

A Healthy Tomorrow Starts Today.



# 2023 Medicare Decision Guide

ESSENCE ADVANTAGE GOLD (HMO) - ESSENCE ADVANTAGE PLATINUM (HMO)  
ESSENCE ADVANTAGE SELECT® (HMO)



Serving the California counties of Alameda, San Mateo and Santa Clara

# More of What Makes the Right Plan

One of our goals at Essence is to have a plan that's right for both your health and your budget. We do this by offering more in every way possible.

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## More Choices.

We offer multiple plan options to best fit your needs. These **HMO plans** provide a coordinated care experience where we work with you and your doctors to provide a better overall healthcare experience.

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## More Flexibility.

Our new **Flexible Benefits Card** allows you to access your plan's extra benefits when, how and where you want.\* With Flex Card allowances up to \$1,000 depending on the plan you choose, you can use your card to pay for things like dental, vision, hearing and over-the-counter items.

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## More Savings.

Our plan options include many ways to save, such as **low or \$0** premiums, **\$0** deductibles, **low or \$0** primary care copays and **low or \$0** copays on preferred generic medications.\*

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## More Protection.

Good healthcare is about **protecting your health and your budget**. We make sure you have the right benefits at the right cost so you can get healthy and stay healthy. And you shouldn't have to worry about health expenses draining your retirement. That's why we provide maximum out-of-pocket protection, so you know you won't spend more than a certain amount on your healthcare.

\*Limited to Essence Advantage Platinum and Select plans



# A Healthy Tomorrow Starts Today.

There's no time like the present when it comes to your health. Investments you make in yourself today will benefit your health and well-being into the future.

At **Essence Healthcare**, we work hard today—and every day—to help you live your healthiest life so you can continue to pursue the things you love surrounded by the people you love.



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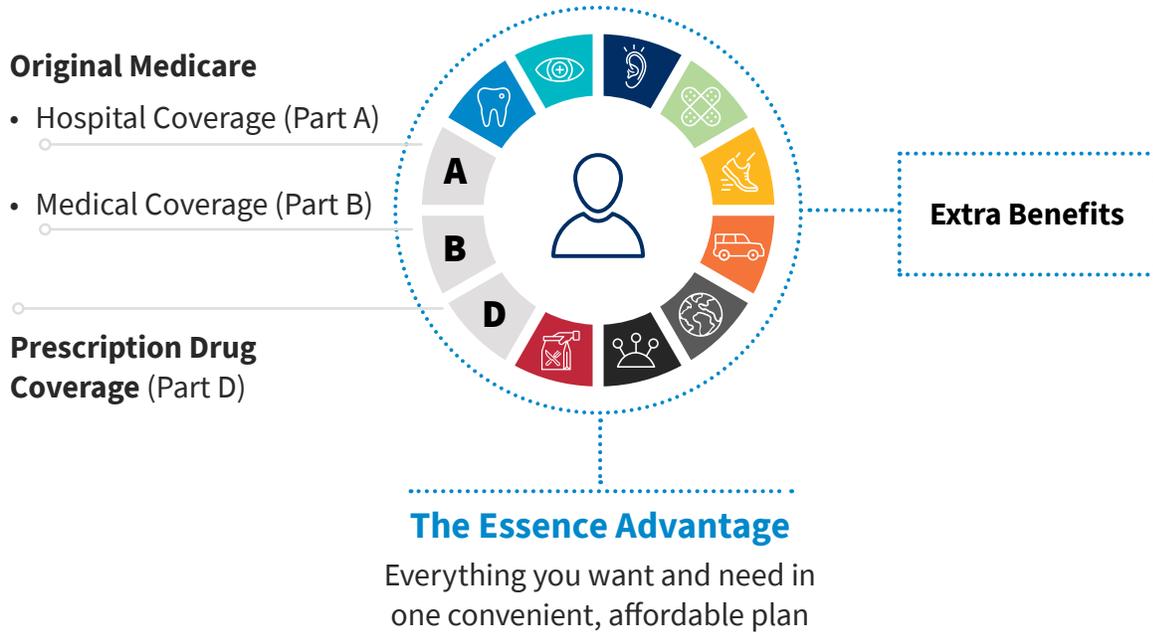
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# The Complete Protection Package

Unlike other Medicare options, Essence bundles your hospital, medical and prescription drug coverage into one plan. You'll also get extras needed to complete your coverage, such as dental, vision, hearing, health club memberships and more. We do this for as little as \$0 monthly premium, and we provide maximum out-of-pocket protection so that you won't pay more than a certain amount per year for your healthcare.



## Extras with Flexibility

### NEW Preloaded Flex Cards

Depending on your plan choice, you'll receive a debit card with up to \$1,000 to use on dental, vision, hearing and over-the-counter items.\* You can use this card when and where you want—even with out-of-network providers—on what's most important to you.



