



HEALTHCARE YOU CAN FEEL GOOD ABOUT

## ***Brand New Day Embrace Choice Plan (HMO C-SNP) offered by Brand New Day***

# **Annual Notice of Changes for 2024**

You are currently enrolled as a member of Brand New Day Embrace Choice Plan (HMO C-SNP). Next year, there will be changes to the plan's costs and benefits. ***Please see page 4 for a Summary of Important Costs, including Premium.***

This document tells about the changes to your plan. To get more information about costs, benefits, or rules please review the *Evidence of Coverage*, which is located on our website at [www.bndhmo.com](http://www.bndhmo.com). You may also call Member Services to ask us to mail you an *Evidence of Coverage*.

- **You have from October 15 until December 7 to make changes to your Medicare coverage for next year.**

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### **What to do now**

#### **1. ASK:** Which changes apply to you

- Check the changes to our benefits and costs to see if they affect you.
  - Review the changes to Medical care costs (doctor, hospital).
  - Review the changes to our drug coverage, including authorization requirements and costs.
  - Think about how much you will spend on premiums, deductibles, and cost sharing.
- Check the changes in the 2024 Drug List to make sure the drugs you currently take are still covered.
- Check to see if your primary care doctors, specialists, hospitals, and other providers, including pharmacies will be in our network next year.
- Think about whether you are happy with our plan.

## 2. **COMPARE:** Learn about other plan choices

- Check coverage and costs of plans in your area. Use the Medicare Plan Finder at [www.medicare.gov/plan-compare](http://www.medicare.gov/plan-compare) website or review the list in the back of your *Medicare & You 2024* handbook.
- Once you narrow your choice to a preferred plan, confirm your costs and coverage on the plan's website.

## 3. **CHOOSE:** Decide whether you want to change your plan

- If you don't join another plan by December 7, 2023, you will stay in Brand New Day Embrace Choice Plan (HMO C-SNP).
- To change to a **different plan**, you can switch plans between October 15 and December 7. Your new coverage will start on **January 1, 2024**. This will end your enrollment with Brand New Day Embrace Choice Plan (HMO C-SNP).
- If you recently moved into, currently live in, or just moved out of an institution (like a skilled nursing facility or long-term care hospital), you can switch plans or switch to Original Medicare (either with or without a separate Medicare prescription drug plan) at any time.

### **Additional Resources**

- This document is available for free in Spanish.
- Please contact our Member Services number at (866) 255-4795 for additional information. (TTY users should call 711.) Hours are 8:00 A.M. to 8:00 P.M. (PT), 7 days a week. This call is free.
- This document may be available in other formats such as braille, large print or other alternate formats.
- **Coverage under this Plan qualifies as Qualifying Health Coverage (QHC)** and satisfies the Patient Protection and Affordable Care Act's (ACA) individual shared responsibility requirement. Please visit the Internal Revenue Service (IRS) website at [www.irs.gov/Affordable-Care-Act/Individuals-and-Families](http://www.irs.gov/Affordable-Care-Act/Individuals-and-Families) for more information.

### **About Brand New Day Embrace Choice Plan (HMO C-SNP)**

- Brand New Day is an HMO SNP with a Medicare contract. Enrollment in Brand New Day depends on contract renewal.
  - When this document says "we," "us," or "our", it means Brand New Day. When it says "plan" or "our plan," it means Brand New Day Embrace Choice Plan (HMO C-SNP).
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## ***Annual Notice of Changes for 2024***

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## Summary of Important Costs for 2024

The table below compares the 2023 costs and 2024 costs for Brand New Day Embrace Choice Plan (HMO C-SNP) in several important areas. **Please note this is only a summary of costs.**

