

SUPPLEMENTAL BENEFITS - PPO

Dental care

Dental benefits through MetLife are included in the Central Texas Platinum PPO and available for an additional \$20 in the Central Texas Basic PPO and North Texas PPO. Coverage includes things like exams, cleanings, X-rays, extractions and fillings, restorative services and even dentures. Refer to the Evidence of Coverage for complete details, including limitations and exclusions.

MetLife's Preferred Dentist Program is a dental PPO plan. You can visit any licensed dentist – in or out of the MetLife PDP Plus network – and receive benefits. Find a participating dentist at MetLife.com.

Dental Benefits	
Yearly Benefit Maximum	\$2,000
Deductible	\$0
Oral Exams, Cleanings (every 6 months)	\$0
Dental X-rays (every 3 years)	\$0
Extractions and Fillings	50%
Dentures (every 5 years)	50%
Restorative Services (every 2 years)	50%

Vision care

Regular eye exams may do more than help maintain your vision. They may also help detect other serious health issues such as diabetes or high blood pressure.

Our 2021 plans provide coverage for a routine annual exam, plus a \$125 annual allowance toward the purchase of contacts, frames and lenses. You must use a Superior Vision provider. Call 1.800.879.6901 or visit superiorvision.com to locate a network provider.

Hearing care

As part of our commitment to our members' overall quality of life, we offer members essential hearing services that are not covered by Original Medicare, including a routine hearing exam and a \$1,000 allowance every three years toward the purchase of hearing aids. Refer to the Evidence of Coverage for details.

Silver&Fit® program

2021 BSW SeniorCare Advantage PPO plans include a fitness membership with Silver&Fit® at no additional cost.



1,500+ Digital Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos on the Silver&Fit website and through the ASHConnect™ mobile app.



Stay Fit Kits

You can select one Stay Fit Kit per benefit year. Choices include a Wearable Fitness Tracker Kit, Yoga Kit, or Strength Kit.



Access to One of 15,000+ Participating Fitness Centers

You can work out at one of a variety of participating fitness centers and select YMCAs.



Daily Workout Videos

You can join daily workout classes on Facebook Live and the Silver&Fit YouTube channel.



Home Fitness Kits

You can pick up to two kits per benefit year from our 34 unique options, including Aqua, Tai Chi, Chair-Based Exercise, and more.



Healthy Aging Coaching

You can address your fitness and nutrition goals during scheduled phone sessions with a coach.

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