



## **SUMMARY OF BENEFITS**

# **Senior Dimensions Northern Nevada (HMO-POS)**

H2961-011

# **Introduction to the Summary of Benefits for Senior Dimensions Northern Nevada Plan (HMO-POS)**

**January 1, 2010 – December 31, 2010  
Portions of Washoe county**

Thank you for your interest in Senior Dimensions Northern Nevada Plan (HMO-POS). Our plan is offered by HEALTH PLAN OF NEVADA, INC., a Medicare Advantage Health Maintenance Organization (HMO), with a point-of-service option (POS). This Summary of Benefits tells you some features of our plan. It doesn't list every service that we cover or list every limitation or exclusion. To get a complete list of our benefits, please call Senior Dimensions Northern Nevada Plan (HMO-POS) and ask for the "Evidence of Coverage".

## **You Have Choices in Your Health Care**

As a Medicare beneficiary, you can choose from different Medicare options. One option is the Original (fee-for-service) Medicare Plan. Another option is a Medicare health plan, like Senior Dimensions Northern Nevada Plan (HMO-POS). You may have other options too. You make the choice. No matter what you decide, you are still in the Medicare Program.

You may join or leave a plan only at certain times. Please call Senior Dimensions Northern Nevada Plan (HMO-POS) at the number listed at the end of this introduction or 1-800-MEDICARE (1-800-633-4227) for more information. TTY/TDD users should call 1-877-486-2048. You can call this number 24 hours a day, 7 days a week.

## **How Can I Compare My Options?**

You can compare Senior Dimensions Northern Nevada Plan (HMO-POS) and the Original Medicare Plan using this Summary of Benefits. The charts in this booklet list some important health benefits. For each benefit, you can see what our plan covers and what the Original Medicare Plan covers.

Our members receive all of the benefits that the Original Medicare Plan offers. We also offer more benefits, which may change from year to year.

## **Where is Senior Dimensions Northern Nevada Plan (HMO-POS) Available?**

The service area for this plan includes \*Washoe County, NV. You must live in this area to join the plan.

\*Zip codes included in this partial county are 89431, 89432, 89433, 89434, 89435, 89436, 89441, 89442, 89501, 89502, 89503, 89504, 89505, 89506, 89507, 89508, 89509, 89510, 89511, 89512, 89513, 89515, 89519, 89520, 89521, 89523, 89533, 89555, 89557, 89570, 89595, and 89599

## **Who is Eligible to Join Senior Dimensions Northern Nevada Plan (HMO-POS)?**

You can join Senior Dimensions Northern Nevada Plan (HMO-POS) if you are entitled to Medicare Part A and enrolled in Medicare Part B and live in the service area. However,

# **Introduction to the Summary of Benefits for Senior Dimensions Northern Nevada Plan (HMO-POS)**

**January 1, 2010 – December 31, 2010  
Portions of Washoe county**

Individuals with End Stage Renal Disease are generally not eligible to enroll in Senior Dimensions Northern Nevada Plan (HMO-POS) unless they are members of our organization and have been since their dialysis began.

You cannot enroll in this plan if your current or former employer or union (or your spouse's current or former employer or union) helps pay for your drugs.

## **Can I Choose My Doctors?**

Senior Dimensions Northern Nevada Plan (HMO-POS) has formed a network of doctors, specialists, and hospitals. You can use any doctor who is part of our network. In some cases, you may also go to doctors outside of our network. The health providers in our network can change at any time.

You can ask for a current Provider Directory or for an up-to-date list visit us at [www.seniordimensions.com](http://www.seniordimensions.com).

Our customer service number is listed at the end of this introduction.

## **What Happens If I Go To A Doctor Who's Not In Your Network?**

You can go to doctors, specialists, or hospitals in or out of network. You may have to pay more for the services you receive outside the network, and you may have to follow special rules prior to getting services in and/or out-of-network. For more information, please call the customer service number at the end of this introduction.

## **Does My Plan Cover Medicare Part B or Part D Drugs?**

Senior Dimensions Northern Nevada Plan (HMO-POS) does cover both Medicare Part B prescription drugs and Medicare Part D prescription drugs.

## **Where Can I Get My Prescriptions If I Join This Plan?**

Senior Dimensions Northern Nevada Plan (HMO-POS) has formed a network of pharmacies. You must use a network pharmacy to receive plan benefits. We may not pay for your prescriptions if you use an out-of-network pharmacy, except in certain cases. The pharmacies in our network can change at any time. You can ask for a pharmacy directory or visit us at [www.seniordimensions.com](http://www.seniordimensions.com). Our customer service number is listed at the end of this introduction.

# **Introduction to the Summary of Benefits for Senior Dimensions Northern Nevada Plan (HMO-POS)**

**January 1, 2010 – December 31, 2010  
Portions of Washoe county**

## **What Is A Prescription Drug Formulary?**

Senior Dimensions Northern Nevada Plan (HMO-POS) uses a formulary. A formulary is a list of drugs covered by your plan to meet patient needs. We may periodically add, remove, or make changes to coverage limitations on certain drugs or change how much you pay for a drug. If we make any formulary change that limits our members' ability to fill their prescriptions, we will notify the affected enrollees before the change is made. We will send a formulary to you and you can see our complete formulary on our Web site at [www.seniordimensions.com](http://www.seniordimensions.com).

If you are currently taking a drug that is not on our formulary or subject to additional requirements or limits, you may be able to get a temporary supply of the drug. You can contact us to request an exception or switch to an alternative drug listed on our formulary with your physician's help. Call us to see if you can get a temporary supply of the drug or for more details about our drug transition policy.

## **How Can I Get Extra Help With Prescription Drug Plan Costs?**

You may be able to get extra help to pay for your prescription drug premiums and costs. To see if you qualify for getting extra help, call:

- 1-800-MEDICARE (1-800-633-4227). TTY/TDD users should call 1-877-486-2048, 24 hours a day/7 days a week;
- The Social Security Administration at 1-800-772-1213 between 7 a.m. and 7 p.m., Monday through Friday. TTY/TDD users should call 1-800-325-0778; or
- Your State Medicaid Office.

## **What Are My Protections In This Plan?**

All Medicare Advantage Plans agree to stay in the program for a full year at a time. Each year, the plans decide whether to continue for another year. Even if a Medicare Advantage Plan leaves the program, you will not lose Medicare coverage. If a plan decides not to continue, it must send you a letter at least 60 days before your coverage will end. The letter will explain your options for Medicare coverage in your area.

As a member of Senior Dimensions Northern Nevada Plan (HMO-POS), you have the right to request an organization determination, which includes the right to file an appeal if we deny coverage for an item or service, and the right to file a grievance. You have the right to request an organization determination if you want us to provide or pay for an item or service that you believe should be covered. If we deny coverage for your requested item or service, you have the right to appeal and ask us to review our decision. You may ask us for an expedited (fast) coverage determination or appeal if you believe that waiting for a decision could seriously put your life or health at risk, or affect your ability to regain maximum function. If your doctor makes or supports the expedited request, we must expedite our decision. Finally, you have the

# **Introduction to the Summary of Benefits for Senior Dimensions Northern Nevada Plan (HMO-POS)**

**January 1, 2010 – December 31, 2010  
Portions of Washoe county**

right to file a grievance with us if you have any type of problem with us or one of our network providers that does not involve coverage for an item or service. If your problem involves quality of care, you also have the right to file a grievance with the Quality Improvement Organization (QIO) for your state: HealthInsight, 702-385-9933 or 800-748-6773.

