

# When you travel, does your health care come along?

Public Employees Benefits Board (PEBB) health plans provide coverage over a wide area. This helps you get the medical care you may need when traveling.

Contact your health plans (medical and/or dental) before you travel to confirm your coverage. Research the health care options at your destination in case you have a medical emergency or need a health care provider. Thinking ahead can save you time and confusion if you end up needing care.

## If you live in another state for part of the year

If you have a seasonal residence, keep your address current with the PEBB Program (retiree or PEBB Continuation Coverage subscribers) or your employer (employee subscribers). Contact your health plans to make sure they offer coverage in your area.

## If you need emergency care

Go to the nearest emergency room if you are injured or have sudden symptoms.

All PEBB health plans cover emergency care. See the charts on the following pages for details. If you go to an out-of-network facility, notify your plans as soon as possible. Your ID cards includes contact information.

## Before you travel

- Contact your health plans and review each plan's certificate of coverage to learn about your coverage.
- Pack your health plan ID cards (contact your plans if you need to order one) and your plans' toll-free and local numbers.
- Pack any medications in the original bottle or package. Ask your plans about getting extra refills of medications if you plan to be gone for an extended time.



- Wear a medical ID bracelet for any allergies or other special medical needs.
- Learn how to make international calls if traveling outside the U.S. Visit [www.countrycode.org/how-to-call](http://www.countrycode.org/how-to-call) for more information.

## While you're traveling

- If you seek medical attention while traveling (inside or outside the U.S.), contact your health plans so they can help answer your questions, locate providers, and assist you in accessing care.
- You pay your copayments, coinsurance, deductibles, and other costs for covered services received outside the plans' service areas.

**Note:** In most situations, Medicare won't pay for health care or supplies you receive outside the U.S.

# How to get medical care when you travel

Medical plans	Out-of-area (within U.S.)	Outside U.S.
<p><b>Kaiser Foundation Health Plan of the Northwest (enrollment in southwest Washington and Oregon)</b></p>	<p><b>Medical services</b> Emergency and urgent care are covered. After emergency admission, call 1-877-813-5993 (TTY: 711) as soon as possible. Non-emergency care may also be covered with plan authorization. Call the Away from Home Travel Line at 1-951-268-3900 (TTY: 711). (Long-distance charges may apply; no collect calls.) You may also visit any Kaiser Permanente urgent care clinic location. For more information, visit <a href="http://www.kp.org/travel">www.kp.org/travel</a>. <b>Medicare members:</b> Emergency and urgent care are covered. Member pays 20% coinsurance for non-emergency care. (Limits apply to non-emergency care. Call the plan for details.) Medicare members call 1-800-225-8883 (TTY: 711). <b>Prescription drugs</b> Ask for an early or extra refill from the pharmacy 1-2 weeks before you travel. Travel immunizations are not covered.</p>	<p><b>Medical services</b> Emergency and urgent care are covered worldwide. Call the Away from Home Travel Line at 1-951-268-3900 (TTY: 711).* (Long-distance charges may apply; no collect calls.) After emergency admission, call 1-877-813-5993 (TTY: 711)* toll-free as soon as possible. Medicare members call 1-800-225-8883 (TTY: 711).* <b>Prescription drugs</b> Ask for an early or extra refill from the pharmacy 1-2 weeks before you travel. Travel immunizations are not covered.</p>
<p><b>Kaiser Foundation Health Plan of Washington</b></p>	<p><b>Medical services</b> Emergency and urgent care are covered. After emergency admission, call 1-888-457-9516 within 24 hours or as soon as possible. Non-emergency care is covered at Kaiser Permanente facilities as a visiting member. To set up visiting member access, call Member Services. Contact Kaiser Foundation Health Plan of Washington PEBB Member Services at 1-866-648-1928 (TTY: 711) for details about care outside the service area or setting up member access. Medicare members call 1-888-901-4600 (TTY: 711).</p>	<p><b>Medical services</b> Emergency and urgent care are covered worldwide. After emergency admission, call 1-888-457-9516* within 24 hours or as soon as possible. Non-emergency care is covered with plan authorization. Contact Kaiser Foundation Health Plan of Washington PEBB Member Services at 1-866-648-1928 (TTY: 711)* for details. Medicare members call 1-888-901-4600 (TTY: 711).* Travel immunizations are not covered.</p>

\*Learn how to make international phone calls at [www.countrycode.org/how-to-call](http://www.countrycode.org/how-to-call).

