

# Additional benefits included with the Group Medicare plans.

## THE SILVERSNEAKERS®† FITNESS PROGRAM

The SilverSneakers Fitness Program helps you achieve your health and fitness goals with access to thousands of fitness locations plus in-person and online classes led by certified instructors.

- Call **1-888-423-4632 (TTY 711)**, Monday through Friday, 7 a.m. - 7 p.m. CT, or
- Visit **SilverSneakers.com/StartHere**, or
- Email **support@silversneakers.com**

Always talk with your doctor before starting an exercise program.

## PRIVATE DUTY NURSING

Private duty nursing is provided to individuals who need skilled care and require individualized and continuous 24-hour nursing care that's more intense than what is available under the home health care benefit.

You have a \$0 copay for Medicare-covered services. (40 visits per year)

## MDLIVE VIRTUAL VISITS

Make an appointment with an independently contracted, board-certified MDLIVE provider for non-emergency medical conditions and mental health support, including therapy and psychiatric care. You can meet by phone, mobile app or online video 24 hours a day, 7 days a week.

**Note:** Your primary care provider may also offer virtual visits. Visit **www.mdlive.com/bcbstx-medicare** or call **1-866-954-3585 (TTY 1-800-770-5531)**.



## Modivcare | Non-Emergency Transportation

**Services** Getting to the doctor or pharmacy is easier with transportation services through Modivcare. You have a \$0 copay for up to 12 oneway visits to plan-approved locations per year. Arrange trips by calling the Customer Service number on the back of your member ID card.

## Mom's Meals | Post Discharge Meals at Home

Mom's Meals offers healthy meals to aid in your recovery for a limited period after getting discharged from an inpatient hospital stay. Your benefit includes up to 28 meals over 14 days a maximum of 3 times per year. Authorization is required after an inpatient stay. Call the Customer Service number on the back of your member ID card to arrange meals.

## 24/7 NURSELINE

Your health questions can be answered by a registered nurse. This service is available 24 hours a day, 7 days a week. Get help with health concerns such as asthma, dizziness or severe headaches, high fever and more. You can reach the 24/7 Nurseline at **1-800-631-7023 (TTY 711)**.