As a member of Senior Dimensions Northern Nevada Plan (HMO-POS), you have the right to request a coverage determination, which includes the right to request an exception, the right to file an appeal if we deny coverage for a prescription drug, and the right to file a grievance. You have the right to request a coverage determination if you want us to cover a Part D drug that you believe should be covered. An exception is a type of coverage determination. You may ask us for an exception if you believe you need a drug that is not on our list of covered drugs or believe you should get a non-preferred drug at a lower out-of-pocket cost. You can also ask for an exception to cost utilization rules, such as a limit on the quantity of a drug. If you think you need an exception, you should contact us before you try to fill your prescription at a pharmacy. Your doctor must provide a statement to support your exception request. If we deny coverage for your prescription drug(s), you have the right to appeal and ask us to review our decision. Finally, you have the right to file a grievance if you have any type of problem with us or one of our network pharmacies that does not involve coverage for a prescription drug. If your problem involves quality of care, you also have the right to file a grievance with the Quality Improvement Organization (QIO) for your state: HealthInsight, 702-385-9933 or 800-748-6773.

## **What Is A Medication Therapy Management (MTM) Program?**

A Medication Therapy Management (MTM) Program is a free service we may offer. You may be invited to participate in a program designed for your specific health and pharmacy needs. You may decide not to participate but it is recommended that you take full advantage of this covered service if you are selected. Contact Senior Dimensions Northern Nevada Plan (HMO-POS) for more details.

## **What Types Of Drugs May Be Covered Under Medicare Part B?**

Some outpatient prescription drugs may be covered under Medicare Part B. These may include, but are not limited to, the following types of drugs. Contact Senior Dimensions Northern Nevada Plan (HMO-POS) for more details.

- Some Antigens: If they are prepared by a doctor and administered by a properly instructed person (who could be the patient) under doctor supervision.
- Osteoporosis Drugs: Injectable drugs for osteoporosis for certain women with Medicare.
- Erythropoietin (Epoetin alpha or Epogen®): By injection if you have end-stage renal disease (permanent kidney failure requiring either dialysis or transplantation) and need this drug to treat anemia.
- Hemophilia Clotting Factors: Self-administered clotting factors if you have hemophilia.
- Injectable Drugs: Most injectable drugs administered incident to a physician's service.

## **Introduction to the Summary of Benefits for Senior Dimensions Northern Nevada Plan (HMO-POS)**

**January 1, 2010 – December 31, 2010  
Portions of Washoe county**

- Immunosuppressive Drugs: Immunosuppressive drug therapy for transplant patients if the transplant was paid for by Medicare, or paid by a private insurance that paid as a primary payer to your Medicare Part A coverage, in a Medicare-certified facility.
- Some Oral Cancer Drugs: If the same drug is available in injectable form.
- Oral Anti-Nausea Drugs: If you are part of an anti-cancer chemotherapeutic regimen.
- Inhalation and infusion drugs provided through DME.

### **Plan Ratings**

The Medicare program rates how well plans perform in different categories (for example, detecting and preventing illness, ratings from patients and customer service). If you have access to the web, you may use the web tools on [www.medicare.gov](http://www.medicare.gov) and select “Compare Medicare Prescription Drug Plans” or “Compare Health Plans and Medigap Policies in Your Area” to compare the plan ratings for Medicare plans in your area. You can also call us directly at (702)-242-7301 or (800)-650-6232 to obtain a copy of the plan ratings for this plan. TTY users call (800)-349-3538.

---

Please call Health Plan of Nevada, Inc. for more information about Senior Dimensions Northern Nevada Plan (HMO-POS).

Visit us at [www.seniordimensions.com](http://www.seniordimensions.com) or, call us:

#### Customer Service Hours:

Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, 8:00 a.m. - 8:00 p.m.  
Pacific

Current members should call toll-free (800)-650-6232 for questions related to the Medicare Advantage Program and the Medicare Part D Prescription Drug program.  
(TTY/TDD (800)-349-3538)

Prospective members should call toll-free (800)-274-6648 for questions related to the Medicare Advantage Program and the Medicare Part D Prescription Drug program.  
(TTY/TDD (800)-349-3538)

Current members should call locally (702)-242-7301 for questions related to the Medicare Advantage Program and the Medicare Part D Prescription Drug program.  
(TTY/TDD (702)-242-9214)

Prospective members should call locally (702)-821-2300 for questions related to the Medicare Advantage Program and the Medicare Part D Prescription Drug program.  
(TTY/TDD (702)-242-9214)

**Introduction to the Summary of Benefits for Senior Dimensions  
Northern Nevada Plan (HMO-POS)**

**January 1, 2010 – December 31, 2010  
Portions of Washoe county**

For more information about Medicare, please call Medicare at 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. You can call 24 hours a day, 7 days a week. Or, visit [www.medicare.gov](http://www.medicare.gov) on the web.

If you have special needs, this document may be available in other formats.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
------------------	-------------------	--

<b>IMPORTANT INFORMATION</b>		
<p>1 Premium and Other Important Information</p>	<p>In 2010 the monthly Part B Premium is \$96.40 and the yearly Part B deductible amount is \$155.</p> <p>Most people will pay the standard monthly Part B premium. However, starting January 1, 2010, some people will pay a higher premium because of their yearly income (over \$85,000 for singles, \$170,000 for married couples). For more information about Part B premiums based on income, call Social Security at 1-800-772-1213. TTY users should call 1-800-325-0778.</p>	<p><b>General</b> \$0 monthly plan premium in addition to your monthly Medicare Part B premium.</p> <p><b>In-Network</b> \$3,000 out-of-pocket limit.</p> <p>There is no limit on cost sharing for the following services:</p> <p>Medicare Services:</p> <ul style="list-style-type: none"> <li>- Doctor Office Visits</li> <li>- Chiropractic Services</li> <li>- Podiatry Services</li> <li>- Outpatient Mental Health Care</li> <li>- Outpatient Substance Abuse Care</li> <li>- Dental Services</li> <li>- Hearing Services</li> <li>- Vision Services</li> <li>- Other Health Care Professional</li> </ul> <p>This limit includes only Medicare-covered services.</p>
<p>2 Doctor and Hospital Choice (For more information, see Emergency - #15 and Urgently Needed Care - #16.)</p>	<p>You may go to any doctor, specialist or hospital that accepts Medicare.</p>	<p><b>In-Network</b> Referral required for network hospitals and specialists (for certain benefits).</p>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
------------------	-------------------	--

<b>SUMMARY OF BENEFITS</b>		
<b>INPATIENT CARE</b>		
<p>3 Inpatient Hospital Care (includes Substance Abuse and Rehabilitation Services)</p>	<p>In 2010 the amounts for each benefit period <sup>(3)</sup> are: Days 1 - 60: \$1100 deductible Days 61 - 90: \$275 per day Days 91 - 150: \$550 per lifetime reserve day. <sup>(4)</sup></p> <p>Call 1-800-MEDICARE (1-800-633-4227) for information about lifetime reserve days. <sup>(4)</sup></p>	<p><b>In-Network</b> For Medicare-covered hospital stays: Days 1 - 5: \$125 copay per day Days 6 - 90: \$0 copay per day \$0 copay for additional hospital days</p> <p>No limit to the number of days covered by the plan each benefit period.</p> <p>Except in an emergency, your doctor must tell the plan that you are going to be admitted to the hospital.</p>
<p>4 Inpatient Mental Health Care</p>	<p>Same deductible and copay as inpatient hospital care (see "Inpatient Hospital Care" above).</p> <p>190 day limit in a Psychiatric Hospital.</p>	<p><b>In-Network</b> For Medicare-covered hospital stays: Days 1 - 5: \$125 copay per day Days 6 - 90: \$0 copay per day</p> <p>You get up to 190 days in a Psychiatric Hospital in a lifetime.</p> <p>Except in an emergency, your doctor must tell the plan that you are going to be admitted to the hospital.</p>
<p>5 Skilled Nursing Facility (in a Medicare-certified skilled nursing facility)</p>	<p>In 2010 the amounts for each benefit period <sup>(3)</sup> after at least a 3-day covered hospital stay are: Days 1 - 20: \$0 per day Days 21 - 100: \$137.50 per day</p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> For Medicare-covered SNF stays: Days 1 - 10: \$0 copay per day</p>

<sup>3</sup> A "benefit period" starts the day you go into a hospital or skilled nursing facility. It ends when you go for 60 days in a row without hospital or skilled nursing care. If you go into the hospital after one benefit period has ended, a new benefit period begins. You must pay the inpatient hospital deductible for each benefit period. There is no limit to the number of benefit periods you can have.

