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/InsurePolicies-2023 or call 1-800-918-6164. 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 1-800-918-6164 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$0 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 plan covers.
Are there services covered before you meet your <u>deductible</u> ?	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 deductibles 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> ?	\$0 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 <u>out-of-pocket</u> limit?	Premiums, balance-billing charges and health care this plan doesn't cover.	This plan does not have an out-of-pocket limit on your expenses.
Will you pay less if you use a <u>network</u> provider?	Yes. See <u>www.Medica.com/SearchInsureNetwork-2023</u> or call 1-800-918-6164 (TTY: 711) for a list of <u>network providers</u> .	This <u>plan</u> uses a <u>provider network</u> . You will pay the least if you use a <u>provider</u> in the Tier 1 - preferred <u>network</u> . You will pay more if you use a <u>provider</u> in the Tier 2 - standard <u>network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the <u>specialist</u> you choose without a <u>referral</u> .

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	Limitations, Exceptions & Other Important Information		
Common Medical Event	Services You May Need	Need Tier 1 - Preferred and Tier 2 - Standard Non-Network Network Provider (You will pay the least) (You will pay the most)			
If you visit a health care	Primary care visit to treat an injury or illness	No charge	Not covered	Manipulations limited to 20 visits/year. See <u>Rehabilitation</u> and <u>Habilitation</u> for other limits that may apply.	
If you visit a health care provider's office or clinic	<u>Specialist</u> visit	No charge	Not covered	none	
	Preventive care/ screening/immunization	No charge	Not covered	none	
	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	*Prior authorization required for PET scans.	
lf	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 <u>prescription drug</u> <u>coverage</u> is available at www.Medica.com/ NEDrugList-2023	Preferred brand drugs	No charge	Not covered	(except for members 12 years of age and younger, and those members who have a feeding tube) and non-sedating antihistamines are not	
	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 Drug List section of your Policy of Coverage for more details. No charge for preventive drugs. 	
	Specialty drugs	No charge	Not covered		
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.	

		What Y			
Common Medical Event	Services You May Need	Tier 1 - Preferred and Tier 2 - Standard Network Provider (You will pay the least)	Non-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information	
If you need immediate medical attention	Emergency room care	No charge	No charge	none	
	Emergency medical transportation	No charge	No charge	none	
	<u>Urgent care</u>	No charge	No charge	If a non-network <u>provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>).	
If you have a hospital stay	Facility fee (e.g., hospital room)	No charge	Not covered	Notification required. *May require prior authorization.	
	Physician/surgeon fees	No charge	Not covered	*May require prior authorization.	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	No charge	Not covered	*May require prior authorization.	
	Inpatient services	No charge	Not covered	Notification required. *May require prior authorization.	
If you are pregnant	Office visits	No charge	Not covered		
	Childbirth/delivery professional services	No charge	Not covered	*May require prior authorization.	
	Childbirth/delivery facility services	No charge	Not covered		

		What Y			
Common Medical Event	Services You May Need	Tier 1 - Preferred and Tier 2 - Standard Network Provider (You will pay the least)	Non-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information	
If you need help recovering or have other special health needs	Home health care	No charge	Not covered	Limited to 4 hours/day; 60 visits/year. *Prior authorization required.	
	Rehabilitation services	No charge	Not covered	Outpatient: Physical, occupational, speech and physiotherapy 45 visits/year; Cardiac <u>rehabilitation</u> 18 visits/year; Pulmonary <u>rehabilitation</u> 18 visits/year. This visit limit does not apply to services for treatment of autism spectrum disorder.	
	Habilitation services	No charge	Not covered	Outpatient: Physical, occupational, speech and physiotherapy 45 visits/year; Cardiac <u>rehabilitation</u> 18 visits/year; Pulmonary <u>rehabilitation</u> 18 visits/year. This visit limit does not apply to services for treatment of autism spectrum disorder.	
	Skilled nursing care	No charge	Not covered	Limited to 60 inpatient days/year. *Prior authorization required.	
	Durable medical equipment	No charge	Not covered	*May require prior authorization.	
	Hospice services	No charge	Not covered	none	
If your child needs dental 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.	
	Children's glasses	No charge	Not covered	Limited to one pair of glasses or contacts/year to end of month member turns 19.	
	Children's dental check-up	Not covered	Not covered	Coverage is available through a stand-alone dental policy.	

