

Annual Notice of Changes for 2018

You are currently enrolled as a member of *Today's Options Advantage Plus 150A (PPO)*. 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.**

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 1.1 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 for 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** *Today's Options Advantage Plus 150A (PPO)*, you don’t need to do anything. You will stay in *Today's Options Advantage Plus 150A (PPO)*.
- 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 *Today's Options Advantage Plus 150A (PPO)*.
- If you **join by December 7, 2017**, your new coverage will start on January 1, 2018.

Additional Resources

- We must provide information in a way that works for you (in languages other than English, Braille, and Large Print or other alternate formats, etc.).
- **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.

About Today’s Options Advantage Plus 150A (PPO)

- Today’s Options[®] PPO is a Medicare Advantage plan with a Medicare contract. Enrollment in Today’s Options[®] PPO depends on contract renewal.
 - When this booklet says “we,” “us,” or “our,” it means *American Progressive Life & Health Insurance Company of New York, Inc.* When it says “plan” or “our plan,” it means *Today's Options Advantage Plus 150A (PPO)*.
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Summary of Important Costs for 2018

The table below compares the 2017 costs and 2018 costs for *Today's Options Advantage Plus 150A (PPO)* 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)
<p>Monthly plan premium*</p> <p>* Your premium may be higher or lower than this amount. See Section 1.1 for details.</p>	<p>\$97.00</p>	<p>\$105.00</p>
<p>Maximum out-of-pocket amounts</p> <p>This is the <u>most</u> you will pay out-of-pocket for your covered Part A and Part B services. (See Section 1.2 for details.)</p>	<p>From network providers: \$3,400.00</p> <p>From network and out-of-network providers combined: \$3,400.00</p>	<p>From network providers: \$3,400.00</p> <p>From network and out-of-network providers combined: \$3,400.00</p>
<p>Doctor office visits</p>	<p>Primary care visits: \$0.00 per visit</p> <p>Specialist visits: \$25.00 per visit</p>	<p>Primary care visits: \$0.00 per visit</p> <p>Specialist visits: \$25.00 per visit</p>
<p>Inpatient hospital stays</p> <p>Includes inpatient acute, inpatient rehabilitation, long-term care hospitals, and other types of inpatient hospital services. Inpatient hospital care starts the day you are formally admitted to the hospital with a doctor’s order. The day before you are discharged is your last inpatient day.</p>	<p>\$450.00 copay for each Medicare-covered hospital stay.</p>	<p>\$500.00 copay for each Medicare-covered hospital stay.</p>
<p>Part D prescription drug coverage (Standard Cost-Share for a 30-day supply) (See Section 1.6 for details.)</p>	<p>Copayment during the Initial Coverage Stage:</p> <ul style="list-style-type: none"> • Drug Tier 1: \$5.00 • Drug Tier 2: \$10.00 • Drug Tier 3: \$45.00 	<p>Copayment during the Initial Coverage Stage:</p> <ul style="list-style-type: none"> • Drug Tier 1: \$5.00 • Drug Tier 2: \$10.00 • Drug Tier 3: \$45.00

Cost	2017 (this year)	2018 (next year)
	<ul style="list-style-type: none"> • Drug Tier 4: \$85.00 • Drug Tier 5: 33% 	<ul style="list-style-type: none"> • Drug Tier 4: \$85.00 • Drug Tier 5: 33%
<p>Part D prescription drug coverage (Preferred Cost-Share for a 30-day supply) (See Section 1.6 for details.)</p>	<p>Copayment during the Initial Coverage Stage:</p> <ul style="list-style-type: none"> • Drug Tier 1: \$0.00 • Drug Tier 2: \$5.00 • Drug Tier 3: \$35.00 • Drug Tier 4: \$75.00 • Drug Tier 5: 33% 	<p>Copayment during the Initial Coverage Stage:</p> <ul style="list-style-type: none"> • Drug Tier 1: \$0.00 • Drug Tier 2: \$5.00 • Drug Tier 3: \$35.00 • Drug Tier 4: \$75.00 • Drug Tier 5: 33%

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SECTION 1 Changes to Benefits and Costs for Next Year

Section 1.1 – Changes to the Monthly Premium

Cost	2017 (this year)	2018 (next year)
Monthly premium	\$97.00	\$105.00
(You must also continue to pay your Medicare Part B premium.)		

- 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 Amounts

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

Cost	2017 (this year)	2018 (next year)
In-network maximum out-of-pocket amount	\$3,400.00	\$3,400.00
Your costs for covered medical services (such as copays) from network providers count toward your in-network maximum out-of-pocket amount. Your plan premium and your costs for prescription drugs do not count toward your maximum out-of-pocket amount.		Once you have paid \$3,400.00 out-of-pocket for covered Part A and Part B services, you will pay nothing for your covered Part A and Part B services from network providers for the rest of the calendar year.

Cost	2017 (this year)	2018 (next year)
<p>Combined maximum out-of-pocket amount</p> <p>Your costs for covered medical services (such as copays) from in-network and out-of-network providers count toward your combined maximum out-of-pocket amount. Your plan premium and your costs for prescription drugs do not count towards your combined maximum out-of-pocket amount.</p>	<p>\$3,400.00</p>	<p>\$3,400.00</p> <p>Once you have paid \$3,400.00 out-of-pocket for covered Part A and Part B services, you will pay nothing for your covered Part A and Part B services from network or out-of-network providers 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.TodaysOptionsPPO.com. 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.

