# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contents</td>
<td>i</td>
</tr>
<tr>
<td>Welcome</td>
<td>1</td>
</tr>
<tr>
<td>About This Book</td>
<td>1</td>
</tr>
<tr>
<td>Understanding the Terms</td>
<td>1</td>
</tr>
<tr>
<td>Medical Options at a Glance</td>
<td>2</td>
</tr>
<tr>
<td>Summary of Benefits and SBC – Value Health</td>
<td>2</td>
</tr>
<tr>
<td>Summary of Benefits and SBC – Value Health Out-of-Area</td>
<td>9</td>
</tr>
<tr>
<td>Summary of Benefits and SBC – Choice Health</td>
<td>15</td>
</tr>
<tr>
<td>Summary of Benefits and SBC – Choice Health Out-of-Area</td>
<td>22</td>
</tr>
<tr>
<td>Summary of Benefits and SBC – Basic Health</td>
<td>28</td>
</tr>
<tr>
<td>Prescription Drug Program at a Glance</td>
<td>33</td>
</tr>
<tr>
<td>Summary of Benefits – Value Health and Choice Health</td>
<td>33</td>
</tr>
<tr>
<td>Summary of Benefits – Basic Health</td>
<td>34</td>
</tr>
<tr>
<td>Benefit Resources and Tools</td>
<td>35</td>
</tr>
<tr>
<td>Resources</td>
<td>35</td>
</tr>
<tr>
<td>Tools</td>
<td>36</td>
</tr>
<tr>
<td>Online Medical Provider Directory</td>
<td>36</td>
</tr>
<tr>
<td>Aetna Navigator®</td>
<td>36</td>
</tr>
<tr>
<td>ActiveHealth</td>
<td>36</td>
</tr>
<tr>
<td>Informed Health® Line</td>
<td>38</td>
</tr>
<tr>
<td>Your Rights and Responsibilities</td>
<td>38</td>
</tr>
<tr>
<td>Participant Bill of Rights</td>
<td>38</td>
</tr>
<tr>
<td>Your Responsibilities as a Plan Participant</td>
<td>38</td>
</tr>
<tr>
<td>How the Medical Plan Works</td>
<td>40</td>
</tr>
<tr>
<td>Basic Health</td>
<td>40</td>
</tr>
<tr>
<td>The Provider Network</td>
<td>40</td>
</tr>
<tr>
<td>Primary Care</td>
<td>41</td>
</tr>
<tr>
<td>Key Terms</td>
<td>41</td>
</tr>
<tr>
<td>Necessary Services and Supplies</td>
<td>41</td>
</tr>
<tr>
<td>Non-Occupational Coverage</td>
<td>41</td>
</tr>
<tr>
<td>Recognized Charge</td>
<td>41</td>
</tr>
<tr>
<td>Sharing the Cost of Care</td>
<td>43</td>
</tr>
<tr>
<td>Copay (copayment)</td>
<td>43</td>
</tr>
<tr>
<td>Deductible</td>
<td>43</td>
</tr>
<tr>
<td>Coinsurance</td>
<td>43</td>
</tr>
<tr>
<td>Out-of-Pocket Maximum</td>
<td>44</td>
</tr>
<tr>
<td>Precertification</td>
<td>44</td>
</tr>
<tr>
<td>When You Need To Precertify Care</td>
<td>45</td>
</tr>
<tr>
<td>If You Don’t Precertify</td>
<td>45</td>
</tr>
<tr>
<td>High-tech Radiology Precertification</td>
<td>46</td>
</tr>
<tr>
<td>In an Emergency</td>
<td>46</td>
</tr>
<tr>
<td>Your ID Cards</td>
<td>46</td>
</tr>
<tr>
<td>What the Medical Plan Covers</td>
<td>47</td>
</tr>
<tr>
<td>Preventive Care</td>
<td>47</td>
</tr>
<tr>
<td>Routine Physical Exams</td>
<td>47</td>
</tr>
<tr>
<td>Screening and Counseling Services</td>
<td>48</td>
</tr>
<tr>
<td>Routine Ob/Gyn Exams</td>
<td>48</td>
</tr>
<tr>
<td>Routine Cancer Screenings</td>
<td>49</td>
</tr>
<tr>
<td>Visits and Walk-In Clinics</td>
<td>49</td>
</tr>
</tbody>
</table>
General Exclusions............................................................................................................ 71
Alternative Health Care.................................................................................................. 72
Biological and Bionic........................................................................................................ 72
Cosmetic Procedures ...................................................................................................... 73
Custodial and Protective Care ......................................................................................... 73
Dental Care ..................................................................................................................... 74
Education and Training .................................................................................................. 74
Family Planning and Maternity ...................................................................................... 74
Foot Care ....................................................................................................................... 75
Government and Armed Forces ...................................................................................... 75
Health Exams ................................................................................................................ 75
Home and Mobility ......................................................................................................... 76
Prescription Drugs ......................................................................................................... 76
Reproductive and Sexual Health .................................................................................... 77
Strength and Performance ............................................................................................ 77
Tests and Therapies ......................................................................................................... 78
Travel and Transportation ............................................................................................ 78
Vision, Speech and Hearing ........................................................................................... 78
Weight Control Services ............................................................................................... 79

Special Programs.......................................................................................................... 80
Discount Programs ......................................................................................................... 80
Health Management Programs ....................................................................................... 80
Online Health Assessment ............................................................................................... 80
Pregnancy Support .......................................................................................................... 81
Care Management ........................................................................................................... 81
Advanced Illness Resources .......................................................................................... 82
Transplant and Special Medical Care ............................................................................. 82

Catamaran Prescription Drug Program ......................................................................... 84
Benefit Levels ................................................................................................................ 84
Generic and Brand-Name Drugs .................................................................................... 84
What is the Preferred Drug List? .................................................................................... 84
Retail Pharmacy .............................................................................................................. 85
Preferred Pharmacy ........................................................................................................ 85
Non-Preferred Pharmacy ............................................................................................... 85
Mail Order Prescriptions ............................................................................................... 85
Prior Authorization ......................................................................................................... 85
Specialty Drug Management Program ........................................................................... 86
Step Therapy Program .................................................................................................... 86
Quality Management Program ....................................................................................... 86
Diabetes Management Program ..................................................................................... 87
Healthy Rx Program ........................................................................................................ 87
Covered Drugs ................................................................................................................ 88
What the Prescription Drug Program Does Not Cover ................................................... 88
Drugs Available under the Discount Benefit Price Structure ........................................... 89

Aetna Prescription Drug Program .................................................................................. 90
Benefit Levels ................................................................................................................ 90
Generic and Brand-Name Drugs .................................................................................... 90
What is the Preferred Drug List? .................................................................................... 90
Retail Pharmacy .............................................................................................................. 91
In-Network Pharmacy .................................................................................................. 91
Out-of-Network Pharmacy ............................................................................................ 91
Mail Order Prescriptions................................................................. 91
Specialty Pharmacy........................................................................... 91
Precertification.................................................................................. 92
Step Therapy Program........................................................................ 92
Healthy Rx Program........................................................................ 93
Covered Drugs................................................................................... 94
What the Prescription Drug Program Does Not Cover......................... 94

**Eligibility and Enrollment** .................................................................. 96
Who Is Eligible...................................................................................... 96
Active Employees............................................................................... 96
Postdoctoral Fellows.......................................................................... 96
Dependents......................................................................................... 96
Retirees................................................................................................. 98
Survivors of Active Employees............................................................. 98
How to Enroll....................................................................................... 99
New Employees ................................................................................... 99
Annual Open Enrollment...................................................................... 99
Qualified Life Event Changes................................................................. 99
Special Enrollment Rights................................................................... 101
When Coverage Begins........................................................................ 102
What If I Leave the University, Then Come Back?................................. 102
How You Pay for Coverage................................................................ 102
Before-Tax Contributions and Social Security...................................... 102
Wage Employee Premiums................................................................. 102
Postdoctoral Fellow Premiums............................................................... 103
Retiree and Survivor Premiums............................................................. 103

**When Coverage Ends** ................................................................... 104
Leaves of Absence.............................................................................. 105
Family, Medical, and Military Leave Act............................................... 105
USERRA Military Leave....................................................................... 105

**Continuing Coverage** .................................................................. 106
Continued Coverage for a Handicapped Child...................................... 106
Continuing Plan Coverage under COBRA.......................................... 106
Electing and Paying for COBRA Coverage......................................... 107
Notification Requirements.................................................................... 108
Notification of Your COBRA Rights..................................................... 109
Address Changes.................................................................................. 109
When COBRA Ends............................................................................ 109

**Coordination with Other Plans** ..................................................... 111
Effect of Another Plan on This Plan’s Benefits.................................... 111
Coordination with Medicare................................................................. 113
How Medicare Affects Your Plan Benefits.......................................... 113
When This Plan Is Primary................................................................. 113
When Medicare Is Primary................................................................. 114
When Eligibility for the Plan Ends....................................................... 114
How Medicare Affects Your Plan Benefits.......................................... 114

**Aetna Medical and Prescription Drug Claims and Appeals** ............. 115
Keeping Records of Expenses........................................................... 115
Filing Claims....................................................................................... 115
Physical Exams................................................................................... 116
Time Frames for Claim Processing...................................................... 116
Urgent Care Claims ................................................................. 116
Other Claims (Pre-Service and Post-Service) .......................... 116
Predeterminations ............................................................... 117
Ongoing Course of Treatment ............................................. 117
Health Claims – Standard Appeals ....................................... 117
Exhaustion of Internal Appeals Process .............................. 117
Full and Fair Review of Claim Determinations and Appeals .... 118
Health Claims – Voluntary Appeals ...................................... 119
External Review ................................................................... 119
Expedited External Review .................................................. 121
Claim Fiduciary .................................................................... 122
Complaints .......................................................................... 123
Recovery of Overpayment .................................................... 123
Catamaran Prescription Drug Claims and Appeals ................. 124
Review of an Adverse Benefit Determination ....................... 124
Review Procedure ............................................................... 124
Administrative Information .................................................. 126
Plan Information ................................................................... 126
Plan Documents .................................................................... 126
Future of the Plan ................................................................ 126
Privacy of Your Health Information ...................................... 128
University of Virginia’s Plan’s Commitment to Privacy .......... 128
Information Subject to this Notice ........................................ 128
Summary of the Plan’s Privacy Practices ............................... 129
Detailed Notice of the Plan’s Privacy Policies – the Plan’s Uses and Disclosures 130
Your Health Information Rights ............................................ 132
Changes in the Plan’s Privacy Policies ................................... 135
Glossary .............................................................................. 136
Welcome

Understanding your benefits will help you know what to do when faced with a serious illness or injury, and when you seek routine medical services. This book can help you learn about the University of Virginia Health Plan (the Plan) offered by the University of Virginia (the University) and its medical and pharmacy benefits. In this book, you’ll find information about who is eligible, what is covered and not covered, how to file a claim and what happens when you are no longer eligible for coverage.

This book contains information about the medical plan administered by Aetna Life Insurance Company. It also contains information about the prescription drug programs administered by Catamaran and Aetna.

About This Book

This book is the Summary Plan Description (SPD) for the Plan. In it, you’ll find:

- Who is eligible for coverage;
- How to enroll and when you are allowed to change the coverage you’ve chosen;
- What the Plan covers and does not cover;
- Tools and resources to help you take full advantage of your medical plan;
- When coverage starts and ends;
- How to file a claim or appeal a claim decision;
- Administrative information; and
- Definitions of key terms

Please read this SPD carefully and refer to it when you need to understand how your medical benefits work. If you have questions or need help:

- Refer to Benefit Resources and Tools; or
- Call Aetna Member Services at the number shown on your ID card.

Understanding the Terms

Words and phrases that appear in bold type are defined in the Glossary.
# Medical Options at a Glance

## Summary of Benefits and SBC – Value Health

This chart summarizes the medical benefits available to you if you elected Value Health.

<table>
<thead>
<tr>
<th>Option Feature</th>
<th>UVa Provider Network</th>
<th>Aetna Network</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Annual Deductible</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$400</td>
<td>$500</td>
<td>$1,500</td>
</tr>
<tr>
<td>Family</td>
<td>$800</td>
<td>$1,000</td>
<td>$3,000</td>
</tr>
<tr>
<td><strong>Out-of-Pocket Maximum</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(includes deductible)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td></td>
<td>$5,500</td>
<td>$9,500</td>
</tr>
<tr>
<td>Family</td>
<td></td>
<td>$11,000</td>
<td>$19,000</td>
</tr>
<tr>
<td><strong>Plan Coinsurance</strong></td>
<td></td>
<td>20%</td>
<td>40%</td>
</tr>
<tr>
<td>applies to all covered expenses unless otherwise stated</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Covered Services</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preventive Care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine Physical Exam (adults and children) includes associated X-ray and lab expenses</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Screening and Counseling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obesity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- up to age 22: unlimited visits</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>- age 22 and over: up to 26 visits per calendar year (healthy diet counseling limited to 10 visits)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use of Tobacco Products</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>up to 8 counseling sessions per calendar year</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------------</td>
<td>---------------------------------------</td>
<td>-----------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Misuse of Alcohol or Drugs up to 5 visits per calendar year</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Women’s health screenings and counseling</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Annual Ob/Gyn Exam (includes Pap smear and related lab fees)</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Vaccinations for Common Communicable Diseases (in accordance with CDC guidelines; excludes those for foreign travel)</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Mammogram</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Prostate Screening</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Colorectal Cancer Screening</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td><strong>Outpatient Care</strong> (associated services are subject to deductible and coinsurance)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physician Visit</td>
<td>You pay $20 copay per visit, then Plan pays 100%</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Specialist Visit</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $60 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Outpatient Procedures</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Other Associated Charges</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Early Intervention Services Up to $5,000 lifetime maximum</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%</td>
<td>You pay $30 or $60 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>----------------------</td>
<td>---------------</td>
<td>----------------</td>
</tr>
<tr>
<td><strong>Family Planning</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contraceptive devices provided and billed by a physician (includes insertion/ administration); excludes oral contraceptives, injectable contraceptives, diaphragms, emergency contraceptives, and cervical caps; these are covered through the Prescription Drug Program</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Generic</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%.</td>
<td>You pay $30 or $60 copay per visit, then Plan pays 100%.</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Brand-name</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Voluntary Sterilization - Men physician's office</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%.</td>
<td>You pay $30 or $60 copay per visit, then Plan pays 100%.</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>outpatient facility</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Voluntary Sterilization – Women</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Infertility Services:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>diagnosis of the underlying medical condition</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition – physician's office</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%.</td>
<td>You pay $30 or $60 copay per visit, then Plan pays 100%.</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition – outpatient facility</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>-------------------------------------------------------</td>
<td>----------------------</td>
<td>---------------</td>
<td>----------------</td>
</tr>
<tr>
<td><strong>Family Planning (cont.)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maternity Care <em>(physician's services)</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine prenatal office visits</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Delivery and postnatal care</td>
<td>You pay 20% not subject to the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td><strong>Breast Feeding Support and Supplies</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>lactation counseling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- visits 1-6 in a 12-month period</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>- additional visits</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%</td>
<td>You pay $30 or $60 copay per visit, then Plan pays</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>breast pumps and supplies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 1 manual or electric breast pump per 36-month period</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td><strong>Inpatient Hospital</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient Care <em>(room and board are covered up to the hospital’s semi-private room rate)</em></td>
<td>You pay 20% not subject to the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Other Associated Charges</td>
<td>You pay 20% not subject to the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>------------------------------------------------------------</td>
<td>----------------------------------------------------------</td>
<td>---------------------------------------------------</td>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>Alternatives to Inpatient Hospital Care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skilled Nursing Facility Care up to a maximum of 180 days per calendar year</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Home Health Care up to 90 visits per calendar year</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Hospice Care (inpatient and outpatient)</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Emergency Care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Room</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Non-emergency care</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td>Urgent Care Facility</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urgent care</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
</tr>
<tr>
<td>Non-urgent care</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td>Ambulance</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
</tr>
<tr>
<td>Other Covered Expenses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acupuncture up to 20 visits per calendar year</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Diagnostic Tests, Laboratory Services and X-ray Procedures</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Durable Medical Equipment</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Short-Term Rehabilitation (physical, occupational, speech) up to 40 visits per calendar year for physical and occupational therapy; up to 40 visits per year for speech therapy</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Autism-Physical Therapy, Occupational Therapy, Speech Therapy up to 40 visits per calendar year for autism physical and occupational therapy combined with physical and occupational therapy; up to 40 visits per year for autism speech therapy combined with speech therapy</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Autism-Behavioral Therapy</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $60 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Autism-Applied Behavior Analysis (Ages 2 years to 6 years)</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $60 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Spinal Manipulation Treatment to 26 visits per calendar year</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Nutritional Counseling</td>
<td>You pay $60 copay per visit, then Plan pays 100%</td>
<td>You pay $60 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVA Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>----------------------</td>
<td>---------------</td>
<td>---------------</td>
</tr>
<tr>
<td>Behavioral Health Care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health and Substance Abuse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treatment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient</td>
<td>You pay 20% not</td>
<td>You pay 20%</td>
<td>You pay 40%</td>
</tr>
<tr>
<td></td>
<td>subject to the</td>
<td>after the</td>
<td>after the</td>
</tr>
<tr>
<td></td>
<td>deductible; Plan</td>
<td>deductible;</td>
<td>deductible;</td>
</tr>
<tr>
<td></td>
<td>pays 80%</td>
<td>Plan pays</td>
<td>Plan pays</td>
</tr>
<tr>
<td></td>
<td></td>
<td>80%</td>
<td>60%</td>
</tr>
<tr>
<td>partial hospitalization</td>
<td>You pay $40 copay</td>
<td>You pay $60</td>
<td>You pay 40%</td>
</tr>
<tr>
<td></td>
<td>per visit, then Plan</td>
<td>copay per</td>
<td>after the</td>
</tr>
<tr>
<td></td>
<td>pays 100%</td>
<td>visit, then</td>
<td>deductible;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plan pays</td>
<td>Plan pays</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100%</td>
<td>60%</td>
</tr>
<tr>
<td>residential treatment</td>
<td>You pay 20% after</td>
<td>You pay 20%</td>
<td>You pay 40%</td>
</tr>
<tr>
<td></td>
<td>the deductible; Plan</td>
<td>after the</td>
<td>after the</td>
</tr>
<tr>
<td></td>
<td>pays 80%</td>
<td>deductible;</td>
<td>deductible;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plan pays</td>
<td>Plan pays</td>
</tr>
<tr>
<td></td>
<td></td>
<td>80%</td>
<td>60%</td>
</tr>
<tr>
<td>Outpatient</td>
<td>You pay $40 copay</td>
<td>You pay $60</td>
<td>You pay 40%</td>
</tr>
<tr>
<td></td>
<td>per visit, then Plan</td>
<td>copay per</td>
<td>after the</td>
</tr>
<tr>
<td></td>
<td>pays 100%</td>
<td>visit, then</td>
<td>deductible;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plan pays</td>
<td>Plan pays</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100%</td>
<td>60%</td>
</tr>
</tbody>
</table>

Deductibles, coinsurance and benefit maximums are fully integrated between network and out-of-network.
<table>
<thead>
<tr>
<th>Important Questions</th>
<th>Answers</th>
<th>Why this Matters:</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the overall deductible?</td>
<td>For each Calendar Year, UVA Provider Network: Individual: $400 / Family $800. Aetna Network: Ind $500 / Family $1,000. Out-of-Network: Ind $1,500 / Family $3,000. Does not apply to office visits, prescription drugs, and preventive care in-network.</td>
<td>You must pay all the costs up to the deductible amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the deductible starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the deductible.</td>
</tr>
<tr>
<td>Are there other deductibles for specific services?</td>
<td>Yes. $100 for tier 2 and tier 3 retail prescription drug coverage. There are no other specific deductibles.</td>
<td>You must pay all of the costs for these services up to the specific deductible amount before this plan begins to pay for these services.</td>
</tr>
<tr>
<td>Is there an out-of-pocket limit on my expenses?</td>
<td>Yes. In-network: Individual $5,500 / Family $11,000. Out-of-Network: Individual $9,500 / Family $19,000.</td>
<td>The out-of-pocket limit is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.</td>
</tr>
<tr>
<td>What is not included in the out-of-pocket limit?</td>
<td>Premiums, balance-billed charges, penalties for failure to obtain pre-authorization for service, and health care this plan does not cover. Prescription drug charges are not included in the out-of-network out-of-pocket limit.</td>
<td>Even though you pay these expenses, they don't count toward the out-of-pocket limit.</td>
</tr>
<tr>
<td>What is not included in the out-of-pocket limit?</td>
<td>Premiums, balance-billed charges, penalties for failure to obtain pre-authorization for service, and health care this plan does not cover. Prescription drug charges are not included in the out-of-pocket limit.</td>
<td>Even though you pay these expenses, they don't count toward the out-of-pocket limit.</td>
</tr>
<tr>
<td>Is there an overall annual limit on what the plan pays?</td>
<td>No.</td>
<td>The chart starting on page 2 describes any limits on what the plan will pay for specific covered services, such as office visits.</td>
</tr>
<tr>
<td>Does this plan use a network of providers?</td>
<td>Yes. See <a href="http://www.aetna.com">www.aetna.com</a> or call 1-800-370-4526 for a list of Home Host providers.</td>
<td>If you use an in-network doctor or other health care provider, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network provider for some services. Plans use the term in-network, preferred, or participating for providers in their network. See the chart starting on page 2 for how this plan pays different kinds of providers.</td>
</tr>
<tr>
<td>Do I need a referral to see a specialist?</td>
<td>No.</td>
<td>You can see the specialist you choose without permission from this plan.</td>
</tr>
<tr>
<td>Are there services this plan doesn't cover?</td>
<td>Yes.</td>
<td>Some of the services this plan doesn't cover are listed on page 5. See your policy or plan document for additional information about excluded services.</td>
</tr>
</tbody>
</table>
**Summary of Benefits and Coverage:** What this Plan Covers & What it Costs

**Coverage for:** Individual + Family  | **Plan Type:** PPO

- **Copayments** are fixed dollar amounts (for example, $15) you pay for covered health care, usually when you receive the service.
- **Coinsurance** is your share of the costs of a covered service, calculated as a percent of the **allowed amount** for the service. For example, if the plan's **allowed amount** for an overnight hospital stay is $1,000, your **coinsurance** payment of 20% would be $200. This may change if you haven't met your **deductible**.
- The amount the plan pays for covered services is based on the **allowed amount**. If an out-of-network provider charges more than the **allowed amount**, you may have to pay the difference. For example, if an out-of-network hospital charges $1,500 for an overnight stay and the **allowed amount** is $1,000, you may have to pay the $500 difference. (This is called **balance billing**.)
- This plan may encourage you to use Home Host **providers** by charging you lower **deductibles**, **copayments**, and **coinsurance** amounts.

