

# **HMO Prime No Rx (Medicare Advantage HMO) offered by Tufts Health Plan Medicare Preferred**

## **Annual Notice of Changes for 2016**

You are currently enrolled as a member of Tufts Medicare Preferred HMO Prime No Rx. Next year, there will be some changes to the plan's costs and benefits. *This booklet tells about the changes.*

- **You have from October 15 until December 7 to make changes to your Medicare coverage for next year.**
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### **Additional Resources**

- This information is available for free in other languages.
- Please contact our Customer Relations number at 1-800-701-9000 for additional information. (TTY users should call 1-800-208-9562.) Hours are Monday – Friday, 8:00 a.m. – 8:00 p.m. (Representatives are available 7 days a week, 8:00 a.m. – 8:00 p.m. from Oct. 1 – Feb. 14.)
- Customer Relations also has free language interpreter services available for non-English speakers
- Esta información está disponible de forma gratuita en otros idiomas. Comuníquese con nuestro departamento de atención al cliente al número 1-800-701-9000 para obtener información adicional. (Los usuarios de TTY deben llamar al 1-800-208-9562). El horario es de lunes a viernes, de 8:00 am a 8:00 pm (del 1 de octubre al 14 de febrero, los representantes están disponibles los 7 días a la semana, de 8:00 am a 8:00 pm). Atención al cliente también ofrece servicios gratuitos de interpretación disponibles para las personas que no hablan inglés.
- This information is available in different formats, including large print.

### **About Tufts Medicare Preferred HMO Prime No Rx**

- Tufts Health Plan is an HMO plan with a Medicare contract. Enrollment in Tufts Health Plan depends on contract renewal.
- When this booklet says “we,” “us,” or “our,” it means Tufts Health Plan Medicare Preferred. When it says “plan” or “our plan,” it means Tufts Medicare Preferred HMO Prime No Rx.

## Think about Your Medicare Coverage for Next Year

Each fall, Medicare allows you to change your Medicare health and drug coverage during the Annual Enrollment Period. It's important to review your coverage now to make sure it will meet your needs next year.

### Important things to do:

- Check the changes to our benefits and costs to see if they affect you.** Do the changes affect the services you use? It is important to review benefit and cost changes to make sure they will work for you next year. Look in Sections 1 and 2 for information about benefit and cost changes for our plan.
- Check to see if your doctors and other providers will be in our network next year.** Are your doctors in our network? What about the hospitals or other providers you use? Look in Section 1.3 for information about our Provider Directory.
- Think about your overall health care costs.** How much will you spend out-of-pocket for the services and prescription drugs you use regularly? How much will you spend on your premium? How do the total costs compare to other Medicare coverage options?
- Think about whether you are happy with our plan.**

### If you decide to stay with Tufts Medicare Preferred HMO Prime No Rx:

If you want to stay with us next year, it's easy - you don't need to do anything.

### If you decide to change plans:

If you decide other coverage will better meet your needs, you can switch plans between October 15 and December 7. If you enroll in a new plan, your new coverage will begin on January 1, 2016. Look in Section 3.2 to learn more about your choices.

## Summary of Important Costs for 2016

The table below compares the 2015 costs and 2016 costs for Tufts Medicare Preferred HMO Prime No Rx in several important areas. **Please note this is only a summary of changes. It is important to read the rest of this *Annual Notice of Changes* and review the enclosed *Evidence of Coverage* to see if other benefit or cost changes affect you.**

