PREMERA | BLUE CROSS

Highlights of your Health Care Coverage

Effective Date: 01/01/2024

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	**BALANCE 250 PLATINUM**	
	HERITAGE SIGNATURE AND DENTAL CHOICE IN-NETWORK	**OUT-OF-NETWORK**
Deductible (In-network only - Family embedded deductible 2X Individual)	$250	$500
Coinsurance	10%	50%
Out of Pocket Maximum (includes deductible, copays, coinsurance and pharmacy) (Family embedded OOP max 2X Individual)	$4,000	Unlimited
Office Visit Cost Share	$10 Copay designated PCP, applies to the $4,000 Out of Pocket Maximum; $25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Annual Maximum	Unlimited	Unlimited
1 Ambulatory Patient Services		
Professional Office Visit	$10 Copay designated PCP, applies to the $4,000 Out of Pocket Maximum; $25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Telemedicine by Traditional Provider – General Medical	$10 Copay designated PCP, applies to the $4,000 Out of Pocket Maximum; $25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Urgent Care Office Visits	$25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum

MEDICAL PLAN	BALANCE 250 PLATINUM	
	HERITAGE SIGNATURE AND DENTAL CHOICE IN-NETWORK	**OUT-OF-NETWORK**
Outpatient Professional Services	$250 Deductible, then 10% Coinsurance, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to the Unlimited Out of Pocket Maximum
Contraceptive Management Services (Unlimited)	Covered in Full	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
2 Emergency and Transportation Services		
Emergency Room - facility	$100 Copay then $250 Deductible and 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$100 Copay then $250 Deductible and 10% Coinsurance, applies to $4,000 Out of Pocket Maximum
Ambulance Service - ground (Unlimited)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum
Ambulance Service - air (Unlimited)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum
3 Hospitalization		
Inpatient Medical and Surgical Room and Board (Unlimited)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Skilled Nursing Facility (60 days PCY; includes room and board, and facility billed professional and ancillary fees)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Hospice Inpatient Facility (Unlimited)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Inpatient Professional Services	$250 Deductible, then 10% Coinsurance, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to the Unlimited Out of Pocket Maximum
Organ Transplants (Unlimited)	Covered as any other service	Not Covered
4 Maternity & Newborn Care		
Prenatal, Delivery, Postnatal (Coverage for subscriber, spouse, dependent)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
5 Mental Health & Substance Use Disorder Services, including Behavioral Health Treatment		
Chemical Dependency Office Visit (Unlimited)	$25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Chemical Dependency Outpatient Facility (Unlimited)	Waive Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Chemical Dependency Inpatient Facility (Unlimited)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Mental Health Office Visit (Unlimited)	$25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum

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	HERITAGE SIGNATURE AND DENTAL CHOICE IN-NETWORK	**OUT-OF-NETWORK**
Mental Health Outpatient Facility (Unlimited)	Waive Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Mental Health Inpatient Facility (Unlimited)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
6 Prescription Drug		
Drug List	M4 Tier 1 = preferred generic Tier 2 = preferred brand Tier 3 = non-preferred generic and brand Tier 4 = specialty	Not Covered
Prescription Drugs - Retail (Retail: 30 Days; Mail: 90 Days; Specialty: 30 Days)	$10/$30/$70, applies to OOP Max/ Subject to Deductible, then 25%	Not Covered
Prescription Drugs - Mail (Retail: 30 Days; Mail: 90 Days; Specialty: 30 Days)	$30/$90/$210, applies to OOP Max/Subject to Deductible, then 25%	Not Covered
7 Rehabilitative & Habilitative Services & Devices		
Inpatient Rehabilitation (30 days PCY combined limit for inpatient services)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Inpatient Habilitation (30 days PCY combined limit for inpatient services)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Rehab Outpatient Professional - physical, speech, occupational therapy (25 visits PCY combined limit for outpatient services)	$25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Habilitation Outpatient Professional - physical, speech, occupational therapy (25 visits PCY combined limit for outpatient services)	$25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Massage Therapy (Applies to rehab)	$25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Durable Medical Equipment (Unlimited)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
8 Laboratory/Imaging Services		
Pathology	Waive Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Imaging - basic	Waive Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Imaging - major (MRI, CT, PET)	$250 Deductible, then 10% Coinsurance, applies to $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Diagnostic Mammography	Covered in Full	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum

MEDICAL PLAN	BALANCE 250 PLATINUM	
	HERITAGE SIGNATURE AND DENTAL CHOICE IN-NETWORK	**OUT-OF-NETWORK**
Supplemental Breast Exam	Covered in Full	Covered as any other service
9 Preventive/Wellness Services & Chronic Disease Management		
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
Preventive Laboratory Screens	Covered in Full	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Preventive Imaging	Covered in Full	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Preventive Routine Mammography	Covered in Full	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
10 Pediatric Services, including Oral & Vision Care		
Pediatric Vision Exam (1 PCY Under age 19)	$25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum
Pediatric Eyewear (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
Pediatric Dental - Preventive	Covered in Full	Medical $500 Deductible, then 30% Coinsurance, applies to Unlimited Out of Pocket Maximum
Pediatric Dental - Basic	Waive Medical Deductible, then 20% Coinsurance, applies to $4,000 Out of Pocket Maximum	Medical $500 Deductible, then 40% Coinsurance, applies to Unlimited Out of Pocket Maximum
Pediatric Dental - Major	Medical $250 Deductible, then 50% Coinsurance, applies to $4,000 Out of Pocket Maximum	Medical $500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Virtual Care Services		
Telemedicine – General Medical (Virtual Care Only)	$10 Copay designated PCP, applies to the $4,000 Out of Pocket Maximum; $25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	Not Covered
Telemedicine - Mental Health (Virtual Care Only)	Subject to Mental Health Outpatient Professional Care In-Network Cost Share	Not Covered
Telemedicine - Chemical Dependency (Virtual Care Only)	Subject to Chemical Dependency Outpatient Office Visit	Not Covered
Routine Hearing		
Routine Hearing Exam (1 every 2 calendar years)	$25 Copay	$25 Copay
Routine Hearing Aids and Hardware ($1000 every 3 calendar years)	Covered in Full	Covered in Full
Alternative Care		

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	HERITAGE SIGNATURE AND DENTAL CHOICE IN-NETWORK	**OUT-OF-NETWORK**
Chiropractic (10 visits PCY)	$10 Copay, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Acupuncture (12 visits PCY)	$10 Copay, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum
Naturopath (Unlimited)	$10 Copay designated PCP, applies to the $4,000 Out of Pocket Maximum; $25 Copay Specialist and non designated PCP, applies to the $4,000 Out of Pocket Maximum	$500 Deductible, then 50% Coinsurance, applies to Unlimited Out of Pocket Maximum

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 of the plan.This benefit highlight is not a contract and may change. Please see your benefit booklet or call Customer Service for full coverage information including a description of waiting periods, limitations, and exclusions.

Notice of availability and nondiscrimination **800-722-1471 | TTY: 711**

Call for free language assistance services and appropriate auxiliary aids and services.
Llame para obtener servicios gratuitos de asistencia lingüística, y ayudas y servicios auxiliares apropiados.
呼吁提供免费的语言援助服务和适当的辅助设备及服务。
呼籲提供免費的語言援助服務和適當的輔助設備及服務。
Gọi cho các dịch vụ hỗ trợ ngôn ngữ miễn phí và các hỗ trợ và dịch vụ phụ trợ thích hợp.
무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 신청하십시오.
Звоните для получения бесплатных услуг по переводу и других вспомогательных средств и услуг.
Tumawag para sa mga libreng serbisyo ng tulong sa wika at angkop na mga karagdagang tulong at serbisyo.
Звертайтесь за безкоштовною мовною підтримкою та відповідними додатковими послугами.
សូមហៅទូរសព្ទទៅសេវាជំនួយភាសាដោយឥតគិតថ្លៃ ព្រមទាំងសេវាកម្ម និងជំនួយចាំបាច់ដែលសមរម្យផ្សេងៗ។
無料言語支援サービスと適切な補助器具及びサービスをお求めください。
ለነፃ የቋንቋ እርዳታ አገልግሎቶች እና ተገቢ ድጋፍ ሰጪ አጋዥ መሳሪያዎችን እና አገልግሎቶችን ለማግኘት በስልክ ቁጥር
Tajaajiloota deeggarsa afaan bilisaa fi gargaarsaa fi tajaajiloota barbaachisaa ta'an argachuuf bilbilaa.
મુફત ભાષા સહાયિતા સેવાવાં અને ઉચિત સહાયિક ચીજાં અને સેવાવાં વાસતે કાલ કરો।
Fordern Sie kostenlose Sprachunterstützungsdienste und geeignete Hilfsmittel und Dienstleistungen an.
ໃຫ້ເພື່ອຮັບການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ແລະ ການບໍລິການ ແລະ ການຊ່ວຍເຫຼືອພິເສດທີ່ເໝາະສົມແບບບໍ່ເສຍຄ່າ.
Rele pou w jwenn sèvis asistans lengwistik gratis ak èd epi sèvis oksilyè ki apwopriye.
Appelez pour obtenir des services gratuits d'assistance linguistique et des aides et services auxiliaires appropriés.
Zadzwoń, aby uzyskać bezpłatną pomoc językową oraz odpowiednie wsparcie i usługi pomocnicze.
Ligue para serviços gratuitos de assistência linguística e auxiliares e serviços auxiliares adequados.
Chiama per i servizi di assistenza linguistica gratuiti e per gli ausili e i servizi ausiliari appropriati.
اتصل للحصول على خدمات المساعدة اللغوية المجانية والمساعدات والخدمات المناسبة.
برای خدمات کمک زبانی رایگان و کمک‌ها و خدمات امدادی مقتضی، تماس بگیرید.

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, or sex, including sex characteristics, intersex traits, pregnancy or related conditions, sexual orientation, gender identity, and sex stereotypes. Premera does not exclude people or treat them less favorably because of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. Premera provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services 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 assistance services to people whose primary language is not English, which may include qualified interpreters and information written in other languages. If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact our 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, sexual orientation, or gender identity, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, TTY: 711, Fax: 425-918-5592, Email AppealsDepartmentInquiries@Premera.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our 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.

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