

GROUP MEDICARE ADVANTAGE PPO

The City of Frederick
Retiree Education Presentation

Proprietary and Confidential



CareFirst 
Medicare Advantage



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WHAT'S CHANGING FOR 2026?



What's Changing:

- Your medical, prescription drug and vision benefits will be offered under a Medicare Advantage plan from CareFirst.
- You will receive a new ID card in December.
- Your new coverage will start January 1, 2026.



What's Not Changing:

- Retirees still have support from RetireeFirst for help throughout and after the transition.
- You will continue paying your health care premiums through The City of Frederick, just like you do now.

RETIREEFIRST MEMBER ADVOCACY

CareFirst partners with RetireeFirst to support you.

RetireeFirst was founded in 2006 with a mission to simplify retiree healthcare. CareFirst and RetireeFirst work together to ensure a smooth transition for you.



**Member education
and communication**



**Open enrollment
engagement session
support**



**Dedicated retiree
advocates available
to support you**

About Us

RetireeFirst, headquartered in New Jersey, was designed to provide healthcare navigation and advocacy for retirees like you. For more than 20 years, we've simplified Medicare and improved the retiree benefits experience, resulting in happier and healthier members.

Your own dedicated team will advocate on your behalf with the insurance carrier, provider offices, pharmacies, and government agencies like the Centers for Medicare and Medicaid Services (CMS) to ensure your satisfaction.

RetireeFirst works as an extension of The City of Frederick to provide retiree healthcare advocacy with award-winning service.



Advocates Put Retirees First

- Our 160+ in-house, US-based Retiree Advocates are available Monday through Friday from 8 am–5 pm
- All Advocates receive extensive training; many previously worked in healthcare
- Many Advocates are bi-lingual and can partner with a HIPAA-compliant service offering translation in 300+ languages
- Retirees receive a dedicated group phone number and Advocate team
- Advocates provide:
 - **Real-time assistance** to resolve issues end-to-end through outbound calls with a completion call to close the loop
 - **Education on your health plan**, including preventative care and additional health benefits offered through your insurance carrier
 - **Support retirees** through real-time assistance, issue resolution, gaps in care closures, and wellness visit scheduling, backed by training in Medicare benefits

160+
IN-HOUSE,
US-BASED ADVOCATES

15 sec
AVERAGE SPEED
TO ANSWER

2x
OUTBOUND VS INBOUND
CALLS MADE TO RESOLVE
MEMBER ISSUES

Service You Need, When You Need It

Common Needs We Address

- “I received a bill, and I’m unsure if these services should be covered.”
- “I need help finding a specialist.”
- “I need help making an appointment.”
- “What does this benefit mean for me and how can I take advantage of it?”
- “I need to know if a specific drug my doctor prescribed is covered.”
- I’m at the pharmacy and my medication costs more than normal.”

How Advocates Help You

- Outreach to providers
- Medical prior authorizations
- Medical reimbursements
- Medical billing/Benefits questions
- Pharmacy outreach
- Mail order assistance
- Formulary lookup
- Prescription prior-authorization/step therapy
- Prescription billing/benefits questions
- House Call Appointment Scheduling

Meet Joe...

Points of Member Interaction

Advocates make almost twice as many outbound calls vs inbound calls to resolve issues on members' behalf.

Joe calls RetireeFirst saying the Pharmacist is saying his drug isn't covered. The Advocate can see it is covered but the plan but requires a Prior Authorization.

Advocate calls Joe to update him.

Advocate calls Joe to notify him that the Prior Authorization was approved and his drug was filled and will be ready for pickup.

Completion call to ensure Joe is satisfied. This opportunity is also used to discuss any open GAPS in Care Joe may have.

Advocate gathers the medical details and the provider information from Joe.

The Advocate calls the provider's office to provide the information on how to submit the Prior Authorization and assist the provider with the process if necessary.

Advocate tracks the Prior Authorization and reaches out to the provider to check in. If not submitted yet, continues to track until a final decision is made.

Once decision is made Advocate speaks with Pharmacist to let them know they can fill the script.

Advocacy Behind the Scenes

Testimonials from Maryland Retirees

“She even called me back quickly and when I got to the primary care, I let them know it was preauthorized which really helped me. Otherwise, I don't know how long it would have taken me to get the medication I needed.”

“My husband recently talked multiple times with Jaime to resolve a persistent billing issue with a physical therapy company. She was an excellent advocate & even more persistent than the PT company.”

