



**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 <https://eoc.anthem.com/eocdps/aso> or by calling 1-800-421-1880.

Important Questions	Answers	Why this Matters:
What is the overall <b>deductible</b> ?	In-network: <b>\$500/Individual \$1,000/Family</b> Out-of-network: <b>\$750/Individual / \$1,500 Family</b>	See the chart on page 2 for your costs for services this plan covers.
Are there other <b>deductibles</b> for specific services?	No.	You don't have to meet <b>deductibles</b> for specific services; but see the chart starting on page 2 for other costs for services this plan covers.
Is there an <b>out-of-pocket limit</b> on my expenses?	Yes. In-network: <b>\$4,500 Individual /\$9,000 Family</b> Out-of-network: <b>\$4,500/Individual/\$9,000 Family</b> Prescription drug: <b>\$2,000 Individual / \$4,000 Family</b>	The <b>out-of-pocket limit</b> is the most you could pay during a coverage period (one calendar 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 <b>out-of-pocket limit</b> ?	Costs associated with prescription drug copayments, the cost of care when the benefit limits have been reached, the cost of non-covered services and amounts above the allowed amount for services.	Even though you pay these expenses, they don't count toward the <b>out-of-pocket limit</b> .
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 <i>specific</i> covered services, such as office visits.

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# Virginia United Methodist Conference: HMO POS

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

Coverage Period: 01/01/2016 – 12/31/2016

Coverage for: Individual/Family | Plan Type: HMO

<p><b>Does this plan use a network of providers?</b></p>	<p>Yes. For a list of <b>HMO providers</b>, see <a href="http://www.anthem.com">www.anthem.com</a> or call 1-800-421-1880.</p>	<p>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>.</p>
<p><b>Do I need a referral to see a specialist?</b></p>	<p>Yes.</p>	<p>This plan will pay some or all of the costs to see a <b>specialist</b> for covered services but only if you have the plan's permission before you see the <b>specialist</b>.</p>
<p><b>Are there services this plan doesn't cover?</b></p>	<p>Yes.</p>	<p>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>.</p>



- **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 HMO **providers** by charging you lower **deductibles**, **copayments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	Your Cost If You Use HMO Providers	Your Cost If You Use Non-HMO Providers	Limitations & Exceptions
<p>If you visit a health care <b>provider's</b> office or clinic</p>	<p>Primary care visit to treat an injury or illness</p>	<p>\$20 copay/visit</p>	<p>30% coinsurance</p>	<p>Deductible does not apply to in-network care.</p>
	<p>Specialist visit</p>	<p>\$40 copay/visit</p>	<p>30% coinsurance</p>	<p>Deductible does not apply to in-network care.</p>

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	Other practitioner office visit	\$20 PCP copay/\$40 specialist copay/visit / \$25 copay/visit/ spinal manipulations /other manual medical interventions	30% coinsurance	Deductible does not apply to in-network care. Spinal manipulations/ other manual medical interventions /30 visit limit per member per calendar year combined in- and out-of-network.
	Preventive care/screening/immunization	No charge	30% coinsurance	Deductible does not apply to in-network care.
<b>If you have a test</b>	Diagnostic test (x-ray, blood work)	\$35 copayment	30% coinsurance	—————none—————
	Imaging (CT/PET scans, MRIs)	20% coinsurance	30% coinsurance	Pre-authorization required.

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<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.anthem.com">www.anthem.com</a></p>	Tier 1	\$15 copay/ prescription for Retail \$30 copay / prescription for Mail order	\$15 copay/ prescription for Retail \$30 copay / prescription for Mail order*	<p>Retail pharmacy drugs are limited to a 30-day supply. Mail order drugs are limited to a 90-day day supply.</p> <p>If you visit an out-of-network pharmacy, you will pay the full cost of your prescription at the pharmacy then file a claim for reimbursement. Reimbursement will be based on what a participating pharmacy would receive had the prescription been filled at a participating pharmacy. <b>*You may also be subject to any costs above the allowed amount.</b></p>
	Tier 2	\$30 copay/ prescription for Retail \$60 copay / prescription for Mail order	\$30 copay/ prescription for Retail \$60 copay / prescription for Mail order*	<p>Your plan uses a preferred drug list (formulary) which identifies the status of covered drugs. Some drugs may require prior authorization, while other drugs are subject to step therapy and quantity limit requirements. If the necessary prior authorization is not obtained, the drug may not be covered.</p>
	Tier 3	\$50 copay/ prescription for Retail \$100 copay / prescription for Mail order	\$50 copay/ prescription for Retail \$100 copay / prescription for Mail order*	<p>Out-of-pocket: \$2,000 Individual / \$4,000 Family</p>
<b>If you have outpatient surgery</b>	Facility fee (e.g., ambulatory surgery center)	\$150 copayment	30% coinsurance	—————none—————

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	Physician/surgeon fees	\$20 PCP / \$40 specialist /copay/visit	30% Coinsurance	—————none—————
<b>If you need immediate medical attention</b>	Emergency room services	\$200 copayment /visit/facility	\$200 copayment /visit/facility	Covered only for true emergency services.
	Emergency medical transportation	\$150 copayment	30% coinsurance	—————none—————
	Urgent care	\$20 PCP/\$40 specialist copay/visit	30% coinsurance	—————none—————
<b>If you have a hospital stay</b>	Facility fee (e.g., hospital room)	\$200 copayment per day / \$1,000 maximum / admission	30% coinsurance	Pre-certification required.
	Physician/surgeon fee	0% coinsurance	30% coinsurance	—————none—————

