A

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, go to www.Medica.com/AltruPolicies-2023 or call 1-800-918-6474. 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 www.healthcare.gov/sbc-glossary or call 1-800-918-6474 to request a copy.

| Important Questions | Answers | Why This Matters: |
|---|---|--|
| What is the overall deductible? | \$850 individual / \$1,700 family for <u>network</u> services. There is no coverage for non-network services. | Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> . |
| Are there services covered before you meet your deductible? | Yes. <u>Preventive care</u> , preventive prescriptions and <u>copay</u> services from <u>network providers</u> and the first 5 hours of mental health or first 5 visits of substance abuse office visits from <u>network providers</u> are covered before you meet your <u>deductible</u> . | This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at https://www.healthcare.gov/coverage/preventive-care-benefits . |
| Are there other <u>deductibles</u> for specific services? | No. | You don't have to meet <u>deductibles</u> for specific services. |
| What is the <u>out-of-pocket limit</u> for this <u>plan</u> ? | \$8,150 individual / \$16,300 family for <u>network</u> services. There is no coverage for non-network services. | The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met. |
| What is not included in the out-of-pocket limit? | Premiums, balance-billing charges and health care this plan doesn't cover. | Even though you pay these expenses, they don't count toward the out-of-pocket limit. |
| Will you pay less if you use a network provider? | Yes. See www.Medica.com/SearchAltruNetwork-2023 or call 1-800-918-6474 (TTY: 711) for a list of network providers . | 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 Y | | | |
|--|--|--|--|--|--|
| Common Medical Event | Services You May Need | Network Provider (You will pay the least) | Non-Network Provider (You will pay the most) | Limitations, Exceptions & Other Important Information | |
| If you visit a health care provider's office or clinic | Primary care visit to treat an injury or illness | Primary care: \$0 copay/visit. Deductible does not apply. Retail health clinics: \$0 copay/visit. Deductible does not apply. Chiropractic care: \$0 copay/visit. Deductible does not apply. | Not covered | 30% coinsurance for other outpatient services. Primary care visits provided at an outpatient facility may be subject to coinsurance and deductible. Limited to 20 visits/year for chiropractic care. | |
| | Specialist visit | \$75 <u>copay</u> /visit. <u>Deductible</u> does not apply. | Not covered | none | |
| | Preventive care/ screening/immunization | No charge. <u>Deductible</u> does not apply. | 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 you have a test | Diagnostic test (x-ray, blood work) | 30% coinsurance | Not covered | none | |
| If you have a test | Imaging (CT/PET scans, MRIs) | 30% coinsurance | Not covered | *May require prior authorization. | |

^{*} For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.Medica.com/AltruPolicies-2023</u>.

| | | What \ | Limitations, Exceptions & Other Important Information | |
|---|--|--|---|---|
| Common Medical Event | Services You May Need | Network Provider (You will pay the least) Non-Network Provider (You will pay the more | | |
| If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.Medica.com/ NDDrugList-2023 | Generic drugs | Preferred Generic: \$0 copay/prescription. Deductible does not apply. Generic: \$15 copay/prescription. Deductible does not apply. | Not covered | Up to a 31-day supply per prescription. *May require prior authorization. For non-preferred retail and specialty drugs, \$75 copay for orally-administered cancer treatment medications. Deductible does not apply. Proton pump |
| | Preferred brand drugs | \$50 copay/prescription. Deductible does not apply. | Not covered | inhibitors (except for members 12 years of age and younger, and those members who have a feeding tube) and non-sedating antihistamines are not covered. Insulin: Your cost-share |
| | Non-Preferred brand drugs | 50% coinsurance | Not covered | will not exceed \$25 per retail prescription unit. *Refer to the Exceptions to the Drug List section |
| | Specialty drugs | \$550 copay/prescription. Deductible does not apply. | Not covered | of your Policy of Coverage for more details. No charge for preventive drugs. |
| If you have outpatient | Facility fee (e.g., ambulatory surgery center) | 30% coinsurance | Not covered | *May require prior authorization. |
| surgery | Physician/surgeon fees | 30% coinsurance | Not covered | *May require prior authorization. |
| | Emergency room care | 30% coinsurance | 30% coinsurance | Network deductible applies. |
| If you need immediate medical attention | Emergency medical transportation | 30% coinsurance | 30% coinsurance | Network deductible applies. |
| medical attention | Urgent care | \$0 copay/visit. Deductible does not apply. | \$0 copay/visit. Deductible does not apply. | none |
| If you have a basnital stay | Facility fee (e.g., hospital room) | 30% coinsurance | Not covered | *May require prior authorization. |
| If you have a hospital stay | Physician/surgeon fees | 30% coinsurance | Not covered | *May require prior authorization. |

^{*} For more information about limitations and exceptions, see the plan or policy document at www.Medica.com/AltruPolicies-2023.

