

Taking Care of Health Care

EmblemHealth's 2024
Health Insurance Plan of
Greater New York (HIP/HMO)
Standard Option, Health
Insurance Plan of Greater
New York (HIP/HMO)
High Option, and
Medicare Advantage
Plans for Federal
Employees and Retirees



EmblemHealth offers quality, affordable health plans with access to top doctors and hospitals. As a New York company, we have a history of insuring federal employees and retirees living in the tristate area.



Choose EmblemHealth

Federal employees have two health plan options available to them through EmblemHealth in 2024.

Health Insurance Plan (HIP/HMO) Standard Option and High Option Plan

Both plans offer a wide range of benefits and services, in addition to a network of health care professionals throughout the tristate region.

If you're already enrolled in our HIP Standard Option or HIP High Option plan, you don't need to do anything. You will continue to be covered through the end of 2024.

To enroll in either the Standard or High Option plan:

- Follow your agency's enrollment procedure.
- If you are enrolling in the Standard Option plan, include the Standard Option enrollment codes shown inside this brochure. HIP Standard Option plan enrollment codes are YL4, YL6, YL5.
- If you are enrolling in the High Option plan, include the High Option enrollment codes shown inside this brochure. HIP High Option Plans enrollment codes are 511, 513, 512.

Questions? Call **800-447-8255 (TTY: 711)**, 8 a.m. to 6 p.m., Monday to Friday. A Customer Service representative will be happy to help. **If you're enrolled in the HIP High Option plan, are eligible for Medicare, and have Parts A and B, you can choose our EmblemHealth Medicare Advantage plan.**

To enroll in the EmblemHealth Medicare Advantage plan:

- Speak to an EmblemHealth Medicare expert or make an appointment.
Call **866-640-3856 (TTY: 711)**, 8 a.m. to 8 p.m., seven days a week (excluding major holidays).
- Ask for a Medicare Advantage enrollment form.
- Complete the form, and leave it with an EmblemHealth Medicare expert during your appointment. Or, mail it to:

**EmblemHealth
55 Water Street
New York, NY 10041**

If you have questions or need help choosing a plan, call us at 866-640-3856 (TTY: 711), 8 a.m. to 8 p.m., seven days a week (excluding major holidays). A Customer Service representative will be happy to help you.

**EmblemHealth Health
Insurance Plan (HIP/HMO)
High Option and Standard
Option Plans**



Benefit Highlights for the EmblemHealth Health Insurance Plan (HIP/HMO) High Option and Standard Option Plans

This is an overview of each plan’s basic features. Use it to help you understand your health care coverage and make decisions about your benefits. Plans cover in-network services only. Benefits below apply only to in-network services.

	High Option	Standard Option
Medical Care	You Pay	You Pay
Annual deductible*	\$0	\$3,000 (self) \$6,000 (self plus one/family)
Primary care physician (PCP) office visit	\$30 (\$0 for dependent children to age 26)	\$30, not subject to the deductible
Specialist office visit	\$50 (\$0 for dependent children to age 26)	\$75 after deductible
Preventive Care	You Pay	You Pay
Routine physical exam	\$0	\$0
Women’s wellness services	\$0	\$0
Other Services	You Pay	You Pay
Outpatient mental health	\$30 per visit (\$0 for dependent children to age 26)	\$30 per visit, not subject to the deductible
Urgent care	\$30 per visit	\$75 per visit after deductible
Outpatient hospital/ambulatory surgery	\$150 per visit	\$150 per visit after deductible
Ambulance	\$0	\$0
Prescription drugs	\$25 generic/\$50 brand/\$100 not on the drug list/\$200 specialty drug per prescription \$100 annual deductible (the amount you pay before your plan starts to pay) for brand drugs only	\$25 generic/\$50 brand/\$100 not on the drug list/\$200 specialty drug per prescription \$300 annual deductible (the amount you pay before your plan starts to pay) for brand drugs only
Hospital Services	You Pay	You Pay
Inpatient care	\$100 per admission	\$250 per admission after deductible
Anesthesia	\$0	\$0
Emergency room**	\$250 (waived if admitted)	\$250 after deductible (waived if admitted)

*The annual deductible is the amount you pay each year before your plan starts to pay.

**Emergency room services are covered both in- and out-of-network.

*This is a summary (or brief description) of the features of the HIP/HMO plan. Before making a final decision, please read the plan’s officially approved brochure, (RI 73-001). All benefits are subject to the definitions, limitations, and exclusions set forth in the official brochure available at emblemhealth.com/federal or opm.gov/healthcare-insurance/healthcare. For a printed copy, call **800-447-8255** (TTY: **711**), 8 a.m. to 6 p.m., Monday through Friday.*

2024 EmblemHealth Health Insurance Plan (HIP/HMO) High Option and Standard Option Enrollment Codes and Rates

Premiums for Tribal employees are shown under the Monthly Premium Rate column. The amount shown under employee contribution (Your Share) is the maximum you will pay. Your Tribal employer may choose to contribute a higher portion of your premium. Please contact your Tribal Benefits Officer for exact rates.

