Summary of Benefits

Optional Supplemental Benefits

Humana Gold Plus® H3533-006 (HMO)

Capital Region

Our service area includes the following county/counties in New York: Albany, Rensselaer, Saratoga, Schenectady, Warren, Washington.



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Pre-Enrollment Checklist

Before making an enrollment decision, it is important that you fully understand our benefits and rules. If you have any questions, you can call and speak to a customer service representative at **1-800-833-2364 (TTY: 711)**.

Unde	rstanding the Benefits
	Review the full list of benefits found in the Evidence of Coverage (EOC), especially for those services that you routinely see a doctor. Visit Humana.com/medicare or call 1-800-833-2364 (TTY: 711) to view a copy of the EOC.
	Review the provider directory (or ask your doctor) to make sure the doctors you see now are in the network. If they are not listed, it means you will likely have to select a new doctor.
	Review the pharmacy directory to make sure the pharmacy you use for any prescription medicines is in the network. If the pharmacy is not listed, you will likely have to select a new pharmacy for your prescriptions.
Unde	rstanding Important Rules
	In addition to your monthly plan premium, you must continue to pay your Medicare Part B premium. This premium is normally taken out of your Social Security check each month.
	Benefits, premiums and/or copayments/co-insurance may change on January 1, 2020.
	Except in emergency or urgent situations, we do not cover services by out-of-network providers (doctors who are not listed in the provider directory).

Summary of Benefits

Humana Gold Plus® H3533-006 (HMO)

Capital Region

Our service area includes the following county/counties in New York: Albany, Rensselaer, Saratoga, Schenectady, Warren, Washington.





Let's talk about Humana Gold Plus H3533-006 (HMO)

Find out more about the Humana Gold Plus H3533-006 (HMO) plan - including the health and drug services it covers - in this easy-to-use guide.

Humana Gold Plus H3533-006 (HMO) is a Medicare Advantage HMO plan with a Medicare contract. Enrollment in this Humana plan depends on contract renewal.

The benefit information provided is 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. For a complete list of services we cover, ask us for the "Evidence of Coverage" or you will receive one after you enroll.

To be eligible

To join Humana Gold Plus H3533-006 (HMO), you must be entitled to Medicare Part A, be enrolled in Medicare Part B and live in our service area.

Plan name:

Humana Gold Plus H3533-006 (HMO)

How to reach us:

If you're a member of this plan, call toll-free: **1-800-457-4708 (TTY: 711)**.

If you're **not** a member of this plan, call toll free: **1-800-833-2364 (TTY: 711)**.

October 1 - March 31:

Call 7 days a week from 8 a.m. - 8 p.m.

April 1 - September 30:

Call Monday - Friday, 8 a.m. - 8 p.m.

Or visit our website:

Humana.com/medicare.

More about Humana Gold Plus H3533-006 (HMO)

Do you have Medicare and Medicaid? If you are a dual-eligible beneficiary enrolled in both Medicare and the state's program, you may not have to pay the medical costs displayed in this booklet and your prescription drug costs will be lower, too.

If you have Medicaid, be sure to show your Medicaid ID card in addition to your Humana membership card to make your provider aware that you may have additional coverage. Your services are paid first by Humana and then by Medicaid.

As a member you must select an in-network doctor to act as your Primary Care Provider (PCP). Humana Gold Plus H3533-006 (HMO) has a network of doctors, hospitals, pharmacies and other providers. If you use providers who aren't in our network, the plan may not pay for these services.



A healthy partnership

Get more from your plan — with extra services and resources provided by Humana!



Monthly Premium, Deductible and Limits

Monthly Plan Premium	\$0 You must keep paying your Medicare Part B premium.		
Medical deductible	This plan does not have a deductible.		
Pharmacy (Part D) deductible	\$300 for Tier 4,Tier 5.		
Maximum out-of-pocket responsibility	\$6,700 in-network The most you pay for copays, coinsurance and other costs for medical services for the year.		

