## **⊘ Medica**. ND Individual Choice Bronze H Zero

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The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) 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, go to <u>www.medica.com/2022IndChoicePolicies</u> or call 888-592-8211. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms, see the Glossary. You can view the Glossary at <a href="https://www.healthcare.gov/sbc-glossary">https://www.healthcare.gov/sbc-glossary</a> or call 888-592-8211 to request a copy.

| Important Questions   | Answers   | Why This Matters:  |
|---|---|--|
| What is the overall deductible?                               | <b>\$0</b> for <u>network</u> services. There is no coverage for non-network services.  | See the Common Medical Events chart below for your costs for services this <u>plan</u> covers.   |
| Are there services covered before you meet your deductible?   | Yes.  | This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount.  |
| Are there other <u>deductibles</u> for specific services?     | No.   | You don't have to meet deductibles for specific services.  |
| What is the <u>out-of-pocket limit</u> for this <u>plan</u> ? | <b>\$0</b> for <u>network</u> services. There is no coverage for non-network services.  | This <u>plan</u> does not have an <u>out-of-pocket limit</u> on your expenses.   |
| What is not included in the<br>out-of-pocket limit?           | Premiums, balance-billing charges and health care this plan doesn't cover.  | This <u>plan</u> does not have an <u>out-of-pocket limit</u> on your expenses.   |
| Will you pay less if you use a network provider?              | <b>Yes.</b> Visit <a href="www.medica.com/findindividualchoiceproviders">www.medica.com/findindividualchoiceproviders</a> or call 888-592-8211 (TTY:711) for a list of <a href="mailto:network providers">network providers</a> . | This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware, your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services. |
| Do you need a <u>referral</u> to see a <u>specialist</u> ?    | No.   | You can see the specialist you choose without a referral.  |



All <u>copayment</u> and <u>coinsurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

|   |  | What  |  |   |  |
|---|--|---|--|---|--|
| Common Medical Event  | Services You May Need                            | Network<br>Provider<br>(You will pay the least) | Non-Network<br>Provider<br>(You will pay the most) | Limitations, Exceptions & Other Important Information   |  |
|   | Primary care visit to treat an injury or illness | No charge                                       | Not covered  | Limited to 20 visits/year for chiropractic care.  |  |
| If you viols a bookly some  | Specialist visit                                 | No charge                                       | Not covered  | none  |  |
| If you visit a health care provider's office or clinic                          | Preventive care/<br>screening/immunization       | No charge                                       | Not covered  | You may have to pay for services that aren't preventive. Ask your provider if the services you need are preventive. Then check what your plan will pay for. |  |
| If way have a test  | Diagnostic test (x-ray, blood work)              | No charge                                       | Not covered  | none  |  |
| If you have a test  | Imaging (CT/PET scans, MRIs)                     | No charge                                       | Not covered  | *May require prior authorization.   |  |
| If you would down to troot  | Generic drugs                                    | No charge                                       | Not covered  | Up to a 31-day supply per prescription. *May require prior authorization. Proton pump inhibitors  |  |
| If you need drugs to treat your illness or condition  More information about    | Preferred brand drugs                            | No charge                                       | Not covered  | authorization. Proton pump inhibitors (except for members 12 years of age and younger, and those members who have a feeding tube) and                       |  |
| prescription drug coverage<br>is available at<br>www.medica.com/<br>RxList2022. | Non-Preferred brand drugs                        | No charge                                       | Not covered  | non-sedating antihistamines are not covered. Insulin: Your cost-share will not exceed \$25 per retail prescription unit. *Refer to the Exceptions to the    |  |
| MXLIS(2022.   | Specialty drugs                                  | No charge                                       | Not covered  | Drug List section of your Policy of Coverage for more details. No charge for preventive drugs.  |  |
| If you have outpatient  | Facility fee (e.g., ambulatory surgery center)   | No charge                                       | Not covered  | *May require prior authorization.   |  |
| surgery   | Physician/surgeon fees                           | No charge                                       | Not covered  | *May require prior authorization.   |  |
|   | Emergency room care                              | No charge                                       | No charge  | Network deductible applies.   |  |
| If you need immediate medical attention   | Emergency medical transportation                 | No charge                                       | No charge  | none  |  |
|   | Urgent care                                      | No charge                                       | No charge  | none  |  |

