

Cigna Health and Life Insurance Co.: myCigna Health Savings 6100

Coverage Period: 01/01/2014-12/31/14

Summary of Benefits and Coverage: What this Plan Covers & What it Costs

Coverage for: Individual&Family Plan Type: OAP



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 www.cigna.com/individuals-families/texas or by calling 1-800-Cigna24.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	For in-network providers \$6,100 person/ \$12,200 family. For out of-network providers \$12,500 person/ \$25,000 family. Does not apply to in-network preventive care and pediatric vision.	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?	No.	You don't have to meet deductibles for specific services, but see the chart starting on page 2 for other costs for services this plan covers.
Is there an out-of-pocket limit on my expenses?	Yes, For in-network providers \$6,350 person/ \$12,700 family For out-of-network providers \$25,000 person/ \$50,000 family	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?	Premium, balanced-billed charges, penalties for failure to obtain pre-authorization for services, 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?	No.	The chart starting on page 2 describes any limits on what the plan will pay for <i>specific</i> covered services, such as office visits

Questions: Call 1-800-Cigna24 or visit us at www.cigna.com/individuals-families/texas.

If you aren't clear about any of the bolded terms used in this form, see the Glossary.

You can view the Glossary at www.cciio.cms.gov or call 1-800-Cigna24 to request a copy.

Does this plan use a <u>network</u> of <u>providers</u> ?	Yes. For a list of in-network providers, see www.Cigna.com/ifp-providers or call 1-800-Cigna24	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 <u>specialist</u> ?	No. You don't need a referral to see a specialist	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 6. See your policy or plan document for additional information about excluded services .



- **Copayments** are fixed dollar amounts (for example, \$15) you pay for covered health care, usually when you receive the service.
- **Coinsurance** 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 **coinsurance** 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 **in-network providers** by charging you lower **deductibles**, **copayments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	Your Cost If You Use an In-network Provider	Your Cost If You Use an Out-of-network Provider	Limitations & Exceptions
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	No charge	50% co-insurance	-----None-----
	Specialist visit	No charge	50% co-insurance	-----None-----
	Other practitioner office visit	No charge	50% co-insurance	-----None-----
	Preventive care/screening/immunization	No charge	50% co-insurance	-----None-----
If you have a test	Diagnostic test (x-ray, blood work)	No charge	50% co-insurance	-----None-----

Common Medical Event	Services You May Need	Your Cost If You Use an In-network Provider	Your Cost If You Use an Out-of-network Provider	Limitations & Exceptions
	Imaging (CT/PET scans, MRIs)	No charge	50% co-insurance	Pre-authorization required, call 1-800-Cigna24. Out-of-network cost share increases if no pre-authorization.
If you need drugs to treat your illness or condition More information about prescription drug coverage is available www.cigna.com/ifp-drug-list	Tier 1 – Preferred generic drugs	No charge (retail/home delivery)	50% co-insurance (retail)/not covered (home delivery)	Coverage is limited up to a 30-day supply (retail) and up to 90-day supply (home delivery)
	Tier 2 – Non-preferred generic drugs	No charge (retail/home delivery)	50% co-insurance (retail)/not covered (home delivery)	Coverage is limited up to a 30-day supply (retail) and up to 90-day supply (home delivery)
	Tier 3 - Preferred brand drugs	No charge (retail/home delivery)	50% co-insurance (retail)/not covered (home delivery)	Coverage is limited up to a 30-day supply (retail) and up to a 90-day supply (home delivery).
	Tier 4 - Non-preferred brand drugs	50% co-insurance (retail/home delivery)	50% co-insurance (retail)/not covered (home delivery)	Coverage is limited to a 30-day supply (retail) and up to a 90-day supply (home delivery)
	Tier 5 - Specialty drugs	No charge (retail/home delivery)	50% co-insurance (retail)/not covered (home delivery)	Coverage is limited up to a 30-day supply (retail/home delivery) Pre-authorization required, call 1-800-Cigna24. Cost share increases if no pre-authorization.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No charge	50% co-insurance	Pre-authorization required, call 1-800-Cigna24. Out-of-network cost share increases if no pre-authorization.
	Physician/surgeon fees	No charge	50% co-insurance	-----None-----