Covered Medical and Hospital Benefits

V	•		
Acute inpatient hospital care	\$295 copay per day for days 1-6 \$0 copay per day for days 7-90 Your plan covers an unlimited number of days for an inpatient stay.		
Outpatient hospital coverage	 Outpatient surgery at Outpatient Hospital: \$295 copay Outpatient surgery at Ambulatory Surgical Center: \$245 copay 		
Doctor visits	Primary care provider: \$0 copaySpecialist: \$30 copay		



Covered Medical and Hospital Benefits (cont.)

Preventive care Our plan covers many preventive services at no cost when you see an in-network provider 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 • Colorectal cancer screenings (colonoscopy, fecal occult blood test, flexible sigmoidoscopy) · Depression screening • Diabetes screenings 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) • Annual Wellness Visit · Lung cancer screening Routine physical exam Medicare diabetes prevention program

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

EMERGENCY CARE	
Emergency room	\$80 copay If you are admitted to the hospital within 24 hours, you do not have to pay your share of the cost for the emergency care.
Urgently needed services	\$25 copay at an urgent care center Urgently needed services are provided to treat a non-emergency, unforeseen medical illness, injury or condition that requires immediate medical attention.

OUTPATIENT CARE AND SERVICES

Diagnostic services, labs and imaging

Cost share may vary depending on the service and where service is provided

- Diagnostic mammography: \$30 to \$75 copay
- Diagnostic radiology: **\$0** to **\$295** copay
- Lab services: **\$0** to **\$30** copay
- Diagnostic tests and procedures: **\$0** to **\$80** copay
- Outpatient X-rays: **\$0** to **\$80** copay
- Radiation therapy: 20% of the cost

(A)

Covered Medical and Hospital Benefits (cont.)

Hearing

Medicare covered hearing exam: \$30 copay

Routine hearing: HER865

- \$0 copayment for fitting/evaluation, routine hearing exam up to 1 per year.
- **\$1000** maximum benefit coverage amount per ear per year for hearing aids (all types).

Dental

Medicare covered dental services: \$30 copay

Routine dental: DEN977

The cost-share indicated below is what you pay for the covered service.

- **0%** coinsurance for periodontal exam up to 1 every 3 years
- **0%** coinsurance for panoramic film or diagnostic x-rays up to 1 every 5 years
- **0%** coinsurance for bitewing x-rays up to 1 set per year and/or intraoral x-rays up to 1 per year
- **0%** coinsurance for periodic oral exam and/or comprehensive oral evaluation, prophylaxis (cleaning), fluoride up to 2 per year
- 0% coinsurance for necessary anesthesia up to unlimited per year
- **50%** coinsurance for amalgam and/or composite filling, simple or surgical extractions up to 2 per year
- 70% coinsurance for scaling and root planing up to 1 per quadrant every 3 years
- 70% coinsurance for periodontal maintenance up to 2 per year
- \$2000 maximum benefit coverage amount per year

Use the HumanaDental Medicare network for the Mandatory Supplemental Dental. The provider locator can be found at Humana.com > Find a Doctor > from the Search Type drop down select Dental > under Coverage Type select All Dental Networks > enter zip code > from the network drop down select HumanaDental Medicare.

Additional dental benefits are available with a separate monthly premium. Please see the "Optional Supplemental Benefits" page for details.

Vision

- Medicare-covered vision services: \$30 copay
- Diabetic eye exam: **\$0** copay
- Glaucoma screening: **\$0** copay
- Eyewear (post-cataract): **\$0** copay

Routine vision: VIS734

- \$0 copayment for routine exam, refraction up to 1 per year.
- \$100 maximum benefit coverage amount per year for contact lenses or eyeglasses - lenses and frames (includes fitting).
 Eyeglasses will include ultraviolet protection and scratch resistant coating.

The provider locator can be found at Humana.com > Find a Doctor > from the Search Type drop down select Vision > Eyemed Select Network.



Covered Medical and Hospital Benefits (cont.)

