NYSHIP JULY 1, 2023
RATE CHANGES
For Retirees of New York State

For retirees, vestees, dependent survivors and enrollees covered under Preferred List provisions of the State of New York and their enrolled dependents
Special Option Transfer Period (June 1–30, 2023)
The terms of a collective bargaining agreement between New York State and State employee unions have been administratively extended to retirees and vestees of New York State and their enrolled dependents. This will result in NYSHIP rate changes effective July 1, 2023; the new rates included in this publication will be in effect through the end of 2023. As a result of these rate changes, there will be a Special Option Transfer Period during the month of June. The annual rate change for 2024 will occur on the first of the new year, as usual.

How the Special Option Transfer Period Will Work
As a result of the rate changes, there will be a Special Option Transfer Period from June 1 through June 30, 2023. You may choose to change your plan option between The Empire Plan or a NYSHIP-approved Health Maintenance Organization (HMO) serving the area where you live.¹

NO ACTION IS REQUIRED IF YOU WISH TO KEEP YOUR CURRENT HEALTH INSURANCE OPTION AND STILL QUALIFY FOR IT.

Summary of Benefits and Coverage
The Summary of Benefits and Coverage (SBC) is a standardized comparison document required by the Patient Protection and Affordable Care Act.

To view a copy of an updated SBC for The Empire Plan or a NYSHIP HMO, visit www.cs.ny.gov/sbc. If you do not have internet access, call 1-877-7-NYSHIP (1-877-769-7447) and select the Medical/Surgical Program to request a copy for The Empire Plan. If you need an SBC for a NYSHIP HMO, contact the HMO directly.

PLEASE NOTE: A change during this Special Option Transfer Period will not be counted as an option change for the purpose of the once in a 12-month period limit for retirees. In addition, health insurance rates and benefit plan information for the 2024 plan year will be available at the end of the 2023 calendar year as they normally are and you will have the opportunity to review this material and change options again at that time, if you wish to do so. Online option changes using MyNYSHIP will NOT be permitted during the Special Option Transfer Period.

Choices Explains Your Health Plan Options
If you are considering changing your health insurance option or wish to review your current option, refer to Health Insurance Choices for 2023.² Refer to the May 2023 Empire Plan Special Report for information about the July 1, 2023 Empire Plan benefit changes. If you are an Empire Plan enrollee, you will receive this publication in the mail, or you can also access it on NYSHIP Online. Visit www.cs.ny.gov for this information or to generate a side-by-side comparison of the benefits provided by each of the NYSHIP plans in your area using the online NYSHIP Plan Comparison tool.

If you have questions about The Empire Plan, call toll free at 1-877-7-NYSHIP (1-877-769-7447). Select the Medical/Surgical Program and then the appropriate prompt for assistance with benefit questions. If you have questions about NYSHIP-approved HMOs, contact the HMOs directly (see pages 6 and 7). Be sure you understand how your benefits will be affected if you change plans. Changing plans may result in substantially different coverage and cost.

If You Decide to Change Your Option
The deduction for your new health insurance plan, plus or minus any retroactive adjustment needed, will be reflected in your pension check or monthly billing statement. The date of the adjustment will depend on when your health insurance plan change is received and processed by the Employee Benefits Division (EBD).

¹ The Centers for Medicare & Medicaid Services (CMS) states that, except under certain circumstances, if an enrollee’s temporary residence is out of the HMO’s Medicare Advantage Plan service area for more than six consecutive months, the enrollee will be disenrolled from that HMO’s Medicare Advantage Plan.

² July 1, 2023 Empire Plan benefit changes are not reflected in Choices, but HMO benefit descriptions are accurate for the remainder of the 2023 plan year.
Keep Your Information Up to Date
It’s important for you to keep EBD up to date with any changes to your enrollment record (address, adding or removing dependents, marital status changes) in a timely manner as deadlines may apply.

Call EBD at 518-457-5754 or 1-800-833-4344 (United States, Canada, Puerto Rico, Virgin Islands). Representatives are available Monday through Friday from 9 a.m. to 4 p.m., Eastern time.

