

#### BlueCross BlueShield of Alabama

Blue Standardized Silver – Limited CS

Coverage For: Individual + Family Plan Type: PPO

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, call 1-855-350-7437 or visit us at AlabamaBlue.com/bb/2023sts-limited.pdf. 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>, provider, or other <u>underlined</u> terms see the Glossary. You can view the Glossary at <u>AlabamaBlue.org/sbcglossary</u> or call 1-855-350-7437 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <u>deductible</u> ?	\$5,800 individual/\$11,600 family in-network. \$11,600 individual/\$23,200 family out-of-network.	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. In-network preventive services, rehabilitation, habilitation services, most physician services, some pediatric dental services and Tier 1, Tier 2 and Tier 3 drugs 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 <u>deductibles</u> for specific services?	No.	You don't have to meet deductible for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	For in-network \$8,900 individual/\$17,800 family.	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</u> limit until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out–of–pocket limit</u> ?	All out-of-network cost sharing amounts (deductibles, copays and coinsurance), premiums, balance-billed charges, healthcare this plan doesn't cover, and specialty drug coupon programs payments. Exceptions include out-of-network medical emergency services (including mental health and substance abuse) and out-of-network air ambulance services.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a <u>network provider</u> ?	Yes. See <u>AlabamaBlue.com</u> or call 1-800-810- BLUE for a list of network providers. All covered benefits under the plan that are rendered by the Indian Health Service, an Indian Tribe, Tribal Organization, Urban Indian Organization or through referral under contract health services are covered at 100% of the allowed amount, with no copayments, deductibles or coinsurance	You might receive a bill from a <u>provider</u> for the difference between the provider's 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> ?	Yes. Some services require a referral.	This plan will pay some or all of the costs to see a <u>specialist</u> for covered services but only if you have the plan's permission before you see the specialist.



Common		What You Will Pay		Limitations, Exceptions, & Other Important	
Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Information	
	Primary care visit to treat an injury or illness	\$40 <u>copay</u> /visit No overall deductible	Not Covered	Members are required to designate a Primary Care Select physician; in Alabama, referral is required if services are not rendered by a Primary Care Select physician	
	<u>Specialist</u> visit	\$80 <u>copay</u> /visit No overall deductible	60% coinsurance	Referral is required in Alabama	
If you visit a health care <u>provider's</u> office or clinic	Preventive care/screening/ immunization	No Charge No overall deductible	Not Covered	Please visit <u>AlabamaBlue.com/PreventiveServices</u> and <u>AlabamaBlue.com/StandardACAPreventiveDrugLi</u> <u>st</u> . You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive, then check your plan benefits for coverage. In Alabama, you must receive these services by your Primary Care Select physician or be referred by your Primary Care Select physician (except services at an Urgent Care Choice provider for immunizations rendered by a pharmacy in the Pharmacy Vaccine Network). For a printed copy, please contact Customer Service at 1-855-350-7437.	
lf you have a test	<u>Diagnostic test</u> (x-ray, blood work)	40% coinsurance	60% coinsurance	Benefits listed are physician services; some diagnostic tests and imaging may require precertification; if no precertification is obtained, no benefits are available	
If you have a test	Imaging (CT/PET scans, MRIs)	40% coinsurance	60% coinsurance	Benefits listed are physician services; some diagnostic tests and imaging may require precertification; if no precertification is obtained, no benefits are available	
If you need drugs to treat your illness or	Tier 1 Drugs	\$20 <u>copay</u> (retail) \$50 <u>copay</u> (mail order) No overall deductible	Not Covered	Benefits listed are only available through the ValueONE Retail Network and the Home Delivery	
condition More information about	Tier 2 Drugs	\$20 <u>copay</u> (retail) \$50 <u>copay</u> (mail order) No overall deductible	Not Covered	Network; precertification is required for some drugs; if no precertification is obtained, no benefits are available: covered insulin products may have	
prescription drug coverage is available at AlabamaBlue.com/202	Tier 3 Drugs	\$40 <u>copay</u> (retail) \$100 <u>copay</u> (mail order) No overall deductible	Not Covered	lower patient responsibility; select generic specialty and biosimilar drugs on the Select Generic Specialty and Biosimilar Drug List will have lower member cost share.	
<u>3SourcePlusRx1DrugL</u> ist	Tier 4 Drugs	\$80 <u>copay</u> (retail) \$200 <u>copay</u> (mail order)	Not Covered	have lower member cost share.	

