

Gundersen Quartz Medicare Advantage (an HMO plan with a Medicare Contract) offered by Quartz Medicare Advantage

Annual Notice of Changes for 2021

You are currently enrolled as a member of Gundersen Quartz Medicare Advantage Elite. Next year, there will be some changes to the plan's costs and benefits. *This booklet tells about the changes.*

- **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.
 - It's important to review your coverage now to make sure it will meet your needs next year.
 - Do the changes affect the services you use?
 - Look in Sections 2.1 and 2.4 for information about benefit and cost changes for our plan.
- Check to see if your doctors and other providers will be in our network next year.
 - Are your doctors, including specialists you see regularly, in our network?
 - What about the hospitals or other providers you use?
 - Look in Section 2.3 for information about our *Provider Directory*.
- Think about your overall health care costs.
 - How much will you spend out-of-pocket for the services and prescription drugs you use regularly?
 - How much will you spend on your premium and deductibles?
 - How do your total plan costs compare to other Medicare coverage options?
- 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 personalized search feature on the Medicare Plan Finder at www.medicare.gov/plan-compare website.
- Review the list in the back of your Medicare & You handbook.
- Look in Section 4.2 to learn more about your choices.

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, 2020, you will be enrolled in Gundersen Quartz Medicare Advantage Elite.
- To change to a **different plan** that may better meet your needs, you can switch plans between October 15 and December 7.

4. ENROLL: To change plans, join a plan between **October 15** and **December 7, 2020**

- If you don't join another plan by **December 7, 2020**, you will be enrolled in Gundersen Quartz Medicare Advantage Elite.
- If you join another plan by **December 7, 2020**, your new coverage will start on **January 1, 2021**. You will be automatically disenrolled from your current plan.

Additional Resources

- If you have questions or require language assistance, please call Customer Service at (800) 394-5566. For people who are deaf, hard of hearing or speech impaired please call TTY/TDD 711, (800) 877-8973. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. You may also call through a video relay service company of your choice. Interpreter services are provided free of charge to you. A Customer Service representative is available to assist you Monday through Friday from 8:00 a.m. to 8:00 p.m. From October 1 through March 31, we are also available to assist you on Saturdays and Sundays from 8:00 a.m. to 8:00 p.m. You can also visit our website at QuartzBenefits.com/MedicareAdvantage.
- If you would like an appointment with a member of our Customer Service team, we are available upon request. For more information on scheduling, please call (800) 394-5566.
- We can also give you information in 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 for more information.

About Gundersen Quartz Medicare Advantage Elite

- Quartz Medicare Advantage is an HMO plan with a Medicare Contract. Enrollment in Quartz Medicare Advantage depends on contract renewal.
- When this booklet says “we,” “us,” or “our,” it means Quartz Medicare Advantage. When it says “plan” or “our plan,” it means Gundersen Quartz Medicare Advantage Elite.

Summary of Important Costs for 2021

The table below compares the 2020 costs and 2021 costs for Gundersen Quartz Medicare Advantage Elite in several important areas. **Please note this is only a summary of changes.** A copy of the *Evidence of Coverage* is located on our website at QuartzBenefits.com/MedicareAdvantage. You may also call Customer Service to ask us to mail you an *Evidence of Coverage*.

Cost	2020 (this year)	2021 (next year)
Monthly plan premium (See Section 2.1 for details.)	\$110.00	\$110.00
Maximum out-of-pocket amount This is the <u>most</u> you will pay out-of-pocket for your covered Part A and Part B services. (See Section 2.2 for details.)	\$3,000	\$3,000
Doctor office visits	Primary care visits: \$10 per visit Specialist visits: \$10 per visit	Primary care visits: \$5 per visit Specialist visits: \$30 per visit
Inpatient hospital stays Includes inpatient acute, inpatient rehabilitation, long-term care hospitals and other types of inpatient hospital services. Inpatient hospital care starts the day you are formally admitted to the hospital with a doctor's order. The day before you are discharged is your last inpatient day.	\$250 copayment per Medicare-covered admission	\$250 copayment per Medicare-covered admission

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SECTION 1 We Are Changing the Plan's Name

On January 1, 2021, our plan name will change from Gundersen Senior Preferred Elite (HMO) to Gundersen Quartz Medicare Advantage Elite (HMO).

