

2023

Benefits Information

Open Season: Nov. 14 - Dec. 12



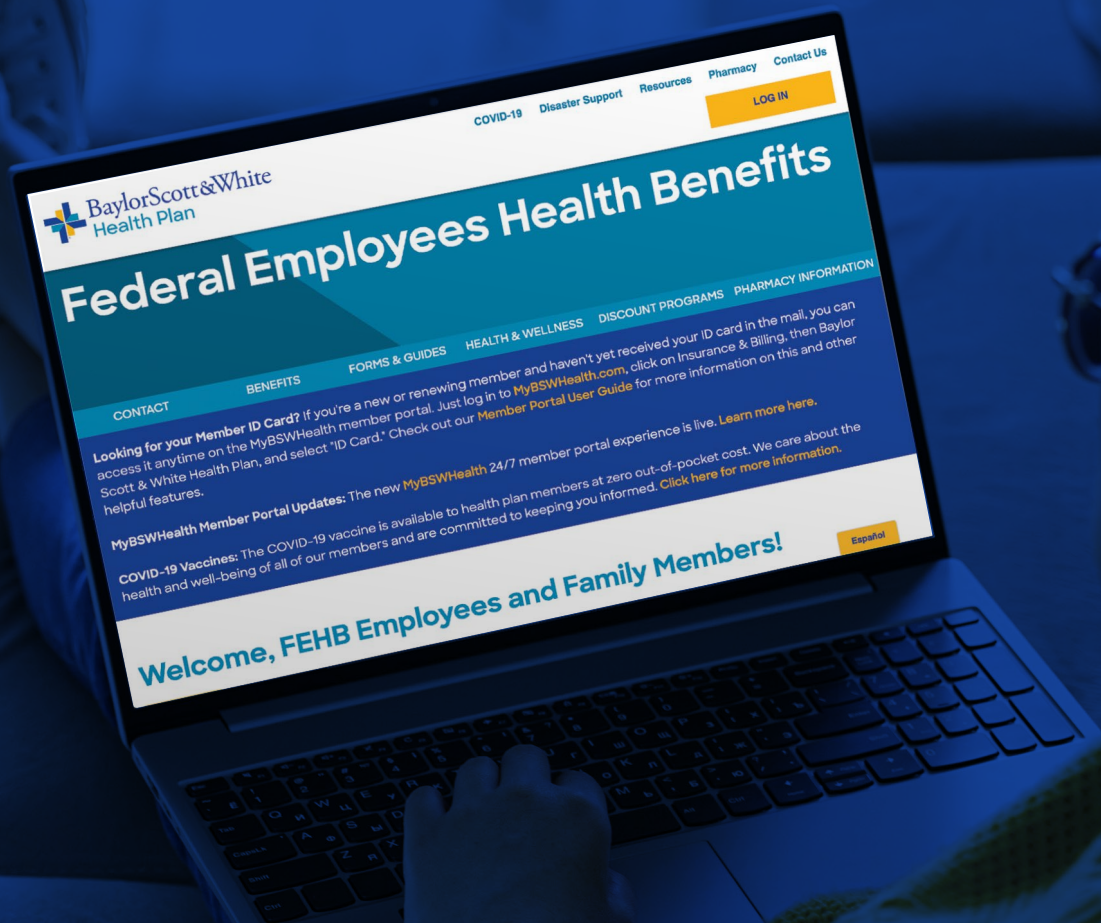
Baylor Scott & White
Health Plan



Federal Employees
Health Benefits Program

BSWHealthPlan.com/FEHB

Your online hub for benefits information and more.



- ▶ Provider search tool
- ▶ Discount programs
- ▶ Brochures, forms and guides
- ▶ Pharmacy information
- ▶ Health & wellness programs
- ▶ Access to the MyBSWHealth member portal

Welcome to Baylor Scott & White Health Plan

Welcome to Baylor Scott & White Health Plan (BSWHP), a not-for-profit organization established in 1982, right here in Texas. We're still based in Texas and are now part of the Baylor Scott & White Health family of companies. We're glad to welcome FEHB employees to our family of members.

TWO plan options – ONE network

Beginning with the 2023 plan year, all FEHB members will be able to enjoy the benefits of the BSW Premier HMO network—no matter which plan you choose.