<sup>4</sup> Lifetime reserve days can only be used once.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
	100 days for each benefit period. <sup>(3)</sup>	Days 11 - 100: \$50 copay per Day  Plan covers up to 100 days each benefit period.  3-day prior hospital stay is required.
6 Home Health Care (includes medically necessary intermittent skilled nursing care, home health aide services, and rehabilitation services, etc.)	\$0 copay.	<b>General</b> Authorization rules may apply.  <b>In-Network</b> \$0 copay for Medicare-covered home health visits.
7 Hospice	You pay part of the cost for outpatient drugs and inpatient respite care.  You must get care from a Medicare-certified hospice.	<b>In-Network</b> You must get care from a Medicare-certified hospice.
<b>OUTPATIENT CARE</b>		
8 Doctor Office Visits	20% coinsurance. <sup>(1)(2)</sup>	<b>General</b> See "Physical Exams," for more information.  Authorization rules may apply.  <b>In-Network</b> \$10 copay for each primary care doctor visit for Medicare-covered benefits.  \$25 copay for each in-area, network urgent care Medicare-covered visit.

<sup>1</sup> Each year, you pay a total of one \$155 deductible.

<sup>2</sup> If a doctor or supplier does not accept assignment, their costs are often higher, which means you may pay more.

<sup>3</sup> A "benefit period" starts the day you go into a hospital or skilled nursing facility. It ends when you go for 60 days in a row without hospital or skilled nursing care. If you go into the hospital after one benefit period has ended, a new benefit period begins. You must pay the inpatient hospital deductible for each benefit period. There is no limit to the number of benefit periods you can have.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		\$35 copay for each specialist visit for Medicare-covered benefits.
9 Chiropractic Services	<p>Routine care not covered.</p> <p>20% coinsurance for manual manipulation of the spine to correct subluxation (a displacement or misalignment of a joint or body part) if you get it from a chiropractor or other qualified providers.<sup>(1)(2)</sup></p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> \$35 copay for Medicare-covered visits.</p> <p>Medicare-covered chiropractic visits are for manual manipulation of the spine to correct subluxation (a displacement or misalignment of a joint or body part) if you get it from a chiropractor or other qualified providers.</p>
10 Podiatry Services	<p>Routine care not covered.</p> <p>20% coinsurance for medically necessary foot care, including care for medical conditions affecting the lower limbs.<sup>(1)(2)</sup></p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> \$35 copay for each Medicare-covered visit.</p> <p>Medicare-covered podiatry benefits are for medically-necessary foot care.</p>
11 Outpatient Mental Health Care	<p>45% coinsurance for most outpatient mental health services.<sup>(1)(2)</sup></p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> \$20 copay for each Medicare-covered individual or group therapy visit.</p>
12 Outpatient Substance Abuse Care	<p>20% coinsurance.<sup>(1)(2)</sup></p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> \$20 copay for Medicare-covered individual or group visits.</p>

<sup>1</sup> Each year, you pay a total of one \$155 deductible.

<sup>2</sup> If a doctor or supplier does not accept assignment, their costs are often higher, which means you may pay more.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
13 Outpatient Services/Surgery	20% coinsurance for the doctor. <sup>(1)(2)</sup>  20% of outpatient facility charges. <sup>(1)(2)</sup>	<b>General</b> Authorization rules may apply.  <b>In-Network</b> \$100 copay for each Medicare-covered ambulatory surgical center visit.  \$100 copay for each Medicare-covered outpatient hospital facility visit.
14 Ambulance Services (medically necessary ambulance services)	20% coinsurance. <sup>(1)(2)</sup>	<b>General</b> Authorization rules may apply.  <b>In-Network</b> 20% of the cost for Medicare-covered ambulance benefits.
15 Emergency Care (You may go to any emergency room if you reasonably believe you need emergency care.)	20% coinsurance for the doctor. <sup>(1)(2)</sup>  20% of facility charge, or a set copay per emergency room visit. <sup>(1)(2)</sup>  You don't have to pay the emergency room copay if you are admitted to the hospital for the same condition within 3 days of the emergency room visit. <sup>(1)(2)</sup>  NOT covered outside the U.S. except under limited circumstances.	<b>General</b> \$50 copay for Medicare-covered emergency room visits.  Worldwide coverage.
16 Urgently Needed Care (This is NOT emergency care, and in most cases, is out of the service area.)	20% coinsurance, or a set copay. <sup>(1)(2)</sup>  NOT covered outside the U.S. except under limited circumstances.	<b>General</b> \$50 copay for Medicare-covered urgently needed care visits.

<sup>1</sup> Each year, you pay a total of one \$155 deductible.

<sup>2</sup> If a doctor or supplier does not accept assignment, their costs are often higher, which means you may pay more.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
<p>17 Outpatient Rehabilitation Services</p> <p>(Occupational Therapy, Physical Therapy, Speech and Language Therapy)</p>	<p>20% coinsurance.<sup>(1)(2)</sup></p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> \$20 copay for Medicare-covered Occupational Therapy visits.</p> <p>\$20 copay for Medicare-covered Physical and/or Speech/Language Therapy visits.</p>
<b>OUTPATIENT MEDICAL SERVICES AND SUPPLIES</b>		
<p>18 Durable Medical Equipment</p> <p>(includes wheelchairs, oxygen, etc.)</p>	<p>20% coinsurance.<sup>(1)(2)</sup></p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> 20% of the cost for Medicare-covered items.</p>
<p>19 Prosthetic Devices</p> <p>(includes braces, artificial limbs and eyes, etc.)</p>	<p>20% coinsurance.<sup>(1)(2)</sup></p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> 20% of the cost for Medicare-covered items.</p>
<p>20 Diabetes Self-Monitoring Training, Nutrition Therapy and Supplies</p> <p>(includes coverage for glucose monitors, test strips, lancets, screening tests, and self-management training)</p>	<p>20% coinsurance.<sup>(1)(2)</sup></p> <p>Nutrition therapy is for people who have diabetes or kidney disease (but aren't on dialysis or haven't had a kidney transplant) when referred by a doctor. These services can be given by a registered dietitian or include a nutritional assessment and counseling to help you manage your diabetes or kidney disease.</p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> \$10 to \$35 copay for Diabetes self-monitoring training.</p> <p>\$10 to \$35 copay for Nutrition Therapy for Diabetes.</p> <p>0% to 20% of the cost for Diabetes supplies.</p> <p>(See page 33 for additional information about Diabetes Self-Monitoring Training, Nutrition Therapy and Supplies)</p>

<sup>1</sup> Each year, you pay a total of one \$155 deductible.

<sup>2</sup> If a doctor or supplier does not accept assignment, their costs are often higher, which means you may pay more.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
<p>21 Diagnostic Tests, X-Rays, Lab Services and Radiology Services</p>	<p>20% coinsurance for diagnostic tests and x-rays.<sup>(1)</sup> <sup>(2)</sup></p> <p>\$0 copay for Medicare-covered lab services.<sup>(1)(2)</sup></p> <p>Lab Services: Medicare covers medically necessary diagnostic lab services that are ordered by your treating doctor when they are provided by a Clinical Laboratory Improvement Amendments (CLIA) certified laboratory that participates in Medicare. Diagnostic lab services are done to help your doctor diagnose or rule out a suspected illness or condition. Medicare does not cover most routine screening tests, like checking your cholesterol.</p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> 20% to 50% of the cost for Medicare-covered lab services.</p> <p>20% of the cost for Medicare-covered diagnostic procedures and tests.</p> <p>20% of the cost for Medicare-covered X-rays.</p> <p>20% of the cost for Medicare-covered diagnostic radiology services.</p> <p>20% of the cost for Medicare-covered therapeutic radiology services.</p> <p>(See page 33 for more information about Diagnostic Tests, X-Rays, and Lab Services.)</p>
<b>PREVENTIVE SERVICES</b>		
<p>22 Bone Mass Measurement</p> <p>(for people with Medicare who are at risk)</p>	<p>20% coinsurance.<sup>(1)(2)</sup></p> <p>Covered once every 24 months (more often if medically necessary) if you meet certain medical conditions.</p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> 20% of the cost for Medicare-covered bone mass measurement.</p>
<p>23 Colorectal Screening Exams</p> <p>(for people with Medicare age 50 and older)</p>	<p>20% coinsurance.<sup>(1)(2)</sup></p> <p>Covered when you are high risk or when you are age 50 and older.</p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> \$10 to \$100 copay (or 20% of the cost) for Medicare-covered</p>

<sup>1</sup> Each year, you pay a total of one \$155 deductible.

