



Medicare Coverage That Works for You

*A simple guide to your
University of California benefits*

**Health Net Seniority Plus
(Employer HMO)**

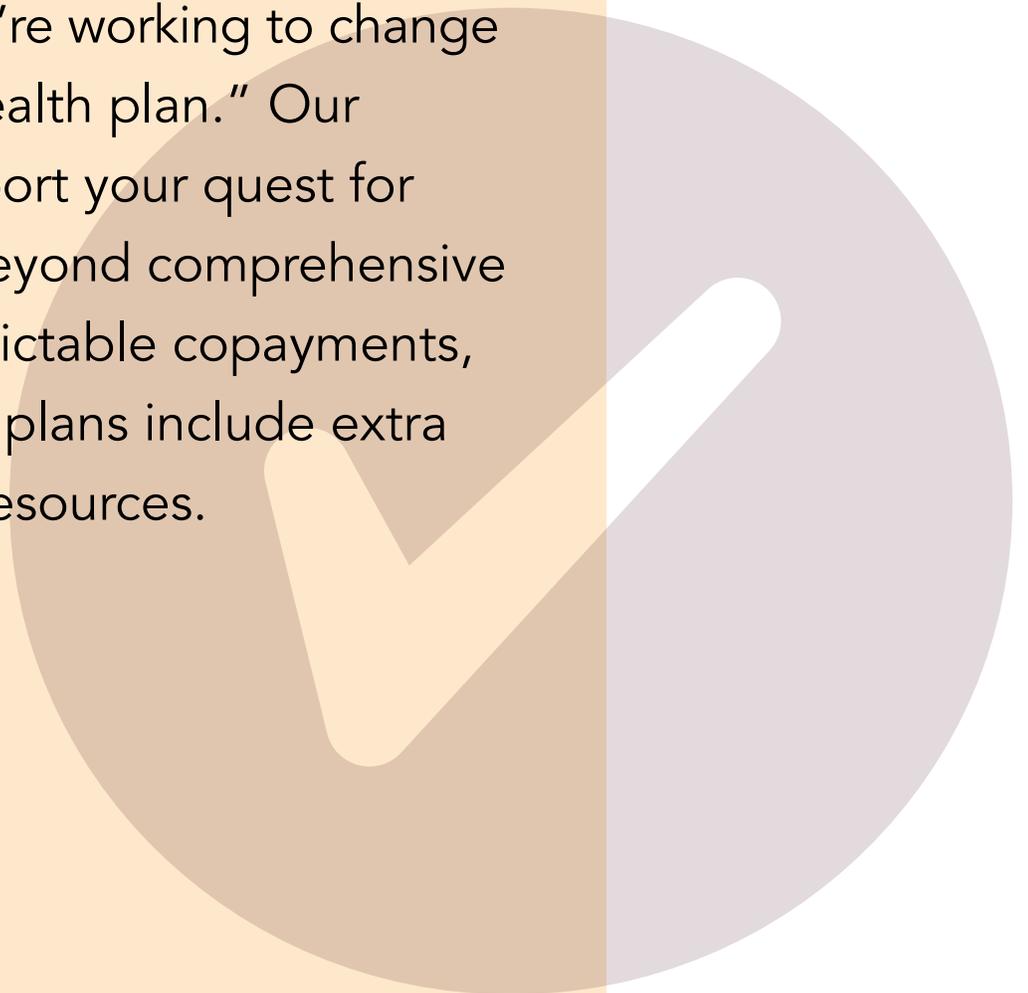


Health Net®
MEDICARE PROGRAMS

Helping You Make the Right Choice

For more than 35 years, Health Net has provided Californians with a variety of health care services and benefit programs. Supporting individuals and families through all stages of life gives us a deep understanding of the unique needs of our members.

At 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 Seniority Plus plans include extra health-boosting resources.



Why Choose Health Net?

You can count on Health Net to help make your Medicare journey a whole lot easier, every step of the way.



We know California

Health Net of California, Inc.

(Health Net) offers Californians

access to wide-ranging 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 highly skilled medical providers and hospitals in your area. You can search for providers at www.healthnet.com/uc. Just click on *Find a Doctor*. You can also change doctors, download maps and more.



Wellness programs

Access beneficial wellness

programs to help you achieve positive, lasting health changes!

Things You Need to Know

With Health Net Seniority Plus (Employer HMO), your Medicare benefits are administered by Health Net. Health Net is the primary payor for all Medicare-covered benefits. You still retain your Medicare card but receive Medicare-covered services through the Health Net Seniority Plus (Employer HMO) network of providers.

