

2026 Benefit Guide

Retirees

Enrollment: October 31 – November 21, 2025

Effective: January 1, 2026



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PLEASE NOTE: All required Annual Notices, including the Medicare Part D Creditable Coverage Notice, are contained at the end of this Benefit Guide. Please refer to them and read them carefully. If you (and/or your dependents) have Medicare or will become eligible for Medicare in the next 12 months, a Federal law gives you more choices about your prescription drug coverage. Please see page 28 for more details.

Important Notice

San Ramon Valley Unified School District has made every attempt to ensure the accuracy of the information described in this enrollment guide. Any discrepancy between this guide and the insurance contracts or other legal documents that govern the plans of benefits described in this enrollment guide will be resolved according to the insurance contracts and legal documents. San Ramon Valley Unified School District reserves the right to amend or discontinue the benefits described in this enrollment guide in the future, as well as change how eligible employees and San Ramon Valley Unified School District share plan costs at any time. This enrollment guide creates neither an employment agreement of any kind nor a guarantee of continued employment with San Ramon Valley Unified School District.

OPEN ENROLLMENT

is from October 31st to November 21st

As a retiree, the benefits available to you represent a significant component of your total retirement package and provide important protection for you and your family. This guide provides valuable information to help you better manage your health and your financial security.

During Open Enrollment you and your eligible dependents may cancel your enrollment in the medical, dental, vision or life insurance programs, if you are currently participating in these plans. Please remember that once coverage is dropped, you will be unable to re-enroll at a later date.

Open Enrollment for 2026 coverage – **your one chance to make changes to your benefits¹** – begins October 31, 2025 and will remain open until November 21, 2025. The benefits you choose will become effective on January 1, 2026 – December 31, 2026.

If you want to keep your coverage the way it is, there is nothing you need to do, you will default into the same or comparable coverage for 2026.

Please take a moment to review this guide to choose which benefits are right for you!

If after reading this guide you need more information, please contact the Benefits Office at (925) 552-2913. Or you can access the [TruHu Benefits Portal](#) by clicking the link or scanning the QR code on this page using your mobile device and logging-in with the credentials below to get started.

Username: SRVRetiree | Password: Benefits1

Scan below to visit the TruHu Benefits Portal!



User ID: SRVRetiree (case sensitive)
Password: Benefits1 (case sensitive)



¹ You can change your coverage during the year if you experience a “Qualified Status Change,” including but not limited to domestic partnership, divorce, death of spouse or child, or a change of address affecting your plan eligibility.

CHANGES FOR 2026

WHAT'S CHANGING?

The District consistently strives to provide outstanding benefits to their retirees. Achieving this goal includes considering benefit modifications in order to better manage the rising costs of healthcare. The District is pleased to present retirees with limited benefit changes for the 2026 plan year. Please review the appropriate section for additional details on the following changes:

- **Dental and Vision** Plan costs have increased slightly for all coverage levels. The same two Dental Plans are available once again for all retirees.

Early Retirees (Under age 65)

- **Medical** Plan costs have increased for all available options. There have been changes to the medical plans that are available in 2026.
 - The United Healthcare (UHC) Harmony HMO plan options will no longer be available in 2026. However, the District still has the **UHC Signature Value HMO** available and in addition you will have access to the same network of providers. Additionally, as a result of the changes to the partnership between Canopy Health and UHC the high-deductible plan option has transitioned to a **PPO** plan. PPO plans are typically more expensive than HMO offerings due to expanded in-network provider access and out-of-network coverage. Please review the full plan summaries to identify any benefit changes that will impact you and your dependents.
 - The District understands the challenges posed by these required network changes and in an effort to mitigate the cost impact to employees, you will find that there have been changes to all of the United Healthcare plans. Please carefully review the UHC plan summaries beginning on page 10 if you intend to continue participating in one of these plans
 - There have been no plan changes to the **Kaiser Traditional HMO** plan. Due to IRS mandated changes effective January 1st, there has been an increase to the deductible and out-of-pocket maximums for the **Kaiser High-Deductible HMO**
- The IRS has announced an increase to the annual contribution limits for **Health Savings Accounts (HSA)**. Those who are enrolled in a High-Deductible Health Plan and eligible to participate in an HSA can set aside up to \$4,400 in 2026, or \$8,750 if enrolled with dependents and an additional \$1,000 catch up contribution for those age 55+. For more details, please see page 12.

CHANGES FOR 2026

WHAT'S CHANGING?

Retirees (age 65+)

- The **KPSA plan** will continue to be offered with a slight increase in cost.
- **New for 2026**, the District is replacing the UHC Medicare Advantage PPO plan with **The Hartford Medicare Supplement PPO**
 - Your new Medicare Supplement coverage will be provided by The Hartford Retiree Medical Plan, and your Medicare Prescription Drug coverage will be provided by Express Scripts Medicare Prescription Drug Plan, effective January 1, 2026
 - This new plan is administered by Benistar, a retiree benefits management solutions and advocacy service provider. Benistar Advocates are US-based and available to help you navigate the complex retiree healthcare landscape and troubleshoot any issues you may have with your insurance carrier, provider's office, and pharmacy.
 - **Important Things to Know:**
 - If you are currently enrolled in the UHC Medicare Advantage PPO, your coverage will be automatically transferred to the new Hartford Supplement plan unless you Opt-out by calling Benistar at (800) 236-4782, Monday-Friday, 9:00am – 5:00pm local time.
 - You must be enrolled in Medicare Parts A and B to participate in the Hartford Retiree Medical Plan and Express Scripts Part D Plan.
 - You will use your Hartford ID card for Medical and Express Scripts ID card for Prescription Drugs.
 - You can use any willing Medicare medical provider.
 - No referrals are needed for Medicare covered medical services.
 - You should continue to be able to use almost any retail pharmacy as Express Scripts includes over 63,000 in-network pharmacies, nationwide.
 - Express Scripts offers a Mail Order Pharmacy for your convenience. If you would like to use the Mail Order Pharmacy, you will need new prescriptions.
 - You do not need new prescriptions for retail pharmacies. Simply show your new ID card and your refills will be processed under the Express Scripts Plan.
 - Please plan to attend the virtual meeting and/or the in-person meeting. Carrier representatives will be present to answer questions.

| Location | Date | Time |
|--|-------------------|-------------|
| Join Zoom Meeting https://us06web.zoom.us/j/86888869788 Dial In: 1-305-224-1968 Meeting ID: 868 8886 9788 | November 6, 2025 | 10:00am PST |
| San Ramon USD District Office 699 Old Orchard Drive Board Room | November 17, 2025 | 1:00pm PST |

¹Due to state regulations, retirees living in Colorado, Oregon, Utah, Washington or Florida do not have access to the fitness benefit

Retirees and their eligible dependents can participate in San Ramon Valley Unified School District benefits. Eligible dependents include:

- Your spouse or domestic partner
- Child(ren) up to age 26 for medical , regardless of marital status
- Unmarried Child(ren) up to age 26 for life insurance
- Unmarried Child(ren) up to age 19 (or age 25 if a full-time student) for dental and vision coverage
- Unmarried Child(ren) of any age if you support the child and he or she is incapable of self-support due to disability

PROOF OF DEPENDENT ELIGIBILITY

You are required to provide proof of eligibility for your dependents. Note that attempting to enroll an ineligible dependent could lead to immediate disenrollment without the ability for re-enrollment in the future. If your dependent becomes ineligible for coverage during the year, you must contact the Benefits Office at (925) 552-5014 **within 30 days**. Failure to provide notification may result in a loss of continuation coverage (COBRA) rights for your dependent(s), AND you may also become financially responsible for the cost of premiums and any services received by your dependent(s) after the loss of eligibility.



