



## ConnectiCare Flex Plan 3 (HMO-POS) offered by ConnectiCare, Inc.

# Annual Notice of Changes for 2020

You are currently enrolled as a member of ConnectiCare Flex Plan 3. Next year, there will be some changes to the plan's costs and benefits. *This booklet tells about the changes.*

- **You have from October 15 until December 7 to make changes to your Medicare coverage for next year.**
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### What to do now

#### 1. ASK: Which changes apply to you

- Check the changes to our benefits and costs to see if they affect you.
  - It's important to review your coverage now to make sure it will meet your needs next year.
  - Do the changes affect the services you use?
  - Look in Sections 1.5 and 2 for information about benefit and cost changes for our plan.
- Check the changes in the booklet to our prescription drug coverage to see if they affect you.
  - Will your drugs be covered?
  - Are your drugs in a different tier, with different cost sharing?
  - Do any of your drugs have new restrictions, such as needing approval from us before you fill your prescription?
  - Can you keep using the same pharmacies? Are there changes to the cost of using this pharmacy?
  - Review the 2020 Drug List and look in Section 1.6 for information about changes to our drug coverage.
  - Your drug costs may have risen since last year. Talk to your doctor about lower cost alternatives that may be available for you; this may save you in annual out-of-pocket costs throughout the year. To get additional information on drug prices visit

<https://go.medicare.gov/drugprices>. These dashboards highlight which manufacturers have been increasing their prices and also show other year-to-year drug price information. Keep in mind that your plan benefits will determine exactly how much your own drug costs may change.

- Check to see if your doctors and other providers will be in our network next year.
  - Are your doctors, including specialists you see regularly, in our network?
  - What about the hospitals or other providers you use?
  - Look in Section 1.3 for information about our Provider Directory.
- Think about your overall health care costs.
  - How much will you spend out-of-pocket for the services and prescription drugs you use regularly?
  - How much will you spend on your premium and deductibles?
  - How do your total plan costs compare to other Medicare coverage options?
- Think about whether you are happy with our plan.

## 2. **COMPARE:** Learn about other plan choices

- Check coverage and costs of plans in your area.
  - Use the personalized search feature on the Medicare Plan Finder at <https://www.medicare.gov> website. Click “Find health & drug plans.”
  - Review the list in the back of your Medicare & You handbook.
  - Look in Section 3.2 to learn more about your choices.
- Once you narrow your choice to a preferred plan, confirm your costs and coverage on the plan’s website.

## 3. **CHOOSE:** Decide whether you want to change your plan

- If you want to **keep** ConnectiCare Flex Plan 3, you don’t need to do anything. You will stay in ConnectiCare Flex Plan 3.
- To change to a **different plan** that may better meet your needs, you can switch plans between October 15 and December 7.

## 4. **ENROLL:** To change plans, join a plan between **October 15** and **December 7, 2019**

- If you don’t join another plan by December 7, 2019, you will stay in ConnectiCare Flex Plan 3.
- If you join another plan by **December 7, 2019**, your new coverage will start on **January 1, 2020**.

## **Additional Resources**

- This document is available for free in Spanish.
- Please contact our Member Services number at 1-800-224-2273 for additional information. (TTY users should call 711.) Hours are 8:00 a.m. – 8:00 p.m., seven days a week.
- Member Services has free language interpreter services available for non-English speakers. Please contact our Member Services number at 1-800-224-2273 for additional information. (TTY users should call 711.) Hours are 8:00 a.m. – 8:00 p.m., seven days a week. We can also provide information in a way that works for you (information in large print or other alternate formats).
- **Coverage under this Plan qualifies as Qualifying Health Coverage (QHC)** and satisfies the Patient Protection and Affordable Care Act's (ACA) individual shared responsibility requirement. Please visit the Internal Revenue Service (IRS) website at <https://www.irs.gov/Affordable-Care-Act/Individuals-and-Families> for more information.

## **About ConnectiCare Flex Plan 3**

- ConnectiCare, Inc. is an HMO/HMO-POS plan with a Medicare contract. Enrollment in ConnectiCare depends on contract renewal.
- When this booklet says “we,” “us,” or “our,” it means ConnectiCare, Inc. When it says “plan” or “our plan,” it means ConnectiCare Flex Plan 3.

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## Summary of Important Costs for 2020

The table below compares the 2019 costs and 2020 costs for ConnectiCare Flex Plan 3 in several important areas. **Please note this is only a summary of changes.** A copy of the *Evidence of Coverage* is located on our website at [www.connecticare.com/medicare](http://www.connecticare.com/medicare). You may also call Member Services to ask us to mail you an *Evidence of Coverage*.

Cost	2019 (this year)	2020 (next year)
<b>Monthly plan premium*</b> * Your premium may be higher or lower than this amount. See Section 1.1 for details.	\$66	\$69
<b>Maximum out-of-pocket amount</b> This is the <u>most</u> you will pay out-of-pocket for your covered Part A and Part B services. (See Section 1.2 for details.)	<b>\$6,700</b> (in-network services)  <b>\$10,000</b> (out-of-network services)	<b>\$5,500</b> (in-network services)  <b>\$10,000</b> (out-of-network services)

