

Federal Employee Health Benefits Program

2018 Benefits Information



Scott & White
HEALTH PLAN
PART OF BAYLOR SCOTT & WHITE HEALTH

Two Coverage Options for 2018

For 2018, Scott and White Health Plan is proud to offer two benefit coverage options to members of the FEHB plan. The 2018 Standard Option is based on our 2017 plan and includes our full HMO network. The 2018 Basic Option features a narrower network, enhanced patient management opportunities when using a PCP, and lower monthly premiums.

2018 Standard Option

The Standard Option is available in 60 counties, has no deductibles, and does not require the selection of a PCP. As the top-rated HMO in Texas,* we are the one Texans trust for many reasons:

- You can access an extensive network of more than 3,000 local physicians.
- You get access to many health and wellness programs at no extra cost to you.

2018 Basic Option

SWHP and the Baylor Scott & White Quality Alliance (BSWQA) have teamed up to form Baylor Scott & White Preferred, an integrated health plan solution. You may visit a BSW Preferred doctor for your care and be referred to BSW Preferred specialists, while care is coordinated by a centralized team of nurse care managers, health coordinators and licensed social workers who encourage compliance with your doctor's treatment plans. Selection of a PCP is recommended to maximize the benefits of this coverage option; however, it is not required.

BENEFITS OF A CONCENTRATED AND CONNECTED NETWORK

- We know you. Our doctors and facilities are connected by an electronic health record system, giving them secure access to your medical history and status.
- We are accountable. Your doctors are held accountable for achieving specific quality, patient satisfaction and cost measures ensuring that you are receiving the most comprehensive, compassionate and cost-effective care possible.
- We are protocol-driven. All BSWQA doctors follow certain guidelines, approved by medical associations and proven to be safe and effective, when creating your treatment plan.
- We want to save you money. Using BSW Preferred doctors and facilities will save you money on out-of-pocket expenses. The additional savings are a result of our integrated provider network for all medical needs.

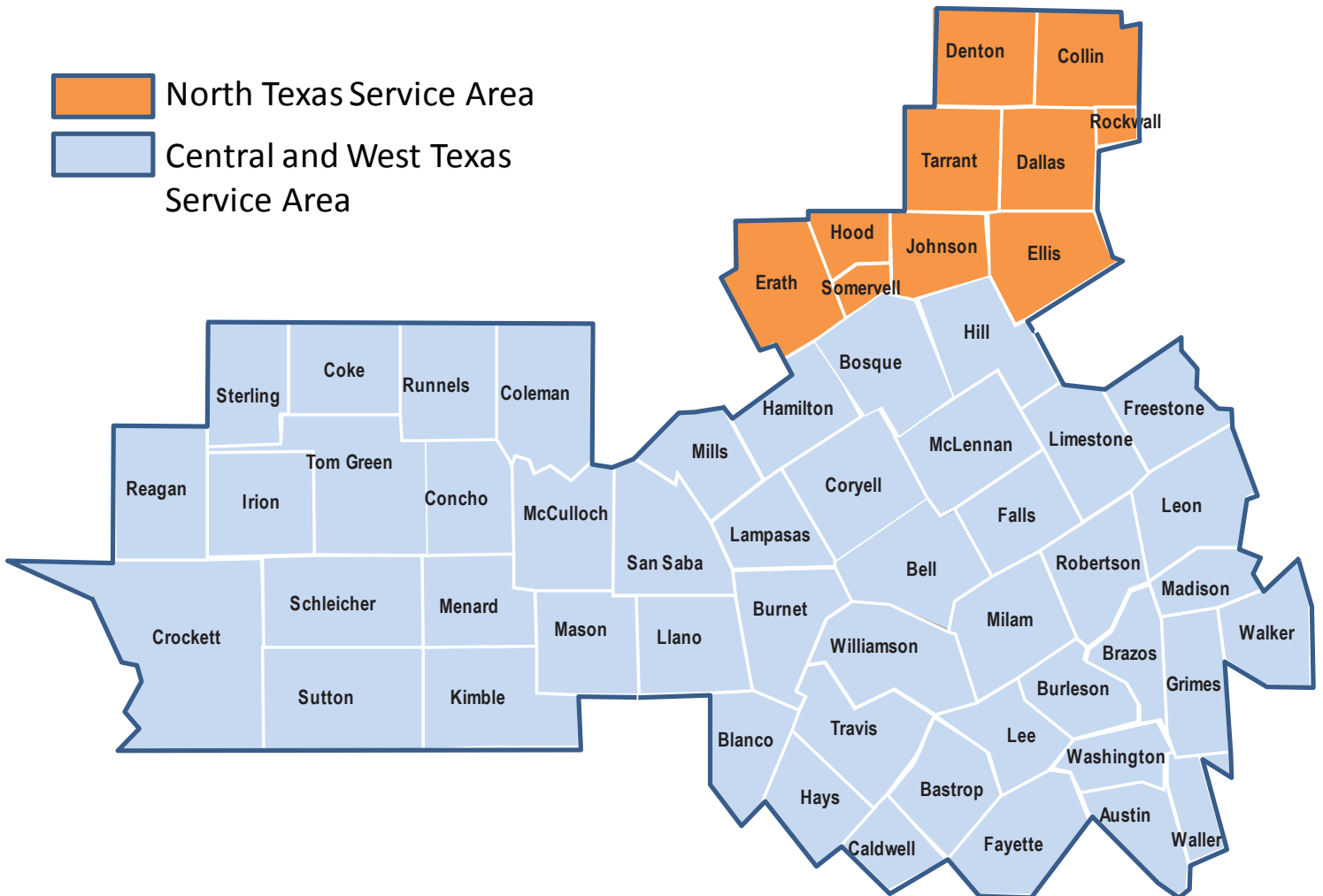
* NCQA's Private Health Insurance Plan Ratings 2017–2018.