Section 1.4 – Changes to the Pharmacy Network

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. Our network includes pharmacies with preferred cost-sharing, which may offer you lower cost-sharing than the standard cost-sharing offered by other network pharmacies for some drugs.

There are changes to our network of pharmacies for next year. An updated Pharmacy Directory is located on our website at www.TodaysOptionsPPO.com. 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.**

Section 1.5 – Changes to Benefits and Costs for Medical Services

We are changing our coverage for certain medical services next year. The information below describes these changes. For details about the coverage and costs for these services, see Chapter 4, *Medical Benefits Chart (what is covered and what you pay)*, in your *2018 Evidence of Coverage*.

	2017 (this year)	2018 (next year)
Abdominal Aortic Aneurysm Screening	Out-of-Network 25% of the cost for Medicare-covered screening ultrasound for abdominal aortic aneurysm preventive screenings.	Out-of-Network 30% of the cost for Medicare-covered screening ultrasound for abdominal aortic aneurysm preventive screenings.
Annual Wellness Visit	Out-of-Network 25% of the cost for this preventative service.	Out-of-Network 30% of the cost for this preventative service.
Bone Mass Measurement	Out-of-Network 25% of the cost for Medicare-covered bone mass measurement.	Out-of-Network 30% of the cost for Medicare-covered bone mass measurement.
Breast Cancer Screening	Out-of-Network 25% of the cost for Medicare-covered breast exams.	Out-of-Network 30% of the cost for Medicare-covered breast exams.

	2017 (this year)	2018 (next year)
	25% of the cost for Medicare-covered mammography screening.	30% of the cost for Medicare-covered mammography screening.
Cardiac Rehabilitation Services	Out-of-Network 25% of the cost for Medicare-covered Cardiac Rehabilitation Services.	Out-of-Network 30% of the cost for Medicare-covered Cardiac Rehabilitation Services.
Cardiovascular Disease Risk Reduction Visit	Out-of-Network 25% of the cost for Medicare-covered intensive therapy to reduce the risk of cardiovascular disease.	Out-of-Network 30% of the cost for Medicare-covered intensive therapy to reduce the risk of cardiovascular disease.
Cardiovascular Disease Testing	Out-of-Network 25% of the cost for Medicare-covered cardiovascular screening blood test.	Out-of-Network 30% of the cost for Medicare-covered cardiovascular screening blood test.
Cervical and Vaginal Cancer Screening	Out-of-Network 25% of the cost for Medicare-covered pap smears and pelvic exams.	Out-of-Network 30% of the cost for Medicare-covered pap smears and pelvic exams.
Chiropractic Services	Out-of-Network 25% of the cost for each Medicare-covered service.	Out-of-Network 30% of the cost for each Medicare-covered service.
Colorectal Cancer Screening	Out-of-Network 25% of the cost for Medicare-covered colorectal screenings.	Out-of-Network 30% of the cost for Medicare-covered colorectal screenings.

	2017 (this year)	2018 (next year)
Dental Services	<p>Out-of-Network 25% of the cost for supplemental comprehensive dental visits. 25% of the cost for supplemental preventive dental visits.</p>	<p>Out-of-Network 30% of the cost for supplemental comprehensive dental visits. 30% of the cost for supplemental preventive dental visits.</p>
Depression Screening	<p>Out-of-Network 25% of the cost for Medicare-covered screening.</p>	<p>Out-of-Network 30% of the cost for Medicare-covered screening.</p>
Diabetes Screening	<p>Out-of-Network 25% of the cost for Medicare-covered Diabetes screenings.</p>	<p>Out-of-Network 30% of the cost for Medicare-covered Diabetes screenings.</p>
Diabetes Self-Management Training, Diabetic Services and Supplies	<p>Out-of-Network 25% of the cost for Medicare-covered Therapeutic shoes or inserts. 25% of the cost for Medicare-covered Diabetes monitoring supplies. 25% of the cost for Medicare-covered Diabetes self-management training.</p>	<p>Out-of-Network 30% of the cost for Medicare-covered Therapeutic shoes or inserts. 30% of the cost for Medicare-covered Diabetes monitoring supplies. 30% of the cost for Medicare-covered Diabetes self-management training.</p>
Durable Medical Equipment and Related Supplies	<p>Out-of-Network 25% of the cost for Medicare-covered durable medical equipment.</p>	<p>Out-of-Network 30% of the cost for Medicare-covered durable medical equipment.</p>
Emergency Care	<p>\$75.00 copay for each Medicare-covered emergency room visit.</p>	<p>\$100.00 copay for each Medicare-covered emergency room visit.</p>

