

2015

# Summary of Benefits Optional Supplemental Benefits

HumanaChoice<sup>®</sup>  
H6609-109 (PPO)

Austin, Waco, Temple  
Select Counties in Texas



**Humana<sup>®</sup>**







2015

# Summary of Benefits

HumanaChoice®  
H6609-109 (PPO)

Austin, Waco, Temple  
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**Humana®**



## SECTION 1

### Summary of Benefits

January 1, 2015 - December 31, 2015

This booklet gives you a summary of what we cover and what you pay. It doesn't list every service that we cover or list every limitation or exclusion. To get a complete list of services we cover, call us and ask for the "Evidence of Coverage."

#### You have choices about how to get your Medicare benefits

- One choice is to get your Medicare benefits through Original Medicare (fee-for-service Medicare). Original Medicare is run directly by the Federal government.
- Another choice is to get your Medicare benefits by joining a Medicare health plan (such as **HumanaChoice H6609-109 (PPO)**).

#### Tips for comparing your Medicare choices

This Summary of Benefits booklet gives you a summary of what **HumanaChoice H6609-109 (PPO)** covers and what you pay.

- If you want to compare our plan with other Medicare health plans, ask the other plans for their Summary of Benefits booklets. Or, use the Medicare Plan Finder on <http://www.medicare.gov>.
- If you want to know more about the coverage and costs of Original Medicare, look in your current "**Medicare & You**" handbook. View it online at <http://www.medicare.gov> or get a copy by calling **1-800-MEDICARE (1-800-633-4227)**, 24 hours a day, 7 days a week. TTY users should call **1-877-486-2048**.

#### Sections in this booklet

- Things to Know About **HumanaChoice H6609-109 (PPO)**
- Monthly Premium, Deductible, and Limits on How Much You Pay for Covered Services
- Covered Medical and Hospital Benefits
- Prescription Drug Benefits
- Optional Benefits (you must pay an extra premium for these benefits)

This document is available in other formats such as Braille and large print.

This document may be available in a non-English language. For additional information, call us at **1-800-457-4708**.

Es posible que este documento esté disponible en otros idiomas aparte de inglés. Para obtener información adicional, llame al Servicio al Cliente al número de teléfono que se indica a continuación.

### Things to Know About HumanaChoice H6609-109 (PPO)

#### Hours of Operation

- From October 1 to February 14, you can call us 7 days a week from 8:00 a.m. to 8:00 p.m. Local time.
- From February 15 to September 30, you can call us Monday through Friday from 8:00 a.m. to 8:00 p.m. Local time.

#### HumanaChoice H6609-109 (PPO) Phone Numbers and Website

- If you are a member of this plan, call toll-free **1-800-457-4708**.
- If you are not a member of this plan, call toll-free **1-800-833-2364**.
- Our website: **<http://www.humana-medicare.com>**



## SECTION 1 (continued)

### Who can join?

To join **HumanaChoice H6609-109 (PPO)**, you must be entitled to Medicare Part A, be enrolled in Medicare Part B, and live in our service area.

Our service area includes the following counties in Texas: Bastrop, Bell, Caldwell, Coryell, Hays, McLennan, Travis, and Williamson.

### Which doctors, hospitals, and pharmacies can I use?

**HumanaChoice H6609-109 (PPO)** has a network of doctors, hospitals, pharmacies, and other providers. If you use the providers in our network, you may pay less for your covered services. But if you want to, you can also use providers that are not in our network.

You must generally use network pharmacies to fill your prescriptions for covered Part D drugs.

Some of our network pharmacies have preferred cost-sharing. You may pay less if you use these pharmacies.

You can see our plan's provider directory at our website (<http://www.humana.com/members/tools>).

You can see our plan's pharmacy directory at our website

([http://www.humana.com/Medicare/medicare\\_prescription\\_drugs/](http://www.humana.com/Medicare/medicare_prescription_drugs/)).

