



Living healthier with Medicare Advantage

Take your health care to the next level



Part of Optum®



Optum doctors + Medicare Advantage

Combine one of our primary care doctors and a Medicare Advantage plan, and you'll get:

- Personalized care from doctors who listen and focus on your overall health
- More care at a lower cost to keep you healthy

Most people want care they can depend on at a cost they can afford. Medicare Advantage plans offer great value. Each year, plan members can save \$1,640 more than people on Original Medicare.¹ And they're among the most popular and fastest growing in the country.

Find a Medicare Advantage plan that's right for you and accepted by our doctors. Follow our three easy steps:

1

Know your needs

2

Explore plan choices

3

Sign up for a plan



Ready to find an Optum doctor + a Medicare Advantage plan?
Learn more at:

nwphysicians.com/MedicareAdvantage



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Know your needs

How do you find a Medicare Advantage plan that's right for you? It helps to have a good idea about what you need to cover. Most people choose to cover a combination of doctor visits and medicines. Here are some questions to ask yourself.

What doctors do you see?

You want to be sure your primary care doctor, specialists and other providers are covered by your insurance company. **List them here:**

Primary care doctor: _____

Specialists: _____

What medicines do you take?

Many people take three or more medicines every month. That can add up. A Medicare Advantage plan that pays for your medicines can help. **List your medicines below:**

What other services do you want?

Many Medicare Advantage plans cover services that Original Medicare doesn't. If any of these are important to you, you might want to find a plan that includes them.



Dental



Rides to your doctor



Vision



Fitness, health and wellness programs



Hearing



Urgent and emergency care is covered while traveling

Patient story



Carol, 66 years old

"A few years ago I found out I had Type 2 diabetes. I've been taking care of it with medicine and exercise. I'm so thankful that I chose a Medicare Advantage plan. It's given me a closer connection to my doctor and a team of people who are caring for me. They check in with me and ask if I'm taking my medicine and following my diet. They care. That's important. It makes a difference. And it's helped me stay much healthier."²



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Explore plan choices

What's important to you? Finding a plan that covers dental, vision and hearing? Original Medicare doesn't cover them, but many Medicare Advantage plans do. **Many plans offer \$0 monthly premiums, \$0 prescription drug copays and \$0 doctor visit copays.** Plus they limit your annual out-of-pocket costs. A licensed insurance agent can help you find one that's right for you.

Patient story



Jamal, 67 years old

"I was curious about Medicare Advantage and if it was a better choice than my current Medicare plan, so I called Optum. They put me in touch with a licensed insurance agent to learn more. I realized that I actually had plan choices — many with no monthly premium. It's like an all-in-one plan designed with me in mind."²

Talk with a licensed insurance agent

- Get answers to your Medicare questions
- Compare Medicare Advantage plans
- Find plans your doctors accept
- See what plans cover the medicines you need
- Find a plan that covers dental, vision and hearing

New to Medicare? An agent can answer questions, like:

- What should I keep in mind if I want to work past 65?
- Is my employer's plan a good choice for when I retire? Or is Medicare Advantage a better choice?



Learn more at:

nwphysicians.com/MedicareAdvantage



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Sign up for a plan

Now is the time to select a Medicare Advantage plan that fits your needs.

You could save up to 40% on your health care costs with Medicare Advantage compared to Original Medicare.¹

Looking for more Medicare resources?

- Watch helpful videos. Or sign up for an event hosted by a licensed insurance agent. Visit optum.com/MedicareAdvantage
- Research plans at medicare.gov. Or call Medicare at **1-800-MEDICARE, (1-800-633-4227/TTY 1-877-486-2048)** 24-hours a day/7-days a week.
- Call health plans and ask what they offer in your area.



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Patient story



Sofia, 69 years old

“I've been pretty healthy and I want to stay that way. Through my Medicare Advantage plan, I have a doctor and care team who take the time to create a wellness plan just for me. I also have a membership to a fitness center at no extra cost. I feel like I've found the right fit for me.”²



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To find an Optum doctor or to be put in touch with a licensed insurance agent visit nwphysicians.com/MedicareAdvantage

This company does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities. We provide free services to help you communicate with us, such as letters in other languages or large print. Or, you can ask for an interpreter.

1. Better Medicare Alliance. State of Medicare Advantage 2021. bettermedicarealliance.org/wp-content/uploads/2021/05/BMA-State-of-MA-Report-2021.pdf. Published May 2021.
2. Patient information is for illustrative purposes only. While based on an actual patient story, the picture, name, age and other identifiable information have been changed to protect their privacy.

Information in this guide does not substitute for care with your personal health care provider.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員電話號碼。
optumcare.com/nondiscrimination-notice.html