Or write to EBD at:
New York State Department of Civil Service
Employee Benefits Division
Albany, NY 12239

Before sending a letter to EBD, be sure that it includes the last four digits of your Social Security number or your Empire Plan ID number, your permanent address and your phone number (including area code). The letter must also be signed and dated.

You may also make address or phone number changes online using MyNYSHIP at www.cs.ny.gov/mynyship. See your General Information Book for more information on enrollment changes and applicable deadlines.

Your Notice of Change Document
If you receive your pension by direct deposit, your retirement system will notify you of any deduction changes. Your Notice of Change document will show new deduction amounts for your health plan’s 2023 premium.

Enrollees Who Pay the Employee Benefits Division Directly
The new rate for your current health insurance plan for the remainder of the 2023 plan year will be reflected in your June bill for your July coverage. If you are changing options, the date of the adjustment will depend on when your change request is received and processed by the Employee Benefits Division.

Lifetime Sick Leave Credit
When you retired, you may have been entitled to convert your unused sick leave into a lifetime monthly credit that reduces your cost for health insurance for as long as you remain enrolled in NYSHIP. The amount of your monthly credit will remain the same throughout your lifetime. However, the balance you will pay for your health insurance premium may change each year. The most common reason for a change to the balance you pay would be a premium increase for your NYSHIP option for the new plan year.

If your monthly credit is less than your health insurance premium, you pay the balance. When the retiree premium rises, the balance you must pay will also rise. To calculate the balance you will pay for the remainder of the calendar year 2023, subtract your monthly sick leave credit from the new monthly premium.
New York State Health Insurance Program July 1, 2023 Rates

Check Your Plan – This is Your Only Notice of a Rate Change.
Please read this rate sheet carefully to find the rate that applies to you. There are different rates for different groups as a result of legislation and administrative agreements.

ENROLLEE CONTRIBUTIONS FOR RETIREES, VESTEES, DEPENDENT SURVIVORS AND ENROLLEES COVERED UNDER PREFERRED LIST PROVISIONS*

To enroll in an HMO or to remain enrolled in your current HMO, you must live in the HMO’s NYSHIP service area. Medicare-primary NYSHIP HMO enrollees will be enrolled in the HMO’s Medicare Advantage Plan. Leave Without Pay, COBRA and Young Adult Option enrollees will be notified of their rates separately.

These rates reflect the monthly cost for NYSHIP retiree coverage. Rates for retirees do not reflect sick leave credits. (See page 3 for information on how sick leave credit impacts your premium.)

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<th>Code</th>
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* Enrollees covered under Preferred List provisions pay the same rates as enrollees who retired on or after 1/1/12.
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<tr>
<th>Code and Plan</th>
<th>Service Area</th>
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| **001** The Empire Plan  
(available to enrollees and their eligible dependents worldwide) | Medical/Surgical Program:  
UnitedHealthcare  
P.O. Box 1600, Kingston, NY 12402-1600  
TTY: 1-888-697-9054  

Hospital Program:  
Empire BlueCross  
NYS Service Center  
P.O. Box 1407, Church Street Station  
New York, NY 10008-1407  
TTY: 711 |
|  | Mental Health/Substance Use Program:  
Carelon Behavioral Health  
P.O. Box 1850, Hicksville, NY 11802  
TTY: 1-855-643-1476 |
|  | Prescription Drug Program:  
CVS Caremark  
P.O. Box 6590  
Lee’s Summit, MO 64064-6590  
TTY: 711  

SilverScript Insurance Company  
an affiliate of CVS Caremark  
P.O. Box 6590  
Lee’s Summit, MO 64064-6590  
TTY: 711 |
| **066** Blue Choice | 165 Court St., Rochester, NY 14647  
1-800-499-1275  
TTY: 1-800-662-1220  
www.excellusbcbs.com  

Medicare Blue Choice: 1-877-883-9577  
Serving Livingston, Monroe, Ontario, Seneca, Wayne and Yates counties |
| **063** Capital District Physicians’ Health Plan (CDPHP) (Capital) | 500 Patroon Creek Blvd., Albany, NY 12206-1057  
518-641-3700 or 1-800-777-2273  
TTY: 711  
www.cdphp.com/stateemployees  

