



TULSA PUBLIC SCHOOLS

2020 Plan Changes & Important Reminders

HEALTH PLAN CHANGES

Note: If your plan is not an option in 2020, your personalized Option Period form indicates your current coverage end date. You will need to choose a new plan for 2020. If you do not choose a new plan, your medical coverage will end on December 31, 2019.

Aetna INTEGRIS and Aetna St. John HMO

- Aetna St. John HMO will not be available for plan year 2020

Blue Cross and Blue Shield of Oklahoma BlueLincs HMO

- BlueLincs is extending their networks and will be in network with Hillcrest, St. Francis and St. Johns in 2020
- Bariatric surgery is now a covered benefit with a \$250 copay per day with a \$750 maximum per admission
- CDC-recognized Diabetes Prevention Program is now a covered benefit with a \$0 copay for Omada Health

GlobalHealth HMO

- There is no longer a separate physician cost-share for inpatient, outpatient, and emergency room stays
- Hospital inpatient and mental health and substance abuse inpatient have increased to a \$300 copay per day with a \$900 maximum per admission
- Hospital outpatient has increased to a \$300 copay in a preferred facility and an \$800 copay in a non-preferred facility
- The emergency room copay has increased to a \$400 for the facility charge
- There is no longer a copay for maternity postnatal care
- A 30-day supply of preferred specialty drugs has increased to \$200 and \$400 for non-preferred specialty drugs
- Bariatric surgery is now a covered benefit with a \$300 copay per day with a \$900 maximum per admission
- CDC-recognized Diabetes Prevention Program is a covered benefit with a \$0 copay

HealthChoice Health Plans

CDC-recognized Diabetes Prevention Program is a covered benefit with a \$0 copay

HealthChoice High

The copay for urgent care under the HealthChoice High plan is now \$30.

HealthChoice High Deductible Health Plan (HDHP)

- The HSA maximum annual contribution for an individual is increasing from \$3,500 to \$3,550.
- The HSA maximum annual contribution for a family is increasing from \$7,000 to \$7,100.

*More information about these changes can be found in the [Comparison of Network Benefits for Health Plans document](#)

TOBACCO-FREE ATTESTATION REMINDER

Reminder for Current HealthChoice High and Basic Plan Members

If you wish to stay enrolled in HealthChoice High or Basic for the 2020 plan year, you must complete the online tobacco-free attestation for Plan Year 2020 available at www.healthchoiceok.com by November 8, 2019. The attestation is waived for the first year of enrollment in the High or Basic plan but is required each year thereafter to remain enrolled.

What if I am in the process of quitting tobacco?

If you are in the process of quitting tobacco, you must be tobacco free for 90 days prior to the deadline to attest to being tobacco free.

What if I cannot sign the tobacco-free attestation?

If you cannot sign the tobacco-free attestation because either you or a covered dependent uses tobacco, you can still qualify for the High or Basic plan if those who use tobacco complete one of the following alternatives by November 8, 2019:

- Show proof of an attempt to quit using tobacco by enrolling in the quit tobacco program available through the Oklahoma Tobacco Helpline (1-800-QUIT-NOW) and Optum and completing three coaching calls.
- Provide a letter from your doctor indicating it is not medically advisable for you or your covered dependents to quit tobacco.

What if I do not complete the attestation?

If you do not complete the tobacco-free attestation or one of the reasonable alternatives by November 8, 2019, you will automatically be enrolled in the HealthChoice High Alternative or Basic Alternative Plan effective January 1, 2020. However, your annual deductible will be \$250 higher than if you had completed the attestation or one of the alternatives.