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OPTIMA HEALTH ANNOUNCES 100 COUNTY EXPANSION FOR MEDICARE ADVANTAGE PLANS

Nearly-Statewide Expansion During Pandemic Allows Locally-Owned Insurer to Support Virginians with Access to Care

VIRGINIA BEACH, VA (October 2020) — A larger service area and increased benefits are two enhancements that Optima Health announced for its Medicare Advantage plans for 2021. Several enhanced plan benefits will help members maintain an active lifestyle even while the pandemic leads many to do so from the safety of home. Plans are available in Hampton Roads, Central/Halifax County, Northern Virginia, and new regions including Roanoke/Alleghany and Southwest Virginia.

Patricia Darnley, Senior Vice President of Government Programs at Optima Health, said, “From Roanoke to Northern Virginia, residents across the state now have access to Medicare Advantage plans from Optima Health. As Virginians covering Virginians, we have first-hand familiarity with local healthcare needs and how to support them with resources. The doctors, nurses, clinics, and hospitals you go to are often the ones we go to as well.”

Plans start with \$0 premiums and now include comprehensive dental. Optima Health includes high-quality medical, hospital and prescription drug benefits. Our extensive provider network across all regions of Virginia allows members to see a specialist without the hassle of a referral.

In addition, the plans include the following services as supplemental “extra” benefits:

- *New*—Comprehensive dental
- Preventive dental
- Virtual doctor visits
- Virtual behavioral health visits
- Over-The-Counter (OTC) product allowance
- Meal delivery (home delivery after a hospital stay)
- Vision and hearing
- Wellness programs
- Medical transportation services
- Non-medical transportation services
- Fitness program reimbursements

During a pandemic, preventive care is extremely important to ensure continued health. Optima Health Medicare Advantage plans provide benefits to suit a variety of comfort levels. Many of these benefits, such as virtual doctor visits, wellness programs, meal delivery and fitness programs, are accessible from home.

“COVID-19 has impacted older adults at a higher level than any other age group in Virginia,” said Darnley. “Rooted in Virginia, we care about the health of our communities. Our service area expansion for Medicare Advantage and robust benefits package allow us to meet a critical need for comprehensive and compassionate healthcare for those most vulnerable in the pandemic.”

To learn more about Optima Health and Medicare, please visit optimahealth.com/medicare or call 866-978-1150.

About Optima Health

Optima Health, based in Virginia, provides health insurance coverage to more than 560,000 members. With more than 35 years of experience, Optima Health offers a suite of commercial products including consumer-directed, employee-owned and employer-sponsored plans, individual health plans, employee assistance programs and plans serving Medicare and Medicaid enrollees. Its provider network features approximately 35,000 providers including specialists, primary care physicians and hospitals across Virginia. Optima Health also offers programs to support members with chronic illnesses, customized wellness programs and integrated clinical and behavioral health services, as well as pharmacy management—all to help members improve their health every day. The company’s goals are to provide better health, be easy to use and offer services that are a great value. Optima Health is a service of Sentara Healthcare. To learn more about Optima Health, visit www.optimahealth.com.