

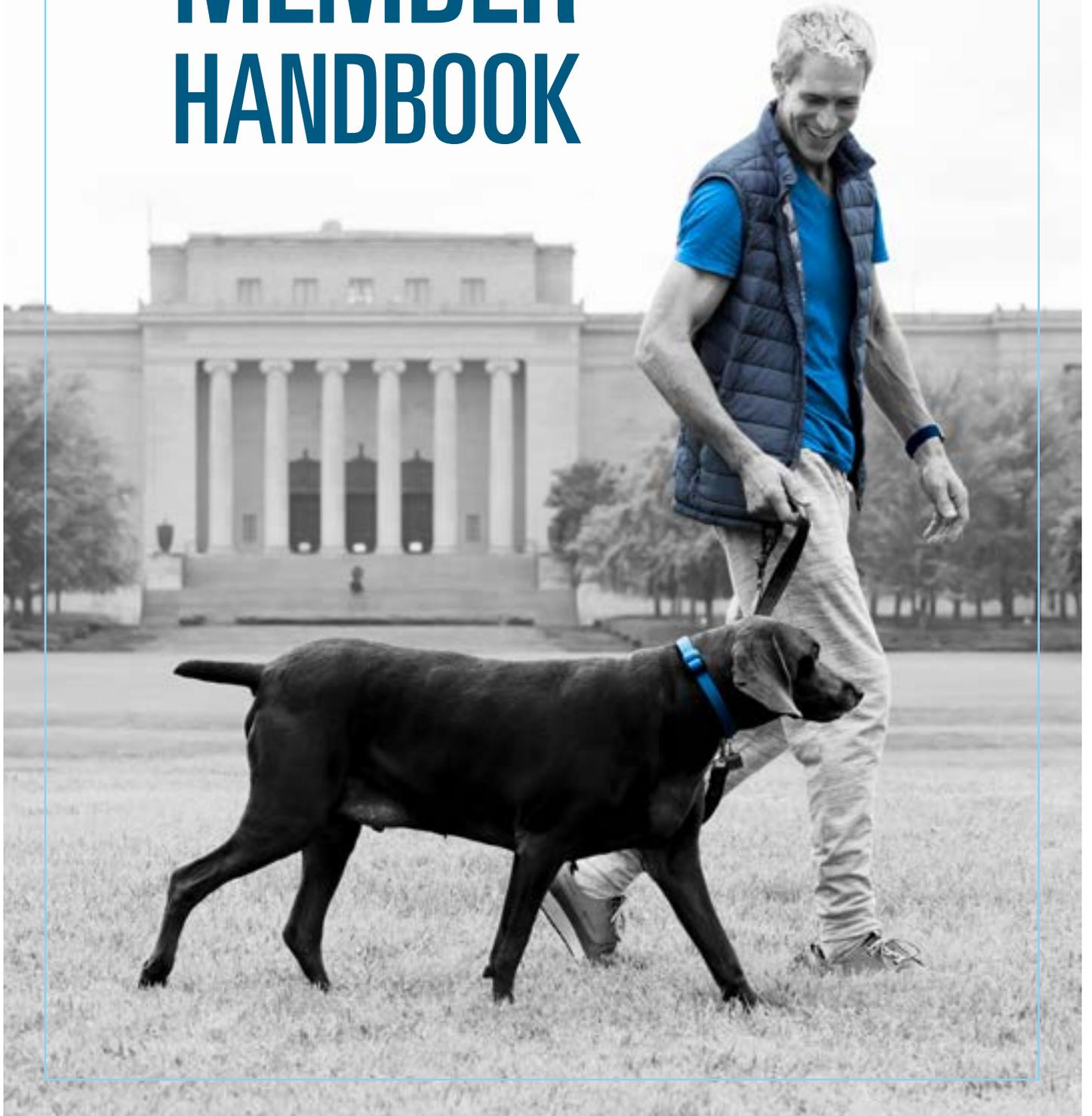


Kansas City

BLUE MEDICARE
ADVANTAGE

2023

MEMBER HANDBOOK



HELLO

Welcome to your 2023 Blue Medicare Advantage plan and thank you for choosing Blue Cross and Blue Shield of Kansas City (Blue KC). Our Blue Medicare Advantage plans were created with your evolving needs in mind, because we're committed to helping you live life to the fullest.

This handbook highlights our Blue Medicare Advantage plans and the benefits and services that come with them. Keep it handy and know we're always here to help. We're never more than a call or click away.

Always consult your Evidence of Coverage (EOC) for full coverage provisions of your plan. You can find your EOC online at [MedicareBlueKC.com/members](https://www.MedicareBlueKC.com/members) or on the member portal at [MyBlueKCMA.com](https://www.MyBlueKCMA.com) in the Plan Benefits section. Your Privacy Practices Notice and the Non-Discrimination Policy are included in your EOC.

MEMBER CARE



CALL

**(866) 508-7140 (TTY:711)
8AM–8PM, 7 days a week***



CLICK

[MyBlueKCMA.com](https://www.MyBlueKCMA.com)

** You may receive a messaging service on holidays and weekends from April 1 through September 30.*

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Let's Connect

At Blue KC, there are many ways to engage and stay connected.



MEMBER PORTAL

Our member portal helps you manage your plan and maximize your coverage.

Here, you can:

- View your recent claims
- Find care, including a doctor or hospital, pharmacy, dentist, or behavioral health provider
- Pay your bill (if you have a late enrollment penalty or the dental buy-up option)
- Grab a digital copy of your ID card
- Access documents and forms
- Learn more about the Benefit Extras in your plan

To register, visit [MyBlueKCMA.com](https://www.MyBlueKCMA.com) and click the **REGISTER** button. You can use your ID card when registering. When asked to create a username and password, your default username will be your email address.



SMS TEXT MESSAGING

Our messaging platform allows you to manage your health on the go. We'll text you info such as policy updates, health and wellness tips, suggestions on where to go for care, and more.

To sign up, scan the QR code with your smartphone camera and follow the prompts. Or, text the word **ENGAGEKC** to **62086**.



GO PAPERLESS

Receive Medicare-required materials, such as your Explanation of Benefits (EOB), and/or educational communications, such as *ENGAGE* magazine, electronically via email.

It's easy! Visit [MyBlueKCMA.com](https://www.MyBlueKCMA.com), click on your name or profile icon in the upper-right corner, and select communication preferences.



NEED HELP?

Our Customer Service team is local and standing by at **(866) 508-7140** (TTY:711) where you will **ALWAYS** be treated with courtesy and respect.



Benefit Extras At-a-Glance

Refer to your member ID card to identify the name of your plan and always consult your Evidence of Coverage (EOC) for full coverage provisions.

