

# Aspire Health Advantage (HMO) offered by Aspire Health Plan

## Annual Notice of Changes for 2018

You are currently enrolled as a member of Aspire Health Advantage. 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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### What to do now

#### 1. ASK: Which changes apply to you

- Check the changes to our benefits and costs to see if they affect you.
  - It's important to review your coverage now to make sure it will meet your needs next year.
  - Do the changes affect the services you use?
  - Look in Sections 1.2 and 1.5 for information about benefit and cost changes for our plan.
- Check the changes in the booklet to our prescription drug coverage to see if they affect you.
  - Will your drugs be covered?
  - Are your drugs in a different tier, with different cost-sharing?
  - Do any of your drugs have new restrictions, such as needing approval from us before you fill your prescription?
  - Can you keep using the same pharmacies? Are there changes to the cost of using this pharmacy?
  - Review the 2018 Drug List and look in Section 1.6 or information about changes to our drug coverage.
- 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 and deductibles?
  - How do your total plan costs compare to other Medicare coverage options?

Think about whether you are happy with our plan.

**2. COMPARE:** Learn about other plan choices

Check coverage and costs of plans in your area.

- Use the personalized search feature on the Medicare Plan Finder at <https://www.medicare.gov> website. Click “Find health & drug plans.”
- Review the list in the back of your Medicare & You handbook.
- Look in Section 3.2 to learn more about your choices.

Once you narrow your choice to a preferred plan, confirm your costs and coverage on the plan’s website.

**3. CHOOSE: Decide whether** you want to change your plan

- If you want to **keep** Aspire Health Advantage, you don’t need to do anything. You will stay in Aspire Health Advantage.
- To change to a **different plan** that may better meet your needs, you can switch plans between October 15 and December 7.

**4. ENROLL:** To change plans, join a plan between **October 15** and **December 7, 2017**

- If you **don’t join by December 7, 2017**, you will stay in Aspire Health Advantage.
- If you **join by December 7, 2017**, your new coverage will start on January 1, 2018.

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### Additional Resources

- This document is available for free in Spanish.
- Please contact our Member Services number at (855) 570-1600 for additional information. (TTY users should call 711). We are open 8 am to 8 pm PST Monday through Friday (except certain holidays) from February 15 through September 30, and 8 am to 8 pm PST seven days a week for the period of October 1 through February 14.
- This document is also available in large print.
- **Coverage under this Plan qualifies as minimum essential coverage (MEC)** and satisfies the Patient Protection and Affordable Care Act’s (ACA) individual shared responsibility requirement. Please visit the Internal Revenue Service (IRS) website at <https://www.irs.gov/Affordable-Care-Act/Individuals-and-Families> for more information.
- **ATTENTION:** If you speak Spanish, language assistance services, free of charge, are available to you. Call (855) 570-1600 (TTY users call 711).
- **ATENCIÓN:** Si habla español, los servicios de asistencia lingüística están a su disposición, de forma gratuita. Llame al 1- 855-570-1600 (TTY: 711).

## About Aspire Health Advantage

- Aspire Health Plan is an HMO and HMO-POS plan sponsor with a Medicare contract. Enrollment in Aspire Health Plan depends on contract renewal.
- When this booklet says “we,” “us,” or “our,” it means Aspire Health Plan. When it says “plan” or “our plan,” it means Aspire Health Advantage.

## Summary of Important Costs for 2018

The table below compares the 2017 costs and 2018 costs for Aspire Health Advantage 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	2017 (this year)	2018 (next year)
<b>Monthly plan premium*</b> * Your premium may be higher or lower than this amount. See Section 1.1 for details.	\$95.00	\$129.00
<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.)	\$4,500	\$3,400
<b>Doctor office visits</b>	Primary care visits: \$10.00 co-pay per visit  Specialist visits: \$30.00 co-pay per visit	Primary care visits: \$0 co-pay per visit  Specialist visits: \$15.00 co-pay per visit
<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.	Days 1-6: \$275 co-pay per day  Days 7-90: \$0 co-pay per day	Days 1-6: \$275 co-pay per day  Days 7-90: \$0 co-pay per day