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you visit a health care provider's office or clinic</td>
<td>Primary care visit to treat an injury or illness</td>
<td>$20 copay/visit</td>
<td>$30 copay/visit</td>
<td>40% coinsurance</td>
<td>Includes Internist, General Physician, Family Practitioner or Pediatrician.</td>
</tr>
<tr>
<td></td>
<td>Specialist visit</td>
<td>$40 copay/visit</td>
<td>$60 copay/visit</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 26 visits for Chiropractic care and 20 visits for acupuncture per calendar year.</td>
</tr>
<tr>
<td></td>
<td>Other practitioner office visit</td>
<td>$40 copay/visit</td>
<td>$40 copay/visit</td>
<td>40% coinsurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Preventive care/ screening/ immunization</td>
<td>No charge, except hearing exams not covered</td>
<td>No charge, except hearing exams not covered</td>
<td>Not covered</td>
<td>Age and frequency schedules may apply.</td>
</tr>
<tr>
<td>If you have a test</td>
<td>Diagnostic test (x-ray, blood work)</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Imaging (CT/PET scans, MRIs)</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td></td>
</tr>
</tbody>
</table>

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
### Summary of Benefits and Coverage: What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you need drugs to treat your illness or condition</td>
<td>Tier 1 drugs (most generics and potentially some cost effective branded medications)</td>
<td>$6 copay/30 days</td>
<td>$6 copay/30 days; $14 copay/90 days mail order</td>
<td>$6 copay plus billed amount minus contracted rate/30 days</td>
<td>Covers up to 30 day supply (retail prescription); 31-90 day supply (mail order prescription) from Catamaran Home Delivery only. Includes performance enhancing medications. No charge for formulary generic FDA-approved women's contraceptives in-network. Your cost will be higher for choosing Brand over Generics.</td>
</tr>
<tr>
<td>Prescription drug coverage is administered by Catamaran</td>
<td>Tier 2 drugs (most brand name drugs and more costly or less desirable generics)</td>
<td>After deductible: 20% coinsurance with $100 max/30 days</td>
<td>After deductible: 20% coinsurance with $26 min/$100 max 30 days; 20% coinsurance with $65 min/$300 max 90 days mail order</td>
<td>After deductible: 20% coinsurance with $26 min/$100 max plus billed amount minus contracted rate/30 days</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tier 3 drugs (non-preferred brand drugs and some more costly generics)</td>
<td>After deductible: 20% coinsurance with $100 max/30 days</td>
<td>After deductible: 20% coinsurance with $52 min/$100 max 30 days; 20% coinsurance with $130 min/$300 max 90 days mail order</td>
<td>After deductible: 20% coinsurance with $52 min/$100 max plus billed amount minus contracted rate/30 days</td>
<td></td>
</tr>
<tr>
<td>Specialty drugs: Tier 1 Tier 2 Tier 3</td>
<td></td>
<td>1: 20% coinsurance with $50 max; 2: 20% coinsurance with $100 max; 3: 20% coinsurance with $150 max.</td>
<td>1: 20% with $100 min/$200 max; 2: 20% with $150 min/$250 max; 3: 20% with $200 min/$300 max.</td>
<td>Not covered</td>
<td>Covers up to 30 day supply. Specialty Drugs must be filled through Briovarx or UVA Specialty Pharmacy. Mandatory generics required.</td>
</tr>
<tr>
<td>If you have outpatient surgery</td>
<td>Facility fee (e.g., ambulatory surgery center)</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>80% coinsurance (in-network) 100% coinsurance (out-of-network)</td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fees</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>80% coinsurance (in-network) 100% coinsurance (out-of-network)</td>
</tr>
<tr>
<td>If you need immediate medical attention</td>
<td>Emergency room services</td>
<td>25% coinsurance</td>
<td>25% coinsurance</td>
<td>25% coinsurance</td>
<td>No coverage for non-emergency use</td>
</tr>
<tr>
<td></td>
<td>Emergency medical transportation</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>No coverage for non-emergency transport.</td>
</tr>
<tr>
<td></td>
<td>Urgent care</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>No coverage for non-urgent use.</td>
</tr>
</tbody>
</table>

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com. If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
### Summary of Benefits and Coverage: What this Plan Covers & What it Costs

**Coverage for:** Individual + Family  |  **Plan Type:** PPO

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>If you have a hospital stay</strong></td>
<td>Facility fee (e.g., hospital room)</td>
<td>20% coinsurance deductible waived</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fee</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td><em><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong></em>_</td>
</tr>
<tr>
<td><strong>If you have mental health, behavioral health, or substance abuse needs</strong></td>
<td>Mental/Behavioral health outpatient services</td>
<td>$40 copay/visit</td>
<td>$60 copay/visit</td>
<td>40% coinsurance</td>
<td><em><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong></em>_</td>
</tr>
<tr>
<td></td>
<td>Mental/Behavioral health inpatient services</td>
<td>20% coinsurance deductible waived</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder outpatient services</td>
<td>$40 copay/visit</td>
<td>$60 copay/visit</td>
<td>40% coinsurance</td>
<td><em><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong></em>_</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder inpatient services</td>
<td>20% coinsurance deductible waived</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td><strong>If you are pregnant</strong></td>
<td>Prenatal and postnatal care</td>
<td>No charge for routine services</td>
<td>No charge for routine services</td>
<td>40% coinsurance</td>
<td><em><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong></em>_</td>
</tr>
<tr>
<td></td>
<td>Delivery and all inpatient services</td>
<td>20% coinsurance deductible waived</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Includes outpatient postnatal care. Pre-authorization may be required for out-of-network care.</td>
</tr>
<tr>
<td><strong>If you need help recovering or have other special health needs</strong></td>
<td>Home health care</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 90 visits per calendar year. Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Rehabilitation services</td>
<td>$40 copay/visit</td>
<td>$40 copay/visit</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 40 visits per calendar year for Physical and Occupational Therapy combined, 40 visits per calendar year for Speech Therapy.</td>
</tr>
</tbody>
</table>

---

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren’t clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
### Summary of Benefits and Coverage: What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Habilitation services</td>
<td>$40 copay/visit</td>
<td>$40 copay/visit</td>
<td>40% coinsurance</td>
<td>Coverage is limited to children up to age 6 for Occupational and Speech Therapy for Autism and pervasive developmental delay.</td>
</tr>
<tr>
<td></td>
<td>Skilled nursing care</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 180 days per calendar year. Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Durable medical equipment</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Hospice service</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
</tbody>
</table>

#### If your child needs dental or eye care
- **Eye exam**: Not covered
- **Glasses**: Not covered
- **Dental check-up**: Not covered

#### Excluded Services & Other Covered Services:

<table>
<thead>
<tr>
<th>Services Your Plan Does NOT Cover</th>
<th>(This isn't a complete list. Check your policy or plan document for other excluded services.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cosmetic surgery</td>
<td>• Long-term care</td>
</tr>
<tr>
<td>• Dental care (Adult &amp; Child)</td>
<td>• Non-emergency care when traveling outside the U.S.</td>
</tr>
<tr>
<td>• Glasses (Child)</td>
<td>• Private-duty nursing</td>
</tr>
<tr>
<td>• Hearing aids</td>
<td>• Routine eye care (Adult &amp; Child)</td>
</tr>
<tr>
<td></td>
<td>• Routine foot care</td>
</tr>
<tr>
<td></td>
<td>• Weight loss programs</td>
</tr>
</tbody>
</table>

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com. If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
Other Covered Services (This isn’t a complete list. Check your policy or plan document for other covered services and your costs for these services.)

- Acupuncture - Coverage is limited to 20 visits per calendar year.
- Bariatric surgery
- Chiropractic care - Coverage is limited to 26 visits per calendar year.
- Infertility treatment - Coverage is limited to the diagnosis and treatment of underlying medical condition.

Your Rights to Continue Coverage:
If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a premium, which may be significantly higher than the premium you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.

For more information on your rights to continue coverage, contact the plan at 1-800-370-4526. 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, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov.

Your Grievance and Appeals Rights:
If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to appeal or file a grievance. For questions about your rights, this notice, or assistance, you can contact us by calling the toll free number on your Medical ID Card. You may also contact the Department of Labor’s Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform.

Additionally, a consumer assistance program can help you file an appeal. Contact information is at http://www.aetna.com/individuals-families-health-insurance/rights-resources/complaints-grievances-appeals/index.html

Does this Coverage Provide Minimum Essential Coverage?
The Affordable Care Act requires most people to have health care coverage that qualifies as “minimum essential coverage”. This plan or policy does provide minimum essential coverage.

Does this Coverage Meet Minimum Value Standard?
The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). This health coverage does meet the minimum value standard for the benefits it provides.

Language Access Services:
Para obtener asistencia en Español, llame al 1-800-370-4526.
Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-370-4526.

-----------------------To see examples of how this plan might cover costs for a sample medical situation, see the next page.-----------------------

Questions: Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren’t clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
Examples:

medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.

---

Having a baby
(normal delivery)

- **Amount owed to providers:** $7,540
- **Plan pays:** $5,650
- **Patient pays:** $1,890

**Sample care costs:**

<table>
<thead>
<tr>
<th>Cost Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital charges (mother)</td>
<td>$2,700</td>
</tr>
<tr>
<td>Routine obstetric care</td>
<td>$2,100</td>
</tr>
<tr>
<td>Hospital charges (baby)</td>
<td>$900</td>
</tr>
<tr>
<td>Anesthesia</td>
<td>$900</td>
</tr>
<tr>
<td>Laboratory tests</td>
<td>$500</td>
</tr>
<tr>
<td>Prescriptions</td>
<td>$200</td>
</tr>
<tr>
<td>Radiology</td>
<td>$200</td>
</tr>
<tr>
<td>Vaccines, other preventive</td>
<td>$40</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$7,540</strong></td>
</tr>
</tbody>
</table>

**Patient pays:**

| Deductibles   | $1,100   |
| Copays        | $0       |
| Coinsurance   | $790     |
| Limits or exclusions | $0   |
| **Total**     | **$1,890**|

---

Managing type 2 diabetes
(routine maintenance of a well-controlled condition)

- **Amount owed to providers:** $5,400
- **Plan pays:** $3,740
- **Patient pays:** $1,660

**Sample care costs:**

<table>
<thead>
<tr>
<th>Cost Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescriptions</td>
<td>$2,900</td>
</tr>
<tr>
<td>Medical Equipment and Supplies</td>
<td>$1,300</td>
</tr>
<tr>
<td>Office Visits and Procedures</td>
<td>$700</td>
</tr>
<tr>
<td>Education</td>
<td>$300</td>
</tr>
<tr>
<td>Laboratory tests</td>
<td>$100</td>
</tr>
<tr>
<td>Vaccines, other preventive</td>
<td>$100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$5,400</strong></td>
</tr>
</tbody>
</table>

**Patient pays:**

| Deductibles   | $600     |
| Copays        | $320     |
| Coinsurance   | $740     |
| Limits or exclusions | $0   |
| **Total**     | **$1,660**|

---

This is not a cost estimator.

Don’t use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care also will be different.

See the next page for important information about these examples.
Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

- Costs don't include premiums.
- Sample care costs are based on national averages supplied by the U.S. Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from in-network providers. If the patient had received care from out-of-network providers, costs would have been higher.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how deductibles, copayments, and coinsurance can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?

No. Treatments shown are just examples. The care you would receive for this condition could be different, based on your doctor's advice, your age, how serious your condition is, and many other factors.

Can I use Coverage Examples to compare plans?

Yes. When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?

Yes. An important cost is the premium you pay. Generally, the lower your premium, the more you'll pay in out-of-pocket costs, such as copayments, deductibles, and coinsurance. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.

Does the Coverage Example predict my future expenses?

No. Coverage Examples are not cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your providers charge, and the reimbursement your health plan allows.
# Summary of Benefits and SBC – Value Health Out-of-Area

This chart summarizes the medical benefits available to you if you are eligible for Value Health Out-of-Area.

<table>
<thead>
<tr>
<th>Option Feature</th>
<th>In-Network</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Annual Deductible</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$400</td>
<td>$1,500</td>
</tr>
<tr>
<td>Family</td>
<td>$800</td>
<td>$3,000</td>
</tr>
<tr>
<td><strong>Out-of-Pocket Maximum</strong></td>
<td>(includes deductible, coinsurance, and copays)</td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$5,500</td>
<td>$9,500</td>
</tr>
<tr>
<td>Family</td>
<td>$11,000</td>
<td>$19,000</td>
</tr>
<tr>
<td><strong>Plan Coinsurance</strong></td>
<td>applies to all covered expenses unless otherwise stated</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Covered Services</strong></td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td><strong>Preventive Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine Physical Exam (adults and children)</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td><em>includes associated X-ray and lab expenses</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Screening and Counseling</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Obesity</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>- up to age 22: unlimited visits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- age 22 and over: up to 26 visits per calendar year (healthy diet counseling limited to 10 visits)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use of Tobacco Products</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>up to 8 counseling sessions per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Misuse of Alcohol or Drugs</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>up to 5 visits per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women’s health screenings and counseling</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Annual Ob/Gyn Exam (includes Pap smear and related lab fees)</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Covered Services</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------------</td>
<td>--------------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Vaccinations for Common Communicable Diseases (in accordance with CDC guidelines; excludes those for foreign travel)</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Mammogram</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Prostate Screening</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Colorectal Cancer Screening</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td><strong>Outpatient Care</strong> (associated services are subject to deductible and coinsurance)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physician Visit</td>
<td>You pay $20 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Specialist Visit</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Outpatient Procedures</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Other Associated Charges</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Early Intervention Services Up to $5,000 lifetime maximum</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td><strong>Family Planning</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contraceptive devices provided and billed by a physician (includes insertion/administration); excludes oral contraceptives, injectable contraceptives, diaphragms, emergency contraceptives, and cervical caps; these are covered through the Prescription Drug Program</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Generic</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Brand-name</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>-------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Voluntary Sterilization - Men</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%.</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>physician's office</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>outpatient facility</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Voluntary Sterilization - Women</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Infertility Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>diagnosis of the underlying medical condition</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition – physician's office</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%.</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition – outpatient facility</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Maternity Care (physician's services)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine prenatal office visits</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Delivery and postnatal care</td>
<td>You pay 20% not subject to the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Breast Feeding Support and Supplies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• lactation counseling</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>- visits 1-6 in a 12-month period</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- additional visits</td>
<td>You pay $20 or $40 copay per visit, then Plan pays 100%.</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>• breast pumps and supplies</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>- 1 manual or electric breast pump per 36-month period</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient Hospital</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient Care (room and board are covered up to the hospital’s semi-private room rate)</td>
<td>You pay 20% not subject to the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Other Associated Charges</td>
<td>You pay 20% not subject to the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>-------------------------------------------------------</td>
<td>----------------------------------------------------</td>
<td>------------------------------------------------</td>
</tr>
<tr>
<td><strong>Alternatives to Inpatient Hospital Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skilled Nursing Facility Care up to a maximum of 180 days per calendar year</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Home Health Care up to 90 visits per calendar year</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Hospice Care (inpatient and outpatient)</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td><strong>Emergency Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency care</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Non-emergency care</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td><strong>Urgent Care Facility</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urgent care</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
</tr>
<tr>
<td>Non-urgent care</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td>Ambulance</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
</tr>
<tr>
<td><strong>Other Covered Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acupuncture up to 20 visits per calendar year</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Diagnostic Tests, Laboratory Services and X-ray Procedures</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Durable Medical Equipment</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>------------------------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Short-Term Rehabilitation (physical, occupational, speech)</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Up to 40 visits per calendar year for physical and occupational therapy; up to 40 visits per year for speech therapy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Autism-Physical Therapy, Occupational Therapy, Speech Therapy</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Up to 40 visits per calendar year for autism physical and occupational therapy combined with physical and occupational therapy; up to 40 visits per year for autism speech therapy combined with speech therapy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Autism-Behavioral Therapy</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Autism-Applied Behavior Analysis (Ages 2 years to 6 years)</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Spinal Manipulation Treatment up to 26 visits per calendar year</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Nutritional Counseling</td>
<td>You pay $60 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td><strong>Behavioral Health Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health and Substance Abuse Treatment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient</td>
<td>You pay 20% not subject to the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Partial hospitalization</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Residential treatment</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Outpatient</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
</tbody>
</table>
Deductibles, coinsurance and benefit maximums are fully integrated between network and out-of-network.

Employees whose work location zip code is more than 50 miles from Charlottesville are eligible for the out-of-area option. They are automatically put in this option when they enroll in the UVa Health Plan.
## Summary of Benefits and Coverage: What this Plan Covers & What it Costs

**Coverage for:** Individual + Family  |  **Plan Type:** PPO

This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document at [www.HealthReformPlanSBC.com](http://www.HealthReformPlanSBC.com) or by calling 1-800-370-4526.

### Important Questions

<table>
<thead>
<tr>
<th>Important Questions</th>
<th>Answers</th>
<th>Why this Matters:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is the overall deductible?</strong></td>
<td>For each Calendar Year, In-Network: Individual $400 / Family $800. Out-of-Network: Individual $1,500 / Family $3,000. Does not apply to office visits, prescription drugs, and preventive care in-network.</td>
<td>You must pay all the costs up to the deductible amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the deductible starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the deductible.</td>
</tr>
</tbody>
</table>
| **Are there other deductibles?**
For specific services? | Yes. $100 for tier 2 and tier 3 retail prescription drug coverage. There are no other specific deductibles. | You must pay all of the costs for these services up to the specific deductible amount before this plan begins to pay for these services. |
| **Is there an out-of-pocket limit on my expenses?** | Yes. In-network: Individual $5,500 / Family $11,000. Out-of-Network: Individual $9,500 / Family $19,000. | The out-of-pocket limit is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses. |
| **What is not included in the out-of-pocket limit?** | Premiums, balance-billed charges, penalties for failure to obtain pre-authorization for service, and health care this plan does not cover. Prescription drug charges are not included in the out-of-network out-of-pocket limit. | Even though you pay these expenses, they don’t count toward the out-of-pocket limit. |
| **Is there an overall annual limit on what the plan pays?** | No. | The chart starting on page 2 describes any limits on what the plan will pay for specific covered services, such as office visits. |
| **Does this plan use a network of providers?** | Yes, See [www.aetna.com](http://www.aetna.com) or call 1-800-370-4526 for a list of providers. | If you use an in-network doctor or other health care provider, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network provider for some services. Plans use the term in-network, preferred, or participating for providers in their network. See the chart starting on page 2 for how this plan pays different kinds of providers. |
| **Do I need a referral to see a specialist?** | No. | You can see the specialist you choose without permission from this plan. |
| **Are there services this plan doesn’t cover?** | Yes. | Some of the services this plan doesn’t cover are listed on page 5. See your policy or plan document for additional information about excluded services. |

---

**Questions:** Call 1-800-370-4526 or visit us at [www.HealthReformPlanSBC.com](http://www.HealthReformPlanSBC.com).
If you aren’t clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at [www.HealthReformPlanSBC.com](http://www.HealthReformPlanSBC.com) or call 1-800-370-4526 to request a copy.

---

**Coverage Period:** 01/01/2015 - 12/31/2015
**Summary of Benefits and Coverage:** What this Plan Covers & What it Costs

**Copayments** are fixed dollar amounts (for example, $15) you pay for covered health care, usually when you receive the service.

**Coinsurance** is your share of the costs of a covered service, calculated as a percent of the allowed amount for the service. For example, if the plan’s allowed amount for an overnight hospital stay is $1,000, your coinsurance payment of 20% would be $200. This may change if you haven’t met your deductible.

The amount the plan pays for covered services is based on the allowed amount. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference. For example, if an out-of-network hospital charges $1,500 for an overnight stay and the allowed amount is $1,000, you may have to pay the $500 difference. (This is called balance billing.)

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you visit a health care provider’s office or clinic</td>
<td>Primary care visit to treat an injury or illness</td>
<td>$20 copay/visit</td>
<td>40% coinsurance</td>
<td>Includes Internist, General Physician, Family Practitioner or Pediatrician.</td>
</tr>
<tr>
<td></td>
<td>Specialist visit</td>
<td>$40 copay/visit</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Other practitioner office visit</td>
<td>$40 copay/visit</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 26 visits for Chiropractic care and 20 visits for acupuncture per calendar year.</td>
</tr>
<tr>
<td></td>
<td>Preventive care/ screening/ immunization</td>
<td>No charge, except hearing exams not covered</td>
<td>Not covered</td>
<td>Age and frequency schedules may apply.</td>
</tr>
<tr>
<td>If you have a test</td>
<td>Diagnostic test (x-ray, blood work)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Imaging (CT/PET scans, MRIs)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
</tbody>
</table>

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
## Summary of Benefits and Coverage:

### What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tier 1 drugs (most generics and potentially some cost effective branded medications)</td>
<td>$6 copay/30 days</td>
<td>$6 copay/30 days; $14 copay/90 days mail order</td>
<td>$6 copay plus billed amount minus contracted rate/30 days</td>
<td>Covers up to 30 day supply (retail prescription); 31-90 day supply (mail order prescription) from Catamaran Home Delivery only. Includes performance enhancing medications. No charge for formulary generic FDA-approved women's contraceptives in-network. Your cost will be higher for choosing Brand over Generics.</td>
</tr>
<tr>
<td></td>
<td>Tier 2 drugs (most brand name drugs and more costly or less desirable generics)</td>
<td>After deductible: 20% coinsurance with $100 max/30 days</td>
<td>After deductible: 20% coinsurance with $26 min/$100 max 30 days; 20% coinsurance with $65 min/$300 max 90 days mail order</td>
<td>After deductible: 20% coinsurance with $26 min/$100 max plus billed amount minus contracted rate/30 days</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tier 3 drugs (non-preferred brand drugs and some more costly generics)</td>
<td>After deductible: 20% coinsurance with $100 max/30 days</td>
<td>After deductible: 20% coinsurance with $52 min/$100 max 30 days; 20% coinsurance with $130 min/$300 max 90 days mail order</td>
<td>After deductible: 20% coinsurance with $52 min/$100 max plus billed amount minus contracted rate/30 days</td>
<td></td>
</tr>
<tr>
<td>Specialty drugs: Tier 1</td>
<td>1: 20% coinsurance with $50 max; 2: 20% coinsurance with $100 max; 3: 20% coinsurance with $150 max.</td>
<td>1: 20% with $100 min/$200 max; 2: 20% with $150 min/$250 max; 3: 20% with $200 min/$300 max.</td>
<td>Not covered</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tier 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tier 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Coverage for:

Individual + Family | Plan Type: PPO

---

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you have outpatient surgery</td>
<td>Facility fee (e.g., ambulatory surgery center)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fees</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td>If you need immediate medical attention</td>
<td>Emergency room services</td>
<td>25% coinsurance</td>
<td>25% coinsurance</td>
<td>No coverage for non-emergency use.</td>
</tr>
<tr>
<td></td>
<td>Emergency medical transportation</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>No coverage for non-emergency transport.</td>
</tr>
<tr>
<td></td>
<td>Urgent care</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>No coverage for non-urgent use.</td>
</tr>
<tr>
<td>If you have a hospital stay</td>
<td>Facility fee (e.g., hospital room)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fee</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td>If you have mental health, behavioral health, or substance abuse needs</td>
<td>Mental/Behavioral health outpatient services</td>
<td>$40 copay/visit</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Mental/Behavioral health inpatient services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder outpatient services</td>
<td>$40 copay/visit</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder inpatient services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td>If you are pregnant</td>
<td>Prenatal and postnatal care</td>
<td>No charge for routine services.</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Delivery and all inpatient services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Includes outpatient postnatal care. Pre-authorization may be required for out-of-network care</td>
</tr>
</tbody>
</table>

Questions: Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
# Summary of Benefits and Coverage: What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 90 visits per calendar year. Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Home health care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rehabilitation services</td>
<td>$40 copay/visit</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 40 visits per calendar year for Physical and Occupational Therapy combined, 40 visits per calendar year for Speech Therapy.</td>
</tr>
<tr>
<td></td>
<td>Habilitation services</td>
<td>$40 copay/visit</td>
<td>40% coinsurance</td>
<td>Coverage is limited to children up to age 6 for Occupational and Speech Therapy for Autism and pervasive developmental delay.</td>
</tr>
<tr>
<td></td>
<td>Skilled nursing care</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 180 days per calendar year. Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Durable medical equipment</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>___________________________ none ___________________________</td>
</tr>
<tr>
<td></td>
<td>Hospice service</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
</tbody>
</table>

| If your child needs dental or eye care | Eye exam | Not covered | Not covered | Not covered. |
|                                         | Glasses  | Not covered | Not covered | Not covered. |
|                                         | Dental check-up | Not covered | Not covered | Not covered. |

**Excluded Services & Other Covered Services:**

- Cosmetic surgery
- Dental care (Adult & Child)
- Glasses (Child)
- Hearing aids
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine eye care (Adult & Child)
- Routine foot care
- Weight loss programs

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
### Coverage for: Individual + Family | Plan Type: PPO

**Summary of Benefits and Coverage:** What this Plan Covers & What it Costs

**Other Covered Services**: (This isn’t a complete list. Check your policy or plan document for other covered services and your costs for these services.)