Enrolling in Benefits

If you did not enroll in medical, dental or vision benefits when you initially retired, you are not able to do so at a later date. If you enrolled and need to make changes, you may do so by contacting the Benefits Office to request the plan Enrollment Form(s). If you cancel your coverage at any time, you will not be permitted back on to the District plans. If after reading this guide you have enrollment questions, please contact the Benefits Office at (925) 552-2913.

If you wish to make changes please submit the completed Enrollment Form(s) and supporting documents to the Benefits Office no later than November 21st at 4:00 pm for all Open Enrollment changes.

MONTHLY PAYMENTS

RETIREE COST SUMMARY

| Benefit - Early Retirees (under age 65) | Retiree Only | Retiree + 1 | Retiree + Family |
|---|--------------|--------------|-----------------------|
| Kaiser Permanente Traditional HMO | \$1,432.47 | \$2,864.94 | \$4,053.89 |
| Kaiser Permanente High Deductible HMO | \$1,117.08 | \$2,234.16 | \$3,161.33 |
| United Healthcare (UHC) Signature Value HMO | \$1,684.15 | \$3,359.05 | \$4,749.14 |
| United Healthcare (UHC) High Deductible PPO | \$2,006.82 | \$4,002.60 | \$5,659.04 |
| United Healthcare (UHC) Select Plus PPO | \$4,966.81 | \$9,906.24 | \$14,005.82 |
| Benefit - Retirees 65+ | Retiree Only | Retiree + 1* | Retiree + Family |
| Kaiser Permanente Senior Advantage (KPSA) HMO | \$324.14 | \$648.28 | Inquire with District |
| The Hartford Medicare Supplement PPO** | \$582.85 | \$1,165.70 | Inquire with District |
| Benefit - Early Retirees & Retirees 65+ | Retiree Only | Retiree + 1 | Retiree + Family |
| Delta Dental (Base Plan) | \$55.39 | \$110.75 | \$159.70 |
| Delta Dental (Buy-Up Plan) | \$67.04 | \$134.06 | \$194.61 |
| VSP Vision | \$8.12 | \$16.21 | \$23.52 |

The rates illustrated above do not factor in any contribution you may receive from the District.

**assumes both members have Medicare parts A & B; if you need to enroll one person with Medicare and one person without Medicare, please inquire with the District for the applicable rates*

*** If you are a retiree living in Colorado, Oregon, Utah, Washington or Florida your rates and benefits may vary slightly due to state regulations. Please contact the District for details*

MAKING PAYMENTS

If the amount of your health premiums is more than the post retirement contribution you receive from the district, you will receive a bill each month which is due and payable upon receipt. You are billed current, for example; the bill you receive in January 2026 is for January's coverage.

You can either pay by personal check or sign up to have your financial institution issue a check to SRVUSD each month. **We cannot accept wire transfers (ACH), debit or credit cards.** If you have your financial institution automatically pay us each month, you will need to adjust your January 2026 payment to reflect the New Year's amount you owe. This change should be made **after your December payment has been processed.** Please reference the letter you received to determine what your monthly contribution will be in 2026.

When setting up an automatic payment from your bank, make sure to reference your **six-digit alpha numeric SRVUSD Customer ID #** that is located in the lower middle left-hand side, directly below the coverage detail of the invoice we send you (example: A12345). This will assist us in processing your payment timely.

Checks are payable to **the San Ramon Valley Unified School District (SRVUSD)** and mailed to **Accounts Receivable, 699 Old Orchard Drive, Danville CA 94526, Attention: Retiree Benefits.** If payment is not received when due, coverage may lapse and cannot be re-instated.

MEDICAL & PRESCRIPTION DRUG BENEFITS

Early Retirees (under age 65)

Early Retirees (under age 65) have the opportunity to enroll in either the Kaiser Permanente Health Maintenance Organization (HMO) medical plan or the United Healthcare (UHC) HMO plan, provided that you **live inside the applicable service area**; this also applies to any dependents. Any services obtained outside of the HMO service area will be limited to Emergency coverage only. These medical plans are an HMO and offer in-network coverage only. If you do not select a primary care physician when you enroll, one will be assigned to you by the carrier. To review the service area, find a provider, or to obtain additional information about your plan visit www.kp.org or www.myuhc.com.

MEDICAL PLANS SUMMARY

| Key Features | Kaiser HMO | UHC Signature Value HMO |
|---|----------------------------------|--|
| | In-Network | In-Network |
| Calendar Year Deductible Individual / Family | None | \$500 / \$1,000 |
| Out-of-Pocket Maximum Individual / Family | \$1,500 / \$3,000 | \$3,000 / \$6,000 |
| Coinsurance (portion you pay) | None | 20% |
| Preventive Care | Covered 100% | Covered 100% |
| Physician Services Office Visit / Specialist Visit | \$30 copay | \$30 / \$60 copay (deductible waived) |
| Urgent Care Copay | \$30 copay | Within Service Area: \$30 Outside Service Area: \$50 (deductible waived) |
| Emergency Room Copay (waived if admitted) | \$150 copay | \$250 copay (deductible waived) |
| Inpatient Hospital | \$250 copay/per admission | 20% coinsurance |
| Lab and X-Ray Services | No charge | \$25 copay (deductible waived) |
| Chiropractic | \$15 copay, up to 30 visits/year | \$15 copay, up to 40 visits/year (combined with acupuncture) |
| Prescription Drugs | | |
| Calendar Year Prescription Drug Deductible Applies to all non-Generic drugs | \$100 | None |
| RETAIL PRESCRIPTIONS (30-DAY SUPPLY) | | |
| Generic (Tier 1) | \$15 copay | \$10 copay |
| Preferred Brand (Tier 2) | \$30 copay | \$30 copay |
| Non-preferred Brand (Tier 3) | \$30 copay | \$50 copay |
| Specialty | 20% up to \$150 max copay | \$150 copay (deductible waived) |
| MAIL-ORDER PRESCRIPTIONS | | |
| Generic (Tier 1) | \$30 copay | \$25 copay |
| Preferred Brand (Tier 2) | \$60 copay | \$75 copay |
| Non-preferred Brand (Tier 3) | \$60 copay | \$125 copay |

The information above is a summary of coverage only. For more information, including the Summaries of Benefits and Coverage (SBC's), visit the TruHu Benefits Portal (User ID: SRVRetiree (case sensitive); Password: Benefits1 (case sensitive)). For questions about a specific procedure, service or provider, please contact the medical plan directly at www.kp.org or www.myuhc.com. It is recommended that you register for an account after enrollment.

MEDICAL & PRESCRIPTION DRUG BENEFITS

Early Retirees (under age 65)

Early Retirees (under age 65) can now choose between two High Deductible Health Plan (HDHP) options. By choosing to enroll in the Kaiser Permanente HDHP or the United Healthcare (UHC) HDHP PPO you'll have access to a health savings account (HSA), which can be used to set aside money pre-tax to be used for qualified medical expenses. The Kaiser HDHP HMO medical plan is an HMO and offer in-network coverage only. Any services obtained outside of the HMO service area will be limited to Emergency coverage only. If you do not select a primary care physician when you enroll, one will be assigned to you by the carrier. To review the service area, find a provider, or to obtain additional information about your plan visit www.kp.org

MEDICAL PLANS SUMMARY

| Key Features | Kaiser High Deductible (HDHP) HMO In-Network |
|---|---|
| Calendar Year Deductible Individual / Family | \$1,700 / \$3,400 |
| <i>All Services subject to the Calendar Year Deductible unless otherwise noted</i> | |
| Out-of-Pocket Maximum (includes deductible) Individual / Family | \$3,400 / \$6,800 |
| Coinsurance (portion you pay) | 10% |
| Preventive Care | Covered 100% |
| Physician Services Office Visit / Specialist Visit | 10% coinsurance |
| Urgent Care Copay | 10% coinsurance |
| Emergency Room Copay (waived if admitted) | 10% coinsurance |
| Inpatient Hospital | 10% coinsurance |
| Lab and X-Ray Services | 10% coinsurance |
| Chiropractic | \$15 copay, up to 30 visits/year |
| Calendar Year Prescription Drug Deductible Applies to all non-Generic drugs | |
| Medical Deductible Applies | |
| 30-DAY SUPPLY | |
| Generic (Tier 1) | \$10 copay |
| Preferred Brand (Tier 2) | \$30 copay |
| Non-preferred Brand (Tier 3) | \$30 copay |
| Specialty | 20% up to \$250 max copay |
| MAIL-ORDER PRESCRIPTIONS | |
| 100-DAY SUPPLY | |
| Generic (Tier 1) | \$20 copay |
| Preferred Brand (Tier 2) | \$60 copay |
| Non-preferred Brand (Tier 3) | \$60 copay |