PAGE	BENEFIT EXTRAS	BLUE KC SECURE (HMO)	BLUE KC SPIRA CARE (HMO)	BLUE KC ESSENTIAL (PPO)	BLUE KC SIMPLY BLUE (PPO)	BLUE KC VALOR (PPO)	BLUE KC GIVEBACK (PPO)
GETTING THE MOST OUT OF YOUR PLAN							
7	Over-the-Counter (OTC) Benefit (BBB)*	\$100/QTR	\$100/QTR	\$100/QTR	\$500/YR	\$500/YR	N/A
8	Flex Benefit Allowance (BBB)*	\$500/YR	N/A	\$500/YR	\$1,000/YR	\$1,000/YR	N/A
9	Member Rewards (BBB)*	YES	YES	YES	YES	YES	YES
10-11	Dental	YES	YES	YES	BBB	BBB	N/A
10-11	Dental Buy-Up (Optional)	N/A	N/A	N/A	YES	YES	N/A
12	Hearing Services	YES	YES	YES	BBB	BBB	N/A
12	Daily Activity Support (Papa)	YES	YES	YES	YES	YES	N/A
13	Eyewear	BBB	YES	BBB	BBB	BBB	N/A
14	Digital Balance & Cognitive Training	YES	YES	YES	YES	YES	N/A
15	Fitness Program (SilverSneakers®)	YES	YES	YES	YES	YES	YES
15	Behavioral Health (Mindful by Blue KC)	YES	YES	YES	YES	YES	YES
22-23	Advanced Primary Care (Spira Care Centers)	YES	YES	YES	YES	YES	YES
—	Part B Giveback	N/A	N/A	N/A	N/A	N/A	\$75/MO

*Eligible benefit dollars are loaded on your Blue Benefit Bucks (BBB) card.

MANAGING YOUR HEALTH

16	BenefitsCheckUp® (NCOA)	YES	YES	YES	YES	YES	YES
16	Community Health Services (Mid-America Regional Council – MARC)	N/A	YES	N/A	N/A	N/A	N/A
17	Transportation	BBB	20 trips (1-way)	BBB	BBB	BBB	N/A
18	Diabetes Care Management (Livongo)	YES	YES	YES	YES	YES	YES
18	Diabetes Prevention Program	YES	YES	YES	YES	YES	YES
19	Foot Care for Chronic Conditions (Belle)	YES	YES	YES	YES	YES	YES
20	Personal Emergency Response System (Lively Best Buy)	YES	YES	YES	YES	YES	N/A
21	Blue KC Virtual Care	YES	YES	YES	YES	YES	YES

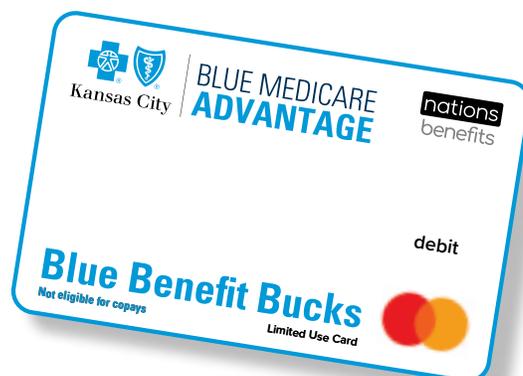
Getting the Most Out of Your Plan

At Blue KC, we want you to enjoy all the benefits of your 2023 plan. So read on to learn more about your Benefit Extras.

Blue Benefit Bucks (BBB)

ONE CARD WITH LOTS OF VALUE

Blue Medicare Advantage makes it flexible for you to use your plan as you decide! Your Blue Benefit Bucks (BBB) Prepaid Mastercard® works like a debit card so it's simple to use. Your BBB card is loaded with the benefits from your plan. You have the power to spend it based on what's important to you.



BBB is made up of three wallets:



OTC

Over-the-Counter Benefit

Your OTC benefit allowance can be used to buy non-prescription drugs, and everyday health-related items like pain relievers, antacids, vitamins, cough drops, first aid supplies, and more.



FLEX

Flex Benefit Allowance

Use this flexible allowance for health-related services such as dental, eyewear, hearing, and transportation. Most plans have a yearly allowance of \$500 or \$1,000 but see your Evidence of Coverage for your plan details.



REWARDS

Member Rewards Program

Take advantage of your preventive health benefits and earn up to \$50 a year by getting a flu shot, COVID-19 booster, breast cancer screening, annual physical, or by visiting your favorite SilverSneakers® gym.

MANAGING YOUR BLUE BENEFIT BUCKS (BBB)

Blue KC has partnered with NationsBenefits to administer the BBB program. Once you receive your BBB card, be sure to activate it. Manage your benefit by registering on the NationsBenefits MyBenefits portal at [BlueKC.NationsBenefits.com](https://www.BlueKC.NationsBenefits.com). Your wallets (OTC, Flex, and Rewards)* will be displayed along with other key features.

A **NEW** easy-to-use MyBenefits smartphone app is available

for your convenience. Search for **MyBenefits Portal** in your app store.



For BBB questions and account assistance, contact NationsBenefits, 24/7, at **(877) 208-2596** (TTY:711) or call your local Blue Medicare Advantage Customer Service team at **(866) 508-7140** (TTY:711).

*Benefits vary by plan.

! NOTE: The Centers for Medicare and Medicaid Services (CMS) prohibits benefit spending allowances used for any cost-sharing (copays).



Over-the-Counter (OTC) Benefit

Your Over-the-Counter (OTC) benefit allowance is one wallet (OTC wallet) on your BBB card. The OTC benefit is a quarterly or yearly allowance to purchase non-prescription drugs and everyday health-related items such as vitamins, first aid supplies, pain relievers, and more.

DOES MY PLAN INCLUDE IT?

Blue KC Essential (PPO), Blue KC Secure (HMO), and Blue KC Spira Care (HMO) offer \$100 per quarter.

Blue KC Simply Blue (PPO) and Blue KC Valor (PPO) offer \$500 per year.

WHEN ARE MY OTC DOLLARS CREDITED TO MY BBB CARD?

Your OTC dollars are credited on the 1st day of each benefit period associated with your plan. For plans with a quarterly OTC benefit, unused OTC dollars roll over to the next quarter, however, all unused OTC benefits will expire on 12/31/23.

HOW CAN I PURCHASE OTC ITEMS?

You have several options to purchase items:

1. Shop in-store at any Hy-Vee (**Coming in early 2023**), Walmart, Walgreens, CVS, and RiteAid stores nationwide.
2. Shop online at [BlueKC.NationsBenefits.com](https://www.BlueKC.NationsBenefits.com).

