

**Large Print Edition**

# **Medicare & You**

## **2016**

This is the official U.S. government Medicare handbook:

- What's important in 2016 (page 13)
- What Medicare covers (page 61)



**Centers for Medicare & Medicaid Services**

**Want to read this information online?**

Sign up at [Medicare.gov/gopaperless](https://www.Medicare.gov/gopaperless) to get your future “Medicare & You” information electronically (also called the “eHandbook”). We’ll send you an email next September when the new eHandbook is available.

The online version contains all the same information, but unlike the paper version, it’s updated regularly throughout the year. This means you can instantly find the most up-to-date Medicare information you need. You won’t get a printed copy of your handbook in the mail if you choose to get it electronically.

**Have an e-Reader (like an iPad, NOOK, Sony Reader, or Kindle)?**

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**Please keep this handbook for future reference.**

The information in "Medicare & You" describes the Medicare program at the time it was printed.

Changes may occur after printing. Visit [Medicare.gov](http://Medicare.gov), or call 1-800-633-4227 to get the most current information. TTY users should call 1-877-486-2048.

"Medicare & You" isn't a legal document. Official Medicare Program legal guidance is contained in the relevant statutes, regulations, and rulings.

**Welcome to “Medicare & You” 2016**

We’re excited that 2015 marked the 50th anniversary of President Lyndon B. Johnson signing into law the Medicare program. Medicare has been protecting the health and well-being of American families and saving lives for five decades. Over the years, Medicare has grown and today provides quality health coverage for more than 50 million Americans. But we’re not stopping there. Every day, we’re working to make Medicare even stronger to offer you better care and to keep you healthy.

Having Medicare provides peace of mind, but it’s also important that you’re getting the most out of your coverage. Use this handbook as a resource to help you:

- Get the care you need when you need it — Medicare pays for many preventive services to keep you healthy. Use the checklist on page 120 to help you track the preventive services you had and understand the services you might need.

## 5 \_\_ Welcome to “Medicare & You” 2016

- Understand your benefits and bills — Read through this overview of your Medicare benefits and choices, and look for the helpful contacts on pages 29 – 33 if you still need help.
- Find tools to make decisions for a healthier life — One of these tools is Medicare’s Blue Button. The Blue Button can help you make informed decisions about your care and can give your health care providers a more complete view of your health history. See page 264 to learn more.

As always, if you have specific questions about Medicare, visit [Medicare.gov](http://Medicare.gov) to find the answers you need. You also can call 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048.

Yours in good health,

Sylvia M. Burwell

Secretary

U.S. Department of Health and Human Services

Andrew Slavitt

Acting Administrator

Centers for Medicare & Medicaid Services



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## What's Important in 2016

### **Stay healthy with Medicare - covered preventive services**

Medicare pays for many preventive services that can help prevent illness or detect health problems early when they're easier to treat. Ask your health care provider what services you need.

See pages 120–122.

### **Keep track of your personal health information**

Medicare has expanded its Blue Button to provide better access to your Medicare claims and personal health information.

See page 264.

**Underlined words are defined on pages 283 – 290.**

## **Continue to get help in the prescription drug coverage gap**

If you reach the coverage gap in your Medicare prescription drug coverage, you'll qualify for savings on brand-name and generic drugs.

See pages 191 – 195.

## **Find out what you pay for Medicare (Part A and Part B)**

The 2016 Medicare premium and deductible amounts weren't available at the time of printing.

To get the most up-to-date cost information, visit [Medicare.gov](http://Medicare.gov) or call 1-800-633-4227. TTY users should call 1-877-486-2048.

### **Important Enrollment Information**

You don't need to sign up for Medicare each year. However, each year you'll have a chance to review your coverage and make changes. To learn more about how to sign up for Medicare, see Section 2 that starts on page 35.

## 15 \_\_ Important Enrollment Information

### **Coverage and costs change yearly**

Medicare health and drug plans can make changes each year — things like cost, coverage, and which providers and pharmacies are in their networks. Plans can also change their provider networks throughout the year. If you're in a Medicare health or prescription drug plan, always review the materials your plan sends you, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). Make sure your plan will still meet your needs for the following year. If you're satisfied that your current plan will meet your needs for next year and it's still being offered, you don't need to do anything.

### **Open Enrollment Period**

#### **Mark your calendar with these important dates!**

In most cases, this may be the only chance you have each year to make a change to your health and prescription drug coverage.

**Underlined words are defined on pages 283 – 290.**

## **Open Enrollment Period (continued)**

### **October 1, 2015**

#### **Start comparing your coverage with other options.**

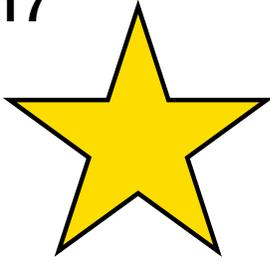
You may be able to save money by comparing all of your options. See page 25 for information on comparing plans.

### **October 15–December 7, 2015 (Open Enrollment)**

**Change your Medicare health or prescription drug coverage for 2016, if you decide to.** See pages 165–169 and 185–187 for other times you may be able to switch your coverage.

### **January 1, 2016**

**New coverage begins if you make a change during Open Enrollment.** New costs and benefit changes also begin if you keep your existing Medicare health or prescription drug coverage, and your plan makes changes.



## Section 1: Learn How Medicare Works

Medicare is health insurance for people 65 or older, people under 65 with certain disabilities, and people of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant).

### What are the different parts of Medicare?

**Medicare Part A (Hospital Insurance) helps cover:**

- Inpatient care in hospitals
- Skilled nursing facility care
- Hospice care
- Home health care

See pages 62–71.

**Underlined words are defined on pages 283 – 290.**

## 18 \_\_ Section 1: Learn How Medicare Works

### **Medicare Part B (Medical Insurance) helps cover:**

- Services from doctors and other health care providers
- Outpatient care
- Home health care
- Durable medical equipment
- Some preventive services

See pages 72 – 122.

### **Medicare Part C (Medicare Advantage):**

- Includes all benefits and services covered under Part A and Part B
- Usually includes Medicare prescription drug coverage (Part D) as part of the plan
- Run by Medicare - approved private insurance companies
- May include extra benefits and services for an extra cost

See pages 145 – 172.

**Underlined words are defined on pages 283 – 290.**

## Medicare Part D (Medicare prescription drug coverage):

- Helps cover the cost of prescription drugs
- Run by Medicare - approved private insurance companies
- May help lower your prescription drug costs and help protect against higher costs in the future

See pages 183–209.

### How can I get my Medicare coverage?

When you first enroll in Medicare, you have Original Medicare. However, you can choose different ways to get your Medicare coverage:

1. You can stay in **Original Medicare**. If you want prescription drug coverage, you must join a Medicare Prescription Drug Plan (Part D). If you don't join a Medicare drug plan when you're first eligible, and you don't have other creditable prescription drug coverage (for example, from an employer or union), **you may pay a late enrollment penalty if you choose to join later.**

See pages 196–199 for more information about the late enrollment penalty.

2. You can choose to join a **Medicare Advantage Plan (like an HMO or PPO)** if one's available in your area. The Medicare Advantage Plan may include Medicare prescription drug coverage. In most cases, you must take the drug coverage that comes with the Medicare health plan if it's offered. In some types of plans that don't offer drug coverage, you may be able to join a Medicare Prescription Drug Plan.

Before making any decisions, learn as much as you can about the types of coverage available to you. The next 2 pages include information to help you with your coverage choices. However, you may need more detailed information than what's provided in this handbook to make an informed choice. See page 28 to find out how to get personalized help.

## What are my Medicare coverage choices?

There are 2 main choices for how you get your Medicare coverage. Use these steps to help you decide.

### **Step 1: Decide if you want Original Medicare or a Medicare Advantage Plan.**

**Original Medicare** includes Part A (Hospital Insurance) and/or Part B (Medical Insurance).

- Medicare provides this coverage directly.
- You have your choice of doctors, hospitals, and other providers that accept Medicare.
- Generally, you or your supplemental coverage pay deductibles and coinsurance.
- You usually pay a monthly premium for Part B.

See pages 121–133 for more information about Original Medicare.

**Underlined words are defined on pages 283 – 290.**

### Step 1. (continued)

**Medicare Advantage Plan** also called Part C includes BOTH Part A (Hospital Insurance) and Part B (Medical Insurance).

- Private insurance companies approved by Medicare provide this coverage.
- In most plans, you need to use plan doctors, hospitals, and other providers or you may pay more or all of the costs.
- You may pay a monthly premium (in addition to your Part B premium), deductible, copayments, or coinsurance for covered services.
- Costs, extra coverage, and rules vary by plan.

See pages 145 – 172 for more information about Medicare Advantage Plans.

### Step 2: Decide if you want prescription drug coverage (Part D).

- If you choose Original Medicare and you want drug coverage, **you must join a Medicare Prescription Drug Plan (Part D)**. You usually pay a monthly premium.

## 23 \_\_ Section 1: Learn How Medicare Works

- These plans are run by private companies approved by Medicare.

See pages 183 – 211 for more information about Medicare Prescription Drug Plans.

- If you choose a Medicare Advantage Plan and you decide you want Medicare prescription drug coverage (Part D), and it's offered by your Medicare Advantage Plan, **in most cases you must get it through your Plan.**
- In some types of plans that don't offer drug coverage, you can join a Medicare Prescription Drug Plan.

See page 153.

### **Step 3: Decide if you want supplemental coverage.**

- If you choose Original Medicare, you may want to get coverage that fills gaps in Original Medicare coverage. You can choose to buy a Medicare Supplement Insurance (Medigap) policy from a private company.

**Underlined words are defined on pages 283 – 290.**

## 24 \_\_ Section 1: Learn How Medicare Works

### Step 3. (continued)

- Costs vary by policy and company.
- Employers/unions may offer similar coverage.

See pages 173 – 182.

**Note:** If you join a Medicare Advantage Plan, you can't use Medicare Supplement Insurance (Medigap) to pay for out-of-pocket costs you have in the Medicare Advantage Plan. If you already have a Medicare Advantage Plan, you can't be sold a Medigap policy. You can generally only use a Medigap policy if you disenroll from your Medicare Advantage Plan and return to Original Medicare.

See page 180.

In addition to these options, you may be able to join other types of Medicare health plans. See pages 168–172. Some people may have other coverage like employer or union, Medicaid, TRICARE, or veterans' benefits. See pages 205–211.

**Underlined words are defined on pages 283 – 290.**

**What should I consider when choosing or changing my coverage?**

Convenience	Where are the doctors' offices? What are their hours? Do the doctors use electronic health records or prescribe electronically? Which pharmacies can you use? Is the pharmacy you use in the plan's network? If it's in the network and your plan offers preferred cost sharing, does your pharmacy offer preferred cost sharing? You may pay less for some drugs at pharmacies that offer preferred cost sharing.
Cost	How much are your <u>premiums</u> , <u>deductibles</u> , and other costs? How much do you pay for services like hospital stays or doctor visits? Is there a yearly limit on what you pay out-of-pocket? Your costs may vary and may be different if you don't follow the coverage rules.

## 26 \_\_ Section 1: Learn How Medicare Works

Coverage	How well does the plan cover the services you need?
Doctor and hospital choice	Do your doctors and other health care providers accept the type of coverage you have? Are the doctors you want to see accepting new patients? Do you need to get <u>referrals</u> ? Do you have to choose your hospital and health care providers from a network? If so, is your doctor in the network? Can you go outside of the network?
Prescription drugs	Do you need to join a Medicare drug plan? Are your drugs covered under the plan's <u>formulary</u> ? Are there any coverage rules that apply to your prescriptions (like prior authorization, step therapy, quantity limits, etc.)?

**Underlined words are defined on pages 283 – 290.**

## 27 \_\_ Section 1: Learn How Medicare Works

Quality of care	Are you satisfied with your medical care? The quality of care and services offered by plans and other health care providers can vary. Medicare has information to help you compare how well plans and providers work to give you the best care possible. See pages 264 – 266.
Travel	Will you have coverage in another state or outside the U.S.?
Your other coverage	Do you have, or are you eligible for, other types of health or prescription drug coverage (like from a former or current employer or union)? If so, read the materials from your insurer or plan, or call them to find out how the coverage works with, or is affected by, Medicare. If you have coverage through a former or current employer or union or other source, talk to your benefits administrator, insurer, or plan before making any changes to your coverage. If you drop your coverage, you may not be able to get it back.

## **What if I need help deciding how to get my Medicare?**

- 1. Visit the Medicare Plan Finder at [Medicare.gov/find-a-plan](https://www.medicare.gov/find-a-plan).** With the Medicare Plan Finder, you can compare plans by plan type and find out the coverage, benefits, and estimated costs for each plan. You can also find out how Medicare has rated the plans' quality and performance. You can use the Medicare Plan Finder to enroll in a Medicare Prescription Drug Plan, Medicare Advantage Plan, or Medicare Supplement Insurance (Medigap) policy.
- 2. Get personalized counseling about choosing coverage.** See pages 275–281 for the phone number of your State Health Insurance Assistance Program (SHIP).
- 3. Call 1 - 800 - 633 - 4227, and say “Agent.”** TTY users should call 1 - 877 - 486 - 2048. If you need help in a language other than English or Spanish, let the customer service representative know.

**Underlined words are defined on pages 283 – 290.**

**Where can I get my questions answered?**

**1 - 800 - 633 - 4227**

Get general or claims - specific Medicare information, request documents in alternate formats, and make changes to your Medicare coverage. If you need help in a language other than English or Spanish, say “Agent” to talk to a customer service representative.

TTY: 1 - 877 - 486 - 2048

Medicare.gov

**Benefits Coordination & Recovery Center (BCRC)**

Contact the BCRC to report changes in your insurance information or to let Medicare know if you have other insurance. You can also find out if Medicare or your other insurance pays first.

1 - 855 - 798 - 2627

TTY: 1 - 855 - 797 - 2627

**Beneficiary and Family Centered Care Quality Improvement Organization (BFCC - QIO)**

Contact a BFCC - QIO to ask questions or report complaints about the quality of care for a Medicare - covered service you got, or if you think Medicare coverage for your service is ending too soon (for example, if your hospital says that you must be discharged and you disagree.) Visit [Medicare.gov/contacts](https://www.Medicare.gov/contacts), or call 1 - 800 - 633 - 4227 to get the phone number of your BFCC - QIO. TTY users should call 1 - 877 - 486 - 2048.

**Department of Defense**

Get information about TRICARE for Life (TFL) and the TRICARE Pharmacy Program.

**TFL**

1 - 866 - 773 - 0404

TTY: 1 - 866 - 773 - 0405

[tricare.mil/tfl](https://www.tricare.mil/tfl)

[tricare4u.com](https://www.tricare4u.com)

## **31** \_\_ Section 1: Learn How Medicare Works

### **Tricare Pharmacy Program**

1 - 877 - 363 - 1303

TTY: 1 - 877 - 540 - 6261

[tricare.mil/pharmacy](http://tricare.mil/pharmacy)

[express-scripts.com/tricare](http://express-scripts.com/tricare)

### **Department of Health and Human Services**

#### **Office for Civil Rights**

Contact if you think you were discriminated against or if your health information privacy rights were violated.

1 - 800 - 368 - 1019

TTY: 1 - 800 - 537 - 7697

[hhs.gov/ocr](http://hhs.gov/ocr)

### **Department of Veterans Affairs**

Contact if you're a veteran or have served in the U.S. military and you have questions about VA benefits.

1 - 800 - 827 - 1000

TTY: 1 - 800 - 829 - 4833

[va.gov](http://va.gov)

## **32** \_\_ Section 1: Learn How Medicare Works

### **Office of Personnel Management**

Get information about the Federal Employee Health Benefits (FEHB) Program for current and retired federal employees.

Retirees: 1 - 888 - 767 - 6738

TTY: 1 - 800 - 878 - 5707

[opm.gov/healthcare-insurance](https://opm.gov/healthcare-insurance)

Active federal employees: Contact your Benefits Officer. Visit [apps.opm.gov/abo](https://apps.opm.gov/abo) for a list of Benefits Officers.

### **Railroad Retirement Board (RRB)**

If you have benefits from the RRB, call them to change your address or name, check eligibility, enroll in Medicare, replace your Medicare card, or report a death.

1 - 877 - 772 - 5772

TTY: 1 - 312 - 751 - 4701

[rrb.gov](https://rrb.gov)

## **33** \_\_ Section 1: Learn How Medicare Works

### **Social Security**

Find out if you're eligible for Part A and/or Part B and how to enroll, get a replacement Medicare or Social Security card, report a change to your address or name, apply for Extra Help with Medicare prescription drug costs, ask questions about Part A and Part B premiums, and report a death.

1-800-772-1213

TTY: 1 - 800 - 325 - 0778

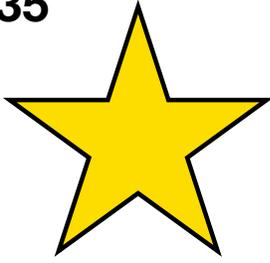
[socialsecurity.gov](https://www.socialsecurity.gov)

### **State Health Insurance Assistance Program (SHIP)**

Get free personalized health insurance counseling. See page 261 for more information about SHIPs. To get the phone number, see pages 275–281.

**Underlined words are defined on pages 283 – 290.**





## Section 2: Signing Up for Medicare Part A & Part B

### Some people get Part A and Part B automatically

**If you're already getting benefits from Social Security or the Railroad Retirement Board (RRB),** you'll automatically get Part A and Part B starting the first day of the month you turn 65. (If your birthday is on the first day of the month, Part A and Part B will start the first day of the prior month.)

**If you're under 65 and disabled,** you'll automatically get Part A and Part B after you get disability benefits from Social Security or certain disability benefits from the RRB for 24 months.

**If you have ALS (Amyotrophic Lateral Sclerosis, also called Lou Gehrig's disease),** you'll get Part A and Part B automatically the month your Social Security disability benefits begin.

**Underlined words are defined on pages 283 – 290.**

**If you have ALS (continued)**

If you're automatically enrolled, you'll get your red, white, and blue Medicare card in the mail 3 months before your 65th birthday or 25th month of disability benefits. If you do nothing, you'll keep Part B and will pay Part B premiums. You can choose not to keep Part B, but you may have to wait to enroll and pay a penalty for as long as you have Part B. See pages 39–42.

**Note:** If you don't get your card in the mail, call Social Security at 1 - 800 - 772 - 1213 and make sure they have your correct address on file. TTY users should call 1 - 800 - 325 - 0778. If you have RRB benefits, call 1 - 877 - 772 - 5772. TTY users should call 1 - 312 - 751 - 4701.

**Some people have to sign up for Part A and/or Part B**

**If you're close to 65, but not getting Social Security or Railroad Retirement Board (RRB) benefits, you'll need to sign up. Contact Social Security 3 months before you turn 65. You can also apply for Part A and Part B at [socialsecurity.gov/retirement](https://www.socialsecurity.gov/retirement). If you worked for a railroad, contact the RRB. In most cases, if you don't sign up for Part B when you're first eligible, you may have to pay a late enrollment penalty for as long as you have Part B.**

**If you have End - Stage Renal Disease (ESRD) and you want Medicare, you'll need to sign up. Contact Social Security to find out when and how to sign up for Part A and Part B. For more information, visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet "Medicare Coverage of Kidney Dialysis & Kidney Transplant Services." You can also call 1 - 800 - 633 - 4227 to find out if a copy can be mailed to you. TTY users should call 1 - 877 - 486 - 2048.**

**Underlined words are defined on pages 283 – 290.**

## **38 \_\_ Section 2: Signing Up for Medicare Part A & Part B**

**Important!** If you live in Puerto Rico and get benefits from **Social Security or the RRB**, you'll automatically get Part A the first day of the month you turn 65 or after you get disability benefits for 24 months. **However, if you want Part B, you'll need to sign up for it by completing an "Application for Enrollment in Part B Form" (CMS - 40B).** If you don't sign up for Part B when you're first eligible, you may have to pay a late enrollment penalty for as long as you have Part B. Visit [cms.gov/Medicare/CMS-Forms/CMS-Forms/CMS-Forms-Items/CMS017339.html](https://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/CMS-Forms-Items/CMS017339.html) to get Form CMS - 40B in English or Spanish. Contact your local Social Security office or RRB for more information.

**Note:** To get Medicare - covered Part A and/or Part B services, you must be a U.S. citizen or lawfully present in the U.S.

### **Where can I get more information?**

Call Social Security at 1- 800 - 772 - 1213 for more information about your Medicare eligibility and to sign up for Part A and/or Part B. TTY users should call 1 - 800 - 325 - 0778. If you worked for a railroad or get RRB benefits, call the RRB at 1 - 877 - 772 - 5772. TTY users should call 1 - 312 - 751 - 4701.

## 39 \_\_ Section 2: Signing Up for Medicare Part A & Part B

You can also get personalized health insurance counseling at no cost to you from your State Health Insurance Assistance Program (SHIP). See pages 275–281 for the phone number.

### **If I'm not automatically enrolled, when can I sign up?**

If you're eligible for free Part A, you can sign up for Part A anytime once your Initial Enrollment Period starts. However, you can only sign up for Part B (or Part A if you have to buy it) during the times listed below. **Remember, in most cases, if you don't sign up for Part A (if you have to buy it) and Part B when you're first eligible, you may have to pay a late enrollment penalty for as long as you have the coverage.**

#### **Initial Enrollment Period**

You can sign up for Part A and/or Part B during the 7-month period that begins 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after the month you turn 65.

**Underlined words are defined on pages 283 – 290.**

### **Initial Enrollment Period (continued)**

If you sign up for Part A and/or Part B during the first 3 months of your Initial Enrollment Period, in most cases, your coverage starts the first day of your birthday month. However, if your birthday is on the first day of the month, your coverage will start the first day of the prior month.

If you enroll in Part A and/or Part B the month you turn 65 or during the last 3 months of your Initial Enrollment Period, the start date for your Medicare coverage will be delayed.

Remember, if you live in Puerto Rico, and you want Part B, you must sign up for it. See page 38 for more information on signing up.

### **General Enrollment Period**

If you didn't sign up for Part A (if you have to buy it) and/or Part B (for which you must pay premiums) during your Initial Enrollment Period, you can sign up between January 1 – March 31 each year. **Your coverage won't start until July 1 of that year, and you may have to pay a higher Part A and/or Part B premium for late enrollment.** See pages 56 and 58.

## 41 \_\_ Section 2: Signing Up for Medicare Part A & Part B

### **Special Enrollment Period**

If you (or your spouse) are still working, you may have a chance to sign up for Medicare during a Special Enrollment Period. If you didn't sign up for Part B (or Part A if you have to buy it) when you were first eligible because you're covered under a group health plan based on current employment (your own, a spouse's, or if you're disabled, a family member's), you can sign up for Part A and/or Part B:

- Anytime you're still covered by the group health plan
- During the 8-month period that begins the month after the employment ends or the coverage ends, whichever happens first

Usually, you don't pay a late enrollment penalty if you sign up during a Special Enrollment Period.

This Special Enrollment Period doesn't apply to people with End-Stage Renal Disease (ESRD). **Note:** If you're disabled, the employer offering the group health plan must have 100 or more employees.

**Underlined words are defined on pages 283 – 290.**

**Important! COBRA (Consolidated Omnibus Budget Reconciliation Act) coverage and retiree health plans aren't considered coverage based on current employment.** You aren't eligible for a Special Enrollment Period when that coverage ends. To avoid paying a higher premium, make sure you sign up for Medicare when you're first eligible. See page 206 for more information about COBRA coverage.

To learn more about enrollment periods, visit Medicare.gov, or call 1-800-633-4227. TTY users should call 1-877-486-2048.

### **Should I get Part B?**

This information can help you decide.

**Employer or union coverage**—If you or your spouse (or family member if you're disabled) **is still working** and you have health coverage through that employer or union, contact your employer or union benefits administrator to find out how your coverage works with Medicare.

**Underlined words are defined on pages 283 – 290.**

## 43 \_\_ Section 2: Signing Up for Medicare Part A & Part B

This includes federal or state employment, and active duty military service. It may be to your advantage to delay Part B enrollment. You can sign up for Part B without paying a penalty any time you have health coverage based on your or your spouse's current employment (or a family member's current employment if you're disabled).

**Note:** Coverage based on current employment doesn't include:

- COBRA
- Retiree coverage
- VA coverage
- Individual health coverage (like through the Health Insurance Marketplace)

Once the employment or coverage based on current employment ends (whichever happens first), 3 things happen:

1. You have 8 months to sign up for Part B without a penalty. **This period will run whether or not you choose COBRA. If you choose COBRA, don't wait until your COBRA ends to enroll in Part B.**

## 44 \_\_ Section 2: Signing Up for Medicare Part A & Part B

### 1. (continued)

If you don't enroll in Part B during the 8 months after the employment ends, you may have to pay a penalty after you enroll for as long as you have Part B.

You won't be able to enroll until the next General Enrollment Period, and you'll have to wait until July 1 of that year before your coverage begins. This may cause a gap in your health care coverage.

2. You may be able to get COBRA coverage, which continues your health insurance through the employer's plan (in most cases for only 18 months) but probably at a higher cost to you.

- If you already have COBRA coverage when you enroll in Medicare, your COBRA will probably end.
- If you become eligible for COBRA coverage after you're already enrolled in Medicare, you must be allowed to take the COBRA coverage. If you choose COBRA, it will always be secondary to Medicare, unless you have End-Stage Renal Disease (ESRD).

3. When you sign up for Part B, your Medigap Open Enrollment Period begins. See page 179.

## 45 \_\_ Section 2: Signing Up for Medicare Part A & Part B

If you have CHAMPVA coverage, you must enroll in Part A and Part B to keep your CHAMPVA coverage.

**TRICARE**—If you have TRICARE (health care program for active-duty service members, and their families), **you generally must enroll in Part A and Part B when you're first eligible to keep your TRICARE coverage.** However, if you're an active-duty service member, or an active-duty family member, you don't have to enroll in Part B to keep your TRICARE coverage.

### **Active-duty service members:**

- You must enroll in Part B before you retire to keep TRICARE without a break in coverage.

### **Active-duty family members:**

- You must enroll in Part B before your active-duty sponsor retires to keep TRICARE without a break in coverage.

### **Other important TRICARE information:**

- You should enroll in Part A and Part B when you're first eligible based on End-Stage Renal Disease (ESRD).

