

Extra Benefits

As a member of Health Net Seniority Plus Sapphire Premier II (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 Seniority Plus Sapphire Premier II (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.

Dental Services

Keep smiling! Dental benefits made easy!

This Health Net Seniority Plus Sapphire Premier II (HMO) plan offers coverage for hundreds of dental procedures, including many 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 Seniority Plus Sapphire Premier II (HMO), you will enjoy benefits like:

Convenient services

- Access plan information online
- Local professional care

Budget-friendly costs

With your Health Net Seniority Plus Sapphire Premier II (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.

Comprehensive Services:

- Non-routine services: \$0 copay

There is a benefit maximum of \$1,000 each calendar year for comprehensive services. You are responsible for amounts beyond the benefit limit.

You can call for a full list of covered benefits.

Find out more information by calling 1-888-700-3612 (TTY: 1-877-855-8039) 8:00 a.m. to 5:00 p.m. (PST), Monday–Friday or visit www.libertydentalplan.com.

» Hearing Care Solutions Program

Did you know you have access to hearing coverage too?

As a Health Net Seniority Plus Sapphire Premier II (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"> • Up to 12 channels • Up to 3 programs • Good for viewing television 	<ul style="list-style-type: none"> • Basic technology to improve hearing in quiet environments with minimal noise • Good for one on one conversations
Technology Level 2 You pay a \$475 copay per hearing aid	<ul style="list-style-type: none"> • Up to 16 channels • Up to 4 programs 	<ul style="list-style-type: none"> • Good technology for speech understanding in low noise environments • Good sound quality
Technology Level 3 You pay a \$595 copay per hearing aid	<ul style="list-style-type: none"> • Up to 48 channels • Up to 6 programs • Automatic function • Rechargeable with charger included* 	<ul style="list-style-type: none"> • Superior technology for speech understanding in moderate noise environments • Superior sound quality • Direct connectivity to iPhone*
Technology Level 4 You pay a \$800 copay per hearing aid	<ul style="list-style-type: none"> • Up to 48 channels • Up to 6 programs • Automatic function • Rechargeable with charger included* 	<ul style="list-style-type: none"> • Advanced technology for speech understanding in many environments • Direct connectivity to iPhone* • Advanced sound quality
Technology Level 5 You pay a \$1,350 copay per hearing aid	<ul style="list-style-type: none"> • Up to 48 channels • Up to 6 programs • Automatic function • Rechargeable with charger included* 	<ul style="list-style-type: none"> • Premium technology for speech understanding in many environments • Direct connectivity to iPhone* • Premium sound quality

* 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.

Did you know?

- Nutritional risk factors significantly increase the likelihood of hospital readmissions.
- Well-nourished patients are less likely to be readmitted.
- Provided meals are nutrient-dense, meeting or exceeding Dietary Reference Intakes.
- Provided meals are packaged for convenient, safe preparation in conventional ovens and microwaves.

Being enrolled in Health Net Seniority Plus Sapphire Premier II (HMO) allows members to get home-delivered meals for those who need assistance after a recent hospital stay or stay in a nursing facility.

Special meals are also available that meet heart-healthy, diabetic-friendly or low-sodium guidelines. Condition-specific menus created by chefs include:

- Diabetes-friendly
- Lower-sodium
- General wellness
- Heart-friendly
- Pureed
- Renal-friendly
- Vegetarian

How it works

Service includes up to 2 meals per day for 14 day that meet nutritional requirements of major health conditions. High-quality meals designed by dietitians are shipped to the member's home in a temperature-controlled cooler and can be refrigerated up to two weeks or frozen up to three months.

Call 1-800-431-9007 for more information and to determine if you qualify. (TTY users should call 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. You can visit ca.healthnetadvantage.com for additional information.

Over-the-Counter (OTC) Supplemental Benefit

Take Advantage of Over-the-Counter Products per Quarter with NO COST TO YOU.

As a member of Health Net Seniority Plus Sapphire Premier II (HMO), you have an Over the Counter (OTC) benefit. Your plan includes a quarterly allowance of \$55 to buy the OTC medications and products you need to stay healthy.