NOTE: You cannot purchase items directly at Walmart.com, Walgreens.com, CVS.com, or RiteAid.com.

3. Call NationsBenefits at **(877) 208-2596** (TTY:711) for personalized service for online orders.
4. Order by mail by requesting an OTC catalog from NationsBenefits at the number above. Once you receive the catalog, use the order form and follow the ordering instructions.

5. Purchase eligible items and submit your receipt for reimbursement using the address on the back of your member ID card.

HOW DO I KNOW WHAT ITEMS ARE ELIGIBLE?

Medicare defines eligible items for OTC benefits.

Online Orders

For online orders, you can view and purchase eligible items at [BlueKC.NationsBenefits.com](https://www.BlueKC.NationsBenefits.com).

Retail, In-Store Purchases

To determine eligibility for in-store purchases at Hy-Vee*, Walmart, Walgreens, CVS, and RiteAid:

- Before your trip to a participating store, go to [BlueKC.NationsBenefits.com](https://www.BlueKC.NationsBenefits.com) and follow these steps:
 1. Click **Check Product Eligibility**
 2. Enter a product name or type in the Product Name field, such as **Benadryl** or **toothpaste**.
 3. Select OTC as the wallet. Leave product category and subcategory blank and click on **Search**.
 4. Eligible products will show in the results.
- While at the store, use the MyBenefits smartphone app to scan the item UPC (using the scanner tool) to determine eligibility.

* Hy-Vee will be added in early 2023.

HOW DO I GET THE MYBENEFITS APP?

First, you must be registered on the MyBenefits portal at [BlueKC.NationsBenefits.com](https://www.BlueKC.NationsBenefits.com). Once registered, go to your app store and search for **MyBenefits Portal**. Download the app and follow the prompts to set up your username and password. Permit camera access in the app so you can scan the product code (UPC).



Flex Benefit Allowance

Your Flex Benefit Allowance is a separate wallet (Flex wallet) on your BBB card. The Flex Benefit Allowance is an annual monetary allowance you can use for the benefits most important to you. You choose how to use your benefit whether on dental, hearing, eyewear, or transportation services.

DOES MY PLAN INCLUDE IT?

Blue KC Essential (PPO) and Blue KC Secure (HMO) plans enjoy a \$500 per year benefit. You can use the benefit for eyewear and transportation. You may also use your Flex benefit dollars for dental and hearing services beyond your plan benefit.

Blue KC Simply Blue (PPO) and Blue KC Valor (PPO) plans enjoy a \$1,000 per year allowance for dental, hearing, eyewear, and transportation.

HOW DO I USE MY BBB CARD FOR MY FLEXIBLE BENEFITS?

Your BBB card is eligible for use at eye providers, transportation services (such as a taxi, Uber, or Lyft), dental providers, and hearing providers.

WHEN DO MY FLEX DOLLARS EXPIRE?

Your Flex dollars expire on 12/31/23.

WHAT IF MY BBB CARD IS NOT WORKING AT A PARTICULAR MERCHANT?

The card is eligible for use at dental, hearing, eyewear, and transportation providers based on the Merchant ID programmed at Mastercard. If your card does not work, contact our Customer Service team at **(866) 508-7140** (TTY:711).

! Eyewear Only: Walmart is unable to process eligible eyewear (frames, lenses, contacts) transactions on your BBB card. As an alternative, you can pay with personal funds and submit a request for reimbursement.





Member Rewards Program

When you take important steps to protect your health, you can earn rewards dollars. Once you earn a reward, the dollars are added to your Rewards wallet on your BBB card.

HOW DO I EARN A REWARD?

You can earn up to \$50 a year by completing a combination of these eligible activities:

- Annual Physical Exam - \$20
- Breast Cancer Screening - \$20
- Ten (10) or more SilverSneakers in-person gym visits in a calendar month - \$10
- Flu Shot - \$10
- COVID-19 Booster - \$10

HOW DO I ACCESS MY MEMBER REWARDS DOLLARS?

Your rewards dollars will be loaded on your BBB card approximately 8-10 weeks after the date of your completed activity.

WHERE CAN I SPEND MY MEMBER REWARDS DOLLARS?

Your Member Rewards dollars may be used for non-Medicare-covered services, such as healthy foods and over-the-counter (OTC) products. You may also use your rewards for dental, hearing, eyewear, and transportation services.

WHEN DO MY EARNED MEMBER REWARDS EXPIRE?

You must complete the eligible healthy activities during the plan year, however, you have until 3/31/24 to spend your rewards dollars.

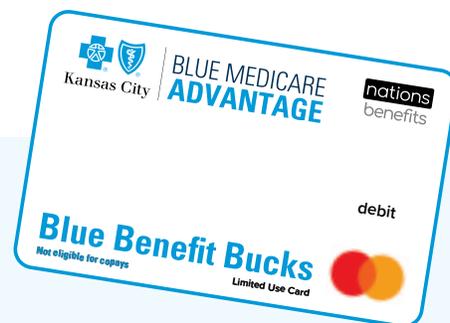
! Note: If your plan does not include the OTC or Flex Benefit Allowance you will receive a BBB card within 8-10 weeks after you've completed your first eligible healthy activity.

STILL MORE QUESTIONS ABOUT YOUR BLUE BENEFIT BUCKS?

We have you covered! Go to [MyBlueKCMA.com](https://www.MyBlueKCMA.com).

Once you are logged in, click on Benefit Extras in the left hand section.

You may also call our Customer Service team at **(866) 508-7140 (TTY:711)** where you will ALWAYS be treated with courtesy and respect.



Dental Benefit

WHAT IS IT?

Some Blue Medicare Advantage plans offer preventive and comprehensive dental coverage.

DOES MY PLAN INCLUDE IT?

The plans offering dental coverage through our partner DentaQuest are:

- Blue KC Essential (PPO)* - \$1,000 benefit
- Blue KC Secure (HMO) - \$2,000 benefit
- Blue KC Spira Care (HMO) - \$2,000 benefit

WHAT DO I HAVE TO PAY FOR COVERED SERVICES?

The plans listed above provide an allowance for preventive and comprehensive dental services every year. Your cost share for services are:

Preventive Services

In-Network:..... \$0 Copay

- Oral exams and cleaning
- X-rays and fluoride treatment

Comprehensive Services

In-Network:..... 50% Coinsurance

- Non-routine, diagnostic, periodontic services
- Restorative services (fillings or crowns)
- Endodontic services (root canal)
- Extractions (simple or surgical)

* **Blue KC Essential (PPO)** covers out-of-network preventive and comprehensive services at 50% coinsurance.