		PREMIUM RATE			
		Biweekly		Monthly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share
High Option					
Self Only	511	\$271.43	\$264.43	\$588.10	\$572.93
Self Plus One	513	\$586.50	\$392.00	\$1,270.75	\$849.33
Self and Family	512	\$646.18	\$911.59	\$1,400.06	\$1,975.11
		PREMIUM RATE			
		Biweekly		Monthly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share
Standard Option					
Self Only	YL4	\$271.43	\$233.95	\$588.10	\$506.89
Self Plus One	YL6	\$586.50	\$336.32	\$1,270.75	\$728.69
Self and Family	YL5	\$646.18	\$822.94	\$1,400.06	\$1,783.03

EmblemHealth Medicare Advantage Plan

Are you 65 and ready for Medicare? Close to retirement? Want to make a change in the Medicare plan you have now?

Consider Our Medicare Advantage Plan

Medicare is a national health plan that covers medical care and hospital stays. This plan is usually for people 65 and older. With our Medicare Advantage plan, you'll pay \$0 for doctor and hospital visits. And, the 4-tier formulary lets you save money.

There is no cost for most generic and preferred brand medicines on the drug list (formulary). And, you'll only pay a \$40 copay for a one-month supply of non-preferred prescription drugs. A copay is the amount you pay for services. For more details, see the Medicare Advantage Benefits Summary below.

See if You Qualify

If you are a HIP High Option plan member, you can enroll in our Medicare Advantage plan if you:

- Live in New York City, Nassau, Suffolk, or Westchester counties.
- Are currently enrolled in Medicare Part A (hospital insurance).
- Are currently enrolled in Medicare Part B (medical insurance).

EmblemHealth Medicare Advantage Plan Benefits Highlights

This is just a summary. It does not contain the full details of your plan.

Medical Care	You Pay
Primary care physician (PCP) office visit	\$0
Specialist office visit	\$0
Preventive Care	You Pay
Routine physical exam	\$0
Women's wellness services	\$0
Other Services	You Pay
Outpatient mental health	\$0
Urgent care	\$0
Ambulatory surgery	\$0
Ambulance	\$0
Prescription drugs	\$0 Generic/\$0 Preferred Brand/ \$40 Non-preferred Drug/ \$0 Select Care Drugs for a 30-day supply.
Hospital Services	You Pay
Inpatient care	\$0
Anesthesia	\$0
Emergency room	\$0

*This is a summary (or brief description) of the features of the HIP/HMO plan. Before making a final decision, please read the plan's officially approved brochure, (RI 73-001). All benefits are subject to the definitions, limitations, and exclusions set forth in the official brochure available at emblemhealth.com/federal or opm.gov/healthcare-insurance/healthcare. For a printed copy, call **800-447-8255** (TTY: **711**), 8 a.m. to 6 p.m., Monday through Friday.*

2024 EmblemHealth Medicare Advantage Plan Rates

Below are the rates you'll pay biweekly or monthly for health benefits.

		Premium Rate			
		Biweekly		Monthly	
Type of Enrollments	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share
EmblemHealth Medicare Advantage HMO					
Self Only	511	\$271.43	\$264.43	\$588.10	\$572.93
Self Plus One	513	\$586.50	\$392.00	\$1,270.75	\$849.33
Self and Family	512	\$646.18	\$911.59	\$1,400.06	\$1,975.11

Ready to enroll? Call 866-640-3856 (TTY: 711), 8 a.m. to 8 p.m., seven days a week (excluding major holidays).



myEmblemHealth: Your Secure Health Services Website

Having the right information and tools like **myEmblemHealth** can help you stay healthy.