Or, call us and we will send you a copy of the provider and pharmacy directories.

### What do we cover?

Like all Medicare health plans, we cover everything that Original Medicare covers - and *more*.

- **Our plan members get *all* of the benefits covered by Original Medicare. For some of these benefits, you may pay more in our plan than you would in Original Medicare.** For others, you may pay less.
- **Our plan members also get *more than what is* covered by Original Medicare.** Some of the extra benefits are outlined in this booklet.

We cover Part D drugs. In addition, we cover Part B drugs such as chemotherapy and some drugs administered by your provider.

- You can see the complete plan formulary (list of Part D prescription drugs) and any restrictions on our website, [http://www.humana.com/medicare/medicare\\_prescription\\_drugs/medicare\\_drug\\_tools/medicare\\_drug\\_list/](http://www.humana.com/medicare/medicare_prescription_drugs/medicare_drug_tools/medicare_drug_list/).
- Or, call us and we will send you a copy of the formulary.

### How will I determine my drug costs?

Our plan groups each medication into one of five "tiers." You will need to use your formulary to locate what tier your drug is on to determine how much it will cost you. The amount you pay depends on the drug's tier and what stage of the benefit you have reached. Later in this document we discuss the benefit stages that occur after you meet your deductible: Initial Coverage, Coverage Gap, and Catastrophic Coverage.



## SECTION 2

### Summary of Benefits January 1, 2015 - December 31, 2015

#### Monthly Premium, Deductible, and Limits on How Much You Pay for Covered Services

How much is the monthly premium?	<b>\$122</b> per month. In addition, you must keep paying your Medicare Part B premium.
How much is the deductible?	This plan has deductibles for some hospital and medical services, and Part D prescription drugs. <b>\$500</b> per year for out-of-network services. <b>\$320</b> per year for Part D prescription drugs.
Is there any limit on how much I will pay for my covered services?	Yes. Like all Medicare health plans, our plan protects you by having yearly limits on your out-of-pocket costs for medical and hospital care. Your yearly limit(s) in this plan: <ul style="list-style-type: none"><li>• <b>\$6,700</b> for services you receive from in-network providers.</li><li>• <b>\$10,000</b> for services you receive from any provider.</li></ul> Your limit for services received from in-network providers will count toward this limit. If you reach the limit on out-of-pocket costs, you keep getting covered hospital and medical services and we will pay the full cost for the rest of the year. Please note that you will still need to pay your monthly premiums and cost-sharing for your Part D prescription drugs.
Is there a limit on how much the plan will pay?	Our plan has a coverage limit every year for certain in-network benefits. Contact us for the services that apply.

Humana is a Medicare Advantage PPO plan with a Medicare contract. Enrollment in this Humana plan depends on contract renewal.

#### Covered Medical and Hospital Benefits

##### Note:

- Services with a <sup>1</sup> may require prior authorization.
- Services with a <sup>2</sup> may require a referral from your doctor.

#### OUTPATIENT CARE AND SERVICES

Acupuncture and Other Alternative Therapies	Not covered
Ambulance <sup>1</sup>	<ul style="list-style-type: none"><li>• In-network: <b>\$300</b> copay</li><li>• Out-of-network: <b>\$300</b> copay</li></ul>
Chiropractic Care <sup>1</sup>	Manipulation of the spine to correct a subluxation (when 1 or more of the bones of your spine move out of position): <ul style="list-style-type: none"><li>• In-network: <b>\$20</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul>