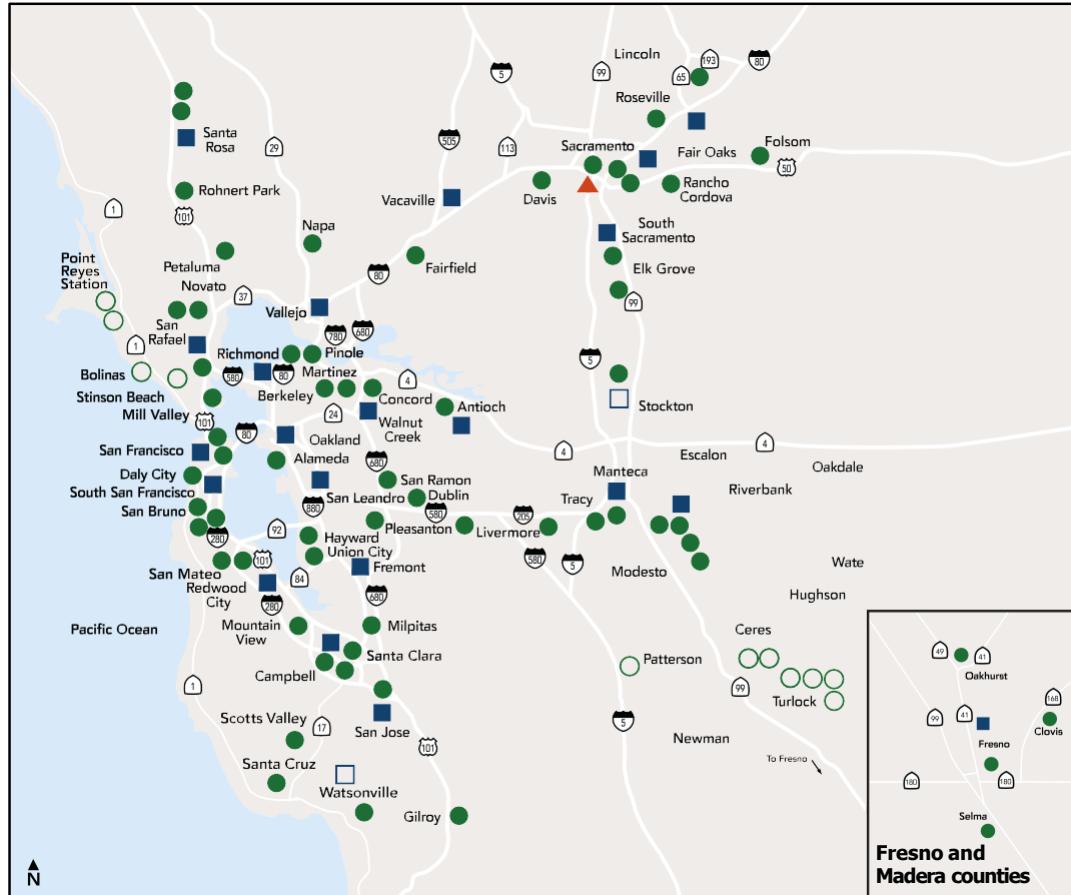
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KAISER HMO SERVICE AREA

In order to enroll in one of the Kaiser plans as a District Retiree you must live within the Kaiser service area.

If you are unsure of whether you live within the appropriate service area please contact the District. You can also find out more by calling Kaiser at (800) 464-4000

KASIER SERVICE AREA MAP



- Central Valley
- Diablo
- East Bay
- Fresno
- Greater San Francisco
- Greater Southern Alameda
- Marin/Sonoma
- Napa/Solano
- Redwood City
- Roseville
- Sacramento
- San Jose
- Santa Clara
- Santa Cruz
- South Sacramento

■ Kaiser Permanente medical centers (hospital and medical offices) □ Affiliated plan hospital
● Kaiser Permanente medical offices ○ Affiliated medical offices ▲ Specialty facility – sports medicine

MEDICAL & PRESCRIPTION DRUG BENEFITS

Early Retirees (under age 65)

Early Retirees (under age 65) have the opportunity to enroll in a United Healthcare (UHC) Preferred Provider Organization (PPO) plan, which offers both in- and out-of-network coverage, but you will pay less for services when you see in-network providers. To find a provider in the Select Plus Plan or to obtain additional information about your plan visit www.myuhc.com. If you do not select a primary care physician when you enroll, UHC will assign one to you.

MEDICAL PLAN SUMMARY

| Key Features | UHC High-Deductible (HDHP) PPO | |
|---|--------------------------------|--------------------------------|
| | In-Network | Out-of-Network |
| Calendar Year Deductible Individual / Family | \$3,400 / \$6,800 | \$7,000 / \$14,000 |
| All benefits are subject to deductible unless otherwise stated | | |
| Out-of-Pocket Maximum (includes deductible) Individual / Family | \$5,500 / \$11,000 | \$11,000 / \$22,000 |
| Coinsurance (portion you pay) | 20% | 50% |
| Preventive Care | Covered 100% | Not covered |
| Physician Services Office Visit / Specialist Visit | 20% | 50% |
| Urgent Care | 20% | 50% |
| Emergency Room (waived if admitted) | 20% | |
| Inpatient Hospital (per admission) | 20% | 50% |
| Lab and X-Ray Services | 20% | X-Ray: 50% Lab: Not covered |
| Chiropractic | 20%, up to 24 visits/year | Not covered |
| Prescription Drugs | | |
| Calendar Year Prescription Drug Deductible Individual / Family | Medical Deductible Applies | |
| RETAIL PRESCRIPTIONS (30-DAY SUPPLY) | | |
| Generic (Tier 1) | \$5 copay | \$5 copay |
| Preferred Brand (Tier 2) | \$35 copay | \$35 copay |
| Non-preferred Brand (Tier 3) | \$75 copay | \$75 copay |
| MAIL-ORDER PRESCRIPTIONS (90-DAY SUPPLY) | | |
| Generic | \$12.50 copay | Not covered |
| Preferred Brand | \$87.50 copay | Not covered |
| Non-preferred Brand | \$187.50 copay | Not covered |

The information above is a summary of coverage only. For more information, including the Summaries of Benefits and Coverage (SBC's), visit the TruHu Benefits Portal (User ID: SRVRetiree (case sensitive); Password: Benefits1 (case sensitive)). For questions about a specific procedure, service or provider after you are enrolled, please contact the medical plan directly at www.myuhc.com. It is recommended that you register for an account after enrollment.

MEDICAL & PRESCRIPTION DRUG BENEFITS

Early Retirees (under age 65)

Early Retirees (under age 65) have the opportunity to enroll in a United Healthcare (UHC) Preferred Provider Organization (PPO) plan, which offers both in- and out-of-network coverage, but you will pay less for services when you see in-network providers. To find a provider in the Select Plus Plan or to obtain additional information about your plan visit www.myuhc.com. If you do not select a primary care physician when you enroll, UHC will assign one to you.

