

# OEBB 2022-23 Open Enrollment (Medical)

Moda Health

# Medical and pharmacy

Moda Health

# Networks

- All Moda Health medical plans 1-7 will continue to use our Connexus Network
  - Referrals for specialists are not required for any of the Moda Health plans
- NEW! Members living outside of the Connexus service area will use Aetna PPO through Aetna Signature Administrators® except for members in Idaho and Alaska.
  - Members who live in Idaho will continue to use both the Connexus and Private Healthcare System (PHCS) networks.
  - Members who live in Alaska will continue to use the PHCS network.
- To search for an in-network provider, call the Moda 360 Health Navigator team or use Find Care and search by the applicable network from the drop-down tab Aetna PPO through Aetna Signature Administrators®, Connexus, or PHCS).



Moda Health and Delta Dental of Oregon are making it easier to choose and use the right plan for you and your family. Our health plans give you better benefit choices, better care and our largest network - Connexus. Plus, you get our Moda 360 team of Health Navigators to connect you with the care, resources and programs that will work best for you.



## 2021-22 Pharmacy updates

- As a reminder, we changed our pharmacy benefits manager to Navitus on Oct. 1, 2021. Please make sure to share your new ID card or the following information with your pharmacy:
  - PCN: NVT
  - BIN: 610602
  - Rx group: OEBB
- To find an in-network pharmacy click here:
  - [2022 NW Prescription Drug Consortium Core network](#)

## Search by network

Select the **network** of the plan you have or are interested in.

Network ?

Search by network

Don't have a network in mind? [Search as a guest.](#)

# Coordinated care – PCP 360

- Members have the option to participate in coordinated care or non-coordinated care
- To participate in coordinated care, members must choose and use a PCP 360 for primary care services
- A PCP 360 is a primary care provider who is part of a facility that has been certified by the Oregon Patient-Centered Primary Care program or other similar programs
  - This means that a PCP 360 has met certain quality standards
- Each covered family member can choose whether to participate in coordinated care and choose their own PCP 360



# PCP 360 and better benefits

- By selecting a PCP 360 for primary care services, you will receive the benefits of:
  - A lower individual deductible
  - A lower individual out-of-pocket maximum
  - Lower cost for certain services:
    - Primary care office visits
    - Specialist office visits
    - Alternative care services
    - Incentive office visits for chronic conditions

When you sign up for a PCP 360 you pay less for your appointments and get coordinated care

*You must choose a PCP 360 in your Member Dashboard and use the selected PCP 360 to receive the better benefits*



A **lower** individual deductible



A **lower** individual out-of-pocket maximum



**Lower** copayments for office visits, specialist visits and alternative care visits



**A PCP who is responsible** for making sure you get all the care you need

- You and your enrolled family members can choose PCP 360 at any time during the year. The better benefits will become effective the first of the month in which you make your PCP 360 selection with Moda Health

# How to find a PCP 360

To find a PCP 360, the member can visit [modahealth.com/OEBB](https://modahealth.com/OEBB)


(2) Click the Find Care link on the left side of the page

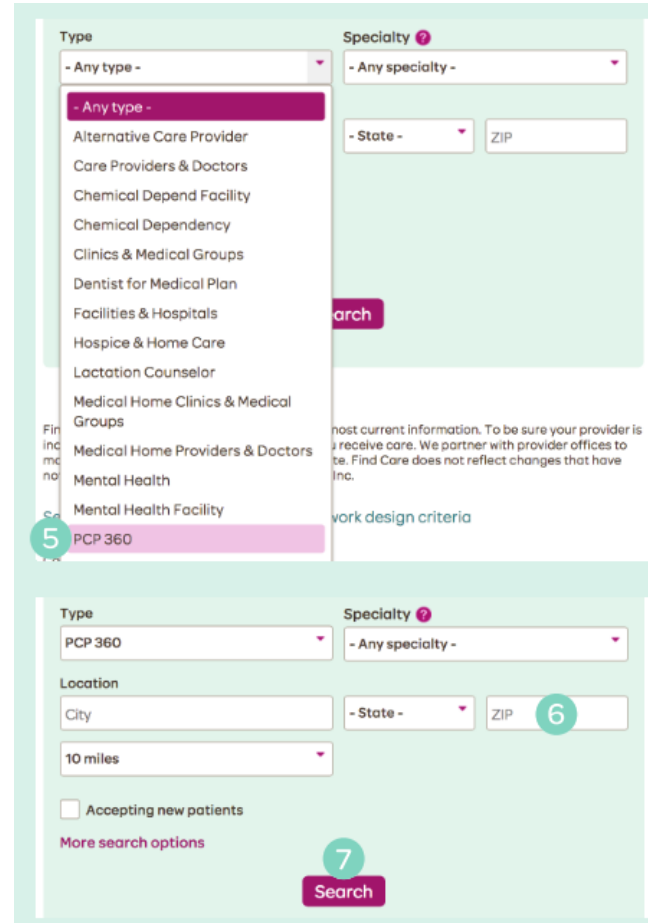
(3) Use the Search by network option to select the Connexus Network

