



For Your Benefit

Public Employees Benefits Board (PEBB) Program

Retiree Edition | October 2018

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.



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 county and ZIP Codes from its network:
 - Clackamas County, Oregon ZIP Code 97028 (Classic and CDHP).
 - Lewis County (Senior Advantage).
 - 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).
- Starting January 1, 2019, change their customer service phone number for non-Medicare members to 1-866-648-1928.
- Offer a Virtual Diabetes Prevention Program for 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).

(continued)

TOP NEWS INSIDE

- PEBB Customer Service phone menu is changing
- Benefits fairs schedule

- Changes you can make during open enrollment
- Find more information online



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

Kaiser Permanente of Washington will make the following benefit changes to its SoundChoice plan:

- 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).
- Make the following **network changes** to its SoundChoice plan:
 - Add network coverage to 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 to make sure your provider is in-network before your visit.
- Change the Medicare fitness program from SilverSneakers® to Silver&Fit® to better align with member needs. Medicare Advantage members will have access to an expanded network of fitness clubs. Silver&Fit® will provide current SilverSneakers® members more information before January 1, 2019 through phone calls and mailings. For more information on Silver&Fit, please go to www.silverandfit.com. Silver&Fit® is a federally registered trademark of American Specialty Health, Inc.

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 enrolls 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 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 members.
- 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.



Uniform Dental Plan will:

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

Medical and dental premiums

See the 2019 PEBB retiree monthly premiums in the enclosed letter, which is customized for you.

PEB Board policy resolutions

To see all changes to PEBB rules that take effect January 1, 2019, visit our website at www.hca.wa.gov/erb and click on *Rules & policies*.

- A retiree who is no longer eligible to remain enrolled in a PEBB health plan may remain enrolled in retiree term life insurance coverage only.
- Effective July 17, 2018, retirees and survivors may defer enrollment in a PEBB health plan if they are enrolled as a retiree or the dependent of a retiree in the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA). A retiree or survivor who defers enrollment while enrolled as a retiree or dependent of a retiree in CHAMPVA will have a one-time opportunity to enroll in a PEBB health plan by submitting the required form and evidence of continuous enrollment within the HCA's required enrollment timeframe.

PEBB has two Delta Dental plans – here's the difference

Delta Dental offers two PEBB dental plans: DeltaCare and Uniform Dental Plan (UDP). However, these plans are very different.

- **DeltaCare (Group 3100) is a managed-care plan, like Willamette Dental.** You must choose a primary dental provider within the network. These plans will not pay claims if you see a provider outside of their network.
- **UDP (Group 3000) is a preferred-provider plan.** You may choose any dental provider, but you will generally have lower out-of-pocket costs if you see network providers.

Before you enroll in a dental plan, check with the plan to see if your dentist is in the plan's network and group number. You can call the dental plan's customer service or use the dental plan network's online directory.



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

Note: If you are enrolled in Medicare Part A and Part B, or are not covering a spouse or state-registered domestic partner for 2019, this information **does not apply to you**. You do not need to attest.

Non-Medicare retirees: 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 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/pebb-retirees and search *Surcharges*.

Non-Medicare subscribers only: 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 to non-Medicare members. (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.



Good news!

Your premiums for retiree term life insurance won't increase for 2019 (unless you change age brackets or increase your coverage). To learn more about this and other benefits, visit www.hca.wa.gov/pebb-retirees and click on *Additional benefits*.



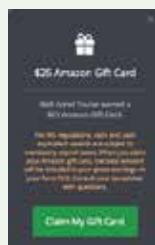
Non-Medicare subscribers only:

If you earned the \$25 Amazon.com gift card while you were not enrolled in Medicare, and later become Medicare-eligible, you may still claim the gift card by December 31, 2018.

Reminder: Claim your \$25 Amazon.com SmartHealth wellness incentive 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 is changing

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

Retirees can make some changes online through *My Account* at 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/pebb-retirees or order a retiree forms packet by calling the PEBB Program's automated line at 1-866-577-2793. The PEBB Program must **receive** your completed forms by November 30.