With BSW Premier HMO, both Basic Plan and Standard Plan members have in-network options for care in 141 Texas counties. Unlike many HMOs, ours is “open access” – which means you do not need to register with a primary care physician, and you do not need a referral to see an in-network specialist.

Heads up: New network may mean new providers

Whether you're a returning member or you're new to BSWHP, it's a good idea to check the Provider Search tool at BSWHealthPlan.com/FEHB to see if your current providers are in-network. If not, you can use the Provider Search tool to choose new ones. You can search by name, specialty, location, hospital affiliation and more.

Be sure to always show your new Member ID card to your provider, as they need to know about your new network. Your provider will need this information to confirm coverage and process your claims.

Plans by county

You can choose either the Basic Plan or Standard Plan in any of the P8 or A8 counties.

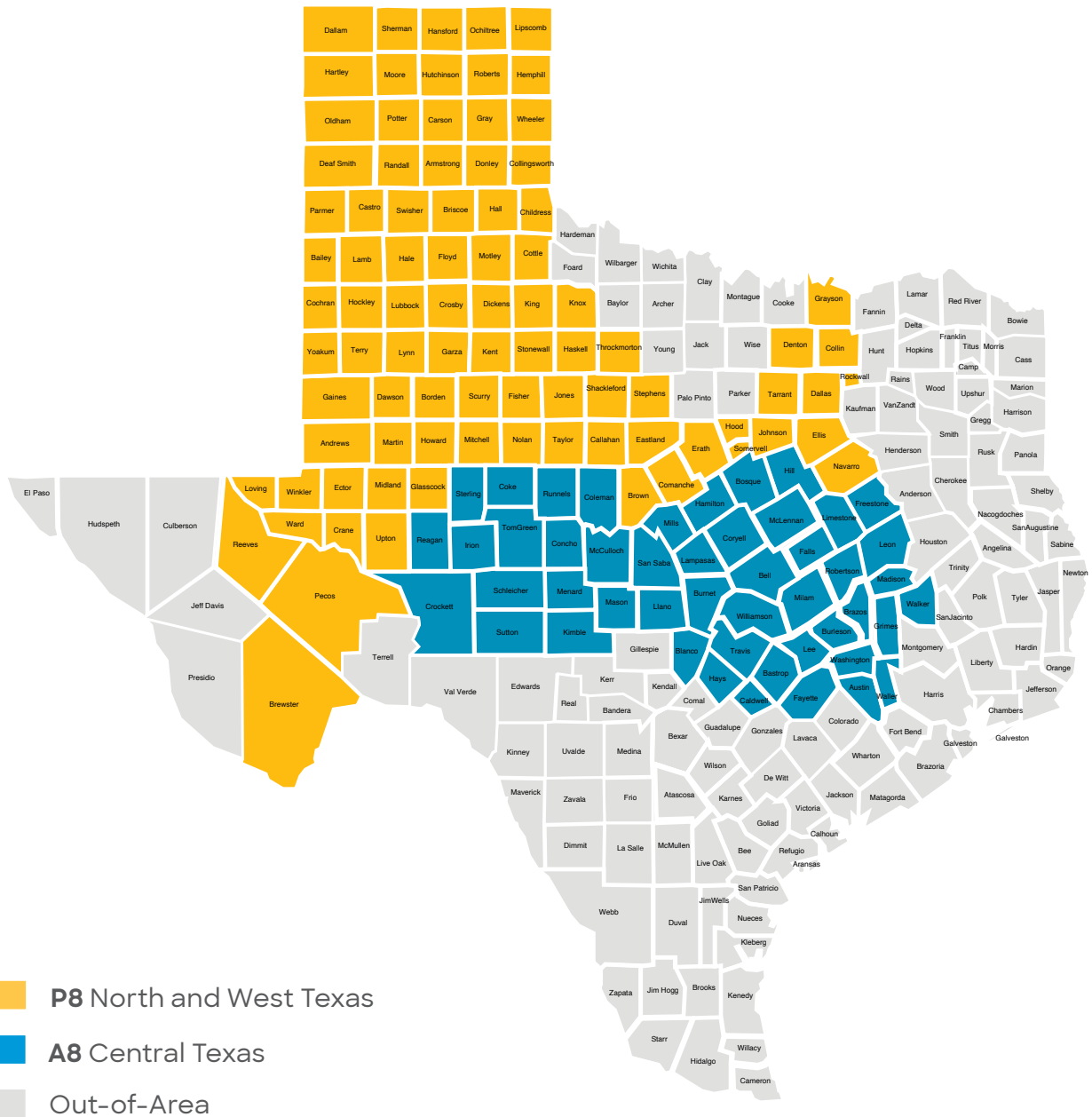
North and West Texas counties (P8)

