

Summary of Benefits and Coverage: What this Plan Covers & What You Pay For Covered Services Maine's Choice Plus HMO CSR 100

Coverage Period: 01/01/2024 — 12/31/2024

Coverage for: Individual + Family | Plan Type: HMO



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, www.harvardpilgrim.org/public/eoc?pdid=PD0000201461. 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.healthcare.gov/sbc-glossary or call 1-888-333-4742 to request a copy.

Important Questions	Answers	Why This Matters
What is the overall <u>deductible</u> ?	\$0 Benefits are administered on a calendar year basis.	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?	Yes. All covered services, including preventive care, 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 <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> ?	Not Applicable.	This <u>plan</u> does not have an <u>out-of-pocket limit</u> on your expenses.

Important Questions	Answers	Why This Matters
What is not included in the <u>out-of-pocket</u> <u>limit</u> ?	Not Applicable.	This plan does not have an out-of-pocket limit on your expenses.
Will you pay less if you use a <u>network provider</u> ?	Yes. See https://www.harvardpilgrim.org/public/find-a-provider or call 1-888-333-4742 for a list of preferred 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 <u>referral</u> to see a <u>specialist</u> ?	Yes	This <u>plan</u> will pay some or all of the costs to see a <u>specialist</u> for covered services but only if you have a <u>referral</u> before you see the <u>specialist</u> .



All <u>copayment</u> and <u>coinsurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

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Common Medical Event	Services You May Need	Participating (You will pay t		Non-Participating Provider	Limitations, Exceptions, & Other Important Information
		Preferred Network	Standard 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	No charge; <u>deductible</u> does not apply	No charge; <u>deductible</u> does not apply	Not covered	None
	Specialist visit	No charge; deductible does not apply	No charge; deductible does not apply	Not covered	None
	Preventive care/ screening/ immunization	No charge; deductible does not apply		Not covered	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.

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Common Medical Event	Services You May Need	Participating (You will pay t		Non-Participating Provider	Limitations, Exceptions, & Other Important Information
		Preferred Network	Standard Network	(You will pay the most)	
If you have a test	Diagnostic test (x-ray, blood work)	X-rays: No charge; deductible does not apply Laboratory: No charge; deductible does not apply	X-rays: No charge; deductible does not apply Laboratory: No charge; deductible does not apply	Not covered	None
	Imaging (CT/PET scans, MRIs)	No charge; <u>deductible</u> does not apply	No charge; <u>deductible</u> does not apply	Not covered	None
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.harvardpilgrim.org, 2024Value5T.	Generic drugs	apply 90-Day Mail Tier 1: No charge; deductible does not apply 30-Day Retail Tier 2: No charge; deductible does not apply 90-Day Mail Tier 2: No charge; deductible does not apply		Not covered	Value formulary - covers a limited list; not all drugs are covered. You pay retail price for Out of Network pharmacy drugs and are reimbursed minus applicable cost sharing. Covered only outside of service area.
	Preferred brand drugs			Not covered	
	Non-preferred brand drugs	30-Day Retail Tier 4: No char apply 90-Day Mail Tier 4: No charg apply	<u> </u>	Not covered	
	Specialty drugs	30-Day Retail Tier 4: No charge; <u>deductible</u> does not apply 90-Day Mail Tier 4: No charge; <u>deductible</u> does not apply		Not covered	Some drugs must be obtained through a Specialty Pharmacy.

