appeal” (you can make a request by calling us)

Legal Terms

A “fast appeal” is also called an “expedited reconsideration.”

If you are appealing a decision we made about coverage for care you have not yet received, you and/or your doctor will need to decide if you need a “fast appeal.”

The requirements and procedures for getting a “fast appeal” are the same as those for getting a “fast decision.” To ask for a fast appeal, follow the instructions for asking for a fast decision. (These instructions are given earlier in this section.)

If your doctor tells us that your health requires a “fast appeal,” we will give you a fast appeal.

Step 2

We consider your appeal and we give you our answer.

When our plan is reviewing your appeal, we take another careful look at all of the information about your request for coverage of medical care. We check to see if we were following all the rules when we said no to your request. We will gather more information if we need it. We may contact you or your doctor to get more information.

Deadlines for a “fast” appeal

When we are using the fast deadlines, 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 do so.

However, if you ask for more time, or if we need to gather more information that may benefit you, we can take up to 14 more calendar days. If we decide to take extra days to make the decision, we will tell you in writing.

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 organization. Later in this section, we tell you about this organization and explain what happens at Level 2 of the appeals 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 a written denial notice informing you that we have automatically sent your appeal to the Independent Review Organization for a Level 2 Appeal.

Deadlines for a “standard” appeal

If we are using the standard deadlines, we must give you our answer within 30 calendar days after we receive your appeal if your appeal is about coverage for services you have not yet received. 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 to gather more information that may benefit you, we can take up to 14 more calendar days.

If you believe we should *not* take extra days, you can file a “fast complaint” about our decision to take extra days. 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 above (or by the end of the extended time period if we took extra days), we are required to send your request on to Level 2 of the appeals process, where it will be reviewed by an independent outside organization. Later in this section, we tell about this review organization and explain what happens at Level 2 of the appeals 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 30 days after we receive your appeal.

If our answer is no to part or all of what you requested, we will send you a written denial notice informing you that we have automatically sent your appeal to the

Independent Review Organization for a Level 2 Appeal.

Step 3

If our plan says no to part or all of your appeal, your case will automatically be sent on to the next level of the appeals process.

To make sure we were following all the rules when we said no to your appeal, we are required to send your appeal to the "Independent Review Organization." When we do this, it means that your appeal is going on to the next level of the appeals process, which is Level 2.

Section 5.4

Step-by-step: How to make a Level 2 Appeal.

If we say no to your Level 1 Appeal, your case will *automatically* be sent on to the next level of the appeals process. During the Level 2 Appeal, the Independent Review Organization reviews the decision we made when we said no to your first appeal. This organization decides whether the decision we made should be changed.

Legal Terms

The formal name for "Independent Review Organization" is "**Independent Review Entity.**" It is sometimes called "**IRE.**"

Step 1:

The Independent Review Organization reviews your appeal.

The Independent Review Organization is an independent organization that is hired by Medicare. This organization is not connected with us 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. 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. We are allowed to charge you a fee for copying and sending this information to you.

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

If you had a fast appeal to our plan at Level 1, you will automatically receive a fast appeal at Level 2. The review organization must give you an answer to your Level 2 Appeal within 72 hours of when it receives your appeal.

However, if the Independent Review Organization needs to gather more information that may benefit you, it can take up to 14 more calendar days.

If you had a "standard" appeal at Level 1, you will also have a "standard" appeal at Level 2

If you had a standard appeal to our plan at Level 1, you will automatically receive a standard appeal at Level 2. The review organization must give you an answer to your Level 2 Appeal within 30 calendar days of when it receives your appeal.

However, if the Independent Review Organization needs to gather more information that may benefit you, it can take up to 14 more calendar days.

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 what you requested, 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.

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.”)

The written notice you get from the Independent Review Organization will tell you the dollar value that must be in dispute to continue with the appeals process. For example, to continue and make another appeal at Level 3, the dollar value of the medical care coverage you are requesting must meet a certain minimum. If the dollar value of the coverage you are requesting is too low, you cannot make another appeal, which means that the decision at Level 2 is final.

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 your Level 2 Appeal is turned down and you meet the requirements to continue with the appeals process, you must decide whether you want to go on to Level 3 and make a third appeal. The details on how to do this are in the written notice you got after your Level 2 Appeal.

The Level 3 Appeal is handled by an administrative law judge. Section 8 in this chapter tells more about Levels 3, 4, and 5 of the appeals process.

Section 5.5

What if you are asking us to pay you for our share of a bill you have received for medical care?

If you want to ask us for payment for medical care, start by reading Chapter 5 of this booklet: *Asking us to pay our share of a bill you have received for covered medical services*. Chapter 5 describes the situations in which 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 that asks for reimbursement, you are asking us to make a coverage decision (for more information about coverage decisions, see Section 4.1 of this chapter). To make this coverage decision, we will check to see if the medical care you paid for is a covered service (see Chapter 4: *Medical Benefits Chart (what is covered and what you pay)*). We will also check to see if you followed all the rules for using your coverage for medical care (these rules are given in Chapter 3 of this booklet: *Using the plan's coverage for your medical services*).

We will say yes or no to your request

If the medical care you paid for is covered and you followed all the rules, we will send you the payment for our share of the cost of your medical care within 60 calendar days after we receive your request. Or, if you haven't paid for the services, we will send the payment directly to the provider. When we send the payment, it's the same as saying yes to your request for a coverage decision.)

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. (When we turn down your request for payment, it's the same as saying *no* to your request for a coverage decision.)

What if you ask for payment and we say that we will not pay?

