

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

Coverage for: Individual | Plan Type: PPO



**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 [www.carefirst.com](http://www.carefirst.com) or by calling 1-855-258-6518.

Important Questions	Answers	Why this Matters:
<b>What is the overall <u>deductible</u>?</b>	For Participating Providers: <b>\$250</b> person/ <b>\$500</b> family. For Non-Participating Providers: <b>\$500</b> person/ <b>\$1,000</b> family. Deductible does not apply to some services, including all In-Network Preventive care.	You must pay all the costs up to the <b>deductible</b> amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the <b>deductible</b> 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 <b>deductible</b> .
<b>Are there other <u>deductibles</u> for specific services?</b>	Yes. For Prescription Drug: <b>\$100</b> person/ <b>\$200</b> family.	You must pay all of the costs for these services up to the specific <b>deductible</b> amount before this plan begins to pay for these services.
<b>Is there an <u>out-of-pocket limit</u> on my expenses?</b>	Yes. For Participating Providers: Medical: <b>\$1,500</b> person/ <b>\$3,000</b> family; Prescription Drug: <b>\$4,500</b> person/ <b>\$9,000</b> family; For Non-Participating Providers: Medical: <b>\$3,000</b> person/ <b>\$6,000</b> family.	The <b>out-of-pocket limit</b> 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.
<b>What is not included in the <u>out-of-pocket limit</u>?</b>	Premiums, balance-billed charges, and health care this plan does not cover.	Even though you pay these expenses, they don't count toward the <b>out-of-pocket limit</b> .
<b>Is there an overall annual limit on what the plan pays?</b>	No.	The chart starting on page 2 describes any limits on what the plan will pay for <i>specific</i> covered services, such as office visits.
<b>Does this plan use a <u>network of providers</u>?</b>	Yes. See <a href="http://www.carefirst.com">www.carefirst.com</a> or call <b>1-855-258-6518</b> for a list of participating providers.	If you use an in-network doctor or other health care <b>provider</b> , 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 <b>provider</b> for some services. Plans use the term in-network, <b>preferred</b> , or participating for <b>providers</b> in their <b>network</b> . See the chart starting on page 2 for how this plan pays different kinds of <b>providers</b> .
<b>Do I need a referral to see a <u>specialist</u>?</b>	No.	You can see the <b>specialist</b> you choose without permission from this plan.
<b>Are there services this plan doesn't cover?</b>	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 <b>excluded services</b> .

**Questions:** If you are a member please call the number on your ID card or visit [www.carefirst.com](http://www.carefirst.com). Otherwise, please call 1-855-258-6518. If you aren't clear about any of the underlined terms used in this form, see the Glossary at [www.carefirst.com/sbcg](http://www.carefirst.com/sbcg).



- **Copayments** are fixed dollar amounts (for example, \$15) you pay for covered health care, usually when you receive the service.
- **Coinsurance** is *your* share of the costs of a covered service, calculated as a percent of the **allowed amount** for the service. For example, if the plan's **allowed amount** for an overnight hospital stay is \$1,000, your **coinsurance** payment of 20% would be \$200. This may change if you haven't met your **deductible**.
- The amount the plan pays for covered services is based on the **allowed amount**. If an out-of-network **provider** charges more than the **allowed amount**, you may have to pay the difference. For example, if an out-of-network hospital charges \$1,500 for an overnight stay and the **allowed amount** is \$1,000, you may have to pay the \$500 difference. (This is called **balance billing**.)
- This plan may encourage you to use participating **providers** by charging you lower **deductibles**, **copayments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	Your cost if you use a		Limitations & Exceptions
		Participating Provider	Non-Participating Provider	
If you visit a health care <u>provider's office or clinic</u>	Primary care visit to treat an injury or illness	\$20 co-pay per visit	30% coinsurance subject to deductible	None
	Specialist visit	\$20 co-pay per visit	30% coinsurance subject to deductible	None
	Other practitioner office visit	Chiropractic: \$20 co-pay per visit	Chiropractic: 30% coinsurance subject to deductible	Chiropractic Services are limited to 20 visits per condition per benefit period
	Preventive care/screening/immunization	No Charge	Well Child Exams: No deductible, copay or coinsurance Adult Routine Physical Exams: 30% coinsurance subject to deductible	None
If you have a test	Diagnostic test (x-ray, blood work)	LabTests: 10% coinsurance subject to deductible X-Ray: 10% coinsurance subject to deductible	LabTests: 30% coinsurance subject to deductible X-Ray: 30% coinsurance subject to deductible	None
	Imaging (CT/PET scans, MRIs)	10% coinsurance subject to deductible	30% coinsurance subject to deductible	None