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Common Medical Event	Services You May Need	Participating (You will pay t		Non-Participating Provider	Limitations, Exceptions, & Other Important		
		Preferred Network	Standard Network	(You will pay the most)	Information		
		30-Day Retail Tier 5: No char apply 90-Day Mail Tier 5: No charg apply					
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No charge; <u>deductible</u> does not apply	No charge; <u>deductible</u> does not apply	Not covered	None		
	Physician/surgeon fees	No charge; <u>deductible</u> does not apply	No charge; <u>deductible</u> does not apply	Not covered			
If you need immediate medical attention	Emergency room care	No charge; <u>deductible</u> does t	No charge; <u>deductible</u> does not apply				
	Emergency Medical Transportation	No charge; deductible does i	not apply		None		
	Urgent Care	Urgent care center: No charge; deductible does not apply	Urgent care center: No charge; deductible does not apply	Urgent care center: Not covered	Non-participating providers are only covered outside the service area. Cost sharing may vary based on Urgent Care location.		
If you have a hospital stay	Facility fee (e.g., hospital room)	No charge; <u>deductible</u> does not apply	No charge; deductible does not apply	Not covered	None		
	Physician/surgeon fee	No charge; <u>deductible</u> does not apply	No charge; deductible does not apply	Not covered			
If you need mental health, behavioral	Outpatient services	No charge; <u>deductible</u> does r	not apply	Not covered	None		
health, or substance abuse services	Inpatient services	No charge; <u>deductible</u> does r	not apply	Not covered			

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Common Medical Event	Services You May Need	Participating (You will pay t		Non-Participating Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
		Preferred Network	Standard Network		
If you are pregnant	Office visits	No charge; <u>deductible</u> does not apply	No charge; deductible does not apply	Not covered	Cost sharing does not apply for preventive services.
	Childbirth/delivery professional services	No charge; <u>deductible</u> does not apply	No charge; <u>deductible</u> does not apply	Not covered	
	Childbirth/delivery facility services	No charge; <u>deductible</u> does not apply	No charge; <u>deductible</u> does not apply	Not covered	
If you need help recovering or have other	Home health care	No charge; deductible does not apply		Not covered	None
special health needs	Rehabilitation services Habilitation services	Physical Therapy: No charge; deductible does not apply Occupational Therapy: No charge; deductible does not apply Speech Therapy: No charge; deductible does not apply	Physical Therapy: No charge; deductible does not apply Occupational Therapy: No charge; deductible does not apply Speech Therapy: No charge; deductible does not apply	Not covered	Physical, Occupational & Speech Therapy - 60 combined visits/ calendar year
	Skilled nursing care	No charge; <u>deductible</u> does not apply	No charge; deductible does not apply	Not covered	- 150 days/ calendar year combined with Inpatient Rehabilitation services
	Durable medical equipment	No charge; <u>deductible</u> does t	not apply	Not covered	None
	Hospice services	No charge; <u>deductible</u> does t	not apply	Not covered	For inpatient see "If you have a hospital stay"

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Common Medical Event	Services You May Need	Participating (You will pay t		Non-Participating Provider	Limitations, Exceptions, & Other Important
		Preferred Network	Standard Network	(You will pay the most)	Information
If your child needs dental or eye care	Children's eye exam	No charge; <u>deductible</u> does not apply	No charge; <u>deductible</u> does not apply	Not covered	- 1 exam/ calendar year
	Children's glasses	The <u>plan</u> will reimburse you in full; <u>deductible</u> does not apply		Frames & lenses OR contacts every 24 months up to end of month child turns 19	
	Children's dental check-up	Not covered		Exchange plans may have separate coverage	

Excluded Services & Other Covered Services:

Services Your Plan Does NOT Cover (This isn't a complete list. Check your policy or plan document for other excluded services.)					
Cosmetic Surgery	•	Non-emergency care when traveling outside	•	Routine foot care (except for diabetes or	
• Dental Care (Adult)		the U.S.		systemic circulatory diseases)	
• Long-Term Care	•	Private-duty nursing	•	Services that are not Medically Necessary	
			•	Weight Loss Programs	

Other Covered Services (This isn't a complete list. Check your policy or <u>plan</u> document for other covered services and your costs for these services.)						
Abortion	Chiropractic Care	Infertility Treatment				
Acupuncture	 Hearing Aids - 1 hearing aid/ impaired ear 	• Routine eye care (Adult) - 1 exam/ calendar				
Bariatric surgery	every 36 months up to age 19	year				
	• Hearing Aids - \$3,000/ impaired ear every 36					
	months for all other members					

