

Updates to Your Medicare Covered Benefits

*At times, the Centers for Medicare & Medicaid Services (CMS) makes mid-year changes to what is covered under Original Medicare. These changes are known as National Coverage Determinations (NCDs). CMS also calls for Trillium Medicare Advantage to give you the same services Original Medicare covers. Below is a list of medical services that are now covered by both Trillium and Original Medicare. **Note:** You can access the services listed below through any provider that accepts Medicare.*

Benefit update for 2018, effective April 1, 2018

Updated/Added benefit: Medicare Diabetes Prevention Program (MDPP) services will be covered for eligible Medicare beneficiaries under all Medicare health plans.

Member cost-sharing: There is no coinsurance, copayment or deductible for the MDPP benefit.

Benefit description: MDPP is a structured health behavior change intervention that provides practical training in long-term dietary change, increased physical activity, and problem-solving strategies for overcoming challenges to sustaining weight loss and a healthy lifestyle.

Additional information

If you have questions regarding the information contained in this update, please contact Trillium Medicare Advantage Member Services. Oregon: 1-844-867-1156 (TTY users call 711). From October 1 to February 14, you can call us 7 days a week from 8 a.m. to 8 p.m. From February 15 to September 30, you can call us Monday through Friday from 8 a.m. to 8 p.m. A messaging system is used after hours, weekends and on federal holidays.

(continued)



Trillium has a contract with Medicare and Oregon state Medicaid programs to offer HMO SNP plans. Enrollment in a Trillium Medicare Advantage plan depends on the renewal of these contracts. This information is not a complete description of benefits. Contact the plan for more information. Benefits and copayments/coinsurance may change on January 1 of each year. Limitations, copayments and restrictions may apply.

Please note: If you are a member of a Trillium Medicare Advantage Dual Eligible Special Needs Plan (SNP), coinsurance may vary based on the level of Extra Help you receive. Please contact the plan for further details.

Trillium Medicare Advantage complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Trillium Medicare Advantage does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Trillium Medicare Advantage:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact Trillium Medicare Advantage's Member Services at: 1-844-867-1156 (HMO SNP) (TTY: 711). From October 1 to February 14, you can call us 7 days a week from 8 a.m. to 8 p.m. From February 15 to September 30, you can call us Monday through Friday from 8 a.m. to 8 p.m. A messaging system is used after hours, weekends, and on federal holidays.

If you believe that Trillium Medicare Advantage has 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 by calling the number above and telling them you need help filing a grievance; Trillium Medicare Advantage's Member Services 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 <https://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, DC 20201, 1-800-368-1019 (TDD: 1-800-537-7697).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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SPANISH	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-867-1156 (HMO SNP) (TTY: 711).
VIETNAMESE	CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-844-867-1156 (HMO SNP) (TTY: 711).
CHINESE	注意：如果您說中文，您可以免費獲得語言援助服務。請致電 1-844-867-1156 (HMO SNP) (TTY: 711)。
RUSSIAN	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-844-867-1156 (HMO SNP) (TTY: 711).
KOREAN	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-844-867-1156 (HMO SNP) (TTY: 711) 번으로 전화해 주십시오.
UKRAINIAN	УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-844-867-1156 (HMO SNP) (TTY: 711).
JAPANESE	注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-844-867-1156 (HMO SNP) (TTY: 711) まで、お電話にてご連絡ください。
ARABIC	تنبيه: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية المجانية متاحة لك. يُرجى الاتصال بالرقم. 1-844-867-1156 (HMO SNP) (مكبلو مصلا فتاه مقر: 711).
ROMANIAN	ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-844-867-1156 (HMO SNP) (TTY: 711).
MON-KHMER CAMBODIAN	ចំណាប់អារម្មណ៍: បើសិនអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាដោយឥតគិតថ្លៃ គឺមានសំរាប់អ្នក។ សូមទូរស័ព្ទទៅលេខ 1-844-867-1156 (HMO SNP) (TTY: 711)។
CUSHITE	XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-844-867-1156 (HMO SNP) (TTY: 711)..
GERMAN	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-867-1156 (HMO SNP) (TTY: 711).
PERSIAN	توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-844-867-1156 (HMO SNP) (TTY: 711) تماس بگیرید.
FRENCH	ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-844-867-1156 (HMO SNP) (TTY: 711).
THAI	เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี: 1-844-867-1156 (HMO SNP) (TTY: 711).

