

Leej twg thiaj li siv tau daim foos no?

Cov tib neeg muaj Medicare uas xav koom qhov Kev Npaj Kho Mob Ntawm Medicare Advantage lossis qhov Medicare Kev Npaj Siv Ntawv Yuav Tshuaj Noj.

Yuav koom ib qho kev npaj kho mob, koj yuav tsum:

- Yog ib tug neeg xam xaj Meskas los sis muaj chaw nyob raug raws txoj cai rau hauv Teb Chaws Meskas.
- Nyob rau hauv qhov kev npaj cheeb tsam kho mob

Tseem ceeb: Yuav khoom ib qho Kev Npaj Kho Mob Ntawm Medicare Advantage, koj yuav tsum muaj ob qho xws li:

- Medicare Part A (Is Saws Las Them Rau Tsev Kho Mob Loj)
- Medicare Part B (Is Saws Las Kho Mob)

Kuv yuav siv daim foos no rau thaum twg?

Koj tuaj yeem koom ib qho kev npaj kho mob:

- Nyob rau thaum Lub Kaum Hli Ntuj Hnub Tim 15 - Lub Kaum Ob Hli Ntuj Hnub Tim 7 txhua xyoo (rau qhov kev npaj kho mob yuav pib rau Lub Ib Hli Ntuj Hnub Tim 1)
- Tsis pub dhau 3 lub hlis suav txij thaum tau txais Medicare xub thawj
- Nyob rau qee kis xwm txheej uas pub kom mus koom lossis hloov cov kev npaj kho mob tau

Mus saib hauv Medicare.gov rau kev kawm kom paub ntau ntxiv txog qhov koj yuav tso npe rau ib qho kev npaj kho mob tau rau thaum twg.

Yam uas kuv yuav tsum tau ua kom tiav rau daim foos no yog dab tsi?

- Koj tus najnpawb ntawm Medicare (tus najnpawb nyob ntawm koj daim npav Medicare uas yog liab, dawb, thiab xiav)
- Koj qhov chaw nyob thiab tus najnpawb xov tooj

Lus Qhia: Koj yuav tsum sau txhua npe hauv Tshooj

1 kom tiav. Cov npe hauv Tshooj 2 mas xaiv ua tau — koj yuav tsis raug tsis kam lees duav nqi vim tias koj tsis sau tej ntawd.

Lus ceeb toom:

- Yog tias koj xav mus koom ib qho kev npaj kho mob rau thaum lub caij nplooj ntoos zeeg uas qhib kev tso npe nkag ntawd (Lub Kaum Hli Ntuj Hnub Tim 15 - Lub Kaum Ob Hli Ntuj Hnub Tim 7), ces qhov kev npaj kho mob yuav tsum tau txais koj daim foos sau tiav kom tsis pub dhau Lub Kaum Ob Hli Ntuj Hnub Tim 7.
- Koj qhov kev npaj kho mob mam li xa ib daim ntawv nqi rau qhov kev npaj kho mob no cov nqi them tuaj rau koj. Koj tuaj yeem xaiv tso npe kom muab koj cov nqi them lov tawm los ntawm koj tus as qhauj hauv tuam txhab nyiaj lossis koj cov txiaj ntsig txhua hli ntawm Cov Nyiaj Xaus Saus (lossis Cov Nyiaj So Laus Hauv Pawg Tswj Xyuas Tshab Ciav Hlau).

Dab tsi yuav tshwm sim li cas ntxiv?

Xa koj daim foos uas sau tiav thiab kos npe mus rau:

TotalCare (HMO D-SNP)
1600 Green Hills Road #101
Scotts Valley, CA 95066

Kiag thaum lawv tshuaj xyuas koj daim ntawv thov mus koom, lawv yuav tiv toj rau koj.

Kuv yuav tau txais kev pab rau daim foos no li cas?

Hu rau TotalCare ntawm 1-833-530-9015. Cov neeg siv TTY tuaj yeem hu rau (TTY: 800-735-2929 (Ntaus 711)).

Lossis hu rau Medicare ntawm 1-800-MEDICARE (1-800-633-4227). Cov neeg siv TTY tuaj yeem hu rau 1-877-486-2048

En español:

Llame a TotalCare al 1-833-530-9015. (TTY: 800-735-2929 (Dial 711)) o a Medicare gratis al 1-800-633-4227 y oprima el 8 para asistencia en español y un representante estará disponible para asistirle.