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 part 5.3 of this section. Go to this part for step-by-step instructions. When you are following these instructions, please note:

- If you make an appeal for reimbursement, 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 yourself, you are not allowed to ask for a fast appeal.)
- If the Independent Review Organization reverses our decision to deny payment, we must send the payment you have requested to you or to the provider 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. For more information about our coverage for your hospital care, including any limitations on this coverage, see Chapter 4 of this booklet: *Medical Benefits Chart (what is covered and what you pay)*.

During your 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." Our plan's coverage of your hospital stay ends on this date. When your discharge date has been decided, your doctor or the hospital staff will let you know.

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. This section tells you how to ask.

Section 6.1

During your inpatient hospital stay, you will get a written notice from Medicare that tells about your rights.

During your hospital stay, 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 whenever they are admitted to a hospital. Someone at the hospital (for example, a caseworker or nurse) must give it to you within two days after you are admitted. If you do not get the notice, ask any hospital employee for it. If you need help, please call Customer Service. You can also call 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users should call (877) 486-2048.

- 1. Read this notice carefully and ask questions if you don't understand it.** It tells you about your rights as a hospital patient, including:
 - 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, and know who will pay for it.
 - Where to report any concerns you have about quality of your hospital care.

- Your right to appeal your discharge decision if you think you are being discharged from the hospital too soon.

Legal Terms

The written notice from Medicare tells you how you can **“request an immediate review.”** Requesting an immediate review 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. (Section 6.2 below tells you how you can request an immediate review.)

2. You must sign the written notice to show that you received it and understand your rights.

- You or someone who is acting on your behalf must sign the notice. (Section 4 of this chapter tells how you can give written permission to someone else to act as your representative.)
- Signing the notice shows *only* that you have received the information about your rights. The notice does not give your discharge date (your doctor or hospital staff will tell you your discharge date). Signing the notice does not mean you are agreeing on a discharge date.

3. Keep your copy of the signed notice so you will have the information about making an appeal (or reporting a concern about quality of care) handy if you need it.

- If you sign the notice more than 2 days before the day you leave the hospital, 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 Customer Service or 1-800 MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users should call (877) 486-2048. You can also see it online at www.cms.gov/BNI/12_HospitalDischargeAppealNotices.asp.

Section 6.2

Step-by-step: How to make a Level 1 Appeal to change your hospital discharge date.

If you want to ask for your 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.** Each step in the first two levels of the appeals process is explained below.
- **Meet the deadlines.** The deadlines are important. Be sure that you understand and follow the deadlines that apply to things you must do.
- **Ask for help if you need it.** If you have questions or need help at any time, please call Customer Service (phone numbers are on the back cover of this booklet). Or call your State Health Insurance Assistance Program, a government organization that provides personalized assistance (see Section 2 of this chapter).

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.

Step 1 Contact the Quality Improvement Organization in your state and ask for a “fast review” of your hospital discharge. You must act quickly.

Legal Terms

A “fast review” is also called an **“immediate review.”**

What is the Quality Improvement Organization?

This organization is a group of doctors and other health care professionals who are paid by the Federal government. These experts

are not part of our plan. This organization is paid by Medicare to check on and help improve the quality of care for people with Medicare. This includes reviewing hospital discharge dates for people with Medicare.

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, Section 4, of this booklet.)

Act quickly:

To make your appeal, you must contact the Quality Improvement Organization *before* you leave the hospital and no later than your planned discharge date. (Your “planned discharge date” is the date that has been set for you to leave the hospital.)

If you meet this deadline, you are allowed to stay in the hospital *after* your discharge date without paying for it while you wait to get the decision on your appeal 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 about your appeal, you can make your appeal directly to our plan instead. For details about this other way to make your appeal, see Section 6.4.

Ask for a “fast review”:

You must ask the Quality Improvement Organization for a “fast review” of your discharge. Asking for a “fast review” means you are asking for the organization to use the “fast” deadlines for an appeal instead of using the standard deadlines.

Legal Terms

A “fast review” is also called an “immediate review” or an “expedited review.”

Step 2

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

What happens during this review?

Health professionals at the Quality Improvement Organization (we will call them “the reviewers” for short) 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 informed our plan of your appeal, you will also get a written notice that gives your planned discharge date and explains the reasons why your doctor, the hospital, and we think it is right (medically appropriate) for you to be discharged on that date.

Legal Terms

This written explanation is called the “**Detailed Notice of Discharge**.” You can get a sample of this notice by calling Customer Service or 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. (TTY users should call (877) 486-2048.) Or you can get see a sample notice online at www.cms.hhs.gov/BNI/

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 to your appeal, we must keep providing your covered

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. (See Chapter 4 of this booklet).

What happens if the answer is no?

If the review organization says *no* to your appeal, they are saying that your planned discharge date is medically appropriate. If this happens, our coverage for your 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 turned down 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.

If the Quality Improvement Organization has turned down your appeal, *and* you stay in the hospital after your planned discharge date, then you can make a Level 2 Appeal. During a Level 2 Appeal, you ask the Quality Improvement Organization to take another look at the decision they made on your first appeal. If we turn down your Level 2 Appeal,

you may have to pay the full cost for your stay after your planned discharge date.

Here are the steps for Level 2 of the appeal process:

Step 1

You contact the Quality Improvement Organization again and ask for another review.

You must ask for this review within 60 calendar 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 stayed 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, the Quality Improvement Organization 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 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 and will not change it. This is called "upholding the decision." 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 a judge.

