

## SUPPLEMENTAL BENEFITS - PPO

### Dental care

Dental benefits through MetLife are included in the Central Texas Platinum PPO and available for an additional \$20 in the Central Texas Basic PPO and North Texas PPO. 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. Find a participating dentist at MetLife.com.

Dental Benefits	
Yearly Benefit Maximum	\$2,000
Deductible	\$0
Oral Exams, Cleanings (every 6 months)	\$0
Dental X-rays (every 3 years)	\$0
Extractions and Fillings	50%
Dentures (every 5 years)	50%
Restorative Services (every 2 years)	50%

### 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 2022 plans provide coverage for a routine annual exam, plus a \$125 annual allowance toward the purchase of contacts, frames and lenses. You must use a network provider.

### Hearing care

As part of our commitment to our members' overall quality of life, we offer members essential hearing services that are not covered by Original Medicare, including a routine hearing exam and a \$1,000 allowance every three years toward the purchase of hearing aids.

*Refer to the Evidence of Coverage for details.*

## Silver&Fit® program

2022 BSW SeniorCare Advantage HMO and PPO plans include a fitness membership with Silver&Fit at no cost to you.



### 8,000+ digital 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 Wearable Fitness Tracker Kit, Pilates Kit, Strength Kit, Yoga and more.



### Access to one of 16,500+ 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.



### Daily workout videos

You can join daily 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.

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