Chapter 2: Important phone numbers and resources

Introduction

This chapter gives you contact information for important resources that can help you answer your questions about our plan and your health care benefits. You can also use this chapter to get information about how to contact your care coordinator and others to advocate on your behalf. Key terms and their definitions appear in alphabetical order in the last chapter of this *Member Handbook*.

[*If applicable, plans should modify this chapter to include contact information for other resources.*]

[*Plans should refer to other parts of the Member Handbook using the appropriate chapter number and section. For example, "refer to Chapter 9, Section A." An instruction [insert reference, as applicable] appears with many cross references throughout the Member Handbook. Plans may always include additional references to other sections, chapters, and/or member materials when helpful to the reader.*]

[*Plans must update the Table of Contents to this document to accurately reflect where the information is found on each page after plan adds plan-customized information to this template.*]

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# Member Services

| Contact Type |  |
| --- | --- |
| CALL | <Phone number(s)>. This call is free.  <Days and hours of operation> [*Include information on the use of alternative technologies*.]  We have free interpreter services for people who do not speak English. |
| TTY | <TTY phone number>.This call is free.  [*Insert if the plan uses a direct TTY number:* This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.]  <Days and hours of operation> |
| FAX | [*Fax number is optional*.] |
| WRITE | <Mailing address> |
| EMAIL | [*Email address is optional*.] |
| WEBSITE | <URL> |

Contact Member Services to get help with:

* Questions about the plan
* Questions about claims or billing

[*If plans have different numbers for the functions listed below, plans should insert separate charts with the additional contact information.*]

* Coverage decisions about your health care
* A coverage decision about your health care is a decision about:
* your benefits and covered services **or**
* the amount we pay for your health services.
* Call us if you have questions about a coverage decision about your health care.
* To learn more about coverage decisions, refer to **Chapter 9** of this *Member Handbook*.
* Appeals about your health care
* An appeal is a formal way of asking us to review a decision we made about your coverage and asking us to change it if you think we made a mistake or disagree with the decision.
* To learn more about making an appeal, refer to **Chapter 9** of this *Member Handbook* or contact Member Services.
* Complaints about your health care
* You can make a complaint about us or any provider (including a non-network or network provider). A network provider is a provider who works with our plan. You can also make a complaint to us or to the Quality Improvement Organization (QIO) about the quality of the care you received (refer to **Section F** [*insert reference, as applicable*]).
* You can call us and explain your complaint at <phone number>.
* If your complaint is about a coverage decision about your health care, you can make an appeal (refer to the section above [*insert reference, as applicable*]).
* You can send a complaint about our plan to Medicare. You can use an online form at [www.medicare.gov/MedicareComplaintForm/home.aspx](http://www.medicare.gov/MedicareComplaintForm/home.aspx). Or you can call 1-800-MEDICARE (1-800-633-4227) to ask for help.
* To learn more about making a complaint about your health care, refer to **Chapter 9** of this *Member Handbook*.
* Coverage decisions about your drugs
* A coverage decision about your drugs is a decision about:
* your benefits and covered drugs **or**
* the amount we pay for your drugs.
* This applies to your Medicare Part D drugs, Medical Assistance prescription drugs, and Medical Assistance over-the-counter (OTC) drugs. [*insert if applicable, and name of Medical Assistance program prescription drugs and over-the-counter drugs*].
* For more on coverage decisions about your prescription drugs, refer to **Chapter 9** of this *Member Handbook*.
* Appeals about your drugs
* An appeal is a way to ask us to change a coverage decision.
* For more on making an appeal about your prescription drugs, refer to **Chapter 9** of this *Member Handbook*.
* Complaints about your drugs
* You can make a complaint about us or any pharmacy. This includes a complaint about your prescription drugs.
* If your complaint is about a coverage decision about your prescription drugs, you can make an appeal. (Refer to the section above [*insert reference, as applicable*].)
* You can send a complaint about our plan to Medicare. You can use an online form at [www.medicare.gov/MedicareComplaintForm/home.aspx](http://www.medicare.gov/MedicareComplaintForm/home.aspx). Or you can call 1-800-MEDICARE (1-800-633-4227) to ask for help.
* For more on making a complaint about your prescription drugs, refer to **Chapter 9** of this *Member Handbook*.
* Payment for health care or drugs you already paid for