**Underlined words are defined on pages 283 – 290.**

## 46 \_\_ Section 2: Signing Up for Medicare Part A & Part B

- After the active-duty service member retires, the TRICARE coverage becomes TRICARE For Live (TFL), which acts as a supplement to Medicare. This means:
  - For services covered by Medicare and TRICARE, TFL will pay the Medicare deductible and coinsurance amounts.
  - For services covered by Medicare but not TRICARE, you pay the Medicare deductible and coinsurance amounts.
  - You pay the costs of services Medicare or TRICARE doesn't cover.

### How does my other insurance work with Medicare?

When you have other insurance (like employer group health coverage) and Medicare, there are rules that decide whether Medicare or your other insurance pays first.

If you have **retiree** insurance (insurance from your or your spouse's former employment)...

Medicare pays first.

## 47 \_\_ Section 2: Signing Up for Medicare Part A & Part B

If you're 65 or older, have group health plan coverage based on your or your spouse's **current** employment, and the employer has **20 or more employees...**

Your group health plan pays first.

If you're 65 or older, have group health plan coverage based on your or your spouse's **current** employment, and the employer has **less than 20 employees...**

Medicare pays first.

If you're under 65 and disabled, have group health plan coverage based on your, a spouse's, or a family member's **current** employment, and the employer has **100 or more employees...**

Your group health plan pays first.

If you're under 65 and disabled, have group health plan coverage based on your or a family member's **current** employment, and the employer has **less than 100 employees...**

Medicare pays first.

**Underlined words are defined on pages 283 – 290.**

## 48 \_\_ Section 2: Signing Up for Medicare Part A & Part B

If you have Medicare because of End-Stage Renal Disease (ESRD)...

Your group health plan will pay first for the first 30 months after you become eligible to enroll in Medicare. Medicare will pay first after this 30 - month period.

**Note:** In some cases, your employer may join with other employers or unions to form or sponsor a multiple - employer plan. If this happens, the size of the largest employer/union determines whether Medicare pays first or second.

Here are some important facts to remember:

- The insurance that pays first (primary payer) pays up to the limits of its coverage.
- The insurance that pays second (secondary payer) only pays if there are costs the primary insurer didn't cover.
- The secondary payer (which may be Medicare) might not pay all of the uncovered costs.
- If your employer insurance is the secondary payer, you might need to enroll in Part B before your insurance will pay.

## 49 \_\_ Section 2: Signing Up for Medicare Part A & Part B

In certain situations, Medicare might pay second if you're in an accident or have a workers' compensation case in which other insurance covers your injury and is paying first. In these situations, you or your lawyer should tell Medicare as soon as possible.

These types of insurance usually pay first:

- No-fault insurance (including automobile insurance)
- Liability insurance (including self-insurance)
- Black lung benefits
- Workers' compensation

**Note:** Medicare may pay conditionally if the no-fault, liability, or workers' compensation insurance hasn't settled on the claim. If Medicare makes a conditional payment for an item or service, and you get a settlement, judgment, award, or other payment for that item or service from an insurance company later, the conditional payment must be repaid to Medicare. You're responsible for making sure Medicare gets repaid for the conditional payment.

**Underlined words are defined on pages 283 – 290.**

**Medicaid never pays first for services that Medicare covers.** Medicaid will only pay after Medicare, employer group health plans, and/or Medicare Supplement Insurance (Medigap) policies have paid.

For more information, visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet “Medicare & Other Health Benefits: Your Guide to Who Pays First.” You can also call 1 - 800 - 633 - 4227 to find out if a copy can be mailed to you. TTY users should call 1 - 877 - 486 - 2048.

**Important!** If you have other insurance, be sure to tell your health care provider, hospital, and pharmacy. You’ll also need to let Medicare know by calling Medicare’s Benefits Coordination & Recovery Center (BCRC) at 1 - 855 - 798 - 2627. TTY users should call 1 - 855 - 797 - 2627. You also can contact your employer or union benefits administrator if you have questions about how your other insurance will work with Medicare.

**Underlined words are defined on pages 283 – 290.**

## **Medicare and the Health Insurance Marketplace**

The Health Insurance Marketplace is a way for people to get health coverage. Medicare isn't part of the Marketplace. The Marketplace doesn't affect your Medicare choices or benefits. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan (like an HMO or PPO), you don't have to make any changes.

### **“Is Medicare coverage “minimum essential coverage?”**

Minimum essential coverage is coverage that you need to have to meet the individual responsibility requirement under the health care law.

As long as you have Medicare Part A coverage (including coverage from a Medicare Advantage Plan), you have minimum essential coverage and you don't have to get any additional coverage.

## 52 \_\_ Section 2: Signing Up for Medicare Part A & Part B

If you **only** have Medicare Part B, you aren't considered to have minimum essential coverage. This means you may have to pay a fee for not having minimum essential coverage. You'll pay this fee when you file your federal income tax return.

### **Can I get a Marketplace plan instead of Medicare, or can I get a Marketplace plan in addition to Medicare?**

Generally, no. **It's against the law for someone who knows you have Medicare to sell you a Marketplace plan, because that would duplicate your coverage.**

However, if you're employed and your employer offers employer-based coverage through the Marketplace, you may be eligible to get that type of coverage.

**Note: The Marketplace doesn't offer Medicare Supplement Insurance (Medigap) policies, Medicare health plans, or Medicare drug plans (Part D).**

**Underlined words are defined on pages 283 – 290.**

## **What if I become eligible for Medicare after I join a Marketplace plan?**

If you have a Marketplace plan, you can keep it until your Medicare coverage starts. Then you can terminate the Marketplace plan without penalty. Visit [HealthCare.gov](https://www.healthcare.gov) to find out how to terminate your Marketplace plan.

When you're eligible for Medicare, you'll have an Initial Enrollment Period to sign up (see page 39). In most cases it's to your advantage to sign up when you're first eligible because:

- If you enroll in Medicare after your initial enrollment period ends, you may have to pay a late enrollment penalty for as long as you have Medicare. In addition, you can enroll in Medicare Part B (and Part A if you have to pay a premium for it) only during the Medicare General Enrollment Period (from January 1 to March 31 each year). Coverage doesn't start until July of that year. This may create a gap in your coverage.

## 54 \_\_ Section 2: Signing Up for Medicare Part A & Part B

- Once your Medicare Part A coverage starts, you'll no longer be eligible for additional premium tax credits or other savings for a Marketplace plan based on your income. You'll have to pay full price for the Marketplace plan.

**Note:** If you like, you can keep your Marketplace plan too. But if you've been getting premium tax credits or other savings on a Marketplace plan, your eligibility for these savings will end once your Medicare Part A coverage starts. You'd have to pay full price for the Marketplace plan.

### **Where can I get more information?**

To learn more about Marketplace coverage, visit [HealthCare.gov](https://www.healthcare.gov). To learn more about how Medicare works with the Marketplace, visit [HealthCare.gov](https://www.healthcare.gov) and [Medicare.gov](https://www.medicare.gov).

**Underlined words are defined on pages 283 – 290.**

## How much does Part A coverage cost?

You usually don't pay a monthly premium for Part A coverage if you or your spouse paid Medicare taxes while working. This is sometimes called premium-free Part A. If you aren't eligible for premium-free Part A, you may be able to buy Part A if:

- You're 65 or older, and you have (or are enrolling in) Part B and meet the citizenship and residency requirements.
- You're under 65, disabled, and your premium-free Part A coverage ended because you returned to work. (If you're under 65 and disabled, you can continue to get premium-free Part A for up to 8 1/2 years after you return to work.)

**Note:** In 2015, people who had to buy Part A paid premiums up to \$407 each month. Visit [Medicare.gov](http://Medicare.gov), or call 1-800-633-4227 to find out the amount for 2016.

TTY users should call 1-877-486-2048.

In most cases, if you choose to **buy** Part A, you must also have Part B and pay monthly premiums for both.

## **What's the Part A late enrollment penalty?**

If you aren't eligible for premium-free Part A, and you don't buy it when you're first eligible, your monthly premium may go up 10% for every 12 months you didn't have the coverage. You'll have to pay the higher premium for twice the number of years you could've had Part A, but didn't sign up.

**Example:** If you were eligible for Part A for 2 years but didn't sign up, you'll have to pay a 20% higher premium for 4 years. Usually, you don't have to pay a penalty if you meet certain conditions that allow you to sign up for Part A during a Special Enrollment Period. See page 41.

## **How much does Part B coverage cost?**

You pay the Part B premium each month. Most people will pay the standard premium amount, which was \$104.90 in 2015. Visit Medicare.gov, or call 1-800-633-4227 to find out the amount for 2016. TTY users should call 1-877-486-2048.

**Underlined words are defined on pages 283 – 290.**

## **Some people may pay a higher Part B premium**

If your modified adjusted gross income as reported on your IRS tax return from 2 years ago (the most recent tax return information provided to Social Security by the IRS) is above a certain amount (\$85,000 if you file individually or \$170,000 if you're married and file jointly), you may pay more. This doesn't affect everyone, so most people won't have to pay a higher amount. Your modified adjusted gross income is your adjusted gross income plus your tax exempt interest income.

Each year, Social Security will tell you if you have to pay more than the standard premium. The amount you pay can change each year depending on your income. If you have to pay a higher amount for your Part B premium and you disagree (for example, if your income goes down), call Social Security at 1 - 800 - 772 - 1213. TTY users should call 1 - 800 - 325 - 0778. If you get benefits from the Railroad Retirement Board (RRB), you should still contact Social Security because the RRB doesn't make income determinations. For more information, visit [socialsecurity.gov/pubs/EN-05-10536.pdf](https://www.ssa.gov/pubs/EN-05-10536.pdf) to view the fact sheet "Medicare Premiums: Rules for Higher-Income Beneficiaries."

## **What's the Part B late enrollment penalty?**

**If you don't sign up for Part B when you're first eligible, you may have to pay a late enrollment penalty for as long as you have Part B.** Your monthly premium for Part B may go up 10% for each full 12-month period that you could've had Part B, but didn't sign up for it. If you're allowed to sign up for Part B during a Special Enrollment Period, you usually don't pay a late enrollment penalty. See pages 41–42.

**Example:** Mr. Smith's Initial Enrollment Period ended September 30, 2012. He waited to sign up for Part B until March 2015 during the General Enrollment Period. His Part B premium penalty is 20%. (Even though Mr. Smith waited a total of 30 months to sign up, this included only 2 full 12-month periods.) He'll have to pay this penalty for as long as he has Part B.

**If you have limited income and resources, see pages 213 – 229 for information about help paying your Medicare premiums.**

## How can I pay my Part B premium?

If you get Social Security, Railroad Retirement Board (RRB), or Office of Personnel Management (OPM) benefits, your Part B premium will be automatically deducted from your benefit payment. If you don't get these benefit payments, you'll get a bill. If you choose to buy Part A, you'll always get a bill for your premium.

There are 3 ways to pay these bills:

1. Mail your premium payments to:

Medicare Premium Collection Center  
P.O. Box 790355  
St. Louis, Missouri 63179 - 0355

If you get a bill from the RRB, mail your premium payments to:

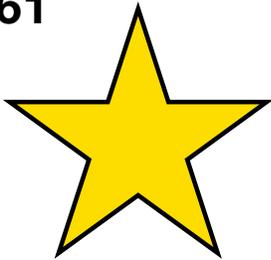
RRB  
Medicare Premium Payments  
P.O. Box 979024  
St. Louis, Missouri 63197-9000

## 60 \_\_ Section 2: Signing Up for Medicare Part A & Part B

2. Pay by credit card. To do this, complete the bottom portion of the payment coupon on your Medicare bill and mail it to the address above.
3. Sign up for Medicare Easy Pay. This is a free service that automatically deducts your premium payments from your savings or checking account each month. Visit Medicare.gov to learn more and to find out how to sign up.

If you have questions about your premiums or need to change your address on your bill, call Social Security at 1 - 800 - 772 - 1213. TTY users should call 1 - 800 - 325 - 0778. If your bills are from the RRB, call 1 - 877 - 772 - 5772. TTY users should call 1 - 312 - 751 - 4701.

**Underlined words are defined on pages 283 – 290.**



## Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### What services does Medicare cover?

Medicare covers certain medical services and supplies in hospitals, doctors' offices, and other health care settings. Services are either covered under Part A or Part B.

If you have both Part A and Part B, you can get all of the Medicare-covered services listed in this section, whether you have Original Medicare or a Medicare Advantage Plan (like an HMO or PPO).

**Important!** To get Medicare-covered Part A and/or Part B services, you must be a U.S. citizen or be lawfully present in the U.S.

## 62 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### What does Part A cover?

Part A (Hospital Insurance) helps cover:

- Inpatient care in hospitals
- Inpatient care in a skilled nursing facility (not custodial or long-term care)
- Hospice care
- Home health care
- Inpatient care in a religious nonmedical health care institution

You can find out if you have Part A by looking at your red, white and blue Medicare card. If you have Original Medicare, you'll use this card to get your Medicare-covered services. If you join a Medicare Advantage Plan, in most cases, you must use the card from the plan to get your Medicare-covered services.

**Underlined words are defined on pages 283 – 290.**

## 63 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **What do I pay for Part A - covered services?**

Copayments, coinsurance, or deductibles may apply for each service listed on the following pages. Visit Medicare.gov, or call 1 - 800 - 633 - 4227 to get specific cost information. TTY users should call 1 - 877 - 486 - 2048.

**If you're in a Medicare Advantage Plan or have other insurance (like a Medicare Supplement Insurance (Medigap) policy, or employer or union coverage), your costs may be different.** Contact the plans you're interested in to find out about the costs, or visit the Medicare Plan Finder at Medicare.gov/find - a - plan.

### **Part A - covered services**

#### **Blood**

If the hospital gets blood from a blood bank at no charge, you won't have to pay for it or replace it. If the hospital has to buy blood for you, you must either pay the hospital costs for the first 3 units of blood you get in a calendar year or have the blood donated by you or someone else.

## 64 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Home health services**

Medicare covers medically necessary part-time or intermittent skilled nursing care, and/or physical therapy, speech-language pathology services, and/or services for people with a continuing need for occupational therapy. A doctor, or certain health care professionals who work with a doctor, must see you face-to-face before a doctor can certify that you need home health services. A doctor must order your care, and a Medicare-certified home health agency must provide it. Home health services may also include medical social services, part-time or intermittent home health aide services, and medical supplies for use at home. You must be homebound, which means both of these are true:

1. You're normally unable to leave home and doing so requires a considerable and taxing effort.
2. Because of an illness or injury, leaving home isn't medically advisable or isn't possible without the aid of supportive devices, use of special transportation, or the assistance of another person.

You pay nothing for covered home health care services and 20% of the Medicare-approved amount for durable medical equipment. See page 90.

## 65 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Hospice care**

To qualify for hospice care, a hospice doctor and your doctor (if you have one) must certify that you're terminally ill, meaning you have a life expectancy of 6 months or less. If you're already getting hospice care, a hospice doctor or nurse practitioner will need to see you about 6 months after your hospice care started to certify that you're still terminally ill. Coverage includes:

- All items and services needed for pain relief and symptom management
- Medical, nursing, and social services
- Drugs
- Certain durable medical equipment
- Aide and homemaker services
- Other covered services, as well as services Medicare usually doesn't cover, like spiritual and grief counseling

A Medicare - approved hospice usually gives hospice care in your home or other facility where you live, like a nursing home.

**Underlined words are defined on pages 283 – 290.**

## 66 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Hospice care (continued)**

Hospice care doesn't pay for your stay in a facility (room and board) unless the hospice medical team determines that you need short-term inpatient stays for pain and symptom management that can't be addressed at home. These stays must be in a Medicare-approved facility, like a hospice facility, hospital, or skilled nursing facility that contracts with the hospice. Medicare also covers inpatient respite care which is care you get in a Medicare-approved facility so that your usual caregiver (family member or friend) can rest. You can stay up to 5 days each time you get respite care. Medicare will pay for covered services for health problems that aren't related to your terminal illness or related conditions. You can continue to get hospice care as long as the hospice medical director or hospice doctor recertifies that you're terminally ill.

- You pay nothing for hospice care.
- You pay a copayment of up to \$5 per prescription for outpatient prescription drugs for pain and symptom management. In the rare case your drug isn't covered by the hospice benefit, your hospice provider should contact your Medicare drug plan to see if it's covered under Part D.

## 67 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

- You pay 5% of the Medicare - approved amount for inpatient respite care.

### **Hospital care (inpatient care)**

Medicare covers semi - private rooms, meals, general nursing, and drugs as part of your inpatient treatment, and other hospital services and supplies. This includes care you get in acute care hospitals, critical access hospitals, inpatient rehabilitation facilities, long - term care hospitals, inpatient care as part of a qualifying clinical research study, and mental health care. This doesn't include private - duty nursing, a television or phone in your room (if there's a separate charge for these items), or personal care items, like razors or slipper socks. It also doesn't include a private room, unless medically necessary. If you have Part B, it generally covers 80% of the Medicare - approved amount for doctor's services you get while you're in a hospital.

**Underlined words are defined on pages 283 – 290.**

## 68 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Hospital care (inpatient) (continued)**

- You pay a deductible and no coinsurance for days 1 – 60 of each benefit period.
- You pay coinsurance for days 61 – 90 of each benefit period.
- You pay coinsurance per “lifetime reserve day” after day 90 of each benefit period (up to 60 days over your lifetime).
- You pay all costs for each day after you use all the lifetime reserve days.
- Inpatient psychiatric care in a freestanding psychiatric hospital is limited to 190 days in a lifetime.

**Note:** In some cases, the hospital or a Medicare contractor may determine you should've gotten services in an outpatient setting. The hospital may submit a Part B claim for your services, and the amount you owe may change. You'll pay your part for Part B services, but you may be able to get a refund for any money you paid for Part A services.

## 69 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Am I an inpatient or outpatient?**

**Important!** Staying overnight in a hospital doesn't always mean you're an inpatient. You only become an inpatient when a hospital formally admits you as an inpatient, after a doctor orders it. You're still an outpatient if you haven't been formally admitted as an inpatient, even if you're getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays. **You or a family member should always ask if you're an inpatient or an outpatient each day during your stay, since it affects what you pay and can affect whether you'll qualify for Part A coverage in a skilled nursing facility.**

For more information, visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the fact sheet "Are You a Hospital Inpatient or Outpatient? If You Have Medicare – Ask!"

**Underlined words are defined on pages 283 – 290.**

## 70 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Religious non - medical health care institution (inpatient care)**

In these facilities, religious beliefs prohibit conventional and unconventional medical care. If you qualify for hospital or skilled nursing facility care, Medicare will only cover the inpatient, non-religious, non - medical items and services. An example is room and board, or any items and services that don't require a doctor's order or prescription, like unmedicated wound dressings or use of a simple walker.

### **Skilled nursing facility care**

Medicare covers semi - private rooms, meals, skilled nursing and rehabilitative services, and other medically necessary services and supplies after a 3 - day minimum, medically necessary, inpatient hospital stay for a related illness or injury. An inpatient hospital stay begins the day the hospital formally admits you as an inpatient based on a doctor's order and doesn't include the day you're discharged. You may get coverage of skilled nursing care or skilled therapy care if it's necessary to:

## 71 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

- Help improve your condition.

or

- Maintain your current condition or prevent or delay it from getting worse.

To qualify for care in a skilled nursing facility, your doctor must certify that you need daily skilled care like intravenous injections or physical therapy.

You pay:

- Nothing for the first 20 days of each benefit period.
- A coinsurance per day for days 21 – 100 of each benefit period.
- All costs for each day after day 100 in a benefit period.

Visit Medicare.gov, or call 1 - 800 - 633 - 4227 to find out what you pay for inpatient hospital stays and skilled nursing facility care in 2016. TTY users should call 1 - 877 - 486 - 2048.

**Note:** Medicare doesn't cover long-term care or custodial care.

**Underlined words are defined on pages 283 – 290.**

## 72 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### What does Part B cover?

Medicare Part B (Medical Insurance) helps cover medically necessary doctors' services, outpatient care, home health services, durable medical equipment, and other medical services. Part B also covers many preventive services. You can find out if you have Part B by looking at your red, white, and blue Medicare card. See pages 74–120 for a list of common Part B-covered services and general descriptions. Medicare may cover some services and tests more often than the timeframes listed if needed to diagnose or treat a condition. To find out if Medicare covers a service not on this list, visit [Medicare.gov/coverage](https://www.medicare.gov/coverage), or call 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048. For more details about Medicare-covered services, visit [Medicare.gov/publications](https://www.medicare.gov/publications) to view the booklet “Your Medicare Benefits.” Call 1 - 800 - 633 - 4227 to find out if a copy can be mailed to you.

**Underlined words are defined on pages 283 – 290.**

## 73 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **What do I pay for Part B - covered services?**

The alphabetical list on the following pages gives general information about what you pay if you have Original Medicare and see doctors or other health care providers who accept assignment. See pages 138–141. You'll pay more if you see doctors or providers who don't accept assignment. **If you're in a Medicare Advantage Plan (like an HMO or PPO) or have other insurance, your costs may be different. Contact your plan or benefits administrator directly to find out about the costs.**

Under Original Medicare, if the Part B deductible (\$147 in 2015) applies, you must pay all costs (up to the Medicare - approved amount) until you meet the yearly Part B deductible before Medicare begins to pay its share. Then, after your deductible is met, you typically pay 20% of the Medicare - approved amount of the service, if the doctor or other health care provider accepts assignment. There's no yearly limit for what you pay out - of - pocket. Visit [Medicare.gov](http://Medicare.gov), or call 1-800-633-4227 to get specific cost information.

## 74 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

You pay nothing for most covered preventive services if you get the services from a doctor or other qualified health care provider who accepts assignment. However, for some preventive services, you may have to pay a deductible, coinsurance, or both. These costs may also apply if you get a preventive service in the same visit as a non-preventive service.

### **Part B - covered services**

Use the preventive services checklist on page 120 to ask your doctor or other health care provider which preventive services you should get.

### **Abdominal aortic aneurysm screening**

Medicare covers a one-time screening abdominal aortic aneurysm ultrasound for people at risk. You must get a referral from your doctor or other practitioner. You pay nothing for the screening if the doctor or other qualified health care provider accepts assignment.

**Note:** If you have a family history of abdominal aortic aneurysms, or you're a man 65–75 and you've smoked at least 100 cigarettes in your lifetime, you're considered at risk.

## 75 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Alcohol misuse screening and counseling**

Medicare covers one alcohol misuse screening per year for adults with Medicare (including pregnant women) who use alcohol, but don't meet the medical criteria for alcohol dependency. If your primary care doctor or other primary care practitioner determines you're misusing alcohol, you can get up to 4 brief face-to-face counseling sessions per year (if you're competent and alert during counseling). A qualified primary care doctor or other primary care practitioner must provide the counseling in a primary care setting (like a doctor's office). You pay nothing if the qualified primary care doctor or other primary care practitioner accepts assignment.

### **Ambulance services**

Medicare covers ground ambulance transportation when you need to be transported to a hospital, critical access hospital, or skilled nursing facility for medically necessary services, and transportation in any other vehicle could endanger your health. Medicare may pay for emergency ambulance transportation in an airplane or helicopter to a hospital if you need immediate and rapid ambulance transportation that ground transportation can't provide.

**Underlined words are defined on pages 283 – 290.**

## 76 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Ambulance services (continued)**

In some cases, Medicare may pay for limited, medically necessary, non-emergency ambulance transportation if you have a written order from your doctor stating that ambulance transportation is medically necessary. An example may be a medically necessary ambulance transport to a renal dialysis facility for an End-Stage Renal Disease (ESRD) patient.

Medicare will only cover ambulance services to the nearest appropriate medical facility that's able to give you the care you need.

You pay 20% of the Medicare-approved amount, and the Part B deductible applies.

### **Ambulatory surgical centers**

Medicare covers the facility services fees related to approved surgical procedures in an ambulatory surgical center (facility where surgical procedures are performed), and the patient is expected to be released within 24 hours). Except for certain preventive services (for which you pay nothing if the doctor or other health

**Underlined words are defined on pages 283 – 290.**

## 77 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

care provider accepts assignment), you pay 20% of the Medicare - approved amount to both the ambulatory surgical center and the doctor who treats you, and the Part B deductible applies. You pay for all of the facility service fees for procedures Medicare doesn't cover in ambulatory surgical centers.

### **Blood**

If the provider gets blood from a blood bank at no charge, you won't have to pay for it or replace it. However, you'll pay a copayment for the blood processing and handling services for each unit of blood you get, and the Part B deductible applies. If the provider has to buy blood for you, you must either pay the provider costs for the first 3 units of blood you get in a calendar year or have the blood donated by you or someone else.

### **Bone mass measurement (bone density)**

This test helps to see if you're at risk for broken bones. It's covered once every 24 months (more often if medically necessary) for people who have certain medical conditions or meet certain criteria. You pay nothing for this test if the doctor or other qualified health care provider accepts assignment.

## 78 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Breast cancer screening (mammograms)**

Medicare covers screening mammograms to check for breast cancer once every 12 months for all women with Medicare who are 40 and older. Medicare covers one baseline mammogram for women between 35–39. You pay nothing for the test if the doctor or other qualified health care provider accepts assignment. **Note:** Part B also covers diagnostic mammograms when medically necessary.

### **Cardiac rehabilitation**

Medicare covers comprehensive programs that include exercise, education, and counseling for patients who meet at least one of these conditions:

- A heart attack in the last 12 months
- Coronary artery bypass surgery
- Current stable angina pectoris (chest pain)
- A heart valve repair or replacement

**Underlined words are defined on pages 283 – 290.**

## 79 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

- A coronary angioplasty (a medical procedure used to open a blocked artery) or coronary stenting (a procedure used to keep an artery open)
- A heart or heart-lung transplant

Medicare also covers intensive cardiac rehabilitation programs that are typically more rigorous or more intense than regular cardiac rehabilitation programs. Services are covered in a doctor's office or hospital outpatient setting. You pay 20% of the Medicare - approved amount if you get the services in a doctor's office. In a hospital outpatient setting, you also pay the hospital a copayment. The Part B deductible applies.

### **Cardiovascular disease (behavioral therapy)**

Medicare will cover one visit per year with a primary care doctor in a primary care setting (like a doctor's office) to help lower your risk for cardiovascular disease. During this visit, the doctor may discuss aspirin use (if appropriate), check your blood pressure, and give you tips to make sure you're eating well. You pay nothing if the doctor or other qualified health care provider accepts assignment.

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### **Cardiovascular disease screenings**

These screenings include blood tests that help detect conditions that may lead to a heart attack or stroke.

Medicare covers these screening tests once every 5 years to test your cholesterol, lipid, lipoprotein, and triglyceride levels. You pay nothing for the tests if the doctor or other qualified health care provider accepts assignment.

