

Health Net Group Retiree Plans





Helping You Make the Right Choice

At Health Net of California, Inc. (Health Net), we're working to change your idea of a "health plan." Our mission is to support your quest for optimal health. Beyond comprehensive benefits and predictable copayments, our Coordination of Benefits plans include extra health-boosting resources.

Whatever you're looking for – affordability, broad benefit coverage, choice in doctors, or wellness programs to keep you healthy – you'll find it here.

Why Choose Health Net

Reasons to choose Health Net HMO Coordination of Benefits (COB) coverage include:



We know California

Health Net of California, Inc. gives Californians access to broad networks, personal service and useful resources so they can manage their health the way they want.



We're all about quality

Ongoing service monitoring helps ensure the care you receive is the kind of care you expect and deserve.



Broad networks for more choices

Our HMO plans give you access to our network of highly skilled medical providers and hospitals. And with such large provider networks, there is a good chance your doctor is part of ours. You can search for doctors at healthnet.com. Just click on ProviderSearch. You can also change doctors, download maps and more.



Wellness programs

Access beneficial wellness programs to help you achieve positive, lasting health changes!

How Coordination of Benefits Works



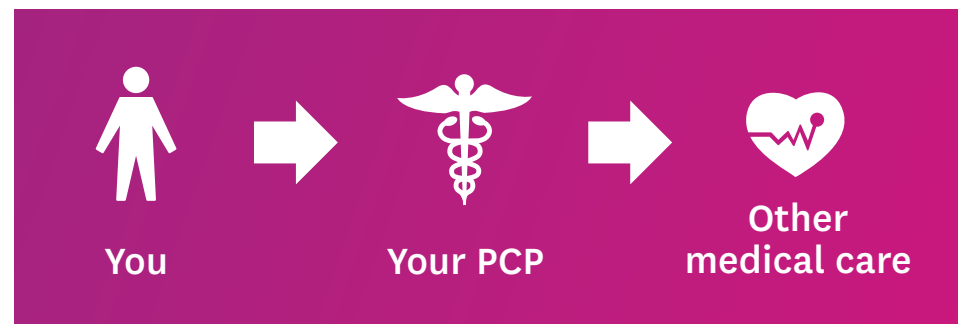
Check with your employer/union benefits administrator for questions about your enrollment and plan premium.

Health Net offers a variety of Coordination of Benefits (COB) plan choices to meet the varying needs of retirees. You can count on broad coverage, friendly service and health-boosting extras with Health Net.

You must be enrolled in both Medicare Part A and Part B to enroll in a Health Net Medicare COB plan offered by your employer, union or trust. To be eligible, retirees must reside within the Health Net HMO commercial service area and select a primary care provider (PCP). If either you or your spouse is over the age of 65 and actively employed, neither is eligible for this COB plan.

HMO COB: How does it work?

Health Net's Medicare COB plan works like a traditional HMO plan where your PCP coordinates your care.



- If you need care from a specialist, your PCP makes arrangements for you to see a specialist within your participating physician group (PPG). (You can make an appointment with a gynecologist without a referral.)
- Other than in an emergency anywhere or urgently needed care while traveling, if you go outside your PPG network and use the services of a physician who is not contracted with Health Net or access services that are not coordinated through your PCP and approved by Health Net, your services will only be covered by Medicare, and you will be responsible for Medicare deductibles and coinsurance.
- Should you need surgery or hospital services, your PCP will make all the arrangements.

Coordination of benefits

For retirees with Medicare COB plans, Medicare is the primary plan and Health Net is the secondary plan. This means that Health Net pays the difference between the amount Medicare pays and the Health Net allowed amount for the covered service.

- The provider submits claims to Medicare for determination and payment of covered services.
- Medicare then sends a claim payment summary to the provider of service, who will submit the claim to Health Net. The member receives a Medicare Summary Notice that explains Medicare's payment of that claim.

Note: Some claims are sent electronically by Medicare to Health Net (as the secondary plan) and do not require that the provider of service submit the claim.

- Health Net and/or the medical group is responsible for paying the difference between the amount Medicare paid and the Health Net allowed amount for the covered service. With a COB plan, Health Net will cover benefits as a supplemental payer only to the extent that services are coordinated by the member's physician and/or authorized by Health Net or the medical group.



How do I know if my doctor is part of the Health Net HMO (Medicare COB) network?

With our vast network of physicians and other specialists, finding a doctor is easy:

- Log in to healthnet.com and click on ProviderSearch. You can search by name or specialty, find out if the doctor is accepting new patients, even get a printable map or driving directions.
- Call Member Services at the number listed on the back cover for assistance.



Hospital coverage and medical emergencies

Your PCP will handle all of the care you need and will arrange all non-emergency hospital admissions. For medical emergencies, call 911 (in areas where the system is established and operating) or go to the closest emergency facility. Do not worry about whether it is a Health Net network facility. Immediately following an ER visit, call your PCP to inform your doctor of your situation, so that your doctor can help with any additional care.



How do I enroll?

Check with your employer group/union administrator or benefits office to find out how they handle your Health Net enrollment.

Make the Most of Your Health with Health Net

Health Net brings together the information, resources and personal support that fit you, your health and your life. Whether you're focused on staying fit, making health care decisions or facing a serious diagnosis, we're here to help you work with your doctor and make informed decisions.

Call the Nurse advice line to talk to a nurse 24/7

By calling the nurse advice line at 1-800-893-5597 (TTY: 711),¹ you can reach a registered nurse who is available 24/7 to answer questions and address your concerns:

- Immediate symptom assessment
- Advice on appropriate level of care for your situation



Learn more about our tobacco cessation program

This program provides regular communications with educational resources. Coaching support is available 24/7 for up to a year during Teladoc's flexible quit approach. A member may enroll using the Teladoc smartphone app, or visiting www.teladoc.com/hn. Members can also be referred into the program by a provider during a general medical visit. Ways to request a consult include the smartphone app, website, or dialing 1-800-TELADOC (1-800-835-2362 TTY: 711).



Speak to a health coach

Set a specific health goal, such as weight management, quitting smoking, stress reduction, nutrition, and exercise.

¹Nurse advice line calls are not for emergency situations. If you have an emergency, call 911 or go to the emergency room.

Resources available online



Take the **RealAge Test** (health assessment).² It's a fast and easy way to rate your health and learn how to improve it. Share the results with your doctor the next time you have a checkup.



Access your **Personal Health Profile**. You can record your appointments, medical history, medications, test results, preventive screenings, and shots. You can also print a summary of your Personal Health Profile to share with your doctor.



Enroll in a **RealAge program** on exercise, nutrition, and more. These programs provide you with the tools and guidance to get healthier.

²The RealAge Test is a tool that asks questions about your lifestyle habits and medical history. Based on your answers, the RealAge Test gives you an overview of your current risk for health problems, and identify other programs that are available to you in the online member portal based on your health status. Completing the RealAge Test is optional, but the Personal Wellness Assessment is required by the Centers for Medicare and Medicaid Services. For more information on the Personal Wellness Assessment, call 1-855-632-5106 (MAPD) 1-855-632-6971 (SNP).



If you have any questions

Please call Health Net Member Services at
1-800-522-0088
8:00 a.m. to 8:00 p.m.,
seven days a week

Health Net
PO Box 10348
Van Nuys, CA 91410

healthnet.com

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