

2017 Benefits Information

# Federal Employee Health Benefits Program



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

# Welcome to the #1 Health Plan in Texas\*

Scott & White Health Plan is excited to continue offering our award-winning coverage to federal employees. As a top-rated Health Plan in Texas,\* we're the one Texans trust for many reasons:

- We're a non-profit health plan that has served Texas for more than 30 years.
- We have an everyday service line, open from 7 a.m. to 8 p.m.
- You get access to an extensive network of more than 3,000 local physicians.
- We're nationally recognized for our integrated system of care. That means your physician and health plan work as one team to offer you the best care and service.
- You get access to many health and wellness programs at no extra cost to you.

*\*As rated by NCQA.*



See if your  
doctor is in our  
network.  
[fehbswhp.org](http://fehbswhp.org)

# Online Wellness Programs You Won't Find Anywhere Else

The best thing you can do for yourself is to prevent health problems before they start. Whether you're looking to quit smoking, eat healthier, or just want some general health advice, you'll find a wellness program that can help you reach your health goals. We offer several wellness programs at no additional cost to you.

## **Balance**

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**

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

## **Relax**

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

## **Breathe**

Breathe helps you quit smoking by giving you the skills to help conquer your cravings and say goodbye to cigarettes for good.

## **Overcoming Depression**

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

## **Dream**

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

## **Care for Your Health**

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 health condition.

## Care for 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.

## Nurse Advice Line

Not feeling well? The SWHP Nurse Advice Line is here for you 24 hours a day, every day of the year. 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.

## Shared Decision-Making

Our Shared Decision-Making resources give you reliable tools and information to help you make important medical decisions about your health. Use them to become better informed about your condition so you can work more closely with your doctor when discussing your treatment.

## Complex Case Management

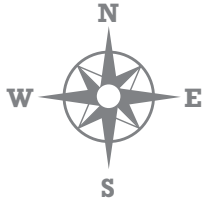
SWHP's Complex Case Management Program will help you manage your chronic conditions or complex care needs. An SWHP nurse case manager will work with you, your family, and your physician to create a plan to meet your ongoing complex care needs. Case Managers will advocate for you and assist with setting goals and making a personal plan to improve your health. They also can assist with arrangements for necessary services. Case managers answer questions and provide education to give you a better understanding of your conditions and your care plan.


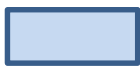
- Hypertension (high blood pressure)
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (heart disease)
- Diabetes (high blood sugar)