MEDICAL PLAN SUMMARY

| Key Features | UHC Select Plus (West) PPO | |
|---|---|-----------------------|
| | In-Network | Out-of-Network |
| Calendar Year Deductible Individual / Family | \$250 / \$500 | \$500 / \$1,000 |
| Out-of-Pocket Maximum (includes deductible) Individual / Family | \$2,250 / \$4,500 | \$4,500 / \$9,000 |
| Coinsurance (portion you pay) | 20% | 40% |
| Preventive Care | Covered 100% | Not covered |
| Physician Services Office Visit / Specialist Visit | \$15 copay (deductible waived) | 40%, after deductible |
| Urgent Care Copay | \$50 copay (deductible waived) | 40%, after deductible |
| Emergency Room Copay (waived if admitted) | \$100 copay (deductible waived) | |
| Inpatient Hospital (per admission) | 20%, after deductible | 40%, after deductible |
| Lab and X-Ray Services | No charge | 40%, after deductible |
| Chiropractic | \$15 copay, up to 24 visits/year (deductible waived) | 40%, after deductible |
| Prescription Drugs | | |
| Calendar Year Prescription Drug Deductible Individual / Family | None | |
| RETAIL PRESCRIPTIONS (30-DAY SUPPLY) | | |
| Generic (Tier 1) | \$10 copay | \$10 copay |
| Preferred Brand (Tier 2) | \$30 copay | \$30 copay |
| Non-preferred Brand (Tier 3) | \$50 copay | \$50 copay |
| MAIL-ORDER PRESCRIPTIONS (90-DAY SUPPLY) | | |
| Generic | \$25 copay | Not covered |
| Preferred Brand | \$75 copay | Not covered |
| Non-preferred Brand | \$125 copay | Not covered |

The information above is a summary of coverage only. For more information, including the Summaries of Benefits and Coverage (SBC's), visit the TruHu Benefits Portal (User ID: SRVRetiree (case sensitive); Password: Benefits1 (case sensitive)). For questions about a specific procedure, service or provider after you are enrolled, please contact the medical plan directly at www.myuhc.com. It is recommended that you register for an account after enrollment.

HEALTH SAVINGS ACCOUNT (HSA)

If you enroll in either of the Kaiser HDHP HMO or UHC HDHP PPO options, you'll have access to a health savings account (HSA), which can be used to pay for qualified health care expenses, such as deductibles, coinsurance, prescriptions and dental/vision care. For a complete list of eligible expenses, visit <https://www.irs.gov/pub/irs-pdf/p502.pdf>.

HSA ELIGIBILITY

There are certain HSA eligibility requirements. You may not participate if you are:

- Covered as a dependent on another health plan
- **Age 65 or older and enrolled in Medicare or Social Security**
 - if you enrolled in an HSA prior to retirement, you may continue to use saved HSA funds after you retire for qualified expenses, but you cannot contribute more money to the account)
- Enrolled in or covered by a flexible spending account (FSA) for health expenses (dependent care and limited purpose FSA are excluded)
- Covered by any other health coverage (e.g., under a military or college health plan)

HSA MAXIMUM CONTRIBUTIONS

Each year, the IRS sets limits on how much you can contribute to an HSA. This means that your annual contributions can't exceed the following amounts in 2026:

- **Single:** \$4,400
- **Family:** \$8,750
- **Catch up Contribution (age 55 and older):** \$1,000

As a Retiree under the age of 65, you would select your own HSA vendor and make your contributions to them. When you file your tax return you will have the benefit of the pre-tax savings.

Retirees approaching age 65 should be aware that if you enroll in Part A after the month you turn 65, your Part A coverage can begin up to six months retroactively (but no earlier than your birthday month). Keep this retroactive coverage date in mind when calculating how much you can contribute to the HSA for the year as you must stop contributing to an HSA beginning the first month you're enrolled in Medicare Part A or Part B. Additionally, your Annual Contribution Maximum will be pro-rated. For example, if your Medicare coverage begins July 1, you may only contribute up to half of the maximum, or \$2,700 as a single person or \$4,875 if you have family coverage



MEDICARE

When you or your spouse/domestic partner is turning age 65, you must contact the Social Security Administration to enroll in Medicare Parts A and B.

Medicare is the national health insurance program for individuals age 65 or older. As a retiree, once you and/or your dependent reach age 65, Medicare becomes the primary provider and the District's medical plan becomes your secondary provider. You and/or your dependent must enroll and maintain enrollment in Medicare Parts A and B in order to retain your District sponsored medical benefits without an increased cost. Do not enroll in Medicare Part D (Prescription Drug), our medical plans already contain Part D coverage. Also, you cannot enroll in a non-District Medicare Supplement Plan as this will cause automatic disenrollment from your District medical plan.

Medicare Part A is financed by payroll taxes, and if you are eligible to receive it based on your own or your spouse's employment, you do not pay a premium.

Medicare Part B has a monthly premium, which can be deducted from your Social Security or STRS Retirement check. Check with STRS or the Social Security Office to have these premiums deducted from your retirement check. Late Medicare payments could result in your disenrollment from Medicare which will have an impact on maintaining your District retiree medical plan.

To enroll in Medicare, contact Social Security at (800) 772-1213 or visit a local office three months before you or your eligible dependent reach age 65. You may also be able to apply online at www.medicare.gov/. Once you have enrolled in Medicare Part A and B and receive your Medicare card, contact the Benefits Office at (925) 552- 2929 to request an Enrollment Application for completion and return to the Benefits Office.



MEDICAL & PRESCRIPTION DRUG BENEFITS

Retirees 65+

The District offers two (2) plans for Medicare eligible retirees: Kaiser Permanente Senior Advantage (KPSA) HMO plan and The Hartford Medicare Supplement PPO plan. These plans are only for Over 65 Retirees who have **both** Medicare Part A & Part B.

MEDICARE ADVANTAGE PLAN WITH PART D

The KPSA HMO plan offers in-network coverage only and requires that you **live inside the applicable service area**; this also applies to any dependents. Any services obtained outside of the HMO service area will be limited to Emergency coverage only. If you do not select a primary care physician when you enroll, one will be assigned to you by the carrier. To review the service area, find a provider, or to obtain additional information about your plan visit www.kp.org.

| Key Features | Kaiser Permanente Senior Advantage (KPSA) \$20 HMO Plan |
|---|---|
| | In-Network |
| Calendar Year Deductible Individual | None |
| Out-of-Pocket Maximum Individual | \$1,000 |
| Office Visit | \$20 copay |
| Preventive Care | No charge |
| Inpatient Hospital | No charge |
| Emergency Room Copay (waived if admitted) | \$50 copay |
| Prescription Drugs | |
| RETAIL PRESCRIPTIONS (100-DAY SUPPLY) | |
| Generic | \$10 copay |
| Brand | \$20 copay |
| MAIL-ORDER PRESCRIPTIONS (100-DAY SUPPLY) | |
| Generic | \$10 copay |
| Brand | \$20 copay |

One Pass Fitness Program

Kaiser Permanente Senior Advantage (KPSA) HMO plan includes the One Pass Fitness Program which offers gym discounts, online mental health resources and group fitness classes at no additional cost to members. This program allows members to choose from the largest nationwide network of gyms and fitness locations. Members can visit any place in the network using only their One Pass membership!

For more information and to register for the program visit www.youronepass.com or call (877) 614-0618 .

MEDICARE SUPPLEMENT PLAN

The Hartford Supplement Medicare (PPO) Plan has a network of doctors, hospitals, pharmacies, and other providers. You can see any provider (in-network or out-of-network) at the same cost share, as long as they accept the plan and have not opted out of Medicare. The Hartford Supplement Medicare (PPO) Plan includes Part D prescription coverage with no deductible, Chiropractic care, and Acupuncture.

