

2022 Summary of Benefits

Blue Shield Inspire (HMO)

Medicare Advantage Prescription Drug Plan

Alameda and San Mateo Counties

2022 Summary of Benefits

Blue Shield Inspire

Alameda and San Mateo Counties

Effective January 1, 2022 – December 31, 2022

The benefit information provided does not list every service that we cover or list every limitation or exclusion. To get a complete list of services we cover, please refer to the **Evidence of Coverage (EOC)** at blueshieldca.com/MAPDdocuments2022 or by calling Customer Care at **(800) 776-4466** [TTY:711], 8 a.m. to 8 p.m., seven days a week, year round. **Note: The EOC will be available on our website by October 15.**

Blue Shield Inspire includes Part D coverage, which provides prescription drug coverage, offering you the convenience of having both your medical and prescription drugs covered through one plan.

To join **Blue Shield Inspire**, you must be entitled to Medicare Part A, be enrolled in Medicare Part B, and live in our service area. **Our service area includes Alameda and San Mateo Counties.**

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 <http://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.

Our plan Provider Directory is located on our website at blueshieldca.com/find-a-doctor.

Our plan Pharmacy Directory is located on our website at blueshieldca.com/medpharmacy2022.

To get the most complete and current information about which drugs are covered, you can visit our website at blueshieldca.com/medformulary2022.

Summary of benefits

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

Premiums and benefits	You pay	What you should know
Monthly plan premium	\$0	You must continue to pay your Medicare Part B premium in addition to the plan premium, if applicable.
Deductible	\$0	
Annual out-of-pocket maximum amount	\$4,200	Does not include Part D prescription drugs. This is the most you would pay for the year for in-network covered Medicare Part A and Part B services.
Inpatient hospital care	\$250 copay per day for days 1 – 5 \$0 copay per day for days 6 and over	Our plan covers an unlimited number of days for a Medicare-covered inpatient hospital stay in a network hospital.
Outpatient hospital services • Services in an emergency department or outpatient clinic, such as observation services or outpatient surgery	\$200 copay for each visit to an outpatient hospital facility \$0 copay for observation services \$85 copay for each visit to an emergency room (this copay is waived if you are admitted to the hospital within one day for the same condition)	Our plan covers medically necessary services you get in the outpatient department of a hospital for diagnosis or treatment of an illness or injury.
Outpatient surgery	\$50 copay for each visit to an ambulatory surgical center \$200 copay for each visit to an outpatient hospital facility	
Doctor visits • Primary care physician • Specialists	\$0 copay per visit \$15 copay per visit	A referral from your doctor may be required for Specialist visits.
Preventive care	\$0 copay	Any additional preventive services approved by Medicare during the contract year will be covered.
Emergency care	\$85 copay per visit No combined annual limit for emergency care and urgently needed services outside the United States and its territories	This copay is waived if you are admitted to a hospital within one day for the same condition. Worldwide coverage.

Summary of benefits (cont'd)

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

Premiums and benefits	You pay	What you should know
Urgently needed services	<p>\$15 copay for each visit to a network urgent care center within your plan service area</p> <p>\$15 copay for each visit to an urgent care center or physician office outside your plan service area but within the United States and its territories</p> <p>\$85 copay for each visit to an emergency room outside of the plan service area but within the United States and its territories</p> <p>\$85 copay for each visit to an emergency room, urgent care center, or physician office that is outside of the United States and its territories</p> <p>No combined annual limit for emergency care and urgently needed services outside the United States and its territories</p>	<p>This copay is waived if you are admitted to a hospital within one day for the same condition.</p> <p>Worldwide coverage.</p>
Diagnostic services, labs, and imaging <ul style="list-style-type: none"> • Diagnostic radiology services (such as MRIs, CT scans, PET scans, etc.) • Lab services • Diagnostic tests and procedures • Outpatient X-rays • Therapeutic radiology services (such as radiation treatment for cancer) 	<p>\$70 copay for each diagnostic radiology service</p> <p>\$0 copay</p> <p>\$0 copay</p> <p>\$0 copay</p> <p>20% coinsurance for each therapeutic radiology service</p>	<p>A referral from your doctor may be required for diagnostic services, labs and imaging services.</p> <p>Covered according to Medicare guidelines.</p> <p>While you pay 20% coinsurance for therapeutic radiology services, you will never pay more than your \$4,200 total out-of-pocket maximum for the year.</p>