Cost	2015 (this year)	2016 (next year)
<p><b>Monthly plan premium</b> (See Section 1.1 for details.)</p>	\$130	\$130
<p><b>Maximum out-of-pocket amount</b> This is the <u>most</u> you will pay out-of-pocket for your covered Part A and Part B services. (See Section 1.2 for details.)</p>	\$3,400	\$3,400
<p><b>Doctor office visits</b></p>	<p>Primary care visits: \$10 per visit</p> <p>Specialist visits: \$15 per visit</p>	<p>Primary care visits: \$10 per visit</p> <p>Specialist visits: \$15 per visit</p>
<p><b>Inpatient hospital stays</b> Includes inpatient acute, inpatient rehabilitation, long-term care hospitals and other types of inpatient hospital services. Inpatient hospital care starts the day you are formally admitted to the hospital with a doctor’s order. The day before you are discharged is your last inpatient day.</p>	<p>\$200 per stay in a general acute care, psychiatric, rehabilitation, or long-term acute care hospital with a maximum of \$400 per year.</p>	<p>\$200 per stay in a general acute care, psychiatric, rehabilitation, or long-term acute care hospital with a maximum of \$400 per year.</p>

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**SECTION 1 Changes to Benefits and Costs for Next Year**

**Section 1.1 – Changes to the Monthly Premium**

Cost	2015 (this year)	2016 (next year)
<p><b>Monthly premium</b>                      (You must also continue to pay your Medicare Part B premium.)</p>	\$130	\$130
<p><b>Optional Supplemental Benefit: Delta Dental Option</b></p>	Not Offered	\$53

## Section 1.2 – Changes to Your Maximum Out-of-Pocket Amount

To protect you, Medicare requires all health plans to limit how much you pay “out-of-pocket” during the year. This limit is called the “maximum out-of-pocket amount.” Once you reach this amount, you generally pay nothing for covered Part A and Part B services for the rest of the year.

Cost	2015 (this year)	2016 (next year)
<p><b>Maximum out-of-pocket amount</b>                      Your costs for covered medical services (such as copays) count toward your maximum out-of-pocket amount. Your plan premium does not count toward your maximum out-of-pocket amount.</p>	<p>\$3,400</p>	<p style="text-align: center;">\$3,400</p> <p>Once you have paid \$3,400 out-of-pocket for covered Part A and Part B services, you will pay nothing for your covered Part A and Part B services for the rest of the calendar year.</p>

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## Section 1.3 – Changes to the Provider Network

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Our network has changed more than usual for 2016. An updated Provider Directory is located on our website at [tuftsmedicarepreferred.org](http://tuftsmedicarepreferred.org). You may also call Customer Relations for updated provider information or to ask us to mail you a Provider Directory. **We strongly suggest that you review our current Provider Directory to see if your providers (primary care provider, specialists, hospitals, etc.) are still in our network.**

It is important that you know that we may make changes to the hospitals, doctors and specialists (providers) that are part of your plan during the year. There are a number of reasons why your provider might leave your plan but if your doctor or specialist does leave your plan you have certain rights and protections summarized below:

- Even though our network of providers may change during the year, Medicare requires that we furnish you with uninterrupted access to qualified doctors and specialists
- When possible we will provide you with at least 30 days' notice that your provider is leaving our plan so that you have time to select a new provider.
- We will assist you in selecting a new qualified provider to continue managing your health care needs.
- If you are undergoing medical treatment you have the right to request, and we will work with you to ensure, that the medically necessary treatment you are receiving is not interrupted.
- If you believe we have not furnished you with a qualified provider to replace your previous provider or that your care is not being appropriately managed you have the right to file an appeal of our decision.
- If you find out your doctor or specialist is leaving your plan please contact us so we can assist you in finding a new provider and managing your care.

**Section 1.4 – Changes to Benefits and Costs for Medical Services**

We are changing our coverage for certain medical services next year. The information below describes these changes. For details about the coverage and costs for these services, see Chapter 4, *Medical Benefits Chart (what is covered and what you pay)*, in your *2016 Evidence of Coverage*.