<sup>2</sup> If a doctor or supplier does not accept assignment, their costs are often higher, which means you may pay more.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<p>colorectal screenings.</p> <p>Separate Office Visit cost sharing of \$10 copay may apply.</p> <p>(See page 33 for more information about Colorectal Screening Exams.)</p>
<p>24 Immunizations (Flu vaccine, Hepatitis B vaccine – for people with Medicare who are at risk, Pneumonia vaccine)</p>	<p>\$0 copay for Flu and Pneumonia vaccines.<sup>(1)(2)</sup></p> <p>20% coinsurance for Hepatitis B vaccine.<sup>(1)(2)</sup></p> <p>You may only need the Pneumonia vaccine once in your lifetime. Call your doctor for more information.</p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> \$0 copay for Flu and Pneumonia vaccines.</p> <p>No referral needed for Flu and Pneumonia vaccines.</p> <p>20% of the cost for Hepatitis B vaccine.</p>
<p>25 Mammograms (Annual Screening)  (for women with Medicare age 40 and older)</p>	<p>20% coinsurance.<sup>(1)(2)</sup></p> <p>No referral needed.</p> <p>Covered once a year for all women with Medicare age 40 and older. One baseline mammogram covered for women with Medicare between age 35 and 39.</p>	<p><b>In-Network</b> 20% of the cost for Medicare-covered screening mammograms.</p>
<p>26 Pap Smears and Pelvic Exams  (for women with Medicare)</p>	<p>\$0 copay for Pap smears.</p> <p>Covered once every 2 years. Covered once a year for women with Medicare at high risk.<sup>(2)</sup></p> <p>20% coinsurance for Pelvic Exams.<sup>(2)</sup></p>	<p><b>In-Network</b> 20% of the cost for Medicare-covered Pap smears and pelvic exams.</p> <p>20% of the cost for up to 1 additional Pap smear and pelvic exam every year.</p>
<p>27 Prostate Cancer Screening Exams</p>	<p>20% coinsurance for the digital rectal exam.<sup>(2)</sup></p>	<p><b>In-Network</b> \$0 copay for Medicare-covered prostate cancer screening.</p>

<sup>1</sup> Each year, you pay a total of one \$155 deductible.

<sup>2</sup> If a doctor or supplier does not accept assignment, their costs are often higher, which means you may pay more.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
(for men with Medicare age 50 and older)	<p>\$0 for the PSA test; 20% coinsurance for other related services.<sup>(2)</sup></p> <p>Covered once a year for all men with Medicare over age 50.</p>	
28 End-Stage Renal Disease	<p>20% coinsurance for renal dialysis.<sup>(1)(2)</sup></p> <p>20% coinsurance for Nutrition Therapy for End-Stage Renal Disease.<sup>(1)(2)</sup></p> <p>Nutrition therapy is for people who have diabetes or kidney disease (but aren't on dialysis or haven't had a kidney transplant) when referred by a doctor. These services can be given by a registered dietitian or include a nutritional assessment and counseling to help you manage your diabetes or kidney disease.</p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> 20% of the cost for renal dialysis.</p> <p>\$10 to \$35 copay for Nutrition Therapy for End-Stage Renal Disease.</p> <p>(See page 34 for more information about End-Stage Renal Disease.)</p>
29 Prescription Drugs	<p>Most drugs are not covered under Original Medicare. You can add prescription drug coverage to Original Medicare by joining a Medicare Prescription Drug Plan, or you can get all your Medicare coverage, including prescription drug coverage, by joining a Medicare Advantage Plan or a Medicare Cost Plan that offers prescription drug coverage.</p>	<p><b>Drugs covered under Medicare Part B</b></p> <p><b>General</b> 20% of the cost for Part B-covered chemotherapy drugs and other Part B-covered drugs.</p>

<sup>1</sup> Each year, you pay a total of one \$155 deductible.

<sup>2</sup> If a doctor or supplier does not accept assignment, their costs are often higher, which means you may pay more.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<p><b>Drugs covered under Medicare Part D</b></p> <p><b>General</b> This plan uses a formulary.</p> <p>The plan will send you the formulary. You can also see the formulary at <a href="http://www.seniordimensions.com">www.seniordimensions.com</a> on the web.</p> <p>Different out-of-pocket costs may apply for people who</p> <ul style="list-style-type: none"> <li>- have limited incomes,</li> <li>- live in long term care facilities, or</li> <li>- have access to Indian/ Tribal/ Urban (Indian Health Service).</li> </ul> <p>Your in-network prescription coverage may be limited to the plan's service area. This means that if you travel outside the service area, you may have to pay the full cost of your prescription. In certain emergencies, your drugs will be covered if you get them at an out-of-network-pharmacy although you may have to pay additional charges. Contact the plan for details.</p> <p>Total yearly drug costs are the total drug costs paid by both you and the plan.</p> <p>The plan may require you to first try one drug to treat your condition before it will cover another drug for that condition.</p> <p>Some drugs have quantity limits.</p> <p>Your provider must get prior authorization from Senior Dimensions Northern Nevada Plan</p>