You will receive new ID cards with the new plan name. You will also see the new name reflected on correspondence you receive.

SECTION 2 Changes to Benefits and Costs for Next Year

Section 2.1 – Changes to the Monthly Premium

Cost	2020 (this year)	2021 (next year)
Monthly premium (You must also continue to pay your Medicare Part B premium.)	\$110.00	\$110.00
Quartz Medicare Advantage Optional Dental Rider	Not available in 2020	\$48.10

Section 2.2 – Changes to Your Maximum Out-of-Pocket Amount

To protect you, Medicare requires all health plans to limit how much you pay “out-of-pocket” during 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	2020 (this year)	2021 (next year)
<p>Maximum out-of-pocket amount Your costs for covered medical services (such as copays count toward your maximum out-of-pocket amount. Your plan premium does not count toward your maximum out-of-pocket amount.</p>	\$3,000	\$3,000 Once you have paid \$3,000 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 2.3 – Changes to the Provider Network

Our network has changed more than usual for 2021. An updated *Provider Directory* is located on our website at QuartzBenefits.com/MedicareAdvantage. You may also call Customer Service for updated provider information or to ask us to mail you a *Provider Directory*. **We strongly suggest that you review our current *Provider Directory* to see if your providers (primary care provider, specialists, hospitals, etc.) are still in our network.**

It is important that you know that we may make changes to the hospitals, doctors, and specialists (providers) that are part of your plan during the year. There are a number of reasons why your provider might leave your plan but if your doctor or specialist does leave your plan you have certain rights and protections summarized below:

- Even though our network of providers may change during the year, we must furnish you with uninterrupted access to qualified doctors and specialists.
- We will make a good faith effort to provide you with at least 30 days' notice that your provider is leaving our plan so that you have time to select a new provider.
- We will assist you in selecting a new qualified provider to continue managing your health care needs.
- If you are undergoing medical treatment you have the right to request, and we will work with you to ensure, that the medically necessary treatment you are receiving is not interrupted.
- If you believe we have not furnished you with a qualified provider to replace your previous provider or that your care is not being appropriately managed, you have the right to file an appeal of our decision.
- If you find out your doctor or specialist is leaving your plan, please contact us so we can assist you in finding a new provider to manage your care.

Section 2.4 – Changes to Benefits and Costs for Medical Services

We are changing our coverage for certain medical services next year. The information below describes these changes. For details about the coverage and costs for these services, see Chapter 4, *Medical Benefits Chart (what is covered and what you pay)*, in your *2021 Evidence of Coverage*.

Cost	2020 (this year)	2021 (next year)
Acupuncture for chronic low back pain	There is no copayment or coinsurance for Medicare-covered services	\$10 copayment for Medicare-covered services
Ambulance services	\$150 copayment each trip for Medicare-covered ambulance benefits	\$225 copayment each trip for Medicare-covered ambulance benefits
Chiropractic services	<p>\$15 copayment for each Medicare-covered visit</p> <p>\$15 copayment for routine chiropractic examinations/therapy</p> <p>There is no coinsurance for lab</p> <p>There is no coinsurance for X-ray</p>	<p>\$10 copayment for each Medicare-covered visit</p> <p>\$10 copayment for routine chiropractic examinations/therapy</p> <p>\$2 copayment for lab</p> <p>\$4 copayment for X-ray</p>

Cost	2020 (this year)	2021 (next year)
<p>Dental services</p> <p>*Amounts over fee schedule are responsibility of member and do not apply to plan maximum out of pocket.</p>	<p>\$10 copayment for Medicare-covered dental exam</p> <p>Oral exams and prophylaxis (cleaning) twice per calendar year</p> <p>Bitewing x-rays once every year</p> <p>No coinsurance or copayment for preventive dental services</p>	<p>\$30 copayment for Medicare-covered dental exam</p> <p>The plan pays up to calendar year maximum of \$550</p> <p>Plan covers the following services: Oral Exams, Prophylaxis (Cleaning), Fluoride Treatment, Dental X-Rays, Non-routine Services, Diagnostic Services, Restorative Services, Endodontics, Periodontics, Extractions, Prosthodontics, Other Oral/Maxillofacial Surgery</p> <p>All covered services are subject to the combined preventive and comprehensive calendar year maximum. *</p>

