



# Evidence of Coverage

Your medicare health benefits and services and  
prescription drug coverage as a member of





## NONDISCRIMINATION NOTICE

Discrimination is against the law. 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, pregnancy or related conditions, sex characteristics, sex stereotypes, gender, gender identity, sexual orientation, age, or disability. Blue Shield of California does not exclude people or treat them differently because of race, color, national origin, ancestry, religion, sex, marital status, pregnancy or related conditions, sex characteristics, sex stereotypes, gender, gender identity, sexual orientation, age, or disability.

Blue Shield of California provides:

- Aids and services at no cost 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)
- 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 Blue Shield of California Customer Service using the number on the back of your member ID card.

If you believe that Blue Shield of California has failed to provide these services or discriminated in another way on the basis of race, color, national origin, ancestry, religion, sex, marital status, pregnancy or related conditions, sex characteristics, sex stereotypes, gender, gender identity, sexual orientation, age, or disability, you can file a grievance with:

Blue Shield of California Civil Rights Coordinator  
P.O. Box 5588, El Dorado Hills, CA 95762-0011  
Phone: (844) 831-4133 (TTY: 711)  
Fax: (844) 696-6070  
Email: [BlueShieldCivilRightsCoordinator@blueshieldca.com](mailto:BlueShieldCivilRightsCoordinator@blueshieldca.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, D.C. 20201  
Phone: 1-800-368-1019, 1-800-537-7697 (TDD)

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

## 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 1-800-452-4413. Someone who speaks English 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 1-800-452-4413. 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 1-800-452-4413。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 1-800-452-4413。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 1-800-452-4413. 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 1-800-452-4413. 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 1-800-452-4413 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 1-800-452-4413. 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 1-800-452-4413 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 1-800-452-4413. 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 ليس عليك سوى الاتصال بنا على 1-800-452-4413. سيقوم شخص ما يتحدث العربية بمساعدتك. هذه خدمة مجانية على مترجم فوري،

**Hindi** हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं। एक दुभाषिया प्राप्त करने के लिए, बस हमें 1-800-452-4413 पर फोन करें। कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है। यह एक मुफ्त सेवा है।

**Italian** E disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero 1-800-452-4413. 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 1-800-452-4413. 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 1-800-452-4413. 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 1-800-452-4413. 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、1-800-452-4413 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。

**Hmong** Peb muaj cov kev pab cuam txhais lus pab dawb los teb tej lus nug uas koj muaj hais txog ntawm peb li kev noj qab haus huv los sis lub phiaj xwm tshuaj kho mob. Kom tau txais tus kws pab cuam txhais lus, tsuas yog hu rau peb ntawm 1-800-452-4413. Muaj cov paub lus Hmoob tuaj yeem pab tau koj. Qhov no yog pab dawb.

**Ukrainian** Ми надаємо безкоштовні послуги перекладача, щоб відповісти на будь-які запитання щодо нашого плану лікування чи надання лікарських засобів. Щоб скористатися послугами перекладача, просто зателефонуйте нам за номером 1-800-452-4413. Вам може допомогти хтось, хто розмовляє Українською. Це безкоштовна послуга.

**Navajo** Díí ats'íís baa áháy' éí doodago azee' bee aa áháy' bína'idííkidgo éí ná ata' hodoonihíí hóló. Ata' halne'é biniiyégo, kojí' 1-800-776-4466 béésh bee hodíílnih. Diné k'ehjí yálti'i níká adoolwoł. Díí t'áá jíík'eh bee aná'áwo.

**Punjabi** ਪੰਜਾਬੀ ਸਾਡੀ ਸਿਹਤ ਨਾਂ ਡਰੱਗ ਪਲਾਨ ਬਾਰੇ ਤੁਹਾਡੇ ਕਿਸੇ ਵੀ ਸਵਾਲ ਦਾ ਜਵਾਬ ਦੇਣ ਲਈ ਸਾਡੇ ਕੋਲ ਮੁਫਤ ਦੁਭਾਸ਼ੀਏ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। ਇੱਕ ਦੁਭਾਸ਼ੀਆ ਲੈਣ ਲਈ, ਸਾਨੂੰ 1-800-452-4413 'ਤੇ ਕਾਲ ਕਰੋ। ਪੰਜਾਬੀ ਬੋਲਣ ਵਾਲਾ ਕੋਈ ਵੀ ਵਿਅਕਤੀ ਤੁਹਾਡੀ ਮਦਦ ਕਰ ਸਕਦਾ ਹੈ। ਇਹ ਇੱਕ ਮੁਫਤ ਸੇਵਾ ਹੈ।

**Khmer** យើងមានសេវាអ្នកបកប្រែផ្ទាល់មាត់ដោយឥតគិតថ្លៃដើម្បីឆ្លើយសំណួរនានាដែលអ្នកអាចមានអំពីសុខភាព ឬគម្រោងឱសថរបស់យើង។ ដើម្បីទទួលបានអ្នកបកប្រែផ្ទាល់មាត់ម្នាក់សូមទូរសព្ទមកយើងខ្ញុំតាមលេខ 1-800-452-4413។ អ្នកណាម្នាក់ដែលនិយាយភាសាខ្មែរអាចជួយអ្នកបាន។ សេវានេះមិនគិតថ្លៃនោះទេ។

**Mien** Yie mbuo mbenc duqv maaih tengx wang-henh nzie faan waac mienh liouh dau waac bun muangx dongh nzunc baav meih maaih waac naaic taux yie mbuo gorngv taux yie nyei heng-wangc jauv-louc a'fai ndie-daan. Liouh lorx zipv longc faan waac nor, douc waac lorx taux yie mbuo yiem njiec naaiv 1-800-452-4413. Maaih mienh gorngv benx Mienh waac haih tengx nzie duqv meih. Naaiv se benx wang-henh nzie weih jauv-louc oc.

**Lao** ພວກເຮົາມີນາຍພາສາໂດຍບໍ່ເສຍຄ່າເພື່ອຕອບຄໍາຖາມຕ່າງໆທີ່ທ່ານອາດຈະມີກ່ຽວກັບສຸຂະພາບ ຫຼື ແຜນການຢາຂອງພວກເຮົາ. ເພື່ອໃຫ້ໄດ້ຮັບນາຍພາສາ, ພຽງແຕ່ໂທຫາພວກເຮົາທີ່ເບີ 1-800-452-4413. ມີຜູ້ຮູ້ພາສາລາວສາມາດຊ່ວຍທ່ານ. ນີ້ແມ່ນບໍລິການໂດຍບໍ່ເສຍຄ່າ.

**Armenian** Մեզ անոտ հասանելի են անվճար թարգմանչական ծառայություններ՝ մեր առողջապահական կազմակերպության հետ կապված ձեր ցանկացած հարցին պատասխանելու համար: Թարգմանիչ ծառայությունը համար պարզապես զանգահարեք մեզ 1-800-452-4413 հեռախոսահամարով: Ձեր կողմից հարցերն իմացող թարգմանիչը: Ծառայությունն անվճար է:

**Farsi** ما خدمات مترجم شفاهی رایگان ارائه می‌دهیم تا به هر گونه سوالی که در مورد طرح سلامت یا داروی ما دارید پاسخ دهیم. برای داشتن مترجم شفاهی، کافیت با ما به شماره 1-800-452-4413 تماس بگیرید. کسی که فارسی صحبت می‌کند می‌تواند به شما کمک کند. این یک خدمت رایگان است.

**Thai** ภาษาไทย เรามีบริการล่ามฟรีเพื่อตอบคำถามของคุณเกี่ยวกับสุขภาพหรือแผนด้านยาของคุณ หากต้องการบริการล่าม โปรดโทรหาเราที่ 1-800-452-4413 มีคนที่สามารถพูดภาษาไทยได้เพื่อช่วยเหลือคุณ บริการนี้เป็นบริการฟรี

# Blue Shield TotalDual Plan (HMO D-SNP), a Medicare Medi-Cal Plan *Member Handbook*

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OMB Approval 0938-1444 (Expires: June 30, 2026)



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

**January 1, 2025 – December 31, 2025**

## **Your Health and Drug Coverage under Blue Shield TotalDual Plan (HMO D-SNP), a Medicare Medi-Cal Plan**

### **Member Handbook Introduction**

This *Member Handbook*, otherwise known as the *Evidence of Coverage*, tells you about your coverage under our plan through December 31, 2025. It explains health care services, behavioral health (mental health and substance use disorder) services, prescription drug coverage, and long-term services and supports. Key terms and their definitions appear in alphabetical order in **Chapter 12** of your *Member Handbook*.

**This is an important legal document. Keep it in a safe place.**

When this *Member Handbook* says “we,” “us,” “our,” or “our plan,” it means Blue Shield TotalDual Plan.

This document is available for free in Arabic, Armenian, Cambodian, Simplified Chinese, Traditional Chinese, Farsi, Korean, Russian, Spanish, Tagalog, and Vietnamese.

You can get this document for free in other formats, such as large print, braille, and/or audio by calling Customer Service at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free.

- You can make a standing request to get this document in a language other than English or in an alternate format now and in the future. To make a request, please contact Blue Shield TotalDual Plan Customer Service. They will keep your preferred language and format on file for future recommendations. To make any updates on your preference, please contact Blue Shield TotalDual Plan.

### **Other languages**

You can get this *Member Handbook* and other plan materials in other languages at no cost to you. Blue Shield TotalDual Plan provides written translations from qualified translators. Call 1-800-452-4413 (TTY: 711). The call is free. Refer to your *Member Handbook* to learn more about health care language

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assistance services such as interpreter and translation services.

## Other formats

You can get this information in other formats such as braille, 20-point font large print, audio, and accessible electronic formats at no cost to you. Call 1-800-452-4413 (TTY: 711). The call is free.

## Interpreter services

Blue Shield TotalDual Plan provides oral interpretation services, including sign language, from a qualified interpreter, on a 24-hour basis, at no cost to you. You do not have to use a family member or friend as an interpreter. We discourage the use of minors as interpreters unless it is an emergency. Interpreter, linguistic, and cultural services are available for free. Help is available 24 hours a day, 7 days a week. For help in your language, or to get this *Member Handbook* in a different language, call 1-800-452-4413 (TTY: 711). The call is free.

ATTENTION: If you need help in your language call 1-800-452-4413 (TTY: 711). Aids and services for people with disabilities, like documents in braille and large print, are also available.

Call 1-800-452-4413 (TTY: 711). These services are free of charge.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



**الشعار بالعربية (Arabic)** يُرجى الانتباه: إذا احتجت إلى المساعدة بلغتك، فاتصل بـ (TTY: 711) 1-800-452-4413. تتوفر أيضًا المساعدات والخدمات للأشخاص ذوي الإعاقة، مثل المستندات المكتوبة بطريقة بريـل والخط الكبير. اتصل بـ (TTY: 711) 1-800-452-4413. هذه الخدمات مجانية.

**Հայերեն պիտակ (Armenian)** ՈՒՇԱԴՐՈՒԹՅՈՒՆ. Եթե Ձեզ օգնություն է հարկավոր Ձեր լեզվով, զանգահարեք 1-800-452-4413 (TTY՝ 711) հեռախոսահամարով: Կան նաև օժանդակ միջոցներ ու ծառայություններ հաշմանդամություն ունեցող անձանց համար, օրինակ Բրայլի գրատիպով ու խոշորատառ տպագրված նյութեր: Զանգահարեք 1-800-452-4413 (TTY՝ 711) հեռախոսահամարով: Այդ ծառայություններն անվճար են:

**简体中文标语 (Chinese)** 请注意：如果您需要以您的母语提供帮助，请致电1-800-452-4413 (TTY: 711)。另外还提供针对残疾人士的帮助和服务，例如盲文和需要较大字体阅读，也是方便取用的。请致电1-800-452-4413 (TTY: 711)。这些服务都是免费的。

**ਪੰਜਾਬੀ ਟੈਗਲਾਈਨ (Punjabi)** ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਾਲ ਕਰੋ 1-800-452-4413 (TTY: 711) । ਅਪਾਹਜ ਲੋਕਾਂ ਲਈ ਸਹਾਇਤਾ ਅਤੇ ਸੇਵਾਵਾਂ, ਜਿਵੇਂ ਕਿ ਬ੍ਰੇਲ ਅਤੇ ਮੋਟੀ ਛਪਾਈ ਵਿੱਚ ਦਸਤਾਵੇਜ਼, ਵੀ ਉਪਲਬਧ ਹਨ। ਕਾਲ ਕਰੋ 1-800-452-4413 (TTY: 711) । ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

If you have questions, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. For more information, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

**हिन्दी टैगलाइन (Hindi)** ध्यान दें: अगर आपको अपनी भाषा में सहायता की आवश्यकता है तो

1-800-452-4413 (TTY: 711) पर कॉल करें। अशक्तता वाले लोगों के लिए सहायता और सेवाएं, जैसे ब्रेल और बड़े प्रिंट में भी दस्तावेज़ उपलब्ध हैं। 1-800-452-4413 (TTY: 711) पर कॉल करें। ये सेवाएं निःशुल्क हैं।

**Nge Lus Hmoob Cob (Hmong)** CEEB TOOM: Yog koj

xav tau kev pab txhais koj hom lus hu rau

1-800-452-4413 (TTY: 711). Muaj cov kev pab txhawb thiab kev pab cuam rau cov neeg xiam oob qhab, xws li puav leej muaj ua cov ntawv su thiab luam tawm ua tus ntawv loj. Hu rau

1-800-452-4413 (TTY: 711). Cov kev pab cuam no yog pab dawb xwb.

**日本語表記 (Japanese)** 注意日本語での対応が必要な場合は1-800-452-4413 (TTY: 711) へお電話ください。点字の資料や文字の拡大表示など、障がいをお持ちの方のためのサービスも用意しています。1-800-452-4413 (TTY: 711) へお電話ください。これらのサービスは無料で提供していますへお電話ください。これらのサービスは無料で提供しています。

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**한국어 태그라인 (Korean)** 유의사항: 귀하의 언어로

도움을 받고 싶으시면 1-800-452-4413

(TTY: 711) 번으로 문의하십시오. 점자나 큰 활자로 된 문서와 같이 장애가 있는 분들을 위한 도움과 서비스도 이용 가능합니다. 1-800-452-4413 (TTY: 711) 번으로 문의하십시오. 이러한 서비스는 무료로 제공됩니다.

**ເທກໄລພາສາລາວ (Laotian)** ປະກາດ: ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນພາສາຂອງທ່ານໃຫ້ໂທຫາເບີ

1-800-452-4413 (TTY: 711). ຍັງມີຄວາມຊ່ວຍເຫຼືອແລະການບໍລິການສໍາລັບຄົນພິການ ເຊັ່ນເອກະສານທີ່ເປັນອັກສອນນູນແລະມີໂຕພິມໃຫຍ່ ໃຫ້ໂທຫາເບີ 1-800-452-4413 (TTY: 711). ການບໍລິການເຫຼົ່ານີ້ບໍ່ຕ້ອງເສຍຄ່າໃຊ້ຈ່າຍໃດໆ.

**Mienh Tagline (Mien)** LONGC HNYOUV JANGX LONGX

OC: Beiv taux meih qiemx longc mienh tengx faan  
benx meih nyei waac nor douc waac daaih lorx taux  
1-800-452-4413 (TTY: 711). Liouh lorx jauv-louc tengx  
aengx caux nzie gong bun taux ninh mbuo wuaaic  
fangx mienh, beiv taux longc benx nzangc-pokc bun  
hluo mbiutc aengx caux aamz mborqv benx domh sou  
se mbenc nzoih bun longc. Douc waac daaih lorx  
1-800-452-4413 (TTY: 711). Naaiv deix nzie weih

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

gong-bou jauv-louc se benx wang-henh tengx mv  
zuqc cuotv nyaanh oc.

### **ប្រាសាទសាសនាខ្មែរ (Cambodian)** ចំណាំ៖

បើសិនអ្នកត្រូវការជំនួយ ជាភាសាបស្ចិម  
សូមទូរស័ព្ទទៅលេខ

1-800-452-4413 (TTY: 711) ។ ជំនួយ និងសេវា សំរាប់ជនពិការ  
ដូចជាឯកសារសរសេរជាអក្សរប្រ៊ែល សំរាប់ជនពិការភ្នែក  
ឬឯកសារជាអក្សរពុម្ពធំៗ ក៏មានដែរ។ ទូរស័ព្ទមកលេខ

1-800-452-4413 (TTY: 711)។ សេវាទាំងនេះមិនគិតថ្លៃឡើយ។

**مطلب به زبان فارسی (Farsi)** توجه: اگر میخواهید به زبان خود کمک  
دریافت کنید، با 1-800-452-4413 (TTY: 711) تماس بگیرید. کمکها و  
خدمات مخصوص افراد دارای معلولیت، مانند نسخه های خط بریل و چاپ با  
حروف بزرگ، نیز موجود است. با  
1-800-452-4413 (TTY: 711) تماس بگیرید. این خدمات رایگان ارائه  
میشوند.

**Русский слоган (Russian)** ВНИМАНИЕ! Если вам нужна  
помощь на вашем родном языке, звоните по номеру  
1-800-452-4413 (линия TTY: 711). Также предоставляются  
средства и услуги для людей с ограниченными  
возможностями, например документы крупным шрифтом  
или шрифтом Брайля. Звоните по номеру 1-800-452-4413  
(линия TTY: 711). Такие услуги предоставляются бесплатно.

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).

**Mensaje en Español (Spanish)** ATENCIÓN: Si necesita

ayuda en su idioma, llame al

1-800-452-4413 (TTY: 711). Para las personas con discapacidades, también hay asistencia y servicios gratuitos disponibles, como documentos en braille y letra grande. Llame al 1-800-452-4413 (TTY: 711). Estos servicios son gratuitos.

**Tagalog Tagline** PAUNAWA: Kung kailangan ninyo ng tulong sa inyong wika, tumawag sa 1-800-452-4413 (TTY: 711). Mayroon ding mga tulong at serbisyo para sa mga taong may kapansanan, tulad ng mga dokumento sa braille at malalaking titik. Tumawag sa 1-800-452-4413 (TTY: 711). Libre ang mga serbisyonang ito.

**แท็กไลน์ภาษาไทย (Thai)** โปรดทราบ: หากคุณต้องการความช่วยเหลือเป็นภาษาของคุณ กรุณาโทรศัพท์ไปที่หมายเลข 1-800-452-4413 (TTY: 711) นอกจากนี้ ยังพร้อมให้ความช่วยเหลือและบริการต่าง ๆ สำหรับบุคคลที่มีความพิการ เช่น เอกสารต่าง ๆ ที่เป็นอักษรเบรลล์และเอกสารที่พิมพ์ด้วยตัวอักษรขนาดใหญ่ กรุณาโทรศัพท์ไปที่หมายเลข 1-800-452-4413 (TTY: 711) ไม่มีค่าใช้จ่ายสำหรับบริการเหล่านี้

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

**Примітка українською (Ukrainian)** УВАГА! Якщо вам потрібна допомога вашою рідною мовою, телефонуйте на номер 1-800-452-4413 (TTY: 711). Люди з обмеженими можливостями також можуть скористатися допоміжними засобами та послугами, наприклад, отримати документи, надруковані шрифтом Брайля та великим шрифтом. Телефонуйте на номер 1-800-452-4413 (TTY: 711). Ці послуги безкоштовні.

**Khẩu hiệu tiếng Việt (Vietnamese)** CHÚ Ý: Nếu quý vị cần trợ giúp bằng ngôn ngữ của mình, vui lòng gọi số 1-800-452-4413 (TTY: 711). Chúng tôi cũng hỗ trợ và cung cấp các dịch vụ dành cho người khuyết tật, như tài liệu bằng chữ nổi Braille và chữ khổ lớn (chữ hoa). Vui lòng gọi số 1-800-452-4413 (TTY: 711). Các dịch vụ này đều miễn phí.

## Disclaimers

- ❖ Benefits, premium, deductible, and/or copayments/coinsurance may change on January 1, 2026
- ❖ The formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary. We will notify affected enrollees about changes at least 30 days in advance.
- ❖ It is our plan's responsibility to coordinate your Medi-Cal (Medicaid) benefits for you.
- ❖ Blue Shield of California is an HMO D-SNP plan with a Medicare contract and a contract with the California State Medi-Cal (Medicaid) Program. Enrollment in Blue Shield of California depends on contract renewal.
- ❖ Coverage under Blue Shield TotalDual Plan is qualifying health coverage called "minimum essential coverage." It satisfies the Patient Protection and Affordable Care

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Act's (ACA) individual shared responsibility requirement. Visit the Internal Revenue Service (IRS) website at [www.irs.gov/Affordable-Care-Act/Individuals-and-Families](http://www.irs.gov/Affordable-Care-Act/Individuals-and-Families) for more information on the individual shared responsibility requirement.

- ❖ Medicare approved Blue Shield TotalDual Plan to provide these benefits and lower copayments as part of the Value-Based Insurance Design program. This program lets Medicare try new ways to improve Medicare Advantage plans.
- ❖ Amazon Pharmacy is independent of Blue Shield of California and is contracted with Blue Shield to provide home delivery of prescription medications to Blue Shield members.

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# Chapter 1: Getting started as a member

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## Introduction

This chapter includes information about Blue Shield TotalDual Plan, a health plan that covers all of your Medicare services and coordinates all of your Medicare and Medi-Cal services, and your membership in it. It also tells you what to expect and what other information you will get from us. Key terms and their definitions appear in alphabetical order in the last chapter of your *Member Handbook*.

## Table of Contents

A. Welcome to our plan .....	13
B. Information about Medicare and Medi-Cal .....	13
B1. Medicare .....	13
B2. Medi-Cal .....	13
C. Advantages of our plan.....	14
D. Our plan's service area.....	15
E. What makes you eligible to be a plan member .....	15
F. What to expect when you first join our health plan .....	15
G. Your care team and care plan .....	17
G1. Care team.....	17
G2. Care plan .....	17
H. Your monthly costs for Blue Shield TotalDual Plan .....	17
H1. Plan premium.....	18
I. Your Member Handbook .....	18
J. Other important information you get from us.....	18
J1. Your Member ID Card.....	19

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J2. <i>Provider and Pharmacy Directory</i> .....	19
J3. <i>List of Covered Drugs</i> .....	21
J4. <i>The Explanation of Benefits</i> .....	21
K. Keeping your membership record up to date .....	21
K1. Privacy of protected health information (PHI) .....	22

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## A. Welcome to our plan

Our plan provides Medicare and Medi-Cal services to individuals who are eligible for both programs. Our plan includes doctors, hospitals, pharmacies, providers of long-term services and supports, behavioral health providers, and other providers. We also have care coordinators and care teams to help you manage your providers and services. They all work together to provide the care you need.

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## B. Information about Medicare and Medi-Cal

### B1. Medicare

Medicare is the federal health insurance program for:

- people 65 years of age or over,
- some people under age 65 with certain disabilities, **and**
- people with end-stage renal disease (kidney failure).

### B2. Medi-Cal

Medi-Cal is the name of California's Medicaid program. Medi-Cal is run by the state and is paid for by the state and the federal government. Medi-Cal helps people with limited incomes and resources pay for Long-Term Services and Supports (LTSS) and medical costs. It covers extra services and drugs not covered by Medicare.

Each state decides:

- what counts as income and resources,
- who is eligible,
- what services are covered, **and**
- the cost for services.

States can decide how to run their programs, as long as they follow the federal rules.

Medicare and the state of California approved our plan. You can get Medicare and Medi-Cal services through our plan as long as:

- we choose to offer the plan, **and**

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Medicare and the state of California allow us to continue to offer this plan.

Even if our plan stops operating in the future, your eligibility for Medicare and Medi-Cal services is not affected.

---

## C. Advantages of our plan

You will now get all your covered Medicare and Medi-Cal services from our plan, including prescription drugs. **You do not pay extra to join this health plan.**

We help make your Medicare and Medi-Cal benefits work better together for you. Some of the advantages include:

- You can work with us for **most** of your health care needs.
- You have a care team that you help put together. Your care team may include yourself, your caregiver, doctors, nurses, counselors, or other health professionals.
- You have access to a care coordinator. This is a person who works with you, with our plan, and with your care team to help make a care plan.
- You're able to direct your own care with help from your care team and care coordinator.
- Your care team and care coordinator work with you to make a care plan designed to meet **your** health needs. The care team helps coordinate the services you need. For example, this means that your care team makes sure:
  - Your doctors know about all the medicines you take so they can make sure you're taking the right medicines and can reduce any side effects that you may have from the medicines.
  - Your test results are shared with all of your doctors and other providers, as appropriate.

**New members to Blue Shield TotalDual Plan:** In most instances you will be enrolled in Blue Shield TotalDual Plan for your Medicare benefits the 1st day of the month after you request to be enrolled in Blue Shield TotalDual Plan. You may still receive your Medi-Cal services from your previous Medi-Cal health plan for one additional month. After that, you will receive your Medi-Cal services through Blue Shield TotalDual Plan. There will be no gap in your Medi-Cal

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

coverage. Please call us at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week if you have any questions.

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## D. Our plan's service area

Our service area includes these counties in California: Los Angeles and San Diego Counties.

Only people who live in our service area can join our plan.

**You cannot stay in our plan if you move outside of our service area.** Refer to **Chapter 8** of your Member Handbook for more information about the effects of moving out of our service area.

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## E. What makes you eligible to be a plan member

You are eligible for our plan as long as you:

- live in our service area (incarcerated individuals are not considered living in the service area even if they are physically located in it), **and**
- are age 21 and older at the time of enrollment, **and**
- have both Medicare Part A and Medicare Part B, **and**
- are a United States citizen or are lawfully present in the United States, **and**
- are currently eligible for Medi-Cal.

If you lose Medi-Cal eligibility but can be expected to regain it within six months then you are still eligible for our plan.

Call Customer Service for more information.

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## F. What to expect when you first join our health plan

When you first join our plan, you get a health risk assessment (HRA) within 90 days before or after your enrollment effective date.

We must complete an HRA for you. This HRA is the basis for developing your care plan. The HRA includes questions to identify your medical, behavioral health, and functional needs.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



We reach out to you to complete the HRA. We can complete the HRA by an in-person visit, telephone call, or mail.

We'll send you more information about this HRA.

**If our plan is new for you**, you can keep using the doctors you use now for a certain amount of time, even if they are not in our network. We call this continuity of care. If they are not in our network, you can keep your current providers and service authorizations at the time you enroll for up to 12 months if all of the following conditions are met:

- You, your representative, or your provider asks us to let you keep using your current provider.
- We establish that you had an existing relationship with a primary or specialty care provider, with some exceptions. When we say “existing relationship,” it means that you saw an out-of-network provider at least once for a non-emergency visit during the 12 months before the date of your initial enrollment in our plan.
  - We determine an existing relationship by reviewing your available health information or information you give us.
  - We have 30 days to respond to your request. You can ask us to make a faster decision, and we must respond in 15 days. You can make this request by calling 1-800-452-4413 (TTY: 711). If you are at risk of harm, we must respond within 3 days.
  - You or your provider must show documentation of an existing relationship and agree to certain terms when you make the request.

**Note:** You can make this request for providers of Durable Medical Equipment (DME) for at least 90 days until we authorize a new rental and have a network provider deliver the rental. Although you cannot make this request for providers of transportation or other ancillary providers, you can make a request for services of transportation or other ancillary services not included in our plan.

After the continuity of care period ends, you will need to use doctors and other providers in the Blue Shield TotalDual Plan network that are affiliated with your primary care provider's medical group, unless we make an agreement with your out-of-network doctor. A network provider is a provider who works with the health plan. A medical group or an Independent Physician Association (IPA) is an organization formed under California law that contracts with health plans to provide or arrange for the provisions of health care services to health plan enrollees. A medical group or IPA is an association of primary care physicians and specialists created to

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

provided coordinated health care services to you. Refer to **Chapter 3** of your *Member Handbook* for more information on getting care.

---

## G. Your care team and care plan

### G1. Care team

A care team can help you keep getting the care you need. A care team may include your doctor, a care coordinator, or other health person that you choose.

A care coordinator is a person trained to help you manage the care you need. You get a care coordinator when you enroll in our plan. This person also refers you to other community resources that our plan may not provide and will work with your care team to help coordinate your care. Call us at the numbers at the bottom of the page for more information about your care coordinator and care team.

### G2. Care plan

Your care team works with you to make a care plan. A care plan tells you and your doctors what services you need and how to get them. It includes your medical, behavioral health, and LTSS or other services.

Your care plan includes:

- your health care goals, **and**
- a timeline for getting the services you need.

Your care team meets with you after your HRA. They ask you about services you need. They also tell you about services you may want to think about getting. Your care plan is created based on your needs and goals. Your care team works with you to update your care plan at least every year.

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## H. Your monthly costs for Blue Shield TotalDual Plan

Your costs may include the following:

- Plan premium (**Section H1**)

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

**In some situations, your plan premium could be less.**

## **H1. Plan premium**

As a member of your plan, you pay a monthly plan premium. For 2025, the monthly premium for Blue Shield TotalDual Plan is \$28.30. However, you pay \$0 per month as long as you have Part D Low-Income Subsidy, also known as “Extra Help”, and full Medi-Cal coverage.

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## **I. Your *Member Handbook***

Your *Member Handbook* is part of our contract with you. This means that we must follow all rules in this document. If you think we’ve done something that goes against these rules, you may be able to appeal our decision. For information about appeals, refer to **Chapter 9** of your *Member Handbook* or call 1-800-MEDICARE (1-800-633-4227).

You can ask for a *Member Handbook* by calling Customer Service at the numbers at the bottom of the page. You can also refer to the *Member Handbook* found on our website at the web address at the bottom of the page.

The contract is in effect for the months you are enrolled in our plan between January 1, 2025 and December 31, 2025.

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## **J. Other important information you get from us**


Other important information we provide to you includes your Member ID Card, information about how to access a *Provider and Pharmacy Directory*, and information about how to access a *List of Covered Drugs*, also known as a *Formulary*.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

## J1. Your Member ID Card

Under our plan, you have one card for your Medicare and Medi-Cal services, including LTSS, certain behavioral health services, and prescriptions. You show this card when you get any services or prescriptions. Here is a sample Member ID Card:

 <p><b>Member Name:</b> NAME <b>Member ID:</b> XEE <b>Care Coordinator Phone:</b> (999) 999-9999 <b>PCP:</b> Good, Doctor J.</p> <p><b>PCP Ph:</b> (999) 999-9999 MED GROUP</p>	<p><b>MedicareRx</b> Prescription Drug Coverage</p> <p><b>RxBIN:</b> 026696 <b>RxPCN:</b> 77993322 <b>MEMBER CANNOT BE CHARGED</b> <b>PCP/SPC/ER</b> <b>\$0/\$0/\$0</b> <b>H2819-001</b></p>	 <p><b>blueshieldca.com/medicare</b></p> <p><b>Customer Service</b> (800) 452-4413 (TTY: 711) <b>Pharmacy Help Desk</b> (888) 970-0933 <b>Transportation</b> (855) 200-7544 <b>NurseHelp 24/7</b> (877) 304-0504 <b>Send Medical Claims To:</b> Blue Shield of California P.O. Box 272640, Chico, CA 95927-2640</p> <p><b>Send Rx Claims To:</b> Claims Processing 1606 Ave. Ponce De Leon San Juan, PR 00909-4830</p> <p><small>In an emergency, call 911 or go to the nearest ER. <b>Providers:</b> Please file all claims with your local BCBS licensee in whose service areas the member received services. Blue Shield of California is an independent member of the Blue Shield Association.</small></p>
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If your Member ID Card is damaged, lost, or stolen, call Customer Service at the number at the bottom of the page right away. We will send you a new card.

As long as you are a member of our plan, you do not need to use your red, white, and blue Medicare card or your Medi-Cal card to get most services. Keep those cards in a safe place, in case you need them later. If you show your Medicare card instead of your Member ID Card, the provider may bill Medicare instead of our plan, and you may get a bill. Refer to **Chapter 7** of your *Member Handbook* to find out what to do if you get a bill from a provider.

Remember, you need your Medi-Cal card or Benefits Identification Card (BIC) to access the following services:

- Prescriptions only covered through Medi-Cal Rx
- Dental services only covered through the Medi-Cal Dental Program
- In-Home Supportive Service (IHSS)
- Multipurpose Senior Services Program (MSSP)

## J2. Provider and Pharmacy Directory

The *Provider and Pharmacy Directory* lists the providers and pharmacies in our plan's network. While you're a member of our plan, you must use network providers to get covered services.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



You can ask for a *Provider and Pharmacy Directory* (electronically or in hard copy form) by calling Customer Service at the numbers at the bottom of the page. Requests for hard copy Provider and Pharmacy Directories will be mailed to you within three business days.

You can also refer to the *Provider and Pharmacy Directory* at the web address at the bottom of the page.

The *Provider and Pharmacy Directory* lists health care professionals (such as doctors, nurse practitioners, and psychologists), facilities (such as hospitals or clinics), and support Providers (such as Adult Day Health and Home Health Providers) that you may see as a Blue Shield TotalDual Plan member. The Directory lists the pharmacies that you may use to get your prescription drugs. The Directory also provides some information on the following:

- When referrals are needed to see other Providers, specialists or facilities, and
- How to choose a doctor, and
- How to change your doctor, and
- How to find doctors, specialists, pharmacies, or facilities in your area and/or medical group/IPA, and
- How to access Long-Term Services and Supports (LTSS), In-Home Supportive Services (IHSS) or Multipurpose Senior Services Programs (MSSP), and
- Information on how to access home delivery, home infusion or long-term care pharmacies.

### Definition of network providers

- Our network providers include:
  - doctors, nurses, and other health care professionals that you can use as a member of our plan;
  - clinics, hospitals, nursing facilities, and other places that provide health services in our plan; **and**,
  - LTSS, behavioral health services, home health agencies, durable medical equipment (DME) suppliers, and others who provide goods and services that you get through Medicare or Medi-Cal.

Network providers agree to accept payment from our plan for covered services as payment in full.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



**Definition of network pharmacies**

- Network pharmacies are pharmacies that agree to fill prescriptions for our plan members. Use the *Provider and Pharmacy Directory* to find the network pharmacy you want to use.
- Except during an emergency, you must fill your prescriptions at one of our network pharmacies if you want our plan to help you pay for them.

Call Customer Service at the numbers at the bottom of the page for more information. Both Customer Service and our website can give you the most up-to-date information about changes in our network pharmacies and providers.

**J3. List of Covered Drugs**

The plan has a *List of Covered Drugs*. We call it the “*Drug List*” for short. It tells you which prescription drugs our plan covers.

The *Drug List* also tells you if there are any rules or restrictions on any drugs, such as a limit on the amount you can get. Refer to **Chapter 5** of your *Member Handbook* for more information.

Each year, we send you information about how to access the *Drug List*, but some changes may occur during the year. To get the most up-to-date information about which drugs are covered, call Customer Service or visit our website at the address at the bottom of the page.

**J4. The Explanation of Benefits**

When you use your Medicare Part D prescription drug benefits, we send you a summary to help you understand and keep track of payments for your Medicare Part D prescription drugs. This summary is called the *Explanation of Benefits* (EOB).

The EOB tells you the total amount you, or others on your behalf, spent on your Medicare Part D prescription drugs and the total amount we paid for each of your Medicare Part D prescription drugs during the month. This EOB is not a bill. The EOB has more information about the drugs you take. **Chapter 6** of your *Member Handbook* gives more information about the EOB and how it helps you track your drug coverage.

You can also ask for an EOB. To get a copy, contact Customer Service at the numbers at the bottom of the page.

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**K. Keeping your membership record up to date**

You can keep your membership record up to date by telling us when your information changes.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



We need this information to make sure that we have your correct information in our records. Our network providers and pharmacies also need correct information about you. **They use your membership record to know what services and drugs you get and how much they cost you.**

Tell us right away about the following:

- changes to your name, your address, or your phone number;
- changes to any other health insurance coverage, such as from your employer, your spouse's employer, or your domestic partner's employer, or workers' compensation;
- any liability claims, such as claims from an automobile accident;
- admission to a nursing facility or hospital;
- care from a hospital or emergency room;
- changes in your caregiver (or anyone responsible for you); **and**,
- if you take part in a clinical research study. (**Note:** You are not required to tell us about a clinical research study you are in or become part of, but we encourage you to do so.)

If any information changes, call Customer Service at the numbers at the bottom of the page.

### **K1. Privacy of protected health information (PHI)**

Information in your membership record may include protected health information (PHI). Federal and state laws require that we keep your PHI private. We protect your PHI. For more details about how we protect your PHI, refer to **Chapter 8** of your *Member Handbook*.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



## Chapter 2: Important phone numbers and resources

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### Introduction

This chapter gives you contact information for important resources that can help you answer your questions about our plan and your health care benefits. You can also use this chapter to get information about how to contact your care coordinator and others to advocate on your behalf. Key terms and their definitions appear in alphabetical order in the last chapter of your *Member Handbook*.

### Table of Contents

A. Welcome to our plan .....	13
B. Information about Medicare and Medi-Cal .....	13
B1. Medicare .....	13
B2. Medi-Cal .....	13
C. Advantages of our plan.....	14
D. Our plan's service area.....	15
E. What makes you eligible to be a plan member .....	15
F. What to expect when you first join our health plan .....	15
G. Your care team and care plan .....	17
G1. Care team.....	17
G2. Care plan .....	17
H. Your monthly costs for Blue Shield TotalDual Plan .....	17
H1. Plan premium.....	18
I. Your <i>Member Handbook</i> .....	18
J. Other important information you get from us.....	18
J1. Your Member ID Card.....	19
J2. <i>Provider and Pharmacy Directory</i> .....	19

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



J3. <i>List of Covered Drugs</i> .....	21
J4. <i>The Explanation of Benefits</i> .....	21
K. Keeping your membership record up to date .....	21
K1. Privacy of protected health information (PHI) .....	22
A. Customer Service .....	43
B. Your Care Coordinator .....	46
C. Health Insurance Counseling and Advocacy Program (HICAP) .....	48
D. Nurse Advice Call Line .....	49
E. Behavioral Health Crisis Line .....	50
F. Quality Improvement Organization (QIO) .....	51
G. Medicare .....	52
H. Medi-Cal .....	53
I. Medi-Cal Managed Care and Mental Health Office of the Ombudsman .....	54
J. County Social Services .....	55
K. County Behavioral Health Services Agency .....	57
L. California Department of Managed Health Care .....	58
M. Programs to Help People Pay for Their Prescription Drugs .....	59
M1. Extra Help .....	59
M2. AIDS Drug Assistance Program (ADAP) .....	59
N. Social Security .....	60
O. Railroad Retirement Board (RRB) .....	61
P. Other resources .....	62
Q. Medi-Cal Dental Program .....	63
A. Information about services and providers .....	66
B. Rules for getting services our plan covers .....	66



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

C. Your care coordinator .....	68
C1. What a care coordinator is .....	68
C2. How you can contact your care coordinator .....	68
You can contact your care coordinator by calling 1-888-548-5765, 8:00 a.m. to 6:00 p.m., Monday through Friday. Once you begin working with a care coordinator, you can also contact him/her by calling their direct phone line.....	68
C3. How you can change your care coordinator .....	68
To request to change your care coordinator, you may call 1-888-548-5765, 8:00 a.m. to 6:00 p.m., Monday through Friday. ....	68
D. Care from providers.....	68
D1. Care from a primary care provider (PCP) .....	68
D2. Care from specialists and other network providers.....	71
D3. When a provider leaves our plan.....	72
D4. Out-of-network providers.....	73
E. Long-term services and supports (LTSS) .....	74
F. Behavioral health (mental health and substance use disorder) services.....	75
F1. Medi-Cal behavioral health services provided outside our plan .....	75
G. Transportation services .....	78
G1. Medical transportation of non-emergency situations .....	78
G2. Non-medical transportation.....	79
H. Covered services in a medical emergency, when urgently needed, or during a disaster.....	80
H1. Care in a medical emergency .....	80
H2. Urgently needed care.....	81
H3. Care during a disaster.....	82
I. What to do if you are billed directly for services our plan covers.....	83
I1. What to do if our plan does not cover services .....	83



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

J. Coverage of health care services in a clinical research study .....	83
J1. Definition of a clinical research study .....	84
J2. Payment for services when you participate in a clinical research study .....	84
J3. More about clinical research studies .....	85
K. How your health care services are covered in a religious non-medical health care institution .....	85
K1. Definition of a religious non-medical health care institution .....	85
K2. Care from a religious non-medical health care institution .....	85
L. Durable medical equipment (DME) .....	86
L1. DME as a member of our plan .....	86
L2. DME ownership if you switch to Original Medicare .....	86
L3. Oxygen equipment benefits as a member of our plan .....	87
L4. Oxygen equipment when you switch to Original Medicare or another Medicare Advantage (MA) plan .....	87
A. Your covered services and your out-of-pocket costs .....	110
B. Rules against providers charging you for services .....	110
C. About our plan's Benefits Chart .....	110
D. Our plan's Benefits Chart .....	113
E. Covered Dental Benefits Procedure Chart .....	165
F. Community Supports .....	172
G. Benefits covered outside of our plan .....	174
G1. California Community Transitions (CCT) .....	174
G2. Medi-Cal Dental .....	175
G3. Hospice care .....	175
G4. In-Home Supportive Services (IHSS) .....	176



G5. 1915(c) Home and Community Based Services (HCBS) Waiver Programs .....	177
G6. County Behavioral Health Services Provided Outside Our Plan (Mental Health and Substance Use Disorder Services) .....	180
H. Benefits not covered by our plan, Medicare, or Medi-Cal.....	182
A. Getting your prescriptions filled .....	188
A1. Filling your prescription at a network pharmacy.....	188
A2. Using your Member ID Card when you fill a prescription .....	188
A3. What to do if you change your network pharmacy .....	188
A4. What to do if your pharmacy leaves the network .....	188
A5. Using a specialized pharmacy.....	189
A6. Using home delivery services to get your drugs .....	189
A7. Getting a long-term supply of drugs .....	191
A8. Using a pharmacy not in our plan's network .....	191
A9. Paying you back for a prescription .....	192
B. Our plan's <i>Drug List</i> .....	192
B1. Drugs on our <i>Drug List</i> .....	192
B2. How to find a drug on our <i>Drug List</i> .....	193
B3. Drugs not on our <i>Drug List</i> .....	193
B4. <i>Drug List</i> cost-sharing tiers.....	194
C. Limits on some drugs .....	195
D. Reasons your drug might not be covered .....	196
D1. Getting a temporary supply .....	197
D2. Asking for a temporary supply.....	198
D3. Asking for an exception.....	198
E. Coverage changes for your drugs.....	199



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



F. Drug coverage in special cases.....	201
F1. In a hospital or a skilled nursing facility for a stay that our plan covers .....	201
F2. In a long-term care facility .....	201
F3. In a Medicare-certified hospice program.....	201
G. Programs on drug safety and managing drugs .....	202
G1. Programs to help you use drugs safely .....	202
G2. Programs to help you manage your drugs .....	202
G3. Drug management program for safe use of opioid medications .....	203
A. The <i>Explanation of Benefits</i> (EOB) .....	207
B. How to keep track of your drug costs.....	208
C. You pay nothing for a one-month or long-term supply of drugs.....	209
C1. Your pharmacy choices.....	209
C2. Getting a long-term supply of a drug .....	210
D. Vaccinations .....	210
D1. What you need to know before you get a vaccination .....	210
A. Asking us to pay for your services or drugs .....	212
B. Sending us a request for payment.....	215
C. Coverage decisions.....	216
D. Appeals .....	217
A. Your right to get services and information in a way that meets your needs.....	219
B. Our responsibility for your timely access to covered services and drugs .....	220
C. Our responsibility to protect your protected health information (PHI) .....	221
C1. How we protect your PHI .....	222
C2. Your right to look at your medical records .....	222
D. Our responsibility to give you information .....	222

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



E. Inability of network providers to bill you directly .....	224
F. Your right to leave our plan .....	224
G. Your right to make decisions about your health care .....	224
G1. Your right to know your treatment choices and make decisions .....	225
G2. Your right to say what you want to happen if you are unable to make health care decisions for yourself .....	225
G3. What to do if your instructions are not followed .....	226
H. Your right to make complaints and ask us to reconsider our decisions .....	227
H1. What to do about unfair treatment or to get more information about your rights .....	227
I. Your responsibilities as a plan member .....	227
A. What to do if you have a problem or concern .....	233
A1. About the legal terms .....	233
B. Where to get help .....	233
B1. For more information and help .....	233
Help from the Health Insurance Counseling and Advocacy Program .....	233
Help from the Medicare Medi-Cal Ombuds Program .....	234
Help and information from Medicare .....	234
Help and information from Medi-Cal .....	234
Help from the California Department of Health Care Services .....	234
Help from the California Department of Managed Health Care .....	234
C. Understanding Medicare and Medi-Cal complaints and appeals in our plan .....	235
D. Problems with your benefits .....	235
E. Coverage decisions and appeals .....	235
E1. Coverage decisions .....	236
E2. Appeals .....	236



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

E3. Help with coverage decisions and appeals.....	237
E4. Which section of this chapter can help you .....	238
F. Medical care.....	238
F1. Using this section .....	238
F2. Asking for a coverage decision.....	239
Standard coverage decision.....	239
Fast coverage decision .....	240
F3. Making a Level 1 Appeal .....	241
If your health requires it, ask for a fast appeal.....	242
If we tell you we are stopping or reducing services or items that you already get, you may be able to continue those services or items during your appeal. ....	242
We consider your appeal and give you our answer. ....	243
There are deadlines for a fast appeal.....	243
There are deadlines for a standard appeal.....	243
F4. Making a Level 2 Appeal .....	244
When your problem is about a service or item Medicare usually covers.....	245
If you had a fast appeal at Level 1, you also have a fast appeal at Level 2. ....	245
• If you had a fast appeal to us at Level 1, you automatically get a fast appeal at Level 2. The IRO must give you an answer to your Level 2 Appeal within 72 hours of getting your appeal.....	245
If you had a standard appeal at Level 1, you also have a standard appeal at Level 2. ....	245
• If you had a standard appeal to us at Level 1, you automatically get a standard appeal at Level 2. If your request is for a medical item or service, the IRO must give you an answer to your Level 2 Appeal within 30 calendar days of getting your appeal. ....	245
When your problem is about a service or item Medi-Cal usually covers .....	246
F5. Payment problems .....	250
G. Medicare Part D prescription drugs .....	251

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



G1. Medicare Part D coverage decisions and appeals .....	252
G2. Medicare Part D exceptions .....	253
G3. Important things to know about asking for an exception.....	254
Your doctor or other prescriber must tell us the medical reasons. ....	254
We can say Yes or No to your request.....	254
G4. Asking for a coverage decision, including an exception .....	255
If your health requires it, ask us for a “fast coverage decision.” .....	255
Deadlines for a fast coverage decision.....	256
Deadlines for a standard coverage decision about a drug you didn’t get.....	256
Deadlines for a standard coverage decision about a drug you already bought .....	257
G5. Making a Level 1 Appeal.....	257
Deadlines for a fast appeal at Level 1 .....	258
Deadlines for a standard appeal at Level 1 .....	258
G6. Making a Level 2 Appeal.....	259
Deadlines for a fast appeal at Level 2 .....	260
Deadlines for a standard appeal at Level 2 .....	260
H. Asking us to cover a longer hospital stay.....	261
H1. Learning about your Medicare rights .....	262
H2. Making a Level 1 Appeal.....	263
What happens during fast review .....	264
H3. Making a Level 2 Appeal.....	265
I. Asking us to continue covering certain medical services .....	265
I1. Advance notice before your coverage ends.....	266
I2. Making a Level 1 Appeal .....	266
Your deadline for contacting this organization.....	267



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

What happens during a fast-track appeal .....	267
I3. Making a Level 2 Appeal .....	268
J. Taking your appeal beyond Level 2 .....	269
J1. Next steps for Medicare services and items.....	269
Level 3 Appeal .....	269
Level 4 Appeal .....	270
Level 5 Appeal .....	270
J2. Additional Medi-Cal appeals .....	270
J3. Appeal Levels 3, 4 and 5 for Medicare Part D Drug Requests .....	271
Level 3 Appeal .....	271
Level 4 Appeal .....	272
Level 5 Appeal .....	272
K. How to make a complaint .....	272
K1. What kinds of problems should be complaints.....	272
K2. Internal complaints .....	274
K3. External complaints.....	276
Medicare .....	276
Medi-Cal .....	276
Office for Civil Rights (OCR) .....	277
QIO .....	277
A. When you can end your membership in our plan.....	280
B. How to end membership in our plan .....	281
C. How to get Medicare and Medi-Cal services separately .....	281
C1. Your Medicare services.....	282
C2. Your Medi-Cal services .....	285



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

D. Your medical items, services and drugs until your membership in our plan ends.....	285
E. Other situations when your membership in our plan ends .....	286
F. Rules against asking you to leave our plan for any health-related reason.....	287
G. Your right to make a complaint if we end your membership in our plan .....	288
H. How to get more information about ending your plan membership .....	288
A. Notice about laws .....	290
B. Notice about nondiscrimination.....	290
C. Notice about Medicare as a second payer and Medi-Cal as a payer of last resort .....	291
D. Notice about Medi-Cal estate recovery .....	291
<b>E. Administration of the <i>Member Handbook</i></b> .....	292
<b>F. Member cooperation</b> .....	292
<b>G. Assignment</b> .....	292
<b>H. Employer responsibility</b> .....	292
<b>I. Government agency responsibility</b> .....	292
<b>J. U.S. Department of Veterans Affairs</b> .....	292
<b>K. Worker's compensation or employer's liability benefits</b> .....	293
<b>L. Overpayment recovery</b> .....	293
<b>M. When a third party causes your injuries</b> .....	293
<b>N. Notice about Health Information Exchange Participation</b> .....	294
<b>O. Reporting Fraud, Waste, and Abuse</b> .....	295
<b>Activities of daily living (ADL):</b> The things people do on a normal day, such as eating, using the toilet, getting dressed, bathing, or brushing teeth.....	297
<b>Administrative law judge:</b> A judge that reviews a level 3 appeal. ....	297
<b>AIDS drug assistance program (ADAP):</b> A program that helps eligible individuals living with HIV/AIDS have access to life-saving HIV medications.....	297



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

- Ambulatory surgical center:** A facility that provides outpatient surgery to patients who do not need hospital care and who are not expected to need more than 24 hours of care. ....297
- Appeal:** A way for you to challenge our action if you think we made a mistake. You can ask us to change a coverage decision by filing an appeal. **Chapter 9** of your *Member Handbook* explains appeals, including how to make an appeal. ....297
- Behavioral Health:** An all-inclusive term referring to mental health and substance use disorder services. ....297
- Biological Product:** A prescription drug that is made from natural and living sources like animal cells, plant cells, bacteria, or yeast. Biological products are more complex than other drugs and cannot be copied exactly, so alternative forms are called biosimilars. (See also “Original Biological Product” and “Biosimilar”). ....297
- Biosimilar:** A biological drug that is very similar, but not identical, to the original biological product. Biosimilars are as safe and effective as the original biological product. Some biosimilars may be substituted for the original biological product at the pharmacy without needing a new prescription. (See “Interchangeable Biosimilar”). ....297
- Brand name drug:** A prescription drug that is made and sold by the company that originally made the drug. Brand name drugs have the same ingredients as the generic versions of the drugs. Generic drugs are usually made and sold by other drug companies. ....297
- Care coordinator:** One main person who works with you, with the health plan, and with your care providers to make sure you get the care you need. ....297
- Care plan:** Refer to “Individualized Care Plan.” ....297
- Care Plan Optional Services (CPO Services):** Additional services that are optional under your Individualized Care Plan (ICP). These services are not intended to replace long-term services and supports that you are authorized to get under Medi-Cal. ....297
- Care team:** Refer to “Interdisciplinary Care Team.” ....297
- Centers for Medicare & Medicaid Services (CMS):** The federal agency in charge of Medicare. **Chapter 2** of your *Member Handbook* explains how to contact CMS. ....297
- Community-Based Adult Services (CBAS):** Outpatient, facility-based service program that delivers skilled nursing care, social services, occupational and speech therapies, personal care, family/caregiver training and support, nutrition services, transportation, and other services to eligible members who meet applicable eligibility criteria. ....298
- Complaint:** A written or spoken statement saying that you have a problem or concern about your covered services or care. This includes any concerns about the quality of service,



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quality of your care, our network providers, or our network pharmacies. The formal name for “making a complaint” is “filing a grievance”.....298

**Comprehensive outpatient rehabilitation facility (CORF):** A facility that mainly provides rehabilitation services after an illness, accident, or major operation. It provides a variety of services, including physical therapy, social or psychological services, respiratory therapy, occupational therapy, speech therapy, and home environment evaluation services. ....298

**Copay:** A fixed amount you pay as your share of the cost each time you get certain services or prescription drugs. For example, you might pay \$2 or \$5 for a service or a prescription drug. ....298

**Cost-sharing:** Amounts you have to pay when you get certain services or prescription drugs. Cost-sharing includes copays.....298

**Cost-sharing tier:** A group of drugs with the same copay. Every drug on the *List of Covered Drugs* (also known as the Drug List) is in one of five cost-sharing tiers. In general, the higher the cost-sharing tier, the higher your cost for the drug. ....298

**Coverage decision:** A decision about what benefits we cover. This includes decisions about covered drugs and services or the amount we pay for your health services. **Chapter 9** of your *Member Handbook* explains how to ask us for a coverage decision. ....298

**Covered drugs:** The term we use to mean all of the prescription and over-the-counter (OTC) drugs covered by our plan. ....298

**Covered services:** The general term we use to mean all of the health care, long-term services and supports, supplies, prescription and over-the-counter drugs, equipment, and other services our plan covers.....298

**Cultural competence training:** Training that provides additional instruction for our health care providers that helps them better understand your background, values, and beliefs to adapt services to meet your social, cultural, and language needs. ....298

**Customer Service:** A department in our plan responsible for answering your questions about membership, benefits, grievances, and appeals. Refer to **Chapter 2** of your *Member Handbook* for more information about Customer Service. ....298

**Emergency:** A medical emergency when you, or any other person with an average knowledge of health and medicine, believe that you have medical symptoms that need immediate medical attention to prevent death, loss of a body part, or loss of or serious impairment to a bodily function (and if you are a pregnant woman, loss of an unborn child). The medical symptoms may be an illness, injury, severe pain, or a medical condition that is quickly getting worse. ....299

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- Emergency care:** Covered services given by a provider trained to give emergency services and needed to treat a medical or behavioral health emergency.....299
- Hospice:** A program of care and support to help people who have a terminal prognosis live comfortably. A terminal prognosis means that a person has been medically certified as terminally ill, meaning having a life expectancy of 6 months or less.....300
- Improper/inappropriate billing:** A situation when a provider (such as a doctor or hospital) bills you more than our cost-sharing amount for services. Call Customer Service if you get any bills you don't understand. ....301
- In Home Supportive Services (IHSS):** The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. IHSS is an alternative to out-of-home care, such as nursing homes or board and care facilities. The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired. County social service agencies administer IHSS. ....301
- Independent Medical Review (IMR):** If we deny your request for medical services or treatment, you can make an appeal. If you disagree with our decision and your problem is about a Medi-Cal service, including DME supplies and drugs, you can ask the California Department of Managed Health Care for an IMR. An IMR is a review of your case by doctors who are not part of our plan. If the IMR decision is in your favor, we must give you the service or treatment you asked for. You pay no costs for an IMR. ....301
- Independent review organization (IRO):** An independent organization hired by Medicare that reviews a level 2 appeal. It is not connected with us and is not a government agency. This organization decides whether the decision we made is correct or if it should be changed. Medicare oversees its work. The formal name is the **Independent Review Entity**. ....301
- Individualized Care Plan (ICP or Care Plan):** A plan for what services you will get and how you will get them. Your plan may include medical services, behavioral health services, and long-term services and supports.....301
- Inpatient:** A term used when you are formally admitted to the hospital for skilled medical services. If you're not formally admitted, you may still be considered an outpatient instead of an inpatient even if you stay overnight.....301
- Interdisciplinary Care Team (ICT or Care team):** A care team may include doctors, nurses, counselors, or other health professionals who are there to help you get the care you need. Your care team also helps you make a care plan. ....301

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**Interchangeable Biosimilar:** A biosimilar that may be substituted at the pharmacy without needing a new prescription because it meets additional requirements related to the potential for automatic substitution. Automatic substitution at the pharmacy is subject to state law. .302

**List of Covered Drugs (Drug List):** A list of prescription and over-the-counter (OTC) drugs we cover. We choose the drugs on this list with the help of doctors and pharmacists. The Drug List tells you if there are any rules you need to follow to get your drugs. The Drug List is sometimes called a “formulary” .....302

**Long-term services and supports (LTSS):** Long-term services and supports help improve a long-term medical condition. Most of these services help you stay in your home so you don’t have to go to a nursing facility or hospital. LTSS covered by our plan include Community-Based Adult Services (CBAS), also known as adult day health care, Nursing Facilities (NF), and Community Supports. IHSS and 1915(c) waiver programs are Medi-Cal LTSS provided outside our plan. ....302

**Low-income subsidy (LIS):** Refer to “Extra Help” .....302

**Medi-Cal:** This is the name of California Medicaid program. Medi-Cal is managed by the state and is paid for by the state and the federal government. ....302

**Medi-Cal plans:** Plans that cover only Medi-Cal benefits, such as long-term services and supports, medical equipment, and transportation. Medicare benefits are separate. ....302

**Medicaid (or Medical Assistance):** A program run by the federal government and the state that helps people with limited incomes and resources pay for long-term services and supports and medical costs. Medi-Cal is the Medicaid program for the State of California. 302

**Medically necessary:** This describes services, supplies, or drugs you need to prevent, diagnose, or treat a medical condition or to maintain your current health status. This includes care that keeps you from going into a hospital or nursing facility. It also means the services, supplies, or drugs meet accepted standards of medical practice. ....302

