SPECIAL EXPANDED MEDICARE ISSUE! SEE SENIOR HEALTH PLANS COMPARISON CHARTS FOR 2016 INSIDE!

GET READY FOR MEDICARE OPEN ENROLLMENT!

Every year during the Medicare Annual Enrollment Period (AEP) you have the opportunity to review the 2016 benefits offered by your current health plan. During this time, even if you are happy with your plans 2015 benefits it is wise to research other health plan benefits to see if you can save money. If you decide to select a new Medicare Advantage HMO health plan that better fits your needs, you can make that change from **October 15th, 2015 until December 7th 2015** for an effective date of January 1st 2016. After December 7, 2015 you will be "locked-in" to your choice for 2016.

The following are exceptions to the above:
• Age-Ins- Those who are turning 65
• Those who change their residences and now live outside of their elected service area
• Those with both Medicare and Medi-Cal
• Those who qualify for Special Needs Plans
  1) People who live in certain institutions (like a nursing home) or who require nursing care at home.
  2) People who have specific chronic or disabling conditions (like diabetes, End-Stage Renal Disease (ESRD), HIV/AIDS, chronic heart failure, or dementia)

It is important to get a head start in researching your Medicare Advantage plan benefits. Yes, Open Enrollment runs until December 7th 2015, however if you wait until the last minute, things can get stressful when trying to choose the best plan for your needs. If your circumstances have changed—for example, you’re taking different medications, or you’ve heard that your plan is changing—it's important to have time to review all your options. If you need personalized assistance, it is easier to schedule an appointment now than if you wait until after Thanksgiving.

PAY ATTENTION TO YOUR MAIL. This is the time of year that you'll start to get a lot of information. Your Part D or Medicare Advantage
What is Case or Care Management?
A patient centered multi-disciplinary process of identifying members with specific healthcare needs in order to assess, plan coordinate, and facilitate the development of a plan to efficiently use the healthcare resources to achieve optimum patient outcomes. In other words we help the member get the care they need, in the right setting, at the right time and in the most efficient manner.

Who needs Case Management or Care Coordination?
Anyone who may need information, care coordination, assistance with navigating through the health care delivery system can be referred to Case Management or Care Coordination.

A Case Manager or Care Coordinator:
- Assist your patient during transitions of care from inpatient settings to alternate levels of care
- Teach your patient about the disease process, provide health coaching
- Help make a treatment plan – An individualized Care Plan with the PCP and Member input
- Arrange doctor visits
- Help with referrals
- Assist with getting medicines and treatments
- Provide your patient with information on services and programs with the community that are available to them

The Outreach Case/Care Management Department is available to assist any members who may need assistance. Please contact our office at (562) 259-2548 to self-refer or if you have any questions regarding the Case/Care Management Program.

Medicare Coverages

| PART A HOSPITAL | • Inpatient Care in Hospitals | • Skilled Nursing Facilities care |
| PART B MEDICAL INSURANCE | • Hospice Care | • Home Health Care |
| PART C MEDICARE ADVANTAGE | • Services from Doctors and other healthcare providers | • Durable medical equipment |
| PART D PRESCRIPTION DRUG | • Outpatient Care | • Some Preventative Services |
| • Includes all benefits and services covered under Part A and Part B | • Run by Medicare- approved private insurance companies (SCAN, Blue Cross, Blue Shield, Humana) | |
| • Run by Medicare- approved private insurance companies (SCAN, Blue Cross, Blue Shield, Humana) | • Usually includes Medicare prescription Drug Coverage (Part D) | • May Include extra benefits and services for an extra cost |
| • Helps cover the costs of Prescription Drugs | • Run by Medicare-approved private insurance companies (SCAN, Blue Cross, Blue Shield, Humana) | • May Help lower your prescription drug costs and help protect against higher costs in the future |

Step 1: Decide how you want to get your coverage
Step 2: Decide if you want to add drug coverage
Step 3: Decide if you need to add supplemental coverage
Many people do not realize the importance of having an annual physical exam. Annual exams play a major role in the prevention and detection of any new medical conditions. Just as it is important to have a regular maintenance on your vehicle, it is equally important to make sure that you are healthy by having an annual physical exam to follow up on any diseases that can be prevented through early detection.