Cost	2020 (this year)	2021 (next year)
<p>Diabetes self-management training, diabetic services and supplies</p>	<p>5% coinsurance for each preferred covered diabetic testing supply item.</p> <p>25% coinsurance for each non-preferred covered diabetic testing supply item. If there is medical justification submitted and approved through the exception process, the non-preferred items may be covered at a lower cost share.</p> <p>0% coinsurance for a specific list of preferred brand diabetic monitoring meters.</p>	<p>No coinsurance or copayment for each preferred covered diabetic testing supply item.</p> <p>Testing supplies are limited to plan's preferred manufacturer.</p> <p>If there is medical justification submitted and approved through the exception process, other manufacturer testing supplies may be approved at no cost share.</p> <p>Blood glucose test strips limited to 200 strips per 30 days. A medical justification must be submitted and approved through the exception process in order to exceed this limit.</p>
<p>Emergency care</p>	<p>\$100 copayment for Medicare-covered emergency room visits</p>	<p>\$90 copayment for Medicare-covered emergency room visits</p>
<p>Fitness</p>	<p>Fitness is not covered.</p>	<p>Up to \$25 reimbursement per month for monthly membership dues at a licensed facility.</p>

Cost	2020 (this year)	2021 (next year)
<p>Hearing Services</p>	<p>Hearing Aids</p> <p>The tiers and copayments are as follows:</p> <ul style="list-style-type: none"> • Basic: \$675 copayment per aid • Standard: \$1,075 copayment per aid • Advanced: \$1,600 copayment per aid • Premium: \$2,025 copayment per aid 	<p>Hearing Aids</p> <p>The tiers and copayments are as follows:</p> <ul style="list-style-type: none"> • Basic: \$675 copayment per aid • Standard: \$950 copayment per aid • Advanced: \$1,200 copayment per aid
<p>Meal Delivery</p>	<p>After your inpatient stay in the hospital you are eligible to receive 2 meals per day for 10 days at no extra cost to you. 20 nutritious, precooked, refrigerated meals will be delivered to your house in two installments.</p>	<p>After your inpatient stay in the hospital or Skilled Nursing Facility (SNF)/Swing Bed stay you are eligible to receive 2 meals per day for 10 days at no extra cost to you. 20 nutritious, precooked, refrigerated meals will be delivered to your house in two installments.</p>
<p>Medicare Part B prescription drugs</p> <p>The following link will take you to a list of Part B Drugs that may be subject to Step Therapy and/or Prior Authorization:</p> <p>QuartzBenefits.com/MAPartBPA</p>	<p>Medicare Part B drugs obtained at a pharmacy may require prior authorization.</p>	<p>Medicare Part B drugs may require Step Therapy and/or Prior Authorization.</p>

Cost	2020 (this year)	2021 (next year)
Opioid treatment program services	\$10 copayment for Medicare-covered individual or group therapy visit	There is no coinsurance or copayment for Medicare-covered individual or group therapy visits
Outpatient diagnostic tests and therapeutic services and supplies	<p>X-Ray: 0% coinsurance for Medicare Covered services</p> <p>Therapeutic Radiology: 0% coinsurance for Medicare Covered services</p> <p>Diagnostic Radiology: 0% coinsurance for Medicare Covered services</p> <p>Laboratory: 0% coinsurance for Medicare Covered services</p> <p>Test/Procedures: 0% coinsurance for Medicare Covered services</p>	<p>X-Ray: \$4 copayment for Medicare Covered services</p> <p>Therapeutic Radiology: \$20 copayment for Medicare Covered services</p> <p>Diagnostic Radiology: \$50 copayment for Medicare Covered services</p> <p>Laboratory: \$2 copayment for Medicare Covered services</p> <p>Test/Procedures: \$2 copayment for Medicare Covered services</p>

