Coverage for: Individual/Family Plan Type: PPO

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.myhighmark.com or call 1-888-510-1084. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms see the Glossary. You can view the Glossary at <u>www.HealthCare.gov/sbc-glossary/</u> or call 1-888-510-1084 to reguest a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$1,500 individual/\$3,000 family enhanced value network, \$1,500 individual/\$3,000 family standard value network. \$3,000 individual/\$6,000 family out-of-network.  All in-network services are credited to both the enhanced and standard value deductibles.	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your <u>deductible</u> ?	Yes. Office visits, <u>preventive care services</u> , standard diagnostic services, outpatient facility services, outpatient surgery fees, <u>emergency room care</u> , <u>urgent care</u> , outpatient mental health, outpatient substance abuse, <u>rehabilitation services</u> , <u>habilitation services</u> , and <u>prescription drug</u> benefits are covered before you meet your <u>deductible</u> .	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</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 https://www.healthcare.gov/coverage/ <u>preventive</u> -carebenefits/.
	<u>Copayments</u> and <u>coinsurance</u> amounts don't count toward the network deductible.	
Are there other deductibles for specific services?	No.	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> ?	\$8,300 individual/\$16,600 family enhanced value <a href="network">network</a> , \$8,300 individual/\$16,600 family standard value <a href="network">network</a> .  All in- <a href="network">network</a> services credited to both the enhanced and standard value <a href="network">out-of-pocket limits</a> .  \$16,600 individual/\$33,200 family out-of- <a href="network">network</a> .	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out-of-pocket limit?</u>	<u>Premiums</u> , balance-billed charges, 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	Yes. See www.myhighmark.com/find-a-doctor/ or call 1-	You pay the least if you use a <u>provider</u> in Enhanced <u>Network</u> . You pay
use a <u>network provider</u> ?	888-510-1084 for a list of network providers.	more if you use a <u>provider</u> in Standard <u>Network</u> . 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
		<u>plan</u> pays ( <u>balance billing</u> ).
		Be aware your <u>network provider</u> might use an <u>out-of-network provider</u> for
		some services (such as lab work). Check with your <u>provider</u> before you
		get services.
Do I need a referral to	No.	You can see the specialist you choose without a referral.
see a specialist?		



All **copayment** and **coinsurance** costs shown in this chart are after your overall **deductible** has been met, if a **deductible** applies.

				What You Will Pay		
Commo Medical E		Services You May Need	Enhanced <u>Network</u> <u>Provider</u> (You will pay the least)	Standard <u>Network</u> <u>Provider</u>	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you visit health care provider's	·e	Primary care visit to treat an injury or illness	\$35 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$40 <u>copay</u> /visit <u>Deductible</u> does not apply.	60% coinsurance	You may have to pay for services that aren't <u>preventive</u> . Ask your <u>provider</u> if the services needed are <u>preventive</u> .
office or c	linic	<u>Specialist</u> visit	\$35 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$40 <u>copay</u> /visit <u>Deductible</u> does not apply.	60% coinsurance	Then check what your <u>plan</u> will pay for.  Please refer to your <u>preventive</u> schedule
		Preventive care/ screening/immunization	No charge <u>Deductible</u> does not apply.	No charge <u>Deductible</u> does not apply.	Not covered	for additional information.
If you have test	e a	<u>Diagnostic test</u> (x-ray, blood work)	\$40 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$50 <u>copay</u> /visit <u>Deductible</u> does not apply.	60% coinsurance	Copayments, if any, do not apply to diagnostic services prescribed for the treatment of mental illness or substance
		Imaging (CT/PET scans, MRIs)	30% coinsurance	50% <u>coinsurance</u>	60% coinsurance	abuse. Precertification may be required.

