



# 2025 Open Enrollment Webinar





# Medical and pharmacy

# Plan summary overview – Synergy Network

**There are NO plan design changes to the deductible, out-of-pocket maximums, copay or coinsurances!**

Medical	Full-time Medical Plan
	In-network
Deductible per person	\$250
Deductible per family	\$750
Out-of-pocket max per person	\$1,500
Out-of-pocket max per family	\$4,500

Medical	Primary Care (PCP 360) <sup>1</sup>	Specialist Office Visit <sup>2</sup>	Office visits for Chronic Conditions	Urgent Care	Alternative care <sup>3</sup>	Diagnostic Labs & X-ray	Emergency Room <sup>4</sup>
Full-time Plan	\$10	\$10	\$0	\$25	\$10	\$0	\$150

<sup>1</sup> Deductible is waived of the first 4 PCP visits, per plan year  
<sup>2</sup> Referrals are not required for in-network specialist care  
<sup>3</sup> Acupuncture is limited 12 visits per plan year, spinal manipulation is limited 20 visits per plan year, and massage therapy is limited a \$1,000 benefit maximum  
<sup>4</sup> Copayments does not apply to out-of-pocket maximums



# Network – Synergy

+ Southern Washington & Idaho

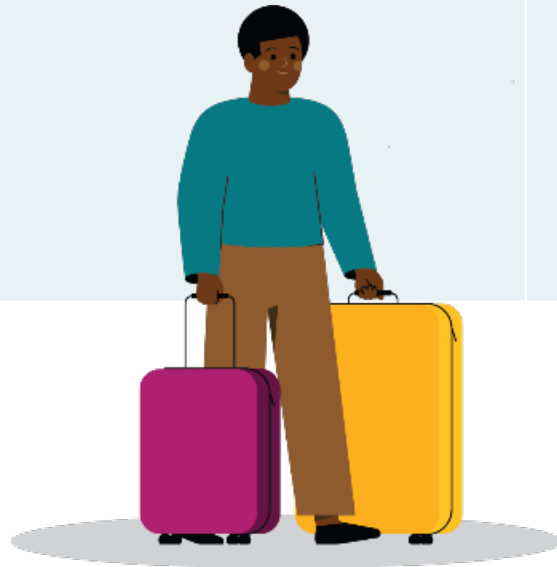
Includes  
OHSU!



No referrals are required on our plans!

# Travel and out-of-area dependent network

Travel Network	Out-of-Area Dependents
<p>When traveling outside of the Synergy Network, you will have access to Moda's national network, Aetna PPO® through Aetna Signature Administrators® for urgent and emergent services.</p>	<p>Dependents living outside of the Synergy service area will use Moda's National network, Aetna PPO® network, for in-network benefits away from home, except members living in Alaska and Idaho.</p> <p>If you have a dependent who lives in Idaho, they will have access to both the Synergy network, and the First Health Network. If they live in Alaska, they will use the First Health Network.</p> <p>To ensure your dependent is using the correct network, you will need to update their address in the PEBB system.</p>



# Pharmacy benefits – no changes

Plan-year costs	Full-time
Deductible per person	\$50
Deductible per family	\$150
Out-of-pocket max per person	\$1,000
Out-of-pocket max per family	\$3,000

	Full-time*
<b>Retail (30-day supply)</b>	
Value	\$0
Generic	\$10
Preferred	\$30
<b>Mail &amp; Preferred Retail (90-day supply)</b>	
Value	\$0
Generic	\$25
Preferred	\$75
<b>Specialty (30-day supply)</b>	
Generic	\$100
Brand	\$10

*\*Copays apply after the deductible has been met*





Effective 1/1/25, Moda is excited to share the ***new programs and plan enhancements*** available to PEBB members.



## Medical plan enhancements

### Nutritional therapy

- Nutritional therapy is now available to all members at the standard cost sharing without a required diagnosis or Prior Authorization.

### Clinic level attribution

- Moda will be changing the PCP 360 selection to be at the clinic level rather than the individual provider level.
- No action needed – if you currently have a PCP 360 provider selected you will automatically be assigned to the PCP 360 clinic.





