Summary of Benefits and Coverage: What this Plan Covers & What it Costs



This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document at <u>PreferredOne.com</u> or by calling 763.847.4477 / 800.997.1750.

Important Questions	Answers	Why This Matters:
What is the overall <u>deductible</u> ?	In-network: \$1,200/\$2,400 (individual/ family). Out-of-network: \$1,200/\$2,400 (individual/family). <u>Deductible</u> does not apply to in-network preventive care.	You must pay all the costs up to the <u>deductible</u> amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the <u>deductible</u> starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the <u>deductible</u> .
Are there other <u>deductibles</u> for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services, but see the chart starting on page 2 for other costs for services this plan covers.
Is there an <u>out-of-</u> <u>pocket limit</u> on my expenses?	In-network: \$1,200/\$2,400 (individual/family). Out-of-network: \$3,500/\$6,500 (individual/family).	The <u>out-of-pocket limit</u> is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.
What is not included in the <u>out-of-pocket limit</u> ?	Premiums, balance-billed charges and health care this plan does not cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket</u> <u>limit</u> .
Is there an overall annual limit on what the plan pays?	No.	The chart starting on page 2 describes any limits on what the plan will pay for specific covered services, such as office visits.
Does this plan use a <u>network</u> of <u>providers</u> ?	Yes. For a list of in-network providers , go to <u>PreferredOne.com</u> or call Customer Service at 763.847.4477 / 800.997.1750.	If you use an in-network doctor or other health care <u>provider</u> , this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network <u>provider</u> for some services. Plans use the term in- network, <u>preferred</u> , or participating for <u>providers</u> in their <u>network</u> . See the chart starting on page 2 for how this plan pays different kinds of <u>providers</u> .
Do I need a referral to see a <u>specialist</u> ?	No.	You can see the specialist you choose without permission from this plan.
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 6. See your policy or plan document for additional information about <u>excluded services</u> .

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- <u>Coinsurance</u> is *your* share of the costs of a covered service, calculated as a percent of the <u>allowed amount</u> for the service. For example, if the plan's <u>allowed amount</u> for an overnight hospital stay is \$1,000, your <u>coinsurance</u> payment of 20% would be \$200. This may change if you haven't met your <u>deductible</u>.
- The amount the plan pays for covered services is based on the <u>allowed amount</u>. If an out-of-network <u>provider</u> charges more than the <u>allowed amount</u>, you may have to pay the difference. For example, if an out-of-network hospital charges \$1,500 for an overnight stay and the <u>allowed amount</u> is \$1,000, you may have to pay the \$500 difference. (This is called <u>balance billing</u>.)
- This plan may encourage you to use in-network **providers** by charging you lower **deductibles**, copayments and coinsurance amounts.

Common Medical		Your Cost If You Use a			
Event	Services You May Need	In-Network Provider	Out-of-Network Provider	Limitations & Exceptions	
If you visit a health care <u>provider's</u> office or clinic	Primary care visit to treat an injury or illness	No charge after deductible	20% coinsurance after deductible	None	
	Specialist visit	No charge after deductible	20% coinsurance after deductible	None	
	Other practitioner office visit	No charge after deductible	20% coinsurance after deductible	None	
cimic	Preventive care/screening/ immunization	No charge (deductible does not apply)	No charge for well child exam; 20% coinsurance after deductible for other related services	None	
If you have a test	Diagnostic test (x-ray, blood work)	No charge after deductible	20% coinsurance after deductible	None	
	Imaging (CT/PET scans, MRIs)	No charge after deductible	20% coinsurance after deductible	None	

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Coverage for: Individual + Family | Plan Type: PPO

Common Madiaal		Your Cost	: If You Use a		
Common Medical Event	Services You May Need	In-Network Provider	Out-of-Network Provider	Limitations & Exceptions	
	Generic drugs	Retail: No charge after deductible	Retail: No charge after deductible. Mail: Not covered	Retail: 34 day supply or 100 units, whichever is greater Mail: 90 day supply	
If you need drugs to treat your illness or condition More information	Preferred brand drugs	Retail: No charge after deductible	Retail: 20% coinsurance after deductible Mail: Not covered	None	
about <u>prescription drug</u> <u>coverage</u> is available at	Non-preferred brand drugs	Not covered	Not covered	None	
PreferredOne.com	Specialty drugs	No charge after deductible	Retail: 20% coinsurance after deductible Mail: Not covered	None	
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	No charge after deductible	20% coinsurance after deductible	None	
surgery	Physician/surgeon fees	No charge after deductible	20% coinsurance after deductible	None	
	Emergency room services	No charge after deductible	Refer to the in- network benefit column	None	
If you need immediate medical attention	Emergency medical transportation	No charge after deductible	Refer to the in- network benefit column	None	
	Urgent care	No charge after deductible	Refer to the in- network benefit column	None	
If you have a hospital	Facility fee (e.g., hospital room)	No charge after deductible	20% coinsurance after deductible	None	
stay	Physician/surgeon fee	No charge after deductible	20% coinsurance after deductible	None	