These are some of the everyday things you can buy below:

- Allergy
- Cold Remedies
- Digestive Health
- Eye Care
- First Aid
- Foot Care
- Home Diagnostics
- Nicotine Replacement
- Oral Care
- Pain Relievers
- Personal Care
- Vitamins/Minerals

There is a limit of fifteen per item, per order, with the exception of blood pressure monitors, which are limited to one per year.

Be sure to use your benefit amounts before the end of quarter.

Easy ordering

Simply log in to your account by visiting HealthNet.otchs.com or call 1-866-528-4679 (TTY: 1-877-672-2688) Monday to Friday, 9:00 a.m. to 8:00 p.m. Eastern Time. Orders will be shipped to your home at no extra charge.

Please allow **7–10** business days for delivery.

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.
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 Standard Time, excluding holiday, 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.

Personal Emergency Response System (PERS)

Medical Alert systems can provide peace of mind if you have a medical emergency.

Once you're a member of Health Net Seniority Plus Sapphire Premier II (HMO), you will have access to a Personal Emergency Response System (PERS) at no additional cost. PERS provides you with an easy way to call for help with the press of a button any time of day or night.

Not an emergency? That is okay, PERS is also available to lend a hand with things like:

- Making doctor's appointments
- Help with finding transportation
- Assistance with medications and much more

Find out more information by calling 1-800-431-9007 (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 ca.healthnetadvantage.com.





Chiropractic and Acupuncture Care

Sometimes natural healthcare practices can be just what you need.

Health Net Seniority Plus Sapphire Premier II (HMO) provides you with chiropractic and acupuncture care from excellent providers at no additional cost.

- Up to 30 routine (non-Medicare covered) chiropractic visits every calendar year. Visit limit combined with acupuncture services.

Call a participating provider to schedule an initial examination

1-800-678-9133 (TTY: 711) Monday–Friday, 5:00 a.m.–8:00 p.m. (Pacific Time), Saturday 12:00 p.m.–8:00 p.m. (Pacific Time). American Specialty Health Plans of California (ASH Plans).



Transportation Services

Need a ride?

Health Net Seniority Plus Sapphire Premier II (HMO) offers enrolled members transportation coverage to the doctor and other medically approved appointments for no additional cost!

Benefits include:

- Curb to curb transportation to plan-approved locations
- Taxi, wheelchair vans and other modes of transportation to meet people's physical needs
- 40 one-way trips are covered to plan-approved locations per calendar year. Mileage limits may apply.

Please make a reservation at least 72 hours in advance by calling 1-877-718-4201 (TTY: 1-866-288-3133) from 8 a.m. – 6 p.m. (local time), Monday – Friday. If a need arises within the 72 hour advanced notice, please call to see if you can be accommodated.





