

Health Alliance NW SignalAdvantage HMO Rx (HMO) / Health Alliance NW SignalAdvantage HMO Rx Plus (HMO) / Health Alliance NW SignalAdvantage HMO (HMO)

2024 Summary of Benefits

January 1, 2024 – December 31, 2024

Call toll-free 1-877-642-3331 daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30. TTY 711 www.healthalliancemedicare.org

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This booklet gives you a summary of what our plans cover and what you pay. It doesn't list every service we cover or every limitation or exclusion. For a complete list of covered services, call us and ask for the Evidence of Coverage.

Options for Getting Medicare Benefits

- Original Medicare (fee-for-service), which is run by the federal government
- Medicare Advantage through a private company, like Health Alliance Northwest

Tips for Comparing Medicare Options

This booklet allows you to compare costs and benefits for our plans.

- If you want to compare our plans with other Medicare Advantage plans, ask other plans for their Summary of Benefits booklets or use the Medicare Plan Finder at medicare.gov.
- If you want to know more about the coverage and costs of Original Medicare, look in your *Medicare and You* handbook. You can find it at medicare.gov. You can also get a copy 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.

Booklet Sections

- Things to Know
- Monthly Premium, Deductible and Limits on How Much You Pay for Covered Services
- Covered Medical and Hospital Benefits
- Prescription Drug Benefits
- Additional Covered Benefits
- About Us

This document is available in other formats, such as Braille and large print. For more information, call 1-877-795-6117 (TTY 711), daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.

THINGS TO KNOW

Hours of Operation

Call daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.

Contact Info

- If you're a current member: 1-877-795-6117 (TTY 711)
- If you're not yet a member: 1-877-642-3331 (TTY 711)
- www.healthalliancemedicare.org

Eligibility

To join any of our Medicare Advantage plans, you must be entitled to Medicare Part A, enrolled in Medicare Part B and live in our service area.

Our service area includes this county in Washington: Yakima

Doctors, Hospitals and Pharmacies

Our plans have a large network of doctors, hospitals, pharmacies, and other providers to choose from.

With our HMO plans, you must use in-network providers, unless it's for emergency or urgent care. But with such a broad network, chances are, you can keep seeing the doctors you already know and trust. You also must have a primary care provider (PCP) to oversee your care and refer you to the specialists.

You must use network pharmacies to fill your prescriptions in most cases.

You can see our provider directory and pharmacy directory at our website (www.healthalliancemedicare.org). You can call us, and we will send you a copy.

What We Cover

Like all Medicare Advantage plans, we cover everything Original Medicare covers, but we also cover more.

For some benefits, you may pay less in our plan than you would in Original Medicare, and for some, you may pay more. This booklet outlines many of our extra benefits and perks that Original Medicare doesn't cover.

We cover the prescriptions drugs listed in our formulary at www.healthalliancemedicare.org. You can read it online or call us for a copy.

Determining Drug Costs

Each of the drugs we cover is grouped into one of five tiers. The amount you pay depends on the drug's tier and what stage of the benefit you've reached (Initial Coverage, Coverage Gap or Catastrophic Coverage). You can find out what tier your drug is on in our formulary at www.healthalliancemedicare.org, and we discuss the benefit stages later in this booklet.

Pre-Enrollment Checklist

Before making an enrollment decision, it is important that you fully understand our benefits and rules. If you have any questions, you can call and speak to a Medicare Sales Associate at 1-877-642-3331 (TTY 711).

Understanding the Benefits

- □ Review the full list of benefits found in the Evidence of Coverage (EOC), especially for those services that you routinely see a doctor. Visit HealthAllianceMedicare.org or call 1-877-642-3331 to view a copy of the EOC.
- Review the provider directory (or ask your doctor) to make sure the doctors you see now are in the network. If they are not listed, it means you will likely have to select a new doctor.
- □ Review the pharmacy directory to make sure the pharmacy you use for any prescription medicines is in the network. If the pharmacy is not listed, you will likely have to select a new pharmacy for your prescriptions.
- C Review the formulary to make sure your drugs are covered.

Understanding Important Rules

- □ In addition to your monthly plan premium, you must continue to pay your Medicare Part B premium. This premium is normally taken out of your Social Security check each month.
- Benefits, premiums and/or copayments/co-insurance may change on January 1, 2025.
- Except in emergency or urgent situations, we do not cover services by out-of-network providers (doctors who are not listed in the provider directory).
- For HMO-POS plans only: Our plan allows you to see providers outside of our network (non-contracted providers). However, while we will pay for covered services provided by a non-contracted provider, the provider must agree to treat you. Except in an emergency or urgent situations, non-contracted providers may deny care. In addition, you may pay a higher co-pay for services received by non-contracted providers.
- □ Your current health care coverage will end once your new Medicare coverage starts. For example, if you are in Tricare or a Medicare plan, you will no longer receive benefits from that plan once your new coverage starts.