Cost	2017 (this year)	2018 (next year)
<p><b>Part D prescription drug coverage</b> (See Section 1.6 for details.)</p>	<p>Deductible: \$150 on brand name and specialty drugs (tiers 3, 4 and 5)</p> <p>Co-payment/Coinsurance during the Initial Coverage Stage:</p> <p>Thirty (30) day retail cost-sharing (in network):</p> <ul style="list-style-type: none"> <li>• <b>Drug Tier 1:</b> \$2</li> <li>• <b>Drug Tier 2:</b> \$8</li> <li>• <b>Drug Tier 3:</b> \$45</li> <li>• <b>Drug Tier 4:</b> \$100</li> <li>• <b>Drug Tier 5:</b> 30%</li> </ul> <p>Ninety (90) day <u>retail and mail-order</u> cost-sharing (in-network)</p> <ul style="list-style-type: none"> <li>• <b>Drug Tier 1:</b> \$4</li> <li>• <b>Drug Tier 2:</b> \$16</li> <li>• <b>Drug Tier 3:</b> \$90</li> <li>• <b>Drug Tier 4:</b> \$200</li> <li>• <b>Drug Tier 5:</b> 30%</li> </ul>	<p>Deductible: \$150 on brand name and specialty drugs (tiers 3, 4 and 5)</p> <p>Co-payment/Co-insurance during the Initial Coverage Stage:</p> <p>Thirty (30) day retail cost-sharing (in network):</p> <ul style="list-style-type: none"> <li>• <b>Drug Tier 1:</b> \$2</li> <li>• <b>Drug Tier 2:</b> \$8</li> <li>• <b>Drug Tier 3:</b> \$45</li> <li>• <b>Drug Tier 4:</b> \$95</li> <li>• <b>Drug Tier 5:</b> 30%</li> </ul> <p>Ninety (90) day <u>retail and mail-order</u> cost-sharing (in-network)</p> <ul style="list-style-type: none"> <li>• <b>Drug Tier 1:</b> \$4</li> <li>• <b>Drug Tier 2:</b> \$16</li> <li>• <b>Drug Tier 3:</b> \$90</li> <li>• <b>Drug Tier 4:</b> \$190</li> <li>• <b>Drug Tier 5:</b> 30%</li> </ul>

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## SECTION 1 Change to Benefits and Costs for Next Year

### Section 1.1 – Changes to the Monthly Premium

Cost	2017 (this year)	2018 (next year)
<b>Monthly premium</b> (You must also continue to pay your Medicare Part B premium.)	\$95.00	\$129.00
<b>Enhanced Health Benefit</b> This optional supplemental benefit includes comprehensive dental coverage, an enhanced eyewear benefit, a routine hearing exam and hearing aid benefit, and is available for an additional monthly premium.	\$29.00 in additional premium per month <u>if</u> you choose to enroll in this optional coverage.	\$31.00 in additional premium per month <u>if</u> you choose to enroll in this optional coverage.

- Your monthly plan premium will be more if you are required to pay a lifetime Part D late enrollment penalty for going without other drug coverage that is at least as good as Medicare drug coverage (also referred to as “creditable coverage”) for 63 days or more, if you enroll in Medicare prescription drug coverage in the future.
- If you have a higher income, you may have to pay an additional amount each month directly to the government for your Medicare prescription drug coverage.
- Your monthly premium will be less if you are receiving “Extra Help” with your prescription drug costs.

### 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 services for the rest of the year.

Cost	2017 (this year)	2018 (next year)
<p><b>Maximum out-of-pocket amount</b></p> <p>Your costs for covered medical services (such as co-pays) count toward your maximum out-of-pocket amount. Your plan premium and your costs for prescription drugs do not count toward your maximum out-of-pocket amount.</p>	<p>\$4,500 In-network</p>	<p>\$3,400 In-network</p> <p>Once you have paid \$3,400 out-of-pocket for covered services, you will pay nothing for your covered services for the rest of the calendar year.</p>

### Section 1.3 – Changes to the Provider Network

There are changes to our network of providers for next year. An updated Provider Directory is located on our website at [www.aspirehealthplan.org](http://www.aspirehealthplan.org). You may also call Member Services for updated provider information or to ask us to mail you a Provider Directory. **Please review the 2018 Provider Directory to see if your providers (primary care provider, specialists, hospitals, etc.) are 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.
- We will make a good faith effort to 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.