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 the review organization turns down your Level 2 Appeal, you can choose whether to accept that decision or whether to go on to Level 3 and make another appeal. At Level 3, your appeal is reviewed by a judge. 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?

You can appeal to us instead

As explained above in Section 6.2, you must act quickly to contact the Quality Improvement Organization to start your first appeal of your hospital discharge. ("Quickly" means before you leave the hospital and no later than your planned discharge date). 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

If you miss the deadline for contacting the Quality Improvement Organization, you can make an appeal to us, asking for a "fast review." A fast review is an appeal that uses the fast deadlines instead of the standard deadlines.

Legal Terms

A "fast" review (or "fast appeal") is also called an "**expedited appeal**".

Step 1

Contact us and ask for a "fast review."

For details on how to contact our plan, go to Chapter 2, Section 1 and look for the section called, *How to contact our plan when you are making an appeal about your medical care.*

Be sure to 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.

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 will check to see if the decision about when you should leave the hospital was fair and followed all the rules.

In this situation, we will use the "fast" deadlines rather than the standard deadlines for giving you the answer to this review.

Step 3

We give you our decision within 72 hours after you ask for a "fast review" ("fast appeal").

If we say yes to your fast appeal, it means we have agreed with you that you still need to be in the hospital after the discharge date, 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 fast appeal, we are saying that your planned discharge date was medically appropriate. Our coverage for your 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 fast appeal, your case will automatically be sent on to the next level of the appeals process.

To make sure we were following all the rules when we said no to your fast appeal, we are required to send your appeal to the "Independent Review Organization." When we do this, it means that you are *automatically* going on to Level 2 of the appeals process.

Step-by-Step: How to make a Level 2 Alternate Appeal

If we say no to your Level 1 Appeal, your case will *automatically* be sent on to the next level of the appeals process. During the Level 2 Appeal, the Independent Review Organization reviews the decision we made when we said no to your "fast appeal." This organization decides whether the decision we made should be changed.

Legal Terms

The formal name for "Independent Review Organization" is "**Independent Review Entity.**" It is sometimes called "**IRE.**"

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. The complaint process is different from the appeal process. 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.

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.

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 reimburse you (pay you back) for our share of the costs of hospital care you have received since the date of your planned discharge. We must also continue the plan's coverage of your 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 with us that your planned hospital discharge date was medically appropriate. The notice you get from the Independent Review Organization 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 a Level 3 Appeal, which is handled by a judge.

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 and make a third 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.

When you are getting any of these types of care, 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. For more information on your covered services, including your share of the cost and any limitations to coverage that may apply, see Chapter 4 of this booklet: *Medical Benefits Chart (what is covered and what you pay)*.

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 7.1

This section is about three services only: Home health care, skilled nursing facility care, and Comprehensive Outpatient Rehabilitation Facility (CORF) services.

This section is about the following types of care *only*:

- **Home health care services** you are getting.
- **Skilled nursing care** you are getting as a patient in a skilled nursing facility. (To learn about requirements for being considered a "skilled nursing facility," see Chapter 10, *Definitions of important words*.)
- **Rehabilitation care** you are getting as an outpatient at a Medicare-approved Comprehensive Outpatient Rehabilitation Facility (CORF). Usually, this means you are getting treatment for an illness or accident, or you are recovering from a major operation. (For more information about this type of facility, see Chapter 10, *Definitions of important words*.)

Section 7.2**We will tell you in advance when your coverage will be ending.**

- 1. You receive a notice in writing.** At least two days before our plan is going to stop covering your care, the agency or facility that is providing your care will give you a notice. The written notice tells you the date when we will stop covering the care for you. The written notice also tells what you can do if you want to ask our plan to change this decision about when to end your care, and keep covering it for a longer period of time.

Legal Terms

In telling you what you can do, the written notice is telling 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. (Section 7.3 below tells how you can request a fast-track appeal.)

Legal Terms

The written notice is called the "Notice of Medicare Non-Coverage." To get a sample copy, call Customer Service or 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users should call (877) 486-2048. Or see a copy online at www.cms.hhs.gov/BNI/

- 2. You must sign the written notice to show that you received it.**

You or someone who is acting on your behalf must sign the notice. (Section 4 tells how you can give written permission to someone else to act as your representative.) 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 that it's time to stop getting the 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.**

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.** Each step in the first two levels of the appeals process is explained below.
- **Meet the deadlines.** The deadlines are important. Be sure that you understand and follow the deadlines that apply to things you must do. There are also deadlines our plan must follow. (If you think we are not meeting our deadlines, you can file a complaint. Section 9 of this chapter tells you how to file a complaint.)
- **Ask for help if you need it.** If you have questions or need help at any time, please call Customer Service (phone numbers are on the back cover of this booklet). Or call your State Health Insurance Assistance Program, a government organization that provides personalized assistance (see Section 2 of this chapter).

During a Level 1 Appeal, the Quality Improvement Organization reviews your appeal and decides whether to change the decision made by our plan.

**Step 1
Make your Level 1 Appeal: contact the Quality Improvement Organization in your state and ask for a review. You must act quickly.**

What is the Quality Improvement Organization?

This organization is a group of doctors and other health care experts who are paid by the Federal government. These experts are not part of our plan. They check on the quality of care received by people with Medicare and review plan decisions about when it's time to stop covering certain kinds of medical care.

How can you contact this organization?

The written notice you received 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, Section 4, of this booklet.)

What should you ask for?

Ask this organization to do an independent review of whether it is medically appropriate for us to end coverage for your medical services.

Your deadline for contacting this organization.