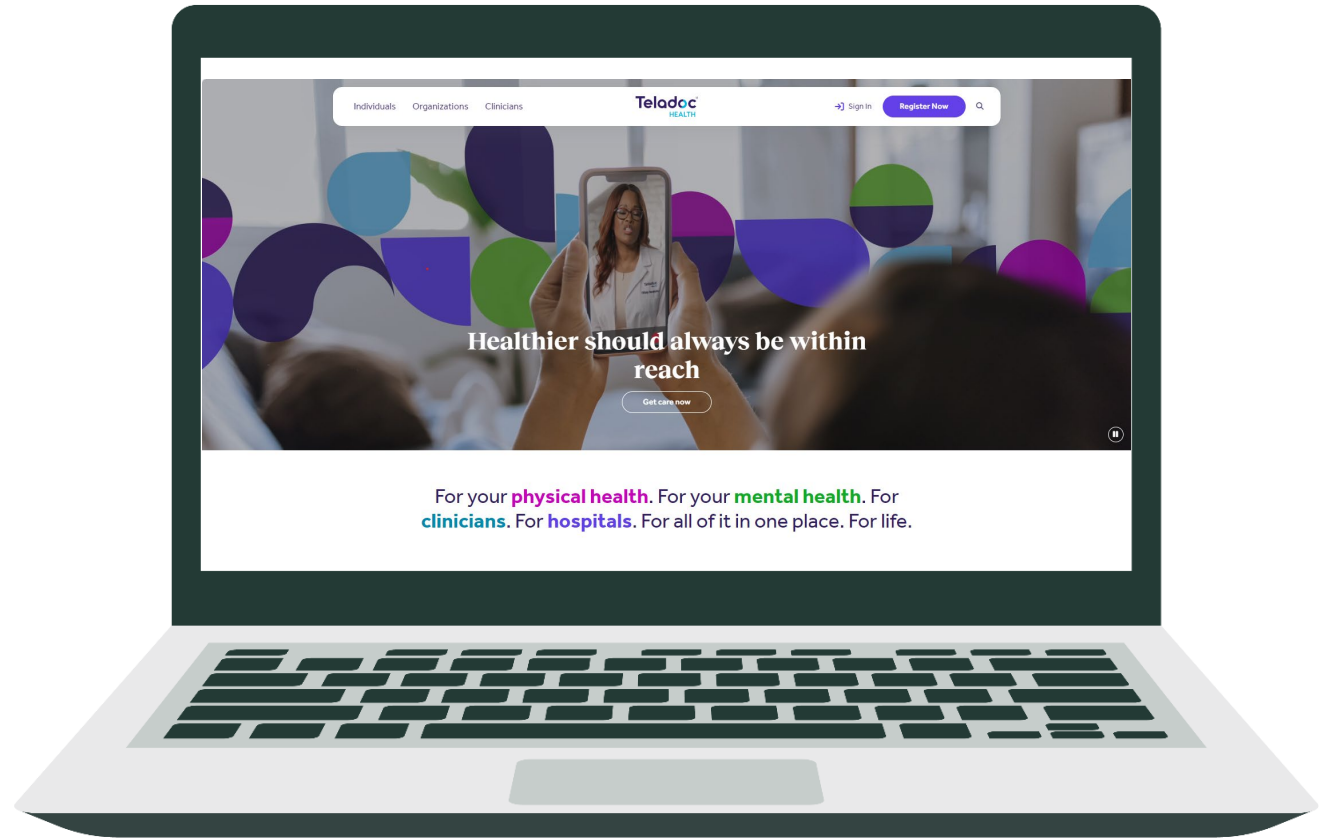
## Medical plan enhancements

### Birth Doula Coverage

- Moda Health will reimburse for Birth Doula services when the services are provided by a State certified Birth Doula who is enrolled with the Oregon Health Authority (OHA) as an Oregon Health (OHP) (Oregon Medicaid) provider.
- A doula can support you before, during, and after the birth of your child. Services are at no cost to you and include:
  - 8 visits (you may want to use some visits before and some after birth)
  - Support services during labor and birth
- Covered Doulas must be state-certified and Division of Medical Assistance Program (DMAP) registered.
  - To find a covered Doula, visit the Oregon Health Authority website at [traditionalhealthworkerregistry.oregon.gov/Search](https://traditionalhealthworkerregistry.oregon.gov/Search)
  - Select Birth Doula under the Certification Type drop-down.
  - Then ask the Doula you want to use if they are DMAP (Oregon Medicaid Provider ID) registered.
- For more information, please visit [www.modahealth.com/pebb](https://www.modahealth.com/pebb) and look for the “Birth Doulas” tab or call the Moda 360 Health Navigator team.



**Effective 1/1/2025** – Teladoc is a virtual primary care program designed to help you gain access to coordinated care and primary care providers in a virtual setting.





### With Teladoc:

- You can schedule an appointment by using their app, desktop or phone.
