

U.S.D. #202

We Are

## **Here For You**

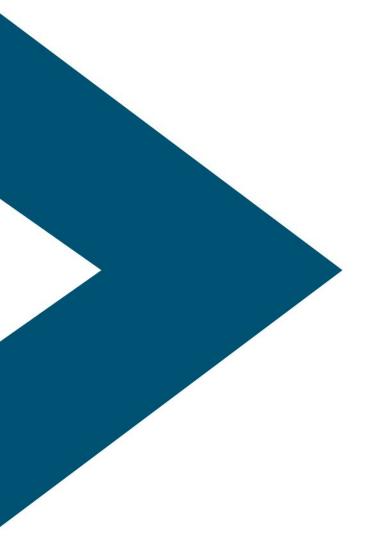
**2023** 

TODAY, TOMORROW, FOR GOOD,

TURNER SCHOOL DISTRICT HEALTH BENEFITS







# What's Changing for 2023/2024:

 Preferred Care Blue QHDHP increasing deductible to \$3,000 / \$6,000

## Let's Cover the Basics

## New hires may be effective on a different date







Your enrolled family members will receive their own ID card!

It is your responsibility to notify your providers of a change in insurance

## **NETWORK & PLAN OPTIONS**

#### BlueSelect Plus Network

## 1

#### Spira Care Plan -

#### **Qualified High Deductible Health Plan \$4000**

- Exclusive access to convenient Care Centers
- Health Savings Account Eligible
- EPO: In Network Coverage Only
- · National and International Coverage

#### Spira Care Plan \$2000

- EPO: In Network Coverage Only
- National and International Coverage

#### Spira Care Plan \$3500

- EPO: In Network Coverage Only
- National and International Coverage

## Preferred-Care Blue Network

#### **Traditional Health Plan \$500**

- PPO: In and Out of Network coverage
- National and International Coverage

#### **Qualified High Deductible Health Plan \$3000**

- Health Savings Account Eligible
- PPO: In and Out of Network coverage
- National and International Coverage







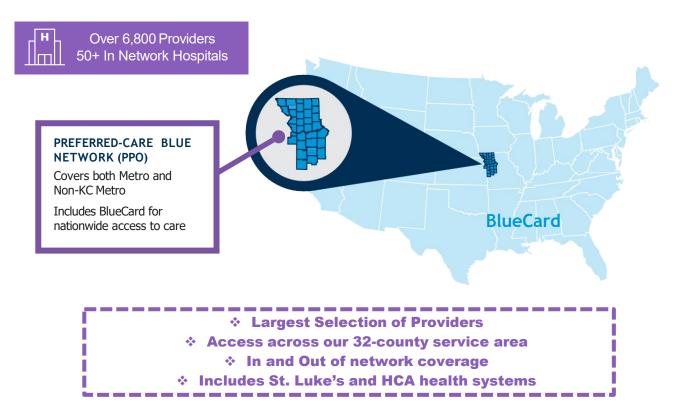
## IN-NETWORK HOSPITALS | BlueKC.com

Hospital Name	Preferred-Care Blue	BlueSelect Plus
AdventHealth (Shawnee Mission, College Boulevard, South Overland Park)	YES	YES
Belton Regional Medical Center	YES	NO
Cameron Regional Medical Center	YES	YES
Cass Regional Medical Center	YES	NO
Center Point Medical Center	YES	NO
Children's Mercy Hospitals (Hospital Hill and South)	YES	YES
Lee's Summit Hospital	YES	NO
Liberty Hospital	YES	YES
Menorah Medical Center	YES	NO
North Kansas City Hospital	YES	YES
Olathe Health System	YES	YES
Overland Park Regional Medical Center	YES	NO
Providence Medical Center	YES	YES
Research Medical Center	YES	NO
St. Joseph Medical Center	NO	YES
St. Luke's Health System	YES	NO
St. Mary's Medical Center	NO	YES
University Health (Formerly Truman Medical Centers – Hospital Hill and Lakewood)	YES	YES
University of Kansas Health System	YES	YES
Western Missouri Medical Center	YES	YES