\* For more information about limitations and exceptions, see the plan or policy document at <u>AlabamaBlue.com/bb/2023sts-limited.pdf</u>

Common		What You Will Pay		Limitations, Exceptions, & Other Important	
Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Information	
	Tier 5 Drugs (preferred specialty)	\$350 <u>copay</u> (retail)	Not Covered		
	Tier 6 Drugs (non-preferred specialty)	\$350 <u>copay</u> (retail)	Not Covered		
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	40% coinsurance	60% coinsurance	In Alabama, out-of-network not covered; precertification may be required	
surgery	Physician/surgeon fees	40% coinsurance	60% <u>coinsurance</u>	Referral is required in Alabama	
	Emergency room care	Accident: 40% <u>coinsurance</u> Medical Emergency: 40% <u>coinsurance</u>	Accident: 40% <u>coinsurance</u> Medical Emergency: 40% <u>coinsurance</u>	Physician charges will apply	
If you need immediate medical attention	Emergency medical transportation	40% coinsurance	40% coinsurance	None	
	Urgent care	\$60 <u>copay</u> /visit No overall deductible	60% coinsurance	In Alabama, referral is required unless services are rendered by an Urgent Care Choice provider after hours (6 pm through 7 am), weekends (Friday 6pm through Monday 7am) and certain Federal holidays	
lf you have a hospital stay	Facility fee (e.g., hospital room)	40% coinsurance	60% coinsurance	In Alabama, out-of-network benefits are only available for accidental injury and medical emergency; precertification is required; if no precertification is obtained, no benefits are available	
•	Physician/surgeon fees	40% coinsurance	60% coinsurance	Precertification is required; if no precertification obtained, no benefits are available; referral is required	
If you need mental health, behavioral	Outpatient services	\$40 <u>copay</u> /visit No overall deductible	60% coinsurance	Benefits listed are physician services; referral is required in Alabama; precertification is required	
health, or substance abuse services	Inpatient services	40% coinsurance	60% coinsurance	for intensive outpatient, partial hospitalization and inpatient hospitalization	
If you are pregnant	Office visits	40% coinsurance	60% <u>coinsurance</u>	Cost sharing does not apply for preventive	
	Childbirth/delivery professional services	40% coinsurance	60% coinsurance	services. Depending on the type of services, a copayment, coinsurance or deductible may apply.	
, p <b>9 .</b>	Childbirth/delivery facility services	40% coinsurance	60% coinsurance	Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound); in Alabama, referral is required	

