

Welcome to your health fund!

Read this BEFORE you use your benefits

1

Know who to contact with questions

- For medical claims questions, call Kaiser member services at **(800) 777-7902** or visit **kp.org**
- For all other questions, call UNITE HERE HEALTH—your health fund—at **(833) 637-3519** or visit **uhh.org/fsp**
- Your member service teams can answer your questions in English, Spanish, and many other languages!

(If you work at these locations, contact your company HR for information about your dental and/or vision benefits: SP+, Martins Caterers, Radisson Baltimore Inner Harbor, Laurel Race Track, Pimlico Race Park, and Centerplate at Baltimore Convention Center.)

2

Avoid costly ER visits with 24/7 Kaiser access

- Know where the closest Urgent Care or 24/7 Urgent Care PLUS center is *before* your next illness or injury!
- Call a registered nurse for medical advice anytime, 24/7: **(800) 777-7904**
- Get video advice from a doctor for certain conditions

3

You must choose a Cigna dentist

Your dental benefits don't take effect until you select a dentist. Call Cigna at **(800) 244-6224** (1-800-CIGNA24). Cigna will send you your new dental ID card—watch the mail!

4

Watch your mail for your Davis Vision card

5

Enroll your family for FREE dental and vision coverage

Call **(833) 637-3519** anytime to enroll dependents!



Keep your Summary Plan Document (SPD) handy and refer to it when you have questions about your plan.

The materials in this packet include information about *all* the benefits offered through UNITE HERE HEALTH's Food Service Plans. You may not have all these benefits. *(Your benefits are determined by your collective bargaining agreement and your enrollment choices.)* If you have questions about your coverage or your specific benefits, contact the Fund at **(833) 637-3519**.



Attention

Members with
dental benefits through
UNITE HERE HEALTH

Have you selected a dentist?

- ☐ Choose a dentist in your Cigna network

Your dental bills will not be paid until you do!

If you work at these locations, contact your company HR for information about your dental benefits:
SP+, Johns Hopkins University, Morgan State, Ballston Parking, Martins Caterers, Radisson Baltimore Inner Harbor, Laurel Race Track, Pimlico Race Park, and Centerplate at Baltimore Convention Center.

Call Cigna at (800) 244-6224



We are pleased to provide you with information on your vision benefit to help you care for your vision and eye health - a key part of overall health and wellness!

If you are not currently enrolled, please contact UNITE HERE HEALTH.
To locate providers or for additional Davis Vision information, please visit our member site at davisvision.com or call 1.877.923.2847 and enter client code 7984.

Using your benefits is easy! Just log on to our Member site at davisvision.com and click "Find a Provider," or call us at 1.800.999.5431.

Make an appointment. Tell your provider you are a Davis Vision member with coverage through UNITE HERE HEALTH. Provide your name and date of birth and do the same for your covered dependents seeking vision services. Your provider will take care of the rest!

Your Davis Vision Designer Plan Benefits

100% OF YOUR CALLS & CLAIMS ARE PROUDLY ADMINISTERED IN THE USA 

Benefit	Frequency Once every -	In-network Copay	In-network Coverage
Eye Examination	12 months	\$0	Covered in full. <i>Includes dilation when professionally indicated.</i>
Spectacle Lenses	12 months	\$0	Clear plastic lenses in any single vision, bifocal, trifocal or lenticular prescription. Covered in full. (See below for additional lens options and coatings.)
Frame	12 months	\$0	<p>Covered in Full Frames: Any Fashion or Designer level frame from Davis Vision's Collection^{1/} (retail value, up to \$160).</p> <p>OR, Frame Allowance: \$150 toward any frame from provider plus 20% off any balance. No copay required.</p>
Contact Lens Evaluation, Fitting & Follow Up Care	12 months	\$0	<p>Davis Vision Collection Contacts: Covered in full.</p> <p>Standard Contacts: 15% discount</p> <p>Specialty Contacts^{2/}: 15% discount</p>
Contact Lenses (in lieu of eyeglasses)	12 months	\$0	<p>Covered in Full Contacts: From Davis Vision's Collection^{1/}, up to: Planned Replacement Two boxes/multi-packs* Disposable Four boxes/multi-packs*</p> <p>OR, Contact Lens Allowance: \$120 allowance toward any contacts from provider's supply plus 15% off balance. No copay required.</p> <p>OR, Medically Necessary Contacts: Covered in full with prior approval.</p> <p><small>*Number of contact lens boxes may vary based on manufacturer's packaging.</small></p>

Significant savings on optional frames, lens types and coatings!