You must contact the Quality Improvement Organization to start your appeal *no later than noon of the day after you receive the written notice telling you when we will stop covering your care.*

If you miss the deadline for contacting the Quality Improvement Organization about your appeal, you can make your 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.

What happens during this review?

Health professionals at the Quality Improvement Organization (we will call them "the reviewers" for short) 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 informed us of your appeal, and you will also get a written notice from us that gives our reasons for ending our coverage for your services.

Legal Terms

This notice explanation is called the "**Detailed Explanation of Non-Coverage.**"

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 to your appeal?

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). In addition, there may be limitations on your covered services (see Chapter 4 of this booklet).

What happens if the reviewers say no to your appeal?

If the reviewers say *no* to your appeal, then *your coverage will end on the date we have told you.* We will stop paying its share of the costs of this care.

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.

This first appeal you make is “Level 1” of the appeals process. 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 another appeal. Making another appeal means you are going on to “Level 2” of the appeals process.

Section 7.4

Step-by-step: How to make a Level 2 Appeal to have our plan cover your care for a longer time

If the Quality Improvement Organization has turned down your appeal and you choose to continue getting care after your coverage for the care has ended, then you can make a Level 2 Appeal. During a Level 2 Appeal, you ask the Quality Improvement Organization to take another look at the decision they made on your first appeal. If we turn 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.

Here are the steps for Level 2 of the appeal process:

Step 1

You 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, the Quality Improvement Organization reviewers will decide on your appeal and tell you their decision.

What happens if the review organization says yes to your appeal?

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 we made to your Level 1 Appeal and will not change it. 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 a judge.

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 reviewers turn down your Level 2 Appeal, you can choose whether to accept that decision or to go on to Level 3 and make another appeal. At Level 3, your appeal is reviewed by a judge. 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 in Section 7.3, 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

If you miss the deadline for contacting the Quality Improvement Organization, you can make an appeal to us, asking for a “fast review.” A fast review is an appeal that uses the fast deadlines instead of the standard deadlines.

Here are the steps for a Level 1 Alternate Appeal:

Legal Terms

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

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

For details on how to contact us, go to Chapter 2, Section 1 and look for the section called, *How to contact our plan when you are making an appeal about your medical care.*

Be sure to 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.

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.

We will use the “fast” deadlines rather than the standard deadlines for giving you the

answer to this review. (Usually, if you make an appeal to our plan and ask for a “fast review,” we are allowed to decide whether to agree to your request and give you a “fast review.” But in this situation, the rules require us to give you a fast response if you ask for it.)

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

If we say yes to your fast 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 fast appeal, then your coverage will end on the date we have told you and we will not pay after this date. We will stop paying its share of the costs of this care. 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 yourself.

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

To make sure we were following all the rules when we said no to your fast appeal, *we are required to send your appeal to the “Independent Review Organization.”* When we do this, it means that you are *automatically* going on to Level 2 of the appeals process.

Step-by-Step: How to make a Level 2 Alternate Appeal

If we say no to your Level 1 Appeal, your case will *automatically* be sent on to the next level of the appeals process. During the Level 2 Appeal, the Independent Review Organization reviews the decision we made when we said no to your “fast appeal.” This organization decides whether the decision we made should be changed.

Legal Terms

The formal name for “Independent Review Organization” is “**Independent Review Entity.**” It is sometimes called “**IRE.**”

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. The complaint process is different from the appeal process. 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.

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.

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 reimburse you (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 your 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 continue with the review process. It will give you the details about how to go on to a Level 3 Appeal.

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 of appeal after Level 2, for a total of five levels of appeal. If reviewers say no to your Level 2 Appeal, you can choose whether to accept that decision or whether to go on to Level 3 and make another appeal. At Level 3, your appeal is reviewed by a judge. 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

Levels of Appeal 3, 4, and 5 for Medical Service Appeals.

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. If the dollar value is high enough, the written response you receive to your Level 2 Appeal will explain who to contact and what to do to ask for 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

A judge who works for the Federal government will review your appeal and give you an answer. This judge is called an "Administrative Law Judge."

If the Administrative Law Judge says yes to your appeal, the appeals process *may* or *may not* be over -

We will decide whether to appeal this decision to Level 4. Unlike a decision at Level 2 (Independent Review Organization), we have the right to appeal a Level 3 decision that is favorable to you.

- If we decide *not* to appeal the decision, we must authorize or provide you with the service within 60 days after receiving the judge'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 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. If the administrative law judge says no to your appeal, the notice you get will tell you what to do next if you choose to continue with your appeal.

Level 4 Appeal

The **Medicare Appeals Council** will review your appeal and give you an answer. The Medicare Appeals Council works for the Federal government.

If the answer is yes, or if the Medicare Appeals Council denies our request to review a favorable Level 3 Appeal decision, the appeals process *may* or *may not* be over - We will decide whether to appeal this decision to Level 5. Unlike a decision at Level 2 (Independent Review Organization), we have the right to appeal a Level 4 decision that is favorable to you.

- If we decide *not* to appeal the decision, we must authorize or provide you with the service within 60 days after receiving the Medicare Appeals 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 Medicare Appeals 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 might be able to continue to the next level of the review process. If the Medicare Appeals 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. If the rules allow you to go on, the written notice will also tell you who to contact and what to do next if you choose to continue with your appeal.

Level 5 Appeal

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

This is the last step of the administrative appeals process.

Making Complaints

Section 9

How to make a complaint about quality of care, waiting times, customer service, or other concerns.



