



Summary of Benefits

2021

January 1, 2021 to
December 31, 2021

Cigna True Choice Medicare (PPO) H7849-043

**Freedom to choose your own doctor with no referrals
required; out-of-network coverage available**

TO JOIN

You must be entitled to Medicare Part A, be enrolled in Medicare Part B and live in our service area.

Our service area include the following counties:

Tennessee: Anderson, Blount, Cocke, Fentress, Grainger, Hamblen, Jackson, Jefferson, Knox, Loudon, Morgan, Sevier and Union counties, TN

Cigna True Choice Medicare (PPO) H7849-043



Introduction

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This *Summary of Benefits* gives you a summary of what **Cigna True Choice Medicare (PPO)** covers and what you pay. It doesn't list every service that we cover or list every limitation or exclusion. To get a complete list of services we cover, refer to the plan's *Evidence of Coverage* (EOC) online at **CignaMedicare.com**, or call us to request a copy.

Comparing coverage

If you want to compare our plan with other Medicare health plans, ask the other plans for their *Summary of Benefits*. Or, use the Medicare Plan Finder on **www.medicare.gov**.

More about Original Medicare

If you want to know more about the coverage and costs of Original Medicare, look in your current *Medicare & You* handbook. View it online at **www.medicare.gov** or get a copy by calling **1-800-MEDICARE (1-800-633-4227)**, 24 hours a day, 7 days a week. TTY users should call **1-877-486-2048**.

Need help?

Already a customer

Call toll-free **1-800-668-3813 (TTY 711)**. Customer Service is available October 1–March 31, 8 a.m. to 8 p.m. local time, 7 days a week. From April 1–September 30, Monday to Friday 8 a.m. to 8 p.m. local time. Our automated phone system may answer your call during weekends, holidays and after hours.

Not a customer

Call toll-free **1-866-593-4468 (TTY 711)**, licensed agents are available October 1–March 31, 8 a.m. to 8 p.m. local time, 7 days a week. From April 1–September 30, Monday to Friday 8 a.m. to 8 p.m. local time. Our automated phone system may answer your call during weekends, holidays and after hours.

You can also visit our website at **CignaMedicare.com**.

1 About this Plan



Which doctors, hospitals and pharmacies can I use?

Cigna True Choice Medicare (PPO) has a network of doctors, hospitals, pharmacies and other providers. You may also choose to use providers that are out-of-network for a higher copay or coinsurance.

You must generally use network pharmacies to fill your prescriptions for covered Part D drugs.

- › You can see our plan's *Provider and Pharmacy Directory* at our website, **CignaMedicare.com**.

What do we cover?

Like all Medicare health plans, we cover everything that Original Medicare covers—and more.

- › Our customers get all of the benefits covered by Original Medicare.
- › Our customers also get more than what is covered by Original Medicare. Some of the extra benefits are outlined in this *Summary of Benefits*.

We cover Part D drugs. In addition, we cover Part B drugs such as chemotherapy and some drugs administered by your provider.

- › You can see the plan's complete *Comprehensive Prescription Drug List* which lists the Part D prescription drugs along with any restrictions on our website, **CignaMedicare.com**.
- › Or, call us and we will send you a copy of the plan's *Comprehensive Prescription Drug List*.

2 Monthly Premium, Deductible and Limits

Benefit	Cigna True Choice Medicare (PPO)
Monthly Premium	\$0 per month. In addition, you must keep paying your Medicare Part B premium.
Medical Deductible	This plan does not have a deductible.
Pharmacy (Part D) Deductible	This plan does not have a deductible.
Is there any limit on how much I will pay for my covered services?	<p>Original Medicare does not have annual limits on out-of-pocket costs.</p> <p>Your yearly limit(s) in this plan:</p> <p>\$5,900 for services you receive from in-network providers for Medicare-covered benefits.</p> <p>\$10,000 which applies to in-network and out-of-network Medicare-covered benefits combined.</p> <p>If you reach the in-network limit on out-of-pocket costs, you keep getting in-network covered hospital and medical services and we will pay the full cost for the rest of the year.</p> <p>Please note that you will still need to pay your monthly premiums and cost-sharing for your Part D prescription drugs.</p>

