



City of Newport News retirees

Easy-to-use benefits

Good news for all of your plan options: there are no referrals required from a primary care physician to receive specialist care.

Strong local network

The Sentara Health Plans network includes more than 50,000¹ providers. Every local major hospital system is in-network for each plan. Your coverage also includes access to the PHCS national network.

Support for your health

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

	POS 750	Equity HDHP
In & out-of-network coverage	✓	✓
Your cost share	Copayments, coinsurance	Deductible, coinsurance
No referrals	✓	✓
Deductible²	\$750 / \$1,500	\$3,400 / \$6,800
Maximum out-of-pocket²	\$4,000 / \$8,000	\$4,500 / \$9,000
Preventive care	No charge	No charge
Primary care	\$35	20% After deductible
Specialist	\$45	
Emergency department	20% After deductible	
Outpatient facility		
Lab and X-ray		
Inpatient		
Prescription drug tier 1, 2, 3, specialty	\$15/\$50/\$85/\$85	After Deductible ³ \$15/\$50/\$85/\$85
Mail order Rx	\$38/\$125/\$213/NA ⁴	After Deductible ³ \$38/\$125/\$213/NA ⁴
Out-of-network deductible and coinsurance	\$1,000 / \$2,000 coinsurance: 30%	Combined with in-network deductible

¹ Sentara Health Plans, Inc. Provider Database

² Individual Plan/Family Plan

³ Deductible does not apply to preventive medications

⁴ Specialty prescriptions not available in 90 day supply

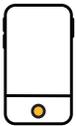
Important reminders

Are you new to the retiree health plan?

Sentara Health Plans understands the importance of maintaining your health without interruption when switching health plans. Your plans are designed to provide continuity of coverage and benefits. For a smooth transition, consider the following:

Find out if your doctor is in our network

To find providers, sign in to sentarahealthplans.com/members and visit "Find Doctors and Facilities". You can search for a specific provider or facility by name or type, and then filter your results by distance, languages, etc. If your doctor practices in multiple locations throughout the Hampton Roads area, you can filter your search within a larger radius (such as 30 miles). The Sentara Health Plans database may list a different address for your doctor than the location you normally visit.



Once you become a member, download the Sentara Health Plans mobile app from the App Store or Google Play. Register to safely and securely access important health information when you need it—at home, at the doctor, and even on the road.

Contact information

Sentara Health Plans:

P: 757-552-7110 or 1-800-229-1199
(Monday through Friday, 8 a.m. to 6 p.m.)

members@sentara.com

(please mention that you are a City of Newport News retiree in your email)

For questions about enrollment, eligibility, payroll contributions, or other non-medical benefits:

Contact the city:

P: 757-926-1850
benefits@nnva.gov