<table>
<thead>
<tr>
<th>Service</th>
<th>Limitations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncture</td>
<td>Coverage is limited to 20 visits per calendar year.</td>
</tr>
<tr>
<td>Bariatric surgery</td>
<td></td>
</tr>
<tr>
<td>Chiropractic care</td>
<td>Coverage is limited to 26 visits per calendar year.</td>
</tr>
<tr>
<td>Infertility treatment</td>
<td>Coverage is limited to the diagnosis and treatment of underlying medical condition.</td>
</tr>
</tbody>
</table>

**Your Rights to Continue Coverage:**
If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a **premium**, which may be significantly higher than the **premium** you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.

For more information on your rights to continue coverage, contact the plan at 1-800-370-4526. 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, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov.

**Your Grievance and Appeals Rights:**
If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to appeal or file a grievance. For questions about your rights, this notice, or assistance, you can contact us by calling the toll free number on your Medical ID Card. You may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform.

Additionally, a consumer assistance program can help you file an **appeal**. Contact information is at [http://www.aetna.com/individuals-families-health-insurance/rights-resources/complaints-grievances-appeals/index.html](http://www.aetna.com/individuals-families-health-insurance/rights-resources/complaints-grievances-appeals/index.html)

**Does this Coverage Provide Minimum Essential Coverage?**
The Affordable Care Act requires most people to have health care coverage that qualifies as "minimum essential coverage". This plan or policy does provide minimum essential coverage.

**Does this Coverage Meet Minimum Value Standard?**
The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). This health coverage does meet the minimum value standard for the benefits it provides.

**Language Access Services:**
Para obtener asistencia en Español, llame al 1-800-370-4526.
Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-370-4526.

---

如果需要中文的帮助，请拨打这个号码 1-800-370-4526.
Dinek'ehgo shika at'ohwol ninisingo, kwijjigo holne’ 1-800-370-4526.

---

**Questions:** Call 1-800-370-4526 or visit us at [www.HealthReformPlanSBC.com](http://www.HealthReformPlanSBC.com).
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at [www.HealthReformPlanSBC.com](http://www.HealthReformPlanSBC.com) or call 1-800-370-4526 to request a copy.
Examples:

Medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.

This is not a cost estimator. Don’t use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care also will be different.

See the next page for important information about these examples.

Having a baby
(normal delivery)

- Amount owed to providers: $7,540
- Plan pays: $6,130
- Patient pays: $1,410

Sample care costs:

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital charges (mother)</td>
<td>$2,700</td>
</tr>
<tr>
<td>Routine obstetric care</td>
<td>$2,100</td>
</tr>
<tr>
<td>Hospital charges (baby)</td>
<td>$900</td>
</tr>
<tr>
<td>Anesthesia</td>
<td>$900</td>
</tr>
<tr>
<td>Laboratory tests</td>
<td>$500</td>
</tr>
<tr>
<td>Prescriptions</td>
<td>$200</td>
</tr>
<tr>
<td>Radiology</td>
<td>$200</td>
</tr>
<tr>
<td>Vaccines, other preventive</td>
<td>$40</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$7,540</strong></td>
</tr>
</tbody>
</table>

Patient pays:

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deductibles</td>
<td>$500</td>
</tr>
<tr>
<td>Copays</td>
<td>$0</td>
</tr>
<tr>
<td>Coinsurance</td>
<td>$910</td>
</tr>
<tr>
<td>Limits or exclusions</td>
<td>$0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$1,410</strong></td>
</tr>
</tbody>
</table>

Managing type 2 diabetes
(routine maintenance of a well-controlled condition)

- Amount owed to providers: $5,400
- Plan pays: $3,900
- Patient pays: $1,500

Sample care costs:

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescriptions</td>
<td>$2,900</td>
</tr>
<tr>
<td>Medical Equipment and Supplies</td>
<td>$1,300</td>
</tr>
<tr>
<td>Office Visits and Procedures</td>
<td>$700</td>
</tr>
<tr>
<td>Education</td>
<td>$300</td>
</tr>
<tr>
<td>Laboratory tests</td>
<td>$100</td>
</tr>
<tr>
<td>Vaccines, other preventive</td>
<td>$100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$5,400</strong></td>
</tr>
</tbody>
</table>

Patient pays:

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deductibles</td>
<td>$500</td>
</tr>
<tr>
<td>Copays</td>
<td>$240</td>
</tr>
<tr>
<td>Coinsurance</td>
<td>$760</td>
</tr>
<tr>
<td>Limits or exclusions</td>
<td>$0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$1,500</strong></td>
</tr>
</tbody>
</table>
Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?
- Costs don't include premiums.
- Sample care costs are based on national averages supplied by the U.S. Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an exclusion or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from in-network providers. If the patient had received care from out-of-network providers, costs would have been higher.

What does a Coverage Example show?
For each treatment situation, the Coverage Example helps you see how deductibles, copayments, and coinsurance can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?
- No. Treatments shown are just examples. The care you would receive for this condition could be different, based on your doctor's advice, your age, how serious your condition is, and many other factors.

Does the Coverage Example predict my future expenses?
- No. Coverage Examples are not cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your providers charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?
- Yes. When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?
- Yes. An important cost is the premium you pay. Generally, the lower your premium, the more you'll pay in out-of-pocket costs, such as copayments, deductibles, and coinsurance. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.
Summary of Benefits and SBC – Choice Health

This chart summarizes the medical benefits available to you if you elected Choice Health.

<table>
<thead>
<tr>
<th>Option Feature</th>
<th>UVa Provider</th>
<th>In Network</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Annual Deductible</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$150</td>
<td>$250</td>
<td>$1,000</td>
</tr>
<tr>
<td>Family</td>
<td>$300</td>
<td>$500</td>
<td>$2,000</td>
</tr>
<tr>
<td><strong>Out-of-Pocket Maximum</strong> (includes deductible, coinsurance, and copays)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$5,000</td>
<td>$8,500</td>
<td></td>
</tr>
<tr>
<td>Family</td>
<td>$10,000</td>
<td>$17,000</td>
<td></td>
</tr>
<tr>
<td><strong>Plan Coinsurance</strong> applies to all covered expenses unless otherwise stated**</td>
<td>10%</td>
<td>10%</td>
<td>25%</td>
</tr>
<tr>
<td><strong>Preventive Care</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine Physical Exam (adults and children)</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>includes associated X-ray and lab charges</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obesity</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>- up to age 22: unlimited visits</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- age 22 and over: up to 26 visits per calendar year (healthy diet counseling limited to 10 visits)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use of Tobacco Products</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>up to 8 counseling sessions per calendar year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Misuse of Alcohol or Drugs</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>up to 5 visits per calendar year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women’s health screenings and counseling</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>----------------------</td>
<td>---------------</td>
<td>---------------</td>
</tr>
<tr>
<td>Routine Annual Ob/Gyn Exam (includes Pap smear and related lab fees)</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Vaccinations for Common Communicable Diseases (in accordance with CDC guidelines; excludes those for foreign travel)</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Mammogram</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Prostate Screening</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Colorectal Cancer Screening</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td><strong>Outpatient Care</strong> (associated services are subject to deductible and coinsurance)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physician Visit</td>
<td>You pay $15 copay per visit, then Plan pays 100%</td>
<td>You pay $25 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Specialist Visit</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay $50 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Outpatient Procedures</td>
<td>You pay $100 copay; then Plan pays 100%</td>
<td>You pay $200 copay; then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Other Associated Charges</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Early Intervention Services up to $5,000 lifetime maximum</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%</td>
<td>You pay $25 or $50 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>---------------------</td>
<td>---------------</td>
<td>----------------</td>
</tr>
<tr>
<td><strong>Family Planning</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contraceptive devices provided and billed by a physician <em>(includes insertion/administration)</em>; excludes oral contraceptives, injectable contraceptives, diaphragms, emergency contraceptives, and cervical caps; these are covered through the Prescription Drug Program</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Generic</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Brand-name</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%.</td>
<td>You pay $25 or $50 copay per visit, then Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td><strong>Voluntary Sterilization—Men</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physician’s office</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%.</td>
<td>You pay $25 or $50 copay per visit, then Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Outpatient facility</td>
<td>You pay $100 copay; then Plan pays 100%</td>
<td>You pay $200 copay; then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>-------------------------------------------------------</td>
<td>----------------------</td>
<td>---------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Voluntary Sterilization—Women</td>
<td>Plan pays 100%.</td>
<td>Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Infertility Services</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>diagnosis of the underlying medical condition</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition - physician’s office</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%.</td>
<td>You pay $25 or $50 copay per visit, then Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition - outpatient facility</td>
<td>You pay $100 copay; then Plan pays 100%</td>
<td>You pay $200 copay; then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Maternity Care (physician’s services)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine prenatal office visits</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Delivery and postnatal care</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay $500 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Breast Feeding Support and Supplies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactation counseling</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>- visits 1-6 in a 12-month period</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%.</td>
<td>You pay $25 or $50 copay per visit, then Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>- additional visits</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast Pumps and Supplies</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>- 1 manual or electric breast pump per 36-month period</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>----------------------------------------------------</td>
<td>----------------------------------------------------------</td>
<td>---------------------------------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td><strong>Inpatient Hospital</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient Care (room and board are covered up to the hospital’s semi-private room rate)</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay $500 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td><strong>Alternatives to Inpatient Hospital Care</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skilled Nursing Facility Care up to a maximum of 180 days per calendar year</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Home Health Care up to 90 visits per calendar year</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Hospice Care Inpatient</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay $500 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Outpatient</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td><strong>Emergency Care</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Emergency Room</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Care</td>
<td>Visit: you pay $200 per visit (waived if admitted); then Plan pays 100%; For associated ER physician charges: 100% no deductible. For other associated charges: you pay 10% after the deductible; Plan pays 90%</td>
<td>Visit: you pay $200 per visit (waived if admitted); then Plan pays 100%; For associated ER physician charges: 100% no deductible. For other associated charges: you pay 10% after the deductible; Plan pays 90%</td>
<td>Visit: you pay $200 per visit (waived if admitted); then Plan pays 100%; For associated ER physician charges: 100% no deductible. For other associated charges: you pay 10% after the deductible; Plan pays 90%</td>
</tr>
<tr>
<td>Non-emergency care</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>Covered Services</th>
<th>UVa Provider Network</th>
<th>Aetna Network</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Urgent Care Facility</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urgent care</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You 10% after the deductible; Plan pays 90%</td>
</tr>
<tr>
<td>Non-urgent care</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td>Ambulance</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
</tr>
<tr>
<td><strong>Other Covered Expenses</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acupuncture up to 20 visits per calendar year</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Diagnostic Tests, Laboratory Services and X-ray Procedures</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Durable Medical Equipment</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Short-Term Rehabilitation (physical, occupational, speech)</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Up to 40 visits per year for physical and occupational therapy; up to 40 visits per year for speech therapy</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Autism-Physical Therapy, Occupational Therapy, Speech Therapy</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Up to 40 visits per calendar year for autism physical and occupational therapy combined with physical and occupational therapy; up to 40 visits per year for autism speech therapy combined with speech therapy</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Autism-Behavioral Therapy</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay $50 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Autism- Applied Behavior Analysis (Ages 2 years to 6 years)</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay $50 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>UVa Provider Network</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>-----------------------------------------------------------</td>
<td>-----------------------------------------------------------</td>
<td>-----------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Other Covered Expenses</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinal Manipulation Treatment up to 26 visits per calendar year</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Nutritional Counseling</td>
<td>You pay $50 copay per visit, then Plan pays 100%</td>
<td>You pay $50 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td><strong>Behavioral Health Care</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mental Health and Substance Abuse Treatment</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay $500 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Partial hospitalization</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay $50 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Residential treatment</td>
<td>You pay $500 per confinement, then Plan pays 100%</td>
<td>You pay $500 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Outpatient</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay $50 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
</tbody>
</table>

Deductibles, coinsurance and benefit maximums are fully integrated between network and out-of-network.
## Summary of Benefits and Coverage: What this Plan Covers & What it Costs

This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document at [www.HealthReformPlanSBC.com](http://www.HealthReformPlanSBC.com) or by calling **1-800-370-4526**.

### Important Questions

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
<th>Why this Matters</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is the overall deductible?</strong></td>
<td>For each Calendar Year, UVA Provider Network: Individual: $150 / Family: $300, Aetna Network: Ind $250 / Family: $500. Out-of-Network: Ind $1,000 / Family: $2,000. Does not apply to office visits, prescription drugs, emergency care, and preventive care in-network.</td>
<td>You must pay all the costs up to the <strong>deductible</strong> amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the <strong>deductible</strong> starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the <strong>deductible</strong>.</td>
</tr>
<tr>
<td><strong>Are there other deductibles for specific services?</strong></td>
<td>Yes. $100 for tier 2 and tier 3 retail prescription drug coverage. There are no other specific deductibles.</td>
<td>You must pay all of the costs for these services up to the specific <strong>deductible</strong> amount before this plan begins to pay for these services.</td>
</tr>
<tr>
<td><strong>Is there an out-of-pocket limit on my expenses?</strong></td>
<td>Yes. In-network: Individual: $5,000 / Family: $10,000. Out-of-network: Individual: $8,500 / Family: $17,000.</td>
<td>The <strong>out-of-pocket limit</strong> is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.</td>
</tr>
<tr>
<td><strong>What is not included in the out-of-pocket limit?</strong></td>
<td>Premiums, balance-billed charges, penalties for failure to obtain pre-authorization for service, and health care this plan does not cover. Prescription drug charges are not included in the out-of-pocket limit.</td>
<td>Even though you pay these expenses, they don't count toward the <strong>out-of-pocket limit</strong>.</td>
</tr>
<tr>
<td><strong>Is there an overall annual limit on what</strong></td>
<td>No.</td>
<td>The chart starting on page 2 describes any limits on what the plan will pay for specific covered services, such as office visits.</td>
</tr>
<tr>
<td><strong>Does this plan use a network of providers?</strong></td>
<td>Yes. See <a href="http://www.aetna.com">www.aetna.com</a> or call 1-800-370-4526 for a list of Home Host providers.</td>
<td>If you use an in-network doctor or other health care provider, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network provider for some services. Plans use the term in-network, preferred, or participating for providers in their network. See the chart starting on page 2 for how this plan pays different kinds of providers.</td>
</tr>
<tr>
<td><strong>Do I need a referral to see a specialist?</strong></td>
<td>No.</td>
<td>You can see the <strong>specialist</strong> you choose without permission from this plan.</td>
</tr>
<tr>
<td><strong>Are there services this plan doesn’t cover?</strong></td>
<td>Yes.</td>
<td>Some of the services this plan doesn’t cover are listed on page 5. See your policy or plan document for additional information about <strong>excluded services</strong>.</td>
</tr>
</tbody>
</table>

**Questions:** Call 1-800-370-4526 or visit us at [www.HealthReformPlanSBC.com](http://www.HealthReformPlanSBC.com).

If you aren't sure about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at [www.HealthReformPlanSBC.com](http://www.HealthReformPlanSBC.com) or call 1-800-370-4526 to request a copy.
**Summary of Benefits and Coverage:** What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you visit a health care provider's office or clinic</td>
<td>Primary care visit to treat an injury or illness</td>
<td>$15 copay/visit</td>
<td>$25 copay/visit</td>
<td>25% coinsurance</td>
<td>Includes Internist, General Physician, Family Practitioner or Pediatrician.</td>
</tr>
<tr>
<td></td>
<td>Specialist visit</td>
<td>$30 copay/visit</td>
<td>$50 copay/visit</td>
<td>25% coinsurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Other practitioner office visit</td>
<td>$40 copay/visit</td>
<td>$40 copay/visit</td>
<td>25% coinsurance</td>
<td>Coverage is limited to 26 visits for Chiropractic care and 20 visits for acupuncture per calendar year.</td>
</tr>
<tr>
<td></td>
<td>Preventive care/ screening/ immunization</td>
<td>No charge, except hearing exams not covered</td>
<td>No charge, except hearing exams not covered</td>
<td>Not covered</td>
<td>Age and frequency schedules may apply.</td>
</tr>
<tr>
<td>If you have a test</td>
<td>Diagnostic test (x-ray, blood work)</td>
<td>10% coinsurance</td>
<td>10% coinsurance</td>
<td>25% coinsurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Imaging (CT/PET scans, MRIs)</td>
<td>10% coinsurance</td>
<td>10% coinsurance</td>
<td>25% coinsurance</td>
<td></td>
</tr>
</tbody>
</table>

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
### Summary of Benefits and Coverage: What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Tier 1 drugs (most generics and potentially some cost effective branded medications)</strong></td>
<td>$6 copay/30 days</td>
<td>$6 copay/30 days; $14 copay/90 days mail order</td>
<td>$6 copay plus billed amount minus contracted rate/30 days</td>
<td>Covers up to 30 day supply (retail prescription); 31-90 day supply (mail order prescription) from Catamaran Home Delivery only. Includes performance enhancing medications. No charge for formulary generic FDA-approved women's contraceptives in-network. Your cost will be higher for choosing Brand over Generics.</td>
</tr>
<tr>
<td></td>
<td><strong>Pre Tier 2 drugs (most brand name drugs and more costly of less desirable generics)</strong></td>
<td>After deductible: 20% coinsurance with $100 max/30 days</td>
<td>After deductible: 20% coinsurance with $26 min/$100 max 30 days; 20% coinsurance with $65 min/$300 max 90 days mail order</td>
<td>After deductible: 20% coinsurance with $26 min/$100 max plus billed amount minus contracted rate/30 days</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Tier 3 drugs (non-preferred brand drugs and some more costly generics)</strong></td>
<td>After deductible: 20% coinsurance with $100 max/30 days</td>
<td>After deductible: 20% coinsurance with $52 min/$100 max 30 days; 20% coinsurance with $130 min/$300 max 90 days mail order</td>
<td>After deductible: 20% coinsurance with $52 min/$100 max plus billed amount minus contracted rate/30 days</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Specialty drugs:</strong> Tier 1 Tier 2 Tier 3</td>
<td>1: 20% coinsurance with $50 max; 2: 20% coinsurance with 100 max; 3: 20% coinsurance with $150 max.</td>
<td>1: 20% with $100 min/$200 max; 2: 20% with $150 min/$250 max; 3: 20% with $200 min/$300 max.</td>
<td>Not covered</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Facility fee (e.g., ambulatory surgery center)</strong></td>
<td>$100 copay/visit</td>
<td>$200 copay/visit</td>
<td>25% coinsurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fees</td>
<td>No charge</td>
<td>No charge</td>
<td>25% coinsurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Emergency room services</strong></td>
<td>$200 copay/visit</td>
<td>$200 copay/visit</td>
<td>$200 copay/visit</td>
<td>No coverage for non-emergency use.</td>
</tr>
<tr>
<td></td>
<td>Emergency medical</td>
<td>No charge</td>
<td>No charge</td>
<td>No charge</td>
<td>No coverage for non-emergency transport.</td>
</tr>
<tr>
<td></td>
<td>Urgent care</td>
<td>10% coinsurance</td>
<td>10% coinsurance</td>
<td>10% coinsurance</td>
<td>No coverage for non-urgent use.</td>
</tr>
</tbody>
</table>

### Questions:
Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com. If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.

**Coverage Period:** 01/01/2015 - 12/31/2015

**Plan Type:** PPO
<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you have a hospital stay</td>
<td>Facility fee (e.g., hospital room)</td>
<td>$300 copay per stay</td>
<td>$500 copay per stay</td>
<td>25% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fee</td>
<td>No charge</td>
<td>No charge</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td>If you have mental health, behavioral health, or substance abuse needs</td>
<td>Mental/Behavioral health outpatient services</td>
<td>$30 copay/visit</td>
<td>$50 copay/visit</td>
<td>25% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Mental/Behavioral health inpatient services</td>
<td>$300 copay per stay</td>
<td>$500 copay per stay</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder outpatient services</td>
<td>$30 copay/visit</td>
<td>$50 copay/visit</td>
<td>25% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder inpatient services</td>
<td>$300 copay per stay</td>
<td>$500 copay per stay</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td>If you are pregnant</td>
<td>Prenatal and postnatal care</td>
<td>No charge for routine services</td>
<td>No charge for routine services</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Delivery and all inpatient services</td>
<td>$300 copay per stay</td>
<td>$500 copay per stay</td>
<td>25% coinsurance</td>
<td>Includes outpatient postnatal care. Pre-authorization may be required for out-of-network care.</td>
</tr>
<tr>
<td>If you need help recovering or have other special health needs</td>
<td>Home health care</td>
<td>10% coinsurance</td>
<td>10% coinsurance</td>
<td>25% coinsurance</td>
<td>Coverage is limited to 90 visits per calendar year. Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Rehabilitation services</td>
<td>$40 copay/visit</td>
<td>$40 copay/visit</td>
<td>25% coinsurance</td>
<td>Coverage is limited to 40 visits per calendar year for Physical and Occupational Therapy combined, 40 visits per calendar year for Speech Therapy.</td>
</tr>
</tbody>
</table>
### Summary of Benefits and Coverage: What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you need help recovering or have other special health needs (cont.)</td>
<td>Habilitation services</td>
<td>$40 copay/visit</td>
<td>$40 copay/visit</td>
<td>25% coinsurance</td>
<td>Coverage is limited to children up to age 6 for Occupational and Speech Therapy for Autism and pervasive developmental delay.</td>
</tr>
<tr>
<td></td>
<td>Skilled nursing care</td>
<td>$300 copay per stay</td>
<td>$300 copay per stay</td>
<td>25% coinsurance</td>
<td>Coverage is limited to 180 days per calendar year. Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Durable medical equipment</td>
<td>20% coinsurance</td>
<td>20% coinsurance</td>
<td>25% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Hospice service</td>
<td>$300 copay per stay for inpatient; no charge for outpatient</td>
<td>$300 copay per stay for inpatient; no charge for outpatient</td>
<td>25% coinsurance</td>
<td></td>
</tr>
</tbody>
</table>

#### If your child needs dental or eye care

<table>
<thead>
<tr>
<th>Services Your Plan Does NOT Cover</th>
<th>(This isn’t a complete list. Check your policy or plan document for other excluded services.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eye exam</td>
<td>Not covered</td>
</tr>
<tr>
<td>Glasses</td>
<td>Not covered</td>
</tr>
<tr>
<td>Dental check-up</td>
<td>Not covered</td>
</tr>
</tbody>
</table>

#### Excluded Services & Other Covered Services:

- Cosmetic surgery
- Dental care (Adult & Child)
- Glasses (Child)
- Hearing aids
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine eye care (Adult & Child)
- Routine foot care
- Weight loss programs

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com. If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
Summary of Benefits and Coverage: What this Plan Covers & What it Costs

Other Covered Services (This isn’t a complete list. Check your policy or plan document for other covered services and your costs for these services.)

