

\$3,250 / \$6,500 Deductible, 0% co-insurance

Wellness Drugs: \$15 co-payment / 40% co-insurance / 60% co-insurance

Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services



The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, www.bcbsvt.com/nonstd-cdhp-cert. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>co-insurance</u>, <u>co-payment</u>, <u>deductible</u>, <u>provider</u>, or other underlined terms, see the Glossary. You can view the Glossary at <a href="http://www.bcbsvt.com/glossary">http://www.bcbsvt.com/glossary</a> or call (800) 255-4550 to request a copy.

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Important Questions	Answers	Why This Matters:			
What is the overall deductible?	\$3,250 individual plan / \$6,500 family aggregate.  Co-insurance and co-payments do not apply to the deductible. This benefit combines your prescription drug and medical deductibles.	Generally, you must pay all of the costs from providers up to the <u>deductible</u> amount each <u>plan</u> year before this <u>plan</u> begins to pay. If you have other family members on the policy, the overall family <u>deductible</u> must be met before the <u>plan</u> begins to pay. Your <u>plan</u> year: 01/01/2023 through 12/31/2023.			
Are there services covered before you meet your deductible?	Yes, <u>preventive care</u> , wellness drugs	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>co-payment</u> or <u>co-insurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .			
Are there other <u>deductibles</u> for specific services?	No. There are no other specific <u>deductibles</u> .	You don't have to meet <u>deductibles</u> for specific services.			
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	\$3,250 individual plan / \$6,500 family aggregate.  Prescription drugs: \$1,500 individual plan / \$3,000 family aggregate. Medical and prescription drug out-of-pocket limits are combined.	The <u>out-of-pocket limit</u> is the most you could pay in a <u>plan</u> year for covered services. If you have other family members in this <u>plan</u> , the overall family <u>out-of-pocket limit</u> must be met.			
What is not included in the <b>out-of-pocket limit</b> ?	Premiums, <u>balance-billing</u> charges, adult vision care, adult dental services and health care this <u>plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .			
Will you pay less if you use a network provider?	Yes. See www.bcbsvt.com/findadoctor or call (800) 255 -4550 for a list of network providers.	This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware, your network provider might use an out-of-network provider for some services (such as lab work). For certain emergency services and/or services at an in-network hospital or surgical center (as explained below), the maximum amount you may pay is the plan's in network cost-sharing amount. In these circumstances, the providers cannot balance bill you. Check with your provider before you get services.			
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the <u>specialist</u> you choose without a <u>referral</u> .			

\*Deductible applies to these services.

**SNO/BPN:** 1026246/

Coverage Period Begins: 01/01/2023



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All <u>co-payment</u> and <u>co-insurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

		What You	Will Pay		
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information	
	Primary care visit to treat an injury or illness	No charge* for <u>primary care</u> <u>physician</u> and mental health / substance abuse	Not covered	Some services require <u>prior approval</u> . For clarification on mental health services visit www.bcbsvt.com/mental-health-primary-care.	
	Specialist visit	No charge*	Not covered	Some services require <u>prior approval</u> .	
If you visit a health care provider's office or clinic	Other practitioner office visit	No charge* for chiropractic care, nutritional counseling, outpatient physical, speech and occupational therapy	Not covered	Some services require <u>prior approval</u> . Outpatient physical, speech and occupational therapy benefits are covered up to 30 visits combined. Nutritional counseling benefits requires <u>prior approval</u> after 3 visits. There is no limit on the number of nutritional counseling visits for treatment of diabetes.	
	Preventive care/Screening/ Immunization	No charge	Not covered	You may have to pay for services that aren't preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for. For clarification on <u>preventive services</u> visit www.bcbsvt.com/preventive.	
If you have a test	Diagnostic test (x-ray, blood work)	No charge* for office-based and outpatient hospital	Not covered	Some services require <u>prior approval</u> .	
ii you nave a test	Imaging (CT/PET scans, MRIs)	No charge*	Not covered	Most services require <u>prior approval</u> .	