	Health Alliance NW SignalAdvantage HMO Rx (HMO)	Health Alliance NW SignalAdvantage HMO Rx Plus (HMO)	Health Alliance NW SignalAdvantage HMO (HMO)
MONTHLY PREMIUM, DEDUCTI	BLE AND LIMITS ON HOW	MUCH YOU PAY	
Premium Each Month You must continue to pay your Medicare Part B premium.	\$32	\$105	\$20
This plan includes prescription drug cov	erage. For information on non-R	c plans, contact your broker or H	ealth Alliance Northwest.
Medical Deductible	\$0	\$0	\$0
Prescription Drugs Deductible	\$0	\$0	Not Covered
Maximum Out-of-Pocket Each Year The most you pay for copays, coinsuran premiums.	ce and other costs for medical se	ervices for the year. You still nee	d to pay your monthly
In-network providers	\$3,900	\$2,700	\$4,900
COVERED MEDICAL AND HOSP	PITAL BENEFITS		
Inpatient Hospital Care (may require prio Our plan covers an unlimited number of		у.	
In-network:	 \$325 copay per day for days 1 through 6 \$0 copay per day for days 7 and beyond 	 \$395 copay per day for days 1 through 4 \$0 copay per day for days 5 and beyond 	 \$325 copay per day for days 1 through 6 \$0 copay per day for days 7 and beyond
Outpatient Hospital Care (may require	prior authorization)		
In-network:	\$425 copay	\$200 copay	\$425 copay
Outpatient Surgery at an Ambulatory	Surgical Center (may require pr	ior authorization)	

	Health Alliance NW SignalAdvantage HMO Rx (HMO)	Health Alliance NW SignalAdvantage HMO Rx Plus (HMO)	Health Alliance NW SignalAdvantage HMO (HMO)		
In-network:	\$395 copay	\$200 copay	\$395 copay		
DOCTOR VISITS					
Primary Care Physician Office Visits					
In-network:	\$10 copay	\$5 copay	\$5 copay		
Specialist Office Visits					
In-network:	\$50 copay	\$35 copay	\$40 copay		
Virtual Visits Our plan covers visits with a provider by MyChart app or hally.com/.	phone or online, 24/7. Connect I	by phone or secure video throug	h your Hally® account on the		
In-network:	\$0 copay	\$0 copay	\$0 copay		
 Preventive Care Our plan covers many preventive services, including but not limited to: Abdominal aortic aneurysm screening • Annual "Wellness" visit • Bone mass measurement • Breast cancer screening (mammogram) • Cardiovascular disease risk reduction visit • Cardiovascular disease testing • Cervical and vaginal cancer screening • Colorectal cancer screenings (colonoscopy, fecal occult blood test, flexible sigmoidoscopy) • Depression screening • Diabetes screenings • HIV screening • Immunizations, including Flu shots, Hepatitis B shots, Pneumococcal shots • Obesity screening and therapy • Prostate cancer screenings (PSA) • Screening and counseling to reduce alcohol misuse • Screening for sexually transmitted infections (STIs) and counseling to prevent STIs • Smoking and tobacco use cessation (counseling to stop smoking or tobacco use) • "Welcome to Medicare" preventive visit (one-time) 					
In-network:	\$0 copay	\$0 copay	\$0 copay		
EMERGENCY SERVICES					
Emergency Care If you are immediately admitted to the hospital, you do not have to pay your share of the cost for emergency care. See the "Inpatient Hospital Care" section of this booklet for other costs.					

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In- and Out-of-network:	\$120 copay	\$120 copay	\$120 copay
Urgent Care Services			
In- and Out-of-network:	\$40 copay	\$30 copay	\$40 copay
DIAGNOSTIC SERVICES Costs for these services may vary based	d on place of service and may red	quire prior authorization.	
Diagnostic Tests, Procedures and La	b Services		
In-network:	\$0 copay for A1C lab test, \$20 copay for other services	\$0 copay	\$0 copay for A1C lab test, \$10 copay for other services
Diagnostic Radiology (such as MRIs, 0	CT scans)		
In-network:	\$275 copay, 20% of the cost	\$150 copay	\$275 copay, 20% of the cost
Outpatient X-rays (such as x-rays and	ultrasounds)		
In-network:	\$30 copay	\$15 copay	\$20 copay
HEARING, DENTAL AND VISION			
Diagnostic Hearing Exam (Exam to diagnose and treat hearing and	d balance issues)		
In-network:	\$40 copay	\$40 copay	\$40 copay
Routine Hearing Exam (Must be with a TruHearing [®] provider) (C	Copayment is not subject to the n	naximum out-of-pocket) (1 exam	per year)
In-network:	\$0 copay	\$0 copay	\$0 copay
Hearing Aids Up to two TruHearing-branded [®] hearing	aids every year (one per ear per	year). Benefit is limited to the Tr	ruHearing-branded