	2017 (this year)	2018 (next year)
Health and Wellness Education Programs	<p>In-Network Not Available</p> <p>Out-of-Network 25% of the cost for Enhanced Disease Management benefit.</p> <p>25% of the cost for Nursing Hotline benefit.</p> <p>Not Available</p>	<p>In-Network \$0.00 copay for an annual physical exam.</p> <p>Out-of-Network 30% of the cost for Enhanced Disease Management benefit.</p> <p>30% of the cost for Nursing Hotline benefit.</p> <p>\$10.00 copay for an annual physical exam.</p>
Hearing Services	<p>Out-of-Network 25% of the cost for annual hearing exam.</p> <p>25% of the cost for each Medicare-covered basic hearing and balance exam performed by a specialist, audiologist or other provider that is not a primary care doctor.</p>	<p>Out-of-Network 30% of the cost for annual hearing exam.</p> <p>30% of the cost for each Medicare-covered basic hearing and balance exam performed by a specialist, audiologist or other provider that is not a primary care doctor.</p>
HIV Screening	<p>Out-of-Network 25% of the cost for Medicare-covered HIV screenings.</p>	<p>Out-of-Network 30% of the cost for Medicare-covered HIV screenings.</p>
Home Health Agency Care	<p>Out-of-Network 25% of the cost for each Medicare-covered home health visit.</p>	<p>Out-of-Network 30% of the cost for each Medicare-covered home health visit.</p>
Immunizations	<p>Out-of-Network 25% of the cost for Medicare-covered Flu, Hepatitis, Pneumonia, and other Medicare-covered vaccines/immunizations and their administration.</p>	<p>Out-of-Network 30% of the cost for Medicare-covered Flu, Hepatitis, Pneumonia, and other Medicare-covered vaccines/immunizations and their administration.</p>

	2017 (this year)	2018 (next year)
Inpatient Hospital Care	<p>In-Network \$450.00 copay for each Medicare-covered hospital stay.</p> <p>Out-of-Network For each Medicare-covered hospital stay: Days 1 - 7: \$250.00 copay per day Days 8 - 90: \$0.00 copay per day.</p>	<p>In-Network \$500.00 copay for each Medicare-covered hospital stay.</p> <p>Out-of-Network For each Medicare-covered hospital stay: Days 1 - 7: \$300.00 copay per day Days 8 - 90: \$0.00 copay per day.</p>
Inpatient Mental Health Care	<p>In-Network \$450.00 copay for each Medicare-covered hospital stay.</p> <p>Out-of-Network For each Medicare-covered hospital stay: Days 1 - 7: \$250.00 copay per day Days 8 - 190: \$0.00 copay per day.</p>	<p>In-Network \$500.00 copay for each Medicare-covered hospital stay.</p> <p>Out-of-Network For each Medicare-covered hospital stay: Days 1 - 7: \$300.00 copay per day Days 8 - 190: \$0.00 copay per day.</p>
Long Term Acute Care	<p>In-Network \$450.00 copay for each Medicare-covered hospital stay.</p>	<p>In-Network Long Term Acute Care (LTAC) is only a covered benefit when in-network. The LTAC coverage will be as follows, in-network: \$500.00 copayment, days 1 thru 60 per LTAC admittance. This co-payment is waived if the LTAC confinement is a transfer from an inpatient acute care setting. 90 days of Medically Necessary LTAC related hospitalization for each Benefit Period to include Medically Necessary inpatient</p>

	2017 (this year)	2018 (next year)
		<p>hospital acute care days, the Benefit Period as defined by Medicare Part A, and up to 60 lifetime reserve days to a maximum of 150 days.</p> <p>\$283 per day copayment for days 61-90 per Benefit Period; \$566 each lifetime reserve day.</p>
Medical Nutritional Therapy	<p>In-Network Not Available</p> <p>Out-of-Network 25% of the cost for Medicare-covered medical nutritional therapy.</p> <p>Not Available</p>	<p>In-Network \$0.00 copay for supplemental medical nutritional therapy.</p> <p>Out-of-Network 30% of the cost for Medicare-covered medical nutritional therapy.</p> <p>30% of the cost for supplemental medical nutritional therapy.</p>
Medicare Diabetes Prevention Program (MDPP)	<p>In-Network Not Available</p> <p>Out-of-Network Not Available</p>	<p>In-Network \$0.00 copay for Medicare-covered MDPP benefit.</p> <p>Out-of-Network 30% of the cost for Medicare-covered MDPP benefit.</p>
Medicare Part B Prescription Drugs	<p>Out-of-Network 25% of the cost for Part B-covered Drugs covered under Medicare Part B (Original Medicare).</p> <p>25% of the cost for Part B-covered chemotherapy drugs.</p>	<p>Out-of-Network 30% of the cost for Part B-covered Drugs covered under Medicare Part B (Original Medicare).</p> <p>30% of the cost for Part B-covered chemotherapy drugs.</p>

	2017 (this year)	2018 (next year)
Obesity Screening and Therapy to Promote Sustained Weight Loss	Out-of-Network 25% of the cost for Medicare-covered behavioral counseling to promote sustained weight loss.	Out-of-Network 30% of the cost for Medicare-covered behavioral counseling to promote sustained weight loss.
Outpatient Diagnostic Tests, Therapeutic Services and Supplies	<p>Out-of-Network 25% of the cost for Medicare-covered Blood Services.</p> <p>25% of the cost for Medicare-covered non-radiologic diagnostic procedures and tests.</p> <p>25% of the cost for Medicare-covered diagnostic radiology services (not including X-rays).</p> <p>25% of the cost for Medicare-covered lab services.</p> <p>25% of the cost for Medicare-covered medical supplies.</p> <p>25% of the cost for Medicare-covered therapeutic radiology services.</p> <p>25% of the cost for Medicare-covered X-rays.</p>	<p>Out-of-Network 30% of the cost for Medicare-covered Blood Services.</p> <p>30% of the cost for Medicare-covered non-radiologic diagnostic procedures and tests.</p> <p>30% of the cost for Medicare-covered diagnostic radiology services (not including X-rays).</p> <p>30% of the cost for Medicare-covered lab services.</p> <p>30% of the cost for Medicare-covered medical supplies.</p> <p>30% of the cost for Medicare-covered therapeutic radiology services.</p> <p>30% of the cost for Medicare-covered X-rays.</p>
Outpatient Mental Health Care	<p>Out-of-Network 25% of the cost for each Medicare-covered individual therapy visit provided by a non-physician.</p> <p>25% of the cost for each Medicare-covered group therapy visit provided by a non-physician.</p>	<p>Out-of-Network 30% of the cost for each Medicare-covered individual therapy visit provided by a non-physician.</p> <p>30% of the cost for each Medicare-covered group therapy visit provided by a non-physician.</p>

