



August 1, 2018

2019 PERS Select Basic PPO – an affordable plan that rewards you for taking healthy steps






Dear PERS Select Basic PPO Member,

For 2019, we're making some exciting changes to the PERS Select Basic PPO plan that can help you save money:

- A lower monthly plan premium with great access to care
- Only a \$10 copay when you see your primary care doctor
- No more hospital tiering. You pay a 20% coinsurance for all Select hospitals.

Get rewarded for taking healthy steps

In 2019, you can earn credits (up to \$500 for a single person and up to \$1,000 for a family) to lower your deductible simply by doing healthy things – all at no cost to you!

Activity	How to earn a credit	Deductible credit
 Flu shot	Get a flu shot at a pharmacy or at your doctor's office. ¹	\$100
 Nonsmoking status	Let us know you don't smoke or, if you smoke, complete a quit smoking program.	\$100
 Biometric test	Get tested at your doctor's office or a Quest Diagnostics center.	\$100
 Virtual Second Opinion program	Get a second opinion if you're having a surgery in 2019. ²	\$100
 ConditionCare certification	Take part in the ConditionCare program if you have asthma, diabetes, COPD, heart failure or heart disease. ³	\$100
During open enrollment, you'll get more information about the credits, including how to report your activity and check how many credits you've earned. Once enrolled, a welcome packet will be mailed to you before the 2019 plan year.		For a total up to: \$500 (for a single person) or \$1,000 (for a family)

¹ If you can't get a flu shot due to health, personal or religious reasons, you can still earn this \$100 credit.

² If you don't have a surgery in 2019, you can still earn this credit.

³ If you don't have any of these health issues, you can still earn the \$100 credit.

See the other side for more important information.

Changes in the plan

- In 2019, the deductible is changing from:
 - \$500 to \$1,000 for a single person
 - \$1,000 to \$2,000 for a family
- \$35 copay for urgent care and specialists
- \$10 copay for mental health, behavioral health and substance abuse office visits

Don't have a primary care physician (PCP)? We'll help you get one.

Starting in 2019, if you don't have a PCP, we'll assign one for you. This is the doctor you can see for yearly checkups, exams and more. He or she is your "go-to" doctor when you have a health problem or need some personal help to reach your health goals. If you'd rather see a different doctor, give us a call and we'll help you find one.

Need help or have questions? Call Anthem Customer Service at **1-877-737-7776**.

Thanks for trusting us with your health plan needs,

Anthem Blue Cross

2019 Open Enrollment is almost here

CalPERS Open Enrollment is from **September 10, 2018 to October 5, 2018**. During this time, you can choose a health plan that's effective January 1, 2019.

If you don't choose another plan for 2019, we'll keep you in the PERS Select Basic PPO Plan.