! **For BOTH Preventive and Comprehensive Services:** Out-of-network dental benefits are available for Blue KC Essential (PPO) plan only. Blue KC Secure (HMO) and Blue KC Spira Care (HMO) plans do not offer out-of-network benefits.

WHAT SERVICES ARE COVERED IF I HAVE A DENTAL PLAN THROUGH DENTAQUEST?

- Preventive services, such as diagnostic services including oral exams, x-rays (both bitewing and panoramic), and cleanings including gingivitis sensitivity and fluoride treatment.
- Restorative services, such as fillings in resin, metallic, and porcelain and extractions including surgical and nonsurgical services.
- Root canals and crowns, including re-cement/re-bond crowns, crown repair, and protective restorations.
- Periodontal services, including scaling and root planing, and scaling in the presence of gingival inflammation and debridement.
- Exams and miscellaneous services, including desensitizing medicament, post-surgical complications treatment, and occlusal analysis and adjustments.

WHAT IF I PURCHASED THE DENTAL BUY-UP OPTION?

Blue KC Simply Blue (PPO) and Blue KC Valor (PPO) plans offer an optional dental buy-up for \$25/month. If you selected this additional coverage, your plan provides a \$2,000 allowance for use on preventive and comprehensive dental services.

Preventive Services

In-Network:..... \$0 Copay

Out-of-Network: \$0 Copay

- Oral exams and cleaning
- X-rays and fluoride treatment

Comprehensive Services

In-Network:..... 20-50% Coinsurance

Out-of-Network: 20-50% Coinsurance

- Non-routine, diagnostic, periodontic services
- Restorative services (fillings or crowns)
- Endodontic services (root canal)
- Extractions (simple or surgical)

Review your EOC for complete coverage details.

WHAT SERVICES ARE NOT COVERED UNDER MY DENTAL PLAN?

- Removable prosthodontics
- Implants and fixed dentures
- Other services that are not specifically identified as covered
- Costs for services beyond the allowable rate
- Services received outside of the U.S. and its territories
- Costs beyond the benefit maximum; see your Evidence of Coverage (EOC) for more information
- For HMO members: services received out-of-network

WHAT IF I HAVE QUESTIONS ABOUT MY DENTAL BENEFIT?

For questions, contact DentaQuest at **(844) 231-8312** (TTY: (800) 466-7566) M–F, 8AM–8PM (CT). This number can also be found on the back of your ID card.

HOW CAN I FIND A DENTIST?

You can find a dentist online at [MedicareBlueKC.com/find-care](https://www.MedicareBlueKC.com/find-care).



BLUE BENEFIT BUCKS FOR DENTAL SERVICES

Blue KC Essential (PPO), Blue KC Secure (HMO), and Blue KC Spira Care (HMO) plans have the option to use BBB for non-covered dental services.

Blue KC Simply Blue (PPO) and Blue KC Valor (PPO) plans may use BBB to pay for dental services and there are no network restrictions.



✓ HELPFUL TIPS

- We encourage you to use a network provider whenever possible.
- Due to COVID-19, some out-of-network dentists have added a sanitizing and equipment fee. You are protected from the fees for this service when you use in-network dentists.
- If your plan allows for out-of-network services, the payment will be based on the out-of-network rate. You will be responsible to pay the difference between the out-of-network payment and the amount the dentist billed you.

Hearing Services

WHAT IS IT?

Some plans provide hearing benefits and hearing aids with our partner NationsHearing®.

DOES MY PLAN INCLUDE IT?

Blue KC Essential (PPO), Blue KC Secure (HMO), and Blue KC Spira Care (HMO) provide one hearing aid per ear, per year, up to a \$500 benefit allowance per ear every year for Tier 1 devices.

HOW CAN I ACCESS MY BENEFIT?

To find a NationsHearing® provider, call **(877) 208-2596** (TTY:711) or go online at NationsHearing.com/BlueKC.



BLUE BENEFIT BUCKS FOR HEARING

Blue KC Essential (PPO), Blue KC Secure (HMO), and Blue KC Spira Care (HMO) plans can use their flex benefit to purchase hearing aids beyond the Tier 1 benefit.

Blue KC Simply Blue (PPO) and Blue KC Valor (PPO) plans can use their flex benefit at NationsHearing® for hearing services and aids at the negotiated contracted rates.



Daily Activity Support

WHAT IS IT?

Papa™ is a support service that provides up to 40 hours of assistance per year. Your Papa Pal can help you with everyday tasks such as light housekeeping, grocery shopping, and companionship. Your Papa Pal can also provide technical assistance, such as helping you navigate your smartphone or to help download apps like Uber or Lyft.

DOES MY PLAN INCLUDE IT?

Most plans (with the exception of Blue KC Giveback) include the Papa support service.



HOW CAN I ACCESS MY BENEFIT?

This program is provided by Papa Health, which screens and trains caregivers. To learn more or to schedule a caregiver visit, call **(888) 905-8301** (TTY:711).

For easy access, download the Papa Care app from your app store.

✓ HELPFUL TIP

Please make your appointment 72 hours in advance of desired activity.



Eyewear & Vision Services

HOW DOES IT WORK?

Routine exams and eyewear, when covered (refer to your EOC), are offered through your Blue Medicare Advantage network of optometrists and ophthalmologists. Routine eye exams (up to one visit every year) offer a \$0 copay.

When you need more than routine care such as cataract or diabetic eye exams, you can use the same provider. Our Blue Medicare Advantage network of optometrists and ophthalmologists can direct your care for all your eye health needs.

BLUE BENEFIT BUCKS FOR EYEWEAR

Use your BBB to purchase glasses (lenses and/or frames) or contact lenses. Find a participating eye provider by visiting [MedicareBlueKC.com/find-care](https://www.MedicareBlueKC.com/find-care).

NOTE: The routine eye exam is a covered service and should be billed to Blue KC. Always ask your provider to run your Blue Medicare Advantage insurance card first before your BBB card to ensure the exam is billed correctly.



✓ HELPFUL TIPS

- Walmart is unable to process eligible eyewear (frames, lenses, contacts) transactions on your BBB card. As an alternative, you can pay with personal funds and submit a request for reimbursement. To request a reimbursement, mail your itemized receipt including your name, member ID#, and date of birth. to:

Blue Medicare Advantage
Attn. Government Programs
P.O. Box 410080
Kansas City, MO 64141.

Blue KC Spira Care (HMO) members enjoy a \$300 eyewear benefit through the Blue Medicare Advantage network.



