

Health Plans

underwritten by Health First Commercial Plans

Gold Gym Access 1740

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

Coverage Period: On or after 01/01/2023 Coverage for: Individual + Family | Plan Type: HMO

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, <u>https://hf.org/COC_HI_2023</u>. For general definitions of common terms, such as <u>allowed</u> amount, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms see the Glossary. You can view the Glossary at www.cciio.cms.gov or call 1-855-443-4735 to request a copy.

Important Questions	Answers	Why this Matters:
What is the overall <u>deductible</u> ?	\$2,900 person/ \$5,800 family	Generally, you must pay all of the costs from providers 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 <u>deductible</u> ?	Preventive services, maternity office visits (1-15 per year)	This <u>plan</u> covers some items and services even if you haven't yet met the annual <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain preventative services without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered preventative services at https://www.healthcare.gov/coverage/preventative-care-benefits/.
Are there other deductibles for specific services?	Yes, Prescription drugs_\$200 person/\$400 family	Yes, You must pay all of the costs for these services up to the specific <u>deductible</u> amount before this plan begins to pay for these services.
What is the <u>out-of- pocket</u> <u>limit</u> for this plan?	\$8,700 person/ \$17,400 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 out-of-pocket limits until the overall family <u>out-of-pocket</u> <u>limit</u> has been met
What is not included in the out-of-pocket limit ?	Premiums, balance billed charges, non-covered services.	Even though you pay these expenses, they don't count toward the out-of-pocket limit
Will you pay less if you use a <u>network provider</u> ?	Yes. See https://hf.org/MP_directory_2023 or call 1.855.443.4735 for a list of <u>network</u> providers.	This <u>plan</u> uses a provider <u>network</u> . You will pay less if you use a <u>provider</u> in the <u>plan</u> 's <u>network</u> . You will pay the most if you use an out-of <u>network</u> provider, 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 (a <u>balance billing</u> . Be aware your <u>network</u> provider might use an out-of <u>network</u> provider for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do I need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the <u>specialist</u> you choose without a referral



Common	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important	
Medical Event		Preferred Provider	Non-Preferred Provider	Information	
	Primary care visit to treat an injury or illness	\$15 copay/visit	Not Covered	None	
If you visit a health	<u>Specialist</u> visit	\$30 copay/visit	Not Covered	26 visit maximum - Chiropractor	
care provider's office or clinic	<u>Preventive</u> <u>care</u> / <u>screening</u> /immunization	\$0 copay	Not covered	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.	
If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	\$0 copay diagnostic labs; 20% coinsurance x-rays	Not Covered	See section IV and V of <u>plan</u> document	
	Imaging (CT/PET scans, MRIs)	20% coinsurance	Not covered	Requires authorization, without which uncovered expenses might become member's responsibility	

Common	Services You May Need	What You	u Will Pay	Limitations, Exceptions, & Other Important Information	
Medical Event	Services fou may need	Preferred Provider	Non-Preferred Provider		
If you need drugs to treat your illness or condition	Generic drugs (Preferred Generic drugs) (Non-Preferred Generic drugs)	\$2 copay, retail or mail order; \$15 copay, retail or mail order	N/A	Copay is for 30 day supply.	
More information about	Preferred brand drugs	\$30 copay after Rx deductible	N/A	Cost share is for retail, mail order. 30 day supply	
prescription drug	Non-preferred brand drugs	\$50 copay after Rx deductible	N/A	Cost share is for retail, mail order. 30 day supply	
<u>coverage</u> is available at <u>https://hf.org/MP_formulary_2023</u>	Specialty drugs	20% coinsurance after Rx deductible	N/A	30 day supply only.	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	20% coinsurance	Not covered	Requires authorization, without which uncovered expenses might become member's responsibility	
	Physician/surgeon fees	20% coinsurance	Not covered	Authorization may be required.	
If you need immediate medical attention	Emergency room services	20% coinsurance	20% coinsurance	See section IV and V of <u>plan</u> document	
	Emergency medical transportation	20% coinsurance	20% coinsurance	See section IV and V of <u>plan</u> document	
	<u>Urgent care</u>	\$30 copay/visit	\$30 copay/visit	See section III.E of <u>plan</u> document for details.	
If you have a hospital stay	Facility fee (e.g., hospital room)	20% coinsurance	Not covered	Authorization required.	
	Physician/surgeon fee	20% coinsurance	Not covered	Authorization may be required.	