	2017 (this year)	2018 (next year)
	<p>25% of the cost for each Medicare-covered individual therapy visit with a psychiatrist.</p> <p>25% of the cost for each Medicare-covered group therapy visit with a psychiatrist.</p>	<p>30% of the cost for each Medicare-covered individual therapy visit with a psychiatrist.</p> <p>30% of the cost for each Medicare-covered group therapy visit with a psychiatrist.</p>
Outpatient Rehabilitation Services	<p>Out-of-Network 25% of the cost for each Medicare-covered Occupational Therapy visit.</p> <p>25% of the cost for each Medicare-covered Physical and/or Speech and Language Therapy visit.</p>	<p>Out-of-Network 30% of the cost for each Medicare-covered Occupational Therapy visit.</p> <p>30% of the cost for each Medicare-covered Physical and/or Speech and Language Therapy visit.</p>
Outpatient Substance Abuse Services	<p>Out-of-Network 25% of the cost for Medicare-covered individual therapy visits.</p> <p>25% of the cost for Medicare-covered group therapy visits.</p>	<p>Out-of-Network 30% of the cost for Medicare-covered individual therapy visits.</p> <p>30% of the cost for Medicare-covered group therapy visits.</p>
Outpatient Surgery, Including Services Provided at Hospital Outpatient Facilities and Ambulatory Surgical Centers	<p>In-Network \$75.00 copay for each Medicare-covered ambulatory surgical center visit.</p> <p>\$150.00 copay for each Medicare-covered outpatient hospital facility visit.</p> <p>Out-of-Network 25% of the cost for each Medicare-covered ambulatory surgical center visit.</p>	<p>In-Network \$150.00 copay for each Medicare-covered ambulatory surgical center visit.</p> <p>\$200.00 copay for each Medicare-covered outpatient hospital facility visit.</p> <p>Out-of-Network 30% of the cost for each Medicare-covered ambulatory surgical center visit.</p>

	2017 (this year)	2018 (next year)
	25% of the cost for each Medicare-covered outpatient hospital facility visit.	30% of the cost for each Medicare-covered outpatient hospital facility visit.
Partial Hospitalization Services	Out-of-Network 25% of the cost for Medicare-covered partial hospitalization program services.	Out-of-Network 30% of the cost for Medicare-covered partial hospitalization program services.
Podiatry Services	Out-of-Network 25% of the cost for each Medicare-covered visit.	Out-of-Network 30% of the cost for each Medicare-covered visit.
Prostate Cancer Screening Exams	Out-of-Network 25% of the cost for Medicare-covered prostate cancer screening exams.	Out-of-Network 30% of the cost for Medicare-covered prostate cancer screening exams.
Prosthetic Devices and Related Supplies	Out-of-Network 25% of the cost for each Medicare-covered prosthetic or orthotic device or supply, including replacement or repairs of such devices and supplies, which includes parenteral /enteral nutrition.	Out-of-Network 30% of the cost for each Medicare-covered prosthetic or orthotic device or supply, including replacement or repairs of such devices and supplies, which includes parenteral /enteral nutrition.
Pulmonary Rehabilitation Services	Out-of-Network 25% of the cost for Medicare-covered Pulmonary Rehabilitation Services.	Out-of-Network 30% of the cost for Medicare-covered Pulmonary Rehabilitation Services.
Screening and Counseling to Reduce Alcohol Misuse	Out-of-Network 25% of the cost for Medicare-covered screening and counseling to reduce alcohol misuse.	Out-of-Network 30% of the cost for Medicare-covered screening and counseling to reduce alcohol misuse.

	2017 (this year)	2018 (next year)
Screening for lung cancer with low dose computed tomography (LDCT)	Out-of-Network 25% of the cost for Medicare-covered counseling and shared decision making visit or for the LDCT.	Out-of-Network 30% of the cost for Medicare-covered counseling and shared decision making visit or for the LDCT.
Screening for Sexually Transmitted Infections (STIs) and Counseling to Prevent STIs	Out-of-Network 25% of the cost for Medicare-covered screening for sexually transmitted infections (STIs) and counseling to prevent STIs.	Out-of-Network 30% of the cost for Medicare-covered screening for sexually transmitted infections (STIs) and counseling to prevent STIs.
Services to Treat Kidney Disease and End Stage Renal Disease	Out-of-Network 25% of the cost for Medicare-covered outpatient renal dialysis treatments and dialysis treatments in a home setting. 25% of the cost for Medicare-covered kidney disease education services.	Out-of-Network 30% of the cost for Medicare-covered outpatient renal dialysis treatments and dialysis treatments in a home setting. 30% of the cost for Medicare-covered kidney disease education services.
Skilled Nursing Facility	In-Network Days 1 - 20: \$0.00 copay per day Days 21 - 100: \$75.00 copay per day. Out-of-Network Days 1 - 20: \$0.00 copay per day Days 21 - 100: \$150.00 copay per day.	In-Network Days 1 - 20: \$0.00 copay per day Days 21 - 100: \$150.00 copay per day. Out-of-Network Days 1 - 20: \$0.00 copay per day Days 21 - 100: \$200.00 copay per day.
Smoking and Tobacco use Cessation	Out-of-Network 25% of the cost for Medicare-covered smoking cessation counseling services.	Out-of-Network 30% of the cost for Medicare-covered smoking cessation counseling services.

