

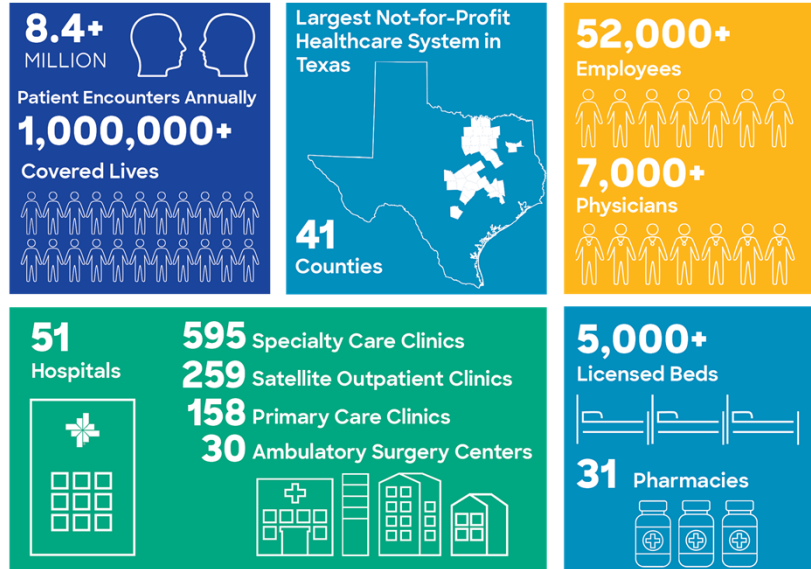
Open Season

Nov. 14 – Dec. 12, 2022



Welcome to Open Season for 2023, which runs from November 14 through December 12, 2022.

Supported by the largest not-for-profit provider system in the state of Texas



Information for hospitals, specialty care clinics, primary care clinics, ambulatory surgery centers, MyBSWHealth as of 6/30/2022. Financial information is preliminary and unaudited.




With Baylor Scott & White Health Plan (BSWHP), you have access to the renowned doctors, specialists and facilities of the Baylor Scott & White Health system. Baylor Scott & White Health provides full-range, inpatient, outpatient, rehabilitation and emergency medical services.

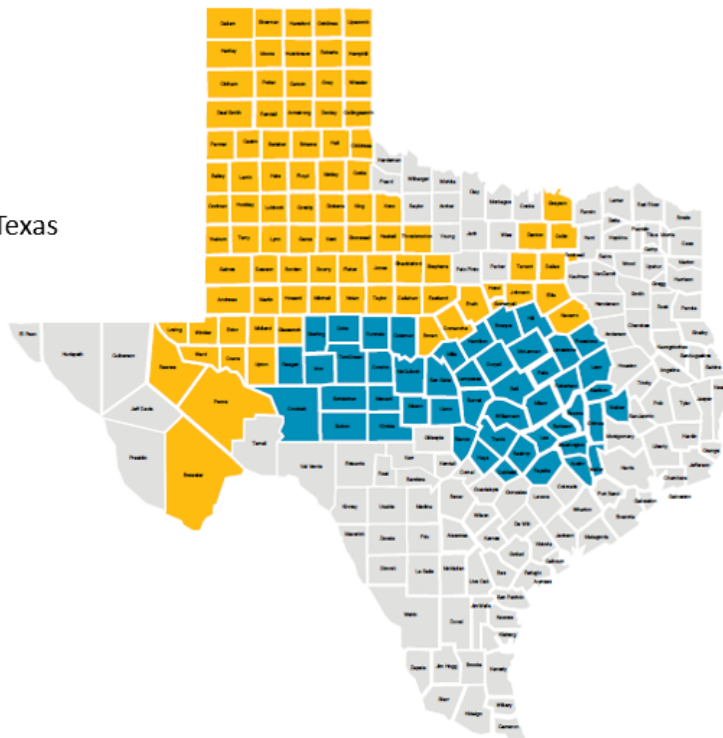
Beyond the Baylor Scott & White Health system, we offer access to thousands of providers throughout North, Central and West Texas to ensure our members have plenty of in-network options for care.

We are proud to partner with FEHB to offer healthcare coverage to federal employees and their families.



Service Areas

-  P8 North and West Texas
-  A8 Central Texas
-  Out of Area



If you live or work in one of the counties shown in blue or yellow on this map, you are eligible to choose coverage by Baylor Scott & White Health Plan. Our North and West Texas counties are shown in yellow, and our Central Texas counties are shown in blue.

