Here at SelectHealth, we’re preparing your Annual Notice of Change (ANOC) and Evidence of Coverage (EOC) for 2018. You can expect these documents to arrive to you by September 30. The ANOC and EOC can be overwhelming; however, it’s important to review both to have a good understanding of your plan for 2018.

The ANOC is 15-20 pages long and highlights changes to your plan from 2017 to 2018. You will see details such as, your premium, out-of-pocket costs, copays, and changes to prescription drug coverage, making it easy to assess and predict your costs for the next year.

The EOC is much larger than the ANOC, and is broken down into chapters that discuss:

> Important phone numbers and resources
> Medical benefits chart
> What you pay for your Part D prescription drugs
> Definitions of important words

See Your 2018 Plan Materials are Coming! on page 2

In This Issue

2 National Coverage Determinations
3 GO GREEN!; Become a SelectHealth Insider
4 Grilled Vegetable Kabobs
5 Meet Danny!
6 The LiVe Well Advantage
7 Understanding Part D Pharmacy Benefits
Your 2018 Plan Materials are Coming!

Continued from page 1

The arrival of these documents is important and leading up to open enrollment you will probably receive a lot of mail from insurance providers and agents. Keep your eyes open for mail coming directly from SelectHealth Advantage and the Centers for Medicare and Social Security (CMS). You can also view the ANOC/EOC for 2018 on selecthealthadvantage.org after September 30.

National Coverage Determinations

<table>
<thead>
<tr>
<th>EFFECTIVE DATE</th>
<th>BENEFIT UPDATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>09/28/2016</td>
<td><strong>Hepatitis B Virus Screening</strong></td>
</tr>
</tbody>
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Consistent with Medicare guidelines, screening for Hepatitis B Virus (HBV) is covered when ordered by a primary care physician or practitioner within the context of a primary care setting. In addition to existing guidelines for pregnant women, screening for HBV will be covered for asymptomatic, non-pregnant adolescents and adults at high risk for HBV infection (as defined by Centers for Medicare & Medicaid [CMS]). CMS has determined that repeated screening would be appropriate annually only for beneficiaries with continued high risk who do not receive a hepatitis B vaccination.

Reminder: Once you receive and review your ANOC/EOC, if you are satisfied with your 2018 coverage, you do not need to do anything. We will automatically renew your current plan for 2018.
Would you like to receive your 2018 Annual Notice of Change (ANOC) and Evidence of Coverage electronically?

> Call us at 855-442-9900 (toll-free)
> OR
> Visit selecthealthadvantage.org
> Click on “Already a Member?” at the top of the page.
> Look for the “Go paperless” on the right-hand side of the page.

You will need your member ID number, found on your SelectHealth Advantage card.

If you signed up for paperless last year and would like to update your email address or choose to receive a printed copy, visit selecthealthadvantage.org or call us at the number above.

You have until September 2 to make changes to your preference for 2018.

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**GO GREEN!**

**IT’S EASY, IT’S CONVENIENT, AND IT’S OPTIONAL**

**WELLNESS INFO AT YOUR FINGERTIPS WITH OUR E-NEWSLETTERS**

Get the latest on a variety of health and wellness topics right in your inbox—no spam, no junk, we promise. You choose the topics you’re interested in—fitness, women’s health, nutrition, heart health, and more.

**HERE’S TO YOUR HEALTH.**
Subscribe today:
selecthealth.org/newsletters

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**Become a SelectHealth Insider**

Want to provide feedback and give us ideas for improvements? We have just launched SelectHealth Insiders, our online community where you can provide feedback and tell us about your experiences with us. If you are willing to participate, you could help us:

> Improve the experience for SelectHealth Advantage members like you
> Identify the important things we can communicate to our members
> Improve the tools and resources that are available to members

Email advantage@selecthealth.org and include “Insider” in the subject line or call Chase Bunker at 801-442-7948 to get started.
Grilled Vegetable Kabobs

**Ingredients**

*For kabobs:*
- 2 medium zucchini
- 2 medium yellow squash
- 2 seeded red or green bell peppers
- 2 medium red onions
- 16 cherry tomatoes
- 8 oz fresh mushrooms
- 2 medium sweet corn ears
- Nonstick cooking spray

*For sauce:*
- 1/2 C balsamic vinegar
- 2 Tbsp mustard
- 3 cloves garlic, minced
- 1/4 tsp thyme

**Directions**

1. Rinse all the vegetables. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
2. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
3. In a small bowl, mix the vinegar, mustard, garlic, and thyme for the sauce.
4. Toss vegetables in the sauce and thread vegetables onto 8 skewers. (If you use wooden skewers, soak them in water for 30 minutes before using.)
5. Before starting the grill, spray it with nonstick cooking spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
6. Grill for 20 minutes or until tender.

**Note:** You can cook the vegetables in foil instead of using skewers. Divide the vegetables in half and wrap them in foil. Grill for about 30 minutes or until tender.

*Source: healthyeating.nhlbi.nih.gov*
Meet Danny!
Medicare Pharmacy Team Lead

How long have you worked at SelectHealth?
4 years

What’s your role here at SelectHealth?
I lead a pharmacy phones team of 14 people. My team answers phone calls when members call in and have questions about their part D benefits. I follow up when necessary and help troubleshoot any pharmacy issues.

What’s your favorite part about your job?
I enjoy educating members about their Part D benefits. I also enjoy working with all my friends on my team.

When you are not working, what do you like to do in your free time?
I like to watch mixed martial arts, go camping, play and watch sports, and hang out with family and friends.