“After at least 5 attempts by me to resolve this problem. Samantha solved it in a matter of minutes, thank you.”

“It is extremely gratifying to reach out to RF advocates & have any & all concerns handled effectively and thoroughly. Thank you to the advocates who have assisted me.”

“I was stunned as to the same day response & solving my questions and concerns.”



Wall of Appreciation at
Offices in Mt. Laurel, NJ

Access Your Resources Online

RetireeFirst

Call Your Advocates

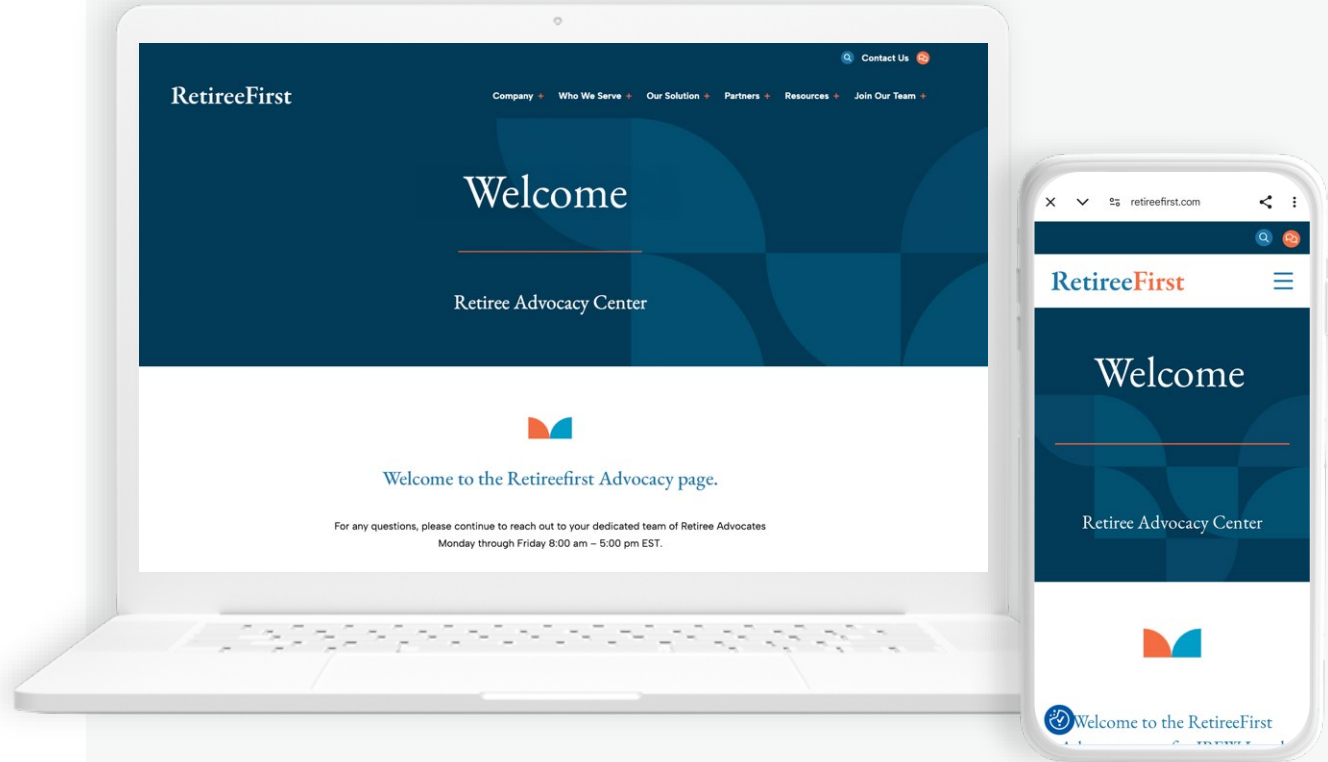
Your Dedicated Line:

301-200-5419
(TTY 711)

Toll free 855-460-7316
(TTY 711)

Monday–Friday
8 AM–5 PM EST

We have an emergency and
after-hours line available



Your Dedicated Website:
www.RetireeFirst.com/TheCityofFrederick

WHAT IS MEDICARE ADVANTAGE?

- **Medicare Advantage (MA) plans (also called Part C Plans)** are health plan options approved by Medicare and run by private companies, like CareFirst.
- MA plans are **part of the Medicare program**. Medicare pays private companies a certain amount for each member's care.
- MA plans offer the **same benefits as Original Medicare (Part A & Part B)** covers and **includes prescription drug (Part D)** coverage as well.
- MA plans offer **additional benefits** such as hearing aids, in-home assessments, fitness benefits, worldwide emergency coverage and more.