### **Cervical and vaginal cancer screening**

Medicare covers Pap tests and pelvic exams to check for cervical and vaginal cancers. As part of the exam, Medicare also covers a clinical breast exam to check for breast cancer. Medicare covers these screening tests once every 24 months. Medicare covers these screening tests once every 12 months if you're at high risk for cervical or vaginal cancer or if you're of child-bearing age and had an abnormal Pap test in the past 36 months. You pay nothing if the doctor or other qualified health care provider accepts assignment.

**Underlined words are defined on pages 283 – 290.**

## 81 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Chemotherapy**

Medicare covers chemotherapy in a doctor's office, freestanding clinic, or hospital outpatient setting for people with cancer. You pay a copayment for chemotherapy in a hospital outpatient setting.

For chemotherapy given in a doctor's office or freestanding clinic, you pay 20% of the Medicare - approved amount, and the Part B deductible applies.

For chemotherapy in a hospital inpatient setting covered under Part A, see Hospital care (inpatient care) on page 67.

### **Chiropractic services (limited coverage)**

Medicare covers manipulation of the spine if medically necessary to correct a subluxation (when one or more of the bones of your spine move out of position) when provided by a chiropractor or other qualified provider. You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

**Note:** You pay all costs for any other services or tests ordered by a chiropractor (including X-rays and massage therapy).

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### **Clinical research studies**

Clinical research studies test how well different types of medical care work and if they're safe. Medicare covers some costs, like office visits and tests, in qualifying clinical research studies. You may pay 20% of the Medicare - approved amount, and the Part B deductible may apply.

**Note:** If you're in a Medicare Advantage Plan (like an HMO or PPO), some costs may be covered by Original Medicare and some may be covered by your Medicare Advantage Plan.

### **Colorectal cancer screenings**

Medicare covers these screenings to help find precancerous growths or find cancer early, when treatment is most effective. One or more of these tests may be covered:

- **Multi-target stool DNA test** — This multi-target stool DNA lab test is generally covered once every 3 years if you meet all of these conditions:

—Are between ages 50–85.

## 83 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

—Show no symptoms of colorectal disease including, but not limited to, lower gastrointestinal pain, blood in stool, positive guaiac fecal occult blood test or fecal immunochemical test.

—At average risk for developing colorectal cancer, meaning:

- Have no personal history of adenomatous polyps, colorectal cancer, inflammatory bowel disease, including Crohn's Disease and ulcerative colitis.
- Have no family history of colorectal cancer or adenomatous polyps, familial adenomatous polyposis, or hereditary nonpolyposis colorectal cancer.

You pay nothing for the test if the doctor or other qualified health care provider accepts assignment.

- **Screening fecal occult blood test** — This test is covered once every 12 months if you're 50 or older. You pay nothing for the test if the doctor or other qualified health care provider accepts assignment.

**Underlined words are defined on pages 283 – 290.**

## 84 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### Colorectal cancer screenings (continued)

- **Screening flexible sigmoidoscopy** — This test is generally covered once every 48 months if you're 50 or older, or 120 months after a previous screening colonoscopy for those not at high risk. You pay nothing for the test if the doctor or other qualified health care provider accepts assignment.

- **Screening colonoscopy** — This test is generally covered once every 120 months (high risk every 24 months) or 48 months after a previous flexible sigmoidoscopy. There's no minimum age. You pay nothing for the test if the doctor or other qualified health care provider accepts assignment.

**Note:** If a polyp or other tissue is found and removed during the colonoscopy, you may have to pay 20% of the Medicare - approved amount for the doctor's services and a copayment in a hospital outpatient setting. The Part B deductible doesn't apply.

- **Screening barium enema** — This test is generally covered once every 48 months if you're 50 or older (high risk every 24 months) when used instead of a sigmoidoscopy or colonoscopy. You pay 20% of the Medicare - approved amount for the doctor services. In a hospital outpatient setting, you also pay the hospital a copayment.

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### **Concierge care**

Concierge care is when a doctor or group of doctors charges you a membership fee before they'll see you or accept you into their practice. When you pay this fee, you may get some services or amenities that Medicare doesn't cover. Medicare doesn't cover membership fees for concierge care (also called concierge medicine, retainer-based medicine, boutique medicine, platinum practice, or direct care).

Doctors who provide concierge care must still follow all Medicare rules:

- Doctors who accept assignment can't charge you extra for Medicare-covered services. This means the membership fee can't include additional charges for items or services that Medicare covers unless your doctor thinks Medicare probably (or certainly) won't pay for the item or service because it's not medically necessary. In this situation, your doctor must give you a written notice called an "Advance Beneficiary Notice of Noncoverage" (ABN).

**Underlined words are defined on pages 283 – 290.**

## 86 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Concierge care (continued)**

- Doctors who don't accept assignment can charge you more than the Medicare - approved amount for Medicare-covered services, but there's a 15% limit called the "limiting charge."
- All Medicare doctors (regardless of whether or not they accept assignment) can charge you for items and services that Medicare doesn't cover.

**Note:** You pay 100% of the membership fee for concierge care.

### **Continuous Positive Airway Pressure (CPAP) therapy**

Medicare covers a 3-month trial of CPAP therapy if you've been diagnosed with obstructive sleep apnea. Medicare may cover it longer if you meet in person with your doctor, and your doctor documents in your medical record that the CPAP therapy is helping you.

You pay 20% of the Medicare - approved amount for rental of the machine and purchase of related supplies (like masks and tubing), and the Part B deductible applies.

**Underlined words are defined on pages 283 – 290.**

## 87 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

Medicare pays the supplier to rent the machine for 13 months if you've been using it without interruption. After you've rented the machine for 13 months, you own it. **Note:** If you had a CPAP machine before you got Medicare, Medicare may cover rental or a replacement CPAP machine and/or CPAP accessories if you meet certain requirements.

If you live in certain areas of the country, you may have to use specific suppliers for Medicare to pay for a CPAP machine and/or accessories. See page 92 for more information.

### **Defibrillator (implantable automatic)**

Medicare covers these devices for some people diagnosed with heart failure. If the surgery takes place in an outpatient setting, you pay 20% of the Medicare-approved amount for the doctor's services.

If you get the device as a hospital outpatient, you also pay the hospital a copayment. In most cases, the copayment amount can't be more than the Part A hospital stay deductible. The Part B deductible applies. Part A covers surgeries to implant defibrillators in a hospital inpatient setting. See Hospital care (inpatient care) on page 67.

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### **Depression screening**

Medicare covers one depression screening per year. The screening must be done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals. You pay nothing for this screening if the doctor or other qualified health care provider accepts assignment.

### **Diabetes screenings**

Medicare covers these screenings if your doctor determines you're at risk for diabetes. You may be eligible for up to 2 diabetes screenings each year. You pay nothing for the test if your doctor or other qualified health care provider accepts assignment.

### **Diabetes self-management training**

Medicare covers diabetes outpatient self-management training to teach you to cope with and manage your diabetes. The program may include tips for eating healthy, being active, monitoring blood sugar, taking medication, and reducing risks. You must have diabetes and a written order from your doctor or other health care provider.

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You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

### **Diabetes supplies**

Medicare covers blood sugar testing monitors, blood sugar test strips, lancet devices and lancets, blood sugar control solutions, and therapeutic shoes (in some cases). Medicare only covers insulin if it's medically necessary and you use an external insulin pump to administer the insulin. You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

**Note:** Medicare prescription drug coverage (Part D) may cover insulin, certain medical supplies used to inject insulin (like syringes), and some oral diabetic drugs. Check with your plan for more information.

**Important:** You may need to use specific suppliers for some types of diabetic testing supplies.

Visit [Medicare.gov/supplierdirectory](https://www.Medicare.gov/supplierdirectory) to find a list of suppliers for your area.

**Underlined words are defined on pages 283 – 290.**

## **90** \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Doctor and other health care provider services**

Medicare covers medically necessary doctor services (including outpatient services and some doctor services you get when you're a hospital inpatient) and covered preventive services. Medicare also covers services provided by other health care providers, like physician assistants, nurse practitioners, social workers, physical therapists, and psychologists. Except for certain preventive services (for which you may pay nothing), you pay 20% of the Medicare - approved amount, and the Part B deductible applies.

### **Durable medical equipment (like walkers)**

Medicare covers items like oxygen equipment and supplies, wheelchairs, walkers, and hospital beds ordered by a doctor or other health care provider enrolled in Medicare for use in the home. Some items must be rented. You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

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Make sure your doctors and DME suppliers are enrolled in Medicare. Doctors and suppliers have to meet strict standards to enroll and stay enrolled in Medicare. If your doctors or suppliers aren't enrolled, Medicare won't pay the claims they submit. It's also important to ask your suppliers if they participate in Medicare before you get DME. If suppliers are participating suppliers, they must accept assignment (that is, they're limited to charging you only coinsurance and the Part B deductible on the Medicare-approved amount). If suppliers are enrolled in Medicare but aren't "participating," they may choose not to accept assignment. If suppliers don't accept assignment, there's no limit on the amount they can charge you. To find suppliers who accept assignment, visit [Medicare.gov/supplierdirectory](https://www.Medicare.gov/supplierdirectory) or call 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048.

For more information, visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet "Medicare Coverage of Durable Medical Equipment and Other Devices." You can also call 1 - 800 - 633 - 4227 to find out if a copy can be mailed to you.

**Underlined words are defined on pages 283 – 290.**

## 92 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Durable Medical Equipment, Prosthetics, Orthotics, and Supplies (DMEPOS) Competitive Bidding**

**Program:** If you have Original Medicare and live in a Competitive Bidding Area (CBA) and use equipment or supplies included under the program (or get the items while visiting a CBA), you generally must use Medicare contract suppliers if you want Medicare to help pay for the item.

Visit [Medicare.gov/supplierdirectory](https://www.Medicare.gov/supplierdirectory) to determine if you live in a CBA and to find Medicare-approved suppliers in your area. If your ZIP code is in a CBA, the items included in the program are marked with an orange star. You can also call 1 - 800 - 633 - 4227.

The competitive bidding program applies to Original Medicare only. If you're enrolled in a Medicare Advantage Plan (like an HMO or PPO), your plan will notify you if your supplier is changing. If you're not sure, contact your plan.

**Underlined words are defined on pages 283 – 290.**

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### **EKG or ECG (electrocardiogram) screening**

Medicare covers a one-time screening EKG/ECG if referred by your doctor or other health care provider as part of your one-time “Welcome to Medicare” preventive visit. See page 106. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. An EKG/ECG is also covered as a diagnostic test. See page 114. If you have the test at a hospital or a hospital-owned clinic, you also pay the hospital a copayment.

### **Emergency department services**

These services are covered when you have an injury, a sudden illness, or an illness that quickly gets much worse. You pay a specified copayment for the hospital emergency department visit, and you pay 20% of the Medicare-approved amount for the doctor’s or other health care provider’s services. The Part B deductible applies. However, your costs may be different if you’re admitted to the hospital as an inpatient.

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### **Eyeglasses (limited)**

Medicare covers one pair of eyeglasses with standard frames (or one set of contact lenses) after cataract surgery that implants an intraocular lens. You pay 20% of the Medicare - approved amount, and the Part B deductible applies. **Note:** Medicare will only pay for contact lenses or eyeglasses by a supplier enrolled in Medicare, no matter who submits the claim (you or your supplier).

### **Federally - Qualified Health Center (FQHC) services**

FQHCs provide many outpatient primary care and preventive health services. There's no deductible, and generally, you're responsible for paying 20% of your charges or 20% of the Medicare - approved amount. You pay nothing for most preventive services. All FQHCs offer a sliding fee schedule to persons with incomes below 200% of the Federal poverty level. To find a FQHC near you, visit [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov).

**Underlined words are defined on pages 283 – 290.**

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### **Flu shots**

Medicare generally covers one flu shot per flu season. You pay nothing for the flu shot if the doctor or other qualified health care provider accepts assignment for giving the shot.

### **Foot exams and treatment**

Medicare covers foot exams and treatment if you have diabetes - related nerve damage and/or meet certain conditions. You pay 20% of the Medicare - approved amount, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment.

### **Glaucoma tests**

These tests are covered once every 12 months for people at high risk for the eye disease glaucoma. You're at high risk if you have diabetes, a family history of glaucoma, are African - American and 50 or older, or are Hispanic and 65 or older. An eye doctor who's legally allowed by the state must do the tests. You pay 20% of the Medicare - approved amount, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment.

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### **Hearing and balance exams**

Medicare covers these exams if your doctor or other health care provider orders them to see if you need medical treatment. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment.

**Note:** Original Medicare doesn't cover hearing aids or exams for fitting hearing aids.

### **Hepatitis B shots**

Medicare covers these shots for people at medium or high risk for Hepatitis B. Some risk factors include hemophilia, End-Stage Renal Disease (ESRD), diabetes, if you live with someone who has Hepatitis B, or if you're a health care worker and have frequent contact with blood or body fluids. Check with your doctor to see if you're at medium or high risk for Hepatitis B. You pay nothing for getting the shot if the doctor or other qualified health care provider accepts assignment.

**Underlined words are defined on pages 283 – 290.**

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### **Hepatitis C screening test**

Medicare covers one Hepatitis C screening test if you meet one of these conditions:

- You're at high risk because you have a current or past history of illicit injection drug use.
- You had a blood transfusion before 1992.
- You were born between 1945–1965.

Medicare also covers yearly repeat screenings for certain people at high risk.

Medicare will only cover Hepatitis C screening tests if they're ordered by a primary care doctor or other primary care provider. You pay nothing for the screening test if the doctor or other qualified health care provider accepts assignment.

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### **HIV screening**

Medicare covers HIV (Human Immunodeficiency Virus) screenings once every 12 months for:

- People between the ages of 15–65.
- People younger than 15 and older than 65, who are at increased risk.

**Note:** Medicare also covers this test up to 3 times during a pregnancy.

You pay nothing for the HIV screening if the doctor or other qualified health care provider accepts assignment.

### **Home health services**

Medicare covers medically necessary part-time or intermittent skilled nursing care, and/or physical therapy, speech-language pathology services, and/or services if you have a continuing need for occupational therapy. A doctor, or certain health care professionals who work with a doctor, must see you face-to-face before a doctor can certify that you need home health services. A doctor must order your care, and a Medicare-certified home health agency must provide it.

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Home health services may also include medical social services, part-time or intermittent home health aide services, durable medical equipment, and medical supplies for use at home. You must be homebound, which means both of these are true:

1. You have trouble leaving your home without help (like using a cane, wheelchair, walker, or crutches; special transportation; or help from another person) because of an illness or injury.
2. Leaving your home isn't recommended because of your condition, and you're normally unable to leave your home because it's a major effort.

You pay nothing for covered home health services. For Medicare-covered durable medical equipment information, see pages 90–92.

**Underlined words are defined on pages 283 – 290.**

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### **Kidney dialysis services and supplies**

Generally, Medicare covers 3 dialysis treatments per week if you have End - Stage Renal Disease (ESRD). This includes all ESRD - related drugs and biologicals, laboratory tests, home dialysis training, support services, equipment, and supplies. The dialysis facility is responsible for coordinating your dialysis services (at home or in a facility). You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

### **Kidney disease education services**

Medicare covers up to 6 sessions of kidney disease education services if you have Stage IV chronic kidney disease, and your doctor or other health care provider refers you for the service. You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

### **Laboratory services**

Medicare covers laboratory services including certain blood tests, urinalysis, certain tests on tissue specimens, and some screening tests. You generally pay nothing for these services.

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### Lung cancer screening

Medicare covers a lung cancer screening with Low Dose Computed Tomography (LDCT) once per year if you meet all of these conditions:

- You're 55–77.
- You're either a current smoker or have quit smoking within the last 15 years.
- You have a tobacco smoking history of at least 30 “pack years” (an average of one pack a day for 30 years).
- You get a written order from a physician or qualified non-physician practitioner.

You pay nothing for this service if the primary care doctor or other qualified primary care practitioner accepts assignment.

**Note:** Before your first lung cancer screening, you'll need to schedule an appointment with your doctor to discuss the benefits and risks of lung cancer screening. You and your doctor can decide whether lung cancer screening is right for you.

**Underlined words are defined on pages 283 – 290.**

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### **Medical nutrition therapy services**

Medicare may cover medical nutrition therapy and certain related services if you have diabetes or kidney disease, or you have had a kidney transplant in the last 36 months, and your doctor or other health care provider refers you for the service. You pay nothing for these services if the doctor or other qualified health care provider accepts assignment.

### **Mental health care (outpatient)**

Medicare covers mental health care services to help with conditions like depression or anxiety. Coverage includes services generally provided in an outpatient setting (like a doctor's or other health care provider's office or hospital outpatient department), including visits with a psychiatrist or other doctor, clinical psychologist, nurse practitioner, physician assistant, clinical nurse specialist, or clinical social worker. Laboratory tests are also covered. Certain limits and conditions apply.

**Underlined words are defined on pages 283 – 290.**

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Generally, you pay 20% of the Medicare - approved amount and the Part B deductible applies for:

- Visits to a doctor or other health care provider to diagnose your condition or monitor or change your prescriptions
- Outpatient treatment of your condition (like counseling or psychotherapy)

**Note:** Inpatient mental health care is covered under Part A. See Hospital care (inpatient care) on page 67.

### **Obesity screening and counseling**

If you have a body mass index (BMI) of 30 or more, Medicare covers face-to-face individual behavioral therapy sessions to help you lose weight. This counseling may be covered if you get it in a primary care setting (like a doctor's office), where it can be coordinated with your other care and personalized prevention plan. You pay nothing for this service if the primary care doctor or other qualified primary care practitioner accepts assignment.

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### **Occupational therapy**

Medicare covers evaluation and treatment to help you perform activities of daily living (like dressing or bathing) when your doctor or other health care provider certifies you need it. There may be a limit on the amount Medicare will pay for these services in a single year, and there may be certain exceptions to these limits. You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

### **Outpatient hospital services**

Medicare covers many diagnostic and treatment services in participating hospital outpatient departments. Generally, you pay 20% of the Medicare - approved amount for the doctor's or other health care provider's services. You may pay more for services you get in a hospital outpatient setting than you'll pay for the same care in a doctor's office. In addition to the amount you pay the doctor, you'll usually pay the hospital a copayment for each service you get in a hospital outpatient setting,

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except for certain preventive services that don't have a copayment. In most cases the copayment can't be more than the Part A hospital stay deductible for each service. The Part B deductible applies, except for certain preventive services. If you get hospital outpatient services in a critical access hospital, your copayment may be higher and may exceed the Part A hospital stay deductible.

### **Outpatient medical and surgical services and supplies**

Medicare covers approved procedures like X-rays, casts, stitches, or outpatient surgeries. You pay 20% of the Medicare-approved amount for the doctor's or other health care provider's services. You generally pay the hospital a copayment for each service you get in a hospital outpatient setting. In most cases, for each service provided, the copayment can't be more than the Part A hospital stay deductible. The Part B deductible applies, and you pay all charges for items or services that Medicare doesn't cover.

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### **Physical therapy**

Medicare covers evaluation and treatment for injuries and diseases that change your ability to function when your doctor or other health care provider certifies your need for it. There may be a limit on the amount Medicare will pay for these services in a single year, and there may be certain exceptions to these limits. You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

### **Pneumococcal shot**

Medicare covers a pneumococcal shot to help prevent pneumococcal infections (like certain types of pneumonia). Medicare also covers a different second shot if it's given one year (or later) after the first shot. Talk with your doctor or other health care provider to see if you need one or both of the pneumococcal shots. You pay nothing for these shots if the doctor or other qualified health care provider accepts assignment for giving the shot.

**Underlined words are defined on pages 283 – 290.**

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### **Prescription drugs (limited)**

Medicare covers a limited number of drugs like injections you get in a doctor's office, certain oral anti-cancer drugs, drugs used with some types of durable medical equipment (like a nebulizer or external infusion pump), immunosuppressant drugs (see page 114), and under very limited circumstances, certain drugs you get in a hospital outpatient setting. You pay 20% of the Medicare - approved amount for these covered drugs, and the Part B deductible applies.

If the covered drugs you get in a hospital outpatient setting are part of your outpatient services, you pay a copayment for the services. However, other types of drugs in a hospital outpatient setting (sometimes called "self-administered drugs" or drugs you would normally take on your own), aren't covered by Part B. What you pay depends on whether you have Part D or other prescription drug coverage, whether your drug plan covers the drug, and whether the hospital's pharmacy is in your drug plan's network. Contact your prescription drug plan to find out what you pay for drugs you get in a hospital outpatient setting that aren't covered under Part B.

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### **Prescription drugs (limited) (continued)**

Other than the examples above, you pay 100% for most prescription drugs, unless you have Part D or other drug coverage. See pages 183–211 for more information about Part D.

### **Prostate cancer screenings**

Medicare covers a Prostate Specific Antigen (PSA) test and a digital rectal exam once every 12 months for men over 50 (beginning the day after your 50th birthday). You pay nothing for the PSA test. You pay 20% of the Medicare-approved amount, and the Part B deductible applies for the digital rectal exam. In a hospital outpatient setting, you also pay the hospital a copayment.

### **Prosthetic/orthotic items**

Medicare covers arm, leg, back, and neck braces; artificial eyes; artificial limbs (and their replacement parts); some types of breast prostheses (after mastectomy); and prosthetic devices needed to replace an internal body part or function (including ostomy supplies, and parenteral and enteral nutrition therapy) when ordered by a doctor or other health care provider enrolled in Medicare.

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For Medicare to cover your prosthetic or orthotic, you must go to a supplier that's enrolled in Medicare. You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

### **Important! DMEPOS Competitive Bidding Program:**

To get enteral nutrition therapy in most areas of the country, you generally must use specific suppliers called “contract suppliers,” or Medicare won't pay and you'll likely pay full price. See page 92 for more information.

### **Pulmonary rehabilitation**

Medicare covers a comprehensive pulmonary rehabilitation program if you have moderate to very severe chronic obstructive pulmonary disease (COPD) and have a referral from the doctor treating this chronic respiratory disease. You pay 20% of the Medicare - approved amount if you get the service in a doctor's office. You also pay the hospital a copayment per session if you get the service in a hospital outpatient setting. The Part B deductible applies.

**Underlined words are defined on pages 283 – 290.**

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### **Rural Health Clinic (RHC) services**

RHCs furnish many outpatient primary care and preventive health services. RHCs are located in non-urban areas that are medically underserved or shortage areas. Generally, you're responsible for paying 20% of the charges, and the Part B deductible applies. You pay nothing for most preventive services.

### **Second surgical opinions**

Medicare covers second surgical opinions for surgery that isn't an emergency. In some cases, Medicare covers third surgical opinions. You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

### **Sexually transmitted infection (STI) screening and counseling**

Medicare covers STI screenings for chlamydia, gonorrhea, syphilis, and Hepatitis B. These screenings are covered for people who are pregnant and for certain people who are at increased risk for an STI when the tests are ordered by a primary care doctor or other primary care

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practitioner. Medicare covers these tests once every 12 months or at certain times during pregnancy.

Medicare also covers up to 2 individual, 20–30 minute, face-to-face, high-intensity behavioral counseling sessions each year for sexually active adults at increased risk for STIs. Medicare will only cover these counseling sessions if they're provided by a primary care doctor or other primary care practitioner and take place in a primary care setting (like a doctor's office). Counseling conducted in an inpatient setting, like a skilled nursing facility, won't be covered as a preventive service.

You pay nothing for these services if the primary care doctor or other qualified primary care practitioner accepts assignment.

### **Shots**

Part B covers:

Flu shots. See page 95.

Hepatitis B shots. See page 96.

Pneumococcal shots. See page 106.

**Underlined words are defined on pages 283 – 290.**

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### **Note about the shingles shot:**

The shingles shot isn't covered by Part A or Part B. Generally, Medicare prescription drug plans (Part D) cover all commercially available vaccines (like the shingles shot) needed to prevent illness. Contact your Medicare drug plan for more information about coverage.

### **Smoking and tobacco-use cessation (counseling to stop smoking or using tobacco products)**

Medicare covers up to 8 face-to-face visits in a 12-month period. All people with Medicare who use tobacco are covered. You pay nothing for the counseling sessions if the doctor or other qualified health care provider accepts assignment.

### **Speech - language pathology services**

Medicare covers evaluation and treatment to regain and strengthen speech and language skills, including cognitive and swallowing skills, when your doctor or other health care provider certifies you need it. There may be a limit on the amount Medicare will pay for these services in a single year, and there may be certain exceptions to these limits. You pay 20% of the Medicare-approved amount, and the Part B deductible applies.

## 113 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Surgical dressing services**

Medicare covers medically necessary treatment of a surgical or surgically treated wound. You pay 20% of the Medicare - approved amount for the doctor's or other health care provider's services. You pay a fixed copayment for these services when you get them in a hospital outpatient setting. The Part B deductible applies. You pay nothing for the supplies.

### **Telehealth**

Medicare covers limited medical or other health services like office visits and consultations provided using an interactive, two-way telecommunications system (like real-time audio and video) by an eligible provider who isn't at your location. These services are available in some rural areas, under certain conditions, and only if you're located at: a doctor's office, hospital, Rural Health Clinic, Federally Qualified Health Center, hospital-based dialysis facility, skilled nursing facility, or community mental health center. For most of these services, you pay 20% of the Medicare - approved amount, and the Part B deductible applies.

**Underlined words are defined on pages 283 – 290.**

## **114** \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Tests (other than lab tests)**

Medicare covers X-rays, MRIs, CT scans, ECG/EKGs, and some other diagnostic tests. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. If you get the test at a hospital as an outpatient, you also pay the hospital a copayment that may be more than 20% of the Medicare-approved amount, but in most cases, this amount can't be more than the Part A hospital stay deductible. See Laboratory services on page 100 for other Part B-covered tests.

### **Transplants and immunosuppressive drugs**

Medicare covers doctor services for heart, lung, kidney, pancreas, intestine, and liver transplants under certain conditions and only in Medicare-certified facilities.

Medicare covers bone marrow and cornea transplants under certain conditions.

**Note:** The transplant surgery may be covered as a hospital inpatient service under Part A. See page 67 for more information.

**Underlined words are defined on pages 283 – 290.**

## 115 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

Medicare covers immunosuppressive drugs if the transplant was covered by Medicare or an employer or union group health plan was required to pay before Medicare paid for the transplant. You must have Part A at the time of the covered transplant, and you must have Part B at the time you get immunosuppressive drugs. You pay 20% of the Medicare - approved amount for the drugs, and the Part B deductible applies.

