

HAWAI'I MEDICAL SERVICE ASSOCIATION
BLUE CROSS BLUE SHIELD OF HAWAII

PLATINUM HMO

SUMMARY OF CHANGES EFFECTIVE JANUARY 1, 2019

HMSA periodically reviews your health plans to ensure that they provide your employees with quality health plan benefits in compliance with state and federal laws and are structured to best manage health care costs.

This notice contains a summary of the changes that will be made to your plan. Please use this document for general information only. It should not be used as the certificate for the plan. The 2019 *Guide to Benefits* or plan certificate will contain complete information on these changes as well as other benefits and applicable exclusions and limitations of your plan. In the case of a discrepancy between this summary and the language contained in the 2019 *Guide to Benefits* or plan certificate, the 2019 *Guide to Benefits* or plan certificate takes precedence.

BENEFIT MODIFICATIONS

- **Advance Care Planning.** Advance care planning will be covered with no member copayment when received from a participating provider.
- **Annual Preventive Health Evaluation.** The physical examination benefit will be modified as an Annual Preventive Health Evaluation (APHE) benefit. The APHE will allow members age 22 years and older the flexibility to receive one preventive visit a year from their Primary Care Provider, which could include a physical exam. The APHE will be covered with no member copayment.
- **Chlamydia and Gonorrhea Screenings for Men.** Chlamydia and gonorrhea screenings for men will be covered at the same benefit level as other preventive services with no member copayment when received from a participating provider.
- **Diabetes Prevention Program.** The Diabetes Prevention Program is a new long-term lifestyle change program aimed at lowering the risk of diabetes and improving health. The program will be covered with no member copayment when received from a participating provider.
- **Genetic Testing, Screening, and Counseling.** The genetic testing and screening benefit will be modified to include genetic counseling. Services will be covered at the same benefit level as allergy testing.
- **Shift Work Sleep Disorder Drugs.** The exclusion for shift work sleep disorder drugs will be removed. Shift work sleep disorder drugs will be covered at the same benefit level as other prescription drugs.

LANGUAGE CLARIFICATIONS

- **Annual Precertification List Updates.** The precertification list will be simplified in the Guide to Benefits. Current services that require precertification can be found at hmsa.com/precert.