- Acupuncture - Coverage is limited to 20 visits per calendar year.
- Bariatric surgery
- Chiropractic care - Coverage is limited to 26 visits per calendar year.
- Infertility treatment - Coverage is limited to the diagnosis and treatment of underlying medical condition.

Your Rights to Continue Coverage:
If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a premium, which may be significantly higher than the premium you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.

For more information on your rights to continue coverage, contact the plan at 1-800-370-4526. 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, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.tribe.cms.gov.

Your Grievance and Appeals Rights:
If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to appeal or file a grievance. For questions about your rights, this notice, or assistance, you can contact us by calling the toll free number on your Medical ID Card. You may also contact the Department of Labor’s Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/HealthReform.

Additionally, a consumer assistance program can help you file an appeal. Contact information is at http://www.aetna.com/individuals-families-health-insurance/rights-resources/complaints-grievances-appeals/index.html

Does this Coverage Provide Minimum Essential Coverage?
The Affordable Care Act requires most people to have health care coverage that qualifies as “minimum essential coverage”. This plan or policy does provide minimum essential coverage.

Does this Coverage Meet Minimum Value Standard?
The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). This health coverage does meet the minimum value standard for the benefits it provides.

Language Access Services:
Para obtener asistencia en Español, llame al 1-800-370-4526.
Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-370-4526.

如果需要中文的帮助，请拨打这个号码 1-800-370-4526.
Dinek’ehgo shika a’t’ohwol ninisingo, kwijiibo holne’ 1-800-370-4526.

------------------------To see examples of how this plan might cover costs for a sample medical situation, see the next page.------------------------

Questions: Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren’t clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
Examples:

medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.

This is not a cost estimator.

Don’t use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care also will be different.

See the next page for important information about these examples.

### Having a baby
(normal delivery)

- Amount owed to providers: $7,540
- Plan pays: $6,160
- Patient pays: $1,380

**Sample care costs:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital charges (mother)</td>
<td>$2,700</td>
</tr>
<tr>
<td>Routine obstetric care</td>
<td>$2,100</td>
</tr>
<tr>
<td>Hospital charges (baby)</td>
<td>$900</td>
</tr>
<tr>
<td>Anesthesia</td>
<td>$900</td>
</tr>
<tr>
<td>Laboratory tests</td>
<td>$500</td>
</tr>
<tr>
<td>Prescriptions</td>
<td>$200</td>
</tr>
<tr>
<td>Radiology</td>
<td>$200</td>
</tr>
<tr>
<td>Vaccines, other preventive</td>
<td>$40</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$7,540</td>
</tr>
</tbody>
</table>

**Patient pays:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deductibles</td>
<td>$350</td>
</tr>
<tr>
<td>Copays</td>
<td>$1,000</td>
</tr>
<tr>
<td>Coinsurance</td>
<td>$30</td>
</tr>
<tr>
<td>Limits or exclusions</td>
<td>$0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$1,380</td>
</tr>
</tbody>
</table>

### Managing type 2 diabetes
(routine maintenance of a well-controlled condition)

- Amount owed to providers: $5,400
- Plan pays: $4,020
- Patient pays: $1,380

**Sample care costs:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescriptions</td>
<td>$2,900</td>
</tr>
<tr>
<td>Medical Equipment and Supplies</td>
<td>$1,300</td>
</tr>
<tr>
<td>Office Visits and Procedures</td>
<td>$700</td>
</tr>
<tr>
<td>Education</td>
<td>$300</td>
</tr>
<tr>
<td>Laboratory tests</td>
<td>$100</td>
</tr>
<tr>
<td>Vaccines, other preventive</td>
<td>$100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$5,400</td>
</tr>
</tbody>
</table>

**Patient pays:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deductibles</td>
<td>$350</td>
</tr>
<tr>
<td>Copays</td>
<td>$280</td>
</tr>
<tr>
<td>Coinsurance</td>
<td>$750</td>
</tr>
<tr>
<td>Limits or exclusions</td>
<td>$0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$1,380</td>
</tr>
</tbody>
</table>
Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

- Costs don't include premiums.
- Sample care costs are based on national averages supplied by the U.S. Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from in-network providers. If the patient had received care from out-of-network providers, costs would have been higher.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how deductibles, copayments, and coinsurance can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?

**No.** Treatments shown are just examples. The care you would receive for this condition could be different, based on your doctor's advice, your age, how serious your condition is, and many other factors.

Does the Coverage Example predict my future expenses?

**No.** Coverage Examples are not cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your providers charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?

**Yes.** When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?

**Yes.** An important cost is the premium you pay. Generally, the lower your premium, the more you'll pay in out-of-pocket costs, such as copayments, deductibles, and coinsurance. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.

Questions: Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
# Summary of Benefits and SBC – Choice Health – Out-of-Area

This chart summarizes the medical benefits available to you if you are eligible for Choice Health Out-of-Area.

<table>
<thead>
<tr>
<th>Option Feature</th>
<th>In-Network</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Annual Deductible</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$150</td>
<td>$1,000</td>
</tr>
<tr>
<td>Family</td>
<td>$300</td>
<td>$2,000</td>
</tr>
<tr>
<td><strong>Out-of-Pocket Maximum</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(includes deductible, coinsurance, and copays)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$5,000</td>
<td>$8,500</td>
</tr>
<tr>
<td>Family</td>
<td>$10,000</td>
<td>$17,000</td>
</tr>
<tr>
<td><strong>Plan Coinsurance</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>applies to all covered expenses unless otherwise stated</td>
<td>10%</td>
<td>25%</td>
</tr>
</tbody>
</table>

## Covered Services

<table>
<thead>
<tr>
<th>Preventive Care</th>
<th>Aetna Network</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine Physical Exam (adults and children)</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td><em>includes associated X-ray and lab expenses</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Screening and Counseling</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Obesity</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>- up to age 22: unlimited visits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- age 22 and over: up to 26 visits per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>counseling limited to 10 visits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use of Tobacco Products</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>up to 8 counseling sessions per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Misuse of Alcohol or Drugs</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>up to 5 visits per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women’s health screenings and counseling</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Annual Ob/Gyn Exam</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>(includes Pap smear and related lab fees)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Covered Services</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------------</td>
<td>------------------------------------</td>
<td>---------------------------------------</td>
</tr>
<tr>
<td>Vaccinations for Common Communicable Diseases</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>(in accordance with CDC guidelines; excludes those for foreign travel)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine Mammogram</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Prostate Screening</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Colorectal Cancer Screening</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td><strong>Outpatient Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>(associated services are subject to deductible and coinsurance)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physician Visit</td>
<td>You pay $15 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Specialist Visit</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Outpatient Procedures</td>
<td>You pay $100 copay; then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Other Associated Charges</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Early Intervention Services</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td><strong>Family Planning</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contraceptive devices provided and billed by a physician <em>(includes insertion/administration); excludes oral contraceptives, injectable contraceptives, diaphragms, emergency contraceptives, and cervical caps; these are covered through the Prescription Drug Program</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Generic</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Brand-name</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>-------------------------------------------------------</td>
<td>----------------------------------------------------</td>
<td>-----------------------------------------------------</td>
</tr>
<tr>
<td>Voluntary Sterilization - Men</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>physician’s office</td>
<td>You pay $100 copay, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>outpatient facility</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Voluntary Sterilization - Women</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Infertility Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>diagnosis of the underlying medical condition</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition – physician’s office</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition – outpatient facility</td>
<td>You pay $100 copay, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Maternity Care (physician’s services)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine prenatal office visits</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Delivery and postnatal care</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Breast Feeding Support and Supplies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactation counseling visits 1-6 in a 12-month period</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>- additional visits</td>
<td>You pay $15 or $30 copay per visit, then Plan pays 100%.</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Breast pumps and supplies</td>
<td>Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>- 1 manual or electric breast pump per 36-month period</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient Hospital</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient Care (room and board are covered up to the hospital’s semi-private room rate)</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Alternatives to Inpatient Hospital Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skilled Nursing Facility Care</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>up to a maximum of 180 days per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Health Care</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>up to 90 visits per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hospice Care</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td><strong>Emergency Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency care</td>
<td>Visit: you pay $200 per visit (waived if admitted); then Plan pays 100%; For associated ER physician charges: 100% no deductible. For other associated charges: you pay 10% after the deductible; Plan pays 90%</td>
<td>Visit: you pay $200 per visit (waived if admitted); then Plan pays 100%; For associated ER physician charges: 100% no deductible. For other associated charges: you pay 10% after the deductible; Plan pays 90%</td>
</tr>
<tr>
<td>Non-emergency care</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td>Urgent Care Facility</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urgent care</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
</tr>
<tr>
<td>Non-urgent care</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td>Ambulance</td>
<td>Plan pays 100%</td>
<td>Plan pays 100%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>Aetna Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------------</td>
<td>--------------------------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td><strong>Other Covered Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acupuncture</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>up to 20 visits per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diagnostic Tests, Laboratory Services and X-ray Procedures</td>
<td>You pay 10% after the deductible; Plan pays 90%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Durable Medical Equipment</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Short-Term Rehabilitation (physical, occupational, speech)</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Up to 40 visits per calendar year for physical and occupational therapy; up to 40 visits per year for speech therapy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Autism-Physical Therapy, Occupational Therapy, Speech Therapy</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Up to 40 visits per calendar year for autism physical and occupational therapy combined with physical and occupational therapy; up to 40 visits per year for autism speech therapy combined with speech therapy.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Autism-Behavioral Therapy</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Autism- Applied Behavior Analysis (Ages 2 years to 6 years)</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Spinal Manipulation Treatment up to 26 visits per calendar year</td>
<td>You pay $40 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Nutritional Counseling</td>
<td>You pay $50 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Behavioral Health Care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>--------------------------------------</td>
<td>--------------------------------------</td>
</tr>
<tr>
<td>Mental Health and Substance Abuse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treatment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient</td>
<td>You pay $300 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>partial hospitalization</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>residential treatment</td>
<td>You pay $500 per confinement, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Outpatient</td>
<td>You pay $30 copay per visit, then Plan pays 100%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
</tbody>
</table>

Deductibles, coinsurance and benefit maximums are fully integrated between network and out-of-network.

Employees whose work location zip code is more than 50 miles from Charlottesville are eligible for the out-of-area option. They are automatically put in this option when they enroll in the UVa Health Plan.
**Summary of Benefits and Coverage:** What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Important Questions</th>
<th>Answers</th>
<th>Why this Matters</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the overall deductible?</td>
<td>For each Calendar Year, In-Network: Individual $150 / Family $300. Out-of-Network: Individual $1,000 / Family $2,000. Does not apply to office visits, prescription drugs, emergency care, and preventive care in-network.</td>
<td>You must pay all the costs up to the <strong>deductible</strong> amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the <strong>deductible</strong> starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the <strong>deductible</strong>.</td>
</tr>
<tr>
<td>Are there other deductibles For specific services?</td>
<td>Yes. $100 for tier 2 and tier 3 retail prescription drug coverage. There are no other specific deductibles.</td>
<td>You must pay all of the costs for these services up to the specific <strong>deductible</strong> amount before this plan begins to pay for these services.</td>
</tr>
<tr>
<td>Is there an out-of-pocket limit on my expenses?</td>
<td>Yes. In-network: Individual $5,000 / Family $10,000. Out-of-network: Individual $8,500 / Family $17,000.</td>
<td>The <strong>out-of-pocket limit</strong> is the most you could pay during a coverage period (usually once a year) for your share of the cost of covered services. This limit helps you plan for health care expenses.</td>
</tr>
<tr>
<td>What is not included in the out-of-pocket limit?</td>
<td>Premiums, balance-billed charges, penalties for failure to obtain pre-authorization for service, and health care this plan does not cover. Prescription drug charges are not included in the out-of-network <strong>out-of-pocket limit</strong>.</td>
<td>Even though you pay these expenses, they don't count toward the <strong>out-of-pocket limit</strong>.</td>
</tr>
<tr>
<td>Is there an overall annual limit on what the plan pays?</td>
<td>No.</td>
<td>The chart starting on page 2 describes any limits on what the plan will pay for <strong>specific covered services</strong>, such as office visits.</td>
</tr>
<tr>
<td>Does this plan use a network of providers?</td>
<td>Yes, See <a href="http://www.aetna.com">www.aetna.com</a> or call 1-800-370-4526 for a list of <strong>providers</strong>.</td>
<td>If you use an in-network doctor or other health care <strong>provider</strong>, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network <strong>provider</strong> for some services. Plans use the term in-network, <strong>preferred</strong>, or participating for <strong>providers</strong> in their <strong>network</strong>. See the chart starting on page 2 for how this plan pays different kinds of <strong>providers</strong>.</td>
</tr>
<tr>
<td>Do I need a referral to see a specialist?</td>
<td>No.</td>
<td>You can see the <strong>specialist</strong> you choose without permission from this plan.</td>
</tr>
<tr>
<td>Are there services this plan doesn’t cover?</td>
<td>Yes.</td>
<td>Some of the services this plan doesn’t cover are listed on page 5. See your policy or plan document for additional information about <strong>excluded services</strong>.</td>
</tr>
</tbody>
</table>

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com. If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
### Summary of Benefits and Coverage: What this Plan Covers & What it Costs

**Copayments** are fixed dollar amounts (for example, $15) you pay for covered health care, usually when you receive the service.

**Coinsurance** is your share of the costs of a covered service, calculated as a percent of the **allowed amount** for the service. For example, if the plan's **allowed amount** for an overnight hospital stay is $1,000, your **coinsurance** payment of 20% would be $200. This may change if you haven't met your **deductible**.

The amount the plan pays for covered services is based on the **allowed amount**. If an out-of-network **provider** charges more than the **allowed amount**, you may have to pay the difference. For example, if an out-of-network hospital charges $1,500 for an overnight stay and the **allowed amount** is $1,000, you may have to pay the $500 difference. (This is called **balance billing**.)

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>If you visit a health care provider's office or clinic</strong></td>
<td>Primary care visit to treat an injury or illness</td>
<td>$15 copay/visit</td>
<td>25% coinsurance</td>
<td>Includes Internist, General Physician, Family Practitioner or Pediatrician.</td>
</tr>
<tr>
<td></td>
<td>Specialist visit</td>
<td>$30 copay/visit</td>
<td>25% coinsurance</td>
<td>___<strong><strong><strong><strong>none</strong></strong></strong></strong></td>
</tr>
<tr>
<td></td>
<td>Other practitioner office visit</td>
<td>$40 copay/visit</td>
<td>25% coinsurance</td>
<td>Coverage is limited to 26 visits for Chiropractic care and 20 visits for acupuncture per calendar year.</td>
</tr>
<tr>
<td></td>
<td>Preventive care/ screening/ immunization</td>
<td>No charge, except hearing exams not covered</td>
<td>Not covered</td>
<td>Age and frequency schedules may apply.</td>
</tr>
<tr>
<td><strong>If you have a test</strong></td>
<td>Diagnostic test (x-ray, blood work)</td>
<td>10% coinsurance</td>
<td>25% coinsurance</td>
<td>___<strong><strong><strong><strong>none</strong></strong></strong></strong></td>
</tr>
<tr>
<td></td>
<td>Imaging (CT/PETscans, MRIs)</td>
<td>10% coinsurance</td>
<td>25% coinsurance</td>
<td>___<strong><strong><strong><strong>none</strong></strong></strong></strong></td>
</tr>
</tbody>
</table>

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
### Summary of Benefits and Coverage: What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Home Host Provider</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tier 1 drugs (most generics and potentially some cost effective branded medications)</td>
<td>$6 copay/30 days</td>
<td>$6 copay/30 days; $14 copay/90 days mail order</td>
<td>$6 copay plus billed amount minus contracted rate/30 days</td>
<td>Covers up to 30 day supply (retail prescription); 31-90 day supply (mail order prescription) from Catamaran Home Delivery only. Includes performance enhancing medications. No charge for formulary generic FDA-approved women's contraceptives in-network. Your cost will be higher for choosing Brand over Generics.</td>
</tr>
<tr>
<td></td>
<td>Pre Tier 2 drugs (most brand name drugs and more costly or less desirable generics)</td>
<td>After deductible: 20% coinsurance with $100 max/30 days</td>
<td>After deductible: 20% coinsurance with $26 min/$100 max 30 days; 20% coinsurance with $65 min/$300 max 90 days mail order</td>
<td>After deductible: 20% coinsurance with $26 min/$100 max plus billed amount minus contracted rate/30 days</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tier 3 drugs (non-preferred brand drugs and some more costly generics)</td>
<td>After deductible: 20% coinsurance with $100 max/30 days</td>
<td>After deductible: 20% coinsurance with $52 min/$100 max 30 days; 20% coinsurance with $130 min/$300 max 90 days mail order</td>
<td>After deductible: 20% coinsurance with $52 min/$100 max plus billed amount minus contracted rate/30 days</td>
<td></td>
</tr>
<tr>
<td>Specialty drugs: Tier 1 Tier 2 Tier 3</td>
<td>1: 20% coinsurance with $50 max; 2: 20% coinsurance with $100 max; 3: 20% coinsurance with $150 max.</td>
<td>1: 20% with $100 min/$200 max; 2: 20% with $150 min/$250 max; 3: 20% with $200 min/$300 max.</td>
<td>Not covered</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Coverage for: Individual + Family | Plan Type: PPO

Questions: Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you have outpatient surgery</td>
<td>Facility fee (e.g., ambulatory surgery center)</td>
<td>$100 copay/visit</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fees</td>
<td>No charge</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td>If you need immediate medical attention</td>
<td>Emergency room services</td>
<td>$200 copay/visit</td>
<td>$200 copay/visit</td>
<td>No coverage for non-emergency use.</td>
</tr>
<tr>
<td></td>
<td>Emergency medical transportation</td>
<td>No charge</td>
<td>No charge</td>
<td>No coverage for non-emergency transport.</td>
</tr>
<tr>
<td></td>
<td>Urgent care</td>
<td>10% coinsurance</td>
<td>10% coinsurance</td>
<td>No coverage for non-urgent use.</td>
</tr>
<tr>
<td>If you have a hospital stay</td>
<td>Facility fee (e.g., hospital room)</td>
<td>$300 copay per stay</td>
<td>25% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fee</td>
<td>No charge</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td>If you have mental health, behavioral health, or substance abuse needs</td>
<td>Mental/Behavioral health outpatient services</td>
<td>$30 copay/visit</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Mental/Behavioral health inpatient services</td>
<td>$300 copay per stay</td>
<td>25% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder outpatient services</td>
<td>$30 copay/visit</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder inpatient services</td>
<td>$300 copay per stay</td>
<td>25% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td>If you are pregnant</td>
<td>Prenatal and postnatal care</td>
<td>No charge for routine services.</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Delivery and all inpatient services</td>
<td>$300 copay per stay</td>
<td>25% coinsurance</td>
<td>Includes outpatient postnatal care. Pre-authorization may be required for out-of-network care.</td>
</tr>
</tbody>
</table>
# Summary of Benefits and Coverage: What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you need help recovering or have other special health needs</td>
<td>Home health care</td>
<td>10% coinsurance</td>
<td>25% coinsurance</td>
<td>Coverage is limited to 90 visits per calendar year. Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Rehabilitation services</td>
<td>$40 copay/visit</td>
<td>25% coinsurance</td>
<td>Coverage is limited to 40 visits per calendar year for Physical and Occupational Therapy combined, 40 visits per calendar year for Speech Therapy.</td>
</tr>
<tr>
<td></td>
<td>Habilitation services</td>
<td>$40 copay/visit</td>
<td>25% coinsurance</td>
<td>Coverage is limited to children up to age 6 for Occupational and Speech Therapy for Autism and pervasive developmental delay.</td>
</tr>
<tr>
<td></td>
<td>Skilled nursing care</td>
<td>$300 copay per stay</td>
<td>25% coinsurance</td>
<td>Coverage is limited to 180 days per calendar year. Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Durable medical equipment</td>
<td>20% coinsurance</td>
<td>25% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Hospice service</td>
<td>$300 copay per stay for inpatient; no charge for outpatient</td>
<td>25% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td>If your child needs dental or eye care</td>
<td>Eye exam</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered.</td>
</tr>
<tr>
<td></td>
<td>Glasses</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered.</td>
</tr>
<tr>
<td></td>
<td>Dental check-up</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered.</td>
</tr>
</tbody>
</table>

# Excluded Services & Other Covered Services:

<table>
<thead>
<tr>
<th>Services Your Plan Does NOT Cover</th>
<th>(This isn’t a complete list. Check your policy or plan document for other excluded services.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cosmetic surgery</td>
<td>• Long-term care</td>
</tr>
<tr>
<td>• Dental care (Adult &amp; Child)</td>
<td>• Non-emergency care when traveling outside the U.S.</td>
</tr>
<tr>
<td>• Glasses (Child)</td>
<td>• Private-duty nursing</td>
</tr>
<tr>
<td>• Hearing aids</td>
<td>• Routine eye care (Adult &amp; Child)</td>
</tr>
<tr>
<td></td>
<td>• Routine foot care</td>
</tr>
<tr>
<td></td>
<td>• Weight loss programs</td>
</tr>
</tbody>
</table>

Questions: Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
Other Covered Services (This isn't a complete list. Check your policy or plan document for other covered services and your costs for these services.)

- Acupuncture - Coverage is limited to 20 visits per calendar year.
- Bariatric surgery
- Chiropractic care - Coverage is limited to 26 visits per calendar year.
- Infertility treatment - Coverage is limited to the diagnosis and treatment of underlying medical condition.

Your Rights to Continue Coverage:
If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a premium, which may be significantly higher than the premium you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.
For more information on your rights to continue coverage, contact the plan at 1-800-370-4526. 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, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov.

Your Grievance and Appeals Rights:
If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to appeal or file a grievance. For questions about your rights, this notice, or assistance, you can contact us by calling the toll free number on your Medical ID Card. You may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-ESBA (3272) or www.dol.gov/ebsa/healthreform. Additionally, a consumer assistance program can help you file an appeal. Contact information is at http://www.aetna.com/individuals-families-health-insurance/rights-resources/complaints-grievances-appeals/index.html

Does this Coverage Provide Minimum Essential Coverage?
The Affordable Care Act requires most people to have health care coverage that qualifies as "minimum essential coverage". This plan or policy does provide minimum essential coverage.

Does this Coverage Meet Minimum Value Standard?
The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). This health coverage does meet the minimum value standard for the benefits it provides.

Language Access Services:
Para obtener asistencia en Español, llame al 1-800-370-4526.
Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-370-4526.

如果需要中文的帮助，请拨打这个号码：1-800-370-4526.

-------------------To see examples of how this plan might cover costs for a sample medical situation, see the next page.-------------------

Questions: Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
Examples:

Medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.

This is not a cost estimator.

Don't use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care also will be different.

See the next page for important information about these examples.

