



Buyer's Guide

OptimaFit® Individual & Family Health Plans

2023

Now offered throughout the Commonwealth of Virginia* with access to Inova® Health System!

*Excludes Frederick County, Giles County, Montgomery County, Pulaski County, Radford City, and Winchester City

Scan with your smartphone camera or QR Code reader app to get a quote and enroll.



OptimaHealth

Need Help Finding the Right Plan?

Call your Broker or an Optima Health Personal Plan Advisor at

1-855-556-8777

or email

IndividualSales@optimahealth.com

Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, and Sentara Health Plans, Inc. OptimaFit Individual and Family Plans are issued and underwritten by Optima Health Plan. All Optima Health plans have benefit exclusions and limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of coverage, please call your broker or Optima Health at 1-855-556-8777 or visit optimahealth.com.

Revised September 2022



OptimaHealth

A health plan you can count on.

A comprehensive network is at the heart of our health coverage.

With more than three decades of experience serving residents of the Commonwealth of Virginia¹, Optima Health provides affordable, high quality healthcare. It's our priority to help individuals make good health plan decisions, even as healthcare becomes more complex.

At Optima Health, we improve health every day.

This Buyer's Guide provides health insurance basics to help you determine which insurance plan best fits your health, budget, and lifestyle needs. Your health insurance choices have never been better, and we offer a wide variety of individual and family plans.

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¹ Optima Health Plan has been licensed as an HMO in the Commonwealth of Virginia since 1984.

Your Open Enrollment Checklist

- To get started, watch the following videos at optimahealth.com/health-insurance-101/**
 - 5 Easy Steps to Prepare for Open Enrollment
 - Health Insurance ABCs
 - Explaining Deductibles, Copayments, and Coinsurance
 - Budgeting for Health Care

- Are you eligible for health insurance through your employer or a government program like Medicaid or Medicare?** If not, you may want to purchase an individual health insurance plan.

- Are you losing your Medicaid eligibility?** We can help transition you to an affordable health plan packed with benefits.

- Are you turning 26?** If so, your parents can no longer cover you on their insurance policy. We can help you choose the plan that's right for you.

- Understand** how deductibles, copayments, and coinsurance work.

- Gather information on your household income.** You may qualify for a subsidy or cost-sharing reduction to help lower your healthcare costs.

- Set your budget.** Monthly premiums and out-of-pocket expenses are all important considerations when selecting a health plan that best fits your needs.



Choose Optima Health

Having health insurance means you and your family will have access to healthcare when you need it. Based on your needs and budget, you can choose a healthcare plan that fits your lifestyle.



Optima Health offers over a hundred preventive care services and prescription medications² for men, women, and children—all at no charge³. This includes your annual physical, adolescent sports physicals, annual mammogram for women over 40, statin medications for adults at risk for heart disease, and many more.

Optima Health offers health plans on and off of the Health Insurance Marketplace. Visit optimahealth.com to review different types of plans available and easily compare your options. You can also learn if you are eligible for financial assistance, known as a subsidy.

Who qualifies for Virginia Medicaid?

More adults in Virginia can now get high-quality, low- or no-cost health insurance. Virginians ages 19-64 can apply any time to get the healthcare they need. You may qualify for Virginia Medicaid if you are a:

- childless adult with annual income at or below \$18,755
- parent (family of 3) with annual income at or below \$31,782
- person with disability with annual income at or below \$18,755

Visit coverva.org for more information.

Self-Employed

Self-employed individuals in Virginia now have the option to get a Small Group employer health plan. To learn more and find out if you are eligible, contact your broker or visit optimahealth.com/group.

² Check your Plan documents to find out which medications/services are covered.

³ Certain preventive care services and medications for individuals covered by an Optima Health insurance plan are available at no charge when administered by an in-network physician or pharmacy. An office visit copayment may be charged to health plan members for some services.

Subsidy Eligibility Guidelines

Advanced Premium Tax Credit (APTC)

A tax credit individuals can use to lower their monthly insurance payment (called the “premium”) when they enroll in a plan through the Health Insurance Marketplace. The tax credit is based on the individuals’ income estimate and household information on their Marketplace application. Individuals can buy health insurance through other sources, but the only way to get a tax credit is through the Health Insurance Marketplace.