**Medicare:** The federal health insurance program for people 65 years of age or older, some people under age 65 with certain disabilities, and people with end-stage renal disease (generally those with permanent kidney failure who need dialysis or a kidney transplant). People with Medicare can get their Medicare health coverage through Original Medicare or a managed care plan (refer to “Health plan”). ....303

**Medicare Advantage:** A Medicare program, also known as “Medicare Part C” or “MA”, that offers MA plans through private companies. Medicare pays these companies to cover your Medicare benefits. ....303

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- Medicare Appeals Council (Council):** A council that reviews a level 4 appeal. The Council is part of the Federal government. ....303
- Medicare-covered services:** Services covered by Medicare Part A and Medicare Part B. All Medicare health plans, including our plan, must cover all of the services covered by Medicare Part A and Medicare Part B. ....303
- Medicare diabetes prevention program (MDPP):** A structured health behavior change program that provides training in long-term dietary change, increased physical activity, and strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle. ....303
- Medicare-Medi-Cal enrollee:** A person who qualifies for Medicare and Medicaid coverage. A Medicare- Medicaid enrollee is also called a “dually eligible individual”. ....303
- Medicare Part A:** The Medicare program that covers most medically necessary hospital, skilled nursing facility, home health, and hospice care. ....303
- Medicare Part B:** The Medicare program that covers services (such as lab tests, surgeries, and doctor visits) and supplies (such as wheelchairs and walkers) that are medically necessary to treat a disease or condition. Medicare Part B also covers many preventive and screening services. ....303
- Medicare Part C:** The Medicare program, also known as “Medicare Advantage” or “MA”, that lets private health insurance companies provide Medicare benefits through an MA Plan. ...303
- Medicare Part D:** The Medicare prescription drug benefit program. We call this program “Part D” for short. Medicare Part D covers outpatient prescription drugs, vaccines, and some supplies not covered by Medicare Part A or Medicare Part B or Medi-Cal. Our plan includes Medicare Part D. ....303
- Medicare Part D drugs:** Drugs covered under Medicare Part D. Congress specifically excludes certain categories of drugs from coverage under Medicare Part D. Medi-Cal may cover some of these drugs.....303
- Medication Therapy Management (MTM):** A distinct group of service or group of services provided by health care providers, including pharmacists, to ensure the best therapeutic outcomes for patients. Refer to **Chapter 5** of your *Member Handbook* for more information. ....304
- Member (member of our plan, or plan member):** A person with Medicare and Medi-Cal who qualifies to get covered services, who has enrolled in our plan, and whose enrollment has been confirmed by the Centers for Medicare & Medicaid Services (CMS) and the state.....304

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- Member Handbook and Disclosure Information:** This document, along with your enrollment form and any other attachments, or riders, which explain your coverage, what we must do, your rights, and what you must do as a member of our plan.....304
- Network provider:** “Provider” is the general term we use for doctors, nurses, and other people who give you services and care. The term also includes hospitals, home health agencies, clinics, and other places that give you health care services, medical equipment, and long-term services and supports.....304
- Nursing home or facility:** A facility that provides care for people who can’t get their care at home but don’t need to be in the hospital. ....304
- Ombudsman:** An office in your state that works as an advocate on your behalf. They can answer questions if you have a problem or complaint and can help you understand what to do. The ombudsperson’s services are free. You can find more information in **Chapters 2 and 9** of your *Member Handbook*. ....304
- Organization determination:** Our plan makes an organization determination when we, or one of our providers, decide about whether services are covered or how much you pay for covered services. Organization determinations are called “coverage decisions”. **Chapter 9** of your *Member Handbook* explains coverage decisions. ....304
- Original Biological Product:** A biological product that has been approved by the Food and Drug Administration (FDA) and serves as the comparison for manufacturers making a biosimilar version. It is also called a reference product. ....305
- Original Medicare (traditional Medicare or fee-for-service Medicare):** The government offers Original Medicare. Under Original Medicare, services are covered by paying doctors, hospitals, and other health care providers amounts that Congress determines. ....305
- Out-of-network pharmacy:** A pharmacy that has not agreed to work with our plan to coordinate or provide covered drugs to members of our plan. Our plan doesn’t cover most drugs you get from out-of-network pharmacies unless certain conditions apply. ....305
- Out-of-network provider or Out-of-network facility:** A provider or facility that is not employed, owned, or operated by our plan and is not under contract to provide covered services to members of our plan. **Chapter 3** of your *Member Handbook* explains out-of-network providers or facilities.....305
- Out-of-pocket costs:** The cost-sharing requirement for members to pay for part of the services or drugs they get is also called the “out-of-pocket” cost requirement. Refer to the definition for “cost-sharing” above.....305



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<b>Over-the-counter (OTC) drugs:</b> Over-the-counter drugs are drugs or medicines that a person can buy without a prescription from a health care professional. ....	305
<b>Part A:</b> Refer to “Medicare Part A.” .....	305
<b>Part B:</b> Refer to “Medicare Part B.” .....	305
<b>Part C:</b> Refer to “Medicare Part C.” .....	305
<b>Part D:</b> Refer to “Medicare Part D.” .....	305
<b>Part D drugs:</b> Refer to “Medicare Part D drugs.” .....	305
<b>Personal health information (also called Protected health information) (PHI):</b> Information about you and your health, such as your name, address, social security number, physician visits, and medical history. Refer to our Notice of Privacy Practices for more information about how we protect, use, and disclose your PHI, as well as your rights with respect to your PHI. ....	306
<b>Primary care provider (PCP):</b> The doctor or other provider you use first for most health problems. They make sure you get the care you need to stay healthy. ....	306
<b>Prior authorization (PA):</b> An approval you must get from us before you can get a specific service or drug or use an out-of-network provider. Our plan may not cover the service or drug if you don’t get approval first. ....	306
<b>Program for All-Inclusive Care for the Elderly (PACE):</b> A program that covers Medicare and Medicaid benefits together for people age 55 and over who need a higher level of care to live at home. ....	306
<b>Prosthetics and Orthotics:</b> Medical devices ordered by your doctor or other health care provider that include, but are not limited to, arm, back, and neck braces; artificial limbs; artificial eyes; and devices needed to replace an internal body part or function, including ostomy supplies and enteral and parenteral nutrition therapy. ....	306
<b>Quality improvement organization (QIO):</b> A group of doctors and other health care experts who help improve the quality of care for people with Medicare. The federal government pays the QIO to check and improve the care given to patients. Refer to <b>Chapter 2</b> of your <i>Member Handbook</i> for information about the QIO. ....	306
<b>Quantity limits:</b> A limit on the amount of a drug you can have. We may limit the amount of the drug that we cover per prescription. ....	307
<b>Real Time Benefit Tool:</b> A portal or computer application in which enrollees can look up complete, accurate, timely, clinically appropriate, enrollee-specific covered drugs and benefit	



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information. This includes cost sharing amounts, alternative drugs that may be used for the same health condition as a given drug, and coverage restrictions (prior authorization, step therapy, quantity limits) that apply to alternative drugs. ....307

**Referral:** A referral is your primary care provider's (PCP's) or our approval to use a provider other than your PCP. If you don't get approval first, we may not cover the services. You don't need a referral to use certain specialists, such as women's health specialists. You can find more information about referrals in **Chapters 3 and 4** of your *Member Handbook*. ....307

**Rehabilitation services:** Treatment you get to help you recover from an illness, accident, or major operation. Refer to **Chapter 4** of your *Member Handbook* to learn more about rehabilitation services. ....307

**Sensitive services:** Services related to mental or behavioral health, sexual and reproductive health, family planning, sexually transmitted infections (STIs), HIV/AIDS, sexual assault and abortions, substance use disorder, gender affirming care, and intimate partner violence. ..307

**Service area:** A geographic area where a health plan accepts members if it limits membership based on where people live. For plans that limit which doctors and hospitals you may use, it's generally the area where you can get routine (non-emergency) services. Only people who live in our service area can enroll in our plan. ....307

**Share of cost:** The portion of your health care costs that you may have to pay each month before your benefits become effective. The amount of your share of cost varies depending on your income and resources. ....307

**Skilled nursing facility (SNF):** A nursing facility with the staff and equipment to give skilled nursing care and, in most cases, skilled rehabilitative services and other related health services. ....307

**Skilled nursing facility (SNF) care:** Skilled nursing care and rehabilitation services provided on a continuous, daily basis, in a skilled nursing facility. Examples of skilled nursing facility care include physical therapy or intravenous (IV) injections that a registered nurse or a doctor can give. ....307

**Specialist:** A doctor who provides health care for a specific disease or part of the body. ....307

**Specialized pharmacy:** Refer to **Chapter 5** of your *Member Handbook* to learn more about specialized pharmacies. ....307

**State Hearing:** If your doctor or other provider asks for a Medi-Cal service that we won't approve, or we won't continue to pay for a Medi-Cal service you already have, you can ask for a State Hearing. If the State Hearing is decided in your favor, we must give you the service you asked for. ....308

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**Step therapy:** A coverage rule that requires you to try another drug before we cover the drug you ask for.....308

**Supplemental Security Income (SSI):** A monthly benefit Social Security pays to people with limited incomes and resources who are disabled, blind, or age 65 and over. SSI benefits are not the same as Social Security benefits. ....308

**Urgently needed care:** Care you get for an unforeseen illness, injury, or condition that is not an emergency but needs care right away. You can get urgently needed care from out-of-network providers when you cannot get to them because given your time, place, or circumstances, it is not possible, or it is unreasonable to obtain services from network providers (for example when you are outside the plan's service area and you require medically needed immediate services for an unseen condition but it is not a medical emergency).....308



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## A. Customer Service

<b>CALL</b>	<p>1-800-452-4413. This call is free.</p> <p>8:00 a.m. to 8:00 p.m., seven days a week</p> <p>We have free interpreter services for people who do not speak English.</p>
<b>TTY</b>	<p>711. This call is free.</p> <p>This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.</p> <p>8:00 a.m. to 8:00 p.m., seven days a week</p>
<b>WRITE</b>	<p>Blue Shield TotalDual Plan</p> <p>P.O. Box 927</p> <p>Woodland Hills, CA 91365-9856</p>
<b>WEBSITE</b>	<p><a href="https://blueshieldca.com/medicare">blueshieldca.com/medicare</a></p>

Contact Customer Service to get help with:

- Questions about the plan
- Questions about claims or billing
- Coverage decisions about your health care
  - A coverage decision about your health care is a decision about:
    - your benefits and covered services **or**
    - the amount we pay for your health services.
  - Call us if you have questions about a coverage decision about your health care.
  - To learn more about coverage decisions, refer to **Chapter 9** of your *Member Handbook*.
- Appeals about your health care



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- An appeal is a formal way of asking us to review a decision we made about your coverage and asking us to change it if you think we made a mistake or disagree with the decision.
- To learn more about making an appeal, refer to **Chapter 9** of your *Member Handbook* or contact Customer Service.
- Complaints about your health care
  - You can make a complaint about us or any provider (including a non-network or network provider). A network provider is a provider who works with our plan. You can also make a complaint to us or to the Quality Improvement Organization (QIO) about the quality of the care you received (refer to **Section F**).
  - You can call us and explain your complaint at 1-800-452-4413 (TTY: 711).
  - If your complaint is about a coverage decision about your health care, you can make an appeal (refer to the section above).
  - You can send a complaint about our plan to Medicare. You can use an online form at [www.medicare.gov/MedicareComplaintForm/home.aspx](http://www.medicare.gov/MedicareComplaintForm/home.aspx). Or you can call 1-800-MEDICARE (1-800-633-4227) to ask for help.
  - You can make a complaint about our plan to the Medicare Medi-Cal Ombuds Program by calling 1-855-501-3077.
  - To learn more about making a complaint about your health care, refer to **Chapter 9** of your *Member Handbook*.
- Coverage decisions about your drugs
  - A coverage decision about your drugs is a decision about:
    - your benefits and covered drugs **or**
    - the amount we pay for your drugs.
  - Non-Medicare covered drugs, such as over-the-counter (OTC) medications and certain vitamins, may be covered by Medi-Cal Rx. Please visit the Medi-Cal Rx website ([www.medi-calrx.dhcs.ca.gov](http://www.medi-calrx.dhcs.ca.gov)) for more information. You can also call the Medi-Cal Rx Customer Service Center at 800-977-2273.
  - For more on coverage decisions about your prescription drugs, refer to **Chapter 9** of your *Member Handbook*.



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- Appeals about your drugs
  - An appeal is a way to ask us to change a coverage decision.
  - For more on making an appeal about your prescription drugs, refer to **Chapter 9** of your *Member Handbook*.
- Complaints about your drugs
  - You can make a complaint about us or any pharmacy. This includes a complaint about your prescription drugs.
  - If your complaint is about a coverage decision about your prescription drugs, you can make an appeal. (Refer to the section above.)
  - You can send a complaint about our plan to Medicare. You can use an online form at [www.medicare.gov/MedicareComplaintForm/home.aspx](http://www.medicare.gov/MedicareComplaintForm/home.aspx). Or you can call 1-800-MEDICARE (1-800-633-4227) to ask for help.
  - For more on making a complaint about your prescription drugs, refer to **Chapter 9** of your *Member Handbook*.
- Payment for health care or drugs you already paid for
  - For more on how to ask us to pay you back, or to pay a bill you got, refer to **Chapter 7** of your *Member Handbook*.
  - If you ask us to pay a bill and we deny any part of your request, you can appeal our decision. Refer to **Chapter 9** of your *Member Handbook*.



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## B. Your Care Coordinator

A Care Coordinator is a person specially trained to help you through the coordination of care process. Your Care Coordinator will be part of your Care Team, and he/she will serve as a primary contact for you. Upon enrolling, a Care Coordinator will call you to complete your Health Risk Assessment and Individualized Care Plan. These are tools that your Care Coordinator will use to help identify and personalize your health care needs to fit you. You can contact your Care Coordinator by calling the number below.

<b>CALL</b>	<p>1-888-548-5765. This call is free.</p> <p>8:00 a.m. to 6:00 p.m., Monday through Friday</p> <p>We have free interpreter services for people who do not speak English.</p>
<b>TTY</b>	<p>711. This call is free.</p> <p>This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.</p> <p>8:00 a.m. to 6:00 p.m., Monday through Friday</p>
<b>WRITE</b>	<p>Blue Shield of California</p> <p>ATTN: DSNP Health Risk Assessment Team</p> <p>3840 Kilroy Airport Way</p> <p>Long Beach, CA 90806</p>

Contact your care coordinator to get help with:

- questions about your health care
- questions about getting behavioral health (mental health and substance use disorder) services
- questions about dental benefits
- questions about transportation to medical appointments
- questions about Long-term Services and Supports (LTSS), including Community-Based Adult Services (CBAS) and Nursing Facilities (NF)

You might be able to get these services:

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Community-Based Adult Services (CBAS)
- skilled nursing care
- physical therapy
- occupational therapy
- speech therapy
- medical social services
- home health care
- In-Home Supportive Services (IHSS) through your county social service agency
- sometimes you can get help with your daily health care and living needs

Depending on the county you live in and your eligibility, you may also receive additional Community Supports through your Blue Shield TotalDual Plan. Your provider can refer you if they think you are eligible for Community Supports or you can reach out to Customer Service or your Care Coordinator to learn more. You might be able to get these services:

- Environmental accessibility adaptations (home modifications)
- Housing transition navigation services
- Housing deposits
- Housing tenancy and sustaining services
- Supportive meals or medically tailored meals
- Personal care and homemaker services
- Recuperative care (medical respite)
- Respite for caregivers
- Short-term post-hospitalization housing, or
- Sobering centers



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## C. Health Insurance Counseling and Advocacy Program (HICAP)

The State Health Insurance Assistance Program (SHIP) gives free health insurance counseling to people with Medicare. In California, the SHIP is called the Health Insurance Counseling and Advocacy Program (HICAP). HICAP counselors can answer your questions and help you understand what to do to handle your problem. HICAP has trained counselors in every county, and services are free.

HICAP is not connected with any insurance company or health plan.

<b>CALL</b>	(800) 434-0222 9:00 a.m. to 4:00 p.m., Monday through Friday
<b>TTY</b>	711 This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.
<b>WRITE</b>	California Department of Aging 1300 National Drive Suite 200 Sacramento, CA 95834-1992
<b>WEBSITE</b>	<a href="https://www.aging.ca.gov/Programs_and_Services/Medicare_Counseling/">https://www.aging.ca.gov/Programs_and_Services/Medicare_Counseling/</a>

Contact HICAP for help with:

- questions about Medicare
- HICAP counselors can answer your questions about changing to a new plan and help you:
  - understand your rights,
  - understand your plan choices,
  - make complaints about your health care or treatment, **and**
  - straighten out problems with your bills.

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



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## D. Nurse Advice Call Line

The Blue Shield of California Nurse Advice Call Line offers support with registered nurses available to answer questions 24 hours a day, 7 days a week. Nurses are available via phone to respond to general health questions and provide directions to additional resources for more information. With the Nurse Advice Call Line, members can have a summary of the conversation emailed to them which includes all the information and links for easy reference. You can contact the Nurse Advice Call Line with questions about your health or health care.

<b>CALL</b>	(877) 304-0504 This call is free. 24 hours a day, 7 days a week We have free interpreter services for people who do not speak English.
<b>TTY</b>	711 This call is free. This number is for people who have hearing or speaking problems. You must have special telephone equipment to call it. 24 hours a day, 7 days a week

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



## E. Behavioral Health Crisis Line

<b>CALL</b>	<p><b>Los Angeles County Access and Crisis Line</b></p> <p>1-800-854-7771 This call is free.</p> <p>24 hours a day, seven days a week</p> <p>We have free interpreter services for people who do not speak English.</p> <p><b>San Diego County Access and Crisis Line</b></p> <p>1-888-724-7240 This call is free.</p> <p>24 hours a day, 7 days a week</p> <p>We have free interpreter services for people who do not speak English.</p>
<b>TTY</b>	<p>711 This call is free.</p> <p>This number is for people who have hearing or speaking problems. You must have special telephone equipment to call it.</p> <p>24 hours a day, 7 days a week</p>

Contact the Behavioral Health Crisis Line for help with:

- questions about behavioral health and substance abuse services

For questions about your county specialty mental health services, refer to **Section K**.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

## F. Quality Improvement Organization (QIO)

Our state has an organization called Livanta. This is a group of doctors and other health care professionals who help improve the quality of care for people with Medicare. Livanta is not connected with our plan.

<b>CALL</b>	1-877-588-1123  8:00 a.m. to 5:00 p.m., Monday through Friday, 11:00 a.m. to 3:00 p.m., Saturday and Sunday, and 7:00 a.m. to 3:30 p.m. on holidays.
<b>TTY</b>	1-855-887-6668  This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.
<b>WRITE</b>	Livanta BFCC-QIO Program 10820 Guilford Road, Suite 202 Annapolis Junction, MD 20701
<b>WEBSITE</b>	<a href="https://livantaqio.com/en/states/california">https://livantaqio.com/en/states/california</a>

Contact Livanta for help with:

- questions about your health care rights
- making a complaint about the care you got if you:
  - have a problem with the quality of care,
  - think your hospital stay is ending too soon, **or**
  - think your home health care, skilled nursing facility care, or comprehensive outpatient rehabilitation facility (CORF) services are ending too soon.

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).





## G. Medicare

Medicare is the federal health insurance program for people 65 years of age or over, some people under age 65 with disabilities, and people with end-stage renal disease (permanent kidney failure requiring dialysis or a kidney transplant).

The federal agency in charge of Medicare is the Centers for Medicare & Medicaid Services, or CMS.

<b>CALL</b>	<p>1-800-MEDICARE (1-800-633-4227)</p> <p>Calls to this number are free, 24 hours a day, 7 days a week.</p>
<b>TTY</b>	<p>1-877-486-2048. This call is free.</p> <p>This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.</p>
<b>WEBSITE</b>	<p><u><a href="http://www.medicare.gov">www.medicare.gov</a></u></p> <p>This is the official website for Medicare. It gives you up-to-date information about Medicare. It also has information about hospitals, nursing facilities, doctors, home health agencies, dialysis facilities, inpatient rehabilitation facilities, and hospices.</p> <p>It includes helpful websites and phone numbers. It also has documents you can print right from your computer.</p> <p>If you don't have a computer, your local library or senior center may be able to help you visit this website using their computer. Or, you can call Medicare at the number above and tell them what you are looking for. They will find the information on the website and review the information with you.</p>



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).

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## H. Medi-Cal

Medi-Cal is California's Medicaid program. This is a public health insurance program which provides needed health care services for low-income individuals, including families with children, seniors, persons with disabilities, children and youth in foster care, and pregnant women. Medi-Cal is financed by state and federal government funds.

Medi-Cal benefits include medical, dental, behavioral health, and long-term services and supports.

You are enrolled in Medicare and in Medi-Cal. If you have questions about your Medi-Cal benefits, call your plan care coordinator. If you have questions about Medi-Cal plan enrollment, call Health Care Options.

<b>CALL</b>	1-800-430-4263 Monday through Friday, 8 a.m. to 6 p.m.
<b>TTY</b>	1-800-430-7077 This number is for people who have hearing or speaking problems. You must have special telephone equipment to call it.
<b>WRITE</b>	CA Department of Health Care Services Health Care Options P.O. Box 989009 West Sacramento, CA 95798-9850
<b>WEBSITE</b>	<a href="http://www.healthcareoptions.dhcs.ca.gov/">www.healthcareoptions.dhcs.ca.gov/</a>



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).

## I. Medi-Cal Managed Care and Mental Health Office of the Ombudsman

The Office of the Ombudsman works as an advocate on your behalf. They can answer questions if you have a problem or complaint and can help you understand what to do. The Office of the Ombudsman also helps you with service or billing problems. They are not connected with our plan or with any insurance company or health plan. Their services are free.

<b>CALL</b>	1-888-452-8609 This call is free. Monday through Friday, between 8:00 a.m. and 5:00 p.m.
<b>TTY</b>	711 This call is free.
<b>WRITE</b>	California Department of Healthcare Services Office of the Ombudsman 1501 Capitol Mall MS 4412 PO Box 997413 Sacramento, CA 95899-7413
<b>EMAIL</b>	<a href="mailto:MMCDOmbudsmanOffice@dhcs.ca.gov">MMCDOmbudsmanOffice@dhcs.ca.gov</a>
<b>WEBSITE</b>	<a href="http://www.dhcs.ca.gov/services/medi-cal/Pages/MMCDOOfficeoftheOmbudsman.aspx">www.dhcs.ca.gov/services/medi-cal/Pages/MMCDOOfficeoftheOmbudsman.aspx</a>

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



## J. County Social Services

If you need help with your In-Home Supportive Services (IHSS), updating your Medi-Cal information, or Medi-Cal eligibility and renewal benefits, contact your local Los Angeles or San Diego County Social Services agency.

Contact your county social services agency to apply for In Home Supportive Services, which will help pay for services provided to you so that you can remain safely in your own home. Types of services may include help with preparing meals, bathing, dressing, laundry shopping or transportation.

Contact your county social services agency for any questions about your Medi-Cal eligibility.

<b>CALL</b>	<p>1-866-613-3777 This call is free.</p> <p><b>Los Angeles County Department of Public Social Services</b> has a single Customer Service Center (CSC) providing services to 33 District Offices. Hours of operation are Monday through Friday, excluding holidays, from 7:30 a.m. to 6:30 p.m.</p>
<b>TTY</b>	<p>1-877-735-2929</p> <p>This number is for people who have hearing or speaking problems. You must have special telephone equipment to call it.</p>
<b>WRITE</b>	<p>Los Angeles County Department of Public Social Services</p> <p>2855 E. Olympic Blvd.</p> <p>Los Angeles, CA 90023</p>
<b>WEBSITE</b>	<p><a href="https://dpss.lacounty.gov">https://dpss.lacounty.gov</a></p>
<b>CALL</b>	<p>1-866-262-9881 This call is free.</p> <p><b>County of San Diego Health and Human Services</b> representatives are available between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday.</p> <p>Access Self-Service line is available 24 hours a day, 7 days a week.</p> <p>Callers will need to enter their Social Security Number (SSN) to utilize the system.</p>

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



<b>TTY</b>	1-619-589-4459  This number is for people who have hearing or speaking problems. You must have special telephone equipment to call it.
<b>WRITE</b>	County of San Diego Health and Human Services Agency  P.O. Box 85027  San Diego, CA 92186
<b>WEBSITE</b>	<a href="https://www.sandiegocounty.gov/content/sdc/hhsa.html">https://www.sandiegocounty.gov/content/sdc/hhsa.html</a>



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

## K. County Behavioral Health Services Agency

Medi-Cal specialty mental health services and substance use disorder services are available to you through the county if you meet access criteria.

<b>CALL</b>	<p><b>Los Angeles County</b></p> <p>1-800-854-7771 This call is free.</p> <p>24 hours a day, 7 days a week.</p> <p>We have free interpreter services for people who do not speak English.</p> <p><b>San Diego County</b></p> <p>1-888-724-7240 This call is free.</p> <p>24 hours a day, 7 days a week.</p> <p>We have free interpreter services for people who do not speak English.</p>
<b>TTY</b>	<p>711 This call is free.</p> <p>This number is for people who have hearing or speaking problems. You must have special telephone equipment to call it.</p> <p>24 hours a day, 7 days a week.</p>

Contact the county Behavioral Health agency for help with:

- questions about specialty mental health services provided by the county
- questions about substance use disorder services provided by the county
- specialty mental health services including but not limited to:
  - outpatient mental health services
  - day treatment
  - crisis intervention and stabilization
  - targeted case management
  - adult residential treatment
  - crisis residential treatment

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



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## L. California Department of Managed Health Care

The California Department of Managed Health Care (DMHC) is responsible for regulating health plans. The DMHC Help Center can help you with appeals and complaints about Medi-Cal services.

<b>CALL</b>	1-888-466-2219  DMHC representatives are available between the hours of 8:00 a.m. and 6:00 p.m., Monday through Friday.
<b>TDD</b>	1-877-688-9891  This number is for people who have hearing or speaking problems. You must have special telephone equipment to call it.
<b>WRITE</b>	Help Center California Department of Managed Health Care 980 Ninth Street, Suite 500 Sacramento, CA 95814-2725
<b>FAX</b>	1-916-255-5241
<b>WEBSITE</b>	<a href="http://www.dmhc.ca.gov">www.dmhc.ca.gov</a>



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).

## M. Programs to Help People Pay for Their Prescription Drugs

The Medicare.gov website

([www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/costs-in-the-coverage-gap/5-ways-to-get-help-with-prescription-costs](http://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/costs-in-the-coverage-gap/5-ways-to-get-help-with-prescription-costs)) provides information on how to lower your prescription drug costs. For people with limited incomes, there are also other programs to assist, as described below.

### M1. Extra Help

Because you are eligible for Medi-Cal, you qualify for and are getting “Extra Help” from Medicare to pay for your prescription drug plan costs. You do not need to do anything to get this “Extra Help.”

<b>CALL</b>	1-800-MEDICARE (1-800-633-4227) Calls to this number are free, 24 hours a day, 7 days a week.
<b>TTY</b>	1-877-486-2048 This call is free. This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.
<b>WEBSITE</b>	<a href="http://www.medicare.gov">www.medicare.gov</a>

### M2. AIDS Drug Assistance Program (ADAP)

ADAP helps ADAP-eligible individuals living with HIV/AIDS have access to life-saving HIV drugs. Medicare Part D prescription drugs that are also on the ADAP formulary qualify for prescription cost-sharing assistance through the California ADAP. For more information, contact the California ADAP at (844) 421-7050, 8 a.m. to 5 p.m., Monday through Friday or visit their website at: [https://www.cdph.ca.gov/Programs/CID/DOA/Pages/OA\\_adap\\_eligibility.aspx](https://www.cdph.ca.gov/Programs/CID/DOA/Pages/OA_adap_eligibility.aspx). Note: To be eligible for the ADAP operating in your state, individuals must meet certain criteria, including proof of the state residence and HIV status, low income as defined by the state, and uninsured/under-insured status. If you change plans please notify your local ADAP enrollment worker so you can continue to receive assistance for information on eligibility criteria, covered drugs, or how to enroll in the program, please call the California ADAP at (844) 421-7050, 8 a.m. to 5 p.m., Monday through Friday or visit their website at: [https://www.cdph.ca.gov/Programs/CID/DOA/Pages/OA\\_adap\\_eligibility.aspx](https://www.cdph.ca.gov/Programs/CID/DOA/Pages/OA_adap_eligibility.aspx).



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



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## N. Social Security

Social Security determines eligibility and handles enrollment for Medicare. U.S. Citizens and lawful permanent residents who are 65 and over, or who have a disability or End-Stage Renal Disease (ESRD) and meet certain conditions, are eligible for Medicare. If you are already getting Social Security checks, enrollment into Medicare is automatic. If you are not getting Social Security checks, you have to enroll in Medicare. To apply for Medicare, you can call Social Security or visit your local Social Security office.

If you move or change your mailing address, it is important that you contact Social Security to let them know.

<b>CALL</b>	1-800-772-1213  Calls to this number are free.  Available 8:00 am to 7:00 pm, Monday through Friday.  You can use their automated telephone services to get recorded information and conduct some business 24 hours a day.
<b>TTY</b>	1-800-325-0778  This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.
<b>WEBSITE</b>	<a href="http://www.ssa.gov">www.ssa.gov</a>

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



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## O. Railroad Retirement Board (RRB)

The RRB is an independent Federal agency that administers comprehensive benefit programs for the nation's railroad workers and their families. If you receive Medicare through the RRB, it is important that you let them know if you move or change your mailing address. If you have questions regarding your benefits from the RRB, contact the agency.

<b>CALL</b>	<p>1-877-772-5772</p> <p>Calls to this number are free.</p> <p>If you press "0", you may speak with a RRB representative from 9 a.m. to 3:30 p.m., Monday, Tuesday, Thursday and Friday, and from 9 a.m. to 12 p.m. on Wednesday.</p> <p>If you press "1", you may access the automated RRB Help Line and recorded information 24 hours a day, including weekends and holidays.</p>
<b>TTY</b>	<p>1-312-751-4701</p> <p>This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.</p> <p>Calls to this number are <i>not</i> free.</p>
<b>WEBSITE</b>	<p><a href="http://www.rrb.gov">www.rrb.gov</a></p>



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).

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## P. Other resources

The Medicare Medi-Cal Ombuds Program offers FREE assistance to help people who are struggling to get or maintain health coverage and resolve problems with their health plans.

If you have problems with:

- Medi-Cal
- Medicare
- your health plan
- accessing medical services
- appealing denied services, drugs, durable medical equipment (DME), mental health services, etc.
- medical billing
- IHSS (In-Home Supportive Services)

The Medicare Medi-Cal Ombuds Program assists with complaints, appeals, and hearings. The phone number for the Ombuds Program is 1-855-501-3077.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

## Q. Medi-Cal Dental Program

Certain dental services are available through the Medi-Cal Dental Program; includes but is not limited to, services such as:

- initial examinations, X-rays, cleanings, and fluoride treatments
- restorations and crowns
- root canal therapy
- partial and complete dentures, adjustments, repairs, and relines

Dental benefits are available through Medi-Cal Dental Fee-for-Service (FFS), Dental Managed Care (DMC) Programs.

<b>CALL</b>	<p>1-800-322-6384</p> <p>The call is free.</p> <p>Medi-Cal Dental FFS Program representatives are available to assist you from 8:00 a.m. to 5:00 p.m., Monday through Friday.</p>
<b>TTY</b>	<p>1-800-735-2922</p> <p>This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.</p>
<b>WEBSITE</b>	<p><a href="http://www.dental.dhcs.ca.gov">www.dental.dhcs.ca.gov</a></p> <p><a href="http://smilecalifornia.org">smilecalifornia.org</a></p>

Instead of the Medi-Cal Dental Fee-For-Service Program, you may get dental benefits through a dental managed care plan. Dental managed care plans are available in Los Angeles Counties. If you want more information about dental plans, or want to change dental plans, contact Health Care Options at 1-800-430-4263 (TTY users call 1-800-430-7077), Monday through Friday, 8:00 a.m. to 6:00 p.m. The call is free. DMC contacts are also available here: [www.dhcs.ca.gov/services/Pages/ManagedCarePlanDirectory.aspx](http://www.dhcs.ca.gov/services/Pages/ManagedCarePlanDirectory.aspx).



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).

## Chapter 3: Using our plan's coverage for your health care and other covered services

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### Introduction

This chapter has specific terms and rules you need to know to get health care and other covered services with our plan. It also tells you about your care coordinator, how to get care from different kinds of providers and under certain special circumstances (including from out-of-network providers or pharmacies), what to do if you are billed directly for services we cover, and the rules for owning Durable Medical Equipment (DME). Key terms and their definitions appear in alphabetical order in the last chapter of your *Member Handbook*.

### Table of Contents

A. Information about services and providers .....	66
B. Rules for getting services our plan covers .....	66
C. Your care coordinator .....	68
C1. What a care coordinator is .....	68
C2. How you can contact your care coordinator .....	68
C3. How you can change your care coordinator .....	68
D. Care from providers.....	68
D1. Care from a primary care provider (PCP) .....	68
D2. Care from specialists and other network providers .....	71
D3. When a provider leaves our plan.....	72
D4. Out-of-network providers.....	73
E. Long-term services and supports (LTSS) .....	74
F. Behavioral health (mental health and substance use disorder) services .....	75
F1. Medi-Cal behavioral health services provided outside our plan .....	75
G. Transportation services .....	78

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



G1. Medical transportation of non-emergency situations .....	78
G2. Non-medical transportation .....	79
H. Covered services in a medical emergency, when urgently needed, or during a disaster .....	80
H1. Care in a medical emergency .....	80
H2. Urgently needed care .....	81
H3. Care during a disaster .....	82
I. What to do if you are billed directly for services our plan covers .....	83
I1. What to do if our plan does not cover services .....	83
J. Coverage of health care services in a clinical research study .....	83
J1. Definition of a clinical research study .....	84
J2. Payment for services when you participate in a clinical research study .....	84
J3. More about clinical research studies .....	85
K. How your health care services are covered in a religious non-medical health care institution .....	85
K1. Definition of a religious non-medical health care institution .....	85
K2. Care from a religious non-medical health care institution .....	85
L. Durable medical equipment (DME) .....	86
L1. DME as a member of our plan .....	86
L2. DME ownership if you switch to Original Medicare .....	86
L3. Oxygen equipment benefits as a member of our plan .....	87
L4. Oxygen equipment when you switch to Original Medicare or another Medicare Advantage (MA) plan .....	87



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## A. Information about services and providers

**Services** are health care, long-term services and supports (LTSS), supplies, behavioral health services, prescription and over-the-counter drugs, equipment, and other services. **Covered services** are any of these services that our plan pays for. Covered health care, behavioral health, and LTSS are in **Chapter 4** of your Member Handbook. Your covered services for prescription and over-the-counter drugs are in **Chapter 5** of your Member Handbook.

**Providers** are doctors, nurses, and other people who give you services and care. Providers also include hospitals, home health agencies, clinics, and other places that give you health care services, behavioral health services, medical equipment, and certain LTSS.

**Network providers** are providers who work with our plan. These providers agree to accept our payment as full payment. Network providers bill us directly for care they give you. When you use a network provider, you usually pay nothing for covered services.

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## B. Rules for getting services our plan covers

Our plan covers all services covered by Medicare, and most Medi-Cal services. This includes certain behavioral health and LTSS.

Our plan will generally pay for health care services, behavioral health services, and many LTSS you get when you follow our rules. To be covered by our plan:

- The care you get must be a **plan benefit**. This means we include it in our Benefits Chart in **Chapter 4** of your *Member Handbook*.
- The care must be **medically necessary**. By medically necessary, we mean important services that are reasonable and protect life. Medically necessary care is needed to keep individuals from getting seriously ill or becoming disabled and reduces severe pain by treating disease, illness, or injury.
- For medical services, you must have a network **primary care provider (PCP)** who orders the care or tells you to use another doctor. As a plan member, you must choose a network provider to be your PCP.
  - In most cases, our plan must give you approval before you can use a provider that is not your PCP or use other providers in our plan's network. This is called a **referral**. If you don't get approval, we may not cover the services.
  - Our plan's PCPs are affiliated with medical groups. When you choose your PCP, you are also choosing the affiliated medical group. This means that

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



your PCP refers you to specialists and services that are also affiliated with their medical group. A medical group is an association of primary care physicians and specialists created to provide coordinated health care services to you.

- You do not need a referral from your PCP for emergency care or urgently needed care, to use a woman's health provider, or for any of the other services listed in section D1 of this chapter.
- **You must get your care from network providers that are affiliated with your PCP's medical group.** Usually, we won't cover care from a provider who doesn't work with our health plan and your PCP's medical group. This means that you will have to pay the provider in full for the services provided. Here are some cases when this rule does not apply:
  - We cover emergency or urgently needed care from an out-of-network provider (for more information, refer to **Section H** in this chapter).
  - If you need care that our plan covers and our network providers can't give it to you, you can get care from an out-of-network provider. An authorization is needed and should be obtained from the plan prior to seeking care. In this situation, we cover the care as if you got it from a network provider.
  - We cover kidney dialysis services when you're outside our plan's service area for a short time or when your provider is temporarily unavailable or not accessible. You can get these services at a Medicare-certified dialysis facility.
  - When you first join our plan, you can ask to continue using your current providers. With some exceptions, we must approve this request if we can establish that you had an existing relationship with the providers. Refer to **Chapter 1** of your *Member Handbook*. If we approve your request, you can continue using the providers you use now for up to 12 months for services. During that time, your care coordinator will contact you to help you find providers in our network that are affiliated with your PCP's medical group. After 12 months, we will no longer cover your care if you continue to use providers that are not in our network and not affiliated with your PCP's medical group.

**New members to Blue Shield TotalDual Plan:** In most instances, you will be enrolled in Blue Shield TotalDual Plan for your Medicare benefits the 1st day of the month after you request to be enrolled in Blue Shield TotalDual Plan. You may still receive your Medi-Cal services from your previous Medi-Cal health plan for one additional month. After that, you will receive your



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Medi-Cal services through Blue Shield TotalDual Plan. There will be no gap in your Medi-Cal coverage. Please call us at 1-800-452-4413 (TTY: 711) if you have any questions.

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## **C. Your care coordinator**

### **C1. What a care coordinator is**

A care coordinator is a person specially trained to help you through the coordination of care process. Your care coordinator will be part of your care team and he/she will serve as a primary contact and source of information for you. After enrolling, a care coordinator will call you to introduce himself/herself and help you complete your Health Risk Assessment to identify your health care needs.

### **C2. How you can contact your care coordinator**

You can contact your care coordinator by calling 1-888-548-5765, 8:00 a.m. to 6:00 p.m., Monday through Friday. Once you begin working with a care coordinator, you can also contact him/her by calling their direct phone line.

### **C3. How you can change your care coordinator**

To request to change your care coordinator, you may call 1-888-548-5765, 8:00 a.m. to 6:00 p.m., Monday through Friday.

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## **D. Care from providers**

### **D1. Care from a primary care provider (PCP)**

You must choose a PCP to provide and manage your care. Our plan's PCPs are affiliated with medical groups. When you choose your PCP, you are also choosing the affiliated medical group.

#### **Definition of a PCP and what a PCP does do for you**

Your PCP is a physician who meets state requirements and is trained to give you basic medical care. A PCP can be a Family Practitioner, General Practitioner, Internal Medicine Provider, OB-GYN, and a specialist upon request. You may choose a specialist as your PCP if the specialist agrees to provide all the services that PCPs traditionally provide. To request for your specialist to be your PCP, contact Blue Shield TotalDual Plan Customer Service (phone numbers and hours of operation are printed on the bottom of this page). A clinic, such as Federally Qualified Health Centers (FQHC), may be your PCP as well. You will get your routine or basic care from your PCP. Your PCP can also coordinate the rest of the covered services you need. These covered services include:

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- X-rays
- Laboratory tests
- Therapies
- Care from doctors who are specialists
- Hospital admissions
- Follow-up care

Our plan's PCPs are affiliated with particular medical groups. A medical group or an independent physician association (IPA) is an organization formed under California law that contracts with health plans to provide or arrange for the provisions of health care services to health plan enrollees. When you choose your PCP, you are also choosing the affiliated medical group. This means that your PCP will be referring you to specialists and services that are also affiliated with his or her medical group.

In most cases, you must see your PCP to get a referral before you see any other health care Providers or visit a specialist. Once this referral is approved by your PCP's medical group, you can make an appointment with the specialist or other Provider to receive the treatment you need. The specialist will inform your PCP upon completion of your treatment or service so your PCP can continue to manage your care.

In order for you to receive certain services, your PCP will need to get approval in advance from the Plan, or, in some cases, your PCP's affiliated medical group. This approval in advance is called "prior authorization."

### Your choice of PCP

When you become a member of our plan, you must choose a plan Provider to be your PCP.

To choose a PCP, you can:

- Use your *Provider and Pharmacy Directory*. Look in the index of "Primary Care Physicians" located in the back of the directory to find the doctor you want. (The index is in alphabetical order by the doctors' last names.); or
- Go to our website at [blueshieldca.com/find-a-doctor](https://blueshieldca.com/find-a-doctor) and search for the PCP you want; or
- Call Blue Shield TotalDual Customer Service for help (phone number and hours of operation are printed on the bottom of this page).



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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

To find out if the health care Provider you want is available or accepting new patients, refer to the *Provider and Pharmacy Directory* available on our website, or call Customer Service (phone number and hours of operation are printed on the bottom of this page). If there is a particular specialist or hospital that you want to use, find out if they're affiliated with your PCP's medical group. You can look in the *Provider and Pharmacy Directory* or ask Customer Service to find out if the PCP you want makes referrals to that specialist or uses that hospital.

### Option to change your PCP

You may change your PCP for any reason, at any time. Also, it's possible that your PCP may leave our plan's network. If your PCP leaves our network, we can help you find a new PCP in our network.

You can follow the steps in "Your choice of PCP" above in order to change your PCP. Make sure you call Customer Service to let them know you are changing your PCP (phone number and hours of operation are printed at the bottom of this page).

Once your change has been requested, the assignment to the new PCP and his or her affiliated Medical Group will occur on the first day of the next month following your request to change your PCP.

The name and office telephone number of your PCP is printed on your membership card. If you change your PCP, you will receive a new membership card.

Our plan's PCPs are affiliated with medical groups. If you change your PCP, you may also be changing medical groups. When you ask for a change, tell Customer Service if you use a specialist or get other covered services that must have PCP approval. Customer Service helps you continue your specialty care and other services when you change your PCP.

### Services you can get without approval from your PCP

In most cases, you need approval from your PCP before using other providers. This approval is called a **referral**. You can get services like the ones listed below without getting approval from your PCP first:

- emergency services from network providers or out-of-network providers
- urgently needed care from network providers
- urgently needed care from out-of-network providers when you can't get to a network provider (for example, if you're outside our plan's service area)

**Note:** Urgently needed care must be immediately needed and medically necessary.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

- Kidney dialysis services that you get at a Medicare-certified dialysis facility when you're outside our plan's service area. If you call Customer Service before you leave the service area, we can help you receive dialysis while you're away.
- Flu shots and COVID-19 vaccinations as well as hepatitis B vaccinations and pneumonia vaccinations, as long as you get them from a network provider.
- Routine women's health care and family planning services. This includes breast exams, screening mammograms (X-rays of the breast), Pap tests, and pelvic exams as long as you get them from a network provider.
- Additionally, if you are an American Indian Member, you may obtain Covered Services from an Indian Health Care Provider of your choice, without requiring a referral from a Network PCP or Prior Authorization.

## D2. Care from specialists and other network providers

A specialist is a doctor who provides health care for a specific disease or part of the body. There are many kinds of specialists, such as:

- Oncologists care for patients with cancer.
- Cardiologists care for patients with heart problems.
- Orthopedists care for patients with bone, joint, or muscle problems.

When you need specialty care or additional services your PCP cannot provide, he or she will give you a referral. Once this referral is approved by your PCP's medical group, you can make an appointment with the specialist or other Provider to receive the treatment you need. The specialist will inform your PCP upon completion of your treatment or service so your PCP can continue to manage your care.

Your PCP will need to get approval in advance from the Plan for you to receive certain services. This approval in advance is called "prior authorization." For example, prior authorization is required for all non-emergency inpatient hospital stays. In some cases, your PCP's affiliated medical group, instead of our plan, may be able to authorize your service.

If you have any questions about who is responsible for submitting and approving prior authorizations for services, contact your PCP's affiliated medical group. You can also call Customer Service. For more information about which services require prior authorization, please refer to the Benefits Chart in Chapter 4, Section D.



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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

A written referral may be for a single visit or it may be a standing referral for more than one visit if you need ongoing services. We must give you a standing referral to a qualified specialist for any of these conditions:

- a chronic (ongoing) condition;
- a life-threatening mental or physical illness;
- a degenerative disease or disability;
- any other condition or disease that is serious or complex enough to require treatment by a specialist.

If you do not get a written referral when needed, the bill may not be paid. For more information, call Customer Service at the number at the bottom of this page.

### **D3. When a provider leaves our plan**

A network provider you use may leave our plan. If one of your providers leaves our plan, you have certain rights and protections that are summarized below:

- Even if our network of providers changes during the year, we must give you uninterrupted access to qualified providers.
- We will notify you that your provider is leaving our plan so that you have time to select a new provider.
  - If your primary care or behavioral health provider leaves our plan, we will notify you if you have seen that provider within the past three years.
  - If any of your other providers leave our plan, we will notify you if you are assigned to the provider, currently receive care from them, or have seen them within the past three months.
- We will help you select a new qualified in-network provider to continue managing your health care needs.
- If you are currently undergoing medical treatment or therapies with your current provider, you have the right to ask, and we work with you to ensure, that the medically necessary treatment or therapies you are getting continues.
- We will provide you with information about the different enrollment periods available to you and options you may have for changing plans.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

- If we can't find a qualified network specialist accessible to you, we must arrange an out-of-network specialist to provide your care when an in-network provider or benefit is unavailable or inadequate to meet your medical needs.
- If you think we haven't replaced your previous provider with a qualified provider or that we aren't managing your care well, you have the right to file a quality of care complaint to the QIO, a quality of care grievance, or both. (Refer to **Chapter 9** for more information.)

If you find out one of your providers is leaving our plan, contact us. We can assist you in finding a new provider and managing your care. Please call Blue Shield TotalDual Plan Customer Service at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. When you call, be sure to tell Customer Service if you are seeing specialists or getting other covered services that needed your PCP's approval (such as home health services and durable medical equipment). Customer Service will help make sure that you can continue with the specialty care and other services you have been getting when you change your PCP. They will also check to be sure the PCP you want to switch to is accepting new patients. Customer Service will change your membership record to show the name of your new PCP and tell you when the change to your new PCP will take effect.

#### **D4. Out-of-network providers**

If you need medical care that Medicare and/or Medi-Cal requires our plan to cover and the Providers in our network cannot provide this care, you can get this care from an out-of-network Provider. Your PCP is responsible for submitting the request for prior authorization for out-of-network services. You must obtain an authorization from the plan or your PCP's affiliated medical group prior to seeking care from an out-of-network Provider unless you are receiving emergency or urgently needed services. In this situation, you will pay the same as you would pay if you got the care from a network provider.

If you use an out-of-network provider, the provider must be eligible to participate in Medicare and/or Medi-Cal.

- We cannot pay a provider who is not eligible to participate in Medicare and/or Medi-Cal.
- If you use a provider who is not eligible to participate in Medicare, you must pay the full cost of the services you get.
- Providers must tell you if they are not eligible to participate in Medicare.



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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

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## E. Long-term services and supports (LTSS)

LTSS can help you stay at home and avoid a hospital or skilled nursing facility stay. You have access to certain LTSS through our plan, including skilled nursing facility care, Community Based Adult Services (CBAS), and Community Supports. Another type of LTSS, the In Home Supportive Services program, is available through your county social service agency. LTSS are for members who need assistance to perform routine daily activities such as bathing, dressing, preparing meals, and administering medications. If you need assistance to continue to live independently, please call your Care Coordinator or Customer Service for a referral.

LTSS includes Community-Based Adult Services (CBAS), In-Home Supportive Services (IHSS), Multipurpose Senior Services Program (MSSP), and Long-Term Care/Custodial Care.

Sometimes you can get help with your daily health care and living needs.

You might be able to get these services:

- Community-Based Adult Services (CBAS)
- Skilled nursing care
- Physical therapy
- Occupational therapy
- Speech therapy
- Medical social services
- Home health care

Depending on the county you live in and your eligibility, you may also receive additional Community Supports through your Blue Shield Promise Medi-Cal Plan. Your provider can refer you if they think you are eligible for Community Supports or you can reach out to Customer Service or your Care Coordinator to learn more. You might be able to get these services:

- Environmental accessibility adaptations (home modifications)
- Housing transition navigation services
- Housing deposits
- Housing tenancy and sustaining services
- Supportive meals or medically tailored meals

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Personal care and homemaker services
- Recuperative care (medical respite)
- Respite for caregivers
- Short-term post-hospitalization housing
- Sobering centers

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## **F. Behavioral health (mental health and substance use disorder) services**

You have access to medically necessary behavioral health services that Medicare and Medi-Cal cover. We provide access to behavioral health services covered by Medicare and Medi-Cal managed care. Our plan does not provide Medi-Cal specialty mental health or county substance use disorder services, but these services are available to you through the Los Angeles County Department of Mental Health (LACDMH) and the Los Angeles County Department of Public Health (LACDPH), and the County of San Diego Behavioral Health Services.

### **F1. Medi-Cal behavioral health services provided outside our plan**

Medi-Cal specialty mental health services are available to you through the county mental health plan (MHP) if you meet criteria to access specialty mental health services. Medi-Cal specialty mental health services provided by the Los Angeles County Department of Mental Health (LACDMH) and the Los Angeles County Department of Public Health (LACDPH), and the County of San Diego Behavioral Health Services include:

- mental health services
- medication support services
- day treatment intensive
- day rehabilitation
- crisis intervention
- crisis stabilization
- adult residential treatment services
- crisis residential treatment services
- psychiatric health facility services



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- psychiatric inpatient hospital services
- targeted case management
- therapeutic behavioral services
- intensive care coordination
- intensive home-based services

Drug Medi-Cal Organized Delivery System services are available to you through the Los Angeles County Department of Mental Health (LACDMH) and the Los Angeles County Department of Public Health (LACDPH), and the County of San Diego Behavioral Health Services if you meet criteria to receive these services. Drug Medi-Cal services provided by the Los Angeles County Department of Mental Health (LACDMH) and the Los Angeles County Department of Public Health (LACDPH), and the County of San Diego Behavioral Health Services include:

- intensive outpatient treatment services
- perinatal residential substance use disorder treatment
- outpatient treatment services
- narcotic treatment program
- medications for addiction treatment (also called Medication Assisted Treatment)
- peer support services

Drug Medi-Cal Organized Delivery System Services include:

- outpatient treatment services
- intensive outpatient treatment services
- medications for addiction treatment (also called Medication Assisted Treatment)
- residential treatment services
- withdrawal management services
- narcotic treatment program
- recovery services
- care coordination



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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

In addition to the services listed above, you may have access to voluntary inpatient detoxification services if you meet the criteria.

### Availability of Behavioral Health Services

You have a comprehensive array of services available to you. You may self-refer to a contracted Provider, and can also be referred by your PCP, family member, etc. There is “no wrong door” in accessing services. You can contact the following for assistance in getting services:

- County Crisis and Referral Line (please see Chapter 2, Section K of this handbook for phone number and hours of operation)
- Los Angeles County Department of Public Health, Substance Abuse Prevention and Control (please call 888-742-7900 (TTY: 711), 24 hours a day, 7 days a week)
- County of San Diego Behavioral Health – Services Substance Use Disorder Service (please call 888-724-7240 (TTY: 711), 24 hours a day, 7 days a week)
- Blue Shield TotalDual Plan Behavioral Health Line (please see Chapter 2, Section D of this handbook for phone number and hours of operation)
- Blue Shield TotalDual Plan Customer Service (phone number and hours of operation are printed on the bottom of this page)

### Process to Determine Medical Necessary Services

Medical necessity is determined by an appropriately licensed Provider. Medical necessity criteria are used by both Blue Shield TotalDual Plan and the County, have been developed by behavioral health experts and other stakeholders, and are consistent with regulatory requirements.

### Referral Process between Blue Shield TotalDual Plan and the County

If you are receiving services from either Blue Shield TotalDual Plan or the County, you can be referred to the other entity consistent with your needs. Blue Shield TotalDual Plan or the County can refer you by calling the entity to which the referral is being made. Also, a referral form will be completed by the referring Provider, and it will be sent to the entity that you are being referred to.

### Problem Resolution Process

If there is a dispute between you and the County or Blue Shield TotalDual Plan, you will continue to receive medically necessary behavioral healthcare, including prescription drugs, until the dispute is resolved. Blue Shield TotalDual Plan has worked with the County to develop resolution processes that are timely and do not negatively impact the services that you are in need of getting. You can also use the Appeals process of Blue Shield TotalDual Plan or the County, depending upon the entity that you are in dispute with. For information about the appeals process, refer to **Chapter 9** of your *Member Handbook*.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



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## G. Transportation services

### G1. Medical transportation of non-emergency situations

You are entitled to non-emergency medical transportation if you have medical needs that don't allow you to use a car, bus, or taxi to your appointments. Non-emergency medical transportation can be provided for covered services such as medical, dental, mental health, substance use, and pharmacy appointments. If you need non-emergency medical transportation, you can contact your provider or our transportation vendor, Call the Car. Your provider or our transportation vendor, Call The Car, can help you decide the best type of transportation to meet your needs.

Non-emergency medical transportation is an ambulance, litter van, wheelchair van, or air transport. Blue Shield TotalDual Plan allows the lowest cost covered transportation mode and most appropriate non-emergency medical transportation for your medical needs when you need a ride to your appointment. For example, if you can physically or medically be transported by a wheelchair van, Blue Shield TotalDual Plan will not pay for an ambulance. You are only entitled to air transport if your medical condition makes any form of ground transportation impossible.

Non-emergency medical transportation must be used when:

- You physically or medically need it as determined by written authorization from your other provider because you are not able to use a bus, taxi, car, or van to get to your appointment.
- You need help from the driver to and from your residence, vehicle, or place of treatment due to a physical or mental disability.

To ask for medical transportation that your doctor has prescribed for non-urgent **routine appointments**, call Call the Car at 1-877-433-2178 (TTY: 711), 24 hours and 7 days a week. The CTC Go mobile app can be used to schedule, edit, track, and cancel wheelchair reservations. The CTC Go mobile app cannot be used for gurney transportation and you must call to make those reservations. Non-urgent routine appointment reservations must be made 24 hours in advance of your appointment. For **urgent appointments**, call as soon as possible. Have your Member ID Card ready when you call. You can also call if you need more information.

### Medical transportation limits

Blue Shield TotalDual Plan covers the lowest cost medical transportation that meets your medical needs from your home to the closest provider where an appointment is available.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Medical transportation will not be provided if Medicare or Medi-Cal does not cover the service. If the appointment type is covered by Medi-Cal but not through the health plan, Blue Shield TotalDual Plan will help you schedule your transportation. A list of covered services is in Chapter 4 of this handbook. Transportation is not covered outside Blue Shield TotalDual Plan's network or service area unless pre-authorized.

## G2. Non-medical transportation

Non-medical transportation benefits include traveling to and from your appointments for a service authorized by your provider. You can get a ride, at no cost to you, when you are:

- Traveling to and from an appointment for a -service authorized by your provider, or
- Picking up prescriptions and medical supplies.

Blue Shield TotalDual Plan allows you to use a car, taxi, bus, or other public/private way of getting to your non-medical appointments. Blue Shield TotalDual Plan uses Call the Car to arrange for non-medical transportation. We cover the lowest cost, non-medical transportation type that meets your needs.

Sometimes, you can be reimbursed for rides in a private vehicle that you arrange. Blue Shield TotalDual Plan must approve this **before** you get the ride, and you must tell us why you can't get a ride in another way, like taking the bus. You can tell us by calling 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. **You cannot be reimbursed for driving yourself.**

Mileage reimbursement requires all of the following:

- The driver's license of the driver.
- The vehicle registration of the driver.
- Proof of car insurance for the driver.

To ask for a ride, call Call the Car at 1-877-433-2178 (TTY: 711) 24 hours a day, seven days a week at least twenty-four (24) hours in advance before your appointment. The CTC Go mobile app can be used to schedule, edit, track and cancel reservations.

For **urgent appointments**, call as soon as possible. Have your Member ID Card ready when you call. You can also call if you need more information.

**Note:** American Indian Members may contact their local Indian Health Clinic to ask for non-medical transportation.

## Non-medical transportation limits

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Blue Shield TotalDual Plan provides the lowest cost non-medical transportation that meets your needs from your home to the closest provider where an appointment is available. **You cannot drive yourself or be reimbursed directly.**

Non-medical transportation does **not** apply if:

- An ambulance, litter van, wheelchair van, or other form of non-emergency medical transportation is needed to get to a service.
- You need assistance from the driver to and from the residence, vehicle, or place of treatment due to a physical or medical condition.
- You are in a wheelchair and are unable to move in and out of the vehicle without help from the driver.
- The service is not covered by Medicare or Medi-Cal

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## H. Covered services in a medical emergency, when urgently needed, or during a disaster

### H1. Care in a medical emergency

A medical emergency is a medical condition with symptoms such as severe pain or serious injury. The condition is so serious that, if it doesn't get immediate medical attention, you or anyone with an average knowledge of health and medicine could expect it to result in:

- serious risk to your health or to that of your unborn child; **or**
- serious harm to bodily functions; **or**
- serious dysfunction of any bodily organ or part; **or**
- In the case of a pregnant woman in active labor, when:
  - There is not enough time to safely transfer you to another hospital before delivery.
  - A transfer to another hospital may pose a threat to your health or safety or to that of your unborn child.

