BlueCross BlueShield of Vermont

Plan J - $100 Deductible

$20 PCP/$20 Specialist co-payment, $100 Ancillary deductible, 20% co-insurance
Pharmacy: $5 co-payment/$20 co-payment/$45 co-payment

Coverage Period Begins: 01/01/2018

Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services

Coverage For: VSTRS **Plan Type:** Indemnity

The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) 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, www.bcbsvt.com/planj_cert or www.bcbsvt.com/planj_rider. For general definitions of common terms, such as allowed amount, balance billing, co-insurance, co-payment, deductible, provider, or other underlined terms see the Glossary. You can view the Glossary at http://www.bcbsvt.com/glossary or call (800) 255-4550 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall **deductible**?	$0 individual / $0 family.	See the Common Medical Events chart below for your costs for services this plan covers. Your plan year: 01/01/2018 through 12/31/2018. We apply any portion of your deductible that you pay for services occurring after September 30 each plan year towards your next year's deductible as well.
Are there services covered before you meet your **deductible**?	Not applicable.	Not applicable.
Are there other **deductibles** for specific services?	Yes. $100 individual up to a maximum of three member deductibles per family for emergency medical transport, durable medical equipment and supplies, and private duty nursing.	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 **out-of-pocket limit** for this plan?	Major medical: $600 per member. Combined out-of-pocket limit for services such as emergency medical transport, durable medical equipment and supplies, and private duty nursing. Prescription drugs: $600 individual / $1,200 family.	The out-of-pocket limit is the most you could pay in a plan year for covered services. If you have other family members in this plan, they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met.
What is not included in the **out-of-pocket limit**?	Co-payments on certain services, premiums, balance-billing charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a **network provider**?	Yes. See www.bcbsvt.com/findadoctor or call (800) 255-4550 for a list of network providers.	This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware, your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services.
Do you need a referral to see a **specialist**?	No.	You can see the specialist you choose without a referral.

*Deductible applies to these services.

SNO/BPN: 1023018/YS73

All co-payment and co-insurance 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 Will Pay		Limitations, Exceptions & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	$20 co-payment per visit for primary care physician and mental health / substance abuse	$20 co-payment per visit for primary care physician and mental health / substance abuse	Some services require prior approval. For clarification on mental health services visit www.bcbsvt.com/mental-health-primary-care.
	Specialist visit	$20 co-payment per visit	$20 co-payment per visit	Some services require prior approval.
	Other practitioner office visit	$20 co-payment per visit for chiropractic care and nutritional counseling, no charge for outpatient physical, speech, and occupational therapy	No charge for outpatient physical, speech, and occupational therapy; chiropractic care and nutritional counseling not covered	Some services require prior approval. Outpatient physical, speech and occupational therapy benefits are covered up to 30 visits combined. Nutritional counseling benefits are covered up to 3 visits. There is no limit on the number of nutritional counseling visits for treatment of diabetes.
	Preventive care/Screening/ Immunization	$20 co-payment per visit	$20 co-payment per visit	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. For clarification on preventive services visit www.bcbsvt.com/preventive.
If you have a test	Diagnostic test (x-ray, blood work)	No charge for office-based and outpatient hospital	No charge for office-based and outpatient hospital	Some services require prior approval.
	Imaging (CT/PET scans, MRIs)	No charge	No charge	Most services require prior approval.

*Deductible applies to these services.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
If you need drugs to treat your illness or condition.	Generic drugs	$5 co-payment / $10 co-payment	Not covered	All generic and brand diabetic prescription drugs are covered at 100%. Up to a 30-day supply retail / 90-day supply home delivery for most prescription drugs. Some prescriptions require prior approval.
	Preferred brand drugs	$20 co-payment / $40 co-payment	Not covered	Up to a 30-day supply retail / 90-day supply home delivery for most prescription drugs. Some prescriptions require prior approval.
	Non-preferred brand drugs	$45 co-payment / $90 co-payment	Not covered	Up to a 30-day supply retail / 90-day supply home delivery for most prescription drugs. Some prescriptions require prior approval.
	Wellness drugs	Wellness prescription drugs process the same as any other prescription.	Not covered	Up to a 30-day supply retail / 90-day supply home delivery for most prescription drugs. Some prescriptions require prior approval.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No charge	No charge	Some services require prior approval.
	Physician/surgeon fees	No charge	No charge	Some services require prior approval.
If you need immediate medical attention	Emergency room care	No charge for facility services; $20 co-payment per visit for physician services	No charge for facility services; $20 co-payment per visit for physician services	Must meet emergency criteria. Co-payment waived if admitted.
	Emergency medical transportation	$100 individual/$300 family deductible, then 20% co-insurance	$100 individual/$300 family deductible, then 20% co-insurance	Must meet emergency criteria.
	Urgent care	$20 co-payment per visit	$20 co-payment per visit	Applies to urgent care facilities.
If you have a hospital stay	Facility fee (e.g., hospital room)	No charge	No charge	Out-of-state inpatient care requires prior approval.
	Physician/surgeon fee	No charge	No charge	Some services require prior approval.
If you need mental health, behavioral health, or substance abuse services	Outpatient services	No charge	No charge	Some services require prior approval.
	Inpatient services	No charge	No charge	Includes facility and physician fees. Requires prior approval.

