

2019 Moda Health plan updates and clarifications

Effective Jan. 1, 2019



Medical

- Both Synergy and Summit plans will continue to be offered.
- For your urgent care needs, use Virtual Visits to see a licensed Oregon Health & Science University (OHSU) doctor, physician assistant, or nurse practitioner without leaving your home on your computer or mobile device for:
 - Colds, sore throat and flu
 - Allergies and poison ivy or oak
 - Bites, stings and more
- PEBB members receive the Virtual Visit benefit at no cost share. To schedule a Virtual Visit, please go to ohsu.edu/virtualvisits.
- The Emergency Room (ER) copay increased to \$150 for both full-time and part-time plans.
- ASH gym membership program – members can receive a discounted gym membership at any participating facilities for \$25/month. Learn more at modahealth.com/pebb.

Synergy and Summit – Coordinated care plans

- Coordinated care model (CCM) plans offer lower premiums and out-of-pocket costs, coordinated provider choice, and active Medical Home engagement to collaborate with you on your health care needs. Providers in Synergy and Summit are agreeing to be accountable for keeping you healthy by coordinating your care.
- Synergy and Summit are regional networks that cover every county in Oregon.
- CCM plans require members to pick a Medical Home (the place members go for all their health care needs) for each covered individual. Members must use their selected Medical Home for all primary care services.

Dental

- The Delta Dental PPOSM and Delta Dental Premier[®] plans will continue to be offered.
 - Preventive services will continue to not accrue toward the plan benefit maximum. This allows members to use their benefit maximum towards basic and major services.
 - No changes to the dental deductibles or coinsurances.
 - Occlusal guards are covered at 100% up to \$150. The deductible is waived.
 - Nitrous oxide is now covered at 50%.
 - Health through Oral Wellness[®] –
 - This program allows a registered dentist to clinically assess the member's risk of tooth decay, gum disease, and oral cancer. It's designed to help members maintain better oral health through a risk assessment, education and additional evidence-based preventive care.
 - Members may be eligible for additional benefits* such as extra cleanings, fluoride treatments, sealants, periodontal maintenance and more based on a clinical risk assessment performed by a participating dentist.
- *subject to the plan's annual maximum and other limitations

