



## PEBB Program's open enrollment is November 1–30, 2018

# What's changing in 2019 with your PEBB health coverage

All changes are effective January 1, 2019.

## Medical and dental plan benefits



### Kaiser Permanente of the Northwest will:

- Add the following counties and ZIP Codes to its network:
  - Benton County, Oregon ZIP Code 97456 (Classic and CDHP).
  - Lane County, Oregon ZIP Codes 97401, 97402, 97403, 97404, 97405, 97408, 97409, 97419, 97424, 97426, 97431, 97437, 97438, 97440, 97448, 97451, 97452, 97454, 97455, 97461, 97475, 97477, 97478, 97487, and 97489 (Classic and CDHP).
  - Linn County, Oregon (Classic and CDHP).
- Remove the following counties and ZIP Codes from its network:
  - Clackamas County, Oregon ZIP Code 97028 (Classic and CDHP).
  - Marion County, Oregon ZIP Code 97350 (Classic and CDHP).

### Kaiser Permanente of Washington will:

- Remove the following counties and ZIP Codes from its network:
  - Pend Oreille County ZIP Code 99009 (Classic, CDHP, and Value).
  - Stevens County ZIP Codes 99006 and 99026 (Classic, CDHP, and Value).
- Change their customer service phone number in 2019 for PEBB members to have personalized support from a dedicated team: 1-866-648-1928.
- Offer a Virtual Diabetes Prevention Program to non-Medicare members.
- Issue new ID cards to all SoundChoice members.
- Make the following **benefit changes** to its SoundChoice plan:
  - Lower deductibles to \$125 per person (from \$250) and \$375 per family (from \$750).
  - Remove the cost share for primary care visits (formerly 15% coinsurance).
  - Provide a separate visit limit for massage therapy: 16 visits per year (formerly combined with occupational, physical, speech, and neurodevelopmental therapies for up to 60 visits per year).
  - Change inpatient hospital services copay to \$500 per admission (formerly \$200 per day, up to \$1,000 maximum).

(continued)

**Non-Medicare subscribers only:** Reattest to the spouse/state-registered domestic partner coverage premium surcharge for 2019

**Non-Medicare subscribers:** Even if you do not make plan changes for 2019, you may have to reattest if:

- You attested in 2018, and
- You will cover a spouse or state-registered domestic partner on your PEBB medical for 2019.

The PEBB Program will mail a letter to you in late October if you have to reattest. Starting November 1, you can also use *My Account* to find out if you are required to reattest. In November, log in to *My Account* at [www.hca.wa.gov/my-account](http://www.hca.wa.gov/my-account) and follow the instructions.

If required, **you must reattest by November 30, 2018.** If you are required to reattest but do not, or if your attestation results in you incurring the premium surcharge, you will be charged the monthly \$50 premium surcharge in addition to your monthly premiums starting January 1, 2019. The monthly \$50 premium surcharge will remain in effect for the rest of 2019 unless you have a qualifying event that allows you to change your attestation.

To learn more, visit [www.hca.wa.gov/erb](http://www.hca.wa.gov/erb) and search *Surcharges*.

### TOP NEWS INSIDE

- PEBB Customer Service phone menu changes
- Changes you can make during open enrollment
- 2019 PEBB Continuation Coverage Monthly Premiums
- Benefits fairs schedule

# What's changing in 2019 with your PEBB health coverage *(continued)*

## Kaiser Permanente of Washington will:

- Make the following **network changes** to its SoundChoice plan:
  - Add network coverage in Kitsap and Spokane counties.
  - Create a SoundChoice provider network.

**Note:** Not all Kaiser Permanente providers in Spokane County are in this network. Please call the plan or visit [www.kp.org/wa/pebb](http://www.kp.org/wa/pebb) to make sure your provider is in-network before your visit.