Coverage Period: 7/1/2015 - 6/30/2016

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Coverage for: <u>Individual + Family</u>	Plan Type: PPO
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Common Medical		Your Cost If You Use a			
Event	Services You May Need	In-Network Provider	Out-of-Network Provider	Limitations & Exceptions	
	Mental/Behavioral health outpatient services	No charge after deductible	20% coinsurance after deductible	None	
If you have mental health, behavioral health,	Mental/Behavioral health inpatient services	No charge after deductible	20% coinsurance after deductible	None	
or substance abuse needs	Substance use disorder outpatient services	No charge after deductible	20% coinsurance after deductible	None	
	Substance use disorder inpatient services	No charge after deductible	20% coinsurance after deductible	None	
	Prenatal care	No charge (deductible does not apply)	No charge (deductible does not apply)	None	
If you are pregnant	Postnatal care	No charge (deductible does not apply)	20% coinsurance after deductible	None	
	Delivery and all inpatient services	No charge after deductible	20% coinsurance after deductible	None	
	Home health care	No charge after deductible	20% coinsurance after deductible	Limited to 120 visits per covered person per calendar year.	
	Rehabilitation services	No charge after deductible	20% coinsurance after deductible	None	
If you need help	Habilitation services	No charge after deductible	20% coinsurance after deductible	None	
recovering or have other special health needs	Skilled nursing care	No charge after deductible	20% coinsurance after deductible	Coverage is limited to 120 days per confinement.	
	Durable medical equipment	No charge after deductible	20% coinsurance after deductible	Limited to 1 wig per year for Alopecia Areata.	
	Hospice service	No charge after deductible	20% coinsurance after deductible	None	

Dental check-up

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Common Medical Event	Services You May Need	Your Cost I In-Network Provider	f You Use a Out-of-Network Provider	Limitations & Exceptions
If your child needs dental	Eye exam	No charge (deductible does not apply)	20% coinsurance after deductible	None
or eye care	Glasses	Not covered	Not covered	None

Not covered

Not covered

Coverage Period: 7/1/2015 - 6/30/2016

----- None ------

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Excluded Services & Other Covered Services:

Services Your Plan Does NOT Cover (This isn't a complete	list. Check your policy or plan document for other <u>excluded services</u> .)
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•	Cosmetic	surgery
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- Dental care (Adults)
- Long-term care (except medically necessary care in a skilled nursing facility)
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing (except ventilator dependents)
- Routine foot care (except certain conditions)
- Weight loss programs (except preventive obesity counseling/screening)

Other Covered Services (This isn't a complete list. Check your policy or plan document for other covered services and your costs for these services.)

AcupunctureBariatric surgery

- Chiropractic careHearing aids (every 3 years, up to age 19)
- Infertility treatment
 Reputing and (A dult
- Routine eye care (Adult)

Your Rights to Continue Coverage:

If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a **premium**, which may be significantly higher than the **premium** you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply. For more information on your rights to continue coverage, contact the PreferredOne Customer Service Department at 763.847.4477 / 800.997.1750. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1.866.444.3272 or <u>www.dol.gov/ebsa</u>, or the U.S. Department of Health and Human Services at 1.877.267.2323 x61565 or <u>www.cciio.cms.gov</u>.

Your Grievance and Appeals Rights:

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to <u>appeal</u> or file a <u>grievance</u>. For questions about your rights, this notice, or assistance, you can contact the PreferredOne Customer Service Department at 763.847.4477 / 800.997.1750. If your plan is subject to ERISA, you may contact the U. S. Department of Labor, Employee Benefits Security Administration at 1.866.444.3272 or <u>www.dol.gov/ebsa/healthreform</u>. If your coverage is insured, you may also contact your state insurance department.

Does this Coverage Provide Minimum Essential Coverage?

The Affordable Care Act requires most people to have health care coverage that qualifies as "minimum essential coverage." This plan or policy does provide minimum essential coverage.

Does this Coverage Meet the Minimum Value Standard?

The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). This health coverage does meet the minimum value standard for the benefits it provides.

Language Access Services:

Spanish (Español) Para obtener asistencia en español llame al 763.847.4477 / 800.997.1750

-----To see examples of how this plan might cover costs for a sample medical situation, see the next page.-----

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About these Coverage Examples:

These examples show how this plan might cover medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.



This is not a cost estimator.

Don't use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care will also be different.

See the next page for important information about these examples.

Having a baby	
(normal delivery)	

- Amount owed to providers: \$7,540
- **Plan pays** \$6,190
- Patient pays \$1,350

Sample care costs:

Hospital charges (mother)	\$2,700
Routine obstetric care	\$2,100
Hospital charges (baby)	\$900
Anesthesia	\$900
Laboratory tests	\$500
Prescriptions	\$200
Radiology	\$200
Vaccines, other preventive	\$40
Total	\$7,540

Patient pays:

Deductibles	\$1,200
Copays	\$0
Coinsurance	\$0
Limits or exclusions	\$150
Total	\$1,350

Managing type 2 diabetes (routine maintenance of

a well-controlled condition)

- Amount owed to providers: \$5,400
- **Plan pays** \$4,120
- Patient pays \$1,280

Sample care costs:

Prescriptions	\$2,900
Medical Equipment and Supplies	\$1,300
Office Visits and Procedures	\$700
Education	\$300
Laboratory tests	\$100
Vaccines, other preventive	\$100
Total	\$5,400

Patient pays:

Deductibles	\$1,200
Copays	\$0
Coinsurance	\$0
Limits or exclusions	\$80
Total	\$1,280

Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

- The patient is enrolled for single coverage.
- Costs don't include <u>premiums</u>.
- Sample care costs are based on national averages supplied by the U.S.
 Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from innetwork <u>providers</u>. If the patient had received care from out-of-network <u>providers</u>, costs would have been higher.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how <u>deductibles</u>, <u>copayments</u>, and <u>coinsurance</u> can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?

No. Treatments shown are just examples. The care you would receive for this condition could be different based on your doctor's advice, your age, how serious your condition is, and many other factors.

Does the Coverage Example predict my future expenses?

No. Coverage Examples are <u>not</u> cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your <u>providers</u> charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?

 ✓ Yes. When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples.
 When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?

 ✓ Yes. An important cost is the premium you pay. Generally, the lower your premium, the more you'll pay in out-ofpocket costs, such as <u>copayments</u>, <u>deductibles</u>, and <u>coinsurance</u>. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.

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