

# **Idaho School Benefit Trust PPO**

Summary of Benefits and Coverage: What this Plan Covers & What You

**Pay For Covered Services** 

Coverage Period: 9/1/2020 - 8/31/2021

Coverage for: Enrollee + Eligible Dependents | Plan Type: PPO



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 the plan (called the contribution) 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, visit <a href="https://members.bcidaho.com/my-account/my-account-my-contract.page">https://members.bcidaho.com/my-account/my-account-my-contract.page</a>. For general definitions of common terms, such as allowed amount, balance billing, cost sharing, copayment, deductible, provider, or other underlined terms see the Glossary. You can view the Glossary at <a href="https://www.healthcare.gov/sbc-glossary">www.healthcare.gov/sbc-glossary</a> or call 1-800-627-1188 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <a href="Deductible">Deductible</a> ?	<b>\$2,000</b> person/ <b>\$4,000</b> family.	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 Deductible?	Yes. Pharmacy, services that require <u>Copays</u> , immunizations or <u>In-Network</u> hospice care and <u>Preventive Care</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>Cost</u> <u>Sharing</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 <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .
Are there other  Deductibles for specific services?	No. There are no other specific <u>Deductibles</u> .	You don't have to meet <u>Deductibles</u> for specific services.
What is the Out-of-pocket Limit for this Plan?	For In-Network Provider \$3,500 person /\$7,000 family, For Out-of-Network Provider \$5,000 person /\$10,000 family For Prescription Drugs \$3,000 person/\$6,000 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 Limits</u> until the overall family <u>Out-of-pocket Limit</u> has been met.
What is not included in the Out-of-pocket Limit?	Contributions, <u>Balance-Billing</u> charges and health care this <u>Plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the <u>Out-of-pocket Limit</u> .
Will you pay less if you use a Network Provider?	Yes. See <u>www.bcidaho.com</u> or call 1-800-627-1188 for a list of <u>Network</u> <u>Provider</u> s.	You pay the least if you use a <u>Provider</u> on the ChoiceDocs <u>In-Network Provider</u> list. You pay more if you use all other <u>Provider</u> s on the <u>In-Network Provider</u> list. 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</u> 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 Referral to see a Specialist?	No.	You can see the <u>Specialist</u> you choose without a <u>Referral</u> .



		What You	u Will Pay		
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
If you visit a health care <u>provider's</u> office or clinic	Primary care visit to treat an injury or illness	ChoiceDocs = \$10 <u>Copay</u> /visit; All other <u>In-Network</u> = \$30 <u>Copay</u> /visit, <u>Deductible</u> does not apply	40% <u>Cost Sharing</u> after <u>Deductible</u>	Copay does not apply to additional services. Cost Sharing may not apply for pediatric physician office visit.	
	<u>Specialist</u> visit	ChoiceDocs = \$30  Copay/visit; All other  In-Network = \$50  Copay/visit, Deductible  does not apply	40% <u>Cost Sharing</u> after <u>Deductible</u>	<u>Copay</u> does not apply to additional services. <u>Cost Sharing</u> may not apply for pediatric physician office visit.	
	Preventive Care/Screening/immunization	No charge for listed preventive, <u>Screening</u> and immunization services. <u>Deductible</u> does not apply.	No charge for listed immunizations, 40% Cost Sharing after Deductible for preventive and Screening.	You may have to pay for services that aren't preventive. Ask your <u>Provider</u> if the services needed are preventive. Then check what your <u>Plan</u> will pay for.	
If you have a test	<u>Diagnostic Test</u> (x-ray, blood work)	No charge up to a combined \$100, then 20% Cost Sharing after Deductible	40% <u>Cost Sharing</u> after <u>Deductible</u>	none	
	Imaging (CT/PET scans, MRIs)	No charge up to a combined \$100, then 20% Cost Sharing after Deductible	40% <u>Cost Sharing</u> after <u>Deductible</u>	Preauthorization required.	

