Berkots Super Foods: Minimum Essential Coverage Green Coverage for: Employee + Family | Plan Type: MEC Enhanced

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) 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 1-888-721-2128. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms see the Glossary. You can view the Glossary at <u>www.dol.gov/ebsa/healthreform</u> or call 1-888-773-6590 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$0.	See the Common Medical Events chart below for your costs for services this <u>plan</u> covers.
Are there services covered before you meet your deductible?	N/A.	Not applicable as this plan has no deductible.
Are there other deductibles for specific services?	No.	You don't have to meet <u>deductible</u> for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	Eligible services are covered at 100%. Plan Participants are not responsible for any Cost sharing expenses.	This <u>plan</u> does not have an <u>out-of-pocket limit</u> on your expenses.
What is not included in the <u>out-of-pocket limit</u> ?	This plan has no <u>out-of-pocket</u> expenses because all eligible expenses are covered at 100%.	This <u>plan</u> does not have an <u>out-of-pocket limit</u> on your expenses.
Will you pay less if you use a <u>network provider</u> ?	Yes. This plan uses the Multi Plan PHCS Preventive Services Only Network. A list of network providers can be found at www.multiplan.com or call 1-800-922-4362.	This <u>plan</u> uses a provider <u>network</u> . You will pay less if you use a <u>provider</u> in the plan's <u>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 provider'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 <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the specialist you choose without a referral.

		What You Will Pay			
Common Medical Event	Services You May Need	Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
If you visit a health	Primary care visit to treat an injury or illness	No Charge	Not covered	Limited to a combined maximum (Primary care visits and other practitioner visits) of 6 visits per	
If you visit a health care provider's office	Specialist visit	No Charge	Not covered	person per Calendar Year.	
or clinic	Preventive care/screening/immunization	No charge	Not covered	Includes <u>preventive</u> health services specified in the health care reform law. No coverage nonnetwork.	
If you have a test	Diagnostic test (x-ray, blood work)	No charge	Not covered	Maximum of 5 visits per person per Calendar Year	
	Imaging (CT/PET scans, MRIs)	Not covered	Not covered	No coverage for imaging.	
If you need drugs to treat your illness or	Generic drugs	\$5 copay (retail) \$12.50 copay (mail-order)	Not covered	Covers up to a 30-day supply (retail prescription); 91-day supply (mail-order	
condition More information about prescription drug coverage is available at	Preferred brand drugs	\$40 copay (retail) \$100 copay (mail-order)	Not covered	prescription). Limited to a combined maximum of 20 prescriptions for retail and for mail order drugs, per person per Calendar Year. *See Plan Document for non-use of generic drug penalty.	
www.magellanrx.com or	Non-preferred brand drugs	Not covered	Not covered	None	
call 1-800-443-5715	Specialty drugs	Not covered	Not covered	None	
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	No Charge	Not covered	Maximum of 3 visits per calendar year. <u>Preauthorization</u> is required or benefit will be	
surgery	Physician/surgeon fees	No Charge	Not covered	denied.	
	Emergency room care	No Charge		Maximum of 5 visits (combined with Urgent Care visit maximum) per person per Calendar Year. Payment of out-of-network Covered Services will not exceed Usual and Customary charges.	
If you need immediate medical attention	Emergency medical transportation	Not covered	Not covered	No coverage for emergency medical transportation.	
medical attention	<u>Urgent care</u>	No Ch	arge	Maximum of 5 visits (combined with Emergency room services visit maximum) per person per Calendar Year. Payment of out-of-network Covered Services will not exceed Usual and Customary charges.	