Cost	2023 (this year)	2024 (next year)
<b>Monthly plan premium*</b> * Your premium may be higher or lower than this amount. See Section 1.1 for details.	\$38.90	\$41
<b>Maximum out-of-pocket amount</b> This is the <u>most</u> you will pay out-of-pocket for your covered Part A and Part B services. (See Section 1.2 for details.)	\$7,550	\$8,850
<b>Doctor office visits</b>	Primary care visits: \$0 per visit  Specialist visits: \$0 to 20% coinsurance of the total cost per visit	Primary care visits: \$0 per visit  Specialist visits: 40% coinsurance of the total cost per visit
<b>Inpatient hospital stays</b>	You pay a \$1,600 deductible per benefit period.  You pay a \$0 copay per day for days 1–60  You pay a \$400 copay per day for days 61–90  You pay a \$800 copay per each "lifetime reserve day" after day 90 for each benefit period (up to 60 days over your lifetime).	You pay a \$1,600 deductible per benefit period.  You pay a \$0 copay per day for days 1–60  You pay a \$400 copay per day for days 61–90  You pay a \$800 copay per each "lifetime reserve day" after day 90 for each benefit period (up to 60 days over your lifetime).  These are 2023 cost-sharing amounts and may change for 2024. Brand New Day Embrace

Cost	2023 (this year)	2024 (next year)
		Choice Plan (HMO C-SNP) will provide updated rates as soon as they are released.
<p><b>Part D prescription drug coverage</b> (See Section 1.5 for details.)</p>	<p>Deductible: \$505 except for covered insulin products and most adult Part D vaccines.</p> <p>Copayment/Coinsurance during the Initial Coverage Stage:</p> <ul style="list-style-type: none"> <li>• Drug Tier 1: \$0</li> <li>• Drug Tier 2: 25%</li> <li>• Drug Tier 3: 25%</li> </ul> <p>You pay \$35 per month supply of each covered insulin product on this tier.</p> <ul style="list-style-type: none"> <li>• Drug Tier 4: 25%</li> <li>• Drug Tier 5: 25%</li> <li>• Drug Tier 6: \$0</li> </ul> <p>Catastrophic Coverage:</p> <ul style="list-style-type: none"> <li>• During this payment stage, the plan pays most of the cost for your covered drugs.</li> </ul>	<p>Deductible: \$545 except for covered insulin products and most adult Part D vaccines.</p> <p>Copayment/Coinsurance during the Initial Coverage Stage:</p> <ul style="list-style-type: none"> <li>• Drug Tier 1: \$0</li> <li>• Drug Tier 2: 25%</li> <li>• Drug Tier 3: 25%</li> </ul> <p>You pay \$35 per month supply of each covered insulin product on this tier.</p> <ul style="list-style-type: none"> <li>• Drug Tier 4: 25%</li> <li>• Drug Tier 5: 25%</li> <li>• Drug Tier 6: \$0</li> </ul> <p>Catastrophic Coverage:</p> <ul style="list-style-type: none"> <li>• During this payment stage, the plan pays the full cost for your covered Part D drugs and for excluded drugs that are covered under our enhanced benefit. You pay nothing.</li> </ul>

Cost	2023 (this year)	2024 (next year)
	<ul style="list-style-type: none"> <li>For each prescription, you pay whichever of these is larger: a payment equal to 5% of the cost of the drug (this is called <b>coinsurance</b>), or a copayment (\$4.15 for a generic drug or a drug that is treated like a generic, and \$10.35 for all other drugs.)</li> </ul>	

## SECTION 1 Changes to Benefits and Costs for Next Year

### Section 1.1 – Changes to the Monthly Premium

Cost	2023 (this year)	2024 (next year)
<b>Monthly premium</b> (You must also continue to pay your Medicare Part B premium.)	\$38.90	\$41

- Your monthly plan premium will be *more* if you are required to pay a lifetime Part D late enrollment penalty for going without other drug coverage that is at least as good as Medicare drug coverage (also referred to as creditable coverage) for 63 days or more.
- If you have a higher income, you may have to pay an additional amount each month directly to the government for your Medicare prescription drug coverage.
- Your monthly premium will be *less* if you are receiving “Extra Help” with your prescription drug costs. Please see Section 6 regarding “Extra Help” from Medicare.

