



Your Supplemental Benefits Guide



Health
navigator
services



Dental
coverage



Hearing
benefits



Prescription
drug
coverage



Vision
benefits



Fitness
incentives



All-in-one coverage

With Align powered by Sanford Health Plan, you get the benefits of Original Medicare plus more in one complete plan. Let us help you take advantage of your coverage options by providing you with information on the ways you can access your benefits, file a claim and more.



Health navigator services

A health navigator acts as your personal health assistant. Our team of health navigators is here to answer questions and connect you to the right resources when you need them. They can help you find a doctor, schedule your appointments and provide trusted partners to accompany you to your appointments. Health navigator services are confidential and provided at no additional cost. **Call (877) 701-0788 (TTY: 711) to connect with your health navigator.**



Travel

No matter where you are in the United States, urgent care and emergency services are always covered at the same cost-share you have at home. With our visitor travel benefit, you can travel up to six consecutive months a year in the United States and receive in-network benefits from select providers. **If you have questions, please connect with our customer service team at (888) 278-6485 (TTY: (888) 279-1549).**



Prescription drug coverage

All Align powered by Sanford Health Plan PPO plans include prescription drug coverage. Our pharmacy network is made up of over 60,000 pharmacies both regionally and nationally, including Lewis Drug, Thrifty White, CVS, Walmart, Hy-Vee, Sam's Club, Costco as well as most independently owned pharmacies. Additionally, plans include the Part D Senior Savings Model. This provides a stable copay of \$35 for certain types of insulin. Review your evidence of coverage to learn more or call **(844) 642-9090 (TTY: 711)** to speak with a our customer service team to learn more.



Over-the-counter benefits

Our plans come with NationsBenefits® over-the-counter (OTC) benefits each quarter. This allows you to get your OTC products, like aspirin or cold and flu medicine, shipped to you directly from NationsOTC®.

You have access to a variety of brand-name and generic health and wellness products with your 2022 OTC benefit. Your benefit allowance can be used to order the items you need while saving you time and money. Review your Evidence of Coverage to determine your quarterly benefit amount.

Three convenient ordering options with two-day delivery:



Online: Visit nationsbenefits.com/alignsanfordhealthplan



Phone: Call **(877) 280-1649 (TTY: 711)**



Mail: Complete and mail an order form (available in catalog or online)

Want to search products?

A catalog will be coming to you in the mail. You can access an online catalog through the NationsOTC member portal to order products simply and hassle-free.

Within the portal, you can:

- Search by category, price and more
- See product descriptions, images and related condition information
- View your available benefit allowance
- Order health and wellness products
- Track your order status in real-time

Access the portal at nationsbenefits.com/alignsanfordhealthplan.

By self-reporting your conditions to build a personal health profile, you'll receive product recommendations and related health information. What you choose to share with NationsOTC® can be used to help you achieve your desired health goals.

If you have any questions, please call NationsOTC® at (877) 280-1649 (TTY: 711).

Member experience advisors are available 24 hours per day, seven days a week, 365 days a year.

Language support services are available if needed.



Hearing benefits

nations hearing

As a valued member, you have a hearing aid benefit that gives you what you need to manage your hearing health – all accessed through the NationsHearing® network. Review your Evidence of Coverage to determine your benefit details.

Your benefit includes:

An annual hearing test with no out-of-pocket cost

Convenient ways to take your hearing test:

- ✓ Call **(877) 280-1649 (TTY: 711)** to speak with a member experience advisor who will schedule your hearing test with a local provider.
- ✓ Visit **nationsbenefits.com/alignsanfordhealthplan** to access your online hearing test.

Exceptional service delivery

Going above and beyond your expectations with:

- ✓ Quality care from a hearing aid provider in your area
- ✓ 24/7 access to a dedicated team of member experience advisors
- ✓ Three follow-up visits to ensure your complete satisfaction¹

NationsHearing® promise to you

Convenient ways to take your hearing test:

- ✓ 60-day, 100% money-back guarantee
- ✓ Three-year manufacturers' warranty
- ✓ Three years of batteries included²

Get started today!

Call **(877) 280-1649 (TTY: 711)** or visit **nationsbenefits.com/alignsanfordhealthplan**.

Member experience advisors are available 24 hours a day, seven days a week, 365 days a year.

¹Within the first year of your fitting date.

²Not applicable to the purchase of rechargeable hearing aid models.



Dental coverage

Dental coverage makes dental care more affordable. With a focus on prevention, supplemental dental benefits typically cover professional services, such as routine checkups, cleanings and exams, at 100%. This helps to reduce your out-of-pocket costs so you can pay less for the dental care you need.

With a Medicare Advantage Plan through Align powered by Sanford Health Plan, dental coverage is included in any plan you choose. To learn about the differences in coverage based upon your plan option, view the grid below:

BENEFITS COMPARISON	Align ChoiceElite PPO	Align ChoicePlus PPO
Preventive Dental	\$0 routine check-up; \$0 cleanings 2x/year; \$0 X-ray 2x/year	\$0 routine check-up; \$0 cleanings 2x/year; \$0 X-ray 2x/year
Comprehensive Dental	\$600 allowance	\$400 allowance

As a member, you may visit any licensed dental provider in the United States and submit a claim form via mail, or your dentist can submit the claim on your behalf.