| | | What Y | ou Will Pay | | |
|---|---|---|--|---|--|
| Common Medical Event | Services You May Need | Network Provider (You will pay the least) | Non-Network Provider (You will pay the most) | Limitations, Exceptions & Other Important Information | |
| If you need mental health, behavioral health, or substance abuse services | Outpatient services | \$0 copay/visit. Deductible does not apply. | Not covered | 30% coinsurance for other outpatient services. Other outpatient services include intensive outpatient programs, diagnostic evaluations and psychological testing. *May require prior authorization. | |
| | Inpatient services | 30% coinsurance | Not covered | *May require prior authorization. | |
| | Office visits | Prenatal: 30% coinsurance Postnatal: 30% coinsurance | Not covered | Cost sharing does not apply to network preventive services. Depending on the type of services, | |
| If you are pregnant | Childbirth/delivery professional services | 30% coinsurance | Not covered | coinsurance may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. | |
| | Childbirth/delivery facility services | 30% coinsurance | Not covered | ultrasound). *May require prior authorization. | |
| | Home health care | 30% coinsurance | Not covered | *May require prior authorization. Limited to 4 hours/day; 40 visits/year. | |
| | Rehabilitation services | 30% coinsurance | Not covered | Outpatient: Limited to 30 visits per therapy/year; Cardiac rehabilitation 30 visits/event. This visit limit does not apply to services for treatment of autism spectrum disorder. | |
| If you need help recovering or have other special health needs | Habilitation services | 30% coinsurance | Not covered | Outpatient: Limited to 30 visits per therapy/year; Cardiac rehabilitation 30 visits/event. This visit limit does not apply to services for treatment of autism spectrum disorder. | |
| | Skilled nursing care | 30% coinsurance | Not covered | *May require prior authorization. Limited to 30 days/year. | |
| | <u>Durable medical equipment</u> | 30% coinsurance | Not covered | *May require prior authorization. | |
| | Hospice services | 30% coinsurance | Not covered | none | |

^{*} For more information about limitations and exceptions, see the plan or policy document at www.Medica.com/AltruPolicies-2023.

| | | What Y | | |
|--|----------------------------|---|--|--|
| Common Medical Event | Services You May Need | Network Provider (You will pay the least) | Non-Network Provider (You will pay the most) | Limitations, Exceptions & Other Important Information |
| | Children's eye exam | \$0 copay/visit. Deductible does not apply. | Not covered | Limited to one refractive eye exam/year to end of month member turns 19. |
| If your child needs dental or eye care | | 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. |

^{*} For more information about limitations and exceptions, see the plan or policy document at www.Medica.com/AltruPolicies-2023.

Coverage Period: Beginning on or after 01/01/2023 Coverage for: Individual or Family | Plan Type: HMO

⊘ Medica. ND Altru Prime by Medica Gold Copay \$0 PCP

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

Coverage Period: Beginning on or after 01/01/2023 Coverage for: Individual or Family | Plan Type: HMO

⊘ Medica. ND Altru Prime by Medica Gold Copay \$0 PCP

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 1-800-918-6474 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 Health Insurance Marketplace. For more information about the Marketplace, visit www.HealthCare.gov 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 grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: Medica at 1-800-918-6474 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? Not Applicable.

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 1-888-592-8211.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-888-592-8211.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-888-592-8211. Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-888-592-8211.

To see examples of how this <u>plan</u> 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 pre-natal care and a h | ospital |
| delivery) | |
| ■ The plan's overall deductible | \$850 |

| ■ The <u>plan's</u> overall deductible | \$850 |
|--|-------|
| ■ Specialist copayment | \$75 |
| ■ Hospital (facility) coinsurance | 30% |
| Other <u>coinsurance</u> | 30% |

Managing Joe's Type 2 Diabetes (a year of routine in-network care of a well-controlled condition) The plan's overall deductible

| | 7 |
|---|------|
| Specialist copayment | \$75 |
| Hospital (facility) coinsurance | 30% |
| Other coinsurance | 30% |

| Mia's Simple Fracture (in-network emergency room visit and follow | up care) |
|---|----------|
| ■ The <u>plan's</u> overall deductible | \$850 |
| Specialist copayment | \$75 |

| • Opecialist copayment | Ψίδ |
|---|-----|
| Hospital (facility) coinsurance | 30% |
| Other coinsurance | 30% |

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)

In this example, Peg would pay:

| This | FΧΔ | MPI F | event | includes | services | like: |
|-------|-------------------|-------|----------|-----------|-----------|-------|
| 11113 | $L\Lambda\Lambda$ | | _ CVCIII | IIICIUUCS | 361 11663 | IINC. |

Primary care physician office visits (including disease education)

Diagnostić tests (blood work)

Prescription drugs

Total Example Cost

Durable medical equipment (alucose meter)

This EXAMPLE event includes services like:

Emergency room care (including medical supplies) Diagnostic test (x-ray)

Durable medical equipment (crutches) Rehabilitation services (physical therapy)

In this example, Mia would pay:

Total Example Cost \$12,700

| In this | example, | Joe | would | pay: |
|---------|----------|-----|-------|------|

| \$5,600 | Total |
|---------|-------|
| | |

\$850

| Total Example Cost | \$2,800 |
|--------------------|---------|
| | |

| Cost Sharing | |
|----------------------------|---------|
| <u>Deductibles</u> | \$850 |
| Copayments | \$0 |
| Coinsurance | \$3,100 |
| What isn't covered | |
| Limits or exclusions | \$60 |
| The total Peg would pay is | \$4,010 |

| Cost Sharing | |
|----------------------------|---------|
| <u>Deductibles</u> | \$850 |
| Copayments | \$500 |
| Coinsurance | \$90 |
| What isn't covered | |
| Limits or exclusions | \$0 |
| The total Joe would pay is | \$1,440 |
| • | |

| Cost Sharing | |
|----------------------------|---------|
| <u>Deductibles</u> | \$850 |
| Copayments | \$200 |
| Coinsurance | \$500 |
| What isn't covered | |
| Limits or exclusions | \$0 |
| The total Mia would pay is | \$1,550 |

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

Coverage for: Individual or Family | Plan Type: HMO

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 tarieta 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.

နမှါအဲ့ ောက်ကိုးထံစၤကလီန္စါနားတာ်က်တာ်ကျိုးအုံးလာအကလီန္ ဉ်,ကိုးလီတဲ့စီနီဉ်က်လာအပဉ် ယာလာလာတီလာမီအပူးအုံးမှတမှုစ်နန္နနိင်ဓေလာအာ့ဉ်သးခႏက္ခအလိုခံတကပၤအဖီခိုဉ်နှဉ်တက္ကာ.

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.