#### \$20 PCP/\$20 Specialist co-payment, \$100 Ancillary deductible, 20% co-insurance Pharmacy: \$5 co-payment/\$20 co-payment/\$45 co-payment **Summary of Benefits and Coverage:** What this Plan Covers & What You Pay for Covered Services

**Plan J - \$100 Deductible** 

**BlueCross BlueShield** 

of Vermont

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. 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 <a href="http://www.bcbsvt.com/glossary">http://www.bcbsvt.com/glossary</a> 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 <u>plan</u> covers. Your <u>plan</u> year: 01/01/2022 through 12/31/2022. We apply any portion of your <u>deductible</u> that you pay for services occurring after September 30 each <u>plan</u> year towards your next year's <u>deductible</u> as well.
Are there services covered before you meet your <u>deductible</u> ?	Not applicable.	Not applicable.
Are there other <b><u>deductibles</u></b> for specific services?	Yes. \$100 individual up to a maximum of three member <u>deductibles</u> per family for emergency medical transport, <u>durable medical equipment</u> and supplies, and private duty nursing.	You must pay all of the costs for these services up to the specific <u>deductible</u> amount before this <u>plan</u> begins to pay for these services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	Major medical: \$600 per member. Combined <u>out-of-pocket limit</u> for services such as emergency medical transport, <u>durable medical equipment</u> and supplies, and private duty nursing. <u>Prescription drugs</u> : \$600 individual / \$1,200 family.	The <u>out-of-pocket limit</u> is the most you could pay in a <u>plan</u> year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own out-of- pocket limits until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <b><u>out-of-pocket limit</u></b> ?	<u>Co-payments</u> on certain services, premiums, <u>balance-billing</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.bcbsvt.com/findadoctor or call (800) 255 -4550 for a list of <u>network</u> providers.	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider</u> 's charge and what your <u>plan</u> pays ( <u>balance billing</u> ). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the <u>specialist</u> you choose without a <u>referral</u> .

Coverage Period Begins: 01/01/2022

Coverage For: VSTRS Plan Type: Indemnity



\$20 PCP/\$20 Specialist co-payment, \$100 Ancillary deductible, 20% co-insurance
Pharmacy: \$5 co-payment/\$20 co-payment/\$45 co-payment
Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services

Coverage For: VSTRS Plan Type: Indemnity

All <u>co-payment</u> and <u>co-insurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

Common Medical Event	Services You May Need	Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	Limitations, Exceptions & Other Important Information
	Primary care visit to treat an injury or illness	\$20 <u>co-payment</u> per visit for primary care physician and mental health / substance abuse	\$20 <u>co-payment</u> per visit for primary care physician and mental health / substance abuse	Some services require <u>prior approval</u> . For clarification on mental health services visit www.bcbsvt.com/mental-health-primary-care.
	<u>Specialist</u> visit	\$20 <u>co-payment</u> per visit	\$20 <u>co-payment</u> per visit	Some services require <u>prior approval</u> .
If you visit a health care provider's office or clinic	Other practitioner office visit	\$20 <u>co-payment</u> 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 <u>prior approval</u> . 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 <u>co-payment</u> per visit	\$20 <u>co-payment</u> per visit	You may have to pay for services that aren't preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for. For clarification on <u>preventive services</u> 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.



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

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

## **Coverage Period Begins: 01/01/2022**

Coverage For: VSTRS Plan Type: Indemnity

		What You		
Common Medical Event	Services You May Need	Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	Important Information
If you need drugs to treat your illness or condition. More information about	Generic drugs	\$5 <u>co-payment</u> / \$10 <u>co-</u> payment	Not covered	All generic and brand diabetic <u>prescription</u> <u>drugs</u> and diabetic supplies when obtained through your prescription drug benefit are covered at 100%. Up to a 30-day supply retail / 90-day supply home delivery for most <u>prescription drugs</u> . Some prescriptions require <u>prior approval</u> .
prescription drug coverage is at www.bcbsvt.com/rxcenter. This <u>plan</u> follows the		\$20 <u>co-payment</u> / \$40 <u>co-</u> payment	Not covered	Up to a 30-day supply retail / 90-day supply home delivery for most <u>prescription drugs</u> . Some prescriptions require <u>prior approval</u> .
National Performance Formulary (NPF).	Non-preferred brand drugs	\$45 <u>co-payment</u> / \$90 <u>co-</u> payment	Not covered	Up to a 30-day supply retail / 90-day supply home delivery for most <u>prescription drugs</u> . Some prescriptions require <u>prior approval</u> .
	Wellness drugs	Wellness <u>prescription drugs</u> process the same as any other prescription.	Not covered	Up to a 30-day supply retail / 90-day supply home delivery for most <u>prescription drugs</u> . Some prescriptions require <u>prior approval</u> .
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	No charge	No charge	Some services require <u>prior approval</u> .
surgery	Physician/surgeon fees	No charge	No charge	Some services require <u>prior approval</u> .
If you need immediate medical attention	Emergency room care	No charge for facility services; \$20 <u>co-payment</u> per visit for <u>physician services</u>	No charge for facility services; \$20 <u>co-payment</u> per visit for <u>physician</u> <u>services</u>	Must meet emergency criteria. <u>Co-payment</u> waived if admitted.
	Emergency medical transportation	\$100 individual/\$300 family <u>deductible</u> , then 20% <u>co-</u> <u>insurance</u>	\$100 individual/\$300 family <u>deductible</u> , then 20% <u>co-</u> <u>insurance</u>	Must meet emergency criteria.
	Urgent care	\$20 <u>co-payment</u> per visit	\$20 <u>co-payment</u> per visit	Applies to <u>urgent care</u> facilities.
If you have a hospital stay	Facility fee (e.g., hospital room)	No charge	No charge	Out-of-state inpatient care requires <u>prior</u> <u>approval</u> .
	Physician/surgeon fees	No charge	No charge	Some services require prior approval.