The image shows a screenshot of the modahealth.com/OEBB website. The top navigation bar includes 'Oregon', 'Contact us', 'OEBB site', and a search icon. On the left side, there is a menu with options like 'OEBB members', 'Plan materials', 'Coordinated Care', 'Moda 360', 'Behavioral health', 'Health Through Oral Wellness', 'Additional Cost Tier', 'Reference Price Program', 'Pharmacy services', 'Wellness resources', and 'Extras'. A yellow circle highlights the 'Find Care' link in the menu, with a '2' in a blue circle next to it. Below the menu is a 'Member Dashboard' section with fields for 'USERNAME' and 'PASSWORD', and a 'go!' button. The main content area features a banner for 'OEBB members, experience healthcare that revolves around you' powered by moda 360. Below the banner, there is a section for '2021-22 Pharmacy updates' and a 'Moda 360 - your own enhanced member support team' section. On the right side, there is a 'Find Care' section with a search bar and a 'Search by network' option. A yellow circle highlights the 'Search by network' option, with a '3' in a blue circle next to it. The 'Search by network' section includes a dropdown menu for 'Network' and a 'Search by network' button.

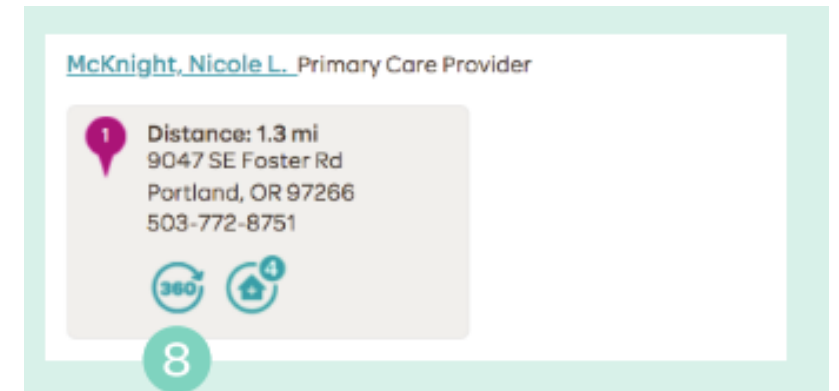
# How to find a PCP 360 (Cont.)

(4) Then, click PCP 360 from the 'Type' drop-down menu and look for a PCP 360

(5) You will know a provider is a PCP 360 if you see the “” graphic under their phone number



Type: - Any type -  
Specialty: - Any specialty -  
State: - State - ZIP: ZIP  
PCP 360  
Search



[McKnight, Nicole L.](#) Primary Care Provider  
Distance: 1.3 mi  
9047 SE Foster Rd  
Portland, OR 97266  
503-772-8751  
PCP 360

# How to choose a Moda Health PCP 360



Call a Moda 360 Health Navigator at  
866-923-0409 or email them at  
[oebbquestions@modahealth.com](mailto:oebbquestions@modahealth.com)



Log in to your Member Dashboard to  
select a PCP 360 or instantly chat with  
a Moda 360 Health Navigator



