



# HRSD

## Benefits at a Glance

### Easy-to-Use Benefits

#### Good news for both of your plan options:

There are no referrals required from a primary care physician to receive specialist care.

### Strong Local Network With National Coverage

The Sentara Health Plans network includes more than 50,000<sup>1</sup> providers. Every local major hospital system is in-network for both plans, including:

- Sentara Health
- Bon Secours Health System
- Chesapeake Regional Healthcare
- Riverside Health System
- VCU Health System

Your coverage also includes access to the PHCS/MultiPlan national network.

### Support For Your Health

Whether it's a virtual doctor visit with MDLIVE<sup>®</sup> or a caring nurse to help you navigate a difficult health event, Sentara Health Plans has great tools and resources for you.

<sup>1</sup> Sentara Health Plans Provider Database

<sup>2</sup> Individual Plan/Family Plan

<sup>3</sup> Deductible does not apply to preventive medications

<sup>4</sup> A 90-day supply of medication is available for two copayments through mail order or retail pharmacy. Specialty prescriptions are not available in 90-day supply.

	POS Equity 1600/0%	POS Equity 2600/0%
<b>Your Cost Share</b>	Deductible, coinsurance	Deductible, coinsurance
<b>No Referrals</b>	✓	✓
<b>Ways to Save</b>	Health Savings Account (HSA)	Health Savings Account (HSA)
<b>Deductible<sup>2</sup></b>	\$1,600/\$3,200	\$2,600/\$5,200
<b>Maximum Out-of-Pocket<sup>2</sup></b>	\$3,200/\$6,400	\$5,200/\$10,400
<b>Preventive Care</b>	No charge	No charge
<b>Primary Care</b>	After deductible no charge	After deductible no charge
<b>Specialist</b>		
<b>Emergency Department</b>		
<b>Outpatient Facility</b>		
<b>Lab and X-ray</b>		
<b>Inpatient</b>		
<b>Prescription Drug Tier 1, 2, 3, Specialty</b>	After deductible <sup>3</sup> \$10/\$30/\$50/\$75	After deductible <sup>3</sup> \$10/\$30/\$50/\$75
<b>Mail Order Rx</b>	After deductible <sup>3</sup> \$20/\$60/\$100/NA <sup>4</sup>	After deductible <sup>3</sup> \$20/\$60/\$100/NA <sup>4</sup>
<b>Out-of-Network Deductible and Coinsurance</b>	\$3,200/\$6,400 Coinsurance: after deductible 20%	\$5,200/\$10,400 Coinsurance: after deductible 20%

# Tips for New Members

## Transitioning to Sentara Health Plans

Sentara Health Plans understands the importance of maintaining your health without interruption when switching health plans. Your new plan is designed to provide continuity of coverage and benefits. For a smooth transition, consider the following before your new plan becomes effective on July 1.

### If you currently receive obstetrics care, medical treatment, or have a procedure scheduled:

- Call your doctor's office and tell them your coverage will change to Sentara Health Plans as of July 1.
- Confirm that your doctors have sent clinical notes and authorizations to the Sentara Health Plans clinical care services team in June.

### If you have scheduled a treatment that required authorization from your former health plan:

Sentara Health Plans will likely need to authorize this treatment and will work with you and your doctor to do so.

### If your prescriptions required prior authorization from your former health plan carrier:

Sentara Health Plans will receive any existing pharmacy authorizations from your prior carrier. You will only need to obtain an authorization for new medications not already authorized.

## Find Out if Your Doctor Is in Our Network

Visit [sentarahealthplans.com/hrsd](https://sentarahealthplans.com/hrsd) and select *Find Doctors, Drugs and Facilities* to begin your search. You can search for a specific provider or facility by name or type and then filter your results by distance, language, etc.



## Get and Stay Healthy

Complete your Personal Health Assessment and check out all the great wellness tools. To get started, register and sign in to [sentarahealthplans.com/hrsd](https://sentarahealthplans.com/hrsd), then click the *Get Healthy* tab. This is not part of your HRSD wellness plan.



## Next Steps

- **May:** Make changes to your coverage and who you cover. If no changes are needed, you will move to Sentara Health Plans, effective July 1, 2024, at your appropriate level of coverage automatically.
- **June:** Receive your member ID card and other important plan information in the mail.
- **July:** Register your account through the member portal or mobile app and share your new member ID card with your doctor and pharmacist.



### Contact Sentara Health Plans:

**1-888-267-0019** (May–June)

**1-800-543-3359/757-552-7410** (July forward)

Monday through Friday 8 a.m. to 6 p.m.

[members@sentara.com](mailto:members@sentara.com)