Summary of benefits (cont'd)

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

Premiums and benefits	You pay	What you should know
Hearing services <ul style="list-style-type: none"> Hearing exam (Medicare covered) Routine (non-Medicare covered) hearing exam Hearing aids 	<p>\$0 copay per visit if performed at your PCP's office</p> <p>\$15 copay per visit if performed at a specialist's office</p> <p>\$0 - \$15 copay per visit</p> <p>\$449 copay for each Silver Technology behind-the-ear hearing aid or \$699 copay for each Gold Technology hearing aid</p>	<p>A referral from your doctor may be required for hearing services.</p> <p>Routine hearing exams are unlimited if provided by your doctor but are limited to one exam every 12 months with network hearing aid provider.</p> <p>Coverage is limited to 2 hearing aids per year.</p>
Dental services (non-Medicare covered) <ul style="list-style-type: none"> Prophylaxis (cleaning) Dental X-rays Fluoride treatment Oral exam 	<p>\$0 copay</p> <p>\$0 copay</p> <p>\$0 copay</p> <p>\$0 copay</p>	<p>One visit every 6 months.</p> <p>One series of bitewing X-rays every 6 months.</p> <p>One series of full mouth X-rays every 24 months.</p> <p>Two visits every 6 months for fluoride treatment.</p> <p>See optional supplemental dental HMO and PPO plans for more information about dental services for an extra plan premium.</p>

Summary of benefits (cont'd)

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

Premiums and benefits	You pay	What you should know
<p>Vision services</p> <ul style="list-style-type: none"> • Exam to diagnose and treat diseases and conditions of the eye • Routine eye exam and refraction • Eyeglass frames • Eyeglass lenses or contact lenses 	<p>\$15 copay for each Medicare-covered visit</p> <p>\$0 copay per visit</p> <p>\$0 copay</p> <p>\$0 copay</p>	<p>A referral from your doctor may be required for an exam to diagnose and treat diseases and conditions of the eye.</p> <p>One visit every 12 months with network provider. Some coverage at non-network providers included; see the plan EOC for details.</p> <p>Our plan pays up to \$150 for one pair of eyeglass frames every 24 months when obtained from a network provider. Some coverage at non-network providers included; see the plan EOC for details.</p> <p>Our plan pays for one pair of prescription eyeglass lenses or up to \$150 for contact lenses every 12 months when obtained from a network provider. Some coverage at non-network providers included; see the plan EOC for details.</p>
<p>Mental health services</p> <ul style="list-style-type: none"> • Inpatient mental health care • Outpatient group therapy visit • Outpatient individual therapy visit 	<p>\$900 copay per Medicare-covered stay</p> <p>\$30 copay per visit</p> <p>\$30 copay per visit</p>	<p>A referral from your doctor may be required for mental health services.</p> <p>A benefit period starts the day you go into a hospital or skilled nursing facility. It ends when you go for 60 days in a row without hospital or skilled nursing care.</p> <p>If you go into the hospital after one benefit period has ended, a new benefit period begins.</p>

Summary of benefits (cont'd)

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

Premiums and benefits	You pay	What you should know
Skilled nursing facility (SNF) care	\$0 copay per day for days 1 - 20 \$145 copay per day for days 21 - 100	A referral from your doctor may be required for skilled nursing facility care. 100 days per benefit period; no prior hospitalization required with network provider. A benefit period starts the day you go into a hospital or skilled nursing facility. It ends when you go for 60 days in a row without hospital or skilled nursing care. If you go into the hospital after one benefit period has ended, a new benefit period begins.
Rehabilitation Services • Occupational therapy • Physical therapy and speech and language therapy	\$15 copay per visit \$15 copay per visit	A referral from your doctor may be required for rehabilitation services.
Ambulance	\$250 copay per trip (each way)	
Transportation	\$0 copay	Limited to 20 one-way trips to plan-approved health-related locations every year.
Medicare Part B Drugs	20% coinsurance for chemotherapy/radiation drugs and other Part B drugs	Some Part B drugs may require a prior authorization from your doctor.