## SECTION 2 (continued)

Dental Services <sup>1</sup>	Limited dental services (this does not include services in connection with care, treatment, filling, removal, or replacement of teeth): <ul style="list-style-type: none"><li>• In-network: <b>\$50</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul>
Diabetes Supplies and Services <sup>1</sup>	Diabetes monitoring supplies: <ul style="list-style-type: none"><li>• In-network: <b>0-20%</b> of the cost, depending on the supply</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> Diabetes self-management training: <ul style="list-style-type: none"><li>• In-network: <b>You pay nothing</b></li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> Therapeutic shoes or inserts: <ul style="list-style-type: none"><li>• In-network: <b>\$10</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul>
Diagnostic Tests, Lab and Radiology Services, and X-Rays <sup>1</sup>	Diagnostic radiology services (such as MRIs, CT scans): <ul style="list-style-type: none"><li>• In-network: <b>\$285-335</b> copay, depending on the service</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> Diagnostic tests and procedures: <ul style="list-style-type: none"><li>• In-network: <b>\$0-100</b> copay, depending on the service</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> Lab services: <ul style="list-style-type: none"><li>• In-network: <b>\$0-100</b> copay, depending on the service</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> Outpatient x-rays: <ul style="list-style-type: none"><li>• In-network: <b>\$35-100</b> copay, depending on the service</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> Therapeutic radiology services (such as radiation treatment for cancer): <ul style="list-style-type: none"><li>• In-network: <b>\$40-50</b> copay, depending on the service</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> You will have a reduced cost share if you utilize a preferred facility. Please call the Customer Care number listed in the Things To Know About Your Plan section above for further details. If you receive Diagnostic radiology services (such as MRIs, CT scans) at the Primary Care Doctor's or Specialist's office you will also pay the office visit copay.
Doctor's Office Visits	Primary care physician visit: <ul style="list-style-type: none"><li>• In-network: <b>\$35</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> Specialist visit: <ul style="list-style-type: none"><li>• In-network: <b>\$50</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul>
Durable Medical Equipment ( <i>wheelchairs, oxygen, etc.</i> ) <sup>1</sup>	<ul style="list-style-type: none"><li>• In-network: <b>20%</b> of the cost</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> If you go to a preferred vendor, your cost may be less. Contact us for a list of preferred vendors.



## SECTION 2 (continued)

Emergency Care	<p><b>\$65</b> copay</p> <p>If you are admitted to the hospital within 24 hours, you do not have to pay your share of the cost for emergency care. See the "Inpatient Hospital Care" section of this booklet for other costs.</p>
Foot Care ( <i>podiatry services</i> ) <sup>1</sup>	<p>Foot exams and treatment if you have diabetes-related nerve damage and/or meet certain conditions:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$50</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul>
Hearing Services <sup>1</sup>	<p>Exam to diagnose and treat hearing and balance issues:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$50</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul>
Home Health Care <sup>1</sup>	<ul style="list-style-type: none"><li>• In-network: <b>You pay nothing</b></li><li>• Out-of-network: <b>40%</b> of the cost</li></ul>
Mental Health Care <sup>1</sup>	<p>Inpatient visit:</p> <p>Our plan covers up to 190 days in a lifetime for inpatient mental health care in a psychiatric hospital. The inpatient hospital care limit does not apply to inpatient mental services provided in a general hospital.</p> <p>Our plan covers 90 days for an inpatient hospital stay.</p> <p>Our plan also covers 60 "lifetime reserve days." These are "extra" days that we cover. If your hospital stay is longer than 90 days, you can use these extra days. But once you have used up these extra 60 days, your inpatient hospital coverage will be limited to 90 days.</p> <ul style="list-style-type: none"><li>• In-network:<ul style="list-style-type: none"><li>• <b>\$295</b> copay per day for days 1 through 5</li><li>• <b>You pay nothing</b> per day for days 6 through 90</li></ul></li><li>• Out-of-network:<ul style="list-style-type: none"><li>• <b>40%</b> of the cost per stay</li></ul></li></ul> <p>Outpatient group therapy visit:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$40</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> <p>Outpatient individual therapy visit:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$40</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li><li>• In-Network:<ul style="list-style-type: none"><li>• <b>\$100</b> copayment Outpatient hospital</li><li>• <b>\$50</b> copayment Partial hospitalization</li></ul></li><li>• Out-of-Network:<ul style="list-style-type: none"><li>• <b>40%</b> coinsurance Outpatient hospital</li><li>• <b>40%</b> coinsurance Partial hospitalization</li></ul></li></ul>