[*Plans with an arrangement with the state may add language to reflect that the organization is not allowed to reimburse members for Medicaid-covered benefits.*]

* We do not allow <plan name> providers to bill you for services. We pay our providers directly, and we protect you from any charges. The exception is if you pay for Medicare Part D prescription drugs. If you paid for a service that you think we should have covered, contact Member Services at the phone number printed at the bottom of this page.
* For more on how to ask us to pay you back, or to pay a bill you got, refer to **Chapter 7** of this *Member Handbook*.
* If you ask us to pay a bill and we deny any part of your request, you can appeal our decision. Refer to **Chapter 9** of this *Member Handbook*.

# Your Care Coordinator

[*Plans should include information explaining what a care coordinator is, how members can get a care coordinator, how they can contact the care coordinator, and how they can change their care coordinator. Plans can modify this section as appropriate.*]

| Contact Type |  |
| --- | --- |
| CALL | <Phone number(s)>. This call is free.  <Days and hours of operation> [*Include information on the use of alternative technologies.*]  We have free interpreter services for people who do not speak English. |
| TTY | <TTY phone number>. This call is [*insert if applicable:* not] free.  [*Insert if the plan uses a direct TTY number:* This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.]  <Days and hours of operation> |
| FAX | [*Fax number is optional*.] |
| WRITE | <Mailing address> |
| EMAIL | [*Email address is optional*.] |
| WEBSITE | [*Web address is optional*.] |

Contact your care coordinator to get help with:

* questions about your health care
* questions about getting behavioral health (mental health and substance use disorder) services
* questions about transportation
* [*Plans should include long-term services and supports and insert information describing LTSS coverage as applicable.*]

[*Insert for MSHO*: questions about Long-Term Services and Support (LTSS)]

* You must have a Long-Term Care Consultation (LTCC) done and be found to be eligible to get additional services or support. You can ask to have this assessment in your home, apartment, facility where you live, or another agreed-upon location.
* [*Plans may insert bullets noting additional areas that care coordinators can provide assistance with.*]

# Senior LinkAge®

The State Health Insurance Assistance Program (SHIP) gives free health insurance counseling to people with Medicare. In Minnesota, the SHIP is called Senior LinkAge Line <state-specific SHIP name>.

Senior LinkAge Line is not connected with any insurance company or health plan.

| Contact Type |  |
| --- | --- |
| CALL | 1-800-333-2433  The call is free.  Monday – Friday  8:00 a.m. to 4:30 p.m. |
| TTY | Call the Minnesota Relay Service at 711 or use your preferred relay service. The call is free.  [*Insert if the SHIP uses a direct TTY number:* This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.] |
| WRITE | Minnesota Board on Aging  PO Box 64976  St. Paul, MN 55164-0976 |
| EMAIL | [Senior.linkage@state.mn.us](mailto:Senior.linkage@state.mn.us) |
| WEBSITE | [www.mn.gov/senior-linkage-line](http://www.mn.gov/senior-linkage-line) |

Contact Senior LinkAge Line for help with:

* questions about Medicare
* Senior LinkAge Line counselors can answer your questions about changing to a new plan and help you:
* understand your rights,
* understand your plan choices,
* make complaints about your health care or treatment, **and**
* straighten out problems with your bills.

