

Dear Member.

The staff of Scripps Health Plan Services and its affiliate Plan Medical Groups (PMG), Scripps Clinic Medical Group and Scripps Coastal Medical Center, would like to take this opportunity to thank you for choosing Scripps Health Plan Services to be your partner in good health. We at Scripps Health Plan Services (Scripps Health Plan Services) are committed to providing quality health care and excellent customer service to all of our members. This Member Welcome Guide is intended to assist you with questions you may have regarding access to health care services. We also encourage you to read the Evidence of Coverage and Summary of Benefits provided to you by your Health Plan. Sections outlined in this guide are as follows:

- **Using Your Benefits**
  - The Role of your Primary Care Physician (PCP)
  - Accessing Specialty Care
  - Prior Authorization Requirements and Process
  - Information Regarding Policies and Review Guidelines
  - Interpretive, Language and Hearing Services
- **Emergency and Urgent Care Services**
  - Emergency Services
  - Urgent Care Services
- **Appeals & Grievance Process**
  - Information Regarding Policies and Review Guidelines
  - How to ask for an appeal with your Health Plan
- **Members' Rights and Responsibilities**

HMO means "Health Maintenance Organization." HMO plans offer a wide range of healthcare services through a network of providers who agree to supply services to members on a prepaid basis. Primary Care Physicians (PCPs) and their affiliated plan medical group (PMG) assume responsibility for your care and coordinate all medically necessary services. HMOs are regulated by the Department of Managed Healthcare who monitor care, quality, patient access, provider compliance, and financial solvency of California health plans.

As an added feature you are able to enroll and log in to **MyScripps**, a secure on-line portal which offers patients personalized and secure access to portions of their medical records to help manage and receive information about your health. To enroll visit <https://myscripps.org/mychart/signup>, or call **888-668-8338** for assistance.

We are very pleased to have you as a member of our medical family. Scripps Health Plan Services is committed to providing quality care and we know that by working together this can be achieved to everyone's good health!

Sincerely,

Scripps Health Plan Services

## USING YOUR BENEFITS

### The Role of your Primary Care Physician (PCP)

Your health care needs are important to Scripps Health Plan Services. If you are new to an HMO, you may not have chosen a PCP (PCP) in the past. It is important to understand the role your PCP will play in your health care. With few exceptions, your PCP is responsible for providing or arranging all your health care needs, referrals to Specialists and authorizations for hospitalization or outpatient treatment.

The PCPs affiliated with Scripps Health Plan Services include Family Practice, General Medicine, Internal Medicine, Pediatrics and Obstetrics & Gynecology (OB/GYN). A member may select may elect an OB/GYN to service as a Primary Care Physician if the provider is designated as a PCP in your Health Plan directory. If you have not yet chosen a PCP, please feel free to contact your Customer Service Department at your HMO. They will be able to answer your questions about the physicians affiliated with Scripps Health Plan Services and can help you elect a PCP that meets your needs. The Scripps Health Plan Services, Customer Service Department is also available to answer your questions toll free at **1(888) 680-2273 or TTY/TDD at 711** for the hearing and speech impaired between the hours of 8 a.m. and 5 p.m. Monday through Friday. Once you elect your PCP, we recommend that you schedule an appointment to meet with him or her within your first **ninety (90) days** of becoming effective with Scripps Health Plan Services. This will give your new physician the opportunity to learn about your medical history and assist you in developing a health care program to fit your lifestyle and medical needs.

### Accessing Specialty Care

Your PCP is most qualified to ensure that you are receiving all the care that is medically indicated for you. He or she will coordinate all referrals to Specialists that are affiliated with your medical group, and work with the Specialist to develop the most appropriate treatment plan for you. In most cases, the Specialist will be a provider associated with Scripps Health Plan Services. There may be cases when the type of Specialist you require is not available within our network. Should this occur, your PCP would work with the Utilization Management Department to obtain an authorization to the type of Specialist you need.

### Prior Authorization Requirements and Process

Some services require approval or prior authorization before you can receive services. Prior authorization requirements for certain services help to assure that you are getting the services you need when you need them. If prior authorization is needed, your PCP or Specialist will submit a prior authorization request to Scripps Health Plan Services. You should always work with your treatment team to make sure that when authorization is required, the provider has received authorization prior to rendering services. You will be notified in writing of the determination status of all authorization requests. An authorization approval letter will include the name of the provider, the treatment and/or authorized services, and the effective dates for the authorization. A denial letter will include the reason for the denial and your rights to appeal the decision. If you do not receive an approval or denial letter, please contact your PCP, Specialist or Scripps Health Plan Services Customer Service to confirm the authorization is in place prior to receiving services.