			What You Will Pay		
Common Medical Event	Services You May Need	Enhanced <u>Network</u> <u>Provider</u> (You will pay the least)	Standard <u>Network</u> <u>Provider</u>	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you need drugs to treat your illness or condition  More information about prescription drug coverage is available at www.highmark.c om	Tier 1	No charge per prescription (retail) No charge per prescription (mail order) Deductible does not apply. \$30/\$60/\$90 Copay/prescription (retail) \$60 Copay/prescription (mail order)	No charge per prescription (retail) No charge per prescription (mail order) Deductible does not apply. \$30/\$60/\$90 copay/prescription (retail) \$60 copay/prescription (mail order)	Not covered  Not covered	Up to 31/60/90-day supply retail pharmacy.  Up to 90-day supply maintenance prescription drugs through mail order.  This plan has an Essential Formulary.
	Tier 3	Deductible does not apply.  \$150/\$300/\$450 copay/prescription (retail) \$300 copay/prescription	Deductible does not apply.  \$150/\$300/\$450 copay/prescription (retail) \$300 copay/prescription	Not covered	
	Tier 4	(mail order) <u>Deductible</u> does not apply.  50% <u>coinsurance</u>	(mail order) <u>Deductible</u> does not apply.  50% <u>coinsurance</u>	Not covered	
		\$250/\$500/\$750 min \$1,000/\$2,000/\$3,000 max per prescription (retail) 50% coinsurance \$500 min/\$2,000 max per prescription (mail order) Deductible does not apply.	\$250/\$500/\$750 min \$1,000/\$2,000/\$3,000 max per prescription (retail) 50% coinsurance \$500 min/\$2,000 max per prescription (mail order) Deductible does not apply.		

	Services You May Need	What You Will Pay			
Common Medical Event		Enhanced <u>Network</u> <u>Provider</u> (You will pay the least)	Standard <u>Network</u> <u>Provider</u>	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	\$400 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$550 <u>copay</u> /visit <u>Deductible</u> does not apply.	60% coinsurance	Precertification may be required.
	Physician/surgeon fees	\$400 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$550 <u>copay</u> /visit <u>Deductible</u> does not apply.	60% coinsurance	Precertification may be required.
If you need immediate medical	Emergency room care	\$350 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$350 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$350 <u>copay</u> /visit <u>Deductible</u> does not apply.	Copay waived if admitted as an inpatient.
attention	Emergency medical transportation	30% coinsurance	30% coinsurance	30% coinsurance	All tiers: Subject to enhanced value network deductible.
	<u>Urgent care</u>	\$70 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$70 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$70 <u>copay</u> /visit <u>Deductible</u> does not apply.	The <u>copayment</u> , if any, does not apply to <u>urgent care</u> services prescribed for the treatment of mental illness or substance abuse.
If you have a hospital stay	Facility fee (e.g., hospital room)	\$725 <u>copay</u> /visit	\$875 <u>copay</u> /visit	60% coinsurance	Precertification may be required.
	Physician/surgeon fees	\$10 copay/visit	\$15 <u>copay</u> /visit	60% coinsurance	Precertification may be required.
If you have mental health, behavioral health, or	Outpatient services	\$35 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$35 <u>copay</u> /visit <u>Deductible</u> does not apply.	60% <u>coinsurance</u>	Standard value <u>network</u> benefit is subject to enhanced value <u>network</u> <u>deductible</u> .  Precertification may be required.
substance abuse services	Inpatient services	\$725 <u>copay</u> /visit	\$725 <u>copay</u> /visit	60% <u>coinsurance</u>	Standard value <u>network</u> benefit is subject to enhanced value <u>network</u> <u>deductible</u> .  Precertification may be required.
If you are pregnant	Office visits	30% <u>coinsurance</u>	50% <u>coinsurance</u>	60% <u>coinsurance</u>	Cost sharing does not apply for preventive services.  Depending on the type of services, a copayment, coinsurance, or deductible
	Childbirth/delivery professional services	\$10 <u>copay</u> /visit	\$15 <u>copay</u> /visit	60% coinsurance	may apply.  Maternity care may include tests and services described elsewhere in the

			What You Will Pay		
Common Medical Event	Services You May Need	Enhanced <u>Network</u> <u>Provider</u> (You will pay the least)	Standard <u>Network</u> <u>Provider</u>	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Childbirth/delivery facility services	\$725 <u>copay</u> /visit	\$875 <u>copay</u> /visit	60% coinsurance	SBC (i.e. ultrasound.)  Network: The first visit to determine pregnancy is covered at no charge. Please refer to the Women's Health Preventive Schedule for additional information.  Precertification may be required.
If you need help recovering or have other special health	Home health care	30% coinsurance	50% <u>coinsurance</u>	60% coinsurance	Combined <u>network</u> and out-of- <u>network</u> : 60 visits per benefit period, aggregate with visiting nurse. Precertification may be required.
needs	Rehabilitation services	\$35 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$40 <u>copay</u> /visit <u>Deductible</u> does not apply.	60% coinsurance	Combined network and out-of-network: 30 combined physical medicine and occupational therapy visits and 30 speech therapy visits per benefit period.  Copayment, if any, does not apply to therapy services prescribed for the treatment of mental health or substance abuse.  The limit, if any, does not apply to therapy services prescribed for the treatment of mental health or substance abuse.  Precertification may be required.

