

2024 SUMMARY OF BENEFITS

Blue Cross Medicare Advantage Freedom BlueSM (PPO)

H5959

January 1, 2024 – December 31, 2024

Blue Cross[®] and Blue Shield[®] of Minnesota and Blue Plus[®] are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

Pre-enrollment checklist

Before making an enrollment decision, it is important that you fully understand our benefits and rules. If you have any questions, you can call and speak to a Customer Service representative toll free at **1-855-579-7658** (TTY **711**).

Understanding the Benefits

The Evidence of Coverage (EOC) provides a complete list of all coverage and services. It is important to review plan coverage, costs, and benefits before you enroll. Visit **bluecrossmn.com/medicare-documents** to view or call toll free at **1-855-579-7658** (TTY **711**) to request a copy of the EOC.

Review the provider directory (or ask your doctor) to make sure the doctors you see now are in the network. If they are not listed, it means you will likely have to select a new doctor.

Understanding Important Rules

In addition to your monthly plan premium, you must continue to pay your Medicare Part B premium. This premium is normally taken out of your Social Security check each month.

Benefits, premiums and/or copayments/coinsurance may change on January 1, 2025.

Our plan allows you to see providers outside of our network (non-contracted providers). However, while we will pay for covered services, the provider must agree to treat you. Except in an emergency or urgent situation, non-contracted providers may deny care. In addition, you will pay a higher copay for services received by non-contracted providers.

Effect on Current Coverage: If you are currently enrolled in a Medicare Advantage plan, your current Medicare Advantage healthcare coverage will end once your new Medicare Advantage coverage starts. If you have Tricare, your coverage may be affected once your new Medicare Advantage coverage starts. Please contact Tricare for more information. If you have a Medigap plan, once your Medicare Advantage coverage you coverage starts, you may want to drop your Medigap policy because you will be paying for coverage you cannot use.

Frequently asked questions

This booklet gives you a summary of what we cover and what you pay. It doesn't list every service that we cover or list every limitation or exclusion. To get a complete list of services we cover, call us and ask for the *Evidence of Coverage*.

WHO CAN ENROLL?

You can enroll in Medicare Advantage (PPO) if you are enrolled in Medicare Part A and Medicare Part B and live in the plan availability area, which includes the following counties: Anoka, Becker, Beltrami, Benton, Big Stone, Blue Earth, Brown, Carver, Cass, Chippewa, Chisago, Clay, Clearwater, Cottonwood, Crow Wing, Dakota, Dodge, Douglas, Faribault, Fillmore, Freeborn, Grant, Hennepin, Houston, Hubbard, Isanti, Jackson, Kandiyohi, Kittson, Lac qui Parle, Lake of the Woods, Lincoln, Lyon, Mahnomen, Marshall, Martin, Morrison, Mower, Murray, Nicollet, Nobles, Norman, Olmsted, Otter Tail, Pennington, Polk, Pope, Ramsey, Red Lake, Redwood, Renville, Roseau, Scott, Sherburne, Stearns, Steele, Swift, Todd, Wabasha, Wadena, Waseca, Washington, Watonwan, Wilkin, Winona and Wright. Counties are subject to change annually.

WHAT IS MEDICARE ADVANTAGE?

Medicare Advantage plans are private Medicare health plans. They have a yearly limit on your out-of-pocket costs, and once you reach this limit, you'll pay nothing for covered services. Some Medicare Advantage plans combine medical and prescription drug coverage.

To see a complete list of your services and benefits, please review the *Evidence of Coverage* (EOC). You can find this document at **bluecrossmn.com/medicare-documents**. You also may order a copy online or by calling Customer Service.

HOW DO I FIND AN IN-NETWORK DOCTOR OR HOSPITAL?

The Medicare Advantage provider network offers a large list of providers covered under the Medicare Advantage plan. You may pay less when you use doctors, hospitals and other providers in this network. You can see or order the plan's provider directory at **bluecrossmn.com/medicare-documents**. Or call us and we will send you a copy of the directory.

Health care terms

Allowed amount – The contracted rate, or Blue Cross discount, set by your plan and providers when you use in-network hospitals, clinics or pharmacies. Providers are required to accept the allowed amount as payment in full, and cannot charge above it when you see an in-network provider.

Annual physical exam – A yearly preventive visit with your primary care doctor that includes a discussion about your health, a review of your medical history, screenings, immunizations and some lab work.