People 65 and older are at the highest risk for diseases such as Osteoporosis, Cancer, Hypertension and vision and hearing impairment.

If you have not scheduled an annual physical with your physician this year, we encourage you to do so before the end of the year. During your visit, please be sure to inform your physician of any pre-existing conditions you may have so that he/she can perform a thorough evaluation. Annual physical exams along with maintaining a proper diet and routine exercise will ensure a higher quality of life.

**FIVE WISHES Advance Directive**

You should be hearing about Advance Directives from your healthcare providers, such as the hospital or your primary care physician. You may have been asked what your wishes are regarding life sustaining treatment while you were an inpatient in the acute hospital. You may have made some decisions at that time, but never put them in writing.

The "Five Wishes" Advance Directive is an easy to complete form that lets you put your wishes in writing. The decision to complete an Advance Directive allows you the comfort of knowing that your wishes will be respected.

**Take The First Step Today**
- Call the Outreach Department and request your Five Wishes Advance Directive Booklet, available in English and Spanish.
- Discuss the contents with your family and your primary care physician.
- Complete the Five Wishes and present the booklet to your doctor to be added to your medical record.
- Please keep a copy for your records.

We can help if you have questions or need assistance completing your Five Wishes Advance Directive. Call our Outreach Department at (562) 259-2548 or talk with your doctor at your next office visit.

**MY WISH FOR:**
1. The Person I want to Make Care Decisions for Me When I Can't
2. The Kind of Medical Treatment I Want or Don't Want
3. How Comfortable I Want To Be
4. How I Want People to Treat Me
5. What I Want My Loved Ones to Know

Once you've left the hospital after an illness, the last thing you want to do is end up back there. But about 20 percent of older adults make a repeat visit the month after discharge. In fact, depending on what sent you to the hospital in the first place, the risk for a return trip remains elevated for months or even a year afterward, a recent study found.

Fortunately doctors and hospitals can help reduce these risks by providing targeted follow-up care, the study says. But patients have a role to play, too. Watch your health—or your family member's—closely during the months after a hospital visit. If you notice any changes or concerns, be sure to notify the healthcare team right away. Here are a few steps you can take to avoid hospital readmission.

**Know Your Risks**

Being home following a hospitalization can come with its own set of challenges. For starters, you're still recovering from the illness that required inpatient care to begin with, be it pneumonia or a heart attack.

In addition, your odds of developing conditions not related to your initial diagnosis also increase. Why? Stress from the hospital experience, changes in medications, and exposure to new infections create a dangerous mix. You may develop a new gastrointestinal, respiratory, or other type of illness as a result.

**Take an Active Role in Your Health**

You can help avoid heading back to the hospital by becoming your own best advocate. You can also enlist family members to help make sure you follow your doctor's advice and keep up with any medications you may need.

Before you leave the hospital, create a checklist of what you need to know. Make sure you ask—and write down the answers to—these questions:
- What should I do to continue getting better?
- What problems should I watch for?
- And what should I do if I have them?
- What medicines do I need, and how do I take them?
- Will I need a walker or other medical equipment?
- Do I need to schedule follow-up visits and tests?

Request written information you can take with you about your diagnosis and treatment plan. And if you and your family need further help coping with the transition, ask if you can speak with a social worker. He or she can speed access to the resources you need for a full recovery.

**Use Your Hospital Resources!**

Your hospital health care team will try to minimize any risks that may threaten your health after inpatient care. Some of this starts while you're still in the hospital. Doctors, nurses, and ancillary staff encourage inpatients to eat well, sleep properly, and move more.