- Prior to your first virtual appointment, Teladoc will provide you with a blood pressure cuff and a heart rate monitor.
- If labs or a specialist are required, the Teladoc provider will help coordinate these visits.

- Teladoc’s virtual primary care program is subject the standard cost share.
- You can select Teladoc as your PCP 360 by calling the Moda Health Navigators at 844-776-1593 (TTY: 711) or by logging into your [Member Dashboard](#).
- To learn more or get started, visit <http://www.teladochealth.com>.



# mighty

**Effective 1/1/2025** – Mighty is the first virtual care platform focused specifically on helping adults lose weight, reduce pain, and improve mobility and function.





- Mighty Health is available at no cost to you.
- The member experience, which is accessible via website or mobile/tablet (iOS and Android) app, includes:
  - Initial and weekly assessments.
  - A physician-supervised lifestyle modification plan.
  - Bite-sized, interactive lessons created by leading clinicians.
  - Occupational therapy driven exercise routine.
  - Culturally tailored nutrition plan to achieve a healthy weight.
- To learn more or register for Mighty Health, please visit: [www.mightyhealth.com/pebb](http://www.mightyhealth.com/pebb).

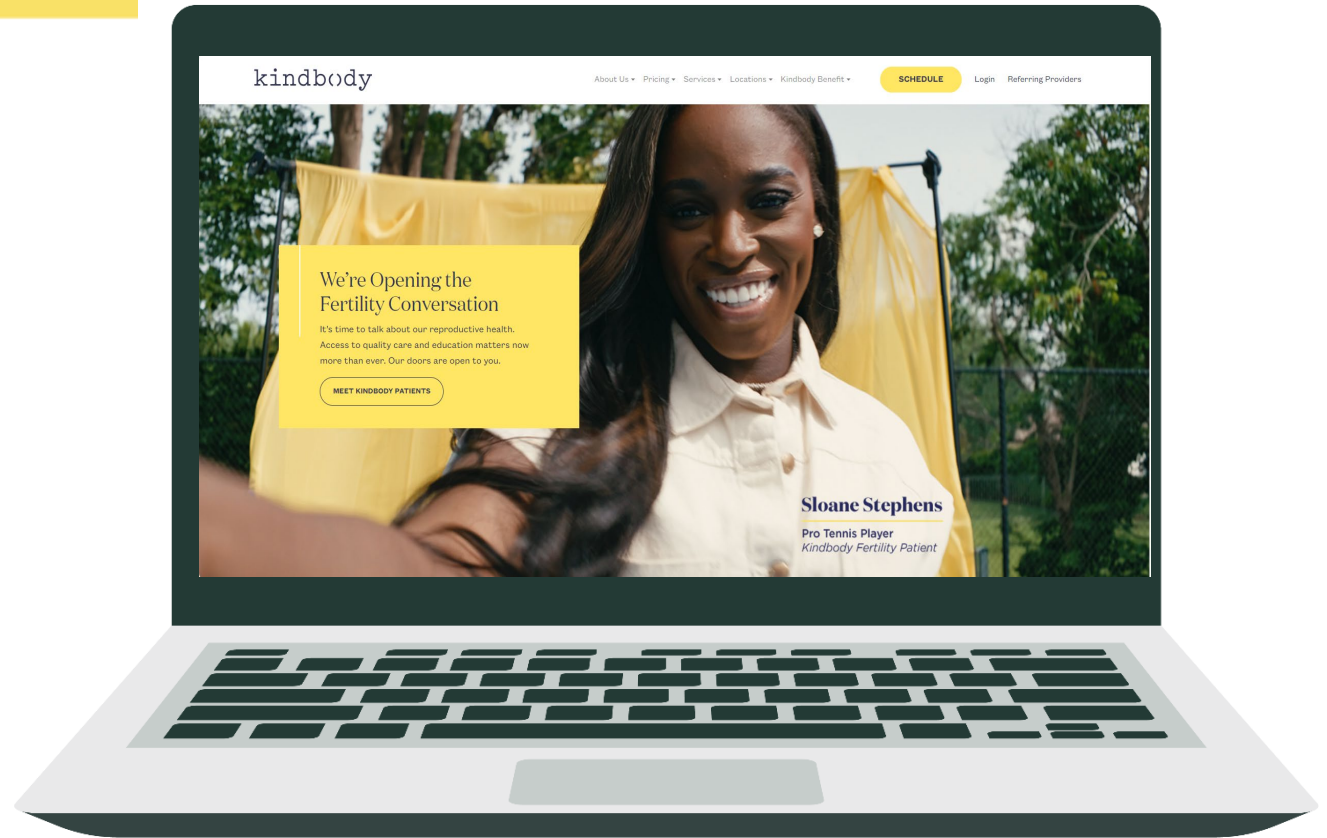
You will be matched with a board-certified, dedicated health coach who provides daily accountability and answers questions via video/phone calls and text messages.