If you have a medical emergency:

- **Get help as fast as possible.** Call 911 or use the nearest emergency room or hospital. Call for an ambulance if you need it. You do **not** need approval or a referral from your PCP. You do not need to use a network provider. You may get

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



emergency medical care whenever you need it, anywhere in the U.S. or its territories or worldwide, from any provider with an appropriate state license.

- **As soon as possible, tell our plan about your emergency.** We follow up on your emergency care. You or someone else should call to tell us about your emergency care, usually within 48 hours. However, you won't pay for emergency services if you delay telling us. Call Blue Shield TotalDual Plan Customer Service at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. Our Customer Service phone number is located on your membership ID card.

### **Covered services in a medical emergency**

Blue Shield TotalDual Plan covers worldwide emergency and urgent care services outside the United States and its territories under the following circumstances, with no combined annual limit. See the Medical Benefits Chart in Chapter 4, Section D of this document for more information.

If you need an ambulance to get to the emergency room, our plan covers that. We also cover medical services during the emergency. To learn more, refer to the Benefits Chart in **Chapter 4** of your Member Handbook.

The providers who give you emergency care decide when your condition is stable and the medical emergency is over. They will continue to treat you and will contact us to make plans if you need follow-up care to get better.

Our plan covers your follow-up care. If you get your emergency care from out-of-network providers, we will try to get network providers to take over your care as soon as possible.

### **Getting emergency care if it wasn't an emergency**

Sometimes it can be hard to know if you have a medical or behavioral health emergency. You may go in for emergency care and the doctor says it wasn't really an emergency. As long as you reasonably thought your health was in serious danger, we cover your care.

After the doctor says it wasn't an emergency, we cover your additional care only if:

- You use a network provider **or**
- The additional care you get is considered "urgently needed care" and you follow the rules for getting it. Refer to the next section.

## **H2. Urgently needed care**

Urgently needed care is care you get for a situation that isn't an emergency but needs care right away. For example, you might have a flare-up of an existing condition or an unforeseen illness or injury.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



### Urgently needed care in our plan's service area

In most cases, we cover urgently needed care only if:

- You get this care from a network provider **and**
- You follow the rules described in this chapter.

If it is not possible or reasonable to get to a network provider, given your time, place or circumstances, we cover urgently needed care you get from an out-of-network provider. For an up-to-date list of urgent care centers affiliated with your physician group, please contact your PCP. You can also search for urgent care centers in your area by going to [blueshieldca.com/find-a-doctor](https://blueshieldca.com/find-a-doctor).

### Urgently needed care outside our plan's service area

When you're outside our plan's service area, you may not be able to get care from a network provider. In that case, our plan covers urgently needed care you get from any provider.

Our plan covers worldwide emergency and urgently needed care services outside the United States under the following circumstances, with no combined annual limit. To learn more, see *Emergency care* and *Urgently needed care* in the Medical Benefits Chart in Chapter 4, Section D.

If you need urgent care while outside of the United States and its territories, call the Blue Shield Global Core Services Center toll-free at (800) 810-2583, or call collect at (804) 673-1177, 24 hours a day, seven days a week. In an emergency, go directly to the nearest hospital. You should also call the Customer Service number on the back of your member ID card. As part of this service, for inpatient hospital care, you can contact the Blue Shield Global Core Services Center to arrange for cashless access. If you arrange for cashless access, you are responsible for the usual out-of-pocket expenses such as non-covered charges and copayments. If you do not arrange for cashless access, you will have to pay the entire bill for your medical care and submit a request for reimbursement.

### H3. Care during a disaster

If the governor of California, the U.S. Secretary of Health and Human Services, or the president of the United States declares a state of disaster or emergency in your geographic area, you are still entitled to care from our plan.

Visit our website for information on how to get care you need during a declared disaster: [blueshieldca.com/emergencypolicy](https://blueshieldca.com/emergencypolicy).

During a declared disaster, if you can't use a network provider, you can get care from out-of-network providers at the in-network cost-sharing rate. If you can't use a network



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pharmacy during a declared disaster, you can fill your prescription drugs at an out-of-network pharmacy. Refer to **Chapter 5** of your *Member Handbook* for more information.

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## I. What to do if you are billed directly for services our plan covers

If a provider sends you a bill instead of sending it to our plan, you should ask us to pay our share of the bill.

**You should not pay the bill yourself. If you do, we may not be able to pay you back.**

If you paid more than your plan cost-sharing for covered services or if you got a bill for the full cost of covered medical services, refer to **Chapter 7** of your *Member Handbook* to find out what to do.

### I1. What to do if our plan does not cover services

Our plan covers all services:

- that are determined medically necessary, **and**
- that are listed in our plan's Benefits Chart (refer to **Chapter 4** of your *Member Handbook*), **and**
- that you get by following plan rules.

If you get services that our plan does not cover, **you pay the full cost yourself**, unless it is covered by another Medi-Cal program outside our plan.

If you want to know if we pay for any medical service or care, you have the right to ask us. You also have the right to ask for this in writing. If we say we will not pay for your services, you have the right to appeal our decision.

**Chapter 9** of your *Member Handbook* explains what to do if you want us to cover a medical service or item. It also tells you how to appeal our coverage decision. Call Customer Service to learn more about your appeal rights.

We pay for some services up to a certain limit. If you go over the limit, you pay the full cost to get more of that type of service. Refer to **Chapter 4** for specific benefit limits. Call Customer Service to find out what the benefit limits are and how much of your benefits you've used.

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## J. Coverage of health care services in a clinical research study

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).





## J1. Definition of a clinical research study

A clinical research study (also called a clinical trial) is a way doctors test new types of health care or drugs. A clinical research study approved by Medicare typically asks for volunteers to be in the study.

Once Medicare approves a study you want to be in, and you express interest, someone who works on the study contacts you. That person tells you about the study and finds out if you qualify to be in it. You can be in the study as long as you meet the required conditions. You must understand and accept what you must do in the study.

While you're in the study, you may stay enrolled in our plan. That way, our plan continues to cover you for services and care not related to the study.

If you want to take part in any Medicare-approved clinical research study, you do **not** need to tell us or get approval from us or your primary care provider. Providers that give you care as part of the study do **not** need to be network providers. Please note that this does not include benefits for which our plan is responsible that include, as a component, a clinical trial or registry to assess the benefit. These include certain benefits specified under national coverage determinations requiring coverage with evidence development (NCDs-CED) and investigational device exemption (IDE) studies and may be subject to prior authorization and other plan rules.

### **We encourage you to tell us before you take part in a clinical research study.**

If you plan to be in a clinical research study, covered for enrollees by Original Medicare, we encourage you or your care coordinator to contact Customer Service to let us know you will take part in a clinical trial.

## J2. Payment for services when you participate in a clinical research study

If you volunteer for a clinical research study that Medicare approves, you pay nothing for the services covered under the study. Medicare pays for services covered under the study, as well as routine costs associated with your care. Once you join a Medicare-approved clinical research study, you're covered for most services and items you get as part of the study. This includes:

- room and board for a hospital stay that Medicare would pay for even if you weren't in a study
- an operation or other medical procedure that is part of the research study
- treatment of any side effects and complications of the new care

If you're part of a study that Medicare has **not** approved, you pay any costs for being in the study.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

### J3. More about clinical research studies

You can learn more about joining a clinical research study by reading “Medicare & Clinical Research Studies” on the Medicare website ([www.medicare.gov/Pubs/pdf/02226-Medicare-and-Clinical-Research-Studies.pdf](http://www.medicare.gov/Pubs/pdf/02226-Medicare-and-Clinical-Research-Studies.pdf)). You can also call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

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## K. How your health care services are covered in a religious non-medical health care institution

### K1. Definition of a religious non-medical health care institution

A religious non-medical health care institution is a place that provides care you would normally get in a hospital or skilled nursing facility. If getting care in a hospital or a skilled nursing facility is against your religious beliefs, we cover care in a religious non-medical health care institution.

This benefit is only for Medicare Part A inpatient services (non-medical health care services).

### K2. Care from a religious non-medical health care institution

To get care from a religious non-medical health care institution, you must sign a legal document that says you are against getting medical treatment that is “non-excepted.”

- “Non-excepted” medical treatment is any care that is **voluntary and not required** by any federal, state, or local law.
- “Excepted” medical treatment is any care that is **not voluntary and is required** under federal, state, or local law.

To be covered by our plan, the care you get from a religious non-medical health care institution must meet the following conditions:

- The facility providing the care must be certified by Medicare.
- Our plan's coverage of services is limited to non-religious aspects of care.
- If you get services from this institution that are provided to you in a facility:
  - You must have a medical condition that would allow you to get covered services for inpatient hospital care or skilled nursing facility care.
  - You must get approval from us before you are admitted to the facility, or your stay will **not** be covered.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



There is no limit on the number of days covered for each hospital stay. To learn more, please refer to the Benefits Chart in Chapter 4, Section D.

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## L. Durable medical equipment (DME)

### L1. DME as a member of our plan

DME includes certain medically necessary items ordered by a provider, such as wheelchairs, crutches, powered mattress systems, diabetic supplies, hospital beds ordered by a provider for use in the home, intravenous (IV) infusion pumps, speech generating devices, oxygen equipment and supplies, nebulizers, and walkers.

You always own certain items, such as prosthetics.

In this section, we discuss DME you rent. As a member of our plan, you usually will **not** own DME, no matter how long you rent it.

In certain limited situations, Blue Shield TotalDual Plan may transfer ownership of the DME item to you depending on if you meet one or all of the following criteria:

- You have a continued medical need for items costing less than \$150 and/or for parenteral/infusion pumps
- Physician certification
- If the device or equipment is made to fit you

Call Customer Service to find out about requirements you must meet and papers you need to provide.

Even if you had DME for up to 12 months in a row under Medicare before you joined our plan, you will **not** own the equipment.

### L2. DME ownership if you switch to Original Medicare

In the Original Medicare program, people who rent certain types of DME own it after 13 months. In a Medicare Advantage (MA) plan, the plan can set the number of months people must rent certain types of DME before they own it.

**Note:** You can find definitions of Original Medicare and MA Plans in Chapter 12. You can also find more information about them in the *Medicare & You 2025* handbook. If you don't have a copy of this booklet, you can get it at the Medicare website ([www.medicare.gov/medicare-and-you](http://www.medicare.gov/medicare-and-you)) 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.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).

If Medi-Cal is not elected, you will have to make 13 payments in a row under Original Medicare, or you will have to make the number of payments in a row set by the MA plan, to own the DME item if:

- you did not become the owner of the DME item while you were in our plan, **and**
- you leave our plan and get your Medicare benefits outside of any health plan in the Original Medicare program or an MA plan.

If you made payments for the DME item under Original Medicare or an MA plan before you joined our plan, **those Original Medicare or MA plan payments do not count toward the payments you need to make after leaving our plan.**

- You will have to make 13 new payments in a row under Original Medicare or a number of new payments in a row set by the MA plan to own the DME item.
- There are no exceptions to this when you return to Original Medicare or an MA plan

### **L3. Oxygen equipment benefits as a member of our plan**

If you qualify for oxygen equipment covered by Medicare and you're a member of our plan, we cover:

- rental of oxygen equipment
- delivery of oxygen and oxygen contents
- tubing and related accessories for the delivery of oxygen and oxygen contents
- maintenance and repairs of oxygen equipment

Oxygen equipment must be returned when it's no longer medically necessary for you or if you leave our plan.

### **L4. Oxygen equipment when you switch to Original Medicare or another Medicare Advantage (MA) plan**

When oxygen equipment is medically necessary and **you leave our plan and switch to Original Medicare**, you rent it from a supplier for 36 months. Your monthly rental payments cover the oxygen equipment and the supplies and services listed above.

If oxygen equipment is medically necessary **after you rent it for 36 months**, your supplier must provide:

- oxygen equipment, supplies, and services for another 24 months



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- oxygen equipment and supplies for up to 5 years if medically necessary

If oxygen equipment is still medically necessary **at the end of the 5-year period**:

- Your supplier no longer has to provide it, and you may choose to get replacement equipment from any supplier.
- A new 5-year period begins.
- You rent from a supplier for 36 months.
- Your supplier then provides the oxygen equipment, supplies, and services for another 24 months.
- A new cycle begins every 5 years as long as oxygen equipment is medically necessary.

When oxygen equipment is medically necessary and **you leave our plan and switch to another MA plan**, the plan will cover at least what Original Medicare covers. You can ask your new MA plan what oxygen equipment and supplies it covers and what your costs will be.



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## Chapter 4: Benefits chart

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### Introduction

This chapter tells you about the services our plan covers and any restrictions or limits on those services and how much you pay for each service. It also tells you about benefits not covered under our plan. Key terms and their definitions appear in alphabetical order in the last chapter of your *Member Handbook*.

**New members to Blue Shield TotalDual Plan:** In most instances you will be enrolled in Blue Shield TotalDual Plan for your Medicare benefits the 1st day of the month after you request to be enrolled in Blue Shield TotalDual Plan. You may still receive your Medi-Cal services from your previous Medi-Cal health plan for one additional month. After that, you will receive your Medi-Cal services through Blue Shield TotalDual Plan. There will be no gap in your Medi-Cal coverage. Please call us at 1-800-452-4413 (TTY: 711) if you have any questions



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

## Table of Contents

A. Welcome to our plan .....	13
B. Information about Medicare and Medi-Cal .....	13
B1. Medicare .....	13
B2. Medi-Cal .....	13
C. Advantages of our plan.....	14
D. Our plan's service area.....	15
E. What makes you eligible to be a plan member .....	15
F. What to expect when you first join our health plan.....	15
G. Your care team and care plan .....	17
G1. Care team.....	17
G2. Care plan .....	17
H. Your monthly costs for Blue Shield TotalDual Plan.....	17
H1. Plan premium.....	18
I. Your <i>Member Handbook</i> .....	18
J. Other important information you get from us.....	18
J1. Your Member ID Card.....	19
J2. <i>Provider and Pharmacy Directory</i> .....	19
J3. <i>List of Covered Drugs</i> .....	21
J4. <i>The Explanation of Benefits</i> .....	21
K. Keeping your membership record up to date .....	21
K1. Privacy of protected health information (PHI) .....	22
A. Customer Service.....	43

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B. Your Care Coordinator .....	46
C. Health Insurance Counseling and Advocacy Program (HICAP) .....	48
D. Nurse Advice Call Line .....	49
E. Behavioral Health Crisis Line.....	50
F. Quality Improvement Organization (QIO).....	51
G. Medicare .....	52
H. Medi-Cal.....	53
I. Medi-Cal Managed Care and Mental Health Office of the Ombudsman.....	54
J. County Social Services.....	55
K. County Behavioral Health Services Agency.....	57
L. California Department of Managed Health Care .....	58
M. Programs to Help People Pay for Their Prescription Drugs .....	59
M1. Extra Help.....	59
M2. AIDS Drug Assistance Program (ADAP).....	59
N. Social Security.....	60
O. Railroad Retirement Board (RRB) .....	61
P. Other resources.....	62
Q. Medi-Cal Dental Program .....	63
A. Information about services and providers .....	66
B. Rules for getting services our plan covers .....	66
C. Your care coordinator .....	68
C1. What a care coordinator is .....	68
C2. How you can contact your care coordinator .....	68

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You can contact your care coordinator by calling 1-888-548-5765, 8:00 a.m. to 6:00 p.m., Monday through Friday. Once you begin working with a care coordinator, you can also contact him/her by calling their direct phone line.....	68
C3. How you can change your care coordinator .....	68
To request to change your care coordinator, you may call 1-888-548-5765, 8:00 a.m. to 6:00 p.m., Monday through Friday. ....	68
D. Care from providers.....	68
D1. Care from a primary care provider (PCP) .....	68
D2. Care from specialists and other network providers .....	71
D3. When a provider leaves our plan.....	72
D4. Out-of-network providers.....	73
E. Long-term services and supports (LTSS) .....	74
F. Behavioral health (mental health and substance use disorder) services .....	75
F1. Medi-Cal behavioral health services provided outside our plan .....	75
G. Transportation services .....	78
G1. Medical transportation of non-emergency situations .....	78
G2. Non-medical transportation .....	79
H. Covered services in a medical emergency, when urgently needed, or during a disaster.....	80
H1. Care in a medical emergency .....	80
H2. Urgently needed care.....	81
H3. Care during a disaster .....	82
I. What to do if you are billed directly for services our plan covers .....	83
I1. What to do if our plan does not cover services .....	83
J. Coverage of health care services in a clinical research study .....	83
J1. Definition of a clinical research study .....	84
J2. Payment for services when you participate in a clinical research study.....	84



J3. More about clinical research studies .....	85
K. How your health care services are covered in a religious non-medical health care institution .....	85
K1. Definition of a religious non-medical health care institution .....	85
K2. Care from a religious non-medical health care institution .....	85
L. Durable medical equipment (DME).....	86
L1. DME as a member of our plan .....	86
L2. DME ownership if you switch to Original Medicare .....	86
L3. Oxygen equipment benefits as a member of our plan.....	87
L4. Oxygen equipment when you switch to Original Medicare or another Medicare Advantage (MA) plan .....	87
A. Your covered services and your out-of-pocket costs .....	110
B. Rules against providers charging you for services.....	110
C. About our plan's Benefits Chart .....	110
D. Our plan's Benefits Chart .....	113
E. Covered Dental Benefits Procedure Chart.....	165
F. Community Supports.....	172
G. Benefits covered outside of our plan.....	174
G1. California Community Transitions (CCT).....	174
G2. Medi-Cal Dental.....	175
G3. Hospice care.....	175
G4. In-Home Supportive Services (IHSS).....	176
G5. 1915(c) Home and Community Based Services (HCBS) Waiver Programs .....	177
G6. County Behavioral Health Services Provided Outside Our Plan (Mental Health and Substance Use Disorder Services) .....	180
H. Benefits not covered by our plan, Medicare, or Medi-Cal.....	182

---

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



A. Getting your prescriptions filled .....	188
A1. Filling your prescription at a network pharmacy.....	188
A2. Using your Member ID Card when you fill a prescription .....	188
A3. What to do if you change your network pharmacy .....	188
A4. What to do if your pharmacy leaves the network .....	188
A5. Using a specialized pharmacy.....	189
A6. Using home delivery services to get your drugs .....	189
A7. Getting a long-term supply of drugs .....	191
A8. Using a pharmacy not in our plan's network .....	191
A9. Paying you back for a prescription .....	192
B. Our plan's <i>Drug List</i> .....	192
B1. Drugs on our <i>Drug List</i> .....	192
B2. How to find a drug on our <i>Drug List</i> .....	193
B3. Drugs not on our <i>Drug List</i> .....	193
B4. <i>Drug List</i> cost-sharing tiers.....	194
C. Limits on some drugs .....	195
D. Reasons your drug might not be covered .....	196
D1. Getting a temporary supply .....	197
D2. Asking for a temporary supply.....	198
D3. Asking for an exception.....	198
E. Coverage changes for your drugs.....	199
F. Drug coverage in special cases.....	201
F1. In a hospital or a skilled nursing facility for a stay that our plan covers .....	201
F2. In a long-term care facility .....	201
F3. In a Medicare-certified hospice program.....	201

---

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G. Programs on drug safety and managing drugs .....	202
G1. Programs to help you use drugs safely .....	202
G2. Programs to help you manage your drugs .....	202
G3. Drug management program for safe use of opioid medications .....	203
A. The <i>Explanation of Benefits</i> (EOB) .....	207
B. How to keep track of your drug costs.....	208
C. You pay nothing for a one-month or long-term supply of drugs.....	209
C1. Your pharmacy choices.....	209
C2. Getting a long-term supply of a drug .....	210
D. Vaccinations .....	210
D1. What you need to know before you get a vaccination .....	210
A. Asking us to pay for your services or drugs .....	212
B. Sending us a request for payment.....	215
C. Coverage decisions.....	216
D. Appeals .....	217
A. Your right to get services and information in a way that meets your needs.....	219
B. Our responsibility for your timely access to covered services and drugs .....	220
C. Our responsibility to protect your protected health information (PHI) .....	221
C1. How we protect your PHI .....	222
C2. Your right to look at your medical records .....	222
D. Our responsibility to give you information .....	222
E. Inability of network providers to bill you directly .....	224
F. Your right to leave our plan .....	224
G. Your right to make decisions about your health care .....	224
G1. Your right to know your treatment choices and make decisions .....	225

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



G2. Your right to say what you want to happen if you are unable to make health care decisions for yourself .....	225
G3. What to do if your instructions are not followed.....	226
H. Your right to make complaints and ask us to reconsider our decisions .....	227
H1. What to do about unfair treatment or to get more information about your rights .....	227
I. Your responsibilities as a plan member .....	227
A. What to do if you have a problem or concern .....	233
A1. About the legal terms .....	233
B. Where to get help .....	233
B1. For more information and help .....	233
Help from the Health Insurance Counseling and Advocacy Program .....	233
Help from the Medicare Medi-Cal Ombuds Program.....	234
Help and information from Medicare .....	234
Help and information from Medi-Cal.....	234
Help from the California Department of Health Care Services.....	234
Help from the California Department of Managed Health Care.....	234
C. Understanding Medicare and Medi-Cal complaints and appeals in our plan .....	235
D. Problems with your benefits.....	235
E. Coverage decisions and appeals.....	235
E1. Coverage decisions.....	236
E2. Appeals.....	236
E3. Help with coverage decisions and appeals.....	237
E4. Which section of this chapter can help you .....	238
F. Medical care.....	238
F1. Using this section .....	238

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



F2. Asking for a coverage decision.....	239
Standard coverage decision.....	239
Fast coverage decision .....	240
F3. Making a Level 1 Appeal .....	241
If your health requires it, ask for a fast appeal.....	242
If we tell you we are stopping or reducing services or items that you already get, you may be able to continue those services or items during your appeal. ....	242
We consider your appeal and give you our answer. ....	243
There are deadlines for a fast appeal.....	243
There are deadlines for a standard appeal.....	243
F4. Making a Level 2 Appeal .....	244
When your problem is about a service or item Medicare usually covers.....	245
If you had a fast appeal at Level 1, you also have a fast appeal at Level 2. ....	245
• If you had a fast appeal to us at Level 1, you automatically get a fast appeal at Level 2. The IRO must give you an answer to your Level 2 Appeal within 72 hours of getting your appeal.....	245
If you had a standard appeal at Level 1, you also have a standard appeal at Level 2. ....	245
• If you had a standard appeal to us at Level 1, you automatically get a standard appeal at Level 2. If your request is for a medical item or service, the IRO must give you an answer to your Level 2 Appeal within 30 calendar days of getting your appeal. ....	245
When your problem is about a service or item Medi-Cal usually covers .....	246
F5. Payment problems .....	250
G. Medicare Part D prescription drugs .....	251
G1. Medicare Part D coverage decisions and appeals .....	252
G2. Medicare Part D exceptions.....	253
G3. Important things to know about asking for an exception.....	254
Your doctor or other prescriber must tell us the medical reasons. ....	254



We can say Yes or No to your request.....	254
G4. Asking for a coverage decision, including an exception .....	255
If your health requires it, ask us for a “fast coverage decision.” .....	255
Deadlines for a fast coverage decision.....	256
Deadlines for a standard coverage decision about a drug you didn’t get.....	256
Deadlines for a standard coverage decision about a drug you already bought.....	257
G5. Making a Level 1 Appeal.....	257
Deadlines for a fast appeal at Level 1 .....	258
Deadlines for a standard appeal at Level 1 .....	258
G6. Making a Level 2 Appeal.....	259
Deadlines for a fast appeal at Level 2 .....	260
Deadlines for a standard appeal at Level 2 .....	260
H. Asking us to cover a longer hospital stay.....	261
H1. Learning about your Medicare rights .....	262
H2. Making a Level 1 Appeal.....	263
What happens during fast review .....	264
H3. Making a Level 2 Appeal.....	265
I. Asking us to continue covering certain medical services .....	265
I1. Advance notice before your coverage ends.....	266
I2. Making a Level 1 Appeal .....	266
Your deadline for contacting this organization.....	267
What happens during a fast-track appeal.....	267
I3. Making a Level 2 Appeal .....	268
J. Taking your appeal beyond Level 2.....	269
J1. Next steps for Medicare services and items.....	269



Level 3 Appeal .....	269
Level 4 Appeal .....	270
Level 5 Appeal .....	270
J2. Additional Medi-Cal appeals .....	270
J3. Appeal Levels 3, 4 and 5 for Medicare Part D Drug Requests .....	271
Level 3 Appeal .....	271
Level 4 Appeal .....	272
Level 5 Appeal .....	272
K. How to make a complaint .....	272
K1. What kinds of problems should be complaints.....	272
K2. Internal complaints .....	274
K3. External complaints.....	276
Medicare.....	276
Medi-Cal .....	276
Office for Civil Rights (OCR) .....	277
QIO .....	277
A. When you can end your membership in our plan.....	280
B. How to end membership in our plan .....	281
C. How to get Medicare and Medi-Cal services separately .....	281
C1. Your Medicare services.....	282
C2. Your Medi-Cal services .....	285
D. Your medical items, services and drugs until your membership in our plan ends.....	285
E. Other situations when your membership in our plan ends .....	286
F. Rules against asking you to leave our plan for any health-related reason.....	287
G. Your right to make a complaint if we end your membership in our plan .....	288

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).





H. How to get more information about ending your plan membership .....	288
A. Notice about laws .....	290
B. Notice about nondiscrimination.....	290
C. Notice about Medicare as a second payer and Medi-Cal as a payer of last resort .....	291
D. Notice about Medi-Cal estate recovery .....	291
<b>E. Administration of the <i>Member Handbook</i></b> .....	292
<b>F. Member cooperation</b> .....	292
<b>G. Assignment</b> .....	292
<b>H. Employer responsibility</b> .....	292
<b>I. Government agency responsibility</b> .....	292
<b>J. U.S. Department of Veterans Affairs</b> .....	292
<b>K. Worker's compensation or employer's liability benefits</b> .....	293
<b>L. Overpayment recovery</b> .....	293
<b>M. When a third party causes your injuries</b> .....	293
<b>N. Notice about Health Information Exchange Participation</b> .....	294
<b>O. Reporting Fraud, Waste, and Abuse</b> .....	295
<b>Activities of daily living (ADL):</b> The things people do on a normal day, such as eating, using the toilet, getting dressed, bathing, or brushing teeth.....	297
<b>Administrative law judge:</b> A judge that reviews a level 3 appeal. ....	297
<b>AIDS drug assistance program (ADAP):</b> A program that helps eligible individuals living with HIV/AIDS have access to life-saving HIV medications.....	297
<b>Ambulatory surgical center:</b> A facility that provides outpatient surgery to patients who do not need hospital care and who are not expected to need more than 24 hours of care. ....	297
<b>Appeal:</b> A way for you to challenge our action if you think we made a mistake. You can ask us to change a coverage decision by filing an appeal. <b>Chapter 9</b> of your <i>Member Handbook</i> explains appeals, including how to make an appeal. ....	297



<b>Behavioral Health:</b> An all-inclusive term referring to mental health and substance use disorder services. ....	297
<b>Biological Product:</b> A prescription drug that is made from natural and living sources like animal cells, plant cells, bacteria, or yeast. Biological products are more complex than other drugs and cannot be copied exactly, so alternative forms are called biosimilars. (See also “Original Biological Product” and “Biosimilar”). ....	297
<b>Biosimilar:</b> A biological drug that is very similar, but not identical, to the original biological product. Biosimilars are as safe and effective as the original biological product. Some biosimilars may be substituted for the original biological product at the pharmacy without needing a new prescription. (See “Interchangeable Biosimilar”). ....	297
<b>Brand name drug:</b> A prescription drug that is made and sold by the company that originally made the drug. Brand name drugs have the same ingredients as the generic versions of the drugs. Generic drugs are usually made and sold by other drug companies. ....	297
<b>Care coordinator:</b> One main person who works with you, with the health plan, and with your care providers to make sure you get the care you need. ....	297
<b>Care plan:</b> Refer to “Individualized Care Plan.” ....	297
<b>Care Plan Optional Services (CPO Services):</b> Additional services that are optional under your Individualized Care Plan (ICP). These services are not intended to replace long-term services and supports that you are authorized to get under Medi-Cal.....	297
<b>Care team:</b> Refer to “Interdisciplinary Care Team.” ....	297
<b>Centers for Medicare &amp; Medicaid Services (CMS):</b> The federal agency in charge of Medicare. <b>Chapter 2</b> of your <i>Member Handbook</i> explains how to contact CMS. ....	297
<b>Community-Based Adult Services (CBAS):</b> Outpatient, facility-based service program that delivers skilled nursing care, social services, occupational and speech therapies, personal care, family/caregiver training and support, nutrition services, transportation, and other services to eligible members who meet applicable eligibility criteria. ....	298
<b>Complaint:</b> A written or spoken statement saying that you have a problem or concern about your covered services or care. This includes any concerns about the quality of service, quality of your care, our network providers, or our network pharmacies. The formal name for “making a complaint” is “filing a grievance”. ....	298
<b>Comprehensive outpatient rehabilitation facility (CORF):</b> A facility that mainly provides rehabilitation services after an illness, accident, or major operation. It provides a variety of	

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services, including physical therapy, social or psychological services, respiratory therapy, occupational therapy, speech therapy, and home environment evaluation services. ....298

**Copay:** A fixed amount you pay as your share of the cost each time you get certain services or prescription drugs. For example, you might pay \$2 or \$5 for a service or a prescription drug. ....298

**Cost-sharing:** Amounts you have to pay when you get certain services or prescription drugs. Cost-sharing includes copays. ....298

**Cost-sharing tier:** A group of drugs with the same copay. Every drug on the *List of Covered Drugs* (also known as the Drug List) is in one of five cost-sharing tiers. In general, the higher the cost-sharing tier, the higher your cost for the drug. ....298

**Coverage decision:** A decision about what benefits we cover. This includes decisions about covered drugs and services or the amount we pay for your health services. **Chapter 9** of your *Member Handbook* explains how to ask us for a coverage decision. ....298

**Covered drugs:** The term we use to mean all of the prescription and over-the-counter (OTC) drugs covered by our plan. ....298

**Covered services:** The general term we use to mean all of the health care, long-term services and supports, supplies, prescription and over-the-counter drugs, equipment, and other services our plan covers. ....298

**Cultural competence training:** Training that provides additional instruction for our health care providers that helps them better understand your background, values, and beliefs to adapt services to meet your social, cultural, and language needs. ....298

**Customer Service:** A department in our plan responsible for answering your questions about membership, benefits, grievances, and appeals. Refer to **Chapter 2** of your *Member Handbook* for more information about Customer Service. ....298

**Emergency:** A medical emergency when you, or any other person with an average knowledge of health and medicine, believe that you have medical symptoms that need immediate medical attention to prevent death, loss of a body part, or loss of or serious impairment to a bodily function (and if you are a pregnant woman, loss of an unborn child). The medical symptoms may be an illness, injury, severe pain, or a medical condition that is quickly getting worse. ....299

**Emergency care:** Covered services given by a provider trained to give emergency services and needed to treat a medical or behavioral health emergency. ....299

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- Hospice:** A program of care and support to help people who have a terminal prognosis live comfortably. A terminal prognosis means that a person has been medically certified as terminally ill, meaning having a life expectancy of 6 months or less.....300
- Improper/inappropriate billing:** A situation when a provider (such as a doctor or hospital) bills you more than our cost-sharing amount for services. Call Customer Service if you get any bills you don't understand. ....301
- In Home Supportive Services (IHSS):** The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. IHSS is an alternative to out-of-home care, such as nursing homes or board and care facilities. The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired. County social service agencies administer IHSS. ....301
- Independent Medical Review (IMR):** If we deny your request for medical services or treatment, you can make an appeal. If you disagree with our decision and your problem is about a Medi-Cal service, including DME supplies and drugs, you can ask the California Department of Managed Health Care for an IMR. An IMR is a review of your case by doctors who are not part of our plan. If the IMR decision is in your favor, we must give you the service or treatment you asked for. You pay no costs for an IMR. ....301
- Independent review organization (IRO):** An independent organization hired by Medicare that reviews a level 2 appeal. It is not connected with us and is not a government agency. This organization decides whether the decision we made is correct or if it should be changed. Medicare oversees its work. The formal name is the **Independent Review Entity**. ....301
- Individualized Care Plan (ICP or Care Plan):** A plan for what services you will get and how you will get them. Your plan may include medical services, behavioral health services, and long-term services and supports.....301
- Inpatient:** A term used when you are formally admitted to the hospital for skilled medical services. If you're not formally admitted, you may still be considered an outpatient instead of an inpatient even if you stay overnight.....301
- Interdisciplinary Care Team (ICT or Care team):** A care team may include doctors, nurses, counselors, or other health professionals who are there to help you get the care you need. Your care team also helps you make a care plan. ....301
- Interchangeable Biosimilar:** A biosimilar that may be substituted at the pharmacy without needing a new prescription because it meets additional requirements related to the potential for automatic substitution. Automatic substitution at the pharmacy is subject to state law. .302

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- List of Covered Drugs (Drug List):** A list of prescription and over-the-counter (OTC) drugs we cover. We choose the drugs on this list with the help of doctors and pharmacists. The Drug List tells you if there are any rules you need to follow to get your drugs. The Drug List is sometimes called a “formulary” .....302
- Long-term services and supports (LTSS):** Long-term services and supports help improve a long-term medical condition. Most of these services help you stay in your home so you don’t have to go to a nursing facility or hospital. LTSS covered by our plan include Community-Based Adult Services (CBAS), also known as adult day health care, Nursing Facilities (NF), and Community Supports. IHSS and 1915(c) waiver programs are Medi-Cal LTSS provided outside our plan. ....302
- Low-income subsidy (LIS):** Refer to “Extra Help” .....302
- Medi-Cal:** This is the name of California Medicaid program. Medi-Cal is managed by the state and is paid for by the state and the federal government. ....302
- Medi-Cal plans:** Plans that cover only Medi-Cal benefits, such as long-term services and supports, medical equipment, and transportation. Medicare benefits are separate. ....302
- Medicaid (or Medical Assistance):** A program run by the federal government and the state that helps people with limited incomes and resources pay for long-term services and supports and medical costs. Medi-Cal is the Medicaid program for the State of California. 302
- Medically necessary:** This describes services, supplies, or drugs you need to prevent, diagnose, or treat a medical condition or to maintain your current health status. This includes care that keeps you from going into a hospital or nursing facility. It also means the services, supplies, or drugs meet accepted standards of medical practice. ....302
- Medicare:** The federal health insurance program for people 65 years of age or older, some people under age 65 with certain disabilities, and people with end-stage renal disease (generally those with permanent kidney failure who need dialysis or a kidney transplant). People with Medicare can get their Medicare health coverage through Original Medicare or a managed care plan (refer to “Health plan”). ....303
- Medicare Advantage:** A Medicare program, also known as “Medicare Part C” or “MA”, that offers MA plans through private companies. Medicare pays these companies to cover your Medicare benefits. ....303
- Medicare Appeals Council (Council):** A council that reviews a level 4 appeal. The Council is part of the Federal government. ....303

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- Medicare-covered services:** Services covered by Medicare Part A and Medicare Part B. All Medicare health plans, including our plan, must cover all of the services covered by Medicare Part A and Medicare Part B. ....303
- Medicare diabetes prevention program (MDPP):** A structured health behavior change program that provides training in long-term dietary change, increased physical activity, and strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle. ....303
- Medicare-Medi-Cal enrollee:** A person who qualifies for Medicare and Medicaid coverage. A Medicare- Medicaid enrollee is also called a “dually eligible individual”. ....303
- Medicare Part A:** The Medicare program that covers most medically necessary hospital, skilled nursing facility, home health, and hospice care. ....303
- Medicare Part B:** The Medicare program that covers services (such as lab tests, surgeries, and doctor visits) and supplies (such as wheelchairs and walkers) that are medically necessary to treat a disease or condition. Medicare Part B also covers many preventive and screening services. ....303
- Medicare Part C:** The Medicare program, also known as “Medicare Advantage” or “MA”, that lets private health insurance companies provide Medicare benefits through an MA Plan. ...303
- Medicare Part D:** The Medicare prescription drug benefit program. We call this program “Part D” for short. Medicare Part D covers outpatient prescription drugs, vaccines, and some supplies not covered by Medicare Part A or Medicare Part B or Medi-Cal. Our plan includes Medicare Part D. ....303
- Medicare Part D drugs:** Drugs covered under Medicare Part D. Congress specifically excludes certain categories of drugs from coverage under Medicare Part D. Medi-Cal may cover some of these drugs.....303
- Medication Therapy Management (MTM):** A distinct group of service or group of services provided by health care providers, including pharmacists, to ensure the best therapeutic outcomes for patients. Refer to **Chapter 5** of your *Member Handbook* for more information. ....304
- Member (member of our plan, or plan member):** A person with Medicare and Medi-Cal who qualifies to get covered services, who has enrolled in our plan, and whose enrollment has been confirmed by the Centers for Medicare & Medicaid Services (CMS) and the state.....304
- Member Handbook and Disclosure Information:** This document, along with your enrollment form and any other attachments, or riders, which explain your coverage, what we must do, your rights, and what you must do as a member of our plan.....304

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<b>Network provider:</b> “Provider” is the general term we use for doctors, nurses, and other people who give you services and care. The term also includes hospitals, home health agencies, clinics, and other places that give you health care services, medical equipment, and long-term services and supports.....	304
<b>Nursing home or facility:</b> A facility that provides care for people who can’t get their care at home but don’t need to be in the hospital. ....	304
<b>Ombudsman:</b> An office in your state that works as an advocate on your behalf. They can answer questions if you have a problem or complaint and can help you understand what to do. The ombudsperson’s services are free. You can find more information in <b>Chapters 2 and 9</b> of your <i>Member Handbook</i> . ....	304
<b>Organization determination:</b> Our plan makes an organization determination when we, or one of our providers, decide about whether services are covered or how much you pay for covered services. Organization determinations are called “coverage decisions”. <b>Chapter 9</b> of your <i>Member Handbook</i> explains coverage decisions. ....	304
<b>Original Biological Product:</b> A biological product that has been approved by the Food and Drug Administration (FDA) and serves as the comparison for manufacturers making a biosimilar version. It is also called a reference product. ....	305
<b>Original Medicare (traditional Medicare or fee-for-service Medicare):</b> The government offers Original Medicare. Under Original Medicare, services are covered by paying doctors, hospitals, and other health care providers amounts that Congress determines. ....	305
<b>Out-of-network pharmacy:</b> A pharmacy that has not agreed to work with our plan to coordinate or provide covered drugs to members of our plan. Our plan doesn’t cover most drugs you get from out-of-network pharmacies unless certain conditions apply. ....	305
<b>Out-of-network provider or Out-of-network facility:</b> A provider or facility that is not employed, owned, or operated by our plan and is not under contract to provide covered services to members of our plan. <b>Chapter 3</b> of your <i>Member Handbook</i> explains out-of-network providers or facilities.....	305
<b>Out-of-pocket costs:</b> The cost- sharing requirement for members to pay for part of the services or drugs they get is also called the “out-of-pocket” cost requirement. Refer to the definition for “cost-sharing” above.....	305
<b>Over-the-counter (OTC) drugs:</b> Over-the-counter drugs are drugs or medicines that a person can buy without a prescription from a health care professional. ....	305
<b>Part A:</b> Refer to “Medicare Part A.” .....	305

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<b>Part B:</b> Refer to “Medicare Part B.” .....	305
<b>Part C:</b> Refer to “Medicare Part C.” .....	305
<b>Part D:</b> Refer to “Medicare Part D.” .....	305
<b>Part D drugs:</b> Refer to “Medicare Part D drugs.” .....	305
<b>Personal health information (also called Protected health information) (PHI):</b> Information about you and your health, such as your name, address, social security number, physician visits, and medical history. Refer to our Notice of Privacy Practices for more information about how we protect, use, and disclose your PHI, as well as your rights with respect to your PHI. ....	306
<b>Primary care provider (PCP):</b> The doctor or other provider you use first for most health problems. They make sure you get the care you need to stay healthy.....	306
<b>Prior authorization (PA):</b> An approval you must get from us before you can get a specific service or drug or use an out-of-network provider. Our plan may not cover the service or drug if you don’t get approval first.....	306
<b>Program for All-Inclusive Care for the Elderly (PACE):</b> A program that covers Medicare and Medicaid benefits together for people age 55 and over who need a higher level of care to live at home. ....	306
<b>Prosthetics and Orthotics:</b> Medical devices ordered by your doctor or other health care provider that include, but are not limited to, arm, back, and neck braces; artificial limbs; artificial eyes; and devices needed to replace an internal body part or function, including ostomy supplies and enteral and parenteral nutrition therapy. ....	306
<b>Quality improvement organization (QIO):</b> A group of doctors and other health care experts who help improve the quality of care for people with Medicare. The federal government pays the QIO to check and improve the care given to patients. Refer to <b>Chapter 2</b> of your <i>Member Handbook</i> for information about the QIO. ....	306
<b>Quantity limits:</b> A limit on the amount of a drug you can have. We may limit the amount of the drug that we cover per prescription.....	307
<b>Real Time Benefit Tool:</b> A portal or computer application in which enrollees can look up complete, accurate, timely, clinically appropriate, enrollee-specific covered drugs and benefit information. This includes cost sharing amounts, alternative drugs that may be used for the same health condition as a given drug, and coverage restrictions (prior authorization, step therapy, quantity limits) that apply to alternative drugs. ....	307

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**Referral:** A referral is your primary care provider's (PCP's) or our approval to use a provider other than your PCP. If you don't get approval first, we may not cover the services. You don't need a referral to use certain specialists, such as women's health specialists. You can find more information about referrals in **Chapters 3 and 4** of your *Member Handbook*. .....307

**Rehabilitation services:** Treatment you get to help you recover from an illness, accident, or major operation. Refer to **Chapter 4** of your *Member Handbook* to learn more about rehabilitation services. ....307

**Sensitive services:** Services related to mental or behavioral health, sexual and reproductive health, family planning, sexually transmitted infections (STIs), HIV/AIDS, sexual assault and abortions, substance use disorder, gender affirming care, and intimate partner violence. ...307

**Service area:** A geographic area where a health plan accepts members if it limits membership based on where people live. For plans that limit which doctors and hospitals you may use, it's generally the area where you can get routine (non-emergency) services. Only people who live in our service area can enroll in our plan. ....307

**Share of cost:** The portion of your health care costs that you may have to pay each month before your benefits become effective. The amount of your share of cost varies depending on your income and resources. ....307

**Skilled nursing facility (SNF):** A nursing facility with the staff and equipment to give skilled nursing care and, in most cases, skilled rehabilitative services and other related health services. ....307

**Skilled nursing facility (SNF) care:** Skilled nursing care and rehabilitation services provided on a continuous, daily basis, in a skilled nursing facility. Examples of skilled nursing facility care include physical therapy or intravenous (IV) injections that a registered nurse or a doctor can give. ....307

**Specialist:** A doctor who provides health care for a specific disease or part of the body. ....307

**Specialized pharmacy:** Refer to **Chapter 5** of your *Member Handbook* to learn more about specialized pharmacies. ....307

**State Hearing:** If your doctor or other provider asks for a Medi-Cal service that we won't approve, or we won't continue to pay for a Medi-Cal service you already have, you can ask for a State Hearing. If the State Hearing is decided in your favor, we must give you the service you asked for.....308

**Step therapy:** A coverage rule that requires you to try another drug before we cover the drug you ask for.....308

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**Supplemental Security Income (SSI):** A monthly benefit Social Security pays to people with limited incomes and resources who are disabled, blind, or age 65 and over. SSI benefits are not the same as Social Security benefits. ....308

**Urgently needed care:** Care you get for an unforeseen illness, injury, or condition that is not an emergency but needs care right away. You can get urgently needed care from out-of-network providers when you cannot get to them because given your time, place, or circumstances, it is not possible, or it is unreasonable to obtain services from network providers (for example when you are outside the plan's service area and you require medically needed immediate services for an unseen condition but it is not a medical emergency).....308



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## A. Your covered services and your out-of-pocket costs

This chapter tells you about services our plan covers and how much you pay for each service. You can also learn about services that are not covered. Information about drug benefits is in **Chapter 5** of your *Member Handbook*. This chapter also explains limits on some services.

For some services, you are charged an out-of-pocket cost called a copay. This is a fixed amount (for example, \$5) you pay each time you get that service. You pay the copay at the time you get the medical service.

Because you get assistance from Medi-Cal, you pay nothing for your covered services as long as you follow our plan's rules. Refer to **Chapter 3** of your *Member Handbook* for details about the plan's rules.

If you need help understanding what services are covered, call your care coordinator and/or Customer Service at 1-800-452-4413 (TTY: 711).

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## B. Rules against providers charging you for services

We don't allow our providers to bill you for in network covered services. We pay our providers directly, and we protect you from any charges. This is true even if we pay the provider less than the provider charges for a service.

You should never get a bill from a provider for covered services. If you do, refer to **Chapter 7** of your *Member Handbook* or call Customer Service.

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## C. About our plan's Benefits Chart

The Benefits Chart tells you the services our plan pays for. It lists covered services in alphabetical order and explains them.

**We pay for the services listed in the Benefits Chart when the following rules are met.**

You do **not** pay anything for the services listed in the Benefits Chart, as long as you meet the requirements described below.

- We provide covered Medicare and Medi-Cal covered services according to the rules set by Medicare and Medi-Cal.
- The services including medical care, behavioral health and substance use services, long-term services and supports, supplies, equipment, and drugs must be "medically necessary." Medically necessary describes services, supplies, or drugs you need to prevent, diagnose, or treat a medical condition or to maintain

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your current health status. This includes care that keeps you from going into a hospital or nursing facility. It also means the services, supplies, or drugs meet accepted standards of medical practice. A service is medically necessary when it is reasonable and necessary to protect life, to prevent significant illness or significant disability, or to alleviate severe pain.

- For new enrollees, the plan must provide a minimum 90-day transition period, during which time the new MA plan may not require prior authorization for any active course of treatment, even if the course of treatment was for a service that began with an out-of-network provider.
- You get your care from a network provider. A network provider is a provider who works with us. In most cases, care you receive from an out-of-network provider will not be covered unless it is an emergency or urgently needed care or unless your plan or a network provider has given you a referral. **Chapter 3** of your *Member Handbook* has more information about using network and out-of-network providers.
- You have a primary care provider (PCP) or a care team that is providing and managing your care. In most cases, your PCP must give you approval before you can use a provider that is not your PCP or use other providers in the plan's network. This is called a referral. **Chapter 3** of your *Member Handbook* has more information about getting a referral and when you do **not** need one.
- We cover some services listed in the Benefits Chart only if your doctor or other network provider gets our approval first. This is called prior authorization (PA). We mark covered services in the Benefits Chart that need PA in italic type.
- If your plan provides approval of a PA request for a course of treatment, the approval must be valid for as long as medically reasonable and necessary to avoid disruptions in care based on coverage criteria, your medical history, and the treating provider's recommendations.
- If you lose your Medi-Cal benefits, within the 6-month period of deemed continued eligibility, your Medicare benefits in this plan will continue. However, your Medi-Cal service may not be covered. Contact your county eligibility office or Health Care Options for information about your Medi-Cal eligibility. You can keep your Medicare benefits, but not your Medi-Cal benefits.
- Blue Shield TotalDual Plan has been approved to provide certain benefits and lower Part D copayments as part of the Value-Based Insurance Design (VBID) program. If you qualify for "Extra Help", you can access all benefits offered as part of the VBID program and you will pay nothing for Part D covered prescription

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drugs. For more information on VBID benefits offered, see the Value Based Insurance Design Model description in **Chapter 4, Section D**, and see **Chapter 6, Section C** for information on how VBID helps eliminate cost sharing for Part D drugs.

- Because Blue Shield TotalDual Plan participates in the VBID program, you will also receive information and support on Advance Care Planning (ACP) resources from your Care Coordinator or provider during your Annual Wellness Visit or other routine visits.
- Advance Care Planning (ACP) helps you prepare for the future and if you cannot make decisions for yourself, it will help make sure your wishes are followed. ACP can include completing Advance Directives, determining a health care powers of attorney, completing a living will, medical orders, and more.
- For more information on ACP services, contact your Blue Shield Care Coordinator at 1-888-548-5765, 8:00 am to 6 pm, Monday through Friday or talk to your doctor during your next visit.


All preventive services are free. You will find this apple 🍏 next to preventive services in the Benefits Chart.



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## D. Our plan's Benefits Chart

Services that our plan pays for		What you must pay
	<p><b>Abdominal aortic aneurysm screening</b></p> <p>We pay for a one-time ultrasound screening for people at risk. The plan only covers this screening if you have certain risk factors and if you get a referral for it from your physician, physician assistant, nurse practitioner, or clinical nurse specialist.</p>	\$0
	<p><b>Acupuncture</b></p> <p>We pay for up to two outpatient acupuncture services in any one calendar month, or more often if they are medically necessary.</p> <p>We also pay for up to 12 acupuncture visits in 90 days if you have chronic low back pain, defined as:</p> <ul style="list-style-type: none"> <li>• lasting 12 weeks or longer;</li> <li>• not specific (having no systemic cause that can be identified, such as not associated with metastatic, inflammatory, or infectious disease);</li> <li>• not associated with surgery; <b>and</b></li> <li>• not associated with pregnancy.</li> </ul> <p>In addition, we pay for an additional eight sessions of acupuncture for chronic low back pain if you show improvement. You may not get more than 20 acupuncture treatments for chronic low back pain each year.</p> <p>Acupuncture treatments must be stopped if you don't get better or if you get worse.</p> <p>Benefits are provided through a contract with American Specialty Health Plans of California, Inc. (ASH Plans). For more information, or to locate an ASH Plans participating provider, you may call ASH Plans at (800) 678-9133</p> <p><i><b>This benefit is continued on the next page</b></i></p>	\$0


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Services that our plan pays for		What you must pay
	<p><b>Acupuncture (<i>continued</i>)</b></p> <p>[TTY:711], Monday through Friday, 5 a.m. to 8 p.m., April 1st through September 30th and Sunday through Saturday, 8 a.m. to 8 p.m., October 1st through March 31st. You can also call Blue Shield TotalDual Plan Customer Service or go to <a href="https://blueshieldca.com/find-a-doctor">blueshieldca.com/find-a-doctor</a> to locate an ASH Plans participating provider.</p>	
	<p><b>Additional telehealth services*</b></p> <p>Teladoc provides Physician consultations by phone or video 24/7/365. Teladoc Physicians can diagnose and treat basic medical conditions and can also prescribe certain medication. Teladoc is a supplemental service that is not intended to replace care from your Primary Care Provider. Please log into <a href="https://blueshieldca.com/teladoc">blueshieldca.com/teladoc</a> or the Blue Shield of California app to request a visit. If you have questions, you may contact Teladoc by phone at 1-800-Teladoc (1-800-835-2362) [TTY: 711], 24 hours a day, 7 days a week, 365 days a year.</p> <p>*Services do not apply to the plan's maximum out-of-pocket limit.</p>	\$0
	<p><b>Alcohol misuse screening and counseling</b></p> <p>We pay for one alcohol-misuse screening (SABIRT) for adults who misuse alcohol but are not alcohol dependent. This includes pregnant women.</p> <p>If you screen positive for alcohol misuse, you can get up to four brief, face-to-face counseling sessions each year (if you are able and alert during counseling) with a qualified primary care provider (PCP) or practitioner in a primary care setting.</p>	\$0

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Services that our plan pays for		What you must pay
	<p><b>Ambulance services</b></p> <p>Covered ambulance services, whether for an emergency or non-emergency situation, include ground and air (airplane and helicopter). The ambulance will take you to the nearest place that can give you care.</p> <p>Your condition must be serious enough that other ways of getting to a place of care could risk your health or life.</p> <p>Ambulance services for other cases (non-emergent) must be approved by us. In cases that are not emergencies, we may pay for an ambulance. Your condition must be serious enough that other ways of getting to a place of care could risk your life or health.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	\$0
	<p><b>Annual physical exam</b></p> <p>You are covered for one routine physical exam every 12 months in addition to your annual wellness visit. This visit includes a comprehensive review of your medical and family history, a detailed head to toe assessment and other services, referrals and recommendations that may be appropriate.</p>	\$0
	<p><b>Annual wellness visit</b></p> <p>You can get an annual checkup. This is to make or update a prevention plan based on your current risk factors. We pay for this once every 12 months.</p> <p><b>Note:</b> Your first annual wellness visit can't take place within 12 months of your <b>Welcome to Medicare</b> visit. However, you don't need to have had a <b>Welcome to Medicare</b> visit to get annual wellness visits after you've had Part B for 12 months.</p>	\$0

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Services that our plan pays for		What you must pay
	<b>Asthma Preventive Services</b>  You can receive asthma education and a home environment assessment for triggers commonly found in the home for people with poorly controlled asthma.	\$0
	<b>Bone mass measurement</b>  We pay for certain procedures for members who qualify (usually, someone at risk of losing bone mass or at risk of osteoporosis). These procedures identify bone mass, find bone loss, or find out bone quality.  We pay for the services once every 24 months, or more often if medically necessary. We also pay for a doctor to look at and comment on the results.	\$0
	<b>Breast cancer screening (mammograms)</b>  We pay for the following services: <ul style="list-style-type: none"> <li>• one baseline mammogram between the ages of 35 and 39</li> <li>• one screening mammogram every 12 months for women age 40 and over</li> <li>• clinical breast exams once every 24 months</li> </ul>	\$0
	<b>Cardiac (heart) rehabilitation services</b>  We pay for cardiac rehabilitation services such as exercise, education, and counseling. Members must meet certain conditions and have a doctor's referral.  We also cover intensive cardiac rehabilitation programs, which are more intense than cardiac rehabilitation programs.  <i>Prior authorization may be required and is the responsibility of your provider.</i>	\$0


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Services that our plan pays for		What you must pay
	<p><b>Cardiovascular (heart) disease risk reduction visit (therapy for heart disease)</b></p> <p>We pay for one visit a year, or more if medically necessary, with your primary care provider (PCP) to help lower your risk for heart disease. During the visit, your doctor may:</p> <ul style="list-style-type: none"> <li>• discuss aspirin use,</li> <li>• check your blood pressure, <b>and/or</b></li> <li>• give you tips to make sure you are eating well.</li> </ul>	\$0
	<p><b>Cardiovascular (heart) disease testing</b></p> <p>We pay for blood tests to check for cardiovascular disease once every five years (60 months). These blood tests also check for defects due to high risk of heart disease.</p>	\$0
	<p><b>Cervical and vaginal cancer screening</b></p> <p>We pay for the following services:</p> <ul style="list-style-type: none"> <li>• for all women: Pap tests and pelvic exams once every 24 months</li> <li>• for women who are at high risk of cervical or vaginal cancer: one Pap test every 12 months</li> <li>• for women who have had an abnormal Pap test within the last three years and are of childbearing age: one Pap test every 12 months</li> <li>• for women aged 30-65: human papillomavirus (HPV) testing or Pap plus HPV testing once every 5 years</li> </ul>	\$0
	<p><b>Chiropractic services (Medicare covered)</b></p> <p>We pay for the following services:</p> <ul style="list-style-type: none"> <li>• manual manipulation of the spine to correct subluxation</li> </ul>	\$0

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	Services that our plan pays for	What you must pay
	<p><b>Chiropractic services (non-Medicare covered)*</b></p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li>• initial and subsequent examinations</li> <li>• office visits and chiropractic adjustments</li> <li>• adjunctive therapies</li> <li>• x-rays (chiropractic only)</li> </ul> <p>Benefits are provided through a contract with American Specialty Health Plans of California, Inc. (ASH Plans). For more information or to locate an ASH Plans participating provider, you may call ASH Plans at (800) 678-9133 [TTY: 711], Monday through Friday, 5 a.m. to 8 p.m., April 1<sup>st</sup> through September 30<sup>th</sup> and Sunday through Saturday, 8 a.m. to 8 p.m., October 1<sup>st</sup> through March 31<sup>st</sup>. You can also call Blue Shield TotalDual Plan Customer Service or go to <a href="https://blueshieldca.com/find-a-doctor">blueshieldca.com/find-a-doctor</a> to locate an ASH Plans participating provider.</p> <p>*Services do not apply to the plan's maximum out-of-pocket limit.</p>	<p>\$0 (coverage is limited to up to 12 visits per year for non-Medicare covered services.)</p>
	<p><b>Colorectal cancer screening</b></p> <p>We pay for the following services:</p> <ul style="list-style-type: none"> <li>• Colonoscopy has no minimum or maximum age limitation and is covered once every 120 months (10 years) for patients not at high risk, or 48 months after a previous flexible sigmoidoscopy for patients who are not at high risk for colorectal cancer, and once every 24 months for high risk patients after a previous screening colonoscopy or barium enema.</li> <li>• Flexible sigmoidoscopy for patients 45 years and older. Once every 120 months for patients not at high risk after the patient received a screening colonoscopy. Once every 48 months for high risk patients from the last flexible sigmoidoscopy or barium enema.</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0</p>





