

The <2025> Guide to Choosing the Right Medicare Plan for You

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Use This Guide To Determine What's Right for Your Family

If you're new to Medicare or you're helping a loved one select a plan, follow these three steps to get started!

- 1) Learn about the Medicare options available in <2025>, what is included in each of them, and your cost.
- 2) Determine which benefits are most important to you such as dental, prescription coverage, vision, and hearing.
- 3) If you're turning 65: Enroll up to 3 months before your birthday. If you have a qualifying life event, you may also be eligible to change your plan right away.



What is a Qualifying Life Event?

You may be eligible to enroll in Medicare without waiting for the Annual Enrollment Period that starts October 15th. Events that qualify for a special enrollment period include:

- › Turning 65
- › Moving to a new area that is not covered by your existing Medicare plan
- › Losing health coverage you had through your employer or spouse and you are at least 65 years old.
- › A change in family status such as adopting grandchildren.

Need Help

Finding a Plan?

A Licensed Benefit Advisor can answer your questions.

Call

<Phone number> (TTY:711)
<Days and hours of operation>

Or visit

<URL>
to find plans available
in your area.



<FPO>

Make the wise Medicare choice for you.

Finding the right Medicare solution can feel overwhelming and time-consuming—but it doesn't need to be. We're right here with you on this journey and can help you find a plan that supports your health and wellness.

To help get you started, we developed this Medicare Decision Guide. This guide will walk you through the Medicare basics while covering plan options and important facts to help you make an informed decision.

Our goal is to equip you with the wisdom you need to make the right choice.

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Medicare Basics

Medicare was originally created in two parts: Part A and Part B. Together, these are known as Original Medicare. Original Medicare is the fee-for-service federal health insurance program that allows you to go to any Medicare-approved provider or health care facility.

PART A Hospital Coverage

The part of Original Medicare that helps pay for inpatient care and related services. Most people automatically get Part A without having to pay a monthly premium.

PART B Medical Coverage

The part of Original Medicare that helps cover doctors' services and outpatient care. Most Medicare enrollees pay a monthly Part B premium.

PART C Medicare Advantage Plans

Combines Part A and Part B coverage along with additional benefits in an all-in-one plan.

PART D Prescription Drug Plans

Available as a stand-alone plan or may be included with a Medicare Advantage plan.

MEDIGAP Medicare Supplement Insurance

Original Medicare doesn't pay for everything. These plans help cover copayments, coinsurance and deductibles that Medicare Part A and Part B don't.



Shopping Tip:

› If you already receive Social Security benefits, enrollment in Original Medicare is automatic. You don't have to do anything except turn 65.

You have two different options to get complete coverage.

OPTION 1

Get all-in-one coverage with a Medicare Advantage Plan

Hospital + Medical

All the Benefits of Parts A and B

Part D

Prescription drug coverage included in most plans

Additional Benefits

such as dental, vision, hearing and more

OR

OPTION 2

Add a Medicare Supplement Insurance policy and Part D plan to Parts A and B.

Medicare Part A (Hospital)
Medicare Part B (Medical)



Medicare Supplement Insurance policy
Helps pay deductibles, copays and more and may include additional benefits







Part D
Prescription Drug Plan

Original Medicare

Medicare **Part A**

What it helps cover:

-  Inpatient hospital services and care
-  Skilled nursing facilities care
-  Hospice care
-  Home care services

Medicare **Part B**

What it helps cover:

-  Doctor visits
-  Outpatient services and surgeries
-  Ambulance services
-  Medical and lab tests
-  Preventive care and screenings
-  Durable medical equipment and supplies

Some services—including routine vision and hearing and prescription drugs from your pharmacy—aren’t covered at all by Original Medicare. That's why you may want additional coverage, which helps protect against unexpected medical and pharmacy costs. Optional coverage is provided by private insurance companies that contract with the Federal government.

*These items are for illustrative purposes only.

Medicare Advantage Plans

Often referred to as “Medicare Part C” or “MA Plans,” Medicare Advantage plans combine the coverage of Original Medicare with added benefits.



Simple

- › Combines all Medicare benefits into one: Part A (Hospital), Part B (Medical) and often Part D (Prescription drugs). Some plans may include dental, hearing and vision services as well as transportation to medical appointments and more.
- › Just one card to carry and one number to call for Customer Service.
- › Choose a Health Maintenance Organization (HMO) or Preferred Provider Organization (PPO) plan. Special Needs Plans (SNPs) are also available for those who qualify.
- › Some Medicare Advantage plans may cover appointments with board-certified doctors. Talk to a board-certified doctor by phone, computer or tablet for minor medical issues.