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Check	your policy or <u>plan</u> document for more information a	nd a list of any other <u>excluded services</u> .)			
 *Abortion, elective, induced, except as medically necessary to protect the life of the mother Acupuncture Bariatric surgery Cosmetic surgery Dental care (Adult) Dental care (Child) (coverage is available through a stand-alone dental policy) Dental check-up 	 Hearing aids except for members 18 years of age and younger; coverage is limited to \$3,000 every 48 months per covered child affected by a hearing impairment 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.) • Chiropractic and osteopathic manipulations limited to 20 visits per year					

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 1-800-918-6164 or the Nebraska Department of Insurance, PO Box 95087, Lincoln, NE 68509-5087, 402-471-2201 or 1-877-564-7323. Other coverage options may be available to you, too, including buying individual insurance coverage through the <u>Health Insurance Marketplace</u>. For more information about the <u>Marketplace</u>, visit <u>www.HealthCare.gov</u> 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 1-800-918-6164 or the Nebraska Department of Insurance, PO Box 95087, Lincoln, NE 68509-5087, 402-471-2201 or 1-877-564-7323.

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 <u>Minimum Value Standards</u>, you may be eligible for a <u>premium tax credit</u> to help you pay for a <u>plan</u> through the <u>Marketplace</u>.

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 ar delivery)	nd a hospital	Managing Joe's Type 2 Diabet (a year of routine in-network care of a we condition)	t es Il-controlled	Mia's Simple Fracture (in-network emergency room visit and fo	llow up care)
The plan's overall deductible	\$0	The plan's overall deductible	\$0	The plan's overall deductible	\$0
Specialist coinsurance	0%	Specialist coinsurance	0%	Specialist coinsurance	0%
 Hospital (facility) <u>coinsurance</u> 	0%	 Hospital (facility) <u>coinsurance</u> 	0%	 Hospital (facility) <u>coinsurance</u> 	0%
Other coinsurance0%		Other <u>coinsurance</u>	0%	• Other <u>coinsurance</u>	0%
This EXAMPLE event includes services <u>Specialist</u> office visits (<i>prenatal care</i>) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services <u>Diagnostic tests</u> (<i>ultrasounds and blood we</i> <u>Specialist</u> visit (<i>anesthesia</i>)	-	This EXAMPLE event includes services <u>Primary care physician</u> office visits (includi education) <u>Diagnostic tests</u> (blood work) <u>Prescription drugs</u> <u>Durable medical equipment</u> (glucose mete	ng disease	This EXAMPLE event includes services Emergency room care (including medical Diagnostic test (x-ray) Durable medical equipment (crutches) Rehabilitation services (physical therapy)	-
Total Example Cost	\$12,700	Total Example Cost	\$5,600	Total Example Cost	\$2,800
In this example, Peg would pay:		In this example, Joe would pay:		In this example, Mia would pay:	
Cost Sharing		Cost Sharing		Cost Sharing	
<u>Deductibles</u>	\$0	Deductibles	\$0	Deductibles	\$0
Copayments	\$0	Copayments	\$0	<u>Copayments</u>	\$0
Coinsurance	\$0	Coinsurance	\$0	Coinsurance	\$0
What isn't covered		What isn't covered		What isn't covered	
vvnat isnit covered					\$ 0
Limits or exclusions	\$60	Limits or exclusions	\$0	Limits or exclusions	\$0

The <u>plan</u> would be responsible for the other costs of these EXAMPLE covered services.

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 liệu 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.

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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.

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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.

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