If you have any questions about this plan’s benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<p>(HMO-POS) for certain drugs.</p> <p>You must go to certain pharmacies for a very limited number of drugs, due to special handling, provider coordination, or patient education requirements for these drugs that cannot be met by most pharmacies in your network. These drugs are listed on the plan’s website, formulary, and printed materials, as well as on the Medicare Prescription Drug Plan Finder on Medicare.gov.</p> <p>If the actual cost of a drug is less than the normal cost sharing amount for that drug, you will pay the actual cost, not the higher cost sharing amount.</p> <p>If you request a formulary exception for a drug and Senior Dimensions Northern Nevada (HMO-POS) approves the exception, you will pay Non-preferred cost sharing for that drug.</p>
		<p><b>In-Network</b> \$0 deductible.</p> <p>Some covered drugs don’t count toward your out-of-pocket drug costs.</p> <p><b>Initial Coverage</b></p> <p>You pay the following until total yearly drug costs reach \$2,830:</p> <p><b>Retail Pharmacy</b></p> <p>Preferred Generic/Some Brand Maintenance</p> <ul style="list-style-type: none"> <li>● \$6 copay for a one-month (30 day) supply of drugs in this tier</li> </ul>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<ul style="list-style-type: none"> <li>● \$18 copay for a three-month (90-day) supply of drugs in this tier</li> </ul> <p>Preferred Brand</p> <ul style="list-style-type: none"> <li>● \$35 copay for one-month (30-day) supply of drugs in this tier</li> <li>● \$105 copay for a three-month (90-day) supply of drugs in this tier</li> </ul> <p>Non-Preferred</p> <ul style="list-style-type: none"> <li>● \$85 copay for one-month (30-day) supply of drugs in this tier</li> </ul> <p>Specialty</p> <ul style="list-style-type: none"> <li>● 33% coinsurance for a one-month (30-day) supply of drugs in this tier</li> <li>● 33% coinsurance for a three-month (90-day) supply of drugs in this tier</li> </ul> <p>Special Coverage- Generic</p> <ul style="list-style-type: none"> <li>● \$6 copay for a one-month (30 day) supply of drugs in this tier</li> </ul> <p>Special Coverage- Brand</p> <ul style="list-style-type: none"> <li>● \$35 copay for a one-month (30 day) supply of drugs in this tier</li> </ul> <p><b>Long Term Care Pharmacy</b></p> <p>Preferred Generic/Some Brand Maintenance Drugs</p> <ul style="list-style-type: none"> <li>● \$6 copay for a one-month (31-day) supply of drugs in this tier</li> </ul> <p>Preferred Brand</p> <ul style="list-style-type: none"> <li>● \$35 copay for a one-month (31-day) supply of drugs in this tier</li> </ul>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<p>Non-preferred</p> <ul style="list-style-type: none"> <li>● \$85 copay for a one-month (31-day) supply of drugs in this tier</li> </ul> <p>Specialty</p> <ul style="list-style-type: none"> <li>● 33% coinsurance for a one-month (31-day) supply of drugs in this tier</li> </ul> <p>Special Coverage- Generic</p> <ul style="list-style-type: none"> <li>● \$6 copay for a one-month (31 day) supply of drugs in this tier</li> </ul> <p>Special Coverage- Brand</p> <ul style="list-style-type: none"> <li>● \$35 copay for a one-month (31 day) supply of drugs in this tier</li> </ul> <p><b>Mail Order Pharmacy</b></p> <p>Preferred Generic/Some Brand Maintenance</p> <ul style="list-style-type: none"> <li>● \$12 copay for a three-month (90-day) supply of drugs in this tier</li> </ul> <p>Preferred Brand</p> <ul style="list-style-type: none"> <li>● \$70 copay for a three-month (90-day) supply of drugs in this tier</li> </ul> <p>Specialty</p> <ul style="list-style-type: none"> <li>● 33% coinsurance for a three-month (90-day) supply of drugs in this tier</li> </ul> <p><b>Coverage Gap</b></p> <p>The plan covers many generics (65%-99% of formulary generic drugs) AND some brands (10%-64% of formulary brand drugs) through the coverage gap.</p> <p>You pay the following:</p>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<p><b>Retail Pharmacy</b></p> <p>Preferred Generic/Some Brand Maintenance Drugs</p> <ul style="list-style-type: none"> <li>● \$6 copay for a one-month (30 day) supply of all drugs covered in this tier</li> <li>● \$18 copay for a three-month (90-day) supply of all drugs covered in this tier</li> </ul> <p>Preferred Brand</p> <ul style="list-style-type: none"> <li>● \$35 copay for one-month (30-day) supply of all drugs covered in this tier</li> <li>● \$105 copay for a three-month (90-day) supply of all drugs covered in this tier</li> </ul> <p>Special Coverage- Generic</p> <ul style="list-style-type: none"> <li>● \$6 copay for a one-month (30 day) supply of all drugs covered in this tier</li> </ul> <p><b>Long Term Care Pharmacy</b></p> <p>Preferred Generic/Some Brand Maintenance Drugs</p> <ul style="list-style-type: none"> <li>● \$6 copay for a one-month (31-day) supply of all drugs covered in this tier</li> </ul> <p>Preferred Brand</p> <ul style="list-style-type: none"> <li>● \$35 copay for a one-month (31-day) supply of all drugs covered in this tier</li> </ul> <p>Special Coverage- Generic</p> <ul style="list-style-type: none"> <li>● \$6 copay for a one-month (31 day) supply of all drugs covered in this tier</li> </ul> <p><b>Mail Order Pharmacy</b></p> <p>Preferred Generic/Some Brand Maintenance</p>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<ul style="list-style-type: none"> <li>● \$12 copay for a three-month (90-day) supply of all drugs covered in this tier</li> </ul> <p><b>Preferred Brand</b></p> <ul style="list-style-type: none"> <li>● \$70 copay for a three-month (90-day) supply of all drugs covered in this tier</li> </ul> <p>For all other covered drugs, after your total yearly drugs costs reach \$2,830, you pay 100% until your total yearly drug costs reach \$6,440.</p> <p><b>Catastrophic Coverage</b></p> <p>After your total yearly drug costs reach \$6,440, you pay the greater of:</p> <ul style="list-style-type: none"> <li>● \$2.50 for generic (including brand drugs treated as generic) and \$6.30 for all other drugs, or</li> <li>● 5% coinsurance</li> </ul> <p><b>Out-of-Network</b></p> <p>Plan drugs may be covered in special circumstances, for instance, illness while traveling outside of the plan's service area where there is no network pharmacy. You may have to pay more than your normal cost-sharing amount if you get your drugs at an out-of-network pharmacy. In addition, you will likely have to pay the pharmacy's full charge for the drug and submit documentation to receive reimbursement from Senior Dimensions Northern Nevada Plan (HMO-POS).</p> <p><b>Out-of-Network Initial Coverage</b></p> <p>You will be reimbursed up to the full cost of the drug minus the following for drugs purchased out-of-network</p>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<p>until total yearly drug costs reach \$2,830:</p> <p>Preferred Generic/Some Brand Maintenance Drugs</p> <ul style="list-style-type: none"> <li>• \$6 copay for a one-month (30-day) supply of drugs in this tier</li> </ul> <p>Preferred Brand</p> <ul style="list-style-type: none"> <li>• \$35 copay for a one month (30-day) supply of drugs in this tier</li> </ul> <p>Non-preferred</p> <ul style="list-style-type: none"> <li>• \$85 copay for a one-month (30-day) supply of drugs in this tier</li> </ul> <p>Specialty</p> <ul style="list-style-type: none"> <li>• 33% coinsurance for a one-month (30-day) supply of drugs in this tier</li> </ul> <p>Special Coverage- Generic</p> <ul style="list-style-type: none"> <li>• \$6 copay for a one-month (30 day) supply of drugs in this tier</li> </ul> <p>Special Coverage- Brand</p> <ul style="list-style-type: none"> <li>• \$35 copay for a one-month (30 day) supply of drugs in this tier</li> </ul> <p><b>Out-of-Network Coverage Gap</b></p> <p>You will be reimbursed for these drugs purchased out-of-network up to the full cost of the drug minus the following:</p> <p>Preferred Generic/Some Brand Maintenance Drugs</p> <ul style="list-style-type: none"> <li>• \$6 copay for a one-month (30 day) supply of all drugs covered in this tier</li> </ul> <p>Preferred Brand</p>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<ul style="list-style-type: none"> <li>● \$35 copay for a one-month (30-day) supply of all drugs covered in this tier</li> </ul> <p>Non-Preferred                      -After your total yearly drug costs reach \$2,830, you pay 100% of the pharmacy's full charge for drugs purchased out-of-network until your yearly out-of-pocket drug costs reach \$6,440. You will not be reimbursed by Senior Dimensions Northern Nevada Plan (HMO-POS) for out-of-network purchases when you are in the coverage gap. However, you should still submit documentation to Senior Dimensions Northern Nevada Plan (HMO-POS) so we can add the amounts you spent out-of-network to your total out-of-pocket costs for the year.</p> <p>Specialty                      -After your total yearly drug costs reach \$2,830, you pay 100% of the pharmacy's full charge for drugs purchased out-of-network until your yearly out-of-pocket drug costs reach \$6,440. You will not be reimbursed by Senior Dimensions Northern Nevada Plan (HMO-POS) for out-of-network purchases when you are in the coverage gap. However, you should still submit documentation to Senior Dimensions Northern Nevada Plan (HMO-POS) so we can add the amounts you spent out-of-network to your total out-of-pocket costs for the year.</p> <p>Special Coverage- Generic</p> <ul style="list-style-type: none"> <li>● \$6 copay for a one-month (30 day) supply of all drugs covered in this tier</li> </ul> <p>Special Coverage- Brand</p>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<p>-After your total yearly drug costs reach \$2,830, you pay 100% of the pharmacy's full charge for drugs purchased out-of-network until your yearly out-of-pocket drug costs reach \$6,440. You will not be reimbursed by Senior Dimensions Northern Nevada Plan (HMO-POS) for out-of-network purchases when you are in the coverage gap.</p> <p><b>Out-of-Network Catastrophic Coverage</b></p> <p>After your total yearly drug costs reach \$6,440, you will be reimbursed for drugs purchased out-of-network up to the full cost of the drug minus the following:</p> <ul style="list-style-type: none"> <li>• \$2.50 copay for generic (including brand drugs treated as generic) and \$6.30 copay for all other drugs, or</li> <li>• 5% coinsurance</li> </ul> <p>(See page 34 for additional information about Prescription Drugs.)</p>
30 Dental Services	Preventive dental services (such as cleaning) not covered.	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b> In general, preventive dental benefits (such as cleaning) not covered.</p> <p>\$35 copay for Medicare-covered dental benefits.</p>
31 Hearing Services	<p>Routine hearing exams and hearing aids not covered.</p> <p>20% coinsurance for</p>	<p><b>General</b> Authorization rules may apply.</p> <p><b>In-Network</b></p>

<sup>1</sup> Each year, you pay a total of one \$155 deductible.