When it's time to be released from the hospital, your physician will authorize a hospital discharge. Your case manager or nurse will give you a discharge folder, which will help you keep track of all the things you need to know and what you need to do.

The discharge folder includes:
- **DISCHARGE SUMMARY:** An overview of why you were in the hospital, which health care professionals saw you, what procedures were done, and what medications were prescribed.
- **MEDICATIONS LIST:** A list of the medications you were given during your hospital stay, the medications you will continue after discharge, and any new medications your doctor prescribed.
- **PATIENT EDUCATION MATERIALS:** Customized information to help you understand your condition. This may include any dietary restrictions you need to follow, and for how long; the kinds of activities you can and can’t do, and for how long; proper care instructions for any injury or incisions you have; and any other home-care instructions for your caregiver, such as how to get you in and out of bed, how to use and monitor any equipment, and what signs and symptoms to watch out for.
- **FOLLOW-UP INSTRUCTIONS:** Information that may include what follow-up tests you may need and when you need to schedule them, when you need to see your physician, and telephone numbers to call if you or your caregiver has any questions about your after-hospital care. You can also expect a phone call from your local hospital after you’re discharged to encourage medication compliance and address questions related to care transitions. We take seriously our responsibility to care for you. Our number one concern is that you stay healthy.

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**News from FOUNTAIN VALLEY REGIONAL MEDICAL CENTER**
As the breeze starts to pick up and the hot summer air becomes a little cooler, we realize that Halloween is just around the corner and before you know it the holiday season is here.

Keep in Mind: Maintaining your weight, may be a better goal than actual weight loss.

Below are some tips to help you enjoy your time without the additional weight gain that can sabotage your health goals.

Avoid having tempting goodies at the house. Example: Buy treats the day of Halloween as to avoid having temptation around prematurely, and buy only enough weight, may be a better goal than actual weight loss.

Keep hydrated. Coffee, alcohol, sodas, and any other beverage with caffeine or alcohol will dehydrate you. Begin the day with 16 oz of water from your nightstand right when waking. We are often dehydrated and do not even notice or feel thirsty. Many times we can feel hungry when our bodies are really thirsty. Keep drinking water throughout the day.

Fill your plate with plant-based items. Do your best to fill your plate with salad, veggies, bean-based items if available and make a little room for the one holiday item you are really craving whether it be stuffing, candied potatoes, or a little of each. Studies show that adding vegetables to your day’s meals and snacks can cut total calories by 200-350/day.

Take a semi-healthy dish. If invited to a potluck or event, take a greens, fruit, and nut salad with a bottle of tasty dressing or a low fat dish that you made as you know what went into it. At least you can ensure you got something healthy at that meal. You can even toss the other food items into it such as rice or corn.

Include more daily exercise. Add a couple of extra walks in during the week. Studies show that exercise in the am and pm can be very healthy and has anti-aging effects. It can also be a good way to manage blood sugars if diabetes is present.

Try yoga. It may not necessarily be the most cardiovascular workout but the effect of balance can have a great impact on your overall health, especially if you tend to overeat when stressed or feeling emotional.

Take things on a case by case basis. If you overdid it at a meal, you have the next one that you can do better at. If you overdo it the entire day, there is always tomorrow. You only get in trouble when you keep repeating the same unhealthy habit over and over again.

Focus on the people/occasion. Enjoy people and focus on them and the occasion and not so much on the food. Enjoy discussions, games, songs, etc. people you love or haven’t seen or just met and make memories with others. After all, that is what the holiday season is all about.

Okay so did you just feel the cool breeze blow by? Okay then, time to get started!!! You can do it!
GET READY FOR MEDICARE OPEN ENROLLMENT!

What is the best for you?

Open Enrollment for Medicare is October 15th 2015 to December 7th 2015. Come join us to hear about the changes to your Health Plan Medicare Benefits.

Several health plans will be available to present their 2016 Medicare plan benefits to help you compare and CHOOSE THE RIGHT PLAN FOR YOUR NEEDS.

