



MESSA ABC & ABC RX



Plan 2

Coverage for: Individual/Family | Plan Type: PPO

A nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association



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, visit www.messa.org or call MESSA at 1-800-336-0013. 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 <https://www.healthcare.gov/sbc-glossary> or call MESSA at 1-800-336-0013 to request a copy.

Important Questions	Answers		Why this Matters:
	In-Network	Out-of-Network	
What is the overall <u>deductible</u> ?	\$2,000 Individual/ \$4,000 Family	\$4,000 Individual/ \$8,000 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 policy, the overall family <u>deductible</u> must be met before the <u>plan</u> begins to pay.
Are there services covered before you meet your <u>deductible</u> ?	Yes. <u>Preventive care</u> services 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 (https://www.healthcare.gov/coverage/preventive-care-benefits/).
Are there other <u>deductibles</u> 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> ? (May include a <u>coinsurance</u> maximum)	\$3,000 Individual/ \$6,000 Family	\$6,000 Individual/ \$12,000 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> , the overall family <u>out-of-pocket limit</u> must be met.
What is not included in the <u>out-of-pocket limit</u> ?	<u>Premiums</u> , <u>balance-billing</u> charges, any <u>pharmacy</u> penalty 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 <u>network provider</u> ?	Yes. For a list of <u>network providers</u> see (http://www.messa.org) or call MESSA at 800-336-0013		This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's 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 **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	No Charge	20% <u>coinsurance</u>	None
	<u>Specialist visit</u>	No Charge	20% <u>coinsurance</u>	None
	<u>Preventive care/ screening/ immunization</u>	No Charge; <u>deductible</u> does not apply	Not covered	You may have to pay for services that aren't <u>preventive</u> . Ask your <u>provider</u> if the services needed are <u>preventive</u> . 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	20% <u>coinsurance</u>	None
	Imaging (CT/PET scans, MRIs)	No Charge	20% <u>coinsurance</u>	May require <u>preauthorization</u>
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.messa.org	Generic or prescribed over-the-counter drugs	\$10 <u>copay</u> /prescription for retail 34-day supply; \$20 <u>copay</u> /prescription for retail and mail order 90-day supply	In-Network <u>copay</u> plus an additional 25% of the approved amount	Preventive drugs covered in full. Mail order drugs are not covered out-of-network.
	Preferred brand-name drugs	\$40 <u>copay</u> /prescription for retail 34-day supply; \$80 <u>copay</u> /prescription for retail and mail order 90-day supply	In-Network <u>copay</u> plus an additional 25% of the approved amount	
	Non-preferred brand-name drugs	\$40 <u>copay</u> /prescription for retail 34-day supply; \$80 <u>copay</u> /prescription for retail and mail order 90-day supply	In-Network <u>copay</u> plus an additional 25% of the approved amount	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No Charge	20% <u>coinsurance</u>	None
	Physician/surgeon fees	No Charge	20% <u>coinsurance</u>	None
If you need immediate medical attention	<u>Emergency room care</u>	No Charge	No Charge	None
	<u>Emergency medical transportation</u>	No Charge	No Charge	Mileage limits apply
	<u>Urgent care</u>	No Charge	20% <u>coinsurance</u>	None