			What You Will Pay		
Common Medical Event	Services You May Need	Enhanced <u>Network</u> <u>Provider</u> (You will pay the least)	Standard <u>Network</u> <u>Provider</u>	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Habilitation services	\$35 <u>copay</u> /visit <u>Deductible</u> does not apply.	\$40 <u>copay</u> /visit <u>Deductible</u> does not apply.	60% coinsurance	Combined network and out-of-network: 30 combined physical medicine and occupational therapy visits and 30 speech therapy visits per benefit period. Copayment, if any, does not apply to therapy services prescribed for the treatment of mental health or substance abuse. The limit, if any, does not apply to therapy services prescribed for the treatment of mental health or substance abuse. Precertification may be required.
	Skilled nursing care	\$725 <u>copay</u> /visit	\$875 <u>copay</u> /visit	60% coinsurance	Combined <u>network</u> and out-of- <u>network</u> : 120 days per benefit period. Precertification may be required.
	Durable medical equipment	30% coinsurance	50% coinsurance	60% coinsurance	Precertification may be required.
	Hospice services	30% coinsurance	50% <u>coinsurance</u>	60% coinsurance	Combined <u>network</u> and out-of- <u>network</u> : Respite care limit of 7 days every 6 months. Precertification may be required.
If your child needs dental or eye care	Children's eye exam	No charge <u>Deductible</u> does not apply.	No charge <u>Deductible</u> does not apply.	Not covered	Combined enhanced and standard value network: One eye exam per 12 month period up to age 19.
	Children's glasses	No charge <u>Deductible</u> does not apply.	No charge <u>Deductible</u> does not apply.	Not covered	Combined enhanced and standard value network: One pair frames/lenses every 12 months.
	Children's dental check-up	No charge <u>Deductible</u> does not apply.	No charge <u>Deductible</u> does not apply.	Not covered	Combined enhanced and standard value network: One exam every 6 months.

## **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.)

- Abortion, except where a pregnancy is the result of rape or incest, or for a pregnancy which, as certified by a physician, places the life of the woman in danger unless an abortion is performed.
- Bariatric surgery

 Non-emergency care when traveling outside the U.S.

Cosmetic surgery

Private-duty nursing

Dental care (Adult)

Routine eye care (Adult)

Hearing aids

Routine foot care

Acupuncture

Long-term care

Weight loss programs

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

Chiropractic care

Infertility treatment

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: U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or at <a href="https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa">https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa</a>, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or <a href="https://www.cciio.cms.gov">www.cciio.cms.gov</a>. Other options to continue coverage are available to you too, including buying individual insurance coverage through the <a href="https://www.delthcare.gov">Health Insurance Marketplace</a>. For more information about the <a href="https://www.delthcare.gov">Marketplace</a>, visit <a href="https://www.delthcare.gov">https://www.delthcare.gov</a> or call 1-800-318-2596.

Your <u>Grievance</u> and <u>Appeals</u> <u>Rights:</u> 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 <u>explanation of benefits</u> you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim 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:

- Highmark, Inc. at 1-888-510-1084.
- Additionally, a consumer assistance program can help you file your <u>appeal</u>. Contact the Pennsylvania Department of Consumer Services at 1-877-881-6388.

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

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

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

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



Total Example Cost

The total Peg would pay is

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 providers charge, and many other factors. Focus on the cost sharing amounts (deductibles, copayments and coinsurance) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

## Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

\$1,500
\$35
\$715
30%

#### This EXAMPLE event includes services like:

Specialist office visits (prenatal care) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services Diagnostic tests (ultrasounds and blood work) Specialist visit (anesthesia)

Total Example Cost	\$ 12,100			
In this example, Peg would pay:				
<u>Cost Sharing</u>				
<u>Deductibles</u>	\$1,500			
<u>Copayments</u>	\$1,100			
Coinsurance	\$0			
What isn't covered				
Limits or exclusions	\$60			

# **Managing Joe's type 2 Diabetes**

(a year of routine in-network care of a wellcontrolled condition)

■The <u>plan's</u> overall <u>deductible</u>	\$1,500
■Specialist copayment	\$35
■Hospital (facility) copayment	\$715
■Other coinsurance	30%