## PREFERRED-CARE BLUE NETWORK

When Choice, Access and Peace of Mind are Top of Mind





## BLUESELECT PLUS NETWORK (EPO or PPO)



#### Best for members who:

☑ Live in one of these 12 counties:

**Missouri:** Clay, Jackson, Platte, Cass, Clinton, DeKalb, Johnson, Lafavette, Ray, Caldwell

Kansas: Johnson and Wyandotte

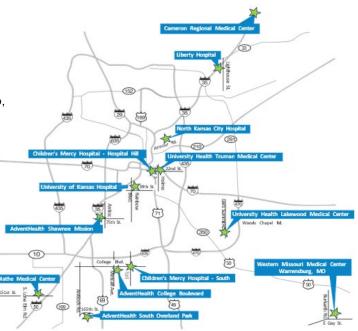
✓ Seek care from any of the 4100+ providers and 16 hospitals primarily located in these (7) counties:

Missouri: Clinton, Clay, Jackson, Johnson, Platte

Kansas: Johnson and Wyandotte

#### Hospitals included in the network:

- AdventHealth Health System
- Cameron Regional Medical Center
- Children's Mercy (Hospital Hill and South)
- Liberty Hospital
- North Kansas City Hospital
- Olathe Health System
- Providence Medical Center
- St. Joseph Medical Center
- St. Mary's Medical Center
- University Health (Truman Medical Center and Lakewood)
- University of Kansas Health System
- Western Missouri Medical Center





All other hospitals in Blue KC's service area considered out of network

## BLUESELECT PLUS EPO OR PPO PLAN TYPE



**Missouri:** Clay, Jackson, Platte, Cass, Clinton, DeKalb, Johnson, Lafayette, Ray, Caldwell

Kansas: Johnson, Wyandotte

Includes **4,100+ providers** and **16 hospitals**<sup>1</sup> primarily located in the 7 counties outlined in orange

#### **OUT OF NETWORK**

When receiving care outside the BlueSelect Plus Network, but within the 32-county Blue KC service area:

No coverage except for emergency services. You will be responsible for 100% of costs.

PPO Your extended out of network benefits provide some coverage, but higher out-of- pocket costs will apply.

#### **BLUECARD**

Offers coverage nationwide, including these counties on the map. Costs apply toward your annual deductible.



Includes 4,100+ providers and 12 hospital systems primarily located in the 7 metropolitan counties

#### NATIONAL AND INTERNATIONAL NETWORK

Across the country and around the globe











Spira Care Centers & BlueSelect Plus Network

## At Spira Care Centers:

What does LOW and NO additional cost mean?

## LOW additional cost for appointments and services at Spira Care Centers

If you enroll in a Blue KC health plan with a Health Savings Account and with exclusive access to Spira Care Centers.

- ✓ Preventive services are covered at 100%
- ✓ Non-preventive visits will incur a low additional cost (\$60) for appointments and services at Spira Care Centers until your Out-of- Pocket Max is met
- ✓ Once your Out-of-Pocket Max is met, you will incur no additional cost for appointments and services at Spira Care Centers

# NO ADDITIONAL COST NO additional cost for appointments and services

at Spira Care Centers

If you enroll in a Blue KC health plan without a Health Savings Account and with exclusive access to Spira Care Centers.

- ✓ Preventive services are covered at 100%
- ✓ Non-preventive visits at Spira Care Centers will incur no additional cost



## Your Advanced Primary Care Team



Physicians, Physician Assistants, Nurse Practitioners for routine preventive care, wellness visits and treatment of illness.

**Behavioral Health Consultants** address issues ranging from psychosocial, motivational and medical concerns to substance use and tobacco cessation.

**Health Coaches** help enhance their overall health and wellbeing.

**Diabetes Educators** inform, support and advocate for patients, while helping them reach treatment goals and self-manage or prevent diabetes.

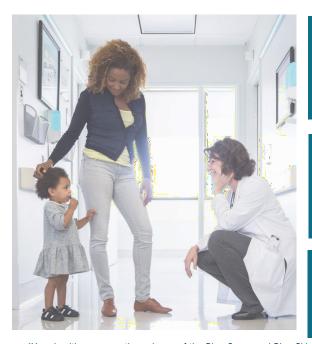
**Care Guides** leverage nursing and benefits experience to resolve care dilemmas and answer questions about benefits, costs and care management.