Digital Balance & Cognitive Training



DR. SWEAT'S "NO SWEAT" WORKOUT

Meet Dr. Sweat, Blue KC's Senior Vice President and Chief Medical Officer. He believes we can all benefit from balance and cognitive training, especially as we age. That's why we partnered with Nymbl (an evidence-based program that helps improve quality of life through balance training) and NationsHearing® to bring our members the "No Sweat" workout. This 20-minute routine combines two sessions. And as the name implies, you don't break a sweat.

The first 10-minute session, brought to you by Nymbl, focuses on improving balance and strength. To begin, download the **Nymbl Training app** on your smartphone or tablet, or visit kc.fallsfree.com.



The second 10-minute session, brought to you by our partner NationsHearing®, is a word search game that improves the clarity of your hearing. To begin, download the **Hearing Hunt® app** on your smartphone or tablet.



Fitness Program

WHAT IS IT?

SilverSneakers® (Tivity Health) is a fitness program included in your plan. You'll enjoy amenities such as fitness equipment, pools, and classes at participating locations. You can also attend health education seminars and social events with others who share your interest in a healthy lifestyle.

HOW DOES IT WORK?

1. To find a participating location near you, call **(888) 423-4632** (TTY:711) M-F, 7AM-7PM or visit [SilverSneakers.com](https://www.silversneakers.com) and enter your ZIP code.
2. Register online at [SilverSneakers.com](https://www.silversneakers.com) to set up an account. You will be assigned a 16-digit member number. Please provide this number when visiting a fitness facility or if you are participating in online classes.
3. For added convenience, download the **SilverSneakers GO** app from your favorite app store. Once you've set up your account, your 16-digit number will be saved in the app.

NOTE: Some facilities will accept your Blue Medicare Advantage ID card, but this varies by fitness facility.

WHAT IF I PREFER TO EXERCISE AT HOME? OR THERE'S NO GYM NEAR ME?

No problem! You can access SilverSneakers® Steps, a self-directed physical activity and walking program. Visit [SilverSneakers.com/steps-kit](https://www.silversneakers.com/steps-kit) to order a kit with the tools to get fit, including a pedometer (counts your daily steps), resistance bands, an exercise ball, yoga strap, and educational information.

You can also access live classes by visiting [SilverSneakers.com/live](https://www.silversneakers.com/live) in addition to a library of fitness and nutrition videos at [SilverSneakers.com/ondemand](https://www.silversneakers.com/ondemand).

SilverSneakers®

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Behavioral Health

WHAT IS MINDFUL BY BLUE KC?

Mindful by Blue KC is a behavioral health resource included in your health plan to help you address stress, depression, anxiety, substance use, and everyday challenges. This service provides 24/7 access to Mindful Advocates. Just call **(833) 302-MIND** (6463) or the behavioral health number on your member ID card. You may also visit [MindfulBlueKC.com](https://www.MindfulBlueKC.com) for more information.

Kansas City
Mindful
By Blue KC

Managing Your Health

At Blue KC, we're focused on you and your healthcare goals. This means providing options that help you manage your care.

BenefitsCheckUp®

We believe healthcare should support your overall health and well-being. That's why we've partnered with the National Council on Aging (NCOA) to deliver resources, tools, best practices, and advocacy to our members.

WHAT IS IT?

BenefitsCheckUp® is a comprehensive, free online resource that connects you to benefits and programs you may qualify for. It can help you save money on food, medicine, and more.

HOW DOES IT WORK?

BenefitsCheckUp® monitors the benefits landscape for updates and changes to policies and programs. They'll match your unique needs to programs and eligibility requirements, allowing you to maximize what's available to you.

There are over 2,500 benefit programs available nationwide that help you pay for food, medicine, and more.

HOW DO I ACCESS MY BENEFIT?

To find programs that help you save money visit BlueKC.Benefitscheckup.org. For technical support call (800) 794-6559 (TTY:711).

COMMUNITY HEALTH SERVICES (MID-AMERICA REGIONAL COUNCIL – MARC)

Blue KC Spira Care (HMO) plan members get access to services from MARC, including a meal program for members with chronic conditions, nutritional engagement program, transition of care assistance (for eligible members), and social enrichment activities. To learn more or enroll in eligible activities, visit marc.org or call (816) 936-8802, M-F, 8AM to 5PM.





Transportation

WHAT IS MY BENEFIT?

Members with Blue Benefit Bucks (BBB) can use their BBB card for transportation needs.

BLUE BENEFIT BUCKS FOR TRANSPORTATION

Need a ride to the doctor? No problem!

Use your BBB card for trips to your health-related appointments.



NEED HELP DOWNLOADING A RIDESHARE APP (UBER OR LYFT) ON YOUR PHONE?

Our Customer Service team is happy to provide step-by-step instructions to get you up and running.

✓ HELPFUL TIPS

- Please note that drivers are not able to assist you into the building.
- When you contact a rideshare (Uber or Lyft), please provide your mobile phone number. The driver's information will be sent to you via text message so you will be able to call and check on their status or help them find your pickup location.

Members with the **Blue KC Spira Care (HMO)** plan receive 20 one-way non-emergency trips. Call Kaizen Health at **(877) 521-5173** (TTY:711) to book your trip.

Diabetes Care Management

For members with chronic conditions, your plan may cover additional services through our partner, Livongo.

WHAT IS IT?

Diabetic members who qualify will receive an invitation to participate in a personalized care management program. This program includes 24/7 access to a care team and a telemonitor-enabled glucometer device, including mail delivery of test strips and supplies.

HOW DOES IT WORK?

Eligibility for the program is based on several indicators, including but not limited to, A1C over 7. You will be notified if your condition is eligible for the program.

CAN I CHOOSE NOT TO PARTICIPATE IN THE PROGRAM?

Participation in the program is optional. You may discontinue participation at any time.



ARE THERE OTHER WAYS TO RECEIVE MY DIABETIC SUPPLIES?

You can obtain your diabetic supplies for a \$0 copay when selecting our preferred manufacturers at a pharmacy. You can still get other manufacturers at your pharmacy, but you may pay a higher cost.

HOW CAN I GET A CONTINUOUS GLUCOSE MONITOR (CGM)?

For members who qualify for a continuous glucose monitor (CGM), you may receive a preferred-brand CGM for \$0 copay, when obtained at a pharmacy.

! Note: Non-preferred brand CGMs are covered only when deemed medically necessary and prior-authorized.

WHAT WILL I HAVE TO PAY FOR MY DIABETIC SUPPLIES?

Typically, diabetic glucometers and supplies are considered medical supplies and are available at a \$0 copay. Devices that are attached to you (for example, insulin pumps) are prosthetic devices and may have a different cost share (such as 20% coinsurance).

Diabetes Prevention Program

Small changes can mean a big difference when it comes to Type 2 diabetes. Blue KC partners with health experts to provide you access to a network of diabetes prevention providers and resources.

