

# HEALTH APPEAL PACKET NO. 3

## Level 3 Appeal to Division of Retirement & Benefits (DRB) (Active Employee Plan)

There are 4 levels of appeal for health claims and pre-certification requests denied on or after January 1, 2018. (There are 3 levels of appeal for anything denied before 2018.) This packet is only for appealing services or initial pre-certification denials received on or after January 1, 2018. Skip this packet if your denial was from before 2018. Every level of appeal has its own packet of instructions and forms. You must follow the appeal process **in the correct order** and **on time**. You may withdraw your appeal at any step.

<b><i>Form Number</i></b>	<b><i>Form Name</i></b>
<b>INSTRUCTIONS</b>	
The instructions start on the next page. For more information, please see the appeal section of the health <a href="#">PLAN</a> .	
<b>FORMS DISCUSSED IN THIS PACKET</b>	
<b><a href="#">HCA-105</a></b>	<b>Level 3 Appeal</b> (for services and pre-certification denials received on or after January 1, 2018)
<b>OTHER TOOLS AND PACKETS</b>	
<b><a href="#">Flowchart</a></b>	<a href="https://public.courts.alaska.gov/web/forms/docs/wfd-aetna.pdf">https://public.courts.alaska.gov/web/forms/docs/wfd-aetna.pdf</a>
<b><a href="#">Links</a></b>	<a href="https://public.courts.alaska.gov/web/forms/docs/hcatoolkit-links.pdf">https://public.courts.alaska.gov/web/forms/docs/hcatoolkit-links.pdf</a>
<b><a href="#">Level 1 Packet</a></b>	<a href="https://public.courts.alaska.gov/web/forms/docs/hca-100.pdf">https://public.courts.alaska.gov/web/forms/docs/hca-100.pdf</a>
<b><a href="#">Level 2 Packet</a></b>	<a href="https://public.courts.alaska.gov/web/forms/docs/hca-200.pdf">https://public.courts.alaska.gov/web/forms/docs/hca-200.pdf</a>
<b><a href="#">Level 4 Packet</a></b>	<a href="https://public.courts.alaska.gov/web/forms/docs/hca-400.pdf">https://public.courts.alaska.gov/web/forms/docs/hca-400.pdf</a>

### March 2019-Alaska Court System

This packet was prepared by the healthcare advocates at the Alaska Court System for employees of the Alaska Court System and their dependents who are members of the AlaskaCare Active Employee Plan. For more information or assistance, please email: [HealthcareAdvocates@akcourts.us](mailto:HealthcareAdvocates@akcourts.us).