## SECTION 2 (continued)

Outpatient Rehabilitation <sup>1</sup>	<p>Cardiac (heart) rehab services (for a maximum of 2 one-hour sessions per day for up to 36 sessions up to 36 weeks):</p> <ul style="list-style-type: none"><li>• In-network: <b>\$40-50</b> copay, depending on the service</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> <p>Occupational therapy visit:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$40</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> <p>Physical therapy and speech and language therapy visit:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$40</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> <p>You will have a reduced cost share if you utilize the preferred physical therapy facility. Please refer to your provider directory or call the Customer Care number listed in the Things To Know About Your Plan section above.</p>
Outpatient Substance Abuse <sup>1</sup>	<p>Group therapy visit:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$100</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> <p>Individual therapy visit:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$100</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li><li>• In-Network:<ul style="list-style-type: none"><li>• <b>\$100</b> copayment Outpatient hospital</li><li>• <b>\$50</b> copayment Partial hospitalization</li></ul></li><li>• Out-of-Network:<ul style="list-style-type: none"><li>• <b>40%</b> coinsurance Outpatient hospital</li><li>• <b>40%</b> coinsurance Partial hospitalization</li></ul></li></ul>
Outpatient Surgery <sup>1</sup>	<p>Ambulatory surgical center:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$285</b> copay</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> <p>Outpatient hospital:</p> <ul style="list-style-type: none"><li>• In-network: <b>\$40-335</b> copay or <b>20%</b> of the cost, depending on the service</li><li>• Out-of-network: <b>20-40%</b> of the cost, depending on the service</li></ul>
Over-the-Counter Items	<p>Please visit our website to see our list of covered over-the-counter items.</p> <ul style="list-style-type: none"><li>– You are eligible to receive a <b>\$30</b> monthly benefit toward the purchase of selected over-the-counter items when you use Humana's mail order service.</li><li>– For more information or to request an order form, please call Customer Care.</li></ul>
Prosthetic Devices ( <i>braces, artificial limbs, etc.</i> ) <sup>1</sup>	<p>Prosthetic devices:</p> <ul style="list-style-type: none"><li>• In-network: <b>20%</b> of the cost</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> <p>Related medical supplies:</p> <ul style="list-style-type: none"><li>• In-network: <b>20%</b> of the cost</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul>



## SECTION 2 (continued)

Renal Dialysis <sup>1</sup>	<ul style="list-style-type: none"><li>• In-network: <b>20%</b> of the cost</li><li>• Out-of-network: <b>20%</b> of the cost</li></ul>
Transportation	Not covered
Urgent Care	<b>\$35-50</b> copay or <b>40%</b> of the cost, depending on the service <ul style="list-style-type: none"><li>• In-network:<ul style="list-style-type: none"><li>• <b>\$35</b> copayment Primary care</li><li>• <b>\$50</b> copayment Specialist's office</li><li>• <b>\$40</b> copayment Concentra immediate care facility</li><li>• <b>\$50</b> copayment Any other immediate care facility</li></ul></li><li>• Out-of-Network:<ul style="list-style-type: none"><li>• <b>40%</b> coinsurance Primary care</li><li>• <b>40%</b> coinsurance Specialist's office</li><li>• <b>40%</b> coinsurance Immediate care facility</li></ul></li></ul>
Vision Services <sup>1</sup>	<p>Exam to diagnose and treat diseases and conditions of the eye (including yearly glaucoma screening):</p> <ul style="list-style-type: none"><li>• In-network: <b>\$0-50</b> copay, depending on the service</li><li>• Out-of-network: <b>40%</b> of the cost</li></ul> <p>Routine eye exam (for up to 1 every year):</p> <ul style="list-style-type: none"><li>• In-network: <b>You pay nothing</b></li><li>• Out-of-network: <b>You pay nothing</b></li></ul> <p>Our plan pays up to <b>\$40</b> every year for routine eye exams from any provider.</p> <p>Eyeglasses or contact lenses after cataract surgery:</p> <ul style="list-style-type: none"><li>• In-network: <b>You pay nothing</b></li><li>• Out-of-network: <b>You pay nothing</b></li></ul>