# Members who live outside the service area

College students	Other members
<p>Dependents who live <i>part-time</i> outside of the Connexus Network service area (like college students) can still choose a PCP 360 for coordinated care and receive better benefits.</p> <ul style="list-style-type: none"><li>Members must update the dependent's address in myOEBB to access Moda's National network, Aetna PPO through Aetna Signature Administrators® for in-network benefits, except for members who live in Alaska and Idaho.</li></ul>	<p>Members who live <i>full-time</i> outside of the Connexus Network service area are not eligible to participate in coordinated care. However, they will have access to Moda's national network, Aetna PPO through Aetna Signature Administrators®.</p>
<p>Members who live in Idaho will continue to use both the Connexus and PHCS networks. Members who live in Alaska will continue to use the PHCS network.</p>	
<p>To search for an in-network provider, call the Moda 360 Health Navigator team or use Find Care and search by the applicable network (Aetna PPO Aetna Signature Administrators®, Connexus, or PHCS)</p>	

# Medical plan changes overview

- Moda continues to offer medical plans 1-7. No changes to the deductibles and copays/coinsurances.
- **NEW!** The Maximum Cost Share for medical plans 1-5 is being removed.

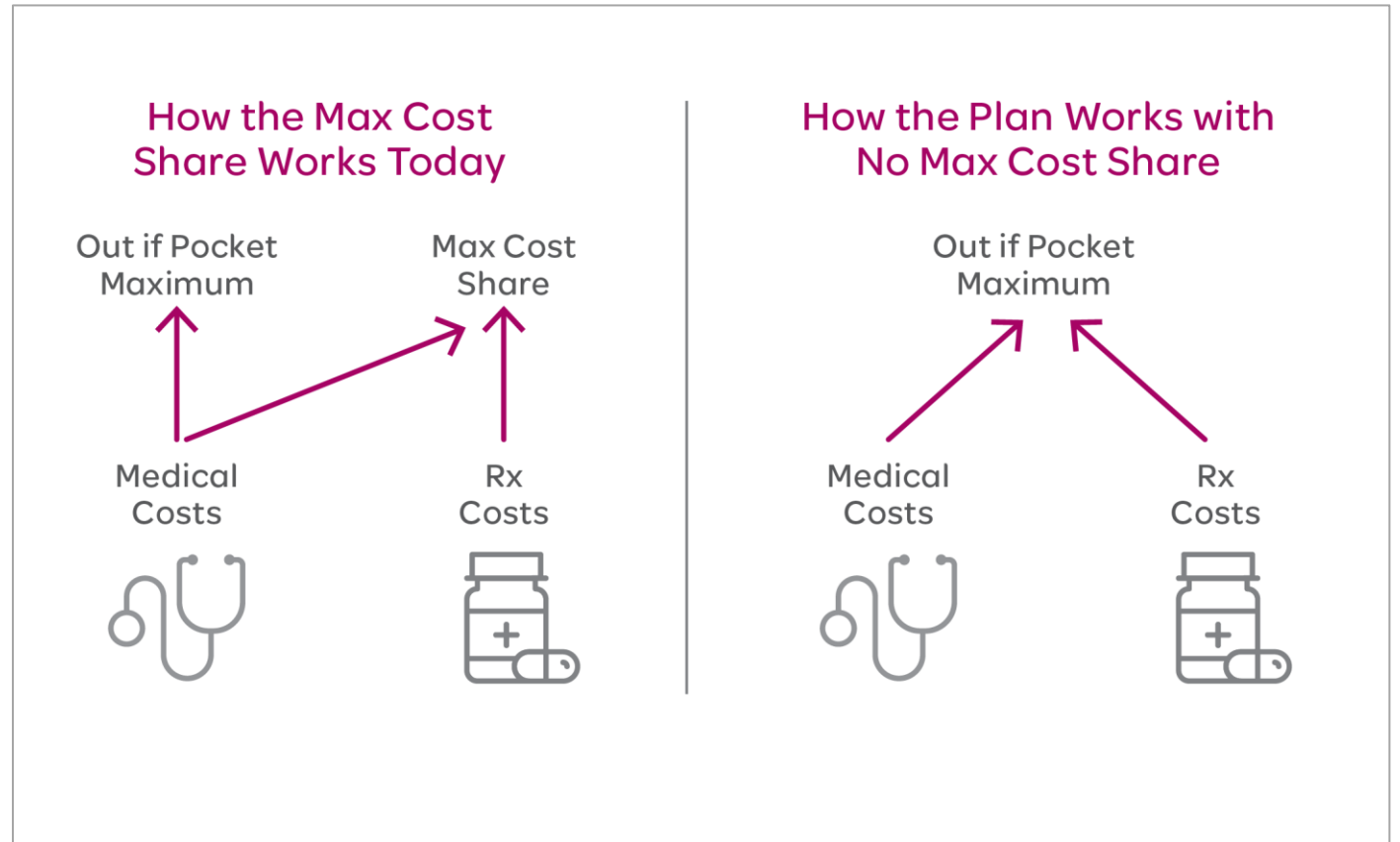
Medical Plan	Deductible		Out-of-pocket		<del>Maximum Cost Share</del>		Primary care		Specialist care	
	Coordinated	Non-coordinated	Coordinated	Non-coordinated	Coordinated	Non-coordinated	Coordinated	Non-coordinated	Coordinated	Non-coordinated
<b>Plan 1<sup>2</sup></b>	\$400	\$500	\$2,850	\$3,250	<del>\$7,900</del>	<del>\$7,900</del>	\$20 <sup>1</sup>	20%	\$40 <sup>1</sup>	20%
<b>Plan 2<sup>2</sup></b>	\$800	\$900	\$3,850	\$4,250	<del>\$7,900</del>	<del>\$7,900</del>	\$20 <sup>1</sup>	20%	\$40 <sup>1</sup>	20%
<b>Plan 3<sup>2</sup></b>	\$1,200	\$1,300	\$4,850	\$5,250	<del>\$7,900</del>	<del>\$7,900</del>	\$25 <sup>1</sup>	25%	\$50 <sup>1</sup>	25%
<b>Plan 4<sup>2</sup></b>	\$1,600	\$1,700	\$6,700	\$7,100	<del>\$7,900</del>	<del>\$7,900</del>	\$25 <sup>1</sup>	25%	\$50 <sup>1</sup>	25%
<b>Plan 5<sup>2</sup></b>	\$2,000	\$2,100	\$6,800	\$7,200	<del>\$7,900</del>	<del>\$7,900</del>	\$30 <sup>1</sup>	25%	\$50 <sup>1</sup>	25%
<b>Plan 6<sup>2</sup> HDHP</b>	\$1,600	\$1,700	\$6,400	\$6,750	N/A	N/A	15%	20%	15%	20%
<b>Plan 7<sup>2</sup> HDHP</b>	\$2,000	\$2,100	\$6,500	\$6,750	N/A	N/A	20%	25%	20%	25%