**Meet the Care Teams at SpiraCare.com** 





## Advanced Primary Care services including:



Routine
Preventive Care
wellness visits,
screenings,
immunizations

Sick Care
Such as flu, pink eye
and urinary tract
infections.

Behavioral Health
Consultations
to provide support for
things like stress,
depression and anxiety.

Chronic Medical
Condition
Management
for things like diabetes
and heart disease.

Health Coaching personalized health plans for overall health and wellbeing. Injuries\*
treatment of lacerations
and musculoskeletal
injuries.

Digital X-Rays\*\*

must be ordered by a Spira Care provider.

Routine Lab Draws

must be ordered by a Spira Care provider.

Diabetes Education

\*Your health coverage through any of the Blue Cross and Blue Shield of Kansas City plans, including Spira Care and Spira Care (HSA Eligible), can't be used for an on-the-job or work-related injury or illness.

\*\*X-Rays are not available at Spira Care Lee's Summit or Spira Care Liberty. If you are at one of these Care Centers and your Spira Care provider orders an X-Ray, we will work with the patient to schedule the X-Ray and a different Spira Care location.





## There is a Spira Care Center Just Around the Corner

#### **CROSSROADS**

1916 Grand Boulevard Kansas City, MO 64108

#### LEE'S SUMMIT

760 NW Blue Parkway Lee's Summit, MO 64086

#### **LIBERTY**

8350 N Church Road Kansas City, MO 64158

#### **OLATHE**

15710 W 135th Street, #200 Olathe, KS 66062

#### **OVERLAND PARK**

7431 W 133rd Street Overland Park, KS 66213

#### SHAWNEE

10824 Shawnee Mission Parkway Shawnee, KS 66203

#### **TIFFANY SPRINGS**

8765 N Ambassador Drive Kansas City, MO 64154

#### WYANDOTTE

9800 Troup Avenue Kansas City, KS 66111

#### **INDEPENDENCE**

3717 S Whitney Avenue, Independence, MO 64055



Take a Virtual Tour at SpiraCare.com/TOUR



MON – THURS

7:30 AM to 6:30 PM

**FRI** 

7:30 AM to 5 PM

SAT

8 AM to Noon

SUN Closed All Locations

All Locations

Crossroads, Overland Park, Shawnee, Tiffany Springs

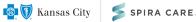
All Locations

Hours subject to change. Closed on holidays.

## Spira Care EPO \$2000 | BlueSelect Plus

	BlueSelect Plus In-Network	Out-of-Network	
Deductible (Individual / Family)	\$2,000 / \$4,000	Not Covered	
Coinsurance (Your Share)	0%	Not Covered	
Preventive Care	No Cost	Not Covered	
Office Visit	Spira Care — No Cost BlueSelect Plus — Deductible	Not Covered	
Blue KC Virtual Sick Care	No Cost	Not Covered	
Urgent Care	BlueSelect Plus — Deductible	Not Covered	
Emergency Room	In-Network Deductible		
Inpatient or Outpatient Services	Deductible Not Covered		
Digital X-rays	Spira Care — No Cost BlueSelect Plus — Deductible	Not Covered	
MRI, MRA, CT and PET Scans <i>Physician's Office, Imaging Center, Outpatient Setting, Hospital</i>	Deductible	Not Covered	
Prescriptions	Retail: \$15 / \$50 / Deductible Mail Order: \$15 / \$125 / Deductible	Not Covered	
Out-of-Pocket Maximum* (Individual / Family)	\$2,000 / \$4,000	Not Covered	

<sup>\*</sup>Out-of-Pocket Maximum includes all medical and Rx costs.