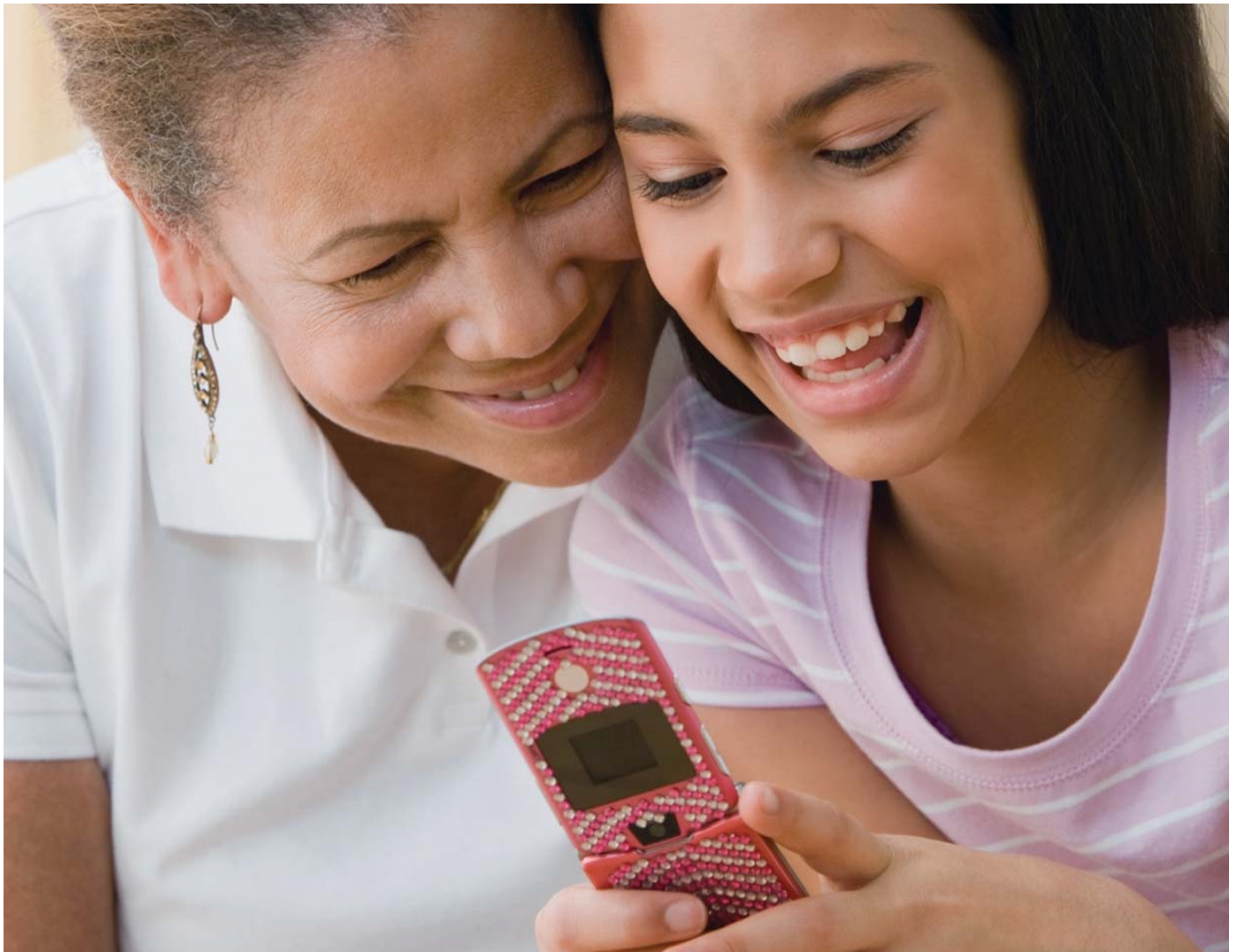
24-Hour Nurse Connect

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 Seniority Plus Sapphire Premier II (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 or eyewear?

Eye benefits made easy!

Members enrolled in Health Net Seniority Plus Sapphire Premier II (HMO) are entitled to the following:

- One routine (non-Medicare covered) eye exam every calendar year.
- There is a benefit maximum limit of \$550 every year for routine eyewear including eyeglass lenses and contact lenses. You are responsible for amounts above the benefit limit.

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 Seniority Plus Sapphire Premier II (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 1-800-431-9007 (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.

Contact Information

ID Card

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

24-Hour Nurse Connect

Member Services

Contact us at 1-800-431-9007 (TTY: 711) for following services listed below:

Envolve Benefit Options (Vision)

Meals

Personal Emergency Response System (PERS)

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

Hearing Care Solutions	1-866-344-7756 (TTY: 711)
Liberty Dental Plan	1-888-700-3612 (TTY: 1-877-855-8039)
LogistiCare/Circulation Transportation	1-877-718-4201 (TTY: 1-866-288-3133)
Silver&Fit®	1-888-797-7757 (TTY: 711)
OTC Health Solutions	1-866-528-4679 (TTY: 1-877-672-2688)
American Specialty Health Group (Chiropractic/Acupuncture)	1-800-678-9133 (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 1-800-431-9007 (TTY: 711) for more information.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-431-9007 (TTY: 711)

注意：如果您說中文，您可以獲得免費的語言協助服務。請致電 1-800-431-9007 (聽障電話：711)