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



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

Changes you can make	How to make them
Change your medical or dental plan	<p>Log in to <i>My Account</i> or complete and submit the <i>2019 Employee Enrollment/Change</i> form.</p> <p>Note: 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.</p> <p>Visit www.hca.wa.gov/pebb-employee or contact your employer's personnel, payroll, or benefits office with any questions.</p>
Defer or terminate your PEBB health plan enrollment	Complete and submit the <i>2019 Retiree Coverage Election/Change</i> form (Form A-OE) and any other applicable forms.
Add or remove a dependent from your PEBB medical plan*	Complete and submit the <i>2019 Retiree Coverage Election/Change</i> form (Form A-OE) and any other applicable forms.
Non-Medicare subscribers only: Attest to the spouse or state-registered domestic partner coverage premium surcharge	<p>If you will continue to cover a spouse or state-registered domestic partner, you may need to reattest to this surcharge.</p> <p>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>.</p>

*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/pebb-retirees to find a list of acceptable dependent verification documents.

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 UMP Plus and/or retiree presentation.

Need directions? Find maps and parking information by selecting the *Benefits fairs* link at www.hca.wa.gov/pebb-retirees.

City	Date/Time	Location			
Aberdeen	Nov 13 Noon - 2 p.m.	Grays Harbor College, 1620 Edward P. Smith Drive Schermer Building, Room 4134A	Retiree Presentation	12:30 - 1:30 p.m.	Schermer Building Room 4134 B
Bellingham	Nov 9 8:30 - 10:30 a.m.	St. Luke's Community Health Education Center 3333 Squalicum Parkway, Rooms E & F	Retiree Presentation	9 - 10 a.m.	Room A
Cheney	Nov 6 1 - 4 p.m.	Eastern Washington University, corner of C Street and Seventh Street, Hargreaves Hall, Room 201	Retiree Presentation UMP Plus Presentation	1:30 - 2:30 p.m. 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	Retiree Presentation	1 - 2 p.m.	SURC Ballroom 202
Everett	Nov 2 8:30 - 11 a.m.	Everett Community College, 2000 Tower Street Walt Price Fitness Center	Retiree Presentation UMP Plus Presentation	9 - 10 a.m. 10 - 10:30 a.m.	Multipurpose Room 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	Retiree Presentation UMP Plus Presentation	8:30 - 9:30 a.m. 9 - 9:30 a.m.	West Building Room W404 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	Retiree Presentation UMP Plus Presentation	9:30 - 10:30 a.m. 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	Retiree Presentation	2 - 3 p.m.	San Juan 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	Retiree Presentation	1:30 - 2:30 a.m.	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	Retiree Presentation	Noon - 1 p.m.	Little Theatre
Pullman	Nov 7 8 to 10 a.m.	Washington State University, 115 NW State Street Suite 112A, Gladish Community Center View Room	Retiree Presentation	8:30 - 9:30 a.m.	Gladish Community Center View Room
Seattle	Oct 30 10 a.m. - 3 p.m.	University of Washington Husky Union Building (HUB), North Ballroom	Retiree Presentation UMP Plus Presentation	12:30 - 1 p.m. 10 - 11 a.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	Retiree Presentation UMP Plus Presentation	1:30 - 2:30 p.m. 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	Retiree Presentation UMP Plus Presentation	8:30 - 9:30 a.m. 10 - 10:30 a.m.	Lair Auditorium
Tumwater	Nov 5 9 a.m. - Noon	Dept. of Labor & Industries 7273 Linderson Way SW, Auditorium	Retiree Presentation UMP Plus Presentation	10 - 11 a.m. 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	Retiree Presentation	11 a.m. - Noon	Penguin Union Building (PUB) Rooms 258 A, B, C
Walla Walla	Nov 8 8 - 10:30 a.m.	Walla Walla Community College, 500 Tausick Way Main Building D, Café Area	Retiree Presentation	8:30 - 9:30 a.m.	Music Building J, Room 303
Wenatchee	Nov 1 9 a.m. - Noon	Wenatchee Valley College, 1300 Fifth Street Wells Hall, Campus Theater	Retiree Presentation	10 - 11 a.m.	Van Tassel Cafeteria Room 5015A
Yakima	Nov 9 8:30 - 10:30 a.m.	Howard Johnson Plaza, 9 N. 9th Street Orchard Room	Retiree Presentation UMP Plus Presentation	9 - 10 a.m. 10 - 10:30 a.m.	Plum Room