Balance Billing – When a provider (such as a doctor or hospital) bills a patient more than the plan's allowed cost sharing amount. As a member of Freedom Blue, you only have to pay our plan's cost sharing amounts when you get services covered by our plan. We do not allow providers to balance bill or otherwise charge you more than the amount of cost sharing your plan says you must pay.

Copayment or Copay – The set dollar amount you pay each time you receive a service or prescription.

Coinsurance – A set percentage you pay toward health care after your deductible has been met.

Deductible – Amount you will pay in one plan year before coverage begins.

In-network – The hospitals, clinics, providers and pharmacies that are included in your plan. Typically, using in-network providers results in lower member costs.

Maximum out-of-pocket amount – The most you could pay in one plan year for covered medical services and supplies.

Medicare annual wellness visit – An annual visit with your doctor after you've been enrolled in Medicare Part B for at least 12 months. This visit includes a review of your medical history, screenings and personalized health advice, and a checklist of appropriate preventive services.

Out-of-pocket costs – The amount you must pay for eligible health care. It includes copays, coinsurance and deductibles, plus any costs for care that is not covered. It does not include your monthly premiums.

Out-of-network – The hospitals, clinics and pharmacies that are not included in your plan. Typically, using out-of-network providers results in higher member costs.

Premium – Your monthly payment for a plan.

Prior authorization – Approval in advance to receive certain services or certain drugs.

Total charge – The amount the provider or pharmacy charges for services before a Blue Cross discount (allowed amount) is applied.

Welcome to Medicare visit – A one-time preventive visit within the first 12 months of your new Medicare Part B plan. This visit includes a review of your medical history, screenings, vaccinations and a discussion of preventive services available to you that you may need.

Medicare Advantage Benefits	Freedom Blue Plan
Monthly Premium, Deductible, and Limits or	n How Much You Pay for Covered Services
Monthly Plan Premium	\$0 per month. In addition, you must keep paying your monthly Medicare Part B premium.
Part B Premium Reduction	Up to \$100 per month
Annual Medical Deductible	\$0
Out-of-Network cost sharing (unless otherwise specified)	40% coinsurance
Maximum Out-of-Pocket Amount	
The following out-of-pocket limits apply:	
For services you receive from in-network providers	\$4,200
For services you receive from in-network and out-of-network providers	\$7,500
Once you reach the maximum out-of-pocket, your plan pays 100% of covered medical services. Your plan premium and all other non- Medicare covered services do not count toward the maximum out-of-pocket.	
Covered Hospital and Medical Benefits	
Inpatient hospital care* (Medicare-covered)	\$200 copay per stay
Skilled nursing facility (SNF) care*	\$0 per day for days 1 through 20
(Medicare-covered) Your plan covers up to 100 days in a SNF	\$203 per day for days 21 through 100
Meals following inpatient stay (Non-Medicare-covered) After an approved inpatient hospital or skilled nursing facility stay, we cover up to 2 meals per day for 14 days delivered to your home.	\$0
Out-of-Network	Not Covered

Medicare Advantage Benefits	Freedom Blue Plan
Outpatient hospital care*	
Medicare-covered outpatient hospital surgery	\$150 copay
Medicare-covered ambulatory surgical center services	\$100 copay
Medicare-covered outpatient hospital all other services	\$10 copay
Doctor's office visits	
Medicare-covered primary care physician	\$0
Medicare-covered specialist*	\$30 copay
Preventive care (Medicare-covered)	\$0
See Evidence of Coverage for complete list of covered services. Preventive care (non-Medicare-covered)	 This plan covers many preventive services, including but not limited to: Annual wellness visit Colorectal cancer screenings Mammograms (breast cancer screening) One-time "Welcome to Medicare" preventive visit \$0 Routine annual physical exam Any additional preventive services approved by Medicare
Emergency care in the United States and Worldwide (Medicare-covered) • United States	during the contract year will be covered.
In- and Out-of-Network • Worldwide	\$90 copay
In- and Out-of-Network	\$90 сорау

