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?	<b>\$0</b> at Indian Health Care <u>Provider</u> (IHCP) or with IHCP <u>referral</u> at non-IHCP; <b>\$5,800</b> individual / <b>\$11,600</b> family for non-IHCP Tier 1 - preferred and non-IHCP Tier 2 - standard <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 <u>deductible</u> ?	Yes. <u>Preventive care</u> , preventive prescriptions and <u>copay</u> services from non-IHCP <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 <u>https://www.healthcare.gov/coverage/preventive-care-benefits</u> .
Are there other deductibles 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> ?	<b>\$8,900</b> individual / <b>\$17,800</b> family for non-IHCP Tier 1 - preferred and non-IHCP Tier 2 - standard <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 <u>out-of-pocket</u> 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 <u>out-of-pocket</u> limit.
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</u> <u>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.

	Services You May Need				
Common Medical Event		Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP Tier 1 - Preferred and Tier 2 - Standard Network Provider (You will pay more)	Non-IHCP Non-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information
lf you visit a health care <u>provider's</u> office or clinic	lieat an injury of inness	No charge	for chiropractic care. \$40 copay/visit for chiropractic and osteopathic manipulations. <u>Deductible</u> does not apply.	Not covered	40% <u>coinsurance</u> for other outpatient services. Primary care visits provided at an outpatient facility may be subject to <u>coinsurance</u> and <u>deductible</u> . Manipulations limited to 20 visits/year. See <u>Rehabilitation</u> and <u>Habilitation</u> for other limits that may apply. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
	<u>Specialist</u> visit	No charge	\$80 <u>copay</u> /visit. <u>Deductible</u> does not apply.	Not covered	Cost sharing waived at non-IHCP with IHCP referral.
	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 <u>provider</u> if the services you need are preventive. Then check what your <u>plan</u> will pay for. <u>Cost</u> <u>sharing</u> waived at non-IHCP with IHCP referral.
If you have a test	Diagnostic test (x-ray, blood work)	No charge	40% <u>coinsurance</u>	Not covered	Cost sharing waived at non-IHCP with IHCP referral.
	Imaging (CT/PET scans, MRIs)	No charge	40% <u>coinsurance</u>	Not covered	*Prior authorization required for PET scans. <u>Cost sharing</u> waived at non-IHCP with IHCP referral.

# Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services Medica. NE Medica Insure Silver Standard Limited

	Services You May Need				
Common Medical Event		Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP Tier 1 - Preferred and Tier 2 - Standard Network Provider (You will pay more)	Non-IHCP Non-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information
If you need drugs to treat your illness or condition	, , , , , , , , , , , , , , , , , , ,	No charge	Preferred Generic: \$20 <u>copay</u> /prescription. <u>Deductible</u> does not apply. Generic: \$20 <u>copay</u> /prescription. <u>Deductible</u> does not apply.	Not covered	Up to a 31-day supply per prescription. *May require prior authorization. For non-preferred retail and <u>specialty drugs</u> , \$80 <u>copay</u> for orally-administered cancer treatment medications. <u>Deductible</u> does not apply. Proton pump inhibitors (except for members 12 years of age and younger, and those members who
More information about <u>prescription</u> <u>drug coverage</u> is available at	Preferred brand drugs	No charge	\$40 <u>copay</u> /prescription. <u>Deductible</u> does not apply.	Not covered	have a feeding tube) and non-sedating antihistamines are not covered. Insulin: Your cost-share will not exceed \$25 per
www.Medica.com/ NEDrugList-2023	Non-Preferred brand drugs	No charge	\$80 <u>copay</u> /prescription.	Not covered	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. <u>Cost</u>
	Specialty drugs	No charge	\$350 copay/prescription.	Not covered	sharing waived at non-IHCP with IHCP referral.
lf you have	Facility fee (e.g., ambulatory surgery center)	No charge	40% <u>coinsurance</u>	Not covered	*May require prior authorization. <u>Cost</u> sharing waived at non-IHCP with IHCP referral.
outpatient surgery	Physician/surgeon fees	No charge	40% <u>coinsurance</u>	Not covered	*May require prior authorization. <u>Cost</u> sharing waived at non-IHCP with IHCP referral.
	Emergency room care	No charge	40% <u>coinsurance</u>	40% <u>coinsurance</u>	Network deductible applies. Cost sharing waived at non-IHCP with IHCP referral.
If you need immediate medical attention	Emergency medical transportation	No charge	40% <u>coinsurance</u>	40% <u>coinsurance</u>	Network deductible applies. Cost sharing waived at non-IHCP with IHCP referral.
	<u>Urgent care</u>	No charge		\$60 <u>copay</u> /visit. <u>Deductible</u> does not apply.	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> ). <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
lf you have a hospital stay	Facility fee (e.g., hospital room)	No charge	40% <u>coinsurance</u>	Not covered	Notification required. *May require prior authorization. <u>Cost sharing</u> waived at non-IHCP with IHCP referral.
	Physician/surgeon fees	No charge	40% coinsurance	Not covered	*May require authorization. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .

\* For more information about limitations and exceptions, see the plan or policy document at www.Medica.com/InsurePolicies-2023.

## Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services Medica. NE Medica Insure Silver Standard Limited

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

Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)			Limitations, Exceptions & Other Important Information	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	No charge	\$40 <u>copay</u> /visit. <u>Deductible</u> does not apply.	testing. *May require <u>Cost sharing</u> waived IHCP <u>referral</u> .		
	Inpatient services	No charge	40% coinsurance	Not covered	Notification required. *May require prior authorization. <u>Cost sharing</u> waived at non-IHCP with IHCP referral.	
	Office visits	No charge	40% <u>coinsurance</u>	Not covered	Cost sharing does not apply to <u>network</u> preventive services. Depending on the	
lf you are pregnant	Childbirth/delivery professional services	No charge	40% <u>coinsurance</u>	Not covered	type of services, <u>coinsurance</u> may apply. Maternity care may include tests and	
	Childbirth/delivery facility services	No charge	40% coinsurance	Not covered	services described elsewhere in the SBC (i.e. ultrasound). <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .	

# Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services Medica. NE Medica Insure Silver Standard Limited

	Services You May Need				
Common Medical Event		Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP Tier 1 - Preferred and Tier 2 - Standard Network Provider (You will pay more)	Non-IHCP Non-Network Provider (You will pay the most)	Limitations, Exceptions & Other Important Information
lf you need help recovering or have other special health needs	Home health care	No charge	40% <u>coinsurance</u>	Not covered	Limited to 4 hours/day; 60 visits/year. *Prior authorization required. <u>Cost</u> <u>sharing</u> waived at non-IHCP with IHCP referral.
	Rehabilitation services	No charge	Outpatient physical, occupational, speech therapies: \$40 <u>copay</u> /visit. <u>Deductible</u> does not apply. Other outpatient <u>Rehabilitation services</u> : 40% <u>coinsurance</u>	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. Limits do not apply to autism treatment services. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
	Habilitation services	No charge	Outpatient physical, occupational, speech therapies: \$40 <u>copay</u> /visit. <u>Deductible</u> does not apply. Other outpatient <u>Habilitation services</u> : 40% <u>coinsurance</u>	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. Limits do not apply to autism treatment services. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
	Skilled nursing care	No charge	40% coinsurance	Not covered	Limited to 60 inpatient days/year. *Prior authorization required. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
	<u>Durable medical</u> equipment	No charge	40% <u>coinsurance</u>	Not covered	*May require prior authorization. <u>Cost</u> sharing waived at non-IHCP with IHCP referral.
	Hospice services	No charge	40% coinsurance	Not covered	Cost sharing waived at non-IHCP with IHCP referral.
If your child needs	Children's eye exam	No charge	\$40 <u>copay</u> /visit. <u>Deductible</u> does not apply.	Not covered	Limited to one refractive eye exam/year to end of month member turns 19. <u>Cost</u> <u>sharing</u> waived at non-IHCP with IHCP referral.
	Children's glasses	No charge	40% <u>coinsurance</u>	Not covered	Limited to one pair of glasses or contacts/year to end of month member turns 19. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> .
	Children's dental check-up	Not covered	Not covered	Not covered	Coverage is available through a stand-alone dental policy.