**NEW**

kindbody

## Effective 1/1/2025

Kindbody is a leading fertility clinic network that provides access to fertility and family-building resources, concierge and care navigation for egg freezing, intrauterine insemination (IUI), and in-vitro fertilization (IVF).



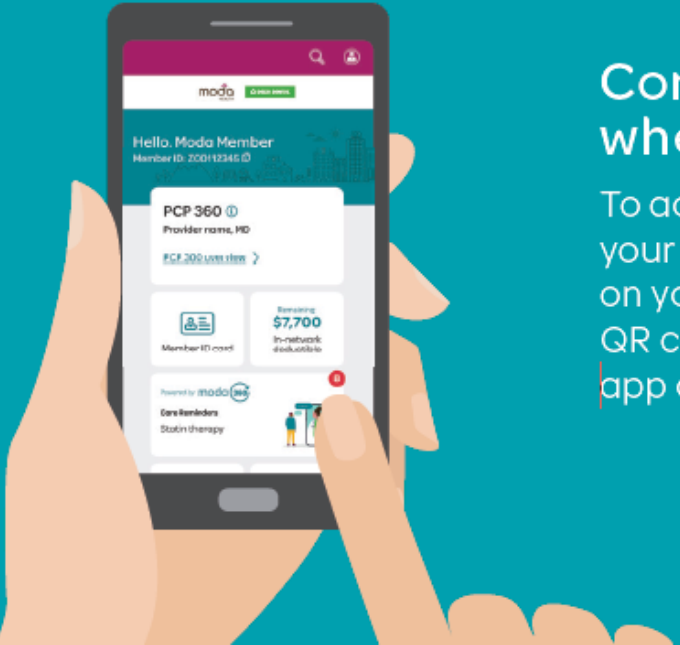


- Your Care Navigation Team and Kindbody Portal will help you with:
  - Understanding your coverage options
  - Navigating your fertility, donor, adoption or surrogacy/gestational carrier journey
  - Support and direct you on how to access care when you need it
  - Assist in booking appointments
  - Review results and next steps for your care plan.
  - Access educational content and video tutorials.
- To learn more or register for Kindbody, please visit: [https://  
https://kindbody.com/moda/pebb/](https://https://kindbody.com/moda/pebb/)

Kindbody Care Navigation and portal are available at no cost you. However, other fertility services are subject to the standard fertility cost share.

# moda Member Dashboard

Find programs just for you on your member dashboard!