<sup>\*</sup> For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.medica.com/2022IndChoicePolicies</u>.

|  |   | What Y  |  |  |
|--|---|---|--|--|
| Common Medical Event   | Services You May Need                     | Network<br>Provider<br>(You will pay the least) | Non-Network<br>Provider<br>(You will pay the most) | Limitations, Exceptions & Other Important Information  |
| If you have a hospital stay  | Facility fee (e.g., hospital room)        | No charge                                       | Not covered  | *May require prior authorization.  |
| ii you nave a nospitai stay  | Physician/surgeon fees                    | No charge                                       | Not covered  | *May require prior authorization.  |
| If you need mental health, behavioral health, or                     | Outpatient services                       | No charge                                       | Not covered  | *May require prior authorization.  |
| substance abuse services   | Inpatient services                        | No charge                                       | Not covered  | *May require prior authorization.  |
|  | Office visits                             | No charge                                       | Not covered  | Maternity care may include tests and   |
| If you are pregnant  | Childbirth/delivery professional services | No charge                                       | Not covered  | Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound). *May require |
|  | Childbirth/delivery facility services     | No charge                                       | Not covered  | prior authorization.   |
|  | Home health care                          | No charge                                       | Not covered  | *May require prior authorization.<br>Limited to 4 hours/day; 40<br>visits/year.                              |
|  | Rehabilitation services                   | No charge                                       | Not covered  | Outpatient: Limited to 30 visits per therapy/year; Cardiac rehabilitation 30 visits/event.                   |
| If you need help<br>recovering or have other<br>special health needs | Habilitation services                     | No charge                                       | Not covered  | Outpatient: Limited to 30 visits per therapy/year; Cardiac rehabilitation 30 visits/event.                   |
|  | Skilled nursing care                      | No charge                                       | Not covered  | *May require prior authorization.<br>Limited to 30 days/year.  |
|  | <u>Durable medical equipment</u>          | No charge                                       | Not covered  | *May require prior authorization.  |
|  | Hospice services                          | No charge                                       | Not covered  | none   |

<sup>\*</sup> For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.medica.com/2022IndChoicePolicies</u>.

Coverage Period: Beginning on or after 01/01/2022 Coverage for: Individual or Family | Plan Type: HMO

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|                              |  | Services You May Need      | What Y  |  |  |
|------------------------------|--|----------------------------|---|--|--|
| Cor                          | Common Medical Event                   |                            | Network<br>Provider<br>(You will pay the least) | Non-Network<br>Provider<br>(You will pay the most) | Limitations, Exceptions & Other Important Information  |
| If your child<br>or eye care |  | Children's eye exam        | No charge                                       | Not covered  | Limited to one refractive eye exam/year to end of month member turns 19.   |
|                              | If your child needs dental or eye care | Children's glasses         | No charge                                       | Not covered  | Coverage is limited to one pair of frames every 2 calendar years and one pair of lenses every calendar year. Contact lenses are limited to once every calendar year. |
|                              |  | Children's dental check-up | Not covered                                     | Not covered  | Coverage is available through a stand-alone dental policy.   |

<sup>\*</sup> For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.medica.com/2022IndChoicePolicies</u>.

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### **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.)

- \*Abortion, elective, induced, except as medically necessary to protect the life of the mother
- Acupuncture
- Chiropractic care exceeding 20 visits per member per year.
- Cosmetic surgery

- Dental care (Adult)
- Dental care (Child) (coverage is available through a stand-alone dental policy.)
- Dental check-up
- Hearing aids
- Infertility treatment
- Long-term care

- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine eye care (Adult)
- Routine foot care except for some conditions
- Weight loss programs

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

Bariatric surgery limited to one surgery per member with prior authorization

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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: Medica at 888-592-8211 or the North Dakota Commissioner of Insurance at 701-328-2440 or 800-247-0560. Other coverage options may be available to you too, including buying individual insurance coverage through the <a href="Health Insurance Marketplace">Health Insurance Marketplace</a>. For more information about the <a href="Marketplace">Marketplace</a>, visit <a href="https://www.HealthCare.gov">www.HealthCare.gov</a> or call 1-800-318-2596.

