

Medicare health plan benefits overview

Medica Prime Solution[®] (COST)

PLAN YEAR: 2021



MEDICA®

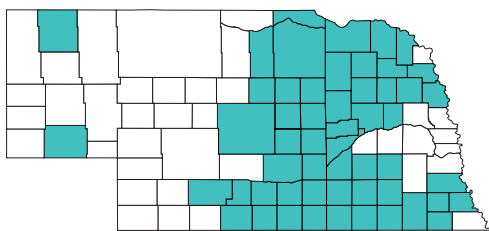
PRIME SOLUTION HIGHLIGHTS

- » Large provider network in seven states: Iowa, Kansas, Minnesota, Nebraska, North Dakota, South Dakota and Wisconsin
- » Free SilverSneakers® fitness membership
- » Up to \$200/year prescription eyewear allowance
- » Up to \$400/year dental reimbursement - keep your dentist
- » Up to \$400/year hearing aid savings

Eligibility and Enrollment Area

You are eligible to enroll in Medica Prime Solution if you have Medicare Part A and Part B (or Part B only), you do not have End-Stage Renal Disease (ESRD) and your permanent residence is in the Prime Solution enrollment area.

Prime Solution is available to residents of the following Nebraska counties: Adams, Antelope, Boone, Boyd, Buffalo, Burt, Cedar, Cheyenne, Clay, Colfax, Cuming, Custer, Dawes, Dixon, Fillmore, Franklin, Frontier, Furnas, Gage, Garfield, Gosper, Greeley, Hall, Hamilton, Harlan, Holt, Howard, Jefferson, Johnson, Kearney, Knox, Loup, Madison, Merrick, Nance, Nemaha, Nuckolls, Otoe, Pawnee, Phelps, Pierce, Platte, Rock, Saline, Seward, Sherman, Stanton, Thayer, Thurston, Valley, Wayne, Webster, Wheeler and York.





COVERAGE YOU NEED AT AN AFFORDABLE PRICE

Medica Prime Solution helps pay costs Medicare doesn't cover and gives you plan options with additional benefits.



Premiums as low as \$34 — choose the coverage level that fits you
\$0 or low copays for doctor visits



No referrals required to see any in-network provider

Nationwide travel and “snowbird” coverage from any provider that accepts Medicare

Worldwide emergency care



No health underwriting — guaranteed enrollment any time of the year

No age rating — premium does not increase with age

Medica Prime Solution Plan Comparison

	2020 Original Medicare	MEDICA PRIME SOLUTION MEDICAL-ONLY		
		Thrift	Core	Premier
Monthly Medical-only Premium		\$34	\$69	\$125
Medical Deductible		\$50	\$0	\$0
Annual Maximum Out-of-Pocket	n/a	\$6,700	\$4,000	\$3,000
MEDICAL BENEFITS	YOU PAY	YOU PAY		
Preventive Services	\$0	\$0	\$0	\$0
Primary Care	20%	20%	\$0	\$0
Specialist Office Visit	20%	20%	\$20	\$0
Urgent Care	20%	\$25	\$0 - \$20	\$0
Chiropractic	20%	20%	\$20	\$0
Eye & Hearing Exams - Routine Annual	100%	100%	\$0	\$0
Diagnostic Tests / X-Ray	20%	20%	\$10	\$0
Diagnostic & Therapeutic Radiology	20%	20%	\$30	\$0
Lab Services	\$0	\$0	\$0	\$0
Diabetes Supplies	20%	20%	20%	\$0
Durable Medical Equipment	20%	20%	20%	\$0
Outpatient Surgery	20%	20%	\$100	\$0
Ambulance (Ground)	20%	20%	\$50	\$0
Emergency Care	20%	\$50	\$50 Worldwide	\$0 Worldwide
Inpatient Hospital	Days 1-60: \$1,408 total Days 61-90: \$352/day	Days 1-4: \$300/day Days 5-90: \$0/day	\$350 per stay	\$100 per stay
Skilled Nursing Facility	Days 1-20: \$0/day Days 21-100: \$176/day	Days 1-20: \$0/day Days 21-100: \$176 [†] /day	Days 1-20: \$0/day Days 21-100: \$50/day	Days 1-20: \$0/day Days 21-100: \$25/day

[†] This amount is for 2020 and is subject to change in 2021.



YOUR PLAN TRAVELS WITH YOU.

With all Prime Solution plans, you'll enjoy nationwide travel and "snowbird" coverage. So you can take your coverage with you when you travel within the United States and enjoy access to your full in-network benefits for up to nine consecutive months. Whether it's a quick trip or an extended stay, you're covered.

EXTRAS TO MAKE YOUR PLAN EVEN BETTER

A great plan is only one piece of the puzzle when it comes to maintaining your health. So we provide you with the extra resources you need to stay healthy each and every day.



Dental Coverage up to \$400

You can see any licensed dentist and, depending on the plan you choose, receive up to \$400 annually for any preventive or restorative care.

