
Section 2 How we change for 2006

Do not rely on these change descriptions; this section is not an official statement of benefits. For that, go to Section 5 Benefits. Also, we edited and clarified language throughout the brochure; any language change not shown here is a clarification that does not change benefits.

Changes to this Plan

- Your share of the non-Postal premium will increase by 9.2% for Self Only coverage or 12.4% for Self and Family coverage.
- **Emergency Services** - The Plan will now waive the emergency room copay if the member is admitted into the hospital.
- **Prime fitness program** - The Plan now offers the PRIME program to all PacifiCare members. This program includes a free basic membership at any participating fitness center, rewards and incentives, health status assessment, personalized action plans, easy on-line access to tools and educational resources, and one free personal training session* with a certified professional.

* May not be available at all fitness centers.