We know how important it is to have a close relationship with your doctor

With our large network of providers and hospitals, we will most likely have your primary care physician (PCP) in our network.

If you do not select a PCP or physician group when you enroll, Health Net will automatically assign one to you based on your address. You can change your PCP or physician group by calling Member Services at the number listed on the back cover or by logging in to www.healthnet.com/uc. You must use plan providers except in emergency or urgent care situations or for out-of-area renal dialysis. If you obtain routine care from out-of-network providers, neither Medicare nor Health Net Seniority Plus (Employer HMO) will be responsible for the costs.



Your PCP is your partner for all your medical care.

PCP coordinates care

Your Health Net Seniority Plus (Employer HMO) PCP is the focal point for all contracted medical care you receive through Health Net Seniority Plus (Employer HMO). He or she will diagnose and treat your illness or condition, referring you to a specialist when necessary.

Your plan includes pharmacy coverage

We've taken care to ensure that our Prescription Drug Plan for Medicare offers coverage for many commonly prescribed, brand-name drugs. Even if your physician changes your medications, your new prescription will most likely still be on our list of covered drugs.

Choosing your doctor

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

- **Log in** to www.healthnet.com/uc and click on *Find a Doctor*. 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 UC Retirement Administration Service Center (RASC) at 1-800-888-8267 (TTY: 711) to find out how they handle your Health Net enrollment. From October 1 through March 31, our office hours are 7 days a week from 8:00 a.m. to 8:00 p.m. From April 1 through September 30, our office hours are Monday through Friday from 8:00 a.m. to 8:00 p.m. A messaging system is used after hours, weekends and on federal holidays.





Decision Power: A Bridge to Healthy Living

Decision Power[®] 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 Decision Power nurse advice line to talk to a clinician 24/7

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

- Questions about ongoing illnesses, such as asthma, congestive heart failure, heart disease, or diabetes.
- Understanding all your options when you need treatment.

Learn more about our Quit For Life[®] tobacco cessation program

This program provides an in-depth, personalized smoking cessation plan. Participants can access up to four proactive, one-on-one counseling calls, plus unlimited calls to their Quit Coach.

Speak to a Decision Power 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 **Health Risk Questionnaire (HRQ)**. 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 Record (PHR)**. You can record your appointments, medical history, medications, test results, preventive screenings, and shots. You can also print a summary of your PHR to share with your doctor.



Enroll in a **Health Promotion program** on exercise, nutrition, tobacco cessation, weight loss, and more. These programs provide you with the tools and guidance to get healthier.



Log in to an online program with resources and information to help you **manage stress, anxiety, depression, insomnia, pain**, and more. The web information is personalized to you and includes eLearning tools, weekly action plans and videos. You can enroll by logging in to www.mystrength.com/hnwell.

You can start using Decision Power as soon as your Health Net benefits become effective! Just log in to www.healthnet.com/uc or call us toll-free at 1-800-893-5597 (TTY: 711). Interpreter services are available 24 hours a day.

Decision Power is available to members 24 hours a day, 7 days a week.



Healthy Extras for University of California Members

Health Net has partnered with the following wellness vendors and providers to provide our members with access to programs and services that support good health. Start using these programs as soon as your Health Net benefits become effective.

Teladoc

Teladoc provides quality medical care by phone or online video consults through a national network of board-certified physicians and licensed therapists.

These providers can:

- **Diagnose and treat** non-urgent illnesses.
- **Write prescriptions** for routine medical conditions, if medically necessary.
- **Send your visit results** to your PCP.

www.teladoc.com/hn

Omada Health

Omada Health is an online diabetes and heart disease prevention program that focuses on sustainable changes in nutrition, physical exercise and other healthy behaviors.

Participants in the program:

- Get a wireless digital scale, food tracker, pedometer, and other **tools to help track and motivate**.
- Are matched into small groups of peers for **added support**.
- Meet with a **dedicated health coach** for one-on-one guidance.

www.omadahealth.com

Solera Health

Solera Health is available to Health Net Medicare members who qualify for this no-cost diabetes prevention program.

The service is a lifestyle change program that can help you:

- **Lose weight**.
- **Adopt healthy habits** and reduce your risk of developing type 2 diabetes.

www.solera4me.com/healthnet

MinuteClinic

MinuteClinic is a walk-in health care facility, usually found inside participating CVS pharmacy stores.