Member Price

Davis Vision Collection Frames: Fashion Designer Premier	\$0 \$0 \$25
Tinting of Plastic Lenses	\$0
Oversize Lenses	\$0
Scratch-Resistant Coating	\$0
Ultraviolet Coating	\$12
Anti-Reflective Coating: Standard Premium Ultra	\$35 \$48 \$60
Polycarbonate Lenses	\$0 ^{3/} -\$30
High-Index Lenses	\$55
Progressive Lenses: Standard Premium Ultra	\$50 \$90 \$140
Polarized Lenses	\$75
Photochromic Lenses (i.e. Transitions®, etc.) ^{4/}	\$65
Scratch Protection Plan: Single Vision Multifocal Lenses	\$20 \$40

^{1/} The Davis Vision Collection is available at most participating independent provider locations. Collection is subject to change. Collection is inclusive of select toric and multifocal contacts.

^{2/} Including, but not limited to toric, multifocal and gas permeable contact lenses.

^{3/} For dependent children, monocular patients and patients with prescriptions of +/- 6.00 diopters or greater.

^{4/} Transitions® is a registered trademark of Transitions Optical Inc.

Please note: Your provider reserves the right to not dispense materials until all applicable member costs, fees and copayments have been collected. Contact lenses: Routine eye examinations do not include professional services for contact lens evaluations. Any applicable fees above the evaluation and fitting allowance are the responsibility of the member. If contact lenses are selected and fitted, they may not be exchanged for eyeglasses. Progressive lenses: If you are unable to adapt to progressive addition lenses you have purchased, conventional bifocals will be supplied at no additional cost; however, your copayment is nonrefundable. May not be combined with other discounts or offers. Please be advised these lens options and copayments apply to in-network benefits.

Frequently Asked Questions

How can I contact Member Services?

Call 1.800.999.5431 for automated help 24/7. Live help is also available seven days a week: Monday-Friday, 8 a.m.-11 p.m. | Saturday, 9 a.m.-4 p.m. | Sunday, 12 p.m.-4 p.m. (Eastern Time). (TTY services: 1.800.523.2847.)

What frames are in Davis Vision's Collection?

Our Collection offers a great selection of fashionable and designer frames, most of which are covered in full. No wonder 8 out of 10 members select a Collection frame. Log on to our member Web site at davisvision.com and take a look!

When will I receive my eyewear?

Your eyewear will be delivered to your network provider generally within five business days of order receipt. Special prescriptions, lens coatings, provider frames or out-of-stock frames may delay the standard turnaround time.

Do I need a claim form?

Claim forms are only required if you visit an out-of-network provider. Claim forms are available on the Davis Vision member Web site at www.davisvision.com.

Can I split my benefits?

You may split your benefits by receiving your eye examination and eyeglasses or contact lenses on different dates or through different provider locations. To maximize your benefit value we recommend that all services be obtained from a network provider.

Can I use an out-of-network provider?

Yes; however, you receive the greatest value by staying in-network. If you go out-of-network, pay the provider at the time of service, then submit a claim to Davis Vision for reimbursement, up to the following amounts: eye exam - \$30 | Materials - \$175.

Are there any exclusions to the vision benefits?

Your vision plan does not cover medical treatment of eye disease or injury; vision therapy; special lens designs or coatings, other than those described herein; replacement of lost eyewear; non-prescription (plano) lenses; contact lenses and eyeglasses in the same benefit cycle; services not performed by licensed personnel; two pair of eyeglasses in lieu of bifocals.

DAVIS VISION EXTRAS!

