

Association of Washington Cities HealthFirst® Medical Plan

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

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

Coverage for: Individual & Eligible Family | 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.Regence.com or by calling 1 (866) 240-9580.

Important Questions	Answers	Why this Matters:
What is the overall <u>deductible</u> ?	\$0 claimant / \$0 family per calendar year.	See the chart starting on page 2 for your costs for services this plan covers.
Are there other <u>deductibles</u> for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services, but see the chart starting on page 2 for other costs for services this plan covers.
Is there an <u>out-of-pocket limit</u> on my expenses?	Yes. \$1,100 claimant / \$2,200 family per calendar year.	The <u>out-of-pocket limit</u> 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.
What is not included in the <u>out-of-pocket limit</u> ?	<u>Premiums</u> , balance-billed charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .
Does this plan use a <u>network</u> of <u>providers</u> ?	Yes. See www.Regence.com or call 1 (866) 240-9580 for lists of <u>preferred</u> or participating <u>providers</u> .	If you use an in-network doctor or other health care <u>provider</u> , 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 <u>provider</u> for some services. Plans use the term in-network, <u>preferred</u> , or participating for <u>providers</u> in their <u>network</u> . See the chart starting on page 2 for how this plan pays different kinds of <u>providers</u> .
Do I need a referral to see a <u>specialist</u> ?	No. You don't need a referral to see a <u>specialist</u> .	You can see the <u>specialist</u> you choose without permission from this plan.
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 5. See your policy or plan document for additional information about <u>excluded services</u> .

Questions: Call 1 (866) 240-9580 or visit us at www.Regence.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary.
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- **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 **preferred** and participating **providers** by charging you lower **deductibles**, **copayments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	Your Cost If You Use a Preferred Provider	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	\$10 copay / visit	\$10 copay / visit, and 30% coinsurance	\$10 copay / visit, and 30% coinsurance	Copayment applies to each office visit only. All other services are covered at the coinsurance specified.
	Specialist visit	\$10 copay / visit	\$10 copay / visit, and 30% coinsurance	\$10 copay / visit, and 30% coinsurance	
	Other practitioner office visit	No charge for acupuncture and spinal manipulations	30% coinsurance for acupuncture and spinal manipulations	30% coinsurance for acupuncture and spinal manipulations	Coverage is limited to 12 acupuncture visits / year. Coverage is limited to 15 spinal manipulations / year.
	Preventive care/ screening/immunization	No charge	No charge	30% coinsurance	No charge for childhood immunizations from non-participating providers .
If you have a test	Diagnostic test (x-ray, blood work)	No charge	30% coinsurance	30% coinsurance	—————none—————
	Imaging (CT/PET scans, MRIs)	No charge	30% coinsurance	30% coinsurance	

Common Medical Event	Services You May Need	Your Cost If You Use a Preferred Provider	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.Regence.com .	Generic drugs	\$4 copay / retail prescription \$8 copay / mail order prescription No charge for self-administrable cancer chemotherapy drugs			Coverage is limited to a 34-day supply retail or 90-day supply mail order. No charge for FDA-approved women's contraceptives prescribed by a health care provider . No charge for generic tobacco use cessation drug coverage when obtained with a prescription order at a participating pharmacy.
	Preferred brand drugs	\$15 copay / retail prescription \$30 copay / mail order prescription No charge for self-administrable cancer chemotherapy drugs			
	Non-preferred brand drugs	\$35 copay / retail prescription \$70 copay / mail order prescription No charge for self-administrable cancer chemotherapy drugs			
	Specialty drugs	Refer to generic, preferred brand and non-preferred brand drugs above.			
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	10% coinsurance	30% coinsurance	30% coinsurance	—————none—————
	Physician/surgeon fees	No charge	30% coinsurance	30% coinsurance	—————none—————
If you need immediate medical attention	Emergency room services	Facility: 10% coinsurance after \$75 copay Professional: No charge	Facility: 10% coinsurance after \$75 copay Professional: No charge	Facility: 10% coinsurance after \$75 copay Professional: No charge	Copayment applies to the facility charge for each visit (waived if admitted).
	Emergency medical transportation	20% coinsurance	20% coinsurance	20% coinsurance	—————none—————
	Urgent care	Covered the same as the If you visit a health care provider's office or clinic or If you have a test Common Medical Events.			—————none—————
If you have a hospital stay	Facility fee (e.g., hospital room)	10% coinsurance after \$150 copay	30% coinsurance after \$150 copay	30% coinsurance after \$150 copay	Copayment applies to each inpatient admission.
	Physician/surgeon fee	No charge	30% coinsurance	30% coinsurance	—————none—————