## SECTION 2 (continued)

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### Preventive Care

- In-network: **You pay nothing**
- Out-of-network: **0-50%** of the cost, depending on the service

Our plan covers many preventive services, including:

- Abdominal aortic aneurysm screening
- Alcohol misuse counseling
- Bone mass measurement
- Breast cancer screening (mammogram)
- Cardiovascular disease (behavioral therapy)
- Cardiovascular screenings
- Cervical and vaginal cancer screening
- Colonoscopy
- Colorectal cancer screenings
- Depression screening
- Diabetes screenings
- Fecal occult blood test
- Flexible sigmoidoscopy
- HIV screening
- Medical nutrition therapy services
- Obesity screening and counseling
- Prostate cancer screenings (PSA)
- Sexually transmitted infections screening and counseling
- Tobacco use cessation counseling (counseling for people with no sign of tobacco-related disease)
- Vaccines, including Flu shots, Hepatitis B shots, Pneumococcal shots
- "Welcome to Medicare" preventive visit (one-time)
- Yearly "Wellness" visit

Any additional preventive services approved by Medicare during the contract year will be covered.

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### Hospice

**You pay nothing** for hospice care from a Medicare-certified hospice. You may have to pay part of the cost for drugs and respite care.

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### INPATIENT CARE

#### Inpatient Hospital Care<sup>1</sup>

Our plan covers an unlimited number of days for an inpatient hospital stay.

- In-network:
  - **\$335** copay per day for days 1 through 5
  - **You pay nothing** per day for days 6 through 90
  - **You pay nothing** per day for days 91 and beyond
- Out-of-network:
  - **40%** of the cost per stay

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#### Inpatient Mental Health Care

For inpatient mental health care, see the "Mental Health Care" section of this booklet

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SECTION 2 (continued)

Skilled Nursing Facility (SNF) <sup>1</sup>	<p>Our plan covers up to 100 days in a SNF.</p> <ul style="list-style-type: none"><li>• In-network:<ul style="list-style-type: none"><li>• <b>\$0</b> copay per day for days 1 through 20</li><li>• <b>\$150</b> copay per day for days 21 through 100</li></ul></li><li>• Out-of-network:<ul style="list-style-type: none"><li>• <b>40%</b> of the cost per stay</li></ul></li></ul>
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Prescription Drug Benefits

How much do I pay?	<p>For Part B drugs such as chemotherapy drugs<sup>1</sup>:</p> <ul style="list-style-type: none"><li>• In-network: <b>20%</b> of the cost</li><li>• Out-of-network: <b>20-40%</b> of the cost, depending on the drug</li></ul> <p>Other Part B drugs<sup>1</sup>:</p> <ul style="list-style-type: none"><li>• In-network: <b>20%</b> of the cost</li><li>• Out-of-network: <b>20-40%</b> of the cost, depending on the drug</li></ul> <p>Deductible listed under Monthly Premium, Deductible, and Limits on How Much you Pay for Covered Services applies to: Tier V, Tier IV, Tier III</p>
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Initial Coverage	<p>After you pay your yearly deductible, you pay the following until your total yearly drug costs reach <b>\$2,960</b>. Total yearly drug costs are the total drug costs paid by both you and our Part D plan. You may get your drugs at network retail pharmacies and mail order pharmacies.</p>
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Standard Retail Cost-Sharing