		What You Will Pay			
Common Medical Event	Services You May Need	Participating Provider (You will pay the least)	Non-Participating Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
If you have a hospital	Facility fee (e.g., hospital room)	No Charge	Not covered	Maximum of 5 visits per person per Calendar Year. Preauthorization is required or benefit will be denied.	
stay	Physician/surgeon fees	No Charge	Not covered	Maximum of 5 visits per person per Calendar Year.	
If you need mental health, behavioral	Outpatient services	Not covered	Not covered	No coverage for mental/behavioral health or substance abuse outpatient services.	
health, or substance abuse services	Inpatient services	Not covered	Not covered	No coverage for mental/behavioral health or substance abuse inpatient services.	
	Office visits	No Charge	Not covered	Limited to a combined maximum (Primary care visits and other practitioner visits) of 6 visits per person per Calendar Year	
If you are pregnant	Childbirth/delivery professional services	No Charge	Not covered	Maximum of 5 days (combined with all other Inpatient stays) per person per Calendar Year.	
	Childbirth/delivery facility services	No Charge	Not covered	<u>Preauthorization</u> is required for inpatient stay over 48 hours for a vaginal delivery or 96 hours for a cesarean section.	
	Home health care	Not covered	Not covered	No coverage for home health care.	
If you need help	Rehabilitation services	Not covered	Not covered	No coverage for rehabilitation services.	
recovering or have	Habilitation services	Not covered	Not covered	No coverage for habilitative services.	
other special health	Skilled nursing care	Not covered	Not covered	No coverage for skilled nursing care.	
needs	Durable medical equipment	Not covered	Not covered	No coverage for durable medical equipment.	
	Hospice services	Not covered	Not covered	No coverage for hospice service.	
If your child needs	Children's eye exam	No Charge	Not covered	Applied from birth through age 5.	
dental or eye care	Children's glasses	Not covered	Not covered	No coverage for glasses	
acilial of cyc care	Children's dental check-up	Not covered	Not covered	No coverage for dental check-up	

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.)

- Acupuncture
- Bariatric surgery
- Chiropractic care
- Cosmetic surgery
- Dental care (Adult)
- Durable medical equipment
- Emergency medical transportation
- Glasses (Adult)

- Habilitative services
- Hearing aids
- Home health care
- Hospice service
- Infertility treatment
- Long-term care
- Mental / Behavioral health services
- Non-emergency care when traveling outside the U.S.

- Private-duty nursing
- Rehabilitation services
- Routine eye care (Adult) limitations may apply
- Routine foot care
- Skilled nursing care
- Substance Use Disorder services
- Weight loss programs

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

- Emergency room services
- Surgeon fees

• Physician Visits

Lab and X-rays

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. For more information on your rights to continue coverage, contact the plan at 1-888-773-6590. You may also contact your state insurance department, the 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.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. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance 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 the plan at 1-888-773-6590. You may also contact your state insurance department, the 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. "Additionally, a consumer assistance program can help you file your appeal Contact 888-614-5400. A list of states with Consumer Assistance Programs is available at: https://www.dol.gov/agencies/ebsa/laws-and-regulations/laws/affordable-care-act/for-employers-and-advisers and https://www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants/

Does this plan provide Minimum Essential Coverage? Yes

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

Does this plan meet the Minimum Value Standards? No

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.

For more information about limitations and exceptions, contact 1-888-721-2128

Language Access Services:

[Spanish (Español): Para obtener asistencia en Español, llame al 1-888-721-2128.

[Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-888-721-2128.

[Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-888-721-2128.

[Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-888-721-2128.

-----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>coinsurance</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.

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>	\$0.00
■ Specialist coinsurance	100%
■ Hospital (facility) coinsurance	100%
■ Other <u>coinsurance</u>	100%

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 \$12,840

In this example, Peg would pay:

Cost Sharing		
\$0		
\$20		
\$0		
What isn't covered		
\$60		
\$80		

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>	\$0.00
■ Specialist coinsurance	100%
■ Hospital (facility) coinsurance	100%
■ Other coinsurance	100%

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	\$7,460

In this example, Joe would pay:

Cost Sharing		
Deductibles	\$0	
Copayments	\$675	
Coinsurance	\$0	
What isn't covered		
Limits or exclusions	\$1,783	
The total Joe would pay is	\$2,458	

Mia's Simple Fracture

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

■ The plan's overall deductible	\$0.00
■ Specialist coinsurance	100%
■ Hospital (facility) coinsurance	100%
■ Other coinsurance	100%

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	\$2,010

In this example, Mia would pay:

Cost Sharing		
Deductibles	\$0	
Copayments	\$0	
Coinsurance	\$0	
What isn't covered		
Limits or exclusions	\$1,007	
The total Mia would pay is	\$1,007	