



2023 Summary of Benefits

Regence Valiance (HMO)

For residents of the following counties in Oregon: Clackamas, Deschutes, Lane, Multnomah, and Washington.

For residents of the following county in Washington: Clark.

H6237-006-000

January 1, 2023 – December 31, 2023

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

SECTION I - INTRODUCTION TO SUMMARY OF BENEFITS

The benefit information provided is a summary of what we cover and what you pay. It does not list every service that we cover or list every limitation or exclusion. To get a complete list of services we cover, call us and ask for the “**Evidence of Coverage**.” You can also see the Evidence of Coverage on our website, www.regence.com/medicare.

You have choices about how to get your Medicare benefits

- One choice is to get your Medicare benefits through Original Medicare (fee-for-service Medicare). Original Medicare is run directly by the Federal government.
- Another choice is to get your Medicare benefits by joining a Medicare health plan (such as **Regence Valiance (HMO)**).

Tips for comparing your Medicare choices

This Summary of Benefits booklet gives you a summary of what **Regence Valiance (HMO)** covers and what you pay.

- If you want to compare our plan with other Medicare health plans, ask the other plans for their Summary of Benefits booklets. Or, use the Medicare Plan Finder on www.medicare.gov.
- If you want to know more about the coverage and costs of Original Medicare, look in your current “**Medicare & You**” handbook. View it online at 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.

Sections in this booklet

- Things to Know About **Regence Valiance (HMO)**.
- Monthly Premium, Deductible, and Limits on How Much You Pay for Covered Services.
- Covered Medical and Hospital Benefits.

This document is available in other formats such as Braille and large print.

This document may be available in a non-English language. For additional information, call us at 1-855-522-8896 (TTY: 711).

Things to Know About Regence Valiance (HMO)

Hours of Operation & Contact Information

- From October 1 to March 31, we’re open 8 a.m. – 8 p.m., 7 days a week.
- From April 1 to September 30, we’re open 8 a.m. – 8 p.m., Monday through Friday.
- If you are a member of this plan, call us at 1-855-522-8896, TTY: 711.
- If you are not a member of this plan, call us at 1-844-734-3623, TTY: 711, 8 a.m. to 5 p.m., Monday through Friday.
- Our website: www.regence.com/medicare.

SECTION I - INTRODUCTION TO SUMMARY OF BENEFITS

Who can join?

To join **Regence Valiance (HMO)**, you must be entitled to Medicare Part A, be enrolled in Medicare Part B, and you must live in our service area. Our service area includes these counties in Oregon: Clackamas, Deschutes, Lane, Multnomah and Washington.

Our service area includes this county in Washington: Clark.

Which doctors and hospitals can I use?

Regence Valiance (HMO) has a network of doctors, hospitals, and other providers. If you use providers that are not in our network, your costs may be more (except in emergency or urgent situations).

You can see our plan's provider directory at our website (www.regence.com/medicare).

Or, call us and we will send you a copy of the provider directory.

What do we cover?

Like all Medicare health plans, we cover everything that Original Medicare covers – and *more*. Some of the extra benefits are outlined in this booklet.

In addition, we cover Part B drugs including chemotherapy and some drugs administered by your provider.

**If you have any questions about this plan's benefits or costs, please contact
Regence BlueCross BlueShield of Oregon**

SECTION II - SUMMARY OF BENEFITS

Regence Valiance (HMO)

MONTHLY PREMIUM, DEDUCTIBLE, AND LIMITS ON HOW MUCH YOU PAY FOR COVERED SERVICES

Monthly Plan Premium	You do not pay a separate monthly plan premium for Regence Valiance (HMO). You must continue to pay your Medicare Part B premium.
Part B Premium Reduction	Amount your Medicare Part B premium will be reduced: \$15.
Deductible	Medical Deductible: There is no deductible for this plan.
Maximum Out-of-Pocket Responsibility	Annual limit(s) on your out-of-pocket costs for Part A (hospital) and Part B (medical) services: <ul style="list-style-type: none"> • \$4,900 for services you receive from in-network providers. If you reach the limit on out-of-pocket costs, you keep getting covered hospital and medical services and we will pay the full cost for the rest of the year.