Tier	One-month supply	Three-month supply
Tier 1 (Preferred Generic)	<b>\$8</b> copay	<b>\$24</b> copay
Tier 2 (Non-Preferred Generic)	<b>\$15</b> copay	<b>\$45</b> copay
Tier 3 (Preferred Brand)	<b>\$45</b> copay	<b>\$135</b> copay
Tier 4 (Non-Preferred Brand)	<b>\$95</b> copay	<b>\$285</b> copay
Tier 5 (Specialty Tier)	<b>25%</b> of the cost	Not Offered



**SECTION 2** (continued)**Preferred Mail Order Cost-Sharing**

<b>Tier</b>	<b>One-month supply</b>	<b>Three-month supply</b>
Tier 1 (Preferred Generic)	<b>\$8</b> copay	<b>\$0</b>
Tier 2 (Non-Preferred Generic)	<b>\$15</b> copay	<b>\$0</b>
Tier 3 (Preferred Brand)	<b>\$45</b> copay	<b>\$125</b> copay
Tier 4 (Non-Preferred Brand)	<b>\$95</b> copay	<b>\$275</b> copay
Tier 5 (Specialty Tier)	<b>25%</b> of the cost	Not Offered

**Standard Mail Order Cost-Sharing**

<b>Tier</b>	<b>One-month supply</b>	<b>Three-month supply</b>
Tier 1 (Preferred Generic)	<b>\$8</b> copay	<b>\$24</b> copay
Tier 2 (Non-Preferred Generic)	<b>\$15</b> copay	<b>\$45</b> copay
Tier 3 (Preferred Brand)	<b>\$45</b> copay	<b>\$135</b> copay
Tier 4 (Non-Preferred Brand)	<b>\$95</b> copay	<b>\$285</b> copay
Tier 5 (Specialty Tier)	<b>25%</b> of the cost	Not Offered

If you reside in a long-term care facility, you pay the same as at a retail pharmacy

You may get drugs from an out-of-network pharmacy, but may pay more than you pay at an in-network pharmacy

Days' Supply Available

Unless otherwise specified, you can get your Part D medicine in the following days' supply:

- One-month supply= up to 30 days\*
- Two-month supply= 31-60 days
- Three-month supply= 61-90 days

\*Long Term Care Pharmacy (one month supply= 31 days)



## SECTION 2 (continued)

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### Coverage Gap

Most Medicare drug plans have a coverage gap (also called the "donut hole"). This means that there's a temporary change in what you will pay for your drugs. The coverage gap begins after the total yearly drug cost (including what our plan has paid and what you have paid) reaches **\$2,960**.

After you enter the coverage gap, you pay **45%** of the plan's cost for covered brand name drugs and **65%** of the plan's cost for covered generic drugs until your costs total **\$4,700**, which is the end of the coverage gap. Not everyone will enter the coverage gap.

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### Catastrophic Coverage

After your yearly out-of-pocket drug costs (including drugs purchased through your retail pharmacy and through mail order) reach **\$4,700**, you pay the greater of:

- **5%** of the cost, or
  - **\$2.65** copay for generic (including brand drugs treated as generic) and a **\$6.60** copayment for all other drugs
- 

### Optional Benefits *(you must pay an extra premium each month for these benefits)*

#### Package 1: MyOption Fitness

Benefits include:

- Eligible Supplemental Benefits

#### How much is the monthly premium?

Additional **\$13.00** per month. You must keep paying your Medicare Part B premium and your **\$122** monthly plan premium.

#### How much is the deductible?

This package does not have a deductible.

#### Is there a limit on how much the plan will pay?

No. There is no limit to how much our plan will pay for benefits in this package.

For more information on customizing your Humana Medicare Advantage coverage, for an additional monthly premium, please see the 2015 Optional Supplemental Benefits book. Ask your agent or call us if you need help finding this information.