Services that our plan pays for	What you must pay
<p><b>Colorectal cancer screening (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• Screening fecal-occult blood tests for patients 45 years and older. Once every 12 months.</li> <li>• Multitarget stool DNA for patients 45 to 85 years of age and not meeting high risk criteria. Once every 3 years.</li> <li>• Blood-based Biomarker Tests for patients 45 to 85 years of age and not meeting high risk criteria. Once every 3 years.</li> <li>• Barium Enema as an alternative to colonoscopy for patients at high risk and 24 months since the last screening barium enema or the last screening colonoscopy.</li> <li>• Barium Enema as an alternative to flexible sigmoidoscopy for patients not at high risk and 45 years or older. Once at least 48 months following the last screening barium enema or screening flexible sigmoidoscopy.</li> </ul> <p>Colorectal cancer screening tests include a follow-up screening colonoscopy after a Medicare covered non-invasive stool-based colorectal cancer screening test returns a positive result.</p>	
<p><b>Community Based Adult Services (CBAS)</b></p> <p>CBAS is an outpatient, facility-based service program where people attend according to a schedule. It delivers skilled nursing care, social services, therapies (including occupational, physical, and speech), personal care, family/caregiver training and support, nutrition services, transportation, and other services. We pay for CBAS if you meet the eligibility criteria.</p> <p><b>Note: If a CBAS facility is not available, we can provide these services separately.</b></p>	\$0



Services that our plan pays for	What you must pay
<p><b>Dental services</b></p> <p>We pay for certain dental services, including but not limited to, limited restorative services (crowns) and prosthodontic services (dentures). What we do not cover is available through Medi-Cal Dental, described in G2 below.</p> <p>We pay for some dental services when the service is an integral part of specific treatment of a beneficiary's primary medical condition. Some examples include reconstruction of the jaw following fracture or injury, tooth extractions done in preparation for radiation treatment for cancer involving the jaw, or oral exams preceding kidney transplantation.</p> <p>In general, preventive dental services (such as cleanings, routine dental exams, and dental x-rays) are not covered by Original Medicare. However, Medicare currently pays for dental services in a limited number of circumstances, specifically when that service is an integral part of specific treatment of a beneficiary's primary medical condition. Some examples include reconstruction of the jaw following fracture or injury, tooth extractions done in preparation for radiation treatment for cancer involving the jaw, or oral exams preceding kidney transplantation.</p> <p>In addition, we cover some comprehensive dental services*.</p> <p>The <i>Dental Benefits Procedure Chart</i> (which is located in this chapter following the Medical Benefits Chart) shows the specific dental procedures covered by this benefit. The procedures listed are covered benefits when provided by an in-network, licensed dentist and when necessary and customary as determined by the standards of generally accepted dental practice. Information on how to access covered services is located after the <i>Dental Benefits Procedure Chart</i>.</p> <p>Not all covered services may be appropriate for everyone. You should rely on your network dentist to determine the appropriate care for you. Benefit limitations, prior authorization and/or referrals may apply to certain dental services.</p>	<p>You pay \$0 for covered services (when obtained from an in-network dentist).</p> <p>For Medicare-covered dental services, please see the Physician/Practitioner services, including doctor's office visits section of the Medical Benefits Chart.</p> <p>For non-Medicare covered dental services, please see the Dental Benefits Procedure Chart. The chart includes a list of covered dental procedures, what you pay for each procedure, and any benefit limitations. You pay \$0 for covered services when</p>


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	Services that our plan pays for	What you must pay
	<p>* Services do not apply to the plan's maximum out-of-pocket limit.</p> <p>Also, as a dual-eligible member, Medi-Cal (Medicaid) covers some dental services. Certain dental services are available through Medi-Cal Dental. More information is on the SmileCalifornia.org website. Medi-Cal Dental includes but is not limited to, services such as:</p> <ul style="list-style-type: none"> <li>• initial examinations, X-rays, cleanings, and fluoride treatments</li> <li>• restorations and crowns</li> <li>• root canal therapy</li> <li>• partial and complete dentures, adjustments, repairs, and relines</li> </ul> <p>For more information regarding dental benefits available in Medi-Cal Dental, or if you need help finding a dentist who accepts Medi-Cal, contact the customer service line at 1-800-322-6384 (TTY users call 1-800-735-2922). The call is free. Medi-Cal Dental representatives are available to assist you from 8:00 a.m. to 5:00 p.m., Monday through Friday. You can also visit the website at <a href="https://smilecalifornia.org/">smilecalifornia.org/</a> for more information.</p>	<p>obtained from an in-network dentist.</p> <p>For Medi-Cal (Medicaid) covered dental services, see the <i>Medi-Cal Dental Member Handbook</i> located on the Medi-Cal Dental website at <a href="https://smilecalifornia.org/">smilecalifornia.org/</a>. You pay \$0 for covered dental services.</p>
	<p><b>Depression screening</b></p> <p>We pay for one depression screening each year. The screening must be done in a primary care setting that can give follow-up treatment and/or referrals.</p>	\$0
	<p><b>Diabetes screening</b></p> <p>We pay for this screening (includes fasting glucose tests) if you have any of the following risk factors:</p> <ul style="list-style-type: none"> <li>• high blood pressure (hypertension)</li> </ul>	\$0

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	Services that our plan pays for	What you must pay
	<ul style="list-style-type: none"> <li>• history of abnormal cholesterol and triglyceride levels (dyslipidemia)</li> <li>• obesity</li> <li>• history of high blood sugar (glucose)</li> </ul> <p>Tests may be covered in some other cases, such as if you are overweight and have a family history of diabetes.</p> <p>You may qualify for up to two diabetes screenings every 12 months following the date of your most recent diabetes screening test.</p>	
	<p><b>Diabetic self-management training, services, and supplies</b></p> <p>We pay for the following services for all people who have diabetes (whether they use insulin or not):</p> <ul style="list-style-type: none"> <li>• Supplies to monitor your blood glucose, including the following: <ul style="list-style-type: none"> <li>○ a blood glucose monitor</li> <li>○ blood glucose test strips</li> <li>○ lancet devices and lancets</li> <li>○ glucose-control solutions for checking the accuracy of test strips and monitors</li> </ul> </li> <li>• For people with diabetes who have severe diabetic foot disease, we pay for the following: <ul style="list-style-type: none"> <li>○ one pair of therapeutic custom-molded shoes (including inserts), including the fitting, and two extra pairs of inserts each calendar year, <b>or</b></li> <li>○ one pair of depth shoes, including the fitting, and three pairs of inserts each year (not including the non-customized removable inserts provided with such shoes)</li> </ul> </li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0</p> <p>For blood glucose monitors, please see the “Durable Medical Equipment (DME) and related supplies” section below.</p>



Services that our plan pays for	What you must pay
<p><b>Diabetic self-management training, services, and supplies</b> <i>(continued)</i></p> <ul style="list-style-type: none"> <li>In some cases, we pay for training to help you manage your diabetes. To find out more, contact Customer Service.</li> </ul> <p>For test strips and blood glucose monitors, the preferred manufacturer is Abbott. FreeStyle® (made by Abbott) test strips and blood glucose monitors will not require your doctor to get approval in advance (sometimes called “prior authorization”) from the plan. Test strips and blood glucose monitors from all other manufacturers will require your doctor to get approval in advance (sometimes called “prior authorization”) from the plan.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Doula Services</b></p> <p>For individuals who are pregnant we pay for nine visits with a doula during the prenatal and postpartum period as well as support during labor and delivery.</p>	\$0
<p><b>Durable medical equipment (DME) and related supplies</b></p> <p>Refer to <b>Chapter 12</b> of your <i>Member Handbook</i> for a definition of “Durable medical equipment (DME).”</p> <p>We cover the following items:</p> <ul style="list-style-type: none"> <li>wheelchairs, including electric wheelchairs</li> <li>crutches</li> <li>powered mattress systems</li> <li>dry pressure pad for mattress</li> <li>diabetic supplies</li> </ul> <p><i>This benefit is continued on the next page</i></p>	<p>\$0</p> <p>Blood glucose monitors:</p> <p>\$0 for FreeStyle® blood glucose monitors and 20% coinsurance for blood glucose monitors from all other manufacturers.</p> <p>Your cost-sharing for Medicare oxygen</p>

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Services that our plan pays for	What you must pay
<p><b>Durable medical equipment (DME) and related supplies</b> <i>(continued)</i></p> <ul style="list-style-type: none"> <li>• hospital beds ordered by a provider for use in the home</li> <li>• intravenous (IV) infusion pumps and pole</li> <li>• speech generating devices</li> <li>• oxygen equipment and supplies</li> <li>• nebulizers</li> <li>• walkers</li> <li>• standard curved handle or quad cane and replacement supplies</li> <li>• cervical traction (over the door)</li> <li>• bone stimulator</li> <li>• dialysis care equipment</li> </ul> <p>Other items may be covered.</p> <p>We pay for all medically necessary DME that Medicare and Medi-Cal usually pay for. If our supplier in your area does not carry a particular brand or maker, you may ask them if they can special order it for you.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	<p>equipment coverage is \$0, every time.</p> <p>Your cost-sharing will not change after being enrolled for 36 months.</p>
<p><b>Emergency care</b></p> <p>Emergency care means services that are:</p> <ul style="list-style-type: none"> <li>• given by a provider trained to give emergency services, <b>and</b></li> <li>• needed to treat a medical emergency.</li> </ul> <p>A medical emergency is a medical condition with severe pain or serious injury. The condition is so serious that, if it does not</p> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0</p> <p>If you get emergency care at an out-of-network hospital and need inpatient care after your emergency is stabilized, you must return to a network hospital</p>



Services that our plan pays for	What you must pay
<p><b>Emergency care (<i>continued</i>)</b></p> <p>get immediate medical attention, anyone with an average knowledge of health and medicine could expect it to result in:</p> <ul style="list-style-type: none"> <li>• serious risk to your health or to that of your unborn child; <b>or</b></li> <li>• serious harm to bodily functions; <b>or</b></li> <li>• serious dysfunction of any bodily organ or part.</li> <li>• In the case of a pregnant woman in active labor, when: <ul style="list-style-type: none"> <li>○ There is not enough time to safely transfer you to another hospital before delivery.</li> <li>○ A transfer to another hospital may pose a threat to your health or safety or to that of your unborn child.</li> </ul> </li> </ul> <p>Worldwide coverage*</p> <p>You have no combined annual limit for emergency care or urgently needed services outside the United States and its territories every year.</p> <p>*Services outside the United States and its territories do not apply to the plan's maximum out-of-pocket limit.</p>	<p>for your care to continue to be paid for. You can stay in the out-of-network hospital for your inpatient care only if our plan approves your stay.</p> <p>20% coinsurance for worldwide emergency coverage (coinsurance is waived if admitted to the hospital within one day for the same condition).</p>
<p><b>Family planning services</b></p> <p>The law lets you choose any provider – whether a network provider or out-of-network provider – for certain family planning services. This means any doctor, clinic, hospital, pharmacy or family planning office.</p> <p>We pay for the following services:</p> <ul style="list-style-type: none"> <li>• family planning exam and medical treatment</li> <li>• family planning lab and diagnostic tests</li> <li>• family planning methods (IUC/IUD, implants, injections, birth control pills, patch, or ring)</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0</p>



	Services that our plan pays for	What you must pay
	<p><b>Family planning services (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>family planning supplies with prescription (condom, sponge, foam, film, diaphragm, cap)</li> <li>limited fertility services such as counseling and education about fertility awareness techniques, and/or preconception health counseling, testing, and treatment for sexually transmitted infections (STIs)</li> <li>counseling and testing for HIV and AIDS, and other HIV-related conditions</li> <li>permanent contraception (You must be age 21 or over to choose this method of family planning. You must sign a federal sterilization consent form at least 30 days, but not more than 180 days before the date of surgery.)</li> <li>genetic counseling</li> </ul> <p>We also pay for some other family planning services. However, you must use a provider in our provider network for the following services:</p> <ul style="list-style-type: none"> <li>treatment for medical conditions of infertility (This service does not include artificial ways to become pregnant.)</li> <li>treatment for AIDS and other HIV-related conditions</li> <li>genetic testing</li> </ul>	
	<p><b>Health and wellness education programs*</b></p> <p>We offer many programs that focus on certain health conditions. These include:</p> <ul style="list-style-type: none"> <li>Health Education classes;</li> <li>Nutrition Education classes;</li> <li>Smoking and Tobacco Use Cessation; <b>and</b></li> <li>Nursing Hotline</li> </ul> <p>Programs to help you stay healthy. Covered services include:</p> <ul style="list-style-type: none"> <li>Written health education materials, including newsletters</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0

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Services that our plan pays for	What you must pay
<p><b>Health and wellness education programs* (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• Educational programs</li> </ul> <p>Educational Programs that focus on health conditions such as:</p> <ul style="list-style-type: none"> <li>• High blood pressure</li> <li>• Cholesterol</li> <li>• Asthma</li> <li>• Special diet</li> </ul> <p>Educational programs designed to enrich your health and lifestyle, including:</p> <ul style="list-style-type: none"> <li>• Weight management</li> <li>• Fitness</li> <li>• Stress management</li> </ul> <p><b>NurseHelp 24/7</b></p> <p>Have a confidential one-on-one online dialogue with a registered nurse, 24 hours a day. When you have a medical concern, one call to our toll-free hotline puts you in touch with a registered nurse who will listen to your concerns and help you toward a solution. Call 1-877-304-0504 (TTY: 711) 24 hours a day, 7 days a week.</p> <p><b>SilverSneakers® Fitness</b></p> <p>SilverSneakers can help you live a healthier, more active life through fitness and social connection. You are covered for a fitness benefit through SilverSneakers at participating locations<sup>1</sup>. You have access to instructors who lead specially designed group exercise classes<sup>2</sup>. At participating locations nationwide<sup>1</sup>, you can take classes<sup>2</sup> plus use exercise equipment and other amenities. Additionally, SilverSneakers FLEX® gives you options to get active outside of traditional gyms (like recreation centers, mall and parks). SilverSneakers also connects you to a support network and virtual classes through SilverSneakers LIVE™, SilverSneakers On-Demand™ videos and our mobile app, SilverSneakers GO™. You also get access to Stitch<sup>3</sup>, an online social site for seniors, where you can join in-person and online activities and events. All you need to get started is your personal SilverSneakers ID</p> <p><b><i>This benefit is continued on the next page</i></b></p>	

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Services that our plan pays for	What you must pay
<p><b>Health and wellness education programs* (<i>continued</i>)</b></p> <p>number. Go to Silversneakers.com to learn more about your benefit or call 1-888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET.</p> <p><b>Always talk with your doctor before starting an exercise program.</b></p> <p><sup>1</sup>Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.</p> <p><sup>2</sup>Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.</p> <p><sup>3</sup>Stitch is a third-party provider and is not owned or operated by Tivity Health or its affiliates. SilverSneakers members must have internet service to access Stitch service. Internet service charges are the responsibility of the SilverSneakers member.</p> <p><b>Personal Emergency Response System (PERS)</b> – a medical alert monitoring system that provides access to help 24/7, at the push of a button. Your PERS benefits are provided by LifeStation® and include:</p> <ul style="list-style-type: none"> <li>• One personal emergency response system</li> <li>• Choice of an in-home system or mobile device with GPS/WiFi and fall detection</li> <li>• Monthly monitoring</li> <li>• Necessary chargers and cords</li> </ul> <p>To place an order for PERS and begin receiving services, call LifeStation’s team at 1-855-672-3269 (TTY: 711), Monday through Friday, 5:00 a.m. to 6:00 p.m. PST and Saturday 6:00 a.m. to 6:00 p.m. PST, or visit <a href="https://blueshieldca.com/login">blueshieldca.com/login</a>.</p> <p>*Services do not apply to the plan’s maximum out-of-pocket limit.</p>	


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Services that our plan pays for	What you must pay
<p><b>Hearing services</b></p> <p>We pay for hearing and balance tests done by your provider. These tests tell you whether you need medical treatment. They are covered as outpatient care when you get them from a physician, audiologist, or other qualified provider.</p> <ul style="list-style-type: none"> <li>Diagnostic hearing and balance evaluations performed by your PCP to determine if you need medical treatment are covered as outpatient care when furnished by a physician, audiologist, or other qualified provider.</li> <li>Routine (non-Medicare covered) hearing exams*</li> <li>Hearing aids* <ul style="list-style-type: none"> <li>You have a yearly allowance of \$1,500 for up to two hearing aids and two hearing aid fittings and evaluations (applies to both ears combined). You may obtain these services at the hearing aid provider of your choice.</li> <li>This allowance cannot be rolled over from year to year.</li> </ul> </li> </ul> <p>Allowances for hearing aid services and Healthy Grocery cannot be combined. Each benefit has a separate allowance.</p> <p>You will receive a letter from the benefit administrator with your personalized benefit card. This letter will let you know your card has been loaded with the allowance amount. It will also provide information on how to access further details on the benefit by phone, website or mobile app.</p> <p>Healthy Benefits+ is a spending card with your benefit allowances pre-loaded onto the card to help pay for covered items and services.</p> <p>For questions about this benefit, you may call the benefit administrator at (855) 572-6341 [TTY: 771], 8 a.m. to 8 p.m., local time, Sunday through Saturday, October 1st through</p> <p><b><i>This benefit is continued on the next page</i></b></p>	<ul style="list-style-type: none"> <li>\$0 for each Medicare-covered diagnostic hearing exam</li> <li>\$0 for each routine (non-Medicare covered) hearing exam</li> <li>\$0, up to a \$1,500 allowance per year for covered hearing aid services</li> </ul>

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	Services that our plan pays for	What you must pay
	<p><b>Hearing services (<i>continued</i>)</b></p> <p>March 31st, and Monday through Friday, April 1st through September 30th. You can also go online to <a href="https://HealthyBenefitsPlus.com/BlueShieldCA">HealthyBenefitsPlus.com/BlueShieldCA</a> for more details.</p> <p>*Services do not apply to the plan's out-of-pocket limit.</p> <p>We also pay for hearing aids when prescribed by a physician or other qualified provider, including:</p> <ul style="list-style-type: none"> <li>• molds, supplies, and inserts</li> <li>• repairs</li> <li>• an initial set of batteries</li> <li>• six visits for training, adjustments, and fitting with the same vendor after you get the hearing aid</li> <li>• trial period rental of hearing aids</li> <li>• assistive listening devices, surface-worn bone conduction hearing devices</li> <li>• hearing aid-related audiology and post-evaluation services</li> </ul>	
	<p><b>HIV screening</b></p> <p>We pay for one HIV screening exam every 12 months for people who:</p> <ul style="list-style-type: none"> <li>• ask for an HIV screening test, <b>or</b></li> <li>• are at increased risk for HIV infection.</li> </ul> <p>For women who are pregnant, we pay for up to three HIV screening tests during a pregnancy.</p> <p>We also pay for additional HIV screening(s) when recommended by your provider.</p>	\$0



Services that our plan pays for	What you must pay
<p><b>Home health agency care</b></p> <p>Before you can get home health services, a doctor must tell us you need them, and they must be provided by a home health agency. You must be homebound, which means leaving home is a major effort.</p> <p>We pay for the following services, and maybe other services not listed here:</p> <ul style="list-style-type: none"> <li>• part-time or intermittent skilled nursing and home health aide services (to be covered under the home health care benefit, your skilled nursing and home health aide services combined must total fewer than 8 hours per day and 35 hours per week.)</li> <li>• physical therapy, occupational therapy, and speech therapy</li> <li>• medical and social services</li> <li>• medical equipment and supplies</li> </ul> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	<p>\$0 for each covered home health visit</p>
<p><b>Home infusion therapy</b></p> <p>Our plan pays for home infusion therapy, defined as drugs or biological substances administered into a vein or applied under the skin and provided to you at home. The following are needed to perform home infusion:</p> <ul style="list-style-type: none"> <li>• the drug or biological substance, such as an antiviral or immune globulin;</li> <li>• equipment, such as a pump; <b>and</b></li> <li>• supplies, such as tubing or a catheter.</li> </ul> <p>Our plan covers home infusion services that include but are not limited to:</p> <p><i><b>This benefit is continued on the next page</b></i></p>	<p>\$0 for each covered home infusion therapy visit</p>






Services that our plan pays for	What you must pay
<p><b>Home infusion therapy (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>professional services, including nursing services, provided in accordance with your care plan;</li> <li>member training and education not already included in the DME benefit;</li> <li>remote monitoring; <b>and</b></li> <li>monitoring services for the provision of home infusion therapy and home infusion drugs furnished by a qualified home infusion therapy supplier.</li> </ul> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Home meal delivery*</b></p> <p>Upon discharge from an inpatient hospital or skilled nursing facility stay, we cover:</p> <ul style="list-style-type: none"> <li>22 meals and 10 snacks per discharge</li> <li>Meals and snacks will be divided into up to three separate deliveries as needed</li> <li>Coverage is limited to two discharges per year</li> </ul> <p>For more information, call Blue Shield TotalDual Plan Customer Service (phone numbers are printed on the back cover of this document).</p> <p>*Services do not apply to the plan's maximum out-of-pocket limit.</p>	<p>\$0 for each covered home meal delivery</p>
<p><b>Hospice care</b></p> <p>You have the right to elect hospice if your provider and hospice medical director determine you have a terminal prognosis. This means you have a terminal illness and are</p> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0 for hospice consultation services (one-time only)</p>

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Services that our plan pays for	What you must pay
<p><b>Hospice care (<i>continued</i>)</b></p> <p>expected to have six months or less to live. You can get care from any hospice program certified by Medicare. Our plan must help you find Medicare-certified hospice programs in the plan's service area. Your hospice doctor can be a network provider or an out-of-network provider.</p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li>• drugs to treat symptoms and pain</li> <li>• short-term respite care</li> <li>• home care</li> </ul> <p><b>Hospice services and services covered by Medicare Part A or Medicare Part B that relate to your terminal prognosis are billed to Medicare.</b></p> <ul style="list-style-type: none"> <li>• Refer to <b>Section F</b> of this chapter for more information.</li> </ul> <p><b>For services covered by our plan but not covered by Medicare Part A or Medicare Part B:</b></p> <ul style="list-style-type: none"> <li>• Our plan covers services not covered under Medicare Part A or Medicare Part B. We cover the services whether or not they relate to your terminal prognosis. You pay nothing for these services.</li> </ul> <p><b>For drugs that may be covered by our plan's Medicare Part D benefit:</b></p> <ul style="list-style-type: none"> <li>• Drugs are never covered by both hospice and our plan at the same time. For more information, refer to <b>Chapter 5</b> of your <i>Member Handbook</i>.</li> </ul> <p><b>Note:</b> If you have a serious illness, you may be eligible for palliative care, which provides team-based patient and family-centered care to improve your quality of life. You may receive palliative care at the same time as curative/regular care. Please see Palliative Care section below for more information.</p> <p><b><i>This benefit is continued on the next page</i></b></p>	



	Services that our plan pays for	What you must pay
	<p><b>Hospice care (<i>continued</i>)</b></p> <p><b>Note:</b> If you need non-hospice care, call your care coordinator and/or Customer Service to arrange the services. Non-hospice care is care that is <b>not</b> related to your terminal prognosis.</p> <p>Our plan covers hospice consultation services (one time only) for a terminally ill member who has not chosen the hospice benefit.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
	<p><b>Immunizations</b></p> <p>We pay for the following services:</p> <ul style="list-style-type: none"> <li>• pneumonia vaccines</li> <li>• flu/influenza shots, once each flu/influenza season in the fall and winter, with additional flu/influenza shots if medically necessary</li> <li>• hepatitis B vaccines if you are at high or intermediate risk of getting hepatitis B</li> <li>• COVID-19 vaccines</li> <li>• human papillomavirus (HPV) vaccine</li> <li>• other vaccines if you are at risk and they meet Medicare Part B coverage rules</li> </ul> <p>We pay for other vaccines that meet the Medicare Part D coverage rules. Refer to <b>Chapter 6</b> of your <i>Member Handbook</i> to learn more.</p> <p>We also pay for all vaccines for adults as recommended by the Advisory Committee on Immunization Practices (ACIP).</p>	\$0



Services that our plan pays for	What you must pay
<p><b>Inpatient hospital care</b></p> <p>We pay for the following services and other medically necessary services not listed here:</p> <ul style="list-style-type: none"> <li>• semi-private room (or a private room if medically necessary)</li> <li>• meals, including special diets</li> <li>• regular nursing services</li> <li>• costs of special care units, such as intensive care or coronary care units</li> <li>• drugs and medications</li> <li>• lab tests</li> <li>• X-rays and other radiology services</li> <li>• needed surgical and medical supplies</li> <li>• appliances, such as wheelchairs</li> <li>• operating and recovery room services</li> <li>• physical, occupational, and speech therapy</li> <li>• inpatient substance abuse services in some cases, the following types of transplants: corneal, kidney, kidney/pancreas, heart, liver, lung, heart/lung, bone marrow, stem cell, and intestinal/multivisceral.</li> </ul> <p>If you need a transplant, a Medicare-approved transplant center will review your case and decide if you are a candidate for a transplant. Transplant providers may be local or outside of the service area. If local transplant providers are willing to accept the Medicare rate, then you can get your transplant services locally or outside the pattern of care for your community. If our plan provides transplant services outside the pattern of care for our community and you choose to get your transplant there, we arrange or pay for lodging and travel costs for you and one other person. †</p> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0</p> <p>You must get approval from our plan to get inpatient care at an out-of-network hospital after your emergency is stabilized.</p>



Services that our plan pays for	What you must pay
<p><b>Inpatient hospital care (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• blood, including storage and administration</li> <li>• physician services</li> </ul> <p><b>Note:</b> To be an inpatient, your provider must write an order to admit you formally as an inpatient of the hospital. Even if you stay in the hospital overnight, you might still be considered an “outpatient.” If you are not sure if you are an inpatient or an outpatient, you should ask the hospital staff.</p> <p>You can also find more information in a Medicare fact sheet called “Are you a Hospital Inpatient or Outpatient? If You Have Medicare – Ask!”. This fact sheet is available at <a href="https://www.medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf">es.medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf</a> or by calling 1-800-MEDICARE (1-800-633-4227). TTY users call 1-877-486-2048. You can call these numbers for free, 24 hours a day, 7 days a week.</p> <p>†Transplants are covered only if your doctor or other network provider gets approval in advance (sometimes called “prior authorization”) from us.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Inpatient services in a psychiatric hospital</b></p> <p>We pay for mental health care services that require a hospital stay.</p> <ul style="list-style-type: none"> <li>• If you need inpatient services in a freestanding psychiatric hospital, we pay for the first 190 days. After that, the local county mental health agency pays for medically necessary inpatient psychiatric services. Authorization for care beyond the 190 days is coordinated with the local county mental health agency. <ul style="list-style-type: none"> <li>○ The 190-day limit does <b>not</b> apply to inpatient mental health services provided in a psychiatric unit of a general hospital</li> </ul> </li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0





Services that our plan pays for	What you must pay
<p><b>Inpatient services in a psychiatric hospital (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>If you are 65 years or older, we pay for services you get in an Institute for Mental Diseases (IMD).</li> </ul> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Inpatient stay: Covered services in a hospital or skilled nursing facility (SNF) during a non-covered inpatient stay</b></p> <p>We do not pay for your inpatient stay if you have used all of your inpatient benefit or if the stay is not reasonable and medically necessary.</p> <p>However, in certain situations where inpatient care is not covered, we may pay for services you get while you're in a hospital or nursing facility. To find out more, contact Customer Service.</p> <p>We pay for the following services, and maybe other services not listed here:</p> <ul style="list-style-type: none"> <li>doctor services</li> <li>diagnostic tests, like lab tests</li> <li>X-ray, radium, and isotope therapy, including technician materials and services</li> <li>surgical dressings</li> <li>splints, casts, and other devices used for fractures and dislocations</li> <li>prosthetics and orthotic devices, other than dental, including replacement or repairs of such devices. These are devices that replace all or part of: <ul style="list-style-type: none"> <li>an internal body organ (including contiguous tissue), <b>or</b></li> <li>the function of an inoperative or malfunctioning internal body organ.</li> </ul> </li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0</p>



Services that our plan pays for	What you must pay
<p><b>Inpatient stay: Covered services in a hospital or skilled nursing facility (SNF) during a non-covered inpatient stay (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>leg, arm, back, and neck braces, trusses, and artificial legs, arms, and eyes. This includes adjustments, repairs, and replacements needed because of breakage, wear, loss, or a change in your condition</li> <li>physical therapy, speech therapy, and occupational therapy</li> </ul> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Kidney disease services and supplies</b></p> <p>We pay for the following services:</p> <ul style="list-style-type: none"> <li>Kidney disease education services to teach kidney care and help you make good decisions about your care. You must have stage IV chronic kidney disease, and your doctor must refer you. We cover up to six sessions of kidney disease education services.</li> <li>Outpatient dialysis treatments, including dialysis treatments when temporarily out of the service area, as explained in <b>Chapter 3</b> of your <i>Member Handbook</i>, or</li> <li>when your provider for this service is temporarily unavailable or inaccessible.</li> <li>Inpatient dialysis treatments if you're admitted as an inpatient to a hospital for special care</li> <li>Self-dialysis training, including training for you and anyone helping you with your home dialysis treatments</li> <li>Home dialysis equipment and supplies</li> <li>Certain home support services, such as necessary visits by trained dialysis workers to check on your home dialysis, to help in emergencies, and to check your dialysis equipment and water supply.</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0

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Services that our plan pays for		What you must pay
	<p><b>Kidney disease services and supplies (<i>continued</i>)</b></p> <p>Your Medicare Part B drug benefit pays for some drugs for dialysis. For information, refer to “Medicare Part B prescription drugs” in this chart.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
	<p><b>Lung cancer screening</b></p> <p>Our plan pays for lung cancer screening every 12 months if you:</p> <ul style="list-style-type: none"> <li>• are aged 50-77, <b>and</b></li> <li>• have a counseling and shared decision-making visit with your doctor or other qualified provider, <b>and</b></li> <li>• have smoked at least 1 pack a day for 20 years with no signs or symptoms of lung cancer or smoke now or have quit within the last 15 years</li> </ul> <p>After the first screening, our plan pays for another screening each year with a written order from your doctor or other qualified provider.</p>	\$0
	<p><b>Medical nutrition therapy</b></p> <p>This benefit is for people with diabetes or kidney disease without dialysis. It is also for after a kidney transplant when referred by your doctor.</p> <p>We pay for three hours of one-on-one counseling services during your first year that you get medical nutrition therapy services under Medicare. We may approve additional services if medically necessary.</p> <p>We pay for two hours of one-on-one counseling services each year after that. If your condition, treatment, or diagnosis changes, you may be able to get more hours of treatment</p> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0

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Services that our plan pays for		What you must pay
	<p><b>Medical nutrition therapy (<i>continued</i>)</b></p> <p>with a doctor's referral. A doctor must prescribe these services and renew the referral each year if you need treatment in the next calendar year. We may approve additional services if medically necessary.</p>	
	<p><b>Medicare Diabetes Prevention Program (MDPP)</b></p> <p>Our plan pays for MDPP services. MDPP is designed to help you increase healthy behavior. It provides practical training in:</p> <ul style="list-style-type: none"> <li>• long-term dietary change, <b>and</b></li> <li>• increased physical activity, <b>and</b></li> <li>• ways to maintain weight loss and a healthy lifestyle.</li> </ul>	\$0
	<p><b>Medicare Part B prescription drugs</b></p> <p>These drugs are covered under Part B of Medicare. Our plan pays for the following drugs:</p> <ul style="list-style-type: none"> <li>• drugs you don't usually give yourself and are injected or infused while you get doctor, hospital outpatient, or ambulatory surgery center services</li> <li>• insulin furnished through an item of durable medical equipment (such as a medically necessary insulin pump)</li> <li>• other drugs you take using durable medical equipment (such as nebulizers) that our plan authorized</li> <li>• the Alzheimer's drug, Leqembi (generic lecanemab) which is given intravenously (IV)</li> <li>• clotting factors you give yourself by injection if you have hemophilia</li> <li>• transplant/immunosuppressive drugs: Medicare covers transplant drug therapy if Medicare paid for your organ transplant. You must have Part A at the time of the</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0 (Please provide your doctor or pharmacy both your Blue Shield TotalDual Plan ID card and your Medi-Cal Benefits Identification card.)

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Services that our plan pays for	What you must pay
<p><b>Medicare Part B prescription drugs (<i>continued</i>)</b></p> <p>covered transplant, and you must have Part B at the time you get immunosuppressive drugs. Medicare Part D covers immunosuppressive drugs if Part B does not cover them</p> <ul style="list-style-type: none"> <li>• osteoporosis drugs that are injected. We pay for these drugs if you are homebound, have a bone fracture that a doctor certifies was related to post-menopausal osteoporosis, and cannot inject the drug yourself</li> <li>• some antigens: Medicare covers antigens if a doctor prepares them and a properly instructed person (who could be you, the patient) gives them under appropriate supervision</li> <li>• certain oral anti-cancer drugs: Medicare covers some oral cancer drugs you take by mouth if the same drug is available in injectable form or the drug is a prodrug (an oral form of a drug that, when ingested, breaks down into the same active ingredient found in the injectable drug. As new oral cancer drugs become available, Part B may cover them. If Part B doesn't cover them, Part D does</li> <li>• oral anti-nausea drugs: Medicare covers oral anti-nausea drugs you use as part of an anti-cancer chemotherapeutic regimen if they're administered before, at, or within 48 hours of chemotherapy or are used as a full therapeutic replacement for an intravenous anti-nausea drug</li> <li>• certain oral End-Stage Renal Disease (ESRD) drugs if the same drug is available in injectable form and the Part B ESRD benefit covers it</li> <li>• calcimimetic medications under the ESRD payment system, including the intravenous medication Parsabiv, and the oral medication Sensipar</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	

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Services that our plan pays for	What you must pay
<p><b>Medicare Part B prescription drugs (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• certain drugs for home dialysis, including heparin, the antidote for heparin (when medically necessary) and topical anesthetics</li> <li>• erythropoiesis-stimulating agents: Medicare covers erythropoietin by injection if you have ESRD or you need this drug to treat anemia related to certain other conditions (such as Epogen<sup>®</sup>, Procrit<sup>®</sup>, Epoetin Alfa, Aranesp<sup>®</sup>, Darbepoetin Alfa<sup>®</sup>, Mircera<sup>®</sup>, or Methoxy polyethylene glycol-epotin beta)</li> <li>• IV immune globulin for the home treatment of primary immune deficiency diseases</li> <li>• parenteral and enteral nutrition (IV and tube feeding)</li> </ul> <p>We also cover some vaccines under our Medicare Part B and most adult vaccines under our Medicare Part D prescription drug benefit.</p> <p><b>Chapter 5</b> of your <i>Member Handbook</i> explains our outpatient prescription drug benefit. It explains rules you must follow to have prescriptions covered.</p> <p><b>Chapter 6</b> of your <i>Member Handbook</i> explains what you pay for your outpatient prescription drugs through our plan.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Nursing facility care</b></p> <p>A nursing facility (NF) is a place that provides care for people who cannot get care at home but who do not need to be in a hospital.</p> <p>Services that we pay for include, but are not limited to, the following:</p> <ul style="list-style-type: none"> <li>• semiprivate room (or a private room if medically necessary)</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0

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Services that our plan pays for	What you must pay
<p><b>Nursing facility care (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• meals, including special diets</li> <li>• nursing services</li> <li>• physical therapy, occupational therapy, and speech therapy</li> <li>• respiratory therapy</li> <li>• drugs given to you as part of your plan of care. (This includes substances that are naturally present in the body, such as blood-clotting factors.)</li> <li>• blood, including storage and administration</li> <li>• medical and surgical supplies usually given by nursing facilities</li> <li>• lab tests usually given by nursing facilities</li> <li>• X-rays and other radiology services usually given by nursing facilities</li> <li>• use of applicances, such as wheelchairs usually given by nursing facilities</li> <li>• physician/practitioner services</li> <li>• durable medical equipment</li> <li>• dental services, including dentures</li> <li>• vision benefits</li> <li>• hearing exams</li> <li>• chiropractic care</li> <li>• podiatry services</li> </ul> <p>You usually get your care from network facilities. However, you may be able to get your care from a facility not in our network. You can get care from the following places if they accept our plan's amounts for payment:</p> <p><i><b>This benefit is continued on the next page</b></i></p>	



Services that our plan pays for		What you must pay
	<p><b>Nursing facility care (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>a nursing facility or continuing care retirement community where you were living right before you went to the hospital (as long as it provides nursing facility care).</li> <li>a nursing facility where your spouse or domestic partner is living at the time you leave the hospital.</li> </ul>	
	<p><b>Obesity screening and therapy to keep weight down</b></p> <p>If you have a body mass index of 30 or more, we pay for counseling to help you lose weight. You must get the counseling in a primary care setting. That way, it can be managed with your full prevention plan. Talk to your primary care provider to find out more.</p>	\$0
	<p><b>Opioid treatment program (OTP) services</b></p> <p>Our plan pays for the following services to treat opioid use disorder (OUD):</p> <ul style="list-style-type: none"> <li>intake activities</li> <li>periodic assessments</li> <li>medications approved by the FDA and, if applicable, managing and giving you these medications</li> <li>substance use disorder counseling</li> <li>individual and group therapy</li> <li>testing for drugs or chemicals in your body (toxicology testing)</li> </ul>	\$0

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Services that our plan pays for	What you must pay
<p><b>Outpatient diagnostic tests and therapeutic services and supplies</b></p> <p>We pay for the following services and other medically necessary services not listed here:</p> <ul style="list-style-type: none"> <li>• X-rays</li> <li>• radiation (radium and isotope) therapy, including technician materials and supplies</li> <li>• surgical supplies, such as dressings</li> <li>• splints, casts, and other devices used for fractures and dislocations</li> <li>• lab tests</li> <li>• blood, including storage and administration</li> <li>• other outpatient diagnostic tests</li> </ul> <p><i>Prior authorization and a referral may be required and is the responsibility of your provider.</i></p>	<p>\$0</p>
<p><b>Outpatient hospital services</b></p> <p>We pay for medically necessary services you get in the outpatient department of a hospital for diagnosis or treatment of an illness or injury, such as:</p> <ul style="list-style-type: none"> <li>• Services in an emergency department or outpatient clinic, such as outpatient surgery or observation services <ul style="list-style-type: none"> <li>○ Observation services help your doctor know if you need to be admitted to the hospital as “inpatient.”</li> <li>○ Sometimes you can be in the hospital overnight and still be “outpatient.”</li> <li>○ You can get more information about being inpatient or outpatient in this fact sheet: <a href="https://es.medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf">es.medicare.gov/publications/11435-Medicare-Hospital-Benefits.pdf</a>.</li> </ul> </li> <li>• Labs and diagnostic tests billed by the hospital</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0</p>

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Services that our plan pays for	What you must pay
<p><b>Outpatient hospital services (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• Mental health care, including care in a partial-hospitalization program, if a doctor certifies that inpatient treatment would be needed without it</li> <li>• X-rays and other radiology services billed by the hospital</li> <li>• Medical supplies, such as splints and casts</li> <li>• Preventive screenings and services listed throughout the Benefits Chart</li> <li>• Some drugs that you can't give yourself</li> </ul> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Outpatient mental health care</b></p> <p>We pay for mental health services provided by:</p> <ul style="list-style-type: none"> <li>• a state-licensed psychiatrist or doctor</li> <li>• a clinical psychologist</li> <li>• a clinical social worker</li> <li>• a clinical nurse specialist</li> <li>• a licensed professional counselor (LPC)</li> <li>• a licensed marriage and family therapist (LMFT)</li> <li>• a nurse practitioner (NP)</li> <li>• a physician assistant (PA)</li> <li>• any other Medicare-qualified mental health care professional as allowed under applicable state laws</li> </ul> <p>We pay for the following services, and maybe other services not listed here:</p> <ul style="list-style-type: none"> <li>• clinic services</li> <li>• day treatment</li> <li>• psychosocial rehab services</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0

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Services that our plan pays for	What you must pay
<p><b>Outpatient mental health care (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• partial hospitalization or intensive outpatient programs</li> <li>• individual and group mental health evaluation and treatment</li> <li>• psychological testing when clinically indicated to evaluate a mental health outcome</li> <li>• outpatient services for the purposes of monitoring drug therapy</li> <li>• outpatient laboratory, drugs, supplies and supplements</li> <li>• psychiatric consultation</li> </ul> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Outpatient rehabilitation services</b></p> <p>We pay for physical therapy, occupational therapy, and speech therapy.</p> <p>You can get outpatient rehabilitation services from hospital outpatient departments, independent therapist offices, comprehensive outpatient rehabilitation facilities (CORFs), and other facilities.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	\$0
<p><b>Outpatient substance use disorder services</b></p> <p>We pay for the following services, and maybe other services not listed here:</p> <ul style="list-style-type: none"> <li>• alcohol misuse screening and counseling</li> <li>• treatment of drug abuse</li> <li>• group or individual counseling by a qualified clinician</li> <li>• subacute detoxification in a residential addiction program</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0 for each individual or group therapy visit

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Services that our plan pays for	What you must pay
<p><b>Outpatient substance use disorder services (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• alcohol and/or drug services in an intensive outpatient treatment center</li> <li>• extended-release Naltrexone (vivitrol) treatment</li> </ul> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Outpatient surgery</b></p> <p>We pay for outpatient surgery and services at hospital outpatient facilities and ambulatory surgical centers.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	<p>\$0 for each visit to an ambulatory surgical center or outpatient hospital facility.</p>
<p><b>Over-the-Counter (OTC) Items*</b></p> <p>You are entitled to a monthly allowance of \$70 for OTC drugs and supplies listed in the OTC Items catalog. Items such as aspirin, vitamins, cold and cough preparations, and bandages are covered under this benefit. Items such as cosmetics and food supplements are not covered under this benefit.</p> <p>The OTC Items catalog and ordering instructions are available online at <a href="https://blueshieldca.com/medicareOTC">blueshieldca.com/medicareOTC</a>. You can order items by phone at (888) 628-2770 [TTY: 711], Monday through Friday between 9:00 a.m. to 8:00 p.m. EST, or online at <a href="https://blueshieldca.com/medicareOTC">blueshieldca.com/medicareOTC</a>. Orders will be shipped to you at no extra charge. Please allow approximately 7 business days for delivery.</p> <p>This benefit becomes effective the first day of each month. You can place one order per month and cannot roll over your unused allowance into the next month. Some limitations apply. Refer to the OTC Items catalog for more information.</p> <p>*Services do not apply to the plan's maximum out-of-pocket limit.</p>	<p>\$0</p>

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Services that our plan pays for	What you must pay
<p><b>Palliative Care</b></p> <p>Palliative care is covered by our plan. Palliative care is for people with serious illness. It provides patient and family-centered care that improves quality of life by anticipating, preventing, and treating suffering. Palliative Care is <b>not</b> hospice, therefore you do not have to have a life expectancy of six months or less to qualify for palliative care. Palliative care is provided at the same time as curative/regular care.</p> <p>Palliative care includes the following:</p> <ul style="list-style-type: none"> <li>• advance care planning</li> <li>• palliative care assessment and consultation</li> <li>• a plan of care including all authorized palliative and curative care, including mental health and medical social services</li> <li>• services from your designated care team</li> <li>• care coordination</li> <li>• pain and symptom management</li> </ul> <p>You may not get hospice care and palliative care at the same time if you are over the age of 21. If you are getting palliative care and meet the eligibility for hospice care, you can ask to change to hospice care at any time.</p>	<p>\$0</p>
<p><b>Partial hospitalization services and intensive outpatient services</b></p> <p>Partial hospitalization is a structured program of active psychiatric treatment. It is offered as a hospital outpatient service or by a community mental health center. It is more intense than the care you get in your doctor's, therapist's, licensed marriage and family therapist's (LMFT), or licensed professional counselor's office. It can help keep you from having to stay in the hospital.</p>	<p>\$0</p>

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	Services that our plan pays for	What you must pay
	<p><b><i>This benefit is continued on the next page</i></b></p> <p><b>Partial hospitalization services and intensive outpatient services (continued)</b></p> <p>Intensive outpatient service is a structured program of active behavioral (mental) health therapy treatment provided as a hospital outpatient service, a community mental health center, a Federally qualified health center, or a rural health clinic that is more intense than the care received in your doctor's, therapist's, LMFT, or licensed professional counselor's office but less intense than partial hospitalization.</p> <p><b>Note:</b> Because there are no community mental health centers in our network, we cover partial hospitalization only as a hospital outpatient service.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
	<p><b>Physician/provider services, including doctor's office visits</b></p> <p>We pay for the following services:</p> <ul style="list-style-type: none"> <li>• medically necessary health care or surgery services given in places such as:</li> <li>• physician's office</li> <li>• certified ambulatory surgical center</li> <li>• hospital outpatient department</li> <li>• consultation, diagnosis, and treatment by a specialist</li> <li>• basic hearing and balance exams given by your primary care provider, if your doctor orders them to find out whether you need treatment</li> <li>• Certain telehealth services, including physician's services to treat non-emergency conditions such as cold and flu symptoms, allergies, bronchitis, respiratory infection, sinus problems, rash, eye infection, migraine and more.</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0




Services that our plan pays for	What you must pay
<p><b>Physician/provider services, including doctor's office visits (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>○ You have the option of getting these services through an in-person visit or by telehealth. If you choose to get one of these services by telehealth, you must use a network provider who offers the service by telehealth.</li> <li>○ Refer to the "Additional telehealth services" section in the Medical Benefits Chart for more information.</li> <li>• telehealth services for monthly end-stage renal disease (ESRD) related visits for home dialysis members in a hospital-based or critical access hospital-based renal dialysis center, renal dialysis facility, or at home</li> <li>• telehealth services to diagnose, evaluate, or treat symptoms of a stroke</li> <li>• telehealth services for members with a substance use disorder or co-occurring mental health disorder</li> <li>• telehealth services for diagnosis, evaluation, and treatment of mental health disorders if: <ul style="list-style-type: none"> <li>• you have an in-person visit within 6 months prior to your first telehealth visit</li> <li>• you have an in-person visit every 12 months while receiving these telehealth services</li> </ul> </li> <li>• exceptions can be made to the above for certain circumstances</li> <li>• telehealth services for mental health visits provided by Rural Health Clinics and Federally Qualified Health Centers.</li> </ul> <p style="text-align: right;"><b><i>This benefit is continued on the next page</i></b></p>	



Services that our plan pays for	What you must pay
<p><b>Physician/provider services, including doctor's office visits (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• virtual check-ins (for example, by phone or video chat) with your doctor for 5-10 minutes <b>if</b> <ul style="list-style-type: none"> <li>○ you're not a new patient <b>and</b></li> <li>○ the check-in isn't related to an office visit in the past 7 days <b>and</b></li> <li>○ the check-in doesn't lead to an office visit within 24 hours or the soonest available appointment</li> </ul> </li> <li>• Evaluation of video and/or images you send to your doctor and interpretation and follow-up by your doctor within 24 hours <b>if</b>: <ul style="list-style-type: none"> <li>○ you're not a new patient and</li> <li>○ the evaluation isn't related to an office visit in the past 7 days <b>and</b></li> <li>○ the evaluation doesn't lead to an office visit within 24 hours or the soonest available appointment</li> </ul> </li> <li>• Consultation your doctor has with other doctors by phone, the Internet, or electronic health record if you're not a new patient</li> <li>• Second opinion by another network provider before surgery</li> <li>• Non-routine dental care. Covered services are limited to: <ul style="list-style-type: none"> <li>○ surgery of the jaw or related structures</li> <li>○ setting fractures of the jaw or facial bones</li> <li>○ pulling teeth before radiation treatments of neoplastic cancer</li> <li>○ services that would be covered when provided by a physician</li> </ul> </li> </ul>	

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Services that our plan pays for		What you must pay
	<p><b>Podiatry services</b></p> <p>We pay for the following services:</p> <ul style="list-style-type: none"> <li>• diagnosis and medical or surgical treatment of injuries and diseases of the foot (such as hammer toe or heel spurs)</li> <li>• routine foot care for members with conditions affecting the legs, such as diabetes</li> <li>• routine (non-Medicare covered) foot care* covers: <ul style="list-style-type: none"> <li>○ the cutting or removal of corns and calluses</li> <li>○ the trimming, cutting, clipping, or debriding of nails</li> </ul> </li> </ul> <p>*Services do not apply to the plan's maximum out-of-pocket limit.</p>	\$0
	<p><b>Prostate cancer screening exams</b></p> <p>For men age 50 and over, we pay for the following services once every 12 months:</p> <ul style="list-style-type: none"> <li>• a digital rectal exam</li> <li>• a prostate specific antigen (PSA) test</li> </ul>	\$0
	<p><b>Prosthetic and orthotic devices and related supplies</b></p> <p>Prosthetic devices replace all or part of a body part or function. These include but are not limited to:</p> <ul style="list-style-type: none"> <li>• testing, fitting, or training in the use of prosthetic and orthotic devices</li> <li>• colostomy bags and supplies related to colostomy care</li> <li>• enteral and parenteral nutrition, including feeding supply kits, infusion pump, tubing and adaptor, solutions, and supplies for self-administered injections</li> <li>• pacemakers</li> <li>• braces</li> </ul> <p><i><b>This benefit is continued on the next page</b></i></p>	\$0

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Services that our plan pays for	What you must pay
<p><b>Prosthetic and orthotic devices and related supplies</b> <i>(continued)</i></p> <ul style="list-style-type: none"> <li>• prosthetic shoes</li> <li>• artificial arms and legs</li> <li>• breast prostheses (including a surgical brassiere after a mastectomy)</li> <li>• prostheses to replace all or part of an external facial body part that was removed or impaired as a result of disease, injury, or congenital defect</li> <li>• incontinence cream and diapers</li> </ul> <p>We pay for some supplies related to prosthetic and orthotic devices. We also pay to repair or replace prosthetic and orthotic devices.</p> <p>We offer some coverage after cataract removal or cataract surgery. Refer to “Vision care” later in this chart for details.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Pulmonary rehabilitation services</b></p> <p>We pay for pulmonary rehabilitation programs for members who have moderate to very severe chronic obstructive pulmonary disease (COPD). You must have a referral for pulmonary rehabilitation from the doctor or provider treating the COPD.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	\$0



Services that our plan pays for		What you must pay
	<p><b>Sexually transmitted infections (STIs) screening and counseling</b></p> <p>We pay for screenings for chlamydia, gonorrhea, syphilis, and hepatitis B. These screenings are covered for pregnant women and for some people who are at increased risk for an STI. A primary care provider must order the tests. We cover these tests once every 12 months or at certain times during pregnancy.</p> <p>We also pay for up to two face-to-face, high-intensity behavioral counseling sessions each year for sexually active adults at increased risk for STIs. Each session can be 20 to 30 minutes long. We pay for these counseling sessions as a preventive service only if given by a primary care provider. The sessions must be in a primary care setting, such as a doctor's office.</p>	\$0
	<p><b>Skilled nursing facility (SNF) care</b></p> <p>We pay for the following services, and maybe other services not listed here:</p> <ul style="list-style-type: none"> <li>• a semi-private room, or a private room if it is medically necessary</li> <li>• meals, including special diets</li> <li>• nursing services</li> <li>• physical therapy, occupational therapy, and speech therapy</li> <li>• drugs you get as part of your plan of care, including substances that are naturally in the body, such as blood-clotting factors</li> <li>• blood, including storage and administration</li> <li>• medical and surgical supplies given by nursing facilities</li> <li>• lab tests given by nursing facilities</li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	\$0





	Services that our plan pays for	What you must pay
	<p><b>Skilled nursing facility (SNF) care (<i>continued</i>)</b></p> <ul style="list-style-type: none"> <li>• X-rays and other radiology services given by nursing facilities</li> <li>• appliances, such as wheelchairs, usually given by nursing facilities</li> <li>• physician/provider services</li> </ul> <p>You usually get your care from network facilities. However, you may be able to get your care from a facility not in our network. You can get care from the following places if they accept our plan's amounts for payment:</p> <ul style="list-style-type: none"> <li>• a nursing facility or continuing care retirement community where you lived before you went to the hospital (as long as it provides nursing facility care)</li> <li>• a nursing facility where your spouse or domestic partner lives at the time you leave the hospital</li> </ul> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
	<p><b>Smoking and tobacco use cessation</b></p> <p>If you use tobacco, do not have signs or symptoms of tobacco-related disease, and want or need to quit:</p> <ul style="list-style-type: none"> <li>• We pay for two quit attempts in a 12-month period as a preventive service. This service is free for you. Each quit attempt includes up to four face-to-face counseling visits.</li> </ul> <p>If you use tobacco and have been diagnosed with a tobacco-related disease or are taking medicine that may be affected by tobacco:</p> <ul style="list-style-type: none"> <li>• We pay for two counseling quit attempts within a 12-month period. Each counseling attempt includes up to four face-to-face visits.</li> </ul>	\$0



Services that our plan pays for	What you must pay
<p><b>Supervised exercise therapy (SET)</b></p> <p>We pay for SET for members with symptomatic peripheral artery disease (PAD) who have a referral for PAD from the physician responsible for PAD treatment.</p> <p>Our plan pays for:</p> <ul style="list-style-type: none"> <li>• up to 36 sessions during a 12-week period if all SET requirements are met</li> <li>• an additional 36 sessions over time if deemed medically necessary by a health care provider</li> </ul> <p>The SET program must be:</p> <ul style="list-style-type: none"> <li>• 30 to 60-minute sessions of a therapeutic exercise-training program for PAD in members with leg cramping due to poor blood flow (claudication)</li> <li>• in a hospital outpatient setting or in a physician's office</li> <li>• delivered by qualified personnel who make sure benefit exceeds harm and who are trained in exercise therapy for PAD</li> <li>• under the direct supervision of a physician, physician assistant, or nurse practitioner/clinical nurse specialist trained in both basic and advanced life support techniques</li> </ul> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	<p>\$0</p>
<p><b>Transportation: Non-emergency medical transportation</b></p> <p>This benefit allows for transportation that is the most cost effective and accessible. This can include: ambulance, litter van, wheelchair van medical transportation services, and coordinating with para transit.</p> <p>The forms of transportation are authorized when:</p> <ul style="list-style-type: none"> <li>• your medical and/or physical condition does not allow you to travel by bus, passenger car, taxicab, or another form of public or private transportation, <b>and</b></li> </ul> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0, up to a combined limit of 48 one-way trips per year for non-emergency medical transportation or non-medical transportation and VBID non-medical transportation.</p>



Services that our plan pays for	What you must pay
<p><b>Transportation: Non-emergency medical transportation (continued)</b></p> <ul style="list-style-type: none"> <li>• prior authorization may be required, depending on the service</li> </ul> <p>Note: Arrangements for transportation are handled by Call The Car. Members must contact Call The Car at (855) 200-7544 [TTY: 711] 24 hours a day, seven days a week. The CTC Go mobile app can be used to schedule, edit, track, and cancel curb to curb, door to door, and wheelchair reservations. The CTC Go mobile app cannot be used for gurney transportation and you must call to make those reservations. Arrangements for transportation must be made at least 24 hours in advance.</p>	<p>Medi-Cal covers unlimited trips to approved locations after your 48 one-way trips have been used.</p>
<p><b>Transportation: Non-medical transportation*</b></p> <p>This benefit allows for transportation to medical services by passenger car, taxi, or other forms of public/private transportation.</p> <p>Transportation is required for the purpose of obtaining needed medical care, including travel to dental appointments, physician office visits, and to pick up prescription drugs at a network pharmacy.</p> <p>You have a combined limit of 48 one-way trips per year for non-medical transportation and VBID non-medical transportation.</p> <p>Note: Arrangements for transportation are handled by Call The Car. Members must contact Call The Car at (855) 200-7544 [TTY: 711] 24 hours a day, seven days a week. Arrangements for transportation must be made at least 24 hours in advance.</p> <p>Call The Car offers a mobile application (CTC-Go) that can be used by Blue Shield TotalDual Plan members to coordinate healthcare transportation. CTC-Go allows you to</p> <p><i><b>This benefit is continued on the next page</b></i></p>	<p>\$0, up to a combined limit of 48 one-way trips per year for non-medical transportation and VBID non-medical transportation.</p> <p>Medi-Cal covers unlimited trips to approved locations after your 48 one-way trips have been used.</p>

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Services that our plan pays for	What you must pay
<p><b>Transportation: Non-medical transportation* (<i>continued</i>)</b></p> <p>review upcoming or past reservations, rate your ride, track your driver, cancel an existing reservation, and to schedule a new reservation. CTC-Go is available on iOS and Android. Search your app store for “CTC-Go” and download the application.</p> <p>*Services do not apply to the plan’s maximum out-of-pocket limit.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	
<p><b>Urgently needed care</b></p> <p>Urgently needed care is care given to treat:</p> <ul style="list-style-type: none"> <li>• a non-emergency that requires immediate medical care, <b>or</b></li> <li>• an unforeseen illness, <b>or</b></li> <li>• an injury, <b>or</b></li> <li>• a condition that needs care right away.</li> </ul> <p>If you require urgently needed care, you should first try to get it from a network provider. However, you can use out-of-network providers when you can’t get to a network provider because given your time, place, or circumstances, it is not possible, or it is unreasonable, to obtain services from network providers (for example, when you are outside the plan’s service area and you require medically needed immediate services for an unseen condition but it is not a medical emergency).</p> <p>Worldwide coverage*.</p> <p>You have no combined annual limit for emergency care or urgently needed services outside the United States and its</p> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0</p> <p>20% coinsurance for worldwide urgent coverage (coinsurance waived if admitted to the hospital within one</p>



Services that our plan pays for	What you must pay
<p><b>Urgently needed care (<i>continued</i>)</b></p> <p>territories do not apply to the plan's maximum out-of-pocket limit.</p> <p>*Services do not apply to the plan's maximum out-of-pocket limit.</p>	<p>day for the same condition).</p>
<p><b>Value-Based Insurance Design (VBID) Model*</b></p> <p>If you are enrolled in the BlueShield TotalDual Plan and qualify for a Low Income Subsidy (LIS), then you are eligible to receive Value-Based Insurance Design (VBID) benefits. Covered program benefits include:</p> <ul style="list-style-type: none"> <li>• Healthy Grocery <ul style="list-style-type: none"> <li>○ Monthly allowance for the purchase of healthy and nutritious foods and produce. Approved items can be purchased at local approved retailers to assist members in maintaining a healthy diet to support their nutritional needs.</li> <li>○ Your allowance is \$50 per month for covered items.</li> <li>○ This allowance cannot be rolled over from month to month.</li> </ul> </li> </ul> <p>Allowances for hearing aid services and Healthy Grocery cannot be combined. Each benefit has a separate allowance.</p> <p>Healthy Benefits+ is a spending card with your benefit allowances pre-loaded onto the card to help pay for covered items and services.</p> <p>You will receive a letter from the benefit administrator with your personalized benefit card. This letter will let you know your card has been loaded with the allowance amount. It will also provide information on how to access further details on the benefit by phone, website or mobile app.</p> <p>For questions about this benefit, you may call the benefit administrator at (855) 572-6341 [TTY: 771], 8 a.m. to 8 p.m.,</p> <p style="text-align: center;"><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0, up to a \$50 allowance per month for covered items.</p>

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Services that our plan pays for	What you must pay
<p><b>Value-Based Insurance Design (VBID) Model* (continued)</b></p> <p>local time, Sunday through Saturday, October 1st through March 31st, and Monday through Friday, April 1st through September 30th. You can also go online to <a href="https://HealthyBenefitsPlus.com/BlueShieldCA">HealthyBenefitsPlus.com/BlueShieldCA</a> for more details.</p> <ul style="list-style-type: none"> <li>• <b>Transportation: expanded non-medical transportation</b> This benefit allows for transportation to medical services by passenger car, taxi, or other forms of public/private transportation.  Transportation may be used to access non-Medicare covered benefits offered by the plan, such as: <ul style="list-style-type: none"> <li>○ Fitness locations in the SilverSneakers network</li> <li>○ Approved Healthy Grocery store locations</li> <li>○ Hearing aids at the hearing aid provider of your choice</li> <li>○ Chiropractic services in the health plan approved network</li> <li>○ Vision and dental services in the health plan approved network</li> </ul> </li> </ul> <p>You have a combined limit of 48 one-way trips per year for non-medical transportation and VBID non-medical transportation.</p> <p>Note: Arrangements for transportation are handled by Call The Car. Members must contact Call The Car at (855) 200-7544 [TTY: 711] 24 hours a day, seven days a week. Arrangements for transportation must be made at least 24 hours in advance.</p> <p>Call The Car offers a mobile application (CTC-Go) that can be used by Blue Shield TotalDual Plan members to coordinate healthcare transportation. CTC-Go allows you to review upcoming or past reservations, rate your ride, track your driver, cancel an existing reservation, and to schedule a new reservation. CTC-Go is available on iOS and Android. Search</p> <p><b><i>This benefit is continued on the next page</i></b></p>	<p>\$0, up to a combined limit of 48 one-way trips per year for non-medical transportation and VBID non-medical transportation.</p>

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Services that our plan pays for	What you must pay
<p><b>Value-Based Insurance Design (VBID) Model* (continued)</b></p> <p>your app store for “CTC-Go” and download the application.</p> <p>*Services do not apply to the plan’s maximum out- of-pocket limit.</p>	
<p><b>Vision care (Medicare covered)</b></p> <p>We pay for outpatient doctor services for the diagnosis and treatment of diseases and injuries of the eye. For example, this includes annual eye exams for diabetic retinopathy for people with diabetes and treatment for age-related macular degeneration.</p> <p>For people at high risk of glaucoma, we pay for one glaucoma screening each year. People at high risk of glaucoma include:</p> <ul style="list-style-type: none"> <li>• people with a family history of glaucoma</li> <li>• people with diabetes</li> <li>• African-Americans who are age 50 and over</li> <li>• Hispanic Americans who are 65 or over</li> </ul> <p>We pay for one pair of glasses or contact lenses after each cataract surgery when the doctor inserts an intraocular lens.</p> <p>If you have two separate cataract surgeries, you must get one pair of glasses after each surgery. You cannot get two pairs of glasses after the second surgery, even if you did not get a pair of glasses after the first surgery.</p> <p><i>Prior authorization may be required and is the responsibility of your provider.</i></p>	<p>\$0 for each Medicare-covered eye exam.</p> <p>\$0 copay</p> <p>\$0 copay</p>




Services that our plan pays for	What you must pay
<p><b>Vision care, non-Medicare covered (obtained from a network provider)*</b></p> <p>Covered services include:</p> <ul style="list-style-type: none"> <li>• Routine eye exam, including refraction and prescription for eyeglass lenses. If the provider recommends additional procedures, you are responsible for paying the additional costs. Contact lens exams require additional fees. You are responsible for paying the additional cost.</li> <li>• Eyeglass frames and eyeglass lenses (including single, lined bifocal, lined trifocal, and lenticular lenses) or contact lenses</li> </ul> <p>Prior authorization (approval in advance) is NOT required. Use the <i>Vision Directory</i> or go to <a href="https://blueshieldca.com/find-a-doctor">blueshieldca.com/find-a-doctor</a> to locate a provider participating in the Vision Service Plan (VSP) (Blue Shield Vision Plan Administrator) network.</p> <p>*Services do not apply to the plan's maximum out-of-pocket limit.</p>	<p>You pay \$0 for one exam every 12 months when you use a network provider.</p> <p>You pay \$0 for eyeglass frames (priced up to a regular retail value of \$200) every 12 months when you use a network provider. If you choose eyeglass frames priced above \$200, you are responsible for the difference.</p> <p>You pay \$0 for <u>either</u> one pair of prescription eyeglass lenses (regardless of size or power) OR for contact lenses (priced up to \$200 for contact lens service and materials) every 12 months when you use a network provider. If the services and materials price above \$200, you are responsible for the difference.</p>

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	Services that our plan pays for	What you must pay
	<p><b>Vision care, non-Medicare covered (obtained from a non-network provider)*</b></p> <ul style="list-style-type: none"> <li>• Routine eye exam, refraction and prescription for eyeglass lenses.</li> <li>• Eyeglass frames and eyeglass lenses (including single, lined bifocal, lined trifocal, and lenticular lenses) or contact lenses.</li> </ul> <p>You may, if you choose, see an optometrist or an optician who is not a Blue Shield TotalDual Plan network provider. However, you may not obtain the same services from both a network and a non-network provider. If you choose a non-network provider, you are eligible for a partial reimbursement for the services rendered, unless you've already reached your benefit limit for the vision service you are seeking. Call Customer Service to request a reimbursement form and for more information on requesting a reimbursement. Prior authorization is NOT required.</p> <p>* Services do not apply to the plan's maximum out-of-pocket limit.</p>	<p>You are reimbursed up to \$30 for one exam every 12 months.</p> <p>You are reimbursed up to \$35 for one pair of eyeglass frames every 12 months.</p> <p>You are reimbursed up to \$35 for <u>either</u> one pair of prescription eyeglass lenses (regardless of size or power) <b>OR</b> for contact lenses every 12 months.</p>
	<p><b>“Welcome to Medicare” preventive visit</b></p> <p>We cover the one-time “Welcome to Medicare” preventive visit. The visit includes:</p> <ul style="list-style-type: none"> <li>• a review of your health,</li> <li>• education and counseling about the preventive services you need (including screenings and shots), <b>and</b></li> <li>• referrals for other care if you need it.</li> </ul> <p><b>Note:</b> We cover the “Welcome to Medicare” preventive visit only during the first 12 months that you have Medicare Part B. When you make your appointment, tell your doctor's office you want to schedule your “Welcome to Medicare” preventive visit.</p>	<p>\$0</p>

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



## E. Covered Dental Benefits Procedure Chart

### Dental Benefits Procedure Chart

Dental benefits are included for all Members in this plan and cover some comprehensive dental procedures.