COVERED MEDICAL AND HOSPITAL BENEFITS

Inpatient Hospital	Days 1-4: \$375 Copay per day for each admission. Days 5+: \$0 Copay per day. Our plan covers an unlimited number of days for an inpatient hospital stay. May require prior authorization. May require a referral from your doctor.
Outpatient Hospital	Outpatient Hospital: \$35 - \$300 Copay. May require prior authorization.
Ambulatory Surgical Center	Ambulatory Surgical Center: \$35 - \$275 Copay. May require prior authorization.
Doctor's Office Visits	Primary care physician visit: \$0 Copay. Specialist visit: \$35 Copay. May require a referral from your doctor.
Preventive Care <i>(e.g., flu vaccine, diabetic screenings)</i>	\$0 Copay for all preventive services covered under Original Medicare at zero cost sharing. Any additional preventive services approved by Medicare during the contract year will be covered.
Emergency Care	\$90 Copay per visit. If you are admitted to the hospital within 48 hours, you do not have to pay your share of the cost for emergency care. Worldwide Emergency Coverage: \$90 Copay.

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Urgently Needed Services	\$35 Copay per visit. Worldwide Urgent Coverage: \$90 Copay.
Diagnostic Services / Labs/ Imaging	Diagnostic tests and procedures: \$5 Copay. Lab services: \$0 - \$5 Copay. Diagnostic Radiology Services (such as MRI, CAT Scan): \$0 - \$300 Copay. X-rays: \$5 Copay. Therapeutic radiology services (such as radiation treatment for cancer): 20% Coinsurance. May require prior authorization.
Hearing Services	Exam to diagnose and treat hearing and balance issues: \$35 Copay. Routine hearing exam (up to 1 visit(s) every year): \$0 Copay. Hearing Aid (up to 2 hearing aids every year): \$699 - \$999 Copay.
Dental Services	Medicare Covered: \$35 Copay. Preventive dental services: <ul style="list-style-type: none">• Oral exam (up to 2 visit(s) every year): \$0 Copay.• Cleaning (up to 2 visit(s) every year): \$0 Copay.• Fluoride treatment (up to 2 visit(s) every year): \$0 Copay.• Dental X-rays (up to 2 visit(s) every year): \$0 Copay. Comprehensive dental services: <ul style="list-style-type: none">• Diagnostic Services: \$0 Copay.
OPTIONAL SUPPLEMENTAL DENTAL SERVICES	
Covered Comprehensive Dental Services	Comprehensive Dental Services: <ul style="list-style-type: none">• Restorative Services: 50% Coinsurance.• Endodontics: 50% Coinsurance.• Periodontics: 50% Coinsurance.• Extractions: 50% Coinsurance.• Prosthodontics, Other Oral/Maxillofacial Surgery, Other Services: 50% Coinsurance.
How much is the monthly premium?	If you elect this optional supplemental benefit, you will pay an additional \$24 per month. You must also keep paying your Medicare Part B premium.

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How much is the deductible?	There is no deductible.
What is the maximum payment that this plan will pay per calendar year?	This dental plan will pay up to \$1,000 maximum per calendar year for optional supplemental dental services.
COVERED MEDICAL AND HOSPITAL BENEFITS (Continued)	
Vision Services	Exam to diagnose and treat diseases and conditions of the eye (including yearly glaucoma screening): \$0 Copay. Routine eye exam (up to 1 visit(s) every year): \$0 Copay. Eyeglasses or contact lenses after cataract surgery: \$0 Copay. Contact lenses: \$0 Copay. Eyeglasses (frames and lenses): \$0 Copay. Frames or contact lenses: \$100 allowance per year.
Mental Health Care	Outpatient group therapy visit: \$0 - \$30 Copay. Individual therapy visit: \$0 - \$30 Copay. Inpatient Mental Health Care: Days 1-4: \$375 Copay per day for each admission. Days 5-190: \$0 Copay per day. May require prior authorization.
Skilled Nursing Facility (SNF)	Days 1-20: \$0 Copay per day. Days 21-47: \$188 Copay per day. Days 48-100: \$0 Copay per day. May require prior authorization.
Outpatient Rehabilitation	Occupational therapy visit: \$35 Copay. Physical therapy and speech and language therapy visit: \$35 Copay. May require prior authorization.
Ambulance	Ground Ambulance: \$225 Copay. Air Ambulance: \$225 Copay. May require prior authorization.