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<b>If you have mental health, behavioral health, or substance abuse needs</b>	Mental/Behavioral health outpatient services	\$20 copay /visit/ 30 minutes or less / \$30 copay per visit /all other visits / No charge/partial day program	30% coinsurance	—————none—————
	Mental/Behavioral health inpatient services	\$200 copayment per day / \$1,000 maximum / admission	30% coinsurance	Pre-certification required.
	Substance use disorder outpatient services	\$20 copay /visit/ 30 minutes or less / \$30 copay per visit /all other visits / No charge/partial day program	30% coinsurance	—————none—————
	Substance use disorder inpatient services	\$200 copayment per day / \$1,000 maximum / admission	30% coinsurance	Pre-certification required.
<b>If you are pregnant</b>	Prenatal and postnatal care	\$150 copay/ pre- & post-natal care and delivery (global bill)	30% coinsurance	—————none—————

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Common Medical Event	Services You May Need	Your Cost If You Use HMO Providers	Your Cost If You Use Non-HMO Providers	Limitations & Exceptions
	Delivery and all inpatient services	\$200 copayment per day / \$1,000 maximum / admission/facility / \$150 copay/ professional (global bill)	30% coinsurance	_____none_____
<b>If you need help recovering or have other special health needs</b>	Home health care	20% coinsurance	30% coinsurance	100 visit limit per member per calendar year combined in- and out-of-network.
	Rehabilitation services	\$25 copay /visit	30% coinsurance	30 combined visits for physical therapy / occupational therapy per member per calendar year combined in- and out-of-network; 30 visit limit for speech therapy per member per calendar year combined in- and out-of-network.
	Habilitation services	\$25 copay /visit	30% coinsurance	_____none_____
	Skilled nursing care	20% coinsurance	30% coinsurance	100 day per stay limit.
	Durable medical equipment	20% coinsurance	30% coinsurance	_____none_____
	Hospice service	No charge	30% coinsurance	Deductible does not apply to in-network care.
<b>If your child needs dental or eye care</b>	Eye exam	\$15 copay/ visit	\$30 allowance/visit	One eye exam per member per calendar year. Deductible does not apply.
	Glasses	Not covered	Not covered	_____none_____
	Dental check-up	Not covered	Not covered	_____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 excluded services.)

- Acupuncture
- Cosmetic surgery
- Dental care
- Hearing aids
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Routine foot care
- Morbid obesity

### 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
- Home private duty nursing services

## 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 plan at 540-586-1803. 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).

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### 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:

Anthem Blue Cross and Blue Shield: Appeals, Attention Member Services, P.O. Box 27401, Richmond, VA 23279.

Express Scripts, Inc.: Attention: Pharmacy Appeals, Mail Route BL0390, 6625 West 78<sup>th</sup> Street, Bloomington, MN 55439.

You may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-EBSA (3272) or [www.dol/ebsa/healthreform](http://www.dol/ebsa/healthreform).

### 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:

Si no es miembro todavía y necesita ayuda en idioma español, le suplicamos que se ponga en contacto con su agente de ventas o con el administrador de su grupo. Si ya está inscrito, le rogamos que llame al número de servicio de atención al cliente que aparece en su tarjeta de identificación.

如果您是非會員並需要中文協助，請聯絡您的銷售代表或小組管理員。如果您已參保，則請使用您 ID 卡上的號碼聯絡客戶服務人員。

Kung hindi ka pa miyembro at kailangan ng tulong sa wikang Tagalog, mangyaring makipag-ugnayan sa iyong sales representative o administrator ng iyong pangkat. Kung naka-enroll ka na, mangyaring makipag-ugnayan sa serbisyo para sa customer gamit ang numero sa iyong ID card.

Doo bee a'tah ni'liigoo eí dooda'í, shikáa adoolwoł iínizinigo t'áá diné k'éjígoo, t'áá shoodí ba na'alníhí ya sidáhí bich'í naabídííłkiid. Eí doo biigha daago ni ba'nija'go ho'aalagú bich'í hodiilní. Hai'daa iini'taago eíya, t'áá shoodí diné ya atáh halne'ígú ní béesh bee hane'í wólta' bi'ki si'niilígú bi'kéhgo bich'í hodiilní.

—————*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 \$6,180
- Patient pays \$1,360

#### 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	\$500
Copays	\$710
Coinsurance	\$0
Limits or exclusions	\$150
<b>Total</b>	<b>\$1,360</b>

### Managing type 2 diabetes (routine maintenance of a well-controlled condition)

- Amount owed to providers: \$5,400
- Plan pays \$3,700
- Patient pays \$1,700

#### 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	\$500
Copays	\$910
Coinsurance	\$210
Limits or exclusions	\$80
<b>Total</b>	<b>\$1,700</b>

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## Questions and answers about the Coverage Examples:

### 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.

### 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.

### 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 **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.

### 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-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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