	What You Will Pay			
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you need drugs to treat your illness	Generic drugs	\$10 <u>Copay</u> /prescription (retail and mail order)	\$10 <u>Copay</u> /prescription (retail and mail order)	Covers up to a 90-day supply with multiple <u>Copays</u> . Additional <u>Out-of-Network</u> charges may apply.
or condition	Preferred brand drugs	\$30 <u>Copay</u> /prescription (retail and mail order)	\$30 <u>Copay</u> /prescription (retail and mail order)	Covers up to a 90 day supply with multiple <u>Copays</u> . Additional <u>Out-of-Network</u> charges may apply.
More information about prescription drug coverage is	Non-preferred brand drugs	\$30 <u>Copay</u> /prescription (retail and mail order)	\$30 <u>Copay</u> /prescription (retail and mail order)	Covers up to a 90-day supply with multiple <u>Copays</u> . Additional <u>Out-of-Network</u> charges may apply.
available at www.bcidaho.com	Specialty Drugs	Refer to generic, preferred brand and non-preferred brand drugs above.	Refer to generic, preferred brand and non-preferred brand drugs above.	Coverage may include limitations and <u>Preauthorization</u> may be required. Additional <u>Out-of-Network</u> charges may apply.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Preauthorization required.
	Physician/surgeon fees	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Preauthorization required.
If you need immediate medical attention	Emergency Room Care	\$100 <u>Copay</u> /visit, 20% <u>Cost Sharing</u> after <u>Deductible</u>	\$100 <u>Copay</u> /visit, 40% <u>Cost Sharing</u> after <u>Deductible</u>	Out-of-Network services paid at In-Network if Emergency Medical Condition. Copay waived if admitted.
	Emergency Medical Transportation	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	none
	<u>Urgent Care</u>	\$50 <u>Copay</u> /visit, <u>Deductible</u> does not apply	40% <u>Cost Sharing</u> after <u>Deductible</u>	Copay does not apply to additional services. Cost Sharing may not apply for pediatric physician office visit.
If you have a hospital stay	Facility fee (e.g., hospital room)	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Preauthorization required.
	Physician/surgeon fee	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Preauthorization required.
If you have mental health, behavioral health, or substance abuse	Outpatient services	\$30 <u>Copay</u> /visit, 20% <u>Cost Sharing</u> after <u>Deductible</u> for facility and other services	40% <u>Cost Sharing</u> after <u>Deductible</u>	Cost Sharing may not apply for pediatric outpatient psychotherapy.
services	Inpatient services	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Preauthorization required.

		What You	ı Will Pay	
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you are pregnant	Office Visits	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	For pregnancy services, <u>Cost Sharing</u> does not apply to certain <u>Preventive Services</u> . Depending on the type of services, a <u>Copay</u> , <u>Cost</u> <u>Sharing</u> or <u>Deductible</u> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).
	Childbirth/delivery professional services	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	none
	Childbirth/delivery facility services	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	none
If you need help recovering or have	Home Health Care	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Preauthorization required.
other special health needs	ReHabilitation Services	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Coverage is limited to 20 visit annual max for outpatient physical, speech and occupational; 36 visit annual max for outpatient cardiac rehabilitation.
	Habilitation Services	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Coverage is limited to 20 visit annual max for outpatient physical, speech and occupational.
	Skilled Nursing Care	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Coverage is limited to 30 day annual max.
	Durable Medical Equipment	20% <u>Cost Sharing</u> after <u>Deductible</u>	40% <u>Cost Sharing</u> after <u>Deductible</u>	Preauthorization required.
	Hospice Services	No charge. <u>Deductible</u> does not apply.	40% <u>Cost Sharing</u> after <u>Deductible</u>	none
If your child needs	Children's eye exam	Not covered	Not covered	none
dental or eye care	Children's glasses	Not covered	Not covered	none
	Children's dental check-up	Not covered	Not covered	none

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

Services	Your <u>Plan</u> Generally	y Does NOT Cover	(Check your policy	or <u>plan</u> document f	or more informatio	on and a list of other 6	excluded
services.)							