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## **Section 1.4 – Changes to the Pharmacy Network**

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Amounts you pay for your prescription drugs may depend on which pharmacy you use. Medicare drug plans have a network of pharmacies. In most cases, your prescriptions are covered only if they are filled at one of our network pharmacies.

There are changes to our network of pharmacies for next year. An updated Pharmacy Directory is located on our website at [www.aspirehealthplan.org](http://www.aspirehealthplan.org). You may also call Member Services for updated provider information or to ask us to mail you a Pharmacy Directory. **Please review the 2018 Pharmacy Directory to see which pharmacies are in our network.**

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## **Section 1.5 – Changes to Benefits and Costs for Medical Services**

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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 *2018 Evidence of Coverage*.



Cost	2017 (this year)	2018 (next year)
<b>Chiropractic services</b>	You pay \$10 co-pay for routine chiropractic visits (up to 6 per year).	You pay \$0 co-pay for each routine chiropractic visit (up to 6 per year).
<b>Cardiac rehabilitation services</b>	You pay \$30 co-pay for each Medicare-covered cardiac rehabilitation service visit.	You pay \$15 co-pay for each Medicare-covered cardiac rehabilitation service visit.
<b>Doctor office visits – Primary care</b>	You pay \$10 co-pay for each office visit.	You pay \$0 co-pay for each office visit.
<b>Doctor office visits – Specialty care</b>	You pay \$30 co-pay for each office visit.	You pay \$15 co-pay for each office visit.
<b>Emergency care</b>	You pay \$75 co-pay for each Medicare-covered emergency room visit.	You pay \$80 co-pay for each Medicare-covered emergency room visit.
<b>Health education – Living Well workshop</b>	You pay nothing for the Living Well Workshop (Chronic Disease Management Program) benefits.	<u>Not</u> covered.
<b>Health education – Health coaching program</b>	<u>Not</u> covered.	You pay nothing for the Health Coaching Program benefits.
<b>Hearing services</b>	You pay \$30 co-pay for each Medicare-covered diagnostic hearing exam.	You pay \$15 co-pay for each Medicare-covered diagnostic hearing exam.

Cost	2017 (this year)	2018 (next year)
<p><b>Medicare Part B Prescription Drugs</b></p>	<p>You pay \$45 coinsurance for each Medicare-covered chemotherapy treatment, per day.</p>	<p>You pay \$65 co-pay for each Medicare-covered chemotherapy treatment, per day.</p>
<p><b>Outpatient diagnostic tests and therapeutic services &amp; supplies</b></p>	<p>You pay \$15 co-pay for each Medicare-covered diagnostic tests and procedures, laboratory services, outpatient X-rays.</p> <p>You pay \$40 co-pay for each Medicare-covered diagnostic radiology services (not including X-rays) and Medicare-covered therapeutic radiology services.</p>	<p>You pay \$10 co-pay for each Medicare-covered diagnostic tests and procedures, laboratory services, outpatient X-rays.</p> <p>You pay \$30 co-pay for each Medicare-covered general diagnostic radiology services (not including X-rays) and each Medicare-covered therapeutic radiology services.</p> <p>You pay \$100 co-pay for each Medicare-covered complex diagnostic radiology service (CT, PET, MRI, MRA, Nuclear Medicine and Angiography).</p>