## Section 1.2 – Changes to Your Maximum Out-of-Pocket Amount

Medicare requires all health plans to limit how much you pay out-of-pocket for the year. This limit is called the maximum out-of-pocket amount. Once you reach this amount, you generally pay nothing for covered Part A and Part B services for the rest of the year.

Cost	2023 (this year)	2024 (next year)
<b>Maximum out-of-pocket amount</b>	\$7,550	\$8,850
Your costs for covered medical services (such as copays) count toward your maximum out-of-pocket amount. Your plan premium and your costs for prescription drugs do not count toward your maximum out-of-pocket amount.		Once you have paid \$8,850 out-of-pocket for covered Part A and Part B services, you will pay nothing for your covered Part A and Part B services for the rest of the calendar year.

## Section 1.3 – Changes to the Provider and Pharmacy Networks

Updated directories are also located on our website at [www.bndhmo.com](http://www.bndhmo.com). You may also call Member Services for updated provider and/or pharmacy information or to ask us to mail you a directory, which we will mail within the three business days.

There are changes to our network of providers for next year. **Please review the 2024 Provider Directory to see if your providers (primary care provider, specialists, hospitals, etc.) are in our network.**

There are changes to our network of pharmacies for next year. **Please review the 2024 Pharmacy Directory to see which pharmacies are in our network.**

It is important that you know that we may make changes to the hospitals, doctors and specialists (providers), and pharmacies that are part of your plan during the year. If a mid-year change in our providers affects you, please contact Member Services so we may assist.

## Section 1.4 – Changes to Benefits and Costs for Medical Services

We are making changes to costs and benefits for certain medical services next year. The information below describes these changes.

Cost	2023 (this year)	2024 (next year)
<b>Skilled Nursing Facility (SNF)</b>	A benefit period begins the day you're admitted as an inpatient in a hospital or skilled nursing facility (SNF). The benefit period ends when you haven't received any inpatient hospital care (or skilled care in a SNF) for 60 days in a row. If you go into a hospital or a SNF after one benefit period has ended, a new benefit period begins.	For each Medicare-covered SNF stay, you are required to pay the applicable cost sharing, starting with Day 1 each time you are admitted. The copays for skilled nursing facility (SNF) benefits are based on benefit. A SNF where your spouse is living at the time you leave the hospital periods. A benefit period begins the day you're admitted as an inpatient and ends when you are discharged from the SNF. If you go into a hospital or a SNF after one benefit period has ended, a new benefit period begins. For each SNF stay, you are required to pay the applicable cost sharing, starting with Day 1 each time you are admitted. There's no limit to the number of benefit periods.
<b>Cardiac Rehabilitation Services</b>	You pay 20% coinsurance per visit for cardiac rehabilitation.  You pay 20% coinsurance per visit for intensive cardiac rehabilitation.	You pay a \$30 copay per visit for cardiac rehabilitation.  You pay a \$55 copay per visit for intensive cardiac rehabilitation.
<b>Pulmonary Rehabilitation Services</b>	You pay a \$20 copay per visit for pulmonary rehabilitation services.	You pay a \$15 copay per visit for pulmonary rehabilitation services.