More meetings are available. Call Mary Seve at (562) 602-1563 ext. 277 for more information and... Reserve your spot today!

Coco’s Bakery
11510 South St., Centeze Ca 90703
11/2/2015 10:00am-11:00am
11/9/2015 10:00am-11:00am
11/16/2015 10:00am-11:00am
11/23/2015 10:00am-11:00am
12/7/2015 10:00am-11:00am

Denny’s
16065 Brookhurst St.,
Fountain Valley CA 92708
11/4/2015 3:00pm-4:30pm
11/11/2015 3:00pm-4:30pm
12/2/2015 3:00pm-4:30pm

Denny’s
601 Long Beach Blvd,
Long Beach CA 90807
11/2/2015 10:00am-11:30am

Denny’s
600 E Carson Plaza, Carson CA 90745
11/18/2015 10:00am-11:00am

Denny’s
11605 Carson St., Lakewood CA 90715
11/18/2015 10:00am-11:30am

Fountain Valley Hospital
17100 Euclid St,
Fountain Valley CA 92708
10/29/2015 9:30am - 12:00pm (Salzer)
11/5/2015 9:30am - 12:30pm (Salzer)
12/9/2015 9:30am - 12:30pm (Cisneros)
1/15/2016 9:30am-12:30pm (Salzer)
1/27/2016 1:30pm-3:30pm (Salzer)

Katella Deli
4470 Katella Ave., Los Alamitos Ca 90720
10/27/2015 9:00am-11:00am
11/3/2015 9:00am-11:00am
11/17/2015 9:00am-11:00am
11/24/2015 9:00am-11:00am
12/1/2015 9:00am-11:00am

Los Alamitos Outpatient Pavilion
& Wellness Center
3851 Katella Ave.,
Los Alamitos CA 90720
11/4/2015 2:00pm-6:00pm
11/11/2015 2:00pm-6:00pm
11/18/2015 2:00pm-6:00pm
12/2/2015 2:00pm-6:00pm
12/9/2015 2:00pm-6:00pm

Marie Callender’s
4419 Candlewood St,
Lakewood CA 90712
10/27/2015 10:00am-12:00pm
10/29/2015 10:00am-11:00am
11/3/2015 10:00am-12:00pm
11/10/2015 10:00am-11:00am
11/17/2015 10:00am-12:00pm
11/24/2015 10:00am-12:00pm
12/1/2015 10:00am-12:00pm
12/8/2015 10:00am-12:00pm

Marriott Long Beach Hotel
4700 Airport Plaza Dr,
Long Beach CA 90815
10/27/2015 10:00am-12:00pm
11/3/2015 10:00am-12:00pm
11/10/2015 10:00am-12:00pm
11/17/2015 10:00am-12:00pm
11/24/2015 10:00am-12:00pm
12/1/2015 10:00am-12:00pm

St. Mary Medical Center (Bonzer)
1050 Linden Ave,
Long Beach CA 90813
10/29/2015 09:30am-12:00pm
11/6/2015 09:30am-12:00pm
11/12/2015 9:30am - 12:30pm
11/19/2015 9:30am - 12:30pm
12/4/2015 9:30am-12:00pm
12/11/2015 09:30am-12:00pm
12/18/2015 09:30am-12:00pm
12/25/2015 09:30am-12:00pm

Mimi’s Café
18461 Brookhurst St.,
Fountain Valley CA 92708
10/27/2015 10:00am-12:00pm
11/3/2015 10:00am-12:00pm
11/10/2015 10:00am-12:00pm
11/17/2015 10:00am-12:00pm
11/24/2015 10:00am-12:00pm
12/1/2015 10:00am-12:00pm
12/8/2015 10:00am-12:00pm