Watch a UMP Plus webinar (non-Medicare retirees 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, 12 to 1 p.m. Pacific Time (PT)
- UW Medicine Accountable Care Network:
November 7, 12 to 1 p.m. PT

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

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"> • Benefit questions • ID cards • Claims • Making sure your doctor or dentist contracts with the plan • Choosing a doctor or dentist • Making sure your prescriptions are covered 	<ul style="list-style-type: none"> • Eligibility questions or changes (Medicare, divorce, etc.) • Premium surcharge questions • Changing your name, address, phone number, etc. • Finding forms • Adding or removing dependents • Premium payments

Organizations	Website addresses	Customer service phone numbers	TRS** customer service phone numbers
Medical plans			
Kaiser Permanente NW Classic, CDHP, or Senior Advantage*	https://my.kp.org/wapebb	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	www.kp.org/wa/pebb	206-630-4636 or 1-888-901-4636	711 or 1-800-833-6388
Medicare Supplement Plan F, administered by Premera Blue Cross	www.premera.com (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	www.hca.wa.gov/ump	1-888-849-3681	711
UMP Plus—Puget Sound High Value Network	www.pugetsoundhighvaluenetwork.org	1-855-776-9503	711
UMP Plus—UW Medicine Accountable Care Network	www.uwmedicine.org/umpplus	1-855-520-9500	711
Health savings account (HSA) trustee			
HealthEquity	www.healthequity.com/pebb	1-877-873-8823	711

Organizations	Website addresses	Customer service phone numbers
Dental plans		
DeltaCare, administered by Delta Dental of Washington	www.deltadentalwa.com/pebb	1-800-650-1583
Uniform Dental Plan, administered by Delta Dental of Washington	www.deltadentalwa.com/pebb	1-800-537-3406
Willamette Dental Group	www.willamettedental.com/wapebb	1-855-4DENTAL (433-6825)
Life insurance		
MetLife	www.mybenefits.metlife.com/wapebb	1-866-548-7139
Wellness		
SmartHealth	www.hca.wa.gov/pebb-smarthealth	1-855-750-8866
Diabetes prevention	www.hca.wa.gov/prevent-diabetes	Contact your medical plan's customer service.
Living tobacco free	www.hca.wa.gov/tobacco-free	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 HCA's website at hca.wa.gov/pebb-retirees to find answers to your questions.

- **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*.
- Search for forms and publications.

- **Premium surcharges (for non-Medicare subscribers only)**

- 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 under the *Additional benefits* section, such as auto and home insurance and discounts through your health plan.

Log in to *My Account* at 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 5.)
- View your *Statement of Insurance*, which lists the PEBB benefits you are currently enrolled in. You can also review your customized letter provided with this newsletter.
- Report a change to your or your enrolled dependent's tobacco use.

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 to:

- View your retiree term life insurance amount (if enrolled).
- 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. You may hear a December 7, 2018, date being advertised for the Medicare open enrollment, but this date is for individual private plans (not PEBB plans). See "Changes you can make during open enrollment" on page 5. 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). 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.

January 15, 2019: New 2019 premiums due for retirees who pay by monthly invoice or by electronic debit service (EDS).

January 31, 2019: New 2019 premiums deducted for retirees who have their premiums deducted from their Department of Retirement Systems (DRS) pension.

Note: If your DRS pension amount will no longer be enough to cover your monthly premiums in 2019, your payment method will change. You will receive a monthly invoice from the Health Care Authority, or you can elect to have your premiums deducted from your bank account using the EDS option.

Required federal notice

Summary of Benefits and Coverage available to you

The Affordable Care Act requires the PEBB Program and its contracted medical plans to provide a **Summary of Benefits and Coverage (SBC)** to help you compare medical plan benefits, terms, and your costs for care from network and out-of-network providers.

To get an SBC from your current PEBB medical plan, you can either:

- Go to www.hca.wa.gov/erb to view or print it online, OR
- Go to your plan's website to view or print it online, OR
- Call your plan to request a paper copy at no charge. (Your medical plan can also provide paper copies translated in other languages.)

To get an SBC from another PEBB medical plan, you can either:

- Go to www.hca.wa.gov/erb to view or print it online, OR
- Go to the plan's website to view or print it online, OR
- Call the PEBB Program at 1-800-200-1004 to request a paper copy at no charge.