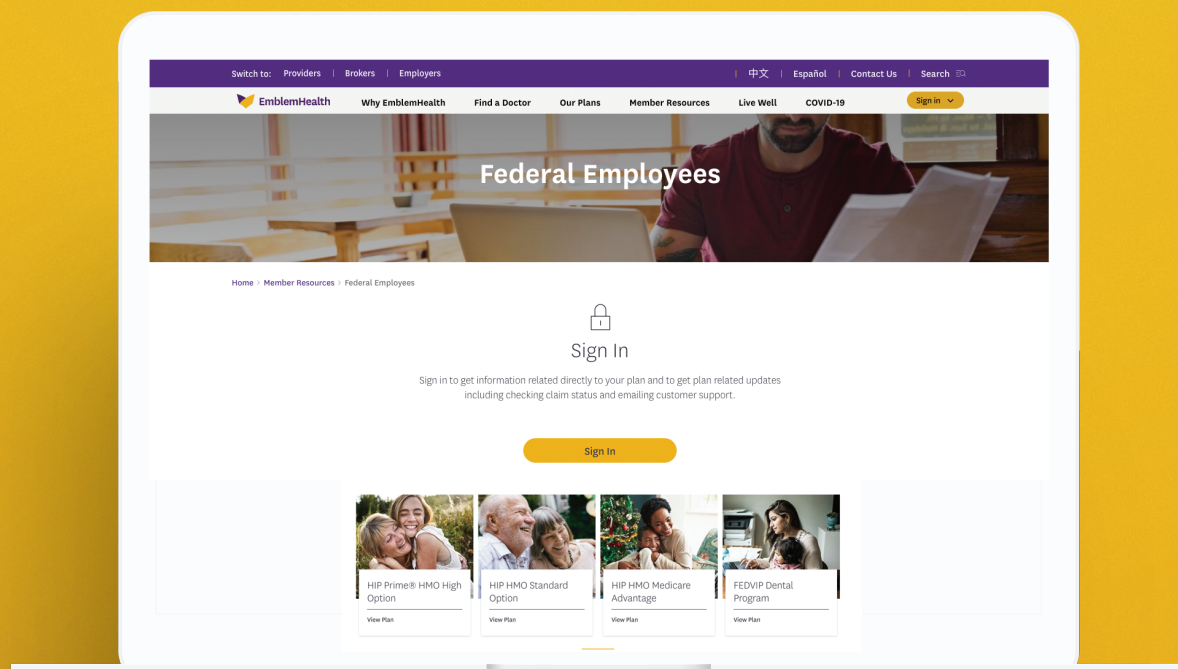
myEmblemHealth keeps your personal health care information in one convenient place.

To register for **myEmblemHealth**, go to **emblemhealth.com/sign-in**. The information you enter is secure.

Once you're registered, you can check:

- The status of a claim, approval, or the amount you have paid toward your deductible, if any. (A deductible is the amount you pay before your plan starts to pay.)
- Descriptions of your health benefits.
- Messages — You can communicate securely with us through the Message Center.
- A list of your covered drugs.

You can also order member ID cards, download forms, and update your email address.



Get Your Documents Online

When you register for **myEmblemHealth**, you can go paperless by signing up to get your documents online. They will be neatly stored in your secure Message Center on **myEmblemHealth**.

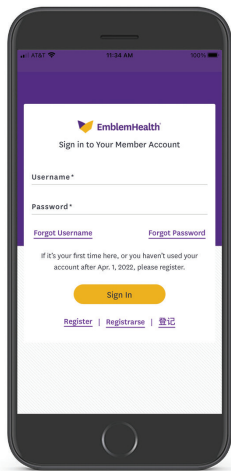
You can choose to get the following:

- Explanations of Benefits (EOBs)
- Alerts about when your claims are processed
- Personalized information about your health
- Your plan newsletter
- Updated information about your coverage and benefits

Manage Your Health Online

myEmblemHealth has lots of tools to help you take care of your health and meet your personal wellness goals.

- **Health Assessment:** Gives you an overall picture of your health and shows you steps you can take to make healthy lifestyle changes. Both you and your covered dependents can fill out your own individual Health Assessment.
- **Health Action Plans:** These personalized programs help you make healthy choices and manage your health conditions. Each Action Plan is based on your personal choices to help you change things like sleep and nutrition habits or improve your blood pressure and cholesterol. They can last anywhere from a few days to a few weeks, depending on your unique needs.



On the Go. **myEmblemHealth** Mobile App

With the **myEmblemHealth** mobile app, you have useful benefit and plan information at your fingertips. Sign in to manage your health benefits whenever and wherever you want.

The **myEmblemHealth** app is available for download from the App Store or from Google Play.

AdvantageCare Physicians

We care for the whole you: Complete health starts with a complete picture of you: your health history, your daily habits, your ups and downs.

At AdvantageCare Physicians (ACPNY), we get to know the whole you.

- **We're in your neighborhood:** With locations in all five boroughs* and Long Island, we have an office near where you live, where you work, and in between.
- **Our care is comprehensive:** Across our practice, you'll find access to diagnostic, lab, and other services that give you access to convenient, complete care. In addition to in-office visits, you can confidently continue your routine care with a virtual visit. Talk directly to an ACPNY provider about your health care needs from the comfort of home. Virtual visit appointments are now available for primary care, nutrition, mental health, and more.
- **We get to know you:** Your Primary Care Provider leads a Care Team that shares information about your care. Together, they make sure you get the right type of care when you need it.
- **With us, you're connected:** Through your **myACPNY** patient portal account, you can manage and access your care, such as scheduling or checking in for your appointments, request prescription refills or test results, and even start your virtual visit. Your care information and history are safely shared across our entire practice, so your records go wherever you go.