If you're thinking about joining a Medicare Advantage Plan (like an HMO or PPO) and are on a transplant waiting list or believe you need a transplant, check with the plan before you join to make sure your doctors, other health care providers, and hospitals are in the plan's network. Also, check the plan's coverage rules for prior authorization.

**Note:** Medicare drug plans (Part D) may cover immunosuppressive drugs if they aren't covered by Original Medicare.

## 116 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Travel (health care needed when traveling outside the U.S.)**

Medicare generally doesn't cover health care while you're traveling outside the U.S. (The "U.S." includes the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa.) There are some exceptions, including cases where Medicare may pay for services that you get while on board a ship within the territorial waters adjoining the land areas of the U.S. Medicare may pay for inpatient hospital, doctor, or ambulance services you get in a foreign country in these rare cases:

1. You're in the U.S. when an emergency occurs, and the foreign hospital is closer than the nearest U.S. hospital that can treat your medical condition.
2. You're traveling through Canada without unreasonable delay by the most direct route between Alaska and another U.S. state when a medical emergency occurs, and the Canadian hospital is closer than the nearest U.S. hospital that can treat the emergency.

**Underlined words are defined on pages 283 – 290.**

## 117 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

3. You live in the U.S. and the foreign hospital is closer to your home than the nearest U.S. hospital that can treat your medical condition, regardless of whether an emergency exists.

Medicare may cover medically necessary ambulance transportation to a foreign hospital only with admission for medically necessary covered inpatient hospital services. You pay 20% of the Medicare - approved amount, and the Part B deductible applies.

### **Urgently needed care**

Medicare covers urgently needed care to treat a sudden illness or injury that isn't a medical emergency. You pay 20% of the Medicare - approved amount for the doctor's or other health care provider's services, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment.

## 118 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **“Welcome to Medicare” preventive visit**

During the first 12 months that you have Part B, you can get a “Welcome to Medicare” preventive visit. This visit includes a review of your medical and social history related to your health, and education and counseling about preventive services, including certain screenings, shots, and referrals for other care, if needed. When you make your appointment, let your doctor’s office know that you would like to schedule your “Welcome to Medicare” preventive visit. You pay nothing for the “Welcome to Medicare” preventive visit if the doctor or other qualified health care provider accepts assignment.

If your doctor or other health care provider performs additional tests or services during the same visit that aren’t covered under this preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

### **Yearly “Wellness” visit**

If you’ve had Part B for longer than 12 months, you can get a yearly “Wellness” visit to develop or update a personalized plan to prevent disease or disability based on your current health and risk factors. This visit is covered once every 12 months.

## 119 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. The questions are based on years of medical research and advice from the Centers for Disease Control and Prevention (CDC).

When you make your appointment, let your doctor’s office know that you would like to schedule your yearly “Wellness” visit.

**Note:** Your first yearly “Wellness” visit can’t take place within 12 months of your enrollment in Part B or your “Welcome to Medicare” preventive visit. However, you don’t need to have had a “Welcome to Medicare” preventive visit to qualify for a yearly “Wellness” visit.

You pay nothing for the yearly “Wellness” visit if the doctor or other qualified health care provider accepts assignment.

**Underlined words are defined on pages 283 – 290.**

## 120 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### Yearly “Wellness” visit (continued)

If your doctor or other health care provider performs additional tests or services during the same visit that aren’t covered under this preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

#### Want to keep track of your preventive services?

Check with your health care providers to see if you need any of the services listed below. You can use this chart to help track the services you may need and the services you already had. You can also use Medicare’s Blue Button to help you keep track. See page 264 for more information about the Blue Button.

Page	Medicare - covered preventive service	I need (yes/no)
118	“Welcome to Medicare” preventive visit (one - time)	
118	Yearly “Wellness” visit	

Underlined words are defined on pages 283 – 290.

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<b>Page</b>	<b>Medicare - covered preventive service</b>	<b>I need (yes/no)</b>
74	Abdominal aortic aneurysm screening	
75	Alcohol misuse screening and counseling	
77	Bone mass measurement (bone density)	
78	Breast cancer screening (mammogram)	
79	Cardiovascular disease (behavioral therapy)	
80	Cardiovascular disease screenings	
80	Cervical and vaginal cancer screening	
82	Colorectal cancer screenings	
	Multi-target stool DNA test	
	Screening fecal occult blood test	
	Screening flexible sigmoidoscopy	
	Screening colonoscopy	
	Screening barium enema	

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<b>Page</b>	<b>Medicare - covered preventive service</b>	<b>I need (yes/no)</b>
88	Depression screening	
88	Diabetes screenings	
88	Diabetes self-management training	
95	Flu shots	
95	Glaucoma tests	
96	Hepatitis B shots	
97	Hepatitis C screening test	
98	HIV screening	
101	Lung cancer screening	
102	Medical nutrition therapy services	
103	Obesity screening and counseling	
106	Pneumococcal shot	
108	Prostate cancer screenings	
110	Sexually transmitted infections screening and counseling	
112	Smoking and tobacco use cessation counseling	

**Underlined words are defined on pages 283 – 290.**

## 123 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **What's NOT covered by Part A and Part B?**

Medicare doesn't cover everything. If you need certain services that aren't covered under Medicare Part A or Part B, you'll have to pay for them yourself unless:

- You have other coverage (including Medicaid) to cover the costs.
- You're in a Medicare health plan that covers these services.

Even if Medicare covers a service or item, you generally have to pay deductibles, coinsurance, and/or copayments.

Some of the items and services that Medicare doesn't cover include:

- Most dental care.
- Eye examinations related to prescribing glasses.
- Dentures.
- Cosmetic surgery.
- Acupuncture.
- Hearing aids and exams for fitting them.
- Long-term care. See next page for more information about paying for long-term care.

## 124 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **What's NOT covered by Part A and Part B? (continued)**

If you have Original Medicare, visit [Medicare.gov/coverage](https://www.Medicare.gov/coverage), or call 1 - 800 - 633 - 4227 to find out if Medicare covers an item or service you need. TTY users should call 1 - 877 - 486 - 2048. If you're in a Medicare health plan, contact your plan.

If you have a question or complaint about the quality of a Medicare - covered service, call your Beneficiary and Family Centered Care Quality Improvement Organization (BFCC - QIO). Visit [Medicare.gov/contacts](https://www.Medicare.gov/contacts) to get your BFCC - QIO's phone number. You can also call 1 - 800 - 633 - 4227.

### **Paying for long - term care**

Long - term care includes non - medical care for people who have a chronic illness or disability. This includes non - skilled personal care assistance, like help with everyday activities, including dressing, bathing, and using the bathroom.

**Underlined words are defined on pages 283 – 290.**

## 125 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

**Medicare and most health insurance plans, including Medicare Supplement Insurance (Medigap) policies, don't pay for this type of care, sometimes called "custodial care."** Long-term care can be provided at home, in the community, in an assisted living facility, or in a nursing home. It's important to start planning for long-term care now to maintain your independence and to make sure you get the care you may need, in the setting you want, in the future.

Here are some of the different ways to pay for long-term care:

**Long-term care insurance** — This type of private insurance can help pay for many types of long-term care, including both skilled and non-skilled (custodial) care. Long-term care insurance policies can vary widely. Some policies may cover only nursing home care. Others may include coverage for a range of services, like adult day care, assisted living, medical equipment, and informal home care.

**Note:** Long-term care insurance doesn't replace your Medicare coverage.

## 126 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Paying for long - term care (continued)**

Your current or former employer or union may offer long - term care insurance. Current and retired federal employees, active and retired members of the uniformed services, and their qualified relatives can apply for coverage under the Federal Long - Term Care Insurance Program. If you have questions, visit [opm.gov/insure/ltc](https://opm.gov/insure/ltc), or call the Federal Long - Term Care Insurance Program at 1 - 800 - 582 - 3337. TTY users should call 1 - 800 - 843 - 3557.

**Personal resources** — Many people choose to use their own resources to pay for long - term care. Keep in mind that long - term care can be very expensive. It's important to know the financial risks before you decide to try to save enough money on your own. You should discuss your specific situation with your family members and a financial professional.

**Underlined words are defined on pages 283 – 290.**

## **127** \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

**Other private options** — Besides long-term care insurance and personal resources, some insurance companies let you use your life insurance policy to pay for long-term care. Ask your insurance agent how this works. Also, you may choose to pay for long-term care through a trust or annuity. The best option for you depends on your age, health status, risk of needing long-term care, and your personal financial situation. Visit [longtermcare.gov](http://longtermcare.gov) for more information about your options.

**Medicaid** — Medicaid is a joint federal and state program that helps pay for certain health services for people with limited income and resources. If you qualify, you may be able to get help to pay for nursing home care or other health care costs.

If you're eligible for Medicaid, you may be able to get Medicaid services that help you stay in your home instead of moving to a nursing home. For more information, contact your State Medical Assistance (Medicaid) office. Visit [Medicare.gov/contacts](http://Medicare.gov/contacts) or call 1-800-633-4227, and say "Medicaid" to get the phone number. TTY users should call 1-877-486-2048. See page 224 — 229 for more information about Medicaid.

## 128 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Paying for long - term care (continued)**

**Veterans' benefits** — Veterans and survivors who are eligible for a Department of Veterans Affairs (VA) pension and require the aid and attendance of another person, or are housebound, may be eligible for additional monetary payments. For more information, visit [va.gov](http://va.gov), or call the VA at 1 - 800 - 827 - 1000. TTY users should call 1 - 800 - 829 - 4833.

**Programs of All - inclusive Care for the Elderly (PACE)** — PACE is a Medicare and Medicaid program offered in many states that allows people who otherwise need a nursing home - level of care to remain in the community. See page 170 for more information.

### **What's the Long-Term Care Ombudsman?**

Residents of long - term care facilities (like nursing homes, assisted living, and board and care homes) also have access to a Long - Term Care Ombudsman. These ombudsmen provide information about how to find a facility, how to get quality care, and can help you with complaints.

## **129** \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

The Long - Term Care Ombudsman is funded by the Older Americans Act and is available to any long - term care facility resident. For more information, visit [ltcombudsman.org](http://ltcombudsman.org). You can also call the Eldercare Locator at 1 - 800 - 677 - 1116 to get the phone number for your local ombudsman program office.

### **Long - term care contacts**

Use these resources to get more information about long - term care:

- Visit [longtermcare.gov](http://longtermcare.gov) to learn more about planning for long - term care.
- Visit [Medicare.gov/nhcompare](http://Medicare.gov/nhcompare) to compare nursing homes or [Medicare.gov/homehealthcompare](http://Medicare.gov/homehealthcompare) to compare home health agencies in your area.
- Call 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048.

**Underlined words are defined on pages 283 – 290.**

## 130 \_\_ Section 3: Find Out if Medicare Covers Your Test, Service, or Item

### **Long-term care contacts (continued)**

- Call your State Insurance Department to get information about long-term care insurance. Visit [Medicare.gov/contacts](https://www.medicare.gov/contacts), or call 1-800-633-4227 to get the phone number.
- Call your State Health Insurance Assistance Program (SHIP). See pages 275–281 for the phone number.
- Call the National Association of Insurance Commissioners at 1-866-470-6242 to get a copy of “A Shopper’s Guide to Long-Term Care Insurance.”
- Visit the Eldercare Locator, a public service of the U.S. Administration on Aging, at [eldercare.gov](https://eldercare.gov) to find your local Aging and Disability Resource Center (ADRC). You can also call 1-800-677-1116. ADRCs offer a full range of long-term care services and support in a single, coordinated program.

**Underlined words are defined on pages 283 – 290.**



## **Section 4: What's Original Medicare?**

### **How does Original Medicare work?**

Original Medicare is one of your health coverage choices as part of Medicare. You'll have Original Medicare unless you choose a Medicare Advantage Plan (like an HMO or PPO).

Original Medicare is coverage managed by the federal government. You generally have to pay a portion of the cost for each service covered by Original Medicare. See the next 3 pages for the general rules about how it works.

	<b>Original Medicare</b>
<b>Can I get my health care from any doctor, other health care provider, or hospital?</b>	In most cases, yes. You can go to any doctor, other health care provider, hospital, or other facility that's enrolled in Medicare and accepting Medicare patients. Visit Medicare.gov to search for and compare health care providers, hospitals, and facilities in your area.
<b>Are prescription drugs covered?</b>	With a few exceptions (see pages 67, 107 and 114), most prescriptions aren't covered. You can add drug coverage by joining a Medicare Prescription Drug Plan (Part D). See pages 183–211.
<b>Do I need to choose a <u>primary care doctor</u>?</b>	No.

**Underlined words are defined on pages 283 – 290.**

<b>Original Medicare</b>	
<b>Do I have to get a <u>referral</u> to see a specialist?</b>	In most cases, no, but the specialist must be enrolled in Medicare.
<b>Should I get a supplemental policy?</b>	You may already have employer or union coverage that may pay costs that Original Medicare doesn't. If not, you may want to buy a Medicare Supplement Insurance (Medigap) policy if you're eligible. See pages 173–181.

	<b>Original Medicare</b>
<b>What else do I need to know about Original Medicare?</b>	<ul style="list-style-type: none"><li>● You generally pay a set amount for your health care (<u>deductible</u>) before Medicare pays its share. Then, Medicare pays its share, and you pay your share (<u>coinsurance/copayment</u>) for covered services and supplies. There's no yearly limit for what you pay out-of-pocket.</li><li>● You usually pay a monthly <u>premium</u> for Part B. See pages 221–224 for information about help paying your Part B premium.</li><li>● You generally don't need to file Medicare claims. The law requires providers (like doctors, hospitals, skilled nursing facilities, and home health agencies) and suppliers to file your claims for the covered services and supplies you get.</li></ul>

## What do I pay?

Your out-of-pocket costs in Original Medicare depend on:

- Whether you have Part A and/or Part B. Most people have both.
- Whether your doctor, other health care provider, or supplier accepts "assignment."
- The type of health care you need and how often you need it.
- Whether you choose to get services or supplies Medicare doesn't cover. If you do, you pay all costs unless you have other insurance that covers it.
- Whether you have other health insurance that works with Medicare.
- Whether you have Medicaid or get help from your state paying your Medicare costs.
- Whether you have a Medicare Supplement Insurance (Medigap) policy.
- Whether you and your doctor or other health care provider sign a private contract. See page 141.

**Underlined words are defined on pages 283 – 290.**

## **What do I pay? (continued)**

For more information on how other insurance works with Medicare, see pages 46–50. For more information about help to cover the costs that Original Medicare doesn't cover, see pages 221–224.

## **How do I know what Medicare paid?**

If you have Original Medicare, you'll get a "Medicare Summary Notice" (MSN) in the mail every 3 months that lists all the services billed to Medicare. The MSN shows what Medicare paid and what you may owe the provider. The MSN isn't a bill. Read it carefully and do this:

- If you have other insurance, check to see if it covers anything that Medicare didn't.
- Keep your receipts and bills, and compare them to your MSN to be sure you got all the services, supplies, or equipment listed. See pages 250–255 for information on Medicare fraud.

## 137 \_\_ Section 4: What's Original Medicare?

- If you paid a bill before you got your MSN, compare your notice with the bill to make sure you paid the right amount for your services.
- If you disagree with any decision made, you can file an appeal. See pages 233–239.

If you need to change your address on your notice, call Social Security at 1 - 800 - 772 - 1213. TTY users should call 1 - 800 - 325 - 0778. If you get Railroad Retirement Board (RRB) benefits, call the RRB at 1 - 877 - 772 - 5772. TTY users should call 1 - 312 - 751 - 4701.

### **Important! Check your claims on MyMedicare.gov**

You don't have to wait for your MSN's to come in the mail to view your Medicare claims or file an appeal. Visit MyMedicare.gov to look at your Medicare claims or view electronic copies of your MSNs. Your claims generally will be available for viewing within 24 hours after processing. You can also download your claims information by using Medicare's Blue Button. See page 264.

**Underlined words are defined on pages 283 – 290.**

## **New! Get your Medicare Summary Notices electronically every month**

Go paperless and get your Medicare Summary Notices electronically (also called “eMSNs”). Starting in fall 2015, you can sign up by calling 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048. If you sign up for eMSNs, we'll send you an email each month when they are available in your MyMedicare.gov account. The eMSNs contain the same information as paper MSNs. You won't get printed copies of your MSNs in the mail if you choose eMSNs.

## **What's assignment?**

Assignment means that your doctor, provider, or supplier agrees (or is required by law) to accept the Medicare - approved amount as full payment for covered services.

## **Make sure your doctor, provider, or supplier accepts assignment**

Most doctors, providers, and suppliers accept assignment, but you should always check to make sure. Participating providers have signed an agreement to accept assignment for all Medicare - covered services.

## 139 \_\_ Section 4: What's Original Medicare?

**Important!** To find out if your doctors and other health care providers accept assignment or participate in Medicare, visit Medicare.gov/physician or Medicare.gov/supplier. You can also call 1 - 800 - 633 - 4227, or ask your doctor, provider, or supplier if they accept assignment.

Here's what happens if your doctor, provider, or supplier accepts assignment:

- Your out-of-pocket costs may be less.
- They agree to charge you only the Medicare deductible and coinsurance amount and usually wait for Medicare to pay its share before asking you to pay your share.
- They have to submit your claim directly to Medicare and can't charge you for submitting the claim.

**Underlined words are defined on pages 283 – 290.**

## **If your doctor, provider, or supplier doesn't accept assignment**

Non-participating providers haven't signed an agreement to accept assignment for all Medicare-covered services, but they can still choose to accept assignment for individual services. These providers are called "non-participating." Here's what happens if your doctor, provider, or supplier doesn't accept assignment:

- **You might have to pay the entire charge at the time of service.** Your doctor, provider, or supplier is supposed to submit a claim to Medicare for any Medicare-covered services they provide to you. They can't charge you for submitting a claim. If they don't submit the Medicare claim once you ask them to, call 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048.

**Note:** In some cases, you might have to submit your own claim to Medicare using form CMS - 1490S to get paid back. Visit [Medicare.gov/medicareonlineforms](https://www.medicare.gov/medicareonlineforms), or call 1 - 800 - 633 - 4227 for the form and instructions.

**Underlined words are defined on pages 283 – 290.**

## 141 \_\_ Section 4: What's Original Medicare?

- **They can charge you more than the Medicare - approved amount, but there's a limit called "the limiting charge."** The limiting charge applies only to certain Medicare - covered services and doesn't apply to some supplies and durable medical equipment. Call 1 - 800 - 633 - 4227 to find out if you were charged the right amount.

### **What are private contracts?**

A "private contract" is a written agreement between you and a doctor or other health care provider who has decided **not** to provide services to anyone through Medicare. The private contract only applies to the services provided by the doctor or other provider who asked you to sign it.

## Rules for private contracts

**You don't have to sign a private contract.** You can always go to another provider who gives services through Medicare. If you sign a private contract with your doctor or other provider:

- **Medicare won't pay any amount for the services you get from this doctor or provider, even if it's a Medicare - covered service.**
- You'll have to pay the full amount of whatever this provider charges you for the services you get.
- If you have a Medicare Supplement Insurance (Medigap) policy, it won't pay anything for the services you get. Call your insurance company before you get the service if you have questions.
- Your provider must tell you if Medicare would pay for the service if you get it from another provider who accepts Medicare.
- Your provider must tell you if he or she has been excluded from Medicare.
- You can always get services not covered by Medicare if you choose to pay for them yourself.

**Underlined words are defined on pages 283 – 290.**

**Note:** You can't be asked to sign a private contract for emergency or urgent care.

You should contact your State Health Insurance Assistance Program (SHIP) to get help before signing a private contract with any doctor or other health care provider. See pages 275–281 for the phone number.

## **Can I add drug coverage (Part D) to Original Medicare?**

In Original Medicare, **if you don't already have creditable prescription drug coverage** (for example, from a current or former employer or union) and you would like Medicare prescription drug coverage, you must join a Medicare Prescription Drug Plan. These plans are available through private companies under contract with Medicare. If you don't currently have creditable prescription drug coverage, you should think about joining a Medicare Prescription Drug Plan as soon as you're eligible. **If you don't have creditable prescription drug coverage and don't join a Medicare Prescription Drug Plan when you're first eligible, you may have to pay a late enrollment penalty if you decide to join later.** See pages 196–199 for more information.

## Can I add drug coverage (Part D) to Original Medicare (continued)

If you have creditable prescription drug coverage from an employer or union, call your employer or union's benefits administrator before you make any changes to your coverage. Your employer or union plan will tell you each year if your prescription drug coverage is creditable.

If you drop your employer or union coverage, you may not be able to get it back. You also may not be able to drop your employer or union **drug** coverage without also dropping your employer or union **health** (doctor and hospital) coverage. If you drop coverage for yourself, you may also have to drop coverage for your spouse and dependents.



## **Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans**

### **What are Medicare Advantage Plans?**

A Medicare Advantage Plan (like an HMO or PPO) is another way to get your Medicare coverage. Medicare Advantage Plans, sometimes called “Part C” or “MA Plans,” are offered by private companies that Medicare approves. If you join a Medicare Advantage Plan, you’ll still have Medicare but you’ll get your Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) coverage from the Medicare Advantage Plan, not Original Medicare. You’ll generally get your services from a plan’s network of providers. Remember, in most cases, you must use the card from your Medicare Advantage Plan to get your Medicare-covered services. Keep your Medicare card in a safe place because you’ll need it if you ever switch back to Original Medicare.

## 146 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **Medicare Advantage Plans cover all Medicare Part A and Part B services**

In all types of Medicare Advantage Plans, you're always covered for emergency and urgent care. Medicare Advantage Plans must cover all of the services that Original Medicare covers except hospice care and some care in qualifying clinical research studies. Original Medicare covers hospice care and some costs for clinical research studies even if you're in a Medicare Advantage Plan.

Medicare Advantage Plans may offer extra coverage, like vision, hearing, dental, and health and wellness programs. Most include Medicare prescription drug coverage (Part D). In addition to your Part B premium, you may pay a monthly premium for the Medicare Advantage Plan.

### **Medicare Advantage Plans must follow Medicare's rules**

Medicare pays a fixed amount for your coverage each month to the companies offering Medicare Advantage Plans. These companies must follow rules set by Medicare.

**Underlined words are defined on pages 283 – 290.**

## 147 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

However, each Medicare Advantage Plan can charge different out-of-pocket costs and have different rules for how you get services (like whether you need a referral to see a specialist or if you have to go to doctors, facilities, or suppliers that belong to the plan's network for non-emergency or non-urgent care). These rules can change each year. The plan must notify you about any changes before the start of the next enrollment year. Remember, you have the option each year during Open Enrollment to keep your current plan, choose a different plan, or switch to Original Medicare.

### **Important! Read the information you get from your plan**

If you're in a Medicare Advantage Plan, review the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC) your plan sends you each year. The EOC gives you details about what the plan covers, how much you pay, and more. The ANOC includes any changes in coverage, costs, provider networks, service area, and more that will be effective in January. If you don't get these important documents before the start of Open Enrollment, contact your plan.

## 148 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **What are the different types of Medicare Advantage Plans?**

- **Health Maintenance Organization (HMO) plans** — In most HMOs, you can only go to doctors, other health care providers, or hospitals in the plan's network except in an urgent or emergency situation. You may also need to get a referral from your primary care doctor for tests or to see other doctors or specialists. See page 158.
- **Preferred Provider Organization (PPO) plans** — In a PPO, you pay less if you use doctors, hospitals, and other health care providers that belong to the plan's network. You usually pay more if you use doctors, hospitals, and providers outside of the network. See page 159.
- **Private Fee - for - Service (PFFS) plans** — PFFS plans are similar to Original Medicare in that you can generally go to any doctor, other health care provider, or hospital as long as they accept the plan's payment terms. The plan determines how much it will pay doctors, other health care providers, and hospitals, and how much you must pay when you get care. See page 161.

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- **Special Needs Plans (SNPs)** — SNPs provide focused and specialized health care for specific groups of people, like those who have both Medicare and Medicaid, live in a nursing home, or have certain chronic medical conditions. See page 163.
- **HMO Point-of-Service (HMOPOS) plans** — These are HMO plans that may allow you to get some services out-of-network for a higher copayment or coinsurance.
- **Medical Savings Account (MSA) plans** — These plans combine a high-deductible health plan with a bank account. Medicare deposits money into the account (usually less than the deductible). You can use the money to pay for your health care services during the year. MSA plans don't offer Medicare drug coverage. If you want drug coverage, you have to join a Medicare Prescription Drug Plan. For more information about MSAs, visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet “Your Guide to Medicare Medical Savings Account Plans.” You can also call 1-800-633-4227 to find out if a copy can be mailed to you. TTY users should call 1-877-486-2048.

**Underlined words are defined on pages 283 – 290.**

## **150** \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

**Important!** Make sure you understand how a plan works before you join. See pages 158–164 for more information about Medicare Advantage Plan types. If you want more information about a Medicare Advantage Plan, you can call any plan and request a “Summary of Benefits” (SB) document. Contact your State Health Insurance Assistance Program (SHIP) for help comparing plans. See pages 275–281 for the phone number.

### **What else should I know about Medicare Advantage Plans?**

#### **Important facts**

- You have Medicare rights and protections, including the right to appeal. See pages 233 – 239.
- You can check with the plan before you get a service to find out if it’s covered and what your costs may be.
- You must follow plan rules. It’s important to check with the plan for information about your rights and responsibilities.

**Underlined words are defined on pages 283 – 290.**

## 151 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

- If you go to a doctor, other health care provider, facility, or supplier that doesn't belong to the plan's network, your services may not be covered, or your costs could be higher. In most cases, this applies to Medicare Advantage HMOs and PPOs.
- Providers can join or leave a plan's provider network anytime during the year. Your plan can also change the providers in the network anytime during the year. If this happens, you may need to choose a new provider.
- If you join a clinical research study, some costs may be covered by Original Medicare and some may be covered by your Medicare Advantage Plan.
- Medicare Advantage Plans can't charge more than Original Medicare for certain services, like chemotherapy, dialysis, and skilled nursing facility care.
- Medicare Advantage Plans have a yearly limit on your out-of-pocket costs for medical services. Once you reach this limit, you'll pay nothing for covered services. This limit may be different between Medicare Advantage Plans and can change each year. You should consider this when choosing a plan.

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### **What else should I know about Medicare Advantage Plans? (continued)**

#### **Joining and leaving**

- You can join a Medicare Advantage Plan even if you have a pre-existing condition, except for End-Stage Renal Disease (ESRD), for which there are special rules. See page 155.
- **You can only join or leave a Medicare Advantage Plan at certain times during the year.** See pages 165–168.
- Each year, Medicare Advantage Plans can choose to leave Medicare or make changes to the services they cover and what you pay. If the plan decides to stop participating in Medicare, you'll have to join another Medicare Advantage Plan or return to Original Medicare. See page 232.
- Medicare Advantage Plans must follow certain rules when giving you information about how to join their plan. See page 252 for more information about these rules and how to protect your personal information.