Mimi’s Café
6670 E. Pacific Coast Hwy,
Long Beach CA 90803
10/28/2015 10:00am-12:00pm
10/27/2015 2:00pm-4:00pm
11/2/2015 2:00pm-4:00pm
11/9/2015 10:00am-12:00pm
11/16/2015 10:00am-12:00pm
11/19/2015 2:00pm-4:00pm
11/23/2015 2:00pm-4:00pm
11/30/2015 10:00am-12:00pm

POLLIES PIES
4680 Los Coytes Diagonal,
Long Beach CA 90815
10/27/2015 10:00am-11:00am
11/3/2015 10:00am-11:00am
11/10/2015 10:00am-11:00am
11/17/2015 10:00am-11:00am
11/24/2015 10:00am-11:00am
12/1/2015 10:00am-11:00am

APPLIED GENERAL AGENCY
Bob Jensen                (714) 273-9717
Larry Plenwijk            (800) 559-3542

BOOMERS INSURANCE
Kevin Ekblad   (426) 222-9798
Jerry Arellano (562) 502-7631
Janet Maruo (310) 502-3454

CALIFORNIA INSURANCE EXCHANGE
Rene Mejia (562) 805-9620
Jacque Piratta (310) 495-6019

 Approved Independent Insurance Agents

INDENTIFIED AGENT
Mary Kuo              (562) 455-5712

JAR INSURANCE SERVICES
Daniel Vilagra (828) 893-1821
Ozzi Padilla (323) 693-8950

SOUTH BAY HEALTH
INSURANCE SERVICES
George Eldia (858) 245-8585
Juan Manuel Célavos (714) 455-0948

UNIQUE INSURANCE SERVICES
Lily Tran (626) 506-5564

We are here to help! We understand that this time of year can be very stressful for everyone. With the holidays fast approaching, many people don’t have time to deal with their health insurance benefits. We want to make sure that you have all the information you need when preparing for this time of year. Please contact one of our Licensed Insurance Agents for free information on your health plan benefits. (See page 9 for agent contact information)

One of the most important things to remember is that the time frame for making your decision is October 15, 2015 until December 7, 2015 ONLY!

Information is key in making your insurance choice. If you have access to the internet, you can compare the different plans and benefits by navigating to www.medicare.gov. Call us today for more information (562) 602-1563 ext. 512.
**2016 SENIOR HEALTH PLANS BENEFIT OVERVIEW FOR LOS ANGELES COUNTY**

For Alamitos IPA, Brookshire IPA, Fountain Valley IPA, Lakewood IPA, St. Mary IPA

**BENEFITS**  
Max Out of Pocket (MOOP)  
Monthly Premium  
PCP Visit Copay  
Specialist Visit Copay  
Hospital Copay  
Outpatient Surgery  
Urgent Care  
Ambulance  
Skilled Nursing Facility (SNF)  
Emergency Room  

**Contract Term effective 12/31/15**

<table>
<thead>
<tr>
<th>MOOP</th>
<th>Aetna Alignment Health/Citizens Choice Platinum Plan</th>
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<th>Blue Shield 65 Choice</th>
<th>Blue Shield 65 Plus</th>
<th>Care 1st Advantage Optimum</th>
<th>Central Health Plan</th>
<th>Easy Choice Best Plan</th>
<th>Golden State</th>
<th>Health Net Gold Select</th>
<th>Humana Gold Plus</th>
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**Monthly Premium**  
- Aetna: $0  
- Anthem Blue Cross: $0  
- Blue Shield: $0  
- Care 1st Advantage: $0  
- Central Health: $0  
- Easy Choice: $0  
- Golden State: $0  
- Health Net Gold: $0  
- Humana Gold: $0  
- SCAN Classic: $0  
- Secure Horizons: $0  

**PCP Visit Copay**  
- Aetna: $0  
- Anthem Blue Cross: $0  
- Blue Shield: $0  
- Care 1st Advantage: $0  
- Central Health: $0  
- Easy Choice: $0  
- Golden State: $0  
- Health Net Gold: $0  
- Humana Gold: $0  
- SCAN Classic: $0  
- Secure Horizons: $0  