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			What You		
	Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information
If you need drugs to trea your illness or condition More information about prescription drug covera at www.bcbsvt.com/rxc This plan follows the National Performance Formulary (NPF).  If you have outpatient surgery		Generic drugs	No charge*	Not covered	Covers up to a 30-day supply for most prescription drugs. Some prescriptions require prior approval.
	our illness or condition.  Tore information about	Preferred brand drugs	No charge*	Not covered	Covers up to a 30-day supply for most prescription drugs. Some prescriptions require prior approval.
	t www.bcbsvt.com/rxcenter. his plan follows the	Non-preferred brand drugs	No charge*	Not covered	Covers up to a 30-day supply for most prescription drugs. Some prescriptions require prior approval.
		Wellness drugs	\$15 <u>co-payment</u> per prescription generic, 40% <u>co-insurance</u> preferred, 60% <u>co-insurance</u> non-preferred	Not covered	Covers up to a 30-day supply for most prescription drugs. Some prescriptions require prior approval.
		Facility fee (e.g., ambulatory surgery center)	No charge*	Not covered	Some services require <u>prior approval</u> . If you see an <u>out-of-network provider</u> at an in- network facility, the most the <u>provider</u> may bill you is the in-network <u>cost-sharing</u> amount.
	•	Physician/surgeon fees	No charge*	Not covered	Some services require <u>prior approval</u> . If you see an <u>out-of-network provider</u> at an in-network facility, the most the <u>provider</u> may bill you is the in-network <u>cost-sharing</u> amount.

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		What You	u Will Pay		
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information	
If you need immediate medical attention	Emergency room care	No charge* for facility and physician services	No charge* for facility and physician services	Must meet emergency criteria. If you have an emergency medical condition, and get emergency services from an out-of-network provider or facility, the maximum you may pay is the standard in-network cost-sharing amount and you cannot be balance billed.	
	Emergency medical transportation	No charge*	No charge*	Must meet emergency criteria. If you have an emergency medical condition, and get emergency services from an out-of-network provider or facility, the maximum you may pay is the standard in-network cost-sharing amount and you cannot be balance billed.	
	<u>Urgent care</u>	No charge*	No charge*	Applies to <u>urgent care</u> facilities. If you have an <u>emergency medical condition</u> , and get <u>emergency services</u> from an <u>out-of-network</u> <u>provider</u> or facility, the maximum you may pay is the standard in-network <u>cost-sharing</u> amount and you cannot be balance billed.	
If you have a hospital stay	Facility fee (e.g., hospital room)	No charge*	Not covered	Out-of-state inpatient care requires <u>prior</u> <u>approval</u> . If you receive care from an <u>out-of-network provider</u> at an in-network hospital or ambulatory surgical center, the most the <u>provider</u> may bill you is the in-network <u>cost sharing</u> amount and the <u>provider</u> cannot balance bill you.	
	Physician/surgeon fees	No charge*	Not covered	Some services require <u>prior approval</u> . If you receive care from an <u>out-of-network provider</u> at an in-network hospital or ambulatory surgical center, the most the <u>provider</u> may bill you is the in-network <u>cost sharing</u> amount and the <u>provider</u> cannot balance bill you.	
If you need mental health,	Outpatient services	No charge*	Not covered	Some services require <u>prior approval</u> .	
behavioral health, or substance abuse services	Inpatient services	No charge*	Not covered	Includes facility and physician fees. Requires prior approval.	

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Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information
If you are pregnant	Office Visits	No charge*	Not covered	Cost sharing does not apply for preventive services. Depending on the type of services, a deductible may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound.). For a list of services visit www.bcbsvt.com/preventive.
	Childbirth/delivery professional services	No charge*	Not covered	Out-of-state inpatient care requires <u>prior</u> <u>approval</u> .
	Childbirth/delivery facility services	No charge*	Not covered	Out-of-state inpatient care requires <u>prior</u> <u>approval</u> .
	Home health care	No charge*	Not covered	Home infusion therapy requires <u>prior approval</u> . Outpatient physical, speech and occupational therapy benefits are covered up to 30 visits combined.
If you need help recovering	Rehabilitation services	No charge* inpatient; cardiac / pulmonary services no charge*	Not covered	Inpatient <u>rehabilitation services</u> require <u>prior approval</u> .
or have other special health needs	Habilitation services	No charge* for inpatient services	Not covered	Requires <u>prior approval</u> . Outpatient physical, speech and occupational therapy benefits are covered up to 30 visits combined.
	Skilled nursing care (facility)	No charge*	Not covered	Requires <u>prior approval</u> .
	Durable medical equipment (including supplies)	No charge*	Not covered	May require <u>prior approval</u> .
	<u>Hospice</u>	No charge*	Not covered	None

