

Health & Wellness Benefits

These extra health and wellness benefits complete your coverage and are important to staying well. These benefits are in addition to those listed in the enrollment brochure:

- 24/7 Nurseline
- Rewards Program
- SilverSneakers®
- Virtual Visits

If you choose to enroll in the plan, keep this document so you can easily find the contact information for these benefits. Check your plan documents for more information or call Benistar at **1-800-236-2786 (TTY 711)** between 8:30 am - 6:00 pm (EST).

Dental Care

Your Medicare Advantage plan includes coverage for dental care and procedures. Once you become a member, you will receive a separate member ID card for your dental coverage. Services covered by your plan:

Preventive Care

- 2 routine oral exams per year
- 2 cleanings per year
- 1 bitewing X-ray per year

Comprehensive Care*

- Oral surgery
- Restorative services
- Non-surgical extractions
- Surgical and non-surgical periodontal services
- Endodontic services
- Prosthodontic services

Need to find dental providers near you? Visit Provider Finder® at **www.bcbsil.com/retiree-medicare-tools**.

*Not all plans cover all services. Read your plan documents for details or call Customer Service if you have questions about your coverage.

Hearing Care

Through our partnership with TruHearing®, your plan covers routine hearing exams and may include an allowance on hearing aids. Check your Summary of Benefits for details about what your plan covers.

Visit the TruHearing website at **www.truhearing.com** or call **1-844-855-9536 (TTY 711)** to learn more.

Modivcare | Non-Emergency Transportation Services

Getting to the doctor or pharmacy is easier with transportation services through Modivcare. Check your Summary of Benefits for details about how many one-way rides are covered each year.

Arrange trips by calling the Customer Service number on the back of your member ID card.

Mom's Meals | Post Discharge Meals at Home

Mom's Meals offers healthy meals to aid in your recovery for a limited period after getting discharged from an inpatient hospital stay.

To learn more, check your Summary of Benefits. Once you are a member, call the Customer Service number on the back of your member ID card to arrange meals.

Over-the-Counter (OTC) Allowance and Wellness Benefits Card

Your plan includes a Wellness Benefit Card with a monthly allowance, that helps cover OTC drugs and other health-related products. Items include antacids, first aid supplies, pain relievers, and more. Any unused allowance rolls over to the next month.

To learn more, check your Summary of Benefits or visit www.myblueIL.com/mapd/otc. You'll receive more information about the program after you enroll.

Vision Care

Look good and see better with your vision benefit. Beyond an annual routine exam and glaucoma screening, your plan may include an allowance for eyewear including frames, lenses and contacts.

Need to find vision providers near you? Visit Provider Finder at www.bcbsil.com/retiree-medicare-tools.

This is not a complete description of benefits. Please refer to your plan documents for details.

The relationship between these vendors and Blue Cross and Blue Shield of Illinois is that of independent contractors. BCBSIL makes no endorsement, representations or warranties regarding any products or services offered by the above-mentioned vendors.

Blue365 is a discount program only for BCBSIL members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Employees should check their benefit booklet or call the Customer Service number on the back of their ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors that take part in this program. BCBSIL does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSIL reserves the right to stop or change this program at any time without notice.

TruHearing® is a registered trademark of TruHearing, Inc., which is an independent company providing discounts on hearing aids.

Virtual Visits may be limited by plan. For providers licensed in New Mexico and the District of Columbia, Urgent Care service is limited to interactive online video; Behavioral Health service requires video for the initial visit but may use video or audio for follow-up visits, based on the provider's clinical judgment. Behavioral Health is not available on all plans.

MDLIVE is a separate company that operates and administers Virtual Visits for Blue Cross and Blue Shield of Illinois. MDLIVE is solely responsible for its operations and for those of its contracted providers. MDLIVE® and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without permission.

ModivCare is an independent company that has contracted with Blue Cross and Blue Shield of Illinois to provide transportation services for members with coverage through BCBSIL.

Convey Health Solutions, Inc. is an independent company that offers supplemental Medicare Services such as non-prescription medications and other medical supplies on behalf of Blue Cross and Blue Shield of Illinois.

The Healthy Activity Portal is a website owned and operated by HealthMine, Inc., an independent company, that has contracted with Blue Cross and Blue Shield of Illinois to provide digital health and personal clinical engagement tools and services for members with coverage through BCBSIL.

SilverSneakers® is a wellness program owned and operated by Tivity Health, Inc., an independent company.

Tivity Health and SilverSneakers® are registered trademarks or trademarks of Tivity Health, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries.

EyeMed Vision Care, LLC, an independent company, provides customer service and network administration services for BCBSIL. BCBSIL has contracted with First American Administrators (FAA), an independent company, to provide claims administration. The relationship between BCBSIL, FAA, and EyeMed is that of independent contractors.

HMO, HMO-POS and PPO plans provided by Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC). HMO plan provided by Illinois Blue Cross Blue Shield Insurance Company (ILBCBSIC). HCSC and ILBCBSIC are Independent Licensees of the Blue Cross and Blue Shield Association. HCSC and ILBCBSIC are Medicare Advantage organizations with a Medicare contract. Enrollment in HCSC's and ILBCBSIC's plans depends on contract renewal.