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Advanced and Premium hearing aids, which come in various styles and colors. You must see a TruHearing[®] provider to use this benefit. Premium hearing aids are available in rechargeable style options for an additional \$50 per aid. Limitations may apply. Copayment is not subject to the maximum out-of-pocket.

Hearing aid purchases include:

• Provider visits within first year of hearing aid purchase • 60-day trial period • 3-year extended warranty • 80 batteries per aid

Advanced: (In-network)	\$699 copay per aid	\$699 copay per aid	\$699 copay per aid
Premium: (In-network)	\$999 copay per aid	\$999 copay per aid	\$999 copay per aid

Medicare-covered Comprehensive Dental Services

Extractions of teeth to prepare jaw for radiation treatment of neoplastic disease • Non-covered procedures or services (e.g. tooth removal) if performed by a dentist incident to and as an integral part of an otherwise Medicare-covered procedure • Dental exams prior to kidney transplantation

In-network:	\$50 copay	\$50 copay	\$50 copay
Non-Medicare-covered Dental Service You pay the applicable cost-sharing and below per contract year. You will be resp amount. You or your dental provider car card. For additional help, you can call m	ount for Non-Medicare-covered E consible for 100% of the cost for a submit a claim directly to your p	the rest of the year once the plan lan utilizing the instructions on th	has paid the maximum

In-network: Upto \$1,250 per plan year	Upto \$1,250 per plan year	Upto \$1,000 per plan year
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	Health Alliance NW SignalAdvantage HMO Rx (HMO)	Health Alliance NW SignalAdvantage HMO Rx Plus (HMO)	Health Alliance NW SignalAdvantage HMO (HMO)	
Class 1:	0% Coinsurance for class 1 Dental.	0% Coinsurance for class 1 Dental.	0% Coinsurance for class 1 Dental.	
Diagnostic and Preventive Services	Dental.	Dental.	Dental.	
Emergency Palliative Treatment Radiographs				
Class 2:	20% Coinsurance for class 2	20% Coinsurance for class 2	20% Coinsurance for class 2	
Oral Surgery Services	Dental.	Dental.	Dental.	
Endodontic				
Periodontics				
Restorative				
Non-Routine Services				
Class 3:	50% Coincurance for class 2	50% Coinsurance for class 3 Dental.	50% Coinsurance for class 3 Dental.	
Prosthodontic				
Dentures				
Vision Services Exam to diagnose and treat diseases ar	d conditions of the eye.			
In-network:	\$0 copay	\$0 copay	\$0 copay	
Eyewear After Cataract Surgery (Med One pair of eyeglasses or contact lense				
In-network:	\$0 copay	\$0 copay	\$0 copay	
Eyewear (non-Medicare covered)	Get access to vision services beyond what Original Medicare covers, including a routine vision exam with an in-network provider. Plus, use your	Medicare covers, including a	Not covered	

	Health Alliance NW SignalAdvantage HMO Rx (HMO)	Health Alliance NW SignalAdvantage HMO Rx Plus (HMO)	Health Alliance NW SignalAdvantage HMO (HMO)	
	Benefits Mastercard® Prepaid Card for a \$200 allowance for eyewear, including contact lenses. Call member services located on the back of your health plan ID card regarding other methods of purchase.	your Benefits Mastercard® Prepaid Card for a \$200 allowance for eyewear, including contact lenses. Call member services located on the back of your health plan ID card regarding other methods of purchase.		
Glaucoma Screening				
In-network:	\$0 copay	\$0 copay	\$0 copay	
Routine Eye Exam (1 exam per plan ye	ear)			
In-network:	\$0 copay	\$0 copay	\$0 copay	
MENTAL HEALTH CARE				
Outpatient Individual Mental Health T	herapy Visit			
In-network:	\$40 copay	\$30 copay	\$40 copay	
Outpatient Group Mental Health Thera	apy Visit			
In-network:	\$40 copay	\$30 copay	\$40 copay	
Inpatient Mental Health Visit Our plan covers up to 190 days in a lifetime for inpatient mental health care in a psychiatric hospital. The inpatient hospital care limit does not apply to inpatient mental services provided in a general hospital. Our plan also covers 60 "lifetime reserve days." These are "extra" days that we cover. If your hospital stay is longer than 90 days, you can use these extra days. But once you have used up these extra 60 days, your inpatient hospital coverage will be limited to 90 days. (may require prior authorization)				
In-network:	 \$310 copay per day for days 1 through 5 \$0 copay per day for days 6 	 \$250 copay per day for days 1 through 6 \$0 copay per day for days 	 \$310 copay per day for days 1 through 5 \$0 copay per day for days 	