Note: SBCs are not available for the Premera Blue Cross Medicare Supplement Plan F and Medicare Advantage plans.

Required federal notice

Annual notice of creditable prescription drug coverage

If you or a dependent is (or will soon be) entitled to Medicare, you do not have to enroll in Medicare Part D (prescription drug coverage).

All PEBB medical plans except Premera Blue Cross Medicare Supplement Plan F (available to retirees and COBRA members enrolled in Medicare Part A and Part B) provide creditable prescription drug coverage. This means the prescription drug coverage offered by PEBB's medical plans is expected to pay out, on average, as much as Medicare Part D coverage.

If your PEBB medical plan provides creditable prescription drug coverage when you or a dependent becomes entitled to Medicare Part A and Part B, you can keep your PEBB medical coverage and not pay a penalty if you or a dependent enrolls in Medicare Part D later (see below).

If you lose or terminate your current PEBB medical coverage: To avoid paying a higher premium, you should enroll in a Medicare Part D plan within 63 days after your PEBB medical coverage ends. If you don't enroll within the 63-day deadline, your Medicare Part D plan's monthly premium may increase by 1 percent or more for every month you didn't have creditable coverage.

Employees: If you enroll in a Medicare Part D plan, your PEBB medical plan may not coordinate prescription drug benefits with Medicare Part D.

Retirees and PEBB Continuation Coverage (COBRA) members enrolled in Medicare Parts A and B: If you enroll in a Medicare Part D plan, you will need to enroll in Premera Blue Cross Medicare Supplement Plan F to keep your PEBB insurance coverage. You cannot enroll in Medicare Part D and stay enrolled in any other PEBB medical plan.

For questions about Medicare Part D, call the Centers for Medicare & Medicaid Services at 1-800-633-4227 or visit medicare.gov.

PEBB Program Nondiscrimination Notice and Language Access Services

The PEBB Program and its contracted health plans comply with applicable federal civil rights laws and do not discriminate (exclude people or treat them differently) on the basis of race, color, national origin, age, disability, or sex.

The PEBB Program also complies with applicable state civil rights laws and does not discriminate on the basis of creed, gender, gender expression or identity, sexual orientation, marital status, religion, honorably discharged veteran or military status, or the use of a trained guide dog or service animal by a person with a disability.

The PEBB Program provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you believe this organization has failed to provide language access services or discriminated in another way...	You can file a grievance with:
PEBB Program <i>You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the HCA Compliance Officer is available to help you.</i>	Health Care Authority Division of Legal Services, Attn: HCA Compliance Officer PO Box 42704 Olympia, WA 98504-2704 1-855-682-0787 (TRS: 711) Fax 360-507-9234 compliance@hca.wa.gov
PEBB MEDICAL PLANS	
Kaiser Foundation Health Plan of the Northwest	Kaiser Foundation Health Plan of the Northwest Attn: Member Relations – Kaiser Civil Rights Coordinator 500 NE Multnomah, Suite 100 Portland, OR 97232 1-800-813-2000 or 503-813-2000 (TRS: 711)
Kaiser Foundation Health Plan of Washington	Kaiser Foundation Health Plan of Washington Civil Rights Coordinator Quality GNE-D1E-07 PO Box 9812 Renton, WA 98057 1-888-901-4636 or 206-630-4636 (TRS: 711) Fax 206-901-6205 kp.org/wa/feedback
Washington State Rx Services (for discrimination concerns about prescription-drug benefits for Uniform Medical Plan [UMP])	Washington State Rx Services Attn: Appeals Unit PO Box 40168 Portland, OR 97204-0168 1-888-361-1611 (TDD/TTY: 711) Fax 1-866-923-0412 compliance@modahealth.com
Premera Blue Cross (for discrimination concerns about Medicare Supplement Plan F and the Center of Excellence Program for UMP Classic and UMP CDHP members)	Premera Blue Cross Attn: Civil Rights Coordinator - Complaints and Appeals PO Box 91102 Seattle, WA 98111 1-855-332-4535 (TTY: 1-800-842-5357) Fax 425-918-5592 AppealsDepartmentInquiries@Premera.com