The following ***Dental Benefits Procedure Chart*** shows the specific dental procedures covered by the Plan at no cost to you. The services listed are covered benefits when provided by an in-network, licensed dentist and when necessary and customary as determined by the standards of generally accepted dental practice.

**Important:** Please note that **procedures not listed are not covered.**

**Important:** Some dental services are not covered under any conditions (also known as Exclusions) and some dental services are only covered under specific conditions (also known as Limitations). Please refer to the “General limitations” column in the ***Dental Benefits Procedure Chart*** below and to the “General exclusions” listed after the ***Dental Benefits Procedure Chart*** for more information.

**Important:** Any frequency limits listed in the “General Limitations” column of the ***Dental Benefits Procedure Chart*** below that do not specify per plan year or per lifetime are based on the last date of service. For example, a limit of 1 every 6 months means that you may receive the listed service once every six months from the date you last received that same service. So, if you receive your first service on January 1<sup>st</sup>, you will be eligible for that same service again on July 1<sup>st</sup>. If you receive your first service on July 1<sup>st</sup>, you will not be eligible for that service until January 1<sup>st</sup> of the next plan year. Services with no frequency limit listed are unlimited when necessary and customary as determined by the standards of generally accepted dental practice.

Services are listed with the American Dental Association (ADA) procedure code based on the current dental terminology. Federal law requires the use of the ADA code to report dental procedures. Procedure codes may be revised from time to time by the ADA. Therefore, the Plan may revise this code list as required by law. You can obtain an updated ADA code list by contacting the Dental Plan Administrator (DPA) customer service department at **(866) 247-2486 [TTY: 711]**, 8 a.m. to 8 p.m., 7 days a week (except holidays) from October 1 to March 31 and weekdays from April 1 to September 30.

ADA Code	ADA description of services covered for you	What you must pay	General limitations
<b>Restorative Services</b>			
D2720	Crown - resin with high noble metal	\$0	2 per calendar year
D2722	Crown - resin with noble metal	\$0	2 per calendar year
D2750	Crown - porcelain fused to high noble metal	\$0	2 per calendar year

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



ADA Code	ADA description of services covered for you	What you must pay	General limitations
D2752	Crown - porcelain fused to noble metal	\$0	2 per calendar year
D2790	Crown - full cast high noble metal	\$0	2 per calendar year
D2792	Crown - full cast noble metal	\$0	2 per calendar year
<b>Prosthodontics (removable)</b>			
D5670	Replace all teeth and acrylic on cast metal framework (maxillary)	\$0	1 in 6 months
D5671	Replace all teeth and acrylic on cast metal framework (mandibular)	\$0	1 in 6 months
D5710	Rebase complete maxillary denture	\$0	1 per calendar year (not covered within 6 months of initial placement)
D5711	Rebase complete mandibular denture	\$0	1 per calendar year (not covered within 6 months of initial placement)
D5720	Rebase maxillary partial denture	\$0	1 per calendar year (not covered within 6 months of initial placement)
D5721	Rebase mandibular partial denture	\$0	1 per calendar year (not covered within 6 months of initial placement)
<b>Prosthodontics (fixed)</b>			
D6240	Pontic - porcelain fused to high noble metal	\$0	1 per tooth per 5 calendar years
D6242	Pontic - porcelain fused to noble metal	\$0	1 per tooth per 5 calendar years
D6250	Pontic - resin with high noble metal	\$0	1 per tooth per 5 calendar years
D6252	Pontic - resin with noble metal	\$0	1 per tooth per 5 calendar years
D6750	Retainer crown - porcelain fused to high noble metal	\$0	1 per tooth per 5 calendar years
D6752	Retainer crown - porcelain fused to noble metal	\$0	1 per tooth per 5 calendar years
ADA Code	ADA description of services covered for you	What you must pay	General limitations
<b>Restorative Services</b>			
D2720	Crown - resin with high noble metal	\$0	2 per calendar year

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



ADA Code	ADA description of services covered for you	What you must pay	General limitations
D2722	Crown - resin with noble metal	\$0	2 per calendar year
D2750	Crown - porcelain fused to high noble metal	\$0	2 per calendar year
D2752	Crown - porcelain fused to noble metal	\$0	2 per calendar year
D2790	Crown - full cast high noble metal	\$0	2 per calendar year
D2792	Crown - full cast noble metal	\$0	2 per calendar year
D5671	Replace all teeth and acrylic on cast metal framework (mandibular)	\$0	1 in 6 months
D5710	Rebase complete maxillary denture	\$0	1 per calendar year (not covered within 6 months of initial placement)
D5711	Rebase complete mandibular denture	\$0	1 per calendar year (not covered within 6 months of initial placement)
D5720	Rebase maxillary partial denture	\$0	1 per calendar year (not covered within 6 months of initial placement)
D5721	Rebase mandibular partial denture	\$0	1 per calendar year (not covered within 6 months of initial placement)
<b>Prosthodontics (fixed)</b>			
D6240	Pontic - porcelain fused to high noble metal	\$0	1 per tooth per 5 calendar years
D6242	Pontic - porcelain fused to noble metal	\$0	1 per tooth per 5 calendar years
D6250	Pontic - resin with high noble metal	\$0	1 per tooth per 5 calendar years
D6252	Pontic - resin with noble metal	\$0	1 per tooth per 5 calendar years
D6750	Retainer crown - porcelain fused to high noble metal	\$0	1 per tooth per 5 calendar years
D6752	Retainer crown - porcelain fused to noble metal	\$0	1 per tooth per 5 calendar years

**NOTE:** The listed Member Cost-Sharing amounts only apply when you receive dental services from an in-network dentist.



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**NOTE:** Since Blue Shield contracts with Medicare each year, these dental benefits may not be available next year.

## Getting Dental Care

### Introduction

Blue Shield of California's dental Plan is administered by a contracted Dental Plan Administrator (DPA), an entity that contracts with Blue Shield of California to administer the delivery of dental services through a network of contracted dentists. If you have any questions regarding the information in this dental section, need assistance, or have any problems, you may contact the DPA customer service department at **(866) 247-2486 [TTY: 711]**, 8 a.m. to 8 p.m., 7 days a week (except holidays) from October 1 to March 31 and weekdays from April 1 to September 30.

### Before Obtaining Dental Services

You are responsible for assuring that the dentist you choose is a network dentist.

This in-network only dental Plan does not pay benefits to out-of-network dentists. Services obtained from an out-of-network dentist will not be covered. When you receive services from an out-of-network dentist, you will be responsible for paying the dentist directly for the entire amount billed by the dentist.

**NOTE:** A network dentist's status may change. It is your obligation to verify whether your dentist is currently a network dentist in case there have been any changes to the list of contracted dentists. A list of network dentists located in your area can be obtained by contacting the DPA customer service department at **(866) 247-2486 [TTY: 711]**, 8 a.m. to 8 p.m., 7 days a week (except holidays) from October 1 to March 31 and weekdays from April 1 to September 30.

### Visiting Your Dentist

Shortly after enrollment, you will receive a membership packet from the DPA that tells you the effective date of your benefits and the address and telephone number of your network dentist or primary care dentist (PCD). After the effective date in your membership packet, you may obtain covered dental care services. To make an appointment, simply call your PCD's office and identify yourself as a Blue Shield TotalDual Plan Member. Initial appointments should be scheduled within four weeks unless a specific time has been requested. Inquiries regarding availability of appointments and accessibility of dentists should be directed to the DPA customer service department at **(866) 247-2486 [TTY: 711]**, 8 a.m. to 8 p.m., 7 days a week (except holidays) from October 1 to March 31 and weekdays from April 1 to September 30.

**NOTE:** Each Member must go to his or her assigned PCD to obtain covered services, except for services provided by a specialist preauthorized in writing by the DPA. Any other treatment is not covered under Blue Shield TotalDual Plan.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



You must contact your PCD for all dental care needs including consultation with plan specialists. The PCD is responsible for providing general dental care services and coordinating or arranging for referral to other necessary plan specialists. The Plan must authorize such referrals.

### Member Copayments

Prior to beginning your treatment, your dentist will design a treatment plan to meet your individual needs. It is best to discuss your treatment plan and financial responsibilities with your dentist prior to beginning treatment.

Covered dental services are provided at no cost to you from a network dentist. If you choose to go to an out-of-network dentist, no benefits will be provided and you will be responsible for paying the dentist directly for the entire amount billed by the dentist.

If you need additional assistance in getting information about your treatment plan, you may contact the DPA customer service department at **(866) 247-2486 [TTY: 711]**, 8 a.m. to 8 p.m., 7 days a week (except holidays) from October 1 to March 31 and weekdays from April 1 to September 30.

### Choice of primary care dentist

At the time of enrollment, you must select a network dentist to be your PCD. If you fail to select a network dentist or the network dentist selected becomes unavailable, the DPA will request the selection of another network dentist or assign you to another network dentist. You may change your assigned network dentist by contacting the DPA customer service department at **(866) 247-2486 [TTY: 711]**, 8 a.m. to 8 p.m., 7 days a week (except holidays) from October 1 to March 31 and weekdays from April 1 to September 30. In order to ensure that your network dentist is notified and the DPA's eligibility lists are correct, changes to network dentists must be requested prior to the 21st day of the month for the changes to be effective the first day of the following month.

### If your dentist no longer contracts with the Blue Shield TotalDual Plan DPA

If your selected network dentist is unable to continue under contract with the DPA because he or she is unable to perform or has breached the contract, or if the DPA has terminated the contract, the DPA will notify you at least 30 calendar days prior to the dentist's effective termination date so you may select another network dentist.

If you are notified by the DPA of the need to select another network dentist for this reason, fees for the duplication and transfer of X-rays or other records are waived. Also, the terminating network dentist will complete (a) a partial or full denture for which final impressions have been



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taken, and (b) all work on every tooth upon which work has started (such as delivery of crowns when teeth have been prepared).

### Emergency dental care

This plan does not pay benefits for emergency dental care services.

### Obtaining a second opinion for dental care

You may request a second opinion if you disagree with or question the diagnosis and/or treatment plan determination made by your network dentist. The DPA may also request that you obtain a second opinion to verify the necessity and appropriateness of dental treatment or the application of benefits.

Second opinions will be rendered by a licensed dentist in a timely manner, appropriate to the nature of your condition. Requests involving cases of imminent and serious health threat will be expedited (authorization approved or denied within 72 hours of receipt of the request, whenever possible). For assistance or additional information regarding the procedures and timeframes for second opinion authorizations, call the DPA customer service department at **866-247-2486 [TTY: 711]**, 8 a.m. to 8 p.m., seven days a week (except holidays) from October 1 to March 31, and weekdays from April 1 to September 30 or write to the DPA.

Second opinions will be provided at another network dentist's office, unless otherwise authorized by the DPA. The DPA will authorize a second opinion by an out-of-network provider if an appropriately qualified network dentist is not available. The DPA will only pay for a second opinion which the DPA approved or authorized. You will be sent a written notification should the DPA decide not to authorize a second opinion. If you disagree with this determination, you may file an appeal with Blue Shield TotalDual Plan. Refer to the *Grievance and Appeals* section below for additional information.

### Coordination of benefits

This Plan provides benefits without regard to coverage by any other group insurance policy or any other group health benefits program if the other policy or program covers services or expenses in addition to dental care. Otherwise, benefits provided under this Plan by specialists or out-of-network dentists are coordinated with such other group dental insurance policies or any group dental benefits programs. The determination of which policy or program is primary shall be governed by the rules stated in the contract.

If this Plan is secondary, it will pay the lesser of:

- The amount that it would have paid in the absence of any other dental benefit coverage, or;
- The Member's total out-of-pocket cost payable under the primary dental benefit plan as long as the benefits are covered under this Plan.

A Member must provide to the DPA and the DPA may release to or obtain from any insurance company or other organization, any information about the Member that is needed to administer coordination of benefits. The DPA shall, in its sole discretion,

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determine whether any reimbursement to an insurance company or other organization is warranted under the coordination of benefits provisions described herein, and any such reimbursement paid shall be deemed to be benefits under this contract. The DPA will have the right to recover from a dentist, Member, insurance company or other organization, as the DPA chooses, the amount of any benefit paid by the DPA which exceeds its obligations under the coordination of benefits provisions described herein.

### Grievance and appeals process

Our commitment to you is to ensure not only quality of care, but also quality in the treatment process. This quality of treatment extends from the professional services provided by network dentists to the courtesy extended you by our telephone representatives. If you have any questions or complaints regarding eligibility, the denial of dental services or claims, the policies, procedures or operations of the DPA or the quality of dental services performed by a network dentist, you have the right to file a grievance or appeal with Blue Shield TotalDual Plan. Please go to **Chapter 9** (*What to do if you have a problem or complaint (coverage decisions, appeals, complaints)*) for more information on how to file a grievance or appeal. If you have questions, call the DPA at **(866) 247-2486 [TTY: 711]**, 8 a.m. to 8 p.m., 7 days a week (except holidays) from October 1 to March 31 and weekdays from April 1 to September 30. You may also contact Blue Shield TotalDual Plan Customer Service (phone numbers are printed on the back cover of this document).

### General exclusions for the dental HMO Plan

1. Any procedure that is not specifically listed in the *Dental Benefits Procedure Chart*.
2. Any procedure that in the professional opinion of the network dentist:
  - a. has poor prognosis for a successful result and reasonable longevity based on the condition of the tooth or teeth and/or surrounding structures, or
  - b. is inconsistent with generally accepted standards for dentistry.
3. Services solely for cosmetic purposes or for conditions that are a result of hereditary or developmental defects, such as cleft palate, upper and lower jaw malformations, congenitally missing teeth and teeth that are discolored or lacking enamel.
4. Lost or stolen appliances such as full or partial dentures and crowns.
5. Procedures, appliances or restoration if the purpose is to change vertical dimension, or to diagnose or treat abnormal conditions of the temporomandibular joint (TMJ).
6. Precious metal for removable appliances, metallic or permanent soft bases for complete dentures, porcelain denture teeth, precision abutments for removable partials or fixed partial dentures (overlays, implants, and appliances associated therewith) and personalization and characterization of complete and partial dentures.
7. Implant supported dental appliances and attachments, implant placement, maintenance, removal and all other services associated with a dental implant.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).





8. Consultations for non-covered benefits.
9. Dental services received from any dental office other than the assigned network dentist or a preauthorized dental specialist.
10. All related fees for admission, use, or stays in a hospital, outpatient surgery center, extended care facility, or other similar care facility.
11. Prescription drugs.
12. Dental expenses incurred in connection with any dental procedure started before the Member's eligibility with the Blue Shield TotalDual Plan. Examples include: teeth prepared for crowns and full or partial dentures for which an impression has been taken.
13. Myofunctional and parafunctional appliances and/ or therapies.

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## F. Community Supports

You may get supports under your Individualized Care Plan. Community Supports are medically appropriate and cost-effective alternative services or settings to those covered under the Medi-Cal State Plan. These services are optional for members. If you qualify, these services may help you live more independently. They do not replace benefits that you already receive under Medi-Cal.

Examples of Community Supports that we offer include medically supportive food and meals or medically-tailored meals, help for you or your caregiver, or shower grab bars and ramps. Community Supports are optional services (non-benefits) that Blue Shield Promise Health Plan offers to eligible Medi-Cal members. These services provide support to members above and beyond Long Term Care Support Services (LTSS) to enhance and support members' care. These services will vary based on a member's needs and Blue Shield Promise Health Plan's eligibility criteria. Prior authorization is required. Blue Shield Promise Health Plan offers Community Supports to qualified members in Los Angeles and San Diego counties:

Asthma remediation	Physical changes to an individual's home environment that ensure health, welfare, and safety, or enable functioning at home if acute asthma episodes may result in hospitalization or seeking emergency services.
Community transition services/Nursing facility transition to a home	This helps members to live in the community and avoid further institutionalization.
Day habilitation programs	This helps Medi-Cal members in a non-facility setting to develop self-help, socialization, and adaptive skills necessary to succeed in their home environments.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Environmental accessibility adaptations (Home modifications)	Physical adaptations to a home to ensure the health, welfare, and safety of the individual and allow members who would otherwise require institutionalization to stay in their homes.
Housing deposits	Members receive help finding, coordinating, securing, or funding one-time services needed to set up a basic household.
Housing transition navigation services	Members receive help obtaining housing.
Housing tenancy and sustaining services	Members get help maintaining safe and stable tenancy after finding housing.
Medically tailored meals/Medically-supportive food	Nutritional support for members, especially those with chronic conditions, when meeting nutritional goals is critical to getting healthy and staying healthy.
Nursing facility transition/Diversion to assisted living facilities	This helps members to live in the community or avoid institutionalization when possible.
Personal care and homemaker services	Members receive help with Activities of Daily Living (ADLs) such as bathing, dressing, toileting, ambulation, or feeding, and Personal Care Services like meal preparation, grocery shopping, and money management for Members who could not otherwise remain in their homes without these supports.
Recuperative care (Medical respite)	Short-term residential care for those who no longer require hospitalization, but still need to heal from an injury or illness, including a mental health condition that might worsen in an unstable living environment.
Respite services for caregivers of Medi-Cal members	Short-term, non-medical relief from caregiving duties for those who take care of Medi-Cal members who require intermittent temporary supervision.
Short-term post-hospitalization housing	A place for members with high medical or behavioral needs who do not have a residence to continue recovering immediately after exiting an inpatient hospital or residential facility.
Sobering centers	Safe, supportive places for individuals to become sober after being found publicly intoxicated due to alcohol or drugs and

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



	help for individuals experiencing homelessness or unstable living situations who would otherwise be sent to the emergency department or jail.
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If you need help or would like to find out which Community Supports may be available for you, call (800) 452-4413 (TTY:711) or call your health care provider.

### Information for members

- Call Blue Shield Promise Health Plan Customer Service in your region on weekdays between 8 a.m. and 6 p.m.: Los Angeles: (800) 605-2556 / San Diego: (855) 699-5557
- Call Health Care Options (HCO) at (800) 430-4263 (TTY (800) 430-7077)
- Visit Department of Health Care Services for more information:  
<https://www.dhcs.ca.gov/Pages/ECMandILOS.aspx>

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## G. Benefits covered outside of our plan

We don't cover the following services, but they are available through Original Medicare *or* Medi-Cal fee-for service.

### G1. California Community Transitions (CCT)

The California Community Transitions (CCT) program uses local Lead Organizations to help eligible Medi-Cal beneficiaries, who have lived in an inpatient facility for at least 90 consecutive days, transition back to, and remaining safely in, a community setting. The CCT program funds transition coordination services during the pre-transition period and for 365 days post transition to assist beneficiaries with moving back to a community setting.

You can get transition coordination services from any CCT Lead Organization that serves the county you live in. You can find a list of CCT Lead Organizations and the counties they serve on the Department of Health Care Services website at: [www.dhcs.ca.gov/services/ltc/Pages/CCT](http://www.dhcs.ca.gov/services/ltc/Pages/CCT).

#### For CCT transition coordination services

Medi-Cal pays for the transition coordination services. You pay nothing for these services.

#### For services not related to your CCT transition

The provider bills us for your services. Our plan pays for the services provided after your transition. You pay nothing for these services.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



While you get CCT transition coordination services, we pay for services listed in the Benefits Chart in **Section D**.

### **No change in drug coverage benefit**

The CCT program does **not** cover drugs. You continue to get your normal drug benefit through our plan. For more information, refer to **Chapter 5** of your *Member Handbook*.

**Note:** If you need non-CCT transition care, call your care coordinator to arrange the services. Non-CCT transition care is care **not** related to your transition from an institution or facility.

## **G2. Medi-Cal Dental**

Certain dental services are available through Medi-Cal Dental. More information is on the SmileCalifornia.org website. Medi-Cal Dental includes but is not limited to, services such as:

- initial examinations, X-rays, cleanings, and fluoride treatments
- restorations and crowns
- root canal therapy
- partial and complete dentures, adjustments, repairs, and relines

For more information regarding dental benefits available in Medi-Cal Dental, or if you need help finding a dentist who accepts Medi-Cal, contact the customer service line at 1-800-322-6384 (TTY users call 1-800-735-2922). The call is free. Medi-Cal Dental representatives are available to assist you from 8:00 a.m. to 5:00 p.m., Monday through Friday. You can also visit the website at [smilecalifornia.org/](http://smilecalifornia.org/) for more information.

In Los Angeles county, you may get Medi-Cal dental benefits through a Dental Managed Care (DMC) plan. If you want more information about Medi-Cal dental plans or want to make changes, contact Health Care Options at 1-800-430-4263 (TTY users call 1-800-430-7077), Monday through Friday, 8:00 a.m. to 6:00 p.m. The call is free. DMC contacts are also available here: [www.dhcs.ca.gov/services/Pages/ManagedCarePlanDirectory.aspx](http://www.dhcs.ca.gov/services/Pages/ManagedCarePlanDirectory.aspx).  
<http://www.hpsm.org/dental>

**Note:** Our plan offers additional dental services. Refer to the Benefits Chart in **Section D** for more information.

## **G3. Hospice care**

You have the right to elect hospice if your provider and hospice medical director determine you have a terminal prognosis. This means you have a terminal illness and are expected to have six months or less to live. You can get care from any hospice program certified by Medicare. The

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



plan must help you find Medicare-certified hospice programs. Your hospice doctor can be a network provider or an out-of-network provider.

Refer to the Benefits Chart in **Section D** for more information about what we pay for while you are getting hospice care services.

**For hospice services and services covered by Medicare Part A or Medicare Part B that relate to your terminal prognosis**

- The hospice provider bills Medicare for your services. Medicare pays for hospice services related to your terminal prognosis. You pay nothing for these services.

**For services covered by Medicare Part A or Medicare Part B that are not related to your terminal prognosis**

- The provider will bill Medicare for your services. Medicare will pay for the services covered by Medicare Part A or Medicare Part B. You pay nothing for these services.

**For drugs that may be covered by our plan's Medicare Part D benefit**

- Drugs are never covered by both hospice and our plan at the same time. For more information, refer to **Chapter 5** of your *Member Handbook*.

**Note:** If you have a serious illness, you may be eligible for palliative care, which provides team-based patient and family-centered care to improve your quality of life. You may receive palliative care at the same time as curative/regular care. Please see Palliative Care section above for more information.

**Note:** If you need non-hospice care, call your care coordinator to arrange the services. Non-hospice care is care not related to your terminal prognosis.

**G4. In-Home Supportive Services (IHSS)**

- The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. IHSS is considered an alternative to out-of-home care, such as nursing homes or board and care facilities.
- The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Your care coordinator can help you apply for IHSS with your county social service agency. You can also contact the Los Angeles IHSS office at (888) 944-4477 and the San Diego IHSS office at (800) 339-4661 to apply.

## **G5. 1915(c) Home and Community Based Services (HCBS) Waiver Programs**

### **Assisted Living Waiver (ALW)**

- The Assisted Living Waiver (ALW) offers Medi-Cal eligible beneficiaries the choice of residing in an assisted living setting as an alternative to long-term placement in a nursing facility. The goal of the ALW is to facilitate nursing facility transition back into a homelike and community setting or prevent skilled nursing admissions for beneficiaries with an imminent need for nursing facility placement.
- Members who are enrolled in ALW can remain enrolled in ALW while also receiving benefits provided by our plan. Our plan works with your ALW Care Coordination Agency to coordinate the services you receive.
- Your care coordinator can help you apply for the ALW. You can find local agencies that can coordinate your care for the ALW program here: [dhcs.ca.gov/services/ltc/Documents/Care-Coordination-Agencies.pdf](https://dhcs.ca.gov/services/ltc/Documents/Care-Coordination-Agencies.pdf).

### **HCBS Waiver for Californians with Developmental Disabilities (HCBS-DD)**

#### **California Self-Determination Program (SDP) Waiver for Individuals with Developmental Disabilities**

- There are two 1915(c) waivers, the HCBS-DD Waiver and SDP Waiver, that provide services to people who have been diagnosed with a developmental disability that begins before the individual's 18th birthday and is expected to continue indefinitely. Both waivers are a way to fund certain services that allow persons with developmental disabilities to live at home or in the community rather than residing in a licensed health facility. Costs for these services are funded jointly by the federal government's Medicaid program and the State of California. Your care coordinator can help connect you to DD Waiver services.

### **Home and Community-Based Alternative (HCBA) Waiver**

- The HCBA Waiver provides care management services to persons at risk for nursing home or institutional placement. The care management services are provided by a multidisciplinary Care Management Team comprised of a nurse and social worker. The team coordinates Waiver and State Plan services (such as medical, behavioral health, In-Home Supportive Services, etc.), and arranges for other long-term services and supports available in the local community. Care

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



management and Waiver services are provided in the participant's community-based residence. This residence can be privately owned, secured through a tenant lease arrangement, or the residence of a participant's family member.

- Members who are enrolled in the HCBA Waiver can remain enrolled in the HCBA Waiver while also receiving benefits provided by our plan. Our plan works with your HCBA waiver agency to coordinate the services you receive.
- Your care coordinator can help you apply for the HCBA.
  - Depending on your zip code in Los Angeles County, either Partners in Care or Access TLC is your local HCBA agency. To find out which agency helps the zip code you live in visit:  
[https://www.dhcs.ca.gov/services/ltc/Pages/Home-and-Community-Based-\(HCB\)-Alternatives-Waiver.aspx](https://www.dhcs.ca.gov/services/ltc/Pages/Home-and-Community-Based-(HCB)-Alternatives-Waiver.aspx)
    - Call Partners in Care at (800) 251-6764
    - Call Access TLC at (800) 852-9887
  - San Ysidro Health is San Diego County's local HCBA Agency. Call San Ysidro Health at (833) 503-5910, 8 am – 5 pm, Monday through Friday.

### Medi-Cal Waiver Program (MCWP)

- The Medi-Cal Waiver Program (MCWP) provides comprehensive case management and direct care services to persons living with HIV as an alternative to nursing facility care or hospitalization. Case management is a participant centered, team approach consisting of a registered nurse and social work case manager. Case managers work with the participant and primary care provider(s), family, caregiver(s), and other service providers, to assess care needs to keep the participant in their home and community.
- The goals of the MCWP are to: (1) provide home and community-based services for persons with HIV who may otherwise require institutional services; (2) assist participants with HIV health management; (3) improve access to social and behavioral health support and (4) coordinate service providers and eliminate duplication of services.
- Members who are enrolled in the MCWP Waiver can remain enrolled in the MCWP Waiver while also receiving benefits provided by our plan. Our plan works with your MCWP waiver agency to coordinate the services you receive.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Your care coordinator can help you apply for the MCWP. The AIDS Regional Information and Evaluation System (ARIES) is open Monday through Friday, from 8:00 AM to 5:00 PM (Pacific Time). To reach the Help Desk:
  - Call 1-866-411-ARIES (2743) or
  - Submit an ARIES Help Desk request to [aries@cdph.ca.gov](mailto:aries@cdph.ca.gov) and include your name, agency, phone number, question/problem. Do NOT include any client information.

### **Multipurpose Senior Services Program (MSSP)**

- The Multipurpose Senior Services Program (MSSP) provides both social and health care management services to assist individuals remain in their own homes and communities.
- While most of the program participants also receive In-Home Supportive Services, MSSP provides on-going care coordination, links participants to other needed community services and resources, coordinates with health care providers, and purchases some needed services that are not otherwise available to prevent or delay institutionalization. The total annual combined cost of care management and other services must be lower than the cost of receiving care in a skilled nursing facility.
- A team of health and social service professionals provides each MSSP participant with a complete health and psychosocial assessment to determine needed services. The team then works with the MSSP participant, their physician, family, and others to develop an individualized care plan. Services include:
  - care management
  - adult day care
  - minor home repair/maintenance
  - supplemental in-home chore, personal care, and protective supervision services
  - respite services
  - transportation services
  - counseling and therapeutic services
  - meal services

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).





- communication services.
- Members who are enrolled in the MSSP Waiver can remain enrolled in the MSSP Waiver while also receiving benefits provided by our plan. Our plan works with your MSSP provider to coordinate the services you receive.
- Your care coordinator can help you apply for MSSP. You can locate a MSSP provider in your area by calling the California Department of Aging at 1-800-510-2020 or by selecting your county on the Find Services in My County page at the California Department of Aging website:  
[https://aging.ca.gov/Find\\_Services\\_in\\_My\\_County/#tblServicesInMyCounty](https://aging.ca.gov/Find_Services_in_My_County/#tblServicesInMyCounty)

## **G6. County Behavioral Health Services Provided Outside Our Plan (Mental Health and Substance Use Disorder Services)**

You have access to medically necessary behavioral health services that Medicare and Medi-Cal cover. We provide access to behavioral health services covered by Medicare and Medi-Cal managed care. Our plan does not provide Medi-Cal specialty mental health or county substance use disorder services, but these services are available to you through county behavioral health agencies.

Medi-Cal specialty mental health services are available to you through the county mental health plan (MHP) if you meet criteria to access specialty mental health services. Medi-Cal specialty mental health services provided by your county MHP include:

- mental health services
- medication support services
- day treatment intensive
- day rehabilitation
- crisis intervention
- crisis stabilization
- adult residential treatment services
- crisis residential treatment services
- psychiatric health facility services
- psychiatric inpatient hospital services
- targeted case management

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- therapeutic behavioral services
- intensive care coordination
- intensive home-based services

Drug Medi-Cal Organized Delivery System services are available to you through your county behavioral health agency if you meet criteria to receive these services. Drug Medi-Cal services provided by your county include:

- intensive outpatient treatment services
- perinatal residential substance use disorder treatment
- outpatient treatment services
- narcotic treatment program
- medications for addiction treatment (also called Medication Assisted Treatment)

Drug Medi-Cal Organized Delivery System Services include:

- outpatient treatment services
- intensive outpatient treatment services
- medications for addiction treatment (also called Medication Assisted Treatment)
- residential treatment services
- withdrawal management services
- narcotic treatment program
- recovery services
- care coordination

In addition to the services listed above, you may have access to voluntary inpatient detoxification services if you meet the criteria.

### **Availability of Behavioral Health Services**

You have a comprehensive array of services available to you. You may self-refer to a contracted Provider, and can also be referred by your PCP, family member, etc. There is “no wrong door” in accessing services. You can contact the following for assistance in getting services:

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- County Crisis and Referral Line (please see Chapter 2, Section K of this handbook for phone number and hours of operation)
- Los Angeles County Department of Public Health, Substance Abuse Prevention and Control (please call 888-742-7900 (TTY: 711), 24 hours a day, 7 days a week)
- County of San Diego Behavioral Health – Services Substance Use Disorder Service (please call 888-724-7240 (TTY: 711), 24 hours a day, 7 days a week)
- Blue Shield TotalDual Plan Behavioral Health Line (please see **Chapter 2, Section D** of this *Member Handbook* for phone number and hours of operation)
- Blue Shield TotalDual Plan Customer Service (phone number and hours of operation are printed on the bottom of this page)

### **Process to Determine Medical Necessary Services**

Medical necessity is determined by an appropriately licensed Provider. Medical necessity criteria are used by both Blue Shield TotalDual Plan and the County, have been developed by behavioral health experts and other stakeholders, and are consistent with regulatory requirements.

### **Referral Process between Blue Shield TotalDual Plan and the County**

If you are receiving services from either Blue Shield TotalDual Plan or the County, you can be referred to the other entity consistent with your needs. Blue Shield TotalDual Plan or the County can refer you by calling the entity to which the referral is being made. Also, a referral form will be completed by the referring Provider, and it will be sent to the entity that you are being referred to.

### **Problem Resolution Process**

If there is a dispute between you and the County or Blue Shield TotalDual Plan, you will continue to receive medically necessary behavioral healthcare, including prescription drugs, until the dispute is resolved. Blue Shield TotalDual Plan has worked with the County to develop resolution processes that are timely and do not negatively impact the services that you are in need of getting. You can also use the Appeals process of Blue Shield TotalDual Plan or the County, depending upon the entity that you are in dispute with.

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## **H. Benefits not covered by our plan, Medicare, or Medi-Cal**

This section tells you about benefits excluded by our plan. “Excluded” means that we do not pay for these benefits. Medicare and Medi-Cal do not pay for them either.

The list below describes some services and items not covered by us under any conditions and some excluded by us only in some cases.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



We do not pay for excluded medical benefits listed in this section (or anywhere else in this *Member Handbook*) except under specific conditions listed. Even if you receive the services at an emergency facility, the plan will not pay for the services. If you think that our plan should pay for a service that is not covered, you can request an appeal. For information about appeals, refer to **Chapter 9** of your *Member Handbook*.

In addition to any exclusions or limitations described in the Benefits Chart, our plan does not cover the following items and services:

- services considered not “reasonable and medically necessary,” according to Medicare and Medi-Cal, unless listed as covered services
- experimental medical and surgical treatments, items, and drugs, unless Medicare, a Medicare-approved clinical research study, or our plan covers them. Refer to **Chapter 3** of your *Member Handbook* for more information on clinical research studies. Experimental treatment and items are those that are not generally accepted by the medical community.
- surgical treatment for morbid obesity, except when medically necessary and Medicare pays for it
- a private room in a hospital, except when medically necessary
- private duty nurses
- personal items in your room at a hospital or a nursing facility, such as a telephone or television
- full-time nursing care in your home
- fees charged by your immediate relatives or members of your household
- elective or voluntary enhancement procedures or services (including weight loss, hair growth, sexual performance, athletic performance, cosmetic purposes, anti-aging and mental performance), except when medically necessary
- cosmetic surgery or other cosmetic work, unless it is needed because of an accidental injury or to improve a part of the body that is not shaped right. However, we pay for reconstruction of a breast after a mastectomy and for treating the other breast to match it
- chiropractic care, other than manual manipulation of the spine consistent with coverage guidelines

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- routine foot care, except as described in Podiatry services in the Benefits Chart in **Section D**
- orthopedic shoes, unless the shoes are part of a leg brace and are included in the cost of the brace, or the shoes are for a person with diabetic foot disease
- supportive devices for the feet, except for orthopedic or therapeutic shoes for people with diabetic foot disease
- radial keratotomy, LASIK surgery, and other low-vision aids
- reversal of sterilization procedures
- naturopath services (the use of natural or alternative treatments)
- services provided to veterans in Veterans Affairs (VA) facilities. However, when a veteran gets emergency services at a VA hospital and the VA cost-sharing is more than the cost-sharing under our plan, we will reimburse the veteran for the difference. You are still responsible for your cost-sharing amounts.



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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

## Chapter 5: Getting your outpatient prescription drugs

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### Introduction

This chapter explains rules for getting your outpatient prescription drugs. These are drugs that your provider orders for you that you get from a pharmacy or by home delivery. They include drugs covered under Medicare Part D and Medi-Cal. Key terms and their definitions appear in alphabetical order in the last chapter of your Member Handbook.

We also cover the following drugs, although they are not discussed in this chapter:

- **Drugs covered by Medicare Part A.** These generally include drugs given to you while you are in a hospital or nursing facility.
- **Drugs covered by Medicare Part B.** These include some chemotherapy drugs, some drug injections given to you during an office visit with a doctor or other provider, and drugs you are given at a dialysis clinic. To learn more about what Medicare Part B drugs are covered, refer to the Benefits Chart in **Chapter 4** of your *Member Handbook*.
- In addition to the plan's Medicare Part D and medical benefits coverage, your drugs may be covered by Original Medicare if you are in Medicare hospice. For more information, please refer to **Chapter 5**, Section F "If you are in a Medicare-certified hospice program."

### Rules for our plan's outpatient drug coverage

We usually cover your drugs as long as you follow the rules in this section.

You must have a provider (doctor, dentist, or other prescriber) write your prescription, which must be valid under applicable state law. This person often is your primary care provider (PCP). It could also be another provider if your PCP has referred you for care.

Your prescriber must **not** be on Medicare's Exclusion or Preclusion Lists or any similar Medi-Cal lists.

You generally must use a network pharmacy to fill your prescription. Or you can fill your prescription through the plan's home delivery service.

Your prescribed drug must be on our plan's *List of Covered Drugs*. We call it the "*Drug List*" for short. (Refer to **Section B** of this chapter.)

- If it is not on the *Drug List*, we may be able to cover it by giving you an exception.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Refer to **Chapter 9** to learn about asking for an exception.
- Please also note that the request to cover your prescribed drug will be evaluated under both Medicare and Medi-Cal standards.

Your drug must be used for a medically accepted indication. This means that use of the drug is either approved by the Food and Drug Administration (FDA) or supported by certain medical references. Your prescriber may be able to help identify medical references to support the requested use of the prescribed drug. Drugs used to treat conditions not supported by the FDA or reference books are called “off-label” indications. Drugs used for “off-label” indications are not medically accepted indications and thus not a covered benefit unless this “off-label” use is cited in one of the reference books approved by CMS.

Your drug may require approval before we will cover it. Refer to **Section C** in this chapter.

## Table of Contents

A. Getting your prescriptions filled .....	188
A1. Filling your prescription at a network pharmacy.....	188
A2. Using your Member ID Card when you fill a prescription .....	188
A3. What to do if you change your network pharmacy .....	188
A4. What to do if your pharmacy leaves the network .....	188
A5. Using a specialized pharmacy.....	189
A6. Using home delivery services to get your drugs .....	189
A7. Getting a long-term supply of drugs .....	191
<b>A8. Using a pharmacy not in our plan’s network .....</b>	<b>191</b>
A9. Paying you back for a prescription .....	192
B. Our plan’s <i>Drug List</i> .....	192
B1. Drugs on our <i>Drug List</i> .....	192
B2. How to find a drug on our <i>Drug List</i> .....	193
B3. Drugs not on our <i>Drug List</i> .....	193
B4. <i>Drug List</i> cost-sharing tiers.....	194

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



C. Limits on some drugs .....	195
D. Reasons your drug might not be covered .....	196
D1. Getting a temporary supply .....	197
D2. Asking for a temporary supply .....	198
D3. Asking for an exception .....	198
E. Coverage changes for your drugs .....	199
F. Drug coverage in special cases .....	201
F1. In a hospital or a skilled nursing facility for a stay that our plan covers .....	201
F2. In a long-term care facility .....	201
F3. In a Medicare-certified hospice program .....	201
G. Programs on drug safety and managing drugs .....	202
G1. Programs to help you use drugs safely .....	202
G2. Programs to help you manage your drugs .....	202
G3. Drug management program for safe use of opioid medications .....	203





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## A. Getting your prescriptions filled

### A1. Filling your prescription at a network pharmacy

In most cases, we pay for prescriptions only when filled at any of our network pharmacies. A network pharmacy is a drug store that agrees to fill prescriptions for our plan members. You may use any of our network pharmacies.

To find a network pharmacy, look in the *Provider and Pharmacy Directory*, visit our website or contact Customer Service.

### A2. Using your Member ID Card when you fill a prescription

To fill your prescription, **show your Member ID Card** at your network pharmacy. The network pharmacy bills us for our share of the cost of your covered prescription drug.

Remember, you need your Medi-Cal card or Benefits Identification Card (BIC) to access Medi-Cal Rx covered drugs.

If you don't have your Member ID Card or BIC with you when you fill your prescription, ask the pharmacy to call us to get the necessary information, or you can ask the pharmacy to look up your plan enrollment information.

If the pharmacy can't get the necessary information, you may have to pay the full cost of the prescription when you pick it up. Then you can ask us to pay you back for our share. **If you can't pay for the drug, contact Customer Service right away.** We will do everything we can to help.

- To ask us to pay you back, refer to **Chapter 7** of your *Member Handbook*.
- If you need help getting a prescription filled, contact Customer Service.

### A3. What to do if you change your network pharmacy

If you change pharmacies and need a prescription refill, you can either ask to have a new prescription written by a provider or ask your pharmacy to transfer the prescription to the new pharmacy if there are any refills left.

If you need help changing your network pharmacy, contact Customer Service.

### A4. What to do if your pharmacy leaves the network

If the pharmacy you use leaves our plan's network, you need to find a new network pharmacy.

To find a new network pharmacy, look in the *Pharmacy Directory*, visit our website, or contact Customer Service.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



## A5. Using a specialized pharmacy

Sometimes prescriptions must be filled at a specialized pharmacy. Specialized pharmacies include:

- Pharmacies that supply drugs for home infusion therapy.
- Pharmacies that supply drugs for residents of a long-term care facility, such as a nursing facility.
  - Usually, long-term care facilities have their own pharmacies. If you're a resident of a long-term care facility, we make sure you can get the drugs you need at the facility's pharmacy.
  - If your long-term care facility's pharmacy is not in our network or you have difficulty getting your drugs in a long-term care facility, contact Customer Service.
- Pharmacies that serve the Indian Health Care Provider (IHCP) and Urban Indian Organization (UIO) Pharmacies Indian Health Service/Tribal/Urban Indian Health Program. Except in emergencies, only Native Americans or Alaska Natives may use these pharmacies.
- Pharmacies that dispense drugs that are restricted by the FDA to certain locations or that require special handling, provider coordination, or education on their use. (Note: This scenario should happen rarely.)

To find a specialized pharmacy, look in the *Provider and Pharmacy Directory*, visit our website, or contact Customer Service.

## A6. Using home delivery services to get your drugs

For certain kinds of drugs, you can use our plan's network home delivery services. Generally, drugs available through home delivery are drugs that you take on a regular basis for a chronic or long-term medical condition. Drugs **not** available through our plan's home delivery service are marked with the symbol NDS in our Drug List.

Our plan's home delivery service allows you to order up to a 100-day supply of covered drugs on Tiers 1 through 4. A 100-day supply has the same copay as a one-month supply.

### Filling prescriptions by home delivery

To get information about filling your prescriptions by home delivery, please call Customer Service at the number on the back cover of this booklet. If you use a home delivery pharmacy not in the plan's network, your prescription will not be covered.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Usually, a home delivery prescription arrives within 5 days. You will receive a notification if there is a delay with your home delivery prescription order. If you have questions about this, please contact Amazon Pharmacy at (856) 208-4665, 24 hours a day/7 days a week. TTY users call 711. If needed, Blue Shield TotalDual Plan Customer Service can assist you in obtaining a sufficient supply of medication from a local retail network pharmacy, so you are not without medication until your home delivery medication arrives. This may require contacting your physician to have him/her phone or fax a new prescription to the retail network pharmacy for the quantity of medication needed until you receive your home delivery medication.

If the delay is greater than 5 days from the date the prescription was ordered from the home delivery provider and is due to a loss of medication in the mail system, Amazon Pharmacy Customer Service can coordinate a replacement order.

## Home delivery processes

Home delivery service has different procedures for new prescriptions it gets from you, new prescriptions it gets directly from your provider's office, and refills on your home delivery prescriptions.

### 1. New prescriptions the pharmacy gets from you

The pharmacy automatically fills and delivers new prescriptions it gets from you.

### 2. New prescriptions the pharmacy gets from your provider's office

After the pharmacy gets a prescription from a health care provider, it contacts you to find out if you want the medication filled immediately or at a later time.

- This gives you an opportunity to make sure the pharmacy is delivering the correct drug (including strength, amount, and form) and, if needed, allows you to stop or delay the order before you are billed and it is shipped.
- Respond each time the pharmacy contacts you, to let them know what to do with the new prescription and to prevent any delays in shipping.

### 3. Refills on home delivery prescriptions

For refills of your drugs, you have the option to sign up for an automatic refill program. Under this program we start to process your next refill automatically when our records show you should be close to running out of your drug.

- The pharmacy contacts you before shipping each refill to make sure you need more medication, and you can cancel scheduled refills if you have enough of your medication or if your medication has changed.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- If you choose not to use our auto refill program, contact your pharmacy 14 days before your current prescription will run out to make sure your next order is shipped to you in time.

To opt out of our program that automatically prepares home delivery refills, contact us by calling Amazon Pharmacy at (856) 208-4665, 24 hours a day /7 days a week. TTY users call 711.

Let the pharmacy know the best ways to contact you so they can reach you to confirm your order before shipping. Please ensure that your contact information is always up to date with Blue Shield TotalDual Plan. If you need to update your phone number or address, please contact Blue Shield TotalDual Plan Customer Service (phone number located at the bottom of this page).

### A7. Getting a long-term supply of drugs

You can get a long-term supply of maintenance drugs on our plan's *Drug List*. Maintenance drugs are drugs that you take on a regular basis, for a chronic or long-term medical condition.

Some network pharmacies allow you to get a long-term supply of maintenance drugs. A 100-day supply has the same copay as a one-month supply. The *Provider and Pharmacy Directory* tells you which pharmacies can give you a long-term supply of maintenance drugs. You can also call Customer Service for more information.

For certain kinds of drugs, you can use our plan's network home delivery services to get a long-term supply of maintenance drugs. Refer to **Section A6** to learn about home delivery services.

### A8. Using a pharmacy not in our plan's network

Generally, we pay for drugs filled at an out-of-network pharmacy only when you aren't able to use a network pharmacy. We have network pharmacies outside of our service area where you can get your prescriptions filled as a member of our plan. In these cases, check with your care coordinator or Customer Service first to find out if there's a network pharmacy nearby.

We pay for prescriptions filled at an out-of-network pharmacy in the following cases:

- If you are unable to get a covered drug in a timely manner within our service area because there are no network pharmacies within a reasonable driving distance that provide 24-hour service.
- If you are trying to fill a covered prescription drug that is not regularly stocked at an eligible network retail or mail service pharmacy (these drugs include orphan drugs, high cost and unique drugs or other specialty pharmaceuticals).

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Some vaccines administered in your physician's office that are not covered under Medicare Part B and cannot reasonably be obtained at a network pharmacy may be covered under our out-of-network access.
- Prescriptions filled at out-of-network pharmacies are limited to a 30-day supply of covered medications.

### **A9. Paying you back for a prescription**

If you must use an out-of-network pharmacy, you must generally pay the full cost instead of a copay when you get your prescription. You can ask us to pay you back for our share of the cost.

If you pay the full cost for your prescription that may be covered by Medi-Cal Rx, you may be able to be reimbursed by the pharmacy once Medi-Cal Rx pays for the prescription. Alternatively, you may ask Medi-Cal Rx to pay you back by submitting the "Medi-Cal Out-of-Pocket Expense Reimbursement (Conlan)" claim. More information can be found on the Medi-Cal Rx website: [medi-calrx.dhcs.ca.gov/home/](https://medi-calrx.dhcs.ca.gov/home/).

To learn more about this, refer to **Chapter 7** of your *Member Handbook*.

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## **B. Our plan's *Drug List***

We have a *List of Covered Drugs*. We call it the "*Drug List*" for short.

We select the drugs on the *Drug List* with the help of a team of doctors and pharmacists. The *Drug List* also tells you the rules you need to follow to get your drugs.

We generally cover a drug on our plan's *Drug List* when you follow the rules we explain in this chapter.

### **B1. Drugs on our *Drug List***

Our *Drug List* includes drugs covered under Medicare Part D.

Most of the prescription drugs you get from a pharmacy are covered by your plan. Other drugs, such as some over-the-counter (OTC) medications and certain vitamins, may be covered by Medi-Cal Rx. Please visit the Medi-Cal Rx website ([medi-calrx.dhcs.ca.gov](https://medi-calrx.dhcs.ca.gov)) for more information. You can also call the Medi-Cal Rx Customer Service Center at 800-977-2273. Please bring your Medi-Cal Beneficiary Identification Card (BIC) when getting your prescriptions through Medi-Cal Rx.

Our *Drug List* includes brand name drugs, generic drugs, and biological products (which may include biosimilars).

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



A brand name drug is a prescription drug that is sold under a trademarked name owned by the drug manufacturer. Biological products are drugs that are more complex than typical drugs. On our *Drug List*, when we refer to “drugs” this could mean a drug or a biological product.

Generic drugs have the same active ingredients as brand name drugs. Biological products have alternatives that are called biosimilars. Generally, generic drugs and biosimilars work just as well as brand name drugs or original biological products and usually cost less. There are generic drug substitutes available for many brand name drugs and biosimilar alternatives for some original biological products. Some biosimilars are interchangeable biosimilars and, depending on state law, may be substituted for the original biological product at the pharmacy without needing a new prescription, just like generic drugs can be substituted for brand name drugs.

Refer to **Chapter 12** for definitions of the types of drugs that may be on the *Drug List*.

## **B2. How to find a drug on our *Drug List***

To find out if a drug you take is on our *Drug List*, you can:

- Visit our plan’s website at [blueshieldca.com/medformulary2025](https://blueshieldca.com/medformulary2025). The *Drug List* on our website is always the most current one.
- Call Customer Service to find out if a drug is on our *Drug List* or to ask for a copy of the list.
- Drugs that are not covered by Part D may be covered by Medi-Cal Rx. Please visit the Medi-Cal Rx website ([medi-calrx.dhcs.ca.gov/](https://medi-calrx.dhcs.ca.gov/)) for more information
- Use our “Real Time Benefit Tool” by logging into your member portal at [blueshieldca.com/medicare](https://blueshieldca.com/medicare) or call Customer Service. With this tool you can search for drugs on the *Drug List* to get an estimate of what you will pay and if there are alternative drugs on the *Drug List* that could treat the same condition.
- How to access the Rx price check tool:
  - Create or login to your online member account.
  - Go to myblueshield, then click Pharmacy under “Benefits.”
  - Under “Price check my Rx, click “Check current prescriptions.”

## **B3. Drugs not on our *Drug List***

We don’t cover all prescription drugs. Some drugs are not on our *Drug List* because the law doesn’t allow us to cover those drugs. In other cases, we decided not to include a drug on our *Drug List*.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Our plan does not pay for the kinds of drugs described in this section. These are called **excluded drugs**. If you get a prescription for an excluded drug, you may need to pay for it yourself. If you think we should pay for an excluded drug because of your case, you can make an appeal. Refer to **Chapter 9** of your *Member Handbook* for more information about appeals.

Here are three general rules for excluded drugs:

1. Our plan's outpatient drug coverage (which includes Medicare Part D) cannot pay for a drug that Medicare Part A or Medicare Part B already covers. Our plan covers drugs covered under Medicare Part A or Medicare Part B for free, but these drugs aren't considered part of your outpatient prescription drug benefits.
2. Our plan cannot cover a drug purchased outside the United States and its territories.
3. Use of the drug must be approved by the FDA or supported by certain medical references as a treatment for your condition. Your doctor or other provider may prescribe a certain drug to treat your condition, even though it wasn't approved to treat the condition. This is called "off-label use." Our plan usually doesn't cover drugs prescribed for off-label use.

Also, by law, Medicare or Medi-Cal cannot cover the types of drugs listed below.