*Deductible applies to these services.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions & Other Important Information
		Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	
If you are pregnant	Office Visits	No charge	No charge	Depending on the type of services, a co-payment, co-insurance, or deductible may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound.). For a list of services visit www.bcbsvt.com/preventive.
	Childbirth/delivery professional services	No charge	No charge	Out-of-state inpatient care requires prior approval.
	Childbirth/delivery facility services	No charge	No charge	Out-of-state inpatient care requires prior approval.
If you need help recovering or have other special health needs	Home health care	No charge for home health care; $100 individual/$300 family deductible, then 20% co-insurance for private duty nursing	No charge for home health care; $100 individual/$300 family deductible, then 20% co-insurance for private duty nursing	Home infusion therapy requires prior approval. Outpatient physical, speech and occupational therapy benefits are covered up to 30 visits combined.
	Rehabilitation services	No charge inpatient; cardiac / pulmonary services no charge	No charge inpatient; cardiac pulmonary services not covered	Inpatient rehabilitation services require prior approval.
	Habilitation services	No charge for inpatient services	No charge for inpatient services	Requires prior approval. Outpatient physical, speech and occupational therapy benefits are covered up to 30 visits combined.
	Skilled nursing care (facility)	No charge	Not covered	Requires prior approval.
	Durable medical equipment (including supplies)	$100 individual/$300 family deductible, then 20% co-insurance	$100 individual/$300 family deductible, then 20% co-insurance	May require prior approval. Diabetic supplies are covered at 100%.
	Hospice	No charge	No charge	None
If your child needs dental or eye care	Eye exam	Not covered	Not covered	None
	Glasses	Not covered	Not covered	None
	Dental check-up	Not covered	Not covered	None

*Deductible applies to these services.

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 (except with prior approval for reconstruction)
- Dental care (child and adult)
- Hearing aids
- Long-term care
- Routine eye care
- Routine foot care (except for treatment of diabetes)
- 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
- Chiropractic Care (requires prior approval after 12 visits)
- Infertility Medications
- Non-emergency care when traveling outside the U.S. (www.bcbsvt.com/coveragewhiletraveling)
- Private-duty nursing (covered up to 14 hours per plan year)

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: Department of Labor's Employee Benefits Security Administration at (866) 444-EBSA (3272) or www.dol.gov/ebsa/healthreform, or the Department of Health and Human Services at (877) 267-2323 x61565 or www.cciio.cms.gov. You may also contact the plan at (800) 247-2583. 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 www.HealthCare.gov or call (800) 318-2596.

Your Grievance and Appeals Rights:

There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: (800) 255-4550.

Does this plan provide Minimum Essential Coverage? Yes.

If you don't have Minimum Essential Coverage for a month, you'll have to make a payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for that month.

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.

To see examples of how this plan might cover costs for a sample medical situation, see the next page.

About these Coverage Examples:

This is not a cost estimator. Treatments shown are just examples of how this plan might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your providers charge, and many other factors. Focus on the cost sharing amounts (deductibles, co-payments and co-insurance) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. 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	$0
Specialist co-payment	$20
Hospital (facility) co-payment	$0
Other co-payment	$0

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)*

Total Example Cost	$12,700

In this example, Peg would pay:

Cost Sharing	
Deductibles	$0
Co-payments	$190
Co-insurance	$0
What isn't covered	
Limits or exclusions	$60
The total Peg would pay is	**$250**

Managing Joe's type 2 Diabetes
(a year of routine in-network care of a well-controlled condition)

The plan's overall deductible	$0
Specialist co-payment	$20
Hospital (facility) co-payment	$0
Other co-payment	$0

This EXAMPLE event includes services like:
Primary care physician office visits *(including disease education)*
Diagnostic tests *(blood work)*
Prescription drugs
Durable medical equipment *(glucose meter)*

