

# Extra Benefits



As a member of Allwell Dual Medicare (HMO D-SNP), 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 Allwell Dual Medicare (HMO D-SNP) 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 Allwell Dual Medicare (HMO D-SNP) 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 Allwell Dual Medicare (HMO D-SNP), you will enjoy benefits like:

#### Convenient services

- Access plan information online
- Local professional care

#### Budget-friendly costs

With your Allwell Dual Medicare (HMO D-SNP) 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:**

- Diagnostic services: \$0 copay
- Restorative services: \$0 copay
- Endodontics: \$0 copay
- Periodontics: \$0 copay
- Extractions: \$0 copay
- Prosthodontics: \$0 copay

There is a benefit maximum of \$3,000 each calendar year for preventative and 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 1-844-810-7965 (TTY: 711)

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 [allwell.westernskycommunitycare.com](http://allwell.westernskycommunitycare.com)

# Hearing Care Solutions Program

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

As an Allwell Dual Medicare (HMO D-SNP) member you will receive the following benefits:

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

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

<b>Technology Level 1</b> <b>You pay a \$0 copay</b> <b>per hearing aid</b>	<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>
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Call to schedule your hearing exam! 1-866-344-7756 (TTY: 711) Monday to Friday, 6:00 a.m. to 6:00 p.m. (Mountain Time).





## Meals Services

### 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 Allwell Dual Medicare (HMO D-SNP) 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
- Vegetarian
- Heart-friendly
- General wellness
- Renal-friendly
- Pureed

### How it works

Service includes up to 2 meals per day for 14 days 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 1-844-810-7965 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 [allwell.westernskycommunitycare.com](http://allwell.westernskycommunitycare.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 Allwell Dual Medicare (HMO D-SNP) you have an Over the Counter (OTC) benefit. Your plan includes a quarterly allowance of \$325 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 every quarter.

### Easy ordering

Simply log in to your account by visiting [Allwell.otchs.com](http://Allwell.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 Allwell. Learn how Allwell 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, 5:00 a.m. to 6:00 p.m. PST, 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.



## 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 Allwell Dual Medicare (HMO D-SNP), 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 1-844-810-7965 (TTY: 711).

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## Chiropractic Care

**Sometimes natural healthcare practices can be just what you need.**

Allwell Dual Medicare (HMO D-SNP) provides you with chiropractic care from excellent providers at no additional cost

- Up to 12 routine (non-Medicare covered) chiropractic visits every calendar year.

**Call a participating provider to schedule an initial examination**

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## Transportation Services

### Need a ride?

Allwell Dual Medicare (HMO D-SNP) 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
- 50 one-way trips are covered to plan-approved locations per calendar year. Mileage limits may apply.

For more information on Transportation benefits call 1-844-543-8996 (TTY: 711). For formal reservations: 8:00 a.m. to 5:00 p.m. local time, Monday to Friday.





## 24-Hour NurseConnect

**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 Allwell Dual Medicare (HMO D-SNP). 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 Allwell Dual Medicare (HMO D-SNP) are entitled to the following:

- One routine (non-Medicare covered) eye exam every calendar year
- There is a benefit maximum limit of \$250 every calendar 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
- Local professional care

#### Budget-friendly costs

With your Allwell Dual Medicare (HMO D-SNP) 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 1-844-810-7965 (TTY: 711)

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## 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 **1-844-810-7965** (TTY: **711**) for following services listed below:

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**Involve Benefit Options (Dental)**

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**Involve Benefit Options (Vision)**

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**Personal Emergency Response System (PERS)**

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**Chiropractic Care**

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**Meals Services**

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## Vendor Information

**Hearing Care Solutions**

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

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**OTC Health Solutions**

1-866-528-4679 (TTY: 1-877-672-2688)

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**Silver&Fit®**

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

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**Secure Transportation**

1-844-543-8996 (TTY: 711)

Allwell is contracted with Medicare for HMO SNP plans, and with the state Medicaid program. Enrollment in Allwell depends on contract

This information is not a complete description of benefits. Call 1-844-810-7965 (TTY: 711) for more information.

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