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### **Prescription drug coverage**

You usually get prescription drug coverage (Part D) through the Medicare Advantage Plan. In certain types of Medicare Advantage Plans (PFFS or MSA plans) that don't offer drug coverage, you can join a Medicare Prescription Drug Plan. **If your Medicare Advantage Plan includes prescription drug coverage and you join a Medicare Prescription Drug Plan, you'll be disenrolled from your Medicare Advantage Plan and returned to Original Medicare.**

### **Who can join?**

You must meet these conditions to join a Medicare Advantage Plan:

- You have Part A and Part B.
- You live in the plan's service area.
- You don't have End - Stage Renal Disease (ESRD), except as explained on page 155.
- You're a U.S. citizen or lawfully present in the United States.

**Underlined words are defined on pages 283 – 290.**

## 154 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **What else should I know about Medicare Advantage Plans? (continued)**

#### **What if I have other coverage?**

Talk to your employer, union, or other benefits administrator about their rules before you join a Medicare Advantage Plan. In some cases, joining a Medicare Advantage Plan might cause you to lose your employer or union coverage. If you lose coverage for yourself, you may also lose coverage for your spouse and dependents. In other cases, if you join a Medicare Advantage Plan, you may still be able to use your employer or union coverage along with the plan you join. **Remember, if you drop your employer or union coverage, you may not be able to get it back.**

#### **What if I have a Medicare Supplement Insurance (Medigap) Policy?**

You can't use (and can't be sold) a Medicare Supplement Insurance (Medigap) policy while you're in a Medicare Advantage Plan. You can't use it to pay for any expenses (copayments, deductibles, and premiums) you have under a Medicare Advantage Plan. If you already have a Medigap policy and join a Medicare Advantage Plan,

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you'll probably want to drop your Medigap policy. **If you drop your Medigap policy, you may not be able to get it back.** See pages 180–181.

### **What if I have End - Stage Renal Disease (ESRD)?**

If you have End - Stage Renal Disease (ESRD), you can only join a Medicare Advantage Plan in certain situations:

- If you're already in a Medicare Advantage Plan when you develop ESRD, you can stay in your plan or you may be able to join another Medicare Advantage Plan offered by the same company.
- If you're in a Medicare Advantage Plan, and the plan leaves Medicare or no longer provides coverage in your area, you have a one - time right to join another Medicare Advantage Plan.
- If you have an employer or union health plan or other health coverage through a company that offers one or more Medicare Advantage Plan(s), you may be able to join one of that company's Medicare Advantage Plans.
- If you've had a successful kidney transplant, you may be able to join a Medicare Advantage Plan.

**Underlined words are defined on pages 283 – 290.**

## 156 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **What if I have End - Stage Renal Disease (ESRD)? (continued)**

- You may be able to join a Medicare Special Needs Plan (SNP) that covers people with ESRD if one is available in your area.

For more information visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet “Medicare Coverage of Kidney Dialysis & Kidney Transplant Services.” You can also call 1-800-633-4227 to find out if a copy can be mailed to you. TTY users should call 1-877-486-2048.

**Note:** If you have ESRD and Original Medicare, you may join a Medicare Prescription Drug Plan.

### **What do I pay?**

Your out-of-pocket costs in a Medicare Advantage Plan depend on:

- Whether the plan charges a monthly premium in addition to your monthly Part B premium.
- Whether the plan pays any of your monthly Part B premium.
- Whether the plan has a yearly deductible or any additional deductibles for certain services.

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- How much you pay for each visit or service (copayments or coinsurance).
- The type of health care services you need and how often you get them.
- Whether you go to a doctor or supplier who accepts assignment (if you're in a Preferred Provider Organization, Private Fee - for - Service Plan, or Medical Savings Account Plan and you go out - of - network). See pages 138–141 for more information about assignment.
- Whether you follow the plan's rules, like using network providers.
- Whether you need extra benefits and if the plan charges for them.
- The plan's yearly limit on your out - of - pocket costs for all medical services. Once you reach this limit, you'll pay nothing for covered services.
- Whether you have Medicaid or get help from your state.

To learn more about your costs in specific Medicare Advantage Plans, visit [Medicare.gov/find-a-plan](https://www.Medicare.gov/find-a-plan).

**Underlined words are defined on pages 283 – 290.**

## Types of Medicare Advantage Plans

### Health Maintenance Organization (HMO) plan

**Can I get my health care from any doctor, other health care provider, or hospital?** No. You generally must get your care and services from doctors, other health care providers, or hospitals in the plan's network (except emergency care, out-of-area urgent care, or out-of-area dialysis). In some plans, you may be able to go out-of-network for certain services, usually for a higher cost. This is called an HMO with a point-of-service (POS) option.

### **Are prescription drugs covered in an HMO plan?**

In most cases, yes. If you want Medicare drug coverage, you must join an HMO plan that offers prescription drug coverage. Check with the plan for more information.

**Do I need to choose a primary care doctor?** In most cases, yes. Check with the plan for more information.

**Do I have to get a referral to see a specialist?** In most cases, yes. Certain services, like yearly screening mammograms, don't require a referral. Check with the plan for more information.

## **159** \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **What else do I need to know about an HMO plan?**

- If your doctor or other health care provider leaves the plan, your plan will notify you. You can choose another doctor in the plan.
- If you get health care outside the plan's network, you may have to pay the full cost.
- It's important that you follow the plan's rules, like getting prior approval for a certain service when needed.

### **Preferred Provider Organization (PPO) plan**

**Can I get my health care from any doctor, other health care provider, or hospital?** In most cases, yes. PPOs have network doctors, other health care providers, and hospitals, but you can also use out-of-network providers for covered services, usually for a higher cost. Check with the plan for more information.

**Are prescription drugs covered in a PPO plan?** In most cases, yes. If you want Medicare drug coverage, you must join a PPO plan that offers prescription drug coverage. Check with the plan for more information.

**Underlined words are defined on pages 283 – 290.**

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**Preferred Provider Organization (PPO) plan (continued)**

**Do I need to choose a primary care doctor in a PPO plan?** No.

**Do I have to get a referral to see a specialist?** In most cases, no. Check with the plan for more information.

**What else do I need to know about PPO plans?**

- PPO plans aren't the same as Original Medicare or Medigap.
- Medicare PPO plans usually offer more benefits than Original Medicare, but you may have to pay extra for these benefits.

**Underlined words are defined on pages 283 – 290.**

## **161 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans**

### **Private Fee - for - Service (PFFS) plan**

**Can I get my health care from any doctor, other health care provider, or hospital?** You can go to any Medicare - approved doctor, other health care provider, or hospital that accepts the plan's payment terms and agrees to treat you. Not all providers will. If you join a PFFS Plan that has a network, you can also see any of the network providers who've agreed to always treat plan members. You can also choose an out - of - network doctor, hospital, or other provider, who accepts the plan's terms, but you may pay more. Check with the plan for more information.

### **Are prescription drugs covered in a PFFS plan?**

Sometimes. If your PFFS plan doesn't offer drug coverage, you can join a Medicare Prescription Drug Plan (Part D) to get coverage. Check with the plan for more information.

**Do I need to choose a primary care doctor in a PFFS plan?** No.

**Do I have to get a referral to see a specialist in a PFFS plan?** No.

## **162** \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **What else do I need to know about Private Fee-for-Service (PFFS) plans?**

- PFFS plans aren't the same as Original Medicare or Medigap.
- The plan decides how much you must pay for services.
- Some PFFS plans contract with a network of providers who agree to always treat you even if you've never seen them before.
- Out-of-network doctors, hospitals, and other providers may decide not to treat you even if you've seen them before.
- For each service you get, make sure your doctors, hospitals, and other providers agree to treat you under the plan, and accept the plan's payment terms.
- In an emergency, doctors, hospitals, and other providers must treat you.

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### **Special Needs Plan (SNP)**

#### **Can I get my health care from any doctor, other health care provider, or hospital in a SNP?**

You generally must get your care and services from doctors, other health care providers, or hospitals in the plan's network (except emergency care, out-of-area urgent care, or out-of-area dialysis). Check with the plan for more information.

**Are prescription drugs covered in a SNP?** Yes. All SNPs must provide Medicare prescription drug coverage (Part D).

**Do I need to choose a primary care doctor in a SNP?** Generally, yes. Check with the plan for more information.

**Do I have to get a referral to see a specialist in a SNP?** In most cases, yes. Certain services, like yearly screening mammograms, don't require a referral. Check with the plan for more information.

**Underlined words are defined on pages 283 – 290.**

## 164 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **What else do I need to know about Special Needs Plans?**

- A plan must limit membership to these groups: 1) people who live in certain institutions (like nursing homes) or who require nursing care at home, or 2) people who are eligible for both Medicare and Medicaid, or 3) people who have specific chronic or disabling conditions (like diabetes, ESRD, HIV/AIDS, chronic heart failure, or dementia). Plans may further limit membership.
- Plans should coordinate the services and providers you need to help you stay healthy and follow doctor's or other health care provider's orders.
- For more information about SNP's, visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet "Your Guide to Medicare Special Needs Plans (SNPs)."
- Visit [Medicare.gov/find-a-plan](https://www.Medicare.gov/find-a-plan) to see if there are SNPs available in your area.

## **165** \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **When can I join, switch, or drop a Medicare Advantage Plan?**

- **When you first become eligible for Medicare, you can sign up during your Initial Enrollment Period.** See page 39.
- **If you have Part A coverage and you get Part B for the first time during the General Enrollment Period, you can also join a Medicare Advantage Plan.** See page 40.
- **Between October 15–December 7 anyone with Medicare can join, switch, or drop a Medicare Advantage Plan.** Your coverage will begin on January 1, as long as the plan gets your request by December 7.

**Underlined words are defined on pages 283 – 290.**

## **166** \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **Can I make changes to my coverage after December 7?**

Between January 1 – February 14, if you're in a Medicare Advantage Plan, you can leave that plan and switch to Original Medicare. If you switch to Original Medicare during this period, you'll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment request. During this period, you **can't**:

- Switch from Original Medicare to a Medicare Advantage Plan.
- Switch from one Medicare Advantage Plan to another.
- Switch from one Medicare Prescription Drug Plan to another.
- Join, switch, or drop a Medicare Medical Savings Account Plan.

### **Special Enrollment Periods**

In most cases, you must stay enrolled for the calendar year starting the date your coverage begins. However, in certain situations, you may be able to join, switch, or drop a Medicare Advantage Plan during a Special Enrollment Period.

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Some examples are:

- You move out of your plan's service area.
- You have Medicaid.
- You qualify for Extra Help. See pages 213–221.
- You live in an institution (like a nursing home).

### **5-Star Special Enrollment Period**

You can switch to a Medicare Advantage Plan or Medicare Cost Plan (see page 160) that has **5 stars for its overall star rating** from December 8, 2015–November 30, 2016. You can only use this Special Enrollment Period once during this timeframe. The overall star ratings are available at [Medicare.gov/find-a-plan](http://Medicare.gov/find-a-plan).

**Important!** You may lose your prescription drug coverage if you move from a Medicare Advantage Plan that has drug coverage to a 5-star Medicare Advantage Plan that doesn't. You'll have to wait until the next Open Enrollment Period to get drug coverage, and you may have to pay a late enrollment penalty. See pages 196–199.

**Underlined words are defined on pages 283 – 290.**

## 168 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### How do I switch?

Follow these steps if you're already in a Medicare Advantage Plan and want to switch:

- **To switch to a new Medicare Advantage Plan,** simply join the plan you choose during one of the enrollment periods explained on pages 165–167. You'll be disenrolled automatically from your old plan when your new plan's coverage begins.
- **To switch to Original Medicare,** contact your current plan, or call 1-800-633-4227. TTY users should call 1-877-486-2048. If you don't have drug coverage, you should consider joining a Medicare Prescription Drug Plan. You may also want to consider a Medicare Supplement Insurance (Medigap) policy if you're eligible. See page 179 for more information about buying a Medigap policy.

For more information on joining, dropping, and switching plans, visit [Medicare.gov](https://www.Medicare.gov) or call 1-800-633-4227.

### **Are there other types of Medicare health plans?**

Some types of Medicare health plans that provide health care coverage aren't Medicare Advantage Plans but

## 169 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

are still part of Medicare. Some of these plans provide Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) coverage, while most others provide only Part B coverage. In addition, some also provide Part D prescription drug coverage. These plans have some of the same rules as Medicare Advantage Plans. However, each type of plan has special rules and exceptions, so you should contact any plans you're interested in to get more details.

### **Medicare Cost Plans**

Medicare Cost Plans are a type of Medicare health plan available in certain areas of the country. Here's what you should know about Medicare Cost Plans:

- You can join even if you only have Part B.
- If you have Part A and Part B and go to a non-network provider, the services are covered under Original Medicare. You would pay the Part A and Part B coinsurance and deductibles.
- You can join anytime the Cost Plan is accepting new members.
- You can leave anytime and return to Original Medicare.

**Underlined words are defined on pages 283 – 290.**

## 170 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **Medicare Cost Plans (continued)**

- You can either get your Medicare prescription drug coverage from the Cost Plan (if offered), or you can join a Medicare Prescription Drug Plan.

**Note:** You can add or drop Medicare prescription drug coverage only at certain times. See pages 177–180.

For more information about Medicare Cost Plans, visit the Medicare Plan Finder at [Medicare.gov/find-a-plan](https://www.medicare.gov/find-a-plan). Your State Health Insurance Assistance Program (SHIP) can also give you more information. See pages 275–281 for the phone number.

### **Programs of All-inclusive Care for the Elderly (PACE)**

PACE is a Medicare and Medicaid program offered in many states that allows people who otherwise need a nursing home-level of care to remain in the community. To qualify for PACE, you must meet these conditions:

- You're 55 or older.
- You live in the service area of a PACE organization.

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- You're certified by your state as needing a nursing home - level of care.
- At the time you join, you're able to live safely in the community with the help of PACE services.

PACE provides coverage for many services, including prescription drugs, doctor or other health care practitioner visits, transportation, home care, hospital visits, and even nursing home stays whenever necessary.

If you have Medicaid, you won't have to pay a monthly premium for the long - term care portion of the PACE benefit. If you have Medicare but not Medicaid, you'll be charged a monthly premium to cover the long-term care portion of the PACE benefit and a premium for Medicare Part D drugs. However, in PACE, there's never a deductible or copayment for any drug, service, or care approved by the PACE team of health care professionals.

Contact your Medicaid office to find out if you qualify for a PACE program near you. Visit [Medicare.gov/contacts](https://www.Medicare.gov/contacts), or call 1 - 800 - 633 - 4227 to get the phone number. TTY users should call 1 - 877 - 486 - 2048.

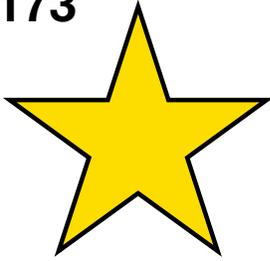
**Underlined words are defined on pages 283 – 290.**

## 172 \_\_ Section 5: Learn about Medicare Advantage Plans (Part C) & Other Medicare Health Plans

### **Medicare Innovation Projects**

Medicare develops innovative models, demonstrations, and pilot projects to test and measure the effect of potential changes in Medicare. These projects help to find new ways to improve health care quality and reduce costs. Usually, they operate only for a limited time for a specific group of people and/or are offered only in specific areas. Some examples that are explained in this handbook include certain Accountable Care Organizations (see page 269), and demonstration plans for people who have both Medicare and Medicaid (see page 227). Check with your health care provider for more information about how they work. To learn more about the current Medicare models, demonstrations, and pilot projects, visit [innovation.cms.gov](http://innovation.cms.gov). You can also call 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048.

**Underlined words are defined on pages 283 – 290.**



## Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

Original Medicare pays for many, but not all, health care services and supplies. Medicare Supplement Insurance policies, sold by private companies, can help pay some of the health care costs that Original Medicare doesn't cover, like copayments, coinsurance, and deductibles.

**Medicare Supplement Insurance policies are also called Medigap policies.**

Some Medigap policies also offer coverage for services that Original Medicare doesn't cover, like medical care when you travel outside the U.S. If you have Original Medicare and you buy a Medigap policy, Medicare will pay its share of the Medicare - approved amount for covered health care costs. Then, your Medigap policy pays its share. You have to pay the premiums for a Medigap policy.

**Underlined words are defined on pages 283 – 290.**

## 174 \_\_ Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

### **Medigap policies are standardized**

Every Medigap policy must follow federal and state laws designed to protect you, and it must be clearly identified as “Medicare Supplement Insurance.” Insurance companies can sell you only a “standardized” policy identified in most states by letters A through D, F through G, and K through N. All policies offer the same basic benefits, but some offer additional benefits so you can choose which one meets your needs. In Massachusetts, Minnesota, and Wisconsin, Medigap policies are standardized in a different way.

**Note:** Plans E, H, I, and J are no longer available to buy, but if you already have one of those policies, you can keep it. Contact your insurance company for more information.

**Underlined words are defined on pages 283 – 290.**

## 175 \_\_ Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

### **How do I compare Medigap policies?**

**Different insurance companies may charge different premiums for the same exact policy.** As you shop for a policy, be sure you're comparing the same policy (for example, compare Plan A from one company with Plan A from another company.)

In some states, you may be able to buy a type of Medigap policy called Medicare SELECT (a policy that requires you to use specific hospitals and, in some cases, specific doctors or other health care providers to get full coverage). If you buy a Medicare SELECT policy, you have the right to change your mind within 12 months and switch to a standard Medigap policy.

**The following is basic information about the different benefits that Medigap policies cover. If a percentage appears, the Medigap plan covers that percentage of the benefit, and you're responsible for the rest.**

**Note:** You'll need more details than the following information provides to compare and choose a policy. See page 182 to find out where to get more information.

## 176 \_\_ Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

### **Medicare Supplement Insurance (Medigap) plans**

#### **Benefits**

**Medicare Part A coinsurance and hospital costs** (up to an additional 365 days after Medicare benefits are used) covered 100% in Plans A, B, C, D, F, G, K, L, M, and N.

**Medicare Part B coinsurance or copayment** covered 100% in Plans A, B, C, D, F, G, M, and N. Covered 50% in Plan K, and 75% in Plan L. **Plan N** pays 100% of the Part B coinsurance, except for a copayment of up to \$20 for some office visits and up to a \$50 copayment for emergency room visits that don't result in an inpatient admission.

**Blood (first 3 pints)** covered 100% in Plans A, B, C, D, F, G, M, and N. Covered 50% in Plan K and 75% in Plan L.

**Part A hospice care coinsurance or copayment** covered 100% in Plans A, B, C, D, F, G, M, and N. Covered 50% in Plan K and 75% in Plan L.

**Underlined words are defined on pages 283 – 290.**

## 177 \_\_ Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

**Skilled nursing facility care coinsurance** covered 100% in Plans C, D, F, G, M, and N. Covered 50% in Plan K and 75% in Plan L.

**Part A deductible** covered 100% in Plans B, C, D, F, G, and N. Covered 50% in Plans K and M and 75% in Plan L.

**Part B deductible** covered 100% in Plans C and F.

**Part B excess charges** covered 100% in Plans F and G.

**Foreign travel emergency (up to plan limits)** covered 80% in Plans C, D, F, G, M, and N.

**Out of pocket limit for Plan K** in 2015 is \$4,940.

**Out of pocket limit for Plan L** in 2015 is \$2,470.

**Note: Plan F** also offers a high-deductible plan in some states. If you choose this option, this means you must pay for Medicare-covered costs (coinsurance, copayments, deductibles) up to the deductible amount of \$2,180 in 2015 before your policy pays anything.

## 178 \_\_ Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

### **What else should I know about Medicare Supplement Insurance (Medigap)?**

#### **Important facts**

- You must have Part A and Part B.
- You pay the private insurance company a monthly premium for your Medigap policy in addition to your monthly Part B premium that you pay to Medicare. Contact the company to find out how to pay your premium.
- A Medigap policy only covers one person. Spouses must buy separate policies.
- You can't have prescription drug coverage in both your Medigap policy and a Medicare drug plan. See page 207.
- It's important to compare Medigap policies since the costs can vary and may go up as you get older. Some states limit Medigap premium costs.

**Underlined words are defined on pages 283 – 290.**

## 179 \_\_ Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

### **When to buy**

- The best time to buy a Medigap policy is during your Medigap Open Enrollment Period. This 6-month period begins on the first day of the month in which you're 65 or older **and** enrolled in Part B. (Some states have additional Open Enrollment Periods.) After this enrollment period, you may not be able to buy a Medigap policy. If you're able to buy one, it may cost more.
- If you delay enrolling in Part B because you have group health coverage based on your (or your spouse's) current employment, your Medigap Open Enrollment Period won't start until you sign up for Part B.
- Federal law generally doesn't require insurance companies to sell Medigap policies to people under 65. If you're under 65, you might not be able to buy the Medigap policy you want, or any Medigap policy, until you turn 65. However, some states require Medigap insurance companies to sell Medigap policies to people under 65.

## 180 \_\_ Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

### How does Medigap work with Medicare Advantage Plans?

- If you have a Medicare Advantage Plan, it's illegal for anyone to sell you a Medigap policy unless you're switching back to Original Medicare. If you want to switch to Original Medicare and buy a Medigap policy, find out what policies are available to you and contact your Medicare Advantage Plan to see if you're able to disenroll. You'll need to let the Medigap insurer know the date your plan coverage will end. If you don't intend to leave your Medicare Advantage Plan, and someone tries to sell you a Medigap policy, report it to your State Insurance Department.
- If you have a Medigap policy and join a Medicare Advantage Plan (like an HMO or PPO), you may want to drop your Medigap policy. Your Medigap policy **can't** be used to pay your Medicare Advantage Plan copayments, deductibles, and premiums. If you want to cancel your Medigap policy, contact your insurance company. In most cases, if you drop your Medigap policy to join a Medicare Advantage Plan, you won't be able to get it back.

**Underlined words are defined on pages 283 – 290.**

## 181 \_\_ Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

- If you join a Medicare Advantage Plan for the first time, and you aren't happy with the plan, you'll have special rights to buy a Medigap policy if you return to Original Medicare within 12 months of joining.
  - If you had a Medigap policy before you joined, you may be able to get the same policy back if the company still sells it. If it isn't available, you can buy another Medigap policy.
  - If you joined a Medicare Advantage Plan when you were first eligible for Medicare, you can choose from any Medigap policy within the first year of joining.
  - The Medigap policy can no longer have prescription drug coverage even if you had it before, but you may be able to join a Medicare Prescription Drug Plan.

## 182 \_\_ Section 6: What are Medicare Supplement Insurance (Medigap) Policies?

### **Where can I get more information about Medicare Supplement Insurance (Medigap)?**

- Visit [Medicare.gov/medigap](https://www.Medicare.gov/medigap) to find policies in your area.
- Visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet “Choosing a Medigap Policy: A Guide to Health Insurance for People with Medicare.” You can also call 1 - 800 - 633 - 4227 to find out if a copy can be mailed to you. TTY users should call 1 - 877 - 486 - 2048.
- Call your State Insurance Department. Visit [Medicare.gov/contacts](https://www.Medicare.gov/contacts), or call 1-800-633-4227 to get the phone number.
- Call your State Health Insurance Assistance Program (SHIP). See pages 275–281 for the phone number.

**Underlined words are defined on pages 283 – 290.**



## Section 7: Get Information about Prescription Drug Coverage (Part D)

### How does Medicare prescription drug coverage (Part D) work?

Medicare offers prescription drug coverage to everyone with Medicare. Even if you don't take many prescriptions now, you should consider joining a Medicare drug plan. If you decide not to join a Medicare drug plan when you're first eligible, and you don't have other creditable prescription drug coverage, or you don't get Extra Help, you'll likely pay a late enrollment penalty if you join a plan later. Generally, you'll pay this penalty for as long as you have Medicare prescription drug coverage. See pages 196–199. To get Medicare prescription drug coverage, you must join a plan approved by Medicare to offer Medicare coverage. Each plan can vary in cost and specific drugs covered.

## **184** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

There are 2 ways to get Medicare prescription drug coverage:

- 1. Medicare Prescription Drug Plans.** These plans (sometimes called “PDPs”) add drug coverage to Original Medicare, some Medicare Cost Plans, some Medicare Private Fee - for - Service (PFFS) plans, and Medicare Medical Savings Account (MSA) plans. You must have Part A **or** Part B to join a Medicare Prescription Drug Plan.
- 2. Medicare Advantage Plans (like HMOs or PPOs) or other Medicare health plans that offer Medicare prescription drug coverage.** You get all of your Part A, Part B, and prescription drug coverage (Part D), through these plans. Medicare Advantage Plans with prescription drug coverage are sometimes called “MA - PDs.” Remember, you must have Part A **and** Part B to join a Medicare Advantage Plan, and not all of these plans offer drug coverage.

In either case, you must live in the service area of the Medicare drug plan you want to join. **Both types of plans are called “Medicare drug plans” in this handbook.**

## 185 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

**Important! If you have employer or union coverage**  
**Call your benefits administrator before you make any changes, or before you sign up for any other coverage.** If you drop your employer or union coverage, you may not be able to get it back. You also may not be able to drop your employer or union **drug** coverage without also dropping your employer or union **health** (doctor and hospital) coverage. If you drop coverage for yourself, you may also have to drop coverage for your spouse and dependents. If you want to know how Medicare prescription drug coverage works with other drug coverage you may have, see pages 205–211.

### **When can I join, switch, or drop a Medicare drug plan?**

- **When you first become eligible for Medicare, you can join during your Initial Enrollment Period.** See page 39.
- **If you get Part B for the first time during the General Enrollment Period, you can also join a Medicare drug plan.** See page 40.

**Underlined words are defined on pages 283 – 290.**

## 186 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **When can I join, switch, or drop a Medicare drug plan? (continued)**

- **During Open Enrollment, between October 15–December 7 each year.** Your coverage begins on January 1 of the following year, as long as the plan gets your request during Open Enrollment.
- **At any time if you qualify for Extra Help.** See pages 213–221.

### **Special Enrollment Periods**

You generally must stay enrolled for the calendar year. However, in certain situations, you may be able to join, switch, or drop Medicare drug plans at other times. Some examples are if you:

- Move out of your plan's service area.
- Lose other creditable prescription drug coverage.
- Live in an institution (like a nursing home).
- Have Medicaid.
- Qualify for Extra Help. See pages 213–221.