Cov neeg uas tsis muaj vaj tsev nyob

Raws li Txoj Cai Kev Txo Siv Ntawv 1995, tsis pub ib tug neeg los suav sau cov ntaub ntawv sau teb, tshwj tsis yog pom qhia tshwm OMB tus najnpawb tswj raug lawm. OMB tus najnpawb tswj siv tau rau kev suav sau cov ntaub ntawv no yog 0938-1378. Lub sijhawm uas npaj los sau cov ntaub ntawv no kom tiav mas kwv yees li thaj tsam 20 feeb, suav nrog lub sijhawm los tshab xyuas cov lus qhia, tshabw nrhiav cov ntaub ntawv uas muaj dhau los, suav sau cov ntaub ntawv uas xav tau, thiab ua kom tiav thiab tshab xyuas cov ntaub ntawv suav sau ntawd. Yog tias koj muaj lus taw qhia ntsig txog qhov raug ntawm lub sijhawm kwv yees no lossis yog tias koj muas lus xam pom rau kev txhim kho daim foos no, ces thov sau ntawv xa mus rau: CMS, 7500 Security Boulevard, Attn: PRA Reports Clearance Officer, Mail Stop C4-26-05, Baltimore, Maryland 21244-1850.

TSEEM CEEB

Txhob xa daim foos no lossis ib yam nrog koj tus kheej cov ntaub ntawv (xws li cov ntawv thov kom them nyiaj rov qab, cov nyiaj them, cov ntaub ntawv kho mob teev tseg thiab lwm yam) mus rau PRA Reports Clearance Office (Lub Tsev Ua Hauj Lwm Saib Xyuas Cov Ntawv Tshaj Qhia Ntawm PRA). Ib nqes uas peb tau txais uas tsis hais txog qhov yuav txhim kho daim foos no lossis nws qhov kev sauv sau (raws li sau tseg rau hauv OMB 0938-1378) ces yuav raug muab rhuav pov tseg. Nws yuav tsis raug muab khaws cia, tshab xyuas, lossis xa mus rau qhov kev npaj kho mob. Saib "Qhov yuav tshwm sim txuas ntxiv tom ntej?" nyob rau ntawm nplooj ntawv no los mus xa koj daim foos sau tiav ntawd mus rau qhov kev npaj kho mob

Tshooj 1 – Yuav tsum sau rau txhua feem nyob rau ntawm nplooj ntawv no (tshwj tsis yog raug cim tias xaiv ua tau)

Xaiv qhov kev npaj kho mob uas koj xav mus koom: TotalCare (HMO D-SNP) – \$0 txhua hli

Lub npe: Lub Xeem: Xaiv tau: Tus Niam Ntawv Npe Nruab Nrab:

Hnub yug: (MM/DD/YYYY)
(/ /)

Txiv neej poj niam:
 Txiv neej Poj niam

Najnpawb xov tooj:
() -

Txoj kev ntawm qhov chaw nyob (Txhob sau PO Box): (Lus Qhia: Rau cov neeg uas tsis muaj vaj tsev nyob, ces tej zaum yuav xav tias qhov PO Box yuav yog koj qhov chaw nyob ruaj khov.):

Lub Nroog: Lub Cheeb Nroog: Xeev: Zip Code:

Chaw xa ntawv, yog tias sib txawv mus ntawm koj qhov chaw nyob ruaj khov (pub siv tau PO Box):
Txoj kev: Nroog: Xeev: ZIP Code:

Koj cov ntaub ntawv ntawm Medicare:

Medicare Tus Najnpawb: _____ - _____ - _____

Teb cov nqe lus nug tseem ceeb:

Koj puas muaj lwm yam kev duav nqi tshuaj noj siv ntawv yuav (xws li VA, TRICARE) ntxiv rau qhov TotalCare?