**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 <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: Medica at 888-592-8211 or the North Dakota Commissioner of Insurance at 701-328-2440 or 800-247-0560.

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 Minimum Value Standards? NA
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.

### **Language Access Services:**

Spanish (Español): Para obtener asistencia en Español, llame al 888-592-8211

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 888-592-8211

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 888-592-8211

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 888-592-8211

------- 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 <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. 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 lelivery) | hospital | Managing Joe's Type 2 Diabetes (a year of routine in-network care of a well-condition) | ontrolled | Mia's Simple Fracture<br>(in-network emergency room visit and follow ι | ıp care) |
|--|----------|--|-----------|--|----------|
| ■ The <u>plan's</u> overall <u>deductible</u> :                            | \$0      | ■ The plan's overall deductible:   | \$0       | ■ The <u>plan's</u> overall <u>deductible</u> :                        | \$0      |
| Specialist coinsurance:  | 0%       | Specialist coinsurance:  | 0%        | Specialist coinsurance:  | 0%       |
| Hospital (facility) coinsurance:   | 0%       | Hospital (facility) coinsurance:   | 0%        | Hospital (facility) coinsurance:                                       | 0%       |
| Other <u>coinsurance</u> :   | 0%       | Other <u>coinsurance</u> :   | 0%        | Other <u>coinsurance</u> :   | 0%       |
| This EYAMDI E avent includes services like                                 |          | This FYAMPI F event includes services like   | ٠.        | This EYAMDI E event includes services like                             |          |

| his | EXAMPLE event includes services like: |    | This | S EXAMPLE event includes services like: |    |
|-----|---------------------------------------|----|------|---|----|
|     | Other <u>coinsurance</u> :            | 0% |      | Other coinsurance:                      | 0% |
|     | Hospital (facility) coinsurance:      | 0% |      | Hospital (facility) coinsurance:        | 0% |
|     | Specialist coinsurance:               | 0% |      | Specialist coinsurance:                 | 0% |

\$0

#### I NIS 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)

In this example, Peg would pay:

**Total Example Cost** 

Deductibles

Copayments

Coinsurance

Limits or exclusions

The total Peg would pay is

#### I NIS EXAMPLE event includes services like:

Primary care physician office visits (including disease education)

Diagnostić tests (blood work)

Prescription drugs

**Total Example Cost** 

\$12,700

\$0

\$0

\$0

\$60

\$60

Durable medical equipment (alucose meter)

Emergency room care (including medical supplies)

Cost Sharing

What isn't covered

### In this example, Joe would pay:

The total Joe would pay is

| \$0 |
|-----|
| \$0 |
| \$0 |
|     |
| \$0 |
|     |

| In this | example, | Mia v | would | pay: |
|---------|----------|-------|-------|------|
|---------|----------|-------|-------|------|

Diagnostic test (x-ray)

| Cost Sharing               |     |  |  |  |
|----------------------------|-----|--|--|--|
| <u>Deductibles</u>         | \$0 |  |  |  |
| <u>Copayments</u>          | \$0 |  |  |  |
| Coinsurance                | \$0 |  |  |  |
| What isn't covered         |     |  |  |  |
| Limits or exclusions       |     |  |  |  |
| The total Mia would pay is |     |  |  |  |

The plan would be responsible for the other costs of these EXAMPLE covered services.

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### Discrimination is Against the Law

Medica complies with applicable Federal civil rights laws and will not discriminate against any person on the basis of race, color, national origin, age, disability or sex. Medica:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as: TTY communication and written information in other formats (large print, audio, other formats).
- Provides free language services to people whose primary language is not English, such as:
   Qualified interpreters and information written in other languages.

