



How to use Medical Travel Support

We are pleased to offer Medical Travel Support to our members who live in Alaska. It gives you more access to quality care for certain medical procedures in and outside Alaska. The pre-approved medical facilities chosen to be part of this benefit all provide quality care at more affordable prices. You also have access to a national network of quality medical facilities through the Blue Cross and Blue Shield Association's BlueCard® Program.

There are a few things you need to do to use this benefit:

- 1 Call the customer service number on the back of your Premera member card. Ask if the care you need is covered under Medical Travel Support.
- 2 Talk to your doctor to learn if traveling is safe for you.
- 3 If your doctor says it is safe for you to travel, call Premera's customer service to get started.

We help to make your appointments, transfer medical records, and introduce you to our travel partners. They can help make your reservations for roundtrip fares, ground transportation and hotel lodging. These travel expenses are covered for you and your travel companion(s).

- 4 You can also make your own travel plans. Just send us a completed Medical Travel Support Claim Form with your receipts and travel documents for those costs when you get home.

About approved travel expenses and submitting a claim

Approved travel expenses are partly covered for you and a travel companion(s). You will be reimbursed, according to your benefit cost share and deductible and IRS limits.* Keep in mind that you will have to pay for travel up front and then submit a completed Medical Travel Support Claim Form for reimbursement. Medical Travel Support does not cover ambulance transportation.

NOTE: The Medical Travel Support Claim Form is to be used only for travel expenses approved through the Medical Travel Support program. Do not use this form for medical, vision and dental claims; for other travel claims; or for prescription reimbursement.

Before and after your care

When you travel for approved care, you will first have an appointment to meet with the doctor, followed by the surgery or procedure. After your procedure you should talk with your doctor to see when it is safe to travel home.

If you develop complications after your procedure, you will be allowed to return for follow-up treatment with the surgeon who performed the procedure, if a local surgeon and/or the surgeon who performed the procedure do not feel it is medically appropriate to provide the care locally. As always, talk to your doctor to learn if traveling is safe for you.

* All travel costs are subject to IRS guidelines.

Procedures Eligible for Medical Travel Support

This list is subject to change. Please contact Customer Service to verify eligible procedures.

- ACL Repair by Arthroscopy
- Bariatric Surgery (Lap Band)
- Breast Lumpectomy
- Cardiac Angioplasty – with or without stent placement
- Coronary Bypass (CBG)
- Hip Replacement
- Hysterectomy
- Knee Arthroscopy with Cartilage Repair
- Knee Replacement
- Laminectomy
- Laparoscopic Gall Bladder Removal
- Left Heart Catheterization
- Lithotripsy – Fragmenting of Kidney Stones
- Partial or Total Removal of Thyroid Gland
- Removal of Prostate Gland & Surrounding Tissue
- Shoulder Arthroscopy
- Spinal Fusion

Pre-approved Participating Facilities

The following facilities and outpatient surgical centers have been pre-approved for Medical Travel Support when you follow the steps in this document.

Procedures may be done at the following facilities:

- Evergreen Hospital (Kirkland, WA)
- Overlake Medical Center (Bellevue, WA)
- Providence Alaska (Anchorage, AK)
- Providence Everett (Everett, WA)
- Swedish Hospital (Seattle, WA)
- Valley Medical Center (Seattle, WA)
- Virginia Mason (Seattle, WA)

Procedures may be done at the following outpatient surgical centers:

- Bellevue Urology Surgery Center ASC (Bellevue, WA)
- Bel-Red Ambulatory Surgical Center ASC (Bellevue, WA)
- Eastside Urology Associates (Kirkland, WA)
- Evergreen Surgical Center ASC (Kirkland, WA)
- First Hill Surgery Center ASC (Seattle, WA)
- Hand and Wrist Surgery Center of WA ASC (Shoreline, WA)
- Minor & James Medical ASC (Seattle, WA)
- North Seattle Surgery Center ASC (Seattle, WA)
- Northwest Nasal Sinus Center (Seattle, WA)
- Orthopedics International ASC (Seattle, WA)
- Overlake Surgery Center (Bellevue, WA)
- Pacific NW Facial Plastic Surgery ASC (Seattle, WA)
- Polyclinic Surgical ASC (Seattle, WA)
- Seattle Facial Plastic Surgery Center ASC (Seattle, WA)
- Seattle Hand Surgery Group ASC (Seattle, WA)
- Washington Institute Surgery Center ASC (Seattle, WA)

Other Participating Facilities

In addition to the pre-approved facilities listed above, you have access to care at certain facilities located all over the United States through the BlueCard® Program. Go to *Find a Doctor* when you log in to **premera.com** to find these in-network facilities and doctors.

Questions?

If you have questions about Medical Travel Support, call the customer service number on the back of your Premera member card.