One Year Breakage Warranty Repair or replacement of your plan covered spectacle lenses, Collection frame or frame from a network retail location where the Collection is not displayed.

Additional Savings At most participating network locations, members receive up to 20% off additional eyeglasses, sunglasses and items not covered by the benefit and 10% off disposable contact lenses.

Mail Order Contact Lenses Replacement contacts (after initial benefit) through www.DavisVisionContacts.com mail-order service ensures easy, convenient, purchasing online and quick, direct shipping to your door. Log on to our member Web site for details.

Laser Vision Correction Up to 25% discount off participating provider's U&C or 5% off advertised special (whichever is lower). Log on to our member Web site for details and to locate a provider.

Low Vision Services Comprehensive low vision evaluation once every five years and low vision aids up to the plan maximum. Covers up to four follow-up visits in five years.

Eye Health & Wellness Log on and learn more about your eyes, health and wellness; common eye conditions that can impair vision; and what you can do to ensure healthy eyes and a healthier life.

For more details... about your vision benefits, patient rights and responsibilities about Davis Vision or to obtain a copy of Davis Vision's Privacy Practices Notices, please log on to our member Web site or contact us at 1.800.999.5431.

Davis Vision has made every effort to correctly summarize your vision plan features herein. In the event of a conflict between this information and your organization's contract with Davis Vision, the terms of the contract will prevail.

Underwritten by HM Life Insurance Company. HM Life Insurance Company of New York. Administered by Davis Vision, which may operate as Davis Vision Insurance Administrators in California.

**Contact UNITE HERE HEALTH at 1.855.321.4373
for any questions.**

Life insurance beneficiary form

Return this completed form to: UNITE HERE HEALTH, 711 N. Commons Dr., Aurora, IL 60506

1: Employee information

Last Name ▾	First	Middle	Date of Birth (month-day-year)	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female
Street ▾	Apt #		Telephone ()	Cell Phone ()
City ▾	County	State	Zip	Social Security # ▾ - -
				Email

2: Primary life insurance beneficiaries

If you name more than one primary beneficiary but leave "Share of Benefit" blank, they will share the benefit equally. If one of them dies before you do, his/her share will be divided equally between the other primary beneficiaries (unless you say otherwise). The same rules apply to your secondary beneficiaries. *If you need to add more beneficiaries, use another piece of paper.*

All shares must add up to 100%

Name	Relationship	Social Security # (if available) - -	Date of Birth	Share of Benefit %
Address			Phone #	
Name	Relationship	Social Security # (if available) - -	Date of Birth	Share of Benefit %
Address			Phone #	
Name	Relationship	Social Security # (if available) - -	Date of Birth	Share of Benefit %
Address			Phone #	
Name	Relationship	Social Security # (if available) - -	Date of Birth	Share of Benefit %
Address			Phone #	

3: Secondary life insurance beneficiaries

Please list who you want to receive your life insurance benefit in the event your primary beneficiary(s) listed above do not survive you.

Name	Relationship	Social Security # (if available) - -	Date of Birth	Share of Benefit %
Address			Phone #	
Name	Relationship	Social Security # (if available) - -	Date of Birth	Share of Benefit %
Address			Phone #	
Name	Relationship	Social Security # (if available) - -	Date of Birth	Share of Benefit %
Address			Phone #	

4: Signature

Coverage is dependent upon the Plan's eligibility requirements and all Plan benefits are subject to the rules adopted by the Board of Trustees of UNITE HERE HEALTH. This form replaces all previous beneficiary designations and must be signed and dated to be valid; it will not become effective until received by UNITE HERE HEALTH.

Print Name _____

Signature _____ Date _____



**Get peace of mind
with medical advice.**

Call **800-777-7904**.

Whether it's the middle of the afternoon or the middle of the night, medical advice is just a phone call away. Kaiser Permanente's registered nurses will help you with your flu symptoms, cuts and sprains, or backaches—whatever you have questions about. And there's no extra cost.

The nurse is connected to your Permanente primary care doctor, your health care team, and our Urgent Care centers, so you'll be guided to the next steps for your care if you need more than the nurse's advice. For medical advice, call **800-777-7904 (TTY 711)**.