Common Medical Event	Services You May Need	Your cost if you use a		Limitations & Exceptions
		Participating Provider	Non-Participating Provider	
<p><b>If you need drugs to treat your illness or condition</b></p> <p>More information about <u>prescription drug coverage</u> is available at <a href="http://www.carefirst.com/rxgroup">www.carefirst.com/rxgroup</a></p>	Generic drugs	Generic Drugs: \$10 co-pay (34-day supply) \$20 co-pay (90-day supply)	Generic Drugs: Paid As In-Network	None
	Preferred brand drugs	\$30 co-pay (34-day supply) \$60 co-pay (90-day supply)	Paid As In-Network	Prior Authorization is required to receive brand oral contraceptives with no deductible, coinsurance or copay
	Non-preferred brand drugs	\$55 co-pay (34-day supply) \$110 co-pay (90-day supply)	Paid As In-Network	Prior Authorization is required to receive brand oral contraceptives with no deductible, coinsurance or copay
	Specialty drugs	\$10/\$30/\$55/50% of Allowed Benefit up to \$75 for self-injectable (34-day supply) \$20/\$60/\$110/50% of Allowed Benefit up to \$150 for self-injectable (90-day supply)	Not Covered	For Participating Providers: Specialty drugs are only covered when purchased through the Exclusive Specialty Pharmacy Network.  For Non-Participating Providers: Specialty Drugs are not covered
<p><b>If you have outpatient surgery</b></p>	Facility fee (e.g., ambulatory surgery center)	No Charge	30% coinsurance subject to deductible	None
	Physician/surgeon fees	No Charge	30% coinsurance subject to deductible	None
<p><b>If you need immediate medical attention</b></p>	Emergency room services	\$100 co-pay per visit	\$100 co-pay per visit	Copay waived if admitted; Limited to Emergency Services or unexpected, urgently required services
	Emergency medical transportation	10% coinsurance subject to deductible	30% coinsurance subject to deductible	Prior authorization is required for air ambulance services, except when Medically Necessary in an emergency

Common Medical Event	Services You May Need	Your cost if you use a		Limitations & Exceptions
		Participating Provider	Non-Participating Provider	
	Urgent care	\$20 co-pay per visit	\$20 co-pay per visit	Limited to unexpected, urgently required services; Non-contracted urgent care facilities are covered at the same copay as the hospital emergency room copay
<b>If you have a hospital stay</b>	Facility fee (e.g., hospital room)	No Charge	30% coinsurance subject to deductible	Preauthorization required 50% non-compliance penalty
	Physician/surgeon fee	No Charge	30% coinsurance subject to deductible	None
<b>If you have mental health, behavioral health, or substance abuse needs</b>	Mental/Behavioral health outpatient services	Office Visits: \$20 co-pay per visit Hospital Facility: No Charge	30% coinsurance subject to deductible	None
	Mental/Behavioral health inpatient services	No Charge	30% coinsurance subject to deductible	Preauthorization required 50% non-compliance penalty
	Substance use disorder outpatient services	Office Visits: \$20 co-pay per visit Hospital Facility: No Charge	30% coinsurance subject to deductible	None
	Substance use disorder inpatient services	No Charge	30% coinsurance subject to deductible	Preauthorization required 50% non-compliance penalty
<b>If you are pregnant</b>	Prenatal and postnatal care	No Charge	30% coinsurance subject to deductible	None
	Delivery and all inpatient services	No Charge	30% coinsurance subject to deductible	None
<b>If you need help recovering or have other special health needs</b>	Home health care	10% coinsurance subject to deductible	30% coinsurance subject to deductible	Limited to 90 visits
	Rehabilitation services	Office: \$20 copay Facility: No member liability	30% coinsurance subject to deductible	Rehabilitation Services are limited to 30 combined visits per condition per benefit period for Physical, Speech and Occupational Therapies

Common Medical Event	Services You May Need	Your cost if you use a		Limitations & Exceptions
		Participating Provider	Non-Participating Provider	
	Habilitation services	Office: \$20 copay Facility: No member liability	30% coinsurance subject to deductible	Preauthorization required after the first visit; Benefits available for Dependent child under the age of 21
	Skilled nursing care	10% coinsurance subject to deductible	30% coinsurance subject to deductible	Services are limited to 60 days per benefit period
	Durable medical equipment	10% coinsurance subject to deductible	30% coinsurance subject to deductible	Preauthorization required is required for specified services
	Hospice service	Inpatient Care: 10% coinsurance subject to deductible Outpatient Care: 10% coinsurance subject to deductible	30% coinsurance subject to deductible	Preauthorization required; Limited to 180 Lifetime days IP/OP combined;
<b>If your child needs dental or eye care</b>	Eye exam	\$10 co-pay per visit	Plan pays \$33; Member pays balance	None
	Glasses	Discount program available to all members	Not Covered	None
	Dental check-up	Not Covered	Not Covered	None