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	through 90	7 through 90	6 through 90
SKILLED NURSING FACILITIES			
Skilled Nursing Facility (SNF) Our plan covers up to 100 days in an SN	IF. (may require prior authorization	on)	
In-network:	 \$0 copay per day for days 1 through 20 \$203 copay per day for days 21 through 100 	 \$0 copay per day for days 1 through 20 \$203 copay per day for days 21 through 100 	 \$0 copay per day for days 1 through 20 \$203 copay per day for days 21 through 100
PHYSICAL THERAPY			
Outpatient Physical Therapy (may require prior authorization)			
In-network:	\$30 copay	\$30 copay	\$30 copay
TRANSPORTATION SERVICES			
Ambulance Authorization for non-emergency transp	ortation by ambulance is required	I.	
In- and out-of-network emergent:	\$325 copay	\$300 copay	\$325 copay
Out-of-network non-emergent:	\$325 copay	\$300 copay	\$325 copay
Transportation (within the U.S. and its territories)	Not covered	Not covered	Not covered
Worldwide Emergency Transportation (outside the U.S. and it's territories)	\$325 copay (Ground Ambulance) \$325 copay (Air Ambulance)	\$300 copay (Ground Ambulance) \$300 copay (Air Ambulance)	\$325 copay (Ground Ambulance) \$325 copay (Air Ambulance)

	Health Alliance NW SignalAdvantage HMO Rx (HMO)	Health Alliance NW SignalAdvantage HMO Rx Plus (HMO)	Health Alliance NW SignalAdvantage HMO (HMO)		
MEDICARE PART B DRUGS					
Medicare Part B Drugs such as Chemotherapy Drugs (may require prior authorization)					
In-network:	20% of the cost	20% of the cost	20% of the cost		
Other Medicare Part B Drugs (may require prior authorization)					
In-network:	20% of the cost	20% of the cost	20% of the cost		

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PART D PRESCRIPTION DRUGS

You pay the following until your total yearly drug costs reach \$5,030. Total yearly drug costs are the total drug costs paid by both you and our Part D plan. Once you have reached this amount, you will move to the next stage (the Coverage Gap Stage).

Costs may differ based on pharmacy type or status (e.g. mail order, long-term care (LTC) or home infusion, and 30 or 90 day supply. You may get your drugs at network retail pharmacies and mail-order pharmacies. If you reside in a long-term care facility, you pay the same as at a retail pharmacy.

Our plan covers most Part D vaccines at no cost to you, even if you haven't paid your deductible. Call Member Services for more information.

You won't pay more than \$35 for a one-month supply of each insulin product covered by our plan, no matter what cost-sharing tier it's on, even if you haven't paid your deductible.

Initial Coverage for Standard Retail Cost-Sharing

	30-day supply:	\$2 copay	\$2 copay	Not Covered
	90-day supply:	\$6 copay	\$6 copay	Not Covered
Tier 2 - Generic				
	30-day supply:	\$15 copay	\$15 copay	Not Covered
	90-day supply:	\$45 copay	\$45 copay	Not Covered
Tier 3 - Preferred Brand	1			
	30-day supply:	\$47 copay	\$47 copay	Not Covered
	90-day supply:	\$141 copay	\$141 copay	Not Covered
Tier 4 - Non-Preferred I	Drug			
	30-day supply:	50% of the cost	50% of the cost	Not Covered
	90-day supply:	50% of the cost	50% of the cost	Not Covered

	Health Alliance NW SignalAdvantage HMO Rx (HMO)	Health Alliance NW SignalAdvantage HMO Rx Plus (HMO)	Health Alliance NW SignalAdvantage HMO (HMO)
30-day supply:	33% of the cost	33% of the cost	Not Covered
90-day supply:	Not Covered	Not Covered	Not Covered