Andrews, Armstrong, Bailey, Bexar, Borden, Brewster, Briscoe, Brown, Callahan, Carson, Castro, Childress, Cochran, , Collin, Collingsworth, Comal, Comanche, Cottle, Crane, Crosby, Dallam, Dallas, Dawson, Deaf Smith, Denton, Dickens, Donley, Eastland, Ector, Ellis, Erath, Fisher, Floyd, Gaines, Garza, Glasscock, Gray, Grayson, Guadalupe, Hale, Hall, Hansford, Hartley, Haskell, Hemphill, Hockley, Hood, Houston, Howard, Hutchinson, Johnson, Jones, Kent, King, Knox, Lamb, Lipscomb, Loving, Lubbock, Lynn, Martin, Midland, Mitchell, Moore, Motley, Navarro, Nolan, Ochiltree, Oldham, Parmer, Pecos, Potter, Randall, Reeves, Roberts, Rockwall, Scurry, Shackelford, Sherman, Somervell, Stephens, Stonewall, Swisher, Tarrant, Taylor, Terry, Throckmorton, Upton, Ward, Wheeler, Winkler and Yoakum

Central Texas counties (A8)

Austin, Bastrop, Bell, Blanco, Bosque, Brazos, Burlison, Burnet, Caldwell, Coke, Coleman, Concho, Coryell, Crockett, Falls, Fayette, Freestone, Grimes, Hamilton, Hays, Hill, Irion, Kimble, Lampasas, Lee, Leon, Limestone, Llano, Madison, Mason, McCulloch, McLennan, Menard, Milam, Mills, Reagan, Robertson, Runnels, San Saba, Schleicher, Sterling, Sutton, Tom Green, Travis, Walker, Waller, Washington and Williamson

Eligibility area



Find a BSW Premier HMO Provider

1. Go to BSWHealthPlan.com/FEHB.
2. Click on the “Find a provider” button.
3. Choose your filters, and start your search.

Referrals are NOT required to see network specialists.

2023 Summary of benefits & services

Note: The deductible applies for all benefits below marked with an asterisk (*)

	Standard	Basic
Individual Deductible Options		
Self only	\$300	\$1,500
Self plus one	\$600	\$3,000
Self and family	\$600	\$3,000
Out-of-Pocket Maximum		
Self only	\$5,500	\$6,000
Self plus one	\$11,000	\$12,000
Self and family	\$11,000	\$12,000
Doctor Office Visits		
Primary care visit to treat an injury or illness Adults first sick visit Dependents age 0-18	\$25 copay/visit \$0 copay \$0 copay/visit	\$25 copay/visit \$0 copay \$0 copay/visit
Specialist visit	\$50 copay/visit	\$50 copay/visit
Other practitioner office visit	\$50 copay/visit	\$50 copay/visit
Preventive care/screening/immunization	No charge	No charge
Emergency Medical Care		
Urgent care visit	\$50 copay/visit	\$75 copay/visit
Emergency room services*	10%	20%
Emergency medical transportation*	\$125 copay	20%
Services Provided by a Hospital		
Inpatient*	10%	20%
Outpatient surgery*	10%	20%
Medical Testing		
Diagnostic test (X-ray, blood work)	No charge	No charge
Imaging* (CT/PET scans, MRIs)	10%	20%
Dental Care		
Discounts available through Careington International (refer to 2023 FEHB Brochure)	20% - 50% discounts	20% - 50% discounts