# Money-Saving Extra Benefits

We know that part of being your healthiest self involves having access to all the right benefits. Take a look at the important extras you'll get as an Essence member.



## Dental Coverage

If you're a member of our Select plan, you're covered for preventive services, such as cleanings, X-rays and more. This plan also includes a preloaded Flexible Benefits Card for more comprehensive coverage. Gold and Platinum plan members can add optional dental coverage for a low monthly premium.



## Vision Coverage

Our Select plan covers routine eye exams to make sure your eyes (and the rest of you) are healthy. This plan also includes a preloaded Flexible Benefits Card to use on vision services and eyewear. Gold and Platinum plan members can add optional vision coverage for a low monthly premium.



## Hearing Coverage

When you're a member of our Select plan, you're covered for important routine hearing exams and screenings. This plan also includes a preloaded Flex Card for hearing services and hearing aids. And, as always, all Essence plans include Medicare-covered hearing exams for low or no copay.



## Over-the-Counter Coverage

If you're a Platinum or Select plan member, you'll receive an allowance that's loaded onto a Flex Card for OTC items. You can use this preloaded debit card on any eligible health-related item in retail stores or online.



## Fitness Club Memberships

We've partnered with Silver&Fit® to give you free access to participating gyms, health clubs and a host of different classes for any fitness level. Platinum and Select members can take advantage of this benefit at a local fitness center or online.



## Transportation Assistance

We never want transportation issues to stand in the way of your health. That's why, as an Essence member, you'll receive up to 36 one-way trips to doctors, authorized medical centers and pharmacies.\*



## Coverage when Traveling

Rest easy knowing that if you get sick or injured while traveling, your emergency or urgent-care services are covered.



## Acupuncture

Acupuncture is a medication-free method of achieving pain relief, and it's a covered benefit in Essence Platinum plans. This natural healing method can help with many health issues, such as arthritis, respiratory illnesses, cataracts, depression, gingivitis and more.



## Home-Delivered Meals Post-Discharge

We offer our Gold and Platinum plan members meal delivery at no cost following surgery or an inpatient hospital stay. We also provide these services to members in those plans who have chronic conditions, such as diabetes, COPD and some cardiovascular disorders.

\*Benefits vary by plan.

# Benefits at a Glance

	Maximum Out-of-Pocket Limit	Annual Deductible	Preventive Care/ Screenings
<b>Essence Advantage Select (HMO)</b> Santa Clara County <b>\$0</b> Monthly premium	<b>\$4,900</b> Per calendar year	<b>\$0</b> Per calendar year	<b>\$0</b> Copay
<b>Essence Advantage Gold (HMO)</b> Santa Clara County <b>\$30</b> Monthly premium	<b>\$5,500</b> Per calendar year	<b>\$0</b> Per calendar year	<b>\$0</b> Copay
<b>Essence Advantage Platinum (HMO)</b> Santa Clara County <b>\$79</b> Monthly premium	<b>\$4,500</b> Per calendar year	<b>\$0</b> Per calendar year	<b>\$0</b> Copay
<b>Essence Advantage Gold (HMO)</b> Alameda and San Mateo counties <b>\$57</b> Monthly premium	<b>\$5,900</b> Per calendar year	<b>\$0</b> Per calendar year	<b>\$0</b> Copay
<b>Essence Advantage Platinum (HMO)</b> Alameda and San Mateo counties <b>\$87</b> Monthly premium	<b>\$4,900</b> Per calendar year	<b>\$0</b> Per calendar year	<b>\$0</b> Copay

For more plan details see the complete Summary of Benefits located in our Information Kit. See page 11 to find out how to request a copy.

**Optional Dental and Vision Coverage!**

Available for **Gold** and **Platinum** members for an additional low monthly premium

<b>Primary Care Visits</b>	<b>Specialist Visits</b>	<b>Prescription Drug Coverage (30-day supply)</b>	<b>Extra Benefits</b>
<b>\$0</b> Copay	<b>\$25</b> Copay	<b>\$0</b> Preferred generics* <i>Coverage also provided on other drug classes</i>	<b>\$1,000</b> Flex Card allowance for OTC items, dental, vision and hearing only† <i>Additional extras: transportation, fitness membership</i>
<b>\$5</b> Copay	<b>\$35</b> Copay	<b>\$5</b> Preferred generics* <i>Coverage also provided on other drug classes</i>	Flex Card not covered. <i>Additional extras: transportation, meal services</i>
<b>\$0</b> Copay	<b>\$20</b> Copay	<b>\$5</b> Preferred generics* <i>Coverage also provided on other drug classes</i>	<b>\$300</b> Flex Card allowance for OTC items only† <i>Additional extras: transportation, fitness membership, acupuncture, meal services</i>
<b>\$5</b> Copay	<b>\$35</b> Copay	<b>\$5</b> Preferred generics* <i>Coverage also provided on other drug classes</i>	Flex Card not covered. <i>Additional extras: transportation, meal services</i>
<b>\$0</b> Copay	<b>\$30</b> Copay	<b>\$5</b> Preferred generics* <i>Coverage also provided on other drug classes</i>	<b>\$200</b> Flex Card allowance for OTC items only† <i>Additional extras: transportation, fitness membership, acupuncture, meal services</i>

\*Copay amounts applicable at standard retail pharmacies.

