UMR: MEBCO: 76-412995 013

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.umr.com or by calling 1-800-207-3172. 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 www.umr.com or call 1-800-207-3172 to request a copy.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	$0 person / $0 family In-network $1,000 person / $1,000 child(ren) / $2,000 person + spouse Out-of-network	Generally, you must pay all the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan, each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible.
Are there services covered before you meet your deductible?	No.	You will have to meet the deductible before the plan pays for any services.
Are there other deductibles for specific services?	Yes. $75 person / $150 family benefit deductible per calendar year for prescription drug expenses In-network	You don't have to meet deductibles for specific services.
What is the out–of–pocket limit for this plan?	$2,500 person / $5,000 family In-network $4,000 person / $4,000 child(ren) / $8,000 person + spouse Out-of-network	The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan, they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met.
What is not included in the out–of–pocket limit?	Copayments for certain services, penalties, premiums, balance billing 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.
Will you pay less if you use a network provider?	Yes. See www.umr.com or call 1-800-207-3172 for a list of network providers.	This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware, your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services.
Do you need a referral to see a specialist?	No.	You can see the specialist you choose without a referral.



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 (You will pay the least)	Out-of-network (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	$25 Copay per visit	20% Coinsurance	None
	Specialist visit	$25 Copay per visit	20% Coinsurance	None
	Preventive care/screening/ immunization	No charge	20% Coinsurance to age 20; Not covered from age 20	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for.
If you have a test	Diagnostic test (x-ray, blood work)	No charge Office setting; $25 Copay per visit Outpatient setting	20% Coinsurance	None
	Imaging (CT/PET scans, MRIs)	No charge Office setting; $25 Copay per visit Outpatient setting	20% Coinsurance	Preauthorization is required. If you don't get preauthorization, benefits could be reduced by $200 of the total cost of the service.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-network (You will pay the least)	Out-of-network (You will pay the most)	
If you need drugs to treat your illness or condition. More information about prescription drug coverage is available at www.proactrx.com.	Generic drugs (Tier 1)	$15 Copay per prescription (retail); $30 Copay per prescription (mail order)	If you use a Non-Network Pharmacy, you are responsible for payment upfront. You may be reimbursed based on the lowest contracted amount, minus any applicable deductible or copayment amount.	$4,850 person / $9,700 family annual Maximum out-of-pocket per calendar year Covers up to a 30-day supply (retail); 31-90 day supply (mail order); Covers up to a 30-day supply (specialty) Once the annual Out-of-pocket is met, you pay nothing for covered prescription medication
	Preferred brand drugs (Tier 2)	$25 Copay per prescription (retail); $50 Copay per prescription (mail order)		
	Non-preferred brand drugs (Tier 3)	$40 Copay per prescription (retail); $80 Copay per prescription (mail order)		
	Specialty drugs (Tier 4)	$15 Copay per prescription (generic); $25 Copay per prescription (preferred drugs); $40 Copay per prescription (non-preferred drugs)		
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	$60 Copay per occurrence	20% Coinsurance	Preauthorization is required. If you don't get preauthorization, benefits could be reduced by $200 of the total cost of the service.
	Physician/surgeon fees	No charge	20% Coinsurance	
If you need immediate medical attention	Emergency room care	$100 Copay per visit	$100 Copay per visit; Deductible Waived	Copay may be waived if admitted
	Emergency medical transportation	50% Coinsurance up to 50 miles; 25% Coinsurance over 50 miles Volunteer services; $35 Copay per trip all other services	50% Coinsurance up to 50 miles; 25% Coinsurance over 50 miles Volunteer services; $35 Copay per trip all other services; Deductible Waived	None
	Urgent care	$25 Copay per visit	20% Coinsurance	None

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-network (You will pay the least)	Out-of-network (You will pay the most)	
If you have a hospital stay	Facility fee (e.g., hospital room)	$250 Copay per admission	20% Coinsurance	Preauthorization is required. If you don't get preauthorization, benefits could be reduced by $200 of the total cost of the service.
	Physician/surgeon fees	No charge	20% Coinsurance	
If you have mental health, behavioral health, or substance abuse services	Outpatient services	$25 Copay per Office visit; No charge other outpatient services	20% Coinsurance	Preauthorization is required for Partial hospitalization. If you don't get preauthorization, benefits could be reduced by $200 of the total cost of the service.
	Inpatient services	$250 Copay per admission	20% Coinsurance	Preauthorization is required. If you don't get preauthorization, benefits could be reduced by $200 of the total cost of the service.
If you are pregnant	Office visits	No charge	20% Coinsurance	Cost sharing does not apply for preventive services. Depending on the type of services, deductible, copayment or coinsurance may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).
	Childbirth/delivery professional services	No charge	20% Coinsurance	
	Childbirth/delivery facility services	$250 Copay per admission	20% Coinsurance	

