



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, see [www.local4funds.org](http://www.local4funds.org). For general definitions of common terms, such as [allowed amount](#), [balance-billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other [underlined](#) terms, see the Glossary. You can view the Glossary at [bluecrossma.com/sbcglossary](http://bluecrossma.com/sbcglossary) or call 1-800-241-0803 to request a copy.

Important Questions	Answers	Why This Matters:
<a href="#">What is the overall deductible?</a>	\$250 member / \$500 family.	Generally, you must pay all of the costs from <a href="#">providers</a> up to the <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay. If you have other family members on the <a href="#">plan</a> , each family member must meet their own individual <a href="#">deductible</a> until the total amount of <a href="#">deductible</a> expenses paid by all family members meets the overall family <a href="#">deductible</a> .
<a href="#">Are there services covered before you meet your deductible?</a>	Yes. Preventive and prenatal care, most office visits, therapy visits, and mental health visits, certain <a href="#">diagnostic tests</a> and imaging.	This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost sharing</a> and before you meet your <a href="#">deductible</a> . See a list of covered <a href="#">preventive services</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .
<a href="#">Are there other deductibles for specific services?</a>	Yes. \$250 member / \$500 family for <a href="#">Prescription Drugs</a> .	You must pay all of the costs for these services up to the specific <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay for these services.
<a href="#">What is the out-of-pocket limit for this plan?</a>	\$5,000 member / \$10,000 family.	The <a href="#">out-of-pocket limit</a> is the most you could pay in a year for covered services. If you have other family members in this <a href="#">plan</a> , they have to meet their own <a href="#">out-of-pocket limits</a> until the overall <a href="#">family out-of-pocket limit</a> has been met.
<a href="#">What is not included in the out-of-pocket limit?</a>	<a href="#">Premiums</a> , <a href="#">balance-billing</a> charges, and health care this <a href="#">plan</a> doesn't cover.	Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a> . You are protected from <a href="#">balance-billing</a> in certain cases, like when you have an emergency or visit a <a href="#">network facility</a> but are unexpectedly treated by an <a href="#">out-of-network provider</a> .
<a href="#">Will you pay less if you use a network provider?</a>	Yes. See <a href="http://bluecrossma.com/findadoctor">bluecrossma.com/findadoctor</a> or call the Member Service number on your ID card for a list of <a href="#">network providers</a> .	This <a href="#">plan</a> uses a <a href="#">provider network</a> . You must use a <a href="#">provider</a> in the <a href="#">plan's network</a> . Be aware, your <a href="#">network provider</a> might use an <a href="#">out-of-network provider</a> for some services (such as lab work). Check with your <a href="#">provider</a> before you get services.
<a href="#">Do you need a referral to see a specialist?</a>	No.	You can see the <a href="#">specialist</a> you choose without a <a href="#">referral</a> .