## HOW TO FILE A LEVEL 3 APPEAL AFTER AETNA OR OPTUMRx DENIED YOUR LEVEL 2 APPEAL

INTRODUCTION	
<p><b>What is this packet for?</b></p>	<p><b>Use this packet:</b></p> <ul style="list-style-type: none"> <li>▪ If you want to appeal a health claim that Aetna or OptumRx denied or partially denied, or a pre-certification request that Aetna or OptumRx denied; <u>and</u></li> <li>▪ You already submitted level 1 and 2 appeals that were denied by Aetna or OptumRx (and/or their external review company); <u>and</u></li> <li>▪ You are an active employee of the Alaska Court System or a dependent.</li> </ul> <p><b>Do <u>not</u> use this packet:</b></p> <ul style="list-style-type: none"> <li>▪ This packet is <u>not</u> for emergency appeals. For help with emergency appeals, refer to the health <a href="#">PLAN</a> or e-mail the Healthcare Advocates.</li> <li>▪ This packet is <u>not</u> for dental or vision appeals. For help with those, refer to the health <a href="#">PLAN</a> or e-mail the Healthcare Advocates.</li> <li>▪ This packet is not for level 1 appeals to Aetna or OptumRx. Use form <a href="#">HCA-100, Health Appeal Packet 1</a> for those.</li> <li>▪ This packet is <u>not</u> for level 2 appeals or requests for external review. For those, use form <a href="#">HCA-200, Health Appeal Packet 2</a>.</li> <li>▪ This packet is also <u>not</u> for appeals to superior court. Use form <a href="#">HCA-400, Health Appeal Packet 4</a> for those.</li> </ul>
<p><b>What are the basic steps for appealing?</b></p>	<p>The active employee health plan for 2018 includes a new level of appeal. For services received on or after January 1, 2018, there are 4 levels of appeal. This includes 2 appeals through Aetna or OptumRx, 1 appeal to DRB, and then 1 appeal to court. (For services received before January 1, 2018, there are 3 levels of appeal.) You must go through each level of appeal <b>in the correct order</b>, and <b>on time</b>. You may withdraw your appeal at any step.</p> <p><b>Step 1</b> is a LEVEL 1 APPEAL to Aetna for health claims or OptumRx for pharmacy claims. For level 1 appeals, use form <a href="#">HCA-100, Health Appeal Packet 1</a>. If your level 1 appeal is granted, then you won, and the process is finished. If your level 1 appeal is denied, then go to step 2.</p> <p><b>Step 2</b> will be <b>either</b> a LEVEL 2 APPEAL <b>or</b> a REQUEST FOR EXTERNAL REVIEW, <b>depending</b> on the reason why your level 1 appeal was denied. For step 2, use <a href="#">HCA-200, Health Appeal Packet 2</a>.</p>
<p><b>This packet is for step 3.</b></p>	<p><b>Step 3</b> is only for services received on or after January 1, 2018, and is a LEVEL 3 APPEAL to DRB. For step 3, use this packet. If DRB denies your level 3 review, then go to Step 4.</p> <p><b>Step 4</b> is filing an appeal to SUPERIOR COURT if you do not win at step 3. For appeals to superior court, use form <a href="#">HCA-400, Health Appeal Packet 4</a>.</p>

<b>LEVEL 3 PROCESS</b>	
<b>What happens at level 3?</b>	Your level 3 paperwork is sent to the Division of Retirement & Benefits (DRB) instead of to Aetna or OptumRx. After DRB receives your paperwork, DRB will determine whether your claim should have been covered under the terms of your medical plan. If your claim was denied based on medical judgment, then the DRB may require a second external review or review by an internal medical director. If your level 3 appeal is denied by DRB, then you can use the level 4 packet to file in Superior Court.
<b>DEADLINE FOR SUBMITTING THE LEVEL 3 APPEAL</b>	
<b>When is my level 3 appeal due?</b>	<p>You have a limited amount of time to submit your level 3 appeal. <b>IMPORTANT!!!</b> Your level 3 appeal must be received by the DRB within 60 calendar days of the date that the level 2 denial letter was issued or the date of the first external review.</p> <p>Calculate your deadline using the date of Aetna's or OptumRx's level 1 appeal denial letter. For a medical necessity denial, count ahead 4 months from the date of the denial letter.</p>
<b>LEVEL 3 APPEAL OF HEALTH CLAIM</b>	
<b>Prepare the level 3 appeal.</b>	<p>If the services or pre-certification denial were received on or after January 1, 2018, and Aetna or OptumRx, or their external review company denied your level 2 appeal, you can file a level 3 appeal by following these steps:</p> <ol style="list-style-type: none"> <li>1. <u>FILL OUT FORM <a href="#">HCA-105</a></u> to prepare your level 3 appeal.</li> <li>2. <u>GATHER ANY SUPPLEMENTAL MATERIALS</u> that you want to include in your level 3 appeal.</li> <li>3. <u>MAKE A COPY FOR YOUR RECORDS OF ALL LEVEL 3 DOCUMENTS THAT YOU SUBMIT IN CASE YOU DECIDE TO APPEAL TO SUPERIOR COURT LATER.</u></li> <li>4. <u>SUBMIT YOUR LEVEL 3 APPEAL TO DRB.</u> Make sure to send your level 3 appeal by fax with a confirmation sheet, or by U.S. mail with delivery confirmation. You need to be able to prove that Aetna or OptumRx received it within the appeal deadline.</li> <li>5. <u>KEEP TRACK OF YOUR LEVEL 3 APPEAL.</u> DRB will issue a written decision within 60 calendar days after the receipt of your level 3 appeal.</li> </ol> <p>DRB will mail you a letter with the results of your level 3 appeal. If DRB denies your level 3 appeal and if you wish to continue the process to the end, please see form <a href="#">HCA-400, Health Appeal Packet 4</a>, or email the healthcare advocates at: <a href="mailto:HealthcareAdvocates@akcourts.us">HealthcareAdvocates@akcourts.us</a>.</p>

