Administered by PROVIDENCE Health Plan

Your Benefit Summary

Personal Option (In-Network) Plan

Oregon Episcopal School

Copay	What You Pay	Calendar Year Out-of-Pocket Maximum	Calendar Year Deductible
$15/$25	30% coinsurance (after deductible)	$2,000 per person $4,000 per family (2 or more)	$500 per person $1,000 per family (2 or more)

Important information about your plan

This summary provides only highlights of your benefits. To view your plan details, register and log in at myprovidence.com.

- The individual deductible applies if there are no dependents enrolled. If two or more members are enrolled, the individual deductible applies for each member only until the family deductible is met.
- The individual out-of-pocket maximum applies if there are no dependents enrolled. If two or more members are enrolled, the individual out-of-pocket applies for each member only until the family out-of-pocket is met.
- Your deductible is included in the out-of-pocket maximum amount listed above.
- Some services and penalties do not apply to out-of-pocket maximums.
- Prior authorization is required for some services.
- This plan only provides benefits for medically necessary services when provided by in-network physicians or providers.
- View a list of Providence Signature network providers and pharmacies at ProvidenceHealthPlan.com/findaprovider
- Limitations and exclusions apply to your benefits. See your Member Handbook for details.
- Learn more about covered preventive services rated "A" or "B" by the U.S. Preventive Services Task Force at ProvidenceHealthPlan.com/PreventiveCare

Benefit Highlights	After you pay your calendar year deductible, then you pay the following for covered services
✓ No deductible needs to be met prior to receiving this service	Copay or Coinsurance (from in-network providers only)
On-Demand Provider Visits	
• Providence ExpressCare Virtual	Covered in full✓
• Providence ExpressCare Retail Health Clinic	Covered in full✓
Preventive Care	
• Periodic health exams and well-baby care	Covered in full✓
• Routine immunizations; shots	Covered in full✓
• Colonoscopy (Age 45+)	Covered in full✓
• Gynecological exam (calendar year) and PAP test	Covered in full✓
• Mammograms	Covered in full✓
• Nutritional counseling	Covered in full✓
• Tobacco cessation, counseling/classes and deterrent medications	Covered in full✓
Physician / Provider Services	
• Office visits to Primary Care Provider (In-person)	$15 / visit✓
• Office visits to Primary Care Provider or Alternative Care Provider (Virtually)	$10 / visit✓
• Office visits to Specialists/Other Providers (In-person & Virtually)	$25 / visit✓
• Office visits to Alternative Care Provider (such as Naturopath)	$15 / visit✓
• Allergy shots and serums	30%
• Infusions and injectable medications	30%
• Surgery; anesthesia in an office or facility	30%
• Inpatient hospital visits	30%
Diagnostic Services	
• X-ray, lab services, and testing services (includes ultrasound)	30%✓
• High-tech imaging services (such as PET, CT or MRI)	30%✓
Emergency and Urgent Services	
• Emergency services (For emergency medical conditions only. If admitted to hospital, copayment is not applied; all services subject to inpatient benefits.)	$250✓
• Urgent care services (for non-life threatening illness/minor injury)	$25 / visit✓
• Emergency medical transportation (air and/or ground) (Emergency medical transportation is covered under your in-network benefit, regardless of whether or not the provider is an in-network provider)	30%