# Quality Improvement Organization (QIO)

Our state has an organization called Livanta. This is a group of doctors and other health care professionals who help improve the quality of care for people with Medicare.Livanta is not connected with our plan.

| Contact Type |  |
| --- | --- |
| CALL | 1-888-524-9900  Monday through Friday, 9:00 a.m. - 5:00 p.m.  Weekend and Holidays, 10:00 a.m. - 4:00 p.m.  24-hour voicemail is available |
| TTY | 1-888-985-8775  This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.  Or  711 or use your preferred relay service  These calls are free.  [*Insert if the QIO uses a direct TTY number: This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it*.] |
| WRITE | Livanta LLC, BFCC-QIO Program  10820 Guilford Road, Suite 202  Annapolis Junction, MD 20701 |
| EMAIL | [*Email address is optional*.] |
| WEBSITE | [www.livantaqio.com](http://www.livantaqio.com) |

Contact Livanta for help with:

* questions about your health care rights
* making a complaint about the care you got if you:
* have a problem with the quality of care,
* think your hospital stay is ending too soon, **or**
* think your home health care, skilled nursing facility care, or comprehensive outpatient rehabilitation facility (CORF) services are ending too soon.

# Medicare

Medicare is the federal health insurance program for people 65 years of age or over, some people under age 65 with disabilities, and people with end-stage renal disease (permanent kidney failure requiring dialysis or a kidney transplant).

The federal agency in charge of Medicare is the Centers for Medicare & Medicaid Services, or CMS.

| Contact Type |  |
| --- | --- |
| CALL | 1-800-MEDICARE (1-800-633-4227)  Calls to this number are free, 24 hours a day, 7 days a week. |
| TTY | 1-877-486-2048. This call is free.  This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it. |
| WEBSITE | [www.medicare.gov](https://www.medicare.gov/)  This is the official website for Medicare. It gives you up-to-date information about Medicare. It also has information about hospitals, nursing facilities, doctors, home health agencies, dialysis facilities, inpatient rehabilitation facilities, and hospices.  It includes helpful websites and phone numbers. It also has documents you can print right from your computer.  If you don’t have a computer, your local library or senior center may be able to help you visit this website using their computer. Or, you can call Medicare at the number above and tell them what you are looking for. They will find the information on the website and review the information with you. |

# Medical Assistance

[*Plans must adapt this generic discussion of Medicaid to reflect the name or features of the Medicaid program in the plan’s state or states.*]

[*If there are two different agencies handling eligibility and coverage/services, the plan should include both and clarify the role of each.*]

[*Plans must, as appropriate, include additional telephone numbers for Medicaid program assistance.*]

Medical Assistance helps with medical and long-term services and supports costs for people with limited incomes and resources.

You are enrolled in Medicare and in Medical Assistance. If you have questions about the help you get from Medical Assistance, call the Minnesota Department of Human Services *.*

[*If applicable, plans may also inform members that they can get information about Medicaid from county resource centers and indicate where members can find contact information for these centers.*]

| Contact Type |  |
| --- | --- |
| CALL | Minnesota Department of Human Services  Health Care Consumer Support (HCCS)  1-651-297-3862 (Twin Cities Metro area)  Or  1-800-657-3672 (Outside the Twin Cities Metro area) The call is free.  Monday through Friday, 8:00 a.m. - 4:30 p.m. |
| TTY | 711 or use your preferred relay service  These calls are free. |
| WRITE | Department of Human Services of Minnesota  444 Lafayette Road North  St. Paul, MN 55155 |
| EMAIL | [DHS.info@state.mn.us](mailto:DHS.info@state.mn.us) |
| WEBSITE | [www.mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/programs-and-services/medical-assistance.jsp](https://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/programs-and-services/medical-assistance.jsp) |

# Ombudsperson for Public Managed Health Care Program

The Ombudsperson for Public Managed Health Care Program works as an advocate on your behalf. They can answer questions if you have a problem or complaint and can help you understand what to do. The Ombudsperson for Public Managed Health Care Program also helps you with service or billing problems. They are not connected with our plan or with any insurance company or health plan. Their services are free.

| Contact Type |  |
| --- | --- |
| CALL | 1-651-431-2660 (Twin Cities Metro area)  Or  1-800-657-3729 (Outside Twin Cities Metro area) The call is free.  Monday through Friday, 8:00 a.m. - 4:30 p.m. |
| TTY | 1-800-627-3529  This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.  Or  711 or use your preferred relay service  These calls are free. |
| WRITE | MN Department of Human Services  Ombudsperson for Public Managed Health Care Programs  PO Box 64249  St. Paul, MN 55164-0249 |
| EMAIL | dhsombudsperson@state.mn.us |
| WEBSITE | [www.mn.gov/dhs/managedcareombudsman](http://www.mn.gov/dhs/managedcareombudsman) |

# Office of Ombudsman for Long Term Care (OOLTC)

The OOLTC helps people get information about nursing homes and resolve problems between nursing homes and residents or their families.

