



Annual Notice of Changes 2024

AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO)



Toll-free 1-866-272-1967, TTY 711

8 a.m.-8 p.m.: 7 Days Oct-Mar; M-F Apr-Sept



myAARPMedicare.com

Do we have the right address for you?

If not, please let us know so we can keep you informed about your plan.

AARP® | Medicare Advantage
from  **UnitedHealthcare®**

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Find updates to your plan for next year

This notice provides information about updates to your plan, but it doesn't include all of the details. Throughout this notice you will be directed to **myAARPMedicare.com** to review the details online. All of the below documents will be available online by **October 15, 2023.**

Provider Directory

Review the 2024 Provider Directory online to make sure your providers (primary care provider, specialists, hospitals, etc.) will be in the network next year.

Evidence of Coverage (EOC)

Review your 2024 EOC for details about plan costs and benefits. The EOC is the legal, detailed description of your plan benefits. It explains your rights and the rules you need to follow to get covered services. It also has information about the quality program, how medical coverage decisions are made and your Rights and Responsibilities as a member.

Would you rather get paper copies?

If you want a paper copy of what is listed above, please contact our Customer Service at 1-866-272-1967 (TTY users should call 711). Hours are 8 a.m.-8 p.m.: 7 Days Oct-Mar; M-F Apr-Sept.

Reduce the clutter and get plan documents faster.

Visit **myAARPMedicare.com** to sign up for paperless delivery.

**AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO) offered by
UnitedHealthcare**

Annual Notice of Changes for 2024



You are currently enrolled as a member of AARP® Medicare Advantage Patriot (PPO).

Next year, there will be changes to the plan's costs and benefits. Please see page 7 for a Summary of Important Costs, including Premium. This document tells about the changes to your plan. To get more information about costs, benefits, or rules please review the Evidence of Coverage, which is located on our website at **AARPMedicarePlans.com**. You may also call Customer Service to ask us to mail you an Evidence of Coverage.

You have from October 15 until December 7 to make changes to your Medicare coverage for next year.

What to do now

1. **Ask:** Which changes apply to you

- ☐ Check the changes to our benefits and costs to see if they affect you.
 - Review the changes to Medical care costs (doctor, hospital).
 - Think about how much you will spend on premiums, deductibles, and cost sharing.
- ☐ Check to see if your primary care doctors, specialists, hospitals and other providers will be in our network next year.
- ☐ Think about whether you are happy with our plan.

2. **Compare:** Learn about other plan choices

- ☐ Check coverage and costs of plans in your area. Use the Medicare Plan Finder at www.medicare.gov/plan-compare website or review the list in the back of your Medicare & You 2024 handbook.

- ☐ Once you narrow your choice to a preferred plan, confirm your costs and coverage on the plan's website.

3. Choose: Decide whether you want to change your plan

- If you don't join another plan by December 7, 2023, you will be enrolled in AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO).
- To change to a **different plan**, you can switch plans between October 15 and December 7. Your new coverage will start on **January 1, 2024**. This will end your enrollment with AARP® Medicare Advantage Patriot (PPO).
- If you recently moved into, currently live in, or just moved out of an institution (like a skilled nursing facility or long-term care hospital), you can switch plans or switch to Original Medicare (either with or without a separate Medicare prescription drug plan) at any time.

Additional Resources

- UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.
- UnitedHealthcare provides free services to help you communicate with us such as documents in other languages, braille, large print and audio. You can also ask for an interpreter. For more information, please call us toll-free at 1-866-272-1967, TTY 711, 8 a.m.-8 p.m.: 7 Days Oct-Mar; M-F Apr-Sept.
- UnitedHealthcare ofrece servicios gratuitos para ayudarle a que se comuniquen con nosotros. Por ejemplo, documentos en otros idiomas, braille, en letra grande y en audio. También puede pedir un intérprete. Para obtener más información, llámenos al número gratuito al 1-866-272-1967, TTY 711, de 8 a.m. a 8 p.m.: los 7 días de la semana, de octubre a marzo; de lunes a viernes, de abril a septiembre.
- **Coverage under this plan qualifies as Qualifying Health Coverage (QHC)** and satisfies the Patient Protection and Affordable Care Act's (ACA) individual shared responsibility requirement. Please visit the Internal Revenue Service (IRS) website at www.irs.gov/Affordable-Care-Act/Individuals-and-Families for more information.

About AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO)

- Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. UnitedHealthcare Insurance Company pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. You do not need to

be an AARP member to enroll. AARP encourages you to consider your needs when selecting products and does not make specific product or pharmacy recommendations for individuals.