- Drugs used to promote fertility
- Drugs used for the relief of cough or cold symptoms\*
- Drugs used for cosmetic purposes or to promote hair growth
- Prescription vitamins and mineral products, except prenatal vitamins and fluoride\* preparations
- Drugs used for the treatment of sexual or erectile dysfunction
- Drugs used for the treatment of anorexia, weight loss or weight gain\*
- Outpatient drugs made by a company that says you must have tests or services done only by them

\*Select products may be covered by Medi-Cal. Please visit the Medi-Cal Rx website ([www.medi-calrx.dhcs.ca.gov](http://www.medi-calrx.dhcs.ca.gov)) for more information.

#### **B4. Drug List cost-sharing tiers**

Every drug on our *Drug List* is in one of five tiers. A tier is a group of drugs of generally the same type (for example, brand name, generic, or OTC drugs). In general, the higher the cost-sharing tier, the higher your cost for the drug.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).

- Cost-Sharing Tier 1: Preferred Generic Drugs (lowest cost-sharing tier) – Includes preferred generic drugs.
- Cost-Sharing Tier 2: Generic Drugs – Includes generic drugs and biosimilars.
- Cost-Sharing Tier 3: Preferred Brand Drugs – Includes preferred brand name, biosimilars, and some generic drugs.
- Cost-Sharing Tier 4: Non-Preferred Drugs – Includes non-preferred brand name, biosimilars, and some generic drugs.
- Cost-Sharing Tier 5: Specialty Tier Drugs (highest cost-sharing tier) – Includes very high-cost brand name, biosimilars, and generic drugs which may require special handling and/or close monitoring.

To find out which cost-sharing tier your drug is in, look for the drug on our *Drug List*.

**Chapter 6** of your *Member Handbook* tells the amount you pay for drugs in each tier.

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## C. Limits on some drugs

For certain prescription drugs, special rules limit how and when our plan covers them. Generally, our rules encourage you to get a drug that works for your medical condition and is safe and effective. When a safe, lower-cost drug works just as well as a higher-cost drug, we expect your provider to prescribe the lower-cost drug.

**If there is a special rule for your drug, it usually means that you or your provider must take extra steps for us to cover the drug.** For example, your provider may have to tell us your diagnosis or provide results of blood tests first. If you or your provider thinks our rule should not apply to your situation, ask us to make an exception. We may or may not agree to let you use the drug without taking extra steps.

To learn more about asking for exceptions, refer to **Chapter 9** of your *Member Handbook*.

### 1. Limiting use of a brand name drug or original biological products when a generic or interchangeable biosimilar version is available

Generally, a generic drug or interchangeable biosimilar works the same as a brand name drug or original biological product and usually costs less. In most cases, if there is a generic or interchangeable biosimilar version of a brand name drug or original biological product available, our network pharmacies give you the generic or interchangeable biosimilar version.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).





- We usually do not pay for the brand name drug or original biological product when there is an available generic version.
- However, if your provider told us the medical reason that the generic drug or interchangeable biosimilar won't work for you, then we cover the brand name drug.

## 2. Getting plan approval in advance

For some drugs, you or your prescriber must get approval from our plan before you fill your prescription. If you don't get approval, we may not cover the drug.

## 3. Trying a different drug first

In general, we want you to try lower-cost drugs that are as effective before we cover drugs that cost more. For example, if Drug A and Drug B treat the same medical condition, and Drug A costs less than Drug B, we may require you to try Drug A first.

If Drug A does **not** work for you, then we cover Drug B. This is called step therapy.

## 4. Quantity limits

For some drugs, we limit the amount of the drug you can have. This is called a quantity limit. For example, we might limit how much of a drug you can get each time you fill your prescription.

To find out if any of the rules above apply to a drug you take or want to take, check our *Drug List*. For the most up-to-date information, call Customer Service or check our website at [blueshieldca.com/medformulary2025](https://blueshieldca.com/medformulary2025). If you disagree with our coverage decision based on any of the above reasons you may request an appeal. Please refer to **Chapter 9** of the *Member Handbook*.

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## D. Reasons your drug might not be covered

We try to make your drug coverage work well for you, but sometimes a drug may not be covered in the way that you like. For example:

- Our plan doesn't cover the drug you want to take. The drug may not be on our *Drug List*. We may cover a generic version of the drug but not the brand name version you want to take. A drug may be new, and we haven't reviewed it for safety and effectiveness yet.
- Our plan covers the drug, but there are special rules or limits on coverage. As explained in the section above, some drugs our plan covers have rules that limit

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



their use. In some cases, you or your prescriber may want to ask us for an exception.

There are things you can do if we don't cover a drug the way you want us to cover it.

### **D1. Getting a temporary supply**

In some cases, we can give you a temporary supply of a drug when the drug is not on our *Drug List* or is limited in some way. This gives you time to talk with your provider about getting a different drug or to ask us to cover the drug.

**To get a temporary supply of a drug, you must meet the two rules below:**

1. The drug you've been taking:
  - is no longer on our *Drug List* **or**
  - was never on our *Drug List* **or**
  - is now limited in some way.
2. You must be in one of these situations:
  - You were in our plan last year.
    - We cover a temporary supply of your drug **during the first 90 days of the calendar year.**
    - This temporary supply is for up to 30 days.
    - If your prescription is written for fewer days, we allow multiple refills to provide up to a maximum of 30 days of medication. You must fill the prescription at a network pharmacy.
    - Long-term care pharmacies may provide your prescription drug in small amounts at a time to prevent waste.
  - You are new to our plan.
    - We cover a temporary supply of your drug **during the first 90 days of your membership in our plan.**
    - This temporary supply is for up to 30 days.
    - If your prescription is written for fewer days, we allow multiple refills to provide up to a maximum of 30 days of medication. You must fill the prescription at a network pharmacy.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Long-term care pharmacies may provide your prescription drug in small amounts at a time to prevent waste.
- You have been in our plan for more than 90 days, live in a long-term care facility, and need a supply right away.
  - We cover one 31-day supply, or less if your prescription is written for fewer days. This is in addition to the temporary supply above.

## D2. Asking for a temporary supply

To ask for a temporary supply of a drug, call Customer Service.

**When you get a temporary supply of a drug, talk with your provider as soon as possible to decide what to do when your supply runs out.** Here are your choices:

- Change to another drug.

Our plan may cover a different drug that works for you. Call Customer Service to ask for a list of drugs we cover that treat the same medical condition. The list can help your provider find a covered drug that may work for you.

**OR**

- Ask for an exception.

You and your provider can ask us to make an exception. For example, you can ask us to cover a drug that is not on our *Drug List* or ask us to cover the drug without limits. If your provider says you have a good medical reason for an exception, they can help you ask for one.

## D3. Asking for an exception

If a drug you take will be taken off our *Drug List* or limited in some way next year, we allow you to ask for an exception before next year.

- We tell you about any change in the coverage for your drug for next year. Ask us to make an exception and cover the drug for next year the way you would like.
- We answer your request for an exception within 72 hours after we get your request (or your prescriber's supporting statement).

To learn more about asking for an exception, refer to **Chapter 9** of your *Member Handbook*.

If you need help asking for an exception, contact Customer Service.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

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## E. Coverage changes for your drugs

Most changes in drug coverage happen on January 1, but we may add or remove drugs on our *Drug List* during the year. We may also change our rules about drugs. For example, we may:

- Decide to require or not require prior approval (PA) for a drug (permission from us before you can get a drug).
- Add or change the amount of a drug you can get (quantity limits).
- Add or change step therapy restrictions on a drug (you must try one drug before we cover another drug).

For more information on these drug rules, refer to **Section C**.

If you take a drug that we covered at the **beginning** of the year, we generally will not remove or change coverage of that drug **during the rest of the year** unless:

- a new, cheaper drug comes on the market that works as well as a drug on our *Drug List* now, **or**
- we learn that a drug is not safe, **or**
- a drug is removed from the market.

### What happens if coverage changes for a drug you are taking?

To get more information on what happens when our *Drug List* changes, you can always:

- Check our current *Drug List* online at [blueshieldca.com/medformulary2025](https://blueshieldca.com/medformulary2025) **or**
- Call Customer Service at the number at the bottom of the page to check our current *Drug List*.

### Changes we may make to the *Drug List* that affect you during the current plan year

Some changes to the *Drug List* will happen immediately. For example:

- A new generic drug becomes available. Sometimes, a new generic drug or biosimilar comes on the market that works as well as a brand name drug or original biological product on the *Drug List* now. When that happens, we may remove the brand name drug and add the new generic drug, but your cost for the new drug will stay the same.

When we add the new generic drug, we may also decide to keep the brand name drug on the list but change its coverage rules or limits.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- We may not tell you before we make this change, but we will send you information about the specific change we made once it happens.
- You or your provider can ask for an “exception” from these changes. We will send you a notice with the steps you can take to ask for an exception. Please refer to **Chapter 9** of this handbook for more information on exceptions.

**A drug is taken off the market.** If the FDA says a drug you are taking is not safe or effective or the drug’s manufacturer takes a drug off the market, we may immediately take it off our *Drug List*. If you are taking the drug, we will send you a notice after we make the change. Your prescriber will also know about this change and can work with you to find another drug for your condition.

**We may make other changes that affect the drugs you take.** We tell you in advance about these other changes to our *Drug List*. These changes might happen if:

- The FDA provides new guidance or there are new clinical guidelines about a drug.

When these changes happen, we:

- Tell you at least 30 days before we make the change to our *Drug List* **or**
- Let you know and give you a 30-day supply of the drug after you ask for a refill.

This gives you time to talk to your doctor or other prescriber. They can help you decide:

- If there is a similar drug on our *Drug List* you can take instead **or**
- If you should ask for an exception from these changes to continue covering the drug or the version of the drug you have been taking. To learn more about asking for exceptions, refer to **Chapter 9** of your *Member Handbook*.

### **Changes to the *Drug List* that do not affect you during the current plan year**

We may make changes to drugs you take that are not described above and do not affect you now. For such changes, if you are taking a drug we covered at the **beginning** of the year, we generally do not remove or change coverage of that drug **during the rest of the year**.

For example, if we remove a drug you are taking or limit its use, then the change does not affect your use of the drug for the rest of the year.

If any of these changes happen for a drug you are taking (except for the changes noted in the section above), the change won’t affect your use until January 1 of the next year.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

We will not tell you about these types of changes directly during the current year. You will need to check the *Drug List* for the next plan year (when the list is available during the open enrollment period) to see if there are any changes that will impact you during the next plan year.

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## F. Drug coverage in special cases

### F1. In a hospital or a skilled nursing facility for a stay that our plan covers

If you are admitted to a hospital or skilled nursing facility for a stay our plan covers, we generally cover the cost of your prescription drugs during your stay. You will not pay a copay. Once you leave the hospital or skilled nursing facility, we cover your drugs as long as the drugs meet all of our coverage rules.

### F2. In a long-term care facility

Usually, a long-term care facility, such as a nursing facility, has its own pharmacy or a pharmacy that supplies drugs for all of their residents. If you live in a long-term care facility, you may get your prescription drugs through the facility's pharmacy if it is part of our network.

Check your *Provider and Pharmacy Directory* to find out if your long-term care facility's pharmacy is part of our network. If it is not or if you need more information, contact Customer Service.

### F3. In a Medicare-certified hospice program

Drugs are never covered by both hospice and our plan at the same time.

- You may be enrolled in a Medicare hospice and require certain drugs (e.g., pain, anti-nausea drugs, laxative, or anti-anxiety drugs) that your hospice does not cover because it is not related to your terminal prognosis and conditions. In that case, our plan must get notification from the prescriber or your hospice provider that the drug is unrelated before we can cover the drug.
- To prevent delays in getting any unrelated drugs that our plan should cover, you can ask your hospice provider or prescriber to make sure we have the notification that the drug is unrelated before you ask a pharmacy to fill your prescription.

If you leave hospice, our plan covers all of your drugs. To prevent any delays at a pharmacy when your Medicare hospice benefit ends, take documentation to the pharmacy to verify that you left hospice.

Refer to earlier parts of this chapter that tell about drugs our plan covers. Refer to **Chapter 4** of your *Member Handbook* for more information about the hospice benefit.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



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## G. Programs on drug safety and managing drugs

### G1. Programs to help you use drugs safely

Each time you fill a prescription, we look for possible problems, such as drug errors or drugs that:

- may not be needed because you take another similar drug that does the same thing
- may not be safe for your age or gender
- could harm you if you take them at the same time
- have ingredients that you are or may be allergic to
- have unsafe amounts of opioid pain medications

If we find a possible problem in your use of prescription drugs, we work with your provider to correct the problem.

### G2. Programs to help you manage your drugs

Our plan has a program to help members with complex health needs. In such cases, you may be eligible to get services, at no cost to you, through a medication therapy management (MTM) program. This program is voluntary and free. This program helps you and your provider make sure that your medications are working to improve your health. If you qualify for the program, a pharmacist or other health professional will give you a comprehensive review of all of your medications and talk with you about:

- how to get the most benefit from the drugs you take
- any concerns you have, like medication costs and drug reactions
- how best to take your medications
- any questions or problems you have about your prescription and over-the-counter medication

Then, they will give you:

- A written summary of this discussion. The summary has a medication action plan that recommends what you can do for the best use of your medications.
- A personal medication list that includes all medications you take, how much you take, and when and why you take them.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Information about safe disposal of prescription medications that are controlled substances.

It's a good idea to talk to your prescriber about your action plan and medication list.

- Take your action plan and medication list to your visit or anytime you talk with your doctors, pharmacists, and other health care providers.
- Take your medication list with you if you go to the hospital or emergency room.

MTM programs are voluntary and free to members who qualify. If we have a program that fits your needs, we enroll you in the program and send you information. If you do not want to be in the program, let us know, and we will take you out of it.

If you have questions about these programs, contact Customer Service.

### **G3. Drug management program for safe use of opioid medications**

Our plan has a program that can help members safely use their prescription opioid medications and other medications that are frequently misused. This program is called a Drug Management Program (DMP).

If you use opioid medications that you get from several prescribers or pharmacies or if you had a recent opioid overdose, we may talk to your prescribers to make sure your use of opioid medications is appropriate and medically necessary. Working with your prescribers, if we decide your use of prescription opioid or benzodiazepine medications is not safe, we may limit how you can get those medications. Limitations may include:

- Requiring you to get all prescriptions for those medications from certain pharmacies and/or from certain prescribers
- Limiting the amount of those medications we cover for you

If we think that one or more limitations should apply to you, we send you a letter in advance. The letter will tell you if we will limit coverage of these drugs for you, or if you'll be required to get the prescriptions for these drugs only from a specific provider or pharmacy.

**You will have a chance to tell us which prescribers or pharmacies you prefer to use and any information you think is important for us to know.** If we decide to limit your coverage for these medications after you have a chance to respond, we send you another letter that confirms the limitations.

If you think we made a mistake, you disagree that you are at risk for prescription drug misuse, or you disagree with the limitation, you and your prescriber can make an appeal. If you make an appeal, we will review your case and give you our decision. If we continue to deny any part of

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).





your appeal related to limitations to your access to these medications, we automatically send your case to an Independent Review Organization (IRO). (To learn more about appeals and the IRO, refer to **Chapter 9** of your *Member Handbook*.)

The DMP may not apply to you if you:

- have certain medical conditions, such as cancer or sickle cell disease,
- are getting hospice, palliative, or end-of-life care, **or**
- live in a long-term care facility.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

## Chapter 6: What you pay for your Medicare and Medi-Cal Medicaid prescription drugs

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### Introduction

This chapter tells what you pay for your outpatient prescription drugs. By “drugs,” we mean:

- Medicare Part D prescription drugs, **and**
- Drugs and items covered under Medi-Cal Rx.

Because you are eligible for Medi-Cal, you get “Extra Help” from Medicare to help pay for your Medicare Part D prescription drugs.

**Extra Help** is a Medicare program that helps people with limited incomes and resources reduce Medicare Part D prescription drug costs, such as premiums, deductibles, and copays. Extra Help is also called the “Low-Income Subsidy,” or “LIS.”

Other key terms and their definitions appear in alphabetical order in the last chapter of your *Member Handbook*.

To learn more about prescription drugs, you can look in these places:

- Our *List of Covered Drugs*.
  - We call this the “*Drug List*.” It tells you:
    - Which drugs we pay for
    - Which of the five tiers each drug is in
    - If there are any limits on the drugs
  - If you need a copy of our *Drug List*, call Customer Service. You can also find the most current copy of our *Drug List* on our website at [blueshieldca.com/medformulary2025](https://blueshieldca.com/medformulary2025).
  - Most of the prescription drugs you get from a pharmacy are covered by Blue Shield TotalDual Plan. Other drugs, such as some over-the-counter (OTC) medications and certain vitamins, may be covered by Medi-Cal Rx. Please visit the Medi-Cal Rx website ([medi-calrx.dhcs.ca.gov/](https://medi-calrx.dhcs.ca.gov/)) for more information. You can also call the Medi-Cal Rx Customer Service Center at

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



800-977-2273. Please bring your Medi-Cal Beneficiary Identification Card (BIC) when getting prescriptions through Medi-Cal Rx.”

- **Chapter 5** of your *Member Handbook*.
  - It tells how to get your outpatient prescription drugs through our plan.
  - It includes rules you need to follow. It also tells which types of prescription drugs our plan does not cover.
  - When you use the plan’s “Real Time Benefit Tool” to look up drug coverage (refer to Chapter 5, Section B2), the cost shown is provided in “real time,” meaning the cost displayed in the tool reflects a moment in time to provide an estimate of the out-of-pocket costs you are expected to pay. You can call your care coordinator or Customer Service for more information.
- Our *Provider and Pharmacy Directory*.
  - In most cases, you must use a network pharmacy to get your covered drugs. Network pharmacies are pharmacies that agree to work with us.
  - The *Provider and Pharmacy Directory* lists our network pharmacies. Refer to **Chapter 5** of your Member Handbook more information about network pharmacies.

## Table of Contents

A. The <i>Explanation of Benefits</i> (EOB) .....	207
B. How to keep track of your drug costs .....	208
C. You pay nothing for a one-month or long-term supply of drugs .....	209
C1. Your pharmacy choices .....	209
C2. Getting a long-term supply of a drug .....	210
D. Vaccinations .....	210
D1. What you need to know before you get a vaccination .....	210



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## A. The *Explanation of Benefits* (EOB)

Our plan keeps track of your prescription drugs. We keep track of two types of costs:

- Your **out-of-pocket costs**. This is the amount of money you, or others on your behalf, pay for your prescriptions. This includes what you paid when you get a covered Part D drug, any payments for your drugs made by family or friends, any payments made for your drugs by “Extra Help” from Medicare, employer or union health plans, Indian Health Service, AIDS drug assistance programs and charities.
- Your **total drug costs**. This is the total of all payments made for your covered Part D drugs. It includes what the plan paid, and what other programs or organizations paid for your covered Part D drugs.

When you get prescription drugs through our plan, we send you a summary called the *Explanation of Benefits*. We call it the EOB for short. The EOB is not a bill. The EOB has more information about the drugs you take. You can talk to your prescriber about these lower cost options. The EOB includes:

- **Information for the month**. The summary tells what prescription drugs you got for the previous month. It shows the total drug costs, what we paid, and what you and others paying for you paid.
- **Year-to-date information**. This is your total drug costs and total payments made since January 1.
- **Drug price information**. This is the total price of the drug and any percentage change in the drug price since the first fill.
- **Lower cost alternatives**. When available, they appear in the summary below your current drugs. You can talk to your prescriber to find out more.

We offer coverage of drugs not covered under Medicare.

- Payments made for these drugs do not count towards your total out-of-pocket costs.
- Most of the prescription drugs you get from a pharmacy are covered by the plan. Other drugs, such as some over-the-counter (OTC) medications and certain vitamins, may be covered by Medi-Cal Rx. Please visit Medi-Cal Rx website ([www.medi-calrx.dhcs.ca.gov](http://www.medi-calrx.dhcs.ca.gov)) for more information. You can also call the Medi-Cal customer service center at 800-977-2273. Please bring your Medi-Cal

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



beneficiary identification card (BIC) when getting prescriptions through Medi-Cal Rx.

- To find out which drugs our plan covers, refer to our *Drug List*.

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## B. How to keep track of your drug costs

To keep track of your drug costs and the payments you make, we use records we get from you and from your pharmacy. Here is how you can help us:

### 1. Use your Member ID Card.

Show your Member ID Card every time you get a prescription filled. This helps us know what prescriptions you fill and what you pay.

### 2. Make sure we have the information we need.

Give us copies of receipts for covered drugs that you paid for. You can ask us to pay you back for the drug.

Here are some examples of when you should give us copies of your receipts:

- When you buy a covered drug at a network pharmacy at a special price or using a discount card that is not part of our plan's benefit
- When you pay a copay for drugs that you get under a drug maker's patient assistance program
- When you buy covered drugs at an out-of-network pharmacy
- When you pay the full price for a covered drug

For more information about asking us to pay you back for a drug, refer to **Chapter 7** of your *Member Handbook*.

### 3. Send us information about payments others have made for you.

Payments made by certain other people and organizations also count toward your out-of-pocket costs. For example, payments made by an AIDS drug assistance program (ADAP), the Indian Health Service, and most charities count toward your out-of-pocket costs.

### 4. Check the EOBs we send you.

When you get an EOB in the mail, make sure it is complete and correct.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- **Do you recognize the name of each pharmacy?** Check the dates. Did you get drugs that day?
- **Did you get the drugs listed?** Do they match those listed on your receipts? Do the drugs match what your doctor prescribed?

For more information, you can call Blue Shield TotalDual Plan Customer Service or read the Blue Shield TotalDual Plan *Member Handbook*. You can also find answers to many questions on our website: [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

### What if you find mistakes on this summary?

If something is confusing or doesn't seem right on this EOB, please call us at Blue Shield TotalDual Plan Customer Service. You can also find answers to many questions on our website: [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

### What about possible fraud?

If this summary shows drugs you're not taking or anything else that seems suspicious to you, please contact us.

- Call us at Blue Shield TotalDual Plan Customer Service.
- Or call Medicare at 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. You can call these numbers for free, 24 hours a day, 7 days a week.
- If you suspect that a provider who gets Medi-Cal has committed fraud, waste, or abuse, it is your right to report it by calling the confidential toll-free number 1-800-822-6222. Other methods of reporting Medi-Cal fraud may be found at: [www.dhcs.ca.gov/individuals/Pages/StopMedi-CalFraud.aspx](https://www.dhcs.ca.gov/individuals/Pages/StopMedi-CalFraud.aspx).

If you think something is wrong or missing, or if you have any questions, call Customer Service. Keep these EOBs. They are an important record of your drug expenses.

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## C. You pay nothing for a one-month or long-term supply of drugs

With our plan, you pay nothing for covered drugs as long as you follow our rules.

### C1. Your pharmacy choices

How much you pay for a drug depends on whether you get the drug from:

- a network pharmacy, **or**

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- an out-of-network pharmacy. In limited cases, we cover prescriptions filled at out-of-network pharmacies. Refer to **Chapter 5** of your *Member Handbook* to find out when we do that.
- A home delivery pharmacy.

Refer to **Chapter 9** of the *Member Handbook* to learn about how to file an appeal if you are told a drug will not be covered. To learn more about these pharmacy choices, refer to **Chapter 5** of your *Member Handbook* and our *Provider and Pharmacy Directory*.

## C2. Getting a long-term supply of a drug

For some drugs, you can get a long-term supply (also called an “extended supply”) when you fill your prescription. A long-term supply is a 100-day supply. There is no cost to you for a long-term supply.

For details on where and how to get a long-term supply of a drug, refer to **Chapter 5** of your *Member Handbook* or our *Provider and Pharmacy Directory*.

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## D. Vaccinations

**Important Message About What You Pay for Vaccines:** Some vaccines are considered medical benefits and are covered under Medicare Part B. Other vaccines are considered Medicare Part D drugs. You can find these vaccines listed in the plan’s *List of Covered Drugs (Formulary)*. Our plan covers most adult Medicare Part D vaccines at no cost to you. Refer to your plan’s *List of Covered Drugs (Formulary)* or contact Customer Service for coverage and cost sharing details about specific vaccines.

There are two parts to our coverage of Medicare Part D vaccinations:

1. The first part of coverage is for the cost of **the vaccine itself**. The vaccine is a prescription drug.
2. The second part of coverage is for the cost of **giving you the vaccine**. For example, sometimes you may get the vaccine as a shot given to you by your doctor.

### D1. What you need to know before you get a vaccination

We recommend that you call Customer Service if you plan to get a vaccination.

- We can tell you about how our plan covers your vaccination.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



## Chapter 7: Asking us to pay a bill you received for covered services or drugs

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### Introduction

This chapter tells you how and when to send us a bill to ask for payment. It also tells you how to make an appeal if you do not agree with a coverage decision. Key terms and their definitions appear in alphabetical order in the last chapter of your *Member Handbook*.

### Table of Contents

A. Asking us to pay for your services or drugs .....	212
B. Sending us a request for payment.....	215
C. Coverage decisions.....	216
D. Appeals .....	217





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## A. Asking us to pay for your services or drugs

You should not get a bill for in-network services or drugs. Our network providers must bill the plan for your covered services and drugs after you get them. A network provider is a provider who works with the health plan.

We do not allow Blue Shield TotalDual Plan providers to bill you for these services or drugs. We pay our providers directly, and we protect you from any charges.

**If you get a bill for the full cost of health care or drugs, do not pay the bill and send the bill to us.** To send us a bill, refer to **Chapter 7, Section B**.

- If we cover the services or drugs, we will pay the provider directly.
- If we cover the services or drugs and you already paid the bill, it is your right to be paid back.
  - If you paid for services covered by Medicare, we will pay you back.
- If you paid for Medi-Cal services you already received, you may qualify to be reimbursed (paid back) if you meet all of the following conditions:
  - The service you received is a Medi-Cal covered service that we are responsible for paying. We will not reimburse you for a service that is not covered by Blue Shield TotalDual Plan.
  - You received the covered service after you became an eligible Blue Shield TotalDual Plan member.
  - You ask to be paid back within one year from the date you received the covered service.
  - You provide proof that you paid for the covered service, such as a detailed receipt from the provider.
  - You received the covered service from a Medi-Cal enrolled provider in Blue Shield TotalDual Plan's network. You do not need to meet this condition if you received emergency care, family planning services, or another service that Medi-Cal allows out-of-network providers to perform without pre-approval (prior authorization).
- If the covered service normally requires pre-approval (prior authorization), you need to provide proof from the provider that shows a medical need for the covered service.
- Blue Shield TotalDual Plan will tell you if they will reimburse you in a letter called a Notice of Action. If you meet all of the above conditions, the Medi-Cal-enrolled provider

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



should pay you back for the full amount you paid. If the provider refuses to pay you back, Blue Shield TotalDual Plan will pay you back for the full amount you paid. We will reimburse you within 45 working days of receipt of the claim. If the provider is enrolled in Medi-Cal, but is not in our network and refuses to pay you back, Blue Shield TotalDual Plan will pay you back, but only up to the amount that FFS Medi-Cal would pay. Blue Shield TotalDual Plan will pay you back for the full out-of-pocket amount for emergency services, family planning services, or another service that Medi-Cal allows to be provided by out-of-network providers without pre-approval. If you do not meet one of the above conditions, we will not pay you back.

- We will not pay you back if:
  - You asked for and received services that are not covered by Medi-Cal, such as cosmetic services.
  - The service is not a covered service for Blue Shield TotalDual Plan.
  - You went to a doctor who does not take Medi-Cal and you signed a form that said you want to be seen anyway and you will pay for the services yourself.
- If we do not cover the services or drugs, we will tell you.

Contact Customer Service or your care coordinator if you have any questions. If you do not know what you should have paid, or if you get a bill and you don't know what to do about it, we can help. You can also call if you want to tell us information about a request for payment you already sent to us.

Here are examples of times when you may need to ask us to pay you back or to pay a bill you got:

### **1. When you get emergency or urgently needed health care from an out-of-network provider**

Ask the provider to bill us.

- If you pay the full amount when you get the care, ask us to pay you back for our share of the cost. Send us the bill and proof of any payment you made.
- You may get a bill from the provider asking for payment that you think you don't owe. Send us the bill and proof of any payment you made.
  - If the provider should be paid, we will pay the provider directly.
  - If you already paid more than your share of the cost for the Medicare service, we will figure out how much you owed and pay you back for our share of the cost.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



## 2. When a network provider sends you a bill

Network providers must always bill us. It's important to show your Member ID Card when you receive any services or prescriptions; however, sometimes network providers make mistakes, and ask you to pay for your services or more than your share of the costs. **Call Customer Service** or your care coordinator at the number at the bottom of this page **if you get any bills.**

- Because we pay the entire cost for your services, you are not responsible for paying any costs. Providers should not bill you anything for these services.
- Whenever you get a bill from a network provider, send us the bill. We will contact the provider directly and take care of the problem.
- If you already paid a bill from a network provider for Medicare-covered services, send us the bill and proof of any payment you made. We will pay you back for the difference between the amount you paid and the amount you owed under our plan.

## 3. If you are retroactively enrolled in our plan

Sometimes your enrollment in the plan can be retroactive. (This means that the first day of your enrollment has passed. It may have even been last year.)

- If you were enrolled retroactively and you paid a bill after the enrollment date, you can ask us to pay you back.
- Send us the bill and proof of any payment you made.

## 4. When you use an out-of-network pharmacy to get a prescription filled

If you use an out-of-network pharmacy, you pay the full cost of your prescription.

- In only a few cases, we will cover prescriptions filled at out-of-network pharmacies. Send us a copy of your receipt when you ask us to pay you back.
- Refer to **Chapter 5** of your *Member Handbook* to learn more about out-of-network pharmacies.
- We may not pay you back the difference between what you paid for the drug at the out-of-network pharmacy and the amount that we would pay at an in-network pharmacy.

## 5. When you pay the full Medicare Part D prescription cost because you don't have your Member ID Card with you

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



If you don't have your Member ID Card with you, you can ask the pharmacy to call us or look up your plan enrollment information.

- If the pharmacy can't get the information right away, you may have to pay the full prescription cost yourself or return to the pharmacy with your Member ID Card.
- Send us a copy of your receipt when you ask us to pay you back.
- We may not pay you back the full cost you paid if the cash price you paid is higher than our negotiated price for the prescription.

## 6. When you pay the full Medicare Part D prescription cost for a drug that's not covered

You may pay the full prescription cost because the drug isn't covered.

- The drug may not be on our *List of Covered Drugs (Drug List)* on our website, or it may have a requirement or restriction that you don't know about or don't think applies to you. If you decide to get the drug, you may need to pay the full cost.
  - If you don't pay for the drug but think we should cover it, you can ask for a coverage decision (refer to **Chapter 9** of your *Member Handbook*).
  - If you and your doctor or other prescriber think you need the drug right away, (within 24 hours), you can ask for a fast coverage decision (refer to **Chapter 9** of your *Member Handbook*).
- Send us a copy of your receipt when you ask us to pay you back. In some cases, we may need to get more information from your doctor or other prescriber to pay you back for the drug. We may not pay you back the full cost you paid if the price you paid is higher than our negotiated price for the prescription.

When you send us a request for payment, we review it and decide whether the service or drug should be covered. This is called making a "coverage decision." If we decide the service or drug should be covered, we pay for it.

If we deny your request for payment, you can appeal our decision. To learn how to make an appeal, refer to **Chapter 9** of your *Member Handbook*.

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## B. Sending us a request for payment

Send us your bill and proof of any payment you made for Medicare services. Proof of payment can be a copy of the check you wrote or a receipt from the provider. **It's a good idea to make a copy of your bill and receipts for your records.** You can ask your care coordinator for help.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



You must send your medical information to us within one year of the date you received the service, item, or drug. You must send your Part D prescription drug information to us within three years of the date you received the service, item, or drug.

To make sure you give us all the information we need to decide, you can fill out our claim form to ask for payment.

- You aren't required to use the form, but it helps us process the information faster.
- You can get the form on our website ([blueshieldca.com](https://blueshieldca.com)), or you can call Customer Service and ask for the form.

Mail your request for payment together with any bills or receipts to this address:

**Medical claims:**

Blue Shield TotalDual Plan  
Medicare Customer Service  
P.O. Box 272640  
Chico, CA 5927-2640

**Part D prescription drug claims:**

Claims Processing  
1606 Ave. Ponce de Leon  
San Juan, PR 00909-4830

**You must submit your medical claim to us within one year** of the date you got the service, item, or drug. **You must submit your Part D prescription drug claim to us within three years** of the date you got the service, item, or drug.

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## C. Coverage decisions

**When we get your request for payment, we make a coverage decision. This means that we decide if our plan covers your service, item, or drug.** We also decide the amount of money, if any, you must pay.

- We will let you know if we need more information from you.
- If we decide that our plan covers the service, item, or drug and you followed all the rules for getting it, we will pay for it. If you already paid for the service or drug, we will mail you a check for our share of the cost. If you paid the full cost of a drug, you might not be reimbursed the full amount you paid (for example, if you obtained a drug at an

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



out-of-network pharmacy or if the cash price you paid is higher than our negotiated price). If you haven't paid, we will pay the provider directly.

**Chapter 3** of your *Member Handbook* explains the rules for getting your services covered.

**Chapter 5** of your *Member Handbook* explains the rules for getting your Medicare Part D prescription drugs covered.

- If we decide not to pay for the service or drug, we will send you a letter with the reasons. The letter also explains your rights to make an appeal.
- To learn more about coverage decisions, refer to **Chapter 9**.

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## D. Appeals

If you think we made a mistake in turning down your request for payment, you can ask us to change our decision. This is called “making an appeal.” You can also make an appeal if you don't agree with the amount we pay.

The formal appeals process has detailed procedures and deadlines. To learn more about appeals, refer to **Chapter 9** of your *Member Handbook*:

- To make an appeal about getting paid back for a health care service, refer to **Section F**.
  - To make an appeal about getting paid back for a drug, refer to **Section G**.



## Chapter 8: Your rights and responsibilities

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### Introduction

This chapter includes your rights and responsibilities as a member of our plan. We must honor your rights. Key terms and their definitions appear in alphabetical order in the last chapter of your *Member Handbook*.

### Table of Contents

A. Your right to get services and information in a way that meets your needs.....	219
B. Our responsibility for your timely access to covered services and drugs .....	220
C. Our responsibility to protect your protected health information (PHI) .....	221
C1. How we protect your PHI .....	222
C2. Your right to look at your medical records .....	222
D. Our responsibility to give you information .....	222
E. Inability of network providers to bill you directly .....	224
F. Your right to leave our plan .....	224
G. Your right to make decisions about your health care .....	224
G1. Your right to know your treatment choices and make decisions .....	225
G2. Your right to say what you want to happen if you are unable to make health care decisions for yourself .....	225
G3. What to do if your instructions are not followed.....	226
H. Your right to make complaints and ask us to reconsider our decisions .....	227
H1. What to do about unfair treatment or to get more information about your rights .....	227
I. Your responsibilities as a plan member .....	227

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## A. Your right to get services and information in a way that meets your needs

We must ensure **all** services are provided to you in a culturally competent and accessible manner. We must also tell you about our plan's benefits and your rights in a way that you can understand. We must tell you about your rights each year that you are in our plan.

- To get information in a way that you can understand, call your care coordinator or Customer Service. Our plan has free interpreter services available to answer questions in different languages.
- Our plan can also give you materials in languages other than English including Arabic, Armenian, Cambodian, Simplified Chinese, Traditional Chinese, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Mien, Punjabi, Russian, Spanish, Tagalog, Thai, Ukrainian, Vietnamese and in formats such as large print, braille, or audio. To obtain materials in one of these alternative formats, please call Customer Service.

If you have any trouble getting information from our plan in a format that is accessible and appropriate for you, please call to file a grievance with:

Blue Shield of California Civil Rights Coordinator  
P.O. Box 629007  
El Dorado Hills, CA 95762- 9007

Phone: (844) 831-4133 (TTY: 711)

Fax: (844) 696-6070

Email: [BlueShieldCivilRightsCoordinator@blueshieldca.com](mailto:BlueShieldCivilRightsCoordinator@blueshieldca.com)

- You can make a standing request to get this document in a language other than English or in an alternate format now and in the future. To make a request, please contact Blue Shield TotalDual Plan Customer Service.
- Blue Shield TotalDual Plan Customer Service will keep your preferred language and format on file for future communications. To make any updates on your preference, please contact Blue Shield TotalDual Plan Customer Service.

If you have trouble getting information from our plan because of language problems or a disability and you want to file a complaint, call:

- Medicare at 1-800-MEDICARE (1-800-633-4227). You can call 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).





- Medi-Cal Office of Civil Rights at 916-440-7370. TTY users should call 711.
- U.S Department of Health and Human Services, Office for Civil Rights at 1-800-368-1019. TTY users should call 1-800-537-7697.

You can update how you'd like us to contact you, as well as your race, ethnicity, language, and sexual orientation, gender identity, and pronouns information by visiting the member portal. This information helps us understand and support your specific needs and preferences. We understand the importance of keeping your personal information private and confidential, and we take our obligations to do so seriously. We have policies and procedures in place to manage access to determine when and how we use this data. This information will not be used to determine the coverage of your benefits and/or services. We may share your individual language needs with your specific providers(s) to help support your healthcare needs.

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## B. Our responsibility for your timely access to covered services and drugs

You have rights as a member of our plan.

- You have the right to choose a primary care provider (PCP) in our network. A network provider is a provider who works with us. You can find more information about what types of providers may act as a PCP and how to choose a PCP in **Chapter 3** of your *Member Handbook*.
  - Call your care coordinator or Customer Service or look in the *Provider and Pharmacy Directory* to learn more about network providers and which doctors are accepting new patients.
- You have the right to a women's health specialist without getting a referral. A referral is approval from your PCP to use a provider that is not your PCP.
- You have the right to get covered services from network providers within a reasonable amount of time.
  - This includes the right to get timely services from specialists.
  - If you can't get services within a reasonable amount of time, we must pay for out-of-network care.
- You have the right to get emergency services or care that is urgently needed without prior approval (PA).
- You have the right to get your prescriptions filled at any of our network pharmacies without long delays.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- You have the right to know when you can use an out-of-network provider. To learn about out-of-network providers, refer to **Chapter 3** of your *Member Handbook*.
- When you first join our plan, you have the right to keep your current providers and service authorizations for up to 12 months if certain conditions are met. To learn more about keeping your providers and service authorizations, refer to **Chapter 1** of your *Member Handbook*.
- You have the right to make your own healthcare decisions with help from your care team and care coordinator.

**Chapter 9** of your *Member Handbook* tells what you can do if you think you aren't getting your services or drugs within a reasonable amount of time. It also tells what you can do if we denied coverage for your services or drugs and you don't agree with our decision.

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## C. Our responsibility to protect your protected health information (PHI)

We protect your PHI as required by federal and state laws.

Your PHI includes information you gave us when you enrolled in our plan. It also includes your medical records and other medical and health information.

You have rights when it comes to your information and controlling how your PHI is used. We provide you with a written notice that advises you about these rights and explains how we protect the privacy of your PHI. The notice is called the "Notice of Privacy Practice."

Members who may consent to receive sensitive services are not required to obtain any other member's authorization to receive sensitive services or to submit a claim for sensitive services. Blue Shield TotalDual Plan will direct communications regarding sensitive services to a member's alternate designated mailing address, email address, or telephone number or, in the absence of a designation, in the name of the member at the address or telephone number on file. Blue Shield TotalDual Plan will not disclose medical information related to sensitive services to any other member without written authorization from the member receiving care. Blue Shield TotalDual Plan will accommodate requests for confidential communication in the form and format requested, if it is readily producible in the requested form and format, or at alternative locations. A member's request for confidential communications related to sensitive services will be valid until the member revokes the request or submits a new request for confidential communications. To request a copy of our Notice of Privacy Practices or request a Confidential Communication be placed on your file, you can either:

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



1. Go to [blueshieldca.com](https://blueshieldca.com) and click the Privacy link at the bottom of the homepage. There you can find the Notice of Privacy Practices and the Confidential Communications form.
2. Call the Customer Service phone number on your Blue Shield member ID card.
3. Call the Blue Shield of California Privacy Office toll-free at (888) 266-8080. TTY users call 711.
4. Email us at: [privacy@blueshieldca.com](mailto:privacy@blueshieldca.com)

### **C1. How we protect your PHI**

We make sure that no unauthorized people look at or change your records.

Except for the cases noted below, we don't give your PHI to anyone not providing your care or paying for your care. If we do, we must get written permission from you first. You, or someone legally authorized to make decisions for you, can give written permission.

Sometimes we don't need to get your written permission first. These exceptions are allowed or required by law:

- We must release PHI to government agencies checking on our plan's quality of care.
- We may release PHI if ordered by a court, but only if it is allowed by California law.
- We must give Medicare your PHI. If Medicare releases your PHI for research or other uses, they do it according to federal laws.

### **C2. Your right to look at your medical records**

- You have the right to look at your medical records and to get a copy of your records.
- You have the right to ask us to update or correct your medical records. If you ask us to do this, we work with your health care provider to decide if changes should be made.
- You have the right to know if and how we share your PHI with others.

If you have questions or concerns about the privacy of your PHI, call Customer Service.

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## **D. Our responsibility to give you information**

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



As a member of our plan, you have the right to get information from us about our plan, our network providers, and your covered services. You also have the right to make recommendations regarding the Plan's Member Rights and Responsibilities.

If you don't speak English, we have interpreter services to answer questions you have about our plan. To get an interpreter, call Customer Service. This is a free service to you. This is a free service to you. The *Member Handbook* and other important materials are available in languages other than English. Materials can also be made available in Arabic, Armenian, Cambodian, Simplified Chinese, Traditional Chinese, Farsi, Hindi, Hmong, Japanese, Korean, Laotian, Mien, Punjabi, Russian, Spanish, Tagalog, Thai, Ukrainian, and Vietnamese. We can also give you information in large print, braille, or audio. We are required to give you information about the plan's benefits in a format that is accessible and appropriate for you. To get information from us in a way that works for you, please call Customer Service.

If you want information about any of the following, call Customer Service:

- How to choose or change plans
- Our plan, including:
  - financial information
  - how plan members have rated us
  - the number of appeals made by members
  - how to leave our plan
- Our network providers and our network pharmacies, including:
  - how to choose or change primary care providers
  - qualifications of our network providers and pharmacies
  - how we pay providers in our network
- Covered services and drugs, including:
  - services (refer to **Chapters 3 and 4** of your *Member Handbook*) and drugs (refer to **Chapters 5 and 6** of your *Member Handbook*) covered by our plan
  - limits to your coverage and drugs
  - rules you must follow to get covered services and drugs

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Why something is not covered and what you can do about it (refer to **Chapter 9** of your *Member Handbook*), including asking us to:
  - put in writing why something is not covered
  - change a decision we made
  - pay for a bill you got

---

## E. Inability of network providers to bill you directly

Doctors, hospitals, and other providers in our network cannot make you pay for covered services. They also cannot balance bill or charge you if we pay less than the amount the provider charged. To learn what to do if a network provider tries to charge you for covered services, refer to **Chapter 7** of your *Member Handbook*.

---

## F. Your right to leave our plan

No one can make you stay in our plan if you do not want to.

- You have the right to get most of your health care services through Original Medicare or another Medicare Advantage (MA) plan.
- You can get your Medicare Part D prescription drug benefits from a prescription drug plan or from another MA plan.
- Refer to **Chapter 10** of your *Member Handbook*:
  - For more information about when you can join a new MA or prescription drug benefit plan.
  - For information about how you will get your Medi-Cal benefits if you leave our plan.

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## G. Your right to make decisions about your health care

You have the right to full information from your doctors and other health care providers to help you make decisions about your health care.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



## G1. Your right to know your treatment choices and make decisions

Your providers must explain your condition and your treatment choices in a way that you can understand. You have the right to be treated with respect in all aspects of your health care, and you have a right to your dignity and a right to your privacy. You have the right to:

- **Know your choices.** You have the right to be told about all treatment options, regardless of cost or benefit coverage.
- **Know the risks.** You have the right to be told about any risks involved. We must tell you in advance if any service or treatment is part of a research experiment. You have the right to refuse experimental treatments.
- **Get a second opinion.** You have the right to use another doctor before deciding on treatment.
- **Say no.** You have the right to refuse any treatment. This includes the right to leave a hospital or other medical facility, even if your doctor advises you not to. You have the right to stop taking a prescribed drug. If you refuse treatment or stop taking a prescribed drug, we will not drop you from our plan. However, if you refuse treatment or stop taking a drug, you accept full responsibility for what happens to you.
- **Ask us to explain why a provider denied care.** You have the right to get an explanation from us if a provider denied care that you think you should get.
- **Ask us to cover a service or drug that we denied or usually don't cover.** This is called a coverage decision. **Chapter 9** of your *Member Handbook* tells how to ask us for a coverage decision.

## G2. Your right to say what you want to happen if you are unable to make health care decisions for yourself

Sometimes people are unable to make health care decisions for themselves. Before that happens to you, you can:

- Fill out a written form **giving someone the right to make health care decisions for you.**
- **Give your doctors written instructions** about how to handle your health care if you become unable to make decisions for yourself, including care you do **not** want.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



The legal document that you use to give your directions is called an “advance directive.” There are different types of advance directives and different names for them. Examples are a living will and a power of attorney for health care.

You are not required to have an advance directive, but you can. Here’s what to do if you want to use an advance directive:

- **Get the form.** You can get the form from your doctor, a lawyer, a legal services agency, or a social worker. Pharmacies and provider offices often have the forms. You can find a free form online and download it. You can also contact Customer Service to ask for the form.
- **Fill out the form and sign it.** The form is a legal document. You should consider having a lawyer or someone else you trust, such as a family member or your PCP, help you complete it.
- **Give copies to people who need to know.** You should give a copy of the form to your doctor. You should also give a copy to the person you name to make decisions for you. You may want to give copies to close friends or family members. Keep a copy at home.
- If you are being hospitalized and you have a signed advance directive, **take a copy of it to the hospital.**
  - The hospital will ask if you have a signed advance directive form and if you have it with you.
  - If you don’t have a signed advance directive form, the hospital has forms and will ask if you want to sign one.

You have the right to:

- Have your advance directive placed in your medical records.
- Change or cancel your advance directive at any time.
- Learn about changes to advance directive laws. Blue Shield TotalDual Plan will tell you about changes to the state law no later than 90 days after the change.

Call Customer Service for more information.

### **G3. What to do if your instructions are not followed**

If you signed an advance directive and you think a doctor or hospital didn’t follow the instructions in it, you can make a complaint with Livanta (California’s Quality Improvement



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

Organization) at (877) 588-1123 (TTY: 711) or write to: Livanta BFCC-QIO Program 10820 Guilford Rd, Ste. 202, Annapolis Junction, MD 20701.

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## H. Your right to make complaints and ask us to reconsider our decisions

**Chapter 9** of your *Member Handbook* tells you what you can do if you have any problems or concerns about your covered services or care. For example, you can ask us to make a coverage decision, make an appeal to change a coverage decision, or make a complaint.

You have the right to get information about appeals and complaints that other plan members have filed against us. Call Customer Service to get this information.

### H1. What to do about unfair treatment or to get more information about your rights

If you think we treated you unfairly – and it is **not** about discrimination for reasons listed in **Chapter 11** of your *Member Handbook* – or you want more information about your rights and responsibilities, you can call:

- Customer Service at 1-800-452-4413 (TTY: 711).
- The Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222 (TTY: 711). For more details about HICAP, refer to **Chapter 2 Section E**.
- The Ombuds Program at 1-888-452-8609. For more details about this program, refer to **Chapter 2** of your *Member Handbook*.
- Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048. (You can also read or download “Medicare Rights & Protections,” found on the Medicare website at [www.medicare.gov/Pubs/pdf/11534-Medicare-Rights-and-Protections.pdf](http://www.medicare.gov/Pubs/pdf/11534-Medicare-Rights-and-Protections.pdf).)

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## I. Your responsibilities as a plan member

As a plan member, you have a responsibility to do the things that are listed below. If you have any questions, call Customer Service.

- **Read the *Member Handbook*** to learn what our plan covers and the rules to follow to get covered services and drugs. For details about your:

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).





- Covered services, refer to **Chapters 3 and 4** of your *Member Handbook*. Those chapters tell you what is covered, what is not covered, what rules you need to follow, and what you pay.
- Covered drugs, refer to **Chapters 5 and 6** of your *Member Handbook*.
- **Tell us about any other health or prescription drug coverage** you have. We must make sure you use all of your coverage options when you get health care. Call Customer Service if you have other coverage.
- **Tell your doctor and other health care providers** that you are a member of our plan. Show your Member ID Card when you get services or drugs.
- **Help your doctors**, other health care providers, and your Plan give you the best care.
  - Give them information they need about you and your health. Learn as much as you can about your health problems. Follow the treatment plans and instructions that you and your providers agree on.
  - Make sure your doctors and other providers know about all of the drugs you take. This includes prescription drugs, over-the-counter drugs, vitamins, and supplements.
  - Ask any questions you have. Your doctors and other providers must explain things in a way you can understand. If you ask a question and you don't understand the answer, ask again.
- **Work with your care coordinator** including completing an annual health risk assessment.
- **Be considerate.** We expect all plan members to respect the rights of others. We also expect you to act with respect in your doctor's office, hospitals, and other provider offices.
- **Pay what you owe.** As a plan member, you are responsible for these payments:
  - Medicare Part A and Medicare Part B premiums. For most Blue Shield TotalDual Plan members, Medi-Cal pays for your Medicare Part A premium and for your Medicare Part B premium.
  - **If you get any services or drugs that are not covered by our plan, you must pay the full cost.** (Note: If you disagree with our decision to not cover a service or drug, you can make an appeal. Please refer to **Chapter 9** to learn how to make an appeal.)

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- **Tell us if you move.** If you plan to move, tell us right away. Call your care coordinator or Customer Service.
  - **If you move outside of our service area, you cannot stay in our plan.** Only people who live in our service area can be members of this plan. **Chapter 1** of your *Member Handbook* advises you about our service area.
  - We can help you find out if you're moving outside our service area. During a special enrollment period, you can switch to Original Medicare or enroll in a Medicare health or prescription drug plan in your new location. We can tell you if we have a plan in your new area.
  - Tell Medicare and Medi-Cal your new address when you move. Refer to **Chapter 2** of your *Member Handbook* for phone numbers for Medicare and Medi-Cal.
  - **If you move and stay in our service area, we still need to know.** We need to keep your membership record up to date and know how to contact you.
- **Tell us if you have a new phone number** or a better way to contact you.
- **Call your care coordinator or Customer Service for help if you have questions or concerns.**



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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

## Chapter 9. What to do if you have a problem or complaint (coverage decisions, appeals, complaints)

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### Introduction

This chapter has information about your rights. Read this chapter to find out what to do if:

- You have a problem with or complaint about your plan.
- You need a service, item, or medication that your plan said it won't pay for.
- You disagree with a decision your plan made about your care.
- You think your covered services are ending too soon.
- You have a problem or complaint with your long-term services and supports, which include Community-Based Adult Services (CBAS) and Nursing Facility (NF) services.

This chapter is in different sections to help you easily find what you are looking for. **If you have a problem or concern, read the parts of this chapter that apply to your situation.**

You should get the health care, drugs, and long-term services and supports that your doctor and other providers determine are necessary for your care as a part of your care plan. **If you have a problem with your care, you can call the Medicare Medi-Cal Ombuds Program at 1-855-501-3077 for help.** This chapter explains different options you have for different problems and complaints, but you can always call the Ombuds Program to help guide you through your problem. For additional resources to address your concerns and ways to contact them, refer to **Chapter 2** of your *Member Handbook*.

### Table of Contents

A. What to do if you have a problem or concern .....	233
A1. About the legal terms .....	233
B. Where to get help .....	233
B1. For more information and help .....	233
C. Understanding Medicare and Medi-Cal complaints and appeals in our plan .....	235
D. Problems with your benefits.....	235
E. Coverage decisions and appeals.....	235

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



E1. Coverage decisions.....	236
E2. Appeals.....	236
E3. Help with coverage decisions and appeals.....	237
E4. Which section of this chapter can help you .....	238
F. Medical care.....	238
F1. Using this section .....	238
F2. Asking for a coverage decision.....	239
F3. Making a Level 1 Appeal .....	241
F4. Making a Level 2 Appeal .....	244
F5. Payment problems .....	250
G. Medicare Part D prescription drugs .....	251
G1. Medicare Part D coverage decisions and appeals .....	252
G2. Medicare Part D exceptions.....	253
G3. Important things to know about asking for an exception.....	254
G4. Asking for a coverage decision, including an exception .....	255
G5. Making a Level 1 Appeal.....	257
G6. Making a Level 2 Appeal.....	259
H. Asking us to cover a longer hospital stay.....	261
H1. Learning about your Medicare rights.....	262
H2. Making a Level 1 Appeal.....	263
H3. Making a Level 2 Appeal.....	265
I. Asking us to continue covering certain medical services .....	265
I1. Advance notice before your coverage ends.....	266
I2. Making a Level 1 Appeal .....	266
I3. Making a Level 2 Appeal .....	268



J. Taking your appeal beyond Level 2 .....	269
J1. Next steps for Medicare services and items .....	269
J2. Additional Medi-Cal appeals .....	270
J3. Appeal Levels 3, 4 and 5 for Medicare Part D Drug Requests .....	271
K. How to make a complaint .....	272
K1. What kinds of problems should be complaints .....	272
K2. Internal complaints .....	274
K3. External complaints .....	276



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## A. What to do if you have a problem or concern

This chapter explains how to handle problems and concerns. The process you use depends on the type of problem you have. Use one process for **coverage decisions and appeals** and another for **making complaints**, also called grievances.

To ensure fairness and promptness, each process has a set of rules, procedures, and deadlines that we and you must follow.

### A1. About the legal terms

There are legal terms in this chapter for some rules and deadlines. Many of these terms can be hard to understand, so we use simpler words in place of certain legal terms when we can. We use abbreviations as little as possible.

For example, we say:

- “Making a complaint” instead of “filing a grievance”
- “Coverage decision” instead of “organization determination”, “benefit determination”, “at-risk determination”, or “coverage determination”
- “Fast coverage decision” instead of “expedited determination”
- “Independent Review Organization” (IRO) instead of “Independent Review Entity” (IRE)

Knowing the proper legal terms may help you communicate more clearly, so we provide those too.

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## B. Where to get help

### B1. For more information and help

Sometimes it’s confusing to start or follow the process for dealing with a problem. This can be especially true if you don’t feel well or have limited energy. Other times, you may not have the information you need to take the next step.

#### Help from the Health Insurance Counseling and Advocacy Program

You can call the Health Insurance Counseling and Advocacy Program (HICAP). HICAP counselors can answer your questions and help you understand what to do about your problem. HICAP is not connected with us or with any insurance company or health plan. HICAP has trained counselors in every county, and services are free. The HICAP phone number is 1-800-434-0222.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



## Help from the Medicare Medi-Cal Ombuds Program

You can call the Medicare Medi-Cal Ombuds Program and speak with an advocate about your health coverage questions. They offer free legal help. The Ombuds Program is not connected with us or with any insurance company or health plan. Their phone number is 1-855-501-3077, and their website is [www.healthconsumer.org](http://www.healthconsumer.org).

## Help and information from Medicare

For more information and help, you can contact Medicare. Here are two ways to get help from Medicare:

- Call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users call 1-877-486-2048.
- Visit the Medicare website ([www.medicare.gov](http://www.medicare.gov)).

## Help and information from Medi-Cal

### Help from the California Department of Health Care Services

The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can help. They can help if you have problems joining, changing, or leaving a health plan. They can also help if you moved and are having trouble getting your Medi-Cal transferred to your new county. You can call the Ombudsman Monday through Friday, between 8:00 a.m. and 5:00 p.m. at 1-888-452-8609.

### Help from the California Department of Managed Health Care

Contact the California Department of Managed Health Care (DMHC) for free help. The DMHC is responsible for overseeing health plans. The DMHC helps people with appeals about Medi-Cal services or billing problems. The phone number is **1-888-466-2219**. Individuals who are deaf, hard of hearing, or speech-impaired can use the toll-free TDD number, **1-877-688-9891**. You can also visit DMHC's website at [www.dmhc.ca.gov](http://www.dmhc.ca.gov). The California Department of Managed Health Care is responsible for regulating health care service plans. If you have a grievance against your health plan, you should first telephone your health plan at **1-800-452-4413 (TTY: 711)** and use your health plan's grievance process before contacting the department. Utilizing this grievance procedure does not prohibit any potential legal rights or remedies that may be available to you. If you need help with a grievance involving an emergency, a grievance that has not been satisfactorily resolved by your health plan, or a grievance that has remained unresolved for more than 30 days, you may call the department for assistance. You may also be eligible for an Independent Medical Review (IMR). If you are eligible for IMR, the IMR process will provide an impartial review of medical decisions made by a health plan related to the medical necessity of a proposed service or treatment, coverage decisions for treatments that are experimental or investigational in nature, and payment disputes for emergency or urgent medical services. The Department also has a toll-free telephone number **(1-888-466-2219)**.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



and a TDD line **(1-877-688-9891)** for the hearing and speech impaired. The Department's internet website [www.dmhc.ca.gov](http://www.dmhc.ca.gov) has complaint forms, IMR application forms and instructions online.

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## C. Understanding Medicare and Medi-Cal complaints and appeals in our plan

You have Medicare and Medi-Cal. Information in this chapter applies to **all** of your Medicare and Medi-Cal managed care benefits. This is sometimes called an “integrated process” because it combines, or integrates, Medicare and Medi-Cal processes.

Sometimes Medicare and Medi-Cal processes cannot be combined. In those situations, you use one process for a Medicare benefit and another process for a Medi-Cal benefit. **Section F4** explains these situations.

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## D. Problems with your benefits

If you have a problem or concern, read the parts of this chapter that apply to your situation. The following chart helps you find the right section of this chapter for problems or complaints.