**Connect to care – wherever you are**

To access these programs, log in to your Member Dashboard account on your computer or scan the QR code to download the Moda 360 app on your smartphone.







- Moda has partnered with **Spring Health** to give you access to behavioral health telehealth services through your phone, tablet, or computer. Services include:
  - Mental health therapy
  - Psychiatry
  - Care navigation
  - Digital cognitive behavioral therapy
- To access Spring Health, log into your Member Dashboard at [modahealth.com/memberdashboard](https://modahealth.com/memberdashboard) or call a Moda 360 Health Navigator at 844-776-1593.

### Find the right care for YOU!

*Spring Health's* diverse network helps us connect you with exactly the right provider for you.

- 30+ languages spoken
- Therapists that focus on the LGBTQIA+ community
- 18+ specialty and focus areas
- BIPOC therapists and prescribers
- Providers available for after-hour appointments





Dental



# Delta Dental plan options – no changes

Plan options	Full-time Delta Dental PPO	Full-time Delta Dental Premier
Network	PPO	Premier
Deductible	\$50	\$50
Benefit maximum	\$1,750	\$1,750
	In-network, members pay	
Preventive <sup>1</sup> / diagnostic services	0% <sup>2</sup>	0% <sup>2</sup>
Basic services	20% - 0%	20%
Major services	50%	50%
<b>Occlusal guards<sup>3</sup></b> <i>(night guards* and athletic mouth guards)</i>	0%	0%
<b>Nitrous oxide</b>	50%	50%
<b>Orthodontic</b> — <i>(Lifetime maximum - \$1,800)</i>	50%	50%

<sup>1</sup> Preventive services will not accrue toward the plan maximum.

<sup>2</sup> Deductible waived.

<sup>3</sup> \$150 maximum, once every 5 years.

# Delta Dental – Plan year updates

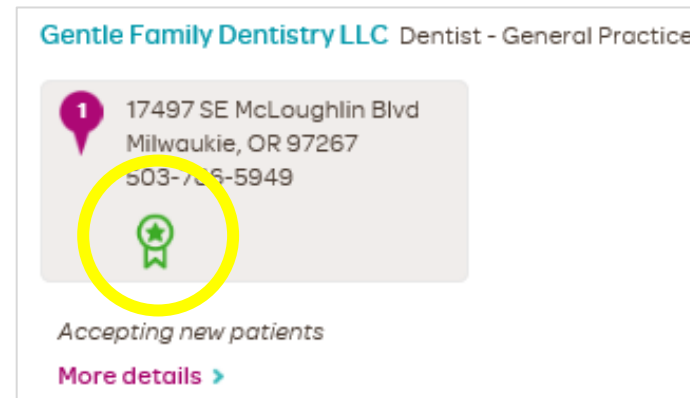
- There are **NO** changes to the to the annual benefit maximum and coinsurances.
- PEBB members have:
  - **Preventive First benefit:** This means preventive services do not accrue towards the annual benefit maximum, leaving additional dollars to use for basic and major services.
  - **The Health through Oral Wellness (HtOW) program:** Patient-centered wellness program that helps members maintain better oral health through a risk assessment, education and additional evidence-based preventive care



# Health through Oral Wellness<sup>®</sup> (HtOW)

- Providers participating in the program use an oral health assessment to find out the member's risk of tooth decay, gum disease and oral cancer
- Members may qualify for the following services depending on their risk score:
  - Additional cleanings
  - Fluoride treatment
  - Sealants
  - Periodontal maintenance
  - Nutritional counseling
- For more details about the program, visit [deltadental.com/oralwellness/members](https://deltadental.com/oralwellness/members)

To see which providers are participating in HtOW, members can look for a green badge shown in Find Care



# moda Health Navigators

- Available Monday through Friday from 7:30 a.m. to 5:30 p.m. Pacific time.



**Medical**  
844-776-1593



**Dental**  
844-827-7100



Or email Moda Health at [PEBBcustomerservice@modahealth.com](mailto:PEBBcustomerservice@modahealth.com).

You can also chat with the Moda 360 Health Navigator team instantly through your [Member Dashboard](#).

# Thank you