Cost	2015 (this year)	2016 (next year)
<b>Emergency Care</b>	You pay a \$65 copay for each Medicare-covered emergency room visit.	You pay a \$75 copay for each Medicare-covered emergency room visit.
<b>Outpatient Rehabilitation Services</b>	<p>You pay \$0 for the first six Medicare-covered physical therapy visits during the year.</p> <p>You pay \$15 for each Medicare-covered physical therapy visit beyond the first six visits.</p> <p>You pay \$15 for each occupational therapy or speech/language therapy visit regardless of the outpatient setting.</p> <p>You pay \$0 for a post -outpatient surgical procedure physical therapy or occupational therapy consultation of up to 15 minutes, prior to discharge.</p>	<p>You pay \$15 for each Medicare-covered physical therapy visit.</p> <p>You pay \$15 for each occupational therapy or speech/language therapy visit regardless of the outpatient setting.</p> <p>You pay \$0 for a post -outpatient surgical procedure physical therapy or occupational therapy consultation of up to 15 minutes, prior to discharge.</p>



Cost	2015 (this year)	2016 (next year)
<p><b>Outpatient Surgery, including services provided at hospital outpatient facilities and ambulatory surgical centers</b></p>	<p>You pay \$100 per day for outpatient procedures and services, including but not limited to diagnostic and therapeutic endoscopy, and outpatient surgery performed in an outpatient hospital or ambulatory surgical center.</p>	<p>You pay \$75 per day for outpatient procedures and services, including but not limited to diagnostic and therapeutic endoscopy, and outpatient surgery performed in an outpatient hospital or ambulatory surgical center.</p>
<p><b>Weight Management Programs</b></p>	<p>The Plan will reimburse members up to an annual maximum of \$150 towards program fees for weight loss programs such as Weight Watchers, Jenny Craig, or a hospital-based weight loss program.</p> <p>iDiet is not eligible for the weight management program reimbursement benefit.</p>	<p>The Plan will reimburse members up to an annual maximum of \$150 towards program fees for weight loss programs such as Weight Watchers, Jenny Craig, iDiet, or a hospital-based weight loss program.</p> <p>iDiet is eligible for the weight management program reimbursement benefit.</p>
<p><b>Wellness Allowance Benefit</b></p>	<p>Plan reimburses you up to \$150 each calendar year towards your cost for membership in a qualified health club or fitness facility, covered instructional fitness classes, participation in wellness programs such as Matter of Balance, Chronic Disease self-management, diabetes workshop, Healthy Eating for Successful Living, Healthy IDEAs, Powerful Tools for Caregivers, Arthritis Foundation Exercise, Enhance Wellness, Fit For Your Life, AAA Senior Driving, memory fitness activities, and/or covered nutritional counseling sessions with a licensed nutritional counselor or registered dietician. You pay all charges over \$150 per</p>	<p>Plan reimburses you up to \$150 each calendar year towards your cost for membership in a qualified health club or fitness facility, covered instructional fitness classes, or participation in wellness programs such as Matter of Balance, Chronic Disease self-management, diabetes workshop, Healthy Eating for Successful Living, Healthy IDEAs, Powerful Tools for Caregivers, Arthritis Foundation Exercise, Enhance Wellness, Fit For Your Life, AAA Senior Driving, memory fitness activities, acupuncture, and/or covered nutritional counseling sessions with a licensed nutritional counselor or registered dietician. You pay all</p>

Cost	2015 (this year)	2016 (next year)
	<p>calendar year.</p> <p>Acupuncture is not eligible for the wellness allowance reimbursement benefit.</p>	<p>charges over \$150 per calendar year.</p> <p>Acupuncture is eligible for the wellness allowance reimbursement benefit.</p>
<p><b>Optional Supplemental Benefit: Delta Dental Option</b></p>	<p>Optional Supplemental Benefit for dental coverage is not offered</p>	<p>You have the option to purchase dental coverage as an optional supplemental benefit for an additional monthly premium. This plan covers preventive, minor, and major restorative services such as fillings, tooth extractions, dentures, crowns, and others.</p> <p>Monthly premium: \$53. See Chapter 4 of your <i>Evidence of Coverage</i> booklet for details.</p>

