

## Additional benefits included with the Group Medicare plans.

### The SilverSneakers®† Fitness Program

The SilverSneakers Fitness Program helps you achieve your health and fitness goals with access to thousands of fitness locations plus in-person and online classes led by certified instructors.

- Call **1-888-423-4632 (TTY 711)**, Monday through Friday, 7 a.m. - 7 p.m. CT, or
- Visit **SilverSneakers.com/StartHere**, or
- Email **support@silversneakers.com**

Always talk with your doctor before starting an exercise program.

### Private Duty Nursing

Private duty nursing is provided to individuals who need skilled care and require individualized and continuous 24-hour nursing care that's more intense than what is available under the home health care benefit.

You have a \$0 copay for Medicare-covered services. (40 visits per year)

### MDLIVE Virtual Visits

Make an appointment with an independently contracted, board-certified MDLIVE provider for non-emergency medical conditions and mental health support, including therapy and psychiatric care. You can meet by phone, mobile app or online video 24 hours a day, 7 days a week.

**Note:** Your primary care provider may also offer virtual visits. Visit **www.mdlive.com/bcbstx-medicare** or call

**1-866-954-3585 (TTY 1-800-770-5531).**

### Modivcare | Non-Emergency Transportation Services

Getting to the doctor or pharmacy is easier with transportation services through Modivcare. You have a \$0 copay for up to 12 one-way visits to plan-approved locations per year. Arrange trips by calling the Customer Service number on the back of your member ID card.

### Mom's Meals | Post Discharge Meals at Home

Mom's Meals offers healthy meals to aid in your recovery for a limited period after getting discharged from an inpatient hospital stay. Your benefit includes up to 28 meals over 14 days a maximum of 3 times per year. Authorization is required after an inpatient stay. Call the Customer Service number on the back of your member ID card to arrange meals.

### 24/7 Nurseline

Your health questions can be answered by a registered nurse. This service is available 24 hours a day, 7 days a week. Get help with health concerns such as asthma, dizziness or severe headaches, high fever and more. You can reach the 24/7 Nurseline at **1-800-631-7023 (TTY 711).**



### Blue365® Discount Program

With Blue365, you may save money on health and wellness products and services such as contacts, dental care, fitness devices, glasses, healthy meals, hearing aids, clothes and shoes, and more from trusted retailers. Availability of discounts is subject to change. See all the deals and learn more at [www.blue365deals.com/bcbstx](http://www.blue365deals.com/bcbstx).

### Rewards Program

The Rewards Program gives you a healthy and easy way to earn up to \$100 in gift cards from national and local retailers. You can receive a gift card of your choice for completing Healthy Actions like having an annual check-up or getting a flu shot, throughout the year.

Visit [www.BlueRewardsTX.com](http://www.BlueRewardsTX.com) to register and learn more.

### Voluntary programs for people with chronic or complex health needs

Complex Care Management Programs include:

- Alcohol and substance abuse disorders
- Anxiety and panic disorders
- Asthma/chronic obstructive pulmonary disease
- Cancer
- Congestive heart failure
- Coronary artery disease
- Depression
- Diabetes
- Hypertension
- Schizophrenia, other psychotic disorders and ESRD (End Stage Renal Disease)

### Hearing Care

Your plan covers 1 routine hearing exam per year provided by TruHearing and a \$500 hearing aid allowance for both ears over 36 months. Visit the TruHearing website at [www.truhearing.com](http://www.truhearing.com) or call **1-844-855-9536** (TTY 711) to learn more.



Life's better when you're connected.



Better hearing helps you stay connected to the ones you love. That's why Blue Cross and Blue Shield of Texas partners with TruHearing® to give you a broad hearing care solution. Your 2025 hearing program saves you up to 60% off retail pricing.

Example Savings (per aid)			
Product	Retail Price	Savings	TruHearing Price
TruHearing Advanced	\$2,720	<b>\$1,470</b>	<b>\$1,250</b>
✓ Signia 3IX	\$2,113	<b>\$763</b>	<b>\$1,350</b>
✓ Widex® SmartRIC™ 220	\$2,332	<b>\$982</b>	<b>\$1,350</b>
✓ ReSound NEXIA™ 9	\$3,047	<b>\$797</b>	<b>\$2,250</b>
Starkey® Genesis® AI 1600	\$2,129	<b>\$579</b>	<b>\$1,550</b>
✓ Phonak® Lumity® L-RL 90	\$3,349	<b>\$1,099</b>	<b>\$2,250</b>
Oticon® Real® 2	\$3,018	<b>\$1,243</b>	<b>\$1,775</b>

✓ Rechargeable | Listed products are smartphone-compatible<sup>1</sup>

You can use your 2025 TruHearing Aid Discount Program to purchase a new pair of hearing aids. See your Evidence of Coverage for hearing aid allowance and eye exam costs.

# Your journey to better hearing made easy. Get Started with **Five Simple Steps.**



1. Call  
TruHearing



2. Schedule  
an exam



3. Go to  
your exam



4. Order  
hearing aids



5. Fitting and  
follow-up

## Your hearing benefit includes:

- **60-day**, risk-free trial
- **1 year** of follow-up visits
- **80 free batteries** per non-rechargeable hearing aid
- **3-year** manufacturer warranty



### Schedule an appointment

**1-844-855-9536 | TTY 711**  
Hours: 7 a.m. - 7 p.m. CST,  
Monday - Friday

### Learn more

[www.truhearing.com/how-it-works/](http://www.truhearing.com/how-it-works/)

Or scan with  
your smartphone  
to see how it works.



<sup>1</sup>Smartphone-compatible hearing aids connect directly to iPhone®, iPad®, and iPod® Touch devices. Some TruHearing models connect to Android® phones directly. Connectivity also available to many Android phones with use of an accessory. TV streaming available through most TVs with use of an accessory.

Prices and products subject to change.

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