Medicare Advantage: 518-641-3950 or 1-888-248-6522  
Serving Albany, Columbia, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington counties |
| **300** Capital District Physicians’ Health Plan (CDPHP) (Central) | 500 Patroon Creek Blvd., Albany, NY 12206-1057  
518-641-3700 or 1-800-777-2273  
TTY: 711  
www.cdphp.com/stateemployees  

Medicare Advantage: 518-641-3950 or 1-888-248-6522  
Serving Broome, Chenango, Clinton, Essex, Franklin, Hamilton, Herkimer, Jefferson, Lewis, Madison, Oneida, Otsego, St. Lawrence and Tioga counties |
| **310** Capital District Physicians’ Health Plan (CDPHP) (Hudson Valley) | 500 Patroon Creek Blvd., Albany, NY 12206-1057  
518-641-3700 or 1-800-777-2273  
TTY: 711  
www.cdphp.com/stateemployees  

Medicare Advantage: 518-641-3950 or 1-888-248-6522  
Serving Delaware, Dutchess, Orange and Ulster counties |
| **050** EmblemHealth – HIP (Downstate) | EmblemHealth, 55 Water St., New York, NY 10041  
1-800-447-8255  
TTY: 1-888-447-4833  
www.emblemhealth.com  

Medicare Advantage: 1-877-344-7364  
Serving Bronx, Kings, Nassau, New York, Queens, Richmond, Suffolk and Westchester counties |
| **220** EmblemHealth – HIP (Capital) | EmblemHealth, 55 Water St., New York, NY 10041  
1-800-447-8255  
TTY: 1-888-447-4833  
www.emblemhealth.com  

Medicare Advantage: 1-877-344-7364  
Serving Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady, Warren and Washington counties |
| **350** EmblemHealth – HIP (Hudson Valley) | EmblemHealth, 55 Water St., New York, NY 10041  
1-800-447-8255  
TTY: 1-888-447-4833  
www.emblemhealth.com  

Medicare Advantage: 1-877-344-7364  
Serving Delaware, Dutchess, Orange, Putnam, Sullivan and Ulster counties |