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you have a hospital stay	Facility fee (e.g., hospital room)	No Charge	20% <u>coinsurance</u>	<u>Preauthorization</u> is required
	Physician/surgeon fee	No Charge	20% <u>coinsurance</u>	None
If you need behavioral health services (mental health and substance use disorder)	Outpatient services	No Charge	20% <u>coinsurance</u>	None
	Inpatient services	No Charge	20% <u>coinsurance</u>	<u>Preauthorization</u> is required.
If you are pregnant	Office visits	No Charge; <u>deductible</u> does not apply	20% <u>coinsurance</u>	Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound) and depending on the type of services <u>cost share</u> may apply. <u>Cost sharing</u> does not apply for <u>preventive services</u> .
	Childbirth/delivery professional services	No Charge	20% <u>coinsurance</u>	None
	Childbirth/delivery facility services	No Charge	20% <u>coinsurance</u>	None
If you need help recovering or have other special health needs	<u>Home health care</u>	No Charge	No Charge	Physician certification required.
	<u>Rehabilitation services</u>	No Charge	20% <u>coinsurance</u>	Physical, Speech and Occupational Therapy is limited to a combined maximum of 60 visits per member, per calendar year.
	<u>Habilitation services</u>	No Charge	20% <u>coinsurance</u>	Applied behavior analysis (ABA) treatment for Autism - when rendered by a Licensed Behavior Analyst (LBA) - subject to <u>preauthorization</u> .
	<u>Skilled nursing care</u>	No Charge	No Charge	Physician certification required. Limited to 120 days per member per calendar year
	<u>Durable medical equipment</u>	No Charge	No Charge	Excludes bath, exercise and deluxe equipment and comfort and convenience items. Prescription required.
	<u>Hospice services</u>	No Charge	No Charge	Physician certification required. Unlimited visits.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If your child needs dental or eye care For more information on pediatric vision or dental, contact your plan administrator	Children's eye exam	Not covered	Not covered	None
	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 Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

- Cosmetic Surgery
- Dental care (Adult)
- Long term care
- 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 plan document.)

- Acupuncture treatment
- Bariatric surgery
- Chiropractic care
- Coverage provided outside the United States. See (<http://www.messa.org>)
- Hearing aids
- Infertility treatment
- Non-emergency care when traveling outside the U.S
- Private-duty nursing

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 1-866-444-3272 or www.dol.gov/ebsa/healthreform, or the Department of Health and Human Services, Center for Consumer Information and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or www.cciio.cms.gov or by calling 1-800-324-6172. 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 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 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 MESSA by calling 1-800-336-0013.

Additionally, a consumer assistance program can help you file your appeal. Contact the Michigan Health Insurance Consumer Assistance Program (HICAP) Department of Insurance and Financial Services, P. O. Box 30220, Lansing, MI 48909-7720 or <http://www.michigan.gov/difs> or difs-HICAP@michigan.gov

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? Yes

If your plan doesn’t meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace. (IMPORTANT: Blue Cross Blue Shield of Michigan is assuming that your coverage provides for all Essential Health Benefit (EHB) categories as defined by the State of Michigan. The minimum value of your plan may be affected if your plan does not cover certain EHB categories, such as prescription drugs, or if your plan provides coverage of specific EHB categories, for example prescription drugs, through another carrier.)

Language Access Services: See Addendum

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 plan might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your providers charge, and many other factors. Focus on the cost sharing amounts (deductibles, copayments and coinsurance) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

The <u>plan's</u> overall <u>deductible</u>	\$2,000
<u>Specialist</u> <u>coinsurance</u>	0%
Hospital (facility) <u>coinsurance</u>	0%
Other <u>coinsurance</u>	0%

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	\$12,700
---------------------------	-----------------

In this example, Peg would pay:

<u>Cost Sharing</u>	
<u>Deductibles</u>	\$2,000
<u>Copayments</u>	\$10
<u>Coinsurance</u>	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$60
The total Peg would pay is	\$2,070

Managing Joe's Type 2 Diabetes

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

The <u>plan's</u> overall <u>deductible</u>	\$2,000
<u>Specialist</u> <u>coinsurance</u>	0%
Hospital (facility) <u>coinsurance</u>	0%
Other <u>coinsurance</u>	0%

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	\$5,600
---------------------------	----------------

In this example, Joe would pay:

<u>Cost Sharing</u>	
<u>Deductibles</u>	\$2,000
<u>Copayments</u>	\$500
<u>Coinsurance</u>	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$20
The total Joe would pay is	\$2,520