**When in doubt, email the healthcare advocates at**  
[\*\*HealthcareAdvocates@akcourts.us\*\*](mailto:HealthcareAdvocates@akcourts.us)

Your Member Number: \_\_\_\_\_

Your Name: \_\_\_\_\_

## APPEAL OF HEALTH CLAIM OR PRECERTIFICATION DENIAL

This form is for active employees (not retirees) of the Alaska Court System and their dependents who wish to appeal health claim or precertification denials by Aetna or OptumRx.

### WHAT LEVEL APPEAL IS THIS?

[For more information about appealing your claims, call DRB at 1-800-821-2251; or review the health plan at <http://doa.alaska.gov/dr/alaskacare/employee/publications/booklet.html>; or email the Healthcare Advocates at [healthcareadvocates@akcourts.us](mailto:healthcareadvocates@akcourts.us). If you are not satisfied with the administrative appeal decisions, you may appeal to Superior Court. See appeal form packets [HCA-100](#), [HCA-200](#), [HCA-300](#), and [HCA-400](#).]

**Level 1 Appeal to  Aetna  OptumRx**  **Check this box if this is an urgent appeal** \*  
Check this box if this is your Level 1 (first) appeal of a claim denied in full or in part by Aetna for health services or OptumRx for drugs. Level 1 appeals must be **received** by Aetna or OptumRx within 180 calendar days of the Explanation of Benefits (EOB) "statement date" or denial letter. You may use this [online calculator](#) to calculate the due date.

**Level 2 Appeal to  Aetna  OptumRx**  **Check this box if this is an urgent appeal** \*  
Check this Level 2 box if **all** of these statements are true:  
a. You are not satisfied with the level 1 appeal decision by Aetna or OptumRx; and  
b. For Aetna claims only, Aetna's level 1 decision was based on something other than Aetna's "medical opinion" (for example, Aetna says your doctor's charges are more than the "recognized charge," or the service you received is not covered by the plan, or that they need more records from your doctor); and  
c. You want to appeal to level 2.  
Level 2 appeals go to Aetna for denied health services or OptumRx for denied drugs, and must be **received** by Aetna or OptumRx within 180 calendar days of the date of the Level 1 decision. You may use this [online calculator](#) to calculate the due date.

**Level 2 Request for External Review to Aetna**  **Check this box if this is an urgent appeal** \*  
Check this box if **all** of these statements are true:  
a. You are not satisfied with the level 1 appeal decision by Aetna; and  
b. Aetna's level 1 decision was based on Aetna's "medical opinion" or Aetna's level 1 denial letter talks about "medical necessity" (for example, they say your procedure was not medically necessary, or it was experimental or investigational, or something else involving Aetna's medical or clinical opinion); and  
c. You want to request review by an independent external review company.  
Requests for external review must be submitted to Aetna no later than 4 months after you receive the level 1 denial letter. Aetna is supposed to send a copy of their form for requesting these but they don't always do that. If you do not receive a form from Aetna, use this form or form [HCA-205](#) instead, or email the Healthcare Advocates.

**Level 3 Appeal to DRB (new for 2018)**  **Check this box if this is an urgent appeal** \*  
Check this box if **all** of these statements are true:  
a. You are appealing denial of services or pre-service request provided on or after January 1, 2018; and  
b. You are not satisfied with the level 2 appeal denied by Aetna or OptumRx, or you are not satisfied with the external review by Aetna; and  
c. You want to appeal to level 3.  
Level 3 only applies to services received after 2017. For services received before 2018, skip level 3 and go directly to level 4 (appeal to superior court). Level 3 appeals go to the Division of Retirement & Benefits (DRB) and must be received by the DRB within 60 calendar days of the date of the external review or level 2 decision. You may use this [online calculator](#) to calculate the due date.