Having a baby
(normal delivery)

- Amount owed to providers: $7,540
- Plan pays: $6,650
- Patient pays: $890

Sample care costs:
- Hospital charges (mother): $2,700
- Routine obstetric care: $2,100
- Hospital charges (baby): $900
- Anesthesia: $900
- Laboratory tests: $500
- Prescriptions: $200
- Radiology: $200
- Vaccines, other preventive: $40

Total: $7,540

Patient pays:
- Deductibles: $250
- Copays: $600
- Coinsurance: $40
- Limits or exclusions: $0

Total: $890

Managing type 2 diabetes
(routine maintenance of a well-controlled condition)

- Amount owed to providers: $5,400
- Plan pays: $4,180
- Patient pays: $1,220

Sample care costs:
- Prescriptions: $2,900
- Medical Equipment and Supplies: $1,300
- Office Visits and Procedures: $700
- Education: $300
- Laboratory tests: $100
- Vaccines, other preventive: $100

Total: $5,400

Patient pays:
- Deductibles: $250
- Copays: $200
- Coinsurance: $770
- Limits or exclusions: $0

Total: $1,220
Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

- Costs don't include premiums.
- Sample care costs are based on national averages supplied by the U.S. Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from in-network providers. If the patient had received care from out-of-network providers, costs would have been higher.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how deductibles, copayments, and coinsurance can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?

**No.** Treatments shown are just examples. The care you would receive for this condition could be different, based on your doctor's advice, your age, how serious your condition is, and many other factors.

Does the Coverage Example predict my future expenses?

**No.** Coverage Examples are not cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your providers charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?

**Yes.** When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?

**Yes.** An important cost is the premium you pay. Generally, the lower your premium, the more you'll pay in out-of-pocket costs, such as copayments, deductibles, and coinsurance. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.
Summary of Benefits and SBC – Basic Health

This chart summarizes the medical benefits available to you if you elected Basic Health.

<table>
<thead>
<tr>
<th>Option Feature</th>
<th>In-Network</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Annual Deductible</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employee Only</td>
<td>$2,000</td>
<td>$6,000</td>
</tr>
<tr>
<td>Employee + Spouse, Employee + Children, Family</td>
<td>$4,000</td>
<td>$12,000</td>
</tr>
<tr>
<td><strong>Out-of-Pocket Maximum</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(includes deductible, coinsurance, copays, and prescriptions)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$6,000</td>
<td>$12,000</td>
</tr>
<tr>
<td>Family</td>
<td>$12,000</td>
<td>$24,000</td>
</tr>
<tr>
<td><strong>Plan Coinsurance</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>applies to all covered expenses unless otherwise stated</td>
<td>20%</td>
<td>40%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Covered Services</th>
<th>In-Network</th>
<th>Out-of-Network</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Preventive Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine Physical Exam (adults and children)</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>includes associated X-ray and lab expenses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Screening and Counseling</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Obesity</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>- up to age 22: unlimited visits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- age 22 and over: up to 26 visits per calendar year (healthy diet counseling limited to 10 visits)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use of Tobacco Products</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>up to 8 counseling sessions per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Misuse of Alcohol or Drugs</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>up to 5 visits per calendar year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women’s health screenings and counseling</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Annual Ob/Gyn Exam</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>(includes Pap smear and related lab fees)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vaccinations for Common Communicable Diseases (in accordance with CDC guidelines; excludes those for foreign travel)</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Covered Services</td>
<td>In-Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>------------------------------------------------------</td>
<td>------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Routine Mammogram</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Prostate Screening</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine Colorectal Cancer Screening</td>
<td>Plan pays 100%</td>
<td>Not covered</td>
</tr>
<tr>
<td><strong>Outpatient Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>(associated services are subject to deductible and coinsurance)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physician Visit</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Specialist Visit</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Outpatient Procedures</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Other Associated Charges</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Early Intervention Services</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td><strong>Family Planning</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contraceptive devices provided and billed by a physician <em>(includes insertion/administration)</em>; excludes oral contraceptives, injectable contraceptives, diaphragms, emergency contraceptives, and cervical caps; these are covered through the Prescription Drug Program</td>
<td>Plan pays 100%</td>
<td></td>
</tr>
<tr>
<td>Generic</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Brand-name</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td><strong>Covered Services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Voluntary Sterilization - Men</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physician’s office</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Outpatient facility</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Service Description</td>
<td>Plan Share</td>
<td>Patient Share</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------------</td>
<td>--------------</td>
<td>------------------------------------</td>
</tr>
<tr>
<td>Voluntary Sterilization - Women</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Infertility Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>diagnosis of the underlying medical condition</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition – physician’s office</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>treatment of the underlying medical condition – outpatient facility</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Maternity Care (physician’s services)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine prenatal office visits</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Delivery and postnatal care</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Breast Feeding Support and Supplies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactation counseling</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>- visits 1-6 in a 12-month period</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>- additional visits</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Breast pumps and supplies</td>
<td>Plan pays 100%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>- 1 manual or electric breast pump per 36-month period</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td><strong>Inpatient Hospital</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient Care (room and board are covered up to the hospital’s semi-private room rate)</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Other Associated Charges</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>In-Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>-------------------------------------------------------</td>
<td>------------------------------------------------------</td>
<td>-----------------------------------------------------</td>
</tr>
<tr>
<td><strong>Alternatives to Inpatient Hospital Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skilled Nursing Facility Care up to a maximum of 180 days per calendar year</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Home Health Care up to 90 visits per calendar year</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Hospice Care Inpatient and outpatient</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td><strong>Emergency Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency care</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td>Non-emergency care</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td>Urgent Care Facility</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urgent care</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Non-urgent care</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td>Ambulance</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td><strong>Other Covered Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acupuncture up to 20 visits per calendar year</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Diagnostic Tests, Laboratory Services and X-ray Procedures</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Durable Medical Equipment</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Short-Term Rehabilitation (physical, occupational, speech) Up to 40 visits per calendar year for physical and occupational therapy; up to 40 visits per year for speech therapy</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Covered Services</td>
<td>In-Network</td>
<td>Out-of-Network</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------------</td>
<td>------------------------------------------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td><strong>Other Covered Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Autism-Physical Therapy, Occupational Therapy, Speech Therapy</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Up to 40 visits per calendar year for autism physical and occupational therapy combined with physical and occupational therapy; up to 40 visits per year for autism speech therapy combined with speech therapy.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Autism-Behavioral Therapy</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Autism-Applied Behavior Analysis (Ages 2 years to 6 years)</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Spinal Manipulation Treatment up to 26 visits per calendar year</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Nutritional Counseling</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 25% after the deductible; Plan pays 75%</td>
</tr>
<tr>
<td><strong>Behavioral Health Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health and Substance Abuse Treatment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Partial hospitalization</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Residential treatment</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
<tr>
<td>Outpatient</td>
<td>You pay 20% after the deductible; Plan pays 80%</td>
<td>You pay 40% after the deductible; Plan pays 60%</td>
</tr>
</tbody>
</table>

Deductibles, coinsurance and benefit maximums are fully integrated between in-network and out-of-network.
**Summary of Benefits and Coverage:** What this Plan Covers & What it Costs

This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document at www.HealthReformPlanSBC.com or by calling 1-800-370-4526.

**Coverage for:** Individual + Family  |  **Plan Type:** PPO

---

<table>
<thead>
<tr>
<th>Important Questions</th>
<th>Answers</th>
<th>Why this Matters</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is the overall deductible?</strong></td>
<td>For each Calendar Year, Network: Employee Only $2,000 / Employee+Spouse, Employee+Children, Family $4,000. Out-of-Network: Employee Only $6,000 / Employee+Spouse, Employee+Children, Family $12,000. Does not apply to preventive care in-network.</td>
<td>You must pay all the costs up to the deductible amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the deductible starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the deductible.</td>
</tr>
<tr>
<td><strong>Are there other deductibles for specific services?</strong></td>
<td>No.</td>
<td>You don't have to meet deductibles for specific services, but see the chart starting on page 2 for other costs for services this plan covers.</td>
</tr>
<tr>
<td><strong>Is there an out-of-pocket limit on my expenses?</strong></td>
<td>Yes. In-network: Individual $6,000 / Family $12,000. Out-of-Network: Individual $12,000 / Family $24,000.</td>
<td>The out-of-pocket limit is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.</td>
</tr>
<tr>
<td><strong>What is not included in the out-of-pocket limit?</strong></td>
<td>Premiums, balance-billed charges, penalties for failure to obtain pre-authorization for service, and health care this plan does not cover. Prescription drug charges are not included in the out-of-network out-of-pocket limit.</td>
<td>Even though you pay these expenses, they don't count toward the out-of-pocket limit.</td>
</tr>
<tr>
<td><strong>Is there an overall annual limit on what</strong></td>
<td>No.</td>
<td>The chart starting on page 2 describes any limits on what the plan will pay for specific covered services, such as office visits.</td>
</tr>
<tr>
<td><strong>Does this plan use a network of providers?</strong></td>
<td>Yes. See <a href="http://www.aetna.com">www.aetna.com</a> or call 1-800-370-4526 for a list of network providers.</td>
<td>If you use an in-network doctor or other health care provider, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network provider for some services. Plans use the term in-network, preferred, or participating for providers in their network. See the chart starting on page 2 for how this plan pays different kinds of providers.</td>
</tr>
<tr>
<td><strong>Do I need a referral to see a specialist?</strong></td>
<td>No.</td>
<td>You can see the specialist you choose without permission from this plan.</td>
</tr>
<tr>
<td><strong>Are there services this plan doesn’t cover?</strong></td>
<td>Yes.</td>
<td>Some of the services this plan doesn’t cover are listed on page 5. See your policy or plan document for additional information about excluded services.</td>
</tr>
</tbody>
</table>

---

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com. If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
**Summary of Benefits and Coverage:** What this Plan Covers & What it Costs

**Copayments** are fixed dollar amounts (for example, $15) you pay for covered health care, usually when you receive the service.

**Coinsurance** is your share of the costs of a covered service, calculated as a percent of the **allowed amount** for the service. For example, if the plan’s **allowed amount** for an overnight hospital stay is $1,000, your **coinsurance** payment of 20% would be $200. This may change if you haven’t met your **deductible**.

The amount the plan pays for covered services is based on the **allowed amount**. If an out-of-network provider charges more than the **allowed amount**, you may have to pay the difference. For example, if an out-of-network hospital charges $1,500 for an overnight stay and the **allowed amount** is $1,000, you may have to pay the $500 difference. (This is called **balance billing**.)

This plan may encourage you to use network **providers** by charging you lower **deductibles**, **copayments**, and **coinsurance** amounts.

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you visit a health care provider’s office or clinic</td>
<td>Primary care visit to treat an injury or illness</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Includes Internist, General Physician, Family Practitioner or Pediatrician.</td>
</tr>
<tr>
<td></td>
<td>Specialist visit</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Other practitioner office visit</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 26 visits for Chiropractic care and 20 visits for acupuncture per calendar year.</td>
</tr>
<tr>
<td></td>
<td>Preventive care/screening /immunization</td>
<td>No charge, except hearing exams not covered</td>
<td>Not covered</td>
<td>Age and frequency schedules may apply.</td>
</tr>
<tr>
<td>If you have a test</td>
<td>Diagnostic test (x-ray, blood work)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Imaging (CT/PET scans, MRIs)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>none</td>
</tr>
<tr>
<td>Common Medical Event</td>
<td>Services You May Need</td>
<td>Your Cost If You Use a Network Provider</td>
<td>Your Cost If You Use an Out-of-Network Provider</td>
<td>Limitations &amp; Exceptions</td>
</tr>
<tr>
<td>----------------------</td>
<td>-----------------------</td>
<td>-----------------------------------------</td>
<td>-----------------------------------------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>If you need drug to treat your illness or condition.</td>
<td>Tier 1 drugs (generic drugs)</td>
<td>20% coinsurance</td>
<td>Member pays full cost of medication then files claim to be reimbursed for all but the applicable coinsurance.</td>
<td>Covers up to 90-day supply (retail prescription); 31-90 day supply (mail order prescription) from Aetna Home Delivery only. Includes contraceptive drugs and devices obtainable from a pharmacy. No charge for formulary generic FDA-approved women’s contraceptive in-network. Mandatory generic substitution. Aetna Pharmacy Management (APM) will factor the Average Wholesale Price (AWP) for the drug into the reimbursement equation when reimbursing members for Out of Network claims. The calculation will be AWP + 10%. The difference between the full cost of what the member paid at the pharmacy and the AWP + 10% calculated amount would be the member’s responsibility. <strong>Example 1:</strong> Pharmacy charges member $100 for a prescription medication. AWP is $75 plus 10% ($7.50) = $82.50 Member has 20% coinsurance Aetna Pharmacy reimburses member $72.50 ($75 + $7.50 (10% of AWP)) = $82.50 minus 20% ($16.50).</td>
</tr>
<tr>
<td></td>
<td>Tier 2 drugs (formulary brand-name drugs)</td>
<td>20% coinsurance</td>
<td>Member pays full cost of medication then files claim to be reimbursed for all but the applicable coinsurance.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tier 3 drugs (non-formulary brand drugs)</td>
<td>20% coinsurance</td>
<td>Member pays full cost of medication then files claim to be reimbursed for all but the applicable coinsurance.</td>
<td></td>
</tr>
<tr>
<td>Specialty drugs</td>
<td>Specialty drugs</td>
<td>20% coinsurance</td>
<td>Not covered</td>
<td>Covers up to 30-day supply. Specialty drugs must be filled through Aetna Specialty Pharmacy® or UVA Specialty Pharmacy. Mandatory generic substitution.</td>
</tr>
</tbody>
</table>

**Summary of Benefits and Coverage:** What this Plan Covers & What it Costs

**Coverage for:** Individual + Family | **Plan Type:** PPO

---

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com. If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
### Summary of Benefits and Coverage: What this Plan Covers & What it Costs

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you have outpatient surgery</td>
<td>Facility fee (e.g., ambulatory surgery center)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong>____________________</td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fees</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong>____________________</td>
</tr>
<tr>
<td>If you need immediate medical attention</td>
<td>Emergency room services</td>
<td>25% coinsurance</td>
<td>25% coinsurance</td>
<td>No coverage for non-emergency use.</td>
</tr>
<tr>
<td></td>
<td>Emergency medical transportation</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong>____________________</td>
</tr>
<tr>
<td></td>
<td>Urgent care</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>No coverage for non-urgent use.</td>
</tr>
<tr>
<td>If you have a hospital stay</td>
<td>Facility fee (e.g., hospital room)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Physician/surgeon fee</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong>____________________</td>
</tr>
<tr>
<td>If you have mental health, behavioral health, or substance abuse needs</td>
<td>Mental/Behavioral health outpatient services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong>____________________</td>
</tr>
<tr>
<td></td>
<td>Mental/Behavioral health inpatient services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder outpatient services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong>____________________</td>
</tr>
<tr>
<td></td>
<td>Substance use disorder inpatient services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td>If you are pregnant</td>
<td>Prenatal and postnatal care</td>
<td>No charge for routine services</td>
<td>40% coinsurance</td>
<td><strong><strong><strong><strong><strong><strong><strong><strong><strong>none</strong></strong></strong></strong></strong></strong></strong></strong></strong>____________________</td>
</tr>
<tr>
<td></td>
<td>Delivery and all inpatient services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Includes outpatient postnatal care. Pre-authorization required for out-of-network care.</td>
</tr>
</tbody>
</table>

### Coverage for: Individual + Family | Plan Type: PPO

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
### Summary of Benefits and Coverage: What this Plan Covers & What it Costs

**Coverage for:** Individual + Family  |  **Plan Type:** PPO

<table>
<thead>
<tr>
<th>Common Medical Event</th>
<th>Services You May Need</th>
<th>Your Cost If You Use a Network Provider</th>
<th>Your Cost If You Use an Out-of-Network Provider</th>
<th>Limitations &amp; Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you need help recovering or have other special health needs</td>
<td>Home health care</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 90 visits per calendar year. Pre-authorization required for out-of-network care</td>
</tr>
<tr>
<td></td>
<td>Rehabilitation services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Coverage is limited to 40 visits per calendar year for Physical and Occupational Therapy combined, 40 visits per calendar year for Speech Therapy</td>
</tr>
<tr>
<td></td>
<td>Habilitation services</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Coverage is limited to children up to age 6 for Physical, Occupational, &amp; Speech Therapy for Autism and pervasive development delay. Coverage is limited to 180 days per calendar year. Pre-authorization required for out-of-network care.</td>
</tr>
<tr>
<td></td>
<td>Skilled nursing care</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Durable medical equipment</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hospice service</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
<td>Pre-authorization required for out-of-network</td>
</tr>
<tr>
<td>If your child needs dental or eye care</td>
<td>Eye exam</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td></td>
<td>Glasses</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
<tr>
<td></td>
<td>Dental check-up</td>
<td>Not covered</td>
<td>Not covered</td>
<td>Not covered</td>
</tr>
</tbody>
</table>

**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
- Dental care (Adult & Child)
- Glasses (Child)
- Hearing aids
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine eye care (Adult & Child)
- Routine foot care
- Weight loss programs

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com. If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
Other Covered Services (This isn't a complete list. Check your policy or plan document for other covered services and your costs for these services.)

- Acupuncture - Coverage is limited to 20 visits per calendar year.
- Bariatric surgery
- Chiropractic care - Coverage is limited to 26 visits per calendar year.
- Infertility treatment - Coverage is limited to the diagnosis and treatment of underlying medical condition.

Your Rights to Continue Coverage:
If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a premium, which may be significantly higher than the premium you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.

For more information on your rights to continue coverage, contact the plan at 1-800-370-4526. 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, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cheatos.cms.gov.

Your Grievance and Appeals Rights:
If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to appeal or file a grievance. For questions about your rights, this notice, or assistance, you can contact us by calling the toll free number on your Medical ID Card. You may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-ESBA (3272) or www.dol.gov/ebsa/healthreform.

Additionally, a consumer assistance program can help you file an appeal. Contact information is at http://www.aetna.com/individuals-families-health-insurance/rights-resources/complaints-grievances-appeals/index.html

Does this Coverage Provide Minimum Essential Coverage?
The Affordable Care Act requires most people to have health care coverage that qualifies as “minimum essential coverage”. This plan or policy does provide minimum essential coverage.

Does this Coverage Meet Minimum Value Standard?
The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). This health coverage does meet the minimum value standard for the benefits it provides.

Language Access Services:
Para obtener asistencia en Español, llame al 1-800-370-4526.
Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-370-4526.
如果需要中文的帮助，请拨打这个号码 1-800-370-4526.
Dinek'ehgo shika at'ohwol ninisingo, kwijiggo hoine' 1-800-370-4526.

------------------To see examples of how this plan might cover costs for a sample medical situation, see the next page.------------------
Examples:

Medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.

This is not a cost estimator.

Don't use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care also will be different.

See the next page for important information about these examples.

---

### Having a baby (normal delivery)

- **Amount owed to providers:** $7,540
- **Plan pays:** $4,210
- **Patient pays:** $3,330

#### Sample care costs:

| Service                        | Amount
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital charges (mother)</td>
<td>$2,700</td>
</tr>
<tr>
<td>Routine obstetric care</td>
<td>$2,100</td>
</tr>
<tr>
<td>Hospital charges (baby)</td>
<td>$900</td>
</tr>
<tr>
<td>Anesthesia</td>
<td>$900</td>
</tr>
<tr>
<td>Laboratory tests</td>
<td>$500</td>
</tr>
<tr>
<td>Prescriptions</td>
<td>$200</td>
</tr>
<tr>
<td>Radiology</td>
<td>$200</td>
</tr>
<tr>
<td>Vaccines, other preventive</td>
<td>$40</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$7,540</strong></td>
</tr>
</tbody>
</table>

#### Patient pays:

- **Deductibles:** $2,900
- **Copays:** $0
- **Coinsurance:** $430
- **Limits or exclusions:** $0
- **Total:** **$3,330**

### Managing type 2 diabetes (routine maintenance of a well-controlled condition)

- **Amount owed to providers:** $5,400
- **Plan pays:** $2,740
- **Patient pays:** $2,660

#### Sample care costs:

| Service                        | Amount
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescriptions</td>
<td>$2,900</td>
</tr>
<tr>
<td>Medical Equipment and Supplies</td>
<td>$1,300</td>
</tr>
<tr>
<td>Office Visits and Procedures</td>
<td>$700</td>
</tr>
<tr>
<td>Education</td>
<td>$300</td>
</tr>
<tr>
<td>Laboratory tests</td>
<td>$100</td>
</tr>
<tr>
<td>Vaccines, other preventive</td>
<td>$100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$5,400</strong></td>
</tr>
</tbody>
</table>

#### Patient pays:

- **Deductibles:** $2,000
- **Copays:** $0
- **Coinsurance:** $660
- **Limits or exclusions:** $0
- **Total:** **$2,660**

---

**Questions:** Call 1-800-370-4526 or visit us at www.HealthReformPlanSBC.com. If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.HealthReformPlanSBC.com or call 1-800-370-4526 to request a copy.
Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

- Costs don't include premiums.
- Sample care costs are based on national averages supplied by the U.S. Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from in-network providers. If the patient had received care from out-of-network providers, costs would have been higher.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how deductibles, copayments, and coinsurance can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?

✘ No. Treatments shown are just examples. The care you would receive for this condition could be different, based on your doctor's advice, your age, how serious your condition is, and many other factors.

Does the Coverage Example predict my future expenses?

✘ No. Coverage Examples are not cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your providers charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?

✔ Yes. When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?

✔ Yes. An important cost is the premium you pay. Generally, the lower your premium, the more you'll pay in out-of-pocket costs, such as copayments, deductibles, and coinsurance. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.
## Prescription Drug Program at a Glance

### Summary of Benefits – Value Health and Choice Health

This chart summarizes the pharmacy benefits available through the Catamaran prescription benefit program which is available with Value Health and Choice Health.

<table>
<thead>
<tr>
<th>Prescription Drugs</th>
<th>Retail Pharmacy Network</th>
<th>UV A Pharmacies</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Retail Pharmacy</strong> (31-90 day supply may be purchased with no discounted costsharing)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tier 1 Drug</td>
<td>$6 copay per 30-day supply</td>
<td>$6 copay per 30-day supply</td>
</tr>
<tr>
<td>Tier 2 and Tier 3 Drug Deductible</td>
<td>$100/year</td>
<td>$100/year</td>
</tr>
<tr>
<td>Tier 2 Drug</td>
<td>You pay 20% coinsurance after deductible ($26 minimum/$100 maximum) per 30-day supply</td>
<td>You pay 20% coinsurance after deductible ($100 maximum) per 30-day supply</td>
</tr>
<tr>
<td>Tier 3 Drug</td>
<td>You pay 20% coinsurance after deductible ($52 minimum/$100 maximum) per 30-day supply</td>
<td>You pay 20% coinsurance after deductible ($100 maximum) per 30-day supply</td>
</tr>
</tbody>
</table>

| Mail-Order Prescription Drugs (up to a 90-day supply) | Catamaran Home Delivery | |
|-------------------------------------------------------|-------------------------|
| Tier 1 Drug | $14 copay | N/A |
| Tier 2 Drug | You pay 20% coinsurance ($65 minimum/$300 maximum) | N/A |
| Tier 3 Drug | You pay 20% coinsurance ($130 minimum/$300 maximum) | N/A |

<table>
<thead>
<tr>
<th>Specialty Drugs (up to a 30-day supply)</th>
<th>BriovaRx Specialty Pharmacy</th>
<th>UV A Specialty Pharmacy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tier 1 Drug</td>
<td>You pay 20% coinsurance ($100 minimum/$200 maximum)</td>
<td>You pay 20% coinsurance ($50 maximum)</td>
</tr>
<tr>
<td>Tier 2 Drug</td>
<td>You pay 20% coinsurance ($150 minimum/$250 maximum)</td>
<td>You pay 20% coinsurance ($100 maximum)</td>
</tr>
<tr>
<td>Tier 3 Drug</td>
<td>You pay 20% coinsurance ($200 minimum/$300 maximum)</td>
<td>You pay 20% coinsurance ($150 maximum)</td>
</tr>
</tbody>
</table>

**Note:** If a generic substitution is not allowed by the prescriber or you request the brand-name drug when a generic is available, you pay the brand coinsurance plus the cost difference between the brand-name and generic drug.
Summary of Benefits – Basic Health

This chart summarizes the pharmacy benefits available through the Aetna Pharmacy Management prescription benefit program which is available with Basic Health.