Common	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important	
Medical Event		Preferred Provider	Non-Preferred Provider	Information	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	\$30 copay_office visits; 20% coinsurance other outpatient services	Not covered	Requires authorization, without which uncovered expenses might become member's responsibility	
	Inpatient services	20% coinsurance	Not covered	Requires authorization, without which uncovered expenses might become member's responsibility	
If you are pregnant	Office visits	\$0 per visit 1-15; ultrasounds 20% coinsurance	Not covered	In <u>network</u> visit 16+ subject to <u>Specialist</u> cost share. Perinatology not included.	
	Childbirth/delivery professional services	20% coinsurance	Not covered	See Section IV_Obstetrical and Maternity Care	
	Delivery and all inpatient services	20% coinsurance	Not covered	Requires authorization, without which uncovered expenses might become member's responsibility	
	Home health care	20% coinsurance	Not covered	Limit 60 visits per year.	
	Rehabilitation services	20% coinsurance	Not covered	35 visits per year, per condition.	
If you need help	Habilitation services	20% coinsurance	Not covered	35 visits per year, per condition.	
recovering or have other special health	Skilled nursing care	20% coinsurance	Not covered	60 days maximum per year.	
needs	Durable medical equipment	20% coinsurance	Not covered	Preauthorization is required. Failure to get preauthorization could require you to pay 100% of total cost.	
	Hospice service	20% coinsurance	Not covered	See section IV and V of <u>plan</u> document	
If your child needs dental or eye care	Children's eye exam	\$0 copay	Not covered.	One routine eye exam per year.	
	Children's glasses	\$0 copay	Not covered.	One pair of eyeglasses (frame and basic lenses) per year. See sections IV and V of plan document.	
	Children's dental check-up	\$0 copay	Not covered.	See sections IV, V, and X of <u>plan</u> document.	

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	Hearing aids	Private-duty nursing		
Bariatric surgery	Infertility treatment	Routine eye care		
Cosmetic surgery	Long-term care	Routine foot care		
Dental care	• Non-emergency care when traveling outside the U.S.	Weight loss programs		

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

• Chiropractic services (limited)

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: 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 http://www.cciio.cms.gov. Other options to continue coverage are 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 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 <u>explanation of benefits</u> you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim 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:

Health First Health Plans Customer Service (weekdays 8am to 6pm) Phone Toll-Free: 855.443.4735 TDD services for the hearing or speech impaired: 800.955.8771 Fax Number: 1.877.977.2062 Florida's Office of Insurance Regulation (OIR) Division of Consumer Services Call 1.877.693.5236. (fully-insured plans only)

Health First Health Plans P.O. Box 52146 Phoenix, AZ 85072-2146 http://www.hf.org help@hioscar.com

Does this plan provide Minimum Essential Coverage? This plan or policy Does provide minimum essential coverage.

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? Not Applicable

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

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 855.443.4735. Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 855.443.4735. Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 855.443.4735. Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 855.443.4735.

— 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 <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 cost sharing amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) 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)		Managing Joe's type 2 Diabetes (a year of routine in-network care of a well-controlled condition)		Mia's Simple Fracture (in-network emergency room visit and follow up care)	
 The <u>plan's</u> overall <u>deductible</u> <u>Specialist</u> Hospital (facility) Other <u>coinsurance</u> 	\$2,900 copayment \$30 coinsurance 20% coinsurance 20%	 The <u>plan's</u> overall <u>deductible</u> <u>Specialist</u> Hospital (facility) Other <u>coinsurance</u> 	\$2,900 copayment \$30 coinsurance 20% coinsurance 20%	 The <u>plan's</u> overall <u>deductible</u> <u>Specialist</u> Hospital (facility) Other <u>coinsurance</u> 	\$2,900 copayment \$30 coinsurance 20% coinsurance 20%
This EXAMPLE event includes services like:Specialistoffice visits (prenatal care)Childbirth/Delivery Professional ServicesChildbirth/Delivery Facility ServicesDiagnostic tests(ultrasounds and blood work)Specialistvisit (anesthesia)		This EXAMPLE event includes services like:Primary care physicianoffice visits (including diseaseeducation)Diagnostic testsDiagnostic tests(blood work)Prescription drugsDurable medical equipment(glucose meter)		This EXAMPLE event includes services like: <u>Emergency room care</u> (including medical supplies) <u>Diagnostic test</u> (x-ray) <u>Durable medical equipment</u> (crutches) <u>Rehabilitation services</u> (physical therapy)	
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	\$2,900	Deductibles *	\$200	Deductibles	\$2,600
<u>Copayments</u>	\$0	<u>Copayments</u>	\$800	<u>Copayments</u>	\$60
<u>Coinsurance</u>	\$1,500	Coinsurance	\$0	Coinsurance	
What isn't covered		What isn't covered		What isn't covered Limits or exclusions \$0	
Limits or exclusions	\$0	Limits or exclusions	\$0	Limits or exclusions	
The total Peg would pay is	\$4,400	The total Joe would pay is	\$1,000	The total Mia would pay is	\$2,660

Note: These numbers assume the patient does not participate in the **plan's** wellness program. If you participate in the **plan's** wellness program, you may be able to reduce your costs. For more information about the wellness program, please contact: 1.855.443.4735 *Note: This plan has other **deductibles** for specific services included in this coverage example. See "Are there other deductibles for specific services?" row above.

The **plan** would be responsible for the other costs of these EXAMPLE covered services.