Summary of benefits (cont'd)

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

Additional benefits included in your plan

Premiums and benefits	You pay	What you should know
Annual Physical Exam	\$0 copay	One every 12 months.
Special Supplemental Benefits for the Chronically Ill: Independence and Safe Mobility with AAA	\$0 copay	This is a Special Supplemental Benefit for the Chronically Ill (SSBCI) which requires eligibility determination. You must meet one or more qualifying chronic conditions to receive this benefit. Please see the plan EOC for additional details.
Opioid Treatment Program Services	\$0 copay	
Additional telehealth services	\$0 copay	Teladoc Physicians can diagnose and treat basic medical conditions and can also prescribe certain medication.
Foot care (podiatry services) <ul style="list-style-type: none"> • Foot exams and treatment • Routine (non-Medicare covered) foot care 	\$15 copay for each Medicare-covered visit You will be reimbursed up to \$1,000 every year for routine foot care	A referral from your doctor may be required for foot care services. You may obtain routine foot care at the provider of your choice.
Diabetic Supplies & Services <ul style="list-style-type: none"> • Blood glucose monitors • Diabetes self-management training, diabetic services and supplies 	\$0 copay for ACCU-CHEK blood glucose monitors and 20% coinsurance for blood glucose monitors from all other manufacturers \$0 copay for all training, services and supplies except blood glucose monitors (see "Blood glucose monitors" above)	A referral from your doctor may be required for diabetic supplies & services. Prior authorization from the plan may be required for durable medical equipment, blood glucose monitors and test strips. See the plan EOC for more information.
Durable Medical Equipment (DME) and Related Supplies <ul style="list-style-type: none"> • Durable medical equipment (e.g., wheelchairs, oxygen) 	20% coinsurance	A referral from your doctor may be required for durable supplies & services. Prior authorization from the plan may be required for DME. See the plan EOC for more information.

Summary of benefits (cont'd)

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

Premiums and benefits	You pay	What you should know
Prosthetics/Medical Supplies <ul style="list-style-type: none"> • Prosthetics (e.g., braces, artificial limbs) • Medical supplies (e.g., splints, casts) 	20% coinsurance \$0 copay	A referral from your doctor may be required for prosthetics/medical supplies.
Health and Wellness programs <ul style="list-style-type: none"> • Basic gym access through SilverSneakers Fitness • NurseHelp 24/7SM (telephone and online support) 	\$0 copay \$0 copay	
Acupuncture (non-Medicare covered)	\$0 copay per visit	Limited to 12 visits per year.
Over-the-Counter (OTC) Items	You have a \$90 allowance per quarter to spend on covered items.	You can place two orders per quarter and cannot roll over your unused allowance into the next quarter. Some limitations may apply. Refer to the OTC catalog for more information.
Routine chiropractic services (non-Medicare covered)	\$0 copay per visit	Limited to 12 visits per year.

Prescription drug coverage

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

You pay the following:

Part D prescription drug benefit						
Stage 1: Annual Deductible Stage	This stage does not apply because there is no deductible.					
Stage 2: Initial Coverage Stage	Preferred retail cost-sharing (in-network)			Standard retail cost-sharing (in-network)[^]		
	30-day supply	90-day supply^{*NDS}	100-day supply^{NDS}	30-day supply	90-day supply^{NDS}	100-day supply^{NDS}
Tier 1: Preferred Generic Drugs	\$0 copay	See 100-day supply	\$0 copay	\$5 copay	See 100-day supply	\$5 copay
Tier 2: Generic Drugs	\$5 copay	\$7.50 copay	Not Covered	\$12 copay	\$36 copay	Not Covered
Tier 3: Preferred Brand Drugs	\$40 copay	\$100 copay	Not Covered	\$47 copay	\$141 copay	Not Covered
Tier 4: Non-Preferred Drugs	\$95 copay	\$237.50 copay	Not Covered	\$100 copay	\$300 copay	Not Covered
Tier 5: Specialty Tier Drugs	33% coinsurance	Not Covered	Not Covered	33% coinsurance	Not Covered	Not Covered