Please call Benistar [\(800\) 236-4782](tel:8002364782) or Health Insurance Services at [\(888\) 344-2522](tel:8883442522) to reach the Retiree Support Team to find out more about each service and to find a provider. They are available Monday-Friday, 9:00am – 5:00pm local time and please Identify yourself as San Ramon Valley retiree. Enrolled members also have access to other health resources including the Silver & Fit program¹. For additional information about the Silver & Fit program please visit www.SilverandFit.com.

| Key Features | The Hartford Medicare Supplement PPO Plan |
|---|---|
| | In-Network |
| Calendar Year Deductible Individual | None |
| Out-of-Pocket Maximum Individual | \$0 |
| Office Visit | No charge |
| Preventive Care | No charge |
| Inpatient Hospital | No charge |
| Emergency Room Copay (waived if admitted) | No Charge |
| Prescription Drugs | |
| RETAIL PRESCRIPTIONS (30-DAY SUPPLY) | |
| Generic (Tier 1) | \$10 copay |
| Brand (Tier 2) | \$20 copay |
| Non-Preferred Brand (Tier 3) | \$35 copay |
| Specialty (Tier 4) | 25% up to \$100 max copay |
| MAIL-ORDER PRESCRIPTIONS (90-DAY SUPPLY) | |
| Generic (Tier 1) | \$20 copay |
| Brand (Tier 2) | \$40 copay |
| Non-Preferred Brand (Tier 3) | \$70 copay |
| Specialty (Tier 4) | Not Covered |

¹Due to state regulations, retirees living in Colorado, Oregon, Utah, Washington or Florida do not have access to the fitness benefit.

The information above is a summary of coverage only. For more information, including the Summaries of Benefits and Coverage (SBC's), visit the [TruHu Benefits Portal](#) (User ID: SRVRetiree (case sensitive); Password: Benefits1 (case sensitive)). For questions about a specific procedure, service or provider, please call Benistar [\(800\) 236-4782](tel:8002364782) or Health Insurance Services at [\(888\) 344-2522](tel:8883442522) to reach the Retiree Support Team, Monday-Friday, 9:00am – 5:00pm local time. Please Identify yourself as San Ramon Valley retiree.

DENTAL BENEFITS

San Ramon Valley Unified School District offers dental coverage through Delta Dental. These are Preferred Provider Organization (PPO) plans made up of general dentists and specialists who have agreed to provide dental care at discounted fees.

The Delta Dental PPO plans give you the freedom to choose your own dentist and receive coverage from in-network and out-of-network providers. If you go to a dentist who participates in the PPO, you qualify for in-network coverage and benefit from discounted rates.

The District is now offering a Dental Buy-Up plan, in addition to the standard Dental Base plan. The Buy-Up is available at a slightly increased cost, this additional plan option includes an increased Calendar Year Maximum, allowing you to receive more covered services each year.

You can find a participating provider at www.deltadentalins.com or by calling their Customer Service Department at 800-765-6003.

DENTAL PLAN SUMMARIES

| Key Features | DELTA DENTAL PPO (BASE PLAN) | |
|---|--------------------------------------|----------------------------|
| | In-Network | Out-of-Network |
| Annual Calendar Year Maximum (CYM) | \$1,700 | \$1,500 |
| Calendar Year Deductible (Individual / Family) | | \$25 / \$75 |
| Diagnostic & Preventive Services (no deductible and does not accumulate toward Annual CYM) | | 70% - 100% ^{1, 2} |
| Basic Services | | 70% - 100% ¹ |
| Major Services | | 70% - 100% ¹ |
| Orthodontics | | Not Covered |
| Dental Accident Benefits | 100% up to \$1,000 per Calendar Year | |

| Key Features | DELTA DENTAL PPO (BUY-UP PLAN) | |
|---|--------------------------------------|----------------------------|
| | In-Network | Out-of-Network |
| Annual Calendar Year Maximum | \$2,500 | \$1,700 |
| Calendar Year Deductible (Individual / Family) | | \$25 / \$75 |
| Diagnostic & Preventive Services (no deductible and does not accumulate toward Annual CYM) | | 70% - 100% ^{1, 2} |
| Basic Services | | 70% - 100% ¹ |
| Major Services | | 70% - 100% ¹ |
| Orthodontics | | Not Covered |
| Dental Accident Benefits | 100% up to \$1,000 per Calendar Year | |

¹ Benefit percentage increases by 10% each year (to a maximum of 100%) provided the member visits the dentist at least once during the year. If the member does not use the plan during the year, the benefit level remains the same as the prior year.

² Diagnostic & Preventive services do not count toward the Annual Calendar Year Maximum

The information above is a summary of coverage only. For more information, visit the TruHu Benefits Portal (User ID: SRVRetiree (case sensitive); Password: Benefits1 (case sensitive)). For questions about a specific procedure, service or provider, please contact the dental plan directly at www.deltadentalins.com.

You and your dependents have access to vision coverage through VSP. The VSP Signature plan pays benefits for both in-network and out-of-network services. However, you will receive maximum value from your vision benefits when you choose in-network providers. If you see a network provider, you will pay copays for most services. If you receive care outside the network, you will need to pay the full cost and file a claim to be reimbursed for a portion of the costs.

VISION PLAN SUMMARY

| Key Features | In-Network | Out-of-Network | Frequency |
|--|---|---|----------------------|
| Exam | No charge after \$10 copay | Up to \$50 benefit allowance, after \$10 copay | Once every 12 months |
| Lenses | No charge after \$25 copay | Varies depending on lens type, after \$25 copay | Once every 12 months |
| Frames | Up to \$150 benefit allowance, after \$25 copay | Up to \$70 benefit allowance, after \$25 copay | Once every 24 months |
| Contact Lenses Instead of Glasses (elective) | Up to \$130 benefit allowance, after \$25 copay | Up to \$105 benefit allowance, after \$25 copay | Once every 12 months |
| Contact Lenses Instead of Glasses (medically necessary) | No charge after \$25 copay | Up to \$210 benefit allowance, after \$25 copay | |

Your VSP plan includes a \$20 Essential Medical Eye Care benefit, which includes an exam for diabetes and other medically related services related to your eyes (i.e. pink eye, eye trauma).

VSP also offers a hearing aid discount program to all VSP members and their covered dependents through TruHearing. To take advantage of this free program and enjoy discounts of up to 50% on some of the most popular digital hearing aids on the market, simply sign up at www.truhearing.com/vsp/ and then call (877) 396-7194 to make an appointment.



The information above is a summary of coverage only. For more information, visit the TruHu Benefits Portal (User ID: SRVRetiree (case sensitive); Password: Benefits1 (case sensitive)). For questions about a specific procedure, service or provider, please contact the vision plan directly at www.vsp.com.

INCOME PROTECTION BENEFITS

BASIC AND VOLUNTARY LIFE

Life insurance pays funds to your designated beneficiaries after your death. Basic Term Life is available to you, only if elected upon retirement, in the amount of \$25,000. Voluntary Life Insurance is a closed plan. These benefits are provided to you through SunLife Financial.

Dependent Life insurance is also available for your eligible dependents¹ in the amount of \$5,000 per dependent; if elected upon retirement.

| Key Features | |
|---|--|
| Basic Life and AD&D Insurance | \$25,000 |
| Conversion and Portability | Not included |
| Accelerated Death Benefit | Included at 75% |
| Monthly Premium Cost Basic Life | |
| | \$32.20 |
| Monthly Cost for any Retiree Electing Dependent Life | |
| | \$2.00 for \$5,000 per dependent covered |

¹ Spouse, domestic partner, or unmarried dependent child up to age 26

Please note: the election you make upon initial retirement to take basic and/or additional life cannot be changed in the future, even if there is a change in family status.

NAMING YOUR BENEFICIARY

You may name anyone you wish as the beneficiary who will receive your Life and AD&D benefits in case of your death. Once you have selected your beneficiary(ies), your designation will remain unchanged until you submit a new beneficiary designation form. You may change your beneficiary(ies) as often as you wish. Please make sure your beneficiary information on file with the District is up to date. It is best to double check this information is up to date each year.



FOR CALSTRS MEMBERS

If you have questions regarding your STRS retirement, you will need to contact STRS at 1-800-228-5453 or via their website: www.calstrs.com.