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Transportation	Not covered.
Medicare Part B Drugs	For Part B drugs such as chemotherapy drugs: 0% - 20% Coinsurance (depending on the drug). Other Part B drugs: 0% - 20% Coinsurance (depending on the drug). Part B insulin drugs: 20% up to \$35 Copay for a one-month supply. May require prior authorization.
Acupuncture – Medicare-Covered Services	\$20 Copay. Limited to treatment of chronic low back pain.
Acupuncture – Additional Covered Services	\$20 Copay. Limited to 18 visits per year combined with additional chiropractic.
Chiropractic – Medicare-Covered Services	\$20 Copay. Limited to manipulation of the spine to correct a subluxation.
Chiropractic – Additional-Covered Services	\$20 Copay. Limited to 18 visits per year combined with additional acupuncture.
Massage Therapy	\$20 Copay. Limit of 6 visits per year, up to 60 minutes per visit.
Naturopathy	\$20 Copay. Limit of 6 visits per year.
Additional Telehealth/Virtual Care	\$0 Copay. Includes urgent care and mental health services by phone or video.
Bathroom Safety Devices	\$100 allowance every year.
Diabetic Routine Footcare	\$0 Copay. Limit of 6 visits per year.
Durable Medical Equipment (DME)	20% Coinsurance. May require prior authorization.

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Fitness Program	<p>\$0 Copay.</p> <p>Flexible fitness options that support physical activity, well-being, community building, and healthy aging.</p>
Home Delivered Meals – Post Discharge	<p>\$0 Copay.</p> <p>2 meals per day, up to 28 days, 56-meal limit.</p>
Home Delivered Meals – Chronic Health Needs	<p>\$0 Copay.</p> <p>2 meals per day, up to 56 days, 112-meal limit.</p> <p>Requires enrollment in care management program.</p> <p>The benefits mentioned are a part of special supplemental program for the chronically ill. Not all members qualify.</p>
In-home support services	<p>\$0 Copay.</p> <p>In-person and virtual support services. Limited to 48 hours per year; up to 1 hour per visit.</p>
Over The Counter (OTC) Items	<p>\$40 every three months.</p>
Palliative Care and Support	<p>\$0 Copay.</p>
Personal Emergency Response System (PERS)	<p>\$0 Copay.</p> <p>Benefit includes device and monthly monitoring services.</p>

DISCLAIMERS

This document is available in other alternate formats.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1-855-522-8896 (TTY: 711).

ATENCIÓN: Si habla español, hay servicios de traducción, libre de cargos, disponibles para usted. Llame al 1-855-522-8896 (TTY: 711).

Regence is an HMO/PPO/PDP plan with a Medicare contract. Enrollment in Regence depends on contract renewal.

Out-of-network/non-contracted providers are under no obligation to treat Plan 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.

Health coverage is offered by Regence BlueCross BlueShield of Oregon.

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 (TTY 711).

Understanding the Benefits

- The Evidence of Coverage (EOC) provides a complete list of all coverage and services. It is important to review plan coverage, costs, and benefits before you enroll. Visit www.regence.com/medicare or call 1-855-522-8896 (TTY 711) 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/co-insurance may change on January 1, 2024.
- 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).

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 1-800-541-8981. 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 1-800-541-8981. 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 1-800-541-8981。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 1-800-541-8981。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 1-800-541-8981. 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 1-800-541-8981. 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 quý vị cần thông dịch viên xin gọi 1-800-541-8981 sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

German: Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter 1-800-541-8981. Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

Korean: 당사는 의료 보험 또는 약품 보험에 관한 질문에 대해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 1-800-541-8981 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 1-800-541-8981. 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 على 1-800-541-8981. سيقوم شخص ما يتحدث العربية بمساعدتك. هذه خدمة مجانية.

Hindi: हमारे स्वास्थ्य या दवा की योजना के बारे में आपके ककसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाकिया सेवाएँ उपिब्ध हैं. एक दुभाकिया प्राप्त करने के लिए, बस हमें 1-800-541-8981 पर फोन करें. कोई व्यक्ति जो कहन्दी बोति 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 1-800-541-8981. Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

Portuguese: 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 1-800-541-8981. Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

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 1-800-541-8981. 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 1-800-541-8981. 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。通訳をご用命になるには、1-800-541-8981 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。