2023 Prescription drug coverage

Benefit	Standard	Basic	Notes
Preferred Generic Drugs	<p>\$10 retail (30-day supply)</p> <p>\$25 maintenance (90-day supply)</p>	<p>\$12 retail (30-day supply)</p> <p>\$30 maintenance (90-day supply)</p>	Covers up to a 30-day supply or 100 units (retail prescription); and the lesser of 90-day supply or 360 units (mail order prescription)
Preferred Brand Drugs	<p>30% up to \$70 retail (30-day supply)</p> <p>\$150 maintenance (90-day supply)</p>	<p>\$60 retail (30-day supply)</p> <p>\$150 maintenance (90-day supply)</p>	Covers up to a 30-day supply or 100 units (retail prescription); and the lesser of 90-day supply or 360 units (mail order prescription)
Non-Preferred Drugs	<p>50% up \$200 retail (30-day supply)</p> <p>\$375 maintenance (90-day supply)</p>	<p>\$120 retail (30-day supply)</p> <p>\$300 maintenance (90-day supply)</p>	Covers up to a 30-day supply or 100 units (retail prescription); and the lesser of 90-day supply or 360 units (mail order prescription)
Specialty Drugs	<p>\$400 preferred generic (30-day supply)</p> <p>\$400 preferred brand (30-day supply)</p> <p>\$600 non-preferred (30-day supply)</p>	<p>\$400 preferred generic (30-day supply)</p> <p>\$400 preferred brand (30-day supply)</p> <p>\$600 non-preferred (30-day supply)</p>	<p>Failure to obtain prior authorization may result in the denial of coverage for this service. Please consult BSWHealthPlan.com/FEHB or call 844.633.5325 to verify prior authorization requirements.</p>

Removing barriers to care.

\$0 copay for:

- ▼ Preventive care coverage
- ▼ Virtual care
- ▼ First in-person sick visit for adults
- ▼ PCP visits for dependents ages 0-18
- ▼ Nurse Line - talk to a nurse 24/7

Open Access HMO

- ▼ No referrals needed to see in-network providers—even specialists
- ▼ No requirement to select a Primary Care Physician (PCP)



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MyBSWHealth member portal

With the MyBSWHealth member portal, you can manage your healthcare needs in one place, 24/7. Inside the portal, you can:


- ▼ Find doctors and locations in your network and schedule appointments with ease
- ▼ View or print your ID card and benefit plan documents
- ▼ Securely communicate with your BSW care team
- ▼ View lab results and past visit summaries from BSW providers
- ▼ Review and pay bills from BSW providers
- ▼ Complete a telehealth visit and get a diagnosis and prescription without leaving home
- ▼ View deductible, out-of-pocket max, and claims information
- ▼ Transfer or refill prescriptions at BSW pharmacies
- ▼ Upload health and fitness data
- ▼ Manage your family's healthcare needs from a single place with proxy access

MyBSWHealth is just one way Baylor Scott & White is helping to make healthcare the way it should be. Create an account or log in at [MyBSWHealth.com](https://www.mybswhealth.com).

MyBSWHealth app

Most of the information in the member portal is also available on your phone through the MyBSWHealth app.

Be sure to link your account in the app:

1. Tap the gear icon  (top right corner of app welcome screen)
2. Tap “Manage Linked Accounts”
3. Tap “Link Account”
4. Enter member information

Health and wellness

Wondr™ Health

As a Baylor Scott & White Health Plan member, you have access to Wondr – a digital weight loss program that teaches the science of health and nutrition, so you can enjoy the foods you love. No counting calories. No restrictions. No guilt.

Learn more about these benefits and more in the Health & Wellness section of BSWHealthPlan.com/FEHB.

Wellbeing assessment

Start your journey to better health with a simple digital health survey that helps you take steps toward a healthier and more vibrant life. The wellbeing assessment provides individualized health scores, assigns a level of health risk and customizes next steps based upon your responses and level of risk.

