



This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document at PacificSource.com or by calling 1-800-688-5008.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	\$4000 person Doesn't apply to preventive care, office visits, and generic drugs.	You must pay all the costs up to the deductible amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the deductible starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the deductible .
Are there other deductibles for specific services?	Yes. \$7500 for Maternity Services	You must pay all of the costs for these services up to the specific deductible amount before this plan begins to pay for these services.
Is there an out-of-pocket limit on my expenses?	Yes. \$5000 person	The out-of-pocket limit is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.
What is not included in the out-of-pocket limit?	Premiums, deductibles, co-pays, pharmacy, maternity deductible, balanced-billed 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 .
Is there an overall annual limit on what the plan pays?	Yes. \$2000000	This plan will pay for covered services only up to this limit during each coverage period, even if your own need is greater. You're responsible for all expenses above this limit. The chart starting on page 2 describes <i>specific</i> coverage limits, such as limits on the number of office visits.
Does this plan use a network of providers?	Yes. For a list of preferred providers , see PacificSource.com or call 1-800-688-5008	If you use an in-network doctor or other health care provider , this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network provider for some services. Plans use the term in-network, preferred , or participating for providers in their network. See the chart starting on page 2 for how this plan pays different kinds of providers .
Do I need a referral to see a specialist?	No.	You can see the specialist you choose without permission from this plan.
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 4. See your policy or plan document for additional information about excluded services .

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- **Co-payments** are fixed dollar amounts (for example, \$15) you pay for covered health care, usually when you receive the service.
- **Co-insurance** is *your* share of the costs of a covered service, calculated as a percent of the **allowed amount** for the service. For example, if the plan's **allowed amount** for an overnight hospital stay is \$1,000, your **co-insurance** payment of 20% would be \$200. This may change if you haven't met your **deductible**.
- The amount the plan pays for covered services is based on the **allowed amount**. If an out-of-network **provider** charges more than the **allowed amount**, you may have to pay the difference. For example, if an out-of-network hospital charges \$1,500 for an overnight stay and the **allowed amount** is \$1,000, you may have to pay the \$500 difference. (This is called **balance billing**.)
- This plan may encourage you to use **participating providers** by charging you lower **deductibles**, **co-payments** and **co-insurance** amounts.

Common Medical Event	Services You May Need	Your cost if you use a		Limitations & Exceptions
		Participating Provider	Non-Participating Provider	
If you visit a healthcare provider's office or clinic	Primary care visit to treat an injury or illness	First 4 combined visits \$30 co-pay/visit, then 25% co-insurance	50% co-insurance	First 4 combined visits \$30 co-pay/visit, then subject to deductible and co-insurance.
	Specialist visit	First 4 combined visits \$30 co-pay/visit, then 25% co-insurance	50% co-insurance	First 4 combined visits \$30 co-pay/visit, then subject to deductible and co-insurance.
	Other practitioner office visit			
	Chiropractic Care	25% co-insurance	50% co-insurance	Chiropractic care limited to a combined \$750/year. No coverage for drugs, homeopathic medicines or supplies, and maternity.
	Preventive care/screening/immunization			
	Routine Physicals	No charge	50% co-insurance	Limited to: Routine Physicals: 13 visits ages 0-36 months, annually ages 3 and older. Well
If you have a test	Well Baby/Child Visit	No charge	50% co-insurance	Woman Visits: annually. Tobacco Cessation:
	Well Woman Visit	No charge	50% co-insurance	2 quit attempts in lifetime. Immunizations:
	Tobacco Cessation	No charge	Not covered	CDC and USPSTF Preventive Care Grade
	Immunizations	No charge	50% co-insurance	A and B Recommended.
	Preventive Colonoscopy	No charge	50% co-insurance	
	Diagnostic test (x-ray, blood work)	No charge for 1st \$500, then 25% co-insurance	50% co-insurance	Deductible waived for first \$500 at participating providers.