Cost	2017 (this year)	2018 (next year)
<p><b>Outpatient hospital services and outpatient surgery, including services provided at hospital inpatient facilities and ambulatory surgical centers</b></p>	<p>You pay \$30 co-pay for each Medicare-covered diagnostic colonoscopy and endoscopy surgical procedure at Medicare-covered outpatient facilities.</p> <p>You pay \$75 co-pay for each Medicare-covered visit to an emergency room. The emergency co-pay will be waived if patient is admitted or placed under observation stay within 24 hours.</p>	<p>You pay \$15 co-pay for each Medicare-covered diagnostic colonoscopy and endoscopy surgical procedure at Medicare-covered outpatient facilities.</p> <p>You pay \$80 co-pay for each Medicare-covered visit to an emergency room. The emergency co-pay will be waived if patient is admitted or placed under observation stay within 24 hours.</p>
<p><b>Outpatient mental health care</b></p>	<p>You pay \$30 co-pay for each Medicare-covered individual and group therapy visit.</p>	<p>You pay \$15 co-pay for each Medicare-covered individual and group therapy visit.</p>
<p><b>Outpatient substance abuse services</b></p>	<p>You pay \$30 co-pay for each Medicare-covered individual and group therapy group.</p>	<p>You pay \$15 co-pay for each Medicare-covered individual and group therapy group.</p>
<p><b>Outpatient rehabilitation services</b></p>	<p>You pay \$30 co-pay for each Medicare-covered occupational therapy, physical therapy and/or speech and language therapy visit.</p>	<p>You pay \$15 co-pay for each Medicare-covered occupational therapy, physical therapy and/or speech and language therapy visit.</p>
<p><b>Podiatry services</b></p>	<p>You pay \$30 co-pay for each Medicare-covered visit.</p>	<p>You pay \$15 co-pay for each Medicare-covered visit.</p>

Cost	2017 (this year)	2018 (next year)
<b>Pulmonary rehabilitation services</b>	You pay \$30 co-pay for each Medicare-covered service visit.	You pay \$15 co-pay for each Medicare-covered service visit.
<b>Vision care</b>	You pay \$30 co-pay for each Medicare-covered exam to diagnose and treat conditions of the eye (including yearly glaucoma screening).	You pay \$15 co-pay for each Medicare-covered exam to diagnose and treat conditions of the eye (including yearly glaucoma screening).

## Section 1.6 – Changes to Part D Prescription Drug Coverage

### Changes to Our Drug List

Our list of covered drugs is called a Formulary or “Drug List.” You can find our Drug List online at [www.aspirehealthplan.org](http://www.aspirehealthplan.org) or call Member Services at (855) 570-1600 to request a mailed copy.

We made changes to our Drug List, including changes to the drugs we cover and changes to the restrictions that apply to our coverage for certain drugs. **Review the Drug List to make sure your drugs will be covered next year and to see if there will be any restrictions.**

If you are affected by a change in drug coverage, you can:

- **Work with your doctor (or other prescriber) and ask the plan to make an exception** to cover the drug. **We encourage current members** to ask for an exception before next year.
  - To learn what you must do to ask for an exception, see Chapter 9 of your *Evidence of Coverage (What to do if you have a problem or complaint (coverage decisions, appeals, complaints))* or call Member Services.
- **Work with your doctor (or other prescriber) to find a different drug** that we cover. You can call Member Services to ask for a list of covered drugs that treat the same medical condition.

In some situations, we are required to cover a **one-time**, temporary supply of a non-formulary in the first 90 days of the plan year or the first 90 days of membership to avoid a gap in therapy. (To learn more about when you can get a temporary supply and how to ask for one, see Chapter 5, Section 5.2 of the Evidence of Coverage.) During the time when you are getting a temporary supply of a drug, you should talk with your doctor to decide what to do when your temporary

supply runs out. You can either switch to a different drug covered by the plan or ask the plan to make an exception for you and cover your current drug.

If the plan has granted a formulary exception for a non-formulary medication you are taking in 2017, the formulary exception will expire at the end of the calendar year. If you still need the non-formulary medication in 2018, you will need to submit a new formulary exception request prior to the 2018 calendar year.

### Changes to Prescription Drug Costs

Note: If you are in a program that helps pay for your drugs (“Extra Help”), **the information about costs for Part D prescription drugs may not apply to you.** We have sent you a separate insert, called the “Evidence of Coverage Rider for People Who Get Extra Help Paying for Prescription Drugs” (also called the “Low Income Subsidy Rider” or the “LIS Rider”), which tells you about your drug costs. If you receive “Extra Help” and haven’t received this insert by September 30, 2017, please call Member Services and ask for the “LIS Rider.” Phone numbers for Member Services are in Section 7.1 of this booklet.