Common		What You Will Pay		Limitations, Exceptions, & Other Important	
Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Information	
	Home health care	40% <u>coinsurance</u>	60% <u>coinsurance</u>	Benefits for home infusion services are also available; precertification is required outside Alabama; if no precertification is obtained, no benefits are available; in Alabama, out-of- network not covered; referral is required	
If you need help recovering or have other special health needs	Rehabilitation services	\$40 <u>copay</u> /visit No overall deductible	60% coinsurance	30 visits per member per calendar year; includes occupational, physical and speech therapy; children ages 0-18 with an autistic diagnosis are allowed unlimited visits for occupational and speech therapy	
	Habilitation services	\$40 <u>copav</u> /visit No overall deductible	60% <u>coinsurance</u>	30 visits per member per calendar year; includes occupational, physical and speech therapy; children ages 0-18 with an autistic diagnosis are allowed unlimited visits for occupational and speech therapy	
	Skilled nursing care	Not Covered	Not Covered	Not covered; member pays 100%	
	Durable medical equipment	40% coinsurance	60% coinsurance	Referral is required	
	Hospice services	40% coinsurance	60% <u>coinsurance</u>	Precertification is required outside Alabama; if no precertification is obtained, no benefits are available; in Alabama, out-of-network not covered; referral is required	
	Children's eye exam	40% coinsurance	Not Covered	Benefits include one eye exam (including refraction) each calendar year for members up to the end of the month in which the member turns 19; referral is required	
If your child needs dental or eye care	Children's glasses	40% coinsurance	40% coinsurance	Benefits include one pair of prescription glasses (lenses and frames) or contact lenses (limited to one 12-month supply) each calendar year for members up to the end of the month in which the member turns 19	
	Children's dental check-up	No Charge No overall deductible	Not Covered	Benefits include diagnostic and preventive services for members up to the end of the month in which the member turns 19; limited to 2 visits per year; additional benefits available; limitations apply; patient responsibility may vary	

Abortions (except when necessary to prevent a	Dental care (Adult)	<ul> <li>Routine eye care (Adult)</li> </ul>
serious health risk to the woman or as required by applicable laws)	<ul> <li>Hearing aids</li> </ul>	Routine foot care
Acupuncture	Long-term care	Skilled nursing care
Bariatric surgery	Private-duty nursing	<ul> <li>Weight loss programs</li> </ul>
Cosmetic surgery		

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Flease see your <u>plan</u> document.)				
<ul> <li>Chiropractic care (limited to 15 visits per member per calendar year)</li> </ul>	<ul> <li>Infertility treatment (Assisted Reproductive Technology not covered)</li> </ul>	<ul> <li>Non-emergency care when traveling outside the U.S.</li> </ul>		

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: Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform. 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 <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: Alabama Department of Insurance at 1-334-269-3550 or <u>Insdept@insurance.alabama.gov</u>.

### 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 <u>plan</u> 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>. To see examples of how this plan might cover costs for a sample medical situation, see the next section.



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.

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<b>Peg is Having a Baby</b> (9 months of in-network pre-natal c		Managing Joe's type 2 Diab (a year of routine in-network care of		Mia's Simple Fracture (in-network emergency room visit and	
hospital delivery)		controlled condition)		care)	
The <u>plan's</u> overall <u>deductible</u>	\$5,800	The <u>plan's</u> overall <u>deductible</u>	\$5,800	The <u>plan's</u> overall <u>deductible</u>	\$5,800
Specialist copay/coinsurance	\$80/0%	Specialist copay/coinsurance	\$80/0%		\$80/0%
Hospital (facility)	\$0/40%	Hospital (facility)	¢0/400/	Hospital (facility)	¢0/400/
<u>copay/coinsurance</u> Other <u>copay/coinsurance</u>	\$0/40% \$40/40%	<u>copay/coinsurance</u> Other copay/coinsurance	\$0/40% \$40/40%	<u>copay/coinsurance</u> Other copay/coinsurance	\$0/40% \$40/40%
Specialist office visits ( <i>prenatal care</i> ) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services Diagnostic tests ( <i>ultrasounds and blood</i> v Specialist visit ( <i>anesthesia</i> ) Total Example Cost		Primary care physician office visits ( <i>incluce education</i> ) Diagnostic tests ( <i>blood work</i> ) Prescription drugs Durable medical equipment ( <i>glucose met</i> ernot) Total Example Cost	J	Emergency room care (including medi supplies) Diagnostic tests (x-ray) Durable medical equipment (crutches) Rehabilitation services (physical therap Total Example Cost	
· ·	<i> </i>	· · ·	+0,000	· · ·	+_,
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	\$5,800	Deductibles	\$300	Deductibles	\$2,100
Copayments	\$10	Copayments	\$800	Copayments	\$300