## Uniform Medical Plan will:

- No longer offer UMP Plus (Puget Sound High Value Network or UW Medicine Accountable Care Network) in Grays Harbor County.
- Offer a Virtual Diabetes Prevention Program for non-Medicare subscribers.
- Offer a spinal care Centers of Excellence Program to qualifying UMP Classic and UMP CDHP members.
- Cover male condoms at 100% with no deductible for UMP Classic and UMP Plus, and at 100% after meeting the deductible for UMP CDHP.

## Remember, Medicare doesn't mix with CDHPs or UMP Plus!

If you or a covered dependent becomes eligible for Medicare while you are enrolled in a UMP Plus plan or a consumer-directed health plan (CDHP) with a health savings account (HSA) in 2019, you must change your PEBB medical plan or remove the Medicare-eligible dependent from your coverage. The dependent you remove would **not** be eligible for continuation coverage.

You may also want to consider changing to a non-CDHP or UMP Plus plan during the PEBB Program's annual open enrollment. If you wait until you or a covered dependent enroll in Medicare to change medical plans, you will need to choose a new plan within 60 days of your or your dependent's enrollment in Medicare. Plus, any amount you've paid toward your deductible and out-of-pocket maximum during the plan year will be lost—you'll have to start over with your new medical plan.



## Uniform Dental Plan will:

- Reduce the limit on Class III restorations (crowns) from seven years to five years.

## Medical plan monthly premiums

See "2019 PEBB Continuation Coverage Monthly Premiums" on pages 4-5.

## PEB Board policy resolutions

To see all changes to PEBB rules that take effect January 1, 2019, visit [www.hca.wa.gov/erb](http://www.hca.wa.gov/erb) and click on *Rules & policies*.

## Continuation coverage subscribers on approved educational leave or called to active duty in the uniformed services only:

In early 2019, the PEBB Program will offer all eligible employees an opportunity, without providing evidence of insurability, to purchase supplemental long-term disability (LTD) insurance or change their benefit waiting period.

## Make positive changes with the Virtual Diabetes Prevention Program

In 2019, Kaiser Permanente WA and Uniform Medical Plan will begin offering a Virtual Diabetes Prevention Program. (Kaiser Permanente NW already offers this benefit.) This program helps you build healthier habits to reduce your risk of diabetes. You can track your progress with a wireless scale through an online account, which also lets you connect with a professional health coach and your peers in the program.

To learn more, visit [www.hca.wa.gov/prevent-diabetes](http://www.hca.wa.gov/prevent-diabetes).

## Reminder: Claim your \$25 Amazon.com SmartHealth wellness incentive by December 31, 2018

**Note:** This does not apply to COBRA subscribers enrolled in Medicare Part A and Part B. If you earned the \$25 Amazon.com gift card while you were not enrolled in Medicare, and later became Medicare-eligible, you may still claim the gift card by December 31, 2018.

The deadline to earn and claim the \$25 Amazon.com gift card\* wellness incentive is December 31, 2018. To earn the \$25 Amazon.com gift card, eligible PEBB subscribers must register with SmartHealth and complete the Well-being Assessment by the deadline.

### How do I claim my gift card?

Claim your Amazon.com gift card on the SmartHealth portal. The code will appear on your home page after you complete your Well-being Assessment. Click *Claim my gift card* and follow the instructions.

If you have any questions about your Amazon.com gift card, sign in to your SmartHealth account or contact Limeade Customer Service at 1-855-750-8866.

*\*The gift card is a taxable benefit.*

# PEBB Customer Service phone menu changes

PEBB Customer Service, available at 1-800-200-1004 (TRS: 711), has changed its phone menu. To help you navigate the new menu, here is a summary of the options available when you call.