For 2023, you can choose either the Basic Plan or Standard Plan in any of the yellow P8 or blue A8 counties.

Also new this year: All FEHB members will utilize the BSW Premier HMO network. With BSW Premier, you have in-network options for care in all the counties shown in blue *and* yellow. North and West Texas members who live or work in the yellow counties can see in-network providers in both yellow and blue counties. Central Texas members who live or work in the blue counties can see in-network providers in both blue and yellow counties.

Since you'll be moving to a new network, it's important to check that your providers are in-network before you schedule a visit with them. You'll find links to the Provider Search for BSW Premier HMO on BSWHealthPlan.com/FEHB.



Resources at BSWHealthPlan.com/FEHB

- Provider search tool
- Information on pharmacy, claims, customer service and more
- Wellness resources
- Log in to the **MyBSWHealth Member Portal**



COVID-19 Shop for a Plan Member Resources Find a Provider Contact Us

Search...

Federal Employees Health Benefits

CONTACT BENEFITS FORMS & GUIDES HEALTH & WELLNESS DISCOUNT PROGRAMS PHARMACY INFORMATION

Looking for your Member ID Card? If you're a new or renewing member and haven't yet received your ID card in the mail, you can access it anytime on the MyBSWHealth member portal. Just log in to [MyBSWHealth.com](#), click on Insurance & Billing, then Baylor Scott & White Health Plan, and select 'ID Card.' Check out our [Member Portal User Guide](#) for more information on this and other helpful features.

MyBSWHealth Member Portal Updates: The new MyBSWHealth 24/7 member portal experience is live. [Learn more here.](#)

COVID-19 Vaccines: The COVID-19 vaccine is available to health plan members at zero out-of-pocket cost. We care about the health and well-being of all of our members and are committed to keeping you informed. [Click here for more information.](#)

Welcome, FEHB Employees and Family Members!

As one of the top-rated private health insurers in Texas, we are proud to offer healthcare coverage to federal employees and their families.

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You have access to a number of resources on the Member Resources page at BSWHealthPlan.com.

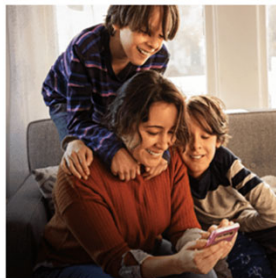
Among other things, you'll find:

- Provider search tool
- Member Guides and other member materials
- Information on pharmacy, claims, customer service, and more
- Wellness resources
- And access to the **MyBSWHealth Member Portal**



24/7 Self-Service Member Portal: MyBSWHealth.com

- Find an in-network provider
- View and print ID cards
- eVisits and Video Visits
- See copay information
- Manage prescriptions
- View claims, authorizations & deductibles
- See Explanations of Benefits
- Access wellness features...and more



My family's health
My Way
Manage the family's healthcare needs from
one place



Sign in to MyBSWHealth

SIGN IN

New to MyBSWHealth? [CREATE ACCOUNT](#)

[FORGOT USERNAME](#) [FORGOT PASSWORD](#)



Healthcare is better when it's all together. Our member portal at MyBSWHealth.com offers 24/7 access to your healthcare AND your health insurance.

MyBSWHealth is available as a website or in our award-winning app, which means that as long as you have a computer or phone handy, you'll always be able to find an in-network provider, access your ID card, take advantage of an eVisit or Video Visit, view claims and copay information, and much more.

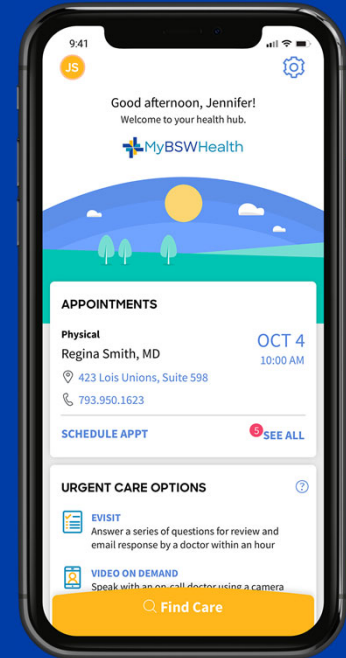
If you're new to the member portal, registration is easy – just go to MyBSWHealth.com or use the QR code to open the website and follow the prompts. If you signed up in the past, but you can't remember your username or password, don't worry—there are links to help you with that.



