

we  you

BLUE SHIELD OF CALIFORNIA MEDICARE HEALTH PLANS

For County of San Bernardino Retirees



About Blue Shield

- Not-for-profit health plan
- Founded by a group of physicians in 1939
- 3.3 million members (June 2012)
- Some of the largest provider networks in California
- Contribute \$30 million to the Blue Shield of California Foundation, to fund nonprofit organizations that improve access to quality health care.

Source: Blue Shield of California website

<https://www.blueshieldca.com/bsca/about-blue-shield/corporate/fast-facts.sp>

Blue Shield plans for retirees

Medicare Integrated Plans

- Blue Shield 65 Plus (HMO) – GMAPD High
- Blue Shield 65 Plus (HMO) – GMAPD Low
- Blue Shield of California Medicare Rx Plan (PDP)

Medicare Coordination of Benefits PPO Plan

- Shield Spectrum PPO plan – COB

Health plans include:

Pharmacy benefits

NurseHelp 24/7

Health programs

Blue Shield 65 Plus plans (Medicare HMO)

High and Low

	Blue Shield 65 Plus High	Blue Shield 65 Plus Low
Annual Deductible	None	None
Annual out of pocket maximum for covered Part A and Part B services	\$3,400 per Member	\$3,400 per Member
Physician office visits	\$10 copay per visit	\$0 copay per visit
Specialist office visits	\$10 copay per visit	\$0 copay per visit
Preventive services	\$0 copay	\$0 copay
Inpatient hospital care	\$0 copay per admission	\$0 copay per admission
Outpatient hospital services	\$0 copay	\$0 copay
Ambulance services	\$0 copay per one-way trip	\$125 copay per one-way trip
Emergency room	\$20 copay per visit (\$0 copay if admitted to the hospital within 24 hours for the same condition)	\$50 copay per visit (\$0 copay if admitted to the hospital within 24 hours for the same condition)

Blue Shield 65 Plus plans (Medicare HMO)

	Blue Shield 65 Plus High	Blue Shield 65 Plus Low
Retail: 30 day supply		
Tier 1 – Preferred Generic Drugs	\$10 per prescription	\$10 per prescription
Tier 2 – Preferred Brand Drugs	\$20 per prescription	\$30 per prescription
Tier 3 – Non-Preferred Brand Drugs	\$40 per prescription	\$60 per prescription
Tier 4 – Injectable Drugs	20% of Blue Shield's contracted rate (up to \$100 per prescription)	20% of Blue Shield's contracted rate (up to \$100 per prescription)
Tier 5 – Specialty Drugs	20% of Blue Shield's contracted rate (up to \$100 per prescription)	20% of Blue Shield's contracted rate (up to \$100 per prescription)
Retail: 90 day supply		
Tier 1 – Preferred Generic Drugs	\$20 per prescription	\$20 per prescription
Tier 2 – Preferred Brand Drugs	\$40 per prescription	\$60 per prescription
Tier 3 – Non-Preferred Brand Drugs	\$80 per prescription	\$120 per prescription
Tier 4 – Injectable Drugs	20% of Blue Shield's contracted rate (up to \$300 per prescription)	20% of Blue Shield's contracted rate (up to \$300 per prescription)
Tier 5 – Specialty Drugs	20% of Blue Shield's contracted rate (up to \$300 per prescription)	20% of Blue Shield's contracted rate (up to \$300 per prescription)

Blue Shield of California Medicare Rx Plan (PDP) Stand Alone Pharmacy

	Blue Shield of California Medicare Rx Plan
Retail: 30 day supply	
Tier 1 – Preferred Generic Drugs	\$10 per prescription
Tier 2 – Preferred Brand Drugs	\$25 per prescription
Tier 3 – Non-Preferred Brand Drugs	\$35 per prescription
Tier 4 – Injectable Drugs	30% of Blue Shield’s contracted rate (up to \$150 copayment maximum per prescription)
Tier 5 – Specialty Drugs	30% of Blue Shield’s contracted rate (up to \$150 copayment maximum per prescription)
Retail: 90 day supply	
Tier 1 – Preferred Generic Drugs	\$20 per prescription
Tier 2 – Preferred Brand Drugs	\$50 per prescription
Tier 3 – Non-Preferred Brand Drugs	\$70 per prescription
Tier 4 – Injectable Drugs	30% of Blue Shield’s contracted rate (up to \$450 copayment maximum per prescription)
Tier 5 – Specialty Drugs	30% of Blue Shield’s contracted rate (up to \$450 copayment maximum per prescription)

