

Anthem BlueCross Life and Health Insurance Company Tonik 5000

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

Coverage Period: 01/01/2013 - 12/31/2013

Coverage For: Individual/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 800-930-7956 or www.medicoverage.com.

Important Questions	Answers	Why this Matters:
What is the overall <u>deductible</u>?	\$5000 single / family for In-Network Provider Does not apply to First 4 office visits and Vision benefits. In-Network Provider and Non-Network Provider deductibles are combined. Satisfying one helps satisfy the other.	You must pay all the costs up to the deductible amount before this health insurance plan begins to pay for covered services you use. Check your policy to see when the deductible starts over (usually, but not always, January 1st.) See the chart starting on page 3 for how much you pay for covered services after you meet the deductible .
Are there other <u>deductibles</u> for specific services?	Yes; \$25 for Dental.	You must pay all the costs for these services up to the specific deductible amount before this plan begins to pay for these services.
Is there an <u>out-of-pocket limit</u> on my expenses?	Yes; In-Network Provider Single: \$5000, Family: \$ Non-Network Provider Single: \$10000, Family: \$ In-Network Provider and Non-Network Provider out-of-pocket are separate and do not count towards each other.	The out-of-pocket limit is the most you could pay during a policy period for your share of the cost of covered services. This limit helps you plan for health care expenses.

Questions: Call 800-930-7956 or www.medicoverage.com

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.cciio.cms.gov or call 1-866-333-4820 to request a copy.

CA Tonik 5000

Important Questions	Answers	Why this Matters:
What is not included in the <u>out-of-pocket limit</u>?	Balance-Billed Charges, Health Care This Plan Doesn't Cover, Premiums, Office Visit Copays, Prescription Drug Copays, Costs Related to Covered Prescription Drugs, non-network services for: mental or nervous disorders/ substance abuse, physical/occupational therapy and chiropractic care.	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 insurer pays?	No. This policy has no overall annual limit on the amount it will pay each year.	The chart starting on page 3 describes any limits on what the insurer will pay for specific covered services, such as office visits.
Does this plan use a <u>network of providers</u>?	Yes. Call 800-930-7956 or www.medicoverage.com for a list of participating providers.	If you use an in-network doctor or other health care provider, this plan will pay some or all of the costs of covered services. Plans use the terms in-network, preferred, or participating to refer to providers in their network.
Do I need a referral to see a <u>specialist</u>?	No, you do not need a referral to see a specialist.	You can see the specialist you choose without permission from this plan.
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 7. See your policy or plan document for additional information about excluded services.



- **Co-payments** are fixed dollar amounts (for example, \$15) you pay for covered health care, usually when you receive the service.
- **Co-insurance** 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 **co-insurance** 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 **In-Network Provider** by charging you lower **deductibles**, **co-payments** and **co-insurance** amounts.

Common Medical Event	Services You May Need	Your Cost If You Use a In-Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	\$20 copay for first 4 visits and then 0% coinsurance	50% coinsurance after deductible	—————none—————
	Specialist visit	\$20 copay for first 4 visits and then 0% coinsurance	50% coinsurance	—————none—————
	Other practitioner office visit	<u>Chiropractor</u> 0% coinsurance after deductible <u>Acupuncturist</u> Not covered	<u>Chiropractor</u> 50% coinsurance after deductible <u>Acupuncturist</u> Not covered	<u>Chiropractor</u> Coverage is limited to a total of 24 visits, In-Network Provider and Non-Network Provider combined per year. Chiropractor visits count towards your Physical and Occupational therapy limit.
	Preventive care/screening/immunizations	No charge	50% coinsurance after deductible	—————none—————
If you have a test	Diagnostic test (x-ray, blood work)	<u>Lab - Office</u> 0% coinsurance <u>X-Ray - Office</u> 0% coinsurance	<u>Lab - Office</u> 50% coinsurance <u>X-Ray - Office</u> 50% coinsurance	—————none—————
	Imaging (CT/PET scans, MRIs)	0% coinsurance	50% coinsurance	—————none—————

Common Medical Event	Services You May Need	Your Cost If You Use a In-Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.anthem.com/pharmacyinformation/	Tier 1 – Generic Drugs	\$15 copay/ prescription (retail and mail order)	50% coinsurance (retail only)	Covers up to a 30 day supply (retail pharmacy), Covers up to a 60 day supply (mail order program)
	Tier 2 – Preferred/Formulary Drugs	Not covered	Not covered	—————none—————
	Tier 3 – Typically Non-preferred/ non-Formulary Drugs	Not covered	Not covered	—————none—————
	Tier 4 – Typically Specialty Drugs	Not covered	Not covered	—————none—————
If you have outpatient Surgery	Facility Fee (e.g., ambulatory surgery center)	0% coinsurance	See Limitations and Exclusions	Plan pays a maximum of \$380 per day after deductible.
	Physician/Surgeon Fees	0% coinsurance	50% coinsurance	—————none—————
If you need immediate medical attention	Emergency Room Services	0% coinsurance	0% coinsurance	—————none—————
	Emergency Medical Transportation	0% coinsurance	0% coinsurance	—————none—————
	Urgent Care	\$20 copay for first 4 visits and then 0% coinsurance	50% coinsurance	Costs may vary by site of service. You should refer to your formal contract of coverage for details.
If you have a hospital stay	Facility Fee (e.g., hospital room)	0% coinsurance	See Limitations and Exclusions	Plan pays a maximum of \$650 per day after deductible.

Common Medical Event	Services You May Need	Your Cost If You Use a In-Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
	Physician/surgeon fee	0% coinsurance after deductible	50% coinsurance	—————none—————
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	<u>Mental/Behavioral Health Office Visit</u> 0% coinsurance <u>Mental/Behavioral Health Facility Visit - Facility Charges</u> 0% coinsurance	<u>Mental/Behavioral Health Office Visit</u> 50% coinsurance <u>Mental/Behavioral Health Facility Visit - Facility Charges</u> 50% coinsurance	<u>Mental/Behavioral Health Office Visit</u> Coverage is limited to a total of 20 visits, In-Network Provider and Non-Network Provider combined per year <u>Substance abuse outpatient coverage limits apply. Limits do not apply to severe mental illness and serious emotional disturbances of a child..</u>
	Mental/Behavioral health inpatient services	0% coinsurance	50% coinsurance	Coverage is limited to a total of 30 days, In-Network Provider and Non-Network Provider combined per year <u>Substance abuse inpatient coverage limits apply. Limits do not apply to severe mental illness and serious emotional disturbances of a child..</u>
	Substance use disorder outpatient services	<u>Substance Abuse Office Visit</u> 0% coinsurance <u>Substance Abuse Facility Visit - Facility Charges</u> 0% coinsurance	<u>Substance Abuse Office Visit</u> 50% coinsurance <u>Substance Abuse Facility Visit - Facility Charges</u> 50% coinsurance	<u>Substance Abuse Office Visit</u> Coverage is limited to a total of 20 visits, In-Network Provider and Non-Network Provider combined per year. Mental health outpatient coverage limits apply.
	Substance use disorder inpatient services	0% coinsurance	50% coinsurance	Coverage is limited to a total of 30 days, In-Network Provider and Non-Network Provider combined per year. Mental health inpatient coverage limits apply.
If you are pregnant	Prenatal and postnatal care	0% coinsurance	50% coinsurance	Your doctor's charges for delivery are part of prenatal and postnatal care.
	Delivery and all inpatient services	0% coinsurance	See Limitations and Exclusions	Plan pays a maximum of \$650 per day after deductible.

Common Medical Event	Services You May Need	Your Cost If You Use a In-Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
If you need help recovering or have other special health needs	Home Health Care	0% coinsurance	50% coinsurance	Coverage is limited to a total of 60 visits, In-Network Provider and Non-Network Provider combined per year.
	Rehabilitation Services	0% coinsurance	50% coinsurance	Coverage is limited to 24 visits per year for physical therapy and occupational therapy combined and 50 visits per year for speech therapy. Coverage for Speech Therapy is provided following surgery, injury or non-congenital organic disease.. Chiropractor visits count towards your Physical and Occupational therapy limit.
	Habilitation Services	0% coinsurance	50% coinsurance	—————none—————
	Skilled Nursing Care	0% coinsurance	50% coinsurance	Coverage is limited to a total of 100 days, In-Network Provider and Non-Network Provider combined per year.
	Durable medical equipment	0% coinsurance	50% coinsurance	Coverage is limited to \$400 for footwear and \$400 for wigs.
	Hospice service	0% coinsurance	50% coinsurance	—————none—————
If your child needs dental or eye care	Eye exam	See Limitations and Exclusions	See Limitations and Exclusions	Covered up to \$50 maximum benefit combined IN-network and non-network. \$50 maximum benefit includes glasses.
	Glasses	—————none—————		
	Dental check-up	See Limitations and Exclusions	See Limitations and Exclusions	20% coinsurance for minor restorative procedures after \$25 deductible. Covered up to \$500 per year. Deductible and coinsurance waived for diagnostic and preventive services performed by participating provider.

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 excluded services.)

- Cosmetic surgery
- Hearing aids
- Infertility treatment
- Long- term care
- Most coverage provided outside the United States. See www.bcbs.com/bluecardworldwide.
- Private-duty nursing
- Routine foot care
- Weight loss programs

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.)

- Bariatric surgery

Your Rights to Continue Coverage:

Federal and State laws may provide protections that allow you to keep this health insurance coverage as long as you pay your **premium**. There are exceptions, however, such as if:

- You commit fraud
- The insurer stops offering services in the State
- You move outside the coverage area

For more information on your rights to continue coverage, contact the insurer at 1-866-333-4820. You may also contact your state insurance department at:

California Department of Insurance
Consumer Services Division
300 South Spring Street, South Tower
Los Angeles, CA 90013
(800) 927-HELP (4357)

Department of Managed Health Care
California Help Center
980 9th Street, Suite 500
Sacramento, CA 95814-2725
1-888-HMO-2219

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:

California Department of Insurance
Consumer Services Division
300 South Spring Street, South Tower
Los Angeles, CA 90013
(800) 927-HELP (4357)

Department of Managed Health Care
California Help Center
980 9th Street, Suite 500
Sacramento, CA 95814-2725
1-888-HMO-2219

A consumer assistance program can help you file your appeal. Contact:
California Department of Managed Health Care
Help Center
980 9th Street, Suite 500
Sacramento, CA 95814
(888) 466-2219
<http://www.healthhelp.ca.gov>
helpline@dmhc.ca.gov

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

如果您是非會員並需要中文協助，請聯絡您的銷售代表或小組管理員。如果您已參保，則請使用您 ID 卡上的號碼聯絡客戶服務人員。

Doo bee a'tah ni'liigoo eí dooda'í, shikáa adoolwoí únizinigo t'áa diné k'éjúgo, t'áa shoodí ba na'ałníhí ya sidáhí bich'í naabídíłkiid. Eí doo biigha daago ni ba'nija'go ho'aalagí bich'í hodiilní. Hai'daq iini'taago eíya, t'áa shoodí diné ya atáh halne'ígí ní béesh bee hane'í wólta' bí'ki si'niilígí bí'kéhgo bich'í hodiilní.

Si no es miembro todavía y necesita ayuda en idioma español, le suplicamos que se ponga en contacto con su agente de ventas o con el administrador de su grupo. Si ya está inscrito, le rogamos que llame al número de servicio de atención al cliente que aparece en su tarjeta de identificación.

Kung hindi ka pa miyembro at kailangan ng tulong sa wikang Tagalog, mangyaring makipag-ugnayan sa iyong sales representative o administrator ng iyong pangkat. Kung naka-enroll ka na, mangyaring makipag-ugnayan sa serbisyo para sa customer gamit ang numero sa iyong ID card.

아직 가입하지 않았거나 한국어로 된 도움말이 필요한 경우 영업 관리자나 그룹 관리자에게 문의하시기 바랍니다. 이미 가입한 경우 ID 카드에 있는 번호를 사용하여 고객 서비스에 문의하시기 바랍니다.

Nếu quý vị chưa phải là một hội viên và cần được giúp đỡ bằng Tiếng Việt, xin liên lạc với đại diện thương mại của quý vị hoặc quản trị viên nhóm. Nếu quý vị đã ghi danh, xin liên lạc với dịch vụ khách hàng qua việc dùng số điện thoại ghi trên thẻ ID của quý vị.

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: \$2,420
- Patient pays: \$5,120

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:

Total Deductibles	\$5,000
Co-pays	\$0
Co-insurance	\$0
Limits or exclusions	\$120
Total	\$5,120

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

- Amount owed to providers: \$5,400
- Plan pays: \$300
- Patient pays: \$5,100

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:

Total Deductibles	\$5,000
Co-pays	\$20
Co-insurance	\$0
Limits or exclusions	\$80
Total	\$5,100

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: 800-930-7956 or www.medicoverage.com.

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**, **co-payments**, and **co-insurance** 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?

X 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?

X 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 **co-payments**, **deductibles**, and **co-insurance**. 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.

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