<sup>1</sup> Deductible waived

<sup>2</sup> If enrolled in a Moda Health medical plan, each covered individual must choose a PCP 360 with Moda Health for that individual to receive the enhanced “coordinated” benefit under that plan when using a provider in the Connexus Network. If an individual has not chosen a PCP 360 with Moda Health, they will receive the “non-coordinated” benefit shown in the right column if using a provider in the Connexus Network

# Maximum Cost Share removed

- This means all eligible medical and pharmacy expenses will now accrue towards the out-of-pocket maximum.
  - Once the out-of-pocket maximum has been met, all eligible medical and pharmacy services will be covered at 100%



# Incentive care benefits

- The coordinated care benefit includes an incentive care office visit with a PCP 360 or specialist for chronic conditions such as asthma, heart conditions, cholesterol, high blood pressure and diabetes

Medical Plan	Incentive Care Office Visit	
	Coordinated	Non-Coordinated
Plan 1 <sup>2</sup>	\$15 <sup>1</sup>	20%
Plan 2 <sup>2</sup>	\$15 <sup>1</sup>	20%
Plan 3 <sup>2</sup>	\$20 <sup>1</sup>	25%
Plan 4 <sup>2</sup>	\$20 <sup>1</sup>	25%
Plan 5 <sup>2</sup>	\$25 <sup>1</sup>	25%
Plan 6 <sup>2</sup> HDHP	15%	20%
Plan 7 <sup>2</sup> HDHP	20%	25%

<sup>1</sup> Deductible waived

<sup>2</sup> If enrolled in a Moda Health medical plan, each covered individual must choose a PCP 360 with Moda Health for that individual to receive the enhanced “coordinated” benefit under that plan when using a provider in the Connexus Network. If an individual has not chosen a PCP 360 with Moda Health, they will receive the “non-coordinated” benefit shown in the right column if using a provider in the Connexus Network.