Phone menu options and services	
Press <b>1</b> for	<b>Answers to frequently asked questions on:</b> <ul style="list-style-type: none"> <li>• Eligibility</li> <li>• Completing forms</li> <li>• Life insurance enrollment</li> <li>• Deferral</li> <li>• Making changes to your account</li> <li>• Premiums, payments, and surcharges</li> </ul>
Press <b>2</b> for	<b>Employees:</b> Instructions to call their agency's personnel, payroll, or benefits office <b>unless</b> they are <ul style="list-style-type: none"> <li>• Preparing for retirement</li> <li>• Losing health benefits</li> </ul>
Press <b>3</b> for	<b>Life insurance:</b> This option refers members to MetLife at 1-866-548-7139.
Press <b>4</b> for	<b>Accounting questions on:</b> <ul style="list-style-type: none"> <li>• Billing</li> <li>• Premiums</li> <li>• Invoices</li> </ul>
Press <b>5</b> for	<b>Retirees and PEBB Continuation Coverage (COBRA and Unpaid Leave) members who need:</b> <ul style="list-style-type: none"> <li>• Help completing forms</li> <li>• To request enrollment guides</li> <li>• To update their address</li> </ul>
Press <b>6</b> for	<b>Retirees and PEBB Continuation Coverage (COBRA and Unpaid Leave) members who have questions about:</b> <ul style="list-style-type: none"> <li>• New enrollment</li> <li>• Eligibility</li> <li>• Terminating coverage</li> <li>• Making changes to their account</li> </ul> <b>Employees:</b> This menu option also has information about retirement.

## Changes you can make during open enrollment

You can make the changes listed below during the PEBB Program's annual open enrollment, **November 1–30, 2018**.

Some subscribers can make changes online using *My Account* at [www.hca.wa.gov/my-account](http://www.hca.wa.gov/my-account). Changes made through *My Account* must be completed by midnight on November 30, 2018.

If you cannot make changes online, *My Account* will direct you to the correct forms. You can also find forms at [www.hca.wa.gov/erb](http://www.hca.wa.gov/erb). The PEBB Program must receive your completed forms by November 30.

For questions on how to make changes, see "Who to contact for help" on page 7.

**Note:** 2019 forms will be available online November 1, 2018.

Changes you can make	How to make them
Change your medical or dental plan	Log in to <i>My Account</i> to make changes or complete and submit the <i>2019 PEBB Continuation Coverage (COBRA) Election/Change</i> form or the <i>2019 PEBB Continuation Coverage (Unpaid Leave) Election/Change</i> form. Visit <a href="http://www.hca.wa.gov/erb">www.hca.wa.gov/erb</a> or call the PEBB Program at 1-800-200-1004 (select option 5) for questions. <b>Note:</b> Willamette Dental and DeltaCare are managed-care plans; you must receive care from a primary care dental provider in the plan's network. Uniform Dental Plan (UDP) is a preferred-provider organization; you can choose any dental provider.
Add or remove a dependent from your PEBB medical or dental plan*	Complete and submit the <i>2019 PEBB Continuation Coverage (COBRA) Election/Change</i> form or the <i>2019 PEBB Continuation Coverage (Unpaid Leave) Election/Change</i> form.
<b>Non-Medicare subscribers only:</b> Attest to the spouse or state-registered domestic partner coverage premium surcharge	If you will continue to cover a spouse or state-registered domestic partner, you may need to reattest to this surcharge. You will receive a letter from the PEBB Program if you are required to reattest to the spouse or state-registered domestic partner coverage premium surcharge for 2019. You can also log in to <i>My Account</i> starting November 1 to see if you need to attest to this surcharge. Then make changes in <i>My Account</i> or complete and submit the <i>2019 Premium Surcharge Change Form</i> .

\*If you enroll a dependent, you may need to provide proof of the dependent's eligibility with your enrollment form before they can be enrolled. Visit [www.hca.wa.gov/erb](http://www.hca.wa.gov/erb) to find a list of acceptable dependent verification documents.

## Special Requirements

1. To qualify for the Medicare premium, at least one covered dependent on your account must be enrolled in both Medicare Part A and Part B. (Medicare premiums are not available to PEBB Continuation Coverage [Unpaid Leave] members.)
2. Medicare members enrolled in a Kaiser Permanente Washington Medicare Advantage plan or Kaiser Permanente Northwest Senior Advantage must complete and sign the *Medicare Advantage Plan Election Form* (form C) to enroll in one of these plans.

For more information on these requirements, contact your health plan's customer service.