Mia's Simple Fracture

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

The <u>plan's</u> overall <u>deductible</u>	\$2,000
<u>Specialist</u> <u>coinsurance</u>	0%
Hospital (facility) <u>coinsurance</u>	0%
Other <u>coinsurance</u>	0%

This **EXAMPLE** event includes services like:

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

Total Example Cost	\$2,800
---------------------------	----------------

In this example, Mia would pay:

<u>Cost Sharing</u>	
<u>Deductibles</u>	\$2,000
<u>Copayments</u>	\$0
<u>Coinsurance</u>	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$0
The total Mia would pay is	\$2,000

If you are also covered by an account-type plan such as an integrated health flexible spending arrangement (FSA), health reimbursement arrangement (HRA), and/or a health savings account (HSA), then you may have access to additional funds to help cover certain out-of-pocket expenses – like the deductible, copayments, or coinsurance, or benefits not otherwise covered.

Language services

If you, or someone you're helping, needs assistance, you have the right to get help and information in your language at no cost. To talk to someone, please call MESSA's Member Service Center at 800.336.0013 or TTY 888.445.5614.

Si usted, o alguien a quien usted está ayudando, necesita asistencia, tiene derecho a obtener ayuda en su idioma sin costo alguno.

Información en su idioma sin costo alguno. Para hablar con un intérprete, llame al número telefónico de servicios para miembros de MESSA, que aparece en la parte trasera de su tarjeta.

& ...ii,, ..)14 llo..! omlt.JJ fo J u; 't wIS ti!
I w . tti J...l _...icW I L,k I
fa 'F' ja
i\ ffi SSA A;i L,k .l _...i.

*
□ lcE f@EtEf!RJJJ ftr!tjil'. f!RJJJ'
:mrIJ 2 a-tr-a !i fIJ,itJM□M, .o ;3 -frr.
ill iffil, 1fi1±imB'tr1''1'ilB'trME SSA§ ffil RfX !o

Neu quy v! ho c ai, do ma quy v! dang giup do, di n S!
giup do, quy v! c6 quy en dtrQ'c tr(?! gi up va nh n th ong
tin b ng ngon ngU" qua quy v! mi n phi. E>e n6i chu y n
vO'li m q,tt hon g d, ch vie, n hay gqi den SO d jch vi, th an h
vien MESSA tren m :t sau cua the.

Nese ju ose dikush qe p ondi h m oni, ka nevoje per
a sistence, keni te drejte te merm i ndihme dhe
informacion falas NE gjuhen tuaj. Per te folur me nje
perlt:hy es , telefono ni numrin e sherbimit te
anetares imit MESSA ne anen e pasme te kartes uaji.

Tilol :: Ti"57 lLq:: la:o :: T 7 7i !ig oi
R 7c3 . Tio:: T!o g,j2 o!s! . £rR
ii Q eu

5 A @- Oc:112! :llC '21gj MESSA t!
A-llJA 't!2: of- |A.12 .

P r<a < -<L r< ""-llr< hr<)u a. i <.li.
b r< -< 0 . ,,,,J n.< .:hr< ,,,,3 ,< i lin <b;,,,
> i 0 < = i 1n-| - r.ffiSSA ' :< , < v< ;3
- 0 o) : r< : ; - i i <

'5li j'lfo'r
:iL I LU>f"l iHL L-6M 'B",
3 ¥-TT ,F3
I F(r>Je i , :J .
fl
ITT MESSA
>i'i:iffuM III (q) I

Jesli Ty lju b os ob aJ, kt6rej pomaga,sz p ot rzebuje cie
po mocy, masz prawo do uzyskania, b ezptatneji
informacji i po mo cy we wtasny m jiz yku. Aby
poroz mawia,c z t tu maczem , zad zwo.n pod ru 1m er d ziatu
obstugi czto n kow MESSA w sb m m y na odwr ocie Twojej
kart y.