Is your problem or concern about your benefits or coverage?	
This includes problems about whether particular medical care (medical items, services and/or Part B prescription drugs) are covered or not, the way they are covered, and problems about payment for medical care.	
<p><b>Yes.</b></p> <p>My problem is about benefits or coverage.</p> <p>Refer to <b>Section E</b>, “Coverage decisions and appeals.”</p>	<p><b>No.</b></p> <p>My problem is not about benefits or coverage.</p> <p>Refer to <b>Section K</b>, “How to make a complaint.”</p>

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## E. Coverage decisions and appeals

The process for asking for a coverage decision and making an appeal deals with problems related to your benefits and coverage for your medical care (services, items and Part B prescription drugs, including payment). To keep things simple, we generally refer to medical items, services, and Part B prescription drugs as **medical care**.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).





## E1. Coverage decisions

A coverage decision is a decision we make about your benefits and coverage or about the amount we pay for your medical services or drugs. For example, your plan network doctor makes a (favorable) coverage decision for you whenever you receive medical care from them (refer to **Chapter 4, Section G** of your *Member Handbook*).

You or your doctor can also contact us and ask for a coverage decision. You or your doctor may be unsure whether we cover a specific medical service or if we may refuse to provide medical care you think you need. **If you want to know if we will cover a medical service before you get it, you can ask us to make a coverage decision for you.**

We make a coverage decision whenever we decide what is covered for you and how much we pay. In some cases, we may decide a service or drug is not covered or is no longer covered for you by Medicare or Medi-Cal. If you disagree with this coverage decision, you can make an appeal.

## E2. Appeals

If we make a coverage decision and you are not satisfied with this decision, you can “appeal” the decision. An appeal is a formal way of asking us to review and change a coverage decision we have made.

When you appeal a decision for the first time, this is called a Level 1 Appeal. In this appeal, we review the coverage decision we made to check if we followed all rules properly. Different reviewers than those who made the original unfavorable decision handle your appeal.

In most cases, you must start your appeal at Level 1. If your health problem is urgent or involves an immediate and serious threat to your health, or if you are in severe pain and need an immediate decision, you may ask for an IMR Medical Review from the Department of Managed Health Care at [www.dmhca.ca.gov](http://www.dmhca.ca.gov). Refer to **Section F4** for more information.

When we complete the review, we give you our decision. Under certain circumstances, explained later in this chapter in Section F2, you can ask for an expedited or “fast coverage decision” or “fast appeal” of a coverage decision.

If we say **No** to part or all of what you asked for, we will send you a letter. If your problem is about coverage of a Medicare medical care, the letter will tell you that we sent your case to the Independent Review Organization (IRO) for a Level 2 Appeal. If your problem is about coverage of a Medicare Part D or Medicaid service or item, the letter will tell you how to file a Level 2 Appeal yourself. Refer to **Section F4** for more information about Level 2 Appeals. If your problem is about coverage of a service or item covered by both Medicare and Medicaid, the letter will give you information regarding both types of Level 2 Appeals.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



If you are not satisfied with the Level 2 Appeal decision, you may be able to go through additional levels of appeal.

### E3. Help with coverage decisions and appeals

You can ask for help from any of the following:

- **Customer Service** at the numbers at the bottom of the page.
- **Medicare Medi-Cal Ombuds Program at 1-855-501-3077.**
- **Health Insurance Counseling and Advocacy Program (HICAP)** at 1-800-434-0222.
- **The Help Center at the Department of Managed Health Care (DMHC)** for free help. The DMHC is responsible for overseeing health plans. The DMHC helps people with appeals about Medi-Cal services or billing problems. The phone number is 1-888-466-2219. Individuals who are deaf, hard of hearing, or speech-impaired can use the toll-free TDD number, 1-877-688-9891. You can also visit DMHC's website at [www.dmhc.ca.gov](http://www.dmhc.ca.gov).
- **Your doctor or other provider.** Your doctor or other provider can ask for a coverage decision or appeal on your behalf.
- **A friend or family member.** You can name another person to act for you as your “representative” and ask for a coverage decision or make an appeal.
- **A lawyer.** You have the right to a lawyer, but **you are not required to have a lawyer** to ask for a coverage decision or make an appeal.
  - Call your own lawyer, or get the name of a lawyer from the local bar association or other referral service. Some legal groups will give you free legal services if you qualify.
  - Ask for a legal aid attorney from the Medicare Medi-Cal Ombuds Program at 1-855-501-3077.

Fill out the Appointment of Representative form if you want a lawyer or someone else to act as your representative. The form gives someone permission to act for you.

Call Customer Service at the numbers at the bottom of the page and ask for the “Appointment of Representative” form. You can also get the form by visiting [www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf](http://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf). **You must give us a copy of the signed form.**



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).

## E4. Which section of this chapter can help you

There are four situations that involve coverage decisions and appeals. Each situation has different rules and deadlines. We give details for each one in a separate section of this chapter. Refer to the section that applies:

- **Section F**, “Medical care”
- **Section G**, “Medicare Part D prescription drugs”
- **Section H**, “Asking us to cover a longer hospital stay”
- **Section I**, “Asking us to continue covering certain medical services” (This section only applies to these services: home health care, skilled nursing facility care, and Comprehensive Outpatient Rehabilitation Facility (CORF) services.)

If you're not sure which section to use, call Customer Service at the numbers at the bottom of the page. You can also get help or information from government organizations such as your State Health Insurance Assistance Program. Refer to **Chapter 2, Section C** for more information.

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## F. Medical care

This section explains what to do if you have problems getting coverage for medical care or if you want us to pay you back for our share of the cost of your care.

This section is about your benefits for medical care that is described in **Chapter 4** of your *Member Handbook*. In some cases, different rules may apply to a Medicare Part B prescription drug. When they do, we explain how rules for Medicare Part B prescription drugs differ from rules for medical services and items.

### F1. Using this section

This section explains what you can do in any of the following situations:

1. You think we cover medical care you need but are not getting.

**What you can do:** You can ask us to make a coverage decision. Refer to **Section F2**.

2. We didn't approve the medical care your doctor or other health care provider wants to give you, and you think we should.

**What you can do:** You can appeal our decision. Refer to **Section F3**.

3. You got medical care that you think we cover, but we will not pay.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



**What you can do:** You can appeal our decision not to pay. Refer to **Section F5**.

4. You got and paid for medical care you thought we cover, and you want us to pay you back.

**What you can do:** You can ask us to pay you back. Refer to **Section F5**.

5. We reduced or stopped your coverage for certain medical care, and you think our decision could harm your health.

**What you can do:** You can appeal our decision to reduce or stop the medical care. Refer to **Section F4**.

- If the coverage is for hospital care, home health care, skilled nursing facility care, or CORF services, special rules apply. Refer to **Section H** or **Section I** to find out more.
  - For all other situations involving reducing or stopping your coverage for certain medical care, use this section (**Section F**) as your guide.
6. You are experiencing delays in care or you cannot find a doctor.

**What you can do:** You can file a complaint. Refer to **Section K2**.

## F2. Asking for a coverage decision

When a coverage decision involves your medical care, it's called an **"integrated organization determination"**.

You, your doctor, or your representative can ask us for a coverage decision by:

- calling: (800) 452-4413, TTY: 711.
- faxing: (877) 251-6671.
- writing: Blue Shield TotalDual Plan  
P.O. Box 927  
Woodland Hills, CA 91365-9856

### Standard coverage decision

When we give you our decision, we use the "standard" deadlines unless we agree to use the "fast" deadlines. A standard coverage decision means we give you an answer about a:

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Medical service or item within 14 calendar days after we get your request. For Knox-Keene plans, within 5 business days, and no later than 14 calendar days after we get your request.
- Medicare Part B prescription drug within 72 hours after we get your request.

### Fast coverage decision

The legal term for “fast coverage decision” is “**expedited determination.**”

When you ask us to make a coverage decision about your medical care and your health requires a quick response, ask us to make a “fast coverage decision.” A fast coverage decision means we will give you an answer about a:

- Medical service or item within 72 hours after we get your request, or sooner if your medical condition requires a quicker response.
- Medicare Part B prescription drug within 24 hours after we get your request.

To get a fast coverage decision, you must meet two requirements:

- You are asking for coverage for medical items and/or services that you **did not get**. You can't ask for a fast coverage decision about payment for items or services you already got.
- Using the standard deadlines **could cause serious harm to your health** or hurt your ability to function.

**We automatically give you a fast coverage decision if your doctor tells us your health requires it.** If you ask without your doctor's support, we decide if you get a fast coverage decision.

- If we decide that your health doesn't meet the requirements for a fast coverage decision, we send you a letter that says so and we use the standard deadlines instead. The letter tells you:
  - We automatically give you a fast coverage decision if your doctor asks for it.
  - How you can file a “fast complaint” about our decision to give you a standard coverage decision instead of a fast coverage decision. For more information about making a complaint, including a fast complaint, refer to **Section K**.

**If we say No to part or all of your request**, we send you a letter explaining the reasons.



- If we say **No**, you have the right to make an appeal. If you think we made a mistake, making an appeal is a formal way of asking us to review our decision and change it.
- If you decide to make an appeal, you will go on to Level 1 of the appeals process (refer to **Section F3**).

In limited circumstances we may dismiss your request for a coverage decision, which means we won't review the request. Examples of when a request will be dismissed include:

- if the request is incomplete,
- if someone makes the request on your behalf but isn't legally authorized to do so,  
**or**
- if you ask for your request to be withdrawn.

If we dismiss a request for a coverage decision, we will send you a notice explaining why the request was dismissed and how to ask for a review of the dismissal. This review is called an appeal. Appeals are discussed in the next section.

### **F3. Making a Level 1 Appeal**

**To start an appeal**, you, your doctor, or your representative must contact us. Call us at 1-800-452-4413 (TTY: 711).

**Ask for a standard appeal or a fast appeal** in writing or by calling us at 1-800-452-4413 (TTY: 711).

- If your doctor or other prescriber asks to continue a service or item you are already getting during your appeal, you may need to name them as your representative to act on your behalf.
- If someone other than your doctor makes the appeal for you, include an Appointment of Representative form authorizing this person to represent you. You can get the form by visiting [www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf](http://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/downloads/cms1696.pdf).
- We can accept an appeal request without the form, but we can't begin or complete our review until we get it. If we don't get the form before our deadline for making a decision on your appeal:
  - We dismiss your request, and
  - We send you a written notice explaining your right to ask the IRO to review our decision to dismiss your appeal.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



- You must ask for an appeal within 65 calendar days from the date on the letter we sent to tell you our decision.
- If you miss the deadline and have a good reason for missing it, we may give you more time to make your appeal. Examples of good reasons are things like you had a serious illness or we gave you the wrong information about the deadline. Explain the reason why your appeal is late when you make your appeal.
- You have the right to ask us for a free copy of the information about your appeal. You and your doctor may also give us more information to support your appeal.

**If your health requires it, ask for a fast appeal.**

The legal term for “fast appeal” is “**expedited reconsideration.**”

- If you appeal a decision we made about coverage for care that you did not get, you and/or your doctor decide if you need a fast appeal.

**We automatically give you a fast appeal if your doctor tells us your health requires it.** If you ask without your doctor’s support, we decide if you get a fast appeal.

- If we decide that your health doesn’t meet the requirements for a fast appeal, we send you a letter that says so and we use the standard deadlines instead. The letter tells you:
  - We automatically give you a fast appeal if your doctor asks for it.
  - How you can file a “fast complaint” about our decision to give you a standard appeal instead of a fast appeal. For more information about making a complaint, including a fast complaint, refer to **Section K**.

**If we tell you we are stopping or reducing services or items that you already get, you may be able to continue those services or items during your appeal.**

- If we decide to change or stop coverage for a service or item that you get, we send you a notice before we take action.
- If you disagree with our decision, you can file a Level 1 Appeal.
- We continue covering the service or item if you ask for a Level 1 Appeal within 10 calendar days of the date on our letter or by the intended effective date of the action, whichever is later.
  - If you meet this deadline, you will get the service or item with no changes while your Level 1 appeal is pending.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- You will also get all other services or items (that are not the subject of your appeal) with no changes.
- If you do not appeal before these dates, then your service or item will not be continued while you wait for your appeal decision.

**We consider your appeal and give you our answer.**

- When we review your appeal, we take another careful look at all information about your request for coverage of medical care.
- We check if we followed all the rules when we said **No** to your request.
- We gather more information if we need it. We may contact you or your doctor to get more information.

**There are deadlines for a fast appeal.**

- When we use the fast deadlines, we must give you our answer **within 72 hours after we get your appeal, or sooner if your health requires a quicker response**. We will give you our answer sooner if your health requires it.
  - If we don't give you an answer within 72 hours, we must send your request to Level 2 of the appeals process. An IRO then reviews it. Later in this chapter, we tell you about this organization and explain the Level 2 appeals process. If your problem is about coverage of a Medi-Cal service or item, you can file a Level 2 – State Hearing with the state yourself as soon as the time is up. In California a State Hearing is called State Hearing. To file a State Hearing, refer to Section F4, as applicable.
- **If we say Yes to part or all of your request**, we must authorize or provide the coverage we agreed to provide within 72 hours after we get your appeal, or sooner if your health requires it.
- **If we say No to part or all of your request**, we send your appeal to the IRO for a Level 2 Appeal.

**There are deadlines for a standard appeal.**

- When we use the standard deadlines, we must give you our answer **within 30 calendar days** after we get your appeal for coverage for services you didn't get.
- If your request is for a Medicare Part B prescription drug you didn't get, we give you our answer **within 7 calendar days** after we get your appeal or sooner if your health requires it.





- If we don't give you an answer by the deadline, we must send your request to Level 2 of the appeals process. An IRO then reviews it. Later in this chapter Section F4, we tell you about this organization and explain the Level 2 appeals process. If your problem is about coverage of a Medi-Cal service or item, you can file a Level 2 – State Hearing with the state yourself as soon as the time is up. In California a State Hearing is called State Hearing. To file a State Hearing, refer to Section F4.

**If we say Yes to part or all of your request**, we must authorize or provide the coverage we agreed to provide within 30 calendar days of the date we got your appeal request, or as fast as your health condition requires and within 72 hours of the date we change our decision, or within 7 calendar days of the date we got your appeal if your request is for a Medicare Part B prescription drug.

If we say **No** to part or all of your request, **you have additional appeal rights**:

- If we say **No** to part or all of what you asked for, we send you a letter.
- If your problem is about coverage of a Medicare service or item, the letter tells you that we sent your case to the IRO for a Level 2 Appeal.
- If your problem is about coverage of a Medi-Cal service or item, the letter tells you how to file a Level 2 Appeal yourself.

#### **F4. Making a Level 2 Appeal**

If we say **No** to part or all of your Level 1 Appeal, we will send you a letter. This letter tells you if Medicare, Medi-Cal, or both programs usually cover the service or item.

- If your problem is about a service or item that **Medicare** usually covers, we automatically send your case to Level 2 of the appeals process as soon as the Level 1 Appeal is complete.
- If your problem is about a service or item that **Medi-Cal** usually covers, you can file a Level 2 Appeal yourself. The letter tells you how to do this. We also include more information later in this chapter.
- If your problem is about a service or item that **both Medicare and Medi-Cal** may cover, you automatically get a Level 2 Appeal with the IRO. In addition to the automatic Level 2 Appeal, you can also ask for a State Hearing and an Independent Medical Review with the state. However, an Independent Medical Review is not available if you have already presented evidence in a State Hearing.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



If you qualified for continuation of benefits when you filed your Level 1 Appeal, your benefits for the service, item, or drug under appeal may also continue during Level 2. Refer to **Section F3** for information about continuing your benefits during Level 1 Appeals.

- If your problem is about a service usually covered only by Medicare, your benefits for that service don't continue during the Level 2 appeals process with the IRO.
- If your problem is about a service usually covered only by Medi-Cal, your benefits for that service continue if you submit a Level 2 Appeal within 10 calendar days after getting our decision letter.

### **When your problem is about a service or item Medicare usually covers**

The IRO reviews your appeal. It's an independent organization hired by Medicare.

The formal name for the "Independent Review Organization" (IRO) is the **"Independent Review Entity"**, sometimes called the **"IRE"**.

- This organization isn't connected with us and isn't a government agency. Medicare chose the company to be the IRO, and Medicare oversees their work.
- We send information about your appeal (your "case file") to this organization. You have the right to a free copy of your case file.
- You have a right to give the IRO additional information to support your appeal.
- Reviewers at the IRO take a careful look at all information related to your appeal.

### **If you had a fast appeal at Level 1, you also have a fast appeal at Level 2.**

- If you had a fast appeal to us at Level 1, you automatically get a fast appeal at Level 2. The IRO must give you an answer to your Level 2 Appeal **within 72 hours** of getting your appeal.

### **If you had a standard appeal at Level 1, you also have a standard appeal at Level 2.**

- If you had a standard appeal to us at Level 1, you automatically get a standard appeal at Level 2. If your request is for a medical item or service, the IRO must give you an answer to your Level 2 Appeal **within 30 calendar days** of getting your appeal.
- If your request is for a Medicare Part B prescription drug, the IRO must give you an answer to your Level 2 Appeal **within 7 calendar days** of getting your appeal.

If the IRO gives you their answer in writing and explains the reasons.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- **If the IRO says Yes to part or all of a request for a medical item or service,** we must promptly implement the decision:
  - Authorize the medical care coverage **within 72 hours, or**
  - Provide the service within **5 working days** after we get the IRO's decision for **standard requests, or**
  - Provide the service **within 72 hours** from the date we get the IRO's decision for **expedited requests.**
- **If the IRO says Yes to part or all of a request for a Medicare Part B prescription drug, we must authorize or provide the Medicare Part B prescription drug under dispute:**
  - **Within 72 hours** after we get the IRO's decision for **standard requests, or**
  - **Within 24 hours** from the date we get the IRO's decision for **expedited requests.**
- **If the IRO says No to part or all of your appeal,** it means they agree that we should not approve your request (or part of your request) for coverage for medical care. This is called “upholding the decision” or “turning down your appeal.”
  - If your case meets the requirements, you choose whether you want to take your appeal further.
  - There are three additional levels in the appeals process after Level 2, for a total of five levels.
  - If your Level 2 Appeal is turned down and you meet the requirements to continue the appeals process, you must decide whether to go on to Level 3 and make a third appeal. The details about how to do this are in the written notice you get after your Level 2 Appeal.
  - An Administrative Law Judge (ALJ) or attorney adjudicator handles a Level 3 Appeal. Refer to **Section J** for more information about Level 3, 4, and 5 Appeals.

### **When your problem is about a service or item Medi-Cal usually covers**

There are two ways to make a Level 2 appeal for Medi-Cal services and items: (1) Filing a complaint or Independent Medical Review or (2) State Hearing.

#### **(1) Independent Medical Review**

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**If you have questions,** please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information,** visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



You can file a complaint with or ask for an Independent Medical Review (IMR) from the Help Center at the California Department of Managed Health Care (DMHC). By filing a complaint, the DMHC will review our decision and make a determination. An IMR is available for any Medi-Cal covered service or item that is medical in nature. An IMR is a review of your case by experts who are not part of our plan or a part of the DMHC. If the IMR is decided in your favor, we must give you the service or item you requested. You pay no costs for an IMR.

You can file a complaint or apply for an IMR if our plan:

- Denies, changes, or delays a Medi-Cal service or treatment because our plan determines it is not medically necessary.
- Will not cover an experimental or investigational Medi-Cal treatment for a serious medical condition.
- Disputes whether a surgical service or procedure was cosmetic or reconstructive in nature.
- Will not pay for emergency or urgent Medi-Cal services that you already received.
- Has not resolved your Level 1 Appeal on a Medi-Cal service within 30 calendar days for a standard appeal or 72 hours, or sooner, if your health requires it, for a fast appeal.

**NOTE:** If your provider filed an appeal for you, but we do not get your Appointment of Representative form, you will need to refile your appeal with us before you can file for a Level 2 IMR with the Department of Managed Health Care unless your appeal involves an imminent and serious threat to your health, including but not limited to, severe pain, potential loss of life, limb, or major bodily function.

You are entitled to both an IMR and a State Hearing, but you are not entitled to an IMR if you have already presented evidence in a State Hearing or had a State Hearing on the same issue.

In most cases, you must file an appeal with us before requesting an IMR. Refer to page 198 for information, about our Level 1 appeal process. If you disagree with our decision, you can file a complaint with the DMHC or ask the DMHC Help Center for an IMR.

If your treatment was denied because it was experimental or investigational, you do not have to take part in our appeal process before you apply for an IMR.

If your problem is urgent or involves an immediate and serious threat to your health or if you are in severe pain, you may bring it immediately to the DMHC's attention without first going through our appeal process.

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You must **apply for an IMR within 6 months** after we send you a written decision about your appeal. The DMHC may accept your application after 6 months for good reason, such as you had a medical condition that prevented you from asking for the IMR within 6 months, or you did not get adequate notice from us of the IMR process.

To ask for an IMR:

- Fill out the Independent Medical Review Application/Complaint Form available at: [www.dmhc.ca.gov/FileaComplaint/IndependentMedicalReviewComplaintForms.aspx](http://www.dmhc.ca.gov/FileaComplaint/IndependentMedicalReviewComplaintForms.aspx) or call the DMHC Help Center at 1-888-466-2219. TTY users should call 1-877-688-9891.
- If you have them, attach copies of letters or other documents about the service or item that we denied. This can speed up the IMR process. Send copies of documents, not originals. The Help Center cannot return any documents.
- Fill out the Authorized Assistant Form if someone is helping you with your IMR. You can get the form at [www.dmhc.ca.gov/FileaComplaint/IndependentMedicalReviewComplaintForms.aspx](http://www.dmhc.ca.gov/FileaComplaint/IndependentMedicalReviewComplaintForms.aspx) or call the Department's Help Center at 1-888-466-2219. TTY users should call 1-877-688-9891.
- Mail or fax your forms and any attachments to:  
  
Help Center  
Department of Managed Health Care  
980 Ninth Street, Suite 500  
Sacramento, CA 95814-2725  
FAX: 916-255-5241
- You may also submit your Independent Medical Review Application/Complaint Form and Authorized Assistant form online:  
[www.dmhc.ca.gov/FileaComplaint.aspx](http://www.dmhc.ca.gov/FileaComplaint.aspx)

If you qualify for an IMR, the DMHC will review your case and send you a letter within 7 calendar days telling you that you qualify for an IMR. After your application and supporting documents are received from your plan, the IMR decision will be made within 30 calendar days. You should receive the IMR decision within 45 calendar days of the submission of the completed application.

If your case is urgent and you qualify for an IMR, the DMHC will review your case and send you a letter within 48 hours of receipt of a completed application telling you that you qualify for an IMR. After your application and supporting documents are received from your plan, the IMR decision will be made within 3 calendar days. You should receive the IMR decision within 7

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calendar days of the submission of the completed application. If you are not satisfied with the result of the IMR, you can still ask for a State Hearing.

An IMR can take longer if the DMHC does not receive all of the medical records needed from you or your treating doctor. If you are using a doctor who is not in your health plan's network, it is important that you get and send us your medical records from that doctor. Your health plan is required to get copies of your medical records from doctors who are in the network.

If the DMHC decides that your case is not eligible for IMR, the DMHC will review your case through its regular consumer complaint process. Your complaint should be resolved within 30 calendar days of the submission of the completed application. If your complaint is urgent, it will be resolved sooner.

## **(2) State Hearing**

You can ask for a State Hearing for Medi-Cal covered services and items. If your doctor or other provider asks for a service or item that we will not approve, or we will not continue to pay for a service or item you already have and we said no to your Level 1 appeal, you have the right to ask for a State Hearing.

In most cases **you have 120 days to ask for a State Hearing** after the "Appeal Decision Letter" notice is mailed to you.

**NOTE:** If you ask for a State Hearing because we told you that a service you currently get will be changed or stopped, **you have fewer days to submit your request** if you want to keep getting that service while your State Hearing is pending. Read "Will my benefits continue during Level 2 appeals" on page 201 for more information.

There are two ways to ask for a State Hearing:

1. You may complete the "Request for State Hearing" on the back of the notice of action. You should provide all requested information such as your full name, address, telephone number, the name of the plan or county that took the action against you, the aid program(s) involved, and a detailed reason why you want a hearing. Then you may submit your request one of these ways:
  - To the county welfare department at the address shown on the notice.
  - To the California Department of Social Services:

State Hearings Division  
P.O. Box 944243, Mail Station 9-17-433  
Sacramento, California 94244-2430

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- To the State Hearings Division at fax number 916-309-3487 or toll-free at 1-833-281-0903.
2. You can call the California Department of Social Services at 1-800-743-8525. TTY users should call 1-800-952-8349. If you decide to ask for a State Hearing by phone, you should be aware that the phone lines are very busy.

The State Hearings Division gives you their decision in writing and explain the reasons.

- If the State Hearings Division says **Yes** to part or all of a request for a medical item or service, we must authorize or provide the service or item **within 72 hours** after we get their decision.
- If the State Hearings Division says **No** to part or all of your appeal, it means they agree that we should not approve your request (or part of your request) for coverage for medical care. This is called “upholding the decision” or “turning down your appeal.”

If the IRO or State Hearing decision is **No** for all or part of your request, you have additional appeal rights.

If your Level 2 Appeal went to the **IRO**, you can appeal again only if the dollar value of the service or item you want meets a certain minimum amount. An ALJ or attorney adjudicator handles a Level 3 Appeal. **The letter you get from the IRO explains additional appeal rights you may have.**

The letter you get from the State Hearings Division describes the next appeal option.

Refer to **Section J** for more information about your appeal rights after Level 2.

## **F5. Payment problems**

We do not allow our network providers to bill you for covered services and items. This is true even if we pay the provider less than the provider charges for a covered service or item. You are never required to pay the balance of any bill.

If you get a bill that is more than your copay for covered services and items, send the bill to us. You should not pay the bill yourself. We will contact the provider directly and take care of the problem. If you do pay the bill, you can get a refund from our plan if you followed the rules for getting services or item.

For more information, refer to **Chapter 7** of your *Member Handbook*. It describes situations when you may need to ask us to pay you back or pay a bill you got from a provider. It also tells how to send us the paperwork that asks us for payment.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



If you ask to be paid back, you are asking for a coverage decision. We will check if the service or item you paid for is covered and if you followed all the rules for using your coverage.

- If the service or item you paid for is covered and you followed all the rules, we will send you our share of the cost for the service or item typically within 30 calendar days, but no later than 60 calendar days after we get your request.
- If you haven't paid for the service or item yet, we will send the payment directly to the provider. When we send the payment, it's the same as saying **Yes** to your request for a coverage decision.
- If the service or item is not covered or you did not follow all the rules, we will send you a letter telling you we won't pay for the service or item and explaining why.

If you don't agree with our decision not to pay, **you can make an appeal**. Follow the appeals process described in **Section F3**. When you follow these instructions, note:

- If you make an appeal for us to pay you back, we must give you our answer within 30 calendar days after we get your appeal.
- If you ask us to pay you back for medical care you got and paid for yourself, you can't ask for a fast appeal.

If our answer to your appeal is **No** and **Medicare** usually covers the service or item, we will send your case to the IRO. We will send you a letter if this happens.

- If the IRO reverses our decision and says we should pay you, we must send the payment to you or to the provider within 30 calendar days. If the answer to your appeal is **Yes** at any stage of the appeals process after Level 2, we must send the payment to you or to the health care provider within 60 calendar days.
- If the IRO says **No** to your appeal, it means they agree that we should not approve your request. This is called "upholding the decision" or "turning down your appeal." You will get a letter explaining additional appeal rights you may have. Refer to **Section J** for more information about additional levels of appeal.

If our answer to your appeal is **No** and Medi-Cal usually covers the service or item, you can file a Level 2 Appeal yourself. Refer to **Section F4** for more information.

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## G. Medicare Part D prescription drugs

Your benefits as a member of our plan include coverage for many prescription drugs. Most of these are Medicare Part D drugs. There are a few drugs that Medicare Part D doesn't cover that



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Medi-Cal may cover. **This section only applies to Medicare Part D drug appeals.** We'll say "drug" in the rest of this section instead of saying "Medicare Part D drug" every time. For drugs covered only by Medi-Cal follow the process in **Section E**.

To be covered, the drug must be used for a medically accepted indication. That means the drug is approved by the Food and Drug Administration (FDA) or supported by certain medical references. Refer to **Chapter 5** of your *Member Handbook* for more information about a medically accepted indication.

## G1. Medicare Part D coverage decisions and appeals

Here are examples of coverage decisions you ask us to make about your Medicare Part D drugs:

- You ask us to make an exception, including asking us to:
  - Cover a Medicare Part D drug that is not on our plan's Drug List or
  - Set aside a restriction on our coverage for a drug (such as limits on the amount you can get)
- You ask us if a drug is covered for you (such as when your drug is on our plan's Drug List but we must approve it for you before we cover it)

**NOTE:** If your pharmacy tells you that your prescription can't be filled as written, the pharmacy gives you a written notice explaining how to contact us to ask for a coverage decision.

An initial coverage decision about your Medicare Part D drugs is called a "**coverage determination.**"

- You ask us to pay for a drug you already bought. This is asking for a coverage decision about payment.



If you disagree with a coverage decision we made, you can appeal our decision. This section tells you both how to ask for coverage decisions and how to make an appeal. Use the chart below to help you.

### Which of these situations are you in?

<p>You need a drug that isn't on our Drug List or need us to set aside a rule or restriction on a drug we cover.</p> <p><b>You can ask us to make an exception.</b> (This is a type of coverage decision.)</p> <p>Start with <b>Section G2</b>, then refer to <b>Sections G3 and G4</b>.</p>	<p>You want us to cover a drug on our Drug List, and you think you meet plan rules or restrictions (such as getting approval in advance) for the drug you need.</p> <p><b>You can ask us for a coverage decision.</b></p> <p>Refer to <b>Section G4</b>.</p>	<p>You want to ask us to pay you back for a drug you already got and paid for.</p> <p><b>You can ask us to pay you back.</b> (This is a type of coverage decision.)</p> <p>Refer to <b>Section G4</b>.</p>	<p>We told you that we won't cover or pay for a drug in the way that you want.</p> <p><b>You can make an appeal.</b> (This means you ask us to reconsider.)</p> <p>Refer to <b>Section G5</b>.</p>
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## G2. Medicare Part D exceptions

If we don't cover a drug in the way you would like, you can ask us to make an "exception." If we turn down your request for an exception, you can appeal our decision.

When you ask for an exception, your doctor or other prescriber needs to explain the medical reasons why you need the exception.

Asking for coverage of a drug not on our Drug List or for removal of a restriction on a drug is sometimes called asking for a **"formulary exception."**

Here are some examples of exceptions that you or your doctor or other prescriber can ask us to make:

### 3. Covering a drug that is not on our *Drug List*

- You can't get an exception to the required copay amount for the drug.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

#### 4. Removing a restriction for a covered drug

- Extra rules or restrictions apply to certain drugs on our *Drug List* (refer to **Chapter 5** of your *Member Handbook* for more information).
- Extra rules and restrictions for certain drugs include:
  - Being required to use the generic version of a drug instead of the brand name drug.
  - Getting our approval in advance before we agree to cover the drug for you. This is sometimes called “prior authorization (PA).”
  - Being required to try a different drug first before we agree to cover the drug you ask for. This is sometimes called “step therapy.”
  - Quantity limits. For some drugs, there are restrictions on the amount of the drug you can have.
- If we agree to an exception for you and set aside a restriction, you can ask for an exception to the copay amount you’re required to pay.

#### G3. Important things to know about asking for an exception

##### Your doctor or other prescriber must tell us the medical reasons.

Your doctor or other prescriber must give us a statement explaining the medical reasons for asking for an exception. For a faster decision, include this medical information from your doctor or other prescriber when you ask for the exception.

Our *Drug List* often includes more than one drug for treating a specific condition. These are called “alternative” drugs. If an alternative drug is just as effective as the drug you ask for and wouldn’t cause more side effects or other health problems, we generally do **not** approve your exception request. If you ask us for a tiering exception, we generally do **not** approve your exception request unless all alternative drugs in the lower cost-sharing tier(s) won’t work as well for you or are likely to cause an adverse reaction or other harm.

##### We can say Yes or No to your request.

- If we say **Yes** to your exception request, the exception usually lasts until the end of the calendar year. This is true as long as your doctor continues to prescribe the drug for you and that drug continues to be safe and effective for treating your condition.
- If we say **No** to your exception request, you can make an appeal. Refer to **Section G5** for information on making an appeal if we say **No**.

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The next section tells you how to ask for a coverage decision, including an exception.

#### **G4. Asking for a coverage decision, including an exception**

- Ask for the type of coverage decision you want by calling 1-800-452-4413 (TTY: 711), writing, or faxing us. You, your representative, or your doctor (or other prescriber) can do this. Please include your name, contact information, and information about the claim.
- You or your doctor (or other prescriber) or someone else acting on your behalf can ask for a coverage decision. You can also have a lawyer act on your behalf.
- Refer to **Section E3** to find out how to name someone as your representative.
- You don't need to give written permission to your doctor or other prescriber to ask for a coverage decision on your behalf.
- If you want to ask us to pay you back for a drug, refer to **Chapter 7** of your *Member Handbook*.
- If you ask for an exception, give us a "supporting statement." The supporting statement includes your doctor or other prescriber's medical reasons for the exception request.
- Your doctor or other prescriber can fax or mail us the supporting statement. They can also tell us by phone and then fax or mail the statement.
- You may submit coverage determination requests electronically through a secure member portal at:  
[https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/sites\\_content\\_en/medicare/resources/request\\_exceptions/exceptions](https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/sites_content_en/medicare/resources/request_exceptions/exceptions)
  - Select Member forms
  - Start coverage determination request online
  - You may start the process to obtain prior authorization or an exception.

#### **If your health requires it, ask us for a "fast coverage decision."**

We use the "standard deadlines" unless we agree to use the "fast deadlines."

- A **standard coverage decision** means we give you an answer within 72 hours after we get your doctor's statement.
- A **fast coverage decision** means we give you an answer within 24 hours after we get your doctor's statement.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://www.blueshieldca.com/medicare).



A “fast coverage decision” is called an “**expedited coverage determination.**”

You can get a fast coverage decision if:

- It’s for a drug you didn’t get. You can’t get a fast coverage decision if you are asking us to pay you back for a drug you already bought.
- Your health or ability to function would be seriously harmed if we use the standard deadlines.

If your doctor or other prescriber tells us that your health requires a fast coverage decision, we agree and give it to you. We send you a letter that tells you.

- If you ask for a fast coverage decision without support from your doctor or other prescriber, we decide if you get a fast coverage decision.
- If we decide that your medical condition doesn’t meet the requirements for a fast coverage decision, we use the standard deadlines instead.
  - We send you a letter that tells you we will use the standard deadline. The letter also tells you how to make a complaint about our decision.
  - You can file a fast complaint and get a response within 24 hours. For more information making complaints, including fast complaints, refer to **Section K**.

### **Deadlines for a fast coverage decision**

- If we use the fast deadlines, we must give you our answer within 24 hours after we get your request. If you ask for an exception, we give you our answer within 24 hours after we get your doctor’s supporting statement. We give you our answer sooner if your health requires it.
- If we don’t meet this deadline, we send your request to Level 2 of the appeals process for review by an IRO. Refer to **Section G6** for more information about a Level 2 Appeal.
- If we say **Yes** to part or all of your request, we give you the coverage within 24 hours after we get your request or your doctor’s supporting statement.
- If we say **No** to part or all of your request, we send you a letter with the reasons. The letter also tells you how you can make an appeal.

### **Deadlines for a standard coverage decision about a drug you didn’t get**

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- If we use the standard deadlines, we must give you our answer within 72 hours after we get your request. If you ask for an exception, we give you our answer within 72 hours after we get your doctor's supporting statement. We give you our answer sooner if your health requires it.
- If we don't meet this deadline, we send your request to Level 2 of the appeals process for review by an IRO.
- If we say **Yes** to part or all of your request, we give you the coverage within 72 hours after we get your request or your doctor's supporting statement for an exception.
- If we say **No** to part or all of your request, we send you a letter with the reasons. The letter also tells you how to make an appeal.

### **Deadlines for a standard coverage decision about a drug you already bought**

- We must give you our answer within 14 calendar days after we get your request.
- If we don't meet this deadline, we send your request to Level 2 of the appeals process for review by an IRO.
- If we say **Yes** to part or all of your request, we pay you back within 14 calendar days.
- If we say **No** to part or all of your request, we send you a letter with the reasons. The letter also tells you how to make an appeal.

## **G5. Making a Level 1 Appeal**

An appeal to our plan about a Medicare Part D drug coverage decision is called a plan "**redetermination**".

- Start your **standard** or **fast appeal** by calling 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week, writing, or faxing us. You, your representative, or your doctor (or other prescriber) can do this. Please include your name, contact information, and information regarding your appeal.
- You must ask for an appeal **within 65 calendar days** from the date on the letter we sent to tell you our decision.
- If you miss the deadline and have a good reason for missing it, we may give you more time to make your appeal. Examples of good reasons are things like you had a serious illness or we gave you the wrong information about the deadline. Explain the reason why your appeal is late when you make your appeal.

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- You have the right to ask us for a free copy of the information about your appeal. You and your doctor may also give us more information to support your appeal.

**If your health requires it, ask for a fast appeal.**

A fast appeal is also called an “**expedited redetermination.**”

- If you appeal a decision we made about a drug you didn’t get, you and your doctor or other prescriber decide if you need a fast appeal.
- Requirements for a fast appeal are the same as those for a fast coverage decision. Refer to **Section G4** for more information.

We consider your appeal and give you our answer.

- We review your appeal and take another careful look at all of the information about your coverage request.
- We check if we followed the rules when we said **No** to your request.
- We may contact you or your doctor or other prescriber to get more information.

**Deadlines for a fast appeal at Level 1**

- If we use the fast deadlines, we must give you our answer **within 72 hours** after we get your appeal.
  - We give you our answer sooner if your health requires it.
  - If we don’t give you an answer within 72 hours, we must send your request to Level 2 of the appeals process. Then an IRO reviews it. Refer to **Section G6** for information about the review organization and the Level 2 appeals process.
- If we say **Yes** to part or all of your request, we must provide the coverage we agreed to provide within 72 hours after we get your appeal.
- If we say **No** to part or all of your request, we send you a letter that explains the reasons and tells you how you can make an appeal.

**Deadlines for a standard appeal at Level 1**

- If we use the standard deadlines, we must give you our answer **within 7 calendar days** after we get your appeal for a drug you didn’t get.



- We give you our decision sooner if you didn't get the drug and your health condition requires it. If you believe your health requires it, ask for a fast appeal.
  - If we don't give you a decision within 7 calendar days, we must send your request to Level 2 of the appeals process. Then an IRO reviews it. Refer to **Section G6** for information about the review organization and the Level 2 appeals process.

If we say **Yes** to part or all of your request:

- We must **provide the coverage** we agreed to provide as quickly as your health requires, but **no later than 7 calendar days** after we get your appeal.
- We must **send payment to you** for a drug you bought **within 30 calendar days** after we get your appeal.

If we say **No** to part or all of your request:

- We send you a letter that explains the reasons and tells you how you can make an appeal.
- We must give you our answer about paying you back for a drug you bought **within 14 calendar days** after we get your appeal.
  - If we don't give you a decision within 14 calendar days, we must send your request to Level 2 of the appeals process. Then an IRO reviews it. Refer to **Section G6** for information about the review organization and the Level 2 appeals process.
- If we say **Yes** to part or all of your request, we must pay you within 30 calendar days after we get your request.
- If we say **No** to part or all of your request, we send you a letter that explains the reasons and tells you how you can make an appeal.

## **G6. Making a Level 2 Appeal**

If we say **No** to your Level 1 Appeal, you can accept our decision or make another appeal. If you decide to make another appeal, you use the Level 2 Appeal appeals process. The **IRO** reviews our decision when we said **No** to your first appeal. This organization decides if we should change our decision.

The formal name for the "Independent Review Organization" (IRO) is the "**Independent Review Entity**", sometimes called the "**IRE**".



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



To make a Level 2 Appeal, you, your representative, or your doctor or other prescriber must contact the IRO **in writing** and ask for a review of your case.

- If we say **No** to your Level 1 Appeal, the letter we send you includes **instructions about how to make a Level 2 Appeal** with the IRO. The instructions tell who can make the Level 2 Appeal, what deadlines you must follow, and how to reach the organization.
- When you make an appeal to the IRO, we send the information we have about your appeal to the organization. This information is called your “case file”. **You have the right to a free copy of your case file.** If you need help requesting a free copy of your case file, call 1-888-466-2219.
- You have a right to give the IRO additional information to support your appeal.

The IRO reviews your Medicare Part D Level 2 Appeal and gives you an answer in writing. Refer to **Section F4** for more information about the IRO.

### **Deadlines for a fast appeal at Level 2**

If your health requires it, ask the IRO for a fast appeal.

- If they agree to a fast appeal, they must give you an answer **within 72 hours** after getting your appeal request.
- If they say **Yes** to part or all of your request, we must provide the approved drug coverage **within 24 hours** after getting the IRO’s decision.

### **Deadlines for a standard appeal at Level 2**

If you have a standard appeal at Level 2, the IRO must give you an answer:

- **within 7 calendar days** after they get your appeal for a drug you didn’t get.
- **within 14 calendar days** after getting your appeal for repayment for a drug you bought.

If the IRO says **Yes** to part or all of your request:

- We must provide the approved drug coverage **within 72 hours** after we get the IRO’s decision.
- We must pay you back for a drug you bought within 30 calendar days after we get the IRO’s decision.



- If the IRO says **No** to your appeal, it means they agree with our decision not to approve your request. This is called “upholding the decision” or “turning down your appeal”.

If the IRO says **No** to your Level 2 Appeal, you have the right to a Level 3 Appeal if the dollar value of the drug coverage you ask for meets a minimum dollar value. If the dollar value of the drug coverage you ask for is less than the required minimum, you can’t make another appeal. In that case, the Level 2 Appeal decision is final. The IRO sends you a letter that tells you the minimum dollar value needed to continue with a Level 3 Appeal.

If the dollar value of your request meets the requirement, you choose if you want to take your appeal further.

- There are three additional levels in the appeals process after Level 2.
- If the IRO says **No** to your Level 2 Appeal and you meet the requirement to continue the appeals process, you:
  - Decide if you want to make a Level 3 Appeal.
  - Refer to the letter the IRO sent you after your Level 2 Appeal for details about how to make a Level 3 Appeal.

An ALJ or attorney adjudicator handles Level 3 Appeals. Refer to **Section J** for information about Level 3, 4, and 5 Appeals.

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## H. Asking us to cover a longer hospital stay

When you’re admitted to a hospital, you have the right to get all hospital services that we cover that are necessary to diagnose and treat your illness or injury. For more information about our plan’s hospital coverage, refer to **Chapter 4** of your *Member Handbook*.

During your covered hospital stay, your doctor and the hospital staff work with you to prepare for the day when you leave the hospital. They also help arrange for care you may need after you leave.

- The day you leave the hospital is called your “discharge date.”
- Your doctor or the hospital staff will tell you what your discharge date is.

If you think you’re being asked to leave the hospital too soon or you are concerned about your care after you leave the hospital, you can ask for a longer hospital stay. This section tells you how to ask.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Notwithstanding the appeals discussed in this **Section H**, you may also file a complaint with and ask the DMHC for an Independent Medical Review to continue your hospital stay. Please refer to **Section F4** to learn how to file a complaint with and ask the DMHC for an Independent Medical Review. You can ask for an Independent Medical Review in addition to or instead of a Level 3 Appeal.

## H1. Learning about your Medicare rights

Within two days after you're admitted to the hospital, someone at the hospital, such as a nurse or caseworker, will give you a written notice called "An Important Message from Medicare about Your Rights." Everyone with Medicare gets a copy of this notice whenever they are admitted to a hospital.

If you don't get the notice, ask any hospital employee for it. If you need help, call Customer Service at the numbers at the bottom of the page. You can also call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

- **Read the notice** carefully and ask questions if you don't understand. The notice tells you about your rights as a hospital patient, including your rights to:
  - Get Medicare-covered services during and after your hospital stay. You have the right to know what these services are, who will pay for them, and where you can get them.
  - Be a part of any decisions about the length of your hospital stay.
  - Know where to report any concerns you have about the quality of your hospital care.
  - Appeal if you think you're being discharged from the hospital too soon.
- **Sign the notice** to show that you got it and understand your rights.
  - You or someone acting on your behalf can sign the notice.
  - Signing the notice **only** shows that you got the information about your rights. Signing does **not** mean you agree to a discharge date your doctor or the hospital staff may have told you.
- **Keep your copy** of the signed notice so you have the information if you need it.

If you sign the notice more than two days before the day you leave the hospital, you'll get another copy before you're discharged.

You can look at a copy of the notice in advance if you:

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Call Customer Service at the numbers at the bottom of the page
- Call Medicare at 1-800 MEDICARE (1800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.
- Visit [www.cms.gov/Medicare/Medicare-General-Information/BNI/HospitalDischargeAppealNotices](http://www.cms.gov/Medicare/Medicare-General-Information/BNI/HospitalDischargeAppealNotices).

## H2. Making a Level 1 Appeal

If you want us to cover your inpatient hospital services for a longer time, make an appeal. The Quality Improvement Organization (QIO) reviews the Level 1 Appeal to find out if your planned discharge date is medically appropriate for you.

The QIO is a group of doctors and other health care professionals paid by the federal government. These experts check and help improve the quality for people with Medicare. They are not part of our plan.

In California, the QIO is Livanta. Call them at (877) 588-1123 [TTY: (855) 887-6668]. Contact information is also in the notice, “An Important Message from Medicare about Your Rights,” and in **Chapter 2**.

**Call the QIO before you leave the hospital and no later than your planned discharge date.**

- **If you call before you leave**, you can stay in the hospital after your planned discharge date without paying for it while you wait for the QIO’s decision about your appeal.
- **If you do not call to appeal**, and you decide to stay in the hospital after your planned discharge date, you may pay all costs for hospital care you get after your planned discharge date.
- Because hospital stays are covered by both Medicare and Medi-Cal, if the Quality Improvement Organization will not hear your request to continue your hospital stay, or you believe that your situation is urgent, involves an immediate and serious threat to your health, or you are in severe pain, you may also file a complaint with or ask the California Department of Managed Health Care (DMHC) for an Independent Medical Review. Please refer to **Section F4** to learn how to file a complaint and ask the DMHC for an Independent Medical Review.

**Ask for help if you need it.** If you have questions or need help at any time:

- Call Customer Service at the numbers at the bottom of the page.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



- Call the Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222.

**Ask for a fast review.** Act quickly and contact the QIO to ask for a fast review of your hospital discharge.

The legal term for “**fast review**” is “**immediate review**” or “**expedited review.**”

### What happens during fast review

- Reviewers at the QIO ask you or your representative why you think coverage should continue after the planned discharge date. You aren’t required to write a statement, but you may.
- Reviewers look at your medical information, talk with your doctor, and review information that the hospital and our plan gave them.
- By noon of the day after reviewers tell our plan about your appeal, you get a letter with your planned discharge date. The letter also gives reasons why your doctor, the hospital, and we think that is the right discharge date that’s medically appropriate for you.

The legal term for this written explanation is the “**Detailed Notice of Discharge.**” You can get a sample by calling Customer Service at the numbers at the bottom of the page or 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. (TTY users should call 1-877-486-2048.) You can also refer to a sample notice online at [www.cms.gov/Medicare/Medicare-General-Information/BNL/HospitalDischargeAppealNotice](http://www.cms.gov/Medicare/Medicare-General-Information/BNL/HospitalDischargeAppealNotice).

Within one full day after getting all of the information it needs, the QIO give you their answer to your appeal.

If the QIO says **Yes** to your appeal:

- We will provide your covered inpatient hospital services for as long as the services are medically necessary.

If the QIO says **No** to your appeal:

- They believe your planned discharge date is medically appropriate.
- Our coverage for your inpatient hospital services will end at noon on the day after the QIO gives you their answer to your appeal.

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



- You may have to pay the full cost of hospital care you get after noon on the day after the QIO gives you their answer to your appeal.
- You can make a Level 2 Appeal if the QIO turns down your Level 1 Appeal **and** you stay in the hospital after your planned discharge date.

### H3. Making a Level 2 Appeal

For a Level 2 Appeal, you ask the QIO to take another look at the decision they made on your Level 1 Appeal. Call them at (877) 588-1123 [TTY: (855) 887-6668].

You must ask for this review **within 60 calendar days** after the day the QIO said **No** to your Level 1 Appeal. You can ask for this review **only** if you stay in the hospital after the date that your coverage for the care ended.

QIO reviewers will:

- Take another careful look at all of the information related to your appeal.
- Tell you their decision about your Level 2 Appeal within 14 calendar days of receipt of your request for a second review.

If the QIO says **Yes** to your appeal:

- We must pay you back for our share of hospital care costs since noon on the day after the date the QIO turned down your Level 1 Appeal.
- We will provide your covered inpatient hospital services for as long as the services are medically necessary.

If the QIO says **No** to your appeal:

- They agree with their decision about your Level 1 Appeal and won't change it.
- They give you a letter that tells you what you can do if you want to continue the appeals process and make a Level 3 Appeal.
- You may also file a complaint with or ask the DMHC for an Independent Medical Review to continue your hospital stay. Please refer to **Section E4** to learn how to file a complaint with and ask the DMHC for an Independent Medical Review.

An ALJ or attorney adjudicator handles Level 3 Appeals. Refer to **Section J** for information about Level 3, 4, and 5 Appeals.

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## I. Asking us to continue covering certain medical services

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



This section is only about three types of services you may be getting:

- home health care services
- skilled nursing care in a skilled nursing facility, **and**
- rehabilitation care as an outpatient at a Medicare-approved CORF. This usually means you're getting treatment for an illness or accident or you're recovering from a major operation.

With any of these three types of services, you have the right to get covered services for as long as the doctor says you need them.

When we decide to stop covering any of these, we must tell you **before** your services end. When your coverage for that service ends, we stop paying for it.

If you think we're ending the coverage of your care too soon, **you can appeal our decision**. This section tells you how to ask for an appeal.

### **I1. Advance notice before your coverage ends**

We send you a written notice that you'll get at least two days before we stop paying for your care. This is called the "Notice of Medicare Non-Coverage." The notice tells you the date when we will stop covering your care and how to appeal our decision.

You or your representative should sign the notice to show that you got it. Signing the notice **only** shows that you got the information. Signing does **not** mean you agree with our decision.

### **I2. Making a Level 1 Appeal**

If you think we're ending coverage of your care too soon, you can appeal our decision. This section tells you about the Level 1 Appeal process and what to do.

- **Meet the deadlines.** The deadlines are important. Understand and follow the deadlines that apply to things you must do. Our plan must follow deadlines too. If you think we're not meeting our deadlines, you can file a complaint. Refer to **Section K** for more information about complaints.
- **Ask for help if you need it.** If you have questions or need help at any time:
  - Call Customer Service at the numbers at the bottom of the page.
  - Call the HICAP at 1-800-434-0222.
- **Contact the QIO.**

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- Refer to **Section H2** or refer to **Chapter 2** of your *Member Handbook* for more information about the QIO and how to contact them.
- Ask them to review your appeal and decide whether to change our plan's decision.
- **Act quickly and ask for a “fast-track appeal.** Ask the QIO if it's medically appropriate for us to end coverage of your medical services.

### Your deadline for contacting this organization

- You must contact the QIO to start your appeal by noon of the day before the effective date on the “Notice of Medicare Non-Coverage” we sent you.
- If the Quality Improvement Organization will not hear your request to continue coverage of your health care services or you believe that your situation is urgent or involves an immediate and serious threat to your health or if you are in severe pain, you may file a complaint with and ask the California Department of Managed Health Care (DMHC) for an Independent Medical Review. Please refer to **Section F4** to learn how to file a complaint with and ask the DMHC for an Independent Medical Review.

The legal term for the written notice is “**Notice of Medicare Non-Coverage**”. To get a sample copy, call Customer Service at the numbers at the bottom of the page or call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048. Or get a copy online at [www.cms.gov/Medicare/Medicare-General-Information/BN/FFS-Expedited-Determination-Notices](http://www.cms.gov/Medicare/Medicare-General-Information/BN/FFS-Expedited-Determination-Notices).

### What happens during a fast-track appeal

- Reviewers at the QIO ask you or your representative why you think coverage should continue. You aren't required to write a statement, but you may.
- Reviewers look at your medical information, talk with your doctor, and review information that our plan gave them.
- Our plan also sends you a written notice that explains our reasons for ending coverage of your services. You get the notice by the end of the day the reviewers inform us of your appeal.

The legal term for the notice explanation is “**Detailed Explanation of Non-Coverage**”.

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).





- Reviewers provide their decision within one full day after getting all the information they need.

If the QIO says **Yes** to your appeal:

- We will provide your covered services for as long as they are medically necessary.

If the QIO says **No** to your appeal:

- Your coverage ends on the date we told you.
- We stop paying the costs of this care on the date in the notice.
- You pay the full cost of this care yourself if you decide to continue the home health care, skilled nursing facility care, or CORF services after the date your coverage ends
- You decide if you want to continue these services and make a Level 2 Appeal.

### **I3. Making a Level 2 Appeal**

For a Level 2 Appeal, you ask the QIO to take another look at the decision they made on your Level 1 Appeal. Call them at (877) 588-1123 [TTY: (855) 887-6668].

You must ask for this review **within 60 calendar days** after the day the QIO said **No** to your Level 1 Appeal. You can ask for this review **only** if you continue care after the date that your coverage for the care ended.

QIO reviewers will:

- Take another careful look at all of the information related to your appeal.
- Tell you their decision about your Level 2 Appeal within 14 calendar days of receipt of your request for a second review.

If the QIO says **Yes** to your appeal:

- We pay you back for the costs of care you got since the date when we said your coverage would end.
- We will provide coverage for the care for as long as it is medically necessary.

If the QIO says **No** to your appeal:

- They agree with our decision to end your care and will not change it.



- They give you a letter that tells you what you can do if you want to continue the appeals process and make a Level 3 Appeal.
- You may file a complaint with and ask the DMHC for an Independent Medical Review to continue coverage of your health care services. Please refer to **Section F4** to learn how to ask the DMHC for an Independent Medical Review. You can file a complaint with and ask the DMHC for an Independent Medical Review in addition to or instead of a Level 3 Appeal.

An ALJ or attorney adjudicator handles Level 3 Appeals. Refer to **Section J** for information about Level 3, 4, and 5 Appeals.

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## J. Taking your appeal beyond Level 2

### J1. Next steps for Medicare services and items

If you made a Level 1 Appeal and a Level 2 Appeal for Medicare services or items, and both of your appeals were turned down, you may have the right to additional levels of appeal.

If the dollar value of the Medicare service or item you appealed does not meet a certain minimum dollar amount, you cannot appeal any further. If the dollar value is high enough, you can continue the appeals process. The letter you get from the IRO for your Level 2 Appeal explains who to contact and what to do to ask for a Level 3 Appeal.

#### Level 3 Appeal

Level 3 of the appeals process is an ALJ hearing. The person who makes the decision is an ALJ or an attorney adjudicator who works for the federal government.

If the ALJ or attorney adjudicator says **Yes** to your appeal, we have the right to appeal a Level 3 decision that is favorable to you.

- If we decide **to appeal** the decision, we send you a copy of the Level 4 Appeal request with any accompanying documents. We may wait for the Level 4 Appeal decision before authorizing or providing the service in dispute.
- If we decide **not to appeal** the decision, we must authorize or provide you with the service within 60 calendar days after getting the ALJ or attorney adjudicator's decision.
  - If the ALJ or attorney adjudicator says **No** to your appeal, the appeals process may not be over.
- If you decide **to accept** this decision that turns down your appeal, the appeals process is over.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- If you decide **not to accept** this decision that turns down your appeal, you can continue to the next level of the review process. The notice you get will tell you what to do for a Level 4 Appeal.

### Level 4 Appeal

The Medicare Appeals Council (Council) reviews your appeal and gives you an answer. The Council is part of the federal government.

If the Council says **Yes** to your Level 4 Appeal or denies our request to review a Level 3 Appeal decision favorable to you, we have the right to appeal to Level 5.

- If we decide **to appeal** the decision, we will tell you in writing.
- If we decide **not to appeal** the decision, we must authorize or provide you with the service within 60 calendar days after getting the Council's decision.

If the Council says **No** or denies our review request, the appeals process may not be over.

- If you decide **to accept** this decision that turns down your appeal, the appeals process is over.
- If you decide **not to accept** this decision that turns down your appeal, you may be able to continue to the next level of the review process. The notice you get will tell you if you can go on to a Level 5 Appeal and what to do.

### Level 5 Appeal

- A Federal District Court judge will review your appeal and all of the information and decide **Yes** or **No**. This is the final decision. There are no other appeal levels beyond the Federal District Court.

## J2. Additional Medi-Cal appeals

You also have other appeal rights if your appeal is about services or items that Medi-Cal usually covers. The letter you get from the State Hearings Division will tell you what to do if you want to continue the appeals process. If you do not agree with the State Hearing decision and you want another judge to review it, you may ask for a rehearing and/or seek judicial review.

To ask for a rehearing, mail a written request (a letter) to:

The Rehearing Unit  
744 P Street, MS 19-37  
Sacramento, CA 95814



This letter must be sent within 30 days after you get your decision. This deadline can be extended up to 180 days if you have a good reason for being late.

In your rehearing request, state the date you got your decision and why a rehearing should be granted. If you want to present additional evidence, describe the additional evidence and explain why it was not introduced before and how it would change the decision. You may contact legal services for assistance.

To ask for judicial review, you must file a petition in Superior Court (under Code of Civil Procedure Section 1094.5) within one year after receiving your decision. File your petition in the Superior Court for the county named in your decision. You may file this petition without asking for a rehearing. No filing fees are required. You may be entitled to reasonable attorney's fees and costs if the Court issues a final decision in your favor. If a rehearing was heard and you do not agree with the decision from the rehearing, you may seek judicial review but you cannot request another rehearing.