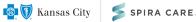




## Spira Care EPO \$3500 | BlueSelect Plus

	BlueSelect Plus In-Network	Out-of-Network	
Deductible (Individual / Family)	\$3,500 / \$7,000	Not Covered	
Coinsurance (Your Share)	0%	Not Covered	
Preventive Care	No Cost	Not Covered	
Office Visit	Spira Care — No Cost BlueSelect Plus — Deductible	Not Covered	
Blue KC Virtual Sick Care	No Cost	Not Covered	
Urgent Care	BlueSelect Plus — Deductible	Not Covered	
Emergency Room	In-Network Deductible		
Inpatient or Outpatient Services	Deductible Not Covered		
Digital X-rays	Spira Care — No Cost BlueSelect Plus — Deductible	Not Covered	
MRI, MRA, CT and PET Scans <i>Physician's Office, Imaging Center, Outpatient Setting, Hospital</i>	Deductible	Not Covered	
Prescriptions	Retail: \$15 / \$50 / Deductible Mail Order: \$15 / \$125 / Deductible	Not Covered	
Out-of-Pocket Maximum* (Individual / Family)	\$3,500 / \$7,000	Not Covered	

<sup>\*</sup>Out-of-Pocket Maximum includes all medical and Rx costs.





## Spira Care (with HSA), EPO \$4000 | BlueSelect Plus

	BlueSelect Plus In-Network	Out-of-Network	
Deductible (Individual / Family)	\$4,000 / \$8,000	Not Covered	
Coinsurance (Your Share)	0%	Not Covered	
Preventive Care	No Cost Not Covered		
Office Visit	Spira Care — \$60 Fair Market Value Fee BlueSelect Plus — Deductible	Not Covered	
Blue KC Virtual Sick Care	Deductible	Not Covered	
Urgent Care	BlueSelect Plus — Deductible		
Emergency Room	In-Network Deductible		
Inpatient or Outpatient Services	Deductible Not Covered		
Digital X-rays	Spira Care — Included in office visit BlueSelect Plus — Deductible	Not Covered	
MRI, MRA, CT and PET Scans <i>Physician's Office, Imaging Center, Outpatient Setting, Hospital</i>	Deductible	Not Covered	
Prescriptions	Retail: Deductible Mail Order: Deductible	Not Covered	
Out-of-Pocket Maximum* (Individual / Family)	\$4,000 / \$8,000	Not Covered	

<sup>\*</sup>Out-of-Pocket Maximum includes all medical and Rx costs.





## Spira Care Centers & BlueSelect Plus Network



Nine Spira Care Centers across the Kansas City metro area.



#### **BLUESELECT PLUS NETWORK**

Access the BlueSelect Plus network for specialty care and hospitalizations.

**12 Hospital Systems** 4,100+ Physicians & Specialists 11.000 Access Points

#### NATIONAL BLUECARD

BlueCard provides in-network access to medical care. nationally and internationally

#### Hospitals in the BlueSelect Plus Network

AdventHealth

Cameron Regional Medical Center Children's Mercy Hospital Liberty Hospital North Kansas City Hospital Olathe Medical Center

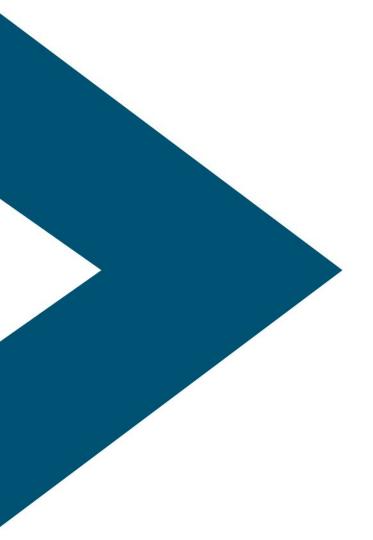
Providence Medical Center St. Joseph Medical Center St Mary's Medical Center University Health Truman / Lakewood University of Kansas Health Hospital Western Missouri Medical Center

All other hospitals in the area are considered out-of-network. Members pay until out-of-pocket maximum is met.