f alls Sie oder jemand, dem Sie helfen, Unte rstu tztm g
ben otigen, haben Sie e d'as Rec ht kostenlose Hil fe und
Info rm ationen in hr er Sprac he zu erhalt en. Um mit
ei nem Dolm-etsche r zu sip,r e, ch e, 11 rufe n Sie bite die
Nummreder MESSA-M it gliederbetre u ung auf der
Ruckseite ihr er Karte an. Se tu o qualcuno che stai
aiutando avete bisogno di assistenza hai i i i i i i i i i i i i i i i i
oUener,egratu am ente ailto e info rm a zio n i n e lla tua
lingua. P,er parlare con un inter pr et,e chi ama il num ero
de l servizio membri MESSA present e sull iretro della tu a
tessera .

* £t: a aw•w@ w nT •
£, t' n 0 n z- Mn;:• \ '£ l, t, h : : -i!r
0) i g z ,r- l- tt; m J...¥1, t:
0 T £ o ft £ 0 -
8 B h 0 & 8 ffl 0)ti- FO) il IB
ht:MESSA) :,, 1\-'!f-1:':7.0) U Ht £ z-
a !<r; \ .

Earn BaM l, lllll JHILV, KOTOpOMY Bbl n o Mora.eTe, Hy trn a
noMOUll,b TO Bbl -lMeere 1tp aao Ha 6e cn1fan 1: e
li10 11YYe H'1e n OMOUll.W '1'1Hq)OpMailllit M Ha BaweM 3b1Ke.
,l),m1,pa3,ro sopa c ne peBOA'MlllOM no3so '1Te no hIOMepy

Tenedpo Ha M ES.SA OT,ljleJla 0 6 CJ1ym.t BaHM:i KJil '1eftTOB,
yKa 3a .HOMY Ha, o6paTH,OH cropo He Ba weCt 11aPTbl.
Ukoliko j e vama illi n ekom kome pomazet e pot ;rebna,
p omoc, imat e pravo .dobiti pomo c l in form acij u na
va.sem jez.iku h esp latno. Da biste razgov ar a li sa
prevod iocem, pozovite brnj .za u l s u g e i l a n o l l a M E S S A n a
zadnj o j s t r a n i v a s e k a r t i c e .

Ktm g ikaw, o ang iyong tinutuhm gan, ay
nainganga ilangan ng tulong, may karapa,tan kan g

m akakuha ng tu long at imporm asyon sa iyong wika
nang walang gastos. Upang m akausap ang isa ng
interpre t e r, tum aw ag s.a num ero para sa ,m.gaserbisyo
sa miiYembro ng MESSA na nasa likuran ng iyong card.

Important disclosure

MESSA and Blue Cross Blue Shield of Michigan, (BCBSM) do not
comply with federal civil rights laws and do not
discriminate on the basis of race, color, national origin,
age disability, or sex. MESSA and BCBSM provide free
auxiliary aids and services to people with disabilities to
communicate effectively with us, including qualified
sign language interpreters. If you need assistance call
MESSA's Member Service Center at 800.336.0013 or
TTY 888.445.5614 .

If you need help filing a grievance, IV ESSA's general
counsel is available to help you. If you believe that
MESSA or BCBSM failed to provide 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, phone, fax or email:

General Counsel, MESSA P.O. Box 2560, East Lansing,
MI 488 26-2560, 800.29 2.491.0, TTY: 888.445.5613, fax:
517.20 3.29 0 9 or CivilRights@messa.org
GeneralCounsel@messa.org

You can also file a civil rights complaint with the Office
for Civil Rights on the web at OCRCompLain.t@hhs.gov.

or by mail, phone or email: U.S. Department of Health
& Human Services, 200 Independence Avenue S.W.,

Washington D.C. 20 201, 800.368.10 19, TIO:
800.537.769,7 or OCRComplaint@hhs.gov.