BCBSND: BlueAccess 80 500 GF

Coverage for: Individual, Parent and Child, Parent and Children, Two Person, Family | Plan Type: PPO

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, call 1-844-363-8455 or visit www.bcbsnd.com/plandocuments. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other underlined terms see the Glossary. You can view the Glossary at https://www.healthcare.gov/sbc-glossary or call 1-844-363-8455 to request a copy.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	For PPO plan \$500 individual / \$1,500 parent and child / \$1,500 parent and children / \$1,500 two person / \$1,500 family For basic plan \$500 individual / \$1,500 parent and child / \$1,500 parent and children / \$1,500 two person / \$1,500 family	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your deductible?	Yes, preventive care.	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply.
Are there other deductibles for specific services?	Yes, \$500 for medical infertility services. There are no other specific <u>deductibles</u> .	You must pay all of the costs for these services up to the specific deductible amount before this plan begins to pay for these services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	For PPO plan \$1,500 individual / \$3,500 parent and child / \$3,500 parent and children / \$3,500 two person / \$3,500 family For basic plan \$2,000 individual / \$4,500 parent and child / \$4,500 parent and child / \$4,500 parent and children / \$4,500 two person / \$4,500 family	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out-of-pocket limit?</u>	<u>Premiums, copays,</u> infertility services, prescription drug services, <u>balance-billed</u> charges and health care this <u>plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .
Will you pay less if you use a <u>network provider</u> ?	Yes. See www.bcbsnd.com/find-a-doctor or call 1-844-363-8455 for a list of	

Do you need a <u>referral</u> to see a <u>specialist</u> ?	You can see the specialist you choose without a referral.
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All **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

Common Medical Event	Services You May Need	What You PPO Plan (You will pay the least)	u Will Pay Basic Plan (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Primary care visit to treat an injury or illness	\$30 <u>copay</u> /visit; <u>deductible</u> does not apply	\$35 <u>copay</u> /visit; <u>deductible</u> does not apply	None
	Specialist visit	\$30 <u>copay</u> /visit; <u>deductible</u> does not apply	\$35 <u>copay</u> /visit; <u>deductible</u> does not apply	None
If you visit a health care <u>provider's</u> office or clinic	Preventive care/screening/immunization	No charge; see exceptions	No charge; see exceptions	No charge for immunizations. Benefits are limited to preventive visits and screenings, mammography, pap smears, prostate cancer screening and fecal occult blood testing. \$200 maximum per member age 7 and older for routine screenings. Benefits are subject to the maximum benefit allowances described in your plan. Some benefits are subject to a copay for the office visit portion of the screening. *See section 1. You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for.
Mary have a toot	Diagnostic test (x-ray, blood work)	20% coinsurance	25% coinsurance	None
If you have a test	Imaging (CT/PET scans, MRIs)	20% coinsurance	25% coinsurance	None

^{*}For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.bcbsnd.com/plandocuments</u>.

Common Medical	Services You May Need	What You Will Pay PPO Plan Basic Plan		Limitations, Exceptions, & Other	
Event		(You will pay the least)	(You will pay the most)	Important Information	
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.bcbsnd.com/members/rx-tools	Generic <u>formulary</u> drugs	\$7.50 <u>copay/prescription</u> and 12% <u>coinsurance;</u> <u>deductible</u> does not apply (retail & mail order)	\$7.50 copay/prescription and 12% coinsurance; deductible does not apply (retail & mail order)	Benefits are subject to the <u>copay</u> application described in the benefit <u>plan</u> . *See section 1. \$1,200 <u>coinsurance</u> maximum per person per benefit period.	
	Brand name <u>formulary</u> drugs	\$25 <u>copay</u> /prescription and 25% <u>coinsurance</u> ; <u>deductible</u> does not apply (retail & mail order)	\$25 <u>copay/prescription</u> and 25% <u>coinsurance;</u> <u>deductible</u> does not apply (retail & mail order)	Benefits are subject to the <u>copay</u> application described in the benefit <u>plan</u> . *See section 1. \$1,200 <u>coinsurance</u> maximum per person per benefit period.	
	Nonformulary drugs	\$30 copay/prescription and 50% sanction; deductible does not apply (retail & mail order)	\$30 copay/prescription and 50% sanction; deductible does not apply (retail & mail order)	Benefits are subject to the <u>copay</u> application described in the benefit <u>plan</u> . *See section 1. \$1,200 <u>coinsurance</u> maximum per person per benefit period.	
	Specialty drugs	\$7.50 copay/prescription and 12% coinsurance; deductible does not apply (generic formulary) \$25 copay/prescription and 25% coinsurance; deductible does not apply (brand name formulary) \$30 copay/prescription and 50% sanction; deductible does not apply (nonformulary)	\$7.50 copay/prescription and 12% coinsurance; deductible does not apply (generic formulary) \$25 copay/prescription and 25% coinsurance; deductible does not apply (brand name formulary) \$30 copay/prescription and 50% sanction; deductible does not apply (nonformulary)	Benefits are subject to the copay application described in the benefit plan. *See section 1. \$1,200 coinsurance maximum per person per benefit period. Specialty drugs must be received from the preferred specialty pharmacy network.	