## **Traditional Plan**

Preferred-Care Blue (PPO) \$500

## TRADITIONAL PPO \$500 | Preferred-Care Blue

	In-Network	Out-of-Network	
Deductible (Individual / Family)	\$500 / \$1,000		
Coinsurance (Your Share)	20% 40%		
Preventive Care	No Cost	Deductible then 40%	
Office Visit	PCP: \$35 copay Specialist: \$70 copay	Deductible then 40%	
Urgent Care	\$70 copay	Deductible then 40%	
Emergency Room	\$150 copay, then deductible then 20% copay waived if admitted		
Inpatient or Outpatient Services	Deductible then 20% Deductible then 40%		
MRI, MRA, CT and PET Scans Physician's Office, Imaging Center, Outpatient Setting, Hospital	Deductible then 20%	Deductible then 40%	
Prescription Drugs	Retail: \$10 / \$60 / \$80  Mail Order: \$30 / \$180 / \$240  Retail: \$10 / \$60 / Mail Order: \$30 / \$180  Then 50%		
Out-of-Pocket Maximum (Individual / Family)	\$4,500 / \$9,000	\$9,000 / \$18,000	



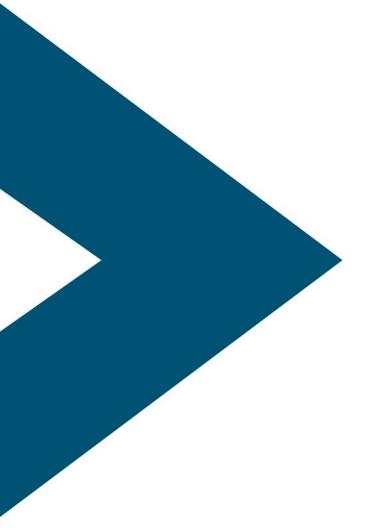




Qualified High Deductible Health Plans

Health Savings Account

• Preferred-Care Blue (PPO) \$3000



## BLUESAVER QHDHP PPO \$3000 | Preferred-Care Blue

	<b>Preferred-Care Blue</b> In-Network	Out-of-Network	
Deductible (Individual / Family)	\$3,000 / \$6,000		
Coinsurance (Your Share)	20% 40%		
Preventive Care	No Cost	Deductible then 40%	
Office Visit	Deductible then 20%	Deductible then 40%	
Urgent Care	Deductible then 20%	Deductible then 40%	
Emergency Room	In-Network Deductible then 20%		
Inpatient or Outpatient Services	Deductible then 20% Deductible then 40%		
MRI, MRA, CT and PET Scans Physician's Office, Imaging Center, Outpatient Setting, Hospital	Deductible then 20%	Deductible then 40%	
Prescription Drugs	Deductible then:	Deductible then: \$10 / \$60 / \$80	
	\$10 / \$60 / \$80	Then 50%	
Out-of-Pocket Maximum (Individual / Family)	\$4,000 / \$8,000	\$8,000 / \$16,000	

Out-of-Pocket Maximum includes all medical and Rx copays.



## CLAIM FLOW EXAMPLES

#### **DOCTORS OFFICE VISIT**

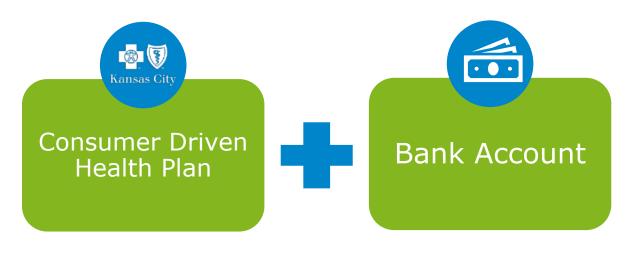
- Full cost of a doctor visit is \$150
- BlueKC has negotiated a fee of \$90 using an in-network provider
- You pay nothing at the visit
- Your doctor sends a bill for \$150 to your home, but you don't pay it
- You receive the Explanation of Benefits (EOB) from Blue KC indicating that you owe \$90
- You pay your doctor \$90 (this amount goes towards your deductible)

#### **PHARMACY**

- Doctor writes prescription
- Show ID card at time of transaction
- Receive Blue KC discounts by using network pharmacies
  - Prescriptions are priced immediately
  - You pay the discounted amount of the prescription drug at the time of purchase
  - Discounted amount of prescription drugs is automatically applied to the deductible



# UNDERSTANDING HEALTH SAVINGS ACCOUNTS



• HSA Qualified High Deductible Health Plan (BlueSaver)

- Individually owned
- Tax Advantaged
- Used to pay for eligible medical, dental and vision out of pocket expenses



## WHAT IS A HEALTH SAVINGS ACCOUNT?

A Health Savings Account (HSA) can help you manage your expenses today and in the future.