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\$10	Co
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\$60	Lin
\$8,570	The
	\$10 \$2,700 \$60

Cost Sharing		
Deductibles	\$300	
Copayments	\$800	
Coinsurance	\$0	
What isn't covered		
Limits or exclusions	\$40	
The total Joe would pay is	\$1,140	

i this example, wha would pay:			
Cost Sharing			
Deductibles	\$2,100		
Copayments	\$300		
Coinsurance	\$0		
What isn't covered			
Limits or exclusions	\$0		
The total Mia would pay is	\$2,400		

Note: These numbers assume the patient does not participate in the <u>plan's</u> wellness program. If you participate in the <u>plan's</u> wellness program, you may be able to reduce your costs. For more information about the wellness program, please contact: <u>AlabamaBlue.com</u>.

# Language Access Services and Notice of Nondiscrimination:

Blue Cross and Blue Shield of Alabama, an independent licensee of the Blue Cross and Blue Shield Association, complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. We do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Blue Cross and Blue Shield of Alabama:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, 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, contact our 1557 Compliance Coordinator. If you believe that we have 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 in person or by mail, fax, or email at: Blue Cross and Blue Shield of Alabama, Compliance Office, 450 Riverchase Parkway East, Birmingham, Alabama 35244, Attn: 1557 Compliance Coordinator, 1-855-216-3144, 711 (TTY), 1-205-220-2984 (fax), 1557Grievance@bcbsal.org (email). If you need help filing a grievance, our 1557 Compliance Coordinator is available to help you.

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 <a href="https://ocrportal.hhs.gov/ocr/portal/lobby.jsf">https://ocrportal.hhs.gov/ocr/portal/lobby.jsf</a>, 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, 1-800-368-1019, 1-800-537-7697 (TDD). Complaint forms are available at <a href="http://www.hhs.gov/ocr/office/file/index.html">http://www.hhs.gov/ocr/office/file/index.html</a>.

## Foreign Language Assistance

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-216-3144 (ITY: 711)

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-216-3144 (TTY: 711)번으로 전화해 주십시오.

**Chinese:** 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-855-216-3144 (TTY: 711)。

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-216-3144 (TTY: 711).

انتباه: إذا كنت تتحدث العربية، توجد خدمات مساعدة فيما يتعلق باللغة، بدون تكلفة، متاحة لك. اتصل ب3144-216-216 (الهاتف النصبي: 711). Arabic:

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-216-3144 (TTY: 711).

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-216-3144 (ATS: 711).

French Creole: ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-855-216-3144 (TTY: 711).

Gujarati: ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હોય, તો ભાષા સહાયતા સેવા, તમારા માટે નિઃશુલ્ક ઉપલબ્ધ છે. 1-855-216-3144 પર કૉલ કરો (TTY: 711).

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-216-3144 (TTY: 711).

Hindi: ध्यान दें: अगर आपकी भाषा हिंदी है, तो आपके लिए भाषा सहायता सेवाएँ निःशुल्क उपलब्ध हैं। 1-855-216-3144 (TTY: 711) पर कॉल करें।

Laotian: ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັງຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ 1-855-216-3144 (TTY: 711).

**Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-216-3144 (телетайп: 711).

Portuguese: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-855-216-3144 (TTY: 711).

Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-855-216-3144 (TTY: 711).

Turkish: DİKKAT: Eğer Türkçe konuşuyor iseniz, dil yardımı hizmetlerinden ücretsiz olarak yararlanabilirsiniz. 1-855-216-3144 (ITY: 711) irtibat numaralarını arayın.

Italian: ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-855-216-3144 (TTY: 711).

Japanese: 注意事項:日本語を話される場合、無料の言語支援をご利用いただけます。1-855-216-3144(TTY:711)まで、お電話にてご 連絡ください。