Medicare Advantage Benefits	Freedom Blue Plan
Urgently needed services (Medicare-covered)	
United States	
In- and Out-of-Network	\$35 copay
Worldwide	
In- and Out-of-Network	\$90 сорау
Outpatient diagnostic tests and therapeutic services*	
Medicare-covered diagnostic mammograms or colonoscopy	\$0
Medicare-covered laboratory tests (e.g., A1C and Cholesterol test)	
In- and Out-of-Network	\$0
Medicare-covered x-rays	\$0
Medicare-covered diagnostic tests & procedures (excludes x-ray and advanced imaging) (e.g., EKG's, INR tests, pulmonary function tests, psychological/ neuro-psychological testing, home or lab-based sleep studies)	\$20 copay
Medicare-covered diagnostic advanced imaging (e.g., specialized scans, CT, SPECT, PET, MRI, MRA, ultrasounds, angiograms)	\$70 copay
Medicare-covered radiation (e.g., treatment of cancer)	15% coinsurance

Medicare Advantage Benefits	Freedom Blue Plan
Hearing services	
Non-Medicare-covered exams to diagnose and treat hearing and balance issues	\$0
Non-Medicare-covered routine hearing exam (limit 1)	\$0
Non-Medicare-covered hearing aid screening (limit 1) through TruHearing	\$0
Out-of-Network	Not Covered
Non-Medicare-covered hearing aid (limit 2 aids per year, 1 per ear) through TruHearing	
Advanced Hearing Aid	\$599 per aid
Premium Hearing Aid	\$899 per aid
 Rechargeable battery option is available on select styles at no additional cost 	\$0
Out-of-Network	Not Covered
Dental services*	
Medicare-covered dental services	\$30 copay

Medicare Advantage Benefits	Freedom Blue Plan
Routine dental services * (Non-Medicare- covered)	
Cleaning (limit 2 per year) Oral exam (limit 2 per year) Fluoride (limit 2 per year) Periodontal cleaning (limit 2 per year) Dental x-rays (limit 1 per year)	
In- and Out-of-Network	\$0
Restorations (e.g., fillings)	
In- and Out-of-Network	20% coinsurance
Extractions (e.g., pulling teeth), Endodontics (e.g., root canal), Prosthetics, Crowns, Oral surgery	
In- and Out-of-Network	20% coinsurance
Other periodontal services (Note: no additional periodontal cleaning coverage beyond the two (2) \$0 copay periodontal cleanings per year)	
In- and Out-of-Network	20% coinsurance
Maximum plan benefit amount per year (combined in- and out-of-network)	\$2,500
Vision care	
Medicare-covered: annual glaucoma screening, diabetic retinopathy, and exams to diagnose and treat eye diseases and conditions.	\$0
Medicare-covered eyewear after cataract surgery	\$0
Non-Medicare-covered routine eye exam (limit 1 per year)	\$0
Non-Medicare-covered eyewear allowance for frames, lenses or contacts	
In- and Out-of-Network	\$250 allowance per year

Medicare Advantage Benefits	Freedom Blue Plan
Mental health care* (including inpatient)	Your plan covers up to 190 days in a lifetime for inpatient mental health care in a psychiatric hospital. This limit does not apply to inpatient mental health services provided in a psychiatric unit of a general hospital.
Medicare-covered inpatient visit	\$200 copay per stay
Medicare-covered outpatient individual or group therapy visit	\$30 copay
Medicare-covered partial hospitalization	\$55 copay per day
Mental health office visit*	
Medicare-covered psychiatrist or psychologist	\$30 copay
Physical therapy services*	
Medicare-covered physical, occupational and speech therapy visits	\$30 copay
Ambulance services (ground and air) (Medicare-covered)	
In- and Out-of-Network	\$200 copay
Worldwide Transportation (Non-Medicare- covered)	
In- and Out-of-Network	20% coinsurance
Ambulance services without transportation to a medical facility and other non- Medicare-covered transport services	Not covered

Medicare Advantage Benefits	Freedom Blue Plan
Medicare Part B prescription drugs	
Medicare-covered Part B oral chemotherapy and prescription drugs (cost sharing for certain Part B rebatable drugs authorized by the plan may be subject to a lower coinsurance than shown.)*	0%-20% coinsurance
Medicare-covered Part B Insulin for use in an insulin pump	Up to \$35 copay for a one-month supply
Additional benefits and services	
Acupuncture*	
Medicare-covered acupuncture for chronic lower back pain (max. 20 visits every 12 months combined In- and Out-of-Network)	
In- and Out-of-Network	\$20 copay
Non-Medicare-covered routine acupuncture for pain diagnosis (max. 12 visits per year combined In- and Out-of-Network)	
In- and Out-of-Network	\$20 copay
Chiropractic services*	
Medicare-covered chiropractic services for manipulation of the spine to correct a subluxation (when 1 or more of the bones of your spine move out of position)	\$20 copay
Non-Medicare-covered routine chiropractic care (max. 12 visits per year combined In- and Out-of- Network, x-ray coverage not included)	\$20 copay