PLAN TERMINOLOGY: A REFRESHER

- **Copay:** An amount you pay as your share of the cost for a medical service or supply, like a doctor's visit, hospital outpatient visit, or a prescription drug. A copayment is a set amount (for example \$10), rather than a percentage.
- **Coinsurance:** An amount you may be required to pay, expressed as a percentage (for example 20%) as your share of the cost.
- **Annual Out-of-Pocket Maximum:** The maximum dollar amount you will pay out-of-pocket in copays and/or coinsurance in a calendar year for your Medicare-covered medical expenses. Once this amount is met, the plan pays 100% for Medicare-covered medical expenses for the remainder of the calendar year. There is a separate out-of-pocket maximum for prescription drugs.

LOCAL AND NATIONAL PROVIDER PARTNERS

CareFirst's Passive PPO allows you to access in- and out-of-network Medicare providers at the same rate.



Local providers

High-quality providers available throughout Maryland and the District of Columbia.



Nationwide providers

Robust, nationwide PPO network available through BlueCross BlueShield Network Sharing.



Broad provider choice

Members can see any Medicare provider at the same in-network rates.*

*Out-of-network providers must participate in Medicare and be willing to bill CareFirst or their local Blues Plan.

VISITING A PROVIDER

Use your CareFirst ID card at the provider's office or pharmacy. You won't need your red, white and blue Medicare card to use this plan.

 CareFirst Medicare Advantage		CareFirst BlueCross BlueShield Group Advantage (PPO)	
Member Name F_NAME M_INIT L_NAME	PCP Office IN: \$X OON: \$X		
Member ID EGE SBSB_ID	Specialist Office IN: \$X OON: \$X		
	Urgent Care Center IN: \$X OON: \$X		
	Emergency Room IN: \$X OON: \$X		
Group Number GRGR_ID	RxBIN RXBIN		
	RxPCN RXPCN		
	RxGRP RX_GROUP		
Effective Date M_R_DT			
BC/BS Plan 193/963			
Issuer (80840)			
			CMS-H7379-801
	MA-PPO		

Tells providers you have nationwide PPO coverage

Network statistics:

- ~98% of providers participate in Medicare nationwide
- 8,000 primary care doctors, 57,000 specialists and 55 hospitals in Maryland and DC participate in the CareFirst Medicare Advantage PPO network
- Members also have access to the nationwide BlueCross BlueShield Medicare network

PROVIDER COMPARISON

97% of providers who The City of Frederick retirees visited in the past year participate in the CareFirst Medicare Advantage PPO network.

Top Providers	In-Network
Frederick Health Hospital	✓
Frederick Surgical Center	✓
WellSpan York Hospital	✓
WellSpan Gettysburg Hospital	✓
UPMC Hanover	✓
Mercy Medical Center	✓
Frederick Health Urgent Care	✓
Frederick Primary Care Associates	✓
Privia Medical Group	✓
Frederick Health Medical Group	✓



YOUR MEDICAL AND RX BENEFITS

MEDICAL BENEFITS AT A GLANCE

	Cigna True Choice MAPD	CareFirst Group Advantage (PPO)
Medical Deductible	\$0	\$0
Maximum Out-of-Pocket (MOOP)	\$6,700	\$6,700
Primary Care Provider Copay	\$10	\$10
Physician Specialist Copay	\$10	\$10
Annual Routine Physical Exam	\$0	\$0
Physical, Speech and/or Occupational Therapy	\$10	\$10

MEDICAL BENEFITS AT A GLANCE

	Cigna True Choice MAPD	CareFirst Group Advantage (PPO)
Inpatient Coverage	\$250 per admit	\$250 per admit
Outpatient Hospital Services	\$0	\$0
Emergency Room Copay (waived if admitted in 24 hours)	\$90	\$90
Urgent Care Center Copay (waived if admitted in 48 hours)	\$10	\$10
Lab Tests Copay	\$0	\$0
X-ray Services	\$10	\$10
Durable Medical Equipment	20% coinsurance	20% coinsurance

PRIOR AUTHORIZATION

Approval in advance may be required to obtain select services or prescription drugs.