**SECTION 2 Other Changes**

Cost	2015 (this year)	2016 (next year)
<p>Ability to pay monthly premium online</p>	<p>Ability to pay monthly premium online <u>not</u> available.</p>	<p>Ability to pay monthly premium online available. You must create a personal, secure online account to do so. Please visit <a href="http://thpmp.org/registration">thpmp.org/registration</a> for details.</p>

## SECTION 3 Deciding Which Plan to Choose

### Section 3.1 – If you want to stay in Tufts Medicare Preferred HMO Prime No Rx

**To stay in our plan you don't need to do anything.** If you do not sign up for a different plan or change to Original Medicare by December 7, you will automatically stay enrolled as a member of our plan for 2016.

### Section 3.2 – If you want to change plans

We hope to keep you as a member next year but if you want to change for 2016 follow these steps:

#### Step 1: Learn about and compare your choices

- You can join a different Medicare health plan,
- -- *OR*-- You can change to Original Medicare. If you change to Original Medicare, you will need to decide whether to join a Medicare drug plan and whether to buy a Medicare supplement (Medigap) policy.

To learn more about Original Medicare and the different types of Medicare plans, read *Medicare & You 2016*, call your State Health Insurance Assistance Program (SHIP) (see Section 5), or call Medicare (see Section 7.2).

You can also find information about plans in your area by using the Medicare Plan Finder on the Medicare website. Go to <http://www.medicare.gov> and click “Review and Compare Your Coverage Options.” **Here, you can find information about costs, coverage, and quality ratings for Medicare plans.**

As a reminder, Tufts Health Plan Medicare Preferred offers other Medicare health plans. These other plans may differ in coverage, monthly premiums, and cost-sharing amounts.

#### Step 2: Change your coverage

- To change to a **different Medicare health plan**, enroll in the new plan. You will automatically be disenrolled from Tufts Medicare Preferred HMO Prime No Rx.
- To **change to Original Medicare with a prescription drug plan**, enroll in the new drug plan. You will automatically be disenrolled from Tufts Medicare Preferred HMO Prime No Rx.
- To **change to Original Medicare without a prescription drug plan**, you must either:

- Send us a written request to disenroll. Contact Customer Relations if you need more information on how to do this (phone numbers are in Section 7.1 of this booklet).
- – *or* – Contact **Medicare**, at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week, and ask to be disenrolled. TTY users should call 1-877-486-2048.

## SECTION 4 Deadline for Changing Plans

If you want to change to a different plan or to Original Medicare for next year, you can do it from **October 15 until December 7**. The change will take effect on January 1, 2016.

### Are there other times of the year to make a change?

In certain situations, changes are also allowed at other times of the year. For example, people with Medicaid, those who get “Extra Help” paying for their drugs, and those who move out of the service area are allowed to make a change at other times of the year. For more information, see Chapter 8, Section 2.3 of the *Evidence of Coverage*.

If you enrolled in a Medicare Advantage plan for January 1, 2016, and don’t like your plan choice, you can switch to Original Medicare between January 1 and February 14, 2016. For more information, see Chapter 8, Section 2.2 of the *Evidence of Coverage*.

## SECTION 5 Programs That Offer Free Counseling about Medicare

The State Health Insurance Assistance Program (SHIP) is a government program with trained counselors in every state. In Massachusetts, the SHIP is called SHINE (Serving Health Information Needs of Elders).

SHINE 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. SHINE counselors can help you with your Medicare questions or problems. They can help you understand your Medicare plan choices and answer questions about switching plans. You can call SHINE at 1-800-243-4636 (1-800-AGE-INFO) (TTY: 1-800-872-0166). You can learn more about SHINE by visiting their website ([www.mass.gov](http://www.mass.gov)).