- When this document says “we,” “us,” or “our,” it means UnitedHealthcare Insurance Company or one of its affiliates. When it says “plan” or “our plan,” it means AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO).

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Summary of important costs for 2024

The table below compares the 2023 costs and 2024 costs for AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO) in several important areas. **Please note this is only a summary of costs.**

Cost	2023 (this year)	2024 (next year)
Monthly plan premium (See Section 2.1 for details.)	\$0	\$0
Maximum out-of-pocket amounts This is the <u>most</u> you will pay out-of-pocket for your covered Part A and Part B services. (See Section 2.2 for details.)	From network providers: \$6,700 From in-network and out-of-network providers combined: \$10,000	From network providers: \$7,500 From in-network and out-of-network providers combined: \$10,000
Doctor office visits	Primary care visits: You pay a \$0 copayment per visit (in-network). You pay a \$20 copayment per visit (out-of-network). Specialist visits: You pay a \$40 copayment per visit (in-network). You pay a \$60 copayment per visit (out-of-network).	Primary care visits: You pay a \$0 copayment per visit (in-network). You pay a \$20 copayment per visit (out-of-network). Specialist visits: You pay a \$50 copayment per visit (in-network). You pay a \$70 copayment per visit (out-of-network).
Inpatient hospital stays	You pay a \$345 copayment each day for days 1 to 5 (in-network). \$0 copayment for additional Medicare covered days (in-network). You pay a \$500 copayment each day for	You pay a \$350 copayment each day for days 1 to 7 (in-network). \$0 copayment for additional Medicare covered days (in-network). You pay a \$500 copayment each day for



Questions? Call Customer Service at **1-866-272-1967**, TTY **711**, 8 a.m.-8 p.m.: 7 Days Oct-Mar; M-F Apr-Sept

Cost	2023 (this year)	2024 (next year)
	<p>days 1 to 20 (out-of-network).</p> <p>\$0 copayment for additional Medicare covered days (out-of-network).</p>	<p>days 1 to 20 (out-of-network).</p> <p>\$0 copayment for additional Medicare covered days (out-of-network).</p>



Questions? Call Customer Service at **1-866-272-1967**, TTY **711**, 8 a.m.-8 p.m.: 7 Days Oct-Mar; M-F Apr-Sept

Section 1 We Are Changing the Plan’s Name

On January 1, 2024, our plan name will change from AARP® Medicare Advantage Patriot (PPO) to AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO).

We will mail you a new UnitedHealthcare member ID card. If you have questions, or if your UnitedHealthcare member ID card is damaged, lost, or stolen, call Customer Service at 1-866-272-1967 (TTY users should call 711) right away and we will send you a new card.

You will see the new plan name reflected on future communications where the plan name is referenced.

Section 2 Changes to Benefits and Costs for Next Year

Section 2.1 Changes to the Monthly Premium

Cost	2023 (this year)	2024 (next year)
Monthly premium (You must also continue to pay your Medicare Part B premium.)	\$0	\$0
Monthly Medicare Part B premium refund (You must also continue to pay your Medicare Part B premium.)	Up to \$65	Up to \$75

Cost	2023 (this year)	2024 (next year)
Platinum Dental Rider	<p>You pay \$50.00 a month for up to \$1,500 per year for covered preventive and comprehensive dental services. Benefit is combined in and out-of-network.</p> <p>You pay a \$0 copayment for covered preventive and diagnostic services.</p> <p>You pay a \$0 copayment for covered comprehensive dental services.</p> <p>You may receive dental services from an out-of-network dentist. If an out-of-network dentist charges more than your plan pays, you may be billed for the difference, even for services listed as \$0 copayment.</p>	<p>You pay \$56.00 a month for up to \$1,500 per year for covered preventive and comprehensive dental services. Benefit is combined in and out-of-network.</p> <p>You pay a \$0 copayment for covered preventive and diagnostic services.</p> <p>You pay 50% coinsurance for dentures and bridges. You pay a \$0 copayment for all other covered comprehensive services.</p> <p>You may receive dental services from an out-of-network dentist. If an out-of-network dentist charges more than your plan pays, you may be billed for the difference, even for services listed as \$0 copayment.</p> <p>The list of services covered by your plan has changed. See your Evidence of Coverage for more information.</p>