Common Medical Event	Services You May Need	Your Cost If You Use a Preferred Provider	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	No charge	No charge	30% coinsurance	Copayment applies to each inpatient admission.
	Mental/Behavioral health inpatient services	10% coinsurance after \$150 copay	10% coinsurance after \$150 copay	30% coinsurance after \$150 copay	
	Substance use disorder outpatient services	No charge	No charge	30% coinsurance	
	Substance use disorder inpatient services	10% coinsurance after \$150 copay	10% coinsurance after \$150 copay	30% coinsurance after \$150 copay	
If you are pregnant	Prenatal and postnatal care	No charge	30% coinsurance	30% coinsurance	Maternity services for children are not covered.
	Delivery and all inpatient services	10% coinsurance after \$150 copay	30% coinsurance after \$150 copay	30% coinsurance after \$150 copay	Copayment applies to each inpatient admission.
If you need help recovering or have other special health needs	Home health care	10% coinsurance	10% coinsurance	10% coinsurance	Coverage is limited to 130 visits / year.
	Rehabilitation services	10% coinsurance after \$150 copay for inpatient services	30% coinsurance after \$150 copay for inpatient services	30% coinsurance after \$150 copay for inpatient services	Coverage is limited to 15 inpatient days / year. Coverage is limited to 99 outpatient visits / year. Copayment applies to each inpatient admission.
	Habilitation services	10% coinsurance after \$150 copay for inpatient services	30% coinsurance after \$150 copay for inpatient services	30% coinsurance after \$150 copay for inpatient services	Coverage for outpatient neurodevelopmental therapy is limited to 60 outpatient visits / year. Copayment applies to each inpatient admission.
	Skilled nursing care	10% coinsurance after \$150 copay	10% coinsurance after \$150 copay	10% coinsurance after \$150 copay	Coverage is limited to 90 inpatient days / year. Copayment applies to each inpatient admission.
	Durable medical equipment	10% coinsurance	30% coinsurance	30% coinsurance	—————none—————

Common Medical Event	Services You May Need	Your Cost If You Use a Preferred Provider	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
	Hospice service	10% coinsurance after \$150 copay for inpatient services	10% coinsurance after \$150 copay for inpatient services	10% coinsurance after \$150 copay for inpatient services	Coverage is limited to 14 respite days / lifetime. Copayment applies to each inpatient admission.
If your child needs dental or eye care	Eye exam	No charge	No charge	No charge	Coverage is limited to 1 routine eye exam per claimant per calendar year.
	Glasses	Not covered	Not covered	Not covered	—————none—————
	Dental check-up	Not covered	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 <u>excluded services</u> .)		
<ul style="list-style-type: none"> Bariatric surgery Cosmetic surgery, except congenital anomalies Dental care (Adult) 	<ul style="list-style-type: none"> Hearing aids Infertility treatment Long-term care Private-duty nursing 	<ul style="list-style-type: none"> Routine foot care Vision hardware 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.)		
<ul style="list-style-type: none"> Acupuncture 	<ul style="list-style-type: none"> Chiropractic care 	<ul style="list-style-type: none"> Non-emergency care when traveling outside the U.S. Routine eye care (Adult)

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 1 (866) 240-9580. 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, or the U.S. Department of Health and Human Services at 1 (877) 267-2323 x61565 or www.cciio.cms.gov.

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 the plan at 1 (866) 240-9580 or visit www.Regence.com. You may also contact your state insurance department at 1 (800) 562-6900 or www.insurance.wa.gov or the U.S. Department of Labor, Employee Benefits Security Administration at 1 (866) 444-3272 or www.dol.gov/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?

In order for certain types of health coverage (for example, individually purchased insurance or job-based coverage) to qualify as minimum essential coverage, the plan must pay, on average, at least 60 percent of allowed charges for covered services. This is called the “minimum value standard.” **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 (866) 240-9580.

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.

Having a baby (normal delivery)

- Amount owed to providers: \$7,540
- Plan pays: \$6,930
- Patient pays: \$610

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
Total	\$7,540

Patient pays:

Deductibles	\$0
Copays	\$10
Coinsurance	\$450
Limits or exclusions	\$150
Total	\$610

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

- Amount owed to providers: \$5,400
- Plan pays: \$4,930
- Patient pays: \$470

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
Total	\$5,400

Patient pays:

Deductibles	\$0
Copays	\$260
Coinsurance	\$130
Limits or exclusions	\$80
Total	\$470

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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