The **American Rescue Plan Act** has provided increased savings and lower costs to consumers enrolling in Marketplace coverage.

Now signed into law, the **Inflation Reduction Act** extends the expanded premium tax credits through 2025.

Learn more at optimahealth.com/plans/individual/subsidy-eligibility.

Federal Poverty Guidelines

A measure of income issued every year by the Department of Health and Human Services (HHS). Federal poverty levels are used to determine member eligibility for certain programs and benefits, including savings on the Exchange, and Medicaid and CHIP coverage.

The 2022 poverty guidelines* for the 48 Contiguous States and the District of Columbia are in effect as of January 12, 2022.	
Persons in family/household	Poverty Guideline
1	\$13,590
2	\$18,310
3	\$23,030
4	\$27,750
5	\$32,470
6	\$37,190
7	\$41,910
8	\$46,630

*Source: <https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>



Value-Added Benefits

All OptimaFit plans include essential health benefits⁴ to help control and manage your health. We are committed to our mission: **to improve health every day**, so we're always innovating to add value to the products we provide.

Our plans include prescription benefits, wellness programs, preventive services, useful tools, and savings to help you manage your healthcare costs such as:

- Access to fitness facilities, weight loss programs, and wellness brands at discounted pricing
- Significant savings on routine eye exams, lenses and frames, and contact lenses to include laser vision surgery
- Discounts on complementary therapies that include acupuncture, chiropractic, and massage therapy
- Shop and compare out-of-pocket expenses for more than 500 procedures using our Treatment Cost Calculator
- Connect securely with board-certified providers over the phone, online, or through video chat with Virtual Consults accessible 24/7 to diagnose and treat a variety of non-emergency medical conditions and behavioral health concerns



⁴Essential Health Benefits are a set of 10 categories of services covered under the Affordable Care Act. These include inpatient and outpatient hospital care, prescription drug coverage, pregnancy and childbirth, mental health services and more.

What You Will Pay

Individual health plans offer a variety of price options. The Health Insurance Marketplace classifies plans by metallic tiers: **Gold, Silver, and Bronze.**



Many health insurance carriers also classify their plans sold outside of the Marketplace by metallic tiers, to make it easier for you to compare plans based on their prices and coverage.

While this chart is not comprehensive, it may help determine which metallic plan would be best for you.

	Gold	Silver	Bronze
Monthly Premium	\$\$\$	\$\$	\$
Percent of Healthcare Cost Covered	80%	70%	60%
Good If...	You want to save on premium costs while still reducing your out-of-pocket costs.	You need to balance monthly premium costs with out-of-pocket costs.	You don't plan to use a lot of healthcare services.

Things to Consider

If you don't anticipate needing a lot of healthcare services, you may want to consider a bronze or silver plan with lower monthly premium; however, if you or a family member have an unexpected serious injury or illness, an OptimaFit Gold plan offers richer benefits and would cover more out-of-pocket costs.

Enrollment Periods and Effective Dates

The Open Enrollment Period (OEP) for 2023 Individual & Family Plans is

November 1, 2022 – January 15, 2023.

Plan effective date depends on when you enroll. If you enroll by December 15, your effective date will be January 1, 2023. If you enroll December 16 – January 15, your effective date is February 1, 2023.

Special Enrollment Period (SEP)

SEP is a time outside of the annual OEP when an individual can enroll in a health insurance plan. An individual must experience a qualifying life event and provide proof of eligibility in order to qualify. You have 60 days from the qualifying life event to enroll in a health plan. You don't need a qualifying life event during OEP.



What is a Qualifying Life Event?

- moving to a new area where your current health plan does not provide coverage
- turning 26 and aging off of your parents' health plan
- losing your health insurance coverage for reasons other than non-payment of premiums or fraud
- getting married or divorced and needing to add dependents
- having or adopting children
- having a substantial change in income, which may qualify you for a subsidy or tax credit on the Health Insurance Marketplace

Benefits of a Health Savings Account

Health Savings Accounts (HSAs), like Individual Retirement Accounts (IRAs), are tax deductible.⁵ HSAs are designed to help individuals save for future healthcare expenses.