Non-Medicare medical plan premiums				
For members not eligible for Medicare (or enrolled in Medicare Part A only)	Subscriber only	Subscriber and spouse*	Subscriber and child(ren)	Subscriber, spouse*, and child(ren)
Kaiser Permanente NW Classic**	\$710.65	\$1,415.33	\$1,239.16	\$1,943.84
Kaiser Permanente NW CDHP**	\$604.16	\$1,196.38	\$1,062.91	\$1,596.81
Kaiser Permanente WA Classic	\$733.39	\$1,460.80	\$1,278.95	\$2,006.37
Kaiser Permanente WA CDHP	\$600.44	\$1,189.46	\$1,056.79	\$1,587.47
Kaiser Permanente WA SoundChoice	\$603.21	\$1,200.44	\$1,051.13	\$1,648.37
Kaiser Permanente WA Value	\$656.25	\$1,306.54	\$1,143.96	\$1,794.25
UMP Classic	\$674.85	\$1,343.72	\$1,176.50	\$1,845.38
UMP CDHP	\$600.54	\$1,189.65	\$1,056.96	\$1,587.74
UMP Plus-PSHVN	\$618.07	\$1,230.18	\$1,077.15	\$1,689.25
UMP Plus-UW Medicine ACN	\$618.07	\$1,230.18	\$1,077.15	\$1,689.25

Medicare medical plan premiums								
For members enrolled in Medicare Part A and Part B	Subscriber only	Subscriber and spouse*		Subscriber and child(ren)		Subscriber, spouse*, and child(ren)		
	1 Medicare eligible	1 Medicare eligible	2 Medicare eligible	1 Medicare eligible	2 Medicare eligible	1 Medicare eligible	2 Medicare eligible	3 Medicare eligible
Kaiser Permanente NW Senior Advantage***	\$333.64	\$1,038.32 <sup>‡‡</sup>	\$661.31	\$862.15 <sup>‡‡</sup>	\$661.31	\$1,566.83 <sup>‡‡</sup>	\$1,189.82 <sup>‡‡</sup>	\$988.98
Kaiser Permanente WA Classic	N/A	\$1,057.27	N/A <sup>‡</sup>	\$875.41	N/A <sup>‡</sup>	\$1,602.83	\$1,199.29	N/A <sup>‡</sup>
Kaiser Permanente WA Medicare Plan	\$329.85	N/A <sup>‡</sup>	\$653.73	N/A <sup>‡</sup>	\$653.73	N/A <sup>‡</sup>	N/A <sup>‡</sup>	\$977.61
Kaiser Permanente WA SoundChoice	N/A	\$927.09	N/A <sup>‡</sup>	\$777.78	N/A <sup>‡</sup>	\$1,375.01	\$1,101.66	N/A <sup>‡</sup>
Kaiser Permanente WA Value	N/A	\$980.13	N/A <sup>‡</sup>	\$817.56	N/A <sup>‡</sup>	\$1,467.84	\$1,141.44	N/A <sup>‡</sup>
UMP Classic	\$481.09	\$1,149.96	\$956.20	\$982.74	\$956.20	\$1,651.62	\$1,457.86	\$1,431.32

\*Or state-registered domestic partner

\*\*Kaiser Foundation Health Plan of the Northwest, with plans offered in Clark and Cowlitz counties in Washington and select counties in Oregon.

<sup>‡</sup>If a Kaiser Permanente WA member is enrolled in Medicare Part A and Part B and other enrolled members are not eligible for Medicare, the non-Medicare members must enroll in Kaiser Permanente WA Classic, SoundChoice, or Value plan. The subscriber will pay a combined Medicare and non-Medicare premium.

<sup>‡‡</sup>If a Kaiser Permanente NW member is enrolled in Medicare Part A and Part B and other enrolled members are not eligible for Medicare, the non-Medicare members will be enrolled in Kaiser Permanente NW Classic\*\*. The subscriber will pay the combined Medicare and non-Medicare premium shown for Kaiser Permanente NW Senior Advantage.