If you believe this organization has failed to provide language access services or discriminated in another way...	You can file a grievance with:
Regence BlueShield (for discrimination concerns about UMP Classic, UMP Consumer-Directed Health Plan [CDHP], and UMP Plus)	Regence BlueShield Civil Rights Coordinator MS: CS B32B, PO Box 1271 Portland, OR 97207-1271 1-888-344-6347 (TRS: 711) CS@regence.com
Regence BlueShield (for discrimination concerns about UMP Classic for Medicare members)	Regence BlueShield Civil Rights Coordinator MS: B32AG, PO Box 1827 Medford, OR 97501 1-866-749-0355 (TRS: 711) Fax 1-888-309-8784 medicareappeals@regence.com
PEBB DENTAL PLANS	
Delta Dental (for discrimination concerns about DeltaCare and the Uniform Dental Plan)	Delta Dental Attn: Isaac Lenox, Compliance/Privacy Officer PO Box 75983 Seattle, WA 98175 1-800-554-1907 (TTY: 1-800-833-6384) Fax 206-729-5512 Compliance@DeltaDentalWA.com
Willamette Dental <i>HCA will process discrimination complaints pertaining to Willamette Dental Group.</i>	Health Care Authority Division of Legal Services, Attn: HCA Compliance Officer PO Box 42704 Olympia, WA 98504-2704 1-855-682-0787 (TRS: 711) Fax 360-507-9234 compliance@hca.wa.gov

You can also file a civil rights complaint with:

U.S. Department of Health and Human Services, Office for Civil Rights
 200 Independence Avenue, SW Room 509F, HHH Building
 Washington, D.C. 20201
 1-800-368-1019 (TDD: 1-800-537-7697)
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> (to submit complaints electronically)
<http://www.hhs.gov/ocr/office/file/index.html> (to find complaint forms online)

[English] Language assistance services, including interpreters and translation of printed materials, are available free of charge. Employees: Contact your employer's personnel, payroll, or benefits office directly. Retirees, COBRA, and Continuation Coverage members only: Contact the PEBB Program at 1-800-200-1004. (TRS: 711).

[Amharic] የወጪ እና አገልግሎት፣ አስተርጻሚ እና የሰነድናን ትርጉም
መሆኑ በንገድ ይገኛል:: ተቀባዩም:: የቀባዩምናን ስራታቸው፣ የድምጽ ወይም
ጥቅም-ጥቅም ክፍያ ድንብኑ በቀታው ያገኘዋል:: በላይ የውጭ፣ COBRA
እና ቅበደት ያለው ምንም አሳላት በታች፣ የPEBB ጥርጉምናን
በ-800-200-1004. (TRS: 711) ያገኘዋል::

[Arabic] خدمات المساعدة في اللغات، بما في ذلك المתרגمين الفوريين وترجمة المواد المطبوعة، متوفرة مجاناً. للموظفين: اتصل بمكتب شؤون العاملين بالشركة، أو مكتب المرتبات أو الاستحقاقات مباشرةً، للتقاعد، وأعضاء COBRA وأعضاء التغطية المستمرة فقط: اتصل ببرنامج PEBB على الرقم 1-800-1004 . (TRS: 711)

[Burmese] ဘာသာပြန်ဆိုသူများနှင့် ထုတ်ပြန်ထားသည့် စာရွက်စာတမ်းများဘာသာပြန်ခြင်းအပါ ခြင်းအပေါ်အဝင် ဘာသာစကားအတောက်အကုပ္ပါဏ်ဆောင်မှုများကို အခဲ့ရန်ပါသည်။ ပါသည်။ အလုပ်သမဂ္ဂများ၊- သင့်အလုပ်ရှင်၏ကိုယ်ရေးအရာရှိ၊ လက် သို့မဟုတ် အကျိုးခံစားခွွဲဆိုင်ရာ ရုံးသို့ တိ တိကိုရှိရှိပေါ်သွေးသွေးပါ။ COBRA နှင့် ဆက်လက်ပြီအကျိုးဝင်သည့် အဖွဲ့အစည်းသာလျှင်- PEBB ပရိဂရမိတ်၍ 1-800-200-1004, (TRS: 711) တိဖော်ခေါ်ဆို၏ ဖို့။

[Chinese] 免费提供语言协助服务，包括口译员和印制资料翻译。雇员：直接联系雇主的私人、工资或福利办公室。仅限退休人员、COBRA 和持续承保成员：联系 PEBB 计划处，电话为 1-800-200-1004 (TRS: 711)。

[Korean] 통역 서비스와 인쇄 자료 번역을 포함한 언어 지원 서비스를 무료로 이용하실 수 있습니다. 직원: 고용주의 인사, 급여 또는 수당을 관리하는 사무소에 직접 문의하십시오. 퇴직자, COBRA 및 Continuation Coverage 회원만 해당: 1-800-200-1004, TRS: 711로 PEBB 프로그램에 문의하십시오.