There are four “drug payment stages.” How much you pay for a Part D drug depends on which drug payment stage you are in. (You can look in Chapter 6, Section 2 of your Evidence of Coverage for more information about the stages.)

The information below shows the changes for next year to the first two stages – the Yearly Deductible Stage and the Initial Coverage Stage. (Most members do not reach the other two stages – the Coverage Gap Stage or the Catastrophic Coverage Stage. To get information about your costs in these stages, look at Chapter 6, Sections 6 and 7, in the enclosed Evidence of Coverage.)

### Changes to the Deductible Stage

Stage	2017 (this year)	2018 (next year)
<p><b>Stage 1: Yearly Deductible Stage</b></p> <p>During this stage, <b>you pay the full cost</b> of your drugs in tiers 3, 4 and 5 until you have reached the yearly deductible.</p>	<p>The deductible is \$150 for tiers 3, 4 and 5.</p> <p>During this stage, you pay the applicable co-payment for drugs on tiers 1 and 2 and the full cost of drugs on tiers 3, 4 and 5 until you have reached the yearly deductible.</p>	<p>The deductible is \$150 for tiers 3, 4 and 5.</p> <p>During this stage, you pay the applicable co-payment for drugs on tiers 1 and 2 and the full cost of drugs on tiers 3, 4 and 5 until you have reached the yearly deductible.</p>

### Changes to Your Cost-sharing in the Initial Coverage Stage

To learn how co-payments and coinsurance work, look at Chapter 6, Section 1.2, Types of out-of-pocket costs you may pay for covered drugs in your Evidence of Coverage.

Stage	2017 (this year)	2018 (next year)
<p><b>Stage 2: Initial Coverage Stage</b></p> <p>Once you pay the yearly deductible, you move to the Initial Coverage Stage. During this stage, the plan pays its share of the cost of your drugs and <b>you pay your share of the cost.</b></p> <p>The costs in this row are for a one-month (30-day) supply when you fill your prescription at a network pharmacy that provides standard cost-sharing For information about the costs for a long-term supply or for mail-order prescriptions, look in Chapter 6, Section 5 of your Evidence of Coverage.</p> <p>We changed the tier for some of the drugs on our Drug List. To see if your drugs will be in a different tier, look them up on the Drug List.</p>	<p>Your cost for a one-month supply filled at a network pharmacy with standard cost-sharing:</p> <p><b>Preferred Generic:</b> You pay \$2 per prescription.</p> <p><b>Generic:</b> You pay \$8 per prescription</p> <p><b>Preferred Brand:</b> You pay \$45 per prescription.</p> <p><b>Non-Preferred Brand:</b> You pay \$100 per prescription.</p> <p><b>Specialty:</b> You pay 30% of the total cost.</p> <hr/> <p>Once your total drug costs have reached \$3,700, you will move to the next stage (the Coverage Gap Stage).</p>	<p>Your cost for a one-month supply filled at a network pharmacy with standard cost-sharing:</p> <p><b>Preferred Generic:</b> You pay \$2 per prescription.</p> <p><b>Generic:</b> You pay \$8 per prescription.</p> <p><b>Preferred Brand:</b> You pay \$45 per prescription.</p> <p><b>Non-Preferred Brand:</b> You pay \$95 per prescription.</p> <p><b>Specialty:</b> You pay 30% of the total cost.</p> <hr/> <p>Once your total drug costs have reached \$3,750, you will move to the next stage (the Coverage Gap Stage).</p>

## Changes to the Coverage Gap and Catastrophic Coverage Stages

The other two drug coverage stages – the Coverage Gap Stage and the Catastrophic Coverage Stage – are for people with high drug costs. **Most members do not reach the Coverage Gap Stage or the Catastrophic Coverage Stage.** For information about your costs in these stages, look at Chapter 6, Sections 6 and 7, in your Evidence of Coverage.