- Acupuncture
- Cosmetic surgery
- Dental care (Adult)
- Dental check-up (Child)
- Eye exam (Child)
- Glasses (Child)
- Hearing aids
- Infertility treatment
- Long-term care
- Private-duty nursing

- Routine eye care (Adult)
- Routine foot care
- Weight loss programs

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your <u>plan</u> document.)

- Bariatric surgery
- Chiropractic care
- Non-emergency care when traveling outside the U.S.

Questions: Call 1-800-627-1188 or visit us at www.bcidaho.com/SBC.

# **Your Rights to Continue Coverage:**

### \*\* Group health coverage -

There are agencies that can help if you want to continue coverage after it ends. The contact information for those agencies is: Department of Labor's Employee Benefits Security Administration at 1-866-4444-EBSA(3272) or <a href="www.dol.gov/ebsa/healthreform">www.dol.gov/ebsa/healthreform</a> or the Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or <a href="www.cciio.cms.gov">www.cciio.cms.gov</a>. Other coverage options may be available to you too, including buying individual insurance through Your Health Idaho. For more information about Your Health Iadho, visit <a href="www.YourHealthIdaho.org">www.YourHealthIdaho.org</a> or call 1-855-944-3246.

**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 <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:

For any inital questions concerning a claim, or to appeal a claim or benefit decision, please contact Customer Service at 1-208-331-7347 Or 1-800-627-1188, <a href="https://www.bcidaho.com">www.bcidaho.com</a> or at P.O. Box 7408, Boise, ID 83707.

If your plan is subject to ERISA, you may contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA or <a href="https://www.dol.gov/ebsa/healthreform">www.dol.gov/ebsa/healthreform</a>.

If your plan Is fully insured or self-funded and subject to the Idaho Insurance Code, you may also receive assistance from the Idaho Department of Insurance at 1-800-721-3272 or <a href="https://www.DOI.idaho.gov">www.DOI.idaho.gov</a>

## Does this plan provide Minimum Essential Coverage? Yes.

If you don't have <u>Minimum Essential Coverage</u> for a month, you will have to make payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for the month.

# Does this plan meet the Minimum Value Standards? Yes.

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.-----

### 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>cost sharing</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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(9 months of in-network pre-natal care and a hospital delivery)

nospital delivery)	
■ The plan's overall deductible	\$2,000
■ Specialist copay	\$50
■ Hospital (facility) cost sharing	20%
■ Other cost sharing	20%

### This EXAMPLE event includes services like:

Specialist office visits (prenatal care)
Childbirth/Delivery Professional Services
Childbirth/Delivery Facility Services
Diagnostic tests (ultrasounds and blood work)
Specialist visit (anesthesia)

Total Example Cost	\$12,731

# In this example, Peg would pay:

Cost Sharing			
Deductible	\$2,000		
Copayments	\$40		
cost sharing	\$1,500		
What isn't Covered			
Limits or exclusions	\$60		
The total Peg would pay is	\$3,600		

# **Managing Joe's type 2 Diabetes**

(a year of routine in-network care of a well-controlled condition)

controlled condition)	
■ The <u>plan's</u> overall <u>deductible</u>	\$2,000
■ Specialist copay	\$50
■ Hospital (facility) cost sharing	20%
Other cost sharing	20%

#### This EXAMPLE event includes services like:

Primary care physician office visits (including disease education)

Diagnostic tests (blood work)

Prescription drugs

Durable medical equipment (glucose meter)

Total Example Cost			\$7,389

## In this example, Joe would pay:

Cost Sharing			
Deductible	\$130		
Copayments	\$1,220		
cost sharing	\$0		
What isn't Covered			
Limits or exclusions	\$55		
The total Joe would pay is	\$1,405		