	2017 (this year)	2018 (next year)
Vision Care	<p>Out-of-Network 25% of the cost for one pair of eyeglasses or contact lenses after cataract surgery.</p> <p>25% of the cost for Medicare-covered vision exams.</p> <p>25% of the cost for annual routine vision exam (refractions).</p> <p>25% of the cost for Medicare-covered Glaucoma screening.</p>	<p>Out-of-Network 30% of the cost for one pair of eyeglasses or contact lenses after cataract surgery.</p> <p>30% of the cost for Medicare-covered vision exams.</p> <p>30% of the cost for annual routine vision exam (refractions).</p> <p>30% of the cost for Medicare-covered Glaucoma screening.</p>
“Welcome to Medicare” Preventive Visit	<p>Out-of-Network 25% of the cost for this preventative service.</p>	<p>Out-of-Network 30% of the cost for this preventative service.</p>

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.” A copy of our Drug List is in this envelope.

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 drug 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 you received a formulary exception in 2017, depending on the drug, most of the formulary exceptions may be granted for a minimum of 1 year beginning on the date the formulary exception was originally approved.

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 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 October 1, 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)
Stage 1: Yearly Deductible Stage	Because we have no deductible, this payment stage does not apply to you.	Because we have no deductible, this payment stage does not apply to you.

Changes to Your Cost-sharing in the Initial Coverage Stage

To learn how copayments 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>Stage 2: Initial Coverage Stage</p> <p>During this stage, the plan pays its share of the cost of your drugs and you pay your share of the cost.</p> <p>The costs in this row are for a one-month (30-day) supply when you fill your prescription at a network pharmacy. For information about the costs for a long-term supply or for mail-order prescriptions, look in Chapter 6, Section 5 of your <i>Evidence of Coverage</i>.</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 at a network pharmacy:</p> <p>Tier 1: Standard cost-sharing: You pay \$5.00 per prescription.</p> <p>Preferred cost-sharing: You pay: \$0.00 per prescription.</p> <p>Tier 2: Standard cost-sharing: You pay \$10.00 per prescription.</p> <p>Preferred cost-sharing: You pay: \$5.00 per prescription.</p> <p>Tier 3: Standard cost-sharing: You pay \$45.00 per prescription.</p> <p>Preferred cost-sharing: You pay: \$35.00 per prescription.</p> <p>Tier 4: Standard cost-sharing: You pay \$85.00 per prescription.</p> <p>Preferred cost-sharing: You pay: \$75.00 per prescription.</p> <p>Tier 5: Standard cost-sharing: You pay 33% per prescription.</p> <p>Preferred cost-sharing: You pay: 33% per prescription.</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 at a network pharmacy:</p> <p>Tier 1: Standard cost-sharing: You pay \$5.00 per prescription.</p> <p>Preferred cost-sharing: You pay: \$0.00 per prescription.</p> <p>Tier 2: Standard cost-sharing: You pay \$10.00 per prescription.</p> <p>Preferred cost-sharing: You pay: \$5.00 per prescription.</p> <p>Tier 3: Standard cost-sharing: You pay \$45.00 per prescription.</p> <p>Preferred cost-sharing: You pay: \$35.00 per prescription.</p> <p>Tier 4: Standard cost-sharing: You pay \$85.00 per prescription.</p> <p>Preferred cost-sharing: You pay: \$75.00 per prescription.</p> <p>Tier 5: Standard cost-sharing: You pay 33% per prescription.</p> <p>Preferred cost-sharing: You pay: 33% per prescription.</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

	2017(this year)	2018(next year)
Dental	Comprehensive Dental Services up to \$500 per Benefit year, which includes Restorative Services (fillings), Endodontics (root canal), Periodontics (Scaling and root planing and full mouth debridement) and Extractions, Prosthodontics (dentures).	Comprehensive Dental Services up to \$500 per Benefit year, which includes Restorative Services (fillings), Periodontics (Scaling and root planing and full mouth debridement) and Extractions.
Immunizations	<p>A vaccine and/or immunization must be considered a Part B drug by Medicare in order to be covered under this benefit. Some vaccinations, such as the Shingles vaccination, are considered Part D Drugs and are not covered under this benefit.</p> <p>For both in and out of network benefits, if your physician performs additional diagnostic or surgical procedures or if other medical services are provided for other medical conditions, in the same visit, then the appropriate cost-share applies for those services rendered during that visit.</p>	<p>A vaccine and/or immunization must be considered a Part B drug by Medicare in order to be covered under this benefit. Some vaccinations and their administration, such as the Shingles vaccination, are considered Part D Drugs and are not covered under this benefit.</p> <p>For both in and out of network benefits, if your physician performs additional diagnostic or surgical procedures or if other medical services are provided for other medical conditions, in the same visit, then the appropriate cost-share applies for those services rendered during that visit.</p>
Inpatient Hospital Care	Cost shares are applied starting on the first day of admission and do not include the date of discharge. If you get authorized inpatient care at an out-of-network hospital after your emergency condition is stabilized, your cost is the cost-sharing that you would pay at a network hospital.	Cost shares are applied starting on the first day of admission and do not include the date of discharge. If you get authorized inpatient care at an out-of-network hospital after your emergency condition is stabilized, your cost is the