For more information about AdvantageCare Physicians, visit acpny.com.

*Bronx residents receive care at three locations of BronxDocs, an affiliate of AdvantageCare Physicians. AdvantageCare Physicians and BronxDocs are part of the EmblemHealth family of companies. Other providers are available in our network.





Neighborhood Care

Wellness is about much more than just your physical health. It's about the different dimensions of wellness, including emotional, social, financial, and intellectual. We believe that long-term health can be impacted most by the things people do every day, the places where they live, and the resources available to them.

EmblemHealth Neighborhood Care provides in-person and virtual customer service support,* care coordination, connections to sales partners, access to community resources, and health and wellness programming — right in your neighborhood. With locations across NYC, we deliver programming both in-person and virtually that fits the unique needs of our communities, all at no cost to you. Whether it's a yoga class, plan benefits seminar, or help with a claim or translating paperwork, Neighborhood Care isn't just for EmblemHealth members; we're a resource for the entire community. We also speak multiple languages, including Spanish, Mandarin, Cantonese, Fuzhounese, and Haitian Creole.

No matter which Neighborhood Care you visit, you'll always find:

- In-person and virtual customer service
- Free health and wellness classes
- Resources for managing your and your family's health
- Ability to connect with health care providers and EmblemHealth sales representatives to learn more about your health plan

Visit emblemhealth.com/neighborhood for the most up-to-date information on classes and programs at Neighborhood Care.

*Due to the COVID-19 virus, please check our website for more information about the availability of in-person services.

Your Health and Wellness Are Important to Us

We know good health is worth holding on to. That's why we want to make staying healthy as easy as possible for you, with programs, tools, and more to help you stay fit and enhance your quality of life.

In addition to your doctor's care, you may have access to the following services when you enroll in this plan to help you and your enrolled family members stay healthy.

To see the full list, visit emblemhealth.com/live-well.

- Heart disease support
- Diabetes support
- Preventive cancer screenings
- Domestic violence victim support and resources
- Pregnancy management and support after giving birth
- Help to stop smoking
- Chronic obstructive pulmonary disease (COPD) support



Healthy Discounts*

Just for being an EmblemHealth member, you get access to discounts on health-related services. From weight loss to massage therapy, we're here to make sure you get what you need at an affordable price.

- **Honor Yoga:** Video on demand that puts a library of more than 300 classes at your fingertips.
- **Forte:** Stream live and on-demand boutique fitness classes from top studios worldwide.
- **Copilot:** A one-on-one remote personal trainer to build you a personalized fitness plan and help you stick to it.
- **Fit4Mom:** At-home, on-demand workout classes for moms at all stages of motherhood, including HIIT, strength training, yoga and more that you can do anytime, anywhere.
- **Mossa on Demand:** Includes group cardio, strength, cycle, dance workouts, and more.
- **Stronger thru Cancer:** A nationally accessible exercise and wellness program for people with cancer created by cancer survivor Priscilla Fitzpatrick.
- **Healthy Body. Healthy Baby:** A virtual health coaching program that helps individuals create healthy lifestyle, physically and emotionally, from pre-conception through the first twelve weeks of parenthood.
- **Best Whole Self:** With six different health coaching programs available, There is something for everyone. Programs vary from 7 days to 8 weeks.
- **Diet-To-Go:** For less than the cost of eating out you can have healthy, portion-controlled meal plans that are fully prepared and restaurant quality. Various plans depending on nutritional needs and meal frequency.
- **Gym membership discount:** Receive 5-25% off the standard retail rate of a gym membership.

For more about these services, call the Customer Service number on your member ID card or visit emblemhealth.com/goodhealth.

*Please note: The Healthy Discount programs are available to all EmblemHealth members, but are not a covered benefit under your plan. We cannot guarantee the continued availability of any discount program or the continued participation of any discount program vendor. Services included in the Healthy Discounts program are available only through participating vendors.

These discount programs are not health care benefits and we do not insure them. For more about these services, please visit emblemhealth.com/goodhealth.



This brochure is intended to provide general information about the HIP HMO and HMO Plus plans for FEHB members. Both plans are underwritten by Health Insurance Plan of Greater New York (HIP), an EmblemHealth company. Refer to RI 73-001.

Health Insurance Plan of Greater New York (HIP) is an HMO/HMO-POS plan with a Medicare contract. Enrollment in HIP depends on contract renewal. HIP is an EmblemHealth company.

EmblemHealth Plan, Inc., EmblemHealth Insurance Company, EmblemHealth Services Company, LLC and Health Insurance Plan of Greater New York (HIP) are EmblemHealth companies.