

## What's changing with your PEBB health coverage for 2019 (retiree)

All changes are effective January 1, 2019.

- Medical plan benefits
- Medical plan premiums
- Contribution amounts for the health savings account (HSA) (non-Medicare retirees only)
- PEB Board policy resolutions

### Medical 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).
- 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 to non-Medicare subscribers.
- 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).
- 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.
- 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 visit [www.silverandfit.com](http://www.silverandfit.com). Silver&Fit® is a federally registered trademark of American Specialty Health, Inc.



### 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.



### Uniform Dental Plan will:

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

### Medical plan premiums

See the [2019 retiree monthly premiums](#).

### Contribution amounts for the health savings account (HSA) (non-Medicare subscribers only)

*This information was omitted in the October For Your Benefit newsletter.*

For those enrolled in a consumer-directed health plan (CDHP) with an HSA, the annual contribution limit for an individual (subscriber only) account will increase to \$3,500 in 2019, up from \$3,450 in 2018. The contribution amount for a family will increase to \$7,000 in 2019, up from \$6,900 in 2018. Subscribers ages 55 and older can continue to contribute an additional \$1,000 per year to these amounts.

### PEB Board policy resolutions

To see all changes to PEBB rules that take effect January 1, 2019, visit [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.