Total Example Cost	$7,400

In this example, Joe would pay:

Cost Sharing	
Deductibles*	$100
Co-payments	$680
Co-insurance	$330
What isn't covered	
Limits or exclusions	$60
The total Joe would pay is	**$1,170**

Mia's Simple Fracture
(in-network emergency room visit and follow up care)

The plan's overall deductible	$0
Specialist co-payment	$20
Hospital (facility) co-payment	$0
Other co-payment	$0

This EXAMPLE event includes services like:
Emergency room care *(including medical supplies)*
Diagnostic test *(x-ray)*
Durable medical equipment *(crutches)*
Rehabilitation services *(physical therapy)*

Total Example Cost	$1,900

In this example, Mia would pay:

Cost Sharing	
Deductibles*	$200
Co-payments	$180
Co-insurance	$120
What isn't covered	
Limits or exclusions	$0
The total Mia would pay is	**$500**

The plan would be responsible for the other costs of these EXAMPLE covered services.
The prescription drug out-of-pocket limit might not be included in the above Coverage Examples.
*Note: This plan has other deductibles for specific services included in the coverage example. See "Are there other deductible for specific services?" row above.

Custom Summary Name: BCBS-J plan-x-600-20%-STK-20-20-x-x-x-x-GF-LARG (MD25455)_BCBS-Rx-0-600-x-5-20-45-2-x-G(RX23711)_Diab100_WQ4_BER CY 1023018 YS73

NOTICE: Discrimination is Against the Law

Blue Cross and Blue Shield of Vermont (BCBSVT) and its affiliate The Vermont Health Plan (TVHP) comply with applicable federal and state civil rights laws and do not discriminate, exclude people or treat them differently on the basis of race, color, national origin, age, disability, gender identity or sex.

BCBSVT provides free aids and services to people with disabilities to communicate effectively with us. We provide, for example, qualified sign language interpreters and written information in other formats (e.g., large print, audio or accessible electronic format).

BCBSVT provides free language services to people whose primary language is not English. We provide, for example, qualified interpreters and information written in other languages.

If you need these services, please call (800) 247-2583. If you would like to file a grievance because you believe that BCBSVT has failed to provide services or discriminated on the basis of race, color, national origin, age, disability, gender identity or sex, contact:

Civil Rights Coordinator
Blue Cross and Blue Shield of Vermont
PO Box 186
Montpelier, VT 05601
(802) 371-3394
TDD/TTY: (800) 535-2227
civilrightscoordinator@bcbsvt.com

You can file a grievance by mail, or email at the contacts above. If you need assistance, 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 Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
(800) 368-1019
(800) 537-7697 (TDD)

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

For free language-assistance services, call (800) 247-2583.

ARABIC

للحصول على خدمات المساعدة اللغوية المجانية، اتصل على الرقم (800) 247-2583.

GERMAN

Kostenlose fremdsprachliche Unterstützung erhalten Sie unter (800) 247-2583.

SPANISH

Para servicios gratuitos de asistencia con el idioma, llame al (800) 247-2583.

FRENCH

Pour obtenir des services d'assistance linguistique gratuits, appelez le (800) 247-2583.

ITALIAN

Per i servizi gratuiti di assistenza linguistica, chiamare il numero (800) 247-2583.

JAPANESE

無料の通訳サービスのご利用は、(800) 247-2583までお電話ください。

NEPALI

निःशुल्क भाषा सहायता सेवाहरूका लागि, (800) 247-2583 मा कल गर्नुहोस्।

PORTUGUESE

Para serviços gratuitos de assistência linguística, ligue para o (800) 247-2583.

RUSSIAN

Чтобы получить бесплатные услуги переводчика, позвоните по телефону (800) 247-2583.

SERBO-CROATIAN (SERBIAN)

Za besplatnu uslugu prevođenja, pozovite na broj (800) 247-2583.

THAI

สำหรับการให้บริการความช่วยเหลือด้านภาษาฟรี โทร (800) 247-2583

TAGALOG

Para sa libreng mga serbisyo ng tulong pangwika, tumawag sa (800) 247-2583.

VIETNAMESE

Để biết các dịch vụ hỗ trợ ngôn ngữ miễn phí, hãy gọi số (800) 247-2583.

CHINESE

如需免費語言協助服務，請致電(800) 247-2583。

CUSHITE (OROMO)

Tajaajila gargaarsa afaan hiikuu kaffaltii malee argachuuf (800) 247-2583 bilbilaa.