

# Highlights of your Health Care Coverage

Effective Date: 01/01/2020

Any deductibles, copays, and coinsurance percentages shown are amounts for which you're responsible.  
 Medical Benefits apply after the calendar-year deductible is met unless otherwise noted, or if the cost share is a copay.

<b>MEDICAL PLAN</b>		
	<b>PREMERA PREFERRED CHOICE: PPO - \$1,000/20%/50%/\$5,000/\$30</b>	
	<b>IN-NETWORK</b>	<b>OUT-OF-NETWORK</b>
<b>MEDICAL COST SHARE OPTIONS</b>		
<b>Individual Deductible PCY</b> (Family embedded deductible 2X Individual)	\$1,000	\$2,000
<b>Coinsurance (Member's percentage of costs after deductible based on allowable charges)</b>	20%	50%
<b>Individual Out of Pocket Maximum PCY, includes deductible, coinsurance, copay and pharmacy if applicable</b> (Family embedded OOP max 2X Individual)	\$5,000	Unlimited
<b>Office Visit Cost Share</b>	\$30 Copay, applies to the \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>PREVENTIVE CARE OPTIONS AND HEALTH EDUCATION</b>		
<b>Preventive Office Visit</b> (Unlimited, subject to standard medical guidelines)	Covered In Full	Not Covered
<b>Immunizations</b> (Unlimited, subject to standard medical guidelines)	Covered In Full	Not Covered
<b>Health Education (HE)</b> (Unlimited)	Covered In Full	Not Covered
<b>Nicotine Dependency Programs (ND)</b> (Unlimited)	Covered In Full	Not Covered
<b>Diabetes Health Education (DE)</b> (Unlimited)	Covered In Full	Not Covered
<b>PROFESSIONAL CARE</b>		
<b>Professional Office Visit (Includes TeleMedicine)</b>	\$30 Copay, applies to the \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Inpatient Professional Services</b>	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum

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	<b>IN-NETWORK</b>	<b>OUT-OF-NETWORK</b>
<b>Contraceptive Management Services</b> (Unlimited)	Covered In Full	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>VIRTUAL CARE - ON DEMAND</b>		
<b>Virtual Care - General Medical/ Dermatology (Voice/Video)</b>	\$5 Copay, applies to the \$5,000 Out of Pocket Maximum	Not Applicable
<b>DIAGNOSTIC SERVICE OPTIONS</b>		
<b>Preventive Professional Diagnostic Imaging and Laboratory Services - Including Mammogram and PAP/PSA</b>	Covered In Full	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Other Professional Diagnostic Imaging</b>	Waive Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Professional Diagnostic Major Imaging</b>	Waive Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Other Professional Diagnostic Laboratory/Pathology</b>	Waive Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Diagnostic Mammography</b>	Waive Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>FACILITY CARE OPTIONS</b>		
<b>Inpatient Facility</b>	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Outpatient Surgery Facility</b>	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Skilled Nursing Facility</b> (60 days PCY; includes room and board, and facility billed professional and ancillary fees)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Hospice Inpatient Facility</b> (10 days Inpatient; within the 6 month lifetime maximum)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>PREMERA DESIGNATED CENTERS OF EXCELLENCE</b>		
<b>Centers of Excellence Packaged Services:</b> <b>Heritage Network:</b> Eligible Services Include: Total Joint Replacement (Knee & Hip Replacement) <b>Heritage Prime Network:</b> No Eligible Services	Heritage Network: Covered In Full	Covered as any other service*
<b>Travel and Care Coordination</b> (Limited to IRS Guidelines) <b>Heritage Prime Network:</b> No Eligible Services	Heritage Network: Covered In Full	Not Covered
<b>EMERGENCY CARE AND TRANSPORTATION OPTION</b>		
<b>Emergency Care (If applicable, waive copay if admitted to inpatient facility)</b>	\$150 Copay then \$1,000 Deductible and 20% Coinsurance; all cost shares apply to the \$5,000 Out of Pocket Maximum	\$150 Copay then \$1,000 Deductible and 20% Coinsurance; all cost shares apply to the \$5,000 Out of Pocket Maximum
<b>Emergency Room Physician</b>	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum

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<b>Urgent Care Center</b>	\$30 Copay, applies to the \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Ambulance Transportation</b> (Unlimited)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum
<b>Air Ambulance</b> (Unlimited)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum
<b>OTHER SERVICES</b>		
<b>Allergy/Therapeutic Injections</b>	Covered In Full	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Mental Health Inpatient Facility Care</b> (Unlimited)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Mental Health Outpatient Professional Care</b> (Unlimited)	\$30 Copay, applies to the \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Telemedicine - Mental Health</b>	Subject to Mental Health Outpatient Professional Care In-Network Cost Share	Not Applicable
<b>Chemical Dependency Inpatient Facility Care</b> (Unlimited)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Chemical Dependency Outpatient Professional Care</b> (Unlimited)	\$30 Copay, applies to the \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Rehab Inpatient Facility</b> (30 days PCY)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Rehab Outpatient Care, Including Physical, Occupational, Speech and Massage Therapy, and Chronic Pain</b> (45 visits PCY)	\$30 Copay, applies to the \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Rehab Outpatient Care Chronic Conditions, Including Cardiac, Pulmonary Rehab, and Cancer</b>	\$30 Copay, applies to the \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Medical Supplies, Equipment, Prosthetics</b> (Unlimited)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Foot Orthotics, Orthopedic Shoes and Accessories</b> (\$300 PCY; Includes orthotics and orthopedic shoes)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Home Health Visits</b> (130 visits PCY)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>Hospice Care</b> (Hospice Home Visits: Unlimited; Respite: 240 hours; within the 6 month lifetime maximum)	\$1,000 Deductible, then 20% Coinsurance, applies to \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>TMJ (Temporomandibular Joint Disorders)</b> (Unlimited (Medical and Dental services - Medical and Dental cost shares based on type of service))	Covered as any other service	Covered as any other service
<b>Transplants</b> (Unlimited; \$7,500 travel and lodging limits)	Covered as any other service	Not Covered
<b>ALTERNATIVE CARE</b>		
<b>Manipulations (Spinal and other)</b> (12 visits PCY)	\$30 Copay, applies to the \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum

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<b>Acupuncture</b> (12 visits PCY)	\$30 Copay, applies to the \$5,000 Out of Pocket Maximum	\$2,000 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
<b>SUPPLEMENTAL BENEFITS</b>		
<b>Routine Vision Exam</b> (1 PCY)	\$25 Copay	\$25 Copay
<b>Vision Hardware</b> (\$150 every 2 consecutive calendar years)	Covered In Full	Covered In Full
<b>Pediatric Vision Exam</b> (1 PCY under age 19)	\$25 Copay, applies to the \$5,000 Out of Pocket Maximum	\$25 Copay, applies to the \$5,000 Out of Pocket Maximum
<b>Pediatric Vision Hardware</b> (Under age 19: One pair of glasses PCY (frames & lenses). 12 month supply of contacts PCY, in lieu of glasses (frames & lenses).)	Covered In Full	Covered In Full
<b>ANNUAL PLAN MAXIMUM</b>		
<b>Annual Plan Maximum</b>	Unlimited	Unlimited

\*For non-Premera designated Centers of Excellence provider, joint replacement services are covered subject to plan cost shares.

Prior Authorization is required for many services to be covered. For more information please refer to your benefit booklet.

PCY = Per Calendar Year. Balance billing may apply if a provider is not contracted with Premera Blue cross. Members are responsible for amounts in excess of the allowable charge.

*This is not a complete explanation of covered services, exclusions, limitations, reductions or the terms under which the program may be continued in force. This benefit highlight is not a contract. For full coverage provisions, including a description of waiting periods, limitations and exclusions please contact Customer Service.*

### Discrimination is Against the Law

Premera Blue Cross (Premera) complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). Premera provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that Premera has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, Fax: 425-918-5592, TTY: 711, Email [AppealsDepartmentInquiries@Premera.com](mailto:AppealsDepartmentInquiries@Premera.com). 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 Ave 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>. You can also file a civil rights complaint with the Washington State Office of the Insurance Commissioner, electronically through the Office of the Insurance Commissioner Complaint Portal available at <https://www.insurance.wa.gov/file-complaint-or-check-your-complaint-status>, or by phone at 800-562-6900, 360-586-0241 (TDD). Complaint forms are available at <https://fortress.wa.gov/oic/onlineservices/cc/pub/complaintinformation.aspx>.

### Language Assistance

- ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-722-1471 (TTY: 711).
- 注意:** 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-722-1471 (TTY: 711)。
- CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-722-1471 (TTY: 711).
- 주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-722-1471 (TTY: 711) 번으로 전화해 주십시오.
- ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-722-1471 (телетайп: 711).
- PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-722-1471 (TTY: 711).
- УВАГА!** Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 800-722-1471 (телетайп: 711).
- ប្រយ័ត្ន:** បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អល្អ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 800-722-1471 (TTY: 711)។
- 注意事項:** 日本語を話される場合、無料の言語支援をご利用いただけます。800-722-1471 (TTY:711) まで、お電話にてご連絡ください。
- ማስታወሻ:** የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 800-722-1471 (መስማት ለተሳናቸው: 711)።
- XIYYEEFFANNA:** Afaan dubbattu Oroomiffa, tajaajjila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 800-722-1471 (TTY: 711).  
*ملحوظة:* إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-722-1471 (رقم هاتف الصم والبكم: 711).
- ਧਿਆਨ ਦਿਓ:** ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 800-722-1471 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।
- ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-722-1471 (TTY: 711).
- ໂປດຊາບ:** ຖ້າວ່າ ທ່ານວົາພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ຄ່າສ່ຽງຄ່າ, ຄວນມີພ້ອມໃຫ້ທ່ານ. ໂທ 800-722-1471 (TTY: 711).
- ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-722-1471 (TTY: 711).
- ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-722-1471 (ATS: 711).
- UWAGA:** Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-722-1471 (TTY: 711).
- ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-722-1471 (TTY: 711).
- ATTENZIONE:** In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-722-1471 (TTY: 711).
- توجه:** اگر بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-722-1471 (TTY: 711) تماس بگیرید.