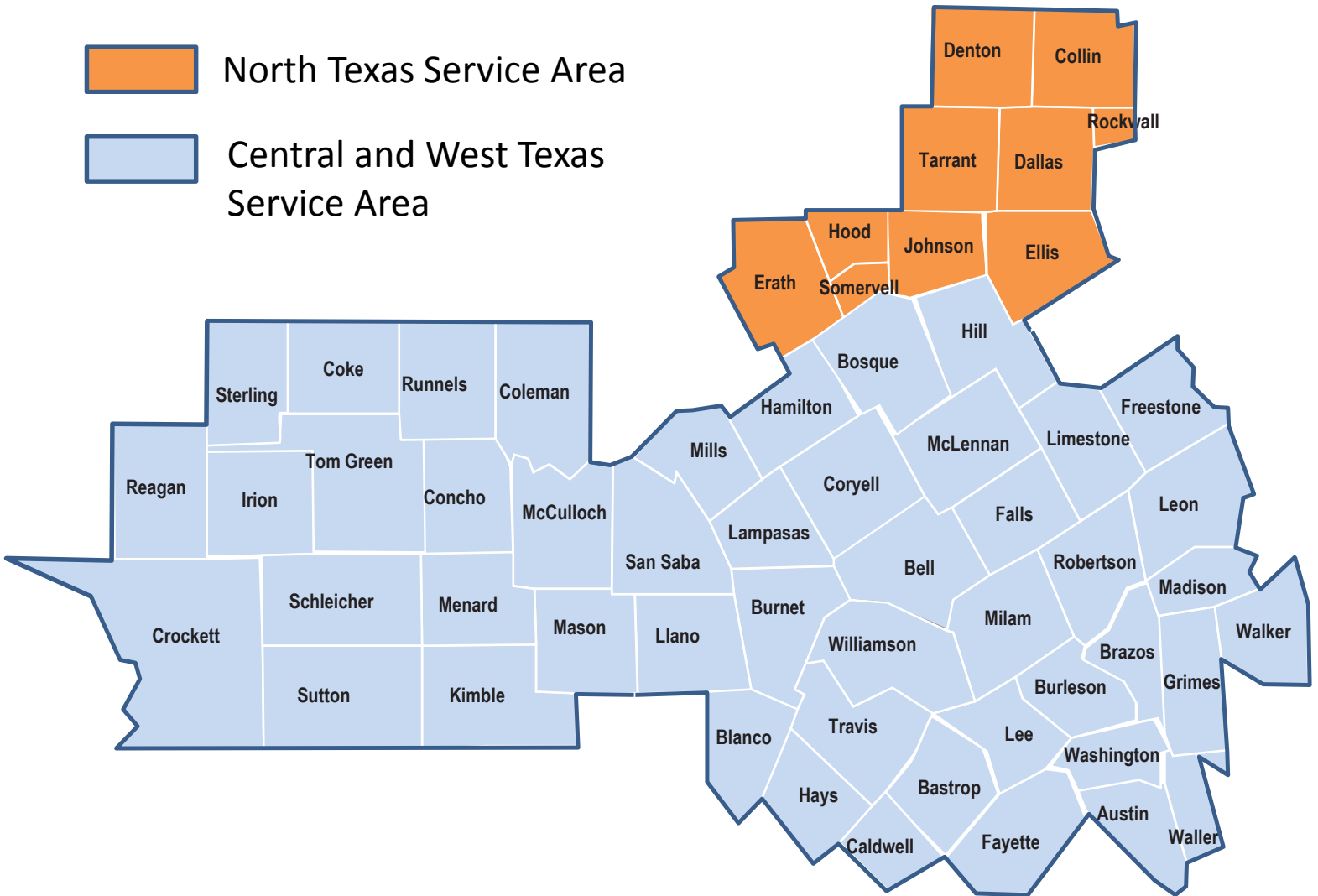


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# Service Area Map



-  North Texas Service Area
-  Central and West Texas Service Area



# Hospital Locations

Ballinger Memorial Hospital  
Baptist Medical Center  
Baylor Emergency Medical Center at Aubrey  
Baylor Emergency Medical Center at Burleson  
Baylor Emergency Medical Center at Colleyville  
Baylor Emergency Medical Center at Keller  
Baylor Emergency Medical Center at Mansfield  
Baylor Emergency Medical Center at Murphy  
Baylor Emergency Medical Center at Rockwall  
Baylor Heart and Vascular Hospital  
Baylor Medical Center at Frisco  
Baylor Medical Center at Trophy Club  
Baylor Medical Center at Uptown  
Baylor Orthopedic & Spine Hospital at Arlington  
Baylor Scott & White All Saints Medical Center - Fort Worth  
Baylor Scott & White Emergency Hospital at Cedar Park  
Baylor Scott & White Medical Center - Brenham  
Baylor Scott & White Medical Center - Carrollton  
Baylor Scott & White Medical Center - Centennial  
Baylor Scott & White Medical Center - College Station  
Baylor Scott & White Medical Center - Garland  
Baylor Scott & White Medical Center - Grapevine  
Baylor Scott & White Medical Center - Hillcrest  
Baylor Scott & White Medical Center - Lake Pointe  
Baylor Scott & White Medical Center - Llano  
Baylor Scott & White Medical Center - McKinney  
Baylor Scott & White Medical Center - Plano  
Baylor Scott & White Medical Center - Sunnyvale  
Baylor Scott & White Medical Center - Taylor  
Baylor Scott & White Medical Center - White Rock  
Baylor Scott & White Medical Center at Waxahachie  
Baylor Scott & White Medical Center- Irving  
Baylor Scott & White Medical Center-Marble Falls  
Baylor Scott & White Surgical Hospital at Sherman  
Baylor Surgical Hospital at Fort Worth  
Baylor Surgical Hospital at Las Colinas  
Baylor University Medical Center  
Coleman County Medical Center  
College Station Medical Center  
Concho County Hospital Coryell Memorial Hospital  
Crescent Medical Center Lancaster  
Falls Community Hospital  
Glen Rose Medical Center  
Goodall-Witcher Hospital  
Hamilton General Hospital  
Hill Regional Hospital  
Kimble Hospital  
LifeCare Hospitals of San Antonio  
LifeCare Hospitals of South Texas  
Lillian M Hudspeth Memorial Hospital  
Limestone Medical Center  
Little River Healthcare  
Methodist Charlton Medical Center  
Methodist Dallas Medical Center  
Methodist Hospital for Surgery  
Methodist Mansfield Medical Center  
Methodist McKinney Hospital, LLC  
Methodist Richardson Medical Center  
Metroplex Hospital  
Mission Trail Baptist Hospital  
North Central Baptist Hospital  
North Central Surgical Center  
North East Baptist Hospital  
North Runnels Hospital  
Parkview Regional Hospital  
Providence Health Center  
Providence Memorial Hospital  
Reagan Memorial Hospital  
Resolute Health  
Rollins Brook Community Hospital  
Schleicher County Medical Center  
Scott & White Hospital Round Rock  
Scott & White Medical Center - Temple  
Shannon Medical Center  
Sierra Medical Center  
Sierra Providence East Medical Center  
St Luke's Baptist Hospital  
St Mark's Medical Center  
The Heart Hospital Baylor Denton  
The Heart Hospital Baylor Plano  
The Hospital at Westlake Medical Center