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PacificSource: SH Individual \$4000/\$5000

Coverage Period:

Summary of Benefits and Coverage: What this plan Covers and What it Costs

Coverage for: Individual + Family

Plan Type: PPO

Common Medical Event	Services You May Need	Your cost if you use a		Limitations & Exceptions
		Participating Provider	Non-Participating Provider	
	Imaging (CT/PET scans, MRIs)	No charge for 1st \$500, then 25% co-insurance	50% co-insurance	Deductible waived for first \$500 at participating providers.
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at PacificSource.com	Generic drugs	Retail: \$10 co-pay Mail: \$30 co-pay	Not covered (except 5-day emergency supply) Not covered (except 5-day emergency supply)	Retail limited to 31-day supply. Mail limited to 90-day supply. Pre-authorization required for certain drugs.
	Preferred brand drugs	After \$1000 brand name deductible - Retail: 50% co-insurance After \$1000 brand name deductible - Mail: 50% co-insurance	Not covered (except 5-day emergency supply) Not covered (except 5-day emergency supply)	See Generic drugs above
	Non-preferred brand drugs	After \$1000 brand name deductible - Retail: 50% co-insurance After \$1000 brand name deductible - Mail: 50% co-insurance	Not covered (except 5-day emergency supply) Not covered (except 5-day emergency supply)	See Generic drugs above
	Specialty drugs	After \$1000 brand name deductible - Retail: 50% co-insurance	Not covered (except 5-day emergency supply)	Coverage available only through our specialty pharmacy services provider. Limited to 30-day supply. Pre-authorization required for certain drugs.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	25% co-insurance	50% co-insurance	---none---
	Physician/surgeon fees	25% co-insurance	50% co-insurance	---none---
If you need immediate medical attention	Emergency room services	\$100 co-pay/visit plus 25% co-insurance	\$100 co-pay/visit plus 25% co-insurance	Co-pay waived if admitted. Non-participating paid as participating if emergency medical condition.

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		Participating Provider	Non-Participating Provider	
	Emergency medical transportation Ground Ambulance Air Ambulance	25% co-insurance 25% co-insurance	25% co-insurance 25% co-insurance	Limited to nearest facility able to treat condition. Air covered if ground medically or physically inappropriate. Non-participating air covered up to Medicare allowance.
	Urgent care	First 4 combined visits \$30 co-pay/visit, then 25% co-insurance	50% co-insurance	First 4 combined visits \$30 co-pay/visit, then subject to deductible and co-insurance.
If you have a hospital stay	Facility fee (e.g., hospital room)	25% co-insurance	50% co-insurance	Limited to semi-private room unless intensive or coronary care units, medically necessary isolation, or hospital only has private rooms. Pre-authorization required for inpatient elective surgery.
	Physician/surgeon fee	25% co-insurance	50% co-insurance	---none---
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	50% co-insurance	50% co-insurance	Outpatient: Limited to combined 20 visits per calendar year.
	Mental/Behavioral health inpatient services	50% co-insurance	50% co-insurance	Inpatient: Limited to combined 8 visits per calendar year. Pre-authorization required.
	Substance use disorder outpatient services	50% co-insurance	50% co-insurance	Outpatient: Limited to combined 20 visits per calendar year.
	Substance use disorder inpatient services	50% co-insurance	50% co-insurance	Inpatient: Limited to combined 8 visits per calendar year. Pre-authorization required.
If you are pregnant	Prenatal and postnatal care	After \$7500 maternity deductible: 25% co-insurance	After \$7500 maternity deductible: 50% co-insurance	Not covered
	Delivery and all inpatient services	After \$7500 maternity deductible: 25% co-insurance	After \$7500 maternity deductible: 50% co-insurance	Practitioner delivery and hospital visits are covered under prenatal and postnatal care. Facility is covered the same as any other hospital services.

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Common Medical Event	Services You May Need		Your cost if you use a		Limitations & Exceptions
			Participating Provider	Non-Participating Provider	
If you need help recovering or have other special health needs	Home health care		25% co-insurance	50% co-insurance	Limited to: \$5,000 per calendar year. No coverage for private duty nursing. Pre-authorization required.
	Rehabilitation services:	Inpatient	25% co-insurance	50% co-insurance	Inpatient: Limited to 15 days per calendar year. Pre-authorization required.
		Outpatient	25% co-insurance	50% co-insurance	Outpatient: Limited to 20 visits per calendar year.
	Habilitation services:	Inpatient	25% co-insurance	50% co-insurance	Inpatient: Limited to 15 days per calendar year. Pre-authorization required.
		Outpatient	25% co-insurance	50% co-insurance	Outpatient: Limited to 20 visits per calendar year.
	Skilled nursing care		25% co-insurance	50% co-insurance	Limited to 30 days/year. No coverage for custodial care. Pre-authorization required.
	Durable medical equipment		25% co-insurance	50% co-insurance	Limited to a \$10,000 lifetime maximum; one/lifetime age 19+ for power-assisted wheelchairs; \$200 for glasses or contact lenses to correct a specific vision defect from a severe medical or surgical problem; Preauthorization required if over \$800.
If your child needs dental or eye care	Hospice service		25% co-insurance	50% co-insurance	Limited to a \$10,000 maximum/lifetime. Preauthorization required for inpatient hospice. No coverage for private duty nursing.
	Eye Exam		Not Covered	Not Covered	Not Covered
	Glasses		Not Covered	Not Covered	Not Covered
	Dental Check-up		Not Covered	Not Covered	Not Covered

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Excluded Services & Other Covered Services:

Services Your Plan Does NOT Cover (This isn't a complete list. Check your policy or plan document for other [excluded services](#).)