### This EXAMPLE event includes services like:

Primary care physician office visits (including disease education)

Diagnostic tests (blood work)

The total Joe would pay is

Prescription drugs

¢12 700

\$2,660

Durable medical equipment (glucose meter)

Total Example Cost	\$5,600			
In this example, Joe would pay:				
Cost Sharing				
<u>Deductibles</u>	\$900			
<u>Copayments</u>	\$700			
Coinsurance	\$0			
What isn't covered				
Limits or exclusions	\$20			

# Mia's Simple Fracture

(in-network emergency room visit and follow up care)

■The plan's overall deductible	\$1,500
Specialist copayment	\$35
■Hospital (facility) copayment	\$715
Other coinsurance	30%

### This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

Durable medical equipment (crutches)

Rehabilitation services (physical therapy)

<b>Total Example Cost</b>	\$2,800
In this example, Mia would pay:	
Cost Sharing	
<u>Deductibles</u>	\$1,500
<u>Copayments</u>	\$300
Coinsurance	\$100
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$1,900

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

\$1.620

Insurance or benefit administration may be provided by Highmark Blue Cross Blue Shield, First Priority Life Insurance Company or First Priority Health, all of which are independent licensees of the Blue Cross and Blue Shield Association.

To find more information about Highmark's benefits and operating procedures, such as accessing the drug <u>formulary</u> or using <u>network providers</u>, please go to DiscoverHighmark.com; or for a paper copy, call 1-855-873-4106.

#### Discrimination is Against the Law

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity. The Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex assigned at birth, gender identity or recorded gender. Furthermore, the Plan will not deny or limit coverage to any health service based on the fact that an individual's sex assigned at birth, gender identity, or recorded gender is different from the one to which such health service is ordinarily available. The Plan will not deny or limit coverage for a specific health service related to gender transition if such denial or limitation results in discriminating against a transgender individual. The Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact the Civil Rights Coordinator.

If you believe that the Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity, you can file a grievance with: Civil Rights Coordinator, P.O. Box 22492, Pittsburgh, PA 15222, Phone: 1-866-286-8295, TTY: 711, Fax: 412-544-2475, email: CivilRightsCoordinator@highmarkhealth.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the 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 1-800-368-1019, 800-537-7697 (TDD)

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

If you speak English, language assistance services, free of charge, are available to you. Call 1-800-876-7639.

Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al 1-800-876-7639.

如果您说中文,可向您提供免费语言协助服务。 請致電 1-800-876-7639.

Nếu quý vị nói tiếng Việt, chúng tôi cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí cho quý vị. Xin gọi số 1-800-876-7639.

한국어를 사용하시는 분들을 위해 무료 통역이 제공됩니다. 1-800-876-7639 로 전화.

Kung nagsasalita ka ng Tagalog, may makukuha kang mga libreng serbisyong tulong sa wika. Tumawag sa 1-800-876-7639.

Если вы говорите по-русски, вы можете воспользоваться бесплатными услугами языковой поддержки. Звоните 1-800-876-7639.

إذا كنت تتحدث اللغة العربية، فهناك خدمات المعاونة في اللغة المجانية متاحة لك. اتصل على الرقم 7639-876-800-1.

Si se Kreyòl Ayisyen ou pale, gen sèvis entèprèt, gratis-ticheri, ki la pou ede w. Rele nan 1-800-876-7639.

Si vous parlez français, les services d'assistance linguistique, gratuitement, sont à votre disposition. Appelez au 1-800-876-7639.

Dla osób mówiących po polsku dostępna jest bezpłatna pomoc językowa. Zadzwoń 1-800-876-7639.

Se a sua língua é o português, temos atendimento gratuito para você no seu idioma. Ligue para 1-800-876-7639.

Se parla italiano, per lei sono disponibili servizi di assistenza linguistica a titolo gratuito. Chiamare l'1-800-876-7639.

Wenn Sie Deutsch sprechen, steht Ihnen unsere fremdsprachliche Unterstützung kostenlos zur Verfügung. Rufen Sie 1-800-876-7639.

日本語が母国語の方は言語アシスタンス・ サービスを無料でご利用いただけます。 1-800-876-7639 を呼び出します。

اگر شما به زبان فارسی صحبت می کنید، خدمات کمک زبان رایگان با تماس با شماره 7639-876-1-800-1.