Muaj Tsis Muaj

Lub npe ntawm lwm yam kev duav nqi:

Tswvcuab tus najnpawb rau qhov kev duav nqi no:

Pab pawg tus najnpawb rau qhov kev duav nqi no:

Dual Eligible Special Needs (D-SNP) cov kev npaj kho mob rau cov neeg uas tsim nyog rau Medicare thiab Medicaid. Qhov tso npe nkag rau hauv qhov kev npaj kho mob no, koj to taub tias koj yuav tsum tso npe nkag rau hauv koj lub xeev lub kev pab cuam Medicaid es thiaj li tsim nyog rau qhov kev npaj kho mob no,

1) Puas yog koj tso npe nkag rau hauv kev pab cuam Medicaid (Medi-Cal) hauv xeev? Yog Tsis Yog

2) Yog teb tias "yog," qhia koj cuaj tug lej ntawm Medicaid Tus Najnpawb Neeg Qhua (Client Index Number, CIN): _____

TSEEM CEEB: Nyeem thiab kos npe rau hauv qab no:

- Kuv yuav tsum tuav ob qho xws li Tsev Kho Mob Loj (Part A) thiab Medical (Part B) es thiaj li nyob rau qhov TotalCare (HMO D-SNP).
- Qhov mus koom hauv qhov Medicare Advantage no, kuv lees paub tias TotalCare yuav muab kuv cov ntaub ntawv qhia rau Medicare, uas tej zaum yuav siv los soj qab xyuas ku qhov kev tso npe nkag, los them nyiaj, thiab siv rau lwm lub hom phiaj raws li Tsoom fvv txoj cai pub ua tau uas raug tso cai suav sau cov ntaub ntawv no (saib Txoj Cai Ceev Tus Kheej Ntiag Tug hauv qab no). Kev sau teb koj cov lus teb rau daim foos no yog kev yeem siab xwb. Txawm li cas los xij, yog tsis teb ces tej zaum yuav cuam tshuam qhov kev tso npe nkag rau hauv qhov kev npaj kho mob.
- Kuv to taub tias kuv yuav raug muab tso npe rau hauv ib qho kev npaj kho mob ntawm MA tau ib lub sijhawm - thiab qhov kev tso npe nkag rau hauv qhov kev npaj kho mob no mam li xaus kuv qho kev tso npe nkag rau lwm qhov kev npaj kho mob ntawm MA (zam rau qhov siv rau MA PFFS, MA MSA cov kev npaj kho mob).
- Kuv to taub tias thaum kuv qhov kev duav nqi ntawm TotalCare yuav pib, kuv yuav tsum tau txais tag nrho kuv cov txiaj ntsig rau kev kho mob thiab tshuaj noj siv ntawv yuav los ntawm TotalCare. Cov txiaj ntsig thiab cov kev saib xyuas uas raug muab los ntawm TotalCare thiab muaj nyob rau hauv TotalCare "Daim Ntawv Pov Thawj Duav Nqi" (uas paub tias yog daim ntawv cog lus ua tswvcuab lossis daim pom zoo tso npe) yuav raug duav nqi. Tsis hais Medicare thiab TotalCare yuav them rau cov txiaj ntsig lossis cov kev saib xyuas uas tsis raug duav nqi.
- Cov ntaub ntawv nyob rau ntawm daim foos cuv npe nkag no yeej raug zoo raws li kuv txoj kev paub lawm. Kuv to taub tias yog kuv lom txwm muab cov ntaub ntawv cuav qhia rau daim foos no, kuv yuav raug muab tshem tawm ntawm qhov kev npaj kho mob.
- Kuv to taub tias kuv qhov kos npe (lossis kev kos npe ntawm tus neeg muaj cai tam rau kuv tus kheej) rau ntawm daim ntawv thov no mas txhais tias kuv twb nyeem thiab to taub cov ntsiab lus ntawm daim ntawv thov no. Yog tias kos npe los ntawm tus neeg sawv cev raug cai (raws li tau piav qhia saum toj no), ces qhov kev kos npe no yog kev lees paub tias:
 - 1) Tus neeg no tau txais kev tso cai raws li Lub Xeev txoj cai lij choj los ua kom tiav qhov kev tso npe nkag no, thiab

2) Tuaj yeem saib cov ntaub ntawv ntawm qhov kev tso cai no tau thaum thov los ntawm Medicare.