†Amount shown is an annual total. Total allowance is divided equally and applied quarterly.



# Why People Choose Essence

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## Financial Security

Health plan costs should never prevent you from using your benefits. That's why we provide various plan options with **monthly premiums as low as \$0 and no or low copays on doctor visits, prescriptions and other services**. Our plans also include **out-of-pocket protection** that limits your annual healthcare costs and protects your savings. This important protection isn't offered by traditional Medicare.

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## Plans That Fit All Your Needs

At Essence, we believe that your Medicare plan should be a **complete protection package for every aspect of your health**—from medical and hospital care to extras like dental, vision, transportation and more. We provide the important protection you need so you can spend less time piecing everything together and more time focusing on things you enjoy.

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## A Teamwork Approach

We've always valued communication and teamwork—not only because it helps improve your health, but also because it results in better benefits and lower costs. We communicate and work together both with you and with your physicians. As an Essence member, you're not alone. You can rest easy knowing that you have a **team of people who are focused on getting you the medical care you need and making sure that nothing slips through the cracks**.

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## Dedication to Our Members

Essence is a **long-standing leader in healthcare—focused exclusively on serving people with Medicare**. We are doctor founded and are dedicated to providing affordable, accessible healthcare. Our commitment will always be to you and your improved health. **You are our number one priority**.

# Important Dates

Medicare has different enrollment periods for Medicare beneficiaries. The chart below explains the enrollment periods as well as their time frames and requirements for enrolling during that time.

## Initial Enrollment Period (IEP)

Sign up for Medicare for the first time.



## Annual Enrollment Period (AEP)

Switch, drop or join a different Medicare plan.

## Open Enrollment Period (OEP)

Make a one-time election to change your Medicare Advantage plan.\*

## Special Enrollment Period (SEP)

Enroll in a Medicare plan if you qualify.\*\*

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
									10/15-12/07		
01/01-03/31											
YEAR-ROUND											

\*You can also switch to Original Medicare as well as add or drop Part D coverage.

\*\*Examples of when you'd qualify include a recent move that made new Medicare options available to you or leaving employer or union coverage.



# What's Next?

If you'd like more information about Essence plans or if you're ready to enroll, we can help.

Call **1-855-200-0290 (TTY: 711)\***

Visit **EssenceHealthcare.com**

*By calling or visiting our website, you can:*



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#### **Request an Information Kit.**

Our FREE Information Kit includes more benefit details and the forms you need to enroll in an Essence plan.



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#### **Request a personal appointment.**

We offer personal appointments with local, licensed healthcare advisors that take place in person or virtually via phone or web.



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#### **Attend a Seminar.**

Join us for an online or in-person informational seminar. All sessions are hosted by a local, licensed healthcare advisor.

\*8 a.m. to 8 p.m., seven days a week. You may reach a messaging service on weekends from April 1 through September 30 and holidays. Please leave a message, and your call will be returned the next business day.

For accommodations of persons with special needs at meetings, call 1-855-200-0290 (TTY: 711).

Essence Healthcare includes HMO, HMO-POS and PPO plans with Medicare contracts. Essence Healthcare also includes an HMO D-SNP plan with a contract with Medicare and the state Medicaid program. Enrollment in Essence Healthcare depends on contract renewal. All Essence plans include Part D drug coverage. Essence Healthcare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

To enroll in an Essence plan, you must have both Medicare Parts A and B and reside in the plan service area. You must continue to pay your Medicare Part B premium. Enrollment in an Essence Healthcare plan may be limited to specific times of the year.

Members must use plan providers except in emergency or urgent care situations. If a member obtains care from an out-of-network provider without prior approval from Essence Healthcare, neither Medicare, Medicaid nor Essence Healthcare will be responsible for the costs.

Out-of-network providers are under no obligation to treat plan members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

**Toll-free: 1-855-200-0290 (TTY: 711)**  
**8 a.m. to 8 p.m., seven days a week**

You may reach a messaging service on weekends from April 1 through September 30 and holidays. Please leave a message, and your call will be returned the next business day.



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