Plan J - \$100 Deductible

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

## **Coverage Period Begins: 01/01/2022**

Coverage For: VSTRS Plan Type: Indemnity

Common Medical Event	Services You May Need	Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	Limitations, Exceptions & Other Important Information
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.
If you are pregnant	Office Visits	No charge	No charge	Depending on the type of services, a <u>co-payment</u> , <u>co-insurance</u> , or <u>deductible</u> 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 <u>prior</u> <u>approval</u> .
	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 <u>home health</u> <u>care</u> ; \$100 individual/\$300 family <u>deductible</u> , then 20% <u>co-insurance</u> for private duty nursing	No charge for <u>home health</u> <u>care</u> ; \$100 individual/\$300 family <u>deductible</u> , then 20% <u>co-insurance</u> for private duty nursing	Home infusion therapy requires <u>prior approval</u> . Outpatient physical, speech and occupational therapy benefits are covered up to 30 visits combined.
	Rehabilitation services	No charge inpatient; cardiac / pulmonary services no charge		Inpatient <u>rehabilitation services</u> require <u>prior</u> <u>approval</u> .
	Habilitation services	No charge for inpatient services	No charge for inpatient services	Requires <u>prior approval</u> . Outpatient physical, speech and occupational therapy benefits are covered up to 30 visits combined.
	Skilled nursing care (facility)	No charge	Not covered	Requires <u>prior approval</u> .
	Durable medical equipment (including supplies)	\$100 individual/\$300 family <u>deductible</u> , then 20% <u>co-</u> <u>insurance</u>	\$100 individual/\$300 family <u>deductible</u> , then 20% <u>co-</u> <u>insurance</u>	May require <u>prior approval</u> . Diabetic supplies and <u>durable medical equipment</u> obtained at a <u>durable medical equipment</u> supplier are covered at 100%.
	Hospice	No charge	No charge	None



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

## **Coverage Period Begins: 01/01/2022**

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

		What You Will Pay		
Common Medical Event	Services You May Need	Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	Limitations, Exceptions & Other Important Information
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

# **Excluded Services & Other Covered Services:**

Services Your <u>Plan</u> Generally Does NOT Cover (Check your policy or <u>plan</u> document for more information and a list of any other <u>excluded services</u> .)						
• Cosmetic Surgery (except with prior approval for reconstruction)	• Dental care (child and adult)					
<ul> <li>Infertility Medications</li> </ul>	Long-term care					
• Routine foot care (except for treatment of diabetes)	Sexual dysfunction drugs					
Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your <u>plan</u> document.)						
• Chiropractic Care (requires prior approval after 12 visits)	• Non-emergency care when traveling outside the U.S. (www.bcbsvt.com/coveragewhiletraveling)					
	<ul> <li>Cosmetic Surgery (except with prior approval for reconstruction)</li> <li>Infertility Medications</li> <li>Routine foot care (except for treatment of diabetes)</li> <li>these services. This isn't a complete list. Please see a chiropractic Care (requires prior approval after</li> </ul>					



\$20 PCP/\$20 Specialist co-payment, \$100 Ancillary deductible, 20% co-insurance Pharmacy: \$5 co-payment/\$20 co-payment/\$45 co-payment **Summary of Benefits and Coverage:** What this Plan Covers & What You Pay for Covered Services

### **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 <u>www.dol.gov/ebsa/healthreform</u>, or the Department of Health and Human Services at (877) 267-2323 x61565 or <u>www.cciio.cms.gov</u>. You may also contact the <u>plan</u> at (800) 247-2583. Other coverage options may be available to you, too, including buying individual insurance coverage through the <u>Health Insurance Marketplace</u>. For more information about the <u>Marketplace</u>, visit <u>www.HealthCare.gov</u> or call (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 on how 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: (800) 255-4550.