Benefit Highlights (continued)	Copay or Coinsurance
Hospital Services	
• Inpatient/Observation care	30%
• Rehabilitative care (Limited to 30 days per calendar year. Limits do not apply to Mental Health Services.)	30%
• Habilitative care (Limited to 30 days per calendar year. Limits do not apply to Mental Health Services.)	30%
• Skilled nursing facility (Limited to 60 days per calendar year)	30%
• Temporomandibular joint (TMJ) services (Inpatient and/or outpatient services combined limit of $1,000 per calendar year/$5,000 per lifetime)	50%
Outpatient Services	
• Outpatient surgery, infusion, dialysis, chemotherapy, radiation therapy, osteopathic manipulation, pain management (multi-disciplinary) program	30%
• Outpatient Surgery at an Ambulatory Surgical Center (ASC)	20%
• Colonoscopy (Non-preventive) at a Hospital-based facility	30%
• Colonoscopy (Non-preventive) at an Ambulatory Surgical Center (ASC)	20%
• Temporomandibular joint (TMJ) service (Inpatient and/or outpatient services combined limit of $1,000 per calendar year/$5,000 per lifetime)	50%
• Outpatient rehabilitative services: physical, occupational, and speech therapy (Limited to 30 visits per calendar year. Limits do not apply to Mental Health Services)	30%✓
• Outpatient habilitative services: physical, occupational and speech therapy (Limited to 30 visits per calendar year. Limits do not apply to Mental Health Services.)	30%✓
• Cardiac rehabilitation (In-network, first 16 visits covered in full, deductible waived, then deductible and coinsurance)	30%
• Biofeedback for specified diagnosis (limited to 10 vists per lifetime, limits do not apply to Mental Health Services)	30%
• Vision therapy (convergence insufficiency) (Limited to 12 visits per lifetime)	30%✓
• Chiropractic manipulation (Limited to 20 visits per calendar year)	$15 / visit✓
• Acupuncture (Limited to 12 visits per calendar year)	$15 / visit✓
• Massage therapy (Limited to $1,500 per calendar year)	$15 / visit✓
Maternity Services	
• Prenatal office visits	Covered in full✓
• Delivery and postnatal services	$150 / delivery✓
• Inpatient hospital/facility services	30%
• Routine newborn nursery care	30%✓
Medical Equipment, Supplies and Devices	
• Medical equipment, appliances, prosthetics/orthotics and supplies (Hearing aids limited to 1 per ear every 3 calendar years)	30%
• Diabetes supplies (Such as lancets, test strips, needles, blood and continuous glucose monitors)	30%✓
• Removable custom shoe orthotics (Limited to $200 per calendar year)	30%✓
• Oral Sleep Apnea Appliance	30%
Mental Health / Chemical Dependency	
Services except outpatient provider office visits may require prior authorization.	
• Inpatient and residential services	30%
• Day treatment, intensive outpatient and partial hospitalization services	30%
• Applied behavior analysis	30%
• Outpatient provider office visits (In-person)	$15 / visit✓
• Outpatient provider office visits (Virtually)	$10 / visit✓
Home Health and Hospice	
• Home health care	30%
• Hospice care	Covered in full✓

Your guide to the words or phrases used to explain your benefits

Coinsurance
The percentage of the cost that you may need to pay for a covered service.

Copay
The fixed dollar amount you pay to a health care provider for a covered service at the time care is provided.

Deductible
The dollar amount that an individual or family pays for covered services before your plan pays any benefits within a calendar year. The following expenses do not apply to an individual or family deductible:

- Services not covered by your plan
- Fees that exceed usual, customary and reasonable (UCR) charges as established by your plan
- Penalties incurred if you do not follow your plan's prior authorization requirements
- Copays and coinsurance for services that do not apply to the deductible.

In-Network
Refers to services received from an extensive network of highly qualified physicians, health care providers and facilities contracted by Providence Health Plan for your specific plan. Generally, your out-of-pocket costs will be less when you receive covered services from in-network providers.

Limitations and Exclusions
All covered services are subject to the limitations and exclusions specified for your plan. Refer to your member handbook or contract for a complete list.

Office Visits Virtually
Scheduled visits with the member's PCP or Specialist using a teleconferencing application such as Zoom.

Out-of-Pocket Maximum
The limit on the dollar amount you will have to spend for specified covered health services in a calendar year. Some services and expenses do not apply to the out-of-pocket maximum. See your Member Handbook for details.

Primary Care Provider
A qualified physician or practitioner that can provide most of your care and, when necessary, will coordinate care with other providers in a convenient and cost-effective manner.

Prior authorization
Some services must be pre-approved, your in-network provider will request prior authorization for these services.

Providence ExpressCare Retail Health Clinic
A walk-in health clinic, other than an office, urgent care facility, pharmacy or independent clinic that is located within a retail operation. A Retail Health Clinic provides same-day visits for basic illness and injuries.

Providence ExpressCare Virtual
Sevices for common conditions (such as sore throat, cough, or fever, etc.) using Providence's web-based platform through a tablet, smartphone, or computer for same day appointments.

Usual, Customary & Reasonable (UCR)
Describes your plan's allowed charges for services that you receive from an out-of-network provider. When the cost of out-of-network services exceeds UCR amounts, you are responsible for paying the provider any difference. These amounts do not apply to your out-of-pocket maximums.

Contact us

Headquartered in Portland, our customer service professionals have been proudly serving our members since 1986.

Portland Metro Area: 503-574-7500
All other areas: 800-878-4445
TTY: 503-574-8702 or 888-244-6642

Have questions about your benefits and want to contact us via e-mail? Go to our Web site at:
www.ProvidenceHealthPlan.com/contactus