Section 2.2**Changes to Your Maximum Out-of-Pocket Amounts**

Cost	2023 (this year)	2024 (next year)
In-network maximum out-of-pocket amount Your costs for covered medical services (such as copays) from network providers count toward your in-network maximum out-of-pocket amount.	\$6,700 Once you have paid \$6,700 out-of-pocket for covered Part A and Part B services from network providers, you will pay nothing for your covered Part A and Part B services from network providers for the rest of the calendar year.	\$7,500 Once you have paid \$7,500 out-of-pocket for covered Part A and Part B services from network providers, you will pay nothing for your covered Part A and Part B services from network providers for the rest of the calendar year.
Combined maximum out-of-pocket amount Your costs for covered medical services (such as copays) from in-network and out-of-network providers count toward your combined maximum out-of-pocket amount.	\$10,000 Once you have paid \$10,000 out-of-pocket for covered Part A and Part B services, you will pay nothing for your covered Part A and Part B services from in-network or out-of-network providers for the rest of the calendar year.	\$10,000 Once you have paid \$10,000 out-of-pocket for covered Part A and Part B services, you will pay nothing for your covered Part A and Part B services from in-network or out-of-network providers for the rest of the calendar year.

Medicare requires all health plans to limit how much you pay “out-of-pocket” for the year. These limits are called the “maximum out-of-pocket amounts.” Once you reach this amount, you generally pay nothing for covered Part A and Part B services for the rest of the year.

Section 2.3 Changes to the Provider Network

An updated Provider Directory is located on our website at **myAARPMedicare.com**. You may also call Customer Service for updated provider information or to ask us to mail you a directory, which we will mail within three business days.

There are changes to our network of providers for next year. **Please review the 2024 Provider Directory to see if your providers (primary care provider, specialists, hospitals, etc.) are in our network.**

It is important that you know that we may make changes to the hospitals, doctors and specialists (providers) that are part of your plan during the year. If a mid-year change in our providers affects you, please contact Customer Service so we may assist.

Section 2.4 Changes to Benefits and Costs for Medical Services

We are making changes to costs and benefits for certain medical services next year. The information below describes these changes.

Cost	2023 (this year)	2024 (next year)
Acupuncture for chronic low back pain (Medicare-covered)	<p>You pay a \$0 copayment for services provided by a primary care physician (in-network).</p> <p>You pay a \$40 copayment for services provided by a specialist (in-network).</p> <p>Generally, Medicare-covered acupuncture services are not covered when provided by an acupuncturist or chiropractor.</p> <p>See Chapter 4 of the Evidence of Coverage for details.</p>	<p>You pay a \$0 copayment for services provided by a primary care physician (in-network).</p> <p>You pay a \$50 copayment for services provided by a specialist (in-network).</p> <p>Generally, Medicare-covered acupuncture services are not covered when provided by an acupuncturist or chiropractor.</p> <p>See Chapter 4 of the Evidence of Coverage for details.</p>

Cost	2023 (this year)	2024 (next year)
Acupuncture for chronic low back pain (Medicare-covered)	<p>You pay a \$20 copayment for services provided by a primary care physician (out-of-network).</p> <p>You pay a \$60 copayment for services provided by a specialist (out-of-network).</p> <p>Generally, Medicare-covered acupuncture services are not covered when provided by an acupuncturist or chiropractor.</p> <p>See Chapter 4 of the Evidence of Coverage for details.</p>	<p>You pay a \$20 copayment for services provided by a primary care physician (out-of-network).</p> <p>You pay a \$70 copayment for services provided by a specialist (out-of-network).</p> <p>Generally, Medicare-covered acupuncture services are not covered when provided by an acupuncturist or chiropractor.</p> <p>See Chapter 4 of the Evidence of Coverage for details.</p>
Additional routine foot care	<p>You pay a \$40 copayment (in-network).</p> <p>You pay a \$60 copayment (out-of-network).</p> <p>We cover 6 in and out-of-network visits every year.</p>	<p>You pay a \$50 copayment (in-network).</p> <p>You pay a \$70 copayment (out-of-network).</p> <p>We cover 6 in and out-of-network visits every year.</p>
Ambulance services	<p>You pay a \$250 copayment for each one-way Medicare-covered ground trip.</p> <p>You pay a \$250 copayment for each one-way Medicare-covered air trip.</p>	<p>You pay a \$290 copayment for each one-way Medicare-covered ground trip.</p> <p>You pay a \$290 copayment for each one-way Medicare-covered air trip.</p>