MyBSWHealth App

Be sure to link your health plan account in the app:

1. Tap the gear icon in the top right corner
2. Tap “Manage Linked Accounts”
3. Tap “Link Account” under SCOTT & WHITE HEALTH PLAN
4. Enter member information



There’s also a MyBSWHealth app, which puts most of the portal information right on your phone. You can find a physician, view your ID card, track your deductible, manage and refill prescriptions, and more. This free app is available on GooglePlay or the App Store.

Be sure to link your health plan account in the app and the portal so you can have access to your benefits. It will only take a minute and then you’ll be all set.



Care at your fingertips 24/7

Contact-free healthcare anywhere in Texas:

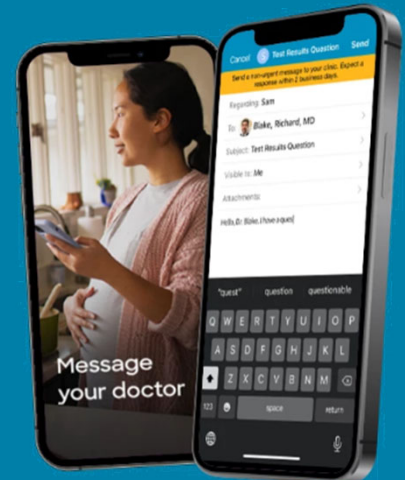
- MyBSWHealth eVisits
- MyBSWHealth Same-day Video Visits

Both take 5-10 minutes; any prescriptions needed will be sent directly to pharmacy of your choice.

Additional virtual care options are available nationwide through MDLIVE.

Feeling stressed?

Both MyBSWHealth and MDLIVE offer mental health care/referrals.



Here's another terrific feature of MyBSWHealth – you can use it to receive contact-free care from board-certified doctors, pediatricians, licensed therapists and more using your smartphone, tablet or computer – anytime, day or night!

- eVisits are online interviews that are great for common medical conditions. They take 5-10 minutes to complete, and you'll receive a response from a Baylor Scott & White Health provider within an hour. Behavioral Health eVisits are available between 8:00AM-4:30PM and offer referrals for care options.
- If you prefer, you can schedule a same-day Video Visit, where you can talk with a Baylor Scott & White Health provider face-to-face—onscreen—about your symptoms.

Whether you choose an eVisit or a same-day Video Visit, any prescriptions you need will be sent immediately to the pharmacy of your choice. You may also choose virtual care options from MDLIVE.

However you decide to seek care, be sure your Baylor Scott & White Health Plan account is linked in the MyBSWHealth member portal so that your claim can be properly processed.



Wellness



Wondr

- Unique mindful-eating curriculum combined with technology
- Teaches skills needed to sustainably lose weight & improve health
- Proven to deliver
 - sustainable weight loss
 - meaningful reversal of MetS risk factors like hypertension / prediabetes



BSW Maternity Care Mgt

- Resources to help expectant mothers enjoy a healthy pregnancy
 - Through pregnancy +1 year
 - Active guidance for high-risk pregnancy
 - Access to a nurse 24/7
 - Depression screening
 - Parental education
 - Immunization reminders
 - Planning & educational tools for returning to work



Webinars & Newsletters



Ever wonder how some people can eat all their favorite foods and not gain weight? Wondr is an online program that will teach you how. Wondr is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

Our program for expectant mothers, BSW Maternity Care Management offers members helpful tips and assistance during pregnancy and for one year after birth. Benefits include access to a nurse 24/7 during pregnancy, in-home support for high-risk conditions (such as diabetes, hypertension and severe nausea), depression screening following delivery, parental education for newborn health during the first year, immunization reminders and planning for returning to work.

Our wellness team schedules free lunch-time webinars throughout the year. There's a whole series of topics, from nutrition to happiness, and you can come to one or all. Our quarterly *Be Well* newsletter is packed with information and helpful tips about how to get and stay well.

To learn more about Wellness options, and to see the current issue of our *Be Well* newsletter, visit the Care Management and Wellness page on BSWHealthPlan.com/FEHB.



Brief Summary of PY23 Benefits

Benefit	Standard Plan Members Pay	Basic Plan Members Pay
*PCP office visit	\$25 copay/visit	\$25 copay/visit
First Adult non-preventive PCP visit	\$0	\$0
Dependents ages 0-18	\$0	\$0
*Specialist office visit	\$50 copay/visit	\$50 copay/visit
eVisit/Same-Day Video Visit	\$0	\$0
Urgent care visit	\$50 copay/visit	\$75 copay/visit
Outpatient surgery facility	10% after deductible	20% after deductible
Inpatient hospitalization	10% after deductible	\$20% after deductible
Deductible	\$300 (self only)	\$1500 (self only)
Out-of-pocket maximum	\$5,500 (self only)	\$6,000 (self only)
Emergency Room Services (deductible applies)	10% after deductible	20% after deductible
Diagnostic test (X-ray, blood work)	No charge	No charge

*Under the Affordable Care Act, certain preventive and women's health services are paid at 100% (i.e., at no cost to the member) dependent upon physician billing and diagnosis. In some cases, you will be responsible for payment of some services.

