



Regence Valiance (HMO)

2022 Summary of Benefits

for residents of Clackamas, Deschutes, Lane, Multnomah,
and Washington counties in Oregon and Clark County in
Washington

For more information

Visit our website at [regence.com/medicare](https://www.regence.com/medicare).

Prospective members call **1-844-734-3623** (TTY: 711) 8 a.m. to 5 p.m., Monday through Friday.

Current HMO members call **1-855-522-8896** (TTY: 711). Customer Service hours are 8 a.m. to 8 p.m., Monday through Friday (October 1 through March 31, our telephone hours are from 8 a.m. to 8 p.m., seven days a week).

Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association.

Regence is an HMO/PPO/PDP plan with a Medicare contract. Enrollment in Regence depends on contract renewal. Plans may offer supplemental benefits in addition to Part C benefits and Part D benefits.

This document is available electronically and may be available in other formats.

What you need to know about this book

The information listed is a summary of what we cover and **what you pay**. It does not list every service, coverage limitation or exclusion. A complete list of covered services can be found in our Evidence of Coverage (EOC) on our website at [regence.com/medicare](https://www.regence.com/medicare) or by calling **1-855-522-8896** (TTY: 711) to request a copy.

You must choose a primary care provider (PCP) from the plan's provider network when you enroll in an HMO plan.

To join a Regence Medicare Advantage plan, you must be entitled to Medicare Part A, be enrolled in Medicare Part B, and live in our service area of **Clackamas, Deschutes, Lane, Multnomah, and Washington counties in Oregon and Clark County in Washington**.

Out-of-network/noncontracted providers are under no obligation to treat Regence 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.

Utilization Management (UM) is the way we review the type and amount of care you're getting. This involves looking at the setting for your care and its medical necessity. Clinical professionals make decisions based on our clinical review criteria, guidelines, and medical policies. Examples of UM procedures include pre-service review (prior authorization), concurrent review (including urgent concurrent review) and post-service review. Find more information in our Member FAQ on [regence.com/medicare/resources/faq](https://www.regence.com/medicare/resources/faq).

Cost-sharing may be less if you qualify for Extra Help. To find out if you qualify, call the Social Security Administration at 1-800-772-1213 (TTY: 1-800-325-0778) between 7 a.m. and 7 p.m., Monday through Friday.

If you want to know more about the coverage and costs of Original Medicare, look in your current **Medicare & You 2022** handbook. View it online at [medicare.gov](https://www.medicare.gov) or 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.

The Silver&Fit® program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a registered trademark of ASH and used with permission herein. Other names may be trademarks of their respective owners.

American Specialty Health Incorporated, Lively, MDLIVE, Mom's Meals, Medline, Papa, Inc., TruHearing and VSP Vision Care are separate companies that provide services to Regence members.

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 customer service representative at **1-855-522-8896**.

Understanding the Benefits

- Review the full list of benefits found in the Evidence of Coverage (EOC), especially for those services for which you routinely see a doctor. Visit **regence.com/medicare** or call **1-855-522-8896** 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.

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/coinsurance may change on January 1, 2023.
- 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).

Medical Benefits

Plan costs & information	Regence Valiance
Plan number	H6237-006
Monthly plan premium You must continue to pay your Medicare Part B premium.	\$0
Annual deductible The amount you pay for medical services before the plan begins to pay. Deductible amounts reset every January 1.	\$0
Maximum out-of-pocket responsibility Annual limit on your out-of-pocket costs for Part A (hospital) and Part B (medical) services. Does not include prescription drugs.	\$4,900

Medical benefits	Regence Valiance
Inpatient hospital coverage^{1,3} Number of days allowed per stay is unlimited.	Days 1-4: \$375 / day Days 5+: \$0 / day
Outpatient hospital services¹ For wound care For observation For all other services	\$35 \$90 \$300
Ambulatory surgery center services¹ For wound care For all other services	\$35 \$275
Doctor visits Primary care provider Specialist³	\$0 \$35
Preventive care Cost-sharing may apply if you receive other services during your preventive care visit.	\$0
Emergency care Copay waived if admitted to the hospital within 48 hours.	\$90
Urgently needed services	\$35

1- Services may require prior authorization. **2-** Services do not apply to the out-of-pocket maximum.

3- Services may require a physician referral.