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mmary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services  Coverage For: All Plan Type: EPO						
		What You	Will Pay			
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information		
	Eye exam	No charge* per child exam; 100% of charges for adult exam	Not covered	One routine exam per calendar year.		
If your child needs dental or eye care	Glasses	No charge* for child glasses; 100% of charges for adult glasses	Not covered	One pair of exchange-level frames and lenses for prescription glasses or one pair of equivalent contact lenses per calendar year.		
	Dental check-up	Child: Class I: No charge*, Class II: No charge*, Class III: No charge* Adult: 100%	Not covered	Some services require <u>prior approval</u> . <u>Deductible</u> does not apply to Preventive fluoride supplements for children with non-		

# **Excluded Services & Other Covered Services:**

Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

- Acupuncture
- Hearing aids
- Routine eye care (age 21 and older)

- Cosmetic Surgery (except with prior approval for Dental care (age 21 and older) reconstruction)
- **Infertility Medications**
- Routine foot care (except for treatment of diabetes)

fluoridated drinking water.

- Long-term care
- Weight loss programs

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your <u>plan</u> document.)

of charges

Abortion

Bariatric surgery

Chiropractic Care (requires prior approval after 12 visits)

Coverage Period Begins: 01/01/2023

- Non-emergency care when traveling outside the U.S. (www.bcbsvt.com/coveragewhiletraveling)
- Private-duty nursing (covered up to 14 hours per plan year)

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# **Your Rights to Continue Coverage:**

There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Department of Labor's Employee Benefits Security Administration at (866) 444-EBSA (3272) or <a href="www.dol.gov/ebsa/healthreform">www.dol.gov/ebsa/healthreform</a>, or the Department of Health and Human Services at (877) 267-2323 x61565 or <a href="www.cciio.cms.gov">www.cciio.cms.gov</a>. You may also contact the <a href="plan">plan</a> at (800) 247-2583. Other coverage options may be available to you, too, including buying individual insurance coverage through the <a href="Health Insurance Marketplace">Health Insurance Marketplace</a>. For more information about the <a href="Marketplace">Marketplace</a>, visit <a href="www.HealthCare.gov">www.HealthCare.gov</a> or call (800) 318-2596.

# **Your Grievance and Appeals Rights:**

There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information on how to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: (800) 255-4550.

#### Does this plan provide Minimum Essential Coverage? Yes.

<u>Minimum Essential Coverage</u> generally includes plans, <u>health insurance</u> available through the <u>Marketplace</u> or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of <u>Minimum Essential Coverage</u>, you may not be eligible for the <u>premium</u> tax credit.

### Does this plan meet the Minimum Value Standards? Yes.

If your <u>plan</u> doesn't meet the <u>Minimum Value Standards</u>, you may be eligible for a <u>premium</u> tax credit to help you pay for a <u>plan</u> through the <u>Marketplace</u>.

**Template Name:** MedHIX-2-Network-012021

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## **Coverage Examples**

# About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>co-payments</u> and <u>co-insurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. Please note these coverage examples are based on self-only coverage.

pay under different health plans	. Please note	e these coverage examples are based o	n self-only co	verage.	
Peg is Having a Baby (9 months of in-network pre-natal can hospital delivery)	are and a	Managing Joe's type 2 Diabetes (a year of routine in-network care of a well-controlled condition)		Mia's Simple Fracture (in-network emergency room visit and follow up care)	
<ul> <li>The plan's overall deductible</li> <li>Specialist co-payment</li> <li>Hospital (facility) co-payment</li> <li>Other co-payment</li> <li>This EXAMPLE event includes services like:</li> </ul>	\$3,250 \$0 \$0 \$0	<ul> <li>The plan's overall deductible</li> <li>Specialist co-payment</li> <li>Hospital (facility) co-payment</li> <li>Other co-payment</li> <li>This EXAMPLE event includes services like:</li> </ul>	\$3,250 \$0 \$0 \$0	<ul> <li>The plan's overall deductible</li> <li>Specialist co-payment</li> <li>Hospital (facility) co-payment</li> <li>Other co-payment</li> <li>This EXAMPLE event includes services like:</li> </ul>	\$3,250 \$0 \$0 \$0
Specialist office visits (prenatal care) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services Diagnostic tests (ultrasounds and blood work) Specialist visit (anesthesia)		Primary care physician office visits (including a education) Diagnostic tests (blood work) Prescription drugs Durable medical equipment (glucose meter)	disease	Emergency room care (including medical supplies) Diagnostic test (x-ray) Durable medical equipment (crutches) Rehabilitation services (physical therapy)	
Total Example Cost	\$12,700	Total Example Cost	\$5,600	Total Example Cost	\$2,800
In this example, Peg would pay:		In this example, Joe would pay:		In this example, Mia would pay:	
Cost Sharing		Cost Sharing		Cost Sharing	
Deductibles	\$3,250	Deductibles	\$3,250	Deductibles	\$2,640
Co-payments	\$0	Co-payments	\$0	Co-payments	\$0
Co-insurance	\$0	Co-insurance	\$0	Co-insurance	\$0
What isn't covered		What isn't covered		What isn't covered	
Limits or exclusions	\$50	Limits or exclusions	\$20	Limits or exclusions	\$0
The total Peg would pay is	\$3,300	The total Joe would pay is	\$3,270	The total Mia would pay is	\$2,640