Cost	2023 (this year)	2024 (next year)
Chiropractic services	You pay a \$20 copayment (in-network).	You pay a \$15 copayment (in-network).
Chiropractic services	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).
Dental services Comprehensive and preventive dental	<p>You pay a \$0 copayment for covered preventive and diagnostic services.</p> <p>You pay a \$0 copayment for covered comprehensive dental services.</p> <p>You are covered for up to \$500 per year. Benefit is combined in and out-of-network.</p> <p>You may receive dental services from an out-of-network dentist. If an out-of-network dentist charges more than your plan pays, you may be billed for the difference, even for services listed as \$0 copayment.</p>	<p>You pay a \$0 copayment for covered preventive and diagnostic services.</p> <p>Benefit is combined in and out-of-network.</p> <p>You may receive dental services from an out-of-network dentist. If an out-of-network dentist charges more than your plan pays, you may be billed for the difference, even for services listed as \$0 copayment.</p> <p>The list of services covered by your plan has changed. See your Evidence of Coverage for more information.</p>
Emergency care	You pay a \$90 copayment.	You pay a \$100 copayment.
Hearing services Routine hearing exam	<p>You pay a \$0 copayment (in-network).</p> <p>You pay a \$60 copayment (out-of-network).</p> <p>We cover 1 in or out-of-network exam every year.</p>	<p>You pay a \$0 copayment (in-network).</p> <p>You pay a \$70 copayment (out-of-network).</p> <p>We cover 1 in or out-of-network exam every year.</p>

Cost	2023 (this year)	2024 (next year)
Hearing services Medicare-covered hearing and balance exams	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).
Hearing services Hearing aids	<p>You pay a \$175 - \$1,225 copayment for each prescription hearing aid, up to 2 hearing aids every year (select products only).</p> <p>Home-delivered hearing aids are available nationwide through UnitedHealthcare Hearing (select products only).</p> <p>You must use UnitedHealthcare Hearing providers to access this benefit.</p>	<p>You pay a \$99 - \$1,249 copayment for each OTC or prescription hearing aid, up to 2 hearing aids every year (select products only).</p> <p>Home-delivered hearing aids are available nationwide through UnitedHealthcare Hearing (select products only).</p> <p>You must use UnitedHealthcare Hearing providers to access this benefit.</p>
Inpatient hospital care	<p>You pay a \$345 copayment each day for days 1 to 5 (in-network).</p> <p>\$0 copayment for additional Medicare covered days (in-network).</p>	<p>You pay a \$350 copayment each day for days 1 to 7 (in-network).</p> <p>\$0 copayment for additional Medicare covered days (in-network).</p>
Inpatient mental health care	<p>You pay a \$345 copayment each day for days 1 to 5 (in-network).</p> <p>\$0 copayment each day for days 6 to 90 (in-network).</p>	<p>You pay a \$350 copayment each day for days 1 to 5 (in-network).</p> <p>\$0 copayment each day for days 6 to 90 (in-network).</p>

Cost	2023 (this year)	2024 (next year)
Outpatient diagnostic tests and therapeutic services and supplies - X-rays	You pay a \$15 copayment (in-network).	You pay a \$25 copayment (in-network).
Outpatient diagnostic tests and therapeutic services and supplies - X-rays	You pay a \$20 copayment (out-of-network).	You pay a \$30 copayment (out-of-network).
Outpatient diagnostic tests and therapeutic services and supplies - other diagnostic tests - non-radiological diagnostic services	You pay a \$20 copayment (in-network).	You pay a \$45 copayment (in-network).
Outpatient diagnostic tests and therapeutic services and supplies - other diagnostic tests - radiological diagnostic service, not including X-rays	You pay a \$0 copayment for each diagnostic mammogram. You pay a \$150 copayment otherwise (in-network).	You pay a \$0 copayment for each diagnostic mammogram. You pay a \$225 copayment otherwise (in-network).
Outpatient rehabilitation services - occupational therapy	You pay a \$20 copayment (in-network).	You pay a \$40 copayment (in-network).
Outpatient rehabilitation services - occupational therapy	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).
Outpatient rehabilitation services - physical therapy and speech therapy	You pay a \$20 copayment (in-network).	You pay a \$40 copayment (in-network).
Outpatient rehabilitation services - physical therapy and speech therapy	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).
Outpatient surgery - ambulatory surgical center	You pay a \$0 copayment for a diagnostic colonoscopy. You pay a \$245 copayment otherwise (in-network).	You pay a \$0 copayment for a diagnostic colonoscopy. You pay a \$250 copayment otherwise (in-network).