## Medicare Supplement Plan F premiums (administered by Premera Blue Cross)

Available only for COBRA and PEBB Continuation Coverage members (not enrolled in Unpaid Leave).

	Subscriber only	Subscriber and spouse*			Subscriber and child(ren)	Subscriber, spouse*, and child(ren)		
	1 Medicare eligible	1 Medicare eligible**	2 Medicare eligible: 1 retired, 1 disabled	2 Medicare eligible	1 Medicare eligible	1 Medicare eligible**	2 Medicare eligible: 1 retired, 1 disabled**	2 Medicare eligible**
<b>Plan F</b> Age 65 or older, eligible by age	\$212.38	\$887.23	\$573.41	\$424.76	\$720.01	\$1,388.88	\$1,081.04	\$932.39
<b>Plan F</b> Under age 65, eligible by disability	\$361.03	\$1,035.88	\$573.41	\$722.06	\$868.66	\$1,537.53	\$1,081.04	\$1,229.69

\*Or state-registered domestic partner

\*\*If a Medicare supplement plan is selected, non-Medicare eligible members are enrolled in Uniform Medical Plan (UMP) Classic. The rates shown reflect the total due, including premiums for both plans.

## Monthly premium surcharges (for non-Medicare subscribers only)

The following surcharges may apply to subscribers not enrolled in Medicare Part A and Part B in addition to the monthly medical premium. **These surcharges do not apply to COBRA and PEBB Continuation Coverage subscribers enrolled in Medicare Part A and Part B.**

- A monthly \$25-per-account surcharge will apply if the subscriber or any dependent (age 13 and older) enrolled in PEBB medical uses tobacco products.
- A monthly \$50 surcharge will apply if a subscriber enrolls a spouse or state-registered domestic partner in PEBB medical coverage, and the spouse or state-registered domestic partner elected not to enroll in employer-based group medical that is comparable to Uniform Medical Plan (UMP) Classic.

For more guidance on whether these surcharges apply to you, see the *2019 Premium Surcharge Help Sheet* at [www.hca.wa.gov/erb](http://www.hca.wa.gov/erb).

Dental plan premiums With medical plan	DeltaCare, administered by Delta Dental of Washington	Uniform Dental Plan, administered by Delta Dental of Washington	Willamette Dental of Washington, Inc.
Subscriber only	\$39.53	\$45.87	\$44.45
Subscriber and spouse*	\$79.06	\$91.74	\$88.90
Subscriber and child(ren)	\$79.06	\$91.74	\$88.90
Subscriber, spouse*, and child(ren)	\$118.59	\$137.61	\$133.35

Dental plan premiums Dental only	DeltaCare, administered by Delta Dental of Washington	Uniform Dental Plan, administered by Delta Dental of Washington	Willamette Dental of Washington, Inc.
Subscriber only	\$45.50	\$51.84	\$50.42
Subscriber and spouse*	\$85.03	\$97.71	\$94.87
Subscriber and child(ren)	\$85.03	\$97.71	\$94.87
Subscriber, spouse*, and child(ren)	\$124.56	\$143.58	\$139.32

\*Or state-registered domestic partner

## Benefits fairs schedule

During open enrollment you can learn more about your health plan and other insurance options by attending one of the PEBB Program's benefits fairs. Some of the fairs include a presentation about UMP Plus.