[^]If you reside in a long-term care facility, you pay the same as at an in-network standard retail cost-sharing pharmacy. There are limited situations where you may be able to get drugs from an out-of-network pharmacy at the same cost as an in-network standard retail cost-sharing pharmacy.

For more information on the additional pharmacy-specific cost-sharing and the phases of the benefit, please refer to the plan EOC.

*90- and 100-day supply cost-sharing also applies to Blue Shield's mail service pharmacy.

NDS A long-term (up to a 90- or 100-day) supply is not available for select drugs. The drugs that are not available for a long-term supply are marked with the symbol NDS in our Drug List.

Prescription drug coverage (cont'd)

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

Part D prescription drug benefit		
Stage 3: Coverage Gap Stage	Coverage for outpatient prescription drugs after the total yearly drug costs paid by both you and Blue Shield reach \$4,430, until your yearly out-of-pocket drug costs reach \$7,050.	Tier 1: Preferred Generic Drugs are covered at the copays described above. For all other tiers, you pay 25% of the price for brand-name drugs (plus a portion of the dispensing fee) and 25% of the price for generic drugs until your year-to-date out-of-pocket drug costs total \$7,050, which is the end of the coverage gap stage. Whether a drug is considered generic or brand can be determined using the plan formulary.
Stage 4: Catastrophic Coverage	After your yearly out-of-pocket drug costs (including drugs you bought through your retail pharmacy and through mail service) reach \$7,050, you pay the greater of: <ul style="list-style-type: none"> • 5% of the cost, or • \$3.95 copay for a generic drug (including brand-name drugs treated as generic) and a \$9.85 copay for all other drugs (This stage protects you from any additional costs once you have paid your yearly out-of-pocket drug costs.)	





Mail Service Pharmacy

CVS Caremark is our network mail service pharmacy where you may obtain a 90- or 100-day supply of maintenance drugs at a lower cost. They will be delivered to your home or office with no charge for shipping or delivery. Sign up at caremark.com or call (866) 346-7200 [TTY: 711].

Tier 5 drugs are limited to a 30-day supply by mail service.

Network pharmacies that offer preferred cost-sharing

You may pay less when you visit one of our network pharmacies that offer preferred cost-sharing. Here's just a few:

- | | | |
|---|---------------------------|---|
| • CVS/pharmacy [‡]
(including CVS pharmacy at Target) | (888) 607-4287 [TTY: 711] |  |
| • Safeway and Vons pharmacies [‡] | (877) 723-3929 [TTY: 711] |  |
| • Albertsons/Sav-on/Osco pharmacies [‡] | (877) 932-7948 [TTY: 711] |  |
| • Costco [‡] | (800) 955-2292 [TTY: 711] |  |
| • Ralphs [‡] , Walmart [‡] and many more. | | |

You do not have to be a Costco member to use Costco Pharmacies.

[‡]Accepts e-prescribing

Optional supplemental dental HMO and PPO plans

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

You pay the following:

Network access	Blue Shield Inspire AL/SM	Optional supplemental dental HMO	Optional supplemental dental PPO	
	Participating dentists only	Participating dentists only	Participating dentists	Non-participating dentists
Monthly optional supplemental dental plan premium	None	\$12.40	\$41.90	
Calendar year deductible per member (not applicable to diagnostic and preventive services)	\$0	\$0	You pay \$50 before major services begin.	
Calendar year benefit maximum per member*	None	\$1,000 for covered endodontic, periodontic, and oral surgery services when performed by a network dental specialist.	\$1,500 for covered preventive and comprehensive dental services combined, no matter if the services are performed by a participating general dentist or a dental specialist. Up to \$1,000 of this maximum amount may be used for covered preventive and comprehensive dental services performed by non-participating dentists in a calendar year. You pay any amount above the \$1,500 calendar year benefit maximum.	
Waiting Period	No waiting period	No waiting period	No waiting period	