WHAT IS IT?

The Diabetes Prevention Program helps decrease the risk of developing Type 2 diabetes with weight and activity trackers, small group support, weekly lessons, and access to personal health coaches.

HOW DOES IT WORK?

Members who show indications for diabetes in the future (A1C lab test or BMI) will be contacted via email for enrollment information.

Foot Care

For members with chronic foot conditions, you may be eligible for in-home foot care services through our partner, Belle.

WHAT IS IT?

Your Belle technician will visit your home and set up in a comfortable, convenient place. You will receive a waterless pedicure that includes an exfoliation, cleanse, trim, file, and nail buff. Techs can also provide a massage, dry floss (for your toes), and polish. Your appointment also consists of a screening, which helps identify new conditions, and you'll receive a personalized plan to keep your feet in good health.

HOW DOES IT WORK?

Eligibility in the program is based on several indicators, such as neuropathy. Belle will contact you if your condition is eligible for the program. The number of visits varies based on condition needs.



Personal Emergency Response System (PERS)

We've partnered with Lively™ (a Best Buy company) to offer you a PERS to ensure safety anywhere you go. Not only will this device enable fast responses to emergencies, but you also have the capability to connect directly with a doctor or nurse for 24/7 urgent care. PERS provides peace of mind for those concerned with memory loss or at risk of falls.

WHAT IS IT?

You may enroll and receive a device from Lively™ that offers many benefits including urgent response services, fall detection, and GPS services. Each device is smartphone compatible and links members to their caregivers. It also has a call button for emergency response in unsafe or uncertain situations.



WHO CAN TRACK MY ACTIVITY?

You have the choice of allowing a caregiver or a loved one to track your device. You may use the device for a variety of services, including calling for help or finding support services.

HOW DO I ENROLL IN PERS?

Members interested in receiving this device can call Lively™ at **(800) 358-9081** (TTY:711).





Blue KC Virtual Care

Virtual care is a great resource if your primary care provider is unavailable. It's easy and convenient to get the care you need.

WHAT IS BLUE KC VIRTUAL CARE?

Your plan provides 24/7 access to care, without leaving your home. Using your smartphone, tablet, or computer you can easily connect with a board-certified doctor or behavioral health therapist.

HOW DOES IT WORK?

Go to [BlueKCVirtualCare.com](https://www.BlueKCVirtualCare.com) to seek care for minor illnesses and consultation. To receive virtual treatment, that includes a prescription, a face-to-face virtual visit may first be required.



WELCOME TO SPIRA CARE

Experience A Personalized Approach To Your Advanced Primary Care

All Blue Medicare Advantage plans include exclusive access to Spira Care Centers where you are at the center of your healthcare coverage. Spira Care gives you easy access to the advanced primary care services you need –and the time you need with your physician and your Care Team. Spira Care Centers are conveniently located across the Kansas City metro area. Your costs with exclusive access to Spira Care Centers are at the same benefit level as other advanced primary care providers. For more information about costs for services please reference your Evidence of Coverage.

You are not just a patient. You are a whole person with individual, unique needs.

At Spira Care, you are at the center of everything we do. You are treated as an individual, not a set of symptoms. A partnership is built between you and your Care Team of doctors, physician assistants, nurse practitioners, behavioral health consultants, health coaches, diabetes educators, Care Guides and more. You receive the care and the time you need – you are not rushed in and out the door. You are heard and understood.

Spira Care Centers offer you a wide range of advanced primary care services under one roof.

ADVANCED PRIMARY CARE: where you are at the center of care, with a team of healthcare professionals focused on giving you the quality care you deserve.

ROUTINE PREVENTIVE CARE: includes routine wellness exams, screenings, and immunizations.



SICK CARE: for things like the flu, sore throat, urinary tract infection, ear pain and pink eye.

CHRONIC MEDICAL CONDITION MANAGEMENT: for conditions such as diabetes or heart disease.

BEHAVIORAL HEALTH CONSULTATIONS: to provide professional support for stress, depression, anxiety and challenges that accompany chronic medical conditions.

DIGITAL X-RAYS*: as ordered by your Spira Care provider. (This service is not available at Lee's Summit or Liberty locations.)

ROUTINE LAB DRAWS: as ordered by your Spira Care provider.

IMMUNIZATIONS: Spira Care Teams administer a wide range of CDC-recommended immunizations.

DIABETES EDUCATION AND HEALTH COACHING: diabetes educators and health coaches will support and advocate for you, helping you achieve your goals and optimize your health outcomes.

While your primary care needs can be handled at a Spira Care Center, we recognize that certain circumstances call for outside care – like seeing a specialty behavioral health specialist or being admitted to a hospital. For needs outside of a Spira Care Center, please call customer service at 866-508-7140 (TTY 711) or refer to your EOC for a full list of benefits.

You are part of a team

Spira Care is team-based care. Along with doctors, physician assistants and nurse practitioners, you have a Care Team to help you with condition management, healthy eating, sleep, self-care and more. It's all about treating the whole person and working together to help you reach your health goals.

Easy-to-schedule appointments and modern, convenient facilities

At Spira Care we've set out to change the healthcare experience, one that makes you feel more alive, less stressed and reassured that the best people are there to take care of you - no matter what. Our locations are modern, bright, and relaxing. Have a short wait? Relax and enjoy a free snack and bottled water in our welcoming reception area.

Appointments are required for all care needs at Spira Care Centers. Spira Care Centers offer a variety of ways to care for you including in-person, virtual, and telephonic appointments with Spira Care providers. Some locations provided extended hours and are open on Saturday.

MAKE AN APPOINTMENT TO VISIT US TODAY

We are right around the corner!

Call Spira Care at **877-774-7265 (TTY:711)**.
Take a virtual tour at [SpiraCare.com/tour](https://www.spiracare.com/tour)
or learn more about our Care Teams and specific location hours at [SpiraCare.com](https://www.spiracare.com).

SPIRA CARE LOCATIONS

SPIRA CARE CROSSROADS

1916 Grand Boulevard
Kansas City, MO 64108

SPIRA CARE INDEPENDENCE

(opening December 2022)
3717 S Whitney Avenue
Independence, MO 64055

SPIRA CARE LEE'S SUMMIT

760 NW Blue Parkway
Lee's Summit, MO 64086

SPIRA CARE LIBERTY

8350 N Church Road
Kansas City, MO 64158

SPIRA CARE OLATHE

15710 W 135th Street, Suite 200
Olathe, KS 66062

SPIRA CARE OVERLAND PARK

7341 W 133rd Street
Overland Park, KS 66213

SPIRA CARE SHAWNEE

10824 Shawnee Mission Parkway
Shawnee, KS 66203

SPIRA CARE TIFFANY SPRINGS

8765 N Ambassador Drive
Kansas City, MO 64154

SPIRA CARE WYANDOTTE

9800 Troup Avenue
Kansas City, KS 66111

Frequently Asked Questions (FAQ)

THE BASICS

Do I need to use my Medicare Red, White and Blue Card to access my Blue Medicare Advantage benefits?