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<table>
<thead>
<tr>
<th>Code and Plan</th>
<th>Service Area</th>
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| **067**  
Highmark Blue Cross  
Blue Shield of Western New York  
Medicare Senior Blue HMO: 1-800-329-2792  
Serving Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans and Wyoming counties  
1-877-576-6440 • TTY: 711 • www.highmark.com/member/nyship-bcbswny  
P.O. Box 80, Buffalo, NY 14240-0080  
|  |
| **069**  
Highmark Blue Shield of Northeastern New York  
Medicare Senior Blue HMO: 1-800-329-2792  
Serving Albany, Columbia, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Warren and Washington counties  
1-800-888-1238 • TTY: 711 • www.highmark.com/member/nyship-blueshieldneny  
P.O. Box 15013, Albany, NY 12212  
|  |
| **072**  
HMOBlue (Central New York Region)  
Medicare HMOBlue: 1-877-883-9577  
Serving Broome, Cayuga, Chemung, Cortland, Onondaga, Oswego, Schuyler, Steuben, Tioga and Tompkins counties  
333 Butternut Dr., Syracuse, NY 13214-1803  
1-800-499-1275 • TTY: 1-800-662-1220 • www.excellusbcbs.com  
|  |
| **160**  
HMOBlue (Utica Region)  
Medicare HMOBlue: 1-877-883-9577  
Serving Chenango, Clinton, Delaware, Essex, Franklin, Fulton, Hamilton, Herkimer, Jefferson, Lewis, Madison, Montgomery, Oneida, Otsego and St. Lawrence counties  
12 Rhoads Dr., Utica, NY 13502  
1-800-499-1275 • TTY: 1-800-662-1220 • www.excellusbcbs.com  
|  |
| **059**  
Independent Health  
Medicare Advantage: 1-800-665-1502 • TTY: 711  
Serving Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans and Wyoming counties  
511 Farber Lakes Dr., Buffalo, NY 14221  
1-800-501-3439 • TTY: 716-631-3108 • www.independenthealth.com  
|  |
| **058**  
MVP Health Care (Rochester)  
Medicare Advantage: 1-800-209-3945  
Serving Chemung, Genesee, Livingston, Monroe, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne, Wyoming and Yates counties  
P.O. Box 2207, 625 State St., Schenectady, NY 12301-2207  
1-888-MVP-MBRS (1-888-687-6277) • TTY: 1-800-662-1220 • www.mvphealthcare.com  
|  |
| **060**  
MVP Health Care (East)  
Medicare Advantage: 1-800-209-3945  
P.O. Box 2207, 625 State St., Schenectady, NY 12301-2207  
1-888-MVP-MBRS (1-888-687-6277) • TTY: 1-800-662-1220 • www.mvphealthcare.com  
|  |
| **330**  
MVP Health Care (Central)  
Medicare Advantage: 1-800-209-3945  
Serving Broome, Cayuga, Chenango, Cortland, Delaware, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, Otsego, Tioga and Tompkins counties  
P.O. Box 2207, 625 State St., Schenectady, NY 12301-2207  
1-888-MVP-MBRS (1-888-687-6277) • TTY: 1-800-662-1220 • www.mvphealthcare.com  
|  |
| **340**  
MVP Health Care (Mid-Hudson)  
Medicare Advantage: 1-800-209-3945  
Serving Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester counties  
P.O. Box 2207, 625 State St., Schenectady, NY 12301-2207  
1-888-MVP-MBRS (1-888-687-6277) • TTY: 1-800-662-1220 • www.mvphealthcare.com  
|  |
| **360**  
MVP Health Care (North)  
Medicare Advantage: 1-800-209-3945  
Serving Clinton, Essex, Franklin and St. Lawrence counties  
P.O. Box 2207, 625 State St., Schenectady, NY 12301-2207  
1-888-MVP-MBRS (1-888-687-6277) • TTY: 1-800-662-1220 • www.mvphealthcare.com  
|  |
New York State
Department of Civil Service
Employee Benefits Division
P.O. Box 1068
Schenectady, New York 12301-1068
www.cs.ny.gov

Address Service Requested
Time-Sensitive Materials

Please do not send mail or correspondence to the return address above. See the front cover for address information.

Important Health Insurance Information
for the Enrollee, Enrolled Spouse/Domestic Partner and Other Enrolled Dependents

NYSHIP July 1, 2023 Rate Changes for NY Retirees – May 2023

Your Only Notice of Health Insurance Rate Changes for July 1, 2023

It is the policy of the New York State Department of Civil Service to provide reasonable accommodation to ensure effective communication of information in benefits publications to individuals with disabilities. These publications are also available on NYSHIP Online at www.cs.ny.gov/retirees. Visit NYSHIP Online for timely information that meets universal accessibility standards adopted by New York State for NYS agency websites. If you need an auxiliary aid or service to make benefits information available to you, please contact the Employee Benefits Division at 518-457-5754 or 1-800-833-4344 (U.S., Canada, Puerto Rico, Virgin Islands).

2023 NYSHIP Rate Changes was printed on paper containing recycled fiber using environmentally sensitive inks.

Employee Benefits Division Website
To find the latest benefit information, visit our website at www.cs.ny.gov/retirees and click on Health Benefits. Select the group from which you retired and your plan type (Empire Plan or HMO), if prompted. You may also use MyNYSHIP (www.cs.ny.gov/mynyship) to view your enrollment record, change your address, order Empire Plan benefit cards and compare benefit plans. See the Health Insurance Choices for 2023 booklet for details.

Note: For a replacement Empire Plan Medicare Rx Card, call The Empire Plan at 1-877-7-NYSHIP (1-877-769-7447) and press 4 for the Prescription Drug Program and select the option for Empire Plan Medicare Rx.

To Contact the Employee Benefits Division
You may call the Employee Benefits Division at 518-457-5754 or 1-800-833-4344 (U.S., Canada, Puerto Rico, Virgin Islands). Representatives are available Monday through Friday between 9 a.m. and 4 p.m., Eastern time.