[Laotian] ການບໍ່ຮັກການດ້ານພາສາ ລວມທັງນາຍແຜປາສາ ແລະ ການແປໂປກສານຕື່ມີ, ມີໄວ້ຂຶ້ນໄລດ້ບໍ່ຄົດຄາ. ພະນັກງານ: ຕິດຕໍ່
ຫາຜະແນກທະບຽນຝຶລຂອງນາຍຈ້າງ, ພະແນກບັນຊີເງິນເດືອນ, ຫລື
ຫ້ອງການສະວັດດີການໄດ້ທີ່ໄລ. ຜ້ອອກບູນຢູ່ນາງ, COBRA, ແລະ
ການອັນກັນທີ່ດຳເນີນຕີ່ໃປສໍາລັບສະມາຊຸກເທົານ: ຕິດຕໍ່ຫາໄຈງານ
PEBB ໄດ້ທີ່ເລີກ 1-800-200-1004 (TRS: 711).

[Oromo] Tajajilwwan gargaarsa afaanii, turjumaanaafi i waantota maxxanfaman kan hiikan bilisaan jiru. Hojjetoota: Kallattiidhaan peeroolii personeelii ykn waajira faayidaawwanii hojjechiisa kee qunnamii. COBRA fimiseensota Haguuggii Itti fufinsaa qofa: Sagantaa PEBB 1-800-200-1004 (TRS: 711) irratti qunnamuu dandeessu.

[Persian] خدمات کمک زبانی، از جمله مترجم شفاهی و ترجمه اسناد و
مدارک (مطلوب) چاپی، بصورت رایگان ارائه خواهد شد. قابل توجه
کارگران: با بخش پرسنل کارفرمای خود لیست حقوق، یا اداره‌ی رفاه
مستقیماً تماس پذیرید. بارنشتکان، COBRA، و اعضا‌ی که دارای طرح
ادامه پوشش بیمه هستند فقط با برنامه PEBB با شماره 1-800-200-1004 در
[TBS: 711] آغاز می‌گردند.

[Punjabi] ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ—ਡਾਕਸੀੜੀ ਅਤੇ ਪਿੰਟ ਕੀਤੀ ਹੋਈ ਸਮੱਗਰੀ ਦੇ ਅੰਨ੍ਹਾਂ ਸਮੇਤ—ਮੁਫ਼ਤ ਉਪਲਬਧ ਹਨ। ਮੁਲਾਜ਼ਮ: ਆਪੈਂਡੀਜ਼ ਰਾਦਾਤਾ ਦੇ ਮੁਲਾਜ਼ਮ, ਪੀਆਰੇਲ, ਜਾਂ ਲਾਭਾਂ ਵਾਲੇ ਦੁਦਰਤ ਨਾਲ ਸਿੱਧਾ ਸੰਪਰਕ ਕਰਨਾ। ਸੇਵਾ-ਮੁਕਤ ਮੁਲਾਜ਼ਮ, COBRA (ਕੋਬਰਾ), ਅਤੇ ਸਿਰਫ਼ ਕੰਟੈਨਿਊਏਸ਼ਨ ਕਵਰੇਜ ਮੈਂਬਰ: 1-800-200-1004 (TRB: Z11) ਉੱਤੇ PFBB ਪੇਖਾਤਮ ਨਾਲ ਸੰਪੱਤ ਕਰਨ।

[Romanian] Serviciile de asistență lingvistică, inclusiv cele de interpretariat și de traducere a materialelor imprimate, sunt disponibile gratuit. Angajați: Contactați biroul pentru personal, salarii sau beneficii al angajatorului dvs. în mod direct. Numai pentru pensionari, membri COBRA sau Continuation Coverage: Contactați Programul PEBB la 1-800-200-1004. (TRS: 711).