## SECTION 2 Administrative Changes

Cost	2017 (this year)	2018 (next year)
<b>Durable Medical Equipment</b>	Prior authorization required for Durable Medical Equipment that cost over \$250.	Prior authorization required for Durable Medical Equipment that cost over \$500.
<b>Prosthetic Devices and Related Supplies</b>	Prior authorization required for Prosthetics/Medical Supplies that cost over \$250.	Prior authorization required for Prosthetics/Medical Supplies that cost over \$500.

## SECTION 3 Deciding Which Plan to Choose

### Section 3.1 – If you want to stay in Aspire Health Advantage

**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 2018.

### 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 2018 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.

To learn more about Original Medicare and the different types of Medicare plans, read Medicare & You 2018, call your State Health Insurance Assistance Program (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 <https://www.medicare.gov> and click “Find health & drug plans.” **Here, you can find information about costs, coverage, and quality ratings for Medicare plans.**

As a reminder, Aspire Health Plan 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 Aspire Health Advantage.
- To **change to Original Medicare with a prescription drug plan**, enroll in the new drug plan. You will automatically be disenrolled from Aspire Health Advantage.
- To **change to Original Medicare without a prescription drug plan**, you must either:
  - Send us a written request to disenroll. Contact Member Services 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, 2018.

### 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, those who have or are leaving employer coverage, 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 10, Section 2.3 of the Evidence of Coverage.



If you enrolled in a Medicare Advantage plan for January 1, 2018, and don't like your plan choice, you can switch to Original Medicare between January 1 and February 14, 2018. For more information, see Chapter 10, 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 California, the SHIP is called **California Department of Aging's Health Insurance Counseling and Advocacy Program (HICAP)**.

**California Department of Aging's Health Insurance Counseling and Advocacy Program (HICAP)** 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. **California Department of Aging's Health Insurance Counseling and Advocacy Program (HICAP)** 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 **California Department of Aging's Health Insurance Counseling and Advocacy Program (HICAP)** at local: 831-655-1334 or toll free: 800-434-0222. You can learn more about **California Department of Aging's Health Insurance Counseling and Advocacy Program (HICAP)** by visiting their website (<http://www.aging.ca.gov/hicap>).

## SECTION 6 Programs That Help Pay for Prescription Drugs

You may qualify for help paying for prescription drugs.

- **“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 am and 7 pm, Monday through Friday. TTY users should call, 1-800-325-0778 (applications); or
  - Your State Medicaid Office (applications).
- **Prescription Cost-sharing Assistance for Persons with HIV/AIDS.** The AIDS Drug Assistance Program (ADAP) helps ensure that ADAP-eligible individuals living with HIV/AIDS have access to life-saving HIV medications. 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. Medicare Part D prescription drugs that are also covered by ADAP qualify for prescription cost-sharing assistance through the Monterey County ADAP Office located at 340 Church Street, Salinas, CA 93901. Call

the ADAP office at 831-975-5016 for more information. For information on eligibility criteria, covered drugs, or how to enroll in the program, please call to speak to a service representative at 831-975-5016.

## SECTION 7 Questions?

### Section 7.1 – Getting Help from Aspire Health Advantage

Questions? We're here to help. Please call Member Services toll free at (855) 570-1600 (TTY users call 711). We are available for phone calls October 1 through February 14 – Sunday through Saturday 8 am to 8 pm, February 15 through September 30 – Monday through Friday 8 am to 8 pm, except certain holidays. Calls to these numbers are free.

#### **Read your 2018 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 2018. For details, look in the 201 Evidence of Coverage for Aspire Health Advantage. 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 [www.aspirehealthplan.org](http://www.aspirehealthplan.org). As a reminder, our website has the most up-to-date information about our provider network (Provider Directory) and our list of covered drugs (Formulary/Drug List).

### Section 7.2 – Getting Help from Medicare

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 (<https://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 <https://www.medicare.gov> and click on “Find health & drug plans”).

### **Read *Medicare & You 2018***

You can read the *Medicare & You 2018* 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 (<https://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.