City	Date/Time	Location			
Aberdeen	Nov 13 Noon - 2 p.m.	Grays Harbor College, 1620 Edward P. Smith Drive Schermer Building, Room 4134A			
Bellingham	Nov 9 Noon - 2 p.m.	Western Washington University Viking Union Building, Room 565 A/B/C			
Cheney	Nov 6 1 - 4 p.m.	Eastern Washington University, corner of C Street and Seventh Street, Hargreaves Hall, Room 201	UMP Plus Presentation	3 - 3:30 p.m.	Tawanka Rooms 215 B/C
Ellensburg	Nov 9 12:30 - 3 p.m.	Central Washington University 400 E. University Way, SURC Ballroom			
Everett	Nov 2 8:30 - 11 a.m.	Everett Community College, 2000 Tower Street Walt Price Fitness Center	UMP Plus Presentation	10 - 10:30 a.m.	Multipurpose Room, Fit 230
Kirkland	Nov 8 8 - 10 a.m.	Lake Washington Institute of Technology 11605 132nd Ave NE, East Mall, West Wedge 1st floor	UMP Plus Presentation	9 - 9:30 a.m.	West Building Room W401
Lakewood	Nov 15 9 - 11:30 a.m.	Clover Park Technical College, 4500 Steilacoom Blvd SW McGavick Conference Center, Building 23, Room 301	UMP Plus Presentation	10:30 - 11 a.m.	Room 302
Mount Vernon	Nov 8 1:30 - 3:30 p.m.	Best Western Plus, 2300 Market Street Skagit Valley Inn Convention Center, Fidalgo Room			
Olympia	Nov 19 11 a.m. - 1 p.m.	John A. Cherberg Building, 304 15th Avenue Senate Hearing Rooms 1 & 4	UMP Plus Presentation	11:30 a.m. - Noon	Senate Hearing Room 3
Pasco	Nov 8 1 - 3:30 p.m.	Columbia Basin College, 2600 N. 20th Avenue Byron Gjerde Center, H Building			
Port Angeles	Nov 2 11:30 a.m. - 1:30 p.m.	Peninsula College, 1502 E. Lauridsen Boulevard Room J47			
Pullman	Nov 7 11:30 a.m. - 3 p.m.	Washington State University, Compton Union Building (CUB) Junior Ballroom, West Room 212			
Seattle	Oct 30 10 a.m. - 3 p.m.	University of Washington Husky Union Building (HUB), North Ballroom	UMP Plus Presentation	12:30 - 1 p.m.	HUB Room 203
	Oct 31 10 a.m. - 3 p.m.	Harborview Medical Center, 325 9th Avenue Research & Training Building Lobby	UMP Plus Presentation	10 - 10:30 a.m.	Research & Training Auditorium
	Nov 1 10 a.m. - 3 p.m.	UW Medical Center, 1959 NE Pacific Street Health Sciences Lobby, 3rd floor	UMP Plus Presentation	1:15 - 1:45 p.m.	Hogness Auditorium Room A420
	Nov 7 1 - 3:30 p.m.	North Seattle College, 9600 College Way North College Center Room CC1456	UMP Plus Presentation	2:30 - 3 p.m.	College Center Room CC161
Spokane	Nov 6 8 - 11 a.m.	Spokane Community College, 1810 N. Greene Street Building 6, Sasquatch/Bigfoot Rooms	UMP Plus Presentation	10 - 10:30 a.m.	Lair Auditorium
Tumwater	Nov 5 Noon - 2 p.m.	Dept. of Labor & Industries 7273 Linderson Way SW, Auditorium	UMP Plus Presentation	12:30 - 1 p.m.	Auditorium
Vancouver	Nov 6 10:30 a.m. - 1 p.m.	Clark College, 1933 Fort Vancouver Way Gaiser Hall Student Center			
Walla Walla	Nov 8 8 - 10:30 a.m.	Walla Walla Community College, 500 Tausick Way Main Building D, Café Area			
Wenatchee	Nov 1 9 a.m. - Noon	Wenatchee Valley College, 1300 Fifth Street Wells Hall, Campus Theater			
Yakima	Nov 9 8:30 - 10:30 a.m.	Howard Johnson Plaza, 9 N. 9th Street Orchard Room	UMP Plus Presentation	10 - 10:30 a.m.	Plum Room

## Watch a UMP Plus webinar (non-Medicare members only)

The UMP Plus networks are hosting webinars to present information about their plan services and benefits. Tune in to learn more.

- Puget Sound High Value Network:  
October 29, Noon to 1 p.m. Pacific Time (PT)
- UW Medicine Accountable Care Network:  
November 7, Noon to 1 p.m. PT

Register for the webinars at [www.hca.wa.gov/ump/open-enrollment](http://www.hca.wa.gov/ump/open-enrollment). Can't make the live webinars? The sessions will be recorded and available to view later at the same link.