**Specialist Visit Copay**  
- Aetna: $0  
- Anthem Blue Cross: $12  
- Blue Shield: $0  
- Care 1st Advantage: $0  
- Central Health: $0  
- Easy Choice: $0  
- Golden State: $0  
- Health Net Gold: $0  
- Humana Gold: $0  
- SCAN Classic: $0  
- Secure Horizons: $0  

**Hospital Copay**  
- Aetna: $0/day (1-5 days)  
- Anthem Blue Cross: $125/day (1-5 days)  
- Blue Shield: $0/day (5 days & beyond)  
- Care 1st Advantage: $0/day (1-5 days)  
- Central Health: $0/day (5 days & beyond)  
- Easy Choice: $0/day (1-5 days)  
- Golden State: $0/day (5 days & beyond)  
- Health Net Gold: $0/day (5 days & beyond)  
- Humana Gold: $0/day (5 days & beyond)  
- SCAN Classic: $0/day (5 days & beyond)  
- Secure Horizons: $0/day (5 days & beyond)  

**Outpatient Surgery**  
- Aetna: $0  
- Anthem Blue Cross: $0  
- Blue Shield: $0  
- Care 1st Advantage: $0  
- Central Health: $0  
- Easy Choice: $0  
- Golden State: $0  
- Health Net Gold: $0  
- Humana Gold: $0  
- SCAN Classic: $0  
- Secure Horizons: $0  

**Urgent Care**  
- Aetna: $0-$25  
- Anthem Blue Cross: $10  
- Blue Shield: $5  
- Care 1st Advantage: $25-$45  
- Central Health: $0  
- Easy Choice: $0  
- Golden State: $0-$25  
- Health Net Gold: $10  
- Humana Gold: $0  
- SCAN Classic: $20  
- Secure Horizons: $30-$50  

**Ambulance**  
- Aetna: $125  
- Anthem Blue Cross: $275  
- Blue Shield: $135  
- Care 1st Advantage: $200  
- Central Health: $125  
- Easy Choice: $50  
- Golden State: $200  
- Health Net Gold: $60  
- Humana Gold: $250  
- SCAN Classic: $125  
- Secure Horizons: $200  
- Secure Horizons: $275  

**Skilled Nursing Facility (SNF)**  
- Aetna: $40/day (1-20 days)  
- Anthem Blue Cross: $0  
- Blue Shield: $20/day (1-20 days)  
- Care 1st Advantage: $25/day (1-20 days)  
- Central Health: $0  
- Easy Choice: $0  
- Golden State: $0  
- Health Net Gold: $0  
- Humana Gold: $0  
- SCAN Classic: $0  
- Secure Horizons: $0  

**Emergency Room**  
- Aetna: $75  
- Anthem Blue Cross: $75  
- Blue Shield: $75  
- Care 1st Advantage: $75  
- Central Health: $75  
- Easy Choice: $75  
- Golden State: $75  
- Health Net Gold: $75  
- Humana Gold: $75  
- SCAN Classic: $75  
- Secure Horizons: $75  

**PHARMACY** – retail 30 day supply of formulary medications • LOS ANGELES COUNTY

**Initial Coverage Limit**  
- Aetna: $3310  
- Anthem Blue Cross: $3210  
- Blue Shield: $3310  
- Care 1st Advantage: $3310  
- Central Health: $3310  
- Easy Choice: $3310  
- Golden State: $3310  
- Health Net Gold: $3310  
- Humana Gold: $3310  
- SCAN Classic: $3310  
- Secure Horizons: $3310  

**Preferred Generic Tier 1**  
- Aetna: $0  
- Anthem Blue Cross: $9  
- Blue Shield: $7  
- Care 1st Advantage: $0  
- Central Health: $0  
- Easy Choice: $0  
- Golden State: $5  
- Health Net Gold: $5  
- Humana Gold: $0  
- SCAN Classic: $0  
- Secure Horizons: $4  