	2017(this year)	2018(next year)
	<p>If you receive emergency care at an out-of-network hospital and need inpatient care after your emergency condition is stabilized, you may be moved to a network hospital in order to pay the in-network cost-sharing amount for the part of your stay after you are stabilized. If you stay at the out-of-network hospital, your stay will be covered but you will pay the out-of-network cost-sharing amount for the part of your stay after you are stabilized.</p>	<p>cost-sharing that you would pay at a network hospital.</p> <p>If you receive emergency care at an out-of-network hospital and need inpatient care after your emergency condition is stabilized, you may be moved to a network hospital in order to pay the in-network cost-sharing amount for the part of your stay after you are stabilized. If you stay at the out-of-network hospital, your stay will be covered but you will pay the out-of-network cost-sharing amount for the part of your stay after you are stabilized.</p> <p>Inpatient stays at a Long Term Acute Care Facility are covered according to the Long Term Acute Care benefit section in this chapter.</p> <p>Medicare hospital benefit periods do not apply. For inpatient hospital care, the cost sharing described above applies each time you are admitted to the hospital. A transfer to a separate facility (such as Acute Inpatient Rehabilitation Hospital or to another Acute care Hospital) is considered a new admission.</p>
<p>Long Term Acute Care</p>	<p>This benefit was covered as part of the inpatient hospital benefit and had the same cost shares and limits.</p>	<p>This benefit is covered separately from inpatient hospital coverage.</p> <p>Long Term Acute Care (LTAC) is only a covered benefit when in-network. The LTAC coverage will be as follows, in-network: \$500.00 copayment, days 1 thru 60 per LTAC admittance. This co-payment is waived if the LTAC confinement is a transfer from an inpatient acute care setting.</p>

	2017(this year)	2018(next year)
		<p>90 days of Medically Necessary LTAC related hospitalization for each Benefit Period to include Medically Necessary inpatient hospital acute care days, the Benefit Period as defined by Medicare Part A, and up to 60 lifetime reserve days to a maximum of 150 days. \$283 per day copayment for days 61-90 per Benefit Period; \$566 each lifetime reserve day.</p>
<p>Medical Nutritional Therapy</p>	<p>Medicare Covered Medical Nutritional Therapy is limited to 3 hours of one-on-one counseling services during your first year that you receive medical nutrition therapy services under Medicare and 2 hours each year after that for members with diabetes, renal (kidney) disease (but not on dialysis), or after a kidney transplant.</p>	<p>Medicare Covered Medical Nutritional Therapy is limited to 3 hours of one-on-one counseling services during your first year that you receive medical nutrition therapy services under Medicare and 2 hours each year after that for members with diabetes, renal (kidney) disease (but not on dialysis), or after a kidney transplant. As a supplemental benefit, Plan covers</p> <ul style="list-style-type: none"> • 1 additional hour of one-on-one counseling for members with diabetes, renal (kidney) disease (but not on dialysis), or after a kidney transplant. • 3 hours of one-on-one counseling for members with medical need for Medical Nutritional Therapy.
<p>Outpatient Surgery, Including Services Provided at Hospital</p>	<p>Additional coinsurance applies for Medicare-covered Part B prescription drugs. Services include surgical services, minor surgical services, heart cath, oncology related services, infusion</p>	<p>Additional coinsurance applies for Medicare-covered Part B prescription drugs. Services include surgical services, minor surgical services, heart cath, oncology related services, wound</p>

	2017(this year)	2018(next year)
Outpatient Facilities and Ambulatory Surgical Centers	<p>therapies, respiratory services and other therapeutic procedures done in an outpatient facility setting.</p> <p>If you are admitted to the inpatient acute level of care from outpatient surgery or ambulatory surgery the above cost share is waived and the Inpatient Hospital care cost share applies.</p> <p>If you are admitted to observation from outpatient surgery or an ambulatory surgical center, you pay the applicable copayment for outpatient surgery services or ambulatory surgical services and the coinsurance for the Medicare Part B prescription.</p>	<p>care, infusion therapies, respiratory services and other therapeutic procedures done in an outpatient facility setting.</p> <p>If you are admitted to the inpatient acute level of care from outpatient surgery or ambulatory surgery the above cost share is waived and the Inpatient Hospital care cost share applies.</p> <p>If you are admitted to observation from outpatient surgery or an ambulatory surgical center, you pay the applicable copayment for outpatient surgery services or ambulatory surgical services and the coinsurance for the Medicare Part B prescription.</p> <p>If you receive services at a physician's office but they are owned by a hospital and considered to be an outpatient department of the hospital, the outpatient Surgery cost share will apply.</p>
Physician/ Practitioner Services, Including Doctor's Office Visits	<p>For both in and out of network benefits, in addition to the cost-share above, there will be a copay and/or coinsurance for Medically Necessary Medicare-Covered services for Durable Medical Equipment and supplies, prosthetic devices and supplies, outpatient diagnostic tests and therapeutic services, eyeglasses and contacts after cataract surgery, Part D prescription drugs and Medicare Part B prescription drugs, as described in this Benefit Chart.</p> <p>For other physician services not listed here, please see the appropriate</p>	<p>For both in and out of network benefits, in addition to the cost-share above, there will be a copay and/or coinsurance for Medically Necessary Medicare-Covered services for Durable Medical Equipment and supplies, prosthetic devices and supplies, outpatient diagnostic tests and therapeutic services, eyeglasses and contacts after cataract surgery, Part D prescription drugs and Medicare Part B prescription drugs, as described in this Benefit Chart.</p> <p>If your physician's practice is owned by a hospital system, they may be</p>

