

# Premera Blue Cross Blue Shield of Alaska | 2023 Letter Guide

For individual metallic plans



BLUE CROSS BLUE SHIELD OF ALASKA

An Independent Licensee of the Blue Cross Blue Shield Association

All plans are preferred provider organization (PPO) plans.

On the federal exchange (HealthCare.gov)					
2022 Plan Name	2022 Drug List	Status for 2023	2023 Plan Name	2023 Drug List	Link to Letter
Preferred Gold 1500	M4	Renew	Plan Summary: <a href="#">Preferred Gold 1500</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M4</a>	<a href="#">Member letter</a>
Preferred Silver 4500	M4	Renew	Plan Summary: <a href="#">Preferred Silver 4500</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M4</a>	<a href="#">Member letter</a>
Preferred Silver 3000 HSA	M2	Discontinued	Mapped to: <a href="#">Preferred Silver 4500</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M4</a>	<a href="#">Member letter</a>
Preferred Bronze 5800 HSA	M2	Renew	Plan Summary: <a href="#">Preferred Bronze 5800 HSA</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M2</a>	<a href="#">Member letter</a>
Preferred Bronze 6350	M2	Renew	Plan Summary: <a href="#">Preferred Bronze 6350</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M4</a>	<a href="#">Member letter</a>
Alaska One Gold 1500	M4	Renew	Plan Summary: <a href="#">Alaska One Gold 1500</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M4</a>	<a href="#">Member letter</a>
Alaska One Bronze 6350	M2	Renew	Plan Summary: <a href="#">Alaska One Bronze 6350</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M4</a>	<a href="#">Member letter</a>

Off exchange					
2022 Plan Name	Drug List	Status for 2023	2023 Plan Name	Drug List	Link to annual notice
Preferred Gold 1500	M4	Discontinued	Mapped to: <a href="#">Preferred Gold 1500</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M4</a>	<a href="#">Member letter</a>
Preferred Silver 3500	M4	Discontinued	Mapped to: <a href="#">Preferred Silver 4500</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M4</a>	<a href="#">Member letter</a>
Preferred Bronze 5800 HSA	M2	Discontinued	Mapped to: <a href="#">Preferred Bronze 5800 HSA</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M2</a>	<a href="#">Member letter</a>
Preferred Bronze 6350	M2	Discontinued	Mapped to: <a href="#">Preferred Bronze 6350</a> Rate Sheets for Areas <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a>	<a href="#">M4</a>	<a href="#">Member letter</a>

Note: All off-exchange plans are discontinued for 2023.

## Discrimination is Against the Law

Premera Blue Cross Blue Shield of Alaska (Premera) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). Premera provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that Premera has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, Fax: 425-918-5592, TTY: 711, Email [AppealsDepartmentInquiries@Premera.com](mailto:AppealsDepartmentInquiries@Premera.com). You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

## Language Assistance

**PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-809-9361 (TTY: 711).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-809-9361 (TTY: 711).

**주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-809-9361 (TTY: 711) 번으로 전화해 주십시오.

**LUS CEEV:** Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 800-809-9361 (TTY: 711).

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-809-9361 (телетайп: 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 800-809-9361 (TTY: 711)。

**MO LOU SILAFIA:** Afai e te tautala Gagana fa'a Sāmoa, o loo iai auaunaga fesoasoan, e fai fua e leai se togoti, mo oe, Telefoni mai: 800-809-9361 (TTY: 711).

**ໂປດຊາບ:** ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 800-809-9361 (TTY: 711).

**注意事項:** 日本語を話される場合、無料の言語支援をご利用いただけます。800-809-9361 (TTY:711) まで、お電話にてご連絡ください。

**PAKDAAR:** Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 800-809-9361 (TTY: 711).

**CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-809-9361 (TTY: 711).

**УВАГА!** Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки.

Телефонуйте за номером 800-809-9361 (телетайп: 711).

**เรียน:** ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 800-809-9361 (TTY: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-809-9361 (TTY: 711).

**UWAGA:** Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-809-9361 (TTY: 711).

**ملحوظة:** إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-809-9361 (رقم هاتف الصم والبكم: 711).

**ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-809-9361 (TTY: 711).

**ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-809-9361 (ATS: 711).

**ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-809-9361 (TTY: 711).

**ATTENZIONE:** In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-809-9361 (TTY: 711).

**توجه:** اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-809-9361 (TTY: 711) تماس بگیرید.