Cost	2023 (this year)	2024 (next year)
<b>Supervised Exercise Therapy (SET) for Symptomatic Peripheral Artery Disease (PAD) Services</b>	You pay 20% coinsurance per visit for supervised exercise therapy (SET) for symptomatic peripheral artery disease (PAD) services.	You pay a \$25 copay per visit for supervised exercise therapy (SET) for symptomatic peripheral artery disease (PAD) services.
<b>Emergency Care</b>	You pay a \$90 copay per visit for all emergency services.	You pay a \$100 copay per visit for all emergency services.
<b>Worldwide Emergency Coverage</b>	<p>You pay a \$90 copay per visit for Worldwide Emergency services.</p> <p>You pay a \$90 copay per visit for Worldwide Urgently Needed services.</p> <p>You pay a \$90 copay per visit for Worldwide Emergency Transportation services.</p> <p>There is a maximum plan benefit coverage amount of \$50,000 for worldwide emergency services, worldwide urgently needed services and worldwide emergency transportation services combined.</p>	<p>You pay a \$100 copay per visit for Worldwide Emergency services.</p> <p>You pay a \$100 copay per visit for Worldwide Urgently Needed services.</p> <p>You pay a \$100 copay per visit for Worldwide Emergency Transportation services.</p> <p>There is a maximum plan benefit coverage amount of \$50,000 for worldwide emergency services, worldwide urgently needed services and worldwide emergency transportation services combined.</p>
<b>Partial Hospitalization Services</b>	You pay a \$55 copay per day.	You pay a \$70 copay per day.
<b>Occupational Therapist</b>	You pay a \$40 copay for each therapy visit for occupational therapy.	You pay a \$0 copay for each therapy visit for occupational therapy.

Cost	2023 (this year)	2024 (next year)
<b>Specialist Visits</b>	<p>You pay a \$0 copay for office visits with an endocrinologist or an ophthalmologist.</p> <p>You pay 20% coinsurance for office visits with all other specialists.</p>	<p>You pay 40% coinsurance for office visits with a specialist.</p>
<b>Outpatient Mental Health Care</b>	<p>You pay a \$40 copay per visit for individual sessions.</p> <p>You pay a \$40 copay per visit for group sessions.</p>	<p>You pay a \$45 copay per visit for individual sessions.</p> <p>You pay a \$45 copay per visit for group sessions.</p>
<b>Other Health Care Professional Services</b>	<p>You pay 20% coinsurance per visit for other health care professional services.</p>	<p>You pay 40% coinsurance per visit for other health care professional services.</p>
<b>Psychiatric Services</b>	<p>You pay a \$40 copay per visit for individual sessions.</p> <p>You pay a \$40 copay per visit for group sessions.</p>	<p>You pay a \$45 copay per visit for individual sessions.</p> <p>You pay a \$45 copay per visit for group sessions.</p>
<b>Outpatient Rehabilitation Services</b>	<p>You pay a \$40 copay for each therapy visit (physical therapy, or speech language therapy).</p>	<p>You pay a \$0 copay for each therapy visit (physical therapy, or speech language therapy).</p>
<b>Telehealth</b>	<p>Prior Authorization may be required.</p>	<p>Prior Authorization is not required.</p>
<b>Transportation</b>	<p>You pay a \$0 copay for 48 one-way non emergency transportation trips.</p>	<p>You pay a \$0 copay for 12 one-way non emergency transportation trips.</p>
<b>Durable Medical Equipment (DME) and Related Supplies</b>	<p>You pay \$0 - 20% coinsurance.</p>	<p>You pay 20% coinsurance.</p>
<b>Over-the-counter (OTC) items</b>	<p>You have a \$255 allowance per quarter for over-the-counter (OTC) items.</p>	<p>You have a \$60 allowance every month for over-the-counter (OTC) items.</p>