^{*}For more information about limitations and exceptions, see the $\underline{\text{plan}}$ or policy document at $\underline{\text{www.bcbsnd.com/plandocuments}}$.

Common Medical		What You Will Pay		Limitations Franchisms 9 Other
Event	Services You May Need	PPO Plan (You will pay the least)	Basic Plan (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you have	Facility fee (e.g., ambulatory surgery center)	20% coinsurance	25% coinsurance	None
outpatient surgery	Physician/surgeon fees	20% coinsurance	25% coinsurance	None
If you need	Emergency room care	\$60 copay/visit and 20% coinsurance	\$60 <u>copay</u> /visit and 20% <u>coinsurance</u>	Copay waived when member is admitted as inpatient.
immediate medical attention	Emergency medical transportation	20% coinsurance	20% coinsurance	None
attention	<u>Urgent care</u>	\$30 <u>copay</u> /visit; <u>deductible</u> does not apply	\$35 <u>copay</u> /visit; <u>deductible</u> does not apply	None
If you have a	Facility fee (e.g., hospital room)	20% coinsurance	25% coinsurance	Precertification may be required.
hospital stay	Physician/surgeon fees	20% coinsurance	25% coinsurance	None
If you need mental health, behavioral health or substance abuse	Outpatient services	\$30 copay/office visit; deductible does not apply 20% coinsurance for other outpatient services	\$35 <u>copay</u> /office visit; <u>deductible</u> does not apply 20% <u>coinsurance</u> for other outpatient services	No charge for first five hours of psychiatric services or first five visits for substance abuse services. Precertification may be required.
services	Inpatient services	20% coinsurance	25% coinsurance	Precertification may be required.
	Office visits	20% <u>coinsurance</u> ; <u>deductible</u> does not apply	25% <u>coinsurance;</u> <u>deductible</u> does not apply	None
If you are pregnant	Childbirth/delivery professional services	20% <u>coinsurance</u> ; see exceptions	25% coinsurance	Deductible does not apply for delivery services received from a PPO provider when a member is enrolled in the prenatal plus program.
	Childbirth/delivery facility services	20% <u>coinsurance</u> ; see exceptions	25% coinsurance	Deductible does not apply for delivery services received from a PPO provider when a member is enrolled in the prenatal plus program.

Common Medical Event	Services You May Need	What You Will Pay PPO Plan Basic Plan (You will pay the least) (You will pay the most)		Limitations, Exceptions, & Other Important Information
	Home health care	20% coinsurance	25% <u>coinsurance</u>	Precertification is required.
If you need help	Rehabilitation services	\$20 copay/visit and 20% coinsurance; deductible does not apply	\$25 <u>copay</u> /visit and 25% <u>coinsurance</u> ; <u>deductible</u> does not apply	None
recovering or have other special health needs	Habilitation services	\$20 copay/visit and 20% coinsurance; deductible does not apply	\$25 <u>copay</u> /visit and 25% <u>coinsurance</u> ; <u>deductible</u> does not apply	90 visits max/benefit period may apply for each therapy: physical, occupational and speech.
	Skilled nursing care	20% coinsurance	25% coinsurance	Precertification is required.
	Durable medical equipment	20% coinsurance	25% coinsurance	Precertification may be required.
	Hospice services	20% coinsurance	25% coinsurance	None
If your child needs dental or eye care	Children's eye exam	Not covered	Not covered	N/A
	Children's glasses	Not covered	Not covered	N/A
	Children's dental check-up	Not covered	Not covered	N/A

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

- Acupuncture
- Cosmetic surgery
- Dental care (pediatric or adult)

- Long-term (custodial) care
- Routine eye care (pediatric or adult)

- Routine foot care
- Weight loss programs

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)

- Bariatric surgery (lifetime maximum of 1 operative procedure)
- Chiropractic care

- Hearing aids (1 hearing aid per ear every 3 years for members under age 18)
- Infertility treatment (\$20,000 lifetime maximum)
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: BCBSND at 1-844-363-8455 or www.bcbsnd.com; or the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit http://www.HealthCare.gov or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: BCBSND at 1-844-363-8455 or <u>www.bcbsnd.com</u>; the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <u>www.dol.gov/ebsa/healthreform</u>; or North Dakota Insurance Department at 1-701-328-2440, 1-800-247-0560 or <u>www.nd.gov/ndins/contact</u>.

Does this plan provide Minimum Essential Coverage? Yes.

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

Does this plan meet Minimum Value Standards? Yes.

If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

Language Access Services:

See BCBSND's attached disclosure for information on available language assistance services.