- | | | |
|---------------------------|--|--|
| • Naturopath | • Cosmetic Surgery | • Private Duty Nursing |
| • Massage Therapy | • Dental Care (Adult) | • Routine eye care (Adult) |
| • Glasses (Child) | • Infertility Treatment | • Routine foot care, other than with diabetes mellitus |
| • Dental Check-up(Child) | • Hearing Aids (Adult) | • Custodial Care |
| • Bariatric Surgery | • Long Term Care | • Recreational Therapy |
| • Vision Exam (Child) | • Non-emergency care when traveling outside the US | • Hearing Aids (Child) |
| • Acupuncture | | |

Other Covered Services (This isn't a complete list. Check your policy or plan document for other covered services and your costs for these services.)

- | | |
|---------------------|------------------------|
| • Chiropractic Care | • Weight Loss Programs |
|---------------------|------------------------|

Your Rights to Continue Coverage:

If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a **premium**, which may be significantly higher than the premium you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.

For more information on your rights to continue coverage, contact the plan at 1-888-977-9299. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or www.dol.gov/ebsa, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov.

Your Grievance and Appeals Rights:

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to **appeal** or file a **grievance**. For questions about your rights, this notice, or assistance, you can contact the PacificSource Customer Service Department at 1-888-977-9299. For group health coverage subject to ERISA, you can also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform. Additionally, a consumer assistance program can help you file your appeal. Contact the Idaho Department of Insurance Consumer Assistance Division at 1-208-334-4250 or toll-free at 1-800-721-3272 (in-state only).

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-688-5008

To see examples of how this plan might cover costs for a sample medical situation, see the next page.

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About these Coverage Examples:

These examples show how this plan might cover medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.



**This is
not a cost
estimator.**

Don't use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care will also be different.

See the next page for important information about these examples.

Having a baby (normal delivery)

■ Amount owed to providers:	\$7540
■ Plan pays	\$720
■ Patient pays	\$6820

Sample care costs:

Hospital charges (mother)	\$2700
Routine obstetric care	\$2100
Hospital charges (baby)	\$900
Anesthesia	\$900
Laboratory tests	\$500
Prescriptions	\$200
Radiology	\$200
Vaccines, other preventive	\$40
Total	\$7540

Patient pays:

Deductibles	\$6600
Co-pays	\$20
Co-insurance	\$0
Limits or exclusions	\$200
Total	\$6820

Managing type 2 diabetes (routine maintenance of a well-controlled condition)

■ Amount owed to providers:	\$5400
■ Plan pays:	\$3060
■ Patient pays:	\$2340

Sample care costs:

Prescriptions	\$2900
Medical Equipment and Supplies	\$1300
Office Visits and Procedures	\$700
Education	\$300
Laboratory tests	\$100
Vaccines, other preventive	\$100
Total	\$5400

Patient pays:

Deductibles	\$1800
Co-pays	\$500
Co-insurance	\$0
Limits or exclusions	\$40
Total	\$2340

Note: These numbers assume the patient is participating in our diabetes wellness program. If you have diabetes and do not participate in the wellness program, your costs may be higher. For more information about the diabetes wellness program, please contact; 1-800-688-5008.

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Questions and answers about the Coverage Examples:**What are some of the assumptions behind the Coverage Examples?**

- Costs don't include **premiums**.
- Sample care costs are based on national averages supplied by the U.S. Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from in-network **providers**. If the patient had received care from out-of-network **providers**, costs would have been higher.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how **deductibles**, **co-payments**, and **co-insurance** can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?

- ✗ **No.** Treatments shown are just examples. The care you would receive for this condition could be different based on your doctor's advice, your age, how serious your condition is, and many other factors.

Does the Coverage Example predict my future expenses?

- ✗ **No.** Coverage Examples are not cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your **providers** charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?

- ✓ **Yes.** When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?

- ✓ **Yes.** An important cost is the **premium** you pay. Generally, the lower your **premium**, the more you'll pay in out-of-pocket costs, such as **co-payments**, **deductibles**, and **co-insurance**. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.

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