If you're not sure what kind of care you need, just call and the nurse will guide you.

Video advice with a doctor

You can have a video visit with a physician trained in emergency medicine, at no extra cost. The visits are for those 18 years and older, with certain medical conditions. The advice

nurse will help determine if your situation is right for a video visit. You will need a computer or mobile device with a built-in camera and microphone, and you must be present in Maryland, Virginia, Washington, DC, Florida, North Carolina, West Virginia, or Pennsylvania during the call.

See your doctor from home, work, or on the go

What can you get medical advice for by video? Among other conditions:

- Burns
- Skin problems
- Sore throat
- Flu
- Sprains/injuries
- Cuts and wounds
- Bug bites
- Backaches
- Medication questions
- Eye problems
- Vomiting/nausea
- Joint problems
- Bone breaks
- Shingles



Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
2101 E. Jefferson St., Rockville, MD 20852

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**Urgent Care
Hospital care
Medical advice**



Call **800-777-7904** for medical advice
and Urgent Care appointments.



Urgent Care

Call **800-777-7904 (TTY 711)** to schedule an appointment, or come in if you are experiencing any of the following:

- Belly pain
- Breathing trouble
- Broken bones
- Chest discomfort
- Deep cuts
- Earaches
- Eye infections
- Flu
- Rash or skin infections
- Sprains and strains
- Urinary tract infections
- Vomiting, diarrhea, or nausea

These are examples of conditions that are treated in Urgent Care. If you think you are experiencing an emergency medical condition,* call **911**.

Urgent Care centers

Open evenings, weekends, and holidays, our Urgent Care centers are located in Maryland, Virginia, and Washington, DC.

24/7 Urgent Care PLUS centers

At Urgent Care PLUS centers, you get:

- Physicians trained in emergency medicine
- Less wait time and lower cost shares[†] than a typical hospital emergency room
- 24/7 pharmacy and laboratory services
- 24/7 advanced imaging services, including CT, MRI, and ultrasound
- An observation unit where patients can be monitored for up to 24 hours

*An emergency medical condition is one that, in the absence of immediate medical attention, may result in 1) placing the health of the individual (or, with respect to a pregnant woman, the health of the woman or her unborn child) in serious jeopardy, 2) serious impairment to bodily functions, or 3) serious dysfunction of any bodily organ or part. Refer to your Evidence of Coverage, Membership Agreement or federal brochure RI 73-047 for the complete definition of emergency medical conditions.

[†]Cost share depends upon your plan. For specific information, please check your Membership Agreement, RI 73-047, Evidence of Coverage, or Certificate of Insurance.

Kaiser Permanente Urgent Care locations

Virginia

- 1 Manassas Urgent Care**
10701 Rosemary Drive, Manassas, VA 20109
5:30 p.m.–1 a.m. M–F, 9 a.m.–5 p.m. Sat, Sun, holidays
- 2 Reston Urgent Care**
1890 Metro Center Drive, Reston, VA 20190
5:30 p.m.–1 a.m. M–F, 9 a.m.–9 p.m. Sat, Sun, holidays
- 3 Tysons Corner Urgent Care PLUS**
8008 Westpark Drive, McLean, VA 22102
- 4 Woodbridge Urgent Care PLUS**
14139 Potomac Mills Road, Woodbridge, VA 22192
- 5 Fredericksburg Urgent Care***
Opening January/February 2017
1201 Hospital Drive, Fredericksburg, VA 22401
5:30 p.m.–1 a.m. M–F, 9 a.m.–5 p.m. Sat, Sun, holidays