### Prior Authorization is NOT required for:

- Emergency Services
- Family Planning Services
- Preventative Care, such as, immunizations and routine physicals
- Basic Prenatal Care
- Sexually Transmitted Disease Services
- Human Immunodeficiency Virus (HIV) Testing

The materials provided to you are guidelines used by this plan to authorize, modify, or deny care for persons with similar illnesses or conditions. Specific care and treatment may vary depending on individual need and the benefits covered under your contract.

### **Affirmative Statement About Incentives**

Scripps Health Plan Services Utilization Management decision-making is based only on appropriateness of care and service and existence of coverage. Scripps Health Plan Services does not specifically reward practitioners or other individuals for issuing denials of coverage.

**Second opinion:** Scripps Health Plan Services allows for a second medical opinion from a qualified health professional at no extra cost to you. Prior authorization is required when the second opinion referral is for a provider who is outside of your medical group or outside of Scripps Health Plan Services' provider network.

The materials provided to you are guidelines used by this plan to authorize, modify, or deny care for persons with similar illnesses or conditions. Specific care and treatment may vary depending on individual need and the benefits covered under your contract.

### **What is the turnaround time once a prior authorization has been submitted?**

- Routine requests and concurrent reviews: Fourteen (14) calendar days from the receipt of the information.
- Expedited (if your provider believes that your condition is life-threatening): 72 hours from the receipt of the information. If the request is not deemed to be expedited based on the information submitted, a decision will be made in no more than fourteen (14) calendar days.
- Extension: An extension may be needed for Scripps Health Plan Services to obtain additional clinical information or consultation by an expert reviewer necessary to make a determination. For expedited requests, providers and members are given 48 hours to submit additional clinical information. For routine requests, providers and members are given 45 calendar days to submit the additional clinical information..
- Routine Requests for Pharmacy Authorization (when covered under your medical benefits): 72-hours from receipt of the information
- Expedited Pharmacy or drug requests (when covered under your medical benefit and if your provider believes that your condition is life-threatening): 24-hours from the receipt of the information

*Scripps Health Plan Services' Utilization Management decision-making is based on appropriateness of care and service, does not compensate practitioners or individuals for denials and does not offer incentives to encourage denials. Utilization Management team hours of operations are Monday – Friday from 8:00 a.m. – 5:00 p.m. Pacific Standard Time.*

### **Information Regarding Policies and Review Guidelines**

You or your designated representative have the right to request information on the operational policies and clinical review criteria used by Scripps Health Plan Services to coordinate your health care needs. You or your designated representative may obtain a copy of the benefit provision, guideline, protocol or other similar criterion on which the denial decision was based, free of charge, by calling Scripps Health Plan Services at **1-888-680-2273** or **TTY/TDD at 711** for the hearing and speech impaired.

### **Interpretive, Language and Hearing Services**

At Scripps Health Plan Services, we understand that health care can be complex and confusing; it can be even harder to understand if English isn't your primary language. We provide free interpreter and translation services for all of our members. In some cases we are required to coordinate these services with your HMO Health Plan. If you need help talking to your provider, understanding written communications or obtaining care, please call Scripps Health Plan Services Customer Service

at **1-888-680-2273** or **TTY/TDD at 711** for the hearing and speech impaired. We have representatives who have access to interpreter services in over 100 other languages who focus on health care communication.

## **EMERGENCY AND URGENT CARE SERVICES**

### **Emergency Services**

Emergency service and care means a medical and/or psychiatric screening, examination, and evaluation by a physician, or, to the extent permitted by applicable law, by other appropriate licensed persons under the supervision of a physician, to determine if an emergency medical condition or active labor exists and, if it does, the care, treatment, and surgery, if within the scope of that person's license, necessary to relieve or eliminate the emergency medical condition, within the capability of the facility.

"Emergency medical condition" means a medical condition manifesting itself by acute symptoms of sufficient severity (including severe pain) such that the absence of immediate medical attention you believe could result in (1) placing the patient's health in serious jeopardy; (2) serious impairment to bodily functions; (3) serious dysfunction of any bodily organ or part.

