

## SUPPLEMENTAL BENEFITS - PPO

### Vision care

Regular eye exams may do more than help maintain your vision. They may also help detect other serious health issues such as diabetes or high blood pressure.\*

Our 2023 plans provide coverage for a routine annual exam, plus an annual allowance toward the purchase of contacts, frames and lenses. *You must use a network vision provider.* Find a provider at [MyBSWHealth.com](https://www.MyBSWHealth.com).

### Hearing care

As part of our commitment to helping with our members' overall quality of life, we offer essential hearing services that are not covered by Original Medicare, including a routine hearing exam and an allowance every three years toward the purchase of hearing aids. Find a provider at [MyBSWHealth.com](https://www.MyBSWHealth.com).

### Dental care

Most of Baylor Scott & White Health Plan's 2023 plans include dental benefits through MetLife for no additional premium.\*\* Coverage includes things like exams, cleanings, X-rays, extractions and fillings, restorative services and even dentures. Refer to the Evidence of Coverage for complete details, including limitations and exclusions.

MetLife's Preferred Dentist Program is a dental PPO plan. You can visit any licensed dentist – in or out of the MetLife **PDP Plus** network – and receive benefits. However, if you use an out-of-network provider, your share of the costs for your covered services may be higher. Find a participating dentist at [MetLife.com](https://www.MetLife.com).

***Dental insurance policies are underwritten by Metropolitan Life Insurance Company, 200 Park Avenue, New York, NY 10166.***

\*American Academy of Ophthalmology, "20 Surprising Health Problems an Eye Exam Can Catch," by Reena Mukamal, April 29, 2022, American Academy of Ophthalmology, [aao.org](https://www.aao.org)

\*\*Dental coverage is included with all plans EXCEPT the PPO Basic plan in Central Texas. These members may add optional supplemental dental coverage at any time during the year for an additional monthly premium of \$20.

***Refer to the Evidence of Coverage for details.***

## Something for Everyone<sup>®</sup> with the Silver&Fit<sup>®</sup> program

2023 BSW SeniorCare Advantage PPO plans include a fitness membership at no additional cost.



### 8,000+ on-demand workout videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos on the Silver&Fit website and through the Silver&Fit mobile app.



### Home fitness kits

You can pick one Home Fitness Kit per benefit year from options such as a Wearable Fitness Tracker Kit, Pilates Kit, Strength Kit, Yoga Kit and more.



### Access to one of thousands of participating fitness centers

You also have access to the Premium Fitness Network including unique experiences like swimming centers, rock climbing gyms and rowing centers, each with a monthly buy-up price.



### Workout videos

You can join workout classes on Facebook Live and the Silver&Fit YouTube channel.

[facebook.com/SilverandFit](https://facebook.com/SilverandFit)

[youtube.com/SilverandFit](https://youtube.com/SilverandFit)



### Healthy aging coaching

You can address your fitness, nutrition and lifestyle goals during scheduled phone sessions with a coach.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit and Something for Everyone, are trademarks of ASH and used with permission herein. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change. Other names may be trademarks of their respective owners.