

Medicare 3-day Skilled Nursing Facility Waiver

What this means for you and your care

What is a Medicare Next Generation Model Accountable Care Organization (ACO)?

A Medicare Next Generation ACO is a group of doctors, hospitals, and other health care providers who come together voluntarily to coordinate high-quality care for Medicare patients.

Allina Integrated Medical Network is in a Medicare Next Generation ACO working to improve care at a lower cost and coordinates the medical care you receive if you have Original Medicare. Your regular doctor participates in this program.

Members of your health team work together to make sure you get the right care at the right time and at the right place.

One type of care you may need is a short stay at a skilled nursing facility.

What is a Skilled Nursing Facility?

A skilled nursing facility is a nursing facility with the staff and equipment to give skilled nursing care, skilled rehabilitative services, and other related health services.

At a skilled nursing facility, you receive care for short-term health needs to treat a new problem or recover from an illness or surgery.

The health care team at a skilled nursing facility provides extra care and services you do not have at home.

When Do You Need Skilled Nursing Care?

Your doctor might want you to go to a skilled nursing facility if you:

- have fallen
- need to manage your pain
- feel weak or dizzy
- have a urinary tract infection
- have breathing problems
- had a hip or knee joint replacement
- have another health condition.

The average stay in a skilled nursing facility is 14 to 21 days. The number of days for your stay depends on your needs.

Together, you and your doctor will decide if a skilled nursing facility is right for you.

What is a 3-day Skilled Nursing Facility Waiver?

A benefit of the Next Generation ACO Model is the “3-day skilled nursing facility waiver” rule.

You do not have to be in the hospital for 3 or more days before you qualify for Medicare benefits at approved skilled nursing facilities. This means lower out-of-pocket costs for you.

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What Do You Need To Do?

Tell a member of your health care team if you are interested. Allina Integrated Medical Network will:

- contact the approved skilled nursing facilities to see which ones have room
- do the paperwork
- confirm you qualify for the “3-day skilled nursing facility waiver”
- help you find transportation
- connect with your health care providers to make sure your regular doctor knows about your care.

Only specific skilled nursing facilities are approved for the “3-day skilled nursing facility waiver.”

If you choose a facility that isn’t on the list, you can’t use the waiver. This could mean higher out-of-pocket costs for you.

Who Can Answer Your Questions?

If you have questions:

- call 1-800-MEDICARE
- call 612-262-1338
- ask a member of your health care team.