2017(this year)	2018(next year)
<p>section of this Benefit Chart for details.</p> <p>Medicare Covered Chiropractic services provided by a PCP or specialist, when applicable, are covered under the Chiropractic Benefit and will take the Chiropractic Cost share.</p> <p>Medicare Covered Podiatry services provided by a PCP or specialist, when applicable, are covered under the Podiatry Benefit and will take the Podiatry Cost share.</p> <p>Medicare Covered Outpatient Rehabilitation services provided by a PCP or specialist, when applicable, are covered under the Outpatient Rehabilitation Benefit and will take the Outpatient Rehabilitation Cost share.</p> <p>Medicare Covered Cardiac/ Pulmonary Rehabilitation services provided by a PCP or specialist, when applicable, are covered under the Cardiac/Pulmonary Rehabilitation Benefit and will take the Cardiac/Pulmonary Rehabilitation Cost share.</p>	<p>considered to be an outpatient department of the hospital, and cost shares for their services may fall under the "Outpatient Surgery and Services performed at an Outpatient Hospital or Ambulatory Surgery Center" benefit sections. Please see that section for applicable cost shares.</p> <p>For other physician services not listed here, please see the appropriate section of this Benefit Chart for details.</p> <p>Medicare Covered Chiropractic services provided by a PCP or specialist, when applicable, are covered under the Chiropractic Benefit and will take the Chiropractic Cost share.</p> <p>Medicare Covered Outpatient Rehabilitation services provided by a PCP or specialist, when applicable, are covered under the Outpatient Rehabilitation Benefit and will take the Outpatient Rehabilitation Cost share.</p> <p>Medicare Covered Cardiac/ Pulmonary Rehabilitation services provided by a PCP or specialist, when applicable, are covered under the Cardiac/Pulmonary Rehabilitation Benefit and will take the Cardiac/Pulmonary Rehabilitation Cost share.</p>
<p>Podiatry</p> <p>The Podiatry Services cost share will apply to Medicare Covered Podiatry services provided by a Podiatrist, PCP or other specialist, as appropriate.</p>	<p>For both in and out of network benefits, in addition to the cost-share above, there will be a copay and/or coinsurance for Medically Necessary Medicare-Covered services for</p>

	2017(this year)	2018(next year)
	<p>For both in and out of network benefits, in addition to the cost-share above, there will be a copay and/or coinsurance for Medically Necessary Medicare-Covered services for Durable Medical Equipment and supplies, prosthetic devices and supplies, outpatient diagnostic tests and therapeutic services, Part D prescription drugs and Medicare Part B prescription drugs, as described in this Benefit Chart.</p>	<p>Durable Medical Equipment and supplies, prosthetic devices and supplies, outpatient diagnostic tests and therapeutic services, Part D prescription drugs and Medicare Part B prescription drugs, as described in this Benefit Chart.</p>
Services to Treat Kidney Disease and Conditions	<p>For both in and out of network benefits, Staff-assisted home dialysis using nurses to assist ESRD beneficiaries is not included in the ESRD PPS and is not a Medicare covered service.</p> <p>If your physician performs additional diagnostic or surgical procedures or if other medical services are provided for other medical conditions, in the same visit, then the appropriate cost-share applies for those services rendered during that visit.</p>	<p>For both in and out of network benefits, Staff-assisted home dialysis using nurses to assist ESRD beneficiaries is not included in the ESRD PPS and is not a Medicare covered service. See "Inpatient Hospital Care" for cost shares applicable to inpatient dialysis treatments.</p> <p>If your physician performs additional diagnostic or surgical procedures or if other medical services are provided for other medical conditions, in the same visit, then the appropriate cost-share applies for those services rendered during that visit.</p>
Vision Care	<p>For both in and out of network benefits, facility and/or specialist cost share will apply to other services performed, including surgical services.</p> <p>In addition to the cost-shares above, there will be a copay and /or coinsurance for diagnostic tests and therapeutic services and Part D prescription drugs and Medicare Part</p>	<p>Medicare-Covered Benefits are limited to office visits and non-radiologic vision testing.</p> <p>For both in and out of network benefits, facility and/or specialist cost share will apply to other services performed, including surgical services.</p> <p>In addition to the cost-shares above, there will be a copay and /or</p>

