

These are the **Optional Supplemental Benefits** you can buy.

If you are enrolled in Health Net Seniority Plus Green (HMO) or Health Net Healthy Heart (HMO), you have the choice to customize and enhance your coverage with an optional supplemental benefits package.

For an additional monthly premium you can take advantage of these great benefits.



When can I enroll?

New members can enroll until the end of the first month of initial enrollment. Benefits will become effective the first of the following month. To be eligible for the Optional Supplemental Benefits Package, you must remain a member of Health Net Medicare Advantage plan. If you disenroll from your plan, you will be automatically disenrolled from the Optional Supplemental Benefits Package.

You may disenroll at any time from this option by providing written notice to Health Net, but once disenrolled, reenrollment during the same calendar year will be limited. The available election periods for the optional benefits are from October 15, 2019, through December 31, 2019, for a January 1, 2020, effective date; January 1, 2020, through January 31, 2020, for a February 1, 2020, effective date.

See the 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.

Health Net Total Fit plus

Additional monthly premium: \$20

🦷 Preventive and Comprehensive Dental

Includes: Preventive services, Diagnostic services, restorative services, endodontics, periodontics, extractions, prosthodontics, and non-routine services. You must use a network provider for this plan.

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 services: \$5 - \$275 copay
- Periodontics: \$0 - \$375 copay
- Extractions: \$15 - \$150 copay
- Prosthodontics: \$0 - \$2,250 copay



Vision Benefits

There is annual benefit maximum of \$250 every 2 years for eyewear (frames and lenses or contact lenses).

Additional benefits and limits apply.

You can see any provider to receive covered services.



Fitness Membership

The Silver&Fit® program is an Exercise and Healthy Aging Program which provides a no-cost membership at a participating Silver&Fit fitness center, or a membership in the Silver&Fit Home Fitness Program for members who are unable to visit a fitness center or prefer to work out at home.

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.



⊕ Chiropractic and Acupuncture Services

	In-network	Out-of-network
Chiropractic	\$10 copay per visit	Covered at 50%
Acupuncture	\$10 copay per visit	Covered at 50%

Limited to 30 visits per year (chiropractic and acupuncture visits combined)

You can see any provider to receive covered services, however, you pay a little more to use providers who are out of network.



Health Net Total Fitness FLEX

Additional monthly premium: \$35

Preventive and Comprehensive Dental PPO

Annual benefit maximum: \$1,000 in-and out-of-network combined.

Includes: Preventive services, Diagnostic services, general services, and major services. You can see any licensed dentist to receive covered services, however, you pay a little more to use providers who are out of network.

Preventive services

- Oral exams
- Cleanings (prophylaxis)
- Fluoride treatment
- Dental X-rays –
1 set of preventive x-rays
(up to 4 bitewing x-rays)

In-network

You pay a \$0 copay
You pay a \$0 copay
You pay a \$0 copay
You pay a \$0 copay

Out-of-network

You pay a \$0 copay
You pay a \$0 copay
You pay a \$0 copay
You pay a \$0 copay

Comprehensive services

- Non-routine services
- Diagnostic services
- Restorative services
- Endodontic services
- Periodontics
- Extractions
- Prosthodontics
(Dentures, oral/
maxillofacial surgery
and other services)

In-network

Covered at 50%
You pay a \$0 copay
Covered at 80%
Covered at 50%
Covered at 50%
Covered at 50%
Covered at 50%

Out-of-network

Covered at 50%
You pay a \$0 copay
Covered at 80%
Covered at 50%
Covered at 50%
Covered at 50%
Covered at 50%

Vision Benefits

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

You must continue to pay your Medicare Part B premium. The actual complete terms and conditions of the health plan are set forth in the applicable Evidence of Coverage document.

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.

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

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