

Weighing treatment options for severe chronic joint or back pain?

Uniform Medical Plan (UMP) and Premera Blue Cross have teamed up to offer a Centers of Excellence Program for eligible UMP members.



The Centers of Excellence Program difference

UMP already provides coverage for eligible members for knee and hip replacements and spine care. So, what's different about the Centers of Excellence (COE) Program?

The COE Program contracts with providers who specialize in treating certain medical conditions. These providers are named Centers of Excellence because they have proved their ability to provide exceptional service with successful results for patients with those conditions.

UMP members who meet certain medical and other criteria can receive their treatment, including pre- and post-surgical care, at little to no cost. The COE Program also includes a travel and lodging benefit for eligible expenses.

The COE Program location

- **Virginia Mason Medical Center** (Seattle) for **knee and hip replacements** and **spine care**. Virginia Mason is recognized as one of the nation's best healthcare facilities. Its network of primary and specialty care medical centers offers superior treatment results.

COE Program eligibility

Currently, you can take part in the COE Program if you meet the following requirements:

- Have one of the following as your primary health coverage:
 - UMP Classic
 - UMP Select
 - UMP CDHP*
 - UMP Achieve 1
 - UMP Achieve 2
 - UMP High Deductible*
- Are age 18 or older
- Not enrolled in Medicare
- Can arrange for a family member or a friend to act as your care companion**

If you are not eligible for or do not choose to participate in the COE Program, other UMP benefits are available to you.

What's included in the COE Program

Eligible members who meet medical and other criteria can receive treatment at little to no cost.*

The COE Program includes:

- **Hospitalization and surgery**, including anesthesia
- **All inpatient care**
- **Post-surgical assessments**, such as your discharge visit
- **Lodging expenses** at select hotels near your COE
- **Travel costs** within Washington. These may be covered or partially reimbursed if you need to travel more than 60 miles to your COE
- **A concierge team** to assist you

Visit your provider

If you're having knee, hip, or back pain, see your regular healthcare provider. If you and your provider agree that surgery might be an option for you, contact Premera to find out about your knee and hip replacement or spine care benefit through the COE Program.

"The program was wonderful. I am pleased with the care I received and how well coordinated everything was."

-Center of Excellence patient testimonial

Find out more about the COE Program

Visit premera.com/hca or call **855-784-4563** (TRS: 711)

The Premera concierge team is a group of specially trained case managers and customer service representatives. The team can talk to you about your eligibility, covered services, requirements, any costs associated with this benefit,* and the assistance available throughout your entire COE Program experience.

*UMP CDHP and UMP High Deductible members must meet their deductible before the plan begins to pay for services.

**A care companion should be: age 18 or older with a valid driver's license; mentally aware and capable of remembering care instructions; physically capable of bending, lifting, squatting, and walking approximately two blocks to travel to appointments and pick up prescriptions; and able to dedicate time toward your recovery, including staying in the hospital during surgery and recovery and dedicating at least a week of in-home care for you after surgery.