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: Maine Bureau of Insurance, Department of Professional and Financial Regulation, 34 State House Station, Augusta, ME 04333-0334, (800) 300-5000, or contact Harvard Pilgrim at the number on the back of your ID card. Other coverage options may be available to you too, including buying individual insurance coverage through the CoverME.gov. For more information, about the CoverME.gov, visit www.CoverME.gov or call 1-866-636-0355.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information on how to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact:

HPHC Member Appeals-Member Services Department Harvard Pilgrim Health Care, Inc. 1 Wellness Way Canton, MA 02021-1166

Telephone: 1-888-333-4742

Fax: 1-617-509-3085

Department of Labor's Employee Benefits Security Administration 1-866-444-3272

www.dol.gov/ebsa/healthreform

Consumer for Affordable Health Care 12 Church Street, PO Box 2409 Augusta, Maine 04338-2490

1-800-965-7476 www.mainecahc.org

consumerhealth@mainecahc.org

Maine Bureau of Insurance 34 State House

Station Augusta, ME 04333

1-207-624-8475 1-800-300-5000

Does this plan provide Minimum Essential Coverage? Yes

<u>Minimum Essential Coverage</u> generally includes <u>plans</u>, <u>health insurance</u> available through the <u>Marketplace</u> or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of <u>Minimum Essential Coverage</u>, you may not be eligible for the <u>premium tax credit</u>.

Does this plan meet the Minimum Value Standard? Not Applicable

If your <u>plan</u> doesn't meet the <u>Minimum Value Standards</u>, you may be eligible for a <u>premium tax credit</u> to help you pay for a <u>plan</u> through the <u>Marketplace</u>.

Language Access Services:

Para obtener asistencia en Español, llame al 1-888-333-4742.

如果需要中文的帮助、请拨打这个号码 1-888-333-4742.

De assistência em Português, por favor ligue 1-888-333-4742.

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-nat and a hospital delivery)	tal care	Managing Joe's Type 2 Diabetes (a year of routine in-network care of a well-controlled condition)		Mia's Simple Fracture (in-network emergency room visit and follow up care)	
■ The <u>plan's</u> overall deductible	\$0	■ The <u>plan's</u> overall deductible	\$0	■ The <u>plan's</u> overall deductible	\$0
■ Specialist copayment	\$0	■ Specialist copayment	\$0	■ Specialist copayment	\$0
Hospital (facility)copayment	\$0	Hospital (facility)copayment	\$0	Hospital (facility)copayment	\$0
■ Other <u>copayment</u>	\$0	Other copayment	\$0	■ Other <u>copayment</u>	\$0
This EXAMPLE event includes like:	s services	This EXAMPLE event includes like:	services	This EXAMPLE event includes like:	services
Specialist office visits (prenatal care)		Primary care physician office visits (including Emergency room care (including media		lical supplies)	
Childbirth/Delivery Professional Ser		disease education) <u>Diagnostic test</u> (x-ray)			
Childbirth/Delivery Facility Services		Diagnostic tests (blood work) Durable medical equipment (crutches)			,
Diagnostic tests (ultrasounds and block	od work)	Prescription drugs Rehabilitation services (physical therap		гару)	
Specialist visit (anesthesia)		Durable medical equipment (glucos	e meter)		
Total Example Cost	\$12,700	Total Example Cost	\$5,600	Total Example Cost	\$2,800
In this example, Peg would pa	ıy:	In this example, Joe would pay:		In this example, Mia would pay:	
Cost Sharing		Cost Sharing		Cost Sharing	
Deductibles	\$0	Deductibles	\$0	Deductibles	\$0
Copayments	\$0	Copayments	\$0	Copayments	\$0
Coinsurance	\$0	Coinsurance	\$0	Coinsurance	\$0
What isn't covered		What isn't covered		What isn't covered	
Limits or exclusions	\$0	Limits or exclusions	\$0	Limits or exclusions	\$0
The total Peg would pay is	\$0	The total Joe would pay is	\$0	The total Mia would pay is	\$0

The <u>plan</u> would be responsible for the other costs of these EXAMPLE covered services.

