

2024 Summary of Benefits

eternalHealth Valor Give Back (HMO-POS)

Forever Partner In Healthcare.

Summary of Benefits

What does this document contain?

This summary of benefits serves as a resource to understand the coverage and costs associated with eternalHealth's Valor Give Back HMO-POS plan. The information in this document is for the plan year beginning January 1, 2024 and ending December 31, 2024.

What are the eligibility requirements for this plan?

To be eligible for this plan, you must

- be enrolled in both Medicare Parts A & B and
- live in Maricopa County in Arizona.

Does this plan cover my current healthcare needs?

This plan does not offer Part D prescription drugs, for more information please visit us at www.eternalhealth.com. If you have questions or would like a paper copy mailed to you, please call us at 1-800-680-4568 (TTY 711).

Where can I learn more about Medicare?

The *Medicare & You* handbook is a great resource and can be found at www.medicare.gov. You can also request a paper copy to be mailed to you by calling 1-800-MEDICARE (1-800-633-4227). TTY users can dial 1-877-486-2048, 24 hours a day, 7 days a week.



What is a deductible?

A deductible is the amount of money you pay out of pocket before your health plan begins to pay. Once you reach the defined threshold, you will only have to pay coinsurance or a copayment.

What is a copayment?

A copayment (also known as copay) is a fixed amount of money you pay out of pocket when you receive care.

What is coinsurance?

Coinsurance is a percentage you pay out of pocket for the cost of your care.

Where can I find more information?

If you would like more information, please see eternalHealth's Evidence of Coverage at www.eternalhealth.com under Member Resources.

You can call customer service at 1-800-680-4568 (TTY 711) from:

October 1 to March 31, 8am to 8pm, 7 days a week.

April 1 to September 30, 8am to 8pm, Monday to Friday.

eternalHealth of Arizona is an HMO plan with a Medicare contract for HMO and HMO-POS offerings. Enrollment in eternalHealth of Arizona depends on contract renewal. The benefit information provided does not list every service that we cover or list every limitation or exclusion. To get a complete list of services we cover, please call 1-800-680-4568 (TTY 711) and request the "Evidence of Coverage" or access it online at www.eternalHealth.com.

Pre-Enrollment Checklist

Prior to making an enrollment decision, it is important that you fully understand the coverage you are going to be receiving. If you have any questions regarding your coverage options, you can call to speak to us at 1 (800) 893-9457 (TTY 711).

us at 1	(800) 893-9457 (TTY 711).
Under	standing 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 that are important to you before enrolling. Visit www.eternalHealth.com/Forms-Documents or call 1 (800) 893-9457 (TTY 711) to view 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.
Unde	rstanding Important Rules
	You must continue to pay your Medicare Part B premium. This premium is typically taken out of your social security check each month.
	Benefits, premiums and/or copayments/co-insurance 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 certain 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 co-pay for services received by non- contracted providers.
	Select benefits and services may require a prior authorization.

My Monthly Premium, Deductible, and Maximum Out of Pocket

	eternalHealth Valor Give Back (HMO-POS) H3551-003	
	In-Network	Out-Of-Network
Monthly Premium \$0		0
Medicare Part B Buy Down (Give Back) Up to \$85 per month reduced from your Part B premiu		d from your Part B premium.
Medical Deductible	This plan does not have a deductible.	
Pharmacy (Part D) Deductible	This plan does not offer Part D Prescription Drugs.	
Maximum Out-of-Pocket	\$5,500	\$9,000
Responsibility		
This is the maximum amount you will		
pay during the plan year for copays,		
coinsurance, medical services, supplies,		
and Part B-covered medication. Any		
out-of-pocket expenses for prescription		
drugs and other benefits do not apply.		