Core Plan: Up to \$300 annually

Premier Plan: Up to \$400 annually



Hearing Aid Savings up to \$400

Receive up to \$400 annually for hearing aids and evaluations/fittings with the Core and Premier plans.



Eyewear Reimbursement up to \$200

Get prescription eyewear reimbursement each year with the following plans:

Core Plan: Up to \$100 annually

Premier Plan: Up to \$200 annually





FREE SilverSneakers® Fitness Membership

The Core and Premier plans come with a FREE SilverSneakers membership.

Enjoy fitness options to meet your needs:

- » 16,000+ participating facilities nationwide
- » Enroll at multiple locations at the same time
- » Online fitness classes

Visit **SilverSneakers.com** for a complete list of facilities and options.



24/7 NurseLine

You and your family have a place to turn for trusted advice and information when you need it most.

Highly-trained nurses are available to help answer your questions about symptoms, medications and health conditions, and offer self-care tips for non-urgent concerns.



Personal Advocates

HealthAdvocateSM has your back if you have questions about your Medica plan coverage, or need help navigating the medical system.

Our trained Personal Health Advocates can help you tackle health-related issues — from finding the right doctor to resolving claims questions. They can even help you make an appointment with a hard-to-reach doctor.

The service is confidential — and provided to you at no additional cost.



HOW TO ENROLL

There are three ways to enroll in Medica Prime Solution. Choose the one that works best for you:



Call **1 (800) 918-2143 (TTY: 711)** for fast and easy enrollment over the phone.



Go to **Medica.com/Medicare** to complete your enrollment online.



Complete and sign a paper application. (You can download and print a paper application at **Medica.com/Medicare**.)

Submit your completed paper forms via mail, fax or web.

Mail to: Medica
PO Box 740110
Atlanta, GA 30374-0110

Or fax to: 1-855-250-2166

Or upload securely at: **Medica.com/EnrollmentUpload**

Enrollment Deadlines

Initial Enrollment Period (IEP)

This is when you first become eligible for Medicare at around age 65. You have a seven-month window during which you can sign up for Medicare: three months before your birthday month, during your birthday month and three months after your birthday month.

Annual Election Period (AEP)

Medicare open enrollment is October 15–December 7 each year for January 1 coverage. All enrollment, disenrollment or plan change options are available to you at this time.

Special Enrollment Period (SEP)

A Special Enrollment Period allows you to make changes to your Medicare coverage due to special events like moving out of your plan's service area, retiring later or losing your employer or spouse's insurance coverage.

What to expect after you enroll

Once you have submitted your application, you can expect to receive the following communications from us:

- 1 Acknowledgement Letter**
Within about a week, you will receive a letter letting you know that your application has been received.
- 2 Member Packet**
Within two to three weeks, you will receive your member packet, which will contain your member guide and other important materials that you will want to read and keep for future reference.
- 3 ID Card**
Your ID card will arrive one to three weeks prior to your effective date. (NOTE: Your ID card is not included in your member packet—it is sent separately.)
- 4 Confirmation Letter**
This letter confirms Medicare's approval of your enrollment in Medica Prime Solution.

LOCAL CUSTOMER SERVICE

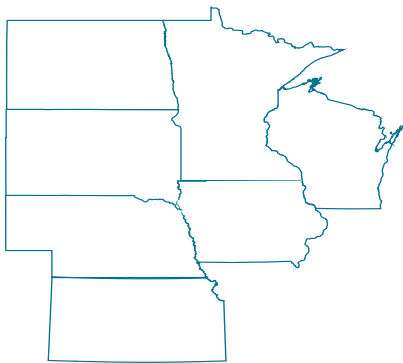
At Medica, you'll always receive the caring, personal service you deserve from our local Medicare experts. Our health plan specialists can answer your questions and help you maximize your coverage.



Important plan information

Provider Network

You can use any provider who is currently part of the Medica Prime Solution network that includes major hospitals and clinics and other providers in Medica's seven-state service area of Iowa, Kansas, Minnesota, Nebraska, North Dakota, South Dakota and Wisconsin.



Visit [Medica.com/PrimeSolutionProviders](https://www.Medica.com/PrimeSolutionProviders) to search our online directory.

Nationwide Travel & "Snowbird" Coverage

If you will be away for 90 days or more, you just need to call Medica before you leave to activate the **Extended Absence Option** so that services from out-of-network providers are covered with the same cost sharing as providers in network.

For absences of less than 90 days, you do not need to notify Medica.