No. You only need your Blue Medicare Advantage member ID card to access your benefits.

What if I lose my card?

You can access and print your ID card by logging in to your member portal at MyBlueKCMA.com. Our Customer Service team is also happy to help you.

What is the late enrollment penalty (LEP)?

If you were without Part D or creditable drug coverage for more than 63 days while eligible for Medicare, you may face a Part D late enrollment penalty (LEP). The LEP amount is determined by Medicare. The purpose of the LEP is to encourage Medicare beneficiaries to maintain adequate drug coverage. You'll generally have to pay the penalty for as long as you have Medicare drug coverage. The LEP will be billed monthly for your Blue Medicare Advantage plan.

If I have a monthly late enrollment penalty (LEP), can I sign up for an automatic payment plan?

Yes, this is the easiest way to manage your LEP. To sign up, go to MyBlueKCMA.com. Once registered, click **Pay My Bill**. On the **Pay My Bill** page, click the **Manage Payments** button. You will receive a notice that you're being taken to Alacriti, our payment partner. Click **Continue** to Alacriti to be taken to the Alacriti website and complete the remaining steps.

How do I give permission to Blue KC to speak to someone else on my behalf?

Our Customer Service team can assist you with the required documents so someone else can speak on your behalf.

How can I learn if a service or procedure is covered under my plan?

Review your Evidence of Coverage available in the Plan Benefits section on MyBlueKCMA.com or at

MedicareBlueKC.com/medicare-plans. If you cannot find the service or procedure listed in these documents, our Customer Service team is here to help. Your provider may also help you determine whether a service or procedure is covered.

What prescriptions are covered by my plan?

Access the formulary search tool or download the 2023 Formulary, available at MyBlueKCMA.com (go to **Resources** and click on **Formulary**). You may visit MedicareBlueKC.com/medicare-plans or request a copy by calling our Customer Service team.

How do I get my prescription drugs?

You may get your prescriptions from any pharmacy participating in the Blue Medicare Advantage network, which includes most retail pharmacies, national drug stores and supermarkets. You can also have medications delivered to your home through our mail order program. Call OptumRx at **(844) 569-4142** (TTY:711) and request a mail order prescription. Or, ask your physician to help you facilitate this process.

What if a provider is billing for services I did not receive?

Call your provider for an explanation of the bill or call our Customer Service team. If you are not satisfied with your provider's explanation, call the Medicare Advantage Compliance and Fraud, Waste and Abuse Hotline at **(844) 227-1790**, or report it online at BCBSKC.ethicspoint.com.

How can I request a reimbursement for an out-of-pocket expense?

Mail your itemized receipt including your name, member ID#, and date of birth. to:

Blue Medicare Advantage
Attn. Government Programs
P.O. Box 410080
Kansas City, MO 64141

GETTING CARE

Why is having a primary care provider (PCP) important?

A primary care provider knows you and your medical history, giving them a better understanding of your overall wellness. Your PCP can be a physician, nurse practitioner or a physician assistant. If you are healthy, they can keep you on track at an annual visit and through screenings that can help detect or prevent serious conditions.

Selecting a PCP is also an important part of your care continuity. HMO members must select a PCP as part of enrollment. While it's optional for PPO members, it's important to identify your PCP or contact us for help choosing one so you can get the most out of your healthcare.

How can I find a PCP?

To find a PCP, log in to [MyBlueKCMA.com](https://www.MyBlueKCMA.com) (click on **Find Care**) or visit [MedicareBlueKC.com/find-care](https://www.MedicareBlueKC.com/find-care) to search for network providers. If you need help finding a provider, want to change your current PCP, or would like a directory mailed to you, please call our Customer Service team.

What if my PCP is unavailable and I need care?

If your medical concern is not life threatening, but you're concerned and your provider isn't available, visit an urgent care clinic for common illnesses such as colds, flu, earaches, sore throats, migraines, fevers, and limited rashes, and for minor injuries such as sprains, back pain, cuts and burns, broken bones, or eye injuries. Generally, urgent care centers offer walk-in service and are often open before and after regular business hours, including weekends. In most cases, no appointment is necessary, but to ensure shorter wait times, appointments are recommended.

You can connect with a doctor 24/7 through our virtual care network at [BlueKCVirtualCare.com](https://www.BlueKCVirtualCare.com). You can also access Blue KC Virtual care on the

member portal at [MyBlueKCMA.com](https://www.MyBlueKCMA.com). From your Dashboard, scroll down until you see **Find Virtual Care** in the **Quicklinks and Tools** section.

How will I know if a procedure, service, or medication requires prior authorization?

Your provider will obtain prior authorization from Blue KC for any service that requires it, such as specific procedures, medications, or durable medical equipment. You can also refer to your Evidence of Coverage (EOC). Those services requiring Prior Authorization are noted in Chapter 4, Section 2.1 for your reference. For a list of Part D drugs that require prior authorization, refer to the formulary. The formulary can be found at [MyBlueKCMA.com](https://www.MyBlueKCMA.com) (go to **Resources** and click on **Formulary**).

Will my plan allow access to benefits while I am on vacation outside the service area?

All Blue Medicare Advantage PPO plans include the Blue National Network, which allows you to visit doctors, medical centers, and hospitals nationwide with an in-network cost share (copay or coinsurance). You are covered for services from any provider contracted with their local Blue Medicare Advantage plan. To see a list of national in-network providers, visit [provider.bcbs.com](https://www.provider.bcbs.com).

What about worldwide urgent, emergency and ambulance benefits while traveling?

Take peace of mind with you, wherever you go. All Blue Medicare Advantage plan members have coverage for urgent and emergency care and ambulance services while traveling anywhere in the world. To take advantage of this benefit, submit your proof of payment and the medical records information for your service while you were traveling outside the continental U.S. to the claims address on the back of your ID card. We will take care of any translation and transcription needs and will process your services up to the Medicare allowable amount and send you a check.

Frequently Asked Questions (FAQ)

WHAT TO EXPECT

When I receive a bill from my provider, do I pay it immediately or wait for my Explanation of Benefits (EOB)?