Keep in Mind

The Basic Health deductible applies to both covered medical and prescription drug expenses.

<table>
<thead>
<tr>
<th>Prescription Drugs</th>
<th>Aetna Retail Pharmacy Network</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retail Pharmacy (31-90 day supply)</td>
<td></td>
</tr>
<tr>
<td>Tier 1 Drug</td>
<td>You pay 20% coinsurance after deductible</td>
</tr>
<tr>
<td>Tier 2 Drug</td>
<td>You pay 20% coinsurance after deductible</td>
</tr>
<tr>
<td>Tier 3 Drug</td>
<td>You pay 20% coinsurance after deductible</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mail-Order Prescription Drugs (up to a 90-day supply)</th>
<th>Aetna Rx Home Delivery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tier 1 Drug</td>
<td>You pay 20% coinsurance after deductible</td>
</tr>
<tr>
<td>Tier 2 Drug</td>
<td>You pay 20% coinsurance after deductible</td>
</tr>
<tr>
<td>Tier 3 Drug</td>
<td>You pay 20% coinsurance after deductible</td>
</tr>
</tbody>
</table>

Note: If a generic substitution is not allowed by the prescriber or you request the brand-name drug when a generic is available, you pay the coinsurance plus the cost difference between the brand-name and generic drug.
## Benefit Resources and Tools

### Resources

When you have questions or need more information, here are some of the resources available to you.

<table>
<thead>
<tr>
<th>Resource</th>
<th>Situation</th>
<th>How to Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>University of Virginia Human Resources Department</strong></td>
<td>Contact Human Resources when you:</td>
<td>Phone: 1-434-982-0123&lt;br&gt;Online: <a href="http://www.hr.virginia.edu">www.hr.virginia.edu</a></td>
</tr>
<tr>
<td></td>
<td>Have a qualified life event</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Need to report a change in your name, address, or telephone number</td>
<td></td>
</tr>
<tr>
<td><strong>Medical and Basic Health Prescription Drug: Aetna Member Services</strong></td>
<td>Contact Member Services when you have:</td>
<td>Medical Phone: 1-800-987-9072&lt;br&gt;Online: <a href="http://www.aetna.com">www.aetna.com</a></td>
</tr>
<tr>
<td></td>
<td>Questions about the Plan’s medical benefits or a question about a claim</td>
<td>Rx Phone: 1-888-792-3862&lt;br&gt;Specialty Drug Program&lt;br&gt;Aetna Specialty Pharmacy: 1-866-782-2779&lt;br&gt;UVA Specialty Pharmacy: 1-800-251-3627</td>
</tr>
<tr>
<td><strong>Aetna Navigator®</strong></td>
<td>Use your secure member website when you need:</td>
<td>Online: <a href="http://www.aetna.com">www.aetna.com</a></td>
</tr>
<tr>
<td></td>
<td>Eligibility or claim status information</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A replacement ID card</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Copies of claim forms</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Access to tools that help you manage your health care</td>
<td></td>
</tr>
<tr>
<td><strong>Value Health and Choice Health Prescription Drug: Catamaran</strong></td>
<td>Contact when you have:</td>
<td>Phone: 1-877-629-3123&lt;br&gt;Online: <a href="http://www.mycatamaranrx.com">www.mycatamaranrx.com</a></td>
</tr>
<tr>
<td></td>
<td>Questions about the Plan’s prescription drug benefits</td>
<td>Specialty Drug Program&lt;br&gt;BriovaRx: 1-800-850-9122&lt;br&gt;UVA Specialty Pharmacy: 1-800-251-3627</td>
</tr>
</tbody>
</table>
Tools

**Online Medical Provider Directory**

DocFind® is Aetna’s online provider directory. DocFind gives you the most recent information on the doctors, hospitals and other providers in the Aetna network. You can also find other directories and resources such as the “New Enrollee Information Package” and “Helping You Have a Healthy Pregnancy” on the Plan’s custom DocFind.

To access DocFind, go to [www.aetna.com/docfind/custom/uva](http://www.aetna.com/docfind/custom/uva) and follow the prompts.

**Aetna Navigator®**

Use your secure member website at [www.aetna.com](http://www.aetna.com) as your online resource for personalized benefit and health information. You can complete a variety of self-service transactions online. Once registered, you’ll have access to:

- Print eligibility information;
- Request a replacement ID card;
- Download copies of claim forms;
- Check the status of a claim;
- Find benefit balances; and
- Contact Aetna Member Services
- Access health and wellness information.

You have 24/7 access to useful tools that help you manage your health care:

- **Aetna InteliHealth®**, Aetna’s award-winning health website lets you search a wide variety of topics, from specific health conditions and their treatment to the latest developments in disease prevention, wellness and fitness. You can also submit questions to health care experts.
- **Cost of Care**, a tool that allows you to research the costs of office visits, medical tests and selected medical procedures in your area.
- **Hospital Comparison Tool**, helps you compare area hospitals on measures that are important to your health.

**ActiveHealth**

MyActiveHealth.com/hooswell is a secure, online site that has all the health information that’s important to YOU in one convenient place. There is even a Personal Health Record (PHR) where you can store all of your health and medical history for easy access. And, that’s just the beginning, because the site is also your personal gateway to lots of other great health programs and services. Here are just a few things you can do at MyActiveHealth.com/hooswell.

- Create email reminders of doctor’s appointment and record them on a calendar.
- Use any computer to access your secure Personal Health Record and share information, even at the doctor’s office.
- See the most important things you can do for your health – and take action on them.
- Participate in Digital Coaching.
- Print out materials on health topics important to you.
- Find out about resources and programs your health plan makes available to you.
- Check potential drug interactions.
- Find and print out recipes for great-tasting healthy eating.
- Online Health Assessment, and
- So much more!

**Informed Health® Line**

Get the help and information you need to make good health care decisions – 24 hours a day, 7 days a week – through Aetna’s Informed Health Line.

Informed Health’s tools and resources can help you make more informed decisions about your care, communicate better with your doctors, and save time and money, by showing you how to get the right care at the right time.

Call the Informed Health Line at **1-800-556-1555** to speak directly to a registered nurse about a wide variety of health and wellness topics.

Use the online Healthwise® Knowledgebase to find out more about a health condition you have or medications you take in easy to understand terms. This online resource is available through your secure member website, at [www.aetna.com](http://www.aetna.com).
Your Rights and Responsibilities

Participant Bill of Rights

1. You have the right to receive information about the University of Virginia Health Plan, the Plan's services, practitioners and providers, and your rights and responsibilities as a Plan participant.

2. You have the right to every consideration of confidentiality concerning your own claims for medical care.

3. You have the right to expect your provider to inform you about your illness and treatment and to have the information explained or interpreted as necessary.

4. You have the right to make decisions about your plan of care prior to and during the course of treatment.

5. You have the right to benefits for medically necessary services that are covered under the University of Virginia Health Plan.

6. You have the right to prompt and courteous replies to questions regarding access to care, medical benefits, and medical claims.

7. You have the right to know what your health care benefits are and have this information provided to you in a language you can understand.

8. You have the right to file an appeal for reconsideration of a decision or complaints about the Plan or the care provided by participating network providers. Furthermore, you have the right to be provided with a defined process for addressing complaints and appeals. Please see the "Claims and Appeals" sections in this Summary Plan Description for this process.

Your Responsibilities as a Plan Participant

1. You are responsible for asking questions when you do not understand information or instructions.

2. You are responsible for knowing whether you are seeking care from a network provider or out-of-network provider. If you have any questions, you should contact the Claims Administrator at the phone number located on your ID card.

3. If you receive services from an out-of-network provider, you will be responsible for ensuring that the Claims Administrator has authorized the services, if required, and to know if they are approved out-of-network or in-network so that you receive benefits at the maximum benefit level.

4. You are responsible for verifying with the Claims Administrator that a provider has obtained any necessary precertification.

5. You are responsible for ensuring your family members are aware of the correct procedures for accessing care before obtaining benefits through the University of Virginia Health Plan.
6. You are responsible for making all necessary cost-sharing payments to providers as required and outlined in the appropriate Summary of Benefits in this Summary Plan Description.

7. You are responsible for notifying the University Human Resources Benefits Division of any change in contact information or dependent eligibility. If you or your dependents will reside outside the United States for more than 90 days, you must submit the Foreign Country Enrollment Form to the University Human Resources Benefits Division.

8. You are responsible for giving your providers the complete information needed to care for you, including accurate information regarding your current health care coverage, and for following the plan of treatment agreed upon.

9. You are responsible for providing the University Human Resources Benefits Division with information related to other health insurance coverage you or your spouse or dependents may have.

10. You are responsible for submitting a completed, signed University of Virginia Health Plan application to the University Human Resources Benefits Division or online if you are an active employee within the prescribed timeframe to enroll in the Plan.

11. You are responsible for providing documentation and answering questions that verify eligibility at the request of the Plan Administrator that proves eligibility.

12. You are responsible for informing University Human Resources Benefits Division when your dependents are no longer eligible for enrollment in the health plan. You are also responsible for reimbursing the Plan for the cost of any ineligible claims paid by the Plan for eligible or ineligible dependents.
How the Medical Plan Works

The University of Virginia Health Plan offers the following medical plan options:

- Value Health
- Choice Health
- Basic Health

This section describes important features of the Plan. Refer to the Summary of Benefits for specific coverage levels for each option. An out-of-area option for Value Health and Choice Health is available to employees whose work location zip code is more than 50 miles from Charlottesville. Eligible employees are automatically put in this option when they enroll in the UVa Health Plan.

You must be covered by the Plan on the date you incur a covered medical expense. The Plan does not pay benefits for expenses incurred before your coverage starts or after it ends. There are no pre-existing condition exclusions.

Basic Health

When you enroll in Basic Health, you can also enroll in a Health Savings Account (HSA). You can save up to the annual IRS maximum contribution limit which changes each calendar year. The maximum includes any UVa contributions. UVa has the discretion to contribute to an employee’s HSA depending upon employment classification.

You can use your HSA to pay for qualified medical expenses. Qualified medical expenses generally include your medical deductible, coinsurance payments and prescription drug expenses. Or, you may pay for your expenses out of pocket and let your account grow and earn interest for future expenses. Since account balances roll over from year to year, your account can accumulate over time.

Your account is portable. If you retire or leave the University for any reason, you take the balance of your HSA with you.

Keep in Mind

Postdoctoral Fellows are not eligible to enroll in Basic Health.
Basic Health is the only health option available for wage employees.

The Provider Network

If you enrolled in Value Health, Choice Health, or Basic Health, you have the freedom to choose any doctor or other health care provider when you need medical care. How that care is covered and how much you pay out of your own pocket depend on whether the expense is covered by the Plan and whether you choose an in-network provider in the UVa Provider network or the Aetna network or an out-of-network provider. When you use a provider in the UVa Provider network, the plan pays the highest level. That means you pay less out of your own pocket for care. You can find providers in the UVa Provider network on UVa’s custom Docfind at www.aetna.com/docfind/custom/uvu/.
In-network providers are doctors, hospitals, and other health care providers that belong to Aetna’s network. In-network providers represent a wide range of services, including:

- Primary care (general and family practitioners, pediatricians, internists and Ob/Gyns);
- Specialty care (such as, surgeons, cardiologists and urologists); and
- Health care facilities (such as hospitals, skilled nursing facilities and diagnostic testing labs).

In-network providers agree to provide services or supplies at negotiated charges. If you use an in-network provider, you’ll pay less out of your own pocket for your care. You also won’t have to fill out claim forms, because your in-network provider will file claims for you.

To find an in-network provider in your area:

- Use DocFind at [www.aetna.com/docfind/custom/uya](http://www.aetna.com/docfind/custom/uya). Follow the prompts to search the online directory for a specific doctor, type of doctor, or all the doctors in a given zip code and/or travel distance.
- Call Member Services. Member Services representatives can help you find an in-network provider in your area. The Member Services' toll-free number is printed on your ID card.

**Primary Care**

You are not required to choose a primary care physician (PCP). However, regular preventive care is key to achieving good health, and your primary care physician can be your personal health care manager. He or she gets to know you and your special needs and problems, and can recommend the right specialist when you need care that he or she can’t provide.

**Key Terms**

The following key terms are general terms that apply to any of the medical Plan options:

**Necessary Services and Supplies**

The Plan pays benefits only for medically necessary services and supplies.

**Non-Occupational Coverage**

The Plan covers only expenses related to non-occupational injury and non-occupational disease.

**Recognized Charge**

The medical plan pays out-of-network benefits only for the allowable part of a covered expense that is recognized.

**Keep in Mind**

If your out-of-network provider charges more than the recognized charge, you will be responsible for any expenses incurred that are above the recognized charge.
Sharing the Cost of Care

You share in the cost of your medical care by paying deductibles, copays and coinsurance. Refer to the Summary of Benefits for the specific costsharing features that apply to each Plan option.

Copay (copayment)

A copay, sometimes called a copayment, is a fee that you must pay at the time you receive some types of care. A copay applies toward your out-of-pocket maximum.

Inpatient Facility Copay

When you are admitted to a hospital, you pay the first part of your covered expenses as inpatient facility copay.

A separate inpatient facility copay applies for each admission, except for admissions made within 10 days of another admission.

Deductible

The deductible is the part of covered expenses you pay each calendar year before the Plan starts to pay benefits.

There are two types of calendar year deductible for those enrolled in Choice Health and Value Health:

- Individual: The individual deductible applies separately to each covered person in the family. When a person’s deductible expenses reach the individual deductible shown in the Summary of Benefits, the person’s deductible is met. The Plan then starts to pay benefits for that person at the appropriate coinsurance percentage.

- Family: The family deductible applies to the family as a group. When the combined deductible expenses of all covered family members reach the family deductible shown in the Summary of Benefits, the family deductible is met. The Plan then begins to pay benefits for all covered family members.

There are two types of calendar year deductible for those enrolled in Basic Health:

- Employee Only: The employee only deductible applies only to the employee enrolled in employee only coverage. When the employee’s deductible expenses reach the employee only deductible shown in the Summary of Benefits, the employee’s deductible is met. The Plan then starts to pay benefits for that employee at the appropriate coinsurance percentage.

- Employee+spouse, Employee+children, and Family: The employee+spouse (E+Sp), employee+children (E+Ch), and family deductible applies to the enrolled family members as a group. When the combined deductible expenses of all covered family members reach the E+Sp, E+Ch, and family deductible shown in the Summary of Benefits, the E+Sp, E+Ch, and family deductible is met. The Plan then begins to pay benefits for all covered family members.

Keep in Mind

Copays and amounts above the recognized charge do not count toward your annual deductible.
**Coinsurance**

Once you meet your deductible, the Plan begins paying benefits for covered expenses. The portion paid by the Plan is the Plan’s coinsurance. When the Plan’s coinsurance is less than 100%, you pay the balance. The part you pay is called your coinsurance.

Each Plan option’s coinsurance levels are described in the [Summary of Benefits](#) charts.

**Out-of-Pocket Maximum**

The Plan puts a limit on the amount you pay for covered expenses out of your pocket each year, called the **out-of-pocket maximum**.

There are two types of out-of-pocket maximums under the Plan:

- **Individual**: The individual out-of-pocket maximum applies separately to each covered person in the family. Once a family member reaches the individual out-of-pocket maximum shown in the [Summary of Benefits](#), the Plan pays 100% of that person’s covered medical expenses for the rest of the calendar year.

- **Family**: The family out-of-pocket maximum applies to you and your dependents as a group. When your family member’s combined out-of-pocket expenses satisfy the family out-of-pocket maximum, the Plan pays 100% of the family’s covered medical charges for the remainder of the calendar year.

Certain expenses do **not** apply toward the out-of-pocket maximum:

- Expenses over the **recognized charge**;
- Charges for services and supplies that are not covered by the Plan.

**Precertification**

**Precertification** is a process that helps you and your **physician** determine whether the services being recommended are covered expenses under the Plan. It also allows Aetna to coordinate your transition from an inpatient setting to an outpatient setting (called discharge planning) and to register you for specialized programs or case management when appropriate.

Precertification starts with a telephone call to Member Services:

- If you use an **in-network provider**, your provider will make this call for you.
- If you intend to receive care from an **out-of-network provider**, you must make the call.
When You Need To Precertify Care

You are responsible for getting precertification for the services in the following chart if your care will be given by an out-of-network provider.

<table>
<thead>
<tr>
<th>Type of Service</th>
<th>When You Need to Precertify Out-of-Network Care</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hospital Inpatient Care</strong></td>
<td>To request precertification, call Aetna Member Services at 1-800-987-9072 as follows:</td>
</tr>
<tr>
<td>You must request precertification for inpatient confinement in a hospital</td>
<td>Emergency admission: within 48 hours of admission or as soon as reasonably possible</td>
</tr>
<tr>
<td></td>
<td>Urgent admission: before you are scheduled to be admitted</td>
</tr>
<tr>
<td></td>
<td>Other admissions: at least 14 calendar days prior to admission</td>
</tr>
<tr>
<td><strong>Alternatives to Hospital Inpatient Care</strong></td>
<td>To request precertification, call Aetna Member Services at 1-800-987-9072 as follows:</td>
</tr>
<tr>
<td>You need to request precertification for the following hospital alternatives if your provider is not in the Aetna network:</td>
<td>Inpatient confinements: same as hospital inpatient care (above)</td>
</tr>
<tr>
<td>Skilled nursing facility care</td>
<td>Outpatient care:</td>
</tr>
<tr>
<td>Home health care services</td>
<td>Non-emergency care – at least 14 calendar days in advance or as soon as reasonably possible</td>
</tr>
<tr>
<td>Hospice care – inpatient and outpatient</td>
<td>Emergency care – as soon as reasonably possible</td>
</tr>
</tbody>
</table>

Aetna will notify you, your physician and the facility about your precertified length of stay. If your physician recommends that your stay be extended, additional days must be certified. You, your physician or the facility will need to call Aetna at the number on your ID card no later than the final authorized day. Aetna will review and process the request for an extended stay. You and your physician will receive a copy of this letter.

If You Don’t Precertify

If you don’t call when required, the medical plan will deny coverage for your expenses.

<table>
<thead>
<tr>
<th>If precertification is:</th>
<th>then charges are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>requested and approved</td>
<td>covered.</td>
</tr>
<tr>
<td>requested and denied</td>
<td>not covered.</td>
</tr>
<tr>
<td>not requested, and the care is necessary</td>
<td>charges are pended for review.</td>
</tr>
<tr>
<td>not requested, and the care is not necessary</td>
<td>not covered.</td>
</tr>
</tbody>
</table>
High-tech Radiology Precertification

Your doctor’s office must submit a prior authorization request to Aetna for high-tech radiology procedures. Types of high-tech radiology procedures include MRI/MRA, CT/PCTA, PET and nuclear cardiology procedures.

Your doctor’s precertification requests will be reviewed. In a small number of cases a request may be denied and an alternate recommendation may be made. Your physician may accept the alternate recommendation or submit an appeal.

<table>
<thead>
<tr>
<th>Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you use an out-of-network provider, you should ask if any required precertification has been submitted and confirmed. It is possible that your provider may bill you for procedures if he/she does not comply with the precertification process.</td>
</tr>
</tbody>
</table>

In an Emergency

No matter what medical program you are enrolled in, you have coverage 24 hours a day, 7 days a week, anywhere in the world, if care is needed to treat an emergency condition. If your emergency treatment results in an out-of-network hospital emergency admission, you must request precertification within 48 hours of admission or as soon as reasonably possible.

An emergency medical condition is a recent and severe condition, sickness or injury, including (but not limited to) severe pain, that would lead a prudent layperson (including the parent or guardian of a minor child or the guardian of a disabled individual), possessing an average knowledge of medicine and health, to believe that failure to get immediate medical care could result in:

- Placing your health in serious jeopardy;
- Serious impairment to a bodily function(s);
- Serious dysfunction to a body part or organ; or
- In the case of a pregnant woman, serious jeopardy to the health of the unborn child.

<table>
<thead>
<tr>
<th>Examples of Medical Emergencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart attack or suspected heart attack</td>
</tr>
<tr>
<td>Poisoning or suspected poisoning</td>
</tr>
<tr>
<td>Severe shortness of breath</td>
</tr>
<tr>
<td>Uncontrolled or severe bleeding</td>
</tr>
</tbody>
</table>

ID Cards

You are encouraged to carry your ID cards with you at all times. Present the Aetna card to medical providers before receiving medical and behavioral health services. If you are enrolled in Basic Health, your Aetna ID card should also be presented at the pharmacy when filling prescriptions. If you are enrolled in Value Health or Choice Health, present the Catamaran card to network pharmacies when purchasing prescription drugs. If your cards are lost or stolen, please notify the appropriate administrator immediately.
What the Medical Plan Covers

In this section, you'll find more detailed information about the services and supplies covered by the Plan. It's important to remember that the Plan covers only services and supplies that are necessary to diagnose or treat an illness or injury. If a service or supply is not necessary, it will not be covered, even if it is listed as a covered expense in this book.

The medical plan options differ as to the benefit levels for each type of covered service, but the options otherwise cover the same services and include the same features.

Preventive Care

These preventive care services are covered:

**Routine Physical Exams**

The Plan covers charges for a routine physical exam. Included as part of the exam are:

- X-rays, laboratory services and other tests that are routinely preventive in accordance with the recommendations of the United States Preventive Services Task Force, and coded as such given in connection with the exam; and
- Immunizations for infectious diseases in accordance with the recommendations of the Centers for Disease Control and Prevention, and the materials needed to administer the immunizations.
- Testing for tuberculosis.

The exam must be given by a physician or under the direction of a physician.

If an exam is given to diagnose or treat a suspected or identified injury or disease, it is not considered a routine physical exam. Contact Aetna Member Services at 1.800.987.9072 with questions regarding covered charges for a routine physical exam.

**Keep in Mind**

The Plan does not pay benefits for school or employment-related exams, or for those needed to take part in school athletic programs.

**What Is Not Covered as Part of a Routine Physical Exam**

- Medicines, drugs, appliances, equipment or supplies
- Immunizations required solely for travel or employment
- Psychiatric, psychological, personality, or emotional testing or exams
- Premarital exams
- Routine hearing screenings performed with equipment or calibrated instruments, except for newborns
- Routine vision screenings
Screening and Counseling Services
The Plan covers charges made by your physician for the following in an individual or group setting:

- Obesity: screening and counseling services to help you lose weight if you are obese. Coverage includes:
  - Preventive counseling visits;
  - Medical nutrition therapy;
  - Nutritional counseling; and
  - Healthy diet counseling visits for those with high cholesterol and other known risk factors for cardiovascular and diet-related chronic disease.

- Use of tobacco products: screening and counseling services to help you stop using tobacco products. A tobacco product is a substance containing tobacco or nicotine, including cigarettes, cigars, smoking tobacco, snuff, smokeless tobacco and candy-like products that contain tobacco. Coverage includes:
  - Preventive counseling visits;
  - Treatment visits; and
  - Class visits.