[Russian] Языковая поддержка, в том числе услуги переводчиков и перевод печатных материалов, доступна бесплатно. Наемные работники: обратитесь непосредственно в отдел кадров, бухгалтерию или социальный отдел вашего работодателя. Только пенсионеры, пользователи COBRA или программ продленного страхового покрытия: обратитесь в программу PEBB отдел по телефону 1-800-200-1004. (TRS: 711).

[Somali] Adeego caawimaad luuqada ah, ay ku jirto turjubaano afka ah iyo turjumid lagu sameeyo waraaqaha la daabaco, aaya lagu helayaa lacag la'aan. Shaqaalaha: La xiriir shaqaalaha qofka aad u shaqaysid, liiska mushaarka shaqaalaha, ama si toos ah xafiiska dheefaha. Dadka hawlgabka ah, COBRA, iyo kaliya xubnaha Sii wadista Ceymiska: Kalaxiriir Barnaamijka PEBB lambarkan 1-800-200-1004. (TRS: 711).

[Spanish] Hay servicios de asistencia con idiomas, incluyendo intérpretes y traducción de materiales impresos, disponibles sin costo. Empleados: Comuníquense directamente con la oficina de personal, nómina o beneficios de su empleador. Sólo para jubilados y miembros de COBRA y cobertura continua: Comuníquese con el Programa PEBB al 1-800-200-1004. (TRS: 711).

[Swahili] Huduma za msaada wa lugha, ikiwa ni pamoja na wakalimani na tafsiri ya nyaraka zilizochapishwa, zinapatikana bure bila ya malipo. Wafanyakazi: wasiliana moja kwa moja na ofisi ya utumishi ya mwajiri wako, ofisi ya malipo, au ya mafao. Wastaifu, wanachama wa COBRA na wenye bima ya kuendelea tu: Wasiliana na Programu ya PEBB kwa nambari 1-800-200-1004. (TRS: 711).

[Tagalog] Mga serbisyong tulong sa wika, kabilang ang mga tagapagsalhin at pagsasalin ng nakalimbag na mga kagamitan, ay magagamit ng walang bayad. Mga empleyado: Makipag-ugnay nang direkta sa mga tauhan, payroll, o tanggapan ng mga benepisyo ng iyong employer. Mga Pensyonado, COBRA, at mga kasapi ng Continuation Coverage lamang: Makipag-ugnay sa Program ng PEBB sa 1-800-200-1004. (TRS: 711).

[Tigrigna] ተርጋምኑን ዓይ አነተዥሩ ማተሚያለት ተርጋምን ምዋስ ዓይ የኩል
አጥቢ ማልጋዕት፡ በዘመኑ ምግባር ክፍል ተደርሱ፡ ሌሎች ተፈጥሮ፡ የኩል
መሰረት ተፈጥሮ የኩል የኩል ወይ በት ያሳይት ተቀምሮ፡ በጥሩ ተ
ሸቦ፡ በረሱ ተፈጥሮ፡ COBRA፡ አሳይት መቆዳል፤ ስሜን ጥራሽ፡ የመዲበ
PEBB በ1-800-200-1004 ሸቦ (TRS, 711)፡

[Ukrainian] Мовна підтримка, у тому числі послуги перекладачів та переклад друкованих матеріалів, доступна безкоштовно. Наймані робітники: зверніться безпосередньо до відділу кадрів, бухгалтерії або соціального відділу вашого роботодавця. Лише пенсіонери, користувачі COBRA або програм продовженого страхового покриття: зверніться у програму PEBB за телефоном 1-800-200-1004. (TRS: 711).

[Vietnamese] Các dịch vụ trợ giúp ngôn ngữ, bao gồm thông dịch viên và bản dịch tài liệu in, hiện có miễn phí. Người lao động: Liên hệ trực tiếp với phòng nhân sự, tiền lương, hoặc phúc lợi của sở làm quý vị. Chỉ những người hồi hưu, các thành viên COBRA, và thành viên chương trình Bảo Hiểm Tiếp Tục: Liên hệ với Chương Trình PEBB theo số 1-800-200-1004. (TRS: 711).