



A Deeper Dive into the 2024 Moda Health and Delta Dental Open Enrollment



Plan summary overview – Synergy Network

Medical	Full-time Medical Plan	
	In-network	Out-of-network
Deductible per person	\$250	\$500
Deductible per family	\$750	\$1,500
Out-of-pocket max per person	\$1,500	\$4,000
Out-of-pocket max per family	\$4,500	\$12,000

Medical	Primary Care (PCP 360) ¹	Specialist Office Visit ²	Office visits for Chronic Conditions	Urgent Care ³	Alternative care ³	Diagnostic Labs & X-ray	Emergency Room ⁴
Full-time Plan	\$10	\$10	\$0	\$25	\$10	\$0	\$150

¹ Deductible is waived of the first 4 PCP visits, per plan year

² Referrals are not required for in-network specialist care

³ Acupuncture is limited 12 visits per plan year, spinal manipulation is limited 20 visits per plan year, and massage therapy is limited a \$1,000 benefit maximum

⁴ Copayments does not apply to out-of-pocket maximums

Pharmacy benefits

Plan-year costs	Full-time
Deductible per person	\$50
Deductible per family	\$150
Out-of-pocket max per person	\$1,000
Out-of-pocket max per family	\$3,000

	Full-time*
Retail (30-day supply)	
Value	\$0
Generic	\$10
Preferred	\$30
Mail & Preferred Retail (90-day supply)	
Value	\$0
Generic	\$25
Preferred	\$75
Specialty (30-day supply)	
Generic	\$100
Brand	\$10

**Copays apply after the deductible has been met*



Synergy Network



Travel and out-of-area dependent network

Travel Network	Out-of-Area Dependents
<p>When traveling outside of the Synergy Network, you will have access to Moda's national network, Aetna PPO® through Aetna Signature Administrators® for urgent and emergent services.</p>	<p>Dependents who live outside of the Synergy Network service area (i.e., college student) will also use Moda's national network, Aetna PPO® through Aetna Signature Administrators®.</p> <p>Dependents living outside of the Synergy service area will use Moda's National network, Aetna PPO® network, for in-network benefits away from home, except members living in Alaska and Idaho.</p> <p>If you have a dependent who lives in Idaho, they will have access to both the Synergy network, and the First Health Network. If they live in Alaska, they will use the First Health Network.</p> <p>To ensure your dependent is using the correct network, you will need to update their address in the PEBB system.</p>

PCP 360

Use your PCP 360 for all of your primary care needs

You must choose a PCP 360 for each covered individual for all their primary care needs

Choose a PCP 360 with Moda

A PCP 360 is a primary care provider who is part of a facility that has been certified by the Oregon Patient-Centered Primary Care program or other similar programs

Each member of your family gets a choice

Each enrolled member can pick the same PCP 360 or a different one to receive in-network benefits for primary care services

No referrals

No referrals are required to see specialists

How to choose a Moda PCP 360



Call a Moda 360 Health Navigator
844-776-1593. You can also message one instantly through your Member Dashboard or email them at pebbcustomerservice@modahealth.com



Log in to your Member Dashboard

Existing medical PEBB Synergy members

If you have already selected a PCP 360, you do not have to re-select a PCP 360 unless you would like to change your PCP 360. You may change PCP 360 providers any time during the year.

Each enrolled member can choose their own PCP 360.

How to find a PCP 360

- 1 To find a PCP 360, visit modahealth.com/PEBB
- 2 Click the Find Care link on the left side of the page
- 3 Use the Search by network option to select the Synergy Network

The screenshot displays the modahealth.com/PEBB website interface. At the top, the 'moda' logo is on the left, and 'DELTA DENTAL' and 'moda HEALTH' logos are on the right. A navigation bar includes 'Oregon', 'About Moda', 'Community', 'Contact us', and a search bar. A left sidebar menu lists various services, with 'Find Care' (Find a doctor, dentist, pharmacy or clinic) circled in yellow and labeled with a '2'. The main content area features a banner for 'Experience better care that revolves around you' powered by 'moda 360'. Below this is a section for 'pebb Public Employees' Benefit Board' with a 'Search as a member' form (labeled with a '3') and a 'Search by network' form. The 'Search by network' form has a dropdown menu with 'Synergy' selected, and the entire search area is circled in yellow. A 'Get your digital member ID card' section is also visible at the bottom.