3 Covered Medical and Hospital Benefits

Benefit	What You Pay	
	In-Network	Out-of-Network
Note: Services with a ¹ may require prior authorization. Services with a ² may require a referral from your doctor.		
Inpatient Hospital Coverage¹		
Our plan also covers 60 “lifetime reserve days.” These are “extra” days that we cover. If your hospital stay is longer than 90 days, you can use these extra days. But once you have used up these extra 60 days, your inpatient hospital coverage will be limited to 90 days.	\$270 per day for days 1–5 \$0 per day for days 6–90	40% coinsurance
Outpatient Surgery		
Ambulatory Surgical Center (ASC) ¹	\$0–\$195 copay	40% coinsurance
Outpatient Services ¹	\$0–\$250 copay	40% coinsurance
Outpatient Observation ¹	\$250 copay	40% coinsurance
Doctors Visits		
Primary Care Physician (PCP)	\$5 copay	\$40 copay
Specialists ¹	\$30 copay	\$55 copay
Preventive Care		
Our plan covers many Medicare-covered preventive services, including: <ul style="list-style-type: none"> ➤ Abdominal aortic aneurysm screening ➤ Alcohol misuse counseling ➤ Bone mass measurement ➤ Breast cancer screening (mammogram) ➤ Cardiovascular disease (behavioral therapy) ➤ Cardiovascular screenings ➤ Cervical and vaginal cancer screening ➤ Colorectal cancer screening (colonoscopy, fecal occult blood test, multi-target stool DNA tests, screening barium enemas, flexible sigmoidoscopy) ➤ Depression screenings 	\$0 copay Any additional preventive services approved by Medicare during the contract year will be covered. Please see your <i>Evidence of Coverage</i> (EOC) for frequency of covered services.	Same as in-network

Benefit	What You Pay	
	In-Network	Out-of-Network
Preventive Care <i>(continued)</i>		
<ul style="list-style-type: none"> › Diabetes screenings › Diabetes self-management training › Glaucoma tests › Hepatitis B Virus (HBV) infection screening › Hepatitis C screening › HIV screening › Lung cancer screening with low dose computed tomography (LDCT) › Medical nutrition therapy services › Obesity screening and counseling › Prostate cancer screenings (PSA) › Sexually transmitted infections screening and counseling › Smoking and tobacco use cessation counseling (counseling for people with no sign of tobacco-related disease) › Vaccines, including Flu shots, Hepatitis B shots and Pneumococcal shots › Welcome to Medicare preventive visit (one-time) › Yearly Wellness visit 	<p>\$0 copay</p> <p>Any additional preventive services approved by Medicare during the contract year will be covered. Please see your <i>Evidence of Coverage</i> (EOC) for frequency of covered services.</p>	Same as in-network
Emergency Care		
Emergency Care Services	<p>\$90 copay</p> <p>If you are admitted to the hospital within 24 hours for the same condition, you do not have to pay your share of the cost for emergency care.</p>	Same as in-network
Worldwide Emergency/Urgent Coverage/Emergency Transportation	<p>\$90 copay</p> <p>Maximum worldwide coverage amount \$50,000</p>	Same as in-network
Urgently Needed Services		
Urgent Care Services	<p>\$55 copay</p> <p>If you are admitted to the hospital within 24 hours for the same condition, you do not have to pay your share of the cost for urgent care.</p>	Same as in-network

Benefit	What You Pay	
	In-Network	Out-of-Network
Diagnostic Services, Labs and Imaging <i>(Costs for these services may vary based on place of service or type of service)</i>		
Diagnostic Procedures and Tests ¹	\$0–\$100 copay	40% coinsurance
Lab Services ¹ For COVID-19 testing a prior authorization is not required.	\$0 copay	40% coinsurance 0% coinsurance for COVID-19 testing
Therapeutic Radiological Services ¹	\$60 copay	40% coinsurance
X-ray Services	\$20 copay	40% coinsurance
Diagnostic Radiological Services (MRIs, CT scans, etc.) ¹	\$0–\$125 copay	40% coinsurance
Hearing Services		
Hearing Exams (Medicare-covered)	\$5 copay in a Primary Care Physician office; \$25 copay in a Specialist office	\$55 copay
Routine Hearing Exams	\$0 copay for one routine exam every year	40% coinsurance for one routine exam every year
Hearing Aid Evaluation/Fitting	\$0 copay for one fitting evaluation per hearing aid every three years	40% coinsurance for one fitting evaluation per hearing aid every three years
Hearing Aids	\$0 copay up to plan maximum coverage amount for hearing aids of \$700 per ear per device every three years	Combined with in-network