All **copayment** and **coinsurance** 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
		In-Network (You will pay the least)	Out-of-Network (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	\$15 / visit (in-person & telehealth)	Not covered	<b>Cost share</b> waived for services at a Limited Service Clinic.
	<u>Specialist</u> visit	\$15 / visit (in-person & telehealth); \$15 / chiropractor visit; \$15 / acupuncture visit / \$15 homeopathy or massage therapy	Not covered	Limited to 20 chiropractor visits per calendar year; limited to 20 acupuncture visits per calendar year; limited to \$1,000 combined maximum per person for homeopathy or massage therapy.
	<u>Preventive care/screening</u> /immunization	No charge	Not covered	Limited to age-based schedule and / or frequency. 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.
If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	10% <b>coinsurance</b> for hospitals; \$15 for other <u>providers</u>	Not covered	<b>Deductible</b> applies first for hospitals. Copayment applies per category of test/day; <u>pre-authorization</u> may be required.
	Imaging (CT/PET scans, MRIs)	10% <b>coinsurance</b> for hospitals; \$50 for other <u>providers</u>	Not covered	<b>Deductible</b> applies first for hospitals. Copayment applies per category of test/day; <u>pre-authorization</u> may be required.
If you need drugs to treat your illness or condition More information about <u>prescription drug coverage</u> is available at <a href="http://www.local4funds.org">www.local4funds.org</a>	Generic drugs	\$20 <b>copay</b> , retail \$40 <b>copay</b> , mail order	Difference between out-of-network cost and in-network cost, minus copay.	<b>Deductible</b> applies first. Retail is 30-day supply; mail order (available at CVS pharmacy, or Optum Rx Home Delivery) is 90-day supply.
	Preferred brand drugs	\$60 <b>copay</b> , retail \$120 <b>copay</b> , mail order	Difference between out-of-network cost and in-network cost, minus copay.	<b>Deductible</b> applies first. Retail is 30-day supply; mail order (available at CVS pharmacy, or Optum Rx Home Delivery) is 90-day supply.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network (You will pay the least)	Out-of-Network (You will pay the most)	
	Non-preferred brand drugs	\$100 <a href="#">copay</a> , retail \$200 <a href="#">copay</a> , mail order	Difference between out-of-network cost and in-network cost, minus copay.	<a href="#">Deductible</a> applies first. Retail is 30-day supply; mail order (available at CVS pharmacy, or Optum Rx Home Delivery) is 90-day supply.
	<a href="#">Specialty drugs</a>	\$200 <a href="#">copay</a>	Not covered	<a href="#">Deductible</a> applies first. <a href="#">Specialty drugs</a> are limited to a 30-day supply. Prior authorization may be required. Call 1-855-427-4682 or visit <a href="http://specialty.optumrx.com">specialty.optumrx.com</a> to learn about Optum's variable copay assistance program, which may help lower your <a href="#">copay</a> on <a href="#">specialty drugs</a> .
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	10% <a href="#">coinsurance</a>	Not covered	<a href="#">Deductible</a> applies first; <a href="#">pre-authorization</a> required for certain services.
	Physician/surgeon fees	10% <a href="#">coinsurance</a>	Not covered	<a href="#">Deductible</a> applies first; <a href="#">pre-authorization</a> required for certain services.
If you need immediate medical attention	<a href="#">Emergency room care</a>	10% <a href="#">coinsurance</a>	10% <a href="#">coinsurance</a>	<a href="#">Deductible</a> applies first.
	<a href="#">Emergency medical transportation</a>	10% <a href="#">coinsurance</a>	10% <a href="#">coinsurance</a>	<a href="#">Deductible</a> applies first.
	<a href="#">Urgent care</a>	\$15 / visit (in-person & telehealth)	Not covered	
If you have a hospital stay	Facility fee (e.g., hospital room)	10% <a href="#">coinsurance</a>	Not covered	<a href="#">Deductible</a> applies first; <a href="#">pre-authorization</a> required for certain services. <a href="#">Coinsurance</a> may be waived if surgery is performed through Carrum Health. Contact Carrum Health at 1-888-855-7806.
	Physician/surgeon fees	10% <a href="#">coinsurance</a>	Not covered	<a href="#">Deductible</a> applies first; <a href="#">pre-authorization</a> required for certain services.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network (You will pay the least)	Out-of-Network (You will pay the most)	
<b>If you need mental health, behavioral health, or substance abuse services</b>	Outpatient services	\$15 / visit (in-person & telehealth). One mental health wellness exam covered each year at \$0 <u>copay</u> . Eight (8) outpatient sessions covered per year at no <u>copay</u> through Lyra Health.	Not covered	<u>Pre-authorization</u> required for certain services.
	Inpatient services	10% <u>coinsurance</u>	Not covered	<u>Deductible</u> applies first; <u>pre-authorization</u> / authorization required for certain services.
<b>If you are pregnant</b>	Office visits	No charge for prenatal care (in-person & telehealth); 10% <u>coinsurance</u> for postnatal care	Not covered	<u>Deductible</u> applies first except for prenatal care; <u>cost sharing</u> does not apply for <u>preventive services</u> ; maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).
	Childbirth/delivery professional services	10% <u>coinsurance</u>	Not covered	
	Childbirth/delivery facility services	10% <u>coinsurance</u>	Not covered	

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network (You will pay the least)	Out-of-Network (You will pay the most)	
If you need help recovering or have other special health needs	<a href="#">Home health care</a>	10% <a href="#">coinsurance</a>	Not covered	<a href="#">Deductible</a> applies first; <a href="#">pre-authorization</a> required for certain services.
	<a href="#">Rehabilitation services</a>	\$15 / visit for outpatient services (in-person & telehealth); 10% <a href="#">coinsurance</a> for inpatient services	Not covered	<a href="#">Deductible</a> applies first except for outpatient services; limited to 100 outpatient visits per calendar year (other than for autism, Down syndrome, <a href="#">home health care</a> and speech therapy); limited to 100 days (combined with skilled nursing facility admissions) per calendar year for inpatient admissions; <a href="#">pre-authorization</a> required for certain services.
	<a href="#">Habilitation services</a>	\$15 / visit (in-person & telehealth)	Not covered	Outpatient Rehabilitation therapy coverage limits apply; cost share and coverage limits waived for early intervention services for eligible children.
	<a href="#">Skilled nursing care</a>	10% <a href="#">coinsurance</a>	Not covered	<a href="#">Deductible</a> applies first; limited to 100 days (combined with rehabilitation hospital admissions) per calendar year; <a href="#">pre-authorization</a> required.
	<a href="#">Durable medical equipment</a>	10% <a href="#">coinsurance</a>	Not covered	<a href="#">Deductible</a> applies first; <a href="#">cost share</a> waived for one breast pump per birth, including supplies.
	<a href="#">Hospice services</a>	10% <a href="#">coinsurance</a>	Not covered	<a href="#">Deductible</a> applies first; <a href="#">pre-authorization</a> required for certain services.
If your child needs dental or eye care	Children's eye exam	Not covered	Not covered	
	Children's glasses	Not covered	Not covered	
	Children's dental check-up	Not covered	Not covered	