How to find a PCP 360

- 4 Then, click PCP 360 from the 'Type' drop-down menu and look for a PCP 360
- 5 You will know a provider is a PCP 360 if you see the "360" graphic under their phone number

moda | Find Care

Search for a provider

Welcome, guest | Search as a member

Type of search
Medical

Network
Connexus

Name of provider
Enter doctor name

Type
PCP 360

Specialty
- Any specialty -

- Any type -
Alternative Care Provider
Behavioral Health EOCCO
Core Providers & Doctors
Chemical Depend Facility
Chemical Dependency
Clinics & Medical Groups
Dentist for Medical Plan
Facilities & Hospitals
Hospice & Home Care
Lactation Counselor
Medical Home Clinics & Medical Groups
Medical Home Providers & Doctors
Mental Health
Mental Health Facility
PCP 360
PCP on Moda Select
PCP on Synergy
Supplies & Services
Transportation
Vision

Search

4

McKnight, Nicole L. Primary Care Provider

Distance: 1.3 mi
9047 SE Foster Rd
Portland, OR 97266
503-772-8751

360

5

New programs and enhancements (effective 1/1/2024)

NEW

- Moda is adding the Virta program
 - Virta is a provider-led treatment that can help reverse type 2 diabetes.
 - The program provides:
 - Continuous remote medical care
 - Nutritional therapy
 - Assistance in lowering blood sugar
 - Helps with reducing medications
 - Help members with weight loss
 - Eligible members will receive an invite for the program and at no cost to them.

NEW

- Medical and Rx fertility benefits
 - There is currently a combined \$35k annual benefit maximum for medical and pharmacy fertility expenses.
 - Effective 1/1/24, there will now be a \$25K annual benefit maximum for medical expenses and no annual benefit maximum for pharmacy expense

New programs and enhancements (effective 1/1/2024)



NEW

- Copay Max Plus is an industry-leading copay program that allows you to utilize the full benefit of manufacturer assistance to offset your costs at the point-of-sale.
 - It looks for manufacturer assistance and applies it at the point-of-sale, if available.
 - Assistance will no longer accrue toward the pharmacy deductible and the medical maximum cost share.
 - Applies to more than 450 drugs



NEW

- Health assessment (Effective 9/1)
 - Moda has partnered with a new vendor to offer this year's health assessment, which you can access through your [Member Dashboard](#) account. For instructions how to register, please visit our website: https://www.modahealth.com/pebb/health_assessment.shtml

New programs and enhancements (effective 1/1/2024)



spring health

- Moda has partnered with **Spring Health** to give you access to behavioral health telehealth services through your phone, tablet, or computer. Services include:
 - Mental health therapy
 - Psychiatry
 - Care navigation
 - Digital cognitive behavioral therapy
- Call a Moda 360 Health Navigator at 844-776-1593.
- You can access Spring Health through your Member Dashboard modahealth.com/memberdashboard.

Find the right care for YOU!

Spring Health's diverse network helps us connect you with exactly the right provider for you.

- 30+ languages spoken
- Therapists that focus on the LGBTQIA+ community
- 18+ specialty and focus areas
- BIPOC therapists and prescribers
- Providers available for after-hour appointments



moda 





- With Moda 360, you can:
 - Live chat with a Health Navigator
 - Find specialized program matches
 - Timely personalized care reminders
 - And so much more, which is easily accessible through your Member Dashboard.



Moda 360 – Health Navigators



- Moda 360 Health Navigators can help you with:
 - Assistance with appointment scheduling
 - Connecting members with care programs
 - Assistance with prior authorizations
 - Selecting a PCP 360
 - Claims and provider billing support
 - Closing gaps in care



Member Dashboard



New Member Dashboard launched in January 2023

Enhanced, easy to use layout

Personalized to each member


Moda 360 programs



Care Reminders Moda 360 programs

Moda 360 programs

Healthcare can be complicated. That's why we created Moda 360 - personalized programs to help you on your health journey.



- [Comprehensive Coordinated Care \(C3\)](#)
Your PCP 360 visits and in-network mental health visits are covered when you enroll. >
- [Text a doctor with CirrusMD](#)
Never be without a doctor. Text a medical doctor about non-emergency health concerns 24/7. >
- [Case management](#)
Navigate the healthcare system with our registered nurses or licensed clinical social workers. >

Additional resources

[View all programs](#) >

Moda 360 programs



Benefit

Medical Dental Pharmacy **Programs** Resources

Moda 360 Programs

Filters

Program Status
Eligible ▼

Category
Medical: Virtual Care ▼

Apply

Clear filters

Text a doctor with CirrusMD >
Never be without a doctor. Text a medical doctor about non-emergency health concerns 24/7.

Virtual visits with OHSU >
Get care from home. See a licensed OHSU doctor from your computer or mobile device.

Moda 360 programs



Mental health support with Spring Health

Through our partnership with Spring Health, we make sure you and your covered family members have the mental health care and support you need and deserve. With Spring Health, you can access a range of telehealth services, including mental health therapy, psychiatry, care navigation and digital cognitive behavioral therapy, from your phone, tablet or computer. A diverse network of passionate therapist and physicians are ready to help you feel your very best.

[Learn more and enroll](#)

Call health navigator: 866-923-0409

CirrusMD



- The CirrusMD app connects you with a doctor via text, 24/7, with no cost sharing
- The app allows you to:
 - Ask urgent or general health questions
 - Message, share photos or video chat
- Provides convenience and flexibility, and is available in all 50 states
- Providers can also prescribe medications
- Access CirrusMD through your Member Dashboard at modahealth.com/memberdashboard or the CirrusMD website at cirrusmd.com/modahealth



sword



A digital physical therapy program designed to provide treatment for all musculoskeletal issues at no cost to you.