# High Deductible Health Plans overview (Plans 6 & 7)

- High Deductible Health Plans (HDHPs) can be paired with a Health Savings Account (HSA)
- Preventive services are covered in full; all other services are subject to the deductible and coinsurance
- Pharmacy expenses are also subject to the deductible and coinsurance, with the exception of Value-Tier drugs
- The family deductible applies to plans where the subscriber covers one or more dependents on the plan
  - There is no individual deductible on family plans

# Medical plan changes (effective 10/1/22)

- *NEW!* Continuous Glucose Monitors (CGM) and diabetic testing supplies will only be covered under the pharmacy benefit and no longer be covered under the DME benefit
- You can obtain these supplies through a retail pharmacy or mail order pharmacy, Postal Prescription Services and Costco for more savings
  - You will be notified 60 days in advance if you are impacted by this change
  - If you currently have a prior authorization approved under the medical benefit, you do not need to seek an additional prior authorization. It will be loaded under the pharmacy benefit to ensure there is no disruption in coverage
- You can also reach out to the Moda 360 Health Navigator team should you need any assistance or have any questions

# Medical plan changes (effective 10/1/22) Cont.

- **NEW!** Pre-Diabetes Prevention program (or Pre-D)
  - Members who engage in the program can decrease their risk for chronic conditions such as heart disease, stroke and developing Type II diabetes
  - The program will include an initial assessment, creation of personal program goals with a Health Coach, a referral to a Nutritionist and quarterly check-ins to assess their progress
  - Cost sharing for Nutritionist visits will be waived for members while they are participating in the program
  - Members who participate in the program will also receive a free fitness tracker to help them track their weight and exercise
  - The Pre-D program will be available at no member cost share

# Medical plan changes (effective 10/1/22)

- **NEW!** Behavioral Health (BH) program
  - The program will provide dedicated Behavioral Health Champions to help members receive the best treatment that meets their specific health needs.
  - BH Champions will:
    - Identify the most appropriate treatment options and determine the support tools needed
    - Help members find available providers
    - Assist in scheduling appointments
    - Make sure members can access their treatment and confirm that the treatment is meeting their needs
  - Expanded access through digital point solutions
  - To access the program, log in to your Member Dashboard account or visit the [modahealth.com/oebb](https://modahealth.com/oebb) after 10/1.



# Pharmacy benefits – no changes

	Medical Plans 1-5	Medical Plans 6-7	
<b>Out-of-pocket maximum</b>	<b>Accrues towards out-of-pocket max</b>	<b>Accrues towards out-of-pocket max</b>	
		<b>Coordinated Care</b>	<b>Non-Coordinated Care</b>
<b>Value</b>	\$4 per 31-day supply	\$4* per 31-day supply	\$4* per 31-day supply
<b>Select generic</b>	\$12 per 31-day supply	20%	25%
<b>Preferred brand</b>	25% up to \$75 per 31-day supply	20%	25%
<b>Non-preferred brand **</b>	50% up to \$175 per 31-day supply	20%	25%
<b>Mail</b>			
<b>Value</b>	\$8 per 90-day supply	\$8* per 90-day supply	\$8* per 90-day supply
<b>Select generic</b>	\$24 per 90-day supply	20%	25%
<b>Preferred brand</b>	25% up to \$150 per 90-day supply	20%	25%
<b>Non-preferred brand **</b>	50% up to \$450 per 90-day supply	20%	25%
<b>Specialty***</b>			
<b>Generic</b>	\$12 per 31-day supply or \$36 dollars when allowed 90-day supply	20%	25%
<b>Preferred brand</b>	25% up to 200\$ per 31-day supply	20%	25%
<b>Non-preferred brand **</b>	50% up to \$500 per 31-day supply	20%	25%

\* Deductible waived

\*\* A formulary exception must be approved for non-preferred brand prescription medication