Cost	2020 (this year)	2021 (next year)
Outpatient surgery, including services provided at hospital outpatient facilities and ambulatory surgical centers	\$0 copayment for each Medicare-covered ambulatory surgical center visit	\$50 copayment for each Medicare-covered ambulatory surgical center visit
	\$0 copayment for each Medicare-covered outpatient surgery procedure	\$50 copayment for each Medicare-covered outpatient surgery procedure
	X-Ray: 0% coinsurance for Medicare Covered services	X-Ray: \$4 copayment for Medicare Covered services
	Therapeutic Radiology: 0% coinsurance for Medicare Covered services	Therapeutic Radiology: \$20 copayment for Medicare Covered services
	Diagnostic Radiology: 0% coinsurance for Medicare Covered services	Diagnostic Radiology: \$50 copayment for Medicare Covered services
	Laboratory: 0% coinsurance for Medicare Covered services	Laboratory: \$2 copayment for Medicare Covered services
	Test/Procedures: 0% coinsurance for Medicare Covered services	Test/Procedures: \$2 copayment for Medicare Covered services
Physician/Practitioner services, including doctor's office visits	\$10 copayment for each primary care doctor visit for Medicare-covered benefits	\$5 copayment for each primary care doctor visit for Medicare-covered benefits
	\$10 copayment for each specialist visit for Medicare-covered benefits	\$30 copayment for each specialist visit for Medicare-covered benefits

Cost	2020 (this year)	2021 (next year)
<p>Podiatry services</p>	<p>\$10 copayment for each Medicare-covered visit</p> <p>Medicare-covered podiatry benefits are for medically necessary footcare, limit 6 per year</p> <p>Routine footcare is not a covered service.</p>	<p>\$30 copayment for each Medicare-covered visit, limit 6 visits per year</p> <p>\$30 copayment for each routine footcare visit, limit 6 visits per year</p>
<p>Skilled nursing facility (SNF) care</p>	<p>You must obtain prior authorization</p> <p>Days 1-20: \$0 copayment per day</p> <p>Days 21-100: \$125 copayment per day</p>	<p>You must obtain prior authorization</p> <p>Days 1-20: \$0 copayment per day</p> <p>Days 21-100: \$150 copayment per day</p>
<p>Swing Bed</p>	<p>You must obtain prior authorization</p> <p>Days 1-20: \$0 copayment per day</p> <p>Days 21-100: \$125 copayment per day</p>	<p>You must obtain prior authorization</p> <p>Days 1-20: \$0 copayment per day</p> <p>Days 21-100: \$150 copayment per day</p>

Cost	2020 (this year)	2021 (next year)
Travel	Visitor/Travel benefit not a covered service.	Up to six months of in-network level coverage (in three month increments) while traveling domestically outside of Illinois, Iowa, Minnesota, and Wisconsin. Must call plan's Customer Service to activate benefit and not be out of the plan's service area for more than 12 months.
Urgently needed services	\$10 copayment for Medicare-covered urgently needed care visits	\$30 copayment for Medicare-covered urgently needed care visits
Vision	\$300 limit for routine eyewear every year (for frames, eyeglass lenses, and eyewear upgrade at participating network providers)	\$300 limit for routine eyewear every year (for contacts, frames, eyeglass lenses, and eyewear upgrade at participating network providers)

New Quartz Medicare Advantage Optional Dental Rider:

Amount you pay	\$48.10 per month
Annual Maximum Benefit	\$1,000 per year

Plan covers the following services:

Oral Exams, Prophylaxis (Cleaning), Fluoride Treatment, Dental X-Rays, Non-routine Services, Diagnostic Services, Restorative Services, Endodontics, Periodontics, Extractions, Prosthodontics, Other Oral/Maxillofacial Surgery

All covered services are subject to the combined preventive and comprehensive calendar year maximum. Amounts over fee schedule are responsibility of member and do not apply to plan maximum out of pocket.

SECTION 3 Administrative Changes

In 2021 there will be changes to how you can make your plan premium payments as well as a way to enroll in the new Quartz Medicare Advantage Optional Dental Rider. The table below describes those changes. Contact Customer Service for more information and to help assist you with a change.

Description	2020 (this year)	2021 (next year)
Automatic recurring electronic payment	Automatic withdrawal from bank account will occur on the 4th of every month unless the 4th occurs on a weekend or a holiday, then it will be the next business day.	Automatic withdrawal from bank account or credit card will occur on the 2nd business day of the month. You can set this up using a Payment Change Form from Customer Service or through your Quartz MyChart account for either bank account withdrawals or credit card payments.
One-time electronic payment from bank account or credit card	Not an option in 2020	If you choose to pay your monthly premium via one-time electronic payment from your bank account or credit card, you can do so yourself through your Quartz MyChart account. You can select the day you would like your premium paid, and it will be processed on that date.
Payment address changing	Senior Preferred PO Box 77004 Minneapolis, MN 55480	Quartz Medicare Advantage PO Box 78498 Milwaukee, WI 53278-8498
Enrollment in the Quartz Medicare Advantage Optional Dental Rider	Not an option in 2020	If you would like to elect the Quartz Medicare Advantage Optional Dental Rider for 2021, please contact Customer Service for a Plan Benefit Selection Form that you can submit during the Annual Election Period (AEP) October 15 – December 7, 2020 to get an effective date of January 1, 2021. Otherwise your last chance to enroll will be between January 1- January 31 for February 1 coverage start date.

