



Kansas City

Missouri Valley
LIFE AND HEALTH
INSURANCE COMPANY

PLANS UNDERWRITTEN BY MISSOURI VALLEY LIFE AND HEALTH INSURANCE COMPANY, ADMINISTERED BY BLUE KC.

PLAN G AND PLAN N BENEFIT EXTRAS

In 2024, Plan G and Plan N include valuable Benefit Extras beyond your Medicare coverage. These innovative services offer more ways to get the most out of your Medicare Supplement plan.



FITNESS PROGRAM

You have a fitness program included in your plan. You'll enjoy amenities such as fitness equipment, pools, and classes at participating locations. You can also attend health education seminars and social events with others who share your interest in a healthy lifestyle.



HEARING SERVICES

You can receive a \$0 routine hearing exam and hearing aids are covered for up to two aids per year (one per ear per year for Tier 1 devices), up to \$500 per ear per year when you use our hearing partner.



EYEWEAR & VISION SERVICES

You can receive a \$0 routine eye exam (up to one visit every year) and enjoy a \$250 eyewear benefit each year that helps for purchase of glasses (lenses and/or frames) or contact lenses with the Blue KC network of optometrists and ophthalmologists.



PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

You have access to a PERS to ensure safety anywhere you go. Not only will this device enable fast responses to emergencies, but it includes the capability to connect directly with a doctor or nurse for 24/7 urgent care.



DIGITAL BALANCE AND COGNITIVE TRAINING

You can get digital access to this benefit with your smart device, at no cost to you, to support your balance and cognitive thinking.

YOUR DEDICATED CUSTOMER SERVICE TEAM IS LOCAL AND AVAILABLE

MONDAY THROUGH FRIDAY, 8 A.M. TO 8 P.M. AT

(888) 890-4423 (TTY: 711)

TO HELP YOU WITH THESE BENEFITS.

Blue Cross and Blue Shield of Kansas City (Blue KC) is an independent licensee of the Blue Cross and Blue Shield Association. Medicare Supplement plans are offered and underwritten by Missouri Valley Life and Health Insurance Company (MVLH) and are administered by Blue Cross and Blue Shield of Kansas City. MVLH is a wholly-owned subsidiary of Blue KC. Missouri Valley Life and Health and Blue Cross and Blue Shield of Kansas City are not connected with or endorsed by the U.S. government or the federal Medicare program. SilverSneakers® is a registered trademark of Tivity Health, Inc. © 2020 Tivity Health, Inc. All rights reserved.

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