Cost	2023 (this year)	2024 (next year)
Outpatient surgery - hospital outpatient facilities	<p>You pay a \$0 copayment for a diagnostic colonoscopy.</p> <p>You pay a \$345 copayment otherwise (in-network).</p>	<p>You pay a \$0 copayment for a diagnostic colonoscopy.</p> <p>You pay a \$350 copayment otherwise (in-network).</p>
Outpatient surgery - hospital outpatient observation services	You pay a \$345 copayment (in-network).	You pay a \$350 copayment (in-network).
Over-the-counter (OTC) and home and bath safety devices credit	<p>\$50 credit a quarter loaded to your UnitedHealthcare UCard® for covered over-the-counter products. Your credit amount expires at the end of each quarter.</p> <p>Home and bath safety devices not covered.</p>	<p>\$40 credit a quarter loaded to your UnitedHealthcare UCard® for covered over-the-counter products and select home and bath safety devices. Your credit amount expires at the end of each quarter.</p> <p>Use your UCard online or in-store to access your benefits.</p> <p>See your Evidence of Coverage for more information.</p>
Physician/practitioner services, including doctor's office visits - Medicare-covered hearing and balance exams	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).
Physician/practitioner services, including doctor's office visits - specialists	You pay a \$40 copayment (in-network).	You pay a \$50 copayment (in-network).
Physician/practitioner services, including doctor's office visits - specialists	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).

Cost	2023 (this year)	2024 (next year)
Podiatry services (Medicare-covered)	You pay a \$40 copayment (in-network).	You pay a \$50 copayment (in-network).
Podiatry services (Medicare-covered)	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).
Pulmonary rehabilitation	You pay a \$20 copayment (in-network).	You pay a \$15 copayment (in-network).
Skilled nursing facility (SNF) care	<p>You pay a \$0 copayment each day for days 1 to 20 (in-network).</p> <p>You pay a \$196 copayment each day for days 21 to 55 (in-network).</p> <p>You pay a \$0 copayment each day for days 56 to 100 (in-network).</p>	<p>You pay a \$0 copayment each day for days 1 to 20 (in-network).</p> <p>You pay a \$203 copayment each day for days 21 to 100 (in-network).</p>
Supervised exercise therapy (SET)	You pay a \$20 copayment (in-network).	You pay a \$15 copayment (in-network).

Cost	2023 (this year)	2024 (next year)
Virtual medical visits for: <ul style="list-style-type: none"> •Cardiac rehabilitation services •Intensive cardiac rehabilitation services •Occupational therapy •Physical therapy and speech-language therapy 	You pay 40% of the total cost for these services (out-of-network).	<p>You pay 40% of the total cost for cardiac rehabilitation services (out-of-network).</p> <p>You pay 40% of the total cost for intensive cardiac rehabilitation services (out-of-network).</p> <p>You pay a \$70 copayment for occupational therapy services (out-of-network).</p> <p>You pay a \$70 copayment for physical and speech-language therapy services (out-of-network).</p> <p>Please see your Evidence of Coverage for details.</p>
Vision care Medicare-covered eye exams to evaluate for eye disease	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).
Vision care Medicare-covered glaucoma screening	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).
Vision care Medicare-covered visits	You pay a \$60 copayment (out-of-network).	You pay a \$70 copayment (out-of-network).

Cost	2023 (this year)	2024 (next year)
Vision care Additional routine eye exams	<p>You pay a \$0 copayment (in-network).</p> <p>You pay a \$60 copayment (out-of-network).</p> <p>We cover 1 in or out-of-network exam every year.</p>	<p>You pay a \$0 copayment (in-network).</p> <p>You pay a \$70 copayment (out-of-network).</p> <p>We cover 1 in or out-of-network exam every year.</p>
Vision care Additional routine eyewear	<p>You pay a \$0 copayment for standard lenses and receive up to \$200 toward your purchase of frames or contact lenses through a UnitedHealthcare Vision provider every year.</p> <p>Limited to 1 pair of standard lenses and frames every year. or Contact lenses instead of lenses and frames every year.</p> <p>Home-delivered eyewear is available nationwide through UnitedHealthcare Vision network providers (select products only). You are responsible for all costs for eyewear not purchased from a UnitedHealthcare Vision network provider.</p>	<p>You pay a \$0 copayment for standard lenses and receive up to \$100 toward your purchase of frames or contact lenses through a UnitedHealthcare Vision provider every year.</p> <p>Limited to 1 pair of standard lenses and frames every year. or Contact lenses instead of lenses and frames every year.</p> <p>Home-delivered eyewear is available nationwide through UnitedHealthcare Vision network providers (select products only). You are responsible for all costs for eyewear not purchased from a UnitedHealthcare Vision network provider.</p>

Section 3 Deciding Which Plan to Choose

Section 3.1 If You Want to Stay in AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO)

To stay in our plan, you don't need to do anything. If you do not sign up for a different plan or change to Original Medicare by December 7, you will automatically be enrolled in our AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO).