### 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 the Minimum Value Standards? Yes.

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

of Vermont Plan J - \$100 Deductible

\$100

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

### Coverage Examples

Coverage For: VSTRS Plan Type: Indemnity

About these Coverage Examples:

**BlueCross BlueShield** 

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>co-payments</u> and <u>co-insurance</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.

pay anaor amoroneneana <u>plano</u>	i louee nete	, these coverage examples are based of		Tolugo:	
<b>Peg is Having a Baby</b> (9 months of in-network pre-natal ca hospital delivery)	re and a	Managing Joe's type 2 Diabe (a year of routine in-network care of controlled condition)		Mia's Simple Fracture (in-network emergency room visit and follow care)	
<ul> <li>The <u>plan's</u> overall <u>deductible</u></li> <li><u>Specialist co-payment</u></li> <li>Hospital (facility) <u>co-payment</u></li> <li>Other <u>co-payment</u></li> </ul>	\$0 \$20 \$0 \$0	<ul> <li>The <u>plan's</u> overall <u>deductible</u></li> <li><u>Specialist co-payment</u></li> <li>Hospital (facility) <u>co-payment</u></li> <li>Other <u>co-payment</u></li> </ul>	\$0 \$20 \$0 \$0	<ul> <li>The <u>plan's</u> overall <u>deductible</u></li> <li><u>Specialist co-payment</u></li> <li>Hospital (facility) <u>co-payment</u></li> <li>Other <u>co-payment</u></li> </ul>	\$0 \$20 \$0 \$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)		This EXAMPLE event includes services like: Primary care physician office visits <i>(including of education)</i> Diagnostic tests <i>(blood work)</i> Prescription drugs Durable medical equipment <i>(glucose meter)</i>	disease	This EXAMPLE event includes services like: Emergency room care <i>(including medical supplies)</i> Diagnostic test <i>(x-ray)</i> Durable medical equipment <i>(crutches)</i> Rehabilitation services <i>(physical therapy)</i>	
Total Example Cost	\$12,700	Total Example Cost	\$5,600	Total Example Cost	\$2,800
In this example, Peg would pay:		In this example, Joe would pay:		In this example, Mia would pay:	
Cost Sharing		Cost Sharing		Cost Sharing	
Deductibles	\$0	Deductibles*	\$100	Deductibles*	\$200
Co-payments	\$50	Co-payments	\$410	Co-payments	\$210
Co-insurance	\$0	Co-insurance	\$90	Co-insurance	\$170
What isn't covered		What isn't covered		What isn't covered	
Limits or exclusions	\$50	Limits or exclusions	\$20	Limits or exclusions	\$0

The <u>plan</u> would be responsible for the other costs of these EXAMPLE covered services.

The total Joe would pay is

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:** 

The total Peg would pay is

BCBS-J-Plan-x-600-20%-STK-20-20-x-x-x-GF-LARG (MD44121)\_BCBS-Rx-0-600-x-5-20-45-2-x-G(RX48845)\_Coverage-012022-12312022(C44068) \_Diabetic 100% - GF(RD13557)\_Q4 - GF(RD13555)\_NPF wDiab100GF, wQ4GF, wBERGF CY 1025877

\$620

The total Mia would pay is

\$580

## **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.

SPANISH

ITALIAN

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.

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ご利用は、(800) 247-2583

までお電話ください。

सेवाहरूका लागि, (800) 247-2583

नि:शल्क भाषा सहायता

मा कल गर्नुहोस्।

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.

TAGALOG

VIETNAMESE

Para sa libreng mga serbisyo

Để biết các dich vu hỗ trơ

ngôn ngữ miễn phí, hãy

goi số (800) 247-2583.

sa (800) 247-2583.

ng tulong pangwika, tumawag

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

Para servicios gratuitos de للحصول على خدمات المساعدة asistencia con el idioma, اللغوية المجانية، اتصل على الرقم .(800) 247-2583

#### GERMAN

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

llame al (800) 247-2583. FRENCH

Per i servizi gratuiti di

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

#### PORTUGUESE

JAPANESE

NEPALI

Para serviços gratuitos de assistenza linguistica, chiamare assistência linguística, ligue il numero (800) 247-2583. 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 สำหรับการให้บริการความ ช่วยเหลือด้านภาษาฟรี โทร (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.