First, be sure your provider has your 2023 Blue Medicare Advantage insurance information from your member ID card. Then, wait until you receive an EOB from Blue Medicare Advantage. When you visit a doctor or hospital, they work with us to file a claim on your behalf. These claims are outlined on your EOB. It is your go-to reference for valuable information and will show you the patient responsibility portion you owe, if any.

What's included in my EOB and how often will I receive one?

You will receive two separate EOBs per month: a medical EOB and pharmacy EOB.

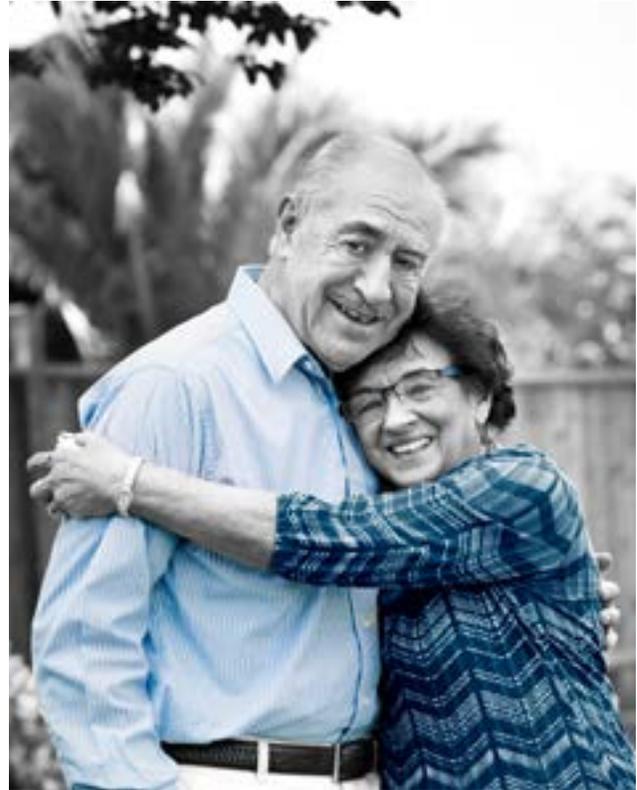
Your medical EOB will include all processed claims from the prior month as well as a claims total for all of 2023. It also shows how much you have paid toward your maximum out-of-pocket costs.

Your pharmacy EOB will include all processed claims from the prior month as well as a claims total for all of 2023. It also shows how much you have paid toward your true out-of-pocket costs.

What is the coverage gap (donut hole) for prescription drug plans?

Your Part D Prescription Drug Benefit consists of three phases: the initial coverage period, the coverage gap, and catastrophic coverage. The coverage gap is what some refer to as the "donut hole," a phase where you are responsible for a larger portion of prescription drug costs until the catastrophic coverage phase has been reached.

The coverage gap phase begins after you have spent \$4,660 on covered drugs. During this phase, you will need to pay 25% of the cost of generic and brand-name drugs, until the total amount you have paid for covered drugs in 2023 reaches \$7,400. At



that time, the catastrophic coverage phase begins. You pay the greater of \$4.15 copay for generic (including brand drugs treated as generic) and a \$10.35 copay for all other drugs, or 5% of the cost. To keep track of your coverage gap status, refer to your monthly pharmacy (Part D) EOB.

How can I avoid the coverage gap (donut hole)?

The main way to avoid the coverage gap is to keep your prescription drug costs low, so you don't reach the annual coverage gap threshold. To do so, you can ask for generic medications whenever possible, order prescriptions by mail, and compare pharmacy costs.

For assistance, call our Customer Service team or log in to [MyBlueKCMA.com](https://www.MyBlueKCMA.com) and view your EOC in the **Plan Benefits** section.

Important Contact Information

Customer Service Team

(866) 508-7140 (TTY:711)
7 Days a Week, 8AM–8PM
MyBlueKCMA.com

You may receive a messaging service on weekends and holidays from April 1–September 30. Please leave a message and your call will be returned the next business day.

SMS Text Notification

Sign up for healthcare updates, wellness tips, and more. Use your smartphone camera to scan the QR code and follow the prompts. Or, text the word **ENGAGEKC** to **62086**.



BenefitsCheckUp®

Technical Support:
(800) 794-6559 (TTY:711)
M-F, 8AM–4PM (CT)
Sign up: BlueKC.Benefitscheckup.org

Lively™ Mobile

Personal Emergency Response System (PERS)
(800) 358-9081 (TTY:711)
M–F, 7AM–7PM (CT)

DentaQuest

(844) 231-8312
(TTY: 800-466-7566)
M–F, 8AM–8PM (CT)

Medicare Advantage Compliance and Fraud, Waste, and Abuse Hotline

(Anonymous third-party vendor)
(844) 227-1790
BCBSKC.ethicspoint.com

Medicare Hotline

(800) 633-4227
(TTY: 877-486-2048)
24/7 Service

Blue KC Virtual Care

BlueKCVirtualCare.com

Mindful by Blue KC

Behavioral Health
(833) 302-MIND (6463) (TTY:711)
24/7 Service
MindfulBlueKC.com

Prescription Mail Order

(844) 569-4142 (TTY:711)
OptumRx.com

NationsBenefits

(877) 208-2596 (TTY:711)
24/7 Service

Blue Benefit Bucks (BBB) Card
BlueKC.NationsBenefits.com
App store: MyBenefits Portal

NationsHearing
NationsHearing.com/BlueKC
App store: Hearing Hunt

Nymbi

Balance Training
Technical Support:
(800) 672-6854 (TTY:711)
M–F, 10AM–4PM (CT)
kc.fallsfree.com
App store: Nymbi Training

Papa

Daily Activity Support
(888) 905-8301 (TTY:711)
M–F, 7AM–10PM (CT)
Sat/Sun 7AM–7PM (CT)
App store: Papa Care

SilverSneakers®

Fitness Program
(888) 423-4632 (TTY:711)
M–F, 7AM–7PM (CT)
SilverSneakers.com
App store: SilverSneakers GO



REFER A FRIEND

to learn more about
Blue Medicare Advantage
(855) 514-6013 (TTY:711)



BLUE MEDICARE
ADVANTAGE



Blue Benefit Bucks, a Benefits Mastercard® Prepaid Card is issued by The Bancorp Bank, Member FDIC, pursuant to license by Mastercard International Incorporated. Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. This is a benefits card that can only be used at certain Mastercard merchants participating in this program and will be authorized for qualified purchases as set forth in your Cardholder Agreement. Valid only in the U.S. No cash access. Other languages are available upon request. This is not a gift card or gift certificate. You have received this card as a gratuity without the payment of any monetary value or consideration.

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Out-of-network/non-contracted providers are under no obligation to treat Plan members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.