Section 3.2 If You Want to Change Plans

We hope to keep you as a member next year but if you want to change plans for 2024 follow these steps:

Step 1: Learn about and compare your choices

- You can join a different Medicare health plan,
- – **OR–** You can change to Original Medicare. If you change to Original Medicare, you will need to decide whether to join a Medicare drug plan. If you do not enroll in a Medicare drug plan, there may be a potential Part D late enrollment penalty.

To learn more about Original Medicare and the different types of Medicare plans, use the Medicare Plan Finder (www.medicare.gov/plan-compare), read the **Medicare & You 2024 handbook**, call your State Health Insurance Assistance Program (see Section 5), or call Medicare (see Section 7.2).

As a **reminder**, UnitedHealthcare Insurance Company or one of its affiliates offers other Medicare health plans and Medicare prescription drug plans. These other plans may differ in coverage, monthly premiums, and cost-sharing amounts.

Step 2: Change your coverage

- To **change to a different Medicare health plan**, enroll in the new plan. You will automatically be disenrolled from AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO).
- To **change to Original Medicare with a prescription drug plan**, enroll in the new drug plan. You will automatically be disenrolled from AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO).
- To **change to Original Medicare without a prescription drug plan**, you must either:
 - Send us a written request to disenroll or visit our website to disenroll online. Contact Customer Service if you need more information on how to do so.
 - **or** – Contact **Medicare**, at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week, and ask to be disenrolled. TTY users should call 1-877-486-2048.

Section 4 Deadline for Changing Plans

If you want to change to a different plan or to Original Medicare for next year, you can do it from **October 15 to December 7**. The change will take effect on January 1, 2024.

Are there other times of the year to make a change?

In certain situations, changes are also allowed at other times of the year. Examples include people with Medicaid, those who get “Extra Help” paying for their drugs, those who have or are leaving employer coverage, and those who move out of the service area.

If you enrolled in a Medicare Advantage plan for January 1, 2024, and don’t like your plan choice, you can switch to another Medicare health plan (either with or without Medicare prescription drug coverage) or switch to Original Medicare (either with or without Medicare prescription drug coverage) between January 1 and March 31, 2024.

If you recently moved into, currently live in, or just moved out of an institution (like a skilled nursing facility or long-term care hospital), you can change your Medicare coverage **at any time**. You can change to any other Medicare health plan (either with or without Medicare prescription drug coverage) or switch to Original Medicare (either with or without a separate Medicare prescription drug plan) at any time.

Section 5 Programs That Offer Free Counseling about Medicare

The State Health Insurance Assistance Program (SHIP) is an independent government program with trained counselors in every state. In Virginia, the SHIP is called Virginia Insurance Counseling and Assistance Program (VICAP).

It is a state program that gets money from the federal government to give **free** local health insurance counseling to people with Medicare. Virginia Insurance Counseling and Assistance Program (VICAP) counselors can help you with your Medicare questions or problems. They can help you understand your Medicare plan choices and answer questions about switching plans. You can call Virginia Insurance Counseling and Assistance Program (VICAP) at 1-800-552-3402.

Section 6 Programs That Help Pay for Prescription Drugs

You may qualify for help paying for prescription drugs. Below we list different kinds of help:

- **“Extra Help” from Medicare.** People with limited incomes may qualify for “Extra Help” to pay for their prescription drug costs. If you qualify, Medicare could pay up to 75% or more of your drug costs including monthly prescription drug premiums, annual deductibles, and coinsurance. Additionally, those who qualify will not have a coverage gap or late enrollment penalty. To see if you qualify, call:

- 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048, 24 hours a day/7 days a week;
- The Social Security Office at 1-800-772-1213 between 8 a.m. and 7 p.m., Monday through Friday for a representative. Automated messages are available 24 hours a day. TTY users should call 1-800-325-0778; or
- Your State Medicaid Office (applications).
- **Help from your state’s pharmaceutical assistance program.** Virginia has a program called Virginia Medication Assistance Program (MAP) that helps people pay for prescription drugs based on their financial need, age, or medical condition. To learn more about the program, check with your State Health Insurance Assistance Program.
- **What if you have coverage from an AIDS Drug Assistance Program (ADAP)?** The AIDS Drug Assistance Program (ADAP) helps ADAP-eligible individuals living with HIV/AIDS have access to life-saving HIV medications. Medicare Part D prescription drugs that are also covered by ADAP qualify for prescription cost-sharing assistance through the ADAP in your State. Note: To be eligible for the ADAP operating in your State, individuals must meet certain criteria, including proof of State residence and HIV status, low income as defined by the State, and uninsured/under-insured status.