- Misuse of alcohol and/or drugs: screening and counseling services to help prevent or reduce the use of alcohol or controlled substances. Coverage includes:
  - Preventive counseling visits;
  - Risk factor reduction intervention; and
  - A structured assessment.

Preventive care coverage also includes the following services for women:

- Screening and counseling services for:
  - Interpersonal and domestic violence;
  - Sexually transmitted diseases (up to two occurrences per year); and
  - Human Immune Deficiency Virus (HIV)
  - Screening and counseling services for:
    - High risk Human Papillomavirus (HPV) DNA testing for women age 30 and older.
    - Screening for gestational diabetes.

Benefits for screening and counseling services are subject to the visit maximums shown in the Summary of Benefits.

Routine Ob/Gyn Exams
The Plan covers routine Ob/gyn exams, including Pap smear and related laboratory fees.
Routine Cancer Screenings

The Plan covers:

- Mammograms; and
- Digital rectal exam (DRE) and prostate specific antigen (PSA) tests for men; and
- Colorectal screening including fecal occult blood test, sigmoidoscopy, colonoscopy and double contrast barium enema.

**Keep in Mind**
The Plan covers mammograms and colorectal screenings at 100% with no deductible when in-network providers are used, regardless of diagnosis.

Visits and Walk-In Clinics

**Office Visits**

The Plan covers treatment by a doctor or nurse practitioner or physician assistant in his or her office. Coverage includes:

- Allergy testing and treatment;
- Immunizations for infectious disease; and
- Supplies, radiology services, X-rays and tests given by the physician.

**Keep in Mind**
The Plan does not cover immunizations that are needed only for travel or employment.

**Home Visits**

The Plan covers treatment by a doctor in your home.

**Walk-In Clinics**

A walk-in clinic is a free-standing health care facility. The Plan covers visits to these walk-in clinics for non-emergency treatment of an illness or injury, and for administration of certain immunizations at the same benefit level as office visits.

**Keep in Mind**
Walk-in clinics are not an alternative to emergency room services, and they do not provide ongoing physician care.
Family Planning and Maternity

Contraception Services
The Plan covers the following contraceptive services and supplies when obtained from, and billed by, your physician:

- Contraceptive counseling.
- Contraceptive devices prescribed by a physician.
- Office visit for the injection of injectable contraceptives.
- Related outpatient services such as consultations, exams and procedures.

Other contraceptives may be covered as part of the prescription drug program administered by Catamaran. Refer to the Prescription Drug Program section for more information.

Voluntary Sterilization
The Plan covers charges made by a physician or hospital for a vasectomy or tubal ligation. The Plan does not cover the reversal of a sterilization procedure.

Infertility Services
The Plan does not cover infertility services. The Plan does cover diagnosis and treatment of the medical condition that is the underlying cause of infertility, including:

Initial evaluation, including history, physical exam and laboratory studies performed at an appropriate laboratory:

- Evaluation of ovulatory function;
- Ultrasound of ovaries at an appropriate participating radiology facility;
- Post-coital test;
- Hysterosalpingogram;
- Endometrial biopsy; and
- Hysteroscopy.

Maternity Care
The Plan covers prenatal, delivery and postnatal maternity care. In accordance with the Newborns’ and Mothers’ Health Protection Act, the Plan covers inpatient care of the mother and newborn child for a minimum of:

- 48 hours after a vaginal delivery; and
- 96 hours after a cesarean section.

If you and your attending physician agree to an earlier discharge from the hospital, the Plan will pay for one post-delivery home visit by a health care provider.

Precertification is not required for the first 48 hours of hospital confinement after a vaginal delivery or 96 hours after a cesarean delivery. Any days of confinement over these limits must be precertified. You, your doctor or another health care provider can request precertification by calling the number on your ID card.
Keep in Mind
The Plan does not cover home births. This is childbirth that takes place outside a hospital or birthing center, or in a place that is not licensed to perform deliveries.

Birthing Center
The Plan covers prenatal, delivery and postnatal maternity care provided by a birthing center. Postnatal care must be given within 48 hours after a vaginal delivery, or 96 hours after a cesarean section.

Breastfeeding Support, Counseling and Supplies
The Plan covers:

- Breastfeeding assistance, training and counseling services by a certified lactation support provider in a group or individual setting.
- Purchase of a standard (not hospital-grade) electric breast pump. If you have not purchased either a standard electric or manual pump within the past three years. The pump must be purchased within 60 days from the date of the birth.
- Purchase of a manual breast pump, if you have not purchased either a standard electric or manual pump within the past three years. The pump must be purchased within 12 months from the date of the birth.
- Purchase of the accessories needed to operate the breast pump.

If you use a breast pump from a prior pregnancy, the Plan covers the purchase of a new set of breast pump supplies within the first 12 months following the birth.

Hospital Care
The Plan covers charges made by a hospital for room and board when you are confined as an inpatient. Room and board charges are covered up to the hospital's semi-private room rate.

The Plan also covers other services and supplies provided during your inpatient stay, such as:

- Ambulance services when the service is owned by the hospital;
- Physician and surgeon services;
- Operating and recovery rooms;
- Intensive or special care facilities;
- Administration of blood and blood products, but not the cost of the blood or blood product;
- Radiation therapy;
- Physical, occupational and speech therapy;
- Oxygen and oxygen therapy;
- X-rays, laboratory tests and diagnostic services;
- Medications;
Hospital Care (cont.)

- Intravenous (IV) preparations; and
- Discharge planning.

**Keep in Mind**

- The Plan does not cover private room charges that exceed the hospital’s semi-private room rate unless a private room is medically necessary because of a contagious illness or immune system problems.
- If a hospital does not itemize room and board charges, as well as other charges, Aetna will assume that 40 percent of the total is for room and board and 60 percent is for other charges.
- Some physicians and other providers may bill you separately for services given during your hospital stay. If you receive services from a radiologist, anesthesiologist or pathologist who is not in the Aetna network (an out-of-network provider), during an inpatient stay at an in-network facility, the Plan will cover those services at the in-network benefit level.

**Pre-Admission Testing**

The Plan covers outpatient testing done by a hospital, surgery center, physician or licensed diagnostic lab before a covered surgical procedure. The tests must be:

- Related to surgery that will take place in a hospital or surgery center;
- Completed within 14 days of your surgery;
- Performed on an outpatient basis;
- Covered if you were confined in a hospital; and
- Included in your medical record kept by the hospital or surgery center where the surgery takes place.

The tests are covered only if they are not repeated in or by the hospital or surgery center where the surgery will take place.

**Keep in Mind**

If your tests indicate that surgery should not be performed because of your physical condition, the Plan covers the tests, but not the proposed surgery.

**Telemedicine**

The Plan covers telemedicine services for critical care and inpatient consultations provided by the UVa Provider Network. Telemedicine services require, at a minimum:

- Audio and video equipment permitting two-way, real-time interactive communication between the patient and a distant site physician or practitioner for the purpose of diagnosis, consultation, or treatment as it pertains to the delivery of health care services.
- Audio-only telephones, facsimile machines, and electronic mail do not meet the definition of an interactive telecommunications system.
Surgery

The Plan covers the charges made by a physician for:

- Performing your surgical procedure;
- Pre-operative and post-operative visits; and
- Consultation with another physician to obtain a second opinion prior to the surgery.

Keep in Mind

- You may need to have multiple surgical procedures done at the same time or during a single operating session. The Plan normally pays a lower percentage of the fees that are charged for the secondary procedure(s). The Plan does not cover any surgery that is not medically necessary, even if performed with another procedure that is necessary.
- Pre-operative and post-operative visits by your surgeon are considered to be part of the surgical fee. The Plan does not cover separate fees for pre-operative and post-operative care.
- Surgery performed by a physician who is not in the Aetna network will be covered as out-of-network care and subject to recognized charge limits even if the surgery is performed in an in-network hospital, unless the surgery is an emergency.

Anesthesia

The Plan covers the administration of anesthetics and oxygen by a physician (other than the operating physician) or Certified Registered Nurse Anesthetist (CRNA) in connection with a covered procedure.

Bariatric Surgery

The Plan covers inpatient or outpatient charges made by a hospital or a physician for the medically necessary surgical treatment of morbid obesity. Bariatric surgery must be approved in advance by Aetna.

Coverage includes one morbid obesity surgical procedure, including related outpatient services, within a two-year period that starts with the date of the first surgical procedure to treat morbid obesity, unless a multistage procedure is planned.

Keep in Mind

- The Plan does not cover bariatric surgery when done for cosmetic reasons.

Refer to Aetna’s Clinical Policy Bulletins to learn more about coverage for weight loss surgery. You can find the CPBs at www.aetna.com.

Oral Surgery

The Plan covers treatment of accidental injury to natural teeth and oral surgery that is considered medical-in-nature.
### Medical or Dental?

Oral surgery that is medical-in-nature is typically covered by a medical plan. It involves:

- Disease of the facial bones
- Trauma to the soft and hard tissue structures of the face and oral cavity
- Correcting facial deformities present at birth or later may be covered with prior review and approval for medical necessity. Services solely for cosmetic purposes are not covered.

Surgery that is dental-in-nature involves the teeth. Tooth surgery is typically covered by a dental plan.

The Plan covers:

- Hospital services and supplies received for an inpatient hospital confinement required because of your condition are covered.
- Services of a physician or dentist for treatment of the following conditions of the teeth, mouth, jaws, jaw joints or supporting tissues if medically necessary:
  - Surgery necessary to treat a fracture, dislocation or wound;
  - Surgery necessary to alter the jaw, jaw joints or bite relationships by a cutting procedure when appliance therapy alone cannot improve function;
  - Surgery necessary to cut out cysts, tumors or other diseased tissues;
  - Surgery to cut into gums and tissues of the mouth, as long as this is not done in connection with the removal, replacement or repair of teeth; and
  - Non-surgical treatment of infections or diseases not related to the teeth.
- Treatment of accidental injury to sound natural teeth or tissues of the mouth. The treatment must occur within the calendar year of the accident, or in the following calendar year. The teeth must have been free from decay or in good repair, and firmly attached to the jaw bone at the time of the injury.
  The Plan’s coverage of dentures, bridgework, crowns and appliances is limited to:
    - The first denture or fixed bridgework to replace lost teeth;
    - The first crown (cap) needed to repair each damaged tooth; and
    - An in-mouth appliance used in the first course of orthodontic treatment after the injury.

Except as described above to treat accidental injury, the Plan does **not** cover charges:

- For dental-in-nature oral surgery expenses;
- For in-mouth appliances, crowns, bridgework, dentures, tooth restorations, or any related fitting or adjustment services, whether or not the purpose of those services or supplies is to relieve pain;
- For root canal therapy;
- To remove, repair, replace, restore or reposition teeth lost or damaged in the course of biting or chewing.
To repair, replace or restore fillings, crowns, dentures or bridgework;
• For periodontal treatment;
• For dental cleaning, in-mouth scaling, planing or scraping; or
• For myofunctional therapy. This is muscle training therapy or training to correct or control harmful habits.

**Outpatient Surgery**

The Plan covers outpatient surgery in:

• The office-based surgical facility of a **physician or dentist**;
• A **surgery center**; or
• The outpatient department of a **hospital**. The surgery is covered only if it:
• Can be performed adequately and safely only in a surgery center or hospital; and
• Is not normally performed in a physician’s or dentist's office. The Plan covers the following outpatient surgery expenses:
• Services and supplies provided by the hospital, surgery center or office-based surgical facility on the day of the procedure;
• The operating physician’s services for performing the procedure, related pre- and post-operative care, and the administration of anesthesia; and
• Services of another physician for related post-operative care and the administration of anesthesia (other than a local anesthetic).

The Plan does **not** cover the services of a physician who renders technical assistance to the operating physician.

**Reconstructive Surgery**

The Plan covers reconstructive and cosmetic surgery if the surgery is needed:

• To repair an accidental injury that happens while you are covered by the Plan. The surgery must be performed in the calendar year of the accident or the following calendar year. This time period may be extended for a child through age 18.
• To correct a severe anatomical defect present at birth (or appearing after birth) if:
  – The defect has caused severe facial disfigurement or significant functional impairment; and
  – The purpose of the surgery is to improve function.
• To improve function when the treatment of an illness has resulted in severe facial disfigurement or significant functional impairment of a body part.
• As part of reconstruction following a mastectomy.
Transplants

If You Need a Transplant

Call Aetna Member Services when you and your physician begin to discuss transplant services. Member Services can answer benefit questions, help you find an in-network provider, tell you about the services offered by the National Medical Excellence Program and refer you to the Special Case Customer Service Unit to start the transplant authorization process.

In general, there are four phases in the transplant process:

- Pre-transplant evaluation and screening. This phase includes evaluation and acceptance into a transplant facility’s transplant program.

- Pre-transplant candidacy screening. This phase includes compatibility testing of prospective organ donors who are immediate family members.

- Transplant event: This phase includes organ procurement, surgical procedures and medical therapies related to the transplant.

- Follow-up care. During this phase, you may need home health care services, home infusion services and other outpatient care.

A transplant coverage period begins at the point of evaluation for a transplant and ends on the later of:

- 180 days from the date of the transplant; or

- The date you are discharged from a hospital or outpatient facility for the admission or visit(s) related to the transplant.

The Plan covers:

- Evaluation.

- Compatibility testing of prospective organ donors who are immediate family members.

- Charges for activating the donor search process with national registries.

- The direct costs of obtaining the organ. Direct costs include surgery to remove the organ, organ preservation and transportation, and the hospitalization of a live donor, provided that the expenses are not covered by the donor’s group or individual health plan.

- Physician or transplant team services for transplant expenses.

- Hospital inpatient and outpatient supplies and services, including:
  - Physical, speech and occupational therapy;
  - Biomedical and immunosuppressants;
  - Home health care services; and
  - Home infusion services.

- Follow-up care.
As part of the transplant benefit, the Plan does not cover:

- Services and supplies provided to a donor when the recipient is not covered by this Plan;
- Outpatient drugs, including biomedicals and immunosuppressants, that are not expressly related to an outpatient transplant occurrence;
- Home infusion therapy after the transplant coverage period ends;
- Harvesting or storage of organs without the expectation of an immediate transplant for an existing illness; or
- Harvesting or storage of bone marrow, tissue or stem cells without the expectation of a transplant to treat an existing illness within 12 months.

Aetna offers a wide range of support services to those who need a transplant or other complex medical care. If you need a transplant, you or your physician should contact Aetna’s National Medical Excellence Program® at 1-877-212-8811. A nurse case manager will provide the support and help you and your physician need to make informed decisions about your care.

Refer to Special Programs for more information about the National Medical Excellence Program.

The Institutes of Excellence™ Network

Through the Institutes of Excellence™ (IOE) network, you have access to a provider network that specializes in transplants. Each facility in the IOE network has been selected to perform only certain types of transplants, based on quality of care and successful clinical outcomes. Through the IOE Program, you can receive care for the following transplants:

- Bone marrow
- Heart
- Heart and lung
- Kidney
- Kidney and pancreas
- Liver
- Lung
- Pancreas

The Plan options cover the transplant as in-network care only when it is performed at an IOE facility. In addition, allograft and autograft bone marrow transplants performed at a University of Virginia network facility are covered as in-network care.

Transplants performed at any non-IOE facility, except as noted above, are not covered.
Alternatives to Hospital Inpatient Care

Skilled Nursing Facility
The Plan covers charges made by a **skilled nursing facility** during an inpatient stay, up to the maximum shown in the [Summary of Benefits](#), including:

- **Room and board charges**, up to the **semi-private room rate**. The Plan covers up to the private room rate if it is appropriate because of an infectious illness or a weak or compromised immune system.
- General nursing services.
- Use of special treatment rooms.
- Radiology services and lab work.
- Oxygen and other gas therapy.

**Keep in Mind**
Skilled nursing facility coverage does not include treatment of drug addiction, alcoholism, senility, mental retardation or any other mental illness.

Home Health Care
The Plan covers home health care services when ordered by a **physician** and given to you under a **home health care plan** while you are homebound. Coverage includes:

- Part-time nursing care that requires the medical training of, and is given by, an RN or by an LPN if an RN is not available. The services must be provided during intermittent visits of four hours or less.
- Part-time home health aide services, when provided in conjunction with, and in direct support of, care by an RN or LPN. The services must be provided during intermittent visits of four hours or less.
- Medical social services by a qualified social worker, when provided in conjunction with, and in direct support of, care by an RN or LPN.
- Medical supplies, prescription drugs and lab services given by (or for) a **home health care agency**. Coverage is limited to what would have been covered if you had remained in a hospital.

**Keep in Mind**
- The Plan does not cover **custodial care**, even if the care is provided by a nursing professional, and family members or other caretakers cannot provide the necessary care.
- The Plan does not cover private duty nursing.
- Physical, speech and occupational therapy given as part of a home health care plan are subject to the maximums shown in the [Summary of Benefits](#).
- The Plan does not cover care that isn’t part of a home health care plan.
**Hospice Care**

The Plan covers **hospice care** for a person who is **terminally ill**.

The Plan covers:

- Charges made by a hospice facility, **hospital** or **skilled nursing facility** for:
  - Room and board and other services and supplies provided for pain control and other acute and chronic symptom management. The Plan covers charges for room and board up to the facility’s **semi-private room rate**.
  - Services and supplies provided on an outpatient basis.

- Charges made by a **hospice care agency** for:
  - Part-time or intermittent nursing care by an **RN** or **LPN** for up to eight hours in a day.
  - Part-time or intermittent home health aide services for up to eight hours in a day.
    These services consist mainly of caring for the patient.
  - Medical social services under a physician’s direction.
  - Psychological and dietary counseling.
  - Consultation or case management services provided by a **physician**.
  - Physical and occupational therapy.
  - Medical supplies.

- Charges made by providers who are not employed by the hospice care agency, as long as the agency retains responsibility for your care:
  - A physician for consultation or case management.
  - A physical or occupational therapist.
  - A home health care agency for:
    Physical and occupational therapy.
    Part-time or intermittent home health aide services for up to eight hours in any one day.
    Medical supplies.
    Psychological or dietary counseling.

The **Aetna Compassionate Care** Program offers support and services to those facing the advanced stages of an illness. Refer to [Special Programs](#) for more information.

The Plan’s hospice care benefit does **not** include coverage for:

- Private or special nursing services.
- Funeral arrangements.
- Pastoral counseling.
- Financial or legal counseling, including estate planning and the drafting of a will.
- Homemaker or caretaker services. These are services not entirely related to the care of a patient and include sitter or companion services for the patient or other family members, transportation, housecleaning and home maintenance.
Emergency and Urgent Care

Emergency Care
The Plan covers emergency care provided in a hospital emergency room or a free-standing emergency facility. The care must be for an emergency condition.

The emergency care benefit covers:

- Use of emergency room facilities;
- Emergency room physician services;
- Hospital nursing staff services; and
- Radiology and pathology services.

Keep in Mind
The Plan does not cover non-emergency care given in a hospital emergency room.

Urgent Care
The Plan covers the services of a hospital or urgent care provider to evaluate and treat an urgent condition. Urgent care providers are physician-staffed facilities offering unscheduled medical services and billing as an urgent care facility.

The urgent care benefits covers:

- Use of urgent care facilities;
- Physician services;
- Nursing staff services; and
- The services of radiologists and pathologists.

Keep in Mind
The Plan does not cover non-urgent care given by an urgent care provider.

Ambulance
The Plan covers charges made for a professional ambulance. The conditions for coverage vary with the type of vehicle used:

Ground Ambulance
The Plan covers:

- Transportation in a medical emergency to the first hospital where treatment is given;
- Transportation in a medical emergency from one hospital to another hospital when the first hospital does not have the required services or facilities for your condition;
- Transportation from hospital to home or to another facility when an ambulance is medically necessary for safe and adequate transport; and
- Transportation while confined in a hospital or skilled nursing facility to receive medically necessary inpatient or outpatient treatment when an ambulance is required for safe and adequate transport.
Air or Water Ambulance
The Plan covers transport to a hospital by air or water ambulance when:

- Ground ambulance is not available; and
- Your condition is unstable and requires medical supervision and rapid transport. In a medical emergency, transport by air or water ambulance from one hospital to another hospital is covered if:
  - The first hospital does not have the required services or facilities for your condition; and
  - Ground ambulance is not available; and
  - Your condition is unstable and requires medical supervision and rapid transport.

Other Covered Expenses
This section describes other covered expenses for both inpatient and outpatient care. The Plan’s standard level of benefits applies to these expenses, unless shown otherwise.

Acupuncture
The Plan covers charges for acupuncture services provided by a licensed provider if the acupuncture services are:

- a form of anesthesia in connection with a covered surgical procedure; or
- to treat an illness, injury or to alleviate chronic pain.

Chemotherapy
Coverage for chemotherapy depends on where you receive treatment:

- In most cases, chemotherapy is covered as outpatient care. The medication is sometimes a specialty drug and must be requested through the Prescription Drug Program. Contact Catamaran Member Service Department at 1-877-629-3123 for a list of specialty drugs;
- The Plan covers the initial dose of chemotherapy given in the hospital when:
  - You have been hospitalized for the diagnosis of cancer; and
  - A hospital stay is necessary based on your health status.

Diabetic Equipment, Supplies, and Education
The Plan covers the following services and supplies used in the treatment of insulin and non-insulin dependent diabetes and elevated blood glucose levels during pregnancy:

- External insulin pumps;
- Foot care to minimize the risk of infection; and
- Self-management training provided by a licensed health care provider who is certified in diabetes self-management training.
**Diagnostic X-Ray and Laboratory**

The Plan covers **necessary** X-rays, laboratory services and pathology tests to diagnose an illness or injury.

**Reminder**

It’s important to use in-network providers to keep your share of the cost as low as possible. Before going to an outpatient facility for diagnostic tests, make sure that the facility is in the network. Also, remind your provider to use in-network labs for services provided to you. Tests and lab work done by an out-of-network provider or facility will be covered as out-of-network care... **even if your tests were ordered by an in-network physician.**

Note: Your provider may be responsible for precertifying high-tech radiology procedures. Refer to the Precertification section for additional information.

**Durable Medical and Surgical Equipment**

The Plan covers the rental of durable medical and surgical equipment. Examples include wheelchairs, crutches, hospital beds and oxygen for home use. The Plan covers only one item for the same (or a similar) purpose, plus the accessories needed to operate the item.

Instead of rental, the Plan may cover the purchase of equipment if:

- It either can’t be rented or would cost less to purchase than to rent; and
- Long-term use is planned.

The Plan also covers the repair of this equipment when necessary. Maintenance and repairs needed because of misuse or abuse of the equipment are not covered.

Replacement is covered if you show Aetna that the replacement is needed because of a change in the person’s physical condition, or if it is likely to cost less to purchase a replacement than to repair existing equipment or rent similar equipment.

**Early Intervention Services**

For children from birth to 36 months of age, the Plan covers charges for routine and necessary immunizations administered on an outpatient basis. The Plan also covers charges for infant hearing screenings and necessary audiological exams for newborn children that are provided in accordance with the Virginia Hearing Impairment Identification and Monitoring System and include the use of approved technology. For infants whose hearing screenings indicated the need for a diagnostic audiological exam, coverage includes a follow-up audiological exam recommended by a physician or audiologist. The exam must be performed by a licensed audiologist.