If your problem is about decisions related to benefits, coverage, or payment, then this section is *not for you*. Instead, you need to use the process for coverage decisions and appeals. Go to Section 4 of this chapter.

Section 9.1

What kinds of problems are handled by the complaint process?

This section explains how to use the process for making complaints. The complaint process is used for certain types of problems *only*. This includes problems related to quality of care, waiting times, and the customer service you receive. Here are examples of the kinds of problems handled by the complaint process.

If you have any of these kinds of problems, you can “make a complaint”

Quality of your medical care

- Are you unhappy with the quality of the care you have received (including care in the hospital)?

Respecting your privacy

- Do you believe that someone did not respect your right to privacy or shared information about you that you feel should be confidential?

Disrespect, poor customer service, or other negative behaviors

- Has someone been rude or disrespectful to you?
- Are you unhappy with how our Customer Service has treated you?
- Do you feel you are being encouraged to leave the plan?

Waiting times

- Are you having trouble getting an appointment, or waiting too long to get it?
- Have you been kept waiting too long by doctors, pharmacists, or other health professionals? Or by our Customer Service or other staff at the plan?
 - Examples include waiting too long on the phone, in the waiting room, or in the exam room.

Cleanliness

- Are you unhappy with the cleanliness or condition of a clinic, hospital, or doctor’s office?

Information you get from us

- Do you believe we have not given you a notice that we are required to give?
- Do you think written information we have given you is hard to understand?

Below are more examples of possible reasons for making a complaint

Possible complaints (continued)

These types of complaints are all related to the *timeliness* of our actions related to coverage decisions and appeals

The process of asking for a coverage decision and making appeals is explained in sections 4-8 of this chapter. If you are asking for a decision or making an appeal, you use that process, not the complaint process.

However, if you have already asked us for a coverage decision or made an appeal, and you think that we are not responding quickly enough, you can also make a complaint about our slowness. Here are examples:

- If you have asked us to give you a “fast response” for a coverage decision or appeal, and we have said we will not, you can make a complaint.
- If you believe we are not meeting the deadlines for giving you a coverage decision or an answer to an appeal you have made, you can make a complaint.
- When a coverage decision we made is reviewed and we are told that we must cover or reimburse you for certain medical services, there are deadlines that apply. If you think we are not meeting these deadlines, you can make a complaint.
- When we do not give you a decision on time, we are required to forward your case to the Independent Review Organization. If we do not do that within the required deadline, you can make a complaint.

Section 9.2

The formal name for “making a complaint” is “filing a grievance”

Legal Terms

- What this section calls a “**complaint**” is also called a “**grievance.**”
- Another term for “**making a complaint**” is “**filing a grievance.**”
- Another way to say “**using the process for complaints**” is “**using the process for filing a grievance.**”

Section 9.3

Step-by-step: Making a complaint

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

Usually, calling Customer Service is the first step. If there is anything else you need to do, Customer Service will let you know. Call (541) 385-5315 or toll-free (888) 863 3637 or TTY (800) 735-2900. Our hours are:

- *From October 15 to February 14:* 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.
- *From February 15 to October 14:* 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day.

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. If you do this, it means that we will use our *formal procedure* for answering Grievances. Here’s how it works:

- You or your legal representative may file the Grievance. Your representative may be a friend, lawyer, advocate, doctor, or anyone else you formally name as your representative. If your representative is not someone who is already authorized by a Court or under State law to act for you, then you and that person must sign and date a statement that gives the person legal permission to be your representative. To learn how to name your representative, you may contact Customer Service at the numbers listed above.
- If you file your Grievance in writing, please send it to the address listed on the cover of this handbook. We will write you or your representative and let you know how we have addressed your concerns within 30 calendar days of receiving your Grievance. In some instances we may need additional time to research and address your concern. If this is the case, we may extend the 30 day timeframe by up to 14 calendar days, and keep you informed of how your Grievance is being handled. The 14 day extension may also be applied upon your request.
- If your Grievance is related to the denial of an expedited (fast) Organizational Determination or reconsideration, then you will be entitled to an expedited (fast) Grievance. We will also expedite your Grievance if it relates to a Plan decision to extend the 14 day timeframe for an Organizational Determination or the 30 day timeframe for a reconsideration request. We will respond to expedited reasons for this answer. We must respond whether we agree with the complaint or not.

Whether you call or write, you should contact Customer Service right away. The complaint must be made within 60 calendar days after you had the problem you want to complain about.

If you are making a complaint because we denied your request for a "fast response" to a coverage decision or 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.

Legal Terms

What this section calls a "**fast complaint**" is also called an "**expedited grievance.**"

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. If your health condition requires us to answer quickly, we will do that.

Most complaints are answered in 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 do not agree with some or all of your complaint or don't take responsibility for the problem you are complaining about, we will let you know. Our response will include our reasons for this answer. We must respond whether we agree with the complaint or not.

Section 9.4

You can also make complaints about quality of care to the Quality Improvement Organization

You can make your complaint about the quality of care you received to us by using the step-by-step process outlined above.

When your complaint is about *quality of care*, you also have two extra options:

You can make your complaint to the Quality Improvement Organization.

If you prefer, you can make your complaint about the quality of care you received directly to this organization (*without* making the complaint to us). 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. To find the name, address, and phone number of the Quality Improvement Organization for your state, look in Chapter 2, Section 4, of this booklet. If you make a complaint to this organization, we will work with them to resolve your complaint.

Or you can make your complaint to both at the same time. If you wish, you can make your complaint about quality of care to us and also to the Quality Improvement Organization.