Cost	2019 (this year)	2020 (next year)
<p><b>Doctor office visits</b></p>	<p><b><u>Primary care visits:</u></b>  <u>In-Network:</u>  <b>\$0</b> copay with a Sanitas primary care provider, per visit.</p> <p><b>\$20</b> copay with other primary care providers in-network, per visit.</p> <p><u>Out-of-Network:</u>  <b>50%</b> coinsurance with primary care providers, per visit.</p> <p><b><u>Specialist visits:</u></b>  <u>In-Network:</u>  <b>\$50</b> copay per visit.</p> <p><u>Out-of-Network</u>  <b>50%</b> coinsurance per visit.</p>	<p><b><u>Primary care visits:</u></b>  <u>In-Network:</u>  <b>\$0</b> copay with a Sanitas primary care provider, per visit.</p> <p><b>\$5</b> copay with other primary care providers in-network, per visit.</p> <p><u>Out-of-Network:</u>  <b>50%</b> coinsurance with primary care providers, per visit.</p> <p><b><u>Specialist visits:</u></b>  <u>In-Network:</u>  <b>\$50</b> copay per visit.</p> <p><u>Out-of-Network</u>  <b>50%</b> coinsurance per visit.</p>
<p><b>Inpatient hospital stays</b>  Includes inpatient acute, inpatient rehabilitation, long-term care hospitals and other types of inpatient hospital services. Inpatient hospital care starts the day you are formally admitted to the hospital with a doctor's order. The day before you are discharged is your last inpatient day.</p>	<p><b><u>In-Network:</u></b>  You pay a <b>\$465</b> copay for each Medicare-covered day for days 1-4; <b>\$0</b> copay for days 5-90; for each inpatient stay.</p> <p><b><u>Out-of-Network:</u></b>  You pay <b>50%</b> of the total cost for each Medicare-covered inpatient stay.</p> <p>Prior authorization is required.</p>	<p><b><u>In-Network:</u></b>  You pay a <b>\$465</b> copay for each Medicare-covered day for days 1-4; <b>\$0</b> copay for each additional day; for each inpatient stay.</p> <p><b><u>Out-of-Network:</u></b>  You pay <b>50%</b> of the total cost for each Medicare-covered inpatient stay.</p> <p>Prior authorization is required.</p>

Cost	2019 (this year)	2020 (next year)
<p><b>Part D prescription drug coverage</b> (See Section 1.6 for details.)</p>	<p>Deductible: <b>\$300</b></p> <p>Copayment/Coinsurance as applicable during the Initial Coverage Stage:</p> <ul style="list-style-type: none"> <li>• <b>Drug Tier 1:</b> <i>Standard Network Pharmacies: \$9 copayment</i> <i>Preferred Network Pharmacies: \$2 copayment</i></li> <li>• <b>Drug Tier 2:</b> <i>Standard Network Pharmacies: \$20 copayment</i> <i>Preferred Network Pharmacies: \$10 copayment</i></li> <li>• <b>Drug Tier 3:</b> <i>Standard Network Pharmacies: \$47 copayment</i> <i>Preferred Network Pharmacies: \$42 copayment</i></li> <li>• <b>Drug Tier 4:</b> <i>Standard Network Pharmacies: \$100 copayment</i> <i>Preferred Network Pharmacies: \$95 copayment</i></li> <li>• <b>Drug Tier 5:</b> <i>Standard Network Pharmacies: 27% coinsurance</i> <i>Preferred Network Pharmacies: 27% coinsurance</i></li> </ul>	<p>Deductible: <b>\$300</b></p> <p>Copayment/Coinsurance as applicable during the Initial Coverage Stage:</p> <ul style="list-style-type: none"> <li>• <b>Drug Tier 1:</b> <i>Standard Network Pharmacies: \$9 copayment</i> <i>Preferred Network Pharmacies: \$2 copayment</i></li> <li>• <b>Drug Tier 2:</b> <i>Standard Network Pharmacies: \$20 copayment</i> <i>Preferred Network Pharmacies: \$10 copayment</i></li> <li>• <b>Drug Tier 3:</b> <i>Standard Network Pharmacies: \$47 copayment</i> <i>Preferred Network Pharmacies: \$42 copayment</i></li> <li>• <b>Drug Tier 4:</b> <i>Standard Network Pharmacies: \$100 copayment</i> <i>Preferred Network Pharmacies: \$95 copayment</i></li> <li>• <b>Drug Tier 5:</b> <i>Standard Network Pharmacies: 27% coinsurance</i> <i>Preferred Network Pharmacies: 27% coinsurance</i></li> </ul>

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## SECTION 1 Changes to Benefits and Costs for Next Year

### Section 1.1 – Changes to the Monthly Premium

Cost	2019 (this year)	2020 (next year)
<b>Monthly premium</b> (You must also continue to pay your Medicare Part B premium.)	\$66	\$69
<b>Optional Supplemental Dental</b>	\$34	\$29

- Your monthly plan premium will be *more* if you are required to pay a lifetime Part D late enrollment penalty for going without other drug coverage that is at least as good as Medicare drug coverage (also referred to as “creditable coverage”) for 63 days or more.
- If you have a higher income, you may have to pay an additional amount each month directly to the government for your Medicare prescription drug coverage.
- Your monthly premium will be *less* if you are receiving “Extra Help” with your prescription drug costs.



## Section 1.2 – Changes to Your Maximum Out-of-Pocket Amount

To protect you, Medicare requires all health plans to limit how much you pay “out-of-pocket” during the year. This limit is called the “maximum out-of-pocket.” Once you reach this amount, you generally pay nothing for covered Part A and Part B services for the rest of the year.

Cost	2019 (this year)	2020 (next year)
<b>Maximum out-of-pocket amount</b>	<b>\$6,700</b>	<b>\$5,500</b>
Your costs for covered medical services (such as copays) count toward your maximum out-of-pocket amount. Your plan premium and your costs for prescription drugs do not count toward your maximum out-of-pocket amount.	(in-network services)	(in-network services)
	<b>\$10,000</b>	<b>\$10,000</b>
	(out-of-network services)	(out-of-network services)
		Once you have paid <b>\$5,500</b> out-of-pocket for covered in-network Part A and Part B services and <b>\$10,000</b> out-of-pocket for covered out-of-network Part A and B services, you will pay nothing for your covered Part A and Part B services for the rest of the calendar year.

## Section 1.3 – Changes to the Provider Network

There are changes to our network of providers for next year. An updated Provider and Pharmacy Directory is located on our website at [www.connecticare.com/medicare](http://www.connecticare.com/medicare). You may also call Member Services for updated provider information or to ask us to mail you a Provider and Pharmacy Directory. **Please review the 2020 Provider and Pharmacy Directory to see if your providers (primary care provider, specialists, hospitals, etc.) are in our network.**

It is important that you know that we may make changes to the hospitals, doctors and specialists (providers) that are part of your plan during the year. There are a number of reasons why your provider might leave your plan, but if your doctor or specialist does leave your plan you have certain rights and protections summarized below:

- Even though our network of providers may change during the year, we must furnish you with uninterrupted access to qualified doctors and specialists.

- We will make a good faith effort to provide you with at least 30 days' notice that your provider is leaving our plan so that you have time to select a new provider.
- We will assist you in selecting a new qualified provider to continue managing your health care needs.
- If you are undergoing medical treatment you have the right to request, and we will work with you to ensure, that the medically necessary treatment you are receiving is not interrupted.
- If you believe we have not furnished you with a qualified provider to replace your previous provider or that your care is not being appropriately managed, you have the right to file an appeal of our decision.
- If you find out your doctor or specialist is leaving your plan, please contact us so we can assist you in finding a new provider and managing your care.

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## Section 1.4 – Changes to the Pharmacy Network

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Amounts you pay for your prescription drugs may depend on which pharmacy you use. Medicare drug plans have a network of pharmacies. In most cases, your prescriptions are covered *only* if they are filled at one of our network pharmacies. Our network includes pharmacies with preferred cost-sharing, which may offer you lower cost-sharing than the standard cost-sharing offered by other network pharmacies for some drugs.

There are changes to our network of pharmacies for next year. An updated Provider and Pharmacy Directory is located on our website at [www.connecticare.com/medicare](http://www.connecticare.com/medicare). You may also call Member Services for updated provider information or to ask us to mail you a Provider and Pharmacy Directory. **Please review the 2020 Provider and Pharmacy Directory to see which pharmacies are in our network.**

## Section 1.5 – Changes to Benefits and Costs for Medical Services

We are changing our coverage for certain medical services next year. The information below describes these changes. For details about the coverage and costs for these services, see Chapter 4, *Medical Benefits Chart (what is covered and what you pay)*, in your *2020 Evidence of Coverage*.

Cost	2019 (this year)	2020 (next year)
<b>Ambulance Services</b>	<p><b><u>In-Network:</u></b> You pay a <b>\$325</b> copay for each Medicare-covered one-way ambulance trip.</p> <p><b><u>Out-of-Network:</u></b> You pay a <b>\$325</b> copay for each Medicare-covered one-way ambulance trip.</p> <p>Prior authorization is required for Medicare-covered non-emergency services.</p>	<p><b><u>In-Network:</u></b> You pay a <b>\$325</b> copay for each Medicare-covered one-way <b>ground</b> trip.</p> <p>You pay <b>20%</b> of the total cost for each Medicare-covered one-way <b>air</b> ambulance trip.</p> <p><b><u>Out-of-Network:</u></b> You pay a <b>\$325</b> copay for each Medicare-covered one-way <b>ground</b> trip.</p> <p>You pay <b>20%</b> of the total cost for each Medicare-covered one-way <b>air</b> ambulance trip.</p> <p>Prior authorization is required for Medicare-covered non-emergency services.</p>

Cost	2019 (this year)	2020 (next year)
<b>Cardiac Rehabilitation Services</b>	<p><b><u>In-Network:</u></b> You pay a <b>\$50</b> copay for Medicare-covered cardiac rehabilitation services.</p> <p>You pay a <b>\$50</b> copay for Medicare-covered intensive cardiac rehabilitation services.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered cardiac rehabilitation services.</p> <p>You pay <b>50%</b> of the total cost for Medicare-covered intensive cardiac rehabilitation services.</p>	<p><b><u>In-Network:</u></b> You pay a <b>\$50</b> copay for Medicare-covered cardiac rehabilitation services.</p> <p>You pay a <b>\$100</b> copay for Medicare-covered <b>intensive</b> cardiac rehabilitation services.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered cardiac rehabilitation services.</p> <p>You pay <b>50%</b> of the total cost for Medicare-covered <b>intensive</b> cardiac rehabilitation services.</p>

Cost	2019 (this year)	2020 (next year)
<b>Dental Services</b>	<p>Preventive and comprehensive dental services are covered as part of Optional Supplemental Dental Services for an additional <b>\$34 monthly premium</b>.</p> <p><b>Preventive Services:</b></p> <p>You pay a <b>\$0</b> copay for:</p> <ul style="list-style-type: none"> <li>• Oral examinations (two every calendar)</li> <li>• Bitewing x-rays (two every calendar)</li> <li>• Prophylaxis/Cleanings (two every calendar)</li> <li>• Panorex x-rays (one series every 3 years)</li> </ul> <p><b>Comprehensive Services:</b></p> <p>You pay <b>20%</b> of the total cost for basic dental services:</p> <ul style="list-style-type: none"> <li>• Restorations</li> </ul> <p>You pay <b>50%</b> of the total cost for major dental services:</p> <ul style="list-style-type: none"> <li>• Endodontics</li> <li>• Periodontics</li> <li>• Prosthodontics</li> <li>• Oral Surgery</li> <li>• Partial Dentures, Full Dentures</li> </ul> <p><b>\$100</b> deductible</p> <p><b>\$1,000</b> annual benefit limit</p>	<p>Preventive dental services <b>are included</b> at no additional monthly premium and comprehensive dental services are covered as part of Optional Supplemental Dental Services for an additional <b>\$29 monthly premium</b>.</p> <p><b>Preventive Services:</b></p> <p>You pay a <b>\$0</b> copay for:</p> <ul style="list-style-type: none"> <li>• Oral examinations (<b>one every 6 months</b>)</li> <li>• Bitewing x-rays (<b>one every 6 months</b>)</li> <li>• Prophylaxis/Cleanings (<b>one every 6 months</b>)</li> <li>• Panorex x-rays (<b>one series every 36 months</b>)</li> </ul> <p><b>Comprehensive Services:</b></p> <p>You <b>pay 20%</b> of the total cost for basic dental services:</p> <ul style="list-style-type: none"> <li>• Restorations</li> </ul> <p>You pay <b>50%</b> for the total cost for major dental services:</p> <ul style="list-style-type: none"> <li>• Endodontics</li> <li>• Periodontics</li> <li>• Prosthodontics</li> <li>• Oral Surgery</li> <li>• Partial Dentures, Full Dentures</li> </ul> <p><b>\$100</b> deductible</p> <p><b>\$2,000</b> annual benefit limit</p>

Cost	2019 (this year)	2020 (next year)
<b>Diagnostic Procedures and Tests</b>	<p><b><u>In-Network:</u></b> You pay <b>20%</b> of the total cost for Medicare-covered diagnostic procedures and tests.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered diagnostic procedures and tests.</p> <p>Prior authorization is required for some services.</p>	<p><b><u>In-Network:</u></b> You pay a <b>\$25</b> copay for Medicare-covered diagnostic procedures and tests.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered diagnostic procedures and tests.</p> <p>Prior authorization is required for some services.</p>
<b>Emergency Care</b>	<p>You pay a <b>\$90</b> copay for emergency care in-network and out-of-network.</p> <p>(You do not pay this amount if you are admitted within <b>24 hours</b> for the same condition.)</p>	<p>You pay a <b>\$90</b> copay for emergency care in-network and out-of-network.</p> <p>(You do not pay this amount if you are admitted <b>within 1 day</b> for the same condition.)</p>
<b>Inpatient Mental Health Care (Psychiatric Facility)</b>	<p><b><u>In-Network:</u></b> You pay a <b>\$400</b> copay for each Medicare-covered day for days 1-4; <b>\$0</b> copay for days 5-90; for each inpatient stay.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for each Medicare-covered inpatient stay.</p> <p>Prior authorization is required.</p>	<p><b><u>In-Network:</u></b> You pay a <b>\$1,763</b> copay for each Medicare-covered inpatient stay.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for each Medicare-covered inpatient stay.</p> <p>Prior authorization is required.</p>

Cost	2019 (this year)	2020 (next year)
<p><b>Medicare Part B Prescription Drugs</b></p>	<p><b><u>In-Network:</u></b> You pay <b>20%</b> of the total cost for Medicare-covered Part B prescription drugs.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered Part B prescription drugs.</p> <p>Part B drugs <b>may be</b> subject to step therapy requirements.</p> <p>Prior authorization is required.</p>	<p><b><u>In-Network:</u></b> You pay <b>10%</b> of the total cost for Medicare-covered Part B drugs <b>in the home</b>.</p> <p>You pay <b>20%</b> of the total cost for Medicare-covered Part B drugs <b>dispensed at a retail pharmacy, mail order pharmacy, physician office, and outpatient facility</b>.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered Part B drugs <b>in the home and dispensed at a retail pharmacy, mail order pharmacy, physician office, and outpatient facility</b>.</p> <p>Part B drugs <b>are not</b> subject to step therapy requirements.</p> <p>Prior authorization is required.</p>

Cost	2019 (this year)	2020 (next year)
<b>Opioid Treatment Program Services</b>	Opioid Treatment Program Services are <b>not</b> covered.	<p>Opioid Treatment Program Services <b>are</b> covered.</p> <p><b><u>In-Network:</u></b> You pay a <b>\$40</b> copay for Medicare-covered opioid treatment program services.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered opioid treatment program services.</p> <p><b>Prior authorization is required.</b></p>
<b>Physician/Practitioner Services, Including Doctor's Office Visits</b>	<p><b><u>In-Network:</u></b> You pay a <b>\$0</b> copay with a Connecticut Sanitas primary care provider per visit.</p> <p>You pay a <b>\$20</b> copay with any other Primary care provider per visit.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for each Medicare-covered primary care office visit.</p>	<p><b><u>In-Network:</u></b> You pay a <b>\$0</b> copay with a Connecticut Sanitas primary care provider per visit.</p> <p>You pay a <b>\$5</b> copay with any other primary care provider per visit.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for each Medicare-covered primary care office visit.</p>



Cost	2019 (this year)	2020 (next year)
<b>Pulmonary Rehabilitation Services</b>	<p><b><u>In-Network:</u></b> You pay a <b>\$50</b> copay for Medicare-covered pulmonary rehabilitation services.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered pulmonary rehabilitation services.</p> <p>Prior authorization is required.</p>	<p><b><u>In-Network:</u></b> You pay a <b>\$30</b> copay for Medicare-covered pulmonary rehabilitation services.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered pulmonary rehabilitation services.</p> <p>Prior authorization is required.</p>
<b>Remote Access Technology</b>	Virtual doctor visits are <b>not</b> covered.	<p>Virtual doctor visits <b>are</b> covered.</p> <p><b><u>In-Network:</u></b> You pay a <b>\$45</b> copay per virtual visit. Use your phone, computer or mobile device to get care from a Teladoc doctor for non-urgent conditions like the flu, bronchitis, allergies, arthritis and others. This service is available 24 hours a day, 7 days a week.</p> <p><b><u>Out-of-Network:</u></b> Not Covered</p>

Cost	2019 (this year)	2020 (next year)
<b>Skilled Nursing Facility (SNF) Care</b>	<p><b><u>In-Network:</u></b> You pay a <b>\$0</b> copay for each day for Medicare-covered day for days 1-20; <b>\$172</b> copay for each day for Medicare-covered days 21-100, for each benefit period.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost per Medicare-covered day for days 1-100, for each benefit period.</p> <p>Prior authorization is required.</p>	<p><b><u>In-Network:</u></b> You pay a <b>\$0</b> copay for each day for Medicare-covered day for days 1-20; <b>\$178</b> copay for each day for Medicare-covered days 21-100, for each benefit period.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost per Medicare-covered day for days 1-100, for each benefit period.</p> <p>Prior authorization is required.</p>
<b>Supervised Exercise Therapy (SET)</b>	<p><b><u>In-Network:</u></b> You pay a <b>\$50</b> copay for each Medicare-covered Supervised Exercise Therapy (SET) session.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for each Medicare-covered Supervised Exercise Therapy (SET) session.</p> <p>Prior authorization is required.</p>	<p><b><u>In-Network:</u></b> You pay a <b>\$30</b> copay for each Medicare-covered Supervised Exercise Therapy (SET) session.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for each Medicare-covered Supervised Exercise Therapy (SET) session.</p> <p>Prior authorization is required.</p>
<b>Urgently Needed Care</b>	<p>You pay a <b>\$50</b> copay for Medicare-covered urgently needed services per visit.</p> <p>(Copay is <b>waived</b> if admitted to the hospital within 24 hours for the same condition.)</p>	<p>You pay a <b>\$50</b> copay for Medicare-covered urgently needed services per visit.</p> <p>(Copay is <b>not waived</b> if admitted to the hospital within 24 hours for the same condition.)</p>

Cost	2019 (this year)	2020 (next year)
<b>Vision Care</b>	<p>Routine eyewear is <b>not</b> covered.</p> <p><b><u>In-Network:</u></b> You pay a <b>\$50</b> copay for the diagnosis and treatment of diseases and injuries of the eye.</p> <p>You pay a <b>\$50</b> copay for non-preventive Medicare-covered Glaucoma tests.</p> <p>You pay a <b>\$0</b> copay for Medicare-covered eyeglasses or contact lenses after cataract surgery. Eyewear must be obtained within 12 months of cataract surgery.</p> <p>You pay a <b>\$50</b> copay for routine eye exam for up to one visit per year.</p> <p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for the diagnosis and treatment of diseases and injuries of the eye.</p> <p>You pay <b>50%</b> of the total cost for non-preventive Medicare-covered Glaucoma tests.</p>	<p>Routine eyewear <b>is</b> covered in-network only. <b>No out-of-network coverage.</b></p> <p><b>\$300</b> allowance for routine eyewear every calendar year.</p> <p><b><u>In-Network:</u></b> You pay a <b>\$50</b> copay for the diagnosis and treatment of diseases and injuries of the eye.</p> <p>You pay a <b>\$50</b> copay for non-preventive Medicare-covered Glaucoma tests.</p> <p>You pay a <b>\$0</b> copay for Medicare-covered eyeglasses or contact lenses after cataract surgery. Eyewear must be obtained within 12 months of cataract surgery.</p> <p>You pay a <b>\$50</b> copay for routine eye exam for up to one visit per year</p> <p><b><u>Out-of-Network:</u></b> Vision care obtained out-of-network <b>is not</b> covered.</p>

(continued on next page)

Cost	2019 (this year)	2020 (next year)
<b>Vision Care (continued)</b>	<p><b><u>Out-of-Network:</u></b> You pay <b>50%</b> of the total cost for Medicare-covered eyeglasses or contact lenses after cataract surgery. (Eyewear must be obtained within 12 months of cataract surgery.)</p> <p>You pay <b>50%</b> of the total cost for routine eye exams for up to one visit per year.</p>	<p><b><u>Out-of-Network:</u></b> Vision care obtained out-of-network <b>is not</b> covered.</p>
<b>Worldwide Emergent/Urgently Needed Care</b>	<p>You pay a <b>\$90</b> copay for worldwide emergent/urgent care services.</p> <p>(You do not pay this amount if you are admitted within 24 hours for the same condition.)</p>	<p>You pay a <b>\$90</b> copay for worldwide emergent/urgent care services.</p> <p>(You do not pay this amount if you are admitted <b>within 1 day</b> for the same condition.)</p>

## Section 1.6 – Changes to Part D Prescription Drug Coverage

### Changes to Our Drug List

Our list of covered drugs is called a Formulary or “Drug List.” A copy of our Drug List is provided electronically.

We made changes to our Drug List, including changes to the drugs we cover and changes to the restrictions that apply to our coverage for certain drugs. **Review the Drug List to make sure your drugs will be covered next year and to see if there will be any restrictions.**

If you are affected by a change in drug coverage, you can:

- **Work with your doctor (or other prescriber) and ask the plan to make an exception** to cover the drug.
  - To learn what you must do to ask for an exception, see Chapter 9 of your *Evidence of Coverage (What to do if you have a problem or complaint (coverage decisions, appeals, complaints))* or call Member Services.

- **Work with your doctor (or other prescriber) to find a different drug** that we cover. You can call Member Services to ask for a list of covered drugs that treat the same medical condition.

In some situations, we are required to cover a temporary supply of a non-formulary drug in the first 90 days of the plan year or the first 90 days of membership to avoid a gap in therapy.

If you have a current formulary exception for 2019, you need to submit a new request for an exception for 2020. You may submit your request for a formulary exception for 2020 in advance of 2020, and if approved, your formulary exception will be effective in 2020.

Most of the changes in the Drug List are new for the beginning of each year. However, during the year, we might make other changes that are allowed by Medicare rules.

When we make these changes to the Drug List during the year, you can still work with your doctor (or other prescriber) and ask us to make an exception to cover the drug. We will also continue to update our online Drug List as scheduled and provide other required information to reflect drug changes. (To learn more about changes we may make to the Drug List, see Chapter 5, Section 6 of the Evidence of Coverage.)

### Changes to Prescription Drug Costs

*Note:* If you are in a program that helps pay for your drugs (“Extra Help”), **the information about costs for Part D prescription drugs may not apply to you.** We sent you a separate insert, called the “Evidence of Coverage Rider for People Who Get Extra Help Paying for Prescription Drugs” (also called the “Low Income Subsidy Rider” or the “LIS Rider”), which tells you about your drug costs. If you receive “Extra Help” and haven’t received this insert by September 30, 2019, please call Member Services and ask for the “LIS Rider.” Phone numbers for Member Services are in Section 7.1 of this booklet.

There are four “drug payment stages.” How much you pay for a Part D drug depends on which drug payment stage you are in. (You can look in Chapter 6, Section 2 of your *Evidence of Coverage* for more information about the stages.)

The information below shows the changes for next year to the first two stages – the Yearly Deductible Stage and the Initial Coverage Stage. (Most members do not reach the other two stages – the Coverage Gap Stage or the Catastrophic Coverage Stage. To get information about your costs in these stages, look at Chapter 6, Sections 6 and 7, in the *Evidence of Coverage*, which is located on our website at [www.connecticare.com/medicare](http://www.connecticare.com/medicare). You may also call Member Services to ask us to mail you an *Evidence of Coverage*.)

## Changes to the Deductible Stage

Stage	2019 (this year)	2020 (next year)
<p><b>Stage 1: Yearly Deductible Stage</b></p> <p>During this stage, <b>you pay the full cost</b> of your Tier 3 (Preferred Brand Drugs), Tier 4 (Non-Preferred Drugs), and Tier 5 (Specialty Drugs) drugs until you have reached the yearly deductible.</p>	<p>The deductible is <b>\$300</b>.</p> <p>During this stage, you pay <b>\$9</b> standard cost-sharing and <b>\$2</b> preferred cost-sharing for drugs on Tier 1 (Preferred Generic Drugs);</p> <p><b>\$20</b> standard cost-sharing and <b>\$10</b> preferred cost-sharing for drugs on Tier 2 (Generic Drugs);</p> <p>and the full cost of drugs on Tier 3 (Preferred Brand Drugs), Tier 4 (Non-Preferred Drugs), and Tier 5 (Specialty Drugs) until you have reached the yearly deductible.</p>	<p>The deductible is <b>\$300</b>.</p> <p>During this stage, you pay <b>\$9</b> standard cost-sharing and <b>\$2</b> preferred cost-sharing for drugs on Tier 1 (Preferred Generic Drugs);</p> <p><b>\$20</b> standard cost-sharing and <b>\$10</b> preferred cost-sharing for drugs on Tier 2 (Generic Drugs);</p> <p>and the full cost of drugs on Tier 3 (Preferred Brand Drugs), Tier 4 (Non-Preferred Drugs), and Tier 5 (Specialty Drugs) until you have reached the yearly deductible.</p>

## Changes to Your Cost-sharing in the Initial Coverage Stage

To learn how copayments and coinsurance work, look at Chapter 6, Section 1.2, *Types of out-of-pocket costs you may pay for covered drugs* in your *Evidence of Coverage*.

Stage	2019 (this year)	2020 (next year)
<p><b>Stage 2: Initial Coverage Stage</b></p> <p>Once you pay the yearly deductible, you move to the Initial Coverage Stage. During this stage, the plan pays its share of the cost of your drugs and <b>you pay your share of the cost.</b></p> <p>The costs in this row are for a one-month (30-day) supply when you fill your prescription at a network pharmacy.</p> <p>For information about the costs for a long-term supply or for mail-order prescriptions, look in Chapter 6, Section 5 of your <i>Evidence of Coverage</i>.</p> <p>We changed the tier for some of the drugs on our Drug List. To see if your drugs will be in a different tier, look them up on the Drug List.</p>	<p>Your cost for a one-month supply at a network pharmacy:</p> <p><b>Tier 1 (Preferred Generic)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>\$9</b> per prescription.  <i>Preferred Cost-Sharing:</i>  You pay <b>\$2</b> per prescription.</p> <p><b>Tier 2 (Generic)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>\$20</b> per prescription.  <i>Preferred Cost-Sharing:</i>  You pay <b>\$10</b> per prescription.</p> <p><b>Tier 3 (Preferred Brand)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>\$47</b> per prescription.  <i>Preferred Cost-Sharing:</i>  You pay <b>\$42</b> per prescription.</p> <p><b>Tier 4 (Non-Preferred)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>\$100</b> per prescription.  <i>Preferred Cost-Sharing:</i>  You pay <b>\$95</b> per prescription.</p> <p><b>Tier 5 (Specialty)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>27%</b> of the total cost.  <i>Preferred Cost-Sharing:</i>  You pay <b>27%</b> of the total cost.</p> <hr/> <p>Once your total drug costs have reached <b>\$3,820</b>, you will move to the next stage (the Coverage Gap Stage).</p>	<p>Your cost for a one-month supply at a network pharmacy:</p> <p><b>Tier 1 (Preferred Generic)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>\$9</b> per prescription.  <i>Preferred Cost-Sharing:</i>  You pay <b>\$2</b> per prescription.</p> <p><b>Tier 2 (Generic)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>\$20</b> per prescription.  <i>Preferred Cost-Sharing:</i>  You pay <b>\$10</b> per prescription.</p> <p><b>Tier 3 (Preferred Brand)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>\$47</b> per prescription.  <i>Preferred Cost-Sharing:</i>  You pay <b>\$42</b> per prescription.</p> <p><b>Tier 4 (Non-Preferred)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>\$100</b> per prescription.  <i>Preferred Cost-Sharing:</i>  You pay <b>\$95</b> per prescription.</p> <p><b>Tier 5 (Specialty)</b>  <i>Standard Cost-Sharing:</i>  You pay <b>27%</b> of the total cost.  <i>Preferred Cost-Sharing:</i>  You pay <b>27%</b> of the total cost.</p> <hr/> <p>Once your total drug costs have reached <b>\$4,020</b> you will move to the next stage (the Coverage Gap Stage).</p>

## Changes to the Coverage Gap and Catastrophic Coverage Stages

The other two drug coverage stages – the Coverage Gap Stage and the Catastrophic Coverage Stage – are for people with high drug costs. **Most members do not reach the Coverage Gap Stage or the Catastrophic Coverage Stage.** For information about your costs in these stages, look at Chapter 6, Sections 6 and 7, in your *Evidence of Coverage*.

## SECTION 2 Administrative Changes

Process	2019 (this year)	2020 (next year)
<b>Regional Network</b>	You have access to all providers in the ConnectiCare Choice Network.	You have access to providers in the ConnectiCare Choice Network and can now get most services from providers in the EmblemHealth VIP Prime Network in New York too. For more information on services you can get from VIP Prime providers, please visit <a href="http://www.connecticare.com/medicare">www.connecticare.com/medicare</a> .
<b>Vision Care</b>	All vision services must be obtained through a ConnectiCare Choice network provider.	<p><b>Routine eye exams and routine eyewear</b> must be obtained through an EyeMed<sup>®</sup> Insight network provider. Please visit <a href="http://www.eyemedvisioncare.com">www.eyemedvisioncare.com</a> to find an EyeMed<sup>®</sup> network provider.</p> <p><b>Medicare-covered diagnostic eye exams and eyewear after cataract surgery</b> must be obtained through a ConnectiCare Choice network provider. Please visit <a href="http://www.connecticare.com/medicare">www.connecticare.com/medicare</a> for more information.</p>



Process	2019 (this year)	2020 (next year)
<b>Enrolling in Optional Supplemental Benefits</b>	You can enroll in optional supplemental benefits during the Annual Election Period (AEP) or a Special Enrollment Period (SEP).	Enrollment in optional supplemental benefits is available outside of the Annual Election Period (AEP) or a Special Enrollment Period (SEP).
<b>Compound Drugs</b>	Compound medications will be covered if <b>one</b> ingredient is an approved formulary/Medicare Part D drug.  Prior authorization required for some drugs.	Compound medications will be covered only if <b>all</b> ingredients are approved formulary/ Medicare Part D drugs.  Prior authorization required for some drugs.
<b>Part D Formulary Exception Tier</b>  (If your exception request for a non-formulary drug is approved, you will pay cost-sharing for drugs in this tier).	<b>Tier 4</b>	<b>Tier 5</b>

## SECTION 3 Deciding Which Plan to Choose

### Section 3.1 – If you want to stay in ConnectiCare Flex Plan 3

**To stay in our plan you don't need to do anything.** If you do not sign up for a different plan or change to Original Medicare by December 7, you will automatically stay enrolled as a member of our plan for 2020.

### Section 3.2 – If you want to change plans

We hope to keep you as a member next year but if you want to change for 2020 follow these steps:

### Step 1: Learn about and compare your choices

- You can join a different Medicare health plan timely,
- *OR--* You can change to Original Medicare. If you change to Original Medicare, you will need to decide whether to join a Medicare drug plan. If you do not enroll in a Medicare drug plan, please see Section 1.1 regarding a potential Part D late enrollment penalty.

To learn more about Original Medicare and the different types of Medicare plans, read *Medicare & You 2020*, call your State Health Insurance Assistance Program (see Section 5), or call Medicare (see Section 7.2).

You can also find information about plans in your area by using the Medicare Plan Finder on the Medicare website. Go to <https://www.medicare.gov> and click “Find health & drug plans.” **Here, you can find information about costs, coverage, and quality ratings for Medicare plans.**

As a reminder, ConnectiCare, Inc. offers other Medicare health plans. These other plans may differ in coverage, monthly premiums, and cost-sharing amounts.