You save on premiums

Many people should be able to lower their health insurance premiums by switching to a health insurance plan with an HSA, typically offered on plans with a high deductible. The money you save on monthly premiums can be invested into your HSA, with pre-tax advantages. Then you can use that money as needed to pay for qualified medical expenses in the future. Important preventive care services, like mammograms and physicals, are always covered at 100%.

Own your healthcare dollars instead of renting them

With a conventional health plan, the premium you pay makes healthcare available to you for a lower cost than what you would pay if you didn't have health insurance. This fixed annual cost is required. You don't get your money back for unused care at the end of the year. That's a lot like renting.

However, when you put your money into an HSA, that money is yours, growing with tax-free interest. And it remains yours whether you use it or not. In this way, it's similar to the equity you build when you pay for a house, rather than renting it. You own your investment, and your investment works for you. Because you own the money in your HSA, it goes with you even if you change health plans. Once the money is in your account, it's yours.

⁵Consult a licensed professional for tax advice. For a complete list of qualified medical services, consult IRS publication 502, "Medical and Dental Expenses" on the IRS website at www.irs.gov. Individuals are responsible for compliance of HSA spending regulations.



Where can you find more information?

If you have questions or need additional information, you can speak with an Optima Health Personal Plan Advisor at **1-855-556-8777**, or your broker. You can also find information by visiting: optimahealth.com/individual

The Optima Health Difference: Better Rates. Better Benefits.

OptimaFit Individual & Family Health Plans consistently receive high quality ratings from The Centers for Medicare & Medicaid Services (CMS)⁶. This rating reflects our members' high satisfaction with:

- ✓ **Clinical Quality Management**
 - ✓ **Enrollee Experience**
 - ✓ **Plan Efficiency, Affordability, and Management**
- 

We are proud to offer:

- several plan options with a **wide range of cost-share amounts and network choices**
- self-paced **health and wellness programs** that focus on the mind as well as the body
- **easy ways to pay premiums**, plan for healthcare costs, and connect with an OptimaFit Personal Plan Advisor
- **exceptional providers and hospitals** in our network that meet our high standards
- **Emergency Travel Assistance** and **24/7 Nurse Advice Line**
- **excellent customer service** from the Virginia-based Optima Health member services team

Optima Health Mobile App

Our app is free. With the Optima Health mobile app, members can:

- find providers and facilities
- calculate costs via the Treatment Cost Calculator and view claims
- access health and wellness programs
- visit a doctor through virtual consultation
- track progress in meeting deductibles and out-of-pocket amounts

⁶CMS scores qualified health plans (QHPs) offered through the Exchanges using the Quality Rating System (QRS) based on third-party validated clinical measure data and QHP Enrollee Survey responses. CMS calculates ratings yearly on a 5-star scale. Ratings may change from year to year.



To download
the Optima Health
mobile app, go to
optimahealth.com/app

Frequently Asked Questions



How do I know which health insurance carrier is right for me?

Many factors, such as price, network, and benefits are important when choosing an insurance carrier. Identify what's important to you and choose the carrier that best meets your lifestyle and benefit preferences.

Can I buy individual insurance with a pre-existing condition?

Yes. Insurers must offer insurance plans to individuals with pre-existing conditions at no additional cost. This is called guaranteed availability under the Affordable Care Act.

What is the advantage of using generic drugs?

Generic drugs are a more affordable version of a standard prescription drug. Most health plans offer discounts to members for using generics. Remember to discuss generic drug options with your primary care physician.

Do all health plans include additional benefits?

Optima Health offers members additional discounts, value-added services, and other wellness and prevention programs that are not part of a health plan benefits package, but are available at no additional cost. Talk to an OptimaFit Personal Plan Advisor if you have questions about additional benefits. These can help you save money and reduce your medical costs by helping you stay healthier.

How can I learn about healthcare terms and their impact on me?

There are numerous terms associated with health insurance. Understanding them and how they may affect you and the coverage you choose is important. To learn more about health insurance terms and what they mean, visit healthcare.gov/glossary.