Cost	2023 (this year)	2024 (next year)
<b>In-Home Support Services</b>	Not covered	You pay a \$0 copay Services are eligible to members following discharge from the hospital or skilled nursing facility or through case management referral. Benefit includes assistance with activities of daily living, medication pick-ups, and shopping for groceries or other necessities. Up to 20 hours total for the calendar year.
<b>Medicare Part B Prescription Drugs</b>	You pay 20% coinsurance.	You pay 20% coinsurance on all Part B drugs unless capped by Inflation Reduction Act (IRA) rules.
<b>Dental Services</b>		
• <b>Preventive Dental</b>	You pay a \$0 copay	You pay a \$0 - \$17 copay
• <b>Non-Routine Services</b>	You pay a \$0 copay.	You pay a \$20 copay.
• <b>Diagnostic Services</b>	You pay a \$0 copay.	You pay a \$2 - \$3 copay.
• <b>Extractions</b>	You pay a \$0 copay.	You pay \$0 - \$350 copay.
<b>Special Supplemental Benefits for the Chronically Ill (SSBCI)</b> SSBCI benefits are available only for members with a qualifying chronic condition. Please see your EOC for more details.		
• <b>Blood Pressure Cuffs</b>	You pay a \$0 copay for plan approved blood pressure cuffs	Not covered

## Section 1.5 – Changes to Part D Prescription Drug Coverage

### Changes to Our "Drug List"

Our list of covered drugs is called a Formulary or "Drug List." A copy of our "Drug List" is provided electronically.

We made changes to our "Drug List," which could include removing or adding drugs, changing to the restrictions that apply to our coverage for certain drugs or moving them to a different cost-sharing tier. **Review the "Drug List" to make sure your drugs will be covered next year and to see if there will be any restrictions, or if your drug has been moved to a different cost-sharing tier.**

Most of the changes in the "Drug List" are new for the beginning of each year. However, during the year, we might make other changes that are allowed by Medicare rules. For instance, we can immediately remove drugs considered unsafe by the FDA or withdrawn from the market by a product manufacturer. We update our online "Drug List" to provide the most up to date list of drugs.

If you are affected by a change in drug coverage at the beginning of the year or during the year, please review Chapter 9 of your Evidence of Coverage and talk to your doctor to find out your options, such as asking for a temporary supply, applying for an exception and/or working to find a new drug. You can also contact Member Services for more information.

### Changes to Prescription Drug Costs

There are four **drug payment stages**. The information below shows the changes to the first two stages – the Yearly Deductible Stage and the Initial Coverage Stage. (Most members do not reach the other two stages – the Coverage Gap Stage or the Catastrophic Coverage Stage.)

#### Changes to the Deductible Stage

Stage	2023 (this year)	2024 (next year)
<b>Stage 1: Yearly Deductible Stage</b> During this stage, <b>you pay the full cost</b> of your Tier 2, Tier 3, Tier 4 and Tier 5 drugs until you have reached the yearly deductible. The deductible doesn't apply to covered insulin products and most adult Part D	The deductible is \$505. During this stage, you pay \$0 cost-sharing for drugs on Tier 1 and Tier 6 and the full cost of drugs on Tier 2, Tier 3, Tier 4 and Tier 5 until you have reached the yearly deductible.	The deductible is \$545. During this stage, you pay \$0 cost-sharing for drugs on Tier 1 and Tier 6 and the full cost of drugs on Tier 2, Tier 3, Tier 4 and Tier 5 until you have reached the yearly deductible.

Stage	2023 (this year)	2024 (next year)
vaccines, including shingles, tetanus and travel vaccines.		

### Changes to Your Cost Sharing in the Initial Coverage Stage

Please see the following chart for the changes from 2023 to 2024.

