



MEDICARE ADVANTAGE

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Value-added  
Benefits

PREMERA | 

**BLUE CROSS**

An Independent Licensee of the Blue Cross Blue Shield Association

From the top of your head to the tip of your toes,

# your health matters.

## The Silver&Fit® Program

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All Premera Medicare Advantage members can stay active with their **no-cost** Silver&Fit membership. Membership includes:

- **Access to our premium network** that includes more than 15,000 local and national fitness centers like YMCA, LA Fitness, Snap Fitness, and others
- **Healthy aging coaching** – coaches can answer questions related to healthy eating and nutrition, sleep, self-advocacy, coping with isolation, starting a home fitness routine, and other lifestyle questions
- **Silver&Fit Home Kits Options** – choose one Stay Fit Kit and up to 2 Home Fitness Kits per benefit year to help you stay active without leaving your home
- **A Stay Fit Kit** – choose a kit with fitness gear designed to help you stay active without leaving your home
- **Access over 1,500 digital workout videos** available via the Silver&Fit ASHConnect™ mobile app or website
- **Access to a national social club network** of over 120,000 locations with activities such as walking, chess, bridge, AM radio, cooking, and more

To use this benefit, visit [silverandfit.com](https://silverandfit.com) or call **877-427-4788** (TTY/TDD 711).

## 24- Hour NurseLine

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**Help is only a call away.**

All Premera Medicare Advantage members have access to free confidential help from a registered nurse **24 hours a day, 7 days a week, 365 days a year**. Nurses are available through this service to answer questions about medications, help you decide when and where to seek care, or simply provide reassurance when you need it.

To use this benefit, call **855-339-8123**.

**Call 911 or go to the emergency room in the case of a life-threatening emergency, such as a heart attack or stroke.**

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## Hearing Services with Hearing Care Solutions (HCS)\*

Premiera Medicare Advantage plans help you keep your retirement money safe by paying for costs not covered by Original Medicare alone, like hearing aids.

Hearing Care Solutions delivers quality hearing care and hearing instruments at the greatest value to meet your lifestyle needs and includes an annual benefit of **\$1,000 per ear per year toward hearing aids.**

Through Hearing Care Solutions, members receive:

- A hearing aid fitting at no cost
- A 60-day evaluation period to make sure everything feels right
- 1 year of follow-up care at no charge, with the original provider

All instruments purchased through Hearing Care Solutions receive:

- 12-month, interest-free financing, available to qualified applicants
- 2-year supply of batteries (up to 64 cells per ear, per year)
- 3-year manufacturer's warranty, including loss, damage, and repair

To use this benefit, call Hearing Care Solutions at **866-344-7756.**



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## Preventive Dental Benefits\*

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Keep your mouth looking and feeling young through preventive dental benefits. Premera dental plans include:

- routine oral exams and cleanings
- periodontal maintenance
- **\$200** to use toward additional dental services

## Vision\*

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Maintain your vision and eye health as you age with Premera vision benefits. Vision plans include:

- a routine eye exam once per calendar year
- a diabetic retinopathy screening once per calendar year
- a \$150 hardware allowance (included in most plans)

## 90-day Prescription Mail Order\*

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Enjoy the convenience of having long-term drugs delivered right to your home! Through the CVS mail-order pharmacy home delivery service, pay a **\$0 copay for a 90-day supply** of preferred generic drugs. To use this benefit, visit **caremark.com**, complete the paper form found on **premera.com/ma**, or call us at the number on your member ID card.

## Over the Counter (OTC)

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Receive up to a **\$50 quarterly benefit** for over-the-counter health and wellness products available through OTC Health Solutions. This benefit provides you with an easy way to get:

- generic personal care items
- bath and safety supplies
- hearing aid batteries and more.

To use this benefit, browse the OTC Health Solutions catalog **premera.com/ma**. Then, place your order over the phone at **888-628-2770**, or online at **cv.com/otchs/premera**.

\*Not all benefits are included with all plans. Check the Summary of Benefits to see what is included in your plan. The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit and Silver&Fit Connected! are trademarks of ASH and used with permission herein. The people in this piece are not Silver&Fit members. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change. Other names may be trademarks of their respective owners.

Joining a Premera Medicare Advantage plan gives you access to exclusive benefits designed to help improve your life. Use this guide as a quick and simple introduction to what we can offer you.

Visit [premera.com/MA/benefits](https://premera.com/MA/benefits) for more information on how to use these benefits as a member.



To enroll:  
call **888-868-7767 (TTY/TDD: 711)**  
visit **premera.com/ma**

Premera Blue Cross is an (HMO) plan with a Medicare contract.  
Enrollment depends on contract renewal.

Discrimination is Against the Law

Premera Blue Cross Medicare Advantage 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 888-850-8526 (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 888-850-8526 (TTY: 711)。