- Own. The HSA is always yours, even if you change jobs, re-enroll in one of the Traditional plans, become unemployed or retire.
- **Grow.** Your unused balance rolls over from year to year. No "use it or lose it".
- Save. HSA's provide tax-free contributions and tax-free withdrawals and tax-free earnings from investment options.
- **Choose.** Use for current expenses, save for the future or explore investment options.



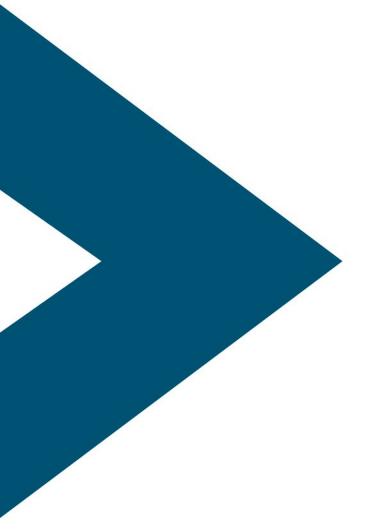
## HEALTH SAVINGS ACCOUNTS (HSAs)

Your responsibilities as the HSA account holder

#### **Meet Eligibility Requirements Contribute Only to Annual IRS Max** 2024: \$4,150 individual • Enrolled on the QHDHP 2024: \$8,300 family Cannot have "other coverage" Cannot have access to \$1,000 catch up medical FSA Cannot be enrolled in contribution for people 55 and older Medicare or Medicaid **Keep Itemized Receipts Use on Qualified** Monitored by You and IRS Medical/Prescription Drugs Dental Select OTC supplies • After 65 non-qualified expenses Medicare premiums • Complete list on IRS publication 502







## Added-Value Tools & Resources

## FINDING CARE

New member? Switching networks? Search for providers as a guest on <u>BlueKC.com</u>.

**STEP 1:** Visit BlueKC.com

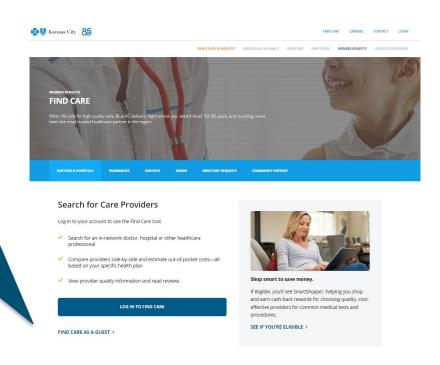
**STEP 2:** Select Find Care, in the upper right corner of the page

**STEP 3:** Select I have or might get a Blue KC health plan through my employer

**STEP 4:** Select your Network under the Select a Medical Network drop down

**STEP 5:** Select your Location by Zip Code

**STEP 6:** Explore your Options





## YOUR MEMBER PORTAL | MyBlueKC.com

Register online even if you don't have your ID number!

#### **My Information**

Quickly print, text or email your ID card

#### **Plan Benefits**

View coverage & pharmacy info

#### Claims & Usage

View claims, EOB's, deductible and Out of Pocket Max

#### **Health & Wellness**

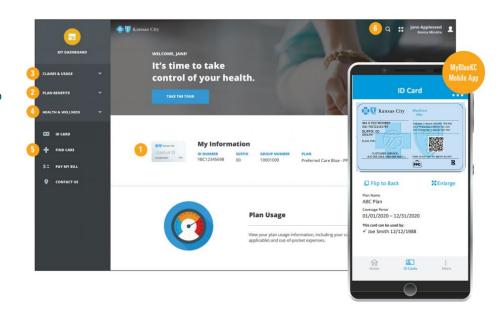
A Healthier You

#### **Find Care**

Find doctors, hospitals, pharmacies, dental providers

#### Ask Us

Get answers to your questions



### ACCESS YOUR ACCOUNT 🖳 🛚

Go to MyBlueKC.com or download the MyBlueKC mobile app to access your information—even if you don't have your member ID number!





## MYBLUEKC APP

Puts so much in the palm of your hand





Use the app to learn about other benefits and programs. Registration is simple, if you're already registered at MyBlueKC.com, use the same log-in for the app.