About these Coverage Examples:



Total Example Cost

This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

■The plan's overall deductible	\$500
Specialist copayment	\$30
■Hospital (facility) coinsurance	20%
Other coinsurance	20%

This EXAMPLE event includes services like:

Specialist office visits (prenatal care)
Childbirth/Delivery Professional Services
Childbirth/Delivery Facility Services
Diagnostic tests (ultrasounds and blood work)
Specialist visit (anesthesia)

	,
In this example, Peg would pay:	
Cost Sharing	
<u>Deductibles</u>	\$500
Copayments	\$40

<u>Coinsurance</u>	\$1,000
What isn't covered	
Limits or exclusions	\$20
The total Peg would pay is	\$1,560

Managing Joe's type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

■The <u>plan's</u> overall <u>deductible</u>	\$500
■Specialist copayment	\$30
■Hospital (facility) coinsurance	20%
Other coinsurance	20%

This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (*including disease education*)
Diagnostic tests (*blood work*)

Diagnostic tests (blood work)

Prescription drugs

Total Example Cost

\$12,700

<u>Durable medical equipment</u> (glucose meter)

Total Example Cool	Ψ0,000		
In this example, Joe would pay:			
Cost Sharing			
<u>Deductibles</u>	\$200		
Copayments	\$500		
Coinsurance	\$500		
What isn't covered			
Limits or exclusions	\$20		
The total Joe would pay is	\$1,220		

Mia's Simple Fracture

(in-network emergency room visit and follow up care)

■The plan's overall deductible	\$500
Specialist copayment	\$30
■Hospital (facility) coinsurance	20%
Other coinsurance	20%

This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

Total Example Cost

\$5,600

<u>Durable medical equipment</u> (crutches)

Rehabilitation services (physical therapy)

V =,000
\$500
\$200
\$400
\$0
\$1,100

Note: These numbers assume the patient does not participate in the <u>plan's</u> wellness program. If you participate in the <u>plan's</u> wellness program, you may be able to reduce your costs. For more information about the wellness program, please contact BCBSND at 1-844-363-8455 or <u>www.bcbsnd.com</u>.

\$2.800



In accordance with federal regulations, Blue Cross Blue Shield of North Dakota is required to provide you the following disclosure:

Blue Cross Blue Shield of North Dakota complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity, sexual orientation or sex. Blue Cross Blue Shield of North Dakota does not exclude people or treat them differently because of race, color, national origin, age, disability, gender identity, sexual orientation or sex.

Blue Cross Blue Shield of North Dakota:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, please call Member Services at 1-844-363-8457 (toll-free) or through the North Dakota Relay at 1-800-366-6888 or 711.

If you believe that Blue Cross Blue Shield of North Dakota has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, gender identity, sexual orientation or sex, you can file a grievance with:

Civil Rights Coordinator

4510 13th Ave S

Fargo, ND 58121

701-297-1638 or North Dakota Relay at 800-366-6888 or 711

701-282-1804 (fax)

<u>CivilRightsCoordinator@bcbsnd.com</u> (email) (Communication by unencrypted email presents a risk.)

You can file a grievance in person or by mail, fax, or email within 180 days of the date of the alleged discrimination. Grievance forms are available at http://www.bcbsnd.com/report or by calling 1-844-363-8457. 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.isf, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue SW.

Room 509F, HHH Building

Washington, DC 20201

800-368-1019 or 800-537-7697 (TDD)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html

Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888 o 711).

Deutsch (German)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888 oder 711).

中文 (Chinese)

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 1-844-363-8457(TTY: 1-800-366-6888 或 711)。

Oroomiffa (Oromo)

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-844-363-8457 (TTY: 1-800-366-6888 ykn 711).

Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-844-363-8457 (TTY: 1-800-366-6888 hoặc 711).

Ikirundi (Bantu - Kirundi)

ICITONDERWA: Nimba uvuga Ikirundi, uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona 1-844-363-8457 (TTY: 1-800-366-6888 canke 711).

(Arabic) العربية

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 8457-863-844-1 (رقم هاتف الصم والبكم: 6888-366-808-1 أو 711).

Kiswahili (Swahili)

KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-844-363-8457 (TTY: 1-800-366-6888 au 711).

Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-844-363-8457 (телетайп: 1-800-366-6888 или 711).

日本語 (Japanese)

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。1-844-363-8457(TTY: 1-800-366-6888 または 711)まで、お電話にてご連絡ください。

नेपाली (Nepali)

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-844-363-8457 (टिटिवाइ: 1-800-366-6888 वा 711) ।

Français (French)

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-844-363-8457 (ATS: 1-800-366-6888 ou 711).

한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-844-363-8457 (TTY: 1-800-366-6888 또는 711)번으로 전화해 주십시오.

Tagalog (Tagalog - Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-844-363-8457 (TTY: 1-800-366-6888 o 711).

Norsk (Norwegian)

MERK: Hvis du snakker norsk, er gratis språkassistansetjenester tilgjengelige for deg. Ring 1-844-363-8457 (TTY: 1-800-366-6888 eller 711).

Diné Bizaad (Navajo)

Díí baa akó nínízin: Díí saad bee yáníłti'go **Diné Bizaad**, saad bee áká'ánída'áwo'dęę', t'áá jiik'eh, éí ná hóló, koji' hódíílnih 1-844-363-8457 (TTY: 1-800-366-6888 éí doodagó 711.)