**Underlined words are defined on pages 283 – 290.**

## 187 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **5-Star Special Enrollment Period**

You can switch to a Medicare Prescription Drug Plan that has **5 stars for its overall star rating** from December 8, 2015 through November 30, 2016. You can only use this Special Enrollment Period once during this timeframe. The overall star ratings are available at [Medicare.gov/find-a-plan](http://Medicare.gov/find-a-plan).

### **Important! If you have a Medicare Advantage Plan**

If your Medicare Advantage Plan includes prescription drug coverage and you join a Medicare Prescription Drug Plan, you'll be disenrolled from your Medicare Advantage Plan and returned to Original Medicare.

### **How do I switch?**

You can switch to a new Medicare drug plan simply by joining another drug plan during one of the times listed on pages 185 – 187. **You don't need to cancel your old Medicare drug plan.** Your old Medicare drug plan coverage will end when your new drug plan begins. You should get a letter from your new Medicare drug plan telling you when your coverage with the new plan begins.

## 188 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### How do I drop a Medicare drug plan?

If you want to drop your Medicare drug plan and you don't want to join a new plan, you can only do so during certain times. See pages 185 – 187. You can disenroll by calling 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048. You can also send a letter to the plan to tell them you want to disenroll. If you drop your plan and want to join another Medicare drug plan later, you have to wait for an enrollment period. You may have to pay a late enrollment penalty if you don't have creditable prescription drug coverage. See pages 196 – 199.

### How much do I pay?

Below and on the following pages are descriptions of what you pay in your Medicare drug plan. **Your actual drug plan costs will vary depending on:**

- Your prescriptions and whether they're on your plan's formulary (drug list).
- The plan you choose. Remember, plan costs can change each year. Be sure to compare all of your plan options during Open Enrollment (October 15 – December 7).

## 189 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

- Which pharmacy you use (whether it offers preferred or standard cost sharing, is out-of-network, or mail order).
- Whether you get Extra Help paying your Part D costs. See pages 213–221.

### **Monthly premium**

Most drug plans charge a monthly fee that varies by plan. You pay this in addition to the Part B premium. If you're in a Medicare Advantage Plan (like an HMO or PPO) or a Medicare Cost Plan that includes Medicare prescription drug coverage, the monthly premium may include an amount for prescription drug coverage.

**Note:** Contact your drug plan (not Social Security or the Railroad Retirement Board (RRB)) if you want your premium deducted from your monthly Social Security or RRB payment. If you want to stop premium deductions and get billed directly, contact your drug plan.

**Underlined words are defined on pages 283 – 290.**

## 190 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### How much do I pay? (continued)

**Important!** If you have a higher income, you might pay more for your **Part D coverage**. If your income is above a certain limit (\$85,000 if you file individually or \$170,000 if you're married and file jointly), you'll pay an extra amount in addition to your plan premium. This doesn't affect everyone, so most people won't have to pay a higher amount.

Usually, the extra amount will be deducted from your Social Security check. If you get benefits from the Railroad Retirement Board (RRB), the extra amount will be deducted from your RRB check. **If you're billed the amount by Medicare or the RRB, you must pay the extra amount to Medicare or the RRB and not your plan.** If you don't pay the extra amount to Medicare (or RRB), you could lose your Part D coverage. You may not be able to enroll in another plan right away and you may have to pay a late enrollment penalty for as long as you have Part D coverage. If you have to pay an extra amount and you disagree (for example, you have a life event that lowers your income), visit [socialsecurity.gov](https://www.socialsecurity.gov) or call Social Security at 1 - 800 - 772 - 1213. TTY users should call 1 - 800 - 325 - 0778.

## **191** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **Yearly deductible**

This is the amount you must pay before your drug plan begins to pay its share of your covered drugs. Some drug plans don't have a deductible.

### **Copayments or coinsurance**

These are the amounts you pay for your covered prescriptions after the deductible (if the plan has one). You pay your share and your drug plan pays its share for covered drugs. These amounts may vary.

### **Coverage gap**

Most Medicare drug plans have a coverage gap (also called the “donut hole”). The coverage gap begins after you and your drug plan together have spent a certain amount for covered drugs. In 2016, once you enter the coverage gap, you pay 45% of the plan's cost for covered brand-name drugs and 58% of the plan's cost for covered generic drugs until you reach the end of the coverage gap. Not everyone will enter the coverage gap because their drug costs won't be high enough.

**Underlined words are defined on pages 283 – 290.**

## 192 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### How much do I pay? (continued)

These items all **count** toward you getting out of the coverage gap:

- Your yearly deductible, coinsurance, and copayments
- The discount you get on covered brand - name drugs in the coverage gap
- What you pay in the coverage gap

The drug plan premium and what you pay for drugs that aren't covered **don't count** toward getting you out of the coverage gap.

Some plans offer additional cost - sharing reductions in the gap beyond the standard benefits and discounts on brand - name and generic drugs, but they may charge a higher monthly premium. Check with the plan first to see if your drugs would have additional cost - sharing reductions during the gap.

In addition to the discount on covered brand - name prescription drugs, there will be increasing coverage for brand - name and generic drugs in the coverage gap each year until the gap closes in 2020.

## 193 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **Catastrophic coverage**

Once you get out of the coverage gap, you automatically get “catastrophic coverage.” With catastrophic coverage, you only pay a coinsurance amount or copayment for covered drugs for the rest of the year.

**Note:** If you get Extra Help, you won’t have some of these costs. See pages 213–221.

**Important!** Usually, the amount you pay for a covered prescription is for a month’s supply of a drug. However, you can request less than a month’s supply for most types of drugs. Some examples of when you might do this would be if you’re trying a new medication that’s known to have significant side effects or you want to synchronize the refills for all your medications. In these cases, the amount you pay is reduced based on the day’s supply you actually get. Talk with your prescriber, because he or she will need to write you a prescription for this smaller supply. Your prescriber is a doctor or other health care provider who’s legally allowed to write prescriptions.

**Underlined words are defined on pages 283 – 290.**

## 194 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **Catastrophic coverage (continued)**

**The following example shows costs for covered drugs in 2016 for a plan that has a coverage gap.**

Ms. Smith joins the ABC Prescription Drug Plan. Her coverage begins on January 1, 2016. She doesn't get Extra Help and uses her Medicare drug plan membership card when she buys prescriptions.

### **Monthly premium – Ms. Smith pays a monthly premium throughout the year**

#### **1. Yearly deductible**

Ms. Smith pays the first \$360 of her drug costs before her plan starts to pay its share.

#### **2. Copayment or coinsurance (what she pays at the pharmacy)**

Ms. Smith pays a copayment, and her plan pays its share for each covered drug until their combined amount (plus the deductible) reaches \$3,310.

**Underlined words are defined on pages 283 – 290.**

## 195 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### 3. Coverage gap

Once Ms. Smith and her plan have spent \$3,310 for covered drugs, she's in the coverage gap. In 2016, she pays 45% of the plan's cost for her covered brand-name prescription drugs and 58% of the plan's cost for covered generic drugs. What she pays (and the discount paid by the drug company) counts as out-of-pocket spending, and helps her get out of the coverage gap.

### 4. Catastrophic coverage

Once Ms. Smith has spent \$4,850 out-of-pocket for the year, her coverage gap ends. Now she only pays a coinsurance or copayment for each covered drug until the end of the year.

**Important!** Visit [Medicare.gov/find-a-plan](https://www.Medicare.gov/find-a-plan) to compare the cost of plans in your area, and call the plans you're interested in to get more details. For help comparing plan costs, contact your State Health Insurance Assistance Program (SHIP). See pages 275–281 for the phone number.

## 196 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **What's the Part D late enrollment penalty?**

The late enrollment penalty is an amount that's added to your Part D premium. You may owe a late enrollment penalty if at any time after your Initial Enrollment Period is over, there's a period of 63 or more days in a row when you don't have Part D or other creditable prescription drug coverage. You'll generally have to pay the penalty for as long as you have Part D coverage.

**Note:** If you get Extra Help, you don't pay a late enrollment penalty.

### **3 ways to avoid paying a penalty:**

#### **1. Join a Medicare drug plan when you're first eligible.**

Even if you don't take many prescriptions now, you should consider joining a Medicare drug plan to avoid a penalty. You may be able to find a plan that meets your needs with little to no monthly premiums.

**Underlined words are defined on pages 283 – 290.**

## 197 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

- 2. Don't go 63 days or more in a row without a Medicare drug plan or other creditable coverage.** Creditable prescription drug coverage could include drug coverage from a current or former employer or union, TRICARE, Indian Health Services, the Department of Veterans Affairs, or health coverage. Your plan must tell you each year if your drug coverage is creditable coverage. This information may be sent to you in a letter, benefit handbook, or included in a newsletter from the plan. Keep this information, because you may need it if you join a Medicare drug plan later.
- 3. Tell your plan about any drug coverage you had if they ask about it.** When you join a Medicare drug plan, and the plan believes you went at least 63 days in a row without other creditable prescription drug coverage, the plan will send you a letter. The letter will include a form asking about any drug coverage you had. Complete the form, and return it to your drug plan by the date listed on the form. If you don't tell the plan about your creditable prescription drug coverage, you may have to pay a penalty for as long as you have Part D coverage.

## 198 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **How much more will I pay?**

The cost of the late enrollment penalty depends on how long you didn't have creditable prescription drug coverage. Currently, the late enrollment penalty is calculated by multiplying 1% of the "national base beneficiary premium" (\$33.13 in 2015) by the number of full, uncovered months that you were eligible but didn't join a Medicare drug plan and went without other creditable prescription drug coverage. The final amount is rounded to the nearest \$.10 and added to your monthly premium. Since the "national base beneficiary premium" may increase each year, the penalty amount may also increase each year. In most cases, you have to pay this penalty for as long as you have a Medicare drug plan, even if you switch plans. After you join a Medicare drug plan, the plan will tell you if you owe a penalty and what your premium will be.

**Example:** Mrs. Martin didn't join when she was first eligible — by June 2012. She doesn't have prescription drug coverage from any other source. She joined a Medicare drug plan during the 2014 Open Enrollment Period, and her coverage began on January 1, 2015.

**Underlined words are defined on pages 283 – 290.**

## **199** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

Since Mrs. Martin was without creditable prescription drug coverage from July 2012 – December 2014, her penalty in 2015 is 30% (1% for each of the 30 months) of \$33.13 (the national base beneficiary premium for 2015), which is \$9.93. The monthly penalty is rounded to the nearest \$.10, so she'll be charged \$9.90 each month in addition to her plan's monthly premium in 2015.

### **Here's the math:**

**.30** (30% penalty) × **\$33.13** (2015 base beneficiary premium) = **\$9.93**

**\$9.93** (rounded to the nearest \$0.10) = **\$9.90**

**\$9.90 = Mrs. Martin's monthly late enrollment penalty for 2015**

### **What if I don't agree with the penalty?**

If you don't agree with your penalty, you can ask for a review or reconsideration. You'll need to fill out a reconsideration request form (that your Medicare drug plan will send you) by the date listed in the letter. You can provide proof that supports your case, like information about previous creditable prescription drug coverage. If you need help, call your plan.

## 200 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **Which drugs are covered?**

Information about a plan’s list of covered drugs (called a formulary) isn’t included in this handbook because each plan has its own formulary. Many Medicare drug plans place drugs into different “tiers” on their formularies. Drugs in each tier have a different cost. For example, a drug in a lower tier will generally cost you less than a drug in a higher tier. In some cases, if your drug is in a higher tier and your prescriber (your doctor or other health care provider who’s legally allowed to write prescriptions) thinks you need that drug instead of a similar drug in a lower tier, you or your prescriber can ask your plan for an exception to get a lower copayment for the drug in the higher tier. See pages 237–239 for more information on exceptions.

Contact the plan for its current formulary, or visit the plan’s website. You can also visit the Medicare Plan Finder at [Medicare.gov/find-a-plan](https://www.medicare.gov/find-a-plan), or call 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048. Your plan will notify you of any formulary changes.

**Underlined words are defined on pages 283 – 290.**

## **201** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

**Important!** Each month that you fill a prescription, your drug plan mails you an “Explanation of Benefits” (EOB) notice. This notice gives you a summary of your prescription drug claims and your costs. Review your notice and check it for mistakes. Contact your plan if you have questions or find mistakes. If you suspect fraud, call the Medicare Drug Integrity Contractor (MEDIC) at 1-877-772-3379. See page 253 for more information about the MEDIC.

### **Plans may have these coverage rules:**

- **Prior authorization** — You and/or your prescriber must contact the drug plan before you can fill certain prescriptions. Your prescriber may need to show that the drug is medically necessary for the plan to cover it.
- **Quantity limits** — Limits on how much medication you can get at a time.
- **Step therapy** — You must try one or more similar, lower cost drugs before the plan will cover the prescribed drug.

**If you or your prescriber believe that one of these coverage rules should be waived, you can ask for an exception.** See pages 237–239.

## 202 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **Which drugs are covered? (continued)**

**Important!** Starting in early 2016, with limited exceptions, your prescribers need to be enrolled in Medicare or have an “opt - out” request on file with Medicare for your prescriptions to be covered by your Medicare drug plan. If your prescriber isn’t enrolled or has “opted-out,” you’ll still be able to get a 3 - month provisional fill of your prescription. This will give your prescriber time to enroll, or you time to find a new prescriber who’s enrolled. Contact your plan or your prescribers for more information.

### **Do you get automatic prescription refills in the mail?**

Some people with Medicare get their prescription drugs by using an “automatic refill” service that automatically delivers prescription drugs when you’re about to run out. To make sure you still need a prescription before they sent you a refill, prescription drug plans should get your approval to deliver a new or refilled prescription before each delivery, except when you ask for the refill or new prescription. Be sure to give your drug plan the best way to reach you so you don’t miss the refill

## **203** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

confirmation call or other communication. The plan won't automatically ship your refills unless you confirm you still want to get the order. If you get a prescription automatically by mail that you don't want, and you weren't contacted to see if you wanted it before it shipped, you may be eligible for a refund. Did you know you can also sign up online for automatic refills with some pharmacies or get your prescription history? Visit [bluebuttonconnector.healthit.gov](http://bluebuttonconnector.healthit.gov) to learn how.

### **Medication Therapy Management (MTM) Program**

If you're in a Medicare drug plan and take medications for different medical conditions, you may be eligible to get services, at no cost to you, through a MTM program. This program helps you understand your medications and use them safely. A pharmacist or other health professional will give you a comprehensive review of all your medications and talk with you about:

- How to get the most benefit from the drugs you take
- Any concerns you have, like medication costs and drug reactions
- How best to take your medications
- Any questions or problems you have about your prescription and over-the-counter medication

## **204 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)**

### **Medication Therapy Management (MTM) Program (continued)**

You'll get a written summary of this discussion. The summary has a medication action plan that recommends what you can do to make the best use of your medications, with space for you to take notes or write down any follow-up questions. You'll also get a personal medication list that will include all the medications you're taking and why you take them. Have this summary available when you talk with your health care providers.

It's a good idea to schedule your medication review before your yearly "Wellness" visit, so you can talk to your doctor about your action plan and medication list. Bring your action plan and medication list with you to your visit or anytime you talk with your doctors, pharmacists, and other health care providers. Also, take your medication list with you if you go to the hospital or emergency room.

Your drug plan may enroll you in this program if you meet all of these conditions:

1. You have more than one chronic health condition.

## **205** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

2. You take several different medications.
3. Your medications have a combined cost of more than \$3,507 per year. This dollar amount (which can change each year) is estimated based on your out-of-pocket costs and the costs your plan pays for the medications each calendar year. Your plan can help you find out if you may reach this dollar limit.

Visit [Medicare.gov/find-a-plan](https://www.Medicare.gov/find-a-plan) to get general information about program eligibility for your Medicare drug plan or for other plans that interest you. Contact each drug plan for specific details.

### **How do other insurance and programs work with Part D?**

The following pages provide information about how other insurance you have works with, or is affected by, Medicare prescription drug coverage (Part D).

## 206 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

**Employer or union health coverage** — Health coverage from your, your spouse's, or other family member's current or former employer or union. If you have prescription drug coverage based on your current or previous employment, your employer or union will notify you each year to let you know if your prescription drug coverage is creditable.

**Keep the information you get.** Call your benefits administrator for more information before making any changes to your coverage. **Note:** If you join a Medicare drug plan, you, your spouse, or your dependents may lose your employer or union health coverage.

**COBRA** — This is a federal law that may allow you to temporarily keep employer or union health coverage after the employment ends or after you lose coverage as a dependent of the covered employee. As explained on pages 42–44, there may be reasons why you should take Part B instead of, or in addition to, COBRA coverage. However, if you take COBRA and it includes creditable prescription drug coverage, you'll have a Special Enrollment Period to join a Medicare drug plan without paying a penalty when the COBRA coverage ends. Talk with your State Health Insurance Assistance Program (SHIP) to see if COBRA is a good choice for you.

## **207** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

See pages 275–281 for the phone number.

**Medicare Supplement Insurance (Medigap) policy with prescription drug coverage**— You may choose to join a Medicare drug plan because most Medigap drug coverage isn't creditable, and you may pay more if you join a drug plan later. See pages 196–199. Medigap policies can no longer be sold with prescription drug coverage, but if you have drug coverage under a current Medigap policy, you can keep it. If you join a Medicare drug plan, tell your Medigap insurance company so they can remove the prescription drug coverage under your Medigap policy and adjust your premiums. Call your Medigap insurance company for more information.

**Note:** Keep any creditable prescription drug coverage information you get from your plan. You may need it if you decide to join a Medicare drug plan later. Don't send creditable coverage letters or certificates to Medicare.

**Underlined words are defined on pages 283 – 290.**

## 208 \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **How does other government insurance work with Part D?**

The types of insurance listed below are all considered creditable prescription drug coverage, and in most cases it will be to your advantage to keep this coverage if you have it.

#### **Federal Employee Health Benefits (FEHB) Program —**

This is health coverage for current and retired federal employees and covered family members. FEHB plans usually include prescription drug coverage, so you don't need to join a Medicare drug plan. However, if you decide to join a Medicare drug plan, you can keep your FEHB plan, and in most cases the Medicare plan will pay first. For more information for retirees, visit [opm.gov/healthcare-insurance/healthcare](https://www.opm.gov/healthcare-insurance/healthcare) or contact the Office of Personnel Management at 1 - 888 - 767 - 6738. TTY users should call 1 - 800 - 878 - 5707. If you're an active federal employee, you should contact your Benefits Officer. Visit [apps.opm.gov/abo](https://apps.opm.gov/abo) for a list of Benefits Officers. You can also call your plan if you have questions.

**Underlined words are defined on pages 283 – 290.**

## **209** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

**Veterans' benefits** — This is health coverage for veterans and people who have served in the U.S. military. You may be able to get prescription drug coverage through the U.S. Department of Veterans Affairs (VA) program. You may join a Medicare drug plan, but if you do, you can't use both types of coverage for the same prescription at the same time. For more information, visit [va.gov](http://va.gov), or call the VA at 1 - 800 - 827 - 1000. TTY users should call 1 - 800 - 829 - 4833.

**TRICARE (military health benefits)** — This is a health care plan for active-duty service members, military retirees, and their families. **Most people with TRICARE who are entitled to Part A must have Part B to keep TRICARE prescription drug benefits.** If you have TRICARE, you don't need to join a Medicare Prescription Drug Plan. However, if you do, your Medicare drug plan pays first and TRICARE pays second.

If you join a Medicare Advantage Plan (like an HMO or PPO) with prescription drug coverage, your Medicare Advantage Plan and TRICARE may coordinate their benefits if your Medicare Advantage Plan network pharmacy is also a TRICARE network pharmacy.

## **210** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

### **TRICARE (continued)**

Otherwise, you can file your own claim to get paid back for your out-of-pocket expenses. For more information, visit [tricare.mil](http://tricare.mil), or call the TRICARE Pharmacy Program at 1-877-363-1303. TTY users should call 1-877-540-6261.

**Indian Health Services (IHS)** — The IHS is the primary health care provider to the American Indian / Alaska Native (AI / AN) Medicare population. The Indian health care system, consisting of tribal, urban, and federally operated IHS health programs, delivers a spectrum of clinical and preventive health services through a network of hospitals, clinics, and other entities. Many Indian health facilities participate in the Medicare prescription drug program. If you get prescription drugs through an Indian health facility, you'll continue to get drugs at no cost to you, and your coverage won't be interrupted. Joining a Medicare drug plan may help your Indian health facility because the drug plan pays the Indian health facility for the cost of your prescriptions. Talk to your local Indian health benefits coordinator who can help you choose a plan that meets your needs and tell you how Medicare works with the Indian health care system.

## **211** \_\_ Section 7: Get Information about Prescription Drug Coverage (Part D)

**Note:** If you're getting care through an IHS or tribal health facility or program without being charged, you can continue to do so for some or all of your care. Getting Medicare doesn't affect your ability to get services through the IHS and tribal health facilities.

**Underlined words are defined on pages 283 – 290.**





## Section 8: Get Help Paying Your Health & Prescription Drug Costs

### What if I need help paying my Medicare prescription drug costs?

If you have limited income and resources, you may qualify for help to pay for some health care and prescription drug costs.

**Note:** Extra Help isn't available in Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa. See page 229 for information about programs that are available in those areas.

**Extra Help is a Medicare program to help people with limited income and resources pay Medicare prescription drug costs.** You may qualify for Extra Help if your yearly income and resources are below these limits in 2015:

- Single person — Income less than \$17,655 and resources less than \$13,640 per year
- Married person living with a spouse and no other dependents — Income less than \$23,895 and resources less than \$27,250 per year

## 214 \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### **What if I need help paying my Medicare prescription drug costs? (continued)**

These amounts may change in 2016. You may qualify even if you have a higher income (like if you still work, live in Alaska or Hawaii, or have dependents living with you). Resources include money in a checking or savings account, stocks, bonds, mutual funds, and Individual Retirement Accounts (IRAs). Resources **don't** include your home, car, household items, burial plot, up to \$1,500 for burial expenses (per person), or life insurance policies.

If you qualify for Extra Help and join a Medicare drug plan, you'll:

- Get help paying your Medicare drug plan's monthly premium, yearly deductible, coinsurance, and copayments.

- Have no coverage gap.

- Have no late enrollment penalty.

- Have the chance to switch plans at any time.

Any change you make will take effect the first day of the following month.

**Underlined words are defined on pages 283 – 290.**

## **215** \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### **You automatically qualify for Extra Help if you have Medicare and meet any of these conditions:**

- You have full Medicaid coverage.
- You get help from your state Medicaid program paying your Part B premiums (in a Medicare Savings Program). See pages 221–224.
- You get Supplemental Security Income (SSI) benefits.

To let you know you automatically qualify for Extra Help, Medicare will mail you a purple letter that you should keep for your records. You don't need to apply for Extra Help if you get this letter.

- If you aren't already in a Medicare drug plan, you must join one to use this Extra Help.
- If you don't join a Medicare drug plan, Medicare may enroll you in one so that you'll be able to use the Extra Help. If Medicare enrolls you in a plan, you'll get a yellow or green letter letting you know when your coverage begins.

## 216 \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

- Different plans cover different drugs. Check to see if the plan you're enrolled in covers the drugs you use and if you can go to the pharmacies you want. Visit [Medicare.gov/find-a-plan](https://www.medicare.gov/find-a-plan), or call 1-800-633-4227 to compare with other plans in your area. TTY users should call 1-877-486-2048.
- If you're getting Extra Help, you can switch to another Medicare drug plan anytime. Your new coverage will be effective the first day of the next month.
- If you have Medicaid and live in certain institutions (like a nursing home) or get home- and community- based services, you pay nothing for your covered prescription drugs.

**If you don't want to join a Medicare drug plan** (for example, because you want only your employer or union coverage), call the plan listed in your letter, or call 1-800-633-4227. TTY users should call 1-877-486-2048. Tell them you don't want to be in a Medicare drug plan (you want to "opt out"). If you continue to qualify for Extra Help or if your employer or union coverage is creditable prescription drug coverage, you won't have to pay a penalty if you join later.

**Underlined words are defined on pages 283 – 290.**

## 217 \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

**Important!** If you have employer or union coverage and you join a Medicare drug plan, you may lose your employer or union coverage even if you qualify for Extra Help. Call your employer's benefits administrator before you join a Medicare drug plan.

**If you didn't automatically qualify for Extra Help, you can apply at anytime:**

- Visit [socialsecurity.gov/i1020](https://socialsecurity.gov/i1020) to apply online.
- Call Social Security at 1-800-772-1213 to apply for Extra Help by phone or to get a paper application. TTY users should call 1-800-325-0778.
- Visit your State Medical Assistance (Medicaid) office. Visit [Medicare.gov/contacts](https://www.medicare.gov/contacts), or call 1-800-633-4227 to get the phone number.

**Note:** With your consent, Social Security will forward information to the Medicaid office in your state to start an application for a Medicare Savings Program. See pages 221–224.

## **218** \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

Drug costs in 2016 for most people who qualify will be no more than \$2.95 for each generic drug and \$7.40 for each brand-name drug. Look on the Extra Help letters you get, or contact your plan to find out your exact costs.

To get answers to your questions about Extra Help and help choosing a drug plan, call your State Health Insurance Assistance Program (SHIP). See pages 275–281 for the phone number. You can also call 1-800-633-4227.

### **Paying the right amount**

Medicare gets information from your state or Social Security that tells whether you qualify for Extra Help. If Medicare doesn't have the right information, you may be paying the wrong amount for your prescription drug coverage.

If you automatically qualify for Extra Help, you can show your drug plan the colored letter you got from Medicare as proof that you qualify. If you applied for Extra Help, you can show your "Notice of Award" from Social Security as proof that you qualify.

**Underlined words are defined on pages 283 – 290.**

## **219 \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs**

You can also give your plan or pharmacy any of the documents in the list that follows (also called “Best Available Evidence”) as proof that you qualify for Extra Help. **Your plan must accept these documents.**

Each item must show that you were eligible for Medicaid during a month after June of 2015.

### **Proof you have Medicaid and live in an institution or get home - and community - based services**

- A bill from the institution (like a nursing home) or a copy of a state document showing Medicaid payment to the institution for at least a month
- A print - out from your state’s Medicaid system showing that you lived in the institution for at least a month
- A document from your state that shows you have Medicaid and are getting home - and community - based services

## 220 \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### Other proof you have Medicaid

- A copy of your Medicaid card (if you have one)
- A copy of a state document that shows you have Medicaid
- A print - out from a state electronic enrollment file or from your state's Medicaid system that shows you have Medicaid
- Any other document from your state that shows you have Medicaid

If you aren't already enrolled in a Medicare drug plan and paid for prescriptions since you qualified for Extra Help, you may be able to get back part of what you paid. **Keep your receipts**, and call Medicare's Limited Income Newly Eligible Transition (NET) Program at 1 - 800 - 783 - 1307 for more information. TTY users should call 711.