<sup>2</sup> If a doctor or supplier does not accept assignment, their costs are often higher, which means you may pay more.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
	diagnostic hearing exams. <sup>(1)</sup> <sup>(2)</sup>	In general, routine hearing exams and hearing aids not covered.  \$35 copay for Medicare-covered diagnostic hearing exams.
32 Vision Services	20% coinsurance for diagnosis and treatment of diseases and conditions of the eye. <sup>(1)</sup> <sup>(2)</sup>  Routine eye exams and glasses not covered.  Medicare pays for one pair of eyeglasses or contact lenses after cataract surgery. <sup>(1)</sup> <sup>(2)</sup>  Annual glaucoma screenings covered for people at risk. <sup>(1)</sup> <sup>(2)</sup>	<b>General</b> Authorization rules may apply.  <b>In-Network</b>  Non-Medicare-covered eye exams and glasses not covered.  20% of the cost for one pair of eyeglasses or contact lenses after cataract surgery.  \$35 copay for exams to diagnose and treat diseases and conditions of the eye.
33 Physical Exams	20% coinsurance for one exam within the first 12 months of your new Medicare Part B coverage. <sup>(1)</sup> <sup>(2)</sup>  When you get Medicare Part B, you can get a one time physical exam within the first 12 months of your new Part B coverage. The coverage does not include lab tests.	<b>In-Network</b> \$10 copay for routine exams.  No limit on the number of covered exams.  \$10 copay for Medicare-covered benefits.
Health/Wellness Education	Smoking Cessation: Covered if ordered by your doctor.  Includes two counseling attempts within a 12-month period if you are diagnosed with a smoking-related	<b>In-Network</b> This plan covers the following health/wellness education benefits: - Written health education materials, including Newsletters - Nutritional Training - Additional Smoking Cessation

<sup>1</sup> Each year, you pay a total of one \$155 deductible.

<sup>2</sup> If a doctor or supplier does not accept assignment, their costs are often higher, which means you may pay more.

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
	illness or are taking medicine that may be affected by tobacco. Each counseling attempt includes up to four face-to-face visits. You pay coinsurance, and Part B deductible applies.	<p>- Health Club Membership/Fitness Classes                      - Nursing Hotline                      - Other Wellness Benefits</p> <p>Copays may apply for these benefits.</p> <p>\$35 to \$60 copay for each Medicare-covered smoking cessation counseling session.</p> <p>(See page 35 for additional information about Health/Wellness Education)</p>
Transportation (Routine)	Not covered.	<p><b>In-Network</b>                      This plan does not cover routine transportation.</p>
Acupuncture	Not covered.	<p><b>In-Network</b>                      This plan does not cover acupuncture.</p>
Point of Service	You may go to any doctor, specialist or hospital that accepts Medicare.	<p><b>General</b>                      Authorization rules may apply.</p> <p><b>Out-of-Network</b>                      Point of Service coverage is available for the following benefits:</p> <ul style="list-style-type: none"> <li>● Inpatient Hospital Care</li> <li>● Inpatient Mental Health Care</li> <li>● Skilled Nursing Facility</li> <li>● Home Health Care</li> <li>● Doctor Office Visits</li> <li>● Chiropractic Services</li> <li>● Podiatry Services</li> <li>● Outpatient Mental Health Care</li> <li>● Outpatient Substance Abuse Care</li> <li>● Outpatient Services/Surgery</li> <li>● Ambulance Services</li> <li>● Outpatient Rehabilitation Services</li> <li>● Durable Medical Equipment</li> <li>● Prosthetic Devices</li> <li>● Diabetes Self-Monitoring Training, Nutrition Therapy and Supplies</li> </ul>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<ul style="list-style-type: none"> <li>● Diagnostic Tests, X-Rays, Lab Services, and Radiology Services</li> <li>● Bone Mass Measurement</li> <li>● Colorectal Screening Exam</li> <li>● Immunizations</li> <li>● Mammograms (Annual Screenings)</li> <li>● Pap Smears and Pelvic Exams</li> <li>● Prostate Cancer Screening Exams</li> <li>● Dental Services</li> <li>● Hearing Services</li> <li>● Vision Services</li> <li>● Physical Exams</li> <li>● Comprehensive Outpatient Rehabilitation Facility (CORF)</li> <li>● Partial Hospitalization</li> <li>● Other Health Care Professional Services</li> <li>● Diagnostic Radiological Services</li> <li>● Therapeutic Radiological Services</li> <li>● Outpatient X-Rays</li> <li>● Cardiac Rehabilitation Services</li> <li>● Outpatient Blood</li> <li>● Nutrition Therapy for Diabetes and Renal Disease</li> </ul> <p>\$5,000 limit every year for the following POS Benefits:</p> <ul style="list-style-type: none"> <li>● Inpatient Hospital Care</li> <li>● Inpatient Mental Health Care</li> <li>● Skilled Nursing Facility</li> <li>● Home Health Care</li> <li>● Doctor Office Visits</li> <li>● Chiropractic Services</li> <li>● Podiatry Services</li> <li>● Outpatient Mental Health Care</li> <li>● Outpatient Substance Abuse Care</li> <li>● Outpatient Services/Surgery</li> <li>● Ambulance Services</li> <li>● Outpatient Rehabilitation Services</li> <li>● Durable Medical Equipment</li> <li>● Prosthetic Devices</li> </ul>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<ul style="list-style-type: none"> <li>● Diabetes Self-Monitoring Training, Nutrition Therapy and Supplies</li> <li>● Diagnostic Tests, X-Rays, Lab Services, and Radiology Services</li> <li>● Bone Mass Measurement</li> <li>● Colorectal Screening Exam</li> <li>● Immunizations</li> <li>● Mammograms (Annual Screenings)</li> <li>● Pap Smears and Pelvic Exams</li> <li>● Prostate Cancer Screening Exams</li> <li>● Dental Services</li> <li>● Hearing Services</li> <li>● Vision Services</li> <li>● Physical Exams</li> <li>● Comprehensive Outpatient Rehabilitation Facility (CORF)</li> <li>● Partial Hospitalization</li> <li>● Other Health Care Professional Services</li> <li>● Diagnostic Radiological Services</li> <li>● Therapeutic Radiological Services</li> <li>● Outpatient X-Rays</li> <li>● Cardiac Rehabilitation Services</li> <li>● Outpatient Blood</li> <li>● Nutrition Therapy for Diabetes and Renal Disease</li> </ul> <p>For hospital stays:</p> <p>Days 1-5: \$275 copay per day Days 6-90: \$0 copay per day</p> <p>For Inpatient Psychiatric Hospital stays:</p> <p>Days 1-5: \$275 copay per day Days 6-90: \$0 copay per day</p> <p>20% of the cost for each SNF stay.</p> <p>\$35 copay for:</p> <ul style="list-style-type: none"> <li>● Doctor Office Visits</li> </ul>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<ul style="list-style-type: none"> <li>● Outpatient Mental Health Care</li> <li>● Outpatient Substance Abuse Care</li> <li>● Outpatient Rehabilitation Services</li> <li>● Diabetes Self-Monitoring Training, Nutrition Therapy, and Supplies</li> <li>● Colorectal Screening Exam</li> <li>● Pap Smears and Pelvic Exams</li> <li>● Prostate Cancer Screening Exams</li> <li>● Physical Exams</li> <li>● Other Health Care Professional Services</li> <li>● Cardiac Rehabilitation Services</li> <li>● Nutrition Therapy for Diabetes and Renal Disease</li> </ul> <p>\$45 copay for:</p> <ul style="list-style-type: none"> <li>● Doctor Office Visits</li> <li>● Chiropractic Services</li> <li>● Podiatry Services</li> <li>● Diabetes Self-Monitoring Training, Nutrition Therapy, and Supplies</li> <li>● Colorectal Screening Exam</li> <li>● Dental Services</li> <li>● Hearing Services</li> <li>● Vision Services</li> <li>● Other Health Care Professional Services</li> <li>● Nutrition Therapy for Diabetes and Renal Disease</li> </ul> <p>30% of the cost for:</p> <ul style="list-style-type: none"> <li>● Ambulance Services</li> <li>● Durable Medical Equipment</li> <li>● Prosthetic Devices</li> <li>● Diabetes Self-Monitoring Training, Nutrition Therapy and Supplies</li> <li>● Diagnostic Tests, X-Rays, Lab Services, and Radiology Services</li> <li>● Bone Mass Measurement</li> <li>● Colorectal Screening Exam</li> </ul>

