



A Plan to Keep You Living Well
Wherever You Call Home



Abilis Health Plan

Because Life's Best Moments Begin With Good Health

YOU HAVE CHOICES IN YOUR HEALTH CARE

Abilis Health Plan (HMO ISNP) covers everything that Original Medicare covers plus provides supplemental benefits that are tailored to the unique needs of our members.

Our plan provides a dedicated Nurse practitioner to deliver personalized care coordination by partnering with your Primary Care Physician and Nursing home teams. Our Nurse practitioners get to know you, your family, and work to understand your care needs. With this, our Nurse practitioner can provide each member individualized and compassionate care necessary to achieve your health goals.

WHAT IS ABILIS HEALTH PLAN?

Abilis Health Plan (HMO ISNP) offers a unique approach to provide streamlined care and services to its members. Our model of care involves comprehensive, coordinated care that is designed specifically for members residing in a skilled nursing facility. Abilis Health Plan specializes in providing care, from routine and preventive services to complex management of acute and chronic conditions, with support during recovery after illness or hospitalization.



Abilis Health Plan provides on-site support to ensure you receive the care you need, when you need it.

WHY JOIN ABILIS HEALTH PLAN?

The Difference is Our Model of Care Designed around you, to keep you healthier. Our care model connects you with doctors, specialists, and support services, so your care is proactive, coordinated and personalized.

Member Education That Empowers — Care That Delivers With us, you don't just receive care — you gain knowledge. Our member benefits provide easy-to-understand education to help you feel confident and informed every step of the way. You'll know exactly what care you're getting and how it supports your health goals. Plus, we offer specialized benefits designed especially for nursing facility residents, ensuring care that's not only comprehensive but delivered when you need it most.

Additionally with Abilis, you receive:

- Medication Management
- Advanced Care Planning
- Chronic Disease Management



MORE THAN MEDICARE, CARE FOCUSED ON YOU

With Abilis, you get benefits that go beyond what Original Medicare offers:

Thorough Health Risk Evaluation & Personalized Care Plan Our evaluation tool is designed to deliver an overall health risk level and a personalized care plan for each member.

Seamless Care Coordination To Achieve Your Health Goals Our plan partners with your Primary Care Physician and other specialists.

Complete Review of Your Medications Our Nurse Practitioner will analyze safety and effectiveness of current medications.

Education To Guide Future Treatment Decisions Confidently Education for you, your family, and care team.

WELLNESS CARE THAT PUTS YOU FIRST



With Abilis Health Plan, **every member partners with a dedicated Nurse Practitioner** focused on proactive wellness.

Your membership begins with a complete **Health Risk Evaluation**, helping us understand your healthcare needs.

From there, a **personalized care plan is developed** with our on-site Primary Care Physician and Skilled Nursing team.

The Results

- Empowered health decisions through meaningful education
- Comprehensive clinical services designed around you
- Fewer hospitalizations with proactive, preventive care



HEALTH RISK EVALUATION TOOL

Abilis Health Plan uses a specialized tool to assess each member's health needs and create a personalized care plan. Medical Directors and Nurse Practitioners, trained in geriatric care, provide in-depth evaluations covering medical history, medications, and personal goals. Helping support better outcomes and fewer hospital stays.



ADVANCE CARE PLANNING

Care is coordinated by the member's Primary Care Physician and an Abilis Health Nurse Practitioner. As part of our Model of Care, the Nurse Practitioner meets regularly with the member and family for advance care planning, ensuring care aligns with the member's wishes.



MEDICATION THERAPY MANAGEMENT

Because many long-term care members take multiple medications, Abilis Health Plan conducts regular reviews to ensure prescriptions are safe, appropriate, and effective. Any changes are made gradually with the care team to support the best health outcomes.



ICT PARTNERSHIP MEETINGS

Each quarter, the member's Interdisciplinary Care Team reviews care goals, recent health events, and hospitalizations to ensure care is coordinated and aligned with the member's needs and preferences. ICT includes physicians, nurses, specialists, member and their family.



CARE COORDINATION

When a member has a sudden change in condition, Abilis Health Plan's Nurse Practitioner follows up within 24–48 hours and provides daily or as-needed monitoring to support a timely recovery.



COMMUNICATION & EDUCATION

Abilis Health Plan's Model of Care fosters ongoing communication with the care team, the member, and their family — encouraging questions and active participation in the member's care.

This plan covers your Medicare benefits and offers unique services, including but not limited to:

EXTRA BENEFITS	DESCRIPTION	YOU PAY*
 Personalized Care	Dedicated Nurse Practitioner Support & Monitoring	\$0
 Dental	2 Cleanings + \$2000 Comprehensive Dental Benefit per Year	\$0
 Hearing	1 Routine Hearing / Aid Fitting + \$4000 Toward Aids every 2 years	\$0
 OTC & Personal Care	OTC: \$200 per quarter + \$75 per month for Healthy Living & \$75 per month for Supplies	\$0
 Vision	1 Eye Exam + Glaucoma Test + \$275 Eyewear Allowance	\$0
 Telehealth Services	Physician & Specialist Services for Individual/Group Services: Medical, Psychiatric, Kidney & Diabetes Education	\$0
 Skilled Nursing Facility	Full Coverage Days 1–100 Without Prior Hospital Stay	\$0
 Foot Care	Up to 12 Foot Care Visits per year	\$0

* \$0 co-pay for these extra benefits, up to the annual limit. All benefits will begin on January 1, 2026.

Who Can Join Abilis Health?

You can join Abilis Health Plan if you have Medicare Part A, Medicare Part B and are a long-term care (LTC) resident of a participating nursing facility.



Have Questions? We Can Help.

Connect with an Abilis Representative who can answer your questions. No pressure, just helpful information to support your decision*

Eligibility and Enrollment

To find out if you are eligible please call Abilis Health Member Services at 1-844-214-8633 (TTY:711).

Enrollment Options for Abilis Health Plan

Request a Paper Application: You can contact Abilis Health at 1-844-214-8633 (TTY:711) to request an Abilis Health Enrollment Application.

Submit on Our Website: You can go to www.abilishealth.com. Application can be found under *Eligibility and Enrollment*.

Email: Email your request or return an Abilis Health Enrollment Application to customerservice@abilishealthplan.com.

* Submitting this request authorizes an Account Representative to contact you with information. Submission *does not* obligate you to enroll, result in automatic enrollment, or impact your current or future Medicare enrollment status.

Abilis Health Plan is a HMO with a Medicare contract. Enrollment in Abilis Health Plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums, copayments, and coinsurance may change on January 1 of each year. The Institutional Special Needs Plan is available to anyone with Medicare who, for 90 days or longer, has been a resident or expects to be a resident of a long-term care (LTC) skilled nursing facility (SNF), or LTC nursing facility (NF) in the Abilis Health network.

Please contact the plan at 1-844-214-8633; TTY 711 for more information. Hours of operations are 8:00 am — 8:00 pm, 7 days a week from October 1—March 31 and 8:00 am — 8:00pm, Monday — Friday from April 1—September 30 (*excludes Thanksgiving day, Christmas Day, and federal holidays*).

Abilis Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de Asistencia lingüística. Llame al 1-844-214-8633; TTY 711.

注意：如果萬使用繁體中文，萬可以免費獲得語言援助服務。請致電，1-844-214-8633; TTY 711.