	Health Alliance NW SignalAdvantage HMO Rx (HMO)	Health Alliance NW SignalAdvantage HMO Rx Plus (HMO)	Health Alliance NW SignalAdvantage HMO (HMO)			
Initial Coverage for Standard Mail-Order Cost-Sharing						
Tier 1 - Preferred Generic						
30-day supply:	\$2 copay	\$2 copay	Not Covered			
90-day supply:	\$4 copay	\$4 copay	Not Covered			
Tier 2 - Generic						
30-day supply:	\$15 copay	\$15 copay	Not Covered			
90-day supply:	\$30 copay	\$30 copay	Not Covered			
Tier 3 - Preferred Brand						
30-day supply:	\$47 copay	\$47 copay	Not Covered			
90-day supply:	\$94 copay	\$94 copay	Not Covered			
Tier 4 - Non-Preferred Drug						
30-day supply:	50% of the cost	50% of the cost	Not Covered			
90-day supply:	50% of the cost	50% of the cost	Not Covered			
Tier 5 - Specialty Tier						
30-day supply:	33% of the cost	33% of the cost	Not Covered			
90-day supply:	Not Covered	Not Covered	Not Covered			

Coverage Gap

Most Medicare drug plans have a coverage gap (also called the "donut hole"). This means that there's a temporary change in what you will pay for your drugs. The coverage gap begins after the total yearly drug cost (including what our plan has paid and what you have paid) reaches \$5,030.

After you enter the coverage gap, for Tier 1, you continue to pay your copay; for Tiers 2-5 you pay 25% of the plan's cost for covered brand name drugs and 25% of the plan's cost for covered generic drugs until your costs total \$8,000, which is the end of the coverage gap.

Our plan offers additional coverage through the gap for select insulins. During the Coverage Gap stage, your out-of-pocket costs for select insulins will be \$15 - \$35 per month.

Our plan covers most Part D vaccines at no cost to you, even if you haven't paid your deductible. Call Member Services for more information.

You won't pay more than \$35 for a one-month supply of each insulin product covered by our plan, no matter what cost-sharing tier it's on, even if you haven't paid your deductible.

Not everyone will enter the coverage gap.

Catastrophic Coverage

After your yearly out-of-pocket drug costs (including drugs purchased through your retail pharmacy and through mail order) reach \$8,000, you enter a catastrophic coverage stage. During this stage, the plan pays full cost of covered Part D drugs. You pay nothing and will remain in this phase until the end of the plan year.

ADDITIONAL BENEFITS

Acupuncture

(Covered for headache and neck pain) (Up to 15 visits per year)

In-network: \$35 copay \$5 copay \$35 copay

Chemotherapy

For Part B chemotherapy drugs. (may require prior authorization)

	Health Alliance NW SignalAdvantage HMO Rx (HMO)	Health Alliance NW SignalAdvantage HMO Rx Plus (HMO)	Health Alliance NW SignalAdvantage HMO (HMO)		
In-network:	20% of the cost	20% of the cost	20% of the cost		
Chiropractic Care Manipulation of the spine to correct a su authorization)	bluxation (when 1 or more of the	bones of your spine move out c	of position). (may require prior		
In-network:	\$20 copay	\$20 copay	\$20 copay		
Durable Medical Equipment Wheelchairs, oxygen, etc. (may require prior authorization)					
In-network:	0%-20% of the cost,	0%-20% of the cost,	0%-20% of the cost,		
	depending on the supply	depending on the supply	depending on the supply		
Diabetes Monitoring Supplies Manufacturer (Abbott Laboratories) limit coinsurance of 0% in-network. (may req	ations apply only to Blood Gluco				
Diabetes Monitoring Supplies Manufacturer (Abbott Laboratories) limit	ations apply only to Blood Gluco				
Diabetes Monitoring Supplies Manufacturer (Abbott Laboratories) limit coinsurance of 0% in-network. (may req	ations apply only to Blood Gluco uire prior authorization) 0%-20% of the cost,	se Meters and Strips, and these 0%-20% of the cost,	items have a member 0%-20% of the cost,		
Diabetes Monitoring Supplies Manufacturer (Abbott Laboratories) limit coinsurance of 0% in-network. (may req In-network:	ations apply only to Blood Gluco uire prior authorization) 0%-20% of the cost,	se Meters and Strips, and these 0%-20% of the cost,	items have a member 0%-20% of the cost,		
Diabetes Monitoring Supplies Manufacturer (Abbott Laboratories) limit coinsurance of 0% in-network. (may req In-network: Diabetes Self-Management Training	ations apply only to Blood Gluco uire prior authorization) 0%-20% of the cost, depending on the supply \$0 copay	se Meters and Strips, and these 0%-20% of the cost, depending on the supply \$0 copay	items have a member 0%-20% of the cost, depending on the supply		
Diabetes Monitoring Supplies Manufacturer (Abbott Laboratories) limit coinsurance of 0% in-network. (may req In-network: Diabetes Self-Management Training In-network: Foot Care (Podiatry Services)	ations apply only to Blood Gluco uire prior authorization) 0%-20% of the cost, depending on the supply \$0 copay	se Meters and Strips, and these 0%-20% of the cost, depending on the supply \$0 copay	items have a member 0%-20% of the cost, depending on the supply		
Diabetes Monitoring Supplies Manufacturer (Abbott Laboratories) limit coinsurance of 0% in-network. (may req In-network: Diabetes Self-Management Training In-network: Foot Care (Podiatry Services) Foot exams and treatment if you have d	ations apply only to Blood Gluco uire prior authorization) 0%-20% of the cost, depending on the supply \$0 copay	se Meters and Strips, and these 0%-20% of the cost, depending on the supply \$0 copay hd/or meet certain conditions.	items have a member 0%-20% of the cost, depending on the supply \$0 copay		

