MHBP: NPMHU Value Plan Coverage for: Self Only, Self Plus One or Self and Family | Plan Type: PPO

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. Please read the FEHB Plan brochure (RI 71-007) that contains the complete terms of this plan. All benefits are subject to the definitions, limitations, and exclusions set forth in the FEHB Plan brochure. Benefits may vary if you have other coverage, such as Medicare. 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 get the FEHB Plan brochure at <a href="www.MHBP.com">www.MHBP.com</a> and view the Glossary at <a href="www.MHBP.com">www.MHBP.com</a>. You can call 1-800-410-7778 to request a copy of either document.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	Network providers: \$600/Self Only \$1,200/Self Plus One \$1,200/Self and Family Non-network providers: \$900/Self Only \$1,800/Self Plus One \$1,800/Self and Family	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. <u>Copayments</u> and <u>coinsurance</u> amounts do not count toward your <u>deductible</u> , which generally starts over January 1. When a covered service/supply is subject to a <u>deductible</u> , only the <u>Plan</u> allowance for the service/supply counts toward the <u>deductible</u> . If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your <u>deductible</u> ?	Yes. <u>Preventive care/wellness</u> ; office visits; <u>specialist</u> visits; maternity care; inpatient hospital; <u>urgent care</u> visits and preventive prescriptions.	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. See a list of covered preventive services at <u>www.healthcare.gov/coverage/preventive-care-benefits/</u> .
Are there other deductibles for specific services?	No.	You don't have to meet other <u>deductibles</u> for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	Network providers: \$6,600/Self Only; \$13,200/Self Plus One or Self and Family (\$6,600 per covered individual)  Non-network providers: \$10,000/Self Only; \$20,000/Self Plus One or Self and Family (\$10,000 per covered individual)	The <u>out-of-pocket limit</u> , or catastrophic maximum, is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they must meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.



What is not included in the <u>out-of-pocket limit?</u>	Premiums, balance-billed charges, penalties, expenses covered by specialty drug copayment assistance cards, and non-covered services.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a <u>network provider</u> ?	Yes. See <a href="https://www.MHBP.com">www.MHBP.com</a> or call 1-800-410-7778 for a list of <a href="https://metwork.providers">network providers</a> .	This <u>plan</u> uses a <u>provider 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 a <u>non-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays ( <u>balance billing</u> ). Be aware, your <u>network provider</u> might use a <u>non-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.	This <u>plan</u> does not require a <u>referral</u> to see a <u>specialist</u> for covered services.



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

	Services You May Need	What You Will Pay		
Common Medical Event		Network Provider (You will pay the least)	Non-Network Provider (You will pay the most, plus you may be balance billed)	Limitations, Exceptions, & Other Important Information
If you visit a health care provider's office	Primary care visit to treat an injury or illness	\$30 <u>copayment</u> per visit, adult; \$10 <u>copayment</u> per visit, child	40% coinsurance	No <u>deductible</u> for services from a <u>network</u> <u>provider</u> .
or clinic	Specialist visit	\$50 copayment per visit	40% coinsurance	
	Preventive care/screening/ Immunization	No charge	40% coinsurance	No <u>deductible</u> for services from a <u>network</u> <u>provider</u> .
If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	20% <u>coinsurance</u>	40% coinsurance	
	Lab Savings Program	No charge	Not covered	No <u>deductible</u> .
	Imaging (CT/PET scans, MRIs)	20% coinsurance	40% coinsurance	Prior approval is required.