"Psychiatric Emergency Medical Condition" means a mental health disorder manifested by acute symptoms that render a patient (1) an immediate danger to himself, herself or others; or (2) immediately unable to provide for or utilize food, shelter or clothing. Psychiatric emergencies may present independent or concurrent with a physical emergency medical condition.

A patient is "stabilized" or "stabilization" has occurred when, in the opinion of the treating physician, or other appropriate licensed persons acting within their scope of licensure under the supervision of a treating physician, the patient's medical condition is such that, within reasonable medical probability, no material deterioration of the patient's condition is likely to result from, or occur during, the release or transfer of the patient.

### **What to do in case of Emergency?**

Members who believe that they have an emergency medical or mental health condition which requires an emergency response are encouraged to appropriately use the "911" emergency response system.

**After Hours:** Your PCP or a designated covering physician will be available to you by telephone 24 hours a day, 7 days a week. When you need care after hours, on weekends or on holidays, always try to call your doctor first. He or she will be able to direct you to the most appropriate place for treatment.

**Life Threatening:** Obtain care immediately. Contact your PCP no later than 24 hours after the onset of the emergency, or as soon as it is medically possible for the Member to provide notice.

**Non-Life Threatening:** Consult your PCP, anytime day or night, regardless of where you are prior to receiving medical care.

**Post Stabilization:** Post-Stabilization and Follow-up Care After an Emergency. Once your emergency medical condition is stabilized your treating health care provider may believe that you require additional medically necessary hospital services prior to your being safely discharged. If the hospital is not part of the plan's contracted network, the hospital will contact your assigned medical group or the plan to obtain timely authorization for these post-stabilization services. If the medical group or plan determines that you may be safely transferred to a medical group or plan contracted hospital, and you refuse to consent to the transfer, the hospital must provide you written notice that you will be financially responsible for 100% of the cost for services provided to you once your emergency condition is stable. Also, if the hospital is unable to determine your name and contact information of your medical group or health plan in order to request prior authorization for services once you are stable, it may bill you for such services. Your PCP or a designated covering physician will be available to you twenty-four (24) hours

a day. When you need care after hours, on weekends or on holidays, **always call your physician first**. He or she will be able to direct you to the most appropriate place for treatment.

**Urgent Care Services:**

Unforeseen injuries or illnesses that require medical attention within a short time frame (usually twenty-four (24) hours) but which are not life threatening are considered Urgent Care Services. When an urgent situation occurs, please do the following:

1. Call your PCP for instructions.
2. If you are calling during non-business hours and reach an answering service, ask the operator to page your physician or the physician on call. When you receive a return call, explain the situation and follow the physician's instructions.
3. If you are unable to reach your PCP, follow the instructions under "What to do in case of Emergency".

**Follow-Up Care:**

Follow-up care, which is any care provided after the initial emergency room or urgent care visit, is not considered an emergent or urgent condition and is not covered as part of an emergency room or urgent care visit. Once you have been treated and discharged, contact your PCP for any necessary follow-up care.

**APPEALS & GRIEVANCE PROCESS**

An appeal or grievance is a term used when an HMO member notifies the plan that they are unsatisfied with the health plan, a contracted provider or a decision made by the Plan. Contacting the Plan regarding the issue, is called "filing an appeal or grievance". An appeal or grievance may be filed for issues relating to: access to care, a decision to deny services, quality of care, quality of provider sites, timeliness of the services, benefits, billing or financial issues.

You may file an appeal if you disagree with a decision to modify or deny a service or benefit. You may file a grievance if you are concerned with or not satisfied with the quality of services you have received, or if you feel your coverage has been or will be improperly canceled, rescinded, or not renewed.

If you have any concerns, please contact our Customer Service Department at **1-888-680-2273** or **TTY/TDD at 711** for the hearing and speech impaired or follow the instructions listed below so we may assist you. Scripps Health Plan Service's Customer Service Department is trained to help you file an appeal or a grievance.

At Scripps Health Plan Services it is our priority to provide superb health care and customer service throughout every aspect of your care. We encourage you to notify us if you are unhappy with any aspect of your care. If your concerns are related to a provider within our network, we would suggest that you first discuss those concerns with staff at the point of care. If you are not satisfied or the resolution is not acceptable, we welcome you to contact Scripps Health Plan Services Customer Service.

If you want to file an appeal or grievance, you may do so by contacting your Health Plan's Customer Service Department or Appeals and Grievances Department. You can find your Health Plan contact information on your insurance identification card, on our website: [www.scrippshealthplanservices.com](http://www.scrippshealthplanservices.com) or listed below.