What you need to know:

- Your provider will coordinate this with CareFirst before your visit.
- You don't need to get prior authorization when you get care from out-of-network providers.
- If we say we will not cover your services, you, or your provider, have the right to appeal our decision.
- Prior authorization is required for certain services like:
 - Hospital services
 - Skilled nursing
 - Home health
 - Prosthetic devices
 - Physical therapy
 - Chiropractic (Medicare covered)
 - Ambulance (Non emergent)
 - Medical supplies



PRESCRIPTION DRUG BENEFITS AT A GLANCE

	Cigna True Choice MAPD	CareFirst Group Advantage (PPO)
Part D Prescription Drug Deductible	\$0	\$0
Part D Out-of-Pocket Drug Costs Cap	\$2,100	\$2,100
Tier 1—Generic (30-day)	\$2	\$2
Tier 2—Preferred Brand (30-day)	\$25	\$25
Tier 3—Non-Preferred Drug (30-day)	\$50	\$50
Tier 4—Specialty (30-day)	\$75	\$75
90-Day* Mail Order Supply <i>*100-day supply available for Tier 1 drugs</i>	2x copay	2x copay <i>(excluding Specialty)</i>

Note: Part D cost-sharing does not count toward the overall medical out-of-pocket maximum (MOOP) for your plan.

TRANSITION POLICY

A transition fill is typically a one-time, one-month supply of a drug



Transition fills let you get temporary coverage for Part D drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).



We may cover your drug in certain cases during your first 90 days of membership. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.



The transition supply gives you time to talk to your doctor or other prescriber about pursuing other options available to you within our formulary.

Please refer to your Evidence of Coverage for more information on the CareFirst BlueCross BlueShield Medicare Advantage transition process.





EXTRAS INCLUDED IN YOUR PLAN

VISION HIGHLIGHTS



An overview of the plan's vision coverage provided by Davis Vision

To find a vision provider, visit **carefirst.com/learn/groupma** and select *Find a Doctor* in the middle of the page. Then select the Medicare Advantage Vision (PPO) network.

Vision Benefit	In-Network Member Cost	Out-of-Network Member Cost
Annual Routine Eye Exam w/ Dilation	\$0 copay	\$40 allowance
Frames	\$0 copay for Davis Collection \$100 annual allowance + 20% off balance for other frames	\$50 allowance
Clear Spectacle Lenses	\$0 copay	\$40–\$100 allowance depending on lens type
Contact Lenses (in lieu of eyeglasses)	\$100 allowance + 15% discount off balance for contact lens materials	\$80 allowance

HEARING HIGHLIGHTS



An overview of the plan's hearing coverage provided by NationsHearing

To find a hearing provider, visit carefirst.com/learngrpma and select *Find a Doctor* in the middle of the page. Then select the Medicare Advantage Hearing (PPO) network.

Hearing Benefit	Member Cost
Annual Routine Hearing Exam	\$0 copay
Annual Hearing Aid Fitting	\$0 copay
Hearing Aid Coverage	Entry level: \$0 copay per aid Basic level: \$0 copay per aid Prime level: \$0 copay per aid Preferred level: \$275 copay per aid Advanced level: \$575 copay per aid Premium level: \$975 copay per aid
3 Follow Up Visits within First Year of Initial Fitting Date	\$0 copay
100% Money-back Guarantee	60 day
12- and 18-Month Financing Options	0% APR, no money down



VALUE-ADDED PROGRAMS

SUPPORT WHEN YOU NEED IT



Post-Discharge Meals

\$0 copay for 14 home delivered meals (2 meals per day for 7 days) per discharge within 30-days following a qualified hospital or skilled nursing facility stay.



Meals for Members with ESRD

\$0 copay for 56 home delivered meals for qualifying members with End Stage Renal Disease (ESRD).



FITNESS BENEFITS PROGRAM

SilverSneakers® is an opportunity for you to improve your health, gain confidence and connect in your community.



At home or on the go:

- SilverSneakers On-Demand™ fitness classes available 24/7
- SilverSneakers LIVE™ virtual classes and workshops
- SilverSneakers GO™ mobile app with workout plans and more



In participating fitness locations:

- A large network of gyms like:
 - Planet Fitness – Frederick
 - Crunch Fitness – Frederick
 - Corelife – Frederick
- Classes for all fitness levels



In your community:

- Group activities and classes offered outside the gym
- SilverSneakers.com online resources like a fitness location directory, articles and more

VIRTUAL-FIRST CARE—CLOSEKNIT

Advanced primary care practice where you can connect to a clinician online 24/7 and:



Get care where it's most convenient—at home, through pop-up clinics, community events, or practice partners.