**Generic Tier 2**  
- Aetna: $5  
- Anthem Blue Cross: $17  
- Blue Shield: $10  
- Care 1st Advantage: $12  
- Central Health: $5  
- Easy Choice: $5  
- Golden State: $15  
- Health Net Gold: $10  
- Humana Gold: $0  
- SCAN Classic: $20  
- Secure Horizons: $10  

**Preferred Brand Tier 3**  
- Aetna: $30  
- Anthem Blue Cross: $47  
- Blue Shield: $37  
- Care 1st Advantage: $47  
- Central Health: $35  
- Easy Choice: $47  
- Golden State: $45  
- Health Net Gold: $47  
- Humana Gold: $35  
- SCAN Classic: $47  
- Secure Horizons: $47  

**Non-Preferred Brand Tier 4**  
- Aetna: $75  
- Anthem Blue Cross: $100  
- Blue Shield: $72  
- Care 1st Advantage: $95  
- Central Health: $75  
- Easy Choice: $75  
- Golden State: $99  
- Health Net Gold: $95  
- Humana Gold: $100  
- SCAN Classic: $100  
- Secure Horizons: $100  

**Specialty Tier 5**  
- Aetna: 33%  
- Anthem Blue Cross: 33%  
- Blue Shield: 25%  
- Care 1st Advantage: 25%  
- Central Health: 33%  
- Easy Choice: 33%  
- Golden State: 33%  
- Health Net Gold: 33%  
- Humana Gold: 33%  
- SCAN Classic: 33%  
- Secure Horizons: 33%  

**Select Care Drugs Tier 6**  
- Aetna: N/A  
- Anthem Blue Cross: 0  
- Blue Shield: 33%  
- Care 1st Advantage: N/A  
- Central Health: $10  
- Easy Choice: N/A  
- Golden State: N/A  
- Health Net Gold: $0  
- Humana Gold: N/A  
- SCAN Classic: $11  
- Secure Horizons: N/A
## 2016 Senior Health Plans Benefit Overview for Orange County

For Alamos IPA, Brookshire IPA, Fountain Valley IPA, Lakewood IPA, St. Mary IPA

### Benefits

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<th>Plan</th>
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<th>PCP Visit Copay</th>
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<th>Initial Coverage Limit</th>
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### Pharmacy

- Retail 30 day supply of formulary medications
- Orange County

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<th>Preferred Brand Tier 3</th>
<th>Non-Preferred Brand Tier 4</th>
<th>Specialty Tier Tier 5</th>
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</table>

### Medicare Annual Enrollment Period


After Dec. 7, 2015, you will be "locked-in" to your choice for 2016.

**Senior Health Plans Comparison Charts** are for comparison purposes only. For complete details, contact the healthplan.
Inform the Member Service representative you would like to change your medical group to AIPA, BIPA, FVIPA, LIPA, or SMIPA. The Health Plan will tell you the change has been made and they will send you a new card.

Selecting a doctor is a very personal decision. You want a doctor who is qualified and dedicated to your care and is accessible.

• Selecting AIPA, BIPA, FVIPA, LIPA, or SMIPA for your HMO Network
• SCAN (800) 559-3500
• Health Net (800) 949-3022
• Humana (800) 448-6262
• Blue Shield (800) 393-6130
• Anthem Blue Cross (888) 230-7338
• Aetna Contract Term 12/31/2015 (800) 872-3862

Medicare Advantage Senior HMO’s affiliated with Alamillos IPA, Brokshire IPA, Fountain Valley IPA, Lakewood IPA, and St. Mary IPA can help meet your needs.

Selecting Alamillos IPA, Brokshire IPA, Fountain Valley IPA, Lakewood IPA, or St. Mary IPA as the medical group you prefer and contact your Health Plan.

The Health Plan will tell you the change has been made and they will send you a new card.

For more information on how to join, contact Samantha Aberle toll free at (844) 457-6946 or visit us at www.coasthealthcare.net

WHO’S NEW

GET TO KNOW US...