# Open Season

Open season dates are November 14 through December 12. Don't miss your opportunity to experience the personal service and extraordinary value of Scott & White Health Plan.





# 2017 Summary of Benefits & Services

<b>Individual Deductible Options</b>	
Self Only	\$0
Self Plus One	\$0
Self and Family	\$0
<b>Out-of-Pocket Maximum</b>	
Self Only	\$4,500
Self Plus One	\$9,000
Self and Family	\$9,000
<b>Doctor Office Visits</b>	
Primary care visit to treat an injury or illness	\$20 copay/visit
Specialist visit	\$45 copay/visit
Other practitioner office visit	\$45 copay/visit
Preventive care/screening/immunization	No charge
<b>Emergency Medical Care</b>	
Urgent care visit	\$50 copay/visit
Emergency room services	\$250 copay/visit
Emergency medical transportation	\$125 copay
<b>Services Provided by a Hospital</b>	
Inpatient	\$250 per day up to a maximum of \$750 per admission
Outpatient	\$250/visit
<b>Medical Testing</b>	
Diagnostic test (X-ray, blood work)	No charge
Imaging (CT/PET scans, MRIs)	\$100 per procedure
<b>Dental Care</b>	
Discounts available through Careington International Corporation	20%-50% discounts

# 2017 Prescription Drug Coverage

<b>Preferred Generic Drugs</b>	\$6 copay/retail, non-maintenance \$12 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)
<b>Preferred Brand Drugs</b>	\$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)
<b>Non-Preferred &amp; Non-Formulary</b>	\$100 or 50% copayment, whichever is greater/retail, non-maintenance \$250 per Rx cap	Covers up to a 30-day supply or 100 units (retail prescription)
<b>Specialty Drugs</b>	\$250 copay/ non-maintenance	Failure to obtain pre-authorization may result in the denial of coverage for this service. Please consult <a href="http://fehb.swhp.org">fehb.swhp.org</a> or call 1-800-321-7947 to verify pre-authorization requirements.

**See if your favorite pharmacy  
is in our network  
[fehb.swhp.org](http://fehb.swhp.org)**

# Our Premiums

## 2017 Rate Information for Scott & 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
Standard Option Self Only	A84	\$221.67	\$91.47	\$480.29	\$198.18	\$82.24	\$79.16
Standard Option Self Plus One	A86	\$475.79	\$180.11	\$1,030.88	\$390.24	\$160.28	\$153.68
Standard Option Self and Family	A85	\$505.22	\$228.58	\$1,094.64	\$495.26	\$207.52	\$200.51

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
Standard Option Self Only	P84	\$221.67	\$128.87	\$480.29	\$279.21	\$119.64	\$116.56
Standard Option Self Plus One	P86	\$475.79	\$258.64	\$1,030.88	\$560.39	\$238.81	\$232.21
Standard Option Self and Family	P85	\$505.22	\$316.45	\$1,094.64	\$685.65	\$295.39	\$288.38

Download an application at  
[fehbswhp.org](http://fehbswhp.org)  
 or call  
 1-800-321-7947

View our  
 provider network  
 online.  
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