If you have any questions about this plan's benefits or costs, please contact Member Services.

Benefit Category	Original Medicare	Senior Dimensions Northern Nevada Plan (HMO-POS)
		<ul style="list-style-type: none"> <li>● Mammograms (Annual Screenings)</li> <li>● Diagnostic Radiological Services</li> <li>● Therapeutic Radiological Services</li> <li>● Outpatient X-Rays</li> </ul> <p>20% of the cost for:</p> <ul style="list-style-type: none"> <li>● Home Health Care</li> <li>● Outpatient Services/Surgery</li> <li>● Colorectal Screening Exam</li> <li>● Immunizations</li> <li>● Vision Services</li> <li>● CORF</li> <li>● Partial Hospitalization</li> <li>● Outpatient Blood</li> </ul> <p>50% of the cost for: - Diagnostic Tests, X-Rays, Lab Services, and Radiology Services</p> <p>(See page 36 for additional information about Point of Service.)</p>

If you have any questions about this plan's benefits or costs, please contact Senior Dimensions

# The Advantages of Being a Senior Dimensions Member

## Your Very Own Personal Assistant Team

When you have questions or concerns about your plan or benefits, call our Member Services Department. You will be connected to a Personal Assistant. He or she can find answers to your claims questions, help you select a physician, assist with community resources, and assist you in any way they can with your Senior Dimensions benefits and services.

You can call your Personal Assistant at (702) 242-7301 or (800) 650-6232, TTY: (702) 242-9214 or (800) 349-3538:

- From November 15, 2009 through March 1, 2010, 7 days/week from 8am to 8pm
- From March 2, 2010 through November 14, 2010 - Monday through Friday from 8am to 8pm

Calls on Saturday, Sunday and holidays will be received by our automated phone system (where you can leave a detailed message, and a representative will return your call as soon as possible).

Si usted habla español y necesita asistencia con esta forma o tiene alguna pregunta acerca de su cobertura con Senior Dimensions tenemos representantes disponibles para asistirle. Puede llamarnos al servicio del cliente de Senior Dimensions al (702) 242-7301 o (800) 650-6232 (TTY/TDD: (702) 242-9214 o (800) 349-3538):

- De noviembre 15, 2009 hasta marzo 1, 2010 - 7 días de la semana de 8:00am-8:00pm.
- Comenzando en marzo 2, 2010 hasta noviembre 14, 2010 - lunes a viernes de 8:00am-8:00pm.

Llamadas recibidas los sábados, domingos y los días festivos serán contestadas por nuestro sistema de teléfono automatizado (donde usted podrá dejar un mensaje detallado, y un representante le regresará su llamada lo más pronto posible.)

## Additional Information

Unless otherwise indicated, this Additional Information pertains to services obtained from Plan Providers. Please refer to the Point of Service Benefit Chart for additional information regarding your Point of Service benefits.

### Premium & Other Important Information

All office visit cost-sharing is excluded from the annual Out-of-Pocket Maximum.

### Medical Supplies

There should be no cost for medical supplies routinely used in the course of an office visit (such as bandages, cotton swabs, etc.). However, there is a 20% coinsurance for supplies for which an appropriate separate charge is made (such as chemical agents used in certain diagnostic procedures).

If you have any questions about this plan's benefits or costs, please contact Senior Dimensions

### **Diabetes Self-Monitoring Training and Supplies**

- Diabetes self-monitoring training (this is Medicare-covered training to help you understand what diabetes is and how to manage it)
  - \$10 copay/Health Education and Wellness health educator or PCP.
  - \$35 copay/specialist.
- Part B diabetic supplies (Part B diabetic supplies include test strips/agents, lancets/lancet devices and glucose solutions)
  - \$0 copay/Part B diabetic supplies obtained through the Plan's diabetic supply mail order vendor for up to a 90-day supply.
  - 20% of the cost/Part B diabetic supplies purchased at a plan retail pharmacy for a 30-day supply.
- Blood sugar (glucose) monitors (this is DME available through the Plan's DME vendor)
  - 20% of the cost
- Part D diabetic supplies (Part D diabetic supplies include insulin, syringes, needles, alcohol swabs and gauze. Part D diabetic supplies are available from network pharmacies and the plan's Part D pharmacy mail order vendor.)
  - \$6/preferred generic 30-day supply from a network pharmacy
  - \$35/preferred brand-name 30-day supply from a network pharmacy
  - \$12/preferred generic 90-day supply from the plan's mail order vendor
  - \$70/preferred brand-name 90-day supply from the plan's mail order vendor

If you need assistance with ordering Part D diabetic supplies via mail order, please call your Personal Assistant before ordering and they will be glad to help.

### **Nutrition Training for people with End Stage Renal Disease (ESRD) or Diabetes**

- \$10 copay/PCP or Health Education and Wellness health educator.
- \$35 copay/specialist.

### **Diagnostic Tests, X-Rays, and Lab Services**

- Lab Services
  - 20% of the cost/lab services, except
  - 50% of the cost for Medicare-covered BRACAnalysis®, COLARIS and COLARIS AP genetic testing only
- X-rays
  - 20% of the cost
- Diagnostic procedures and tests, including PET scans
  - 20% of the cost
- Radiation therapy
  - 20% of the cost

### **Colorectal Screening Exams**

- \$10 copay/colonoscopy or sigmoidoscopy performed by a PCP
- \$35 copay/colonoscopy or sigmoidoscopy performed by a specialist
- 20% of the cost/fecal occult lab test
- 20% of the cost/barium enema
- \$100 facility copay/outpatient hospital or ambulatory surgical services

If you have any questions about this plan's benefits or costs, please contact Senior Dimensions

### **End-Stage Renal Disease**

- 20% of the cost per visit/dialysis services.

Out of area renal dialysis services do not require prior authorization. However, if you are traveling out of the service area or on vacation and will need renal dialysis services, we recommend that you call your Personal Assistant to help you with your health care arrangements and to assist the plan in monitoring your care.

### **Prescription Drugs**

Generally, drugs obtained at an out-of-network pharmacy are not covered. In rare circumstances, drugs *may* be covered, for instance, illness while traveling outside of the plan's service area where there is no network pharmacy. You will likely have to pay the pharmacy's full charge for the drug and submit documentation to receive reimbursement. Please refer to your Evidence of Coverage for more information.

This plan has no deductible.