Selecting a doctor is a very personal decision. You want a doctor who is qualified and dedicated to your care and is accessible.

Medicare Advantage Senior HMO’s affiliated with Alamillos IPA, Brokshire IPA, Fountain Valley IPA, Lakewood IPA, and St. Mary IPA can help meet your needs.

Selecting Alamillos IPA, Brokshire IPA, Fountain Valley IPA, Lakewood IPA, or St. Mary IPA as the medical group you prefer and contact your Health Plan.

The Health Plan will tell you the change has been made and they will send you a new card.

1. Choose Alamillos IPA, Brokshire IPA, Fountain Valley IPA, Lakewood IPA, or St. Mary IPA as the medical group you prefer and contact your Health Plan.
2. Inform the Member Service representative you would like to change your medical group to Alamillos IPA, Brokshire IPA, Fountain Valley IPA, Lakewood IPA, or St. Mary IPA.

HOW TO ENROLL ...

AS EASY AS 1-2-3!

1. Choose Alamillos IPA, Brokshire IPA, Fountain Valley IPA, Lakewood IPA, or St. Mary IPA as the medical group you prefer and contact your Health Plan.
2. Inform the Member Service representative you would like to change your medical group to Alamillos IPA, Brokshire IPA, Fountain Valley IPA, Lakewood IPA, or St. Mary IPA.

MEDICARE ADVANTAGE SENIOR HMO’S affiliated with Alamillos IPA, Brokshire IPA, Fountain Valley IPA, Lakewood IPA, and St. Mary IPA

• Aetna Contract Term 12/31/2015 (800) 872-3862
• Anthem Blue Cross (999) 239-7338
• Blue Shield (800) 303-6130
• Care 1st (323) 889-6308
• Care 1st Cal MedConnect (855) 905-3825
• Central Health Plan (866) 314-2427
• Citizens choice/Alignment (866) 634-CCHP (2247)
• Easy Choice (866) 999-3945
• Health Net (800) 949-3022
• Health Net Cal MedConnect (888) 788-5395
• Humana (800) 699-4262
• Golden State (877) 541-4111
• SCAN (800) 559-3500
• UHC/Secure Horizons (888) 378-0849

For more information on how to join, contact Samantha Aberle toll free at (844) 457-6946 or visit us at www.coasthealthcare.net
Take Charge of Your Health

YOU HOLD THE KEY TO YOUR WELL-BEING!
Be proactive about your health and ensure you’re receiving the preventive care necessary to maintain a healthy lifestyle. Talk to your Primary Care Physician about the preventative tests/screenings you may need annually.

Attend our health education events to learn more information on prevention strategies that can delay the onset of chronic diseases. Understanding the different chronic conditions that affect your health and the symptoms/treatments associated with each will enable you to adopt healthy self-management behaviors to promote your health and better manage your medical conditions.

At each event a health educator will provide expert healthcare knowledge on specific topics to maintain and/or improve the management of your health. These events are FREE and there are refreshments as well as raffle prizes at each event!

Please RSVP now for any month shown by calling our Event RSVP hotline at (562) 602-1563 ext. 525. PLEASE NOTE: This is a voicemail inbox — leaving a voicemail on our Event RSVP Hotline confirms your attendance.

PLEASE JOIN US at a health education event and bring a friend. Let’s work towards better health together!

2015 HEALTH EDUCATION EVENT CALENDAR
Location: Angelo M. Iacoboni Public Library
4990 Clark Ave. Lakewood, CA 90712

Cholesterol Education Month September 25th, 2015 – 12:30 pm to 1:30 pm
Breast Cancer Awareness Month October 23rd, 2015 – 12:30 pm to 1:30 pm
Diabetes Awareness Month November 20th, 2015 – 12:30 pm to 1:30 pm
Importance of Preventative Exams December 18th, 2015 – 12:30 pm to 1:30 pm