**Underlined words are defined on pages 283 – 290.**

## **221** \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

For more information, visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the fact sheet “If You Get Extra Help, Make Sure You’re Paying the Right Amount.” You can also call 1 - 800 - 633 - 4227 to find out if a copy can be mailed to you. TTY users should call 1 - 877 - 486 - 2048.

**Note:** Keep all information you get from Medicare, Social Security, the Railroad Retirement Board (RRB), your Medicare plan, Medicare Supplement (Medigap) Insurer, employer, or union. This may include notices of award or denial, “Annual Notices of Change,” notices of creditable prescription drug coverage, or “Medicare Summary Notices.” You may need these documents to apply for the programs explained in this section. Also keep copies of all applications you submit.

**What if I need help paying my Medicare health care costs?**

### **Medicare Savings Programs**

If you have limited income and resources, you may be able to get help from your state to pay your Medicare costs if you meet certain conditions.

## 222 \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### **Medicare Savings Programs (continued)**

There are 4 kinds of Medicare Savings Programs:

- 1. Qualified Medicare Beneficiary (QMB) Program** — Helps pay for Part A and/or Part B premiums, deductibles, coinsurance, and copayments.
- 2. Specified Low - Income Medicare Beneficiary (SLMB) Program** — Helps pay Part B premiums only.
- 3. Qualifying Individual (QI) Program** — Helps pay Part B premiums only. You must apply each year for QI benefits and the applications are granted on a first - come first - served basis.
- 4. Qualified Disabled and Working Individuals (QDWI) Program** — Helps pay Part A premiums only. You may qualify for this program if you have a disability and are working.

**Important!** The names of these programs and how they work may vary by state. Medicare Savings Programs aren't available in Puerto Rico and the U.S. Virgin Islands.

**Underlined words are defined on pages 283 – 290.**

## 223 \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### How do I qualify?

In most cases, to qualify for a Medicare Savings Program, you must have:

- Part A
- Monthly income less than \$1,333 and resources less than \$7,160 — single person
- Monthly income less than \$1,790 and resources less than \$10,750 — married and living together

**Note:** The amounts above are for 2015 and may change each year. Many states figure your income and resources differently, so you may qualify in your state even if your income or resources are higher than the amounts listed above. If you have income from working, you may qualify for benefits even if your income is higher than the limits above. **Resources** include money in a checking or savings account, stocks, bonds, mutual funds, and Individual Retirement Accounts (IRAs). Resources **don't** include your home, car, burial plot, burial expenses up to your state's limit, furniture, or other household items. Some states don't have any limits on resources.

## 224 \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### For more information

- Call or visit your State Medical Assistance (Medicaid) office, and ask for information on Medicare Savings Programs. To get the phone number for your state, visit [Medicare.gov/contacts](https://www.Medicare.gov/contacts). You can also call 1-800-633-4227, and say “Medicaid.” TTY users should call 1-877-486-2048.
- Contact your State Health Insurance Assistance Program (SHIP). See pages 275–281 for the phone number.

### Medicaid

Medicaid is a joint federal and state program that helps pay medical costs if you have limited income and resources and meet other requirements. Some people qualify for both Medicare and Medicaid and are called “**dual eligibles.**”

**Underlined words are defined on pages 283 – 290.**

## **225** \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### **What does Medicaid cover?**

- If you have Medicare and full Medicaid coverage, most of your health care costs are covered. You can get your Medicare coverage through Original Medicare or a Medicare Advantage Plan (like an HMO or PPO).
- If you have Medicare and full Medicaid coverage, Medicare covers your Part D prescription drugs. Medicaid may still cover some drugs and other care that Medicare doesn't cover.
- People with Medicaid may get coverage for services that Medicare may not or may partially cover, like nursing home care, personal care, and home- and community-based services.

### **How do I qualify?**

- Medicaid programs vary from state to state. They may also have different names, like "Medical Assistance" or "Medi-Cal."
- Each state has different income and resource requirements.

## 226 \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### Medicaid (continued)

#### How do I qualify (continued)

- Many states have expanded their Medicaid programs to cover more people. Even if you were told you didn't qualify for Medicaid in the past, you may qualify under the new rules.
- In some states, you may need to be enrolled in Medicare, if eligible, to get Medicaid.
- Call your State Medical Assistance (Medicaid) office for more information and to see if you qualify. Visit [Medicare.gov/contacts](https://www.Medicare.gov/contacts) or call 1 - 800 - 633 - 4227, and say "Medicaid" to get the phone number. TTY users should call 1 - 877 - 486 - 2048.

**Underlined words are defined on pages 283 – 290.**

## **227** \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### **Demonstration plans for people who have both Medicare and Medicaid**

Medicare is working with several states and health plans to create demonstration plans for certain people who have both Medicare and Medicaid, called Medicare - Medicaid Plans. These plans include all your Medicare and Medicaid benefits, and prescription drug coverage. They're designed to help better coordinate your benefits. If you're interested in joining a Medicare - Medicaid Plan, visit [Medicare.gov/find-a-plan](https://www.Medicare.gov/find-a-plan) to see if one is available in your area and if you qualify. Call your State Medical Assistance (Medicaid) office for more information. Visit [Medicare.gov/contacts](https://www.Medicare.gov/contacts), or call 1 - 800 - 633 - 4227, and say "Medicaid" to get the phone number.

### **State Pharmacy Assistance Programs (SPAPs)**

Many states have SPAPs that help certain people pay for prescription drugs based on financial need, age, or medical condition. Each SPAP makes its own rules on how to provide drug coverage to its members. To find out if there's an SPAP in your state and how it works, call your State Health Insurance Assistance Program (SHIP). See pages 275–281 for the phone number.

## **228** \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

### **Pharmaceutical Assistance Programs (also called Patient Assistance Programs)**

Many major drug manufacturers offer assistance programs for people with Medicare drug coverage who meet certain requirements.

Visit [Medicare.gov/pharmaceutical-assistance-program](https://www.Medicare.gov/pharmaceutical-assistance-program), to learn more about Pharmaceutical Assistance Programs.

### **Programs of All-inclusive Care for the Elderly (PACE)**

PACE is a Medicare and Medicaid program offered in many states that allows people who need a nursing home-level of care to remain in the community.

See page 170 for more information.

### **Supplemental Security Income (SSI) benefits**

SSI is a cash benefit paid by Social Security to people with limited income and resources who are disabled, blind, or 65 or older. SSI benefits help people meet basic needs for food, clothing, and shelter. SSI benefits aren't the same as Social Security benefits.

## **229** \_\_ Section 8: Get Help Paying Your Health & Prescription Drug Costs

You can visit [benefits.gov/ssa](https://benefits.gov/ssa), and use the “Benefit Eligibility Screening Tool” to find out if you’re eligible for SSI or other benefits. Call Social Security at 1 - 800 - 772 - 1213 or contact your local Social Security office for more information. TTY users should call 1 - 800 - 325 - 0778.

**Note:** People who live in Puerto Rico, the U.S. Virgin Islands, Guam, or American Samoa can’t get SSI.

### **Programs for people who live in the U.S. territories**

There are programs in Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa to help people with limited income and resources pay their Medicare costs. Programs vary in these areas. Call your local Medical Assistance (Medicaid) office to learn more, or call 1 - 800 - 633 - 4227 and say “Medicaid” for more information. TTY users should call 1 - 877 - 486 - 2048.

**Underlined words are defined on pages 283 – 290.**





## Section 9: Know Your Rights & Protect Yourself from Fraud

### What are my Medicare rights?

No matter how you get your Medicare, you have certain rights and protections. All people with Medicare have the right to:

- Be treated with dignity and respect at all times
- Be protected from discrimination
- Have your personal and health information kept private
- Get information in a way they understand from Medicare, health care providers, and Medicare contractors
- Have questions about Medicare answered
- Have access to doctors, other health care providers, specialists, and hospitals
- Learn about your treatment choices in clear language that you can understand, and participate in treatment decisions
- Get emergency care when and where they need it
- Get a decision about health care payment, coverage of services, or prescription drug coverage

## 232 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### What are my Medicare rights? (continued)

- Request a review (appeal) of certain decisions about health care payment, coverage of services, or prescription drug coverage
- File complaints (sometimes called grievances), including complaints about the quality of their care

### What are my rights if my plan stops participating in Medicare?

Medicare health and prescription drug plans can decide not to participate in Medicare for the coming year. Plans that choose to leave Medicare entirely or in certain areas are “non-renewing.” In these cases, your coverage under the plan will end after December 31.

- You can choose another plan during Medicare Open Enrollment between October 15–December 7. Your coverage will begin January 1.
- **You’ll also have a special right to join another Medicare plan until February 29, 2016.**

Your plan will send you a letter about your options before Open Enrollment.

## 233 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **What's an appeal?**

An appeal is the action you can take if you disagree with a coverage or payment decision by Medicare or your Medicare plan. For example, you can appeal if Medicare or your plan denies:

- A request for a health care service, supply, item, or prescription drug that you think you should be able to get.
- A request for payment of a health care service, supply, item, or prescription drug you already got.
- A request to change the amount you must pay for a health care service, supply, item, or prescription drug.

You can also appeal if Medicare or your plan stops providing or paying for all or part of a health care service, supply, item, or prescription drug you think you still need.

If you decide to file an appeal, you can ask your doctor, supplier, or other health care provider for any information that may help your case. Keep a copy of everything you send to Medicare or your plan as part of your appeal.

**Underlined words are defined on pages 283 – 290.**

## **234** \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **How do I file an appeal?**

How you file an appeal depends on the type of Medicare coverage you have:

#### **If you have Original Medicare**

1. Get the “Medicare Summary Notice” (MSN) that shows the item or service you’re appealing. Your MSN is the notice you get every 3 months that lists all the services billed to Medicare and tells you if Medicare paid for the services. See pages 136–138.
2. Circle the item(s) you disagree with on the MSN, and write an explanation of why you disagree with the decision on the MSN or on a separate piece of paper and attach it to the MSN.
3. Include your name, phone number, and Medicare number on the MSN, and sign it. Keep a copy for your records.

**Underlined words are defined on pages 283 – 290.**

## 235 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

4. Send the MSN, or a copy, to the company that handles bills for Medicare (Medicare Administrative Contractor) listed on the MSN. You can include any other additional information you have about your appeal. Or you can use CMS Form 20027, and file it with the company that handles bills for Medicare listed on the MSN. To view or print this form, visit [cms.gov/cmsforms/downloads/cms20027.pdf](https://www.cms.gov/cmsforms/downloads/cms20027.pdf), or call 1 - 800 - 633 - 4227 to find out if a copy can be mailed to you. TTY users should call 1 - 877 - 486 - 2048.
5. You must file the appeal within 120 days of the date you get the MSN in the mail.

You'll generally get a decision from the Medicare Administrator Contractor within 60 days after they get your request. If Medicare will cover the item(s) or service(s), it will be listed on your next MSN.

### **If you have a Medicare health plan**

Learn how to file an appeal by looking at the materials your plan sends you, calling your plan, or visiting [Medicare.gov/appeals](https://www.Medicare.gov/appeals).

In some cases, you can file a fast appeal. See materials from your plan and pages 238–239.

## **How do I file an appeal? (continued)**

### **If you have a Medicare Prescription Drug Plan**

You have the right to do all of these (even before you buy a certain drug):

- Get a written explanation (called a “coverage determination”) from your Medicare drug plan.  
A coverage determination is the first decision made by your Medicare drug plan (not the pharmacy) about your benefits, including whether a certain drug is covered, whether you’ve met the requirements to get a requested drug, how much you pay for a drug, and whether to make an exception to a plan rule when you request it.
- Ask for an exception if you or your prescriber (your doctor or other health care provider who’s legally allowed to write prescriptions) believes you need a drug that isn’t on your plan’s formulary.
- Ask for an exception if you or your prescriber believes that a coverage rule (like prior authorization) should be waived.

**Underlined words are defined on pages 283 – 290.**

## **237** \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

- Ask for an exception if you think you should pay less for a higher tier (more expensive) drug because you or your prescriber believes you can't take any of the lower tier (less expensive) drugs for the same condition.

### **How do I ask for a coverage determination or exception?**

You or your prescriber must contact your plan to ask for a coverage determination or an exception. If your network pharmacy can't fill a prescription, the pharmacist will give you a notice that explains how to contact your Medicare drug plan so you can make your request. If the pharmacist doesn't give you this notice, ask for a copy.

You or your prescriber may make a standard request by phone or in writing, if you're asking for prescription drug benefits you haven't gotten yet. If you're asking to get paid back for prescription drugs you already bought, your plan can require you or your prescriber to make the standard request in writing.

## 238 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **How do I ask for a coverage determination or exception? (continued)**

You or your prescriber can call or write your plan for an expedited (fast) request. Your request will be expedited if you haven't gotten the prescription and your plan determines, or your prescriber tells your plan, that your life or health may be at risk by waiting.

**Important!** If you're requesting an exception, your prescriber must provide a statement explaining the medical reason why the exception should be approved.

### **What are my rights if I think my services are ending too soon?**

If you're getting Medicare services from a hospital, skilled nursing facility, home health agency, comprehensive outpatient rehabilitation facility, or hospice, and you think your Medicare-covered services are ending too soon, you can ask for a fast appeal. Your provider will give you a notice before your services end that will tell you how to ask for a fast appeal. The notice might call it an "expedited determination." You should read this notice carefully. If you don't get this notice, ask your provider for it.

## 239 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

With a fast appeal, an independent reviewer, called a Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO), will decide if your services should continue.

- It's important to call your BFCC-QIO to request a fast appeal no later than the time shown on the notice you get from your provider. Use the phone number for your BFCC-QIO listed on your notice to request your appeal.
- Ask your doctor or other health care provider to submit any information to the BFCC-QIO that may help your case.
- If you miss the deadline, you may still have appeal rights:
  - If you have Original Medicare, call your BFCC-QIO.
  - If you're in a Medicare health plan, call your plan.

### **How can I get help filing an appeal?**

For more information about the different levels of appeals, visit [Medicare.gov/appeals](https://www.Medicare.gov/appeals). You can also get help filing an appeal from your State Health Insurance Assistance Program (SHIP). See pages 275–281 for the phone number.

## **What's an "Advance Beneficiary Notice of Noncoverage" (ABN)?**

If you have Original Medicare, your doctor, other health care provider, or supplier may give you a notice called an "Advance Beneficiary Notice of Noncoverage" (ABN). This notice says Medicare probably (or certainly) won't pay for some services in certain situations.

### **What happens if I get an ABN?**

- You'll be asked to choose whether to get the items or services listed on the ABN.
- If you choose to get the items or services listed on the ABN, you're agreeing to pay if Medicare doesn't.
- You'll be asked to sign the ABN to say that you've read and understood it.
- Doctors, other health care providers, and suppliers don't have to (but still may) give you an ABN for services that Medicare never covers. See page 123.

**Underlined words are defined on pages 283 – 290.**

## **241** \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

- An ABN isn't an official denial of coverage by Medicare. You could choose to get the items listed on the ABN and still ask your health care provider or supplier to submit the claim to Medicare or another insurer. If Medicare denies payment, you can still file an appeal. However, you'll have to pay for the items or services if Medicare determines that the items or services aren't covered (and no other insurer is responsible for payment).

### **Can I get an ABN for other reasons?**

- You may get a "Skilled Nursing Facility ABN" when the facility believes Medicare will no longer cover your stay or other items and services.
- You may get an ABN if you're getting equipment or supplies that are in the DMEPOS Competitive Bidding Program and the supplier isn't a contract supplier.

### **What if I didn't get an ABN?**

If your provider was required to give you an ABN but didn't, in most cases, your provider must pay you back what you paid for the item or service.

## 242 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### Where can I get more information about appeals and ABNs?

- Visit [Medicare.gov/appeals](https://www.Medicare.gov/appeals).
- Visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet “Medicare Appeals.” You can also call 1 - 800 - 633 - 4227 to find out if a copy can be mailed to you. TTY users should call 1 - 877 - 486 - 2048.
- If you’re in a Medicare plan, call your plan to find out if a service or item will be covered.

### How does Medicare use my personal information?

Medicare protects the privacy of your health information. The next few pages describe how your information may be used and given out, and explain how you can get this information.

Underlined words are defined on pages 283 – 290.

## 243 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **You're protected from discrimination**

Every company or agency that works with Medicare must obey the law. This means you can't be treated unfairly because of your race, color, national origin, disability, age, religion, or sex. See the inside of the back cover if you think that you've been discriminated against or treated unfairly for any of these reasons.

### **Notice of Privacy Practices for Original Medicare**

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

By law, Medicare is required to protect the privacy of your personal medical information. Medicare is also required to give you this notice to tell you how Medicare may use and give out ("disclose") your personal medical information held by Medicare.

Medicare must use and give out your personal medical information to provide information:

- To you, someone you name ("designate"), or someone who has the legal right to act for you (your personal representative)

## 244 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **Notice of Privacy Practices for Original Medicare (continued)**

- To the Secretary of the Department of Health and Human Services, if necessary, to make sure your privacy is protected
- Where required by law

Medicare has the right to use and give out your personal medical information to pay for your health care and to operate the Medicare Program. Examples include:

- Companies that pay bills for Medicare use your personal medical information to pay or deny your claims, to collect your premiums, to share your payment information with your other insurer(s), or to prepare your “Medicare Summary Notice.”
- Medicare may use your personal medical information to make sure you and other people with Medicare get quality health care, to provide customer service to you, to resolve any complaints you have, or to contact you about research studies.

## 245 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

Medicare may use or give out your personal medical information for these purposes under limited circumstances:

- Where allowed by federal law to state and other federal agencies that need Medicare data for their program operations (like to make sure Medicare is making proper payments or to coordinate benefits between programs)
- To your health care providers so they know what other treatments you've gotten and to coordinate your care (for example, for programs to ensure the delivery of quality health care)
- For public health activities (like reporting disease outbreaks)
- For government health care oversight activities (like fraud and abuse investigations)
- For judicial and administrative proceedings (like in response to a court order)
- For law enforcement purposes (like providing limited information to locate a missing person)

**Underlined words are defined on pages 283 – 290.**

## 246 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **Notice of Privacy Practices for Original Medicare (continued)**

- For research studies, including surveys, that meet all privacy law requirements (like research related to the prevention of disease or disability)
- To avoid a serious and imminent threat to health or safety
- To contact you about new or changed coverage under Medicare
- To create a collection of information that can no longer be traced back to you

By law, Medicare must have your written permission (an “authorization”) to use or give out your personal medical information for any purpose that isn’t set out in this notice. Medicare will not sell or market your personal medical information without your written permission. You may take back (“revoke”) your written permission anytime, except to the extent that Medicare has already acted based on your permission.

## 247 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

By law, you have the right to:

- See and get a copy of your personal medical information held by Medicare.
- Have your personal medical information amended if you believe that it is wrong or if information is missing, and Medicare agrees. If Medicare disagrees, you may have a statement of your disagreement added to your personal medical information.
- Get a listing of those getting your personal medical information from Medicare. The listing won't cover your personal medical information that was given to you or your personal representative, that was given out to pay for your health care or for Medicare operations, or that was given out for law enforcement purposes if it would likely get in the way of these purposes.
- Ask Medicare to communicate with you in a different manner or at a different place (for example, by sending materials to a P.O. Box instead of your home address).
- Ask Medicare to limit how your personal medical information is used and given out to pay your claims and run the Medicare Program. Please note that Medicare may not be able to agree to your request.

## 248 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **Notice of Privacy Practices for Original Medicare (continued)**

- Be told about any breach of your personal medical information.
- Get a separate paper copy of this notice.

Visit [Medicare.gov](https://www.Medicare.gov) for more information on:

- Exercising your rights set out in this notice.
- Filing a complaint, if you believe Original Medicare has violated these privacy rights. Filing a complaint won't affect your coverage under Medicare.

You can also call 1 - 800 - 633 - 4227 to get this information. Ask to speak to a customer service representative about Medicare's privacy notice. TTY users should call 1 - 877 - 486 - 2048.

You may file a complaint with the Secretary of the Department of Health and Human Services. Call the Office for Civil Rights at 1 - 800 - 368 - 1019. TTY users should call 1 - 800 - 537 - 7697. You can also visit [hhs.gov/ocr/privacy](https://www.hhs.gov/ocr/privacy).

## **249** \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

By law, Medicare is required to follow the terms in this privacy notice. Medicare has the right to change the way your personal medical information is used and given out. If Medicare makes any changes to the way your personal medical information is used and given out, you'll get a new notice by mail within 60 days of the change.

**The Notice of Privacy Practices for Original Medicare is effective September 23, 2013.**

### **How can I protect myself from identity theft?**

Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes. Personal information includes things like your name and your Social Security, Medicare, credit card, or bank account numbers. Guard your cards and protect your Medicare and Social Security numbers. **Keep this information safe.**

**Underlined words are defined on pages 283 – 290.**

## 250 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

**Only give personal information, like your Medicare number, to doctors, other health care providers, and plans approved by Medicare; any insurer who pays benefits on your behalf; and to trusted people in the community who work with Medicare, like your State Health Insurance Assistance Program (SHIP) or Social Security.** Call 1 - 800 - 633 - 4227 if you aren't sure if a provider is approved by Medicare. TTY users should call 1 - 877 - 486 - 2048.

If you suspect identity theft, or feel like you gave your personal information to someone you shouldn't have, call your local police department and the Federal Trade Commission's ID Theft Hotline at 1 - 877 - 438 - 4338.

TTY users should call 1 - 866 - 653 - 4261.

Visit [ftc.gov/idtheft](http://ftc.gov/idtheft) to learn more about identity theft.

### **How can I protect myself and Medicare from fraud?**

Most doctors, pharmacists, plans, and other health care providers who work with Medicare are honest. Unfortunately, there may be some who are dishonest. Medicare fraud costs everyone a lot of money each year.

**Underlined words are defined on pages 283 – 290.**

## 251 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **Check your statements for mistakes**

One common form of Medicare fraud is when Medicare is billed for services you never got. When you get health care services, record the dates on a calendar and save the receipts and statements you get from providers to check for mistakes. If you think you see an error or are billed for services you didn't get, take these steps to find out what was billed:

- Check your “Medicare Summary Notice” (MSN) if you have Original Medicare to see if the service was billed to Medicare. If you're in a Medicare plan, check the statements you get from your plan.
- If you know the health care provider or supplier, call and ask for an itemized statement. They should give this to you within 30 days.
- Visit [MyMedicare.gov](https://www.mymedicare.gov) to view your Medicare claims if you have Original Medicare. Your claims are generally available online within 24 hours after processing. You can also download your claims information by using Medicare's Blue Button. See page 264. The sooner you see and report errors, the sooner we can stop fraud. You can also call 1 - 800 - 633 - 4227. TTY users should call 1 - 877 - 486 - 2048.

## **252** \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

**If you've contacted the provider and you suspect that Medicare is being charged for a service or supply that you didn't get, or you don't know the provider on the claim, call 1 - 800 - 633 - 4227.**

For more information on protecting yourself from Medicare fraud and tips for spotting and reporting fraud, visit [stopmedicarefraud.gov](http://stopmedicarefraud.gov), or contact your local Senior Medicare Patrol (SMP) Program. See page 254.

You can also visit [oig.hhs.gov](http://oig.hhs.gov) or call the fraud hotline of the Department of Health and Human Services Office of the Inspector General at 1 - 800 - 447 - 8477. TTY users should call 1 - 800 - 377 - 4950.

### **Plans must follow rules**

Medicare plans must follow certain rules when marketing their plans and getting your enrollment information.

They can't ask you for credit card or banking information over the phone or via email, unless you're already a member of that plan. Medicare plans can't enroll you into a plan over the phone unless you call them and ask to enroll, or you've given them permission to contact you.

## 253 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

**Important! Call 1 - 800 - 633 - 4227 to report any plans that:**

- Ask for your personal information over the phone or email
- Call to enroll you in a plan
- Use false information to mislead you

You can also call the Medicare Drug Integrity Contractor (MEDIC) at 1 - 877 - 772 - 3379. The MEDIC helps prevent inappropriate activity and fights fraud, waste, and abuse in Medicare Advantage (Part C) and Medicare Prescription Drug (Part D) Programs.

For more information on the rules that Medicare plans must follow, visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet “Protecting Medicare and You from Fraud.” You can also call 1 - 800 - 633 - 4227 to find out if a copy can be mailed to you. TTY users should call 1 - 877 - 486 - 2048.

**Underlined words are defined on pages 283 – 290.**

## **254** \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **What's the Senior Medicare Patrol (SMP) Program?**

The SMP Program educates and empowers people with Medicare to take an active role in detecting and preventing health care fraud and abuse. The SMP Program not only protects people with Medicare, it also helps preserve Medicare. There's an SMP Program in every state, the District of Columbia, Guam, the U.S. Virgin Islands, and Puerto Rico. Contact your local SMP Program to get personalized counseling, find out about community events in your area, or volunteer. For more information or to find your local SMP Program, visit [smpresource.org](http://smpresource.org), or call 1 - 877 - 808 - 2468. You can also call 1 - 800 - 633 - 4227.

### **Fighting fraud can pay**

You may get a reward if you help us fight fraud and meet certain conditions. For more information, visit [stopmedicarefraud.gov](http://stopmedicarefraud.gov) or [Medicare.gov](http://Medicare.gov), or call 1 - 800 - 633 - 4227.

**Underlined words are defined on pages 283 – 290.**

## **255** \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **Investigating fraud takes time**

Every tip counts. Medicare takes all reports of suspected fraud seriously. When you report fraud, you may not hear of an outcome right away. It takes time to investigate your report and build a case, but rest assured that your information is helping us protect Medicare.

### **Is my right to my own health information protected?**

In most cases, you have the right to request and get copies of your personal health records in an electronic or paper format from your health care providers and Medicare. Your health information rights include the right to:

- Access your health information in a paper or electronic format
- Know who has seen your health information in many cases
- Correct or amend your health information
- Get a notice of privacy practices (a privacy policy)
- File a complaint

## **256** \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

For more information, or if you think your rights have been violated, visit [hhs.gov/ocr](https://www.hhs.gov/ocr) or call the Department of Health and Human Services, Office for Civil Rights at 1 - 800 - 368 - 1019. TTY users should call 1 - 800 - 537 - 7697.