Shopping Tips:

- › **Plans are provided by private insurance companies**, so costs, benefits, networks and drug lists (called formularies) will vary.
- › **We can help you** find out if your doctors are in the network and if your medications are covered. Call us.



Ready to find a plan that's right for you?

Visit: <URL> to find plans available in your area.
Talk to a <Licensed Benefit Advisor/Licensed Independent Insurance Agent>.
<Broker Name/Company>
<Phone number> (TTY 711)
<Days and hours of operation>
[<Email address>]
[<URL>]

Prescription Drug Plans

Except for certain conditions, Original Medicare provides no coverage for prescription drugs. Prescription Drug Plans, also known as Medicare Part D, can help lower your pharmacy costs.



Lower your costs

Save with a low copay or coinsurance for covered generic and brand-name prescription drugs.



Complete your coverage

Pair with Original Medicare alone or with a Medicare Supplement Insurance policy.



Choose the right plan for you

Plans are offered by private insurance companies and have different pharmacy networks, lists of covered drugs (formularies) and costs. However, all plans feature Medicare's defined coverage stages, which can affect what you pay for your medicines.



Shopping Tips:

- › **Check the plan's formulary.** Be sure it covers the drugs you take at a competitive cost.
- › **Consider enrolling even if you don't currently use any drugs.** If you don't enroll when you're first eligible and don't have other creditable drug coverage, there will be a penalty for every month you could have enrolled but didn't.

Discover the value of a Prescription Drug Plan

Some Prescription Drug Plans may include:

- Many different plan options
- Low monthly premiums
- A large formulary and pharmacy network
- Additional savings available on certain drugs



Medicare Supplement Insurance

Medicare Supplement insurance plans help pay for what Original Medicare doesn't cover, including copayments, coinsurance and deductibles.



Low out-of-pocket costs

Helps cover Medicare deductibles, coinsurance and more.



Freedom to choose

Use any doctors or facilities that accept Medicare, with no networks and no referrals.¹



Travel benefits

Coverage across the U.S. Some policies also cover foreign travel emergency care in certain situations.



Flexibility

Can be combined with a Part D prescription drug plan.



Choice

A range of plans lets you find the right coverage for you.



Confidence

Coverage can't be canceled as long as you pay your policy and Medicare Part B premiums on time.

Discover the value of a Medicare Supplement plan

Some Medicare Supplement plans may include:

- **Competitive rates**
- **Household discounts**
- **Additional programs and savings**



Shopping Tips:

- **Medicare Supplement Insurance plans are standardized by the government.** Each plan of the same letter from every company offers the same benefits.
- **Some companies include value-added services and premium discounts.** Be sure to consider their value, as well as the company's reputation and service, when you compare plans and costs.
- **The best time to get a policy is when you're first eligible during the Initial Enrollment Period** (see page 11). During this time, you can buy any policy sold in your state, regardless of your health.


¹ In some cases, a referral is required by Medicare.

Not sure which plan is best for you?

Talk to a <Licensed Benefit Advisor/Licensed Independent Insurance Agent>.
<Broker Name/Company>
<Phone number> (TTY 711)
<Days and hours of operation>
[<Email address>]
[<URL>]

Medicare coverage comparison

Not all Medicare options cover the same things. Use this chart to find out which option may work best for you.

MEDICARE COVERAGE OPTIONS				
Benefits Included	Original Medicare (Parts A + B)	Medicare Advantage Plans (Part C)	Prescription Drug Plans (Part D)	Medicare Supplement Insurance
 Hospital coverage	✓	✓		✓
 Medical coverage	✓	✓		✓
 Prescription drug coverage	Can be added	✓	✓	Can be added
 Help with out-of-pocket expenses		✓		✓
 Low or \$0 monthly premium		✓		
 Dental, vision and hearing benefits		✓		
 Over-the-counter allowance		✓		
 Transportation benefits		✓		

How and when to start your coverage

You want to take the guesswork out of signing up for Medicare, and that's a wise decision. Here are step-by-step instructions for how and when to enroll. And if you're not sure which option is right for you, refer back to the Medicare coverage comparison on page 10.

STEP 1

Sign up for Original Medicare



- Your Initial Enrollment Period begins three months before and ends three months after your 65th birthday month. Coverage can begin as soon as the first day of the month you turn 65*.
- If you already receive Social Security benefits, enrollment in Medicare Parts A and B is automatic. If not, you'll need to sign up. Apply directly with Social Security. Go to <ssa.gov> or call <1-800-772-1213> (TTY <1-800-325-0778>).

STEP 2

Which plan option do you prefer?