# How to get medical care when you travel

Medical plans	Out-of-area (within U.S.)	Outside U.S.
<p><b>Medicare Supplement Plan F (Group), administered by Premera BlueCross</b></p>	<p><b>Medical services</b>                      Emergency, non-emergency, and urgent care is covered nationwide when seeing a provider who accepts Medicare.                      Call 1-800-817-3049 (TTY/TDD: 1-800-842-5357).                      Travel immunizations are not covered.</p>	<p><b>Medical services</b>                      Emergency care: Limited coverage for the first 60 days of a trip outside the U.S.                      Member pays first \$250, then 20% coinsurance thereafter.                      Non-emergency care is not covered.                      Call 1-800-817-3049 (TTY/TDD: 1-800-842-5357).*</p>
<p><b>Uniform Medical Plan, administered by Regence BlueShield</b></p>	<p><b>Medical services</b>                      Emergency care is covered at the network rate.                      Urgent care at Regence BlueShield preferred providers (network providers for UMP Plus) and Blue Cross and Blue Shield Plan providers is covered at the network rate.                      Out-of-network providers for medically necessary services are covered at the out-of-network rate.  <b>Medicare</b> retirees are covered when you see providers who accept Medicare.                      Contact UMP Customer Service at 1-888-849-3681 (TRS: 711).  <b>Prescription drugs</b>                      Request up to a 90-day supply per prescription (or as allowed under that prescription). Maximum two travel override requests per year (includes travel within or outside U.S.).                      You may access network pharmacies across the U.S.                      Travel immunizations are not covered.                      Contact Washington State Rx Services at 1-888-361-1611 (TRS: 711).</p>	<p><b>Medical services</b>                      Emergency care is covered at the network rate.                      Urgent care at Regence BlueShield preferred providers (network providers for UMP Plus) and Blue Cross and Blue Shield Plan providers is covered at the network rate.                      Out-of-network providers for medically necessary services are covered at the out-of-network rate.                      In most situations, <b>Medicare</b> won't pay for medical care or supplies outside the U.S.                      Contact BlueCard (Global Core) at 1-800-810-BLUE (2583),* or call collect at 1-804-673-1177.*  <b>Prescription drugs</b>                      Request up to a six-month supply for travel outside the U.S. Maximum two travel override requests per year (includes travel within or outside the U.S.).                      You may purchase prescription drugs worldwide. Benefits are limited to prescription drugs approved for use in the U.S.  <b>Note:</b> Mail-order and specialty pharmacies do not mail outside the U.S. Prescription drugs ordered through mail-order pharmacies located outside the U.S. are not covered.                      Travel immunizations are not covered.                      Contact Washington State Rx Services at 1-888-361-1611 (TRS: 711).*</p>

\*Learn how to make international phone calls at [www.countrycode.org/how-to-call](http://www.countrycode.org/how-to-call).

(continued)

# How to get dental care when you travel

Dental plans	Out-of-area (within U.S.)	Outside U.S.
<b>DeltaCare, administered by Delta Dental of Washington</b>	<p>Your network primary care dentist (PCD) provides urgent and emergency dental care within 24 hours of being contacted. You must visit a DeltaCare network PCD for all dental care.</p> <p>Urgent care from a non-DeltaCare dentist is covered when you are a reasonable distance from your PCD's office. Treatment is limited to the care necessary to evaluate and stabilize your condition until you can get to your PCD.</p> <p>Contact DeltaCare at 1-800-650-1583 (TRS: 711) after receiving emergency care.</p>	<p>Coverage outside the U.S. is the same as when you are out-of-area in the U.S.</p> <p>Urgent dental care outside the U.S. is covered when treatment is limited to care necessary to evaluate and stabilize your condition until you can get to your PCD.</p> <p>Contact DeltaCare at 1-800-650-1583 (TRS: 711)* after receiving emergency care.</p>
<b>Uniform Dental Plan, administered by Delta Dental of Washington</b>	<p>Use Delta Dental preferred provider organization (PPO) network dentists for best rates. The PPO network includes over 104,000 dentists nationwide.</p> <p>You may see any licensed dentist within the U.S. for care, but non-network dentists will cost you more.</p> <p>Call 1-800-554-1907 (TRS: 711) before you travel for details.</p>	<p>Emergency dental care outside the U.S. is covered.</p> <p>Submit an out-of-country claim form within six months of treatment for reimbursement. Claims are processed on the same basis as non-participating dentist claims.</p> <p>Call 1-800-554-1907 (TRS: 711) before you travel for details.</p>
<b>Willamette Dental of Washington, Inc.</b>	<p>Covered in Washington, Oregon, or Idaho. Call 1-855-433-6825 (TRS: 711) toll-free to make an appointment.</p> <p>Coverage more than 50 miles from a Willamette provider: Visit any licensed dentist for emergency treatment and Willamette will reimburse up to \$200 (minus your copays).</p> <p>Contact Willamette Dental Member Services at 1-855-433-6825 (TRS: 711) when you get home.</p>	<p>Visit any licensed dentist for emergency treatment and Willamette will reimburse up to \$200 (minus your copays).</p> <p>Contact Willamette Dental Member Services at 1-855-433-6825 (TRS: 711) when you get home.</p>

\*Learn how to make international phone calls at [www.countrycode.org/how-to-call](http://www.countrycode.org/how-to-call).

HCA is committed to providing equal access to our services. If you need an accommodation, or require documents in another format or language, please call 1-800-200-1004 (TRS: 711).