

SECURE HORIZONS
Medicare Advantage Health Plans

The May 2005 meeting of the Education Committee featured **Daniel Somers** as Marketing and Sales Associate for **Secure Horizons** from PacifiCare, which contracts with the federal government to provide a **Medicare Advantage Plan**. The plan covers Canadian, Cleveland, Oklahoma Counties and part of Pottawatomie County in our state.

Members of the plan must continue to pay Medicare Part B premium.

Limitations, co-payments and co-insurance will apply.

Pharmacy benefits are limited to a Covered Medications List that is subject to change without notice during the contract year.

Hospital Co-Payment is \$300 for each Medicare-covered stay in a network hospital.

Outpatient Surgery and Outpatient Hospital Services Co-payment is \$150 for each Medicare-covered benefit.

Emergency Care Worldwide Coverage is \$50 per visit.

Optional Supplemental Dental Plan is offered for a \$12 monthly dental plan premium.

Individuals who enroll in the Secure **Horizons Medicare Advantage Plan** are immediately eligible for the Silver Sneakers* Fitness Program Classes *at no additional cost*. Centers offer a fun group exercise class designed to increase strength, flexibility, and energy (and some shared laughter). As of December 2004, Fitness Centers were in the following locations, with new centers being added regularly:

Bethany YMCA
Edmond YMCA
Midwest City Tinker Area YMCA
Oklahoma City All American Fitness
North Side YMCA
Integris Pacer Fitness Center
Yukon Crosstrainers Fitness
All American Fitness in Broken Arrow
Owasso Family YMCA
Sand Springs Anytime Fitness
Tulsa All American Fitness
Tulsa W.L. Hutcherson Family YMCA
Tulsa Thornton Family Branch YMCA

For the latest update on Fitness Centers, call 1(800) 386-5588, 8:00 a.m. to 5:00 p.m. Monday through Friday.

For further information, call Daniel Somers at 405-945-2114 or toll free at 1-888-635-2701.

Vivian Smith, Education Committee
Chairman