Health Plan Name	Phone Number	Link to Appeals and Grievances Form
Alignment Health Plan	1-866-634-2247	<a href="https://www.alignmenthealthplan.com/members/grievance-and-appeals">https://www.alignmenthealthplan.com/members/grievance-and-appeals</a>
Anthem Blue Cross	1-800-331-1476	<a href="https://www.anthem.com/ca/forms/">https://www.anthem.com/ca/forms/</a>
Blue Shield	1-800-393-6130	<a href="https://www.blueshieldca.com/bsca/bsc/public/member/mp/login">https://www.blueshieldca.com/bsca/bsc/public/member/mp/login</a>
Cigna	1-800-997-1654	<a href="https://www.cigna.com/individuals-families/member-resources/appeals-grievances">https://www.cigna.com/individuals-families/member-resources/appeals-grievances</a>

Health Net	1-800-675-6110	<a href="https://www.healthnet.com/content/healthnet/en_us/members.html">https://www.healthnet.com/content/healthnet/en_us/members.html</a>
United Healthcare	1-866-414-1959	<a href="https://www.uhc.com/member-resources/forms">https://www.uhc.com/member-resources/forms</a>
SCAN	1-800-559-3500	<a href="https://www.scanhealthplan.com/scan-resources/report-an-issue/file-a-grievance/how-to-complete-a-grievance">https://www.scanhealthplan.com/scan-resources/report-an-issue/file-a-grievance/how-to-complete-a-grievance</a>

Your appeal/grievance may be submitted verbally, telephonically, online or in writing. A grievance form can be provided to you, or you may simply write a letter to the address listed on your Health Plan Insurance Identification Card. If you are not able to locate your specific Health Plan information you may send your grievance letter to:

Scripps Health Plan Services  
Attention: **Appeals & Grievances**  
Mail Drop: 4S-300  
10790 Rancho Bernardo Road  
San Diego, California 92127

We will forward your inquiry to the appropriate Health Plan for review and response.

### Important Information about Your Appeal Rights

There are 2 kinds of appeals:

**Standard Appeal** – Your health plan will give you a written decision on a standard appeal within thirty (30) days after they get your appeal. Their decision might take longer if you ask for an extension or if they need more information about your case. They will tell you if they need extra time and will explain why more time is needed. If your appeal is for payment of a service you have already received, they will give you a written decision within sixty (60) days.

**Fast Appeal** – Your health plan will give you a decision on a fast appeal within seventy-two (72) hours after they receive your appeal. You can ask for a fast appeal if you or your doctor believe your health could be seriously harmed by waiting up to thirty (30) days for a decision.

Your health plan will automatically give you a fast appeal if a doctor asks for one for you or supports your request. If you ask for a fast appeal without support from a doctor, they will decide if your request requires a fast appeal. If your health plan does not give you a fast appeal, they will give you a decision within thirty (30) days.

### How to ask for an appeal with your Health Plan

Step 1: You, your representative, or your *provider* must ask your health plan for an appeal. Your *written* request must include:

- Your name
- Address
- Member number
- Reasons for appealing
- Any evidence you want your health plan to review, such as medical records, doctors' letters, or other information that explains why you need the item or service. Call your doctor if you need this information.



*You can ask to see the medical records and other documents used to make the decision before or during the appeal. At no cost to you, you can also ask for a copy of the guidelines used to make our decision.*

**Step 2:** Mail, fax, or deliver your appeal or call your Health Plan directly at the number listed on your insurance identification card.

*If you ask for a standard appeal by phone, your health plan will send you a letter confirming what you told them. You should only contact Scripps Health Plan Services if you are not successful in reaching your Health Plan directly.*

### **What happens next?**

If you ask for an appeal and your Health Plan continues to deny your request for a service, your Health Plan will send you a written decision and automatically send your case to an independent reviewer. If the independent reviewer denies your request, the written decision will explain if you have additional appeal rights.

### **Get help & more information**

- Scripps Health Plan Services 1-888-680-2273 or TTY/TDD at 711 for the hearing and speech impaired between the hours of 8 a.m. and 5 p.m. Monday through Friday (except holidays)
- 1-800-MEDICARE (1-800-633-4227), 24 hours, 7 days a week. TTY users call: 1-877-486-2048
- Medicare Rights Center: 1-888-HMO-9050
- Elder Care Locator: 1-800-677-1116

## **Members' Rights and Responsibilities**

Scripps Health Plan Services is committed to treating members in a manner that respects their rights. Also, Scripps Health Plan Services has certain expectations of members' responsibilities. Both these commitments will be upheld at all times by all staff in all activities.