Maryland

- 6 Camp Springs Urgent Care**
6104 Old Branch Ave., Temple Hills, MD 20748
5:30 p.m.–9:30 a.m. M–F, 24 hours Sat, Sun, holidays
- 7 Gaithersburg Urgent Care PLUS**
655 Watkins Mill Road, Gaithersburg, MD 20879
- 8 Kensington Urgent Care**
10810 Connecticut Ave., Kensington, MD 20895
5:30–1 a.m. M–F, 9 a.m.–9 p.m. Sat, Sun, select holidays
- 9 Largo Urgent Care PLUS**
1221 Mercantile Lane, Largo, MD 20774
- 10 South Baltimore County Urgent Care PLUS**
1701 Twin Springs Road, Halethorpe, MD 21227
- 11 White Marsh Urgent Care**
4920 Campbell Blvd., Nottingham, MD 21236
5 p.m.–1 a.m. M–F, 9 a.m.–5 p.m. Sat, Sun
- 12 Baltimore Harbor Urgent Care**
Opening January/February 2017
815 E. Pratt Street, Baltimore, MD 21202
5 p.m.–1 a.m. M–F, 9 a.m.–5 p.m. Sat, Sun

Washington, DC

- 13 Capitol Hill Urgent Care PLUS**
700 2nd St. NE, Washington, DC 20002

kp.org/urgentcare/mas

Hospital care

Go where Permanente physicians are on call 24/7

When you need inpatient or outpatient hospital care, we've chosen award-winning hospitals to be our partners for coordinating your care (see map). These hospitals, located throughout Maryland, Virginia, and Washington, DC, are our premier hospital partners.

Each was carefully chosen based on quality of care, comfort, and service. You can have peace of mind knowing you are cared for by Permanente physicians you can trust, and who have your medical history at hand.

To learn more, visit kp.org/premierhospitals.

Kaiser Permanente premier hospitals

Virginia

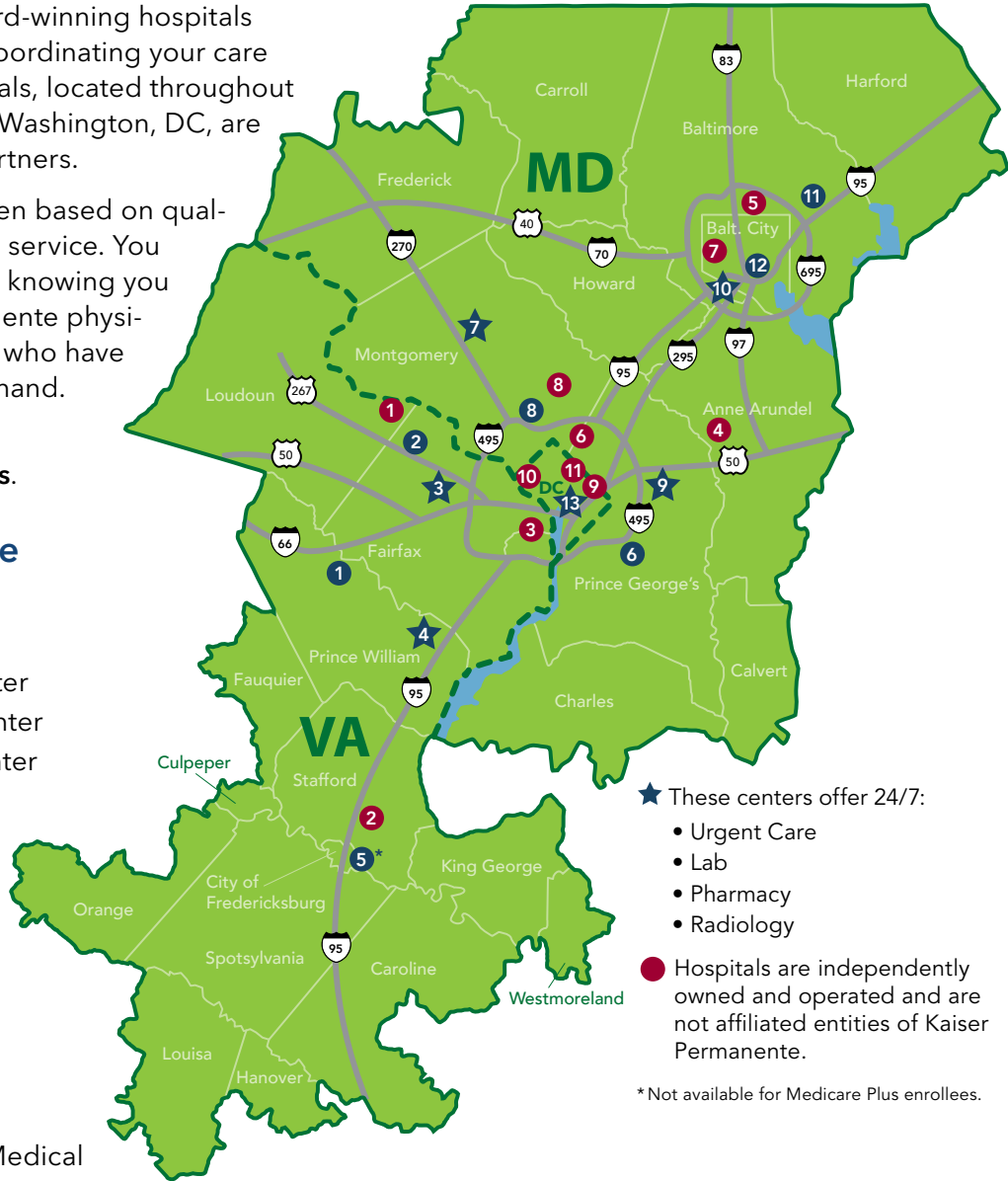
- 1** Reston Hospital Center
- 2** Stafford Hospital Center
- 3** Virginia Hospital Center