### **What's the Medicare Beneficiary Ombudsman?**

An “ombudsman” is a person who reviews complaints and helps resolve them. The Medicare Beneficiary Ombudsman makes sure you have information about:

- Your Medicare coverage
- Making good health care decisions
- Your Medicare rights and protections
- Getting issues resolved

The Ombudsman reviews the concerns raised by people with Medicare through 1 - 800 - 633 - 4227 and through your State Health Insurance Assistance Program (SHIP).

Visit [Medicare.gov](https://www.Medicare.gov) for information on inquiries and complaints, activities of the Ombudsman, and what people with Medicare need to know.

## 257 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

### **What are advance directives?**

Advance directives are legal documents that allow you to put in writing what kind of health care you would want or name someone who can speak for you if you were too ill to speak for yourself.

These legal documents help ensure your wishes are followed, but it's important to talk to your family, friends, and health care providers about your wishes. You should also make sure that your family, friends, and health care providers have copies of your legal documents. It's better to think about these important decisions and have plans in place before you're ill or a crisis strikes.

#### **Advance directives most often include:**

- **A health care proxy** (sometimes called a “durable power of attorney for health care”). This is used to name the person you want to make health care decisions for you if you aren't able to make them yourself. You can also use this document to provide special instructions and limitations for the person you named to be your health care proxy.

## 258 \_\_ Section 9: Know Your Rights & Protect Yourself from Fraud

- **A living will.** This is another way to make sure your voice is heard. It states which medical treatment you would accept or refuse if your life is threatened.
- **After - death wishes.** These may include choices like organ and tissue donation.

Each state has its own laws for creating advance directives. Some states may allow you to combine your advance directives in one document.

### **What if I already have an advance directive?**

Take time now to review your advance directive to be sure you're still satisfied with your decisions and the person you identify in your health care proxy is still willing and able to carry out your plans. Find out how to cancel or update it in your state if it no longer reflects your wishes.

For more information, contact your health care provider, an attorney, your local Area Agency on Aging, your state health department, or visit [Eldercare.gov](http://Eldercare.gov).

**Underlined words are defined on pages 283 – 290.**

**Where can I get personalized help?**

**1 - 800 - 633 - 4227**

**TTY users call 1 - 877 - 486 - 2048**

**Get information 24 hours a day, including weekends**

- Speak clearly, have your Medicare card in front of you, and be ready to provide your Medicare number. This helps reduce the amount of time you may wait to speak to a customer service representative. It also allows us to play messages that may specifically impact your coverage and may help us get you to a representative more quickly.
- To enter your Medicare number, speak the numbers and letter(s) clearly one at a time. Or, enter your Medicare number on the phone keypad. Use the star key to indicate any place there may be a letter. For example, if your Medicare number is 000-00-0000A, you would enter 0-0-0- 0-0- 0-0-0-0-\*. The voice system will then ask you for that letter.

### **Where can I get personalized help? (continued)**

- Use 1 or 2 words to briefly say what you're calling about.

#### **Helpful tip:**

- You can say “Agent” at any time to talk to a customer service representative.
- If you need help in a language other than English or Spanish, or need to request a Medicare publication in an alternate format, let the customer service representative know.

### **Do you need someone to be able to call 1-800-633-4227 on your behalf?**

**Important!** You need to let Medicare know in writing. You can fill out a “Medicare Authorization to Disclose Personal Health Information” form so Medicare can give your personal health information to someone other than you. You can do this by visiting [Medicare.gov/medicareonlineforms](https://www.Medicare.gov/medicareonlineforms) or by calling 1-800-633-4227 to get a copy of the form.

**Underlined words are defined on pages 283 – 290.**

TTY users should call 1 - 877 - 486 - 2048. You may want to do this now in case you become unable to do it later.

## **Did your household get more than one copy of “Medicare & You?”**

If you want to get only one copy in the future, call 1 - 800 - 633 - 4227. If you want to get the handbook electronically and not get any future copies in the mail, visit [Medicare.gov/gopaperless](https://www.Medicare.gov/gopaperless).

## **What are State Health Insurance Assistance Programs (SHIPs)?**

SHIPs are state programs that get money from the federal government to give local health insurance counseling to people with Medicare. SHIPs aren't connected to any insurance company or health plan. SHIP volunteers work hard to help you with these Medicare questions or concerns:

- Your Medicare rights
- Billing problems
- Complaints about your medical care or treatment
- Plan choices
- How Medicare works with other insurance

## **What are State Health Insurance Assistance Programs (SHIPs)? (continued)**

**See pages 275–281 for the phone number of your local SHIP. If you would like to become a volunteer SHIP counselor, contact the SHIP in your state to learn more.**

**Where can I find general Medicare information online?**

### **Visit Medicare.gov**

- Get detailed information about the Medicare health and prescription drug plans in your area, including what they cost and what services they provide.
- Find doctors or other health care providers and suppliers who participate in Medicare.
- See what Medicare covers, including preventive services.
- Get Medicare appeals information and forms.
- Get information about the quality of care provided by plans, nursing homes, hospitals, home health agencies, and dialysis facilities.
- Look up helpful websites and phone numbers.

## Where can I find personalized Medicare information online?

### Register at MyMedicare.gov

- Complete your “Initial Enrollment Questionnaire” so your claims can get paid correctly.
- Manage your personal information (like medical conditions, allergies, and implanted devices).
- Sign up to get this handbook electronically. You won’t get a printed copy if you choose to get it electronically.
- Manage your personal drug list and pharmacy information.
- Search for, add to, and manage a list of your favorite providers and access quality information about them.
- Track Original Medicare claims and your Part B deductible status.
- View and order copies of your “Medicare Summary Notices.”

**Underlined words are defined on pages 283 – 290.**

## **Register at MyMedicare.gov (continued)**

Get access to your personal health information using Medicare's Blue Button. This feature lets you download 12–36 months of claims information for Part A and Part B and 12 months of claims information for Part D. This information can help you make more informed decisions about your care and can give your health care providers a more complete view of your health history. Visit [MyMedicare.gov](https://www.mymedicare.gov) to use the Blue Button today.

Once you've used the Blue Button, there are a variety of health applications and services to analyze your health information. Visit [bluebuttonconnector.healthit.gov](https://bluebuttonconnector.healthit.gov) to learn more about these useful tools and how to protect your health information once it's in your hands.

### **How do I compare the quality of plans and providers?**

Medicare collects information about the quality and safety of medical care and services given by most Medicare plans and health care providers. Medicare also has information about the experiences of people with the care and services they get.

## 265 \_\_ Section 10: Get More Information

Compare the quality of care (how well plans and providers work to give you the best care possible) and services given by health and prescription drug plans or health care providers nationwide by visiting Medicare.gov or by calling your State Health Insurance Assistance Program (SHIP). See pages 275–281 for the phone number.

When you, a family member, friend, or SHIP counselor visit Medicare.gov, use these tools:

- “Hospital Compare”
- “Nursing Home Compare”
- “Home Health Compare”
- “Dialysis Facility Compare”
- “Physician Compare”
- “Medicare Plan Finder”

**Underlined words are defined on pages 283 – 290.**

## **How do I compare the quality of plans and providers? (continued)**

These search tools on Medicare.gov give you a “snapshot” of the quality of care and services some plans and providers give. Medicare Plan Finder and Nursing Home Compare both feature a star rating system to help you compare plans and quality of care measures that are important to you. Find out more about the quality of care and services by:

- Asking what your plan or provider does to ensure and improve the quality of care and services. Each plan and health care provider should have someone you can talk to about quality.
- Asking your doctor or other health care provider what he or she thinks about the quality of care or services the plan or other providers give. You can also talk to your doctor or other health care provider about Medicare’s information on quality of care and services.

## **What's Medicare doing to better coordinate my care?**

Medicare continues to look for ways to better coordinate your care and to make sure that you get the best health care possible. Health information technology (also called “Health IT”) and improved ways to deliver your care can help manage your health information, improve how you communicate with your health care providers, and improve the quality and coordination of your health care. These tools also reduce paperwork, medical errors, and health care costs.

Here are examples of how your **health care providers** can better coordinate your care:

**Electronic Health Records (EHRs)** — EHRs are records that your doctor, other health care provider, medical office staff, or a hospital keeps on a computer about your health care or treatments.

- EHRs can help lower the chances of medical errors, eliminate duplicate tests, and may improve your overall quality of care.

- Your doctor's EHR may be able to link to a hospital, lab, pharmacy, or other doctors, so the people who care for you can have a more complete picture of your health. You also have the right to get a copy of your health information for your own personal use and to make sure the information is complete and accurate.

**Electronic prescribing** — This is an electronic way for your prescribers (your doctor or other health care provider who's legally allowed to write prescriptions) to send your prescriptions directly to your pharmacy. Electronic prescribing can save you money, time, and help keep you safe. If your prescription is eligible to be prescribed electronically, you'll see these benefits:

- You don't have to drop off and wait for your prescription. Your prescription may be ready when you arrive.
- Prescribers can check which drugs your insurance covers and may be able to prescribe a drug that costs you less.
- Electronic prescriptions are easier for the pharmacist to read than handwritten prescriptions. This means there's less chance that you'll get the wrong drug or dose.

- Prescribers can be alerted to potential drug interactions, allergies, and other warnings.

**Accountable Care Organizations (ACOs)** — An ACO is a group of doctors and other health care providers who agree to work together with Medicare to give you more coordinated service and care. ACOs are designed to help your doctors or primary care providers communicate closely with your other health care providers, so they can deliver high-quality care that meets your individual needs and preferences.

If you have Original Medicare and your doctor has decided to participate in an ACO, you'll be notified when you visit the office. A poster with information about your doctor's participation in an ACO will be displayed. At your request, the doctor will also give you this information in writing or you may get a letter in the mail.

The Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule allows Medicare to share data with other entities as part of "health care operations." ACOs working with your doctors and other health care providers to coordinate service and care, qualify as "health care operations." We have important safeguards to make sure the ACO uses the data appropriately.

### **Accountable Care Organizations (ACOs) (continued)**

The poster in your doctor's office will also let you know that Medicare will share certain information with the ACO about the care you received from your doctors and other providers. With the information Medicare shares, the doctors and health care providers in the ACO can have a complete picture of your health and be better able to coordinate your care. Talk with your doctor or call 1 - 800 - 633 - 4227 if you have any questions about the information Medicare may share with the ACO in which your doctor participates. TTY users should call 1 - 877 - 486 - 2048.

You can ask Medicare not to share certain information with the ACO about the care you got from your doctors and other health care providers. To do this, call 1 - 800 - 633 - 4227 and tell us you don't want us to share this information. You can change your data sharing preferences at any time by calling 1 - 800 - 633 - 4227.

## 271 \_\_ Section 10: Get More Information

Your Medicare benefits, services, costs, and protections won't change if your doctor participates in an ACO or if you prefer that Medicare not share your information. You still have the right to visit and get care from any doctor or hospital that accepts Medicare at any time, the same way you do now.

For more information, visit [Medicare.gov/acos.html](https://www.Medicare.gov/acos.html), or call 1 - 800 - 633 - 4227.

**Are there other ways to get Medicare information?**

### **Publications**

Visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view, print, or download copies of booklets, brochures, or fact sheets on different Medicare topics. You can search by keyword (like “rights” or “mental health”), or select “View all publications.” If the publication you want has an “Order” button, you can have a printed copy mailed to you. You can also call 1 - 800 - 633 - 4227 and say “Publications” to have a printed copy mailed to you.

**Underlined words are defined on pages 283 – 290.**

## **Publications (continued)**

Alternate formats are available at no cost. See the inside of the back cover for more information about auxiliary aids and services for people with disabilities.

## **Videos**

Visit [YouTube.com/cmshhsgov](https://www.youtube.com/cmshhsgov) to see videos covering different health care topics on Medicare's YouTube channel.

## **Blogs**

Visit [blog.medicare.gov](https://blog.medicare.gov) for up - to - date news from our website.

## **Resources for caregivers**

Medicare has resources to help caregivers get the information they need. To find out more:

- Visit [Medicare.gov/caregivers](https://www.medicare.gov/caregivers) to help someone you care for choose a drug plan, compare nursing homes, get help with billing, and more.

## **273** \_\_ Section 10: Get More Information

- Visit the Eldercare Locator, a public service of the U.S. Administration on Aging, at [Eldercare.gov](http://Eldercare.gov), or call 1 - 800 - 677 - 1116 to find caregiver support services in your area.
- Visit the Patients & Families section of [HealthIT.gov](http://HealthIT.gov) for information about online resources and other eHealth tools designed to support caregivers.

### **Open Payments Program**

Sometimes, doctors and hospitals have financial relationships with drug, device, biological, and medical supply manufacturers. These relationships can include money for research activities, gifts, speaking fees, meals, or travel. Open Payments is a federally run transparency program that collects information about these financial relationships and makes it available to you. A public, national database is available for you to look up your health care providers, see if they have any of these relationships, and be more informed about how these relationships may impact your health care decisions. Visit [cms.gov/openpayments](http://cms.gov/openpayments) for more information.



## **State Health Insurance Assistance Program (SHIPs) – States A through C**

For help with questions about appeals, buying other insurance, choosing a health plan, buying a Medigap policy, and Medicare rights and protections.

**Alabama** \_\_ State Health Insurance Assistance Program (SHIP) \_\_ 1 - 800 - 243 - 5463

**Alaska** \_\_ Medicare Information Office \_\_  
1 - 800 - 478 - 6065

**Arizona** \_\_ Arizona State Health Insurance Assistance Program (SHIP) \_\_ 1 - 800 - 432 - 4040

**Arkansas** \_\_ Senior Health Insurance Information Program (SHIIP) \_\_ 1 - 800 - 224 - 6330

**California** \_\_ California Health Insurance Counseling & Advocacy Program (HICAP) \_\_ 1 - 800 - 434 - 0222

**Colorado** \_\_ Senior Health Insurance Assistance Program (SHIP) \_\_ 1 - 888 - 696 - 7213

**State Health Insurance Assistance Program (SHIPs) – States C through I**

**Connecticut** \_\_ Connecticut Program for Health Insurance Assistance, Outreach, Information & Referral, Counseling, and Eligibility Screening (CHOICES) \_\_  
1 - 800 - 994 - 9422

**Delaware** \_\_ Delaware Medicare Assistance Bureau \_\_  
1 - 800 - 336 - 9500

**Florida** \_\_ SHINE (Serving Health Insurance Needs of Elders) \_\_ 1 - 800 - 963 - 5337

**Georgia** \_\_ GeorgiaCares \_\_ 1 - 866 - 552 - 4464

**Guam** \_\_ Guam Medicare Assistance Program (GUAM MAP) \_\_ 1 - 671 - 735 - 7415

**Hawaii** \_\_ Hawaii SHIP \_\_ 1 - 888 - 875 - 9229

**Idaho** \_\_ Senior Health Insurance Benefits Advisors (SHIBA) \_\_ 1 - 800 - 247 - 4422

**Illinois** \_\_ Senior Health Insurance Program (SHIP) \_\_  
1 - 800 - 252 - 8966

**State Health Insurance Assistance Program  
(SHIPs) – States I through M**

**Indiana** \_\_ State Health Insurance Assistance Program  
(SHIP) \_\_ 1 - 800 - 452 - 4800

**Iowa** \_\_ Senior Health Insurance Information Program  
(SHIIP) \_\_ 1 - 800 - 351 - 4664

**Kansas** \_\_ Senior Health Insurance Counseling for  
Kansas (SHICK) \_\_ 1 - 800 - 860 - 5260

**Kentucky** \_\_ State Health Insurance Assistance Program  
(SHIP) \_\_ 1 - 877 - 293 - 7447

**Louisiana** \_\_ Senior Health Insurance Information  
Program (SHIIP) \_\_ 1 - 800 - 259 - 5300

**Maine** \_\_ Maine State Health Insurance Assistance  
Program (SHIP) \_\_ 1 - 800 - 262 - 2232

**Maryland** \_\_ State Health Insurance Assistance Program  
(SHIP) \_\_ 1 - 844 - 627 - 5465

**Massachusetts** \_\_ Serving Health Information Needs of  
Elders (SHINE) \_\_ 1 - 800 - 243 - 4636

**State Health Insurance Assistance Program (SHIPs) – States M through N**

**Michigan** \_\_ MMAP, Inc. \_\_ 1-800-803-7174

**Minnesota** \_\_ Minnesota State Health Insurance Assistance Program/Senior LinkAge Line \_\_  
1-800-333-2433

**Mississippi** \_\_ MS State Health Insurance Assistance Program (SHIP) \_\_ 1-800-948-3090

**Missouri** \_\_ CLAIM \_\_ 1-800-390-3330

**Montana** \_\_ Montana State Health Insurance Assistance Program (SHIP) \_\_ 1-800-551-3191

**Nebraska** \_\_ Nebraska Senior Health Insurance Information Program (SHIIP) \_\_ 1-800-234-7119

**Nevada** \_\_ State Health Insurance Assistance Program (SHIP) \_\_ 1-800-307-4444

**New Hampshire** \_\_ NH SHIP - ServiceLink Aging and Disability Resource Center \_\_ 1-866-634-9412

**State Health Insurance Assistance Program (SHIPs) – States N through O**

**New Jersey** \_\_ State Health Insurance Assistance Program (SHIP) \_\_ 1 - 800 - 792 - 8820

**New Mexico** \_\_ New Mexico ADRC/SHIP \_\_ 1 - 800 - 432 - 2080

**New York** \_\_ Health Insurance Information Counseling and Assistance Program (HIICAP) \_\_ 1 - 800 - 701 - 0501

**North Carolina** \_\_ Seniors' Health Insurance Information Program (SHIIP) \_\_ 1 - 855 - 408 - 1212

**North Dakota** \_\_ State Health Insurance Counseling (SHIC) \_\_ 1 - 888 - 575 - 6611

**Ohio** \_\_ Ohio Senior Health Insurance Information Program (OSHIIP) \_\_ 1 - 800 - 686 - 1578

**Oklahoma** \_\_ Oklahoma Medicare Assistance Program (MAP) \_\_ 1 - 800 - 763 - 2828

**Oregon** \_\_ Senior Health Insurance Benefits Assistance (SHIBA) \_\_ 1 - 800 - 722 - 4134

**State Health Insurance Assistance Program (SHIPs) – States P through V**

**Pennsylvania** \_\_ APPRISE \_\_ 1-800-783-7067

**Puerto Rico** \_\_ State Health Insurance Assistance Program (SHIP) \_\_ 1-877-725-4300

**Rhode Island** \_\_ Senior Health Insurance Program (SHIP) \_\_ 1-401-462-0510

**South Carolina** \_\_ (I-CARE) Insurance Counseling Assistance and Referrals for Elders \_\_ 1-800-868-9095

**South Dakota** \_\_ Senior Health Information & Insurance Education (SHIINE) \_\_ 1-800-536-8197

**Tennessee** \_\_ TN SHIP \_\_ 1-877-801-0044

**Texas** \_\_ Health Information Counseling and Advocacy Program (HICAP) \_\_ 1-800-252-9240

**Utah** \_\_ Senior Health Insurance Information Program (SHIP) \_\_ 1-800-541-7735

**Vermont** \_\_ State Health Insurance Assistance Program (SHIP) \_\_ 1-800-642-5119

**State Health Insurance Assistance Program (SHIPs) – States V through W**

**Virgin Islands** \_\_ Virgin Islands State Health Insurance Assistance Program (VI SHIP) \_\_ 1 - 340 - 772 - 7368

**Virginia** \_\_ Virginia Insurance Counseling and Assistance Program (VICAP) \_\_ 1 - 800 - 552 - 3402

**Washington** \_\_ Statewide Health Insurance Benefits Advisors (SHIBA) \_\_ 1 - 800 - 562 - 6900

**Washington D.C.** \_\_ Health Insurance Counseling Project (HICP) \_\_ 1 - 202 - 994 - 6272

**West Virginia** \_\_ West Virginia State Health Insurance Assistance Program (WV SHIP) \_\_ 1 - 877 - 987 - 4463

**Wisconsin** \_\_ Wisconsin SHIP \_\_ 1 - 800 - 242 - 1060

**Wyoming** \_\_ Wyoming State Health Insurance Information Program (WSHIIP) \_\_ 1 - 800 - 856 - 4398



**Definitions of underlined words – A through C**

**Assignment** — An agreement by your doctor, provider, or supplier to be paid directly by Medicare, to accept the payment amount Medicare approves for the service, and not to bill you for any more than the Medicare deductible and coinsurance.

**Benefit period** — The way that Original Medicare measures your use of hospital and skilled nursing facility (SNF) services. A benefit period begins the day you're admitted as an inpatient in a hospital or SNF. The benefit period ends when you haven't received any inpatient hospital care (or skilled care in a SNF) for 60 days in a row. If you go into a hospital or a SNF after one benefit period has ended, a new benefit period begins. You must pay the inpatient hospital deductible for each benefit period. There's no limit to the number of benefit periods.

**Coinsurance** — An amount you may be required to pay as your share of the cost for services after you pay any deductibles. Coinsurance is usually a percentage (for example, 20%).

**Definitions of underlined words – C**

**Copayment** — An amount you may be required to pay as your share of the cost for a medical service or supply, like a doctor’s visit, hospital outpatient visit, or prescription drug. A copayment is usually a set amount, rather than a percentage. For example, you might pay \$10 or \$20 for a doctor’s visit or prescription drug.

**Creditable prescription drug coverage** — Prescription drug coverage (for example, from an employer or union) that’s expected to pay, on average, at least as much as Medicare’s standard prescription drug coverage. People who have this kind of coverage when they become eligible for Medicare can generally keep that coverage without paying a penalty if they decide to enroll in Medicare prescription drug coverage later.

**Critical access hospital** — A small facility that provides outpatient services, as well as inpatient services on a limited basis, to people in rural areas.

**Definitions of underlined words – C through E**

**Custodial care** — Nonskilled personal care, like help with activities of daily living like bathing, dressing, eating, getting in or out of a bed or chair, moving around, and using the bathroom. It may also include the kind of health-related care that most people do themselves, like using eye drops. In most cases, Medicare doesn't pay for custodial care.

**Deductible** — The amount you must pay for health care or prescriptions before Original Medicare, your prescription drug plan, or your other insurance begins to pay.

**Demonstrations** — Special projects, sometimes called “pilot programs” or “research studies,” that test improvements in Medicare coverage, payment, and quality of care. They usually only operate for a limited time, for a specific group of people, and in specific areas.

**Extra Help** — A Medicare program to help people with limited income and resources pay Medicare prescription drug program costs, like premiums, deductibles, and coinsurance.

**Definitions of underlined words — F through L**

**Formulary** — A list of prescription drugs covered by a prescription drug plan or another insurance plan offering prescription drug benefits. This is also called a drug list.

**Inpatient rehabilitation facility** — A hospital, or part of a hospital, that provides an intensive rehabilitation program to inpatients.

**Institution** — For the purposes of this publication, an institution is a facility that provides short-term or long-term care, such as a nursing home, skilled nursing facility (SNF), or rehabilitation hospital. Private residences, like an assisted living facility or group home, aren't considered institutions for this purpose.

**Lifetime reserve days** — In Original Medicare, these are additional days that Medicare will pay for when you're in a hospital for more than 90 days. You have a total of 60 reserve days that can be used during your lifetime. For each lifetime reserve day, Medicare pays all covered costs except for a daily coinsurance.

**Definitions of underlined words – L through M**

**Long-term care** — Services that include medical and non-medical care provided to people who are unable to perform basic activities of daily living, like dressing or bathing. Long-term supports and services can be provided at home, in the community, in assisted living, or in nursing homes. Individuals may need long-term supports and services at any age. Medicare and most health insurance plans don't pay for long-term care.

**Long-term care hospital** — Acute care hospitals that provide treatment for patients who stay, on average, more than 25 days. Most patients are transferred from an intensive or critical care unit. Services provided include comprehensive rehabilitation, respiratory therapy, head trauma treatment, and pain management.

**Medically necessary** — Health care services or supplies needed to diagnose or treat an illness, injury, condition, disease, or its symptoms and that meet accepted standards of medicine.

**Definitions of underlined words – M**

**Medicare - approved amount** — In Original Medicare, this is the amount a doctor or supplier that accepts assignment can be paid. It may be less than the actual amount a doctor or supplier charges. Medicare pays part of this amount and you're responsible for the difference.

**Medicare health plan** — A plan offered by a private company that contracts with Medicare to provide Part A and Part B benefits to people with Medicare who enroll in the plan. Medicare health plans include all Medicare Advantage Plans, Medicare Cost Plans, and Demonstration/Pilot Programs. Programs of All-inclusive Care for the Elderly (PACE) organizations are special types of Medicare health plans that can be offered by public or private entities and provide Part D and other benefits in addition to Part A and Part B benefits.

**Medicare plan** — Refers to any way other than Original Medicare that you can get your Medicare health or prescription drug coverage. This term includes all Medicare health plans and Medicare Prescription Drug Plans.

**Definitions of underlined words – P**

**Premium** — The periodic payment to Medicare, an insurance company, or a health care plan for health or prescription drug coverage.

**Preventive services** — Health care to prevent illness or detect illness at an early stage, when treatment is likely to work best (for example, preventive services include Pap tests, flu shots, and screening mammograms.)

**Primary care doctor** — The doctor you see first for most health problems. He or she makes sure you get the care you need to keep you healthy. He or she also may talk with other doctors and health care providers about your care and refer you to them. In many Medicare Advantage Plans, you must see your primary care doctor before you see any other health care provider.

**Primary care practitioner** — A doctor who has a primary specialty in family medicine, internal medicine, geriatric medicine, or pediatric medicine; or a nurse practitioner, clinical nurse specialist, or physician assistant.

**Definitions of underlined words – R through T**

**Referral** — A written order from your primary care doctor for you to see a specialist or get certain medical services. In many Health Maintenance Organizations (HMOs), you need to get a referral before you can get medical care from anyone except your primary care doctor. If you don't get a referral first, the plan may not pay for the services.

**Service area** — A geographic area where a health insurance plan accepts members if it limits membership based on where people live. For plans that limit which doctors and hospitals you may use, it's also generally the area where you can get routine (non-emergency) services. The plan may disenroll you if you move out of the plan's service area.

**Skilled nursing facility (SNF) care** — Skilled nursing care and rehabilitation services provided on a continuous, daily basis, in a skilled nursing facility.

**TTY** — A teletypewriter (TTY) is a communication device used by people who are deaf, hard-of-hearing, or have a severe speech impairment. People who don't have a TTY can communicate with a TTY user through a message relay center (MRC). An MRC has TTY operators available to send and interpret TTY messages.



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