Stage	2023 (this year)	2024 (next year)
<p><b>Stage 2: Initial Coverage Stage</b></p> <p>Once you pay the yearly deductible, you move to the Initial Coverage Stage. During this stage, the plan pays its share of the cost of your drugs, and <b>you pay your share of the cost.</b> Most adult Part D vaccines are covered at no cost to you.</p> <p>Most adult Part D vaccines are covered at no cost to you.</p> <p>The costs in this row are for a one-month (30-day) supply when you fill your prescription at a network pharmacy that provides standard cost sharing. For information about the costs for a long-term supply; or for mail-order prescriptions, look in Chapter 6, Section 5 of your Evidence of Coverage.</p> <p>We changed the tier for some of the drugs on our Drug List. To see if your drugs will be in a different tier, look them up on the Drug List.</p>	<p>Your cost for a one-month supply filled at a network pharmacy with standard cost sharing:</p> <p><b>Tier 1 - Preferred Generic:</b> You pay \$0 per prescription.</p> <p><b>Tier 2 - Generic:</b> You pay 25% of the total cost.</p> <p><b>Tier 3 - Preferred Brand:</b> You pay 25% of the total cost.</p> <p><b>Tier 4 - Non-Preferred Drug:</b> You pay 25% of the total cost.</p> <p><b>Tier 5 - Specialty Drug:</b> You pay 25% of the total cost.</p> <p><b>Tier 6 - Select Care Drugs:</b> You pay \$0 per prescription.</p>	<p>Your cost for a one-month supply filled at a network pharmacy with standard cost sharing:</p> <p><b>Tier 1 - Preferred Generic:</b> You pay \$0 per prescription.</p> <p><b>Tier 2 - Generic:</b> You pay 25% of the total cost.</p> <p><b>Tier 3 - Preferred Brand:</b> You pay 25% of the total cost.</p> <p>You pay \$35 per month supply of each covered insulin product on this tier.</p> <p><b>Tier 4 - Non-Preferred Drug:</b> You pay 25% of the total cost.</p> <p><b>Tier 5 - Specialty Drug:</b> You pay 25% of the total cost.</p>

Stage	2023 (this year)	2024 (next year)
	<p>Once your total drug costs have reached \$4,660, you will move to the next stage (the Coverage Gap Stage).</p>	<p><b>Tier 6 - Select Care Drugs:</b>                      You pay \$0 per prescription.</p> <p>Once your total drug costs have reached \$5,030, you will move to the next stage (the Coverage Gap Stage).</p>

**Changes to your VBID Part D Benefit**

For members who receive a certain level of “Extra Help,” our plan will further reduce your cost share for covered drugs. Please see Section 6 regarding “Extra Help” from Medicare.

The table below shows the change in cost-sharing through the VBID Part D Benefit.

Description	2023 (this year)	2024 (next year)
<p><b>Full Subsidy-Full Benefit Dual Eligible (FBDE) Individuals</b></p> <p>The costs in this row are for a one-month (30-day) supply when you fill your prescription at a network pharmacy.</p>	<p>Your cost for a one-month supply at a network pharmacy:</p> <p><b>Tier 1: Preferred Generic:</b>                      You pay \$0 per prescription</p> <p><b>Tier 2: Generic, Tier 3: Preferred Brand, Tier 4: Non-Preferred Drug and Tier 5: Specialty Tier:</b>                      You pay \$0 per prescription for generic drugs.                      You pay \$0 per prescription for brand and other drugs.</p>	<p>Your cost for a one-month supply at a network pharmacy:</p> <p><b>Tier 1: Preferred Generic:</b>                      You pay \$0 per prescription</p> <p><b>Tier 2: Generic, Tier 3: Preferred Brand, Tier 4: Non-Preferred Drug and Tier 5: Specialty Tier:</b>                      You pay \$0 per prescription for generic drugs.                      You pay \$0 per prescription for brand and other drugs.</p>

Description	2023 (this year)	2024 (next year)
	<b>Tier 6: Select Care Drugs:</b> You pay \$0 per prescription	<b>Tier 6: Select Care Drugs:</b> You pay \$0 per prescription

### Changes to the Coverage Gap and Catastrophic Coverage Stages

The other two drug coverage stages – the Coverage Gap Stage and the Catastrophic Coverage Stage – are for people with high drug costs. **Most members do not reach the Coverage Gap Stage or the Catastrophic Coverage Stage.**

**Beginning in 2024, if you reach the Catastrophic Coverage Stage, you pay nothing for covered Part D drugs and for excluded drugs that are covered under our enhanced benefit.**

For specific information about your costs in these stages, look at Chapter 6, Sections 6 and 7, in your *Evidence of Coverage*.