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is covered by Original Medicare. Please	contact us for more details.		
In-network:	\$0 copay	\$0 copay	\$0 copay
Outpatient Cardiac Rehabilitation Ser For a maximum of two one-hour session		up to 36 weeks.	
In-network:	\$0 copay	\$0 copay	\$0 copay
Outpatient Occupational Therapy Vision (may require prior authorization)	it		
In-network:	\$40 copay	\$35 copay	\$40 copay
Outpatient Speech and Language The (may require prior authorization)	erapy Visit		
In-network:	\$30 copay	\$30 copay	\$30 copay
Outpatient Substance Abuse Group T	herapy Visit		
In-network:	20% of the cost	\$30 copay	20% of the cost
Outpatient Substance Abuse Individu	al Therapy Visit		
In-network:	20% of the cost	\$30 copay	20% of the cost
Outpatient Surgery at an Outpatient H (may require prior authorization)	lospital		
In-network:	\$425 copay	\$200 copay	\$425 copay
Prosthetic Devices and Related Media Braces, Artificial Limbs, etc. (may require	• •		
In-network:	20% of the cost	20% of the cost	20% of the cost

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Renal Dialysis				
In-network:	20% of the cost	20% of the cost	20% of the cost	
Therapeutic Shoes or Inserts for Diabetics				
In-network:	20% of the cost	20% of the cost	20% of the cost	
WELLNESS PROGRAMS				

Be Fit Fitness Benefit

Get the most out of your fitness activities with Be Fit. You get to choose how you want to work out, and your \$360-per-year Benefits Mastercard® Prepaid Card benefit will take care of the payment.

- Fitness class fees.
- Gym memberships.
- Online fitness subscriptions.
- Weight loss subscriptions.
- Ski memberships.
- Rowing.
- Golf.
- Bowling.
- Tennis.
- Pickleball.
- Recreational league fees.
- Pool exercise classes.
- 5k/10k race fees.

If your fees are more than \$360 a year, you pay the difference. Be Fit doesn't cover fitness trackers or personal equipment.

Health Alliance Northwest[™] is an HMO plan with a Medicare contract. Enrollment in Health Alliance Northwest[™] depends on contract renewal.

Health Alliance NW
SignalAdvantage HMO Rx
(HMO)Health Alliance NW
SignalAdvantage HMO Rx
Plus (HMO)Health Alliance NW
SignalAdvantage HMO
(HMO)

Out-of-network/non-contracted providers are under no obligation to treat Health Alliance Northwest members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

Other Pharmacies/Physicians/Providers are available in our network.

Plans may offer supplemental benefits in addition to Part C benefits and Part D benefits.

The Benefits Mastercard® Prepaid Card, is issued by The Bancorp Bank, N.A., Member FDIC, pursuant to license by Mastercard International Incorporated. Mastercard and the circles design are registered trademarks of Mastercard International Incorporated. Card can be used for eligible expenses wherever Mastercard is accepted. Valid only in the U.S. No cash access.

ABOUT US

Health Alliance Northwest partners with providers throughout the heart of Central Washington to bring you healthcare coverage close to home.

True Service with a Local Touch

When you call, you speak with one of our helpful representatives, right in Yakima. They know our plans inside and out and can help you with the following.

- Answering your questions
- Signing you up for a seminar
- Arranging for someone to meet with you
- Enrolling you over the phone

Stop by weekdays from 9 a.m. to noon or 1 p.m. to 4 p.m. We're in Yakima at 1701 Creekside Loop, #100, Building 11, in the Creekside Business Park off South 40th Avenue, across from Memorial Cornerstone Medicine.