Daily habits digital health coaching

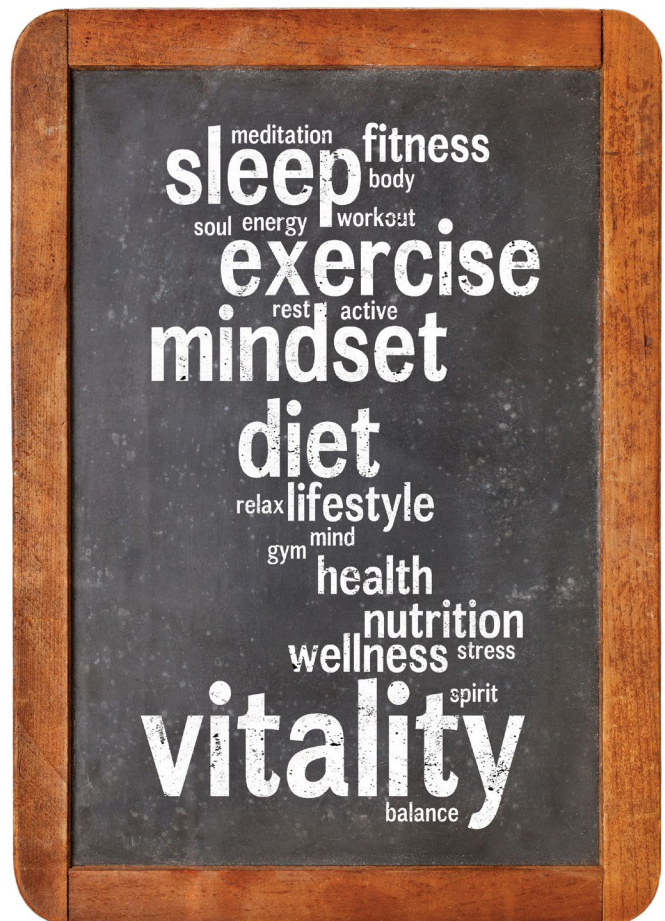
Stay engaged, track progress and accomplish your wellbeing goals. Daily Habits offers you a personalized set of activities based on your health information and personal interests.

Be Well newsletter

Packed with information and helpful tips about how to get and stay well, Be Well is emailed four times a year.

Wellness webinars

Health education opportunities that you can access anywhere at no cost to you.



Additional resources

Managing a health condition can be challenging. To make it a little easier, Baylor Scott & White Health offers FEHB members these services:

Disease management

A care manager may reach out to you if you've been identified as having a chronic health condition such as asthma, diabetes, COPD, or a variety of other conditions that benefit from focused care.

As a part of your care team, a care manager can support you in managing your health, your prescriptions and your doctor's appointments. Care managers may communicate with your physician to help facilitate conversations about your health concerns.

Case management

If you have complex care needs, our nurse case managers will work with you, your family, and your physician to create and manage your care plan.

Case managers advocate for you and assist with setting goals and making a personal plan to improve your health. They can answer questions and provide education to help you have a better understanding of your condition and plan of care. They can also assist with arrangements for necessary services and make referrals to Disease Management programs as applicable.

Maternity care management

Members who are expecting can get helpful tips and assistance during pregnancy and for one year after birth.

Benefits include 24/7 access to a nurse 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

Participation in Disease Management, Case Management or Maternity Care Management is voluntary. There is no additional cost to members for these programs.

2023 premiums

North and West Texas (P8)

Standard Plan		Premium Rate			
		Biweekly		Monthly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share
Self Only	P84	\$259.72	\$176.79	\$562.73	\$383.04
Self Plus One	P86	\$560.52	\$407.56	\$1,214.46	\$883.05
Self and Family	P85	\$611.42	\$413.31	\$1,324.74	\$895.51

Basic Plan		Premium Rate			
		Biweekly		Monthly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share
Self Only	P81	\$210.90	\$70.30	\$456.95	\$152.32
Self Plus One	P83	\$467.48	\$155.83	\$1,012.88	\$337.63
Self and Family	P82	\$494.83	\$164.94	\$1,072.13	\$357.37

Central Texas (A8)

Standard Plan		Premium Rate			
		Biweekly		Monthly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share
Self Only	A84	\$259.72	\$164.87	\$562.73	\$357.15
Self Plus One	A86	\$560.52	\$381.03	\$1,214.46	\$825.57
Self and Family	A85	\$611.42	\$385.22	\$1,324.74	\$834.65

Basic Plan		Premium Rate			
		Biweekly		Monthly	
Type of Enrollment	Enrollment Code	Gov't Share	Your Share	Gov't Share	Your Share
Self Only	A81	\$204.60	\$68.20	\$443.30	\$147.77
Self Plus One	A83	\$453.50	\$151.16	\$982.58	\$327.52
Self and Family	A82	\$480.02	\$160.00	\$1,040.03	\$346.68