

Your Health Benefits

Health services covered by MedStar Family Choice

The list below shows the healthcare services and benefits for all MedStar Family Choice members. For some benefits, you have to be a certain age or have a certain need for the service. MedStar Family Choice will not charge you for any of the healthcare services in this list if you go to a network provider or hospital. MedStar Family Choice does not charge co-pays for services covered by MedStar Family Choice.

If you have a question about whether MedStar Family Choice covers certain health care, call MedStar Family Choice Member Services at 888-404-3549.

BENEFIT	WHAT YOU GET	WHO CAN GET THIS BENEFIT
Primary care services	<ul style="list-style-type: none">• Preventive, acute and chronic healthcare services generally provided by your PCP	All members
Specialist services	<ul style="list-style-type: none">• Healthcare services provided by specially trained doctors or advanced practice nurses• Referrals are usually required	All members
Laboratory and X-ray services	<ul style="list-style-type: none">• Lab tests and X-rays	All members
Hospital services	<ul style="list-style-type: none">• Outpatient services (preventive, diagnostic, therapeutic, rehabilitative or palliative services)• Inpatient services (hospital stay) with the exceptions listed in the section below• Does not include cosmetic services and surgeries except for surgery required to correct a condition resulting from surgery or disease, created by an accidental injury or a congenital deformity, or is a condition that impairs the normal function of your body	Any member with a referral from their PCP or who has an emergency

BENEFIT	WHAT YOU GET	WHO CAN GET THIS BENEFIT
Pharmacy services (prescription drugs)	<ul style="list-style-type: none"> • Prescription drugs included on the Alliance drug formulary are available only from Alliance program pharmacies. You can find the drug formulary at medstarfamilychoice.com or by calling Member Services. 	All members
In-network emergency services	<ul style="list-style-type: none"> • A screening exam of your health condition and stabilization if you have an emergency medical condition, if the provider is in the MedStar Family Choice network • Treatment for emergency conditions 	All members MUST BE SEEN AT A NETWORK HOSPITAL
Family planning	<ul style="list-style-type: none"> • Pregnancy testing • Counseling for the woman • Routine and emergency contraception • Voluntary sterilizations for members more than 21 years of age (requires signature of an approved sterilization form by the member 30 days prior to the procedure) • Screening and preventive treatment for all sexually transmitted diseases • Abortions 	All members as appropriate
Podiatry	<ul style="list-style-type: none"> • Special care for foot problems • Regular foot care when medically needed 	All members
Rehabilitation services	<ul style="list-style-type: none"> • Rehabilitation services, including physical, speech and occupational therapy 	All members
Prosthetic devices	<ul style="list-style-type: none"> • Replacement, corrective or supportive devices prescribed by a licensed provider 	All members

BENEFIT	WHAT YOU GET	WHO CAN GET THIS BENEFIT
Home health services	<ul style="list-style-type: none"> • In-home healthcare services when pre-authorized for homebound members, including: <ul style="list-style-type: none"> – Wound care – Health education – Home IV therapy – Routine visits to determine health status or to check on the status of wounds, as well as prescription drug monitoring – Nursing and home health aide care – Physical therapy, occupational therapy and speech pathology • Services can be furnished in any community setting 	All members
Nursing home care	<ul style="list-style-type: none"> • Full-time skilled nursing care in a nursing home up to 30 consecutive days 	All members
Hospice care	<ul style="list-style-type: none"> • Support services for people who are dying 	All members
Transportation services	<ul style="list-style-type: none"> • Transportation for emergency services 	All members

BENEFIT	WHAT YOU GET	WHO CAN GET THIS BENEFIT
Adult wellness services	<ul style="list-style-type: none"> • Immunizations • Routine screening for sexually transmitted diseases • HIV/AIDS screening, testing and counseling • Breast cancer screening (women only) • Cervical cancer screening (women only) • Osteoporosis screening (post-menopausal women) • HPV screening (women only) • Prostate cancer screening (men only) • Abdominal aortic aneurysm screening (men only) • Screening for obesity • Diabetes screening • Screening for high blood pressure and cholesterol (lipid disorders) • Screening for depression • Colorectal cancer screening (Members 50 years and older) • Smoking cessation counseling • Diet and exercise counseling • Mental health screening • Alcohol and drug screening 	<p>Members over age 21 as appropriate</p>

BENEFIT	WHAT YOU GET	WHO CAN GET THIS BENEFIT
Dental benefits	<ul style="list-style-type: none"> • Dental services where the cost does not exceed \$1,000 in a year • Dental exam, cleaning and fluoride very six months • Surgical extractions • Emergency care • Fillings • Partial dentures if medically necessary • X-rays • Dentures and repairs (one new set every five years) • Oral surgery 	Members 21 years and above
Mental health services	<ul style="list-style-type: none"> • Inpatient psychiatric services and services related to medical treatment received in a hospital for life-threatening withdrawal from alcohol or narcotic drugs 	All members
Durable medical equipment (DME) and disposable medical supplies (DMS)	<ul style="list-style-type: none"> • Durable medical equipment (DME) • Disposable medical supplies (DMS) 	All members

Services we do not pay for

Below is a listing of benefits or services that are not paid for by MedStar Family Choice:

- Emergency room services outside of the District
- Any covered services not provided by network providers
- Health services in schools
- TMJ services
- Chiropractic services
- Cosmetic surgery
- Open heart surgery
- Organ transplantation

- Sclerotherapy
- Therapeutic abortions
- Vision care for adults 21 and over
- Obesity treatment
- Infertility treatment
- Experimental treatment and investigational services
- Treatment for mental health, behavioral health and alcohol or substance abuse services, except if inpatient hospital treatment is needed for withdrawal from alcohol or narcotics
- Deliveries
- Nonemergency transportation

Notice of changing benefits or service locations

MedStar Family Choice offers many benefits and services to keep you well. At times, there may be changes in those services. If there are changes, you will get a letter from MedStar Family Choice. The letter will tell you what has changed. If you have questions about the change, visit our website, **medstarfamilychoice.com**, or call Member Services toll free at 888-404-3549.

There are many providers in the MedStar Family Choice network for you to go to for services. Sometimes those locations change. When there is a change to your PCP's address, we will send you a letter to let you know. Unfortunately, there may be times when MedStar Family Choice has to change your PCP without letting you know ahead of time and a new card is sent to you.

Remember, you can change your PCP at any time by calling Member Services.

If you have any questions or you are confused about services or where to go to get them, call Member Services at 888-404-3549 for help.