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, call 1-877-208-5952. 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.dol.gov/ebsa/healthreform or call 1-877-208-5952 to request a copy. For assistance with claims and medical benefits contact **Valenz Navcare Concierge Services** at 1-877-208-5952.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	Network providers: $ 2,000 Individual / $ 4,000 Family Out-of-network providers: Not Covered **Benefit Period: Calendar Year**	Generally, you must pay all of 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 (Embedded).
Are there services covered before you meet your deductible?	Yes. Prescription drugs, Preventive care and primary care services are covered before you meet your deductible.	This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost-sharing and before you meet your deductible. See a list of covered preventive services at https://www.healthcare.gov/coverage/preventive-care-benefits/.
Are there other deductibles for specific services?	No.	You don't have to meet deductibles for specific services.
What is the out-of-pocket limit for this plan?	Network providers Medical Maximum Out of Pocket: $5,450 Individual / $10,400 Family Out-of-network providers: Not Covered Prescription Drug Maximum Out of Pocket: $1,000 Individual / $2,500 Family	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 (Embedded). Prescription Drug maximum out of pocket does not cross accumulate with medical maximum out of pocket.
What is not included in the out-of-pocket limit?	Rx Copays, Premiums, balance-billing charges, penalties for failure to obtain Preauthorization for services, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the medical out–of–pocket limit. Rx Copays accumulate separately towards the Prescription Drug Maximum out–of–pocket limit.
Will you pay less if you use a network provider?	Yes. This plan uses Cigna PPO Network. A list of network providers can be found at www.cigna.com or call 1-888-721-2128.	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 a 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
		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	Office Setting: No Charge Facility Setting: 10% coinsurance after deductible	Not Covered	Included are in office surgical procedures. Telemedicine with $0 cost share via Health Wallet at www.thehealthwallet.com or at 1-800-363-3725.
	Specialist visit to treat an injury or illness	Office Setting: No Charge Facility Setting: 10% coinsurance after deductible	Not Covered	Included are in office surgical procedures.
	Preventive care/screening/ immunization	No Charge	Not Covered	You may have to pay for services that aren't preventive. Ask your provider if the services you need are preventive. Then check what your plan will pay for.
If you have a test	Diagnostic test (x-ray, blood work)	Office Setting: No Charge Facility Setting: 10% coinsurance after deductible	Not Covered	None.
	Imaging (CT/PET scans, MRIs)	Office Setting: No Charge Facility Setting: 10% coinsurance after deductible	Not Covered	Sleep Studies: All settings subject to Plan Deductible and Coinsurance. Preauthorization is required or benefit reduces to 50% of the allowed up to a maximum of $500.
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.mypromotecare.com or call **1-888-478-3443**	Generic drugs (Tier 1)	$5 copay / prescription Retail $10 copay/ prescription Mail Order	Not Covered	Covers up to a 30-day supply (retail subscription); 31-90-day supply (mail order prescription). If a prescription is filled with a non-generic drug when a generic equivalent exists, member will be responsible for the cost difference between the non-generic drug and the generic equivalent.
	Preferred brand drugs (Tier 2)	$40 copay / prescription Retail $80 copay/ prescription Mail Order	Not Covered	
	Non-preferred brand drugs (Tier 3)	$60 copay / prescription Retail $120 copay/ prescription Mail Order	Not Covered	
	Specialty drugs (Tier 4)	Not Covered	Not Covered	

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
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	10% coinsurance after deductible	Not Covered	Preauthorization may be required for certain services. If required and not obtained benefit reduces to 50% of the allowed up to a maximum of $500.
	Physician/surgeon fees	10% coinsurance after deductible	Not Covered	None
If you need immediate medical attention	Emergency room care	10% coinsurance after deductible		All facilities are covered as in-network subject to meeting "emergency" criteria. Network deductible applies for Out-of-Network
	Emergency medical transportation	10% coinsurance after deductible		All facilities are covered as in-network subject to meeting "emergency" criteria. Network deductible applies for Out-of-Network
	Urgent care	Office Setting: $50 copay	Not Covered	All facilities are covered as in-network subject to meeting "emergency" criteria. Network deductible applies for Out-of-Network
		Facility Setting: 10% coinsurance after deductible		
If you have a hospital stay	Facility fee (e.g., hospital room)	10% coinsurance after deductible	Not Covered	Preauthorization is required or benefit reduces to 50% of the allowed up to a maximum of $500.
	Physician/surgeon fees	10% coinsurance after deductible	Not Covered	None
If you need mental health, behavioral health, or substance abuse services	Outpatient services	Office Setting: No Charge Facility Setting: 10% coinsurance after deductible	Not Covered	None
	Inpatient services	10% coinsurance after deductible	Not Covered	Preauthorization is required or benefit reduces to 50% of the allowed up to a maximum of $500.