Chapter 8

Ending your membership in the plan

Section 1	Introduction	86
	Section 1.1 This chapter focuses on ending your membership in our plan	86
Section 2	When can you end your membership in our plan?	86
	Section 2.1 You can end your membership during the Annual Enrollment Period	87
	Section 2.2 You can end your membership during the annual Medicare Advantage Disenrollment Period, but your choices are more limited.....	87
	Section 2.3 In certain situations, you can end your membership during a Special Enrollment Period	87
	Section 2.4 Where can you get more information about when you can end your membership?	88
Section 3	How do you end your membership in our plan?	88
	Section 3.1 Usually, you end your membership by enrolling in another plan.....	88
Section 4	Until your membership ends, you must keep getting your medical services through our plan	89
	Section 4.1 Until your membership ends, you are still a member of our plan.....	89
Section 5	We must end your membership in the plan in certain situations	89
	Section 5.1 When must we end your membership in the plan?	89
	Section 5.2 We <u>cannot</u> ask you to leave our plan for any reason related to your health	90
	Section 5.3 You have the right to make a complaint if we end your membership in our plan.....	90

Section 1

Introduction.

Section 1.1
This chapter focuses on ending your membership in our plan.

Ending your membership in our plan 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.

- There are only certain times during the year, or certain situations, when you may voluntarily end your membership in the plan. Section 2 tells you *when* you can end your membership in the plan.
- The process for voluntarily ending your membership varies depending on what

- type of new coverage you are choosing. Section 3 tells you *how* to end your membership in each situation.

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, you must continue to get your medical care through our plan until your membership ends.

Section 2

When can you end your membership in our plan?

You may end your membership in our plan only during certain times of the year, known as enrollment periods. All members have the opportunity to leave the plan during the

Annual Enrollment Period and during the annual Medicare Advantage Disenrollment Period. In certain situations, you may also be eligible to leave the plan at other times of the year.

Section 2.1
You can end your membership during the Annual Enrollment Period

You can end your membership during the *Annual Enrollment Period* (also known as the "Annual Coordinated Election Period"). This is the time when you should review your health and drug coverage and make a decision about your coverage for the upcoming year.

When is the Annual Enrollment Period?

This happens from October 15 to December 7 in 2011.

What type of plan can you switch to during the Annual Enrollment Period?

During this time, you can review your health coverage. You can 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. (You can choose a plan that covers prescription drugs or one that does not cover prescription drugs.)
- 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 end when your new plan's coverage begins on January 1.

Section 2.2
You can end your membership during the annual Medicare Advantage Disenrollment Period, but your choices are more limited

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

When is the annual Medicare Advantage Disenrollment Period? This happens every year from January 1 to February 14.

What type of plan can you switch to during the annual Medicare Advantage Disenrollment Period? During this time, you can cancel your Medicare Advantage Plan enrollment and switch to Original Medicare. If you choose to switch to Original Medicare during this period, you have until February 14 to join a separate Medicare prescription drug plan to add drug coverage.

When will your membership end? Your membership will end on the first day of the month after 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

In certain situations, members of our plan may be eligible to end their membership at other times of the year. This is known as a *Special Enrollment Period*.

Who is eligible for a Special Enrollment Period?

If any of the following situations apply to you, you are eligible to end your membership during a Special Enrollment Period. 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 are getting care in an institution, such as a nursing home or long-term care hospital.

When are Special Enrollment Periods?

The enrollment periods vary depending on your situation.

What can you do? To find out if you are eligible for a Special Enrollment Period, please call Medicare at 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users call (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. This means you can choose any of the following types of plans:

- Another Medicare health plan. (You can choose a plan that covers prescription drugs or one that does not cover prescription drugs.)
- 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 we receive your request to change your plan.

Section 2.4
Where can you get more information about when you can end your membership?

If you have any questions or would like more information on when you can end your membership:

You can call Customer Service (phone numbers are on the back cover of this booklet).

You can find the information in the Medicare & You 2012 Handbook.

Everyone with Medicare receives a copy of *Medicare & You* each fall. Those new to Medicare receive it within a month after first signing up. You can also download a copy from the Medicare website www.medicare.gov. Or, you can order a printed copy by calling Medicare at the number below.

You can contact Medicare at 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users should call (877) 486-2048.

Section 3

How do you end your membership in our plan?

Section 3.1
Usually, you end your membership by enrolling in another plan

Usually, to end your membership in our plan, you simply enroll in another Medicare plan during one of the enrollment periods (see Section 2 for information about the enrollment periods). However, if you want to switch from our plan to Original Medicare *without* a Medicare prescription drug plan, you must ask to be disenrolled from our plan. There are two ways you can ask to be disenrolled:

- You can make a request in writing to us. (Contact Customer Service if you need more information on how to do this.)
- --*or*-- You can contact Medicare at 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week. TTY users should call (877) 486-2048.

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:
Another Medicare health plan.	Enroll in the new Medicare health plan. You will automatically be disenrolled from our plan when your new plan's coverage begins.
Original Medicare <i>with</i> a separate Medicare prescription drug plan.	Enroll in the new Medicare prescription drug plan. You will automatically be disenrolled from our plan when your new plan's coverage begins.
Original Medicare <i>without</i> a separate Medicare prescription drug plan.	Send us a written request to disenroll. Contact Customer Service if you need more information on how to do this (phone numbers are on the back cover of this booklet). You can also contact Medicare , at 1-800-MEDICARE or (800) 633-4227, 24 hours a day, 7 days a week, and ask to be disenrolled. TTY users should call (877) 486-2048. You will be disenrolled from our plan when your coverage in Original Medicare begins.