Original Medicare
Go to Step 3

OR

Medicare Advantage
Learn how to enroll below

MEDICARE ADVANTAGE PLANS

- To enroll in a Medicare Advantage plan, you must first have both Medicare Part A **and** Part B.
- Your Medicare Advantage Initial Enrollment Period is the same 7-month window as for Original Medicare. If you do not enroll during this time, you may have to wait until the Annual Enrollment Period from October 15 to December 7.
- Sign up directly with the insurance company offering the plan. Call or visit the plan's website or contact your local insurance agent.

➔ If you chose Original Medicare, go to page 12 for additional coverage options.

*If your birthday falls on the 1st of the month, your initial enrollment period starts 4 months before your 65th birthday and ends 2 months after your 65th birthday. Generally, your Medicare coverage starts on the 1st day of the month before you turn 65. The chart listed is an example and may not reflect your actual enrollment period.

OPTIONAL STEP 3

If you keep Original Medicare, you may want to consider adding additional coverage options.

Original Medicare

Learn how to enroll in Step 1



Medicare Supplement Insurance

Learn how to enroll below

and/or

Prescription Drug Plan

Learn how to enroll below

MEDICARE SUPPLEMENT INSURANCE

- › To apply for a Medicare Supplement Insurance policy, you must first have both Medicare Part A **and** Part B.
- › You can apply at any time throughout the year. Apply within six months after your Part B effective date and you are guaranteed acceptance regardless of any pre-existing conditions.
- › Sign up directly with the insurance company offering the plan. Call or visit the plan's website or contact your local insurance agent.

PRESCRIPTION DRUG PLAN

- › To enroll in a Prescription Drug Plan, you must first have Medicare Part A **and/or** Part B.
- › Your Initial Enrollment Period is the same 7-month window as for Original Medicare. If you do not enroll during this time, you may have to wait until the Annual Enrollment Period from October 15 to December 7.
- › Sign up directly with the insurance company offering the plan. Call or visit the plan's website or contact your local insurance agent.



Shopping Tip:

- › **You may choose** only Medicare Supplement Insurance or a Prescription Drug Plan but you can also choose to enroll in both.
- › **You cannot enroll in both** a Medicare Advantage Plan and Medicare Supplement Insurance in the same plan year.

Have questions about which plan is right for you?

Talk to a <Licensed Benefit Advisor/Licensed Independent Insurance Agent>.
<Broker Name/Company>
<Phone number> (TTY 711)
<Days and hours of operation>
[<Email address>]
[<URL>]



Five things to ask before choosing a plan:

1. What are my current (and possible future) health care needs?
2. Which prescription drugs will I need covered?
3. What costs are associated with the plan I'm interested in?
4. Will I need added benefits like dental, vision and hearing?
5. Do I want more choice in doctors, specialists and medical facilities?

Are you working past age 65? Moving out of the plan's service area?

You can apply after your Initial Enrollment Period or change plans outside of the Annual Enrollment Period.





We're with you all the way

Improving your health, well-being and peace of mind is our top priority. We're more than just a health insurance company—we're a health service company that's ready to serve your needs. You can count on our Medicare expertise as you navigate your options. Together, let's find you a Medicare plan that will help you enjoy a healthier future.

- ✓ Global network of 1.8 million+ relationships with health care providers, clinics and facilities²
- ✓ We serve over <185 million> customer and patient relationships worldwide³
- ✓ We offer Medicare Advantage plans in <28> states and Washington, D.C.
- ✓ We offer Prescription Drug Plans (PDP) in <50> states and Washington, D.C.
- ✓ We offer Medicare Supplement plans in <48> states and Washington, D.C.

² Cigna Healthcare internal analysis of existing arrangements as of December 31, 2022.

³ Cigna Newsroom. Cigna Healthcare Offers Medicare Customers Value, Stability and Choice with 2025 Plans. October 1, 2024.

Comparison worksheet

Use this worksheet to compare your options.

	Medicare Supplement and Prescription Drug Plan	Medicare Advantage HMO Plan	Medicare Advantage PPO Plan
Plan Name and Company			
Plan Premiums (include Part B)			
Deductibles			
Copays/ Coinsurance			
Total Cost of Care			

Notes





Questions about Medicare?

Talk to a <Licensed Benefit Advisor/Licensed Independent Insurance Agent>.

<Broker Name/Company>

<Phone number> (TTY 711)

<Days and hours of operation>

[<Email address>]

[<URL>]

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Medicare Supplement policies are underwritten by American Retirement Life Insurance Company, Cigna Health and Life Insurance Company, Cigna Insurance Company, Cigna National Health Insurance Company or Loyal American Life Insurance Company. Each insurer has sole responsibility for its own products.