



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) 447-2900.

Important Questions	Answers	Why this Matters:
What is the overall <u>deductible</u> ?	In-network: \$4,200 person / \$8,400 family. Out-of-network: \$12,600 person / \$25,200 family. Doesn't apply to preventive care, pediatric vision, or certain copayments (as indicated below).	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 office</u> or clinic	Primary care visit to treat an injury or illness	\$40/visit after deductible	70% coinsurance after deductible	—————none—————
	Specialist visit	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
	Other practitioner office visit	50% coinsurance for chiropractor \$40/visit for other practitioners after deductible	70% coinsurance for chiropractor 70% coinsurance for other practitioners	Chiropractic coverage is limited to 20 visits/year.
	Preventive care/screening/immunization	No charge	70% coinsurance after deductible	—————none—————
If you have a test	Diagnostic test (x-ray, blood work)	50% coinsurance after deductible	70% coinsurance after deductible	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)	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————

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

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

Coverage for: Individual/Family | Plan Type: POS

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
<p>If you need drugs to treat your illness or condition</p> <p>More information about <u>prescription drug coverage</u> is available at <u>www.mhc.coop</u>.</p>	Tier 0-Preventive drugs, including contraceptives	\$0	\$0	You must pay an Ancillary Charge or provide a written statement from your attending physician if a medically necessary contraceptive outside of Tier 0 is prescribed.
	Tier 1-Preferred Generic drugs	\$25/script after deductible for 30-day retail order. \$50/script after deductible for 90-day mail order.	\$25/script after deductible for 30-day retail order. \$50/script after deductible for 90-day mail order.	—————none—————
	Tier 2-Preferred brand drugs	\$125/script after deductible for 30-day retail order. \$250/script after deductible for 90-day mail order.	\$125/script after deductible for 30-day retail order. \$250/script after deductible for 90-day mail order.	You must pay an Ancillary Charge in addition to the Deductible and/or Copayment, as applicable, if you choose a Tier 2 drug when an alternative Tier 1 drug is available.
	Tier 3-Non-preferred brand and generic drugs	\$160/script after deductible for 30-day retail order. \$320/script after deductible for 90-day mail order.	\$160/script after deductible for 30-day retail order. \$320/script after deductible for 90-day mail order.	You must pay an Ancillary Charge in addition to the Deductible and/or Copayment, as applicable, if you choose a Tier 3 drug when an alternative Tier 1 or Tier 2 drug is available.
	Tier 4-Specialty drugs	\$185/script after deductible for 30-day retail order. 90-day mail order not available	\$185/script after deductible for 30-day retail order. 90-day mail order not available	—————none—————
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————

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Coverage Period: 01/01/2016 – 12/31/2016
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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
	Physician/surgeon fees	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
If you need immediate medical attention	Emergency room services	50% coinsurance after deductible	50% coinsurance after deductible	—————none—————
	Emergency medical transportation	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
	Urgent care	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
If you have a hospital stay	Facility fee (e.g., hospital room)	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
	Physician/surgeon fee	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
If you have mental health, behavioral health, or substance abuse needs	Office Visit	\$40/visit after deductible	70% coinsurance after deductible	—————none—————
	Mental/Behavioral health outpatient services	\$40/visit after deductible	70% coinsurance after deductible	—————none—————
	Mental/Behavioral health inpatient services	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
	Substance Abuse disorder outpatient services	\$40/visit after deductible	70% coinsurance after deductible	—————none—————
	Substance Abuse disorder inpatient services	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
If you are pregnant	Prenatal and postnatal care	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
	Delivery and all inpatient services	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————

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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 need help recovering or have other special health needs	Home health care	50% coinsurance after deductible	70% coinsurance after deductible	Coverage is limited to 180 visits/year.
	Rehabilitation services	50% coinsurance after deductible	70% coinsurance after deductible	Limited to 20 visits/year for PT, OT, and ST combined
	Habilitation services	50% coinsurance after deductible	70% coinsurance after deductible	Limited to 20 visits/year for PT, OT, and ST combined
	Skilled nursing care	50% coinsurance after deductible	70% coinsurance after deductible	Coverage is limited to 60 days/year.
	Durable medical equipment	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
	Hospice service	50% coinsurance after deductible	70% coinsurance after deductible	—————none—————
If your child needs dental or eye care	Eye exam	No charge	25% coinsurance	Coverage is limited to one Vision Examination per Covered Dependent Child per Calendar Year.
	Glasses	No charge	25% coinsurance	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
- Homeotherapy
- Marriage counseling
- Private duty nursing
- Religious counseling
- Reversal of an elective sterilization
- Roling therapy
- Self-help programs
- Stress management
- 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 must be: (a) incidental to or following surgery resulting from trauma, infection or other diseases of the involved part; and (b) because of congenital disease or anomaly of a covered Dependent Child
- 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 **1-855-488-0622**. You may also contact your state insurance department at 1-800-721-3272.

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.**

Your Grievance and Appeals Rights:

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, contact Customer Service at 1-855-488-0622. For questions about your rights, this notice, assistance, or you are unsatisfied with your appeal, you can contact: Idaho Department of Insurance, **1-800-721-3272**.

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: \$6,850
- Plan pays \$950
- Patient pays \$5,900

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	\$6,850

Patient pays:

Deductibles	4200
Copays	\$20
Coinsurance	\$1,530
Limits or exclusions	\$150
Total	\$5,900

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

- Amount owed to providers: \$5,400
- Plan pays \$690
- Patient pays \$4,710

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	4200
Copays	\$340
Coinsurance	\$90
Limits or exclusions	\$80
Total	\$4,710

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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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