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
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you are pregnant	Office visits	Office Setting: No Charge Facility Setting: 10% coinsurance after deductible	Not Covered	Cost sharing does not apply to certain preventive services. Depending on the type of services, coinsurance may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound). Preauthorization is required for inpatient maternity stay if stay is beyond 48 hours for vaginal delivery or 96 hours for cesarean delivery. If Preauthorization is required or benefit reduces to 50% of the allowed up to a maximum of $500.
	Childbirth/delivery professional services	10% coinsurance after deductible	Not Covered	
	Childbirth/delivery facility services	10% coinsurance after deductible	Not Covered	
If you need help recovering or have other special health needs	Home health care	10% coinsurance after deductible	Not Covered	Maximum 60 visits per benefit period. Preauthorization is required or benefit reduces to 50% of the allowed up to a maximum of $500.
	Rehabilitation services	Office Setting: No Charge Facility Setting: 10% coinsurance after deductible	Not Covered	Maximum combined physical and occupational therapy visit limit of 20 visits per calendar year. 20 visit limit per calendar year for Chiropractic services. 20 visit limit for Speech Therapy per calendar year. Preauthorization is required for Speech Therapy or benefit reduces to 50% of the allowed up to a maximum of $500.
	Habilitation services	Office Setting: No Charge Facility Setting: 10% coinsurance after deductible	Not Covered	
	Skilled nursing care	10% coinsurance after deductible	Not Covered	Maximum 60 visits per benefit period. Preauthorization is required or benefit reduces to 50% of the allowed up to a maximum of $500.
	Durable medical equipment	10% coinsurance after deductible	Not Covered	Preauthorization is required for items over $1,000 or benefit reduces to 50% of the allowed up to a maximum of $500. PPACA mandated breast pumps are covered to a maximum of $450 per pregnancy.

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
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
	Hospice services	10% coinsurance after deductible	Not Covered	Maximum 180 days per lifetime. Preauthorization is required or benefit reduces to 50% of the allowed of the allowed up to a maximum of $500.
If your child needs dental or eye care	Children's eye exam	Not Covered Except for ACA mandated services	Not covered	One vision screening for children 3-5 years is covered as a preventive service Cost sharing does not apply for preventive services.
	Children's glasses	Not Covered Except for ACA mandated services	Not covered	No coverage for glasses.
	Children's dental check-up	Not Covered Except for ACA mandated services	Not covered	Dental caries fluoride application for infants and children up to 5 years are covered as preventive services. Cost sharing does not apply for preventive services.

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.)

- Abortion - elective
- Acupuncture
- Bariatric Surgery
- Cosmetic Surgery
- Dental Care (Adult)
- Hearing aids
- Infertility Treatment
- Long-term Care
- Maternity Care for dependent daughters
- Non-emergency care when traveling outside the U.S.
- Private-duty Nursing
- Respite care
- Routine eye care (Adult)
- Routine Foot Care
- TMJ Treatment and Appliance
- Weight Loss programs

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

- Chiropractic Care
- Home Health Care Services
- Rehabilitative Services (PT/OT/ST)

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 Labor, Employee Benefits Security Administration at 1-866-444-3272 or www.dol.gov/ebsa/healthreform, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov. For more information on your rights to continue coverage, contact the plan at 1-877-208-5952. 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: 1-877-208-5952.

Does this plan provide Minimum Essential Coverage? Yes.
Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual mark 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.

Language Access Services:
[Spanish (Español): Para obtener asistencia en Español, llame al 1-877-208-5952
[Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-877-208-5952
[Chinese (中文): 如果需要中文的帮助，请拨打这个号码 1-877-208-5952
[Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-877-208-5952

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	$2,000
Specialist copayment	$0
Hospital (facility) coinsurance	10%
Other coinsurance	10%

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:

Cost Sharing	
Deductibles	$2,000
Copayments	$10
Coinsurance	$600
What isn't covered	
Limits or exclusions	$60
The total Peg would pay is	**$2,670**

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

The plan's overall deductible	$2,000
Specialist copayment	$0
Hospital (facility) coinsurance	10%
Other coinsurance	10%

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*	$800
Copayments	$600
Coinsurance	$0
What isn't covered	
Limits or exclusions	$20
The total Joe would pay is	**$1,420**

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

The plan's overall deductible	$2,000
Specialist copayment	$0
Hospital (facility) coinsurance	10%
Other coinsurance	10%

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	**$2,800**

In this example, Mia would pay:

Cost Sharing	
Deductibles*	$2,000
Copayments	$10
Coinsurance	$30
What isn't covered	
Limits or exclusions	$0
The total Mia would pay is	**$2,040**

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