

More Information about the National Medical Value Plan (NMVP)

The National Medical Value Plan (NMVP) option provides coverage for a variety of medical services. Please refer to the Summary of Benefits and Coverage (SBC) for coverage details and cost sharing (deductibles, coinsurance, copayments and out-of-pocket maximum). Below is more information about the NMVP that is not included on the SBC.

If you visit a health care provider's office or clinic:

Preventive care/screening/immunization (In-Network Coverage)

- Office Visits – Primarily for Preventive Services*
 - Adult: One routine physical per calendar year.
 - Baby: Birth through age 6 – Unlimited routine visits per calendar year.
 - Child: Ages 7 through 17 – One routine visit per calendar year.
- Preventive Screenings
 - Pap Smear 1 per calendar year.
 - Mammogram 1 per calendar year age 40 and over.
 - PSA Screening 1 per calendar year age 40 and over.
 - Colon Cancer Screening 1 per calendar year age 45 and over: Colonoscopy, Proctosigmoidoscopy or Sigmoidoscopy (Barium Enema – 1 every 5 calendar years)
 - Cholesterol Screening 1 per calendar year.
- Preventive Immunizations Specified types covered for all ages (adult, baby, child) as recommended by Advisory Committee on Immunizations Practices and American Academy of Pediatrics.

* 100% coverage by the plan depends on how the provider bills for the services.

If you need drugs to treat your illness or condition:

Certain preventive medications are covered at 100% (with a prescription) as required by the Affordable Care Act under Health Care Reform.

If you need help recovering or have other special health needs:

- Diabetic testing supplies and insulin delivery supplies (e.g., blood glucose monitors, continuous glucose meters, insulin pumps and supplies, lancets and test strips)
 - Covered under your prescription drug coverage through Express Scripts OR your medical coverage (durable medical equipment) through BCBS.
 - Note: Insulin is covered under your prescription drug coverage through Express Scripts.

Other covered services:

- Hearing Exam One exam every 36 months. Services must be obtained from a carrier-approved provider.
- Hearing Aids Monaural and binaural hearing aids; 1 per ear every 36 months. Must be obtained from a carrier-approved provider; Limited to a plan approved model.

Other information:

- Medicare Eligibles Accepted.
- Blue Cross Coordinated Care
 - A voluntary integrated and care management model, which includes:
 - Member-Centric/Holistic Model: Integrated case management and disease management.
 - Multidisciplinary Integrated Care Teams: Nurse liaison who manages a member's care needs and health goals and works with a supporting team of various providers.
 - Regional Alignment Care: Care Teams take a localized approach to Care Management by coordinating with providers and local resources.
 - Digital Engagement: Care Teams communicate with members via phone, email, mobile app and text.

- BCBS Well Being
 - A voluntary BCBS program, which includes:
 - Online Well-Being Platform (powered by WebMD)
 - Health Assessment
 - Digital Health Assistant
 - Online Resources
 - Blue Cross Virtual Well-Being Program
 - Tobacco Cessation Coaching
 - Blue 365 Member Discounts
 - Engagement Center
 - Win by Losing
 - 24/7 Nurse Line