## SECTION 6 Programs That Help Pay for Prescription Drugs

You may qualify for help paying for prescription drugs. Below we list different kinds of help:

- **“Extra Help” from Medicare.** People with limited incomes may qualify for “Extra Help” to pay for their prescription drug costs. If you qualify, Medicare could pay up to

75% or more of your drug costs including monthly prescription drug premiums, annual deductibles, and coinsurance. Additionally, those who qualify will not have a coverage gap or late enrollment penalty. Many people are eligible and don't even know it. To see if you qualify, call:

- 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048, 24 hours a day/7 days a week;
  - The Social Security Office at 1-800-772-1213 between 7 a.m. and 7 p.m., Monday through Friday. TTY users should call, 1-800-325-0778 (applications); or
  - Your State Medicaid Office (applications).
- **Help from your state's pharmaceutical assistance program.** Massachusetts has a program called Prescription Advantage that helps people pay for prescription drugs based on their financial need, age, or medical condition. To learn more about the program, check with your State Health Insurance Assistance Program (the name and phone numbers for this organization are in Section 5 of this booklet).
  - **What if you have coverage from an AIDS Drug Assistance Program (ADAP)?** The AIDS Drug Assistance Program (ADAP) helps ADAP-eligible individuals living with HIV/AIDS have access to life-saving HIV medications. Medicare Part D prescription drugs that are also covered by ADAP qualify for prescription cost-sharing assistance Massachusetts HIV Drug Assistance Program (HDAP). Note: To be eligible for the ADAP operating in your State, individuals must meet certain criteria, including proof of State residence and HIV status, low income as defined by the State, and uninsured/under-insured status.

If you are currently enrolled in an ADAP, it can continue to provide you with Medicare Part D prescription cost-sharing assistance for drugs on the ADAP formulary. In order to be sure you continue receiving this assistance, please notify your local ADAP enrollment worker of any changes in your Medicare Part D plan name or policy number. Please call 1-800-228-2714.

For information on eligibility criteria, covered drugs, or how to enroll in the program, please call 1-800-228-2714.

## SECTION 7 Questions?

### Section 7.1 – Getting Help from Tufts Medicare Preferred HMO Prime No Rx

Questions? We're here to help. Please call Customer Relations at 1-800-701-9000. (TTY only, call 1-800-208-9562.) We are available for phone calls Monday – Friday, 8:00 a.m. – 8:00 p.m.

(Representatives are available 7 days a week, 8:00 a.m. – 8:00 p.m. from Oct. 1 – Feb. 14). Calls to these numbers are free.

### **Read your 2016 *Evidence of Coverage* (it has details about next year's benefits and costs)**

This *Annual Notice of Changes* gives you a summary of changes in your benefits and costs for 2016. For details, look in the 2016 *Evidence of Coverage* for Tufts Medicare Preferred HMO Prime No Rx. The *Evidence of Coverage* is the legal, detailed description of your plan benefits. It explains your rights and the rules you need to follow to get covered services and prescription drugs. A copy of the *Evidence of Coverage* is included in this envelope.

### **Visit Our Website**

You can also visit our website at [tuftsmedicarepreferred.org](http://tuftsmedicarepreferred.org). As a reminder, our website has the most up-to-date information about our provider network (Provider Directory).

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## **Section 7.2 – Getting Help from Medicare**

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To get information directly from Medicare:

### **Call 1-800-MEDICARE (1-800-633-4227)**

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

### **Visit the Medicare Website**

You can visit the Medicare website (<http://www.medicare.gov>). It has information about cost, coverage, and quality ratings to help you compare Medicare health plans. You can find information about plans available in your area by using the Medicare Plan Finder on the Medicare website. (To view the information about plans, go to <http://www.medicare.gov> and click on “Find health & drug plans”)

### **Read *Medicare & You 2016***

You can read *Medicare & You 2016* Handbook. Every year in the fall, this booklet is mailed to people with Medicare. It has a summary of Medicare benefits, rights and protections, and answers to the most frequently asked questions about Medicare. If you don't have a copy of this booklet, you can get it at the Medicare website (<http://www.medicare.gov>) or by calling 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.