My Covered Hospital and Medical Benefits and Services

	eternalHealth Valor Give Back (HMO-POS) H3551-003	
	In-Network	Out-Of-Network
Inpatient Hospital Coverage	Medicare Defined.	Medicare Defined.
Prior Authorization will be required.		
Outpatient Hospital Coverage	Diagnostic Colonoscopy	Diagnostic Colonoscopy
Prior Authorization will be required for procedures performed in an	20% coinsurance.	50% coinsurance.
Outpatient Hospital.	Outpatient Hospital	Outpatient Hospital
	20% coinsurance.	50% coinsurance.
	Observation Stays	Observation Stays
	20% coinsurance.	50% coinsurance.
Ambulatory Surgical Center (ASC)	Diagnostic Colonoscopy	Diagnostic Colonoscopy
Services	20% coinsurance if performed at	50% coinsurance if performed
Prior Authorization will be required	an ASC.	at an ASC.
for procedures performed in an		
Ambulatory Surgical Center.	ASC	ASC
, 5	20% coinsurance for surgery	50% coinsurance for surgery
	performed at an ASC.	performed at an ASC.

Doctor Visits	Primary Care Provider (PCP)	Primary Care Provider (PCP)
You may need a referral from your	Visits:	Visits:
Primary Care Provider (PCP) if you	\$0 copay per visit.	\$0 copay per visit.
visit a specialist, acupuncturist, or	70 cops, por	φο σομαγμού του.
chiropractor.	Specialist Visits:	Specialist Visits:
i i	\$0 copay per visit.	\$25 copay per visit.
Preventive Care	\$0 copay per service.	50% coinsurance.
Preventive services are available at		
no cost if you use an in-network		
provider, including:		
 Abdominal Aortic Aneurysm 		
(AAA) Screening		
 Alcohol Misuse Screening & 		
Counseling		
 Annual Wellness Visit 		
Bone Mass Measurements		
(bone density)		
Cardiovascular Disease		
Screening Tests		
Cervical Cancer Screening		
Colorectal Cancer Screening		
Counseling to Prevent		
Tobacco Use		
COVID-19 Vaccine		
Immunization		
Depression Screening		
Diabetes Screening		
Diabetes Self-Management		
Training		
Flu Shot & Administration		
Glaucoma Screening		
 Hepatitis B Screening 		
 Hepatitis B Shot & 		
Administration		
 Hepatitis C Screening 		
HIV Screening		
 Initial Preventive Physical 		
Exam		
Intensive Behavioral Therapy		
(IBT) for cardiovascular		
disease		
Intensive Behavioral Therapy		
(IBT) for Obesity		
Lung Cancer Screening		

 Mammography Screening Medical Nutrition Therapy Medicare Diabetes Prevention Program Pap Tests Screening Pneumococcal Shot & Administration Prolonged Preventive Services Prostate Cancer Screening Screening Pelvic Exam Sexually Transmitted Infection (STI) Screening & High Intensity Behavioral Counseling (HIBC) to Prevent STIs Any additional preventive services approved by Medicare during the contract year will be covered. Emergency Care You do not have to pay this copay if you are admitted to the hospital within 24 hours. If admitted, refer to the Inpatient Hospital Coverage section. This plan also covers your emergency services worldwide. If you pay the costs yourself at first, generally done outside the United States, you can submit a claim and we will reimburse you. 	20% coinsurance up to a maximum of \$120 for each visit.	20% coinsurance up to a maximum of \$120 for each visit.
Urgently Needed Services Urgently needed services means services needed immediately as a result of an unforeseen illness, injury, or condition to prevent a serious deterioration in health. This plan also covers your emergency services worldwide. If you pay the costs yourself at first, generally done outside the United States, you can submit a claim and we will reimburse you.	20% coinsurance up to a maximum of \$60 for each visit. 20% coinsurance for Worldwide Urgent care.	20% coinsurance up to a maximum of \$60 for each visit. 20% coinsurance for Worldwide Urgent care.