Common Medical Event	Services You May Need	Your Cost If You Use an In-network Provider	Your Cost If You Use an Out-of-network Provider	Limitations & Exceptions
If you need immediate medical attention	Emergency room services	No charge	No charge	Non-emergency medical conditions are covered out-of-network at 50% co-insurance.
	Emergency medical transportation	No charge	No charge	Non-emergency medical conditions are covered out-of-network at 50% co-insurance.
	Urgent care	No charge	No charge	Non-emergency medical conditions are covered out-of-network at 50% co-insurance.
If you have a hospital stay	Facility fee (e.g., hospital room)	No charge	50% co-insurance	Pre-authorization required, call 1-800-Cigna24. Out-of-network cost share increases if no pre-authorization.
	Physician/surgeon fee	No charge	50% co-insurance	-----None-----
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	No charge	50% co-insurance	-----None-----
	Mental/Behavioral health inpatient services	No charge	50% co-insurance	Pre-authorization required, call 1-800-Cigna24. Out-of-network cost share increases if no pre-authorization.
	Substance use disorder outpatient services	No charge	50% co-insurance	-----None-----
	Substance use disorder inpatient services	No charge	50% co-insurance	Pre-authorization required, call 1-800-Cigna24. Out-of-network cost share increases if no pre-authorization.
If you are pregnant	Prenatal and postnatal care	No charge	50% co-insurance	-----None-----
	Delivery and all inpatient services	No charge	50% co-insurance	Pre-authorization required, call 1-800-Cigna24. Out-of-network cost share increases if no pre-authorization.

Common Medical Event	Services You May Need	Your Cost If You Use an In-network Provider	Your Cost If You Use an Out-of-network Provider	Limitations & Exceptions
If you need help recovering or have other special health needs	Home health care	No charge	50% co-insurance	Coverage is limited to 60 visits annual max. Pre-authorization required, call 1-800-Cigna24. Out-of-network cost share increases if no pre-authorization.
	Rehabilitation services	No charge	50% co-insurance	Coverage is limited to 35 visits annual max
	Habilitation services	No charge	50% co-insurance	Coverage is limited to 35 visits annual max
	Skilled nursing care	No charge	50% co-insurance	Coverage is limited to 25 days annual max. Pre-authorization required, call 1-800-Cigna24. Out-of-network cost share increases if no pre-authorization.
	Durable medical equipment	No charge	50% co-insurance	-----None-----
	Hospice service	No charge	50% co-insurance	Pre-authorization required, call 1-800-Cigna24. Out-of-network cost share increases if no pre-authorization
If your child needs dental or eye care	Eye exam	No charge	All except \$45	Children up to age 19. Coverage is limited to 1 exam per year
	Glasses	No charge	Varies by type of lenses.	Children up to age 19. Coverage is limited to 1 pair of glasses per year
	Dental check-up	Not covered	Not covered	Coverage available through a stand-alone dental policy.

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.)

- | | | |
|-----------------------|--|-----------------------------|
| • Acupuncture | • Dental care (Children) | • Private-duty nursing |
| • Bariatric surgery | • Glasses (Adult) | • Routine eye care (Adults) |
| • Cosmetic surgery | • Infertility treatment | • Routine foot care, and |
| • Dental care (Adult) | • Long-term care | • Weight loss programs |
| | • Non-emergency care when traveling outside the U.S. | |

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 | • Hearing aids |
|----------------|----------------|

Your Rights to Continue Coverage:

Federal and State laws may provide protections that allow you to keep this health insurance coverage as long as you pay your **premium**. There are exceptions, however, such as if:

- You commit fraud
- The insurer stops offering services in the State
- You move outside the coverage area

For more information on your rights to continue coverage, contact the insurer at 1-800-Cigna24. You may also contact your state insurance department at Texas Department of Insurance at (800) 252-3439.

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 Texas Department of Insurance at 1-800-252-3439.

Does this Coverage Provide Minimum Essential Coverage?

The Affordable Care Act requires most people to have health care coverage that qualifies as “minimum essential coverage.” **This plan or policy does provide minimum essential coverage.**

Does this Coverage Meet the Minimum Value Standard?

The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). **This health coverage does meet the minimum value standard for the benefits it provides.**

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-244-6224.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-244-6224.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码1-800-244-6224.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiiijigo holne' 1-800-244-6224.

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

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:** \$7,540
- **Plan pays** \$1,410
- **Patient pays** \$6,130

Sample care costs:

Hospital charges (mother)	\$2,700
Routine obstetric care	\$2,100
Hospital charges (baby)	\$900
Anesthesia	\$900
Laboratory tests	\$500
Prescriptions	\$200
Radiology	\$200
Vaccines, other preventive	\$40
Total	\$7,540

Patient pays:

Deductibles	\$6,100
Copays	\$0
Coinsurance	\$0
Limits or exclusions	\$30
Total	\$6,130

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

- **Amount owed to providers:** \$5,400
- **Plan pays** \$90
- **Patient pays** \$5,310

Sample care costs:

Prescriptions	\$2,900
Medical Equipment and Supplies	\$1,300
Office Visits and Procedures	\$700
Education	\$300
Laboratory tests	\$100
Vaccines, other preventive	\$100
Total	\$5,400

Patient pays:

Deductibles	\$5,030
Copays	\$0
Coinsurance	\$0
Limits or exclusions	\$280
Total	\$5,310

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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