\*\*\* Allows 90-day fills for select specialty medications (2 times the copay)

moda 360



# Moda 360 – Health Navigators

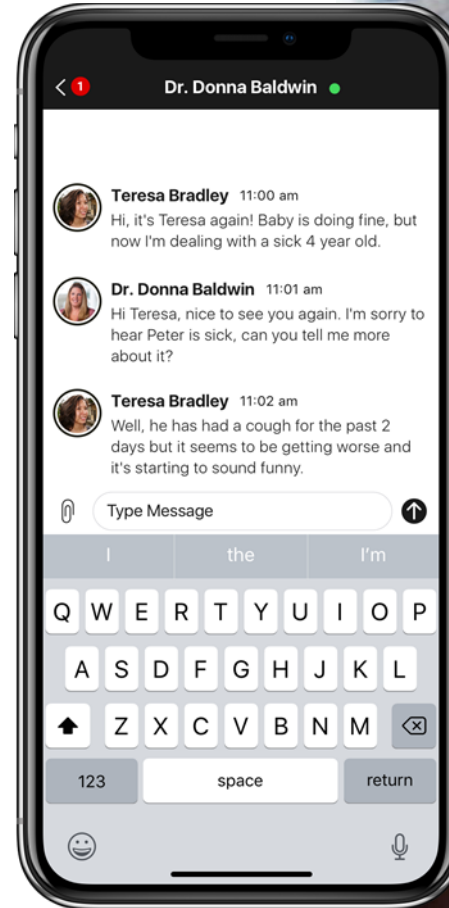
- Moda 360 Health Navigators will help the member navigate the sometimes-complex healthcare system
- Every time you call the Moda Health OEBB member phone number (**866-923-0409**), you will be connected with a Moda 360 Health Navigator. The Health Navigator will not only answer any questions you may have but also help you with:
  - Appointment scheduling support
  - Connecting you with care programs
  - Assistance with prior authorizations
  - Selecting a PCP 360
  - Claims and provider billing support



# CirrusMD

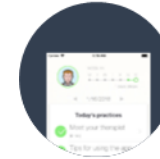
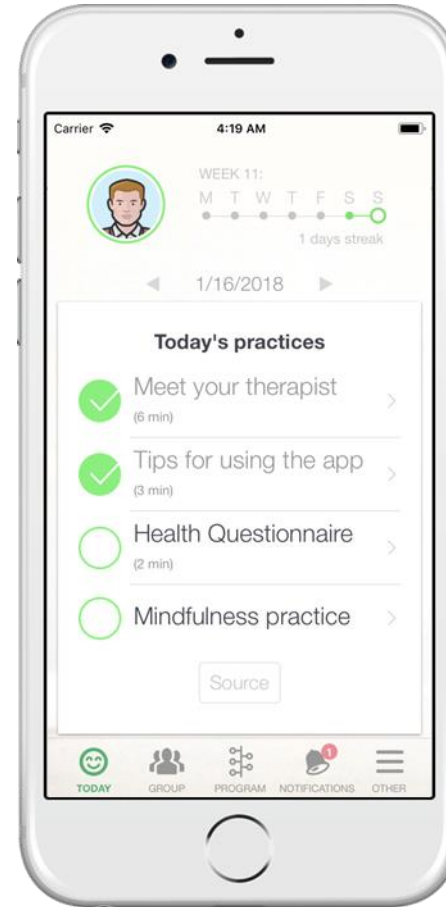


- The CirrusMD app connects you with a doctor via text, 24/7 with no cost-sharing for members\*
  - \*Effective 10/1/22, CirrusMD visits for members on the High Deductible Health Plan (Medical Plan 6 or 7) will be subject to the deductible. After the deductible has been met, no member cost sharing will apply.
- The app allows you to:
  - Ask urgent or general health questions
  - Message, share photos or video chat
- Provides convenience and flexibility, and is available in all 50 states
- Providers can also prescribe medications
- Can access through Member Dashboard or the CirrusMD website  
[cirrusmd.com/modahealth](https://cirrusmd.com/modahealth)



# Meru Health

- A comprehensive approach to help reduce stress, depression, anxiety and burnout with a 12-week evidence-based program via a Smartphone App
- Available to qualified Moda members 18+ who reside in OR, WA, ID or AK.
- The initial call is provided at the standard mental health cost-sharing amount. After that, the program is available at no out-of-pocket cost.
- The program offers:
  - Confidential access to a personal, remote therapist
  - Mindfulness and behavioral techniques
  - Wearable biofeedback training to increase focus and manage stress
  - Can access through Member Dashboard or the Meru Health website at [meruhealth.com/modahealth](http://meruhealth.com/modahealth)



## Lessons and Practices

CBT, mindfulness, sleep and nutrition. User-friendly audio and video practices.



## Licensed Therapist Chat

Daily support via chat to enhance learning and engagement.



