

Blue Lake Rancheria Self-Insured Health Plan

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

Coverage Period: 01/01/2018 – 12/31/2018

Coverage for: Individual, +Spouse, +Child(ren), +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 by calling 1-707-668-5101 extension 1045.

Important Questions	Answers	Why this Matters:
What is the overall <u>deductible</u> ?	\$500 person / \$1,000 spouse/child(ren)/family. Doesn't apply to preventive care and prescription drugs.	You must pay all the costs up to the <u>deductible</u> amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the <u>deductible</u> starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the <u>deductible</u> .
Are there other <u>deductibles</u> for specific services?	Yes. \$50 for dental coverage, except bi-annual cleanings & exam. There are no other specific <u>deductibles</u> .	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.
Is there an <u>out-of-pocket limit</u> on my expenses?	Yes. \$40,000 annually per individual.	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. Grandfathered plans under the ACA are not required to place a limit out-of-pocket expenses, but we have voluntarily established a limit.
What is not included in the <u>out-of-pocket limit</u> ?	Premiums, 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> .
Is there an overall annual limit on what the plan pays?	No.	The chart starting on page 2 describes any limits on what the plan will pay for <i>specific</i> covered services, such as office visits.
Does this plan use a <u>network of providers</u> ?	Yes. See www.humboldtIPA.com or call 1-707-443-4563 for a list of participating providers.	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 specialist.	You can see the <u>specialist</u> you choose without permission from this plan.

Questions: Call 1-707-443-4563 or visit us at www.humboldtIPA.com

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can receive a copy of the Glossary by calling 1-707-668-5101 ext. 1045 to request a copy.

Blue Lake Rancheria Self-Insured Health Plan

Coverage Period: 01/01/2018 – 12/31/2018

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

Coverage for: Individual, +Spouse, +Child(ren), +Family | Plan Type: PPO

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 excluded services .
---	------	---



- **Copayments** are fixed dollar amounts (for example, \$30) 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 participating **providers** by charging you lower **deductibles**, **copayments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	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	\$30 copay/visit	40% coinsurance	Waive deductible and copay when using international medical care benefit and receive 10% share of cost savings.
	Specialist visit	\$40 copay/visit	40% coinsurance	Waive deductible and copay when using international medical care benefit and receive 10% share of cost savings.
	Other practitioner office visit, including chiropractic, acupuncture, occupational and physical therapy.	\$30 copay/visit	40% coinsurance	Chiropractic care and acupuncture are limited to a combined maximum of \$2,500 per plan year. Waive deductible and copay when using international medical care benefit and receive 10% share of cost savings.
	Preventive care/screening/immunization	No charge/deductible	No charge/deductible	—————none—————

Questions: Call 1-707-443-4563 or visit us at www.humboldtIPA.com

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can receive a copy of the Glossary by calling 1-707-668-5101 ext. 1045 to request a copy.

Blue Lake Rancheria Self-Insured Health Plan

Coverage Period: 01/01/2018 – 12/31/2018

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

Coverage for: Individual, +Spouse, +Child(ren), +Family | Plan Type: PPO

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you have a test	Diagnostic test (x-ray, blood work)	\$30 copay/test	Not covered	—————none—————
	Imaging (CT/PET scans, MRIs)	\$30 copay/test	Not covered	—————none—————
If you need drugs to treat your illness or condition More information about <u>prescription drug coverage</u> is available at www.optum.com .	Generic drugs	\$10 copay/prescription (retail) and \$20 copay/prescription (mail order)	Not covered	Covers up to a 30-day supply (retail prescription); 31-90 day supply (mail order prescription).
	Preferred brand drugs	\$40 copay/prescription (retail) and \$80 copay/prescription (mail order)	Not covered	Covers up to a 30-day supply (retail prescription); 31-90 day supply (mail order prescription).
	Non-preferred brand drugs	\$70 copay/prescription (retail) and \$140 copay/prescription (mail order)	Not covered	Covers up to a 30-day supply (retail prescription); 31-90 day supply (mail order prescription).
	Specialty drugs	50% coinsurance	Not covered	—————none—————
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	20% coinsurance	40% coinsurance	Waive deductible and copay when using international medical care benefit and receive 10% share of cost savings.
	Physician/surgeon fees	20% coinsurance	40% coinsurance	Cosmetic/reconstruction surgery. Waive deductible and copay when using international medical care benefit and receive 10% share of cost savings.
If you need immediate medical attention	Emergency room & ambulance services	20% coinsurance	20% coinsurance	—————none—————
	Emergency medical transportation	20% coinsurance	20% coinsurance	—————none—————
	Urgent care	\$40 copay	20% coinsurance	—————none—————

Questions: Call 1-707-443-4563 or visit us at www.humboldtIPA.com

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can receive a copy of the Glossary by calling 1-707-668-5101 ext. 1045 to request a copy.