Benefit	What You Pay	
	In-Network	Out-of-Network
Dental Services		
Dental Services (Medicare-covered) ¹ Limited dental services (this does not include services in connection with care, treatment, filling, removal or replacement of teeth)	\$30 copay	\$55 copay
Preventive and Comprehensive Dental Services ➤ Dental Allowance Supplemental dental services with licensed dentist.* Provider submits claim to Cigna Dental Health. Includes Preventive and Comprehensive Services. Benefit does not cover cosmetic services. *Dentist is not on the exclusion/preclusion list, and/or who has not opted out of Medicare.	\$0 copay up to allowance amount \$2,000 combined Preventive and Comprehensive allowance every year	Combined with in-network
Vision Services		
Eye Exams (Medicare-covered)	\$0 copay for diabetic retinal exams; \$30 copay for all other Medicare-covered vision services	\$0 copay for diabetic retinal exams; \$55 copay for all other Medicare-covered vision services
Routine Eye Exam	\$0 copay for one routine exam every year	40% coinsurance for one routine exam every year
Glaucoma Screening (Medicare-covered) ¹	\$0 copay	Same as in-network
Eyewear (Medicare-covered)	\$0 copay	40% coinsurance
Routine Eyewear ➤ Contact lenses (unlimited) ➤ Eyeglasses-lenses and frames (one every year) ➤ Eyeglass lenses (one every year) ➤ Eyeglass frames (one every year) ➤ Upgrades	\$0 copay up to plan maximum coverage amount of \$100 every year	Combined with in-network

Benefit	What You Pay	
	In-Network	Out-of-Network
Mental Health Services		
Inpatient ¹ Our plan covers up to 190 days in a lifetime for inpatient mental health care in a psychiatric hospital. Our plan also covers 60 “lifetime reserve days.” These are “extra” days that we cover. If your hospital stay is longer than 90 days, you can use these extra days. But once you have used up these extra 60 days, your inpatient hospital coverage will be limited to 90 days.	\$295 per day for days 1–5 \$0 per day for days 6–90	40% coinsurance
Outpatient ¹ Individual or Group Therapy Visit	\$0 copay	\$55 copay
Skilled Nursing Facility (SNF)¹		
Our plan covers up to 100 days in the SNF.	\$0 per day for days 1–20 \$184 per day for days 21–100	40% coinsurance
Rehabilitation Services		
Cardiac (Heart) Rehab Services ¹	\$10 copay	40% coinsurance
Pulmonary Rehab Services ¹	\$10 copay	40% coinsurance
Occupational Therapy Services ¹	\$20 copay	\$55 copay
Physical Therapy, Speech and Language Therapy Services ¹	\$20 copay	\$55 copay
Physical Therapy Telehealth Services ¹	\$20 copay	Not Covered
Ambulance¹		
Ground Service (one-way trip)	\$235 copay	\$235 copay
Air Service (one-way trip)	20% coinsurance	20% coinsurance
Transportation		
	Not Covered	Not Covered
Prescription Drugs¹		
Medicare Part B Drugs Medicare-covered Part B Drugs may be subject to step therapy requirements.	20% coinsurance This plan has Part D prescription drug coverage. See Section 4 in the <i>Summary of Benefits</i> .	25% coinsurance