Some of Our Many Extra Perks and Programs

- Assist America global emergency services to help connect you to medical services while traveling, like helping replace lost
 prescriptions and getting you back home if you're sick. Keep these important numbers with you while traveling: Reference #: 01-AAHAM-031003, U.S. Phone Number (800) 872-1414, Outside of U.S. Phone Number (609) 986-1234.
- 24-hour Nurse Advice Line to answer your health-related questions, day or night. Contact information (855) 815-5188.
- Care coordination to help you deal with chronic conditions. Contact by phone located on the back of your health plan ID card.
- Health coaching to help you set and reach your health goals. Contact by phone located on the back of your health plan ID card.
- Get a 10% discount code for a wide variety of competitively priced over-the-counter (OTC) products with OTC4Me. You can order online or by phone, and all orders are shipped directly to you. Shipping is free on orders over \$25.
- Get up to 30 hours of in-home support yearly through Papa. Services include Companionship, transportation, technical support, light help around the house, light exercise and grocery shopping. You can receive in-home support services if you meet certain clinical criteria. An in-network doctor or licensed plan provider must request these services. Services are provided in two-hour increments.

Call 1-877-642-3331 (TTY 711), daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.



Multi-Language Insert

Multi-Language Interpreter Services

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at (800) 965-4022 (TTY: 711). Someone who speaks English/Language can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al (800) 965-4022 (TTY: 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Chinese Mandarin: 我们提供免费的翻译服务,帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务,请致 电 (800) 965-4022 (TTY: 711)。我们的中文工作人员很乐意帮助您。这是一项免费服务。

Chinese Cantonese: 您對我們的健康或藥物保險可能存有疑問,為此我們提供免費的翻譯服務。如需翻譯服務,請致電 (800) 965-4022 (TTY: 711)。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

Tagalog: Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa (800) 965-4022 (TTY: 711). Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

French: Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au (800) 965-4022 (TTY: 711). Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

Vietnamese: Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quí vị cần thông dịch viên xin gọi (800) 965-4022 (TTY: 711) sẽ có nhân viên nói tiếng Việt giúp đỡ quí vị. Đây là dịch vụ miễn phí.

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Health Alliance™

German: Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter (800) 965-4022 (TTY: 711). Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

Korean: 당사는 의료 보험 또는 약품 보험에 관한 질문에 답해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 (800) 965-4022 (TTY: 711)번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

Russian: Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону (800) 965-4022 (ТТҮ: 711). Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

Arabic: إننا نقدم خدمات المترجم الفوري المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول على مترجم فوري، ليس عليك سوى الاتصال بنا Arabic: إننا نقدم خدمات المترجم فوري، ليس عليك سوى الاتصال بنا (17 بالنا نقدم خدمات المربية على 11 بالترجم فوري، ليس عليك سوى الاتصال بنا (17 بالنا نقدم خدمات المربية على 11 بالترجم فوري، ليس عليك سوى الاتصال بنا (17 بالنا نقدم خدمات المربية على 11 بالترجم فوري، ليس عليك سوى الاتصال بنا (18 بالنا نقدم خدمات ما بالترجم فوري، ليس عليك سوى الاتصال بنا (18 بالنا نقدم خدمات المترجم فوري، ليس عليك سوى الاتصال بنا (18 بالترجم فوري، ليس عليك سوى الاتصال بنا (18 بالترجم فوري الموري الموري الموري الترجم فوري المترجم فوري الموري الموري الموري الاتصال بنا (18 بالترجم فوري الموري الموري

Hindi: हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं. एक दुभाषिया प्राप्त करने के लिए, बस हमें (800) 965-4022 (TTY: 711) पर फोन करें. कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है. यह एक मुफ्त सेवा है.

Italian: È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero (800) 965-4022 (TTY: 711). Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

Portugués: Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número (800) 965-4022 (TTY: 711). Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

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Form Approved OMB #0938-1421

Health Alliance™

French Creole: Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan (800) 965-4022 (TTY: 711). Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer (800) 965-4022 (TTY: 711). Ta usługa jest bezpłatna.

Japanese: 当社の健康健康保険と薬品処方薬プランに関するご質問にお答えするために、無料の通訳サービスがあります ございます。通訳をご用命になるには、(800) 965-4022 (TTY: 711)にお電話ください。日本語を話す人者が支援いた します。これは無料のサービスです。

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DISCRIMINATION IS AGAINST THE LAW

Health AllianceTM complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex (including pregnancy, sexual orientation or gender identity). Health Alliance does not exclude people or treat them differently because of race, color, national origin, age, disability or sex (including pregnancy, sexual orientation or gender identity). Health Alliance does not exclude people or treat them differently because of race, color, national origin, age, disability or sex (including pregnancy, sexual orientation or gender identity). Health Alliance:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

Qualified sign language interpreters.

