

# 2020 Moda Health plan updates and clarifications

Effective January 1, 2020



## Medical

- All Moda Health Medical PEBB plans will now use our expanded Synergy Network, which includes all existing Synergy providers plus all providers who were previously part of the Summit Network.
- Oregon Health Science University (OHSU), Legacy, Adventist, Salem Health hospitals and more are all in-network.
- You will no longer select a Medical Home. All members will now choose a PCP 360 for all their primary care services.
- A PCP 360 is a high-quality primary care provider who is willing to partner with you and provide lower out-of-pocket costs.
- Referrals are still **NOT** require for in-network specialist care.
- **NEW Massage Therapy Benefit!** In-network massage therapy is now covered with a \$10 copay after the deductible has been met.
- No changes to the deductibles or coinsurances.
- Moda Medical Synergy plans cover dependents who live outside of the service area (for example: college students). Out-of-area dependents will need to select a PCP 360 and utilize that provider when they are in the service area. When they are away from the service area, they will have access to our travel network (First Health) and will receive in-network benefits.
- PEBB members continue to receive the virtual visit benefit at no cost share. To schedule a virtual visit, go to [ohsu.edu/virtual-care](https://ohsu.edu/virtual-care).
- Use Virtual Visits to see a licensed Oregon Health & Science University (OHSU) doctor, physician assistant, or nurse practitioner on your computer or mobile device for:
  - Colds, sore throat, and flu
  - Allergies and poison ivy or oak
  - Bites, stings, and more

## Dental

- The Delta Dental PPO and Premier plans will continue to be offered.
- Preventive services will continue to not accrue toward the plan benefit maximum. This allows you to use your benefit maximum towards basic and major services.
- No changes to the dental deductibles or coinsurances.
- **NEW:** composite fillings are now covered on all teeth, including molars.
- Nitrous Oxide will continue to be covered at 50%.
- Health through Oral Wellness is included with all dental plans.
  - This program allows the dentist to clinically assess your risk of tooth decay, gum disease, and oral cancer. It designed to help you maintain better oral health through a risk assessment, education and additional evidence-based preventive care.
  - You may be eligible for additional benefits such as extra cleanings, fluoride treatments, sealants, periodontal maintenance and more based upon a clinical risk assessment performed by a participating dentist.