	What You Will Pay			
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Non-Network Provider (You will pay the most, plus you may be balance billed)	Limitations, Exceptions, & Other Important Information
	Generic drugs	\$10 <u>copayment</u> (retail) \$30 <u>copayment</u> (mail)	Not covered	No <u>deductible</u> . Maximum 30-day supply (retail) or 90-day supply (mail).
	Preferred brand drugs	45% of the Plan's allowance (retail and mail)	Not covered	No <u>deductible</u> . Plus any difference between our allowance and the cost of a generic equivalent, unless a brand exception is obtained. Maximum 30-day supply (retail) or 90-day supply (mail). <u>Network</u> retail out-of-pocket expense limited to \$300 per prescription for 30-day supply and \$500 for a 90-day supply.
If you need drugs to treat your illness or condition  More information about prescription drug coverage is available at www.MHBP.com	Non-preferred brand drugs	75% of the Plan's allowance (retail and mail)	Not covered	No <u>deductible</u> . Plus any difference between our allowance and the cost of a generic equivalent, unless a brand exception is obtained. Maximum 30-day supply (retail) or 90-day supply (mail). <u>Network</u> retail out-of-pocket expense limited to \$500 per prescription for a 30-day supply and \$700 for a 90-day supply.
	Specialty Generic drugs	50% of the Plan's allowance; limited to	Not covered	No <u>deductible</u> . <u>Specialty drugs</u> must be obtained through CVS Caremark Specialty
	Specialty Preferred brand drugs	\$600 for 30-day supply; \$800 for 90-day supply		Pharmacy. <u>Preauthorization</u> is required.
	Specialty Non-preferred brand drugs	50% of the Plan's allowance; limited to \$700 for 30-day supply; \$850 for 90-day supply	Not covered	No <u>deductible</u> . <u>Specialty drugs</u> must be obtained through CVS Caremark Specialty Pharmacy. <u>Preauthorization</u> is required.
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	20% <u>coinsurance</u>	40% coinsurance	
surgery	Physician/surgeon fees	20% coinsurance	40% coinsurance	

		What You Will Pay			
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Non-Network Provider (You will pay the most, plus you may be balance billed)	Limitations, Exceptions, & Other Important Information	
	Emergency room care	20% coinsurance	20% coinsurance	Plus any difference between our allowance and the billed amount for services from a non-network provider.	
If you need immediate medical attention	Emergency medical transportation	20% coinsurance	20% coinsurance	Plus any difference between our allowance and the billed amount for services from a non-network provider.	
	<u>Urgent care</u>	20% coinsurance	40% coinsurance	No <u>deductible</u> for services from a <u>network</u> <u>provider</u> .	
If you have a hospital	Facility fee (e.g., hospital room)	20% coinsurance	40% coinsurance	Precertification is required; \$500 penalty for non-compliance.	
stay	Physician/surgeon fees	20% coinsurance	40% coinsurance		
If you need mental health, behavioral health, or substance abuse services	Outpatient services	\$30 <u>copayment</u> per visit, adult; \$10 <u>copayment</u> per visit, child; 20% <u>coinsurance</u> for other outpatient services	40% coinsurance	No <u>deductible</u> for services from a <u>network</u> <u>provider</u> . Prior approval is required for certain outpatient services.	
	Inpatient services	20% coinsurance	40% coinsurance	Precertification is required; \$500 penalty for non-compliance.	
	Office visits	No charge	40% coinsurance	No <u>deductible</u> for services from a <u>network</u> <u>provider.</u>	
If you are pregnant	Childbirth/delivery professional services	No charge	40% coinsurance	No <u>deductible</u> for services from a <u>network</u> <u>provider.</u>	
	Childbirth/delivery facility services	No charge	40% coinsurance	No <u>deductible</u> for services from a <u>network</u> <u>provider.</u>	
	Home health care	20% coinsurance	40% coinsurance	Limited to 25 visits per year.	
If you need help	Rehabilitation services	20% coinsurance	40% coinsurance	Limited to 40 visits per year.	
	Habilitation services	20% coinsurance	40% coinsurance		
recovering or have other special health needs	Skilled nursing care	20% coinsurance	40% coinsurance	Limited to 40 days in a skilled nursing facility (SNF) per year. Prior approval is required.	
neeus	Durable medical equipment	20% coinsurance	40% coinsurance		
	Hospice services	20% <u>coinsurance</u>	40% coinsurance		

		What You Will Pay			
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Non-Network Provider (You will pay the most, plus you may be balance billed)	Limitations, Exceptions, & Other Important Information	
	Children's eye exam	Not covered	Not covered	Excluded	
If your child needs dental or eye care	Children's glasses	All charges over \$50	All charges over \$50	Must be related to an accidental injury or intraocular surgery.	
	Children's dental check-up	Not covered	Not covered	Excluded	

#### **Excluded Services & Other Covered Services:**

# Services Your Plan Generally Does NOT Cover (Check your FEHB Plan brochure for more information and a list of any other excluded services.)