#### **Initial Coverage:**

- Preferred Generic/Some Brand Maintenance drugs (This tier includes all preferred generics on our formulary and certain brand name maintenance drugs):
  - \$6/30-day supply from a network pharmacy
  - \$18/90-day supply from a network pharmacy
  - \$12/90-day supply from the Plan's mail order vendor
- Preferred Brand drugs:
  - \$35/30-day supply from a network pharmacy
  - \$105/90-day supply from a network pharmacy
  - \$70/90-day supply from the Plan's mail order vendor
- Non-Preferred drugs:
  - \$85/30-day supply from a network pharmacy
- Specialty Drugs:
  - 33% coinsurance (regardless of the supply or whether they were obtained from a network pharmacy or the Plan's mail order vendor). Examples of Specialty drugs include Copaxone, Rebif, Humira, Enbrel, Tarceva, and Neupogen.

The Plan also includes special coverage for certain generic and brand name drugs normally excluded from coverage under Medicare Part D. This includes coverage of certain benzodiazepines (tranquilizers), barbiturates (sedatives), vitamins and cough suppressant drugs available by prescription.

- Special Coverage – Generic:
  - \$6/30-day supply from a network pharmacy
- Special Coverage – Brand:
  - \$35/30-day supply from a network pharmacy

If you have any questions about this plan's benefits or costs, please contact Senior Dimensions

Coverage Gap (this is the period between when your drug costs reach \$2,830 and when they reach \$6,440, the catastrophic coverage level):

- When your total yearly drug costs reach \$2,830, the plan will cover all drugs in the following drug tiers:
  - Preferred Generic/Some Brand Maintenance
  - Preferred Brand
  - Special Coverage - Generic

There is no gap coverage for the Non-preferred, Specialty and Special Coverage - Brand drug tiers.

Catastrophic Coverage:

After your yearly total drug expenses (paid by both you and the plan) reach \$6,440\* you pay the greater of:

- \$2.50/generic (including brand drugs treated as generic) and,
- \$6.30/all other drugs, or
- 5% coinsurance

\*There will be further details on the Explanation of Benefits that will be provided to you each month that you access pharmacy benefits.

Drugs that are covered under Part B Medicare benefits have a 20% coinsurance. Medicare-covered Part B drugs do not apply towards the Medicare Part D maximums. Please refer to your Evidence of Coverage for additional information regarding your prescription drug coverage.

### **Health Education and Wellness Programs**

The Health Education and Wellness Division is designed to focus on both preventive care and the management of existing health concerns. Our health education team is comprised of Certified Health Education Specialists, Registered Dietitians and Certified Diabetes Educators. Group and one-on-one consultations are available at selected Southwest Medical Associates offices. Medical Nutrition Counseling with a Registered Dietitian is also available. Enrollment in the class entitles the enrollee and a caregiver/coach/helper to attend. For more information and registration, call (702) 877-5356, TTY: (800) 349-3538. Class subjects include:

HEW classes:

-Diabetes related topics:

- Meter training and new onset, including medical nutrition consult for diabetic diet (3 session class) - \$20
- Insulin start up/management (1 session class) - \$10
- Individual consults (including medical nutrition consult for diabetic diet) - \$10
- Lifestyle Management (2 session class) - \$15
- Nutrition & Fitness (2 session class) - \$15
- Pregnancy (2 session class) - \$15
- Preventive Healthcare (2 session class) - \$15
- Senior Health (2 session class) - \$15

- Women's Health (2 session class) - \$15
- Tobacco Cessation Program - \$35 for target/at risk population and \$60 for non-target/all others (includes mandatory Tobacco Cessation Orientation class)
- Weight Management - \$20 adults (3 session class), \$15 teens (2 session class), \$10 children (1 session class), \$10 toddlers (1 session class)
- Bariatric Surgery Consult - \$10
- Medical Nutrition individual consults (for renal diet) - \$10
- Asthma (1 session class) - \$10
- COPD (1 session class) - \$10
- Heart Failure (1 session class) - \$10

If you have any questions about this plan's benefits or costs, please contact Senior Dimensions

-Heart Health (3 session class) - \$20

The Tobacco Cessation Program charges are based upon whether a person is in a target population. The target population consists of someone with cancer, COPD, heart failure, diabetes, pregnancy, asthma, bi-polar disorder, coronary artery disease, Hepatitis C, HIV, stroke, if a person is a parent with an asthmatic child, or if the patient is an adolescent in the target population. Target population patients pay \$35, which includes the first consult and any number of follow-up visits within the program's timeframe. Non-target population patients pay \$60, which includes the first consult and any number of follow-up visits within the program's timeframe. Tobacco Cessation medication for a 3 month supply is available for no copayment to the target population through the HEW Program. All others may get these medications for their brand-name copayment or generic copayment dependent upon the drug.

### **Fit for Life Club**

The Senior Dimensions Fit for Life Club is a fitness benefit available to members at no additional cost. Senior Dimensions, the Parks and Recreation Departments of Clark County, Henderson, North Las Vegas, and City of Las Vegas, as well as partners in Pahrump, Boulder City and Reno have come together to provide members with health and fitness opportunities. The benefit includes: unlimited access to identified indoor and outdoor pools for open/lap swim; unlimited use of fitness rooms; one free senior/low impact exercise class or water exercise class every six weeks, or ongoing for those classes that are offered on a continual basis. For more information on facility locations and programs, call your Personal Assistant at (800) 650-6232, TTY: (800) 349-3538, Monday - Friday, 8:00 a.m. to 8:00 p.m.

### **Important Notes Regarding the Point of Service (POS) Benefit:**

Refer to the Evidence of Coverage for more information regarding the POS benefit and corresponding prior authorization requirements. However, some important points to remember are:

- The POS benefits apply *only to* Medicare-covered services (for example Medicare-covered hearing, Medicare-covered vision or Medicare-covered dental services).
- In addition to copayments/coinsurance, you must also pay the difference, if any, between the Eligible Medical Expense (EME) and the non-plan provider's billed charges or the Medicare Limiting Charge (if the non-plan provider accepts Medicare's assignment of benefits).
- Administratively, POS services are "bundled" in that all services related to the POS authorization are considered for reimbursement under the POS benefit, regardless of the actual participation status of the facility or other supporting service provider(s). This means, for example, that if authorization is received for a non-plan surgeon to perform a procedure at a plan hospital, the entire collection of services related to that procedure are bundled together under the POS authorization, and are subject to deductible and maximum plan benefit.
- All covered services are subject to the \$5,000 calendar year maximum benefit. You will be responsible for all POS service costs in excess of the calendar year maximum benefit amount.
- Prior authorization requirements apply to all inpatient services, outpatient surgical facility services, courses of treatment and services that exceed the Medicare Allowable amount.
- Doctor Office Visit benefit is listed in the POS section under \$35 copay for PCP and \$45 copay for Specialist.

If you have any questions about this plan's benefits or costs, please contact Senior Dimensions

- Diabetes Self-Monitoring Training, Nutrition Therapy and Supplies benefit is listed in the POS section under the 30% of the cost, \$35 copay and \$45 copay categories as the supplies are covered at 30% and professional services in this benefit category are covered at the \$35 copay and \$45 copay.
- Colorectal Screening Exam benefit is listed in the POS section under the 20% of the cost, 30% of the cost, \$35 copay and \$45 categories as outpatient services/surgery is covered at 20%, lab/diagnostic services are covered at 30%, and all professional services in this benefit category are covered at the \$35 copay and \$45 copay.
- Vision Services benefit is listed in the POS section under both the 20% of the cost and \$45 copay categories as eyewear is covered at 20% and professional services in this benefit category are covered at the \$45 copay.
- Diagnostic Tests, X-Rays, Lab Services, and Radiology Services benefit is listed in the POS section under both the 30% of the cost and 50% of the cost categories as all Diagnostic Tests, X-Rays, Lab Services, and Radiology Services are covered at 30%, except Medicare-covered BRACAnalysis®, COLARIS, and COLARIS AP genetic testing only, which has a 50% coinsurance.

Senior Dimensions is a Medicare Advantage (MA) HMO plan offered by Health Plan of Nevada, Inc., a UnitedHealthcare Company. Health Plan of Nevada, Inc. is an MA organization with a Medicare contract. Anyone with Medicare Parts A & B may apply. Members must continue to pay Medicare premiums and use plan providers for routine care. Prescription coverage is subject to limitations.