Kos npe:

Hnub:

Yog tias koj yog tus neeg sawv cev raug raws cai, kos npe rau saum toj saud thiab sau rau cov kem sau no:

Npe:

Chaw nyob:

Xov tooj:

Kev txheeb ze rau tus neeg tso npe nkag:

Tshooj 2 Txhua kem nyob hauv tshooj ntawv no yog xaiv sau tau

Kev teb rau cov nqe lus nug no mas nyob ntawm koj xaiv. Koj yuav tsis raug tsis kam lees duav nqi vim tias koj tsis sau rau tej ntawd.

Xaiv ib qho yog tias koj xav kom peb xav cov ntaub ntawv sau ua lwm hom ntawv uas tsis yog ntawv Askiv tuaj rau koj.

Ntawv Mev Ntawv Hmoob

Xaiv ib qho yog tias koj xav kom peb xa cov ntaub ntawv uas yus siv tau tuaj rau koj.

Ntawv Rau Neeg Dig Muag Xuas(Braille) Luam tawm kom loj Tso ua suab lus rau hauv CD Ntaub Ntawv CD

Tov tiv toj rau TotalCare rau ntawm 1-**833-530-9015** (TTY: 800-735-2929 (Ntaus 711)) yog tias koj xav tau cov ntaub ntawv uas yus siv tau uas tsis yog hom uas teev npe tseg rau saum toj saud. Peb lub chaw ua haujlwm yog thaum 8 a.m. txog 8 p.m. xya hnub hauv ib lub vij, (tsis suav Hnub Thanksgiving thiab Hnub Christmas) thaum Lub Kaum Hli Ntuj Hnub Tim 1 mus txog Lub Peb Hli Ntuj Hnub Tim 31, thiab Hnub Monday txog hnub Friday (tsis suav tsoom fwv teb chaw cov hnub so), thaum Lub Plaub Hli Ntuj Hnub Tim 1 thiab Lub Cuaj Hli Ntuj Hnub Tim 30.

Koj puas ua haujlwm? Ua Tsis ua Koj tus txij nkawm puas ua haujlwm? Ua Tsis ua

Sau koj Thawj Tus Kws Kho Mob (PCP), lub chaw kuaj mob, lossis lub chaw kuaj mob.

Rau cov neeg uas pab tus neeg tso npe nkag sau daim foos no kom tiav:

Sau tshooj ntawv no kom tiav yog tias koj yog ib tug neeg (xws li cov neeg lis haujlwm, cov tuam txhab, SHIP cov kws pab tswv yim, cov tswvcuab ntawm tsev nneeg, lossis lwm pawg neeg thib peb) pab ib tug neeg tso npe nkag sau daim foos no.

Npe: _____ Kev txheeb ze rau tus neeg tso npe nkag: _____

Kos npe: _____ Tus Najnpawb Tsim Ua Hauv Lub Teb Chaws (Cov Neeg Lis Hauj Lwm/Cov Tuam Txhab nkaus xwb): _

lwm lub chaw uas xaiv ua tau rau lwm cov ntaub ntawv uas qhov kev npaj kho mob xav tau

TXOJ CAI KEV CEEV NTIAG TUG

Cov Chaw Saib Xyuas rau Medicare & Medicaid (CMC) suav sau cov ntaub ntawv los ntawm Medicare cov kev npaj kho mob los soj qab xyuas kev tso npe nkag ntawm tus neeg tau txais txiaj ntsig rau hauv Medicare Advantage (MA) Cov Kev Npaj Kho Mob, txhim kho qhov kev saib xyuas, thiab rau kev them nyiaj ntawm Medicare cov txiaj ntsig. Tshooj 1851 ntawm Txoj Cai Nyiaj Xoom Khaub thiab 42 CFR §§ 422.50 thiab 422.60 tso cai suav sau cov ntaub ntawv no. CMC yuav siv, qhia tawm thiab sib hloov pauv cov ntaub ntawv cuv npe nkag los ntawm Medicare cov neeg tau txais txiaj ntsig raws li sau tseg rau hauv System of Records Notice (SORN) "Medicare Advantage Prescription Drug (MARx)", System Nab Npawb 09-70-0588. Kev sau teb koj cov lus teb rau daim foos no yog kev yeem siab xwb. Txawm li cas los xij, yog tsis teb ces tej zaum yuav cuam tshuam qhov kev tso npe nkag rau hauv qhov kev npaj kho mob.