2017(this year)	2018(next year)
<p>B prescription drugs, as described in this Benefit Chart. For other physician services not listed here, please see the appropriate section of this Benefit Chart for details.</p>	<p>coinsurance for outpatient diagnostic tests and therapeutic services and Part D prescription drugs and Medicare Part B prescription drugs, as described in this Benefit Chart. For other physician services not listed here, please see the appropriate section of this Benefit Chart for details.</p> <p>Fittings for eyeglasses and contacts are covered under the eyewear benefit and subject to the same diagnosis restrictions.</p> <p>Laser Cataract Surgery and Laser Vision Surgery are not covered services.</p>
<p>Worldwide Emergency Coverage</p> <p>Coinsurance is not waived for worldwide coverage if you are admitted to the hospital.</p> <p>Cost shares paid for Worldwide Emergent Coverage does not apply to your Maximum Out Of Pocket Limits. This plan offers Worldwide coverage for Emergency Care, not generally covered by Medicare. This benefit includes emergency care as described above until you are medically stabilized for transport or discharge up to a maximum of \$20,000 or 60 days per calendar year.</p>	<p>Coinsurance is not waived for worldwide coverage if you are admitted to the hospital.</p> <p>Cost shares paid for Worldwide Emergent Coverage does not apply to your Maximum Out Of Pocket Limits.</p> <p>This plan offers Worldwide coverage for Emergency Care, not generally covered by Medicare. This benefit includes emergency care as described above until you are medically stabilized for transport or discharge up to a maximum of \$20,000 or 60 days per calendar year. It does not include worldwide coverage for Urgent Care.</p>

SECTION 3 Deciding Which Plan to Choose

Section 3.1 – If you want to stay in Today's Options Advantage Plus 150A (PPO)

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, *American Progressive Life & Health Insurance Company of New York, Inc.* offers other Medicare health plans *AND* Medicare prescription drug 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 *Today's Options Advantage Plus 150A (PPO)*.
- To **change to Original Medicare with a prescription drug plan**, enroll in the new drug plan. You will automatically be disenrolled from *Today's Options Advantage Plus 150A (PPO)*.
- 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.

The State Health Insurance Assistance Program 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. State Health Insurance Assistance Program 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. The name, phone number and Website for the State Health Insurance Assistance Program in your state are located in Appendix A of your *Evidence of Coverage*.

SECTION 6 Programs That Help Pay for Prescription Drugs

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

- **“Extra Help” from Medicare.** People with limited incomes may qualify for "Extra Help" to pay for their prescription drug costs. If you qualify, Medicare could pay up to 75% or more of your drug costs including monthly prescription drug premiums, annual deductibles, and coinsurance. Additionally, those who qualify will not have a coverage gap or late enrollment penalty. Many people are eligible and don't even know it. To see if you qualify, call:
 - 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048, 24 hours a day/7 days a week;

- The Social Security Office at 1-800-772-1213 between 7 a.m. and 7 p.m., Monday through Friday. TTY users should call 1-800-325-0778 (applications); or
- Your State Medicaid Office (applications).
- **Help from your state's pharmaceutical assistance program.** Your state has a program called State Pharmaceutical Assistance Program that helps people pay for prescription drugs based on their financial need, age, or medical condition. To learn more about the program, check with your State Pharmaceutical Assistance Program (the name and phone numbers for this organization are located in Appendix A of your *Evidence of Coverage*).
- **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 your state specific ADAP (the name and phone numbers for this organization are located in Appendix A of your *Evidence of Coverage*).

SECTION 7 Questions?

Section 7.1 – Getting Help from Today's Options Advantage Plus 150A (PPO)

Questions? We're here to help. Please call Member Services at (866) 422-5009. (TTY only, call 711.) We are available for phone calls seven days a week from 8 a.m. to 8 p.m. 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 2018 *Evidence of Coverage for Today's Options Advantage Plus 150A (PPO)*. 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.TodaysOptionsPPO.com. 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 *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.

Discrimination is Against the Law

TexanPlus® HMO, TexanPlus® HMO-POS, TexanPlus® HMO-SNP, Today's Options® PFFS, Today's Options® PPO, and Today's Options® HMO hereinafter, the Plan) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. The Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

The Plan:

- 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 the Civil Rights Coordinator.

If you believe that the Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Civil Rights Coordinator, Your Plan Name, P.O. Box 18200, Austin, TX 78760-8200, c/o Appeals and Grievances, 1-866-422-1690 (TTY users call 711), Fax: 1-800-817-3516, Email: AGMailbox@UniversalAmerican.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator 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, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

English:

ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-888-736-7442 (TTY: 711).

Spanish:

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-736-7442 (TTY: 711).

Chinese:

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-736-7442 (TTY: 711)。

Russian:

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-736-7442 (телетайп: 711).

French:

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-736-7442 (ATS: 711).

Vietnamese:

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-736-7442 (TTY: 711).

Korean:

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-736-7442 (TTY: 711) 번으로 전화해 주십시오.

Arabic:

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-736-7442 (رقم هاتف الصم والبكم: 711).

Italian:

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-888-736-7442 (TTY: 711).

Yiddish:

אויפמערקזאם: אויב איר רעדט אידיש, זענען פארהאן פאר אייך שפראך הילף סערוויסעס פריי פון אפצאל. רופט 1-888-736-7442 (TTY: 711).

Bengali:

লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃখরচায় ভাষা সহায়তা পিরষবা উপলব্ধ আছে। ফোন করুন 1-888-736-7442 (TTY: 711)।

Urdu:

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں - کال کریں 1-888-736-7442 (TTY: 711).

Polish:

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-888-736-7442 (TTY: 711).

Tagalog:

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-888-736-7442 (TTY: 711).

Greek:

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-888-736-7442 (TTY: 711).

Albanian:

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-888-736-7442 (TTY: 711).

Hindi:

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-888-736-7442 (TTY: 711) पर कॉल करें।