The OOLTC is not connected with our plan or any insurance company or health plan.

| Contact Type |  |
| --- | --- |
| CALL | 1-651-431-2555 (Twin Cities Metro area)  Or  1-800-657-3591 (Outside Twin Cities Metro area) The call is free.  Monday through Friday, 8:00 a.m. - 4:30 p.m. |
| TTY | 1-800-627-3529  This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.  Or  711 or use your preferred relay service  These calls are free. |
| WRITE | Minnesota Office of Ombudsman for Long Term Care  PO Box 64971  St. Paul, MN 55164-0971 |
| EMAIL | [mba.ooltc@state.mn.us](mailto:mba.ooltc@state.mn.us) |
| WEBSITE | [www.mn.gov/ooltc](http://www.mn.gov/ooltc) |

# Programs to Help People Pay for Their Prescription Drugs

The Medicare.gov website ([www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/costs-in-the-coverage-gap/5-ways-to-get-help-with-prescription-costs) p](https://www.medicare.gov/drug-coverage-part-d/costs-for-medicare-drug-coverage/costs-in-the-coverage-gap/5-ways-to-get-help-with-prescription-costs)rovides information on how to lower your prescription drug costs. For people with limited incomes, there are also other programs to assist, as described below.

I1. Extra Help

Because you are eligible for Medicaid, you qualify for and are getting “Extra Help” from Medicare to pay for your prescription drug plan costs. You do not need to do anything to get this “Extra Help.”

| Contact Type |  |
| --- | --- |
| CALL | 1-800-MEDICARE (1-800-633-4227)  Calls to this number are free, 24 hours a day, 7 days a week. |
| TTY | 1-877-486-2048 This call is free.  This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it. |
| WEBSITE | [www.medicare.gov](http://www.medicare.gov) |

[*Plans that have no drug cost-sharing may delete this section.*]

If you believe that you are paying an incorrect cost-sharing amount when you get your prescription at a pharmacy, our plan has a process for you to either request assistance in obtaining evidence of your correct copayment level, or if you already have the evidence, to provide this evidence to us.

* [*Plans should insert process for allowing members to request assistance with obtaining best available evidence, and for providing this evidence.*]
* [*Plans should update this description to accurately reflect the process in this bullet.*] When we receive the evidence showing your copayment level, we will update our system so that you will be charged the correct copayment when you get your next prescription. If you overpay your copayment, we will pay you back. Either we will send a check to you or we will deduct the amount from future copayments. If the pharmacy hasn’t collected a copayment from you and is carrying your copayment as a debt owned by you, we may make the payment directly to the pharmacy. If a state paid on your behalf, we may make payment directly to the state. Please contact Member Services if you have questions.

I2. AIDS Drug Assistance Program (ADAP)

[*Plans should delete this section if not applicable.*] ADAP helps ADAP-eligible individuals living with HIV/AIDS have access to life-saving HIV drugs. Medicare Part D prescription drugs that are also on the ADAP formulary qualify for prescription cost-sharing assistance. For information, call the Minnesota Department of Human Services at 651-431-2414 or 800-657-3761, (TTY 711). Note: To be eligible for the ADAP operating in your state, individuals must meet certain criteria, including proof of the state residence and HIV status, low income as defined by the state, and uninsured/under-insured status. If you change plans, please notify your local ADAP enrollment worker so you can continue to receive assistance for information on eligibility criteria, covered drugs, or how to enroll in the program, please call the Minnesota Department of Human Services at 651-431-2414 or 800-657-3761, (TTY 711).