Blue Lake Rancheria Self-Insured Health Plan

Coverage Period: 01/01/2018 – 12/31/2018

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

Coverage for: Individual, +Spouse, +Child(ren), +Family | Plan Type: PPO

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you have a hospital stay	Facility fee (e.g., hospital room)	20% coinsurance	40% coinsurance	Waive deductible and copay when using international medical care benefit and receive 10% share of cost savings.
	Physician/surgeon fee	20% coinsurance	40% coinsurance	Waive deductible and copay when using international medical care benefit and receive 10% share of cost savings.
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	\$30 copay/office visit and 20% coinsurance for other outpatient services	40% coinsurance	—————none—————
	Mental/Behavioral health inpatient services	20% coinsurance	40% coinsurance	—————none—————
	Substance use disorder outpatient services	\$30 copay/office visit and 20% coinsurance for other outpatient services	40% coinsurance	—————none—————
	Substance use disorder inpatient services	20% coinsurance	40% coinsurance	—————none—————
If you are pregnant	Prenatal and postnatal care	20% coinsurance	40% coinsurance	—————none—————
	Delivery and all inpatient services	20% coinsurance	40% coinsurance	—————none—————
If you need help recovering or have other special health needs	Home health care	20% coinsurance	40% coinsurance	—————none—————
	Rehabilitation services	20% coinsurance	40% coinsurance	—————none—————
	Habilitation services	20% coinsurance	40% coinsurance	—————none—————
	Skilled nursing care	20% coinsurance	40% coinsurance	—————none—————
	Durable medical equipment	20% coinsurance	40% coinsurance	—————none—————
	Hospice service	20% coinsurance	40% coinsurance	—————none—————

Questions: Call 1-707-443-4563 or visit us at www.humboldtIPA.com

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can receive a copy of the Glossary by calling 1-707-668-5101 ext. 1045 to request a copy.

Blue Lake Rancheria Self-Insured Health Plan

Coverage Period: 01/01/2018 – 12/31/2018

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

Coverage for: Individual, +Spouse, +Child(ren), +Family | Plan Type: PPO

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you or your child needs dental or eye care More information about eye care is available at www.VSP.com .	Eye exam	Not covered	Not covered	Not covered.
	Glasses/Contact Lens	Not covered	Not covered	Not covered.
	Dental check-up	\$50 deductible	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 • Infertility treatment 	<ul style="list-style-type: none"> • Long-term care • Private-duty nursing 	<ul style="list-style-type: none"> • Routine foot care •

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 • Chiropractic care • Dental care (Adult) 	<ul style="list-style-type: none"> • Hearing aids • Non-emergency care when traveling outside the U.S. 	<ul style="list-style-type: none"> • Routine eye care (Adult) • Weight loss programs

Questions: Call 1-707-443-4563 or visit us at www.humboldtIPA.com

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can receive a copy of the Glossary by calling 1-707-668-5101 ext. 1045 to request a copy.

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 [contact number]. 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: Humboldt Independent Practice Association, 2662 Harris St., Eureka, CA 95503. A Claimant whose claim for benefits or authorization is denied by the Contract Administrator may, within sixty (60) days after receipt of denial of the claim: require a review upon written request to Contract Administrator; review pertinent documents; and submit issues and comments in writing.

The Plan shall notify the Claimant of its decision on review within sixty (60) days after receipt of a request for review. Notice of the decision on review shall be in writing and shall include specific reasons for the decision with specific references to the pertinent Plan provision on which the decision is based. Such decision shall be final and binding upon all persons involved and upon the Employer.

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?

The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). **This health coverage does meet the minimum value standard for the benefits it provides.**

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

Questions: Call 1-707-443-4563 or visit us at www.humboldtIPA.com

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can receive a copy of the Glossary by calling **1-707-668-5101 ext. 1045** to request a copy.

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 \$5,232
- Patient pays \$2,308

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	\$1,000
Copays	\$0
Coinsurance	\$1308
Limits or exclusions	\$0
Total	\$2,308

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

- Amount owed to providers: \$5,400
- Plan pays \$3,920
- Patient pays \$1,480

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	\$500
Copays	\$0
Coinsurance	\$980
Limits or exclusions	\$80
Total	\$1,480

Note: These numbers assume the patient is participating in our diabetes wellness program. If you have diabetes and do not participate in the wellness program, your costs may be higher. For more information about the diabetes wellness program, please contact: www.humboldtIPA.com or 707-443-4563.

Questions: Call 1-707-443-4563 or visit us at www.humboldtIPA.com

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can receive a copy of the Glossary by calling 1-707-668-5101 ext. 1045 to request a copy.

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.

Questions: Call 1-707-443-4563 or visit us at www.humboldtIPA.com

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can receive a copy of the Glossary by calling 1-707-668-5101 ext. 1045 to request a copy.