The plan would be responsible for the other costs of these EXAMPLE covered services.

The prescription drug out-of-pocket limit might not be included in the above Coverage Examples.

Coverage Period Begins: 01/01/2023

<sup>\*</sup>Note: This plan has other deductibles for specific services included in the coverage example. See "Are there other deductible for specific services?" row above.

# **NOTICE:** Discrimination is Against the Law

Blue Cross and Blue Shield of Vermont (BCBSVT) and its affiliate The Vermont Health Plan (TVHP) comply with applicable federal and state civil rights laws and do not discriminate, exclude people or treat them differently on the basis of race, color, national origin, age, disability, gender identity or sex.

BCBSVT provides free aids and services to people with disabilities to communicate effectively with us. We provide, for example, qualified sign language interpreters and written information in other formats (e.g., large print, audio or accessible electronic format).

BCBSVT provides free language services to people whose primary language is not English. We provide, for example, qualified interpreters and information written in other languages.

If you need these services, please call (800) 247-2583. If you would like to file a grievance because you believe that BCBSVT has failed to provide services or discriminated on the basis of race, color, national origin, age, disability, gender identity or sex, contact:

Civil Rights Coordinator Blue Cross and Blue Shield of Vermont PO Box 186 Montpelier, VT 05601 (802) 371-3394 TDD/TTY: (800) 535-2227 civilrightscoordinator@bcbsvt.com

You can file a grievance by mail, or email at the contacts above. If you need assistance, our civil rights coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal. hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 (800) 368-1019 (800) 537-7697 (TDD)

Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.



# For free language-assistance services, call (800) 247-2583.

Para servicios gratuitos de للحصول على خدمات المساعدة asistencia con el idioma, اللغوية المجانية، اتصل على الرقم .(800) 247-2583

Kostenlose fremdsprachliche Unterstützung erhalten Sie unter (800) 247-2583.

llame al (800) 247-2583.

Pour obtenir des services d'assistance linguistique gratuits, appelez le (800) 247-2583.

ITALIAN

Per i servizi gratuiti di assistenza linguistica, chiamare il numero (800) 247-2583.

無料の通訳サービスの ご利用は、(800) 247-2583 までお電話ください。

नि:शल्क भाषा सहायता सेवाहरूका लागि, (800) 247-2583 मा कल गर्नुहोस्।

PORTUGUESE

Para serviços gratuitos de assistência linguística, ligue para o (800) 247-2583.

Чтобы получить бесплатные услуги переводчика, позвоните по телефону (800) 247-2583.

SERBO-CROATIAN (SERBIAN)

Za besplatnu uslugu prevođenja, pozovite na broj (800) 247-2583.

สำหรับการให้บริการความ ช่วยเหลือด้านภาษาฟรี โทร (800) 247-2583

TAGALOG

Para sa libreng mga serbisyo ng tulong pangwika, tumawag sa (800) 247-2583.

VIETNAMESE

Để biết các dịch vu hỗ trơ ngôn ngữ miễn phí, hãy goi số (800) 247-2583.

CHINESE

如需免費語言協 助服務,請致電 (800) 247-2583 °

CUSHITE (OROMO)

Tajaajila gargaarsa afaan hiikuu kaffaltii malee argachuuf (800) 247-2583 bilbilaa.