- Artificial Reproductive Technology medical services
- Long-term care

Routine foot care

- Cosmetic surgery
- Dental care

- Private-duty nursing
- Routine eye care (Adult)
- Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your FEHB Plan brochure.)
- Acupuncture
- Bariatric surgery
- Chiropractic care
- **CVS Weight Management Program**

- Enhanced Maternity services with family building support (powered by Maven)
- **Enhanced Infertility Medical Benefit**
- Hearing aids

- Lifestyle and Condition Coaching Program
- Non-emergency care when traveling outside the U.S.
- Skin Cancer Screening (SkinIO)

Your Rights to Continue Coverage: You can get help if you want to continue your coverage after it ends. See the FEHB Plan brochure, contact your HR office/retirement system, contact your <u>plan</u> at 1-800-410-7778 or visit <u>www.opm.gov/healthcare-insurance/healthcare</u>. Generally, if you lose coverage under the <u>plan</u>, then, depending on the circumstances, you may be eligible for a 31-day free extension of coverage, a conversion policy (a non-FEHB individual policy), spouse equity coverage, or temporary continuation of coverage (TCC). 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: If you are dissatisfied with a denial of coverage for claims under your plan, you may be able to appeal. For information about your appeal rights please see Section 3, "How you get care," and Section 8 "The disputed claims process," in your FEHB Plan brochure. If you need assistance, you can contact customer service at 1-800-410-7778.

#### 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 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 1-800-410-7778.]

[Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-410-7778.]

[Chinese (中文): 如果需要中文的帮助,请拨打这个号码 1-800-410-7778.]

[Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-800-410-7778.]

To see examples of how this <u>plan</u> 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 plan's overall <u>deductible</u>	\$600
Specialist [cost sharing]	\$50
■ Hospital (facility) [cost sharing]	20%
Other [cost sharing]	20%

#### 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		
<u>Deductibles</u>	\$0	
<u>Copayments</u>	\$0	
Coinsurance	\$0	
What isn't covered		
Limits or exclusions	\$60	
The total Peg would pay is	\$60	

# **Managing Joe's type 2 Diabetes**

(a year of routine in-network care of a well-controlled condition)

■ The plan's overall <u>deductible</u>	\$600
■ Specialist [cost sharing]	\$50
■ Hospital (facility) [cost sharing]	20%
Other [cost sharing]	20%

#### This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (*including disease education*)

<u>Diagnostic tests</u> (blood work)

Prescription drugs

Durable medical equipment (glucose meter)

Total Example Cost	\$5,600

### In this example, Joe would pay:

Cost Sharing			
<u>Deductibles</u>	\$0		
Copayments	\$700		
Coinsurance	\$1,400		
What isn't covered			
Limits or exclusions	\$20		
The total Joe would pay is	\$2,120		

# **Mia's Simple Fracture**

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

<ul> <li>The plan's overall <u>deductible</u></li> <li><u>Specialist [cost sharing]</u></li> <li>Hospital (facility) <u>[cost sharing]</u></li> <li>Other [cost sharing]</li> </ul>	\$600 \$50 20%	
		20%

#### This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

<u>Durable medical equipment</u> (crutches)

Rehabilitation services (physical therapy)

<b>Total Example Cost</b>	\$2,800
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## In this example, Mia would pay:

Cost Sharing	
<u>Deductibles</u>	\$600
Copayments	\$100
Coinsurance	\$300
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$1,000