As a member, you have the **Right** to:

1. Receive considerate and courteous care, with respect for your right to personal privacy and dignity
2. Receive information about all health services available to you, including a clear explanation of how to obtain them
3. Receive information about your rights and responsibilities
4. Receive information about Scripps Health Plan Services, the services we offer you, the physicians and other practitioners available to care for you
5. Select a PCP and expect his/ her team of health workers to provide or arrange for all the care that you need
6. Have reasonable access to appropriate medical services
7. Participate actively with your physician in decisions regarding your medical care. To the extent permitted by law, you also have the right to refuse treatment
8. A candid discussion of appropriate or medically necessary treatment options for your condition, regardless of cost or benefit coverage
9. Receive from your physician an understanding of your medical condition and any proposed appropriate or medically necessary treatment alternatives, including available success/outcomes information, regardless of cost or benefit coverage, so you can make an informed decision before you receive treatment
10. Receive preventive health services

11. Know and understand your medical condition, treatment plan, expected outcome and the effects these have on your daily living
12. Have confidential health records, except when disclosure is required by law or permitted in writing by you. With adequate notice, you have the right to review your medical record with your PCP
13. Communicate with and receive information from Customer Service in a language you can understand
14. Know about any transfer to another hospital, including information as to why the transfer is necessary and any alternatives available
15. Obtain a referral from your PCP for a second opinion
16. Be fully informed about the Scripps Health Plan Services grievances procedure and understand how to use it without fear of interruption of health care
17. Voice complaints about the Scripps Health Plan Services or the care provided to you

You, as a Scripps Health Plan Services Member, have the **Responsibility** to:

1. Carefully read all of your Health Plan's member materials immediately after you are enrolled so you understand how to use your benefits and how to minimize your out of pocket costs. Ask questions when necessary. You have the responsibility to follow the provisions of your Health Plan's membership as explained in the Evidence of Coverage and Disclosure Form or Health Service Agreement
2. Maintain your good health and prevent illness by making positive health choices and seeking appropriate care when it is needed
3. Provide, to the extent possible, information that your physician, and/or your Health Plan need to provide appropriate care for you
4. Understand your health problems and take an active role in making health care decisions with your medical care provider, whenever possible.
5. Follow the treatment plans and instructions you and your physician have agreed to and consider the potential consequences if you refuse to comply with treatment plans or recommendations
6. Ask questions about your medical condition and make certain that you understand the explanations and instructions you are given
7. Make and keep medical appointments and inform your physician ahead of time when you must cancel
8. Communicate openly with the PCP you choose so you can develop a strong partnership based on trust and cooperation
9. Offer suggestions to improve the Scripps Health Plan Services
10. Help Scripps Health Plan Services to maintain accurate and current medical records by providing timely information regarding changes in address, family status and other health plan coverage
11. Notify Scripps Health Plan Services as soon as possible if you are billed inappropriately or if you have any complaints
12. Select a PCP for your newborn before birth, when possible, and notify your Health Plan and Scripps Health Plan Services as soon as you have made this selection
13. Treat all Scripps Health Plan Services personnel respectfully and courteously as partners in good health care;
14. Pay your dues, copayments and charges for non-covered services on time
15. For all mental health and substance abuse services, follow the treatment plans and instructions agreed to by you and the MHSA and obtain prior authorization for all nonemergency mental health and substance abuse services.



## TIMELY ACCESS TO CARE

You have the right to appointments within the following timeframes:

Urgent Appointments	Wait Time
For services that do not require prior authorization, such as with your PCP	48 hours
For services that require prior authorization, such as with a Specialist	96 hours
Non-Urgent Appointments	Wait Time
Primary Care Appointment	10 business days
Specialist Appointment	15 business days
Appointment with a mental health or substance use disorder (MHSUD) provider who is not a physician	10 business days
Follow-up appointment with a non-physician MHSUD provider for those undergoing a course of treatment	10 business days following prior appointment
Ancillary services (such as X-ray, MRI, Physical Therapy, etc.)	15 business days

Your provider may give you a longer wait time if it would not be harmful to your health.

You may call your provider's office 24 hours a day, 7 days a week. If you contact your provider's office after business hours, you must receive a return call within 30 minutes.