



Extra Benefits

As a member of Allwell Medicare Simple (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 Allwell Medicare Simple (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 Allwell Medicare Simple (HMO) plan offers coverage for several dental procedures, including preventive and comprehensive procedures at low or no copayment.

As a member of Allwell Medicare Simple (HMO), you will enjoy benefits like:

Convenient services

- Access plan information online
- Professional care

Budget-friendly costs

With your Allwell Medicare Simple (HMO) dental benefit there are no surprises. You'll know your copayments/coinsurance, 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 copay
- Restorative services: 50% coinsurance

There is a benefit maximum of \$2,000 each calendar year for comprehensive services. You are responsible for amounts beyond the benefit limit.

To obtain a full list of covered benefits or find a dentist near you, call:

1-833-543-0246 (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:

dental.envolvehealth.com



Virtual Visits

Do you need to talk to a doctor?

Accessing a doctor is easier than ever. Members with Allwell Medicare Simple (HMO) can access a doctor through phone or video appointments.

General Medical

Virtual visits through Teladoc™ provide convenient, 24-hour access to in-network healthcare providers for non-emergency health issues including flu, rash, sinus infections, pink eye, seasonal allergies, and much more. It's available for you to use when you're at home, in the office, or even on vacation.

Smoking Cessation

Get the help you need to quit using tobacco products at no additional cost. Enroll by requesting a General Medical visit and ask the doctor about Tobacco Cessation.

Behavioral Health

With behavioral health, members have access to the quality care they need for their mental wellbeing without the obstacles of conventional in-office options. You can speak to board-certified psychiatrists, licensed psychologists, or licensed therapists conveniently by phone or video from wherever you feel most comfortable.

Get medical advice, a diagnosis, or a prescription by phone or video. Virtual visits are available when you need them. As an Allwell Medicare Simple (HMO) member, there is no copay for virtual visit appointments through Teladoc™.

Now you are ready to make an appointment!

To create your Virtual visit account call the Teladoc™ member services line or visit them online:

Teladoc.com/allwell

You can call Teladoc™ member services 24 hours a day, 7 days a week at: **1-800-835-2362 (TTY 711)** for general medical services.

You can schedule a behavioral health visit 24 hours a day, 7 days a week.

Meal Services

Did you know?

- Nutritional risk factors significantly increase the likelihood of hospital readmissions.
- 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 Medicare Simple (HMO) allows members to get home-delivered meals when medically necessary due to a qualifying chronic condition

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

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

How it works

Service includes up to 2 meals per day for up to 14 days for chronic conditions 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 One week or frozen up to six months.

To determine if you qualify call your care manager or Member Services:

1-833-543-0246 (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.

Or visit:

allwell.westernskycommunitycare.com



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 Medicare Simple (HMO), you have an Over the Counter (OTC) benefit. Your plan includes a quarterly allowance of \$100 to buy the OTC medications and products you need to stay healthy.

These are some of the everyday items you can get:

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

There is a limit of nine per item, per order, with the exception of certain products, which have additional limits. You can only place one order per quarter.

Any unused money does not carry over, be sure to use your benefit amounts before the end of every quarter.

Easy ordering

Simply log in to your account by visiting:

cvs.com/otchs/allwell or call **1-866-528-4679**

(TTY: 711), 9:00 a.m. to 8:00 p.m., Monday through Friday.

Orders will be shipped to your home at no extra charge.

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

To learn more about this benefit call:

1-866-528-4679

(TTY: 711)

9:00 a.m. to 8:00 p.m.,
Monday through Friday

Or visit:

cvs.com/otchs/allwell

The SILVER&FIT® Healthy Aging and Exercise 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 SilverandFit.com.
2. Register to use the website.
3. Find a participating fitness center or sign up for the Home Fitness program.
4. Take your fitness Silver&Fit card to the participating fitness center.

All members can get access to:

- 48 Healthy Aging classes available 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 activity from wearable fitness devices and apps 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!

The Silver&Fit program 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.

To find a participating fitness center near you or to enroll into the Home Fitness program, you can call toll-free
1-888-797-7757 (TTY: 711)

Monday - Friday,
5 a.m. - 6 p.m.
excluding holidays.

Or visit:
SilverandFit.com

Personal Emergency Response System

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

As a member of Allwell Medicare Simple (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. Both mobile and in-home devices are available to suit your lifestyle.

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

If you elect to have an at-home PERS, you plug the device into an outlet in your home and then keep the small, lightweight, battery-operated "Help" button around your neck on a lanyard or on your wrist on a wristband.

For an on-the-go system, you wear the "Help" button around your neck on the lanyard or on your wrist with the wristband. This can be worn both in and outside the home. Plug the charging cradle into an outlet and set the "Help" button on top when it needs to be charged.

To find out more information call your case manager or Member Services:

1-833-543-0246 (TTY: 711)

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Or visit:

allwell.westernskycommunitycare.com



Chiropractic and Acupuncture Care

Sometimes natural healthcare practices can be just what you need.

Allwell Medicare Simple (HMO) provides you with chiropractic and acupuncture care from excellent providers.

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

Alternative Health vendor

To find a participating provider to schedule an initial examination:

1-833-543-0246 (TTY: 711)

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Or visit:

allwell.westernskycommunitycare.com



Transportation Services

Need a ride?

Allwell Medicare Simple (HMO) offers enrolled members transportation coverage to the doctor and other approved health related locations for no additional cost!

Benefits include:

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

To schedule a ride:

1-833-543-0246 (TTY: 711)

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Or visit:

**allwell.westernsky
communitycare.com**



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 Allwell Medicare Simple (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, 7 days a week.

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 Medicare Simple (HMO) are entitled to the following:

- One routine (non-Medicare covered) eye exam every calendar year.
- There is a benefit limit of \$200 every calendar year for routine eyewear including eyeglass (lenses and frames) and contact lenses. You are responsible for amounts above the benefit limit.

Convenient services

- Access plan information online
- Professional care

Budget-friendly costs

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

To find an optometrist near you or for more information call:
1-833-543-0246 (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:

**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 **1-833-543-0246 (TTY: 711)** for following services listed below:

Involve Benefit Options (Dental)

Involve Benefit Options (Vision)

Personal Emergency Response System

Chiropractic and Acupuncture Care

Meals

Transportation Services

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Vendor Information

OTC Health Solutions

1-866-528-4679 (TTY: 711)

Silver&Fit[®]

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

Teladoc[™] (Virtual Visits)

1-800-835-2362 (TTY 711)

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

This information is not a complete description of benefits. Call 1-833-543-0246 (TTY: 711) for more information.

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