Written information in other formats (large print audio, accessible electronic formats, other formats).

Provides free language services to people whose primary language is not English, such as:

Qualified interpreters.

Information written in other languages.

If you need these services, contact customer service.

If you believe that Health Alliance has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex (including pregnancy, sexual orientation or gender identity), you can file a grievance with: Health Alliance Medicare, Member Services, 3310 Fields South Drive, Champaign, IL 61822 or 411 N. Chelan Ave., Wenatchee, WA 98801, telephone for members in Illinois, Indiana, Iowa and Ohio: (800) 965-4022; telephone for members in Washington: (877) 750-3350 TTY: 711, fax: (217) 902-9705, MemberServices@HealthAlliance.org. You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, Member Services is available to help you. 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, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://www.hhs.gov/ocr/office/file/index.html.

ATENCIÓN: Si habla Español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. IA, IL, IN, OH: Llame (800) 965-4022, WA Llame: (877) 750-3350 (TTY: 711).

<u>注意</u>:如果你講中文,語言協助服務,免費的,都可以給你。IA, IL, IN, OH: 呼叫 1-800-965-4022, WA: 呼叫 (877) 750-3350(TTY: 711)。

UWAGA: Jeśli mówić Polskie, usługi pomocy języka, bezpłatnie, są dostępne dla Ciebie. IA, IL, IN, OH: Zadzwoń (800) 965-4022, WA: Zadzwoń (877) 750-3350 (TTY: 711).

<u>Chú ý</u>: Nếu bạn nói Tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ, miễn phí, có sẵn cho bạn. IA, IL, IN, OH: Gọi (800) 965-4022, WA: Gọi (877) 750-3350 (TTY: 711). <u>주의</u>: 당신이한국어, 무료 언어 지원 서비스를 말하는 경우 사용할 수 있습니다. (800) 965-4022 IA, IL, IN, OH: 전화 WA: (877) 750-3350 전화 (TTY: 711).

<u>ВНИМАНИЕ</u>: Если вы говорите русский, вставки услуги языковой помощи, бесплатно, доступны для вас. IA, IL, IN, OH: Вызов (800) 965-4022, WA: Вызов (877) 750-3350 (TTY: 711).

Pansin: Kung magsalita ka Tagalog, mga serbisyo ng tulong sa wika, nang walang bayad, ay magagamit sa iyo. IA, IL, IN, OH: Tumawag (800) 965-4022, WA: Tumawag (877) 750-3350 (TTY: 711).

انتباه: إذا كنت تتكلم العربية، فإن خدمات المساعدة اللغوية متوفرة لك مجاناً. إيلينوي، إنديانا، أوهايو: اتصل بالرقم 4022-965-800-1، ولاية واسّنطن: اتصل بالرقم: 3350-757 (877) (إذا كنت تعانى من الصمم أو صعوبة في السمع فاتصل على الرقم 711)

Aufmerksamkeit: Wenn Sie Deutsch sprechen, Sprachassistenzdienste sind kostenlos, zur Verfügung. IA, IL, IN, OH: Anruf (800) 965-4022, WA: Anruf (877) 750-3350 (TTY: 711).

ATTENTION: Si vous parlez français, les services d'assistance linguistique, gratuitement, sont à votre disposition. IA, IL, IN, OH: Appelez (800) 965-4022, WA: Appelez (877) 750-3350 (TTY: 711).

<u>ધ્યાન</u>ં: તમે વાત તો ગુંજરાતી, ભોષા સહાય સેવાઓ, મફત, તમારા માટે ઉપલબ્ધ છે. IA, IL, IN, OH: કૉલ (800) 965-4022,WA: કૉલ (877) 750-3350 (TTY: 711).

<u>注意</u>:あなたは、日本語、無料で言語支援サービスを、話す場合は、あなたに利用可能です。 (800) 965-4022 IA, IL, IN, OH: コール (877) 750-3350 WA: コール(TTY: 711)。

LET OP: Services Wann du [Deitsch (Pennsylvania German / Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: IA, IL, IN, OH: Call (800) 851-3379 WA: Call (877) 750-3515 (TTY: 711). <u>УВАГА</u>: Якщо ви говорите український, вставки послуги мовної допомоги, безкоштовно, доступні для вас. ІА, IL, IN, OH: Виклик (800) 965-4022, WA: Виклик (877) 750-3350 (TTY: 711).

ATTENZIONE: Se si parla italiano, servizi di assistenza linguistica, a titolo gratuito, sono a vostra disposizione. IA, IL, IN, OH: Chiamare (800) 965-4022, WA: Chiamare (877) 750-3350 (TTY: 711).

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