## 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.)

• Cosmetic surgery	• Dental care (adult)	• Private-duty nursing
• Hearing aids	• Dental care (children)	• Routine eye care (adult)
• Long-term care	• Non-emergency care when traveling outside the U.S.	• Routine eye care (children)

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

• Acupuncture (20 visits per calendar year)	• Chiropractic care (20 visits per calendar year)	• Weight loss programs (\$175 per calendar year per policy)
• Bariatric surgery	• Infertility treatment (Progyny)	
• Routine foot care (only for patients with systemic circulatory disease)		

**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-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) and the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://www.cciio.cms.gov). Your state insurance department might also be able to help. If you are a Massachusetts resident, you can contact the Massachusetts Division of Insurance at 1-877-563-4467 or [www.mass.gov/doi](http://www.mass.gov/doi). 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](http://www.HealthCare.gov) or call 1-800-318-2596. For more information about possibly buying individual coverage through a state exchange, you can contact your state's [marketplace](#), if applicable. If you are a Massachusetts resident, contact the Massachusetts Health Connector by visiting [www.mahealthconnector.org](http://www.mahealthconnector.org). For more information on your rights to continue your employer coverage, contact your [plan](#) sponsor. (A [plan](#) sponsor is usually the member's employer or organization that provides group health coverage to the member.)

**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 on how to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, call 1-800-241-0803 or contact your [plan](#) sponsor. (A [plan](#) sponsor is usually the member's employer or organization that provides group health coverage to the member.)

**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 [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](#).

**Disclaimer:** This document contains only a partial description of the benefits, limitations, exclusions and other provisions of this health care [plan](#). It is not a policy. It is a general overview only. It does not provide all the details of this coverage, including benefits, exclusions and policy limitations. In the event there are discrepancies between this document and the policy, the terms and conditions of the policy will govern.

*To see examples of how this [plan](#) might cover costs for a sample medical situation, see the next section.*

## 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](#), [copayments](#) and [coinsurance](#)) 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 prenatal care and a hospital delivery)

■ The <a href="#">plan's</a> overall <a href="#">deductible</a>	\$250
■ Delivery fee <a href="#">coinsurance</a>	10%
■ Facility fee <a href="#">coinsurance</a>	10%
■ <a href="#">Diagnostic tests</a> <a href="#">copay</a>	\$15

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	
<a href="#">Deductibles</a>	\$500
<a href="#">Copayments</a>	\$40
<a href="#">Coinsurance</a>	\$1,200

*What isn't covered*

Limits or exclusions	\$60
<b>The total Peg would pay is</b>	<b>\$1,800</b>

### Managing Joe's Type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

■ The <a href="#">plan's</a> overall <a href="#">deductible</a>	\$250
■ <a href="#">Specialist</a> visit <a href="#">copay</a>	\$15
■ Primary care visit <a href="#">copay</a>	\$15
■ <a href="#">Diagnostic tests</a> <a href="#">copay</a>	\$15

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** **\$5,600**

In this example, Joe would pay:

Cost Sharing	
<a href="#">Deductibles</a>	\$500
<a href="#">Copayments</a>	\$700
<a href="#">Coinsurance</a>	\$70

*What isn't covered*

Limits or exclusions	\$20
<b>The total Joe would pay is</b>	<b>\$1,290</b>

### Mia's Simple Fracture

(in-network emergency room visit and follow-up care)

■ The <a href="#">plan's</a> overall <a href="#">deductible</a>	\$250
■ <a href="#">Specialist</a> visit <a href="#">copay</a>	\$15
■ Emergency room <a href="#">coinsurance</a>	10%
■ Ambulance services <a href="#">coinsurance</a>	10%

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** **\$2,800**

In this example, Mia would pay:

Cost Sharing	
<a href="#">Deductibles</a>	\$300
<a href="#">Copayments</a>	\$80
<a href="#">Coinsurance</a>	\$200

*What isn't covered*

Limits or exclusions	\$0
<b>The total Mia would pay is</b>	<b>\$580</b>

Note: These numbers assume the patient does not participate in the [plan's](#) diabetes management program. If you participate in the program, you may be able to lower your costs. For more information about the diabetes management program, please contact Optum Rx at 1-855-241-2213.

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.

000658941 (10/20) AL