SECTION 4 Deciding Which Plan to Choose

Section 4.1 – If you want to stay in Gundersen Quartz Medicare Advantage Elite

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 Gundersen Quartz Medicare Advantage Elite.

Section 4.2 – If you want to change plans

We hope to keep you as a member next year but if you want to change for 2021 follow these steps:

Step 1: Learn about and compare your choices

- You can join a different Medicare health plan timely,
- -- 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, there may be a potential Part D late enrollment penalty.

To learn more about Original Medicare and the different types of Medicare plans, read *Medicare & You 2021*, call your State Health Insurance Assistance Program (SHIP) (see Section 6), or call Medicare (see Section 8.2).

You can also find information about plans in your area by using the Medicare Plan Finder on the Medicare website. Go to www.medicare.gov/plan-compare. **Here, you can find information about costs, coverage, and quality ratings for Medicare plans.**

As a reminder, Quartz Medicare Advantage offers other Medicare health plans and Medicare prescription drug 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 Gundersen Quartz Medicare Advantage Elite.
- To **change to Original Medicare with a prescription drug plan**, enroll in the new drug plan. You will automatically be disenrolled from Gundersen Quartz Medicare Advantage Elite.

- To **change to Original Medicare without a prescription drug plan**, you must either:
 - Send us a written request to disenroll. Contact Customer Service if you need more information on how to do this (phone numbers are in Section 8.1 of this booklet).
 - – *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 5 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, 2021.

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

In certain situations, changes are also allowed at other times of the year. For example, 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 may be allowed to make a change at other times of the year. For more information, see Chapter 8, Section 2.3 of the *Evidence of Coverage*.

If you enrolled in a Medicare Advantage plan for January 1, 2021, 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, 2021. For more information, see Chapter 8, Section 2.2 of the *Evidence of Coverage*.

SECTION 6 Programs That Offer Free Counseling about Medicare

The State Health Insurance Assistance Program (SHIP) is a government program with trained counselors in every state.

In Iowa, the SHIP is called Senior Health Insurance Information Program (Iowa).

In Wisconsin, the SHIP is called State of Wisconsin Board on Aging and Long Term Care.

Iowa’s Senior Health Insurance Information Program and State of Wisconsin Board on Aging and Long Term Care are independent (not connected with any insurance company or health plan). It is a state program that gets money from the Federal government to give **free** local health insurance counseling to people with Medicare. Iowa’s Senior Health Insurance Information Program and State of Wisconsin Board on Aging and Long Term Care 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 Senior Health Insurance Information Program (Iowa) at (800) 351-4664. You can learn more about Senior Health Insurance Information Program (Iowa) by visiting their website (shiip.iowa.gov).
- You can call State of Wisconsin Board on Aging and Long Term Care at (800) 242-1060. You can learn more about State of Wisconsin Board on Aging and Long Term Care by visiting their website (www.longtermcare.wi.gov).

SECTION 7 Programs That Help Pay for Prescription Drugs

You may qualify for help paying for prescription drugs. Below we list different kinds of help:

- **“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. Many people are eligible and don’t even know it. 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 7 am and 7 pm, Monday through Friday. TTY users should call, 1-800-325-0778 (applications); or
 - Your State Medicaid Office (applications).
- **Help from your state’s pharmaceutical assistance program.** Wisconsin has a program called SeniorCare that helps people pay for prescription drugs based on their financial need, age, or medical condition. To learn more about the program, check with your State Health Insurance Assistance Program (the name and phone numbers for this organization are in Section 6 of this booklet).
- **What if you have coverage from an AIDS Drug Assistance Program (ADAP)?** The AIDS Drug Assistance Program (ADAP) helps ADAP-eligible individuals living with HIV/AIDS have access to life-saving HIV medications. Medicare Part D prescription drugs that are also covered by ADAP qualify for prescription cost-sharing assistance through the Iowa HIV/AIDS Program and the Wisconsin AIDS/HIV Program. Note: To be eligible for the ADAP operating in your State, 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.