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# Additional Information About HumanaChoice H6609-109 (PPO)

As a member you have to choose an in network provider, listed in your plan directory, as your Primary Care Physician (PCP). A PCP can focus on your total health to help ensure you get preventive care, provide timely access to services and coordinate with other doctors, however, a referral to see another doctor is not needed.

Additional Supplemental Benefits covered by the plan:

Member Assistance Program - A program that includes telephonic counseling sessions and online resources

HumanaFirst® - A 24 Hour Nurse Advice Hotline

Well Dine Meal Program - Humana's meal program for members following an inpatient stay in the hospital or nursing facility

Smoking Cessation Program - A program may include web based or telephonic counseling/coaching and Nicotine Replacement Therapy







2015

# Optional Supplemental Benefits

HumanaChoice®  
H6609-109 (PPO)

Austin, Waco, Temple  
Select Counties in Texas

**Humana®**



## My Options, My Choice

### Adding Benefits to Your Plan

You're unique and have unique needs for staying healthy. That's why Humana offers optional supplemental benefits. For an extra premium, each of these extra benefit choices lets you customize your Humana Medicare Advantage plan.

These benefits make it easier for you to get more coverage when you need it. They can also help you control your costs.

You can add these extra benefits when you sign up for your Medicare Advantage plan or any time during the year.

You have many choices. The information in this booklet will tell you about the benefits you can add to your plan. If you have questions, you can call us at 1-888-866-3154 (TTY: 711). We are available seven days a week, from 8 a.m. - 8 p.m. local time. However, please note that our automated phone system may answer your call during weekends and holidays from February 15 - September 30. Please leave your name and telephone number, and we will call you back by the end of the next business day.

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## MyOption<sup>SM</sup> Fitness

The MyOption<sup>SM</sup> Fitness benefit helps you pay for your fitness needs. This benefit covers the cost of a basic membership at any SilverSneakers<sup>®</sup> fitness center anywhere in the country.

You can reach your health, wellness, and fitness goals with SilverSneakers classes. The premium for this OSB is **\$13.00**. Here's how the benefit works:

### Covered services

- Fitness center membership at any SilverSneakers fitness center.
- Tools for tracking your physical activity.

### Fitness Center memberships

- Use of exercise equipment, pool, and sauna. Not every fitness center has all of these options.
- Attend SilverSneakers classes designed to help improve your strength, flexibility, balance, and endurance.
- Attend events to help you stay healthy.
- Find online support that can help you lose weight or start an exercise program.
- Meet with a trained Program Advisor at the fitness center to help you get started.
- Any nonstandard fitness center services that usually have an extra fee are not included in your membership.



Humana MyOption Optional Supplemental Benefits (OSB) are only available to members of certain Humana Medicare Advantage (MA) plans. Members of Humana plans that offer OSBs may enroll in OSBs throughout the year. Benefits may change on January 1st each year. Enrollees must continue to pay the Medicare Part B premium, their Humana premium, and the OSB premium.

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# 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 1-800-457-4708. Someone who speaks English/Language 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 1-800-457-4708. 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 1-800-457-4708。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 1-800-457-4708。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 panggagamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa 1-800-457-4708. 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 1-800-457-4708. 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 1-800-281-6918 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 1-800-457-4708. 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 1-800-457-4708 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 1-800-457-4708. Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

**Arabic:**

إننا نقدم خدمات الترجمة الفورية المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول على مترجم فوري، ليس عليك سوى الاتصال بنا على 1-800-457-4708. سيقوم شخص ما يتحدث اللغة العربية بمساعدتك. هذه الخدمة مجانية.

**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 1-800-457-4708 पर फोन करें. कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है. यह एक मुफ्त सेवा है.

**Italian:** È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero 1-800-457-4708. Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

**Portugués:** 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 1-800-457-4708. 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 ouwa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan 1-800-457-4708. 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 1-800-457-4708. 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、1-800-457-4708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。









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