Benefit	What You Pay	
	In-Network	Out-of-Network
Foot Care (<i>Podiatry Services</i>)		
Podiatry Services (Medicare-covered)	\$25 copay	\$55 copay
Routine Podiatry Services	Not Covered	Not Covered
Medical Equipment and Supplies		
Durable Medical Equipment (wheelchairs, oxygen, etc.) ¹	20% coinsurance	40% coinsurance
Prosthetic Devices (braces, artificial limbs, etc.) and Related Medical Supplies ¹	20% coinsurance	40% coinsurance
Diabetes Supplies and Services ¹ Brand limitations apply to certain supplies.	\$0 copay for diabetes self-management training 20% coinsurance for therapeutic shoes or inserts 0% or 20% coinsurance for diabetic monitoring supplies	\$0 copay for diabetes self-management training 40% coinsurance for therapeutic shoes or inserts 40% coinsurance for diabetic monitoring supplies
Fitness and Wellness Programs		
Fitness Program Program offers a fitness center membership and home fitness program in addition to enhanced technology options and senior lifestyle coaching.	\$0 copay	Combined with in-network
Health Information Line		
Talk one-on-one with a Nurse Advocate to get timely answers to your health-related questions at no additional cost, anytime day or night.	\$0 copay	Combined with in-network
Chiropractic Care ¹		
Chiropractic Services (Medicare-covered)	\$15 copay	\$55 copay
Routine Chiropractic Services	Not Covered	Not Covered
Home Health ¹		
	\$0 copay	40% coinsurance
Hospice		
Hospice care must be provided by a Medicare-certified hospice program. Our plan covers hospice consultation services (one-time only) before you select hospice. Hospice is covered outside of our plan. You may have to pay part of the cost for drugs and respite care. Please contact the plan for more details.	\$0 copay	Same as in-network

Benefit	What You Pay	
	In-Network	Out-of-Network
Outpatient Substance Abuse¹		
Individual or Group Therapy Visit	\$35 copay	\$55 copay
Opioid Treatment Services¹		
FDA-approved treatment medications in addition to testing, counseling and therapy.	\$35 copay	\$55 copay
Over-the-Counter Items (OTC)		
Over-the-counter drugs and other health-related pharmacy products, as listed in the <i>OTC Catalog</i> .	Not Covered	Not Covered
Home Delivered Meals		
	\$0 copayment for home delivered meals Limited to 14 meals per discharge from qualified hospital stay or skilled nursing facility (up to three stays per year)	Combined with in-network
Telehealth Services (Medicare-covered)		
For nonemergency care, you can talk with an MDLIVE doctor via phone or video for certain telehealth services, including: allergies, cough, headache, sore throat and other low-risk illnesses.	\$5 copay	\$40 copay
Acupuncture Services		
Acupuncture Services (Medicare-covered) ¹ Services for chronic lower back pain.	\$20 copay	40% coinsurance
Supplemental Acupuncture Services	Not Covered	Not Covered

4 Prescription Drug Benefits

Benefit	Cigna True Choice Medicare (PPO)			
Medicare Part D Drugs Initial Coverage (after you pay your deductible, if applicable) Tier 1: Preferred Generic Drugs Tier 2: Generic Drugs Tier 3: Preferred Brand Drugs Tier 4: Non-Preferred Drugs Tier 5: Specialty Drugs	<p>The following charts show the cost-sharing amounts for covered drugs under this plan. After you pay your yearly Part D deductible, you pay the following until your total yearly drug costs reach \$4,130. Total yearly drug costs are the total drug costs paid by both you and our plan.</p>			
	Preferred Mail Order Cost-Sharing			
Tier	30 Days	60 Days	90 Days	
1	\$0	\$0	\$0	
2	\$0	\$0	\$0	
3	\$40	\$80	\$120	
4	\$80	\$160	\$240	
5	33%	Not available	Not available	
	Preferred Retail Cost-Sharing			
Tier	30 Days	60 Days	90 Days	
1	\$0	\$0	\$0	
2	\$4	\$8	\$10	
3	\$40	\$80	\$120	
4	\$80	\$160	\$240	
5	33%	Not available	Not available	
	Standard Mail Order Cost-Sharing			
Tier	30 Days	60 Days	90 Days	
1	\$5	\$10	\$12.50	
2	\$9	\$18	\$22.50	
3	\$45	\$90	\$135	
4	\$85	\$170	\$255	
5	33%	Not available	Not available	
	Standard Retail Cost-Sharing			
Tier	30 Days	60 Days	90 Days	
1	\$5	\$10	\$12.50	
2	\$9	\$18	\$22.50	
3	\$45	\$90	\$135	
4	\$85	\$170	\$255	
5	33%	Not available	Not available	

