PREMERA BLUE CROSS

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.

MEDICAL PLAN	**PREMERA PREFERRED CHOICE: PEAK CARE - $250/20%/NOT APP/$3,000/$25***	
	TAHOMA IN-NETWORK	**OUT-OF-NETWORK**
MEDICAL COST SHARE OPTIONS		
Individual Deductible PCY (Family embedded deductible 2X Individual)	$250	Not Covered
Coinsurance (Member's percentage of costs after deductible based on allowable charges)	20%	Not Covered
Individual Out of Pocket Maximum PCY, includes deductible, coinsurance, copay and pharmacy if applicable (Family embedded OOP max 2X Individual)	$3,000	Not Covered
Office Visit Cost Share	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
PREVENTIVE CARE OPTIONS AND HEALTH EDUCATION		
Preventive Office Visit (Unlimited, subject to standard medical guidelines)	Covered In Full	Not Covered
Immunizations (Unlimited, subject to standard medical guidelines)	Covered In Full	Not Covered
Health Education (HE) (Unlimited)	Covered In Full	Not Covered
Nicotine Dependency Programs (ND) (Unlimited)	Covered In Full	Not Covered
Diabetes Health Education (DE) (Unlimited)	Covered In Full	Not Covered
PROFESSIONAL CARE		
Professional Office Visit (Includes TeleMedicine)	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
Inpatient Professional Services	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Contraceptive Management Services (Unlimited)	Covered In Full	Not Covered

MEDICAL PLAN	PREMERA PREFERRED CHOICE: PEAK CARE - $250/20%/NOT APP/$3,000/$25*	
	TAHOMA IN-NETWORK	**OUT-OF-NETWORK**
VIRTUAL CARE - ON DEMAND		
Virtual Care - General Medical/ Dermatology (Voice/Video)	$5 Copay, applies to the $3,000 Out of Pocket Maximum	Not Applicable
DIAGNOSTIC SERVICE OPTIONS		
Preventive Professional Diagnostic Imaging and Laboratory Services - Including Mammogram and PAP/PSA	Covered In Full	Not Covered
Other Professional Diagnostic Imaging	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Professional Diagnostic Major Imaging	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Other Professional Diagnostic Laboratory/Pathology	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Diagnostic Mammography	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
FACILITY CARE OPTIONS		
Inpatient Facility	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Outpatient Surgery Facility	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Skilled Nursing Facility (60 days PCY; includes room and board, and facility billed professional and ancillary fees)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Hospice Inpatient Facility (10 days Inpatient; within the 6 month lifetime maximum)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
PREMERA DESIGNATED CENTERS OF EXCELLENCE		
Centers of Excellence Packaged Services (No Eligible Services)	Covered as any other service	Covered as any other service
EMERGENCY CARE AND TRANSPORTATION OPTION		
Emergency Care (If applicable, waive copay if admitted to inpatient facility)	$200 Copay then $250 Deductible and 20% Coinsurance; all cost shares apply to the $3,000 Out of Pocket Maximum	$200 Copay then $250 Deductible and 20% Coinsurance; all cost shares apply to the $3,000 Out of Pocket Maximum
Emergency Room Physician	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum
Urgent Care Center	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
Ambulance Transportation (Unlimited)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum
Air Ambulance (Unlimited)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum
OTHER SERVICES		

MEDICAL PLAN	PREMERA PREFERRED CHOICE: PEAK CARE - $250/20%/NOT APP/$3,000/$25*	
	TAHOMA IN-NETWORK	**OUT-OF-NETWORK**
Allergy/Therapeutic Injections	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Mental Health Inpatient Facility Care (Unlimited)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Mental Health Outpatient Professional Care (Unlimited)	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
Telemedicine - Mental Health	Subject to Mental Health Outpatient Professional Care In-Network Cost Share	Not Applicable
Chemical Dependency Inpatient Facility Care (Unlimited)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Chemical Dependency Outpatient Professional Care (Unlimited)	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
Rehab Inpatient Facility (30 days PCY)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Rehab Outpatient Care, Including Physical, Occupational, Speech and Massage Therapy, and Chronic Pain (45 visits PCY)	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
Rehab Outpatient Care Chronic Conditions, Including Cardiac, Pulmonary Rehab, and Cancer	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
Medical Supplies, Equipment, Prosthetics (Unlimited)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Foot Orthotics, Orthopedic Shoes and Accessories ($300 PCY; Includes orthotics and orthopedic shoes)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Home Health Visits (130 visits PCY)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
Hospice Care (Hospice Home Visits: Unlimited; Respite: 240 hours; within the 6 month lifetime maximum)	$250 Deductible, then 20% Coinsurance, applies to $3,000 Out of Pocket Maximum	Not Covered
TMJ (Temporomandibular Joint Disorders) (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
Transplants (Unlimited; $7,500 travel and lodging limits)	Covered as any other service	Not Covered
ALTERNATIVE CARE		
Manipulations (Spinal and other) (12 visits PCY)	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
Acupuncture (12 visits PCY)	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
SUPPLEMENTAL BENEFITS		
Routine Vision Exam (1 PCY)	$25 Copay	Not Covered
Vision Hardware ($150 every 2 consecutive calendar years)	Covered In Full	Covered In Full
Pediatric Vision Exam (1 PCY under age 19)	$25 Copay, applies to the $3,000 Out of Pocket Maximum	Not Covered
Pediatric Vision Hardware (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

MEDICAL PLAN	PREMERA PREFERRED CHOICE: PEAK CARE - $250/20%/NOT APP/$3,000/$25*	
	TAHOMA IN-NETWORK	**OUT-OF-NETWORK**
ANNUAL PLAN MAXIMUM		
Annual Plan Maximum	Unlimited	Unlimited

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.

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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. 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 ដោយមិនគិតឈ្នួល គឺអាចមានសំរាប់បំរើអ្នក។ 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 ሊያግዝዎት ተዘጋጀተዋል፡ ወደ ሚከተለው ቁጥር ይደውሉ 800-722-1471 (መስማት ለተሳናቸው: 711).

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila 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 ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັງຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ 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 به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-722-1471 (TTY: 711) تماس بگیرید.