Mental health services	 \$270 copay per day for days 1-6 \$0 copay per day for days 7-90 Your plan covers up to 190 days in a lifetime for inpatient mental health care in a psychiatric hospital. Outpatient (group and individual therapy visits): \$30 to \$70 copay Cost share may vary depending on where service is provided.
Skilled nursing facility (SNF)	 \$0 copay per day for days 1-20 \$167.50 copay per day for days 21-100 Your plan covers up to 100 days in a SNF
Physical Therapy	• \$30 copay
ADDITIONAL BENEFITS	
Ambulance (ground)	\$265 per date of service
Transportation	Not covered



Prescription Drug Benefits

Medicare Part B drugs

Chemotherapy drugs: 20% of the cost
Other Part B drugs: 20% of the cost

PRESCRIPTION DRUGS

DeductibleThis plan has a **\$300** deductible for Tier 4, Tier 5 drugs. You pay the full cost of these drugs until you reach \$300. Then, you only pay your cost-share.

Initial coverage (after you pay your deductible, if applicable)

You pay the following until your total yearly drug costs reach **\$3,820**. Total yearly drug costs are the total drug costs paid by both you and our plan. Once you reach this amount, you will enter the Coverage Gap.

Preferred cost-sharing						
Pharmacy options Retail To find the preferred cost-share retail pharmacies near you, go to Humana.com/pharmacyfinder		Mail order Humana Pharmacy®				
	30-day supply	90-day supply	30-day supply	90-day supply		
Tier 1: Preferred Generic	\$2	\$6	\$2	\$0		
Tier 2: Generic	\$9	\$27	\$9	\$0		
Tier 3: Preferred Brand	\$47	\$141	\$47	\$131		
Tier 4: Non-Preferred Drug	\$100	\$300	\$100	\$290		
Tier 5: Specialty Tier	27%	N/A	27%	N/A		

Standard cost-sharing						
Pharmacy options	All other network retail pharmacies.		Mail order Walmart Mail			
			30-day supply	90-day supply		
Tier 1: Preferred Generic	\$10	\$30	\$10	\$30		
Tier 2: Generic \$20		\$60	\$20	\$60		
Tier 3: Preferred Brand	\$47	\$141	\$47	\$141		
Tier 4: Non-Preferred Drug	\$100	\$300	\$100	\$300		
Tier 5: Specialty Tier	27%	N/A	27%	N/A		

Generic drugs may be covered on tiers other than Tier 1 and Tier 2 so please check this plan's Humana Drug List to validate the specific tier on which your drugs are covered.

Specialty drugs are limited to a 30 day supply.

Cost sharing may change depending on the pharmacy you choose, when you enter another phase of the Part D benefit and if you qualify for "Extra Help." To find out if you qualify for "Extra Help," please contact the Social Security Office at 1-800-772-1213 Monday — Friday, 7 a.m. — 7 p.m. TTY users should call 1-800-325-0778. For more information on the additional pharmacy-specific cost-sharing and the phases of the benefit, please call us or access our "Evidence of Coverage" online.

If you reside in a long-term care facility, you pay the same as at a standard 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 drug in the following days' supply amounts:

- One month supply (up to 30 days)*
- Two month supply (31-60 days)
- Three month supply (61-90 days)

Coverage Gap

After you enter the coverage gap, you pay **25 percent** of the plan's cost for covered brand name drugs and **37 percent** of the plan's cost for covered generic drugs until your costs total **\$5,100** — which is the end of the coverage gap. Not everyone will enter the coverage gap.

Catastrophic Coverage

After your yearly out-of-pocket drug costs (including drugs purchased through your retail pharmacy and through mail order) reach **\$5,100**, you pay the greater of:

- 5% of the cost, or
- \$3.40 copay for generic (including brand drugs treated as generic) and a \$8.50 copayment for all other drugs

^{*}Long term care pharmacy (one month supply = 31 days)

Additional benefits	S
Medicare-covered foot care (podiatry)	\$30 copay
Medicare-covered chiropractic services	\$20 copay
Medical equipment/ supplies Cost share may vary depending on the service and where service is provided	 Durable medical equipment (like wheelchairs or oxygen): 20% of the cost Medical supplies: 20% of the cost Prosthetics (artificial limbs or braces): 20% of the cost Diabetic monitoring supplies: \$0 copay or 10% to 20% of the cost
Rehabilitation services	 Physical, occupational and speech therapy: \$30 copay Cardiac rehabilitation: \$30 copay Pulmonary rehabilitation: \$30 copay



More benefits with your plan

Enjoy some of these extra benefits included in your plan.