MinuteClinic services overview:

- **Board-certified nurse practitioners** and physician assistants provide unscheduled treatment for common non-emergency illnesses and injuries.²
- **Wellness and preventive services** and screenings.
- Administration of certain **vaccines or immunizations**.
- Members with this benefit may visit any MinuteClinic location in the United States.

www.minuteclinic.com

Silver&Fit Exercise and Healthy Aging Program

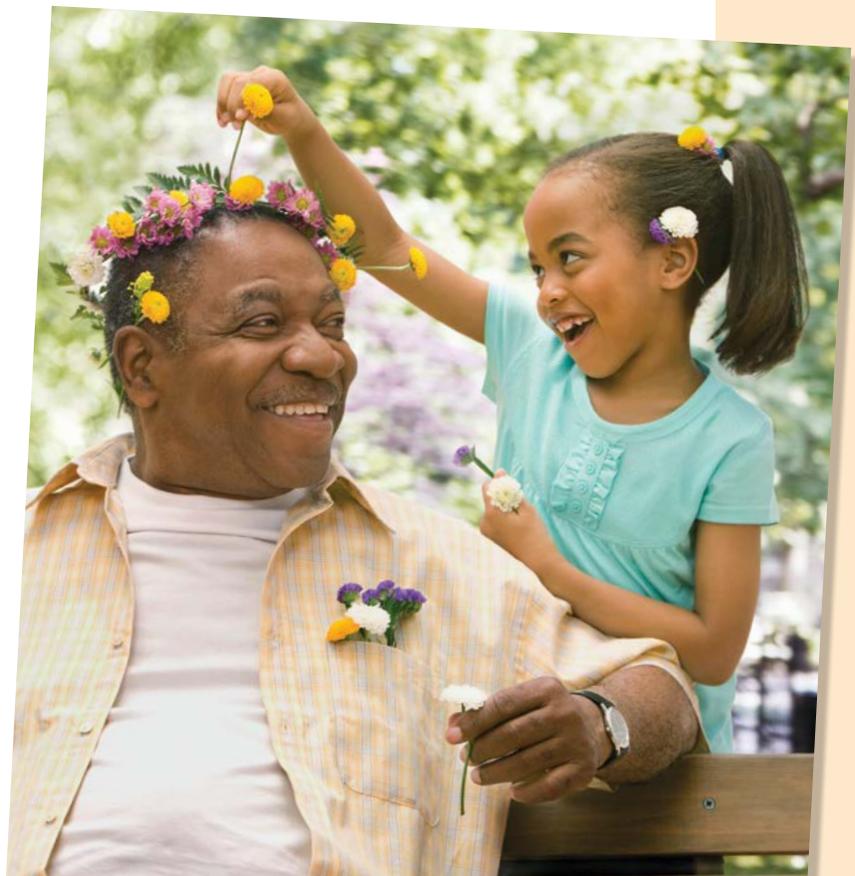
Get fit and have fun with the Silver&Fit Program, designed to help improve health through education and exercise.

Medicare members get:

- No-cost membership at a participating fitness facility.
- **Healthy Aging classes** (online or mail).
- At-home **fitness kits**.
- Other **web tools** like a fitness center search, online classes and more.

www.silverandfit.com

Log in at
www.healthnet.com/uc
to learn more.



²In California, MinuteClinics are staffed only by nurse practitioners.

What to expect after enrolling with Health Net

Enrollment **submitted**.

A **verification letter** confirms we've received your application.

We'll send a **welcome letter** when your application is approved.

You'll also receive your **member ID card**. Members may use the yellow copy of their enrollment form as proof of enrollment until their ID card arrives.

You'll receive a **welcome kit** in the mail with lots of great information about how to get the most from your health plan.



Please call Health Net Member Services at
1-800-539-4072 (TTY: 711)

From October 1 through March 31, our office hours are 7 days a week from 8:00 a.m. to 8:00 p.m. From April 1 through September 30, our office hours are Monday through Friday from 8:00 a.m. to 8:00 p.m. A messaging system is used after hours, weekends and on federal holidays.

Health Net

PO Box 10420

Van Nuys, CA 91410-0420

www.healthnet.com/uc

Health Net of California, Inc. has a contract with Medicare to offer HMO plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal. This plan is available to qualified University of California retirees with Medicare Parts A and B.

You have access to Decision Power through current enrollment with Health Net of California, Inc. (Health Net). Decision Power is part of Health Net's Medicare Advantage benefit plans. It is not affiliated with Health Net's provider network. Decision Power services, including clinicians, are additional resources that Health Net makes available to enrollees.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premiums, and/or copayments/coinsurance may change on January 1 of each year. The formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary.