

# Extra Benefits

As a member of Health Net Healthy Heart (HMO), you get all of these extra benefits included with your plan. Most of these benefits are not covered by Original Medicare and not always offered by other health plans.

Take a look at the next few pages to see what Health Net Healthy Heart (HMO) has to offer!

You can also contact us or our partners with questions or for more information about these services.



See your Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.

## **Keep smiling! Dental benefits made easy!**

This Health Net Healthy Heart (HMO) plan offers coverage for hundreds of dental procedures, including many preventive and comprehensive procedures at low or no copayment. With access to care through a large dental network, this plan offers affordable, flexible, quality dental coverage.

As a member of Health Net Healthy Heart (HMO), you will enjoy benefits like:

### **Convenient services**

- Access plan information online
- Local professional care

### **Budget-friendly costs**

With your Health Net Healthy Heart (HMO) dental benefit there are no surprises. You'll know your copayments, and your out-of-pocket costs are clearly defined before any treatment begins.

#### **Preventive Services:**

- Oral exams: \$0 copay
- Cleanings: \$0 copay
- Fluoride Treatment: \$0 copay
- X-rays: \$0 copay

#### **Comprehensive Services:**

- Non-routine services: \$0 copay
- Diagnostic services: \$0 - \$15 copay
- Restorative services: \$0 - \$300 copay
- Endodontic: \$5-\$275 copay
- Periodontics: \$0-\$375 copay
- Extractions: \$15-\$150 copay
- Prosthodontics: \$0-\$2,250 copay

You can call for a full list of covered benefits.

Find out more information by calling 1-866-249-2382 (TTY: 711) 7:00 a.m.–10:00 p.m. Central Time, Monday–Friday, or visit [yourdentalplan.com/healthnet](http://yourdentalplan.com/healthnet).

# » Hearing Care Solutions Program

## Did you know you have access to hearing coverage too?

As a Health Net Healthy Heart (HMO) member you will receive the following benefits:

- Routine hearing exam at No Charge
- Hearing aid evaluation at No Charge
- A wide selection of fully digital instruments

Hearing aids (all sizes and styles) – Limited to 2 hearing aids total (1 per ear, per calendar year).

Technology Level 1 You pay a \$0 copay per hearing aid	<ul style="list-style-type: none"> <li>• Up to 12 channels</li> <li>• Up to 3 programs</li> <li>• Good for viewing television</li> </ul>	<ul style="list-style-type: none"> <li>• Basic technology to improve hearing in quiet environments with minimal noise</li> <li>• Good for one on one conversations</li> </ul>
Technology Level 2 You pay a \$700 copay per hearing aid	<ul style="list-style-type: none"> <li>• Up to 16 channels</li> <li>• Up to 4 programs</li> </ul>	<ul style="list-style-type: none"> <li>• Good technology for speech understanding in low noise environments</li> <li>• Good sound quality</li> </ul>
Technology Level 3 You pay a \$1,125 copay per hearing aid	<ul style="list-style-type: none"> <li>• Up to 48 channels</li> <li>• Up to 6 programs</li> <li>• Automatic function</li> <li>• Rechargeable with charger included*</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced technology for speech understanding in many environments</li> <li>• Direct connectivity to iPhone*</li> <li>• Advanced sound quality</li> </ul>
Technology Level 4 You pay a \$1,580 copay per hearing aid	<ul style="list-style-type: none"> <li>• Up to 48 channels</li> <li>• Up to 6 programs</li> <li>• Automatic function</li> <li>• Rechargeable with charger included*</li> </ul>	<ul style="list-style-type: none"> <li>• Premium technology for speech understanding in many environments</li> <li>• Direct connectivity to iPhone*</li> <li>• Premium sound quality</li> </ul>

\* Certain features may only be available on some models

Call to schedule your hearing exam! 1-866-344-7756 (TTY: 711) 6:00 a.m.–6:00 p.m. Mountain Time, Monday–Friday.

# The SILVER&FIT® Exercise & Healthy Aging Program Something For Everyone!™

It's easy to stay fit, have fun and make new friends with Health Net. Learn how Health Net is dedicated to helping you stay healthy by getting started now!

Follow these simple steps:

1. Go to **[www.SilverandFit.com](http://www.SilverandFit.com)**.
2. Register to use the website.
3. Find a participating fitness center or YMCA, or sign up for the Home Fitness program.
4. Take your fitness card to the participating fitness center or YMCA.

If you prefer, you can call toll-free 1-888-797-7757 (TTY: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific Time, excluding holidays, to find a participating fitness center or YMCA near you or to enroll into the Home Fitness program.

All members can get access to:

- Healthy Aging classes 4 times a year (online or by mail)
- The Silver Slate® newsletter 4 times a year (online, by email, or by mail)
- The Silver&Fit Connected!™ tool, a fun and easy way to track your exercise at a fitness center or through a wearable fitness device or app and earn rewards
- Other web tools like a fitness center search and online classes

**Remember:** Check with your physician first before beginning any new exercise programs!

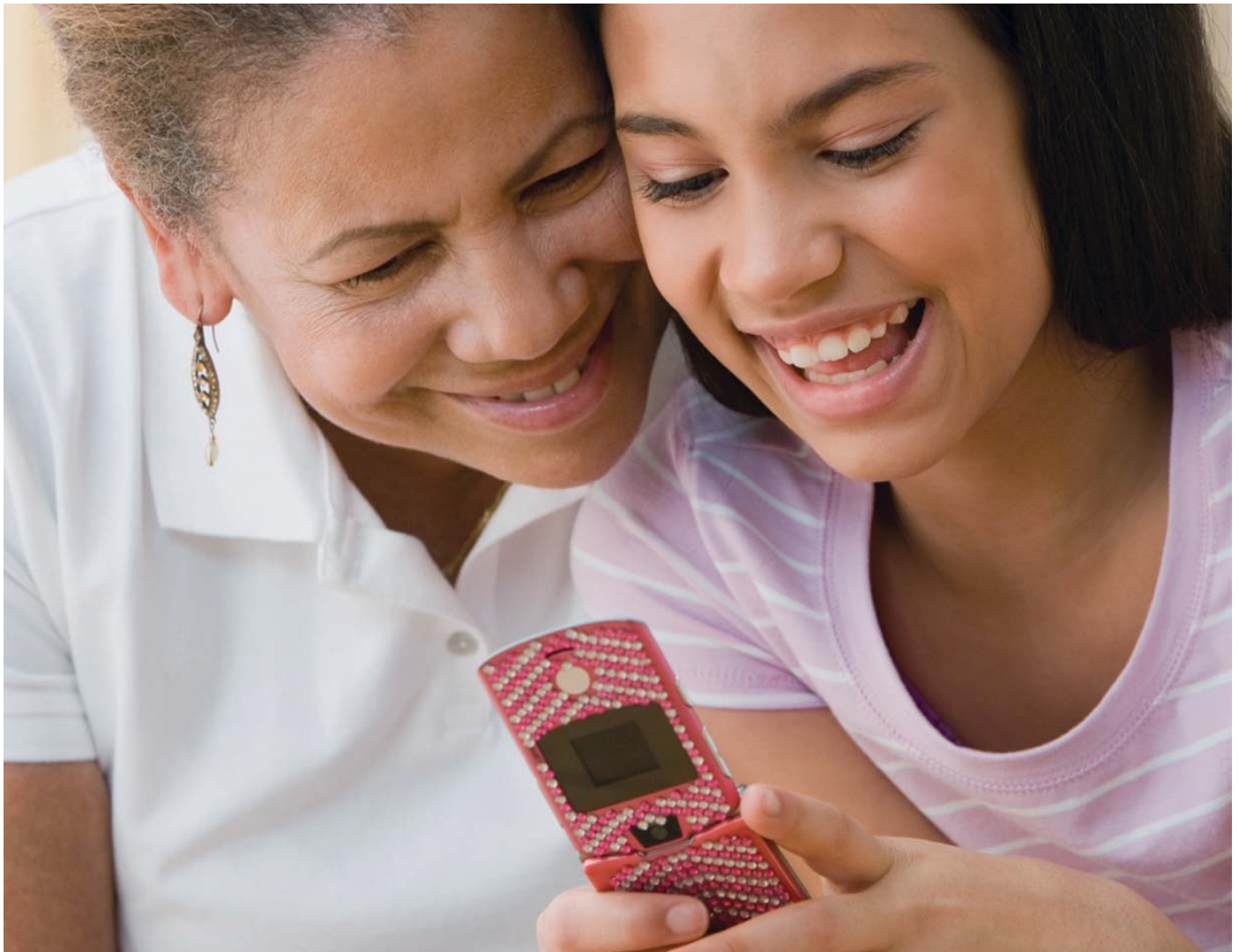
Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit, Silver&Fit Connected! and the Silver Slate are trademarks of ASH and used with permission herein.

**Let our nurses help you when you have questions about health concerns or need health information.**

The nurse advice line is available to any member of Health Net Healthy Heart (HMO). The call is free and easy. A caring nurse will listen to your health problem and can help you decide the following:

- If you need to see a doctor
- If it is safe to wait or if you need care right away
- What to do if your symptoms get worse
- What you can start doing at home to feel better

You can call the nurse advice line 24 hours a day, 365 days a year. Refer to the phone number on your health plan member ID card.





## Vision Services

### Do you need an eye exam?

#### Eye benefits made easy!

Members enrolled in Health Net Healthy Heart (HMO) are entitled to the following:

- One routine (non-Medicare covered) eye exam every year.

### Convenient services

- Access plan information online
- Ability to change your primary care eye doctor by phone or online
- Local professional care

### Budget-friendly costs

With your Health Net Healthy Heart (HMO), there are no surprises. You'll know your copayments, and your out-of-pocket costs are clearly defined before any exam begins.

Find out more information by calling 1-800-275-4737 (TTY: 711)

Hours are from October 1 to March 31, you can call us 7 days a week from 8 a.m. to 8 p.m. From April 1 to September 30, you can call us Monday through Friday from 8 a.m. to 8 p.m. A messaging system is used after hours, weekends, and on federal holidays or visit [visionbenefits.envolvehealth.com](https://visionbenefits.envolvehealth.com).

# Contact Information

## ID Card

Refer to the phone number on your health plan member ID card for the following services listed below:

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24-Hour Nurse Connect

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## Member Services

Contact us at 1-800-275-4737 (TTY: 711) for following services listed below:

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Involve Benefit Options (Vision Services)

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Hours are from October 1 to March 31, you can call us 7 days a week from 8 a.m. to 8 p.m. From April 1 to September 30, you can call us Monday through Friday from 8 a.m. to 8 p.m. A messaging system is used after hours, weekends, and on federal holidays.

## Vendor Information

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Hearing Care Solutions Program

1-866-344-7756 (TTY: 711)

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SILVER&FIT®

1-888-797-7757 (TTY: 711)

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Health Net Dental California

1-866-249-2382 (TTY: 711)

Health Net is contracted with Medicare for HMO plans. Enrollment in Health Net depends on contract renewal.

This information is not a complete description of benefits. Call 1-800-275-4737 (TTY: 711) for more information.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-275-4737 (TTY: 711)

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