HMO Travel Benefit

Care from an in-network HMO provider while traveling in select counties in Florida.

Well Dine Meal Program

Humana's meal program for members following an inpatient stay in the hospital or nursing facility

HumanaFirst® Nurse Hotline

Health advice from a registered nurse, available 24 hours a day, seven days a week.

Over-the-Counter (OTC) mail order

Up to **\$50** allowance every 3 months for the purchase of OTC supplies from Humana Pharmacy mail delivery.

Virtual Visits - Medical

Access to doctors and other practitioners via phone and/or video technology for diagnosis and treatment of certain non-emergency medical issues.

You pay a **\$10** copay to receive a remote medical consultation.

Virtual Visits – Mental and Behavioral Health

Access to doctors and other mental health professionals via phone and/or video technology for diagnosis and treatment of certain non-emergency mental or behavioral issues.

You pay a **\$20** copay to receive a remote mental and behavioral consultation.

Go365™ by Humana

Rewards for completing certain preventive health screenings and health and wellness activities.

SilverSneakers® fitness program

Basic fitness center membership including fitness classes.



Optional Supplemental Benefits

Customize your coverage for an extra monthly premium when you enroll. You can choose from the following to help create your Medicare plan.

\$33

MyOption Total Dental DEN983

Enhances the dental coverage already included in your Medicare Advantage plan with additional benefits for certain preventive, basic, and major services in the HumanaDental Medicare network. These extra benefits – in addition to your basic benefits – have an additional monthly premium.

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 1 each year. Enrollees must use network providers for specific OSBs when stated in the Evidence of Coverage (EOC); otherwise, covered services may be received from non-network providers at a higher cost. Enrollees must continue to pay the Medicare Part B premium, their Humana plan premium and the OSB premium.





You can see our plan's **provider and pharmacy directory** at our website at **www.humana.com/members/tools** or call us at the number listed at the beginning of this booklet and we will send you one.



You can see our plan's **drug list** at our website at **www.humana.com/ medicare/medicare_prescription_drugs/medicare_drug_tools/ medicare_drug_list/** or call us at the number listed at the beginning of this booklet and we will send you one.

This information is not a complete description of benefits. Call 1-800-457-4708 (TTY: 711) for more information.

To find out more about the coverage and costs of Original Medicare, look in the 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, seven days a week. TTY users should call 1-877-486-2048.

This information is available in a different format, including Braille, large print, and audio tapes. Please call Customer Care at the number listed in the beginning of this document if you need plan information in another format.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-833-2364 (TTY: 711).

The provider/pharmacy network may change at any time. You will receive notice when necessary.

Limitations on healthcare and prescription services delivered via virtual visits and communications options vary by state. Virtual visit services are not a substitute for emergency care and not intended to replace your primary care provider or other providers in your network. This material is provided for informational use only and should not be construed as medical advice or used in place of consulting a licensed medical professional.



Humana.com

Optional Supplemental Benefits

Humana Gold Plus[®] H3533-006 (HMO)

Capital Region



My Options, My Choice Adding Benefits to Your Plan

You're unique and have unique needs. That's why Humana offers optional supplemental benefits (OSB). For an extra monthly premium you can customize your Humana Medicare Advantage plan.

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

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 April 1 - September 30. Please leave your name and telephone number, and we will call you back by the end of the next business day.

MyOptionSM Total Dental (DEN983)

The MyOptionsM Total Dental benefit helps make it easy for you to plan for your dental care.