Feem ntau, koj tuaj yeem ncuв npe nkag rau hauв Medicare Advantage thaum lub sijhawm kev ncuв npe thov nkag txhua xyoo txij li Lub Kaum Hli Ntuj Hnub Tim 15 txog Lub Kaum Ob Hli Ntuj Hnub Tim 7 ntawm txhua xyoo. Muaj cov kev zam uas yuav tso cai rau koj ncuв npe nkag rau hauв Medicare Advantage dhau ntawm lub sijhawm no lawm.

Thov ua tib zoo nyeem cov nqe lus hauв qab no thiab kos rau lub npov yog tias nqe lus no siv tau rau koj. Los ntawm kev kos rau ib qho ntawm cov npov hauв qab no, koj tau lees paub tias, raws li qhov koj paub zoo tshaj plaws, koj tsim nyog rau Lub Sijhawm Kev Ncuв Npe Thov Nkag. Yog tias tom qab peb txiav txim siab tias cov ntaub ntawv no tsis raug, tej zaum koj yuav raug rho npe tawm.

- Kuv yog tus neeg tshiab rau Medicare.
- Kuv tau ncuв npe nkag rau hauв Medicare Advantage thiab xav hloov pauв thaum Medicare Advantage Lub Sijhawm Qhib Ncuв Npe Thov Nkag (MA OEP).
- Kuv nyuam qhuav tsiv tawm sab nraud ntawm cheeb tsam kho mob rau kuv txoj phiaj xwm tam sim no, lossis kuv nyuam qhuav tsiv tawm, thiab muaj kev xaiv tshiab rau kuv. Kuv tsiv mus thaum (sau hnub tim) _____.
- Tsis ntev los no kuv nyuam qhuav raug tso tawm ntawm kev raug kaw. Kuv raug tso tawm nkuaj nyob rau (sau hnub tim) _____.
- Tsis ntev los no kuv nyuam qhuav rov qab los rau hauв Tebchaws Meskas tom qab tau mus nyob mus tas li nyob rau sab nraud ntawm Tebchaws Meskas. Kuv rov qab los rau hauв Tebchaws Meskas nyob rau (sau hnub tim) _____.
- Tsis ntev los no kuv tau txais qhov muaj cai nyob hauв Tebchaws Meskas yam raug cai lawm. Kuv tau txais qhov txheej xwm no nyob rau (sau hnub tim) _____.
- Tsis ntev los no kuv tau muaj kev hloov pauв hauв kuv qhov Medicaid (nyuam qhuav tau txais Medicaid tshiab, tau hloov pauв hauв qib kev pab ntawm Medicaid, lossis poob Medicaid) nyob rau (sau hnub tim) _____.
- Tsis ntev los no kuv tau muaj kev hloov pauв hauв kuv qhov Kev Pab Ntxiv rau kev them nyiaj rau Medicare cov tshuaj noj siv ntawv yuav uas raug pab them nqi (tau txais Kev Pab Ntxiv tshiab, tau hloov pauв qib ntawm Kev Pab Ntxiv, lossis poob qhov Kev Pab Ntxiv) nyob rau (sau hnub tim) _____.