What is your favorite summer activity?
Playing sports with my brother and hiking.

PRIVACY NOTICE
You can find the SelectHealth Notice of Privacy Practices at selecthealthadvantage.org. You can also ask for a hard copy by calling SelectHealth’s Privacy Office at 800-442-7253 or writing to this address:

Attn: Privacy Office
SelectHealth
P.O. Box 30192
Salt Lake City, UT 84120-8212

IMPORTANT INFORMATION
The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. The information that is contained in this newsletter does not guarantee benefits. If you have questions or want to confirm your benefits, contact Member Services toll-free at 855-442-9900, weekdays 7:00 a.m. to 8:00 p.m., Saturday and Sunday 8:00 a.m. to 8:00 p.m. TTY users, please call 711. Outside of these hours of operation, please leave a message and your call will be returned within one business day.

SelectHealth is an HMO plan sponsor with a Medicare contract. Enrollment in SelectHealth Advantage depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits may change on January 1 of each year.

SelectHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-442-9900 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-442-9900 (TTY: 711).
The LiVe Well Advantage—Healthy Living Program and Wellness Reimbursement

Summer is a great time to get outside and participate in activities like swimming, gardening, walking, and many others. Aside from reaping the many benefits of an active lifestyle, you can earn your way to a healthy life. Plus, because we want to help you LiVe Well, we help cover the cost and motivate you with our Wellness Reimbursement program. Why wait? There’s still plenty of time to participate in our Healthy Living and Wellness Reimbursement programs. Together, these two things make up our LiVe Well Advantage.

**HEALTHY LIVING**

Healthy Living is an incentive program that rewards you for keeping up with wellness activities like annual wellness visits (AWV) and flu shots. The AWV is required, but how you earn the rest of your points is up to you—choose the activities you would like to complete.

**WELLNESS REIMBURSEMENT**

Members are eligible for reimbursement up to $240 per year for wellness expenses such as gym memberships, approved weight loss programs, nutritional services, and health education classes. The flexibility of this program provides members with the opportunity to attend any gym or fitness center and choose from a wide range of health education classes or popular weight loss programs.

- Complete the online Wellness Reimbursement form
- Fill out the paper Wellness Reimbursement form

Once filled out, the form can be sent via mail or fax to:

P.O. Box 30196  
Salt Lake City, UT 84130-0196  
Fax: 801-442-0014

**Important:** Be sure to submit proof of payment with your form. Incomplete forms submitted without the necessary information may result in a delay in your reimbursement or may be returned.

We are here to help. If you need help recording activities, redeeming your Healthy Living points, or questions about Wellness Reimbursement, call Member Services at 855-442-9900 (toll-free).

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**HERE’S HOW HEALTHY LIVING WORKS**

1. **Earn 70 points by completing wellness activities.** Your AWV is worth 40 points.

2. **Track the completion of your wellness activities** using the “Activities and Rewards Balance” page of the Healthy Living online portal or using the Checklist in the Healthy Living Advantage flyer.

3. **Redeem your points** for a $50 gift card by the December 20, 2017 deadline.
Pharmacy Benefits–Understanding your Part D Explanation of Benefits (EOB)

The Part D Explanation of Benefits (EOB) provides detailed information about the drug coverage you have used to date. It also helps you understand how your prescription drug coverage applies to the prescriptions you fill. SelectHealth Advantage is required to send you an EOB each month if:

> you had activity in your Part D benefit in the prior month
> we need to notify you of a change in coverage for a drug you currently take

The EOB is broken down into sections to make it easier to navigate to the things that are important to you. Here is a quick breakdown of what to look for and review when you receive an EOB:

> **Your prescriptions during the past month**
  - This section contains a detailed list of the prescriptions you have filled, the costs of those prescriptions, as well as a year-to-date total.

> **Which “drug payment stage” are you in**
  - This section tells you in which stage you are and lets you know how far away you are from reaching the next stage.

> **Your “total drug costs”**
  - This shows what both you and SelectHealth Advantage have paid for your Part D drugs. Your Total Drug Costs to Date is what counts towards your initial coverage stage costs.

> **Your “out-of-pocket costs”**
  - This is the amount only you have paid out of pocket and counts towards you reaching the catastrophic stage.

> **Updates to the plan’s Drug List that will affect drugs you take**
  - This section will tell you if there have been any recent changes to the SelectHealth Advantage Drug List (formulary) that may impact you based on the medications you currently take.

If you have questions about your EOB, call us at 800-442-9900 and we would be happy to help.

You can also choose to receive your Part D EOB’s electronically by choosing paperless delivery:

> Log into your My Health account on selecthealthadvantage.org
> Click “SelectHealth” to see your plan information
> Click on “Rx Claims” and opt into paperless delivery
Have a Concern or Compliment? Call Us!

If you have a concern, a complaint, or a compliment, we want to know about it. Call us with any feedback you may have (good or bad). We want to hear your experience. More importantly, if there’s a problem, we want to fix it. Call Member Services or send an email to advantage@selecthealth.org.

OUR CONTACT INFORMATION

Questions? Call Member Services at 855-442-9900 (toll-free):

> **October 1 to February 14:** Weekdays 7:00 a.m. to 8:00 p.m., Saturday and Sunday 8:00 a.m. to 8:00 p.m.
> **February 15 to September 30:** Weekdays 7:00 a.m. to 8:00 p.m., Saturday 9:00 a.m. to 2:00 p.m., closed Sunday.

Outside of these hours of operation, please leave a message; and your call will be returned within one business day. TTY users, please call 800-346-4128 (Utah), 800-377-3529 (Idaho), or 711.