Here's how the benefit works:

Monthly Premium	\$33						
Maximum Benefit	Humana pays up to	Humana pays up to \$2,000 per calendar year					
Covered Dental Services	In-Network You Pay	Benefit Limitations Per Calendar Year					
Preventive and Diagnostic Dental Servi	Preventive and Diagnostic Dental Services						
Oral examinations	0%	Two per year					
Periodontal exam	0%	One every three years					
Dental prophylaxis (cleanings)	0%	Two per year					
Intraoral X-rays	0%	One set per year					
Panoramic or Diagnostic X-rays	0%	One set per year					
Bitewing X-ray	0%	One set per year					
Fluoride treatment	0%	Two per year					
Basic Dental Services (Minor Restorativ	e)						
Amalgam restorations (silver fillings)	50%	T					
Composite resin restorations (white fillings)	50%	Two per year					
Extractions (pulling teeth), simple or surgical	50%	Two per year					
Recementation	50%	One procedure every five years					

OPTIONAL SUPPLEMENTAL BENEFITS (continued)

Covered Dental Services	In-Network You Pay	Benefit Limitations Per Calendar Year				
Basic Dental Services (Minor Restorative)						
Emergency treatment for pain	50%	Two per year				
Anesthesia	0%	Unlimited procedures per year				
Major Dental Services (Endodontics, Perio	dontics and Oral Sur	gery)				
Root canal treatment	70%	One per year				
Crowns	70%	Two per year				
Periodontal scaling and root planing (deep cleaning)	70%	One procedure for each quadrant per year				
Periodontal maintenance	70%	Two per year				
Oral surgery	70%	Two per year				
Complete dentures (including routine post-delivery care)	70%	One upper and/or one lower complete denture every five years				
Partial dentures	70%	One upper and/or one lower partial denture every five years				
Denture adjustments (not covered within six months of initial placement)	70%	One per year				
Denture reline (not allowed on spare dentures)	70%	One per year				

Covered dental services are subject to conditions, limitations, exclusions, and maximums. Please see your Evidence of Coverage for details.

The Humana Optional Supplemental Dental benefits are provided through the Humana Dental Medicare Network. The provider locator can be found at Humana.com > Find a Doctor > from the Search Type drop down select Dental > HumanaDental Medicare.

Humana is a Medicare Advantage HMO plan with a Medicare contract. Enrollment in this Humana plan depends on contract renewal. 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 use network providers for specific OSBs when stated in the Evidence of Coverage (EOC); otherwise, covered services may be received from non-network providers at a higher cost. Enrollees must continue to pay the Medicare Part B premium, their Humana premium, and the OSB premium.



Notes	 	 	

Notes	 	 	

Discrimination is Against the Law

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion.

Humana Inc. and its subsidiaries provide: (1) free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate; and, (2) free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call **1-877-320-1235** or if you use a **TTY**, call **711**.

If you believe that Humana Inc. and its subsidiaries have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion, you can file a grievance with Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618.

If you need help filing a grievance, call 1-877-320-1235 or if you use a TTY, call 711.

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, DC 20201, **1-800-368-1019**, **800-537-7697 (TDD)**.

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

Multi-Language Interpreter Services

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-320-1235 (TTY: 711)... ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-1235 (TTY: 711) 注意:如果您使用繁體中文,您可以免費獲得語 言援助服務。 請致電 1-877-320-1235 (TTY: 711)。 ... CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-320-1235 (TTY: 711).... 주의 : 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-320-1235 (TTY: 711) 번으로 전화해 주십시오 PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawaq sa 1-877-320-1235 **(ТТҮ: 711)**.... ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-877-320-1235 **(телетайп: 711)**.... ATANSYON: Si w pale Krevòl Avisven, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-877-320-1235 (TTY: 711).... ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-320-1235 (ATS: 711).... UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-320-1235 **(TTY: 711)**.... ATENÇÃO: Se fala português, encontram-se disponíveis servicos linguísticos, grátis. Lique para 1-877-320-1235 (TTY: 711).... ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-877-320-1235 (TTY: 711).... ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-877-320-1235 (TTY: 711).... 注意事項:日本語を話される 場合、無料の言語支援をご利用いただけます。 1-877-320-1235 (TTY: 711) まで、お電話にてご連絡ください。...

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1235-320-877-1-1 (**TTY: 711)** تماس بگیرید.

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódíílnih 1-877-320-1235 (TTY: 711)....

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1235-370-877-1 **(رقم هاتف الصم والبكم: 711)**.

Humana Gold Plus H3533-006 (HMO) H3533006000 ENG Capital Region