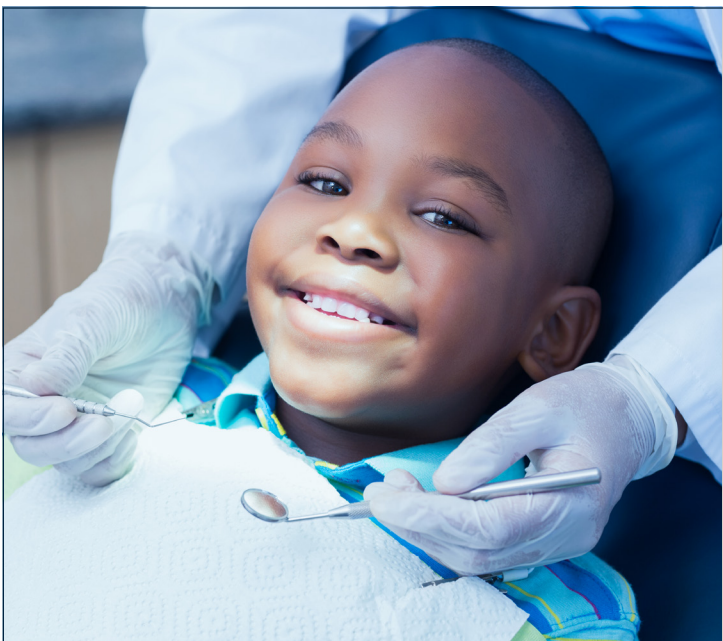
Maryland

- 4** Anne Arundel Medical Center
- 5** Greater Baltimore Medical Center
- 6** Holy Cross Hospital
- 7** St. Agnes Hospital
- 8** Suburban Hospital

Washington, DC

- 9** Children's National Medical Center
- 10** Sibley Memorial Hospital (labor and delivery only)
- 11** Washington Hospital Center





DON'T WAIT!

- Enroll dependents any time
- Coverage begins after the Fund accepts your completed paperwork

ENROLL!

- Fill out the enrollment form
- Gather proof documents for the people you want to cover (marriage and/or birth certificates)
- Use the cover sheet provided to fax your materials to the Fund

Get *free*
dental and vision
coverage for
your family!



QUESTIONS?

(855) 321-4373

UNITE **HERE**
HEALTH

Food Service Plan 176D



Dependent Document Cover Sheet

Fax this sheet, along with your proof documents, to: (630) 236-4392

Member name: _____

Last 4 numbers of your SSN: _____

Employer name/location: _____

Member phone number: _____

Marriage Certificate for: _____

Birth Certificate(s) for: _____