I3. The Medicare Prescription Payment Plan

[*Plans should delete this section if there are no copays for Part D drugs.*]

The Medicare Prescription Payment Plan is a new payment option that works with your current drug coverage, and it may help you manage your drug costs by spreading them across monthly payments that vary throughout the year (January- December). This payment option might help you manage your expenses, but it doesn’t save you money or lower your drug costs. “Extra Help” from Medicare and help from your SPAP and ADAP, for those who qualify, is more advantageous than participation in this payment option, regardless of income level, and plans with drug coverage must offer this payment option. Contact us at the phone number at the bottom of the page or visit [Medicare.gov](http://www.Medicare.gov) to find out if this payment option is right for you.

# Social Security

Social Security determines eligibility and handles enrollment for Medicare. U.S Citizens and lawful permanent residents who are 65 and over, or who have a disability or End-Stage Renal Disease (ESRD) and meet certain conditions, are eligible for Medicare. If you are already getting Social Security checks, enrollment into Medicare is automatic. If you are not getting Social Security checks, you have to enroll in Medicare. To apply for Medicare, you can call Social Security or visit your local Social Security office.

If you move or change your mailing address, it is important that you contact Social Security to let them know.

|  |  |
| --- | --- |
| CALL | 1-800-772-1213  Calls to this number are free.  Available 8:00 am to 7:00 pm, Monday through Friday.  You can use their automated telephone services to get recorded information and conduct some business 24 hours a day. |
| TTY | 1-800-325-0778  This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it. |
| WEBSITE | [www.ssa.gov](http://www.ssa.gov) |

# Railroad Retirement Board (RRB)

The RRB is an independent Federal agency that administers comprehensive benefit programs for the nation’s railroad workers and their families. If you receive Medicare through the RRB, it is important that you let them know if you move or change your mailing address. If you have questions regarding your benefits from the RRB, contact the agency.

| Contact Type |  |
| --- | --- |
| CALL | 1-877-772-5772  Calls to this number are free.  If you press “0”, you may speak with a RRB representative from 9 a.m. to 3:30 p.m., Monday, Tuesday, Thursday and Friday, and from 9 a.m. to 12 p.m. on Wednesday.  If you press “1”, you may access the automated RRB Help Line and recorded information 24 hours a day, including weekends and holidays. |
| TTY | 1-312-751-4701  This number is for people who have difficulty with hearing or speaking. You must have special telephone equipment to call it.  Calls to this number are *not* free. |
| WEBSITE | [www.rrb.gov](https://www.rrb.gov/) |

# Group insurance or other insurance from an employer

[*Plans should delete this section if members covered under employer groups are not eligible to participate in D-SNPs in the state.*]

If you (or your spouse or domestic partner) get benefits from your (or your spouse’s or domestic partner’s) employer or retiree group as part of this plan, you way call the employer/union benefits administrator or Member Services if you have any questions. You can ask about your (or your spouse’s or domestic partner’s) employer or retiree health benefits, premiums, or the enrollment period. You may also call 1-800-MEDICARE (1-800-633-4227; TTY: 1-877-486-2048) with questions related to your Medicare coverage under this plan.

If you have other prescription drug coverage through your (or your spouse’s or domestic partner’s) employer or retiree group, please contact **that group’s benefits administrator.** The benefits administrator can help you determine how your current prescription drug coverage will work with our plan.

# Other resources

[*Plans may insert this section to provide additional information resources, such as county aging and disability resource centers, choice counselors, or area agencies on aging or any other sections as directed by the state. Plans should format consistently with other sections, include a brief description and information about any other resources they add, and update the Table of Contents.*]

[*SNBC Plans insert the following:* Disability Hub MN™ is a free statewide resource network that helps you solve problems, navigate the system and plan for your future. This team knows the ins and outs of community resources and government programs, and has years of experience helping people fit them together]*.*

|  |  |
| --- | --- |
| **CALL** | 1-866-333-2466  Calls to this number are free.  Monday through Friday from 8:30 a.m. to 5:00 pm. |
| **TTY** | Call the Minnesota Relay Service at 711 or use your preferred relay service.  Calls to this number are free. |
| **WEBSITE** | [www.disabilityhubmn.org](http://disabilityhubmn.org) |