### Need directions?

Find maps and parking information by selecting the *Benefits fairs* link at [www.hca.wa.gov/erb](http://www.hca.wa.gov/erb).



# Who to contact for help

Contact the plans directly for help with:	Contact the PEBB Program (1-800-200-1004, TRS: 711) for help with:
<ul style="list-style-type: none"> <li>Benefit questions</li> <li>ID cards</li> <li>Claims</li> <li>Making sure your doctor or dentist contracts with the plan</li> <li>Choosing a doctor or dentist</li> <li>Making sure your prescriptions are covered</li> </ul>	<ul style="list-style-type: none"> <li>Eligibility questions or changes (Medicare, divorce, etc.)</li> <li>Premium surcharge questions</li> <li>Changing your name, address, phone number, etc.</li> <li>Finding forms</li> <li>Adding or removing dependents</li> <li>Premium payments</li> </ul>

Organizations	Website addresses	Customer service phone numbers	TRS** customer service phone numbers
<b>Medical plans</b>			
Kaiser Permanente NW Classic, CDHP, or Senior Advantage*	<a href="https://my.kp.org/wapebb">https://my.kp.org/wapebb</a>	503-813-2000 or 1-800-813-2000 Medicare members: 1-877-221-8221	711
Kaiser Permanente WA Classic, CDHP, Medicare Advantage, Original Medicare, SoundChoice, or Value	<a href="http://www.kp.org/wa/pebb">www.kp.org/wa/pebb</a>	206-630-4636 or 1-888-901-4636	711 or 1-800-833-6388
Medicare Supplement Plan F, administered by Premera Blue Cross	<a href="http://www.premera.com">www.premera.com</a> (general information not specific to PEBB)	1-800-817-3049	1-800-842-5357
Uniform Medical Plan (UMP) Classic, UMP CDHP, or UMP Plus, administered by Regence BlueShield	<a href="http://www.hca.wa.gov/ump">www.hca.wa.gov/ump</a>	1-888-849-3681	711
UMP Plus—Puget Sound High Value Network	<a href="http://www.pugetsoundhighvaluenetwork.org">www.pugetsoundhighvaluenetwork.org</a>	1-855-776-9503	711
UMP Plus—UW Medicine Accountable Care Network	<a href="http://www.uwmedicine.org/umpplus">www.uwmedicine.org/umpplus</a>	1-855-520-9500	711
<b>Health savings account (HSA) trustee</b>			
HealthEquity	<a href="http://www.healthequity.com/pebb">www.healthequity.com/pebb</a>	1-877-873-8823	711

Organizations	Website addresses	Customer service phone numbers
<b>Dental plans</b>		
DeltaCare, administered by Delta Dental of Washington	<a href="http://www.deltadentalwa.com/pebb">www.deltadentalwa.com/pebb</a>	1-800-650-1583
Uniform Dental Plan, administered by Delta Dental of Washington	<a href="http://www.deltadentalwa.com/pebb">www.deltadentalwa.com/pebb</a>	1-800-537-3406
Willamette Dental Group	<a href="http://www.willamettedental.com/wapebb">www.willamettedental.com/wapebb</a>	1-855-4DENTAL (433-6825)
<b>Life insurance</b>		
MetLife	<a href="http://www.mybenefits.metlife.com/wapebb">www.mybenefits.metlife.com/wapebb</a>	1-866-548-7139
<b>LTD insurance</b>		
The Standard Insurance Company	<a href="http://www.hca.wa.gov/ltd">www.hca.wa.gov/ltd</a>	1-800-368-2860
<b>Wellness</b>		
SmartHealth	<a href="http://www.hca.wa.gov/pebb-smarthealth">www.hca.wa.gov/pebb-smarthealth</a>	1-855-750-8866
Diabetes prevention	<a href="http://www.hca.wa.gov/prevent-diabetes">www.hca.wa.gov/prevent-diabetes</a>	Contact your medical plan's customer service.
Living tobacco free	<a href="http://www.hca.wa.gov/tobacco-free">www.hca.wa.gov/tobacco-free</a>	Contact your medical plan's customer service.