Benefit	Cigna True Choice Medicare (PPO)
Medicare Part D Drugs Initial Coverage <i>(continued)</i>	<p>You may get your drugs at preferred or standard network retail pharmacies, or preferred mail order pharmacies. Your prescription drug copay will typically be less at a preferred network pharmacy because it has a preferred agreement with your plan.</p> <p>You can get your prescription from an out-of-network pharmacy, but may pay more than you would pay at an in-network pharmacy. If you reside in a long term care facility, you would pay the standard retail cost-sharing at an in-network pharmacy.</p> <p>Your costs may be different if you qualify for Extra Help. Your copay or coinsurance is based on the drug tier for your medication, which you can find in the plan <i>Comprehensive Prescription Drug List</i> on our website CignaMedicare.com. Or, call us and we will send you a copy of the <i>Comprehensive Prescription Drug List</i>.</p>
Coverage Gap	<p>Most Medicare prescription drug plans have a Coverage Gap (also called the Donut Hole). This means that there is a temporary change in what you will pay for your drugs. The Coverage Gap begins after your total yearly prescription drug cost (including what our plan has paid and what you have paid) reaches \$4,130. Not everyone will enter the Coverage Gap.</p> <p>After you enter the Coverage Gap, you pay 25% of the plan's cost for covered brand name drugs and 25% of the plan's cost for covered generic drugs until your costs total \$6,550, which is the end of the Coverage Gap.</p>
Catastrophic Coverage	<p>After your yearly out-of-pocket drug costs (including drugs purchased through your retail pharmacy and through mail order) have reached \$6,550, the plan will pay most of the cost for your drugs. Your share of the cost of covered drugs will be the greater of:</p> <p>5% of the cost of the drug</p> <p>— or —</p> <p>\$3.70 copay for generic drugs (including brand drugs treated as generic) and \$9.20 copay for all other drugs.</p>

Required Information

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The disclaimers on this page apply to the benefits outlined throughout this document. This information is not a complete description of benefits, which vary by individual plan. You must live in the plan's service area. Prior authorization and/or referrals are required for certain services. A licensed benefit advisor can assist you with any questions about our plans by calling the number throughout this document. Individuals may enroll in a plan only during specific times of the year and must have Medicare Parts A and B.

Cigna is contracted with Medicare for PDP plans, HMO and PPO plans in select states, and with select State Medicaid programs. Enrollment in Cigna depends on contract renewal. Leon Medical Centers Health Plans is an HMO plan with a Medicare contract. Enrollment in Leon Medical Centers Health Plans depends on contract renewal. © 2020 Cigna

For Arizona Residents

Call Customer Service at 1-800-627-7534 (TTY 711), 8 a.m. to 8 p.m. local time, 7 days a week October–March, Monday to Friday April–September. Our automated phone system may answer your call during weekends, holidays and after hours.

For Leon Residents

Call Customer Service at 1-866-393-5366 (TTY 711), 8 a.m. to 8 p.m. local time, 7 days a week October–March, Monday to Friday April–September. Our automated phone system may answer your call during weekends, holidays and after hours.

For Non-Arizona and Non-Leon Residents

Call Customer Service at 1-800-668-3813 (TTY 711), 8 a.m. to 8 p.m. local time, 7 days a week October–March, Monday to Friday April–September. Our automated phone system may answer your call during weekends, holidays and after hours.

For Enrollment in Cigna Achieve and Achieve Plus Medicare Plans

Enrollment in the Cigna Achieve Medicare plans are for those who have been diagnosed with Diabetes. To join this plan, you must be enrolled in Medicare Parts A and Part B.

For Enrollment in Cigna TotalCare and TotalCare Plus Plans

Cigna TotalCare plans are available to anyone who has both full or partial Medical Assistance (Medicaid) from the State and Medicare. ORLANDO, TAMPA and DAYTONA, FLORIDA RESIDENTS must have full Medicaid benefits from the State and Medicare. Premiums, copays, coinsurance and deductibles may vary based on the level of Extra Help you receive.

For Enrollment in PPO and POS Plans

PPO and POS plans, out-of-network/non-contracted providers are under no obligation to treat Cigna 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.

For Enrollment in ISNP Plans

Cigna Traditions Medicare plans are available to anyone with Medicare who meets the Skilled Nursing Facility (SNF) level of care and resides in a nursing home.

Silver&Fit

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Cigna Medical Group

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