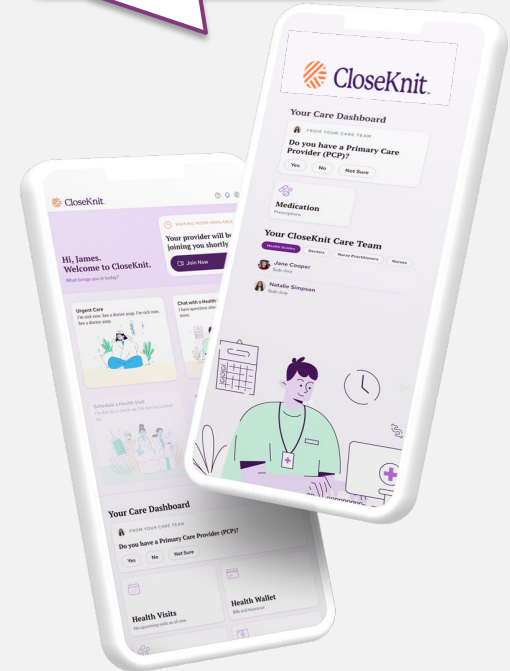
Get predictable costs—copay will be the same amount as an in-office visit.



Get support from an advocacy team—to create a frictionless experience.

CloseKnit offers advanced primary care, urgent care, mental healthcare, and nutrition services.

"I love having access to urgent care from my phone through CloseKnit. I was able to get the care I needed without leaving my home."



IN-HOME HEALTH—PORTER

CareFirst BlueCross BlueShield Medicare Advantage and Porter have teamed up to offer you care concierge services to help remove barriers to care.

"I love that Porter is helping members with preventive care. I really enjoyed speaking with Julia, her knowledge and thoroughness. She was just wonderful. 10/10."



Schedule an in-home visit to help identify any care gaps.



Help schedule any necessary appointments based on needs assessed during the visit.



Facilitate necessary medical equipment.



Support transitions of care from the hospital or skilled nursing care.

CARE MANAGEMENT OUTREACH

CareFirst works with partners to provide other services to you at no cost.

Program	Partner(s)	Why take the call?
Medication adherence	 AdhereHealth ADHERENCE RESOLVED 	Get medication reminders
Medication review		Have a pharmacist review your medications to improve adherence and prevent drug-related risks
Home visits		Get in-home health assessment to identify care gaps, provide testing, support with appointment scheduling, and connect to community resources
Preventive screening and annual wellness visit reminders		Get help with scheduling appointments, acquiring medical equipment, arranging transportation and more
Screening kits	 Quest Diagnostics 	Get screening or testing kits mailed to your home

BLUE365 DISCOUNT PROGRAM

This exclusive program offers savings on health and wellness products and services from a number of retailers.

Reebok 

SKECHERS

AVIS

crocs

GARMIN

 **Expedia**

Hertz

chewy

PHILIPS
sonicare

! Sign up at blue365deals.com/CareFirstBCBS
and check the site often as deals can change.



CareFirst 
Medicare Advantage

24-HOUR NURSE ADVICE LINE

You can call 833-968-1773 for general questions about health issues or where to go for care.



Staffed by registered nurses 24/7.



Needs or symptoms can include cough, cold, rashes and medication questions.



Included at no added cost.



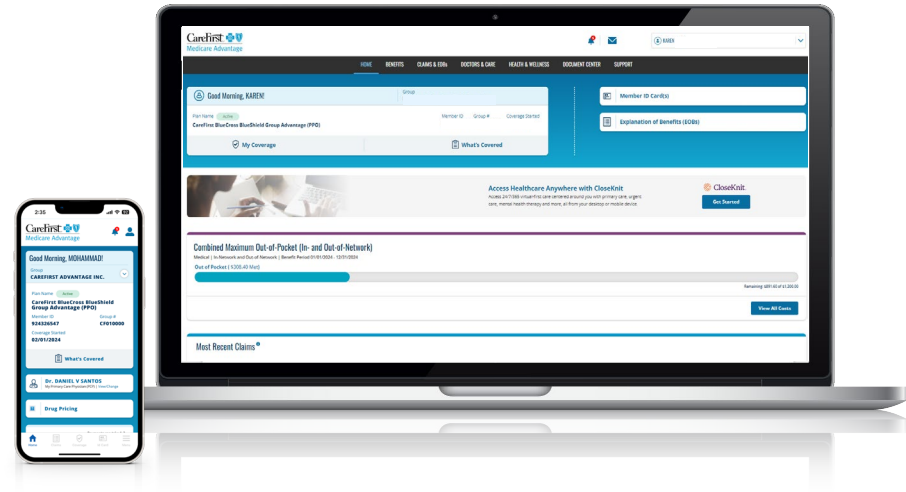


RESOURCES AND REMINDERS

MY ACCOUNT MEMBER PORTAL

You have access to a secure personalized account where you can:

- View claims and Explanation of Benefits (EOBs)
- Find a doctor, facility or pharmacy
- Check your benefits
- View, order and print ID cards
- Estimate medical expenses
- Confirm drugs are covered and check pricing at local pharmacies
- Email CareFirst directly with questions



Visit carefirst.com/myaccount to login or register for an account.

MEMBER COMMUNICATIONS

Each new member is sent materials that describe how to use your plan benefits.

These include:

- Welcome package that includes a robust booklet
- A personalized member ID card

Visit carefirst.com/learngroupma year-round for more information.



CareFirst  Medicare Advantage		CareFirst BlueCross BlueShield Group Advantage (PPO)	
Member Name F_NAME M_INIT L_NAME	PCP Office	IN: \$X	OON: \$X
Member ID EGE SBSB_ID	Specialist Office	IN: \$X	OON: \$X
Group Number GRGR_ID	Urgent Care Center	IN: \$X	OON: \$X
	Emergency Room	IN: \$X	OON: \$X
	RxBIN	RXBIN	
	RxPCN	RXPCN	
	RxGRP	RX_GROUP	
Effective Date BC/BS Plan Issuer	M_R_DT 193/963 (80840)	CMS-H7379-801 MA-PPO 	

IMPORTANT ELIGIBILITY REMINDERS

To be eligible for a Group Medicare Advantage plan, you must:

- ✓ Be retired from the group and meet all employer eligibility guidelines
- ✓ **Be enrolled in Medicare (Parts A & B)** and continue to pay your Part B premium as well as any Part B or Part D income related monthly adjustment amount
- ✓ Live in CareFirst's Group Medicare Advantage service area, which includes all 50 United States, DC, and all U.S. territories
- ✓ **Provide a physical address within the service area** to establish permanent residence (cannot be a PO Box)

! **You can only be in one Medicare Advantage plan at a time.** Medicare will automatically terminate you from this plan if you enroll in any other Medicare Advantage plan or standalone Part D prescription drug plan.

NEXT STEPS

- ❑ Review all the information in your 2026 Healthcare Benefit Guide that was mailed to you.
- ❑ Call RetireeFirst at **301-200-5419** or toll-free at **855-460-7316** to check that your doctors and medications are covered.
 - ❑ Or you can search the provider directory and formulary available online at carefirst.com/learn/groupma.
- ❑ **There is nothing you need to do to enroll in the plan.**
- ❑ In early December, you will start receiving communications from CareFirst confirming your enrollment in the plan – and you will receive your Welcome Kit and your new member ID card in the mail.

KEY CONTACTS

Name	I have questions related to...	Contact Information
The City of Frederick HR Department	▪ Eligibility for the plan ▪ Monthly premium	Phone: 301-600-1891 , M-F, 8am-4:30pm EST
RetireeFirst (Your <u>Primary</u> Member Services Contact)	▪ Enrollment status ▪ Medicare and Social Security ▪ Plan benefits ▪ Claims ▪ Prior authorization ▪ Provider bills or requests for provider outreach	Website (where a recording of the webinar will be posted): www.retireefirst.com/TheCityofFrederick Phone: 301-200-5419 (TTY 711) or toll-free 855-460-7316 (TTY 711) , M-F 8am-5pm EST
CareFirst (Your <u>Secondary</u> Member Services Contact)	▪ Plan benefits ▪ Claims ▪ Prior authorization	Website (to find doctors, pharmacies, and search drugs on our formulary): www.carefirst.com/learngroupma Phone: 833-939-4103 (TTY 711) , M-F, 8am-6pm EST



THANK YOU

CareFirst BlueCross BlueShield Medicare Advantage is a PPO plan with a Medicare contract. Enrollment in CareFirst BlueCross BlueShield Medicare Advantage depends upon contract renewal. CareFirst BlueCross BlueShield Medicare Advantage is the business name of CareFirst Advantage, Inc., an independent licensee of the Blue Cross and Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

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