## SECTION 2 Administrative Changes

Description	2023 (this year)	2024 (next year)
<b>Extended Day Supply</b>	Allows you to fill up to a 90-day supply of medication.  Applicable to tiers 1-4. Tier 6 has a 100-day supply.	Allows you to fill up to a 100-day supply of medication.  Applicable to tiers 1-4 and 6.

## SECTION 3 Deciding Which Plan to Choose

### Section 3.1 – If you want to stay in Brand New Day Embrace Choice Plan (HMO C-SNP)

**To stay in our plan, you don't need to do anything.** If you do not sign up for a different plan or change to Original Medicare by December 7, you will automatically be enrolled in our Brand New Day Embrace Choice Plan (HMO C-SNP).

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## Section 3.2 – If you want to change plans

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We hope to keep you as a member next year but if you want to change plans for 2024 follow these steps:

### Step 1: Learn about and compare your choices

- You can join a different Medicare health plan,
- *OR--* You can change to Original Medicare. If you change to Original Medicare, you will need to decide whether to join a Medicare drug plan. If you do not enroll in a Medicare drug plan, please see Section 1.1 regarding a potential Part D late enrollment penalty.

To learn more about Original Medicare and the different types of Medicare plans, use the Medicare Plan Finder ([www.medicare.gov/plan-compare](http://www.medicare.gov/plan-compare)), read the *Medicare & You 2024* handbook, call your State Health Insurance Assistance Program (see Section 5), or call Medicare (see Section 7.2).

As a reminder, Brand New Day offers other Medicare health plans. These other plans may differ in coverage, monthly premiums, and cost-sharing amounts.

### Step 2: Change your coverage

- To **change to a different Medicare health plan**, enroll in the new plan. You will automatically be disenrolled from Brand New Day Embrace Choice Plan (HMO C-SNP).
- To **change to Original Medicare with a prescription drug plan**, enroll in the new drug plan. You will automatically be disenrolled from Brand New Day Embrace Choice Plan (HMO C-SNP).
- To **change to Original Medicare without a prescription drug plan**, you must either:
  - Send us a written request to disenroll. Contact Member Services if you need more information on how to do so.
  - – *or* – Contact **Medicare**, at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week, and ask to be disenrolled. TTY users should call 1-877-486-2048.

## SECTION 4 Deadline for Changing Plans

If you want to change to a different plan or to Original Medicare for next year, you can do it from **October 15 until December 7**. The change will take effect on January 1, 2024.



### Are there other times of the year to make a change?

In certain situations, changes are also allowed at other times of the year. Examples include people with Medicaid, those who get “Extra Help” paying for their drugs, those who have or are leaving employer coverage, and those who move out of the service area.

If you enrolled in a Medicare Advantage plan for January 1, 2024, and don’t like your plan choice, you can switch to another Medicare health plan (either with or without Medicare prescription drug coverage) or switch to Original Medicare (either with or without Medicare prescription drug coverage) between January 1 and March 31, 2024.

If you recently moved into, currently live in, or just moved out of an institution (like a skilled nursing facility or long-term care hospital), you can change your Medicare coverage **at any time**. You can change to any other Medicare health plan (either with or without Medicare prescription drug coverage) or switch to Original Medicare (either with or without a separate Medicare prescription drug plan) at any time.

## SECTION 5 Programs That Offer Free Counseling about Medicare

The State Health Insurance Assistance Program (SHIP) is an independent government program with trained counselors in every state. In California, the SHIP is called Health Insurance Counseling & Advocacy Program (HICAP).

It is a state program that gets money from the Federal government to give **free** local health insurance counseling to people with Medicare. Health Insurance Counseling & Advocacy Program (HICAP) counselors can help you with your Medicare questions or problems. They can help you understand your Medicare plan choices and answer questions about switching plans. You can call Health Insurance Counseling & Advocacy Program (HICAP) at 1-800-434-0222. You can learn more about Health Insurance Counseling & Advocacy Program (HICAP) by visiting their website <http://www.aging.ca.gov/hicap>.