Claims can be mailed to:

P.O. Box 981813
El Paso, TX 79998-1813

If you have questions, our customer service team is available at **(888) 278-6485** (TTY: **(888) 279-1549**).





Vision benefits

VSP® Vision Care provides you with a covered annual routine exam and up to \$200 in reimbursement for glasses or contacts each year through a VSP network provider. Review your Evidence of Coverage to determine your benefit details.

Using your VSP benefit is easy:

1. Create an account at vsp.com. Review your personalized benefit information.
2. Find an Advantage network eye doctor who's right for you. Visit vsp.com/advantageonly or call **(844) 344-4768**.
3. At your appointment, tell them you have VSP. Present your Sanford Health Plan Align ID card to your Advantage network doctor.

That's it! There are no claim forms to complete when you see a VSP Advantage network provider. When obtaining services from an out-of-network provider, you will be responsible for paying services directly to the provider and remit a claim to VSP for reimbursement.

The VSP Advantage network is a national network of doctors. All VSP providers offer a dispensary on site. To locate a VSP network doctor, visit vsp.com/advantageonly.

Contact VSP

Toll free: (844) 344-4768

TTY: (800) 428-4833

VSP member service hours

Monday — Sunday, 8 a.m. — 8 p.m. Central time





Meal services

Because better health begins with the food we eat, eligible members can choose meals that fit their individual needs using Mom's Meals®. This meal program ensures members get the nutrition they need when they need it, whether they're recovering from a hospital stay or managing a chronic condition.

Members must meet eligibility requirements. Review your Evidence of Coverage to determine your benefit details.

Eligible members receive:

- Health-specific menus designed by dietitians to support the nutritional needs of most common health conditions
- Meals delivered to your home
- Meals that can be refrigerated for up to 14 days
- Up to 56 meals/28 days following an inpatient hospitalization and up to 12 weeks for those with certain chronic conditions.

How it Works

1. Eligible members will be contacted and referred by case manager or provider
2. Case manager will provide paperwork to Mom's Meals
3. Meals are delivered to members home

Easy meal options — just heat, eat and enjoy within minutes!



Silver&Fit® Fitness Program

As a member, you can enjoy multiple tools and features with this healthy aging and exercise program at no cost to you.

By answering a few online questions about your fitness level and goals, you can receive a personal exercise plan that includes suggested workout videos and more. Create your account by visiting silverandfit.com to get started.

Standard fitness network choices

Once you create your online account, you will be able to search and choose a membership from more than 16,500 participating fitness centers or select YMCAs. Note that you may need to sign a new membership agreement with the fitness center or YMCA, even if you have a current membership agreement or have had one in the past.

Premium fitness network choices

Search more than 4,000 additional premium fitness network locations, including fitness centers, studios, and unique fitness experiences by logging into your account. These locations are available for a nonrefundable monthly buy-up price. Fees vary by premium fitness center location.

Home fitness kits

You can pick one kit per benefit year from 10 different options. Choose from options like a wearable fitness tracker, pilates, strength, swim and yoga kit options.

Once selected, the home fitness kit cannot be exchanged.

Healthy aging coaching

Your benefits include a complete one-on-one Silver&Fit healthy aging coaching sessions by phone. A trained coach will give you personalized attention in fitness, nutrition, brain health and other lifestyle areas.

Silver&Fit Connected!™

The Silver&Fit Connected! tool is available for tracking activity to earn rewards like hats and pins.

Member resources

Visit the online library of resources for exclusive articles and videos on healthy aging, healthy eating, staying active and more. You can also get **Fit at Home™** with daily Facebook Live and YouTube workouts that are available to the public for free. See the full class schedule at silverandfit.com/workouts.

Please make sure to talk to your provider before starting or changing an exercise routine.

Create your account by visiting silverandfit.com.

Contact Silver&Fit

Toll free: (877) 427-4788

TTY/TDD: 711

Monday — Friday, 7 a.m. — 8 p.m. Central time

Rewards are subject to change. The purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Silver&Fit program.

Your use of the Silver&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness), to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program. The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit, Silver&Fit Connected! and the Silver&Fit logo are trademarks of ASH. Limitations, member fees and restrictions may apply. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change.



If you have questions, our customer service team is available at (888) 278-6485 (TTY: (888) 279-1549).

align.sanfordhealthplan.com

Important Align powered by Sanford Health Plan information. Health and wellness or prevention information. Benefit amounts vary by plan. Review your Evidence of Coverage for specific benefit allowance amounts for hearing, dental, OTC and vision benefits. Out-of-network/non-contracted providers are under no obligation to treat Align powered by Sanford Health Plan members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.