If you need these services, call the number included in this document or on the back of your Medica ID card. If you believe that Medica has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: Civil Rights Coordinator, Mail Route CP250, PO Box 9310, Minneapolis, MN 55443-9310, 952-992-3422 (phone/fax), TTY 711, civilrightscoordinator@medica.com.

You can file a grievance in person or by mail, fax, or email. You may also contact the Civil Rights Coordinator if you need assistance with filing a complaint.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, 800-368-1019, 800-537-7697 (TDD). Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

# If you want free help translating this information, call the number included in this document or on the back of your Medica ID card.

Si desea asistencia gratuita para traducir esta información, llame al número que figura en este documento o en la parte posterior de su tarjeta de identificación de Medica.

Yog koj xav tau kev pab dawb kom txhais daim ntawv no, hu rau tus xov tooj nyob hauv daim ntawv no los yog nyob nraum qab ntawm koj daim npav Medica ID.

如果您需要免費翻譯此資訊,請致電本文檔中或者在您的Medica ID卡背面包含的號碼。

Nếu quý vị muốn trợ giúp dịch thông tin này miễn phí, hãy gọi vào số có trong tài liều này hoặc ở mặt sau thẻ ID Medica của quý vị.

Odeeffannoo kana gargaarsa tolaan akka isinii hiikamu yoo barbaaddan, lakkoobsa barruu kana keessatti argamu ykn ka dugda kaardii Waraqaa Eenyummaa Medica irra jiruun bilbila'a.

اذا كنت تريد مساعدة مجانية في ترجمة هذه المعلومات. فاتصل على ألرقم الوارد في هذه الوثيقة أوعلى ظهر بطاقة تعريف ميديكا الخاصة بك.

Если Вы хотите получить бесплатную помощь в переводе этой информации, позвоните по номеру телефона, указанному в данном документе и на обратной стороне Вашей индентификационной карты Medica.

ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນການແປຂໍ້ມູນນີ້ຟຣີ, ໃຫ້ໂທຫາເລກໝາຍ ທີ່ມີຢູ່ໃນເອກະສານນີ້ ຫຼື ຢູ່ດ້ານຫຼັງຂອງບັດ Medica ຂອງທ່ານ. 이 정보를 번역하는 데 무료로 도움을 받고 싶으시면, 이 문서에 포함된 전화번호나 Medica ID 카드 뒷면의 전화번호로 전화하십시오.

Si vous voulez une assistance gratuite pour traduire ces informations, appelez le numéro indiqué dans ce document ou au dos de votre carte d'identification Medica.

နမှါအဲ့ဒိုးတါကိုးထံစၤကလီနှုံနာတာ်က်တာ်ကျိုးအုံးလာအကလီနှုံဉ်,ကိုးလီတဲ့စိနီဉ်င်္ကလာအပဉ် ယှာ်လာလာတီလာမီအပူးအုံးမှတမှုစ်နန္နနိင်ဓေလော်အူဉ်သးခႏက္ခအလိုခံတကပၤအဖီခိုဉ်နှဉ်တက်.

Kung nais mo ng libreng tulong sa pagsasalin ng impormasyong ito, tawagan ang numero na kasama sa dokumentong ito o sa likod ng iyong Kard ng Medica ID.

ይህን መረጃ ለመተርንም ነጻ እርዳታ የሚፈልጉ ከሆነ በዝ ህ ሰነድ ዉስጥ ያለውን ቁጥር ወይም Medica መታወቅያ ካርድዎ በስተጀርባ ያለውን ይደውሉ።

Ako želite besplatnu pomoć za prijevod ovih informacija, nazovite broj naveden u ovom dokumentu ili na poleđini svoje ID kartice Medica.

Díí t'áá jíík'e shá ata' hodoonih nínízingo éí ninaaltsoos Medica bee néího'dílzinígí bine'déé' námboo biká'ígíjjj' béésh bee hodíilnih.

Wenn Sie bei der Übersetzung dieser Informationen kostenlose Hilfe in Anspruch nehmen möchten, rufen Sie bitte die in diesem Dokument oder auf der Rückseite Ihrer Medica-ID-Karte angegebene Nummer an.