## SECTION 6 Programs That Help Pay for Prescription Drugs

You may qualify for help paying for prescription drugs.

- **“Extra Help” from Medicare.** People with limited incomes may qualify for “Extra Help” to pay for their prescription drug costs. If you qualify, Medicare could pay up to 75% or more of your drug costs including monthly prescription drug premiums, annual deductibles, and coinsurance. Additionally, those who qualify will not have a coverage gap or late enrollment penalty. To see if you qualify, call:
  - 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048, 24 hours a day/7 days a week;

- The Social Security Office at 1-800-772-1213 between 8 am and 7 pm, Monday through Friday for a representative. Automated messages are available 24 hours a day. TTY users should call, 1-800-325-0778; or
- Your State Medicaid Office (applications).
- **Prescription Cost-sharing Assistance for Persons with HIV/AIDS.** The AIDS Drug Assistance Program (ADAP) helps ensure that ADAP-eligible individuals living with HIV/AIDS have access to life-saving HIV medications. Individuals must meet certain criteria, including proof of State residence and HIV status, low income as defined by the State, and uninsured/under-insured status. Medicare Part D prescription drugs that are also covered by ADAP qualify for prescription cost-sharing assistance through the California Department of Public Health, Center for Infectious Diseases, Office of AIDS. For information on eligibility criteria, covered drugs, or how to enroll in the program, please call 1-844-421-7050. Monday through Friday 8 am - 5 pm; COVID-19 Hotline: Monday through Friday 8 am - 8 pm; Saturday, Sunday 8 am - 5 pm.

## SECTION 7 Questions?

### Section 7.1 – Getting Help from Brand New Day Embrace Choice Plan (HMO C-SNP)

Questions? We're here to help. Please call Member Services at (866) 255-4795. (TTY only, call 711). We are available for phone calls 8:00 A.M. to 8:00 P.M. (PT), 7 days a week. Calls to these numbers are free.

#### **Read your 2024 Evidence of Coverage (it has details about next year's benefits and costs)**

This *Annual Notice of Changes* gives you a summary of changes in your benefits and costs for 2024. For details, look in the *2024 Evidence of Coverage* for Brand New Day Embrace Choice Plan (HMO C-SNP). The *Evidence of Coverage* is the legal, detailed description of your plan benefits. It explains your rights and the rules you need to follow to get covered services and prescription drugs. A copy of the *Evidence of Coverage* is located on our website at [www.bndhmo.com](http://www.bndhmo.com). You may also call Member Services to ask us to mail you an *Evidence of Coverage*.

#### **Visit our Website**

You can also visit our website at [www.bndhmo.com](http://www.bndhmo.com). As a reminder, our website has the most up-to-date information about our provider network (*Provider Directory*) and our List of Covered Drugs (Formulary/"Drug List").

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## Section 7.2 – Getting Help from Medicare

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To get information directly from Medicare:

### **Call 1-800-MEDICARE (1-800-633-4227)**

You can call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

### **Visit the Medicare Website**

Visit the Medicare website ([www.medicare.gov](http://www.medicare.gov)). It has information about cost, coverage, and quality Star Ratings to help you compare Medicare health plans in your area. To view the information about plans, go to [www.medicare.gov/plan-compare](http://www.medicare.gov/plan-compare).

### **Read *Medicare & You 2024***

Read the *Medicare & You 2024* handbook. Every fall, this document is mailed to people with Medicare. It has a summary of Medicare benefits, rights and protections, and answers to the most frequently asked questions about Medicare. If you don't have a copy of this document, you can get it at the Medicare website (<https://www.medicare.gov/Pubs/pdf/10050-medicare-and-you.pdf>) or 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.