**Level 4 Appeal to Superior Court.** If you did not succeed at each of the levels below, then you may appeal to the superior court using packet [HCA-400](#), Health Appeal Packet 4.

\* Request an urgent appeal if you believe that a delay in the appeal process could harm health or threaten life.

Your Member Number: \_\_\_\_\_

Your Name: \_\_\_\_\_

## HOW AND WHERE TO SUBMIT THIS APPEAL

I am sending my appeal today by mail and/or fax as noted below.

**LEVEL 1 OR LEVEL 2 APPEAL TO AETNA**  
Fax with confirmation to (859) 425-3379  
Mail with delivery confirmation to:  
Aetna  
Attn: AlaskaCare Member Appeal  
PO Box 14463  
Lexington, KY 40512

**LEVEL 1 OR LEVEL 2 APPEAL TO OPTUMRX**  
Mail with delivery confirmation to:  
OptumRx  
Attn: AlaskaCare Benefit Appeals  
PO Box 3410  
Lisle, IL 60532-8410

**LEVEL 4 APPEAL TO SUPERIOR COURT**  
File your Level 4 appeal at your nearest Superior Court location. Follow Instructions in the HCA-400 packet. You will also need to serve a copy on DRB and AK Dept. of Law

**REQUEST FOR EXTERNAL REVIEW TO AETNA**  
Fax with confirmation to (860) 975-1526  
Mail with delivery confirmation to:  
Aetna  
Attn: National External Review Unit  
2000 River Edge Parkway, Ste. 300  
Atlanta, GA 30328

**LEVEL 3 APPEAL TO DRB**  
Fax to (907) 465-2805  
Mail with delivery confirmation to:  
Division of Retirement & Benefits  
Attn: AlaskaCare Member Appeal  
PO Box 110203  
Juneau, AK 99811

## WHAT CLAIMS ARE BEING APPEALED?

**AETNA APPEALS:** When a doctor sends a bill to Aetna for payment, Aetna creates an “explanation of benefits” (EOB) statement. Find EOBs at <https://www.Aetna.com/> after logging in. Every EOB has a statement date in the top right corner of the 1st page; and every claim on the EOB has a claim ID number. Every letter from Aetna denying precertification has a case number. **OPTUMRX APPEALS:** You will learn of an OptumRx denial because your pharmacist tells you or you receive a denial letter from OptumRx. There may or may not be a case number, but try and fill out the information below. For more information, email [HealthcareAdvocates@akcourts.us](mailto:HealthcareAdvocates@akcourts.us).

I am appealing the full or partial denial of the following precertification or health claims:

1. Claim or case number \_\_\_\_\_  
Statement date \_\_\_\_\_  
Date of service \_\_\_\_\_  
Provider \_\_\_\_\_  
Drug denied by OptumRx/Briova (if any):  
\_\_\_\_\_

2. Claim or case number \_\_\_\_\_  
Statement date \_\_\_\_\_  
Date of service \_\_\_\_\_  
Provider \_\_\_\_\_  
Drug denied by OptumRx/Briova (if any):  
\_\_\_\_\_

3. Claim or case number \_\_\_\_\_  
Statement date \_\_\_\_\_  
Date of service \_\_\_\_\_  
Provider \_\_\_\_\_  
Drug denied by OptumRx/Briova (if any):  
\_\_\_\_\_

4. Claim or case number \_\_\_\_\_  
Statement date \_\_\_\_\_  
Date of service \_\_\_\_\_  
Provider \_\_\_\_\_  
Drug denied by OptumRx/Briova (if any):  
\_\_\_\_\_

Your Member Number: \_\_\_\_\_

Your Name: \_\_\_\_\_

**WHO IS THIS APPEAL ABOUT?**

My member ID # on my Aetna card is \_\_\_\_\_ My date of birth is \_\_\_\_\_

I am appealing the denial of health services or precertification concerning:

myself. My name is \_\_\_\_\_

my spouse (name and date of birth) \_\_\_\_\_

my child (name and date of birth) \_\_\_\_\_

other (name and date of birth) \_\_\_\_\_

**WHAT ELSE IS INCLUDED WITH THIS APPEAL?**

I am submitting more information and documents with this appeal as follows:

- correspondence
- copy of medical records
- copy or copies of EOB's (explanation of benefits statements)
- copy of prior level appeal denial letter
- other (describe)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

By referring to it here, I incorporate all information my provider and I submitted before; this filled-out form; the *Insurance Information Booklet* and all addenda and clarifications in effect on the relevant dates of service; the related Optum Fee Analyzer reports; and any enclosed documents. I also incorporate all recordings related to my appeal and my claims, and ask you to preserve the recordings and all related information until further notice. I also request access to copies of all documents, records, data, and other information about my claims whether or not used in making the decision, and the names of any clinical reviewers if applicable.

I spoke with Aetna or OptumRx about this claim or claims as follows:

Date	Call Reference No.	Representative's Name/ID
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Your Member Number: \_\_\_\_\_

Your Name: \_\_\_\_\_

## DATA AND DOCUMENTS REQUESTED AS PART OF THIS APPEAL

- A. Recognized charge.** This paragraph applies if my claim(s) were denied in whole or part as above the “recognized charge.” The database used for setting the recognized charge is inconsistent with any usual, customary, reasonable, or prevailing rate in the geographic area where the services were performed. The plan relies on data from a database known to be incomplete, inaccurate, and indefensible. I request the following as part of my appeal: (1) For each of the past 36 months, how many actual claims were submitted by Alaska providers on behalf of active and retired AlaskaCare plan members for each of the same CPTs or medications denied in whole or part as above the recognized charge in my claim? And of these actual claims submitted, how many were denied in whole or part as above the recognized charge? (2) Which FairHealth update (May or November, and of what year) was used to process the claims I am appealing? (3) Was “derived data” used to determine the recognized charge for my claims? If so, for each CPT or medication, how many frequencies were in the database on the date my claims were processed and what were the actual provider charge amounts and dates of each of those frequencies? (4) Provide me with a copy of all correspondence between any employee of the Alaska Dept. of Administration and any employee of Aetna or OptumRx about any of the following: FairHealth, any rate-setting database other than FairHealth, and Aetna’s or OptumRx’s reimbursement policies and practices regarding the recognized charge or similar rate-setting tool or process. (5) Provide a copy of the contract or letter of agreement between Alaska and Aetna, or for pharmacy claims between Alaska and OptumRx in effect on the dates of service associated with my claims. (6) Identify the Medicare reimbursement rate in effect on the dates of service for the CPTs or medications at issue in my claim. (7) Identify and provide a copy of every other document or source of information other than the FairHealth database that was used to process my claims.
- B. Proprietary guidelines or clinical policy bulletins.** This paragraph applies if my claim or claims were denied because of information in proprietary documents or guidelines (for example, the MCG Guidelines or the Milliman Medicare Repricer) or a clinical policy bulletin. Please follow all necessary protocols and promptly release the documents and guidelines to me because they are being used to my detriment.
- C. Medical records.** This paragraph applies if my medical records were overlooked or ignored by Aetna or OptumRx or its external review organization in making the adverse benefit determination referenced in this appeal. Provide a copy of my medical records (1) in Aetna’s or OptumRx’s possession or control whether or not used to process my claim, and (2) actually reviewed or used by Aetna’s or OptumRx’s system, external review organization, or employee to process my claim. In addition, if Aetna’s or OptumRx’s system processed my claim, I ask that this appeal and my future claims be processed by a human instead.
- D. Network steerage.** This paragraph applies if my claim(s) were denied in whole or part as out of network. Provide all information used in determining that my provider was out of network. If non-network facility penalties were applied to my claim(s), confirm that the penalties were applied pursuant to my plan(s) and the law, and for facilities in Anchorage or the other 49 states.

**E. Other information requested:**

---

---

---

---

---

---

---

---

## DATE AND SIGN THIS APPEAL

Today’s Date \_\_\_\_\_

Your Name \_\_\_\_\_ Your Telephone \_\_\_\_\_

Your Mailing Address \_\_\_\_\_

Your Signature \_\_\_\_\_