# **Mia's Simple Fracture**

(in-network emergency room visit and follow up care)

■ The <u>plan's</u> overall <u>deductible</u>	\$2,000
■ Specialist copay	\$50
■ Hospital (facility) cost sharing	20%
■ Other cost sharing	20%

#### This EXAMPLE event includes services like:

Emergency room care (*including medical supplies*)
Diagnostic test (*x-ray*)
Durable medical equipment (*crutches*)
Rehabilitation services (*physical therapy*)

Total Example Cost	\$1,930
In this example, Mia would pay:	

Cost Sharing	
Deductible	\$1,240
Copayments	\$200
cost sharing	\$0
What isn't Covered	
Limits or exclusions	\$0
The total Mia would pay is	\$1,440

#### DISCRIMINATION IS AGAINST THE LAW

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Blue Cross of Idaho:

- · Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - o Qualified sign language interpreters
  - 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:
  - o Qualified interpreters
  - o Information written in other languages

If you need these services, contact Blue Cross of Idaho Customer Service Department. Call 1-800-627-1188 (TTY: 1-800-377-1363), or call the customer service phone number on the back of your card. If you believe that Blue Cross of Idaho 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 Blue Cross of Idaho's Grievances and Appeals Department at:

Manager, Grievances and Appeals 3000 E. Pine Ave., Meridian, ID 83642 Telephone:

1-800-274-4018 Fax: 208-331-7493

Email: grievances&appeals@bcidaho.com TTY: 1-800-377-1363

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our Grievances and Appeals team 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">https://ocrportal.hhs.gov/ocr/portal/lobby</a>.

*jsf*, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TTY). 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>>

**ATTENTION:** If you speak Arabic, Bantu, Chinese, Farsi, French, German, Japanese, Korean, Nepali, Romanian, Russian, Serbo-Croatian, Spanish, Tagalog, or Vietnamese, language assistance services, free of charge, are available to you. Call 1-800-627-1188 (TTY: 1-800-377-1363).

، قَ غَلَا رَكَذَا قَيِيرِ عَلَا تُدَحِنَتَ تَنَكَ اذَا ِ : قَطُوحِامم : Arabic لَصِتَا يَنْاجِمِلابِ كُلُّ رَفَاوِنَتَ قَيْوِ غَلَلاً قَدْعَاسِمِلاً تَامِدُخُ نَافٍ : مكبلاو مصلاً فتاه مقر) 1188-627-800-1 مقرب. مقرب. 1363-777-800-1)

**Bantu:** ICITONDERWA: Nimba uvuga Ikirundi, uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona 1-800-627-1188 (TTY: 1-800-377-1363).

**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 1-800-627-1188 (TTY: 1-800-377-1363)。

ينك يم وگتفگ يسراف نابز هب رگا : هجوت :Farsi يم مهارف امش يارب ناگيار تروصب ينابز تاليهست (1363-377-800-1-1188 (TTY: دشاب دشاب سامت

**French:** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-627-1188 (ATS : 1-800-377-1363).

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-627-1188 (TTY: 1-800-377-1363).

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。1-800-627-1188 (TTY:1-800-377-1363) まで、お電話にてご連絡ください。

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-627-1188 (TTY: 1-800-377-1363)번으로 전화해 주십시오. Nepali: ध्यान दिनुहोस्: तपाखूंले नेपाली बोल्नुहुन्छ भने तपाखूंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-800-627-1188 (टिटिवाइ: 1-800-377-1363)।

**Romanian:** ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-800-627-1188 (TTY: 1-800-377-1363).

**Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-627-1188 (телетайп: 1-800-377-1363).

**Serbo-Croatian:** OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-800-627-1188 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 1-800-377-1363).

**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-627-1188 (TTY: 1-800-377-1363).

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-627-1188 (TTY: 1-800-377-1363).

**Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-627-1188 (TTY: 1-800-377-1363).