Medicare Advantage Benefits	Freedom Blue Plan
Diabetes self-management training, diabetic services and supplies	
Medicare-covered diabetes monitoring supplies (coverage for test strips and monitors is limited to Ascensia brands)	\$0
Medicare-covered diabetes self-management training	\$0
Medicare-covered therapeutic shoes and inserts	15% coinsurance
Durable medical equipment, prosthetic devices and medical supplies* (Medicare-covered)	20% coinsurance
(wheelchairs, oxygen, continuous glucose monitor, braces, artificial limbs, etc.)	
Fitness program	\$0
Gym membership at a participating SilverSneakers [®] facility, online fitness classes, or choose a home exercise kit	
Out-of-Network	Not Covered
Home health agency care* (Medicare-covered)	\$0
Outpatient substance abuse services* (Medicare-covered)	\$30 copay
Individual and group therapy visits	
Over-The-Counter (OTC) items	\$100
Quarterly allowance loaded to flex card for the purchase of covered OTC products. Shop in-store at participating retail stores or get home delivery by ordering online or by phone through your OTC catalog.	
Out-of-Network	Not Covered

Medicare Advantage Benefits	Freedom Blue Plan
Peer support	
Connect with a peer specialist who has firsthand experience with mental health and substance abuse care for mentorship that supports recovery.	\$0
Podiatry services* (Medicare-covered foot care)	
Foot exams and treatment for diabetes-related nerve damage or certain medical conditions.	\$30 copay
Services to treat kidney disease	
Medicare-covered renal dialysis services*	20% coinsurance
Medicare-covered equipment and supplies*	20% coinsurance
Medicare-covered kidney disease education services	\$0
Smoking and Tobacco use cessation (Medicare-covered)	\$0
Counselling to stop smoking or tobacco use.	



NOTICE OF NONDISCRIMINATION PRACTICES

Effective July 18, 2016

Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Cross) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or gender. Blue Cross does not exclude people or treat them differently because of race, color, national origin, age, disability, or gender.

Blue Cross provides resources to access information in alternative formats and languages:

- Auxiliary aids and services, such as qualified interpreters and written information available in other formats, are available free of charge to people with disabilities to assist in communicating with us.
- Language services, such as qualified interpreters and information written in other languages, are available free of charge to people whose primary language is not English.

If you need these services, contact us at 1-800-382-2000 or by using the telephone number on the back of your member identification card. TTY users call 711.

If you believe that Blue Cross has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or gender, you can file a grievance with the Nondiscrimination Civil Rights Coordinator

- by email at: Civil.Rights.Coord@bluecrossmn.com
- by mail at:

Blue Cross and Blue Shield of Minnesota and Blue Plus Attn: Civil Rights Coordinator P3-2 PO Box 64560 Eagan, MN 55164-0560

• or by phone at: 1-800-509-5312

Grievance forms are available by contacting us at the contacts listed above, by calling 1-800-382-2000 or by using the telephone number on the back of your member identification card. TTY users call 711. If you need help filing a grievance, assistance is available by contacting us at the numbers listed above.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights

- electronically through the Office for Civil Rights Complaint Portal, available at: https://ocrportal.hhs.gov/ocr/portal/lobby.jsf
- by phone at: 1-800-368-1019 or 1-800-537-7697 (TDD)
- or by mail at: U.S. Department of Health and Human Services 200 Independence Avenue SW Room 509F HHH Building Washington, DC 20201

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

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This information is available in other languages. Free language assistance services are available by calling the toll free number below. For TTY, call 711.

Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al 1-855-903-2583. Para TTY, llame al 711.

Yog tias koj hais lus Hmoob, muaj kev pab txhais lus pub dawb rau koj. Hu rau 1-800-793-6931. Rau TTY, hu rau 711.

Haddii aad ku hadasho Soomaali, adigu waxaad heli kartaa caawimo luqad lacag la'aan ah. Wac 1-866-251-6736. Markay tahay dad maqalku ku adag yahay (TTY), wac 711.