FOR CALPERS MEMBERS

If you have questions regarding your PERS retirement, you will need to contact PERS at 1-888-225-7377 or via their website at www.calpers.ca.gov.

SUPPLEMENTAL RETIREMENT SAVINGS PLANS

If you participated in a tax-deferred retirement savings program as authorized by Sections 403(b) and 457 of the Internal

Revenue Code while you were an employee of the District direct all questions to:

- For information on the 403(b) and 457 plans, contact Envoy at 1-800-248-8858 or visit their main website at www.envoyplanservices.com.
- For information on the CalPERS 457 or 457 ROTH plans, contact CalPERS at 1-800-260-0659 or visit their website at <https://calpers.voya.com>.



KEY CONTACTS

| For Questions About | Carrier | Phone Number | Website/Email | Plan/Gro up ID |
|---|--|---|--|----------------|
| Medical & Prescription Drug Early Retiree & 65+ | Kaiser Permanente | 800.464.4000 24 Hour Nurse Line: 800.611.1811 | www.kp.org | 568 |
| Chiropractic (Kaiser) | American Specialty Health (ASH) | | www.ashcompanies.com | 568 |
| Medical & Prescription Drug Early Retiree | United Healthcare (UHC) | | www.UHC.com | 919045 |
| Medical & Prescription Drug Retiree 65+ | The Hartford | Benistar: 800.236.4782 Health Insurance Services: 888.344.2533 | | TBD |
| Dental | Delta Dental | 866.499.3001 | www.deltadentalins.com | 643 |
| Vision | VSP | 800.877.7195 | www.vsp.com | 00785000 |
| Life and AD&D Insurance | SunLife Financial | 800.247.6875 | www.sunlife.com | 972346 |
| Retirement Plans | CalSTRS CalPERS | 800.228-5453 888.225-7377 | www.calstrs.com www.calpers.ca.gov | |
| 403(b) Plan | Envoy Plan Services | 800.248.8858 | www.envoyplanservices.com | |
| 457 Plan | CalPERS 457 Plan | 800.260.0659 | https://calpers.voya.com | |
| HR Department | Shannelle Sherrod Angelina Silva Shahnaz Babar | 925.552.2913 925.552.2929 925.552. | ssherrod@srvusd.net asilva@srvusd.net sbabar@srvusd.net | |
| Benefits Portal | TruHu Benefits Portal | | User ID: SRVRetiree (case sensitive) Password: Benefits1 (case sensitive) | |



Newborns' and Mothers' Health Protection Act Notice

Group health plans and health insurance issuers generally may not, under federal law, restrict benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than 48 hours following a vaginal delivery, or less than 96 hours following a cesarean section. However, federal law generally does not prohibit the mother's or newborn's attending provider, after consulting with the mother, from discharging the mother or her newborn earlier than 48 hours (or 96 hours as applicable). In any case, plans and issuers may not, under Federal law, require that a provider obtain authorization from the plan or the insurance issuer for prescribing a length of stay not in excess of 48 hours (or 96 hours). If you would like more information on maternity benefits, contact your health plan.

Women's Health and Cancer Rights Act Notice

If you have had or are going to have a mastectomy, you may be entitled to certain benefits under the Women's Health and Cancer Rights Act of 1998 (WHCRA). For individuals receiving mastectomy-related benefits, coverage will be provided in a manner determined in consultation with the attending physician and the patient, for:

- All stages of reconstruction of the breast on which the mastectomy was performed;
- Surgery and reconstruction of the other breast to produce a symmetrical appearance;
- Prostheses; and
- Treatment of physical complications of the mastectomy, including lymphedema.

These benefits will be provided subject to the same deductibles and coinsurance applicable to other medical and surgical benefits provided under this plan. If you would like more information on WHCRA benefits, contact your health plan.

Patient Protection Notice

Your health plan may require or allow for the designation of a primary care provider. If so, you have the right to designate any primary care provider who participates in our network and who is available to accept you or your family members, including a pediatrician, as the primary care provider. Until you make this designation, the health plan may designate one for you.

You do not need prior authorization from the health plan or from any other person (including a primary care provider) in order to obtain access to obstetrical or gynecological care from a health care professional in our network who specializes in obstetrics or gynecology. The health care professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan or procedures for making referrals.

For information on how to select a primary care provider, a list of participating primary care providers, or a list of health care professionals who specialize in obstetrics or gynecology, contact your health plan.

ANNUAL NOTICES

Notice of HIPAA Privacy Practices

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

This Notice of Privacy Practices (the "Notice") describes the legal obligations of the San Ramon Valley Unified School District Health Plan (the "Plan") sponsored by San Ramon Valley Unified School District ("Plan Sponsor") and your legal rights regarding your protected health information held by the Plan under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), the Health Information Technology for Economic and Clinical Health Act (HITECH Act) and subsequent amending regulations ("HIPAA Privacy Rule"). Among other things, this Notice describes how your protected health information may be used or disclosed to carry out treatment, payment, or health care operations, or for any other purposes that are permitted or required by law. We are required to provide this HIPAA Privacy Notice to you pursuant to HIPAA.

The HIPAA Privacy Rule protects only certain medical information known as "protected health information." Generally, protected health information is health information, including demographic information, collected from you or created or received by a health care provider, a health care clearinghouse, a health plan, or your employer on behalf of a group health plan, from which it is possible to individually identify you and that relates to:

- Your past, present, or future physical or mental health or condition;
- The provision of health care to you; or
- The past, present, or future payment for the provision of health care to you.

If you have any questions about this Notice or about our privacy practices, please contact the individual listed at the end of this notice.

Our Responsibilities

San Ramon Valley Unified School District is required by law to:

- Maintain the privacy of your protected health information;
- Provide you with certain rights with respect to your protected health information;
- Provide you with a copy of this Notice of our legal duties and privacy practices with respect to your Protected health information; and
- Follow the terms of the Notice that is currently in effect.

We reserve the right to change the terms of this Notice and to make new provisions regarding your protected health information that we maintain, as allowed or required by law. If we make any material change to this Notice, we will provide you with a copy of our revised HIPAA Privacy Notice electronically or by first class mail to the last known address on file.

How We May Use and Disclose Your Protected Health Information

Under the law, we may use or disclose your protected health information under certain circumstances without your permission. The following categories describe the different ways that we may use and disclose your protected health information. Not every use or disclosure in a category will be listed. However, all of the ways we are permitted to use and disclose information will fall within one of the categories.

For Payment. We may use or disclose your protected health information to determine your eligibility for Plan benefits, to facilitate payment for the treatment and services you receive from health care providers, to determine benefit responsibility under the Plan, or to coordinate Plan coverage. For example, we may tell your health care provider about your medical history to determine whether a particular treatment is experimental, investigational, or medically necessary, or to determine whether the Plan will cover the treatment. We may also share your protected health information with a utilization review or precertification service provider. We may share or discuss your PHI with your family members or others involved in your care or payment for your care, unless you object in writing and provide the objection to the Plan's HIPAA contact listed at the end of this Notice. Likewise, we may share your protected health information with another entity to assist with the adjudication or subrogation of health claims or to another health plan to coordinate benefit payments. In any of these cases, we will disclose only the information necessary to resolve the issue at hand.

For Health Care Operations. We may use and disclose your protected health information for other Plan operations. These uses and disclosures are necessary to run the Plan. For example, we may use medical information in connection with conducting quality assessment and improvement activities; underwriting, premium rating, and other activities relating to Plan coverage; submitting claims for stop-loss (or excess-loss) coverage; conducting or arranging for medical review, legal services, audit services, and fraud and abuse detection programs; business planning and development such as cost management; and business management and general Plan administrative activities. However, we will not use your genetic information for underwriting purposes.

Treatment Alternatives or Health-Related Benefits and Services. We may use and disclose your protected health information to send you information about treatment alternatives or other health-related benefits and services that might be of interest to you.