## BLUE KC VIRTUAL CARE

## **BLUE KC**

# VIRTUAL CARE

IS ALWAYS ON.





#### **BLUEKCVirtualCare.com**

## URGENT SICK & BEHAVIORAL HEALTH CARE NEEDS

- Affordable 24/7 access
- · No sick care appointment necessary
- · Schedule a video visit with a board-certified doctor

#### **ALWAYS PRIVATE & SECURE**

Scheduled sessions with therapists and psychiatrists are available for various behavioral health needs



Care you need--including prescriptions

Board-certified

physicians



Great for traveling when you need care



Save on drive time or office wait time



Private & Secure



Pay much less than the emergency room



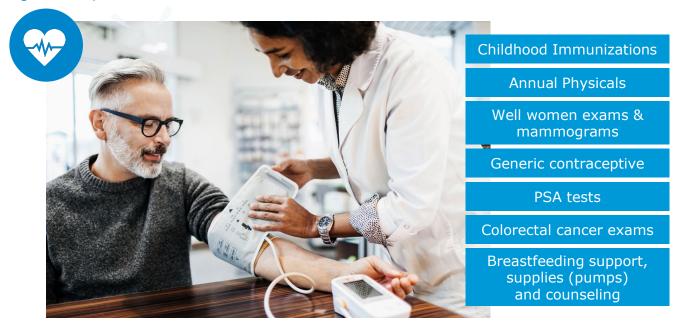


Note: Virtual Care visit is charged as a specialty visit



## ROUTINE PREVENTIVE SERVICES

100% coverage on all plans





Services must be coded as preventive and performed in a different calendar year



Services from non network providers subject to non network deductible and coinsurance



Routine preventive list



## GET NOTIFIED PRESCRIPTION SAVINGS

Rx Savings Solutions helps you decide what's best for your health and budget



#### **SELECTION**

Online search tool to discover all options available



#### PRICE

Personalized cost estimates and plan coverage



#### CONVENIENCE

Email & text alerts if there are savings



#### **ASSISTANCE**

Experienced staff works directly with your doctor









#### **DID YOU KNOW**

A capsule might cost more than a tablet or a drug with two active ingredients can be split into two for big savings?!



**START SAVING!** Log in to MyBlueKC.com, access your pharmacy benefits and Rx Savings Solutions

## Get cash rewards with SmartShopper

### It pays to shop.

- Certain routine procedures, preventive exams, imaging scans and scheduled surgeries are eligible for cash rewards.
- The amount of the reward you receive depends on the type of procedure.
- A full list of SmartShopper-eligible procedures is available on your member portal.





Average cash reward earned per member is \$92

## SMARTSHOPPER REWARDS!

It pays to shop!



Shop

Many common procedures, including examinations, scans and scheduled surgeries are eligible for cash rewards. Start shopping your proceedures online at MyBlueKC.com, or by contacting a Blue KC Customer Advocate or the SmartShopper Personal Assistant Team at 1-855-476-5027.





Go

Have your procedure done at the SmartShopper-eligible location of your choice.



Earn

Once the claim has been processed, a reward check will be mailed directly to your home address. The amount of the reward you receive depends on the type of procedure.



Average cash reward earned per member is \$92.

A full list of SmartShopper-eligible procedures is available on your member portal at MyBlueKC.com

## DIABETES PREVENTION PROGRAM



Change your life in 16 weeks!



**33%** of all Americans are at risk for Type 2 diabetes



**15-30%** of those at risk, will develop Type 2 in 5 years



### **COVERED BENEFIT FOR QUALIFIED MEMBERS**



Access to personal health coach



Weekly lessons



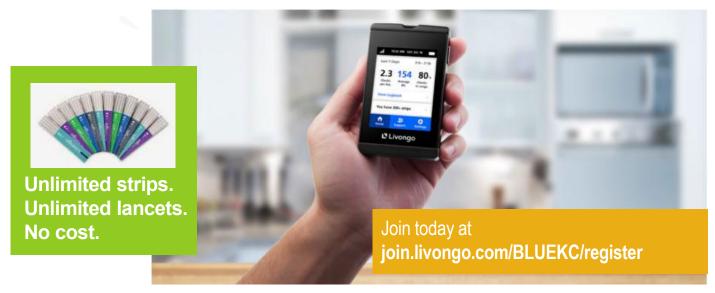
A small group for support

Visit <u>solera4me.com/bluekc</u> and take the one-minute quiz!