နမ့်၊ကတိၤကညီကျိဉ်ဒီး, တါကဟ့ဉ်နၤကျိဉ်တါမၤစၢၤကလီတဖဉ်န့ဉ်လီၤ. ကိး 1-866-251-6744 လ၊ TTY အဂ်ိ၊, ကိး 711 တက္နါ.

إذا كنت تتحدث العربية، تتوفر لك خدمات المساعدة اللغوية المجانية. اتصل بالرقم 9123-866-569-1. للهاتف النصي اتصل بالرقم 711.

Nếu quý vị nói Tiếng Việt, có sẵn các dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Gọi số 1-855-315-4015. Người dùng TTY xin gọi 711.

Afaan Oromoo dubbattu yoo ta'e, tajaajila gargaarsa afaan hiikuu kaffaltii malee. Argachuuf 1-855-315-4016 bilbilaa. TTY dhaaf, 711 bilbilaa.

如果您說中文,我們可以為您提供免費的語言協助服務。請撥打 1-855-315-4017。聽語障專 (TTY),請撥打 711。

Если Вы говорите по-русски, Вы можете воспользоваться бесплатными услугами переводчика. Звоните 1-855-315-4028. Для использования телефонного аппарата с текстовым выходом звоните 711.

Si vous parlez français, des services d'assistance linguistique sont disponibles gratuitement. Appelez le +1-855-315-4029. Pour les personnes malentendantes, appelez le 711.

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한국어를 사용하시는 경우, 무료 언어 지원 서비스가 제공됩니다. 1-855-904-2583 으로 전화하십시오. TTY 사용자는 711 로 전화하십시오.

ຖ້າເຈົ້າເວົ້າພາສາລາວໄດ້, ມີການບໍລິການຊ່ວຍເຫຼືອພາສາໃຫ້ເຈົ້າຟຣີ. ໃຫ້ໂທຫາ 1-866-356-2423 ສໍາລັບ. TTY, ໃຫ້ໂທຫາ 711.

Kung nagsasalita kayo ng Tagalog, mayroon kayong magagamit na libreng tulong na mga serbisyo sa wika. Tumawag sa 1-866-537-7720. Para sa TTY, tumawag sa 711.

Wenn Sie Deutsch sprechen, steht Ihnen fremdsprachliche Unterstützung zur Verfügung. Wählen Sie 1-866-289-7402. Für TTY wählen Sie 711.

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរមន អ្នកអាចរកបានសេវាជំនួយភាសាឥតគិតថ្លៃ។ ទូរស័ព្ទមកលេខ 1-855-906-2583។ សម្រាប់ TTY សូមទូរស័ព្ទមកលេខ 711។

Diné k'ehjí yáníłt'i'go saad bee yát'i' éí t'áájíík'e bee níká'a'doowołgo éí ná'ahoot'i'. Kojį éí béésh bee hodíílnih 1-855-902-2583. TTY biniiyégo éí 711 jį' béésh bee hodíílnih.

CONTACT US

We are available for phone calls 8 a.m. to 8 p.m., Central Time. We are available seven days a week October 1 through March 31, and available Monday through Friday the rest of the year.

Members Call toll-free **1-800-711-9865** TTY users call **711** Non-Members Call toll-free **1-855-579-7658** TTY users call **711**

Visit bluecrossmn.com

This document may be available in a non-English language. For additional information call us at a number above.

This document is available in other formats such as braille and large print.

Out-of-network/non-contracted providers are under no obligation to treat Blue Cross Medicare Advantage (PPO) plan members, except in emergency situations. Please call Customer Service or see the *Evidence of Coverage* for more information, including the cost-sharing that applies to out-of-network services.

If you want to know more about the coverage and costs of Original Medicare, look in your 2024 *Medicare & You* handbook or view it online at **medicare.gov**. Or, request a copy 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**.

TruHearing[®] is a registered trademark of TruHearing, Inc., an independent company who works with health plans to offer low out-of-pocket costs on hearing aids.

Ascensia Diabetes Care US, Inc. is an independent company providing diabetic supplies.

SilverSneakers[®] is a registered trademark of Tivity Health, Inc., an independent company that provides health and fitness programs.

Medicare Advantage is a PPO plan with a Medicare contract. Enrollment in Medicare Advantage depends on contract renewal.