Discrimination is Against the Law

Medica complies with applicable Federal civil rights laws and will not discriminate against any person based on his or her race, color, creed, religion, national origin, sex, gender, gender identity, health status including mental and physical medical conditions, marital status, familial status, status with regard to public assistance, disability, sexual orientation, age, political beliefs, membership or activity in a local commission, or any other classification protected by law. Medica:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as: TTYcommunication
- Written information in other formats (large print, audio, other formats)
- Provides free language services to people whose primary language is not English, such as: Qualified interpreters and information written in other languages

If you need these services, contact the number on the back of your identification card. If you believe that Medica has failed to provide these services or discriminated in another way on the basis of your race, color, creed, religion, national origin, sex, gender, gender identity, health status including mental and physical medical conditions, marital status, familial status, status with regard to public assistance, disability, sexual orientation, age, political beliefs, membership or activity in a local commission, or any other classification protected by law, you can file a grievance with: Civil Rights Coordinator, Mail Route CP250, PO Box 9310, Minneapolis, MN 55443-9310, 952-992-3422, TTY: 711, civilrightscoordinator@medica.com.

You can file a grievance in person or by mail, fax, or email. You may also contact the Civil Rights Coordinator if you need assistance with filing a complaint. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201 800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

If you want free help translating this information, call the number included in this document or on the back of your Medica ID card.

Si desea asistencia gratuita para traducir esta información, llame al número que figura en este documento o en la parte posterior de su tarjeta de identificación de Medica.

Yog koj xav tau kev pab dawb kom txhais daim ntwav no, hu rau tus xov tooj nyob hauv daim ntwav no los yog nyob nraum qab ntawm koj daim npav Medica ID.

如果您需要免費翻譯此資訊，請致電本文檔中或者在您的Medica ID卡背面包含的號碼。

Nếu quý vị muốn trợ giúp dịch thông tin này miễn phí, hãy gọi vào số có trong tài liệu này hoặc ở mặt sau thẻ ID Medica của quý vị.

Odeeffannoo kana gargaarsa tolaan akka isinii hiikamu yoo barbaaddan, lakkoobsa barruu kana keessatti argamu ykn ka dugda kaardii Waraqaa Eenyummaa Medica irra jiruun bilbila'a.

إذا كنت تريد مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الوارد في هذه الوثيقة أو على ظهر بطاقة تعريف ميديكا الخاصة بك.

Если Вы хотите получить бесплатную помощь в переводе этой информации, позвоните по номеру телефона, указанному в данном документе и на обратной стороне Вашей идентификационной карты Medica.

ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນການແປຂໍ້ມູນນີ້ຟຣີ, ໃຫ້ໂທຫາເລກໝາຍທີ່ມີຢູ່ໃນເອກະສານນີ້ ຫຼື ຢູ່ດ້ານຫຼັງຂອງບັດ Medica ຂອງທ່ານ.

이 정보를 번역하는 데 무료로 도움을 받고 싶으시면, 이 문서에 포함된 전화번호나 Medica ID 카드 뒷면의 전화번호로 전화하십시오.

Si vous voulez une assistance gratuite pour traduire ces informations, appelez le numéro indiqué dans ce document ou au dos de votre carte d'identification Medica.

နမူနာအား တွေ့ရှိရပါက လိုအပ်သည့် အကူအညီများကို ရရှိရန်အတွက် ဤစာရွက်စာတမ်း၏ ဝတ်ကျပ်ပိုင်းတွင် ဖော်ပြထားသည့် နံပါတ်များကို ခေါ်ဆိုပါ။

Kung nais mo ng libreng tulong sa pagsasalin ng impormasyong ito, tawagan ang numero na kasama sa dokumentong ito o sa likod ng iyong Kard ng Medica.

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Ako želite besplatnu pomoć za prijevod ovih informacija, nazovite broj naveden u ovom dokumentu ili na poleđini svoje ID kartice Medica.

Díí t'áá jíík'e shá ata' hodoonih nínízingo éí ninaaltsoos Medica bee ného' dílzinígí bine' déé' namboo biki' ágíjji' béésh bee hodíilnih.

Wenn Sie bei der Übersetzung dieser Informationen kostenlose Hilfe in Anspruch nehmen möchten, rufen Sie bitte die in diesem Dokument oder auf der Rückseite Ihrer Medica-ID-Karte angegebene Nummer an.

NEBRASKA, WE'VE GOT YOU COVERED.SM



Call toll free:
1 (800) 918-2143 (TTY: 711)

Hours of operation:

Oct. 1 - March 31

8 a.m. to 8 p.m. Central, seven days a week

April 1 - Sept. 30

8 a.m. to 8 p.m. Central, Monday - Friday



Visit us online to learn more at
Medica.com/Medicare



Find a broker in your community at
Medica.com/Medicare

Centers for Medicare & Medicaid Services (CMS)

Toll free at **1-800-MEDICARE**
(1-800-633-4227)
(TTY 1-877-486-2048)

Hours of operation:
24 hours a day, seven days a week
medicare.gov

Social Security Administration

Toll free at **1-800-772-1213**
(TTY 1-800-325-0778)

Hours of operation:
7 a.m. to 7 p.m.
Monday-Friday
ssa.gov

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