Open Season

Open season dates are November 13 through December 11. Don't miss your opportunity to experience the personal service and extraordinary value of Scott and White Health Plan.

SWHP Service Area Map



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2018 HMO Summary of Benefits & Services

	Standard	Basic
Individual Deductible Options		
Self Only	\$0	\$1,500
Self Plus One	\$0	\$3,000
Self and Family	\$0	\$3,000
Out-of-Pocket Maximum		
Self Only	\$5,250	\$5,000
Self Plus One	\$10,500	\$10,000
Self and Family	\$10,500	\$10,000
Doctor Office Visits		
Primary care visit to treat an injury or illness	\$25 copay/visit	\$30 copay/visit
Specialist visit	\$45 copay/visit	\$50 copay/visit
Other practitioner office visit	\$45 copay/visit	\$50 copay/visit
Preventive care/screening/immunization	No charge	No charge
Emergency Medical Care		
Urgent care visit	\$50 copay/visit	\$75 copay/visit
Emergency room services	\$250 copay/visit	\$250 copay/visit plus 20%
Emergency medical transportation	\$125 copay	20% after deductible
Services Provided by a Hospital		
Inpatient	\$250 per day up to a maximum of \$1,250 per admission	20% after deductible
Outpatient Surgery	\$250/procedure	20% after deductible
Medical Testing		
Diagnostic test (X-ray, blood work)	No charge	No charge
Imaging (CT/PET scans, MRIs)	\$150 per procedure	20% after deductible
Dental Care		
Discounts available through Careington International (Refer to 2018 FEHB Brochure)	20% - 50% discounts	20% - 50% discounts

2018 HMO Prescription Drug Coverage

Benefit	Standard	Basic	Caveats
Preferred Generic Drugs	\$8 copay/retail, non-maintenance \$16 copay/mail order, maintenance	\$15 copay/retail, non-maintenance \$30 copay/mail order, maintenance	Covers up to a 30-day supply or 100 units (retail prescription); and the lesser of 90-day or 360 units (mail order prescription)
Preferred Brand Drugs	\$60 copay/retail, non-maintenance \$120 copay/mail order, maintenance	\$50 copay/retail, non-maintenance \$100 copay/mail order, maintenance	Covers up to a 30-day supply or 100 units (retail prescription); and the lesser of 90-day or 360 units (mail order prescription)
Non-Preferred & Non-Formulary	\$150 or 50% copay, whichever is greater/retail, non-maintenance, \$300 Rx cap \$300 copay or 50%, whichever is greater/mail order, maintenance, Non-formulary does not apply.	\$100 copay/retail, non-maintenance \$200 copay/mail order, maintenance	Covers up to a 30-day supply or 100 units (retail prescription)
Specialty Drugs	\$300 copay/non-maintenance	25% coinsurance/non-maintenance	Failure to obtain pre-authorization may result in the denial of coverage for this service. Please consult fehbswhp.org or call 1-800-321-7947 to verify pre-authorization requirements.



Scott & White
HEALTH PLAN

Online Wellness Programs

The best thing you can do for yourself is to prevent health problems before they start. Our comprehensive suite of effective resources and tools provides a tailored experience built on the demands of our members. We offer several wellness programs at no additional cost to you.