### **J3. Appeal Levels 3, 4 and 5 for Medicare Part D Drug Requests**

This section may be appropriate for you if you made a Level 1 Appeal and a Level 2 Appeal, and both of your appeals have been turned down.

If the value of the drug you appealed meets a certain dollar amount, you may be able to go on to additional levels of appeal. The written response you get to your Level 2 Appeal explains who to contact and what to do to ask for a Level 3 Appeal.

#### **Level 3 Appeal**

Level 3 of the appeals process is an ALJ hearing. The person who makes the decision is an ALJ or an attorney adjudicator who works for the federal government.

If the ALJ or attorney adjudicator says **Yes** to your appeal:

- The appeals process is over.
- We must authorize or provide the approved drug coverage within 72 hours (or 24 hours for an expedited appeal) or make payment no later than 30 calendar days after we get the decision.

If the ALJ or attorney adjudicator says **No** to your appeal, the appeals process may not be over.

- If you decide **to accept** this decision that turns down your appeal, the appeals process is over.
- If you decide **not to accept** this decision that turns down your appeal, you can continue to the next level of the review process. The notice you get will tell you what to do for a Level 4 Appeal.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



## Level 4 Appeal

The Council reviews your appeal and gives you an answer. The Council is part of the federal government.

If the Council says **Yes** to your appeal:

- The appeals process is over.
- We must authorize or provide the approved drug coverage within 72 hours (or 24 hours for an expedited appeal) or make payment no later than 30 calendar days after we get the decision.

If the Council says **No** to your appeal, the appeals process may not be over.

- If you decide **to accept** this decision that turns down your appeal, the appeals process is over.
- If you decide **not to accept** this decision that turns down your appeal, you may be able to continue to the next level of the review process. The notice you get will tell you if you can go on to a Level 5 Appeal and what to do.

## Level 5 Appeal

- A Federal District Court judge will review your appeal and all of the information and decide **Yes** or **No**. This is the final decision. There are no other appeal levels beyond the Federal District Court.

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## K. How to make a complaint

### K1. What kinds of problems should be complaints

The complaint process is used for certain types of problems only, such as problems related to quality of care, waiting times, coordination of care, and customer service. Here are examples of the kinds of problems handled by the complaint process.

Complaint	Example
Quality of your medical care	<ul style="list-style-type: none"><li>• You are unhappy with the quality of care, such as the care you got in the hospital.</li></ul>
Respecting your privacy	<ul style="list-style-type: none"><li>• You think that someone did not respect your right to privacy or shared confidential information about you.</li></ul>

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



Complaint	Example
<b>Disrespect, poor customer service, or other negative behaviors</b>	<ul style="list-style-type: none"> <li>• A health care provider or staff was rude or disrespectful to you.</li> <li>• Our staff treated you poorly.</li> <li>• You think you are being pushed out of our plan.</li> </ul>
<b>Accessibility and language assistance</b>	<ul style="list-style-type: none"> <li>• You cannot physically access the health care services and facilities in a doctor or provider's office.</li> <li>• Your doctor or provider does not provide an interpreter for the non-English language you speak (such as American Sign Language or Spanish).</li> <li>• Your provider does not give you other reasonable accommodations you need and ask for.</li> </ul>
<b>Waiting times</b>	<ul style="list-style-type: none"> <li>• You have trouble getting an appointment or wait too long to get it.</li> <li>• Doctors, pharmacists, or other health professionals, Customer Service, or other plan staff keep you waiting too long.</li> </ul>
<b>Cleanliness</b>	<ul style="list-style-type: none"> <li>• You think the clinic, hospital or doctor's office is not clean.</li> </ul>
<b>Information you get from us</b>	<ul style="list-style-type: none"> <li>• You think we failed to give you a notice or letter that you should have received.</li> <li>• You think written information we sent you is too difficult to understand.</li> </ul>



Complaint	Example
<b>Timeliness related to coverage decisions or appeals</b>	<ul style="list-style-type: none"> <li>You think we don't meet our deadlines for making a coverage decision or answering your appeal.</li> <li>You think that, after getting a coverage or appeal decision in your favor, we don't meet the deadlines for approving or giving you the service or paying you back for certain medical services.</li> <li>You don't think we sent your case to the IRO on time.</li> </ul>

**There are different kinds of complaints.** You can make an internal complaint and/or an external complaint. An internal complaint is filed with and reviewed by our plan. An external complaint is filed with and reviewed by an organization not affiliated with our plan. If you need help making an internal and/or external complaint, you can call Customer Service at 1-800-452-4413 (TTY: 711).

The legal term for a “complaint” is a “**grievance.**”

The legal term for “making a complaint” is “**filing a grievance.**”

## K2. Internal complaints

To make an internal complaint, call Customer Service at 1-800-452-4413 (TTY: 711). You can make the complaint at any time unless it is about a Medicare Part D drug. If the complaint is about a Medicare Part D drug, you must make it **within 60 calendar** days after you had the problem you want to complain about.

- If there is anything else you need to do, Customer Service will tell you.
- You can also write your complaint and send it to us. If you put your complaint in writing, we will respond to your complaint in writing.
- Here's how it works:
  - Step 1: File a Grievance

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- To begin the process, call a Customer Service representative within 60 calendar days of the event and ask to file a grievance. You may also file a grievance in writing within 60 calendar days of the event by sending it to:

Blue Shield TotalDual Plan  
Appeals & Grievances Department  
P.O. Box 927  
Woodland Hills CA 91365-9856  
FAX: (916) 350-6510

- If contacting us by fax or by mail, please call us to request a Blue Shield TotalDual Plan Appeals & Grievance Form. We will send you a letter letting you know that we received the notice of your concern within 5 calendar days and give you the name of the person who is working on it. We will normally resolve it within 30 calendar days.
- If you ask for an “expedited grievance” because we decided not to give you a “fast decision” or “fast appeal”, we will forward your request to a medical director who was not involved in our original decision. We may ask if you have additional information that was not available at the time you requested a “fast initial decision” or “fast appeal.” The medical director will review your request and decide if our original decision was appropriate. We will send you a letter with our decision within 24 hours of your request for an “expedited grievance.” We must address your grievance as quickly as your case requires based on your health status, but no later than 30 calendar days after receiving your complaint.

## Step 2: Grievance Hearing

- If you are not satisfied with the resolution of your grievance related to a quality of care issue, you may make a written request to the Blue Shield Medicare Appeals & Grievances Department for a grievance hearing. Within 31 calendar days of your written request, we will assemble a panel to hear your case. You will be invited to attend the hearing, which includes an uninvolved physician and a representative from the Appeals and Grievance Resolution Department. You may attend in person or by teleconference. After the hearing, we will send you a final resolution letter.
- If you are not satisfied with the resolution of your grievance that does not include quality of care, such as waiting times, disrespect, customer service or cleanliness, you may contact the Blue Shield TotalDual Plan Customer Service Department to request an additional review.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).





**The legal term for “fast complaint” is “expedited grievance.”**

If possible, we answer you right away. If you call us with a complaint, we may be able to give you an answer on the same phone call. If your health condition requires us to answer quickly, we will do that.

- We answer most complaints within 30 calendar days. If we don't make a decision within 30 calendar days because we need more information, we notify you in writing. We also provide a status update and estimated time for you to get the answer.
- If you make a complaint because we denied your request for a “fast coverage decision” or a “fast appeal,” we automatically give you a “fast complaint” and respond to your complaint within 24 hours.
- If you make a complaint because we took extra time to make a coverage decision or appeal, we automatically give you a “fast complaint” and respond to your complaint within 24 hours.

If we don't agree with some or all of your complaint, we will tell you and give you our reasons. We respond whether we agree with the complaint or not.

### **K3. External complaints**

#### **Medicare**

You can tell Medicare about your complaint or send it to Medicare. The Medicare Complaint Form is available at: [www.medicare.gov/MedicareComplaintForm/home.aspx](http://www.medicare.gov/MedicareComplaintForm/home.aspx). You do not need to file a complaint with Blue Shield TotalDual Plan before filing a complaint with Medicare.

Medicare takes your complaints seriously and uses this information to help improve the quality of the Medicare program.

If you have any other feedback or concerns, or if you feel the health plan is not addressing your problem, you can also call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048. The call is free.

#### **Medi-Cal**

**You can file a complaint with the California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman by calling 1-888-452-8609. TTY users can call 711. Call Monday through Friday between 8:00 a.m. and 5:00 p.m.**

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



You can file a complaint with the California Department of Managed Health Care (DMHC). The DMHC is responsible for regulating health plans. You can call the DMHC Help Center for help with complaints about Medi-Cal services. For non-urgent matters, you may file a complaint with the DMHC if you disagree with the decision in your Level 1 appeal or if the plan has not resolved your complaint after 30 calendar days. However, you may contact the DMHC without filing a Level 1 appeal if you need help with a complaint involving an urgent issue or one that involves an immediate and serious threat to your health, if you are in severe pain, if you disagree with our plan's decision about your complaint, or if our plan has not resolved your complaint after 30 calendar days.

Here are two ways to get help from the Help Center:

- Call 1-888-466-2219. Individuals who are deaf, hard of hearing, or speech-impaired can use the toll-free TTY number, 1-877-688-9891. The call is free.
- Visit the Department of Managed Health Care's website ([www.dmhca.ca.gov](http://www.dmhca.ca.gov)).

### Office for Civil Rights (OCR)

You can make a complaint to the Department of Health and Human Services (HHS) OCR if you think you have not been treated fairly. For example, you can make a complaint about disability access or language assistance. The phone number for the OCR is 1-800-368-1019. TTY users should call 1-800-537-7697. You can visit [www.hhs.gov/ocr](http://www.hhs.gov/ocr) for more information.

You may also contact the local OCR office at:

Office for Civil Rights  
U.S. Department of Health and Human Services  
90 7th Street, Suite 4-100  
San Francisco, CA 94103

Customer Response Center: (800) 368-1019  
Fax: (202) 619-3818  
TTY: (800) 537-7697  
Email: [ocrmail@hhs.gov](mailto:ocrmail@hhs.gov)

You may also have rights under the Americans with Disability Act (ADA) and under Amendments Act of 2008 (P.L. 110-325). You can contact the Medi-Cal Ombuds Program for assistance. The phone number is 1-888-452-8609.

### QIO

When your complaint is about quality of care, you have two choices:

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



- You can make your complaint about the quality of care directly to the QIO.
- You can make your complaint to the QIO and to our plan. If you make a complaint to the QIO, we work with them to resolve your complaint.

The QIO is a group of practicing doctors and other health care experts paid by the federal government to check and improve the care given to Medicare patients. To learn more about the QIO, refer to **Section H2** or refer to **Chapter 2** of your *Member Handbook*.

In California, the QIO is called Livanta. The phone number for Livanta is (877) 588-1123 [TTY: (855) 887-6668].



## Chapter 10: Ending your membership in our plan

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### Introduction

This chapter explains how you can end your membership with our plan and your health coverage options after you leave our plan. If you leave our plan, you will still be in the Medicare and Medi-Cal programs as long as you are eligible. Key terms and their definitions appear in alphabetical order in the last chapter of your *Member Handbook*.

### Table of Contents

A. When you can end your membership in our plan.....	280
B. How to end membership in our plan .....	281
C. How to get Medicare and Medi-Cal services separately .....	281
C1. Your Medicare services.....	282
C2. Your Medi-Cal services .....	285
D. Your medical items, services and drugs until your membership in our plan ends.....	285
E. Other situations when your membership in our plan ends .....	286
F. Rules against asking you to leave our plan for any health-related reason.....	287
G. Your right to make a complaint if we end your membership in our plan .....	288
H. How to get more information about ending your plan membership .....	288

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



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## A. When you can end your membership in our plan

Most people with Medicare can end their membership during certain times of the year. Since you have Medi-Cal, you have some choices to end your membership with our plan any month of the year.

In addition, you may end your membership in our plan during the following periods each year:

- The **Annual Enrollment Period**, which lasts from October 15 to December 7. If you choose a new plan during this period, your membership in our plan ends on December 31 and your membership in the new plan starts on January 1.
- The **Medicare Advantage (MA) Open Enrollment Period**, which lasts from January 1 to March 31 and also for new Medicare beneficiaries who are enrolled in a plan, from the month of entitlement to Part A and Part B until the last day of the 3<sup>rd</sup> month of entitlement. If you choose a new plan during this period, your membership in the new plan starts the first day of the next month.

There may be other situations when you are eligible to make a change to your enrollment. For example, when:

- you move out of our service area,
- your eligibility for Medi-Cal or Extra Help changed, **or**
- if you recently moved into, currently are getting care in, or just moved out of a nursing facility or a long-term care hospital.

Your membership ends on the last day of the month that we get your request to change your plan. For example, if we get your request on January 18, your coverage with our plan ends on January 31. Your new coverage begins the first day of the next month (February 1, in this example).

If you leave our plan, you can get information about your:

- Medicare options in the table in **Section C1**.
- Medi-Cal options and services in **Section C2**.

You can get more information about how you can end your membership by calling: Customer Service at the number at the bottom of this page. The number for TTY users is listed too.

- Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



- California Health Insurance Counseling and Advocacy Program (HICAP), at 1-800-434-0222, Monday through Friday from 8:00 a.m. to 5:00 p.m. For more information or to find a local HICAP office in your area, please visit [www.aging.ca.gov/HICAP](http://www.aging.ca.gov/HICAP). Health Care Options at 1-844-580-7272, Monday through Friday from 8:00 a.m. to 6:00 p.m. TTY users should call 1-800-430-7077.
- Medi-Cal Managed Care Ombudsman at 1-888-452-8609, Monday through Friday from 8:00 a.m. to 5:00 p.m. or e-mail [MMCDombudsmanOffice@dhcs.ca.gov](mailto:MMCDombudsmanOffice@dhcs.ca.gov).

NOTE: If you're in a drug management program (DMP), you may not be able to change plans. Refer to **Chapter 5** of your *Member Handbook* for information about drug management programs.

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## B. How to end membership in our plan

If you decide to end your membership you can enroll in another Medicare plan or switch to Original Medicare. However, if you want to switch from our plan to Original Medicare but you have not selected a separate Medicare prescription drug plan, you must ask to be disenrolled from our plan. There are two ways you can ask to be disenrolled:

- You can make a request in writing to us. Contact Customer Service at the number at the bottom of this page if you need more information on how to do this.
- Call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users (people who have difficulty with hearing or speaking) should call 1-877-486-2048. When you call 1-800-MEDICARE, you can also enroll in another Medicare health or drug plan. More information on getting your Medicare services when you leave our plan is in the chart on page 242.
- Call Health Care Options at 1-844-580-7272, Monday through Friday from 8:00 a.m. to 6:00 p.m. TTY users should call 1-800-430-7077.
- Section C below includes steps that you can take to enroll in a different plan, which will also end your membership in our plan.

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## C. How to get Medicare and Medi-Cal services separately

You have choices about getting your Medicare and Medi-Cal services if you choose to leave our plan.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



## C1. Your Medicare services

You have three options for getting your Medicare services listed below any month of the year. You have an additional option listed below during certain times of the year including the **Annual Enrollment Period** and the **Medicare Advantage Open Enrollment Period** or other situations described in **Section A**. By choosing one of these options, you automatically end your membership in our plan.

<p><b>1. You can change to:</b></p> <p><b>A Medicare Medi-Cal Plan (Medi-Medi Plan) is a type of Medicare Advantage plan. It is for people who have both Medicare and Medi-Cal, and combines Medicare and Medi-Cal benefits into one plan. Medi-Medi Plans coordinate all benefits and services across both programs, including all Medicare and Medi-Cal covered services.</b></p> <p><b>Note:</b> The term Medi-Medi Plan is the name for integrated dual eligible special needs plans (D-SNPs) in California.</p>	<p><b>Here is what to do:</b></p> <p>Call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.</p> <p>For Program of All-Inclusive Care for the Elderly (PACE) inquiries, call 1-855-921-PACE (7223).</p> <p>If you need help or more information:</p> <ul style="list-style-type: none"> <li>• Call the California Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222, Monday through Friday from 8:00 a.m. to 5:00 p.m. For more information or to find a local HICAP office in your area, please visit <a href="http://www.aging.ca.gov/HICAP/">www.aging.ca.gov/HICAP/</a>.</li> </ul> <p><b>OR</b></p> <p>Enroll in a new Medi-Medi Plan.</p> <p>You are automatically disenrolled from our Medicare plan when your new plan's coverage begins.</p> <p>Your Medi-Cal plan will change to match your Medi-Medi Plan.</p>
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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



<p><b>2. You can change to:</b></p> <p><b>Original Medicare with a separate Medicare prescription drug plan</b></p>	<p><b>Here is what to do:</b></p> <p>Call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.</p> <p>If you need help or more information:</p> <ul style="list-style-type: none"> <li>• Call the California Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222, Monday through Friday from 8:00 a.m. to 5:00 p.m. For more information or to find a local HICAP office in your area, please visit <a href="http://www.aging.ca.gov/HICAP/">www.aging.ca.gov/HICAP/</a>.</li> </ul> <p><b>OR</b></p> <p>Enroll in a new Medicare prescription drug plan.</p> <p>You are automatically disenrolled from our plan when your Original Medicare coverage begins.</p>
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<p><b>3. You can change to:</b></p> <p><b>Original Medicare without a separate Medicare prescription drug plan</b></p> <p><b>NOTE:</b> If you switch to Original Medicare and do not enroll in a separate Medicare prescription drug plan, Medicare may enroll you in a drug plan, unless you tell Medicare you do not want to join.</p> <p>You should only drop prescription drug coverage if you have drug coverage from another source, such as an employer or union. If you have questions about whether you need drug coverage, call the California Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222, Monday through Friday from 8:00 a.m. to 5:00 p.m. For more information or to find a local HICAP office in your area, please visit <a href="http://www.aging.ca.gov/HICAP/">www.aging.ca.gov/HICAP/</a>.</p>	<p><b>Here is what to do:</b></p> <p>Call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.</p> <p>If you need help or more information:</p> <ul style="list-style-type: none"> <li>• Call the California Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222, Monday through Friday from 8:00 a.m. to 5:00 p.m. For more information or to find a local HICAP office in your area, please visit <a href="http://www.aging.ca.gov/HICAP/">www.aging.ca.gov/HICAP/</a>.</li> </ul> <p>You are automatically disenrolled from our plan when your Original Medicare coverage begins.</p>
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<p><b>4. You can change to:</b></p> <p><b>Any Medicare health plan</b> during certain times of the year including the <b>Annual Enrollment Period</b> and the <b>Medicare Advantage Open Enrollment Period</b> or other situations described in Section A.</p>	<p><b>Here is what to do:</b></p> <p>Call Medicare at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.</p> <p>For Program of All-Inclusive Care for the Elderly (PACE) inquiries, call 1-855-921-PACE (7223).</p> <p>If you need help or more information:</p> <ul style="list-style-type: none"> <li>• Call the California Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222, Monday through Friday from 8:00 a.m. to 5:00 p.m. For more information or to find a local HICAP office in your area, please visit <a href="http://www.aging.ca.gov/HICAP/">www.aging.ca.gov/HICAP/</a>.</li> </ul> <p><b>OR</b></p> <p>Enroll in a new Medicare plan.</p> <p>You are automatically disenrolled from our Medicare plan when your new plan's coverage begins.</p> <p>Your Medi-Cal Plan may change.</p>
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## C2. Your Medi-Cal services

For questions about how to get your Medi-Cal services after you leave our plan, contact Health Care Options at 1-844-580-7272, Monday through Friday from 8:00 a.m. to 6:00 p.m. TTY users should call 1-800-430-7077. Ask how joining another plan or returning to Original Medicare affects how you get your Medi-Cal coverage.

## D. Your medical items, services and drugs until your membership in our plan ends

**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



If you leave our plan, it may take time before your membership ends and your new Medicare and Medi-Cal coverage begins. During this time, you keep getting your prescription drugs and health care through our plan until your new plan begins.

- Use our network providers to receive medical care.
- Use our network pharmacies including through our home delivery pharmacy services to get your prescriptions filled.
- If you are hospitalized on the day that your membership in Blue Shield TotalDual Plan ends, our plan will cover your hospital stay until you are discharged. This will happen even if your new health coverage begins before you are discharged.

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## E. Other situations when your membership in our plan ends

These are cases when we must end your membership in our plan:

- If there is a break in your Medicare Part A and Medicare Part B coverage.
- If you no longer qualify for Medi-Cal. Our plan is for people who qualify for both Medicare and Medi-Cal. Note: if you no longer qualify for Medi-Cal you can temporarily continue in our plan with Medicare benefits, please see information below on deeming period.
  - Medicare beneficiaries that enroll in the Blue Shield TotalDual Plan must be eligible for both Medicare Part A and Part B and Medi-Cal (Medicaid). If you are no longer eligible for Medi-Cal (Medicaid), we will notify you of the loss of Medi-Cal (Medicaid) status and we will continue to cover your Medicare benefits until you are able to requalify for Medi-Cal (Medicaid) within the next 6 months after notification of loss of special needs status. You may see an increase in out-of-pocket costs (coinsurance, copay, premiums, or deductibles) during the 6 months you are still in the plan but have no Medi-Cal coverage.
  - We extend the opportunity to switch to one of our non-HMO D-SNP plans. The non-HMO D-SNP plan is offered to beneficiaries who are entitled to both Medicare Part A and Medicare Part B, but do not have Medi-Cal (Medicaid) benefits. Medicare allows a Special Enrollment Period (SEP) for Medicare beneficiaries who are no longer eligible for Medi-Cal (Medicaid).
  - If you do not re-qualify for Medi-Cal (Medicaid) or accept the opportunity to switch to a non-HMO D-SNP plan within the 6 months after notification of loss

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).



of special needs status, you will be involuntarily disenrolled from Blue Shield TotalDual Plan.

- If you move out of our service area.
- If you are away from our service area for more than six months.
  - If you move or take a long trip, call Customer Service to find out if where you're moving or traveling to is in our plan's service area.
- If you go to jail or prison for a criminal offense.
- If you lie about or withhold information about other insurance you have for prescription drugs.
- If you are not a United States citizen or are not lawfully present in the United States.
  - You must be a United States citizen or lawfully present in the United States to be a member of our plan.
  - The Centers for Medicare & Medicaid Services (CMS) notify us if you're not eligible to remain a member on this basis.
  - We must disenroll you if you don't meet this requirement.

We can make you leave our plan for the following reasons only if we get permission from Medicare and Medi-Cal first:

- If you intentionally give us incorrect information when you are enrolling in our plan and that information affects your eligibility for our plan.
- If you continuously behave in a way that is disruptive and makes it difficult for us to provide medical care for you and other members of our plan.
- If you let someone else use your Member ID Card to get medical care. (Medicare may ask the Inspector General to investigate your case if we end your membership for this reason.)

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## F. Rules against asking you to leave our plan for any health-related reason

We cannot ask you to leave our plan for any reason related to your health. If you think we're asking you to leave our plan for a health-related reason, **call Medicare** at 1-800-MEDICARE



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

(1-800-633-4227). TTY users should call 1-877-486-2048. You may call 24 hours a day, 7 days a week.

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## **G. Your right to make a complaint if we end your membership in our plan**

If we end your membership in our plan, we must tell you our reasons in writing for ending your membership. We must also explain how you can file a grievance or make a complaint about our decision to end your membership. You can also refer to **Chapter 9** of your *Member Handbook* for information about how to make a complaint.

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## **H. How to get more information about ending your plan membership**

If you have questions or would like more information on ending your membership, you can call Customer Service at the number at the bottom of this page.



**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

## Chapter 11: Legal notices

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### Introduction

This chapter includes legal notices that apply to your membership in our plan. Key terms and their definitions appear in alphabetical order in the last chapter of your *Member Handbook*.

### Table of Contents

A. Notice about laws .....	290
B. Notice about nondiscrimination.....	290
C. Notice about Medicare as a second payer and Medi-Cal as a payer of last resort .....	291
D. Notice about Medi-Cal estate recovery .....	291
E. Administration of the <i>Member Handbook</i> .....	292
F. Member cooperation .....	292
G. Assignment .....	292
H. Employer responsibility.....	292
I. Government agency responsibility .....	292
J. U.S. Department of Veterans Affairs.....	292
K. Worker's compensation or employer's liability benefits.....	293
L. Overpayment recovery .....	293
M. When a third party causes your injuries .....	293
N. Notice about Health Information Exchange Participation .....	294
O. Reporting Fraud, Waste, and Abuse.....	295



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## A. Notice about laws

Many laws apply to this *Member Handbook*. These laws may affect your rights and responsibilities even if the laws are not included or explained in the *Member Handbook*. The main laws that apply are federal and state laws about the Medicare and Medi-Cal programs. Other federal and state laws may apply too.

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## B. Notice about nondiscrimination

We don't discriminate or treat you differently because of your race, ethnicity, national origin, color, religion, sex, gender, age, sexual orientation, mental or physical disability, health status, claims experience, medical history, genetic information, evidence of insurability, or geographic location within the service area. In addition, we do not unlawfully discriminate, exclude people, or treat them differently because of ancestry, ethnic group identification, gender identity, marital status, or medical condition.

If you want more information or have concerns about discrimination or unfair treatment:

- Call the Department of Health and Human Services, Office for Civil Rights at 1-800-368-1019. TTY users can call 1-800-537-7697. You can also visit [www.hhs.gov/ocr](http://www.hhs.gov/ocr) for more information.
- Call the Department of Health Care Services, Office for Civil Rights at 916-440-7370. TTY users can call 711 (Telecommunications Relay Service). If you believe that you have been discriminated against and want to file a discrimination grievance, contact:
  - Send an email to: [CivilRights@dhcs.ca.gov](mailto:CivilRights@dhcs.ca.gov)
  - Fill out a complaint form or send a letter to:

Deputy Director, Office of Civil Rights

Department of Health Care Services

Office of Civil Rights

P.O. Box 997413, MS 0009

Sacramento, CA 95899-7413

Complaint forms are available at:

[dhcs.ca.gov/Pages/Language\\_Access.aspx](http://dhcs.ca.gov/Pages/Language_Access.aspx)

If your grievance is about discrimination in the Medi-Cal program, you can also file a complaint with the Department of Health Care Services, Office of Civil Rights, by phone, in writing, or electronically:

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).



- By phone: Call 916-440-7370. If you cannot speak or hear well, please call 711 (Telecommunications Relay Service).
- In writing: Fill out a complaint form or send a letter to:

Deputy Director, Office of Civil Rights  
Department of Health Care Services  
Office of Civil Rights  
P.O. Box 997413, MS 0009  
Sacramento, CA 95899-7413

Complaint forms are available at

[www.dhcs.ca.gov/Pages/Language\\_Access.aspx](http://www.dhcs.ca.gov/Pages/Language_Access.aspx).

- Electronically: Send an email to [CivilRights@dhcs.ca.gov](mailto:CivilRights@dhcs.ca.gov).

If you have a disability and need help accessing health care services or a provider, call Customer Service. If you have a complaint, such as a problem with wheelchair access, Customer Service can help.

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## C. Notice about Medicare as a second payer and Medi-Cal as a payer of last resort

Sometimes someone else must pay first for the services we provide you. For example, if you're in a car accident or if you're injured at work, insurance or Workers Compensation must pay first.

We have the right and responsibility to collect for covered Medicare services for which Medicare is not the first payer.

We comply with federal and state laws and regulations relating to the legal liability of third parties for health care services to members. We take all reasonable measures to ensure that Medi-Cal is the payer of last resort.

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## D. Notice about Medi-Cal estate recovery

The Medi-Cal program must seek repayment from probated estates of certain deceased members for Medi-Cal benefits received on or after their 55th birthday. Repayment includes Fee-For-Service and managed care premiums/capitation payments for nursing facility services, home and community-based services, and related hospital and prescription drug services received when the member was an inpatient in a nursing facility or was receiving home and community-based services. Repayment cannot exceed the value of a member's probated estate.

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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](http://blueshieldca.com/medicare).





To learn more, go to the Department of Health Care Services' estate recovery website at [www.dhcs.ca.gov/er](http://www.dhcs.ca.gov/er) or call 916-650-0590.

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## **E. Administration of the *Member Handbook***

We may adopt reasonable policies, procedures, and interpretations to promote orderly and efficient administration of this *Member Handbook*.

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## **F. Member cooperation**

You must complete any applications, forms, statements, releases, authorizations, lien forms and any other documents that we request in the normal course of business or as specified in this *Member Handbook*.

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## **G. Assignment**

You may not assign this *Member Handbook* or any of the rights, interests, claims for money due, benefits, or obligations hereunder without our prior written consent.

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## **H. Employer responsibility**

For any services that the law requires an employer to provide, we will not pay the employer, and when we cover any such services we may recover the value of the services from the employer.

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## **I. Government agency responsibility**

For any services that the law requires be provided only by or received only from a government agency, we will not pay the government agency, and when we cover any such services we may recover the value of the services from the government agency.

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## **J. U.S. Department of Veterans Affairs**

For any services for conditions that the law requires the Department of Veterans Affairs to provide, we will not pay the Department of Veterans Affairs, and when we cover any such services we may recover the value of the services from the Department of Veterans Affairs.

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## K. Worker's compensation or employer's liability benefits

You may be eligible for payments or other benefits under workers' compensation or employer's liability law. We will provide covered Part D drugs even if it is unclear whether you are entitled to benefits, but we may recover the value of any Covered Services from the following sources:

1. From any source providing benefits or from whom a benefit is due.
2. From you, to the extent that a benefit is provided or payable or would have been required to be provided or payable if you had diligently sought to establish your rights to the benefits under any workers' compensation or employer's liability law.

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## L. Overpayment recovery

We may recover any overpayment that we make for services from anyone who receives such an overpayment or from any person or organization obligated to pay for the services.

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## M. When a third party causes your injuries

If you are injured or become ill due to the act or omission of another person (a "third party"), Blue Shield shall, with respect to Services required as a result of that injury, provide the Benefits of the Plan and have an equitable right to restitution, reimbursement or other available remedy to recover the amounts Blue Shield paid for Services provided to you from any recovery (defined below) obtained by or on behalf of you, from or on behalf of the third party responsible for the injury or illness or from uninsured/underinsured motorist coverage.

This right to restitution, reimbursement or other available remedy is against any recovery you receive as a result of the injury or illness, including any amount awarded to or received by way of court judgment, arbitration award, settlement or any other arrangement, from any third party or third party insurer, or from uninsured or underinsured motorist coverage, related to the illness or injury (the "Recovery"), without regard to whether you have been "made whole" by the Recovery. The right to restitution, reimbursement or other available remedy is with respect to that portion of the total Recovery that is due for the Benefits paid in connection with such injury or illness, calculated in accordance with California Civil Code Section 3040.

You are required to:

1. Notify Blue Shield in writing of any actual or potential claim or legal action which you expect to bring or has brought against the third party arising from the alleged acts or omissions causing the injury or illness, not later than 30 days after submitting or filing a claim or legal action against the third party; and,

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2. Agree to fully cooperate and execute any forms or documents needed to enforce this right to restitution, reimbursement or other available remedies; and,
3. Agree in writing to reimburse Blue Shield for Benefits paid by Blue Shield from any Recovery when the Recovery is obtained from or on behalf of the third party or the insurer of the third party, or from uninsured or underinsured motorist coverage; and,
4. Provide a lien calculated in accordance with the California Civil Code section 3040. The lien may be filed with the third party, the third party's agent or attorney, or the court, unless otherwise prohibited by law; and,
5. Periodically respond to information requests regarding the claim against the third party, and notify Blue Shield, in writing, within ten (10) days after any Recovery has been obtained.

Your failure to comply with 1. Through 5., above shall not in any way act as a waiver, release, or relinquishment of the rights of Blue Shield.

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## N. Notice about Health Information Exchange Participation

Blue Shield participates in the Manifest MedEx Health Information Exchange ("HIE") making its members' health information available to Manifest MedEx for access by their authorized health care providers. Manifest MedEx is an independent, not-for-profit organization that maintains a statewide database of electronic patient records that includes health information contributed by doctors, health care facilities, health care service plans, and health insurance companies. Authorized health care providers (including doctors, nurses, and hospitals) may securely access their patients' health information through the Manifest MedEx HIE to support the provision of safe, high-quality care.

Manifest MedEx respects Members' right to privacy and follows applicable state and federal privacy laws. Manifest MedEx uses advanced security systems and modern data encryption techniques to protect Members' privacy and the security of their personal information.

Every Blue Shield Member has the right to direct Manifest MedEx not to share their health information with their health care providers. Although opting out of Manifest MedEx may limit your health care provider's ability to quickly access important health care information about you, a member's health insurance or health plan benefit coverage will not be affected by an election to opt-out of Manifest MedEx. No doctor or hospital participating in Manifest MedEx will deny medical care to a patient who chooses not to participate in the Manifest MedEx HIE.

Members who do not wish to have their healthcare information displayed in Manifest MedEx should fill out the online form at <https://www.manifestmedex.org/opt-out> or call Manifest MedEx at (888) 510-7142, 7:00 a.m. to 7:00p.m. PST, Monday through Friday. TTY: 711 for the hearing impaired.

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## O. Reporting Fraud, Waste, and Abuse

### What is fraud, waste, and abuse (FWA)?

- **Fraud** is an intentional misrepresentation that may result in unauthorized costs to a healthcare program.
- **Waste** is the inappropriate use of healthcare funds or resources without a justifiable need to do so.
- **Abuse** is a practice that is inconsistent with sound medical or business practices that may directly or indirectly result in unnecessary costs to a healthcare program.

### Protect yourself and your benefits

- Never give out your Social Security, Medicare or health plan numbers or banking information to someone you don't know.
- Do not consent to any lab tests without your doctor's order.
- It is illegal to accept anything of value in exchange for medical services.

### Be aware of genetic testing fraud

Scammers approach unsuspecting enrollees at local health fairs, senior housing facilities, community centers, home health agencies, and other trustworthy locations to carry out genetic testing fraud. They falsely promise that Medicare will pay for the test, and you simply need to provide a cheek swab, your ID, and Medicare information in order to receive your test results.

Unfortunately, now these scammers have your health plan or Medicare number, and they can bill Medicare thousands of dollars for tests or even services that you never receive. They also have your personal genetic information.

To report suspected fraud, waste, and abuse, please contact:

- **Blue Shield of California's Medicare fraud hotline: (855) 331-4894 (TTY: 711)** or via email: [MedicareStopFraud@blueshieldca.com](mailto:MedicareStopFraud@blueshieldca.com).
- **Medicare at 1-800 MEDICARE (1-800-633-4227)**, 24 hours a day, seven days a week (TTY users should call 1-877-486-2048).

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## Chapter 12: Definitions of important words

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### Introduction

This chapter includes key terms used throughout your *Member Handbook* with their definitions. The terms are listed in alphabetical order. If you can't find a term you're looking for or if you need more information than a definition includes, contact Customer Service.



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**Activities of daily living (ADL):** The things people do on a normal day, such as eating, using the toilet, getting dressed, bathing, or brushing teeth.

**Administrative law judge:** A judge that reviews a level 3 appeal.

**AIDS drug assistance program (ADAP):** A program that helps eligible individuals living with HIV/AIDS have access to life-saving HIV medications.

**Ambulatory surgical center:** A facility that provides outpatient surgery to patients who do not need hospital care and who are not expected to need more than 24 hours of care.

**Appeal:** A way for you to challenge our action if you think we made a mistake. You can ask us to change a coverage decision by filing an appeal. **Chapter 9** of your *Member Handbook* explains appeals, including how to make an appeal.

**Behavioral Health:** An all-inclusive term referring to mental health and substance use disorder services.

**Biological Product:** A prescription drug that is made from natural and living sources like animal cells, plant cells, bacteria, or yeast. Biological products are more complex than other drugs and cannot be copied exactly, so alternative forms are called biosimilars. (See also “Original Biological Product” and “Biosimilar”).

**Biosimilar:** A biological drug that is very similar, but not identical, to the original biological product. Biosimilars are as safe and effective as the original biological product. Some biosimilars may be substituted for the original biological product at the pharmacy without needing a new prescription. (See “Interchangeable Biosimilar”).

**Brand name drug:** A prescription drug that is made and sold by the company that originally made the drug. Brand name drugs have the same ingredients as the generic versions of the drugs. Generic drugs are usually made and sold by other drug companies.

**Care coordinator:** One main person who works with you, with the health plan, and with your care providers to make sure you get the care you need.

**Care plan:** Refer to “Individualized Care Plan.”

**Care Plan Optional Services (CPO Services):** Additional services that are optional under your Individualized Care Plan (ICP). These services are not intended to replace long-term services and supports that you are authorized to get under Medi-Cal.

**Care team:** Refer to “Interdisciplinary Care Team.”

**Centers for Medicare & Medicaid Services (CMS):** The federal agency in charge of Medicare. **Chapter 2** of your *Member Handbook* explains how to contact CMS.



If you have questions, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

**Community-Based Adult Services (CBAS):** Outpatient, facility-based service program that delivers skilled nursing care, social services, occupational and speech therapies, personal care, family/caregiver training and support, nutrition services, transportation, and other services to eligible members who meet applicable eligibility criteria.

**Complaint:** A written or spoken statement saying that you have a problem or concern about your covered services or care. This includes any concerns about the quality of service, quality of your care, our network providers, or our network pharmacies. The formal name for “making a complaint” is “filing a grievance”.

**Comprehensive outpatient rehabilitation facility (CORF):** A facility that mainly provides rehabilitation services after an illness, accident, or major operation. It provides a variety of services, including physical therapy, social or psychological services, respiratory therapy, occupational therapy, speech therapy, and home environment evaluation services.

**Copay:** A fixed amount you pay as your share of the cost each time you get certain services or prescription drugs. For example, you might pay \$2 or \$5 for a service or a prescription drug.

**Cost-sharing:** Amounts you have to pay when you get certain services or prescription drugs. Cost-sharing includes copays.

**Cost-sharing tier:** A group of drugs with the same copay. Every drug on the *List of Covered Drugs* (also known as the Drug List) is in one of five cost-sharing tiers. In general, the higher the cost-sharing tier, the higher your cost for the drug.

**Coverage decision:** A decision about what benefits we cover. This includes decisions about covered drugs and services or the amount we pay for your health services. **Chapter 9** of your *Member Handbook* explains how to ask us for a coverage decision.

**Covered drugs:** The term we use to mean all of the prescription and over-the-counter (OTC) drugs covered by our plan.

**Covered services:** The general term we use to mean all of the health care, long-term services and supports, supplies, prescription and over-the-counter drugs, equipment, and other services our plan covers.

**Cultural competence training:** Training that provides additional instruction for our health care providers that helps them better understand your background, values, and beliefs to adapt services to meet your social, cultural, and language needs.

**Customer Service:** A department in our plan responsible for answering your questions about membership, benefits, grievances, and appeals. Refer to **Chapter 2** of your *Member Handbook* for more information about Customer Service.



**Department of Health Care Services (DHCS):** The state department in California that administers the Medicaid Program (known as Medi-Cal).

**Department of Managed Health Care (DMHC):** The state department in California responsible for regulating health plans. DMHC helps people with appeals and complaints about Medi-Cal services. DMHC also conducts Independent Medical Reviews (IMR).

**Disenrollment:** The process of ending your membership in our plan. Disenrollment may be voluntary (your own choice) or involuntary (not your own choice).

**Drug management program (DMP):** A program that helps make sure members safely use prescription opioids and other frequently abused medications.

**Drug tiers:** Groups of drugs on our Drug List. Generic, brand name, or over-the-counter (OTC) drugs are examples of drug tiers. Every drug on the Drug List is in one of five tiers.

**Dual eligible special needs plan (D-SNP):** Health plan that serves individuals who are eligible for both Medicare and Medicaid. Our plan is a D-SNP.

**Durable medical equipment (DME):** Certain items your doctor orders for use in your own home. Examples of these items are wheelchairs, crutches, powered mattress systems, diabetic supplies, hospital beds ordered by a provider for use in the home, IV infusion pumps, speech generating devices, oxygen equipment and supplies, nebulizers, and walkers.

**Emergency:** A medical emergency when you, or any other person with an average knowledge of health and medicine, believe that you have medical symptoms that need immediate medical attention to prevent death, loss of a body part, or loss of or serious impairment to a bodily function (and if you are a pregnant woman, loss of an unborn child). The medical symptoms may be an illness, injury, severe pain, or a medical condition that is quickly getting worse.

**Emergency care:** Covered services given by a provider trained to give emergency services and needed to treat a medical or behavioral health emergency.

**Exception:** Permission to get coverage for a drug not normally covered or to use the drug without certain rules and limitations.

**Excluded Services:** Services that are not covered by this health plan.

**Extra Help:** Medicare program that helps people with limited incomes and resources reduce Medicare Part D prescription drug costs, such as premiums, deductibles, and copays. Extra Help is also called the “Low-Income Subsidy”, or “LIS”.

**Generic drug:** A prescription drug approved by the federal government to use in place of a brand name drug. A generic drug has the same ingredients as a brand name drug. It's usually cheaper and works just as well as the brand name drug.

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**Grievance:** A complaint you make about us or one of our network providers or pharmacies. This includes a complaint about the quality of your care or the quality of service provided by your health plan.

**Health Insurance Counseling and Advocacy Program (HICAP):** A program that provides free and objective information and counseling about Medicare. **Chapter 2** of your *Member Handbook* explains how to contact HICAP.

**Health plan:** An organization made up of doctors, hospitals, pharmacies, providers of long-term services, and other providers. It also has care coordinators to help you manage all your providers and services. All of them work together to provide the care you need.

**Health risk assessment (HRA):** A review of your medical history and current condition. It's used to learn about your health and how it might change in the future.

**Home Delivery Provider:** Some plans may offer a home delivery program that allows you to get up to a 3-month supply of your covered prescription drugs sent directly to your home. This may be a cost-effective and convenient way to fill prescriptions you take regularly.

**Home health aide:** A person who provides services that don't need the skills of a licensed nurse or therapist, such as help with personal care (like bathing, using the toilet, dressing, or carrying out the prescribed exercises). Home health aides don't have a nursing license or provide therapy.

**Hospice:** A program of care and support to help people who have a terminal prognosis live comfortably. A terminal prognosis means that a person has been medically certified as terminally ill, meaning having a life expectancy of 6 months or less.

- An enrollee who has a terminal prognosis has the right to elect hospice.
- A specially trained team of professionals and caregivers provide care for the whole person, including physical, emotional, social, and spiritual needs.
- We are required to give you a list of hospice providers in your geographic area.



**Improper/inappropriate billing:** A situation when a provider (such as a doctor or hospital) bills you more than our cost-sharing amount for services. Call Customer Service if you get any bills you don't understand.

Because we pay the entire cost for your services, you do **not** owe any cost-sharing. Providers should not bill you anything for these services.

**In Home Supportive Services (IHSS):** The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. IHSS is an alternative to out-of-home care, such as nursing homes or board and care facilities. The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired. County social service agencies administer IHSS.

**Independent Medical Review (IMR):** If we deny your request for medical services or treatment, you can make an appeal. If you disagree with our decision and your problem is about a Medi-Cal service, including DME supplies and drugs, you can ask the California Department of Managed Health Care for an IMR. An IMR is a review of your case by doctors who are not part of our plan. If the IMR decision is in your favor, we must give you the service or treatment you asked for. You pay no costs for an IMR.

**Independent review organization (IRO):** An independent organization hired by Medicare that reviews a level 2 appeal. It is not connected with us and is not a government agency. This organization decides whether the decision we made is correct or if it should be changed. Medicare oversees its work. The formal name is the **Independent Review Entity**.

**Individualized Care Plan (ICP or Care Plan):** A plan for what services you will get and how you will get them. Your plan may include medical services, behavioral health services, and long-term services and supports.

**Inpatient:** A term used when you are formally admitted to the hospital for skilled medical services. If you're not formally admitted, you may still be considered an outpatient instead of an inpatient even if you stay overnight.

**Interdisciplinary Care Team (ICT or Care team):** A care team may include doctors, nurses, counselors, or other health professionals who are there to help you get the care you need. Your care team also helps you make a care plan.

**Integrated D-SNP:** A dual-eligible special needs plan that covers Medicare and most or all Medicaid services under a single health plan for certain groups of individuals eligible for both Medicare and Medicaid. These individuals are known as full-benefit dually eligible individuals.



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**Interchangeable Biosimilar:** A biosimilar that may be substituted at the pharmacy without needing a new prescription because it meets additional requirements related to the potential for automatic substitution. Automatic substitution at the pharmacy is subject to state law.

**List of Covered Drugs (Drug List):** A list of prescription and over-the-counter (OTC) drugs we cover. We choose the drugs on this list with the help of doctors and pharmacists. The Drug List tells you if there are any rules you need to follow to get your drugs. The Drug List is sometimes called a “formulary”.

**Long-term services and supports (LTSS):** Long-term services and supports help improve a long-term medical condition. Most of these services help you stay in your home so you don’t have to go to a nursing facility or hospital. LTSS covered by our plan include Community-Based Adult Services (CBAS), also known as adult day health care, Nursing Facilities (NF), and Community Supports. IHSS and 1915(c) waiver programs are Medi-Cal LTSS provided outside our plan.

**Low-income subsidy (LIS):** Refer to “Extra Help”

**Medi-Cal:** This is the name of California Medicaid program. Medi-Cal is managed by the state and is paid for by the state and the federal government.

- It helps people with limited incomes and resources pay for long-term services and supports and medical costs.
- It covers extra services and some drugs not covered by Medicare.
- Medicaid programs vary from state to state, but most health care costs are covered if you qualify for both Medicare and Medi-Cal.

**Medi-Cal plans:** Plans that cover only Medi-Cal benefits, such as long-term services and supports, medical equipment, and transportation. Medicare benefits are separate.

**Medicaid (or Medical Assistance):** A program run by the federal government and the state that helps people with limited incomes and resources pay for long-term services and supports and medical costs. Medi-Cal is the Medicaid program for the State of California.

**Medically necessary:** This describes services, supplies, or drugs you need to prevent, diagnose, or treat a medical condition or to maintain your current health status. This includes care that keeps you from going into a hospital or nursing facility. It also means the services, supplies, or drugs meet accepted standards of medical practice.



**Medicare:** The federal health insurance program for people 65 years of age or older, some people under age 65 with certain disabilities, and people with end-stage renal disease (generally those with permanent kidney failure who need dialysis or a kidney transplant). People with Medicare can get their Medicare health coverage through Original Medicare or a managed care plan (refer to “Health plan”).

**Medicare Advantage:** A Medicare program, also known as “Medicare Part C” or “MA”, that offers MA plans through private companies. Medicare pays these companies to cover your Medicare benefits.

**Medicare Appeals Council (Council):** A council that reviews a level 4 appeal. The Council is part of the Federal government.

**Medicare-covered services:** Services covered by Medicare Part A and Medicare Part B. All Medicare health plans, including our plan, must cover all of the services covered by Medicare Part A and Medicare Part B.

**Medicare diabetes prevention program (MDPP):** A structured health behavior change program that provides training in long-term dietary change, increased physical activity, and strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle.

**Medicare-Medi-Cal enrollee:** A person who qualifies for Medicare and Medicaid coverage. A Medicare- Medicaid enrollee is also called a “dually eligible individual”.

**Medicare Part A:** The Medicare program that covers most medically necessary hospital, skilled nursing facility, home health, and hospice care.

**Medicare Part B:** The Medicare program that covers services (such as lab tests, surgeries, and doctor visits) and supplies (such as wheelchairs and walkers) that are medically necessary to treat a disease or condition. Medicare Part B also covers many preventive and screening services.

**Medicare Part C:** The Medicare program, also known as “Medicare Advantage” or “MA”, that lets private health insurance companies provide Medicare benefits through an MA Plan.

**Medicare Part D:** The Medicare prescription drug benefit program. We call this program “Part D” for short. Medicare Part D covers outpatient prescription drugs, vaccines, and some supplies not covered by Medicare Part A or Medicare Part B or Medi-Cal. Our plan includes Medicare Part D.

**Medicare Part D drugs:** Drugs covered under Medicare Part D. Congress specifically excludes certain categories of drugs from coverage under Medicare Part D. Medi-Cal may cover some of these drugs.



**Medication Therapy Management (MTM):** A distinct group of service or group of services provided by health care providers, including pharmacists, to ensure the best therapeutic outcomes for patients. Refer to **Chapter 5** of your *Member Handbook* for more information.

**Medi-Medi Plan:** A Medicare Medi-Cal Plan (Medi-Medi Plan) is a type of Medicare Advantage plan. It is for people who have both Medicare and Medi-Cal, and combines Medicare and Medi-Cal benefits into one plan. Medi-Medi Plans coordinate all benefits and services across both programs, including all Medicare and Medi-Cal covered services.

**Member (member of our plan, or plan member):** A person with Medicare and Medi-Cal who qualifies to get covered services, who has enrolled in our plan, and whose enrollment has been confirmed by the Centers for Medicare & Medicaid Services (CMS) and the state.

**Member Handbook and Disclosure Information:** This document, along with your enrollment form and any other attachments, or riders, which explain your coverage, what we must do, your rights, and what you must do as a member of our plan.

**Network pharmacy:** A pharmacy (drug store) that agreed to fill prescriptions for our plan members. We call them “network pharmacies” because they agreed to work with our plan. In most cases, we cover your prescriptions only when filled at one of our network pharmacies.

**Network provider:** “Provider” is the general term we use for doctors, nurses, and other people who give you services and care. The term also includes hospitals, home health agencies, clinics, and other places that give you health care services, medical equipment, and long-term services and supports.

- They are licensed or certified by Medicare and by the state to provide health care services.
- We call them “network providers” when they agree to work with our health plan, accept our payment, and do not charge members an extra amount.
- While you’re a member of our plan, you must use network providers to get covered services. Network providers are also called “plan providers”.

**Nursing home or facility:** A facility that provides care for people who can’t get their care at home but don’t need to be in the hospital.

**Ombudsman:** An office in your state that works as an advocate on your behalf. They can answer questions if you have a problem or complaint and can help you understand what to do. The ombudsperson’s services are free. You can find more information in **Chapters 2 and 9** of your *Member Handbook*.

**Organization determination:** Our plan makes an organization determination when we, or one of our providers, decide about whether services are covered or how much you pay for



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covered services. Organization determinations are called “coverage decisions”. **Chapter 9** of your *Member Handbook* explains coverage decisions.

**Original Biological Product:** A biological product that has been approved by the Food and Drug Administration (FDA) and serves as the comparison for manufacturers making a biosimilar version. It is also called a reference product.

**Original Medicare (traditional Medicare or fee-for-service Medicare):** The government offers Original Medicare. Under Original Medicare, services are covered by paying doctors, hospitals, and other health care providers amounts that Congress determines.

- You can use any doctor, hospital, or other health care provider that accepts Medicare. Original Medicare has two parts: Medicare Part A (hospital insurance) and Medicare Part B (medical insurance).
- Original Medicare is available everywhere in the United States.
- If you don't want to be in our plan, you can choose Original Medicare

**Out-of-network pharmacy:** A pharmacy that has not agreed to work with our plan to coordinate or provide covered drugs to members of our plan. Our plan doesn't cover most drugs you get from out-of-network pharmacies unless certain conditions apply.

**Out-of-network provider or Out-of-network facility:** A provider or facility that is not employed, owned, or operated by our plan and is not under contract to provide covered services to members of our plan. **Chapter 3** of your *Member Handbook* explains out-of-network providers or facilities.

**Out-of-pocket costs:** The cost-sharing requirement for members to pay for part of the services or drugs they get is also called the “out-of-pocket” cost requirement. Refer to the definition for “cost-sharing” above.

**Over-the-counter (OTC) drugs:** Over-the-counter drugs are drugs or medicines that a person can buy without a prescription from a health care professional.

**Part A:** Refer to “Medicare Part A.”

**Part B:** Refer to “Medicare Part B.”

**Part C:** Refer to “Medicare Part C.”

**Part D:** Refer to “Medicare Part D.”

**Part D drugs:** Refer to “Medicare Part D drugs.”



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**Personal health information (also called Protected health information) (PHI):**

Information about you and your health, such as your name, address, social security number, physician visits, and medical history. Refer to our Notice of Privacy Practices for more information about how we protect, use, and disclose your PHI, as well as your rights with respect to your PHI.

**Primary care provider (PCP):** The doctor or other provider you use first for most health problems. They make sure you get the care you need to stay healthy.

- They also may talk with other doctors and health care providers about your care and refer you to them.
- In many Medicare health plans, you must use your primary care provider before you use any other health care provider.
- Refer to **Chapter 3** of your *Member Handbook* for information about getting care from primary care providers.

**Prior authorization (PA):** An approval you must get from us before you can get a specific service or drug or use an out-of-network provider. Our plan may not cover the service or drug if you don't get approval first.

Our plan covers some network medical services only if your doctor or other network provider gets PA from us.

- Covered services that need our plan's PA are marked in **Chapter 4** of your *Member Handbook*.

Our plan covers some drugs only if you get PA from us.

- Covered drugs that need our plan's PA are marked in the *List of Covered Drugs* and the rules are posted on our website.

**Program for All-Inclusive Care for the Elderly (PACE):** A program that covers Medicare and Medicaid benefits together for people age 55 and over who need a higher level of care to live at home.

**Prosthetics and Orthotics:** Medical devices ordered by your doctor or other health care provider that include, but are not limited to, arm, back, and neck braces; artificial limbs; artificial eyes; and devices needed to replace an internal body part or function, including ostomy supplies and enteral and parenteral nutrition therapy.

**Quality improvement organization (QIO):** A group of doctors and other health care experts who help improve the quality of care for people with Medicare. The federal government pays the QIO to check and improve the care given to patients. Refer to **Chapter 2** of your *Member Handbook* for information about the QIO.



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**If you have questions**, please call Blue Shield TotalDual Plan at 1-800-452-4413 (TTY: 711), 8:00 a.m. to 8:00 p.m., seven days a week. The call is free. **For more information**, visit [blueshieldca.com/medicare](https://blueshieldca.com/medicare).

**Quantity limits:** A limit on the amount of a drug you can have. We may limit the amount of the drug that we cover per prescription.

**Real Time Benefit Tool:** A portal or computer application in which enrollees can look up complete, accurate, timely, clinically appropriate, enrollee-specific covered drugs and benefit information. This includes cost sharing amounts, alternative drugs that may be used for the same health condition as a given drug, and coverage restrictions (prior authorization, step therapy, quantity limits) that apply to alternative drugs.

**Referral:** A referral is your primary care provider's (PCP's) or our approval to use a provider other than your PCP. If you don't get approval first, we may not cover the services. You don't need a referral to use certain specialists, such as women's health specialists. You can find more information about referrals in **Chapters 3 and 4** of your *Member Handbook*.

**Rehabilitation services:** Treatment you get to help you recover from an illness, accident, or major operation. Refer to **Chapter 4** of your *Member Handbook* to learn more about rehabilitation services.

**Sensitive services:** Services related to mental or behavioral health, sexual and reproductive health, family planning, sexually transmitted infections (STIs), HIV/AIDS, sexual assault and abortions, substance use disorder, gender affirming care, and intimate partner violence.

**Service area:** A geographic area where a health plan accepts members if it limits membership based on where people live. For plans that limit which doctors and hospitals you may use, it's generally the area where you can get routine (non-emergency) services. Only people who live in our service area can enroll in our plan.

**Share of cost:** The portion of your health care costs that you may have to pay each month before your benefits become effective. The amount of your share of cost varies depending on your income and resources.

**Skilled nursing facility (SNF):** A nursing facility with the staff and equipment to give skilled nursing care and, in most cases, skilled rehabilitative services and other related health services.

**Skilled nursing facility (SNF) care:** Skilled nursing care and rehabilitation services provided on a continuous, daily basis, in a skilled nursing facility. Examples of skilled nursing facility care include physical therapy or intravenous (IV) injections that a registered nurse or a doctor can give.

**Specialist:** A doctor who provides health care for a specific disease or part of the body.

**Specialized pharmacy:** Refer to **Chapter 5** of your *Member Handbook* to learn more about specialized pharmacies.



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**State Hearing:** If your doctor or other provider asks for a Medi-Cal service that we won't approve, or we won't continue to pay for a Medi-Cal service you already have, you can ask for a State Hearing. If the State Hearing is decided in your favor, we must give you the service you asked for.

**Step therapy:** A coverage rule that requires you to try another drug before we cover the drug you ask for.

**Supplemental Security Income (SSI):** A monthly benefit Social Security pays to people with limited incomes and resources who are disabled, blind, or age 65 and over. SSI benefits are not the same as Social Security benefits.

**Urgently needed care:** Care you get for an unforeseen illness, injury, or condition that is not an emergency but needs care right away. You can get urgently needed care from out-of-network providers when you cannot get to them because given your time, place, or circumstances, it is not possible, or it is unreasonable to obtain services from network providers (for example when you are outside the plan's service area and you require medically needed immediate services for an unseen condition but it is not a medical emergency).

## Blue Shield TotalDual Plan Customer Service

<b>CALL</b>	1-800-452-4413  Calls to this number are free. 8:00 a.m. to 8:00 p.m., seven days a week.  Customer Service also has free language interpreter services available for non-English speakers.
<b>TTY</b>	711  This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking.  Calls to this number are free. 8:00 a.m. to 8:00 p.m., seven days a week.
<b>FAX</b>	(877) 251-6671
<b>WRITE</b>	Blue Shield TotalDual Plan P.O. Box 927 Woodland Hills, CA 91365-9856
<b>WEBSITE</b>	<a href="https://blueshieldca.com/medicare">blueshieldca.com/medicare</a>

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[blueshieldca.com/medicare](https://blueshieldca.com/medicare)

Blue Shield of California 6300 Canoga Avenue, Woodland Hills, CA 91367-2555

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