*All services must be performed, prescribed or authorized by your network dentist. If you need to see a specialist, you must get a referral from your primary dentist to receive covered specialist services. Plan pays a maximum of \$1,000 per calendar year for covered specialist services. You are responsible for amounts above \$1,000. If you are enrolled in the optional supplemental dental PPO plan and you need to see a specialist, you may go directly to the specialist.

Optional supplemental dental HMO and PPO plans (cont'd)

Blue Shield Inspire (HMO)
Alameda and San Mateo Counties

Effective January 1, 2022 - December 31, 2022

Network access	Blue Shield Inspire AL/SM	Optional supplemental dental HMO	Optional supplemental dental PPO	
	Participating dentists only	Participating dentists only	Participating dentists	Non-participating dentists
Summary list of services covered (ADA code)[†]				
	You pay	You pay	You pay	You pay
Diagnostic services				
Comprehensive oral exam (D0150)	\$0 copay	\$5 copay (2 visits in 12 months)	0% (2 visits in 12 months)	20% (2 visits in 12 months)
Complete X-rays (D0210)	\$0 copay (1 series every 24 months)	\$0 copay (1 series every 24 months)	0% (1 series every 36 months)	20% (1 series every 36 months)
Preventive care				
Prophylaxis – adult (D1110)	\$0 copay (1 cleaning every 6 months)	\$5 copay (1 cleaning every 6 months)	0% (1 cleaning every 6 months)	20% (1 cleaning every 6 months)
Restorative services				
One surface composite resin restoration – anterior (D2330)	Not covered	\$11 copay	20%	30%
Crown (porcelain fused to noble metal) (D2750)	Not covered	\$275 copay [‡]	50%	50%
Periodontics	For the optional supplemental dental HMO plan, your copayment will be higher if these services are performed by a specialist.			
Periodontal scaling & root planing/four or more teeth per quadrant (D4341)	Not covered	\$45 copay	50%	50%
Endodontics	For the optional supplemental dental HMO plan, your copayment will be higher if these services are performed by a specialist.			
Anterior root canal therapy (D3310)	Not covered	\$195 copay	50%	50%
Molar tooth therapy (D3330)	Not covered	\$335 copay	50%	50%

[†] ADA codes are procedure codes established by the American Dental Association for efficient processing and reporting of dental claims.

[‡] You pay the copayment plus the cost of precious or semi-precious metals. Porcelain on molar crowns is not a covered benefit.

We're here to help

Contact Blue Shield at **(888) 534-4263** [TTY: 711]

8 a.m. to 8 p.m., seven days a week, year round.

Blue Shield of California is an HMO plan with a Medicare contract. Enrollment in Blue Shield of California depends on contract renewal.

SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. SilverSneakers LIVE, SilverSneakers On-Demand and SilverSneakers GO are trademarks of Tivity Health, Inc. © 2021 Tivity Health, Inc. All rights reserved.

Blue Shield Inspire and NurseHelp 24/7 are service marks of Blue Shield of California. Blue Shield and the Shield symbol are registered trademarks of the BlueCross BlueShield Association, an association of independent Blue Cross and Blue Shield plans.

Blue Shield of California complies with applicable state laws and federal civil rights laws, and does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, or disability.

Blue Shield of California cumple con las leyes estatales y las leyes federales de derechos civiles vigentes, y no discrimina por motivos de raza, color, país de origen, ascendencia, religión, sexo, estado civil, género, identidad de género, orientación sexual, edad ni discapacidad.

Blue Shield of California 遵循適用的州法律和聯邦公民權利法律，並且不以種族、膚色、原國籍、血統、宗教、性別、婚姻狀況、性別認同、性取向、年齡或殘障為由而進行歧視。