Section 4

Until your membership ends, you must keep getting your medical services and drugs through our plan.

Section 4.1
Until your membership ends, you are still a member of our plan.

If you leave our plan, it may take time before your membership ends and your new Medicare coverage goes into effect. (See Section 2 for information on when your new coverage begins.) During this time, you must continue to get your medical care through our plan.

If you are hospitalized on the day that your membership ends, your hospital stay will usually be covered by our plan until you are discharged (even if you are discharged after your new health coverage begins).

Section 5

We must end your membership in the plan in certain situations.

Section 5.1
When must we end your membership in the plan?

We must end your membership in the plan if any of the following happen:

- If you do not stay continuously enrolled in Medicare Part A and Part B.

- If you move out of our service area for more than six months.
- If you move or take a long trip, you need to call Customer Service 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 intentionally give us incorrect information when you are enrolling in our plan and that information affects your eligibility for our plan.
- 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.
 - If we end your membership because of this reason, Medicare may have your case investigated by the Inspector General.
- If you do not pay the plan premiums for 2 calendar months.
 - We must notify you in writing that you have 2 calendar months to pay the plan premium before we end your membership.

Where can you get more information?

If you have questions or would like more information on when we can end your membership:

- You can call *Customer Service* for more information (phone numbers are on the back cover of this booklet).

Section 5.2

We cannot ask you to leave our plan for any reason related to your health.

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 or (800) 633-4227. TTY users should call (877) 486-2048. You may call 24 hours a day, 7 days a week.

Section 5.3

You have the right to make a complaint if we end your membership in our plan.

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 make a complaint about our decision to end your membership. You can also look in Chapter 7, Section 9 for information about how to make a complaint.

Chapter 9

Legal notices

Section 1	Notice about governing law.....	91
Section 2	Notice about nondiscrimination.....	91

Section 1

Notice about governing law.

Many laws apply to this *Evidence of Coverage* and some additional provisions may apply because they are required by law. This may affect your rights and responsibilities even if the laws are not included or explained in this document. The principal law that applies to this 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.

Section 2

Notice about nondiscrimination.

We don't discriminate based on a person's race, disability, religion, sex, health, ethnicity, creed, age, or national origin. 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, all other laws that apply to organizations that get Federal funding, and any other laws and rules that apply for any other reason.

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 – A set time each fall when members can change their health or drugs plans or switch to Original Medicare. The Annual Enrollment Period is from October 15 until December 7, 2011.

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. For example, you may ask for an appeal if we don't pay for an item or service you think you should be able to receive. Chapter 7 explains appeals, including the process involved in making an appeal.

Balance Billing – A situation in which a provider (such as a doctor or hospital) bills a patient more than the plan's cost-sharing amount for services. As a member of our plan, you only have to pay the plan's cost-sharing amounts when you get services covered by our plan. We do not allow providers to "balance bill" you. See Chapter 4, Section 1.4 for more information about balance billing.

Benefit Period – The way that both our plan and Original Medicare measures your use of skilled nursing facility (SNF) services. A benefit period begins the day you go into a skilled nursing facility. The benefit period ends when you haven't received any skilled care in a SNF for 60 days in a row. If you go into 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. Chapter 2 explains how to contact CMS.

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

Comprehensive Outpatient Rehabilitation Facility (CORF) – A facility that mainly provides rehabilitation services after an illness or injury, and provides a variety of services including physical therapy, social or psychological services, respiratory therapy, occupational therapy and speech-language pathology services, and home environment evaluation services.

Copayment – 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. A copayment is usually a set amount, rather than a percentage. For example, you might pay \$10 or \$20 for a doctor's visit.

Cost Sharing – Cost sharing refers to amounts that a member has to pay when services are received. (This is in addition to the plan's monthly premium.) 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; or (3) any "coinsurance" amount, a percentage of the total amount paid for a service, that a plan requires when a specific service or.

Covered Services – The general term we use 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 that can be provided by people who don’t have professional skills or training, such as 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.

Customer Service – 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 Customer Service.

Deductible – The amount you must pay for health care before our plan begins to pay.

Disenroll or Disenrollment – The process of ending your membership in our plan. Disenrollment may be voluntary (your own choice) or involuntary (not your own choice).

Durable Medical Equipment – Certain medical equipment that is ordered by your doctor for use at home. Examples are walkers, wheelchairs, or hospital beds.

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, 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.

Emergency Care – Covered services that are: 1) rendered by a provider qualified to furnish emergency services; and 2) needed to 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 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 us or one of our in-network providers or pharmacies, including a complaint concerning the quality of your care. This type of complaint does not involve coverage or payment disputes.

Home Health Aide – A home health aide provides services that don’t 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). Home health aides do not have a nursing license or provide therapy.

In-Network Provider – “Provider” is the general term we use 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. We call them “in-network providers” when they 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. Our plan pays in-network providers based on the agreements it has with the providers or if the providers agree to provide you with plan-covered services. In-network providers may also be referred to as “plan providers.”

Initial Enrollment Period – When you are first eligible for Medicare, the period of time when you can sign up for Medicare Part B. For example, if you’re eligible for Part B 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.

Late Enrollment Penalty – An amount added to your monthly premium for Medicare drug coverage if you go without creditable coverage (coverage that is expected to pay, on average, at least as much as standard Medicare prescription drug coverage) for a continuous period of 63 days or more. You pay this higher amount as long as you have a Medicare drug plan. There are some exceptions. For example, if you receive Extra Help from Medicare to pay your prescription drug plan costs, the late enrollment penalty rules do not apply to you. If you receive Extra Help, you do not pay a penalty, even if you go without “creditable” prescription drug coverage.

