GROUP MEDICARE

DISCOVER THE EXTRAS OF MEDICARE ADVANTAGE

BlueCross BlueShield Minnesota

In addition to medical benefits, Blue Cross and Blue Shield of Minnesota Group Medicare Advantage (PPO) plans include benefits, tools and resources to help members create healthy habits, stay well and keep fit. For complete details, refer to the Evidence of Coverage available on the Blue Cross member portal or by contacting customer service at 1-800-771-9865.

VIRTUAL DIABETES PREVENTION

- Members have access to an online virtual diabetes prevention program that focuses on sustained weight loss, healthy lifestyle habits and reducing the risk of developing Type 2 diabetes, heart disease and stroke.
- For more information, visit omadahealth.com/BlueCrossMN-Medicare or call 1-888-409-8687, TTY 711.

FITNESS PROGRAM

- Members can stay active with SilverSneakers® fitness program, which includes thousands of fitness locations nationwide, on-demand workout videos and online classes.
- Members receive a free home exercise kit by calling a SilverSneakers Customer Service at 1-833-226-1271, TTY 711.
- Members can visit SilverSneakers webpage to learn more and search for in-person classes by using the SilverSneakers Location Search.

HEARING

- Benefit includes non-Medicare-covered hearing exam and hearing aid exam, plus hearing aids through TruHearing®.
- $0 copay includes two exams: one routine hearing exam and one hearing aid screening.
- Hearing aid copays: $499 per aid (Advanced Aid) and $799 per aid (Premium Aid). Limited to one hearing aid per ear each calendar year.
- Rechargeable battery option is available on select styles for no additional cost.
- Visit the TruHearing webpage to get started or call 1-855-219-5289, TTY 711, to speak with a TruHearing Consultant.

VIRTUAL EXERCISE THERAPY

- Members have access to Hinge Health which provides guided virtual exercise therapy from the convenience of the member's home.
- Access to virtual guided exercises, clinical care team, education videos and additional resources for members with rheumatoid arthritis, joint and muscle pain, pelvic floor and related urinary incontinence, and osteoarthritis. Hinge Health also provides comprehensive one-on-one care, from prevention to post-surgical recovery.
- To contact Hinge Health, call 1-855-902-2777, TTY 711, or visit Hinge Health to learn more.

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OVER-THE-COUNTER ALLOWANCE

- Members receive a $50 per quarter allowance for over-the-counter medications and health-related items.
- Members can visit the nearest CVS Pharmacy and look for the blue labels that contain the OTCH indicator and SKU number. Items can also be ordered online or by phone.
- Visit the over-the-counter allowance webpage to create an account and find the OTC item catalog.
- To contact CVS Over-the-Counter Health Solutions, call 1-888-628-2770, TTY 711.

PEER SUPPORT SPECIALIST

- Members can access specialized support for mental health challenges, psychological trauma, or substance use from someone with real-life experience with a $0 copay for in-network visits.
- Find an in-network Peer Support Specialist by searching for “peer support” in the Find a Doctor tool.

POST-DISCHARGE MEALS

- Members receive two meals per day, up to 14 days, at no additional cost following a necessary medical inpatient stay or a skilled nursing facility stay.
- Members automatically receive a phone call from Mom’s Meals to coordinate and schedule meal delivery.
- Visit the Post-Discharge Meals webpage for FAQs and to learn more.

VISION AND EYEWEAR

- Vision benefit includes a $0 copay for one non-Medicare-covered routine eye exam per year and provides up to $200 allowance for contacts, lenses and frames. Refer to the Evidence of Coverage for details.
- In addition to routine eye exams, Blue Cross covers Medicare-covered exams and screenings to diagnose and treat eye diseases and conditions, Medicare-covered eyewear after cataract surgery, eyeglasses (frames and lenses), and a retinopathy exam for members who have diabetes.
- Submit reimbursement requests using the Claim Form for Eyewear (PDF).

Group Medicare Advantage is a PPO plan with a Medicare contract. Enrollment in Group Medicare Advantage depends on contract renewal.

The Omada program is from Omada Health, Inc., an independent company providing digital care programs. SilverSneakers® is a registered trademark of Tivity Health, Inc., an independent company that provides health and fitness programs. TruHearing® is a registered trademark of TruHearing, Inc., an independent company that works with health plans to offer low out-of-pocket costs on hearing aids. Hinge Health is an independent company providing musculoskeletal care services. CVS Pharmacy, Inc. d/b/a OTC Health Solutions is an independent company providing OTC supplemental benefit administrative services. Mom’s Meals® is an independent company that provides meals to Blue Cross and Blue Shield of Minnesota Medicare Advantage plan members.

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