Balance

Manage Your Weight – Your mind, body, and food habits are all key to managing your weight. Balance addresses all three to help you reach your goals and maximize your energy.

Nourish

Eat Healthier – Nourish can help you improve your eating habits and your overall relationship with food, one bite at a time.

Relax

Deal with Stress – Relax puts your sources and symptoms of tension under a microscope, then unveils strategies to help keep you calm under pressure.

Breathe

Quit Smoking – Breathe gives you the skills to help conquer your cravings and say “goodbye” to cigarettes for good.

Care for Depression

Care for Depression provides individualized help in the setting and at the time of your choice.

Dream

Sleep Better – Short on energy and focus during the day? Dream is packed with research-based strategies for conquering sleepless nights.

Care for Your Health

Care for Chronic Conditions – Be the quarterback of your health care team, not a spectator. Care for Your Health reveals tactics and secrets to help you handle any chronic condition.

Care for Pain

Care for Chronic Pain – Your pain is unique and so is the way you respond to it. Care for Pain helps you focus more on the things that matter most to you.

Additional Resources to Help You Take Care of Yourself

Nurse Advice Line

Not feeling well? The SWHP Nurse Advice Line is here for you. Our nurses will discuss your symptoms and offer health coaching to help you take care of yourself wherever you are. They will also help you determine if you need an appointment, urgent care visit, or emergency room visit.

Disease Management

Disease Management programs are designed to improve the health of members with chronic conditions and reduce associated costs from avoidable complications. These goals are accomplished by identifying and treating chronic conditions more quickly and more effectively, slowing the progression of those diseases.

Disease Management is a system of coordinated health care interventions tailored to your conditions where self-care efforts can be implemented.

Complex Case Management

If you have chronic conditions or complex care needs, our nurse case managers will work with you, your family, and your physician to create and manage your care plan. Case managers advocate for you and assist with setting goals and making a personal plan to improve your health. They also can assist with arrangements for necessary services and make referrals to, and incorporate, Disease Management programs as applicable. Case managers answer questions and educate you so you have a better understanding of your condition and plan of care.

The purpose of the program is to help you get the best possible results and the greatest value from your health plan. Participation is voluntary, and there is no additional cost to you for this program. To see if Complex Case Management is right for you, request a screening by completing the Case Management referral form at <https://portal.swhp.org/#/referral>.

A woman with long brown hair is lying in an orange and yellow striped hammock, smiling broadly with her eyes closed. She is wearing a white cable-knit sweater. The background is a soft-focus green landscape.

See if your
doctor is in our
network.
fehbswhp.org

Our Premiums

2018 Standard Rate Information for Scott and White Health Plan

Central and West Texas		Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share	Category 1 Your Share	Category 2 Your Share
Self Only	A84	\$229.25	\$131.28	\$496.71	\$284.44	\$124.91	\$118.55
Self Plus One	A86	\$491.00	\$215.79	\$1,063.83	\$467.55	\$202.15	\$188.51
Self and Family	A85	\$521.58	\$323.40	\$1,130.09	\$700.70	\$308.91	\$294.42

North Texas		Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share	Category 1 Your Share	Category 2 Your Share
Self Only	P84	\$229.25	\$174.45	\$496.71	\$377.97	\$168.08	\$161.72
Self Plus One	P86	\$491.00	\$300.51	\$1,063.83	\$651.11	\$286.87	\$273.23
Self and Family	P85	\$521.58	\$424.71	\$1,130.09	\$920.21	\$410.22	\$395.73

2018 Basic Rate Information for Scott and White Health Plan

Central Texas		Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share	Category 1 Your Share	Category 2 Your Share
Self Only	A81	\$228.39	\$76.13	\$494.84	\$164.95	\$69.28	\$63.19
Self Plus One	A83	\$447.67	\$149.22	\$969.95	\$323.31	\$135.79	\$123.85
Self and Family	A82	\$521.58	\$191.98	\$1,130.09	\$415.96	\$177.49	\$163.00

North Texas		Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share	Category 1 Your Share	Category 2 Your Share
Self Only	P81	\$229.25	\$111.72	\$496.71	\$242.06	\$105.35	\$98.99
Self Plus One	P83	\$491.00	\$177.42	\$1,063.83	\$384.41	\$163.78	\$150.14
Self and Family	P82	\$521.58	\$277.51	\$1,130.09	\$601.27	\$263.02	\$248.53



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