You do not have to pay this copay if you are admitted to the hospital within 24 hours. If admitted, refer to the Inpatient Hospital Coverage Diagnostic Services/Labs/Imaging **Lab Services Lab Services** Lab Services: Prior authorization 20% coinsurance for labs done 50% coinsurance for labs done required for high-cost genetic testing in an office setting or in a freein an office setting or in a freeand molecular studies. standing lab facility. standing lab facility. Diagnostic Radiology: Prior authorization required. X-rays X-rays 50% coinsurance for labs done 20% coinsurance for labs done **Diagnostic Tests and Procedures:** in an office setting or in a freein an office setting or in a free-Prior Authorization is required for standing lab facility. standing lab facility. high-tech imaging. Diagnostic Radiology (le; CT, Diagnostic Radiology (le; CT, Radiation Therapy: Prior MRI, PET, etc) MRI, PET, etc) authorization required. 20% coinsurance for 50% coinsurance for Ultrasounds Ultrasounds 20% coinsurance for labs done 50% coinsurance for labs done in an office setting or in a freein an office setting or in a freestanding lab facility. standing lab facility. **Diagnostic Tests and Diagnostic Tests and Procedures (Ie; Stress test) Procedures (Ie; Stress test)** 20% coinsurance for labs done 50% coinsurance for labs done in an office setting or in a freein an office setting or in a freestanding lab facility. standing lab facility. **Radiation Therapy Radiation Therapy** 20% coinsurance. 50% coinsurance. **Hearing Services Medicare-covered Hearing Medicare-covered Hearing** Routine Hearing Exam & Hearing aid Exam Exam copayments do not apply towards 20% coinsurance. 50% coinsurance. your maximum out of pocket (MOOP). **Routine Hearing Exam Routine Hearing Exam** This benefit is not covered out \$0 copay at participating of network. Amplifon providers. Hearing Aids (Up to 2 aids per year – 1 per ear, per year.) \$595 copay based on your selection through Amplifon. \$895 copay based on your selection through Amplifon.

(routine) dental cleaning Non-Medicare-covered (routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services	for this benefit. Medicare-covered Dental Services 20% coinsurance. An example of this is reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance ternalHealth will pay as much as \$2,500 per year for omprehensive and preventive services, with no required etwork. This allowance will be	Medicare-covered Dental Services 50% coinsurance. An example of this is reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance eternalHealth will pay as much as \$2,500 per year for comprehensive and preventive services, with no
Preventive Services include: Oral Exams Prophylaxis (Cleaning) Dental X-Rays Non-Medicare-covered (routine) dental cleaning Non-Medicare-covered (routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions	Services 20% coinsurance. An example of this is reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance ternalHealth will pay as much as \$2,500 per year for omprehensive and preventive services, with no required	Services 50% coinsurance. An example of this is reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance eternalHealth will pay as much as \$2,500 per year for comprehensive and preventive services, with no
 Oral Exams Prophylaxis (Cleaning) Dental X-Rays Non-Medicare-covered (routine) dental cleaning Non-Medicare-covered (routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions 	20% coinsurance. An example of this is reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance ternalHealth will pay as much as \$2,500 per year for omprehensive and preventive services, with no required	50% coinsurance. An example of this is reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance eternalHealth will pay as much as \$2,500 per year for comprehensive and preventive services, with no
 Prophylaxis (Cleaning) Dental X-Rays Non-Medicare-covered (routine) dental cleaning Non-Medicare-covered (routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions 	An example of this is reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance ternalHealth will pay as much as \$2,500 per year for omprehensive and preventive services, with no required	An example of this is reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance eternalHealth will pay as much as \$2,500 per year for comprehensive and preventive services, with no
 Dental X-Rays Non-Medicare-covered (routine) dental cleaning Non-Medicare-covered (routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions 	reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance ternalHealth will pay as much as \$2,500 per year for omprehensive and preventive services, with no required	reconstruction of the jaw following an accidental injury. \$2,500 Annual Allowance eternalHealth will pay as much as \$2,500 per year for comprehensive and preventive services, with no
 Non-Medicare-covered (routine) dental cleaning Non-Medicare-covered (routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions 	\$2,500 Annual Allowance ternalHealth will pay as much as \$2,500 per year for omprehensive and preventive services, with no required	\$2,500 Annual Allowance eternalHealth will pay as much as \$2,500 per year for comprehensive and preventive services, with no
(routine) dental cleaning Non-Medicare-covered (routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions	\$2,500 Annual Allowance ternalHealth will pay as much as \$2,500 per year for omprehensive and preventive services, with no required	\$2,500 Annual Allowance eternalHealth will pay as much as \$2,500 per year for comprehensive and preventive services, with no
 Non-Medicare-covered (routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions 	ternalHealth will pay as much as \$2,500 per year for omprehensive and preventive services, with no required	eternalHealth will pay as much as \$2,500 per year for comprehensive and preventive services, with no
(routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions	ternalHealth will pay as much as \$2,500 per year for omprehensive and preventive services, with no required	eternalHealth will pay as much as \$2,500 per year for comprehensive and preventive services, with no
(routine) dental X-rays Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions	as \$2,500 per year for omprehensive and preventive services, with no required	as \$2,500 per year for comprehensive and preventive services, with no
Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions	omprehensive and preventive services, with no required	comprehensive and preventive services, with no
Comprehensive Services include: Diagnostic Services Restorative Services Endodontics Periodontics Extractions	services, with no required	preventive services, with no
 Diagnostic Services Restorative Services Endodontics Periodontics Extractions 		· ·
 Restorative Services Endodontics Periodontics Extractions 	etwork. This allowance will be	required network. This
 Endodontics Periodontics Extractions 	available for use on a	allowance will be available for
PeriodonticsExtractions	Mastercard Prepaid Flex Card	use on a Mastercard Prepaid
• Extractions	nd may be used at the dental	Flex Card and may be used at
	provider of your choice.	the dental provider of your
 Prosthodontics 		choice.
	There are no restrictions or	
 Other Oral/Maxillofacial Surgery 	limitations.	There are no restrictions or limitations.
	ust use our designated vendor	
This is not an exhaustive list of	for this benefit.	Must use our designated
covered dental services.		vendor for this benefit.
This Dental Allowance benefit does		
not apply to your maximum out-of-		
pocket (MOOP).		
· · · · · · · · · · · · · · · · · · ·	Medicare-covered Eye Exams	Medicare-covered Eye Exams
Routine Eye Exams & Eyewear	20% coinsurance.	50% coinsurance.
purchases do not apply towards your		
maximum out of pocket (MOOP).	Routine Eye Exams \$0 copay per exam.	Routine Eye Exams This benefit is not covered out of network.