## 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 excluded services.)

- Acupuncture
- Bariatric surgery
- Cosmetic surgery
- Dental care (Adult)
- Hearing aids
- Infertility treatment
- Long-term care
- Private-duty nursing
- Routine foot care
- Weight loss programs

### 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.)

- Chiropractic care
- Most coverage provided outside the United States. See [www.carefirst.com](http://www.carefirst.com)
- Non-emergency care when traveling outside the U.S.
- Routine eye care (Adult)
- Termination of pregnancy, except in limited circumstances

## Your Rights to Continue Coverage:

### \*\* Individual Health Insurance --

Federal and State laws may provide protections that allow you to keep this health insurance coverage as long as you pay your **premium**. There are exceptions, however, such as if:

- You commit fraud
- The insurer stops offering services in the State
- You move outside the coverage area

For more information on your rights to continue coverage, contact the insurer at 1-855-258-6518. You may also contact your state insurance department at

- Maryland -1-800-492-6116 or <http://www.mdinsurance.state.md.us>
- DC - 1-877-685-6391 or [www.disb.dc.gov](http://www.disb.dc.gov)
- Virginia - 1-877-310-6560 or [www.scc.virginia.gov/boi](http://www.scc.virginia.gov/boi)

## 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 **appeal** or file a **grievance**. For questions about your rights, this notice, or assistance, you can contact: [www.carefirst.com](http://www.carefirst.com) or 1-855-258-6518. You may also contact state consumer Assistance Program

- Maryland -1-800-492-6116 or <http://www.mdinsurance.state.md.us>
- DC - 1-877-685-6391 or [www.disb.dc.gov](http://www.disb.dc.gov)
- Virginia - 1-877-310-6560 or [www.scc.virginia.gov/boi](http://www.scc.virginia.gov/boi)

For group health coverage subject to ERISA you may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform).

### \*\* Group Health 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.

OR

For more information on your rights to continue coverage, contact the plan at 1-855-258-6518. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or [www.dol.gov/ebsa](http://www.dol.gov/ebsa), or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://www.cciio.cms.gov).

## 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 1-855-258-6518

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-855-258-6518

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-855-258-6518

Navajo (Dine): Dinek’ehgo shika at’ohwol ninisingo, kwijiho holne’ 1-855-258-6518

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



## 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.

Note: These coverage examples calculations are based on Individual Coverage Tier numbers for this plan.

### Having a Baby

(normal delivery)

- Amount owed to providers: \$7,540
- Plan pays: \$7,125
- Patient pays: \$415

#### 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
<b>Total</b>	<b>\$7,540</b>

#### Patient pays:

Deductibles	\$250
Copays	\$15
Coinsurance	\$0
Limits or exclusions	\$150
<b>Total</b>	<b>\$415</b>

### Managing type 2 diabetes

(routine maintenance of a well-controlled condition)

- Amount owed to providers: \$5,400
- Plan pays: \$4,540
- Patient pays: \$860

#### 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
<b>Total</b>	<b>\$5,400</b>

#### Patient pays:

Deductibles	\$250
Copays	\$560
Coinsurance	\$0
Limits or exclusions	\$50
<b>Total</b>	<b>\$860</b>

Note: These numbers assume the patient is participating in our diabetes wellness program. If you have diabetes and do not participate in the wellness program, your costs may be higher. For more information about the diabetes wellness program, please contact: [www.carefirst.com](http://www.carefirst.com)

## Questions and Answers about the Coverage Examples:

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### What are some of the assumptions behind the Coverage Examples?

- Costs don't include **premiums**.
- 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 in-network **providers**. If the patient had received care from out-of-network **providers**, costs would have been higher.


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### What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how **deductibles**, **copayments**, and **coinsurance** 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.


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### 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.


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### Does the Coverage Example predict my future expenses?

 **No.** Coverage Examples are **not** 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 **providers** charge, and the reimbursement your health plan allows.


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### 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.

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### 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-of-pocket costs, such as **copayments**, **deductibles**, and **coinsurance**. 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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