

Catastrophic PPO: Montana Health CO-OP

Coverage Period: 01/01/2016 – 12/31/2016

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

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 at www.mhc.coop or by calling (855) 488-0622.

Important Questions	Answers	Why this Matters:
What is the overall <u>deductible</u> ?	In-network: \$6,850 person / \$13,700 family. Out-of-network: \$20,550 person / \$41,100 family. Doesn't apply to preventive care, pediatric vision, or the first three non-specialist office visits in a year.	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?	No.	You don't have to meet deductibles for specific services, but see the chart starting on page 2 for other costs for services this plan covers.
Is there an <u>out-of-pocket limit</u> on my expenses?	Yes. In-network: \$6,850 person / \$13,700 family. Out-of-network: \$20,550 person / \$41,100 family.	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.
What is not included in the <u>out-of-pocket limit</u> ?	Premiums, preventive care, balance-billed charges, and care not covered by the plan.	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.mhc.coop or call (855) 488-0622 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 can see the <u>specialist</u> 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 4. See your policy or plan document for additional information about <u>excluded services</u> .

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- **Copayments** are fixed dollar amounts (for example, \$15) 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 in-network **providers** by charging you lower **deductibles**, **copayments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	Your Cost If You Use an In-network Provider	Your Cost If You Use an Out-of-network Provider	Limitations & Exceptions
If you visit a health care <u>provider's</u> office or clinic	Primary care visit to treat an injury or illness <i>*First 3 visits combined between Chemical Dependency, Mental Health and Primary Care Office Visits.</i>	\$0/visit for first *3 visits before deductible, 0% coinsurance after deductible	0% coinsurance	—————none—————
	Specialist visit	0% coinsurance	0% coinsurance	—————none—————
	Other practitioner office visit	0% coinsurance	0% coinsurance	Coverage is limited to 20 visits/year.
	Preventive care/screening/immunization	No charge	0% coinsurance	—————none—————
If you have a test	Diagnostic test (x-ray, blood work)	0% coinsurance	0% coinsurance	This benefit does not include diagnostic services, such as biopsies, which are services that are routinely covered under the Surgical Services Benefit.
	Imaging (CT/PET scans, MRIs)	0% coinsurance	0% coinsurance	—————none—————

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If you need drugs to treat your illness or condition More information about <u>prescription drug coverage</u> is available at www.mhc.coop .	Preferred Generic drugs (Tier 1)	0% coinsurance	Not covered	—————none—————
	Preferred Brand drugs (Tier 2)	0% coinsurance	Not covered	You must pay an Ancillary Charge in addition to the Deductible and/or Copayment, as applicable, if you choose a Brand-Name drug when a Generic drug is available.
	Non-Preferred Generic & Brand drugs (Tier 3)	0% coinsurance	Not covered	You must pay an Ancillary Charge in addition to the Deductible and/or Copayment, as applicable, if you choose a Brand-Name drug when a Generic drug is available.
	Specialty drugs (Tier SP)	0% coinsurance	Not covered	—————none—————
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	0% coinsurance	0% coinsurance	—————none—————
	Physician/surgeon fees	0% coinsurance	0% 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	0% coinsurance	0% coinsurance	—————none—————
If you have a hospital stay	Facility fee (e.g., hospital room)	0% coinsurance	0% coinsurance	—————none—————
	Physician/surgeon fee	0% coinsurance	0% coinsurance	—————none—————

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If you have mental health, behavioral health, or substance abuse needs <i>*First 3 visits combined between Substance Use Disorder, Mental Health and Primary Care Office Visits.</i>	Mental/Behavioral health outpatient services	\$0/visit for first *3 visits before deductible	0% coinsurance	—————none—————
	Mental/Behavioral health inpatient services	0% coinsurance	0% coinsurance	—————none—————
	Substance use disorder outpatient services	\$0/visit for first *3 visits before deductible	0% coinsurance	—————none—————
	Substance use disorder inpatient services	0% coinsurance	0% coinsurance	—————none—————
If you are pregnant	Prenatal and postnatal care	0% coinsurance	0% coinsurance	—————none—————
	Delivery and all inpatient services	0% coinsurance	0% coinsurance	—————none—————
If you need help recovering or have other special health needs	Home health care	0% coinsurance	0% coinsurance	Coverage is limited to 180 visits/year.
	Outpatient Rehabilitation services	0% coinsurance	0% coinsurance	Coverage is limited to 20 visits/year
	Habilitation services	0% coinsurance	0% coinsurance	Coverage is limited to 20 visits/year
	Skilled nursing care	0% coinsurance	0% coinsurance	Coverage is limited to 60 days/year
	Durable medical equipment	0% coinsurance	0% coinsurance	—————none—————
	Hospice service	0% coinsurance	0% coinsurance	—————none—————
If your child needs dental or eye care	Eye exam	No charge after deductible	No charge after deductible	Coverage is limited to one Vision Examination per Covered Dependent Child per Calendar Year.
	Glasses	No charge after deductible	No charge after deductible	Coverage is limited to one frame per Covered Dependent Child per Calendar Year.
	Dental check-up	Not covered	Not covered	—————none—————

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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.)

- Acupressure
- Acupuncture
- Dental care and treatment
- Foot Care
- Hearing Aids
- Holistic Medicine
- Marriage counseling
- Private duty nursing
- Religious counseling
- Reversal of an elective sterilization
- Rolfing therapy
- Self-help programs
- Stress management
- Temporomandibular joint dysfunction
- Transplants of non-human/artificial organs
- Vision Services (Adult)
- Weight reduction or weight control services

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.)

- Chiropractic care (Up to 20 visits/year)
- Cosmetic surgery (Only if medically necessary or for certain reconstructive surgeries)
- Most coverage provided outside the United States. See www.mhc.coop.

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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 **(855) 488-0622**. You may also contact your state insurance department at **(406) 444-2040**.

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: Montana Commissioner of Securities and Insurance, **(406) 444-2040**.

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**.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al **(855) 447-2900**.

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

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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 \$540
- Patient pays \$7,000

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	\$6,850
Copays	\$0
Coinsurance	\$0
Limits or exclusions	\$150
Total	\$7,000

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

- Amount owed to providers: \$5,400
- Plan pays \$50
- Patient pays \$5,350

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	\$5,270
Copays	\$0
Coinsurance	\$0
Limits or exclusions	\$80
Total	\$5,350

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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.

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