1
Your dedicated physical therapist designs an exercise program just for you.



2
Sword will ship you a tablet + motion sensors to guide you and provide real-time feedback.



3
Complete your exercise sessions at home when it is convenient for you.



4
Your physical therapist is there to support you virtually and is available at any time.



To learn more, log into your Member Dashboard at modahealth.com/memberdashboard or visit the Sword website at <https://enroll.swordhealth.com/pebb>

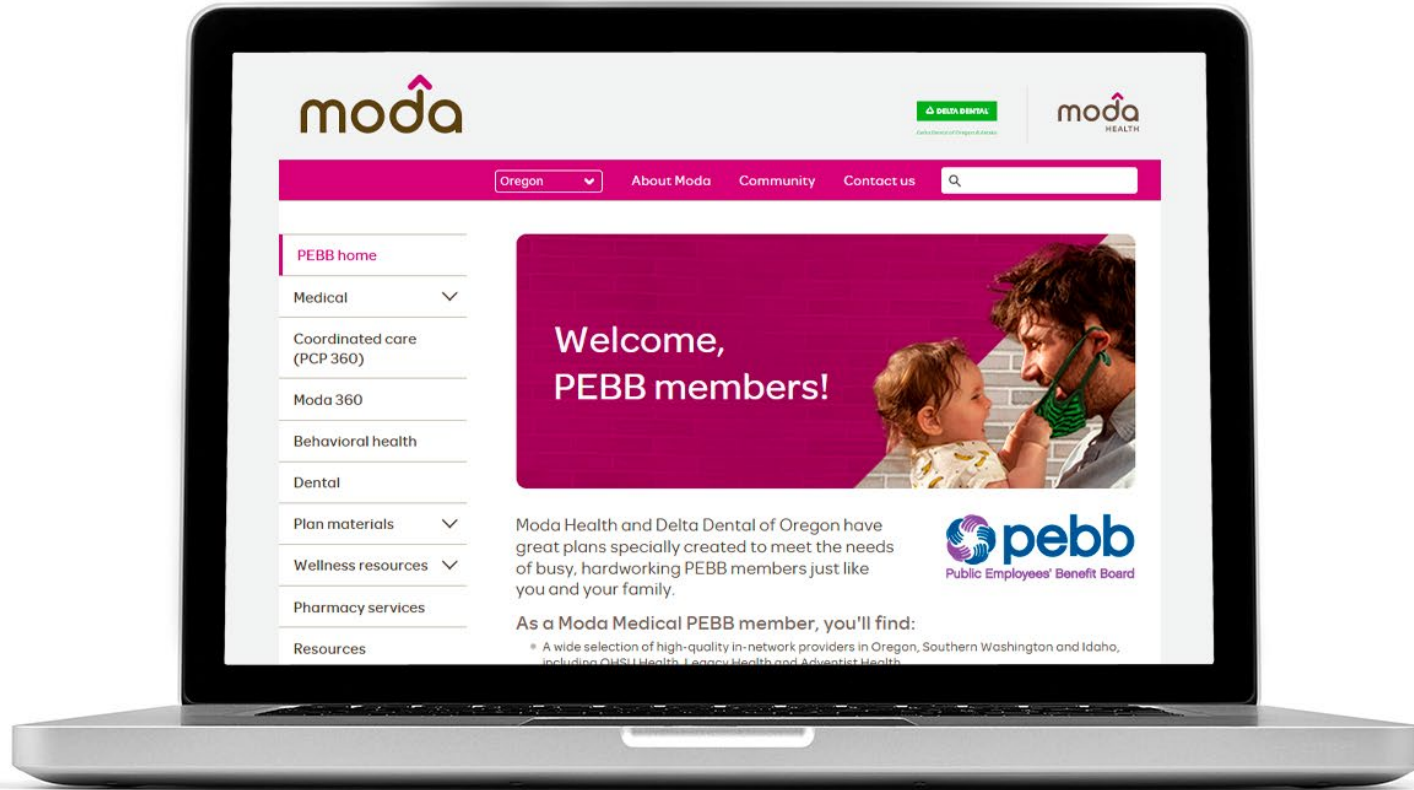


Call the Sword team at **888-492-1860** or email them at help@swordhealth.com

Member Resources

PEBB dedicated website

PEBB Open Enrollment



modahealth.com/pebb

Health Navigators



Available Monday through Friday from 7:30 a.m. to 5:30 p.m. Pacific time.



Medical/Vision
844-776-1593



Pharmacy
844-776-1594

Or email Moda Health at
PEBBquestions@modahealth.com.

You can also chat with the Moda 360 Health
Navigator team instantly through your
[Member Dashboard](#).

Thank you



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