Language Assistance Services

Español (Spanish) ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están a su disposición. Llame al 1-877-907-4742 (TTY: 711).

Português (Portuguese) ATENÇÃO: Se você fala português, encontram-se disponíveis serviços linguísticos gratuitos. Ligue para 1-877-907-4742 (TTY: 711).

Kreyòl Ayisyen (French Creole) ATANSYON: Si nou palé Kreyòl Ayisyen, gen asistans pou sèvis ki disponib nan lang nou pou gratis. Rele 1-877-907-4742 (TTY: 711).

繁體中文 (Traditional Chinese) 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-877-907-4742(TTY:711)。

Tiếng Việt (Vietnamese) CHÚ Ý: Nếu quí vị nói Tiếng Việt, dịch vụ thông dịch của chúng tôi sẵn sàng phục vụ quí vị miễn phí. Gọi số 1-877-907-4742 (TTY: 711).

Русский (Russian) ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-877-907-4742 (телетайп: 711).

(Arabic) العربية

إنتهاه: إذا أنت تتكلم اللغة العربية ، خَدَمات المُساعَدة اللغَوية مُتَوفرة لك مَجانا. " اِتصل على 4742-907-1877

(TTY: 711)

ខ្មែរ (Cambodian) ្រសុំជូនដំណីង៖ បើអ្នកនិយាយភាសាខ្មែរ, យើងមានសេវាកម្មបកប្រែ ជូនលោកអ្នកដោយឥតគិតថ្លៃ។។ ចូរ ទូរស័ព្ទ 1-877-907-4742 (TTY: 711)។

Français (French) ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-907-4742 (ATS: 711).

Italiano (Italian) ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-877-907-4742 (TTY: 711).



Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.

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한국어 (Korean) '알림': 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-907-4742 (TTY: 711) 번으로 전화해 주십시오.

Ελληνικά (Greek) ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, υπάρχουν στη διάθεσή σας δωρεάν υπηρεσίες γλωσσικής υποστήριξης. Καλέστε 1-877-907-4742 (TTY: 711).

Polski (Polish) UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-907-4742 (TTY: 711).

हिंदी (Hindi) ध्यान दीजिए: अगर आप हिंदी बोलते हैं तो आपके लिये भाषाकी सहायता मुफ्तमें उपलब्ध हैं. जानकारी के लिये फोन करें. 1-877-907-4742 (TTY: 711)

ગુજરાતી (Gujarati) ધ્યાન આપો : જો તમે ગુજરાતી બોલતા હ્યે તો આપને માટે ભાષાકીય સહ્ય તદ્દન મફત ઉપલબ્ધ છે. વિશેષ માહિતી માટે ફોન કરો. 1-877-907-4742 (TTY: 711)

ພາສາລາວ (Lao) ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັງຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທຣ 1-877-907-4742 (TTY: 711).

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-877-907-4742 (TTY: 711).



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General Notice About Nondiscrimination and Accessibility Requirements

Harvard Pilgrim Health Care and its affiliates as noted below ("HPHC") comply with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. HPHC does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

HPHC:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, other formats)
- Provides free language services to people whose primary language is not English, such as qualified interpreters.

If you need these services, contact our Civil Rights Compliance Officer.

If you believe that HPHC has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity, you can file a grievance with: Civil Rights Compliance Officer, 1 Wellness Way, Canton, MA 02021-1166, (866) 750-2074, TTY service: 711, Fax: (617) 509-3085, Email: civil_rights@point32health.org. You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Civil Rights Compliance Officer is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 (800) 368-1019, (800) 537-7697 (TTY)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.



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