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!

<table>
<thead>
<tr>
<th>Activity</th>
<th>How to earn a credit</th>
<th>Deductible credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu shot</td>
<td>Get a flu shot at a pharmacy or at your doctor’s office.</td>
<td>$100</td>
</tr>
<tr>
<td>Nonsmoking status</td>
<td>Let us know you don’t smoke or, if you smoke, complete a quit smoking program.</td>
<td>$100</td>
</tr>
<tr>
<td>Biometric test</td>
<td>Get tested at your doctor’s office or a Quest Diagnostics center.</td>
<td>$100</td>
</tr>
<tr>
<td>Virtual Second Opinion program</td>
<td>Get a second opinion if you’re having a surgery in 2019.</td>
<td>$100</td>
</tr>
<tr>
<td>ConditionCare certification</td>
<td>Take part in the ConditionCare program if you have asthma, diabetes, COPD, heart failure or heart disease.</td>
<td>$100</td>
</tr>
</tbody>
</table>

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