To Business Associates. We may contract with individuals or entities known as Business Associates to perform various functions on our behalf or to provide certain types of services. In order to perform these functions or to provide these services, Business Associates will receive, create, maintain, transmit, use, and/or disclose your protected health information, but only after they agree in writing with us to implement appropriate safeguards regarding your protected health information. For example, we may disclose your protected health information to a Business Associate to process your claims for Plan benefits or to provide support services, such as utilization management, pharmacy benefit management, or subrogation, but only after the Business Associate enters into a Business Associate contract with us.

As Required by Law. We will disclose your protected health information when required to do so by federal, state, or local law. For example, we may disclose your protected health information when required by national security laws or public health disclosure laws.

To Avert a Serious Threat to Health or Safety. We may use and disclose your protected health information when necessary to prevent a serious threat to your health and safety, or the health and safety of the public or another person. Any disclosure, however, would only be to someone able to help prevent the threat. For example, we may disclose your protected health information in a proceeding regarding the licensure of a physician.

To Plan Sponsors. For the purpose of administering the plan, we may disclose to certain employees of the Employer protected health information. However, those employees will only use or disclose that information as necessary to perform plan administration functions or as otherwise required by HIPAA, unless you have authorized further disclosures. Your protected health information cannot be used for employment purposes without your specific authorization.

Special Situations

In addition to the above, the following categories describe other possible ways that we may use and disclose your protected health information without your specific authorization. For each category of uses or disclosures, we will explain what we mean and present some examples. Not every use or disclosure in a category will be listed. However, all of the ways we are permitted to use and disclose information will fall within one of the categories.

Organ and Tissue Donation. If you are an organ donor, we may release your protected health information after your death to organizations that handle organ procurement or organ, eye, or tissue transplantation or to an organ donation bank, as necessary to facilitate organ or tissue donation and transplantation.

Military. If you are a member of the armed forces, we may release your protected health information as required by military command authorities. We may also release protected health information about foreign military personnel to the appropriate foreign military authority.

Workers' Compensation. We may release your protected health information for workers' compensation or similar programs, but only as authorized by, and to the extent necessary to comply with, laws relating to workers' compensation and similar programs that provide benefits for work-related injuries or illness.

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Public Health Risks. We may disclose your protected health information for public health activities. These activities generally include the following:

to prevent or control disease, injury, or disability;

- to report births and deaths;
- to report child abuse or neglect;
- to report reactions to medications or problems with products;
- to notify people of recalls of products they may be using;
- to notify a person who may have been exposed to a disease or may be at risk for contracting or spreading a disease or condition;
- to notify the appropriate government authority if we believe that a patient has been the victim of abuse, neglect, or domestic violence. We will only make this disclosure if you agree, or when required or authorized by law.

Health Oversight Activities. We may disclose your protected health information to a health oversight agency for activities authorized by law. These oversight activities include, for example, audits, investigations, inspections, and licensure. These activities are necessary for the government to monitor the health care system, government programs, and compliance with civil rights laws.

Lawsuits and Disputes. If you are involved in a lawsuit or a dispute, we may disclose your protected health information in response to a court or administrative order. We may also disclose your protected health information in response to a subpoena, discovery request, or other lawful process by someone involved in a legal dispute, but only if efforts have been made to tell you about the request or to obtain a court or administrative order protecting the information requested.

Law Enforcement. We may disclose your protected health information if asked to do so by a law-enforcement official:

- in response to a court order, subpoena, warrant, summons, or similar process;
- to identify or locate a suspect, fugitive, material witness, or missing person;
- about the victim of a crime if, under certain limited circumstances, we are unable to obtain the victim's agreement;
- about a death that we believe may be the result of criminal conduct; and
- about criminal conduct.

Coroners, Medical Examiners, and Funeral Directors. We may release protected health information to a coroner or medical examiner. This may be necessary, for example, to identify a deceased person or determine the cause of death. We may also release medical information about patients to funeral directors, as necessary to carry out their duties.

National Security and Intelligence Activities. We may release your protected health information to authorized federal officials for intelligence, counterintelligence, and other national security activities authorized by law.

Inmates. If you are an inmate of a correctional institution or are in the custody of a law-enforcement official, we may disclose your protected health information to the correctional institution or law-enforcement official if necessary: (1) for the institution to provide you with health care; (2) to protect your health and safety or the health and safety of others; or (3) for the safety and security of the correctional institution.

Research. We may disclose your protected health information to researchers when:

the individual identifiers have been removed; or

when an institutional review board or privacy board has reviewed the research proposal and established protocols to ensure the privacy of the requested information, and approves the research.

Required Disclosures

The following is a description of disclosures of your protected health information we are required to make.

Government Audits. We are required to disclose your protected health information to the Secretary of the United States Department of Health and Human Services when the Secretary is investigating or determining our compliance with the HIPAA privacy rule.

Disclosures to You. When you request, we are required to disclose to you the portion of your protected health information that contains medical records, billing records, and any other records used to make decisions regarding your health care benefits. We are also required, when requested, to provide you with an accounting of most disclosures of your protected health information if the disclosure was for reasons other than for payment, treatment, or health care operations, and if the protected health information was not disclosed pursuant to your individual authorization.

Other Disclosures

Personal Representatives. We will disclose your protected health information to individuals authorized by you, or to an individual designated as your personal representative, attorney-in-fact, etc., so long as you provide us with a written notice/authorization and any supporting documents (i.e., power of attorney). Note: Under the HIPAA privacy rule, we do not have to disclose information to a personal representative if we have a reasonable belief that:

- you have been, or may be, subjected to domestic violence, abuse, or neglect by such person; or
- treating such person as your personal representative could endanger you; and
- in the exercise of professional judgment, it is not in your best interest to treat the person as your personal representative.

Spouses and Other Family Members. With only limited exceptions, we will send all mail to the employee. This includes mail relating to the employee's spouse and other family members who are covered under the Plan, and includes mail with information on the use of Plan benefits by the employee's spouse and other family members and information on the denial of any Plan benefits to the employee's spouse and other family members. If a person covered under the Plan has requested Restrictions or Confidential Communications (see below under "Your Rights"), and if we have agreed to the request, we will send mail as provided by the request for Restrictions or Confidential Communications.

Authorizations. Other uses or disclosures of your protected health information not described above will only be made with your written authorization. For example, in general and subject to specific conditions, we will not use or disclose your psychiatric notes; we will not use or disclose your protected health information for marketing; and we will not sell your protected health information, unless you give us a written authorization. You may revoke written authorizations at any time, so long as the revocation is in writing. Once we receive your written revocation, it will only be effective for future uses and disclosures. It will not be effective for any information that may have been used or disclosed in reliance upon the written authorization and prior to receiving your written revocation.

Your Rights

You have the following rights with respect to your protected health information:

Right to Inspect and Copy. You have the right to inspect and copy certain protected health information that may be used to make decisions about your Plan benefits. If the information you request is maintained electronically, and you request an electronic copy, we will provide a copy in the electronic form and format you request, if the information can be readily produced in that form and format; if the information cannot be readily produced in that form and format, we will work with you to come to an agreement on form and format. If we cannot agree on an electronic form and format, we will provide you with a paper copy.

ANNUAL NOTICES

To inspect and copy your protected health information, you must submit your request in writing to the individual listed at the end of this Notice. If you request a copy of the information, we may charge a reasonable fee for the costs of copying, mailing, or other supplies associated with your request. We may deny your request to inspect and copy in certain very limited circumstances. If you are denied access to your medical information, you may request that the denial be reviewed by submitting a written request to the individual listed at the end of this Notice.

Right to Amend. If you feel that the protected health information we have about you is incorrect or incomplete, you may ask us to amend the information. You have the right to request an amendment for as long as the information is kept by or for the Plan. To request an amendment, your request must be made in writing and submitted to the individual listed at the end of this Notice. You must provide a reason that supports your request.