Shield Spectrum PPO plan (COB plan)

	Network	Non-network
Annual Deductible	\$500 per individual / \$1,000 per family	\$500 per individual / \$1,000 per 2-persons/ \$1,500 per family
Annual out of pocket maximum	2,500 per individual / \$5,000 per family	\$5,000 per individual / \$10,000 per family
Office visits	20%	40%
Preventive care	No charge	40%
Outpatient surgery in a hospital	\$250 per surgery + 20%	40%
Inpatient non-emergency Facility Services	\$250 per admission + 20%	40%
Ambulance services	20%	20%
Emergency room	\$100 per visit + 20%	\$100 per visit + 20%

Programs to help manage your health

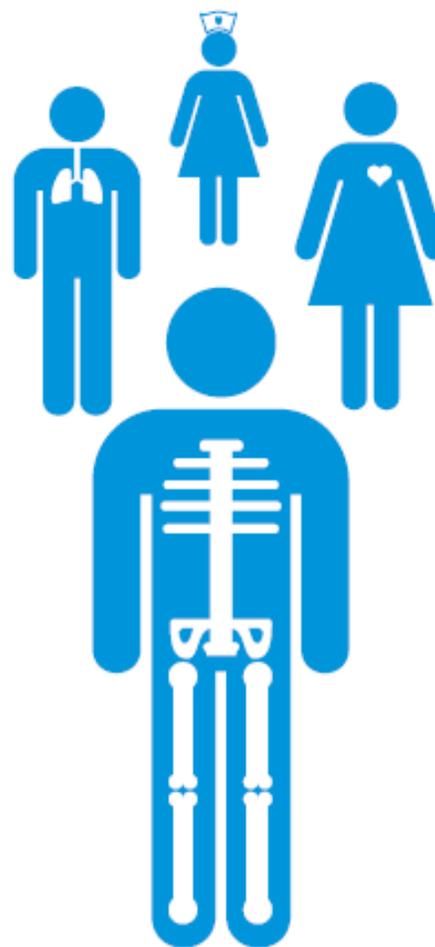
(available to all plan members)

Condition Management programs

- Asthma Self Management
- Diabetes Management
- Cardiovascular Risk Reduction
- Chronic Obstructive Pulmonary Disease Management
- Congestive Heart Failure

Other programs

- Transplant program
- Pre-Surgical Guided Imagery
- Transitions of Care



NurseHelp 24/7



Speak with registered nurses anytime, day or night, and get answers to your health-related questions, Just call (877) 304-0504.

- minor injuries
- common illnesses
- recent diagnoses and chronic conditions
- choosing appropriate medical care
- self-care tips and treatment options

Health and wellness discounts

(available to all plan members)



- **Weight Watchers** – Save registration fees and members while you lose those extra pounds
- **24 Hour Fitness, ClubSport and Renaissance ClubSport** – Waived and discounted fees make it easier to get in shape and stay fit
- **Chiropractic, acupuncture and massage therapy** – 20% discounts on services.
- **Vision services** – Discounts on exams, lenses, frame discounts and LASIK.

SilverSneakers® Fitness Program

(Blue Shield 65 Plus HMO members only)



SilverSneakers provides a basic membership to any participating Fitness center location across the country. Program includes:

- Access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- Signature SilverSneakers Fitness Program classes, designed specifically for older adults and taught by certified instructors
- Fun social activities and events, including health education seminars
- Access to an exclusive member online community at www.silversneakers.com/member.
- SilverSneakers® Steps is a personalized fitness program for members who don't have convenient access to a SilverSneakers location within 15 miles of their home.

We're here to help

Member Services

- **Shield Spectrum PPO plans**

(800) 642-6155

7:00 a.m. to 7:00 p.m., Monday through Friday

- **Blue Shield 65 Plus HMO**

(800) 776-4466 [TTY: (800) 794-1099]

7:00 a.m. to 8:00 p.m., seven days a week from October 1 through February 14. However, after February 14, calls will be handled by our automated phone system on weekends and holidays

- **Blue Shield of California Medicare Rx Plan PDP**

(888) 7766-4466 [TTY: (888) 238-6482]

7:00 a.m. to 8:00 p.m., seven days a week from October 1 through February 14. However, after February 14, calls will be handled by our automated phone system on weekends and holidays



www.blueshieldca.com

- Find a doctor or hospital
- Access medical and pharmacy benefits
- Learn about health programs and services

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