	Eyewear Benefit	
	eternalHealth will pay as much	
	as \$200 per year towards	
	eyewear. This can be used for	
	frames, lenses, contact lenses,	
	or eyeglass replacements.	
	Must use our designated vendor for this benefit.	
Mental Health and Substance Abuse Services	Inpatient Mental Health Care 20% coinsurance.	Inpatient Mental Health Care 50% coinsurance.
Prior Authorization is required for		
Inpatient Mental Health Care.	Individual Therapy Visits	Individual Therapy Visits
	(Psychologist or Other Medical	(Psychologist or Other
	professional)	Medical professional)
	20% coinsurance.	50% coinsurance.
	Outpatient Group Therapy Visits	Outpatient Group Therapy Visits
	(Psychologist or Other Medical	(Psychologist or Other
		1
	professional)	Medical professional)
	20% coinsurance.	50% coinsurance.
	Medication Adherence Visits 20% coinsurance.	Medication Adherence Visits 50% coinsurance.
	Opioid Treatment Program Services	Opioid Treatment Program Services
	20% coinsurance.	50% coinsurance.
Skilled Nursing Facility (SNF)	Medicare Defined.	Medicare Defined.
Prior Authorization is required for		
•		
SNF. No prior hospital stay required. Occupational, Physical and Speech	\$30 copay per visit.	50% coinsurance.
SNF. No prior hospital stay required.	\$30 copay per visit.	50% coinsurance.
SNF. No prior hospital stay required. Occupational, Physical and Speech Therapy	\$30 copay per visit.	50% coinsurance.
SNF. No prior hospital stay required. Occupational, Physical and Speech	\$30 copay per visit.	50% coinsurance.
SNF. No prior hospital stay required. Occupational, Physical and Speech Therapy Prior Authorization is required for PT, OT, and ST.	\$30 copay per visit.	50% coinsurance.
Occupational, Physical and Speech Therapy Prior Authorization is required for PT, OT, and ST. You will need a referral from your	\$30 copay per visit.	50% coinsurance.
Occupational, Physical and Speech Therapy Prior Authorization is required for PT, OT, and ST. You will need a referral from your Primary Care Provider (PCP) for	\$30 copay per visit.	50% coinsurance.
Occupational, Physical and Speech Therapy Prior Authorization is required for PT, OT, and ST. You will need a referral from your Primary Care Provider (PCP) for these services.		
Occupational, Physical and Speech Therapy Prior Authorization is required for PT, OT, and ST. You will need a referral from your Primary Care Provider (PCP) for these services. Ambulance Services	\$30 copay per visit. 20% coinsurance.	50% coinsurance.
Occupational, Physical and Speech Therapy Prior Authorization is required for PT, OT, and ST. You will need a referral from your Primary Care Provider (PCP) for these services. Ambulance Services This plan covers you for ambulance		
Occupational, Physical and Speech Therapy Prior Authorization is required for PT, OT, and ST. You will need a referral from your Primary Care Provider (PCP) for these services. Ambulance Services		
Occupational, Physical and Speech Therapy Prior Authorization is required for PT, OT, and ST. You will need a referral from your Primary Care Provider (PCP) for these services. Ambulance Services This plan covers you for ambulance transportation.		
Occupational, Physical and Speech Therapy Prior Authorization is required for PT, OT, and ST. You will need a referral from your Primary Care Provider (PCP) for these services. Ambulance Services This plan covers you for ambulance		