- Kuv muaj Medicare thiab tau txais Medicaid cov txiaj ntsig tag nrho. Kuv xav koom lossis hloov mus rau ib txoj phiaj xwm uas tswj hwm kev pab them nqi ntawm kuv qhov Medicare thiab Medicaid cov phiaj xwm saib xyuas kev tswj hwm (hu ua ib qho kev koom ua ke Dual Eligible Special Needs Plan (D-SNP)).
- Kuv muaj Medicare thiab Medicaid ob qho tib si (lossis kuv lub xeev pab them kuv cov nqi hwm them txhua hli hauv Medicare) lossis kuv tau txais Kev Pab Ntxiv them rau kuv qhov kev pab them nqi tshuaj noj siv ntawv yuav los ntawm Medicare, tab sis kuv tsis tau hloov.
- Kuv tab tom tsiv mus rau hauv, nyob hauv, lossis nyuam qhuav tsiv tawm ntawm Lub Tsev Kho Mob Sijhawm Ntev (piv txwv li, tsev laus lossis chaw saib xyuas mus sijhawm ntev). Kuv tau tsiv/yuav tsiv mus rau/tawm ntawm lub chaw nyob rau (sau hnuv tim) _____.
- Tsis ntev los no kuv tau tawm ntawm qhov kev pab cuam PACE nyob rau (sau hnuv tim) _____.
- Tsis ntev los no kuv tau poob kuv qhov kev pab them nqi tshuaj noj siv ntawv yuav (kev pab them nqi zoo li Medicare li). Kuv poob kuv qhov kev pab them nqi tshuaj nyob rau (sau hnuv tim) _____.
- Kuv tab tom tawm ntawm tus tswj haujlwm lossis lub koomhaum pab cuam neeg ua haujlwm qhov kev pab them nqi nyob rau (sau hnuv tim) _____.
- Kuv nyob hauv Lub Xeev Txoj Kev Pab Cuam Tshuaj uas tsim nyog, lossis kuv poob kev pab los ntawm Lub Xeev Txoj Kev Pab Cuam Tshuaj.
- Kuv txoj phiaj xwm tab tom yuav xaus nws daim ntawv cog lus nrog Medicare, lossis Medicare tab tom yuav xaus nws daim ntawv cog lus nrog kuv txoj phiaj xwm.
- Kuv tau ncuw npe nkag rau hauv ib txoj phiaj xwm muab los ntawm Medicare (los yog kuv lub xeev) thiab kuv xav xaiv lwm txoj phiaj xwm. Kuv qhov kev cuw npe thov nkag rau hauv txoj phiaj xwm ntawd pib nyob rau (sau hnuv tim) _____.
- Kuv tau ncuw npe nkag rau hauv Daim Phiaj Xwm Xav Tau Tshwj Xeeb (SNP) tab sis kuv tau poob cov kev xav tau tshwj xeeb uas yuav tsum tau nyob hauv txoj phiaj xwm ntawd. Kuv raug rho tawm ntawm SNP nyob rau (sau hnuv tim) _____.
- Kuv raug cuam tshuam los ntawm kev kub ntxhov lossis kev puas tsuaj loj (raws li tau tshaj tawm los ntawm Tsoom Fwv Teb Chaws Lub Koom Haum Tswj Xyuas Xwm Txheej Ceev (FEMA) lossis los ntawm Tsoom Fwv Teb Chaws, lub xeev lossis tsoom fwv hauv nroog. Ib qho ntawm cov nqe lus ntawm no tau siv

rau kuv, tab sis kuv tsis tuaj yeem ua kuv qhov kev thov kev cuv npe thov nkag vim tias muaj kev puas tsuaj.

Yog tias koj muaj lus nug twg, thov hu rau TotalCare (HMO D-SNP) ntawm tus xov toj **833-530-9015 (TTY: 800-735-2929 (Ntaus 711))**, thaum 8 a.m. txog 8 p.m. xya hnuv hauv ib lub vij, (tsis suav Hnuv Thanksgiving thiab Hnuv Christmas) thaum Lub Kaum Hli Ntuj Hnuv Tim 1 mus txog Lub Peb Hli Ntuj Hnuv Tim 31, thiab Hnuv Monday txog hnuv Friday (tsis suav tsoom fwv teb chaw cov hnuv so), thaum Lub Plaub Hli Ntuj Hnuv Tim 1 thiab Lub Cuaj Hli Ntuj Hnuv Tim 30.

TotalCare (HMO D-SNP) yog kev pav kho mob ntawm Medicare Advantage uas cog lus nrog Medicare thiab cog lus nrog lub koom haum Medicaid. Kev ncuv npe thov nkag hauv TotalCare yog nyob ntawm kev rov qab toj sijhawm dua tshiab rau daim ntawv cog lus.

TotalCare yog lub npe lag luam los ntawm Central California Alliance for Health. TotalCare yog ib lub cim lag luam sau npe ntawm Santa Cruz-Monterey-Merced-San Benito-Mariposa Tswj Kev Kho Mob (Managed Medical Care Commission; raws li sau hauv lus Askiv), ib lub koom haum pej xeem hauv California, ua haujlwm hauv Central California Alliance for Health.