The Plan offers special provisions for developmentally disabled children from birth to 36 months that qualify under the Department of Mental Health, Mental Retardation and Substance Abuse Services as eligible for services under Part H of the Individuals with Disabilities Education Act (20 U.S.C & 1471 et.al.) Medically necessary services that help an affected child attain or retain the ability to function age-appropriately are covered, such as speech and language therapy, occupational therapy, physical therapy, assistive technology services and devices.
Benefits and limits to the early intervention services are determined by the Commonwealth of Virginia as stated in the Virginia Code. Coverage for early intervention services are subject to the lifetime maximum shown in the Summary of Benefits.

**Experimental or Investigational Services**

In general, the Plan does not cover drugs, devices, treatments or procedures that are experimental or investigational. There are, however, some situations where the Plan will cover a drug, device, treatment or procedure that would otherwise be considered experimental or investigational.

The Plan will cover care that is considered experimental or investigational if the care meets all the following conditions:

- You have been diagnosed with cancer or a condition likely to cause death within one year;
- Standard therapies have not been effective or are inappropriate;
- Aetna determines, based on at least two documents of medical and scientific evidence, that you would likely benefit from the treatment;
- You are enrolled in a clinical trial that meets these criteria:
  - The drug, device, treatment or procedure to be investigated has been granted investigational new drug (IND) or Group c/treatment IND status;
  - The clinical trial has passed independent scientific scrutiny and has been approved by an institutional review board that will oversee the investigation;
  - The clinical trial is sponsored by the National Cancer Institute (NCI) or similar national organization (such as the U.S. Food and Drug Administration or the Department of Defense) and conforms to NCI standards;
  - The clinical trial is not a single institution or investigator study unless the clinical trial is performed at an NCI-designated cancer center; and
- You are treated in accordance with protocol.

**Infusion Therapy**

Infusion therapy is the intravenous or continuous administration of medications or solutions as part of your treatment. The Plan covers infusion therapy given on an outpatient basis by:

- A free-standing clinic;
- The outpatient department of a hospital; or
- A physician in his/her office or in your home.

Coverage includes the following services and supplies:

- The pharmaceutical administered. In some cases the pharmaceutical is a specialty drug and must be requested through the Prescription Drug Program. Contact Catamaran Member Service Department at 1-877-629-3123 for a list of specialty drugs;
• Any medical supplies, equipment, and nursing services needed to support the therapy;
• Total parenteral nutrition;
• Chemotherapy;
• Drug therapy, including antibiotics and antivirals;
• Pain management; and
• Hydration therapy, including fluids, electrolytes and other additives.

**Limits**
The Plan does not cover the following as infusion therapy:

• Enteral nutrition
• Blood transfusions and blood products
• Dialysis
• Insulin

**Outpatient Complex Imaging**
The Plan covers complex imaging services to diagnose an illness or injury, including:

• Computerized axial tomography (CAT) scans;
• Magnetic Resonance Imaging (MRI); and
• Positron Emission Tomography (PET) scans.

Note: Your provider may be responsible for precertifying high-tech radiology procedures. Refer to the Precertification section for additional information.

**Outpatient Radiology Services**
The Plan covers radiology services provided by a physician, hospital, or licensed radiology facility or lab to diagnose an illness or injury.

**Outpatient Short-Term Rehabilitation**

**Physical, Occupational and Speech Therapy**
The Plan covers short-term, outpatient rehabilitation therapy to improve a body function lost as the result of an illness or injury. The treatment must be:

• Part of a treatment plan;
• Provided by a physician or a licensed or certified physical, occupational or speech therapist;
• Expected to result in significant improvement of the condition within 60 days of the start of treatment.

Covered expenses include services for:

• Physical therapy expected to significantly improve, develop or restore physical functions that were lost or impaired because of an acute illness, injury, or surgical procedure.
Physical therapy does not include educational training or services designed to develop physical function.

- Occupational therapy expected to:
  - Significantly improve, develop or restore physical functions lost or impaired because of an acute illness, injury, or surgical procedure, or
  - Re-teach skills to improve independence in the activities of daily living.

Occupational therapy does not include educational training or services designed to develop physical function.

Occupational therapy is covered for the treatment of developmental delays in children from birth through age 4.

- Speech therapy:
  - To restore the loss of speech function or correct a speech impairment resulting from disease or injury; or
  - To treat delays in the development of speech function that are the result of a gross anatomical defect present at birth (for example: a cleft palate or a cleft lip).

Speech function is the ability to express thoughts, speak words and form sentences. Speech impairment is difficulty with expressing thoughts with spoken words.

- Short-term speech and occupational therapy for children through age 4 to treat pervasive developmental disorder (PDD), including (but not limited to) Asperger’s syndrome and autism, as defined in the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association.

The Plan limits benefits for physical and occupational therapy and for speech therapy. Maximums are shown in the Summary of Benefits.

**Autism Spectrum Disorder**

**Covered expenses** include charges made by a **physician** or **behavioral health provider** for the services and supplies for the diagnosis and treatment (including routine behavioral health services such as office visits or therapy and Applied Behavior Analysis for ages 2 years to 6 years) of Autism Spectrum Disorder when ordered by a **physician**, licensed psychologist, or licensed clinical social worker, as part of a Treatment Plan; and the covered child is diagnosed with Autism Spectrum Disorder.

Applied Behavior Analysis is an educational service that is the process of applying interventions:

- That systematically change behavior; and
- That are responsible for the observable improvement in behavior.

Autism Spectrum Disorder is defined in the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association.
What Is Not Covered as Outpatient Short-Term Rehabilitation

- Therapies for special learning needs, unless resulting from acute illness or injury, or from congenital defects that are amenable to surgical repair. Therapies to treat pervasive developmental disorders, Down syndrome and cerebral palsy, for example, are not covered because these conditions are both developmental and/or chronic. This does not apply to physical therapy, occupational therapy or speech therapy provided for the treatment of Autism Spectrum Disorders.
- Care provided by a family member.
- Treatment for delays in speech development not resulting from disease, injury or congenital defect.
- Special education to teach someone who has lost the ability to speak how to function without speech, including sign language lessons.

Prosthetic Devices

The Plan covers internal and external prosthetic devices and special appliances. The device or appliance must improve or restore the function of a body part lost or damaged by illness, injury or congenital defect.

Here are some examples of covered devices:

- An artificial arm, leg, hip, knee or eye;
- An eye lens;
- An external breast prosthesis and the first bra made solely for use with the prosthesis after a mastectomy;
- A breast implant after a mastectomy; and
- A cardiac pacemaker.

Coverage includes:

- Purchase of the first prosthesis that you need to temporarily or permanently replace an internal body part or organ, or an external body part.
- Instruction and incidental supplies needed to use a covered prosthetic device.
- Replacement of a prosthetic device if:
  - The replacement is needed because of a change in your physical condition or because of normal growth or wear and tear;
  - Replacement is likely to cost less than repairing the existing device; or
  - The existing device cannot be made serviceable.

Radiation Therapy

The Plan covers the treatment of illness by X-ray, gamma ray, accelerated particles, mesons, neutrons, radium or radioactive isotopes.

Spinal Manipulation

The Plan covers manipulative treatment of a condition caused by (or related to) biomechanical or nerve conduction disorders of the spine. Care must be given by a physician or licensed chiropractor in the provider’s office. Treatment of scoliosis, of a fracture, or before or after surgery is not covered as a spinal manipulation benefit.
**Nutritional Counseling**

The Plan covers medically necessary nutritional counseling services performed by a licensed or certified nutritionist or dietician.

**Women’s Health Provisions**

Federal law affects how certain health conditions are covered by the Plan. Your rights under these laws are described here.

**The Newborns’ and Mothers’ Health Protection Act**

Maternity hospital stays under the Plan will be covered for a minimum of 48 hours following a vaginal delivery, or 96 hours for a cesarean section delivery. These minimums are set by a federal law called The Newborns’ and Mothers’ Protection Act. However, the Plan may pay for a shorter stay if the attending provider (physician, nurse midwife or physician’s assistant) discharges the mother or newborn earlier, after consulting with the mother.

Other provisions of this law:

- The level of benefits for any portion of the hospital stay that extends beyond 48 hours (or 96 hours) cannot be less favorable to the mother or newborn than the earlier portion of the stay.
- The Plan cannot require precertification for a stay of up to 48 or 96 hours, as described above.

**The Women’s Health and Cancer Rights Act**

When a woman who is covered by the Plan decides to have reconstructive surgery after a medically necessary mastectomy, the Women's Health and Cancer Rights Act requires the Plan to cover these procedures:

- Reconstruction of the breast on which a mastectomy has been performed;
- Surgery and reconstruction of the other breast to create a symmetrical (balanced) appearance;
- Prostheses; and
- Treatment of physical complications of all stages of mastectomy, including lymphedema. This coverage will be provided in consultation with the attending physician and the patient.

For answers to questions about the Plan’s coverage of mastectomies and reconstructive surgery, call Member Services at the number on your ID card.
Behavioral Health Care

The Plan includes coverage for behavioral health care. To be covered by the Plan, the care must be for:

- The effective treatment of alcohol or substance abuse; or
- The effective treatment of a mental disorder.

Treatment of Mental Disorders

Covered expenses include charges made for the treatment of mental disorders by behavioral health providers.

Important Note
Not all types of services are covered. For example, educational services and certain types of therapies are not covered. See Medical Plan Exclusions for more information.

Benefits are payable for charges incurred in a hospital, psychiatric hospital, residential treatment facility or behavioral health provider’s office for the treatment of mental disorders as follows:

Inpatient Treatment
Covered expenses include charges for room and board at the semi-private room rate, and other services and supplies provided during your stay in a hospital, psychiatric hospital or residential treatment facility. Inpatient benefits are payable only if your condition requires services that are only available in an inpatient setting.

Important Reminder
Inpatient care, partial hospitalizations and outpatient treatment must be precertified by Aetna. Refer to How the Plan Works for more information about precertification.

Partial Confinement Treatment
Covered expenses include charges made for partial confinement treatment provided in a facility or program for the intermediate short-term or medically-directed intensive treatment of a mental disorder. Such benefits are payable if your condition requires services that are only available in a partial confinement treatment setting.

Important Reminder
Inpatient care, partial hospitalizations and outpatient treatment must be precertified by Aetna. Refer to How the Plan Works for more information about precertification.

Outpatient Treatment
Covered expenses include charges for treatment received while not confined as a full-time inpatient in a hospital, psychiatric hospital or residential treatment facility.
The Plan covers partial hospitalization services (more than 4 hours, but less than 24 hours per day) provided in a facility or program for the intermediate short-term or medically-directed intensive treatment. The partial hospitalization will only be covered if you would need inpatient care if you were not admitted to this type of facility.

**Important Reminder**
- Inpatient care, partial hospitalizations and outpatient treatment must be precertified by Aetna. Refer to How the Plan Works for more information about precertification.
- Please refer to the Schedule of Benefits for any copayments/deductibles, maximums, payment limits or maximum out of pocket limits that may apply to your mental disorders benefits.

**Treatment of Substance Abuse**

**Covered expenses** include charges made for the treatment of substance abuse by behavioral health providers.

**Important Note**
Not all types of services are covered. For example, educational services and certain types of therapies are not covered. See Medical Plan Exclusions for more information.

**Substance Abuse**
Please refer to the Schedule of Benefits for any substance abuse deductibles, maximums and payment limits or maximum out-of-pocket limits that may apply to your substance abuse benefits.

**Inpatient Treatment**
The Plan covers room and board at the semi-private room rate and other services and supplies provided during your stay in a psychiatric hospital or residential treatment facility, appropriately licensed by the state Department of Health or its equivalent.

Coverage includes:

- Treatment in a hospital for the medical complications of substance abuse.
- “Medical complications” include detoxification, electrolyte imbalances, malnutrition, cirrhosis of the liver, delirium tremens and hepatitis.
- Treatment in a hospital is covered only when the hospital does not have a separate treatment facility section.

**Important Reminder**
Inpatient care, partial hospitalizations and outpatient treatment must be precertified by Aetna. Refer to How the Plan Works for more information about precertification.

**Outpatient Treatment**
Outpatient treatment includes charges for treatment received for substance abuse while not confined as a full-time inpatient in a hospital, psychiatric hospital or residential treatment facility.
The Plan covers partial hospitalization services (more than 4 hours, but less than 24 hours per day) provided in a facility or program for the intermediate short-term or medically-directed intensive treatment of alcohol or drug abuse. The partial hospitalization will only be covered if you would need inpatient treatment if you were not admitted to this type of facility.

**Important Reminder**

Inpatient treatment, partial-hospitalization care and outpatient treatment must be precertified by Aetna. Refer to How the Plan Works for more information about precertification.

**Partial Confinement Treatment**

Covered expenses include charges made for partial confinement treatment provided in a facility or program for the intermediate short-term or medically-directed intensive treatment of substance abuse.

Such benefits are payable if your condition requires services that are only available in a partial confinement treatment setting.

**Important Reminders:**

- Inpatient care, partial hospitalizations and outpatient treatment must be precertified by Aetna. Refer to How the Plan Works for more information about precertification.
- Please refer to the Schedule of Benefits for any copayments/eductibles, maximums, payment limits or maximum out-of-pocket limits that may apply to your substance abuse benefits.

**Limits**

The Plan does not cover charges for:

- Applied behavioral analysis (the LEAP, TEACCH, Denver or Rutgers programs).
- Inpatient or outpatient alcoholism or substance abuse rehabilitation treatment, except to the extent specifically described as covered.
- Treatment by a provider who specializes in the mental health care field who receives treatment as a part of their training in that field.
- Treatment of impulse control disorders such as pathological gambling, kleptomania, pedophilia, caffeine or nicotine use.
- Treatment of antisocial personality disorder.
- Treatment in wilderness programs or other similar programs.
- Treatment of mental retardation defects and deficiencies except to any extent specifically described as covered.
What the Medical Plan Does Not Cover

The medical Plan you are enrolled in does not cover all medical expenses; certain expenses are excluded. The list of excluded expenses in this section is representative, not comprehensive and applies to all of the medical plan options described in this booklet. Just because a type of medical treatment or an expense is not listed here does not mean that the treatment or expense will be covered.

General Exclusions

The Plan does not cover charges:

- For cancelled or missed appointments.
- For care, treatment, services or supplies:
  - Given by an unlicensed provider; or
  - Outside the scope of the provider's license.
- For care, treatment, services or supplies not prescribed, recommended or approved by a physician or dentist.
- For claim form completion.
- For drugs, devices, treatments or procedures that are experimental or investigational, except as described in What the Plan Covers.
- For services and supplies Aetna determines are not necessary for the diagnosis, care or treatment of the disease or injury involved – even if they are prescribed, recommended or approved by a physician or dentist.
- For services given by volunteers or persons who do not normally charge for their services.
- For services and supplies provided as part of treatment or care that is not covered by the Plan.
- For services and supplies provided in school, college or camp infirmaries.
- For services billed by a resident physician or intern.
- For services, supplies, medical care or treatment given by members of your immediate family (your spouse, domestic partner, child, step-child, brother, sister, in-law, parent or grandparent) or your household.
- Incurred before the date coverage starts or after the date coverage ends. This includes charges for admission to a hospital or skilled nursing facility as an inpatient before or after the date of coverage under the Plan. The Plan will cover only the part of the inpatient stay or related services that occurred after the date coverage starts this Plan.
- In excess of the recognized charge for a service or supply given by an out-of-network provider.
- In excess of the negotiated charge for a given service or supply given by an in-network provider.
- In excess of any annual or lifetime maximums specifically outlined.
• Made only because you have health coverage or that you are not legally obligated to pay, such as:
  – Care in charitable institutions that normally provide services free of charge; or
  – Care in a hospital or other facility that is owned or operated by any government that normally provide services free of charge.

• Related to employment or self-employment. This includes injuries that arise out of (or in the course of) any work for pay or profit, unless there is no other source of coverage or reimbursement available to you.

• Resulting from a felony that you commit or attempt to commit.

• To have preferred access to a physician’s services, such as boutique or concierge physician practices.

**Alternative Health Care**

The Plan does **not** cover charges for:

• Alternative or non-standard allergy services and supplies, including (but not limited to):
  – Cytotoxicity testing (Bryan’s Test);
  – Skin titration (wrinkle method);
  – Treatment of non-specific candida sensitivity; and
  – Urine autoinjections.

• Aromatherapy.

• Acupressure or hypnotherapy.

• Bioenergetic therapy.

• Biofeedback services.

• Carbon dioxide therapy.

• Herbal medicine and holistic or homeopathic care, including drugs.

• Megavitamin therapy.

• Massage therapy.

• Rolfing.

• Thermography and thermograms.

**Biological and Bionic**

The Plan does **not** cover charges for:

• Artificial organs. The Plan does not cover any device intended to perform the function of a body organ, except when medically necessary to be used as a bridge to transplant for transplant-eligible members who are awaiting permanent transplants.

• Blood, blood plasma, synthetic blood, blood products or blood substitutes. The Plan does not cover any related services, including:
– Processing, storage, or replacement costs; or
– The services of blood donors, apheresis or plamapheresis.
For autologous blood donations, only administration and processing costs are covered.

• Growth hormones, surgical procedures or any other treatment, device, drug, service or supply to increase or decrease height or alter the rate of growth.
• Any service, supply or treatment using a chelating agent, except to provide treatment for heavy metal poisoning.

Cosmetic Procedures
The Plan does not cover the following, regardless of whether the service is provided for psychological or emotional reasons:

• Injection of sclerosing solutions for treatment of varicose veins;
• Plastic surgery;
• Cosmetic surgery; or
• Mammooplasty, other services, treatments or supplies that improve, alter or enhance the shape or appearance of the body.

Custodial and Protective Care
The Plan does not cover charges for:

• Any item or service that is primarily for the personal comfort and convenience of you or a third party.
• Care provided to create an environment that protects a person against exposure that can make his or her disease or injury worse.
• Care, services and supplies provided in a:
  – Rest home;
  – Assisted living facility;
  – Health resort, spa or sanitarium; or
  – Similar institution serving as an individual’s primary residence or providing primarily custodial or rest care.
• Custodial care – care provided to help a person in the activities of daily life.
• Maintenance care.
• Removal from your home, work place or other environment of potential sources of allergy or illness, including:
  – Asbestos or fiberglass;
  – Carpeting;
  – Dust, pet dander or pests;
  – Mold; or
  – Paint.
Dental Care
Dental Care is covered under the UVa Dental Plan administered by UCCI. The medical Plan does not cover services, treatment or supplies related to the care, filling, removal or replacement of teeth, including:

- Apicoectomy (dental root resection), root canal therapy, soft tissue impactions, removal of bony impacted teeth, treatment of periodontal disease, alveolectomy, augmentation and vestibuloplasty.
- Application of fluoride and other substances to protect, clean or alter the appearance of teeth.
- Dental implants, false teeth, plates, dentures, braces, mouth guards or other devices to protect, replace or reposition teeth.
- Non-surgical treatments to alter bite or the alignment or operation of the jaw, including:
  - Treatment of malocclusion; and
  - Devices to alter bite or alignment.

Education and Training
The Plan does not cover charges for:

- Services or supplies related to education, training, retraining services or testing, including:
  - Special education;
  - Remedial education;
  - Job training; or
  - Job hardening programs.
- Evaluation or treatment, regardless of the underlying cause, of:
  - Learning disabilities;
  - Minimal brain dysfunction;
  - Developmental, learning and communication disorders; and
  - Behavioral disorders, including pervasive developmental disorders.
- Services, treatment, and education testing or training related to behavioral (conduct) problems, learning disabilities and delays in developing skills.

Family Planning and Maternity
The Plan does not cover:

- Home births.
- Home uterine activity monitoring.
- Over-the-counter contraceptive supplies, including (but not limited to) condoms and contraceptive foams, jellies and ointments.
• Reversal of sterilization procedures.
• Interruption of pregnancy unless pregnancy occurs as a result of rape or incest which has been reported to a law enforcement or public health agency or when the mother’s life could be endangered by continuing the pregnancy or when a fetus is believed to have a physician-certified incapacitating physical deformity or incapacitating mental deficiency.

Foot Care
The Plan does not cover services, supplies or devices to improve the comfort or appearance of toes, feet or ankles, including:

• Shoes (including orthopedic shoes), orthotics, arch supports, shoe inserts, ankle braces, guards, protectors, creams, ointments, or other equipment, devices or supplies, even when required after treatment of an illness or injury that was covered by the Plan.
• Treatment of calluses, bunions, toenails, hammer-toes, subluxations, fallen arches, weak feet or chronic foot pain.
• Treatment for conditions caused by routine activities such as walking, running, working or wearing shoes.

Government and Armed Forces
The Plan does not cover charges – to the extent allowed by law – for services or supplies provided, paid for, or for which benefits are provided or required:

• Because of a person’s past or present service in the armed forces of a government.
• Under any government law.

Health Exams
The Plan covers exams that are necessary to treat illness or injury, and routine preventive exams specifically described as covered. The Plan does not cover exams or related reports (including report presentation and preparation) required:

• By any government law.
• By a third party, including exams to obtain or maintain employment, or which an employer must provide under a labor agreement.
• For professional or other licenses.
• To obtain insurance.
• To travel; attend a school, camp or sporting event; or participate in a sport or other recreational activity.
Home and Mobility

The Plan does not cover alterations or additions to your home, work place or other environment, or any related equipment or device, including (but not limited to):

- Bathroom equipment such as tub seats, benches, rails and lifts.
- Equipment or supplies to help you sit or sleep, such as electric beds, water beds, air beds, warming or cooling devices, elevating chairs and reclining chairs.
- Exercise and training devices, whirlpools, sauna baths, massage devices or over-bed tables.
- Purchase or rental of air purifiers, air conditioners, water purifiers or swimming pools.
- Room additions or changes to countertops, doorways, lighting, wiring or furniture.
- Stair glides, wheelchair ramps and elevators.

The Plan does not cover vehicles and transportation devices, or alterations to any vehicle or transportation device, including:

- Automobiles, vans or trucks.
- Bicycles.
- Stair-climbing wheelchairs.
- Personal transporters.

Prescription Drugs

Prescription drugs are covered under the Prescription Drug Program administered by Catamaran or Aetna Pharmacy Management. The medical Plan covers prescription drugs provided while you are a hospital inpatient. The medical Plan does not cover:

- Any prescription drug you obtain on an outpatient basis. Refer to the Prescription Drug Program section of this book for information about coverage for drugs you obtain from a retail pharmacy or through the mail order drug program.
- Diabetic products, needles and syringes.
- Immunizations related to travel or work.
- Implantable drugs and associated devices, except contraceptive implants and IUDs. Diaphragms, cervical caps, and injectable contraceptives are not covered.
- Injectable drugs, if an oral alternative is available.
- Needles, syringes and other injectable aids.
- Nutritional supplements.
- Over-the-counter drugs, biologicals or chemical preparations that can be obtained without a prescription.
- Performance-enhancing steroids.
- Self-injectable drugs.
Reproductive and Sexual Health

The medical Plan does not cover charges for:

- Drugs to treat erectile dysfunction, impotence, or sexual dysfunction or inadequacy, whether delivered in oral, injectable or topical forms. These include, but are not limited to:
  - Alprostadil (Muse, Edex, Caverject);
  - Phenotolamine;
  - Sildenafil citrate (Viagra);
  - Tadalafil (Cialis);
  - Vardenafil (Levitra); and
  - Any other drug in a similar or identical class that has a similar or identical mode of action or produces similar or identical outcomes.

This exclusion applies whether or not the drug is delivered in oral, injectable or