## HRV Biofeedback

Objective physiological feedback provided for patients.



## Peer-Support Group

Anonymous and confidential



## Psychiatrist Support

Case overview and medication management (when needed).



## PCP Collaboration

Reports and updates provided to PCP and/or patient's care team



# Livongo – Diabetes management



- A program that combines the advanced technology of a smart glucose meter with coaching to support members with diabetes
- This is an invitation-only program – all eligible members who qualify for the program receive an invitation and the program is at no cost sharing to Moda members
- The program includes:
  - A smart glucose meter
    - A smart glucose meter is a device that digitally helps you track and monitor your blood sugar levels
  - Unlimited testing strips available to order from their meter or through the app
  - Anytime access to expert health coaches
  - Alerts to their providers, family members and coaches

# Member resources

Moda Health and Delta Dental

# modahealth.com/oebb

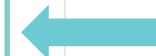
Want to learn more about your wellness resources or behavioral health?



Choosing your PCP 360? You'll need to log in to your Member Dashboard and look for the PCP tab



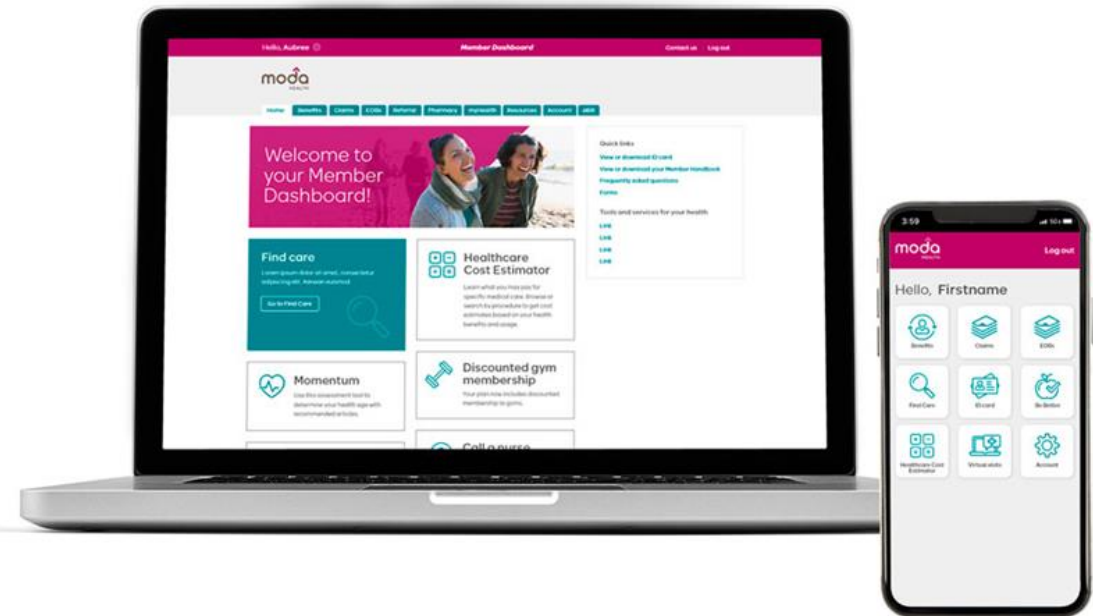
Want more details on Moda 360?





# Member Dashboard – Your personal member website

- See your benefits and Member Handbook
- Choose a PCP 360
- Access Moda 360 digital resources
  - CirrusMD
  - Meru Health
  - Chat with a Moda 360 Health Navigator
- Check claims and review electronic explanations of benefits (EOBs)
- Download your member ID card
- *NEW!* Moda will be making some enhancements to the Member Dashboard to be more specialized and custom to you and your benefits. To create your Member Dashboard account, go to [modahealth.com/memberdashboard](https://modahealth.com/memberdashboard)



# moda | Health Navigators

Available Monday through Friday from 7:30 a.m. to 5:30 p.m. Pacific time.



**Medical/Vision**  
866-923-0409



**Pharmacy**  
866-923-0411



**Dental**  
866-923-0410

Or email Moda Health at [OEBBquestions@modahealth.com](mailto:OEBBquestions@modahealth.com).

You can also chat with the Moda 360 Health Navigator team instantly through your [Member Dashboard](#).