## **Excluded Services & Other Covered Services:**

<ul> <li>Services Your Plan Generally Does NOT Cover (Check</li> <li>*Abortion, elective, induced, except as medically necessary to protect the life of the mother</li> <li>Acupuncture</li> <li>Bariatric surgery</li> <li>Cosmetic surgery</li> <li>Dental care (Adult)</li> <li>Dental care (Child) (coverage is available through a stand-alone dental policy)</li> <li>Dental check-up</li> </ul>	<ul> <li>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</li> <li>Infertility treatment</li> <li>Long-term care</li> <li>Non-emergency care when traveling outside the U.S.</li> </ul>	<ul> <li>Private-duty nursing</li> <li>Routine eye care (Adult)</li> <li>Routine foot care except for some conditions</li> <li>Weight loss programs</li> </ul>
Other Covered Services (Limitations may apply to the • Chiropractic and osteopathic manipulations limited to 20 visits per year	se services. This isn't a complete list. Please see your	plan document.)

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.

<b>Peg is Having a Baby</b> (9 months of in-network pre-natal care an delivery)	nd a hospital	Managing Joe's Type 2 Diabe (a year of routine in-network care of a we condition)	ll-controlled	Mia's Simple Fracture (in-network emergency room visit and fol	low up care)
The <u>plan's</u> overall deductible	\$5800	The <u>plan's</u> overall deductible	\$5800	The <u>plan's</u> overall deductible	\$5800
Specialist copayment	\$80	Specialist copayment	\$80	Specialist copayment	\$80
Hospital (facility) <u>coinsurance</u>	40%	Hospital (facility) <u>coinsurance</u>	40%	<ul> <li>Hospital (facility) <u>coinsurance</u></li> </ul>	40%
Other coinsurance40%		Other coinsurance40%		Other <u>coinsurance</u>	40%
This EXAMPLE event includes services Specialist office visits (prenatal care) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services Diagnostic tests (ultrasounds and blood w Specialist visit (anesthesia)		This EXAMPLE event includes services Primary care physician office visits (includi education) Diagnostic tests (blood work) Prescription drugs Durable medical equipment (glucose meter	ng disease	This EXAMPLE event includes services Emergency room care (including medical s 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	
Deductibles	\$0	Deductibles	\$0	<u>Deductibles</u>	\$0
<u>Copayments</u>	\$0	<u>Copayments</u>	\$0	<u>Copayments</u>	\$0
Coinsurance	\$0	<u>Coinsurance</u>	\$0	<u>Coinsurance</u>	\$0
What isn't covered		What isn't covered		What isn't covered	
Limits or exclusions	\$60	Limits or exclusions	\$0	Limits or exclusions	\$0
The total Peg would pay is	\$60	The total Joe would pay is	\$0	The total Mia would pay is	\$0

Note: These numbers assume the patient received care from an IHCP <u>provider</u> or with IHCP <u>referral</u> at a non-IHCP. If you receive care from a non-IHCP <u>provider</u> without a <u>referral</u> from an IHCP your costs may be higher.

The plan 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.

اذا كنت تريدمساعدة مجانية في ترجمة هذه المعلومات. فاتصل على ألرقم الوارد في هذه الوثيقة أو على 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.

နမ့်၊အဲဘိီးတဂ်ကိုးထံစၢၤကလီနှုန်န၊တဂ်ဂုံတဂ်ကို၊အံၤလ၊အကလီနူဉ်,ကိုးလီတဲစိနီဉ်ဂ်ာလ၊အပဉ် ယုဉ်လ၊လ်ာတီလံာမီအပူ၊အံၤမ့တမှ၊ဖဲနန္နနိုင်ခေလော်အုဉ်သးဓးကဲ့အလိဂ်ခံတကပၤအဖိခ်ဉ်နူဉ်တက္ဂ်၊.

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 ሀ 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'ígíjji' 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.