Low Income Subsidy – See “Extra Help.”

Maximum Out-of-Pocket Amount – The most that you pay out-of-pocket during the calendar year for in-network covered Part A and Part B services. Amounts you pay for your plan premiums, Medicare Part A and Part B premiums do not count toward the maximum out-of-pocket amount. In addition to the maximum out-of-pocket amount for in-network covered Part A and Part B medical services, we also have a maximum out-of-pocket amount for certain types of services. See Chapter 4, Section 1.3 for information about your maximum out-of-pocket amount.

Medicaid (or Medical Assistance) – A joint Federal and state program that helps with

medical costs for some people with low incomes and limited resources. Medicaid programs vary from state to state, but most health care costs are covered if you qualify for both Medicare and Medicaid. See Chapter 2, Section 6 for information about how to contact Medicaid in your state.

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). People with Medicare can get their Medicare health coverage through Original Medicare or a Medicare Advantage Plan.

Medicare Advantage Disenrollment Period – A set time each year when members in a Medicare Advantage plan can cancel their plan enrollment and switch to Original Medicare. The Medicare Advantage Disenrollment Period is from January 1 until February 14, 2011.

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 HMO, PPO, a Private Fee-for-Service (PFFS) plan, or a Medicare Medical Savings Account (MSA) plan. When you are enrolled in a Medicare Advantage Plan, Medicare services are covered through the plan, and are not paid for under Original Medicare. 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**. Everyone who has Medicare Part A and Part B is eligible to join any Medicare health plan that is offered in their area, except people

with End-Stage Renal Disease (unless certain exceptions apply).

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, and 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).

Organization Determination – The Medicare Advantage organization has made an organization determination when it, or one of its providers, makes a decision about whether services are covered or how much you have to pay for covered services. Organization determinations are called “coverage decisions” in this booklet. Chapter 7 explains how to ask us for a coverage decision.

Original Medicare (“Traditional Medicare” or “Fee-for-service” Medicare) – Original Medicare is offered by the government, and not a private health plan like 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 with which we have not arranged 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 or are not under contract to deliver covered services to you. Using out-of-network providers or facilities is explained in this booklet in Chapter 3.

Out-of-Pocket Costs – See the definition for “cost sharing” above. A member’s cost-sharing requirement to pay for a portion of services is also referred to as the member’s “out-of-pocket” cost requirement.

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

Part D – The voluntary Medicare Prescription Drug Benefit Program. (For ease of reference, we will refer to the prescription drug benefit program as Part D.)

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 in-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 in-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) – Your primary care provider is the doctor or other provider you see first for most health problems. He or she makes sure you get the care you need to keep you healthy. He or she also may talk with other doctors and health care providers about your care and refer you to them. In many Medicare health plans, you must see your primary care provider before you see any other health care provider. See Chapter 3, Section 2.1 for information about Primary Care Provider.

Prior Authorization – Approval in advance to get services. Some in-network medical services are covered only if your doctor or other in-network provider gets “prior authorization” from our plan. Covered services that need prior authorization are marked in the Benefits Chart in Chapter 4.

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. See Chapter 2, Section 4 for information about how to contact the QIO for your state.

Rehabilitation Services – These services include physical therapy, speech and language therapy, and occupational therapy.

Service Area - A geographic area where a health plan accepts members if it limits membership based on where people live. 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 may disenroll you if you 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 skilled nursing facility 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 drugs 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 are getting “Extra Help” with your prescription drug costs, 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 the Social Security Administration 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 Care – Urgently needed care is care provided to treat a non-emergency, unforeseen medical illness, injury, or condition, that requires immediate medical care, but the plan’s network of providers is temporarily unavailable or inaccessible.

PacificSource Medicare Customer Service

CALL

(541) 385-5315 or (888) 863-3637 (calls to this number are free). Hours are:

- **From October 15 to February 14:** 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.
- **From February 15 to October 14:** 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day.

Customer Service also has free language interpreter services available for non-English speakers.

TTY

(800) 735-2900. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. Calls to this number are free. Hours are:

- **From October 15 to February 14:** 8:00 a.m. to 8:00 p.m. local time zone, seven days a week.
- **From February 15 to October 14:** 8:00 a.m. to 8:00 p.m. local time zone, Monday through Friday. During this time of the year, please leave a message on weekends, holidays, and after hours. We will return your call the next business day.

FAX

(541) 322-6423

WRITE

PacificSource Medicare
PO Box 7469, Bend, Oregon 97708
MedicareCS@pacificsource.com

WEBSITE

www.Medicare.PacificSource.com

State Health Insurance Assistance Program (SHIP)

SHIBA is a state program that gets money from the Federal government to give free local health insurance counseling to people with Medicare.

Senior Health Insurance Benefits Assistance (SHIBA) (Oregon's SHIP)

CALL

(800) 722-4134 Calls to this number are free. (503) 378-2014

WRITE

Senior Health Insurance Benefits Assistance
350 Winter Street NE, Suite 330, Salem, Oregon, 97301

WEBSITE

oregonshiba.org

Senior Health Insurance Benefits Advisors (SHIBA) (Idaho's SHIP)

CALL

(800) 247-4422 Calls to this number are free. (208) 334-4352.

WRITE

Senior Health Insurance Benefits Advisors
700 West State Street, Boise, ID 83720-0043

WEBSITE

www.doi.idaho.gov