Medical benefits	Regence Valiance
<p>Diagnostic services/labs/imaging</p> <p>HbA1C testing</p> <p>Lab services¹</p> <p>Outpatient x-rays</p> <p>Diagnostic tests and procedures¹</p> <p>Diagnostic mammography</p> <p>Diagnostic radiology (MRI, CT, etc.)¹</p>	<p>\$0</p> <p>\$5</p> <p>\$5</p> <p>\$5</p> <p>\$0</p> <p>\$300</p>
<p>Hearing services</p> <p>Medical hearing exam</p> <p>Routine hearing²</p> <p>In-network coverage through TruHearing. Hearing aids covered only if obtained from TruHearing. 1 per ear, per year.</p>	<p>\$35</p> <p>Exam: \$0</p> <p>Hearing aids: \$699 or \$999 per aid</p>
<p>Dental services</p> <p>Medical dental services</p> <p>Preventive and diagnostic dental services²</p> <p>Covers preventive and diagnostic exams, bitewing and diagnostic x-rays, cleanings, and fluoride twice per year, full-mouth or panoramic x-rays once every 3 years, and certain periodontal services as needed.</p> <p>Restorative dental services²</p> <p>Covers crowns, dentures, partials, bridges, implants, restorations, endodontics, periodontics, and oral surgery.</p>	<p>\$35</p> <p>\$0</p> <p>Available only as an optional supplemental benefit.</p>
<p>Vision services</p> <p>Medical vision services</p> <p>Routine vision²</p> <p>In-network coverage through VSP Vision Care. Lenses limited to standard basic single-vision, lined bifocal, lined trifocal or lenticular. 1 pair of lenses and frames or a single purchase of contact lenses per year.</p>	<p>\$0</p> <p>Exam: \$0</p> <p>Lenses: \$0</p> <p>Frames or contact lenses: \$100 allowance per year</p>
<p>Mental health services¹</p> <p>Inpatient psychiatric hospital</p> <p>There is a 190-day lifetime maximum.</p> <p>Outpatient therapy (individual and group)</p>	<p>Days 1-4: \$375 / day</p> <p>Days 5-190: \$0 / day</p> <p>\$35</p>
<p>Skilled nursing facility¹</p> <p>Up to 100 days covered per benefit period.</p>	<p>Days 1-20: \$0 / day</p> <p>Days 21-47: \$188 / day</p> <p>Days 48-100: \$0 / day</p>

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3- Services may require a physician referral.

Medical benefits	Regence Valiance
Physical therapy¹ Includes occupational therapy and speech language therapy.	\$35
Ambulance (air/ground)¹ Copay applies for each one-way transport.	\$225
Transportation	Not covered
Medicare Part B drugs¹ Usually administered by a provider.	20%
Alternative care (Medicare-covered)	
Acupuncture Limited to treatment of chronic low back pain.	\$20
Chiropractic Limited to manipulation of the spine to correct a subluxation.	\$20
Alternative care (Additional covered)	
Acupuncture²	\$20
Chiropractic² Combined limit of 18 visits per year.	\$20
Massage therapy² Limit of 6 visits per year, up to 60 minutes per visit.	\$20
Naturopathy² Limit of 6 visits per year.	\$20
Annual physical exam In addition to the Medicare Annual Wellness Visit.	\$0
Bathroom safety devices²	\$100 allowance every year
Durable medical equipment (DME)¹	20%
Fitness program² Fitness program membership, home fitness kit with options such as a complimentary activity tracker, health coaching and more.	\$0 Provided exclusively through Silver&Fit
Meal delivery service²	
Chronic health 2 meals per day, up to 56 days, 112-meal limit.	\$0
Post discharge 2 meals per day, up to 28 days, 56-meal limit. Requires enrollment in care management program.	\$0 Provided exclusively through Mom's Meals
Over the counter (OTC) items²	\$40 every 3 months

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Medical benefits	Regence Valiance
Palliative care and support² Includes care planning, pain and symptom management and counseling services for patients, caregivers and families in case of serious illness.	\$0
Personal emergency response system (PERS)² Benefit includes device and monthly monitoring services.	\$0 Provided exclusively through Lively
Podiatry services Medicare-covered³ Diabetic routine footcare² Limit of 6 visits per year.	\$35 \$0
Virtual companionship² Virtual support services. Limit of 4 visits per month; up to 60 minutes per visit.	\$0 Provided exclusively through Papa, Inc.
Virtual visits (telehealth) Medical and mental health services by phone or video.	\$0

Optional Supplemental Benefits

Dental OSB plan costs	Regence Valiance
Monthly plan premium In addition to your monthly plan and Part B premiums.	\$24
Dental OSB plan benefits	
Restorative comprehensive dental services² Covers crowns, dentures, partials, bridges, implants, restorations, endodontics, periodontics, and oral surgery.	50% \$1,000 benefit limit per year for covered services

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Important information about your benefits

Routine hearing services

For more information about your routine hearing benefits or to find a hearing provider, call TruHearing at **1-855-542-1711** (TTY: 711), 8 a.m. to 8 p.m. Monday through Friday. Or visit truhearing.com/regenceor.