This plan also covers you for emergency transportation provided worldwide. If you pay the costs yourself at first, generally done outside the United States, you can submit a claim and we will reimburse you. Transportation This benefit does not apply to your maximum out-of-pocket (MOOP).	Trips to and from healthcare-relate appointments or \$0 copay – unli Rides can be pre-scheduled or boo Forms of transportation include: Uber and Lyft Oxygen capable vehicles Wheelchair vans Stretcher and gurney service Non-emergency ambulance And more! Must use our designated	the pharmacy. imited rides. ked on-demand. es es/life support services
Part B Prescription Drugs Prior Authorization is required for Part B Prescription Drugs. Generally, Part B drugs are not self- administered. These drugs can be given in a doctor's office as part of a medical service. In a hospital outpatient department, coverage is generally limited to drugs that are given by infusion or injection.	20% coinsurance.	50% coinsurance.

This plan does not cover Part D Prescription Drugs.

My Additional Covered Benefits and Services

	eternalHealth \	Valor Give Back
	(нмо	P-POS)
	H355	1-003
	In-Network	Out-Of-Network
Telehealth Services Medicare covered Primary care Physician (PCP) and Physician Specialist Services. This benefit may not be offered by all providers. Check availability directly with your PCP or Specialist. Medicare-Covered Acupuncture Visits Medicare-Covered Chiropractic Care	\$20 copay per Medicare-Covered acupuncture. \$20 copay per visit.	This benefit is not covered out of network. 50% coinsurance per Medicare-Covered acupuncture. 50% coinsurance.
You will need a referral from your Primary Care Provider (PCP) for these services.		
20 Extra Acupuncture & Chiropractic Visit These extra visits for Acupuncture or Chiropractic services for Non-Medicare covered services. This benefit does not apply to your maximum out-of-pocket (MOOP).	\$20 copay per visit.	50% coinsurance.
Kidney Disease Treatment Services	Dialysis Treatment (both facility and clinic visits) 20% coinsurance. Dialysis received as a hospital inpatient will be covered under your hospital inpatient benefit. Kidney Disease Education Services	Dialysis Treatment (both facility and clinic visits) 50% coinsurance. Dialysis received as a hospital inpatient will be covered under your hospital inpatient benefit. Kidney Disease Education Services
Foot Care (Podiatry Services) Prior Authorization is required for visits other than routine.	20% coinsurance. 20% coinsurance	50% coinsurance. 50% coinsurance.

