

# Medicare Coverage That Works For You

A SIMPLE GUIDE TO YOUR LOS ANGELES UNIFIED SCHOOL DISTRICT BENEFITS







## Helping You Make the Right Choice

*For more than 40 years, Health Net has provided Californians with a variety of health care services and benefit programs. Supporting individuals and families through all stages of life gives us a deep understanding of the unique needs of our members.*

*At Health Net, we're working to change your idea of a "health plan." Our mission is to support your quest for optimal health. Beyond comprehensive benefits and predictable copayments, our Seniority Plus plans include extra health-boosting resources.*

# Why Choose Health Net

*You can count on Health Net to help make your Medicare journey a whole lot easier, every step of the way.*



## **We know California**

Health Net of California, Inc. (Health Net) offers Californians access to wide-ranging networks, personal service and useful resources so they can manage their health the way they want.

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## **We're all about quality**

Ongoing service monitoring helps ensure the care you receive is the kind of care you expect and deserve.

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## **Broad networks for more choices**

Our HMO plans give you access to highly skilled medical providers and hospitals in your area. You can search for providers at **healthnet.com/lausd** by clicking the Find Doctors and Services on top of the landing page. You can search by state, city or zip and filter the network using the Seniority Plus (Employer HMO) option. You can also change doctors, download maps and more.

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## **Wellness programs**

Access beneficial wellness programs to help you achieve positive, lasting health and lifestyle changes!

# Things You Need to Know

*With Health Net Seniority Plus Employer (HMO), your Medicare benefits are administered by Health Net. Health Net is the primary payor for all Medicare-covered benefits. You still retain your Medicare card but receive Medicare-covered services through the Health Net Seniority Plus Employer (HMO) network of providers.*



Your plan includes pharmacy coverage. We've taken care to ensure that our Prescription Drug Plan for Medicare offers coverage for many commonly prescribed, brand-name drugs. Even if your physician changes your medications, your new prescription will most likely still be on our list of covered drugs.

## We know how important it is to have a close relationship with your doctor

With our large network of providers and hospitals, we will most likely have your primary care physician (PCP) in our network.



### PCP COORDINATES CARE

Your Health Net Seniority Plus Employer (HMO) PCP is the focal point for all contracted medical care you receive through Health Net Seniority Plus Employer (HMO). Your PCP will diagnose and treat your illness or condition, referring you to a specialist when necessary.

If you do not select a PCP or physician group when you enroll, Health Net will automatically assign one to you based on your address. You can change your PCP or physician group by calling Member Services at the number listed on the back cover or by logging in to **[healthnet.com/lausd](https://healthnet.com/lausd)**. You must use plan providers except in emergency or urgent care situations. If you obtain routine care from out-of-network providers, neither Medicare nor Health Net Seniority Plus Employer (HMO) will be responsible for the costs.

# A Bridge to Healthy Living

*Health Net brings together the information, resources and personal support that fit you, your health and lifestyle. Whether you're focused on staying fit, making health care decisions or facing a serious diagnosis, we're here to help you work with your doctor and make informed decisions.*

**Call the nurse advice line to talk to a nurse 24/7**

**By calling the nurse advice line at 1-800-893-5597 (TTY: 711),<sup>1</sup> you can reach a registered nurse who is available 24/7 to answer questions and address your concerns:**

- Immediate symptom assessment
- Advice on appropriate level of care for your situation



## **Learn more about our tobacco cessation program**

This program provides regular communications with educational resources. Coaching support is available 24/7 for up to a year during Teladoc's flexible quit approach. A member may enroll using the Teladoc smartphone app, or visiting [www.teladoc.com/hn](http://www.teladoc.com/hn). Members can also be referred into the program by a provider during a general medical visit. Ways to request a consult include the smartphone app, website, or dialing **1-800-TELADOC (1-800-835-2362 TTY: 711)**.



## **Speak to a health coach**

Set a specific health goal, such as weight management, quitting smoking, stress reduction, nutrition, and exercise.

<sup>1</sup>Nurse advice line calls are not for emergency situations. If you have an emergency, call 911 or go to the emergency room.



# Healthy Extras for Los Angeles Unified School District Members

*Health Net has partnered with the following wellness vendors and providers to provide our members with access to programs and services that support good health. Start using these programs as soon as your Health Net benefits become effective.*

## Teladoc™

Teladoc provides quality medical care by phone or online video consults through a national network of board-certified physicians and licensed therapists.

These providers can:

- Diagnose and treat non-emergency illnesses.
- Enroll you in the tobacco cessation program.
- Write prescriptions for routine medical conditions, if medically necessary.
- Send your visit results to your physician at your request.

[teladoc.com/hn](https://teladoc.com/hn)



## Silver&Fit® Healthy Aging and Exercise Program

Get fit and have fun with the Silver&Fit Program, designed to help improve health through education and exercise.

Medicare members get:

- No-cost membership at a participating fitness facility.
- Healthy Aging classes (online or by mail).
- At-home fitness kits.
- Other web tools like a fitness center search, online classes and more.

[www.silverandfit.com](http://www.silverandfit.com)

Questions?  
Log in at  
[healthnet.com/lausd](http://healthnet.com/lausd)  
to learn more.



# Notes



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# Here's what to expect after enrolling with Health Net



## **Enrollment application**

Congratulations! You have completed the first step for starting your new plan coverage.

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**An Enrollment Approval Letter** will arrive in the mail confirming your application has been approved and you will be enrolled in our plan.

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## **Your Welcome Kit**

When your application is approved, you'll receive a Welcome Kit with information about how to use and get the most from your plan.

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**You'll receive your member ID card in a separate mailing to use your Health Net benefits.** You may use your Enrollment Approval Letter when your coverage starts as proof of insurance until your ID card arrives.



## If you have any questions

Please call Health Net Member Services at  
1-844-542-0102 (TTY: 711)

From October 1 through March 31, our office hours are 7 days a week from 8:00 a.m. to 8:00 p.m.

From April 1 through September 30, our office hours are Monday through Friday from 8:00 a.m. to 8:00 p.m. A messaging system is used after hours, weekends, and on federal holidays.

Health Net  
PO Box 10420  
Van Nuys, CA 91410-0420

**[healthnet.com/lausd](https://healthnet.com/lausd)**

Health Net is contracted with Medicare for HMO plans. Enrollment in Health Net depends on contract renewal. This plan is available to qualified Los Angeles Unified School District retirees entitled to Medicare Part A and enrolled in Medicare Part B.