If you are currently enrolled in an ADAP, it can continue to provide you with Medicare Part D prescription cost-sharing assistance for drugs on the ADAP formulary. In order to be sure you continue receiving this assistance, please notify your local ADAP enrollment worker of any changes in your Medicare Part D plan name or policy number. You can find your State’s ADAP contact information in Chapter 2 of the **Evidence of Coverage**.

For information on eligibility criteria, covered drugs, or how to enroll in the program, please call the ADAP in your State. You can find your State’s ADAP contact information in Chapter 2 of the **Evidence of Coverage**.

Section 7 Questions?

Section 7.1 Getting Help from AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO)

Questions? We’re here to help. Please call Customer Service at 1-866-272-1967. (TTY only, call 711.) We are available for phone calls 8 a.m.-8 p.m.: 7 Days Oct-Mar; M-F Apr-Sept. Calls to these numbers are free.

Read your 2024 Evidence of Coverage (it has details about next year’s benefits and costs)

This **Annual Notice of Changes** gives you a summary of changes in your benefits and costs for 2024. For details, look in the 2024 **Evidence of Coverage** for AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO). The **Evidence of Coverage** is the legal, detailed description of your plan benefits. It explains your rights and the rules you need to follow to get covered services. A copy of the Evidence of Coverage is located on our website at myAARPMedicare.com. You may also call Customer Service to ask us to mail you an Evidence of Coverage.

Visit our Website

You can also visit our website at **myAARPMedicare.com**. As a reminder, our website has the most up-to-date information about our provider network (Provider Directory).

Section 7.2 Getting Help from Medicare

To get information directly from Medicare:

Call 1-800-MEDICARE (1-800-633-4227)

You can call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

Visit the Medicare Website

Visit the Medicare website (www.medicare.gov). It has information about cost, coverage, and quality Star Ratings to help you compare Medicare health plans in your area. To view the information about plans, go to www.medicare.gov/plan-compare.

Read Medicare & You 2024

Read the **Medicare & You 2024** handbook. Every fall, this document is mailed to people with Medicare. It has a summary of Medicare benefits, rights and protections, and answers to the most frequently asked questions about Medicare. If you don't have a copy of this document, you can get it at the Medicare website (<https://www.medicare.gov/Pubs/pdf/10050-medicare-and-you.pdf>) or by calling 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

Multi-language Interpreter Services

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, please call us using the toll-free number on your member identification card. Someone who speaks your language can help you. This is a free service.

Spanish: Contamos con servicios gratuitos de intérprete para responder cualquier pregunta que pudiera tener sobre nuestro plan de salud o de medicamentos. Para obtener los servicios de un intérprete, llámenos al número de teléfono gratuito que figura en su tarjeta de identificación de miembro. Una persona que habla su idioma podrá ayudarle. Es un servicio gratuito.

Chinese Mandarin: 我们提供免费口译服务，解答您对我们的健康或药物计划的任何疑问。如需寻找一名口译员，请使用您的会员身份证上的免费电话号码联系我们。一名与您讲相同语言的人可以为您提供帮助。这是一项免费服务。

Chinese Cantonese: 我們提供免費的口譯服務，可回答您可能對我們的健康或藥物計劃的任何問題。如需口譯員，請撥打您的會員識別卡上的免付費電話號碼聯絡我們。會說您的語言的人可協助您。這是免費服務。

Tagalog: Mayroon kaming libreng serbisyo ng interpreter para sagutin anumang tanong na maaaring mayroon ka tungkol sa kalusugan o plano ng gamot. Para makakuha ng interpreter, pakitawagan kami gamit ang libreng numero sa iyong kard ng pagkakakilanlan ng kasapi. Sinumang nagsasalita ng wika mo ay puwedeng makatulong sa iyo. Ang serbisyonang ito ay libre.

French: Nous disposons de services d'interprétation gratuits pour répondre à toutes les questions que vous pourriez vous poser sur notre régime d'assurance maladie ou d'assurance-médicaments. Pour recevoir l'aide d'un interprète, veuillez nous appeler en composant le numéro gratuit figurant sur votre carte d'identification de membre. Quelqu'un parlant votre langue peut vous aider. Ce service est gratuit.

Vietnamese: Chúng tôi có dịch vụ thông dịch viên miễn phí để trả lời các câu hỏi mà bạn có về chương trình sức khỏe hay thuốc của chúng tôi. Để gặp thông dịch viên, vui lòng gọi cho chúng tôi theo số điện thoại miễn phí trên thẻ nhận dạng thành viên của bạn. Người nói cùng ngôn ngữ với bạn có thể giúp bạn. Đây là dịch vụ miễn phí.