### Step 2: Change your coverage

- To change to a **different Medicare health plan**, enroll in the new plan. You will automatically be disenrolled from ConnectiCare Flex Plan 3.
- To **change to Original Medicare with a prescription drug plan**, enroll in the new drug plan. You will automatically be disenrolled from ConnectiCare Flex Plan 3.
- To **change to Original Medicare without a prescription drug plan**, you must either:
  - Send us a written request to disenroll. Contact Member Services if you need more information on how to do this (phone numbers are in Section 7.1 of this booklet).
  - – *or* – Contact **Medicare**, at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week, and ask to be disenrolled. TTY users should call 1-877-486-2048.

## SECTION 4 Deadline for Changing Plans

If you want to change to a different plan or to Original Medicare for next year, you can do it from **October 15 until December 7**. The change will take effect on January 1, 2020.

### Are there other times of the year to make a change?

In certain situations, changes are also allowed at other times of the year. For example, people with Medicaid, those who get “Extra Help” paying for their drugs, those who have or are leaving employer coverage, and those who move out of the service area may be allowed to make a change at other times of the year. For more information, see Chapter 10, Section 2.3 of the *Evidence of Coverage*.

If you enrolled in a Medicare Advantage plan for January 1, 2020, and don’t like your plan choice, you can switch to another Medicare health plan (either with or without Medicare

prescription drug coverage) or switch to Original Medicare (either with or without Medicare prescription drug coverage) between January 1 and March 31, 2020. For more information, see Chapter 10, Section 2.2 of the *Evidence of Coverage*.

## SECTION 5 Programs That Offer Free Counseling about Medicare

The State Health Insurance Assistance Program (SHIP) is a government program with trained counselors in every state. In Connecticut, the SHIP is called CHOICES (Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening).

CHOICES is independent (not connected with any insurance company or health plan). It is a state program that gets money from the Federal government to give **free** local health insurance counseling to people with Medicare. CHOICES counselors can help you with your Medicare questions or problems. They can help you understand your Medicare plan choices and answer questions about switching plans. You can call CHOICES at 1-800-994-9422. You can learn more about CHOICES by visiting their website ([www.ct.gov/agingservices](http://www.ct.gov/agingservices)).

## SECTION 6 Programs That Help Pay for Prescription Drugs

You may qualify for help paying for prescription drugs.

- **“Extra Help” from Medicare.** People with limited incomes may qualify for “Extra Help” to pay for their prescription drug costs. If you qualify, Medicare could pay up to 75% or more of your drug costs including monthly prescription drug premiums, annual deductibles, and coinsurance. Additionally, those who qualify will not have a coverage gap or late enrollment penalty. Many people are eligible and don't even know it. To see if you qualify, call:
  - 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048, 24 hours a day/7 days a week;
  - The Social Security Office at 1-800-772-1213 between 7 am and 7 pm, Monday through Friday. TTY users should call, 1-800-325-0778 (applications); or
  - Your State Medicaid Office (applications).
- **Prescription Cost-sharing Assistance for Persons with HIV/AIDS.** The AIDS Drug Assistance Program (ADAP) helps ensure that ADAP-eligible individuals living with HIV/AIDS have access to life-saving HIV medications. Individuals must meet certain criteria, including proof of State residence and HIV status, low income as defined by the State, and uninsured/under-insured status. Medicare Part D prescription drugs that are also covered by ADAP qualify for prescription cost-sharing assistance through the Connecticut AIDS Drug Assistance Program (CADAP). For information on eligibility criteria, covered drugs, or how to enroll in the program, please call CADAP at 1-800-424-3310.

## SECTION 7 Questions?

### Section 7.1 – Getting Help from ConnectiCare Flex Plan 3

Questions? We're here to help. Please call Member Services at 1-800-224-2273 (TTY only, call 711). We are available for phone calls 8:00 a.m. - 8:00 p.m., seven days a week. Calls to these numbers are free.

#### **Read your 2020 *Evidence of Coverage* (it has details about next year's benefits and costs)**

This *Annual Notice of Changes* gives you a summary of changes in your benefits and costs for 2020. For details, look in the 2020 *Evidence of Coverage* for ConnectiCare Flex Plan 3. The *Evidence of Coverage* is the legal, detailed description of your plan benefits. It explains your rights and the rules you need to follow to get covered services and prescription drugs. A copy of the *Evidence of Coverage* is located on our website at [www.connecticare.com/medicare](http://www.connecticare.com/medicare). You may also call Member Services to ask us to mail you an *Evidence of Coverage*.

#### **Visit our Website**

You can also visit our website at [www.connecticare.com/medicare](http://www.connecticare.com/medicare). As a reminder, our website has the most up-to-date information about our provider network (Provider and Pharmacy Directory) and our list of covered drugs (Formulary/Drug List).

### Section 7.2 – Getting Help from Medicare

To get information directly from Medicare:

#### **Call 1-800-MEDICARE (1-800-633-4227)**

You can call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

#### **Visit the Medicare Website**

You can visit the Medicare website (<https://www.medicare.gov>). It has information about cost, coverage, and quality ratings to help you compare Medicare health plans. You can find information about plans available in your area by using the Medicare Plan Finder on the Medicare website. (To view the information about plans, go to <https://www.medicare.gov> and click on "Find health & drug plans").

#### **Read *Medicare & You 2020***

You can read the *Medicare & You 2020* Handbook. Every year in the fall, this booklet is mailed to people with Medicare. It has a summary of Medicare benefits, rights and protections, and

answers to the most frequently asked questions about Medicare. If you don't have a copy of this booklet, you can get it at the Medicare website (<https://www.medicare.gov>) or by calling 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.