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-network (You will pay the least)	Out-of-network (You will pay the most)	
If you need help recovering or have other special health needs	Home health care	$25 Copay per visit	20% Coinsurance	Preauthorization is required. If you don't get preauthorization, benefits could be reduced by $200 of the total cost of the service.
	Rehabilitation services	$25 Copay per visit	20% Coinsurance	90 Maximum visits per calendar year; Preauthorization is required. If you don't get preauthorization, benefits could be reduced by $200 of the total cost of the service.
	Habilitation services	$250 Copay per admission Inpatient; $25 Copay per visit Outpatient	20% Coinsurance	60 Maximum days per condition per lifetime Inpatient; 90 Maximum visits per condition per lifetime Outpatient; Habilitation services for Learning Disabilities are not covered.
	Skilled nursing care	$250 Copay per visit	20% Coinsurance	30 Maximum days per calendar year; Copay may be waived if admitted from hospital; Preauthorization is required. If you don't get preauthorization, benefits could be reduced by $200 of the total cost of the service.
	Durable medical equipment	No charge	20% Coinsurance	Preauthorization is required for DME in excess of $500 for rentals or $1,500 for purchases. If you don't get preauthorization, benefits could be reduced by $200 per occurrence.
	Hospice service	$250 Copay per confinement Inpatient; $25 Copay per home visit; No charge other services Outpatient	20% Coinsurance	210 Maximum days per calendar year
If your child needs dental or eye care	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 Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)		
• Acupuncture • Cosmetic surgery • Dental care (Adult)	• Long-term care • Non-emergency care when traveling outside the U.S. • Private-duty nursing	• Routine eye care (Adult) • Routine foot care

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)		
• Bariatric surgery	• Hearing aids – $3,000 per ear every 3 years	• Weight loss programs – $200 reimbursement every 6 months for employee/retiree; $100 reimbursement every 6 months for spouse
• Chiropractic care	• Infertility treatment – ages 21 – 44 only; $10,000 per lifetime (In-network only)	

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 U.S. Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or www.cciio.cms.gov. 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. Additionally, a consumer assistance program may help you file your appeal. A list of states with Consumer Assistance Programs is available at www.HealthCare.gov and http://www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants/.

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 the Minimum Value Standard? 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.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-207-3172.

Traditional Chinese (中文): 如果需要中文的幫助, 請撥打這個號碼 1-800-207-3172.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-800-207-3172.

Pennsylvania Dutch (Deitsch): Fer Hilf griege in Deitsch, ruf die do Nummer uff 1-800-207-3172.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-207-3172.

Samoan (Gagana Samoa): Mo se fesoasoani i le Gagana Samoa, vala'au mai i le numera telefoni 1-800-207-3172.

Carolinian (Kapasal Falawasch): ngere aukke ghut alillis reel kapasal Falawasch au fafaingi tilifon ye 1-800-207-3172.

Chamorro (Chamoru): Para un ma ayuda gi finu Chamoru, å'gang 1-800-207-3172.

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 plan's overall deductible	$0
Specialist copayment	$25
Hospital (facility) copayment	$250
Other coinsurance	0%

This EXAMPLE event includes services like:
Specialist office visits *(pre-natal 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:

Cost Sharing	
Deductibles	$70
Copayments	$300
Coinsurance	$0
What isn't covered	
Limits or exclusions	$0
The total Peg would pay is	**$370**

Managing Joe's Type 2 Diabetes
(a year of routine in-network care of a well-controlled condition)

The plan's overall deductible	$0
Specialist copayment	$25
Hospital (facility) copayment	$250
Other coinsurance	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:

Cost Sharing	
Deductibles*	$75
Copayments	$1,100
Coinsurance	$0
What isn't covered	
Limits or exclusions	$20
The total Joe would pay is	**$1,195**

Mia's Simple Fracture
(in-network emergency room visit and follow up care)

The plan's overall deductible	$0
Specialist copayment	$25
Hospital (facility) copayment	$250
Other coinsurance	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:

Cost Sharing	
Deductibles*	$10
Copayments	$300
Coinsurance	$0
What isn't covered	
Limits or exclusions	$0
The total Mia would pay is	**$310**

Note: These numbers assume the patient does not participate in the plan's wellness program. If you participate in the plan's wellness program, you may be able to reduce your costs. For more information about the wellness program, please contact: www.umr.com or call 1-800-207-3172.
*Note: This plan has other deductibles for specific services included in this coverage example. See "Are there other deductibles for specific services?"" row above.

The plan would be responsible for the other costs of these EXAMPLE covered services.