\*Kaiser Foundation Health Plan of the Northwest, with plans offered in Clark and Cowlitz counties in Washington, and select counties in Oregon.

\*\*Telecommunications relay services for the deaf, hard of hearing, or speech impaired.

# This is your only 2019 open enrollment notice.

## Find more information online

Are you looking for more details about your PEBB benefits? Visit the following websites to find answers to your questions.

Visit HCA's website at [www.hca.wa.gov/erb](http://www.hca.wa.gov/erb) to find more information about:

- Medical and dental plans
  - Watch the "Choosing the best medical plan" video and complete the companion worksheet to determine if your current PEBB medical plan meets your needs.
  - Use the plan-specific pages under the *Medical plans & benefits* section to read details about plan benefits including certificates of coverage, summaries of benefits, and premiums.
  - Compare dental plans and find in-network providers under *Dental plans & benefits*.
- Premium surcharges (for COBRA subscribers not enrolled in Medicare Part A and Part B, and PEBB Continuation Coverage [Unpaid Leave] subscribers)
  - If you currently have a spouse or state-registered domestic partner
- enrolled on your PEBB medical plan, you may receive a letter from the PEBB Program if you are required to reattest to this premium surcharge for 2019.
  - If you are required to reattest (or you will enroll your spouse or state-registered domestic partner on your PEBB medical plan in 2019), use the online *2019 Spousal Plan Questionnaire* and *2019 Spousal Plan Calculator* to help you determine if you will be charged the \$50 spouse or state-registered domestic partner coverage monthly premium surcharge.
  - You can report changes to your or your enrolled dependents' tobacco use at any time, to determine if you will be charged the \$25-per-account tobacco use monthly premium surcharge.
- Additional benefits
  - View other benefit options available to you under the *Additional benefits* section, such as auto and home insurance, life and accidental death and dismemberment insurance (PEBB

Continuation Coverage [Unpaid Leave] only), long-term disability insurance (PEBB Continuation Coverage [Unpaid Leave] only) and Medical Flexible Spending Arrangement (FSA).

Log in to *My Account* at [www.hca.wa.gov/my-account](http://www.hca.wa.gov/my-account) to:

- Make changes to your PEBB coverage for 2019. (See "Changes you can make during open enrollment" on page 3.)
- View your *Statement of Insurance*, which lists the PEBB benefits you are currently enrolled in.  
**Note:** The *Statement of Insurance* will not display your 2019 plan selections until January 1, 2019.

Access MetLife's *MyBenefits* portal at [www.mybenefits.metlife.com/wapebb](http://www.mybenefits.metlife.com/wapebb) (PEBB Continuation Coverage [Unpaid Leave] only) to:

- View or change your supplemental life insurance amounts (if enrolled).
- Add or update your beneficiary information.

## Important dates to remember:

### October 30–November 19:

PEBB benefits fairs held throughout Washington. Meet plan representatives and other benefit vendors to learn about your options. See the full schedule on page 6.

### November 1–30:

Open enrollment period for the 2019 plan year. See "Changes you can make during open enrollment" on page 3. If you do not want to make any changes to your medical or dental plan(s) and they are still available in your county for 2019, you do not have to do anything. You will remain enrolled in your current plan(s) for 2019.

### November 30:

Last day to make changes to your PEBB insurance coverage in *My Account* ([www.hca.wa.gov/my-account](http://www.hca.wa.gov/my-account)). All plan changes in *My Account* must be made by midnight Pacific Time. Some changes cannot be made online, and the PEBB Program must **receive** all forms by November 30. If you are nearing the open enrollment deadline and are concerned your changes will not be received on time, you may fax your forms to 360-725-0771.

### January 1, 2019:

New plan year begins. Your open enrollment changes, if requested, become effective.



Washington State  
Health Care Authority  
PUBLIC EMPLOYEES BENEFITS BOARD

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).