German: Wir verfügen über kostenlose Dolmetscherdienste, um alle Fragen zu beantworten, die Sie über unseren Gesundheits- oder Medikamentenplan haben mögen. Um einen Dolmetscher zu erhalten, rufen Sie uns bitte unter der kostenfreien Nummer auf Ihrem Mitgliedsausweis an. Jemand, der Ihre Sprache spricht, kann Ihnen helfen. Dies ist eine kostenlose Dienstleistung.

Korean: 건강 또는 의약품 플랜에 관한 질문에 답변해드리기 위해 무료 통역 서비스를 제공합니다. 통역 서비스를 이용하려면, 가입자 ID 카드에 있는 수신자 부담 전화번호로 전화해 주십시오. 한국어를 사용하는 통역사가 도움을 드릴 수 있습니다. 이 서비스는 무료입니다.

Russian: Если у Вас возникнут какие-либо вопросы о нашем плане медицинского страхования или плане по приобретению препаратов, мы предоставим Вам бесплатные услуги устного перевода. Для того чтобы воспользоваться услугами устного перевода, пожалуйста, свяжитесь с нами по бесплатному номеру телефона, указанному на Вашей идентификационной карте участника плана. Сотрудник, который говорит на Вашем языке, сможет Вам помочь. Данная услуга предоставляется бесплатно.

Arabic: لدينا خدمات ترجمة فورية للرد على أي أسئلة قد تكون لديك حول الخطة الصحية أو خطة الأدوية الخاصة بنا. للحصول على مترجم، اتصل بنا باستخدام رقم الهاتف المجاني على بطاقة تعريف عضويتك. سيساعدك شخص ما يتحدث لغتك. هذه خدمة مجانية.

Hindi: हमारे स्वास्थ्य या दवा प्लान के बारे में आपके किसी भी प्रश्न का उत्तर देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएं मौजूद हैं। दुभाषिया पाने के लिए, कृपया हमसे सदस्य पहचान पत्र पर टोल-फ्री नंबर का उपयोग करके हमें कॉल करें। आपकी भाषा बोलने वाला कोई व्यक्ति आपकी मदद कर सकता है। यह एक निःशुल्क सेवा है।

Italian: Mettiamo a disposizione un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario o farmaceutico. Per avvalersi di un interprete, si prega di chiamare il numero verde riportato sulla tessera identificativa. Una persona che parla italiano potrà fornire l'assistenza richiesta. Il servizio è gratuito.

Portuguese: Dispomos de serviços de intérprete gratuitos para esclarecer quaisquer dúvidas que tenha sobre o nosso plano de saúde ou medicação. Para obter um intérprete, contacte-nos através do número gratuito no seu cartão de identificação de membro. Alguém que fala a sua língua pode ajudá-lo(a). Este é um serviço gratuito.

French Creole: Nou gen sèvis entèprèt gratis pou reponn tout kesyon ou gendwa genyen konsènan plan sante ouwa medikaman nou an. Pou jwenn yon entèprèt, tanpri rele nou apati nimewo apèl gratis ki sou kat idantifikasyon kòm manm ou an. Yon moun ki pale lang ou ka ede ou. Sa se yon sèvis gratis.

Polish: Oferujemy bezpłatne usługi tłumaczeniowe, aby odpowiedzieć na wszelkie pytania dotyczące naszego planu ubezpieczenia zdrowotnego lub planu refundacji leków. Aby skorzystać z pomocy tłumacza, proszę zadzwonić pod bezpłatny numer telefonu podany na karcie identyfikacyjnej członka planu. Osoba posługująca się Pana/Pani językiem Panu/Pani pomoże. Usługa ta jest bezpłatna.

Japanese: 当社の医療または処方薬プランに関する質問にお答えするために、無料の通訳サービスをご利用いただけます。通訳が必要な場合には、会員IDカードに記載されているフリーダイヤル番号を使用して、当社までお問い合わせください。お客様の言語を話す通訳者がお手伝いいたします。これは無料のサービスです。

For more information, please call customer service at:

AARP® Medicare Advantage Patriot No Rx VA-MA01 (PPO) Customer Service:



Call 1-866-272-1967

Calls to this number are free. 8 a.m.-8 p.m.: 7 Days Oct-Mar; M-F Apr-Sept. Customer Service also has free language interpreter services available for non-English speakers.

TTY 711

Calls to this number are free.
8 a.m.-8 p.m.: 7 Days Oct-Mar; M-F Apr-Sept.



**Write: P.O. Box 30770
Salt Lake City, UT 84130-0770**



myAARPMedicare.com