Routine vision services

For more information about your routine vision benefits or to find a vision provider, call VSP Vision Care at **1-844-872-6065** (TTY: 711), 8 a.m. to 8 p.m., seven days a week. Or visit vsp.com.

Virtual companionship

Eligible members are able to receive support services such as grocery and pharmacy pick-up/delivery, virtual technology assistance, phone support with meaningful conversations, scheduling appointments with telehealth providers and more. For more information or to see if you qualify, call Papa Pals at **1-877-290-7229** (TTY: 711) 5 a.m. to 8 p.m. Pacific time, Monday through Friday, or 5 a.m. to 5 p.m. Pacific time, Saturday and Sunday. Or visit joinpapa.com/regence.

The Silver&Fit program

Includes a basic membership at one or more participating fitness centers, an expanded home fitness digital library with on-demand videos through the website or mobile app, choice of one home fitness kit from categories such as fitness activity trackers, yoga, Pilates, swim or strength, weekly 1-on-1 health coaching in a variety of topics, and much more. For more information or to sign up, call Silver&Fit at **1-888-797-8086** (TTY: 711), 5 a.m. to 6 p.m. Pacific time, Monday through Friday. Or visit silverandfit.com.

Over-the-counter items

Members of select plans receive a prepaid discount card and a list of product categories that are eligible for the OTC program. Allowance renews each quarter; unused credit does not accumulate or carry over to the next quarter. The card can be used at participating retail locations or online at athome.medline.com/card. For more information, call Regence Customer Service at **1-855-522-8896** (TTY: 711).

Meal delivery service

No-cost meals for chronic condition or post-hospital stay nutritional support for those who qualify and participate in the plan's care/case management program. Mom's Meals delivers meals to all 50 states plus U.S. territories. For more information or to see if you qualify, call Regence Customer Service at **1-855-522-8896** (TTY: 711).

Bathroom safety devices

Members are eligible to purchase select bathroom safety items, such as shower/bathtub grab bar and bench, commode rails or elevated toilet seats from suppliers or retailers. Installation and in-home assessment are not covered. For more information or to find out what items are covered call Regence Customer Service at **1-855-522-8896** (TTY: 711).

Personal emergency response system (PERS)

Receive a Lively™ Mobile Plus medical alert device and monthly monitoring when arranged by the plan. For more information, call Lively at **1-800-358-9066** (TTY: 711). Or visit lively.com/regenceor.

Virtual visits (telehealth)

Primary care and mental health visits through a mobile app, video visit, or phone call may be available through your providers office. Contact them directly to see if they offer virtual visits or you may use MDLIVE if your local provider does not offer virtual visits. To schedule an appointment with MDLIVE, call **1-800-400-6354** (TTY: 711), 24 hours a day, 7 days a week. Or visit mdlive.com.

24-hour nurse line

Regence Advice24 gives you 24/7 access to a medical professional for self-care suggestions for minor injuries and illnesses or help determining if an urgent care facility or emergency room is needed for more immediate care. Call **1-800-267-6729** (TTY: 711).

Urgent and emergency care when you travel

If you travel outside the United States, the plan covers urgent care and medical emergencies in more than 190 countries around the world. Part D prescription drug coverage is not available outside the United States and its territories.

Covered preventive care services

Our plans cover the following Medicare-covered preventive services, along with any additional preventive services that Medicare approves during the contract year.

- Abdominal aortic aneurysm screening
- Alcohol misuse screenings and counseling
- Annual wellness visit
- Bone mass measurements (bone density)
- Breast cancer screening (mammogram)
- Cardiovascular disease screenings
- Cardiovascular disease behavioral therapy
- Cervical and vaginal cancer screening
- Colorectal cancer screenings (multi-target stool DNA test, barium enemas, colonoscopy, fecal occult blood test or flexible sigmoidoscopies)
- Depression screening
- Diabetes screening
- Diabetes self-management training
- Glaucoma tests
- Hepatitis B virus (HBV) infection screening
- Hepatitis C screening test
- HIV screening
- Immunizations for flu, hepatitis B and pneumococcus
- Lung cancer screenings with Low Dose Computed Tomography (LDCT)
- Medicare Diabetes Prevention Program (MDPP)
- Nutrition therapy services
- Obesity screenings and counseling
- Prostate cancer screenings
- Sexually transmitted infections screening and counseling
- Tobacco use cessation counseling
- “Welcome to Medicare” preventive visit (one time)