## DIABETES MANAGEMENT

Livongo for diabetes: it's all in the meter and it's all included





Personalized tips with each blood glucose check



Real-time support when you're out of range



Strip reordering, right from your meter



Optional family alertskeep everyone in the loop



Send a health summary report directly from your meter



Automatic uploads mean no more paper logbooks



## MINDFUL BY BLUE KC

Delivering improved outcomes by meeting behavioral health needs



## Identifying the critical contribution behavioral health makes to whole person health.

Addressing stigma. Creating greater access. Managing costs.



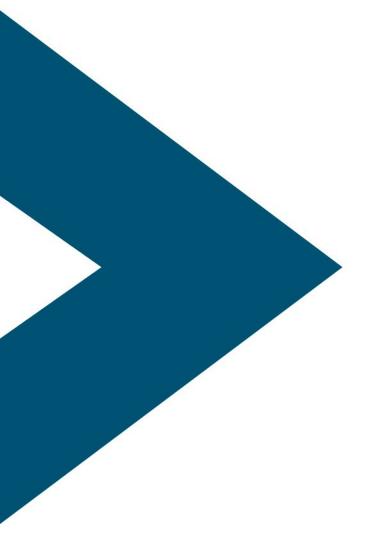
#### LEADS TO BETTER HEALTH OUTCOMES

24/7 support from a Mindful Advocate

Assistance locating and referring to in-network providers

Help in creating a care plan based on your behavioral healthcare needs





## General Information

	PPO \$500 Preferred-Care Blue	EPO \$2000 BlueSelect Plus	EPO \$3500 BlueSelect Plus	\$4000 \$4000 BlueSelect Plus	PPO \$3000 Preferred-Care Blue
HSA Eligible?	NO	NO	NO	YES	YES
Deductible (Individual / Family)	\$500 / \$1,000	\$2,000 / \$4,000	\$3,500 / \$7,000	\$4,000 / \$8,000	\$3,000 / \$6,000
Coinsurance (Your Share)	20%	0%	0%	0%	20%
*Out-of-Pocket Maximum (Individual / Family)	\$4,500 / \$9,000	\$2,000 / \$4,000	\$3,500 / \$7,000	\$4,000 / \$8,000	\$4,000 / \$8,000
Preventive Care	No Cost	No Cost	No Cost	No Cost	No Cost
Office Visit	PCP: \$35 copay Specialist: \$70 copay	Spira: No Cost BSP: Deductible	Spira: No Cost BSP: Deductible	Spira: **Fair Market Value Charge is \$60 BSP: Deductible	Deductible then 20%
BlueKC Virtual Care	\$70 copay	Deductible	Deductible	Deductible	Deductible then 20%
Urgent Care	\$70 copay	Deductible	Deductible	Deductible	Deductible then 20%
Emergency Room	\$150 Copay then deductible then 20%	Deductible	Deductible	Deductible	Deductible then 20%
Inpatient or Outpatient Services	Deductible then 20%	Deductible	Deductible	Deductible	Deductible then 20%
MRI, MRA, CT and PET Scans, etc.	Deductible then 20%	Deductible	Deductible	Deductible	Deductible then 20%
Prescription Drugs	\$10 / \$60 / \$80 \$30 / \$180 / \$240	\$15 / \$50 / Deductible \$15 / \$125 / Deductible	\$15 / \$50 / Deductible \$15 / \$125 / Deductible	Deductible	Deductible then: \$10 / \$60 / \$80
*Out-of-Pocket Maximum: The amount members pay each year toward covered services before B 100% of benefits. This includes total of deductible, coinsurance, office visit copays and Rx drugs.					

Spira Care

Traditional

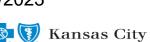
Spira Care

BlueSaver QHDHP

Snira / FPO

BlueSaver QHDHP





KC pays \*\* Spira QHDHP: Please note that the allowable charge for a Spira office visit is a Fair Market Value Charge and could change at any time.



# THANK > YOU

**QUESTIONS?** 