We may deny your request for an amendment if it is not in writing or does not include a reason to support the request. In addition, we may deny your request if you ask us to amend information that:

- is not part of the medical information kept by or for the Plan;
- was not created by us, unless the person or entity that created the information is no longer available to make the amendment;
- is not part of the information that you would be permitted to inspect and copy; or
- is already accurate and complete.

If we deny your request, you have the right to file a statement of disagreement with us and any future disclosures of the disputed information will include your statement.

Right to an Accounting of Disclosures. You have the right to request an "accounting" of certain disclosures of your protected health information. The accounting will not include (1) disclosures for purposes of treatment, payment, or health care operations; (2) disclosures made to you; (3) disclosures made pursuant to your authorization; (4) disclosures made to friends or family in your presence or because of an emergency; (5) disclosures for national security purposes; and (6) disclosures incidental to otherwise permissible disclosures.

To request this list or accounting of disclosures, you must submit it in writing to the individual listed at the end of this Notice. Your request must state the time period you want the accounting to cover, which may not be longer than six years before the date of the request. Your request should indicate in what form you want the list (for example, paper or electronic). The first list you request within a 12-month period will be provided free of charge. For additional lists, we may charge you for the costs of providing the list. We will notify you of the cost involved and you may choose to withdraw or modify your request at that time before any costs are incurred.

Right to Request Restrictions. You have the right to request a restriction or limitation on your protected health information that we use or disclose for treatment, payment, or health care operations. You also have the right to request a limit on your protected health information that we disclose to someone who is involved in your care or the payment for your care, such as a family member or friend. For example, you could ask that we not use or disclose information about a surgery that you had. Except as provided in the next paragraph, we are not required to agree to your request. However, if we do agree to the request, we will honor the restriction until you revoke it or we notify you.

We will comply with any restriction request if (1) except as otherwise required by law, the disclosure is to a health plan for purposes of carrying out payment or health care operations (and is not for purposes of carrying out treatment); and (2) the protected health information pertains solely to a health care item or service for which the health care provider involved has been paid in full by you or another person. To request restrictions, you must send your request in writing to the individual listed at the end of this notice.

In your request, you must tell us (1) what information you want to limit; (2) whether you want to limit our use, disclosure, or both; and (3) to whom you want the limits to apply—for example, disclosures to your spouse.

Right to Request Confidential Communications. You have the right to request that we communicate with you about medical matters in a certain way or at a certain location. For example, you can ask that we only contact you at work or by mail. To request confidential communications, you must make your request in writing the individual listed at the end of this notice. We will not ask you the reason for your request. Your request must specify how or where you wish to be contacted. We will accommodate all reasonable requests.

Right to Be Notified of a Breach. You have the right to be notified in the event that we (or a Business Associate) discover a breach of unsecured protected health information.

Right to a Paper Copy of This Notice. You have the right to a paper copy of this notice. You may ask us to give you a copy of this notice at any time. Even if you have agreed to receive this notice electronically, you are still entitled to a paper copy of this notice.

You may obtain a copy of this notice at our website which is listed at the end of this notice. To obtain a paper copy of this notice, contact the individual listed at the end of this notice.

Complaints

If you believe that your privacy rights have been violated, you may file a complaint with the Plan or with the Office for Civil Rights of the United States Department of Health and Human Services. To file a complaint with the Plan, contact to the individual listed below. All complaints must be submitted in writing.

You will not be penalized, or in any other way retaliated against, for filing a complaint with the Office for Civil Rights or with us.

HIPAA Contact

San Ramon Valley Unified School District
Shannelle Sherrod / Benefits Analyst
699 Old Orchard Drive Danville, CA 94526
Phone: (925) 552-2913

Website: <https://apps.truhu.com/Login.aspx>

User ID: SRVRetiree

Password: Benefits1

(login and password to website are case sensitive)

ANNUAL NOTICES

Important Notice About Your Prescription Drug Coverage and Medicare

Notice of Creditable Coverage

This Notice applies only if you and/or your dependent(s) are enrolled in a San Ramon Valley Unified School District medical plan and you are eligible for Medicare. If this does not apply to you, you may ignore this notice.

Please read this notice carefully and keep it where you can find it. This notice has information about your prescription drug coverage with San Ramon Valley Unified School District and your options under Medicare's prescription drug coverage. This information can help you decide whether or not you want to join a Medicare drug plan. If you are considering joining, you should compare your employer coverage, including which drugs are covered at what cost, with the coverage and costs of the plans offering Medicare prescription drug coverage in your area. Information about where you can get help to make decisions about your prescription drug coverage is at the end of this notice.

There are two important things you need to know about your employer coverage and Medicare's prescription drug coverage:

- 1. Medicare prescription drug coverage became available in 2006 to everyone with Medicare. You can get this coverage if you join a Medicare Prescription Drug Plan or join a Medicare Advantage Plan (like an HMO or PPO) that offers prescription drug coverage. All Medicare drug plans provide at least a standard level of coverage set by Medicare. Some plans may also offer more coverage for a higher monthly premium.**
- 1. San Ramon Valley Unified School District has determined that the prescription drug coverage offered under the San Ramon Valley Unified School District plan(s) on average for all plan participants, expected to pay out as much as standard Medicare prescription drug coverage pays and is therefore considered Creditable Coverage. Because your coverage is Creditable Coverage, you can keep this coverage and not pay a higher premium (a penalty) if you later decide to join a Medicare drug plan.**

When Can You Join A Medicare Drug Plan?

You can join a Medicare drug plan when you first become eligible for Medicare and each year from October 15th to December 7th. However, if you lose your creditable prescription drug coverage through no fault of your own, you will also be eligible for a two (2) month Special Enrollment Period (SEP) to join a Medicare drug plan.

What Happens To Your Employer Coverage If You Decide to Join A Medicare Drug Plan?

If you decide to join a Medicare drug plan, your employer coverage may be affected. Contact your employer to find out whether you can get your employer coverage back later if you or your dependents drop the coverage and join a Medicare drug plan.

When Will You Pay A Higher Premium (Penalty) To Join A Medicare Drug Plan?

You should also know that if you drop or lose your employer coverage and don't join a Medicare drug plan within 63 continuous days after the coverage ends, you may pay a higher premium (a penalty) to join a Medicare drug plan later.

If you go 63 continuous days or longer without creditable prescription drug coverage, your monthly premium may go up by at least 1% of the Medicare base beneficiary premium per month for every month that you did not have that coverage. For example, if you go nineteen months without creditable coverage, your premium may consistently be at least 19% higher than the Medicare base beneficiary premium. You may have to pay this higher premium (a penalty) as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the following October to join.

For More Information About This Notice Or Your Employer Prescription Drug Coverage...

Contact the person listed below for further information. NOTE: You'll get this notice each year. You will also get it before the next period you can join a Medicare drug plan, and if this coverage changes. You also may request a copy of this notice at any time.

For More Information About Your Options Under Medicare Prescription Drug Coverage...

More detailed information about Medicare plans that offer prescription drug coverage is in the "Medicare & You" handbook. You'll get a copy of the handbook in the mail every year from Medicare. You may also be contacted directly by Medicare drug plans.

For More Information about Medicare prescription drug coverage:

- Visit www.medicare.gov
- Call your State Health Insurance Assistance Program (see the inside back cover of your copy of the "Medicare & You" handbook for their telephone number) for personalized help
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

If you have limited income and resources, extra help paying for Medicare prescription drug coverage is available. For information about this extra help, visit Social Security on the web at www.socialsecurity.gov, or call them at 1-800-772-1213 (TTY 1-800-325-0778).

Remember: Keep this Creditable Coverage notice. If you decide to join one of the Medicare drug plans, you may be required to provide a copy of this notice when you join to show whether or not you have maintained creditable coverage and, therefore, whether or not you are required to pay a higher premium (a penalty).

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Prepared by