If you are currently enrolled in an ADAP, it can continue to provide you with Medicare Part D prescription cost-sharing assistance for drugs on the ADAP formulary. In order to be sure you continue receiving this assistance, please notify your local ADAP enrollment worker of any changes in your Medicare Part D plan name or policy number. For the Iowa HIV/AIDS Program, call (515) 281-7689 and for Wisconsin AIDS/HIV Program, call (800) 991-5532.

For information on eligibility criteria, covered drugs, or how to enroll in the program, please call (515) 281-7689 in Iowa, or call (800) 991-5532 in Wisconsin.

SECTION 8 Questions?

Section 8.1 – Getting Help from Gundersen Quartz Medicare Advantage Elite

Questions? We're here to help. Please call Customer Service at (800) 394-5566. For TTY/TDD users, call 711 or (800) 877-8973. This number requires special telephone equipment and is only for people who have difficulties with hearing or speaking. We are available for phone calls Monday through Friday from 8:00 a.m. to 8:00 p.m. From October 1 through March 31, we are also available to assist you on Saturdays and Sundays from 8:00 a.m. to 8:00 p.m. Calls to these numbers are free.

Read your 2021 *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 2021. For details, look in the 2021 *Evidence of Coverage* for Gundersen Quartz Medicare Advantage Elite. 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 QuartzBenefits.com/MedicareAdvantage. You may also call Customer Service to ask us to mail you an *Evidence of Coverage*.

Visit Our Website

You can also visit our website at QuartzBenefits.com/MedicareAdvantage. As a reminder, our website has the most up-to-date information about our provider network (Provider Directory).

Section 8.2 – Getting Help from Medicare

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

You can visit the Medicare website (www.medicare.gov). It has information about cost, coverage, and quality ratings to help you compare Medicare health plans. You can find information about plans available in your area by using the Medicare Plan Finder on the Medicare website. (To view the information about plans, go to www.medicare.gov/plan-compare).

Read Medicare & You 2021

You can read *Medicare & You 2021* Handbook. Every year in the fall, this booklet 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 booklet, you can get it at the Medicare website (www.medicare.gov) 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.

NOTICE OF NONDISCRIMINATION

Quartz Medicare Advantage (HMO) is the marketing name operating under the entities of Quartz Health Plan Corporation and Quartz Health Plan MN Corporation. These companies are separate legal entities. In this notice, “we” refers to these companies. We comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

- We provide free aids and services to people with disabilities to communicate effectively with us, such as –
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- We provide free language services to people whose primary language is not English, such as –
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Customer Service at **(800) 362-3310**.

If you believe that we have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with –

Kristie Meier, Compliance Officer; 840 Carolina Street, Sauk City, WI 53583
Phone: (800) 362-3310; TTY: 711 or toll free (800) 877-8973; Fax: (608) 644-3500
Email: AppealsSpecialists@QuartzBenefits.com

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, Kristie Meier, Compliance Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf or by mail or phone at –

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F HHH Building
Washington, D.C. 20201
(800) 368-1019; (800) 537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html.



Multi-Language Insert

Multi-Language Interpreter Services

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-394-5566 (TTY: 711).

Hmong: LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-394-5566 (TTY: 711).

Chinese: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-394-5566 (TTY : 711)。

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-394-5566 (TTY: 711).

Arabic: ملاحظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية المجانية متاحة من أجلك، يُرجى الاتصال على الرقم .(711 :TTY) 1-800-394-5566

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-394-5566 (телетайп: 711).

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-394-5566 (711)번으로 전화해 주십시오.

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-394-5566 (TTY: 711).

Pennsylvania Dutch: Wann du [Deutsch (Pennsylvania German / Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-800-394-5566 (TTY: 711).

Laotian: ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໃດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-394-5566 (TTY: 711).

French: ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-394-5566 (ATS : 711).

Amharic: ማሳሰቢያ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 1-800-394-5566 (መስማት ለተሳናቸው: 711)።

Hindi: ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-394-5566 (TTY: 711) पर कॉल करें।

Serbo-Croatian: OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-800-394-5566 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 711).

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-394-5566 (TTY: 711).