Durable Medical Equipment	Basic and Advanced Medicare-	Basic and Advanced Medicare-
(DME) and Prosthetic	covered DME Products	covered DME Products
Devices	20% coinsurance.	50% coinsurance.
Diabetic Supplies	Medicare-covered Diabetic	Medicare-covered Diabetic
Prior Authorization is	Supplies	Supplies
required for Diabetic	Test Strips	Test Strips
Supplies.	You pay 20% coinsurance for	50% coinsurance.
	preferred brand (LifeScan &	
	Roche) test strips. All other	Continuous Glucose Monitors
	brands are excluded and would	50% coinsurance.
	need an approved exception. If	
	approved, you pay 20%	Other Blood Glucose Testing
	coinsurance.	Supplies
		50% coinsurance.
	Continuous Glucose Monitors	
	You pay 20% coinsurance for	Medicare-covered Diabetic
	preferred brand (Dexcom and	Therapeutic Shoes or Inserts
	Freestyle Libre) Medicare covered	50% coinsurance.
	Continuous Glucose Monitors	
	(CGM) when ordered by a	
	physician and filled at a network	
	pharmacy.	
	All other brands are excluded and	
	would need an approved exception.	
	If approved, you pay	
	20% coinsurance for diabetic	
	supplies accessed at non-	
	pharmacy networks (i.e., durable	
	medical equipment (DME)	
	suppliers).	
	Other Blood Glucose Testing	
	Supplies Other blood glysess testing	
	Other blood glucose testing	
	supplies (e.g., lancets, glucose-	
	control solution etc.), you pay 20% coinsurance.	
	Medicare-covered Diabetic	
	Therapeutic Shoes or Inserts	
	20% coinsurance.	
Cardiac & Pulmonary	Cardiac & Pulmonary	Cardiac & Pulmonary
Rehabilitation Services	Rehabilitation Services	Rehabilitation Services
Prior Authorization is	20% coinsurance.	50% coinsurance.
required for Cardiac and		

Pulmonary Rehabilitation	Supervised Exercise Therapy for	Supervised Exercise Therapy for
services.	Peripheral Arterial Disease (SET-	Peripheral Arterial Disease (SET-
	PAD)	PAD)
	20% coinsurance.	50% coinsurance.
Annual Physical Exams	\$0 copay per exam.	Not Covered.
Over the Counter (OTC)	\$75 Per calendar quarte	er (every three months).
This benefit does not apply to	•	,
your maximum out-of-pocket	This amount does not roll over from	n quarter to quarter. Eligible items
(MOOP).	are listed in the OTC Catalog. To pu	rchase eligible items, you can order
	online through your portal, over	the phone, via mail order, or by
	visiting participating stores.	
	Must use our designated	d vendor for this benefit.
SSBCI Healthy Grocery	\$50 Per calendar quarter (every three months).	
Members having Diabetes,		
Cancer, Cardiovascular	This amount does not roll over from quarter to quarter. Eligible items	
disorders, Chronic and	,	rchase eligible items you can order
disabling mental health	9	the phone, via mail order, or by
conditions & End-stage renal	visiting participating stores.	
disease (ESRD) are eligible to	Must use our designated vendor for this benefit.	
use their standard \$75 OTC	Must use our designated	d vendor for this benefit.
benefit combined with an		
additional \$50 benefit every three months towards		
healthy food and produce or		
OTC products.		
ore products.		
This benefit does not apply to		
your maximum out-of-pocket		
(MOOP).		
This benefit is for members		
who qualify. Not all members		
will qualify for this benefit.		
Fitness		kible fitness benefit, which gives
This benefit does not apply to	<u>, </u>	, boutique fitness studios, online
your maximum out-of-pocket	fitness videos and home kits. etern	
(MOOP).	ben	efit.
	Must use our designated	
In-Home Support	1	gh Papa includes 60 hours annually
This benefit does not apply to		es such as:
your maximum out-of-pocket	Household chores – light cle	
(MOOP).		ng telehealth services to connect
		ealth plan portals, installing devices
	Exercise and Activity- walking	g or biking assistance
	 Virtual services 	

	Must use our designated vendor for this benefit.
Personal Emergency	eternalHealth offers a fully covered monthly subscription for In-home,
Response Device (PERS) Mobile LTE, and LTE Smartwatch PERS options.	
This benefit does not apply to your maximum out-of-pocket (MOOP).	Must use our designated vendor for this benefit.

Notice of Non-Discrimination: Discrimination is Against the Law

eternalHealth complies with applicable Federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, religion, or sex. eternalHealth does not exclude people or treat them differently because of race, color, national origin, age, disability, religion, or sex.

eternalHealth:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact eternalHealth Member Services at 1-800-680-4568 (TTY 711)

If you believe that eternalHealth has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

eternalHealth (Mail)

eternalHealth, Inc. eH Privacy Officer

C/O Appeals & Grievances

PO Box 1377

Westborough, MA 01581

eternalHealth (Phone/Fax)

Local Phone Number: 617-684-2348 (TTY 711) **Toll Free Phone Number:** 1-800-680-4568 (TTY 711)

Fax: 1-866-326-1073

eternalHealth (In Person)

eternalHealth, Inc. eH Privacy Officer 31 St. James Ave, Suite 950 Boston, MA 02116

You can file a grievance in person, by mail, or fax. If you need help filing a grievance, eternalHealth Member Services is available to help you. 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, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW Room 509F, HHH Building

Washington, D.C. 20201

Phone: 1-800-368-1019, 800-537-7697 (TDD)

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

Multi-language Interpreter Services

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 1-800-680-4568 (TTY:711). Someone who speaks English/Language can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-800-680-4568 (TTY:711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Chinese Mandarin: 我们提供免费的翻译服务,帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务,请致电 1-800-680-4568 (TTY:711)。我们的中文工作人员很乐意帮助您。这是一项免费服务。

Chinese Cantonese: 您對我們的健康或藥物保險可能存有疑問,為此我們提供免費的翻譯 服務。如需翻譯服務,請致電 1-800-680-4568 (TTY:711)。我們講中文的人員將樂意為您提供幫助。這 是一項免費服務。

Tagalog: Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa 1-800-680-4568 (TTY:711). Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

French: Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au 1-800-680-4568 (TTY:711). Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

Vietnamese: Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quí vị cần thông dịch viên xin gọi 1-800-680-4568 (TTY:711) sẽ có nhân viên nói tiếng Việt giúp đỡ quí vị. Đây là dịch vụ miễn phí.

German: Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter 1-800-680-4568 (TTY:711). Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

Korean: 당사는 의료 보험 또는 약품 보험에 관한 질문에 답해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 1-800-680-4568 (TTY:711)번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

Russian: Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону 1-800-680-4568 (ТТҮ:711). Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

Arabic: إننا نقدم خدمات المترجم الفوري المجانية للإجابة عن أي أسئلة تتعلق بالصحة أو جدول الأدوية لدينا. للحصول على مترجم عربية العربية بمساعدتك. هذه خدمة فوري، ليس عليك سوى الاتصال بنا على (4568, TT-800-680-4568, تعدث العربية مجانية.

Hindi: हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं. एक दुभाषिया प्राप्त करने के लिए, बस हमें 1-800-680-4568 (TTY:711) पर फोन करें. कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है. यह एक मुफ्त सेवा है.

Italian: È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero 1-800-680-4568 (TTY:711). Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

Portugués: Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número 1-800-680-4568 (TTY:711). Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

French Creole: Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan 1-800-680-4568 (TTY:711). Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer 1-800-680-4568 (TTY:711). Ta usługa jest bezpłatna.

Japanese: 当社の健康 健康保険と薬品 処方薬プランに関するご質問にお答えするため に、無料の通訳サービスがありますございます。通訳をご用命になるには、1-800-680-4568 (TTY:711)にお電話ください。日本語を話す人 者 が支援いたします。これは無料のサー ビスです。

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