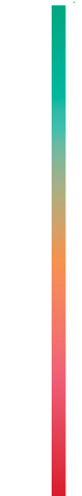
Here's a brief summary of benefits for both the Standard and the Basic plan options. As always, pre-existing conditions are covered, and emergency services are covered worldwide. No matter where you are when an emergency occurs, your emergency room visit is covered as in-network. Network affiliation does not apply for emergencies.

We've highlighted two new benefits we're really excited about: For adults, your first non-preventive PCP visit is a \$0 copay and for Dependents ages 0-18, all PCP visits are \$0 copay.



Know Where to Go for Care

Less \$



More \$

VIRTUAL CARE – \$0 copay using your mobile device or computer

PRIMARY CARE DOCTOR – Best choice for care when it's not an emergency

WALK-IN CLINICS – Same-day appointments when your doctor is not available

URGENT CARE – You need immediate attention but it's not life-threatening

EMERGENCY ROOM – Any condition you believe to be life-threatening

You have many options for care within our network. Choosing the right level of care for your condition can save you both time and money.

Depending on the issue, virtual care may be all that is needed. But even when an issue needs immediate attention but is not life-threatening, urgent care, with only a \$50 copay, may be a better option than the more expensive ER visit.

Additional ways to save time and money:

- **Call a Nurse** – The call is free and the number is on the back of your member ID card.
- **Use in-network doctors** to keep costs low
- **Choose generic (instead of brand) medications** and consider getting a **90-day supply** when applicable.



PY23 Prescription Drug Benefits

Benefit	Standard Member Pays	Basic Member Pays
Preferred Generic Drugs	\$10 retail (30-day)	\$12 retail (30-day)
	\$25 maintenance (90-day)	\$30 maintenance (90-day)
Preferred Brand Drugs	30% up to \$75 retail (30-day)	\$60 retail (30-day)
	Lesser of \$187.50 copay or 30% coinsurance maintenance (90-day)	\$150 maintenance (90-day)
Non-Preferred	50% up to \$200 retail (30-day)	\$120 retail (30-day)
	Lesser of \$500 copay or 50% coinsurance maintenance (90-day)	\$300 maintenance (90-day)
Specialty Drugs	\$400 preferred generic (30-day)	\$400 preferred generic (30-day)
	\$400 preferred brand (30-day)	\$400 preferred brand (30-day)
	\$600 non-preferred (30-day)	\$600 non-preferred brand (30-day)

This chart lists the different copays by type of drug for both the Standard and the Basic plan options.

For more information about your prescription drug benefits, see the Federal Employees Benefit Plan Group Value Formulary on the Pharmacy Information page at BSWHealthPlan.com/FEHB.



Stay Better, Longer

- **Disease Management – for chronic conditions**
 - A team effort with your healthcare providers
 - Identify/treat chronic conditions
- **Complex Case Management – for complex care needs**
 - Help navigating healthcare system and getting the services you need
 - Answer questions to help you understand your condition/care plan

Available at **NO additional cost**. Learn more at BSWHealthPlan.com/FEHB

To help you stay better longer, please visit our website at BSWHealthPlan.com/FEHB where you will learn more about the many additional benefits we have to offer, including our Disease Management and Complex Case Management programs as well as our Well-Being Assessment, Digital Health Coaching, and more.



Got a
question?
Just ask!



Website:
BSWHealthPlan.com/FEHB



Texas-based Customer Service:
844.633.5325



Email:
HPFEHBOpenSeason@BSWHealth.org

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You'll find many answers to your questions on our website just for FEHB members:
BSWHealthPlan.com/FEHB.

Whenever you need additional assistance beyond our online member tools, we encourage you to contact a customer service advocate toll-free at 844.633.5325. This number is answered Monday through Friday from 7 a.m. to 7 p.m., CT. You'll find that number conveniently located on the back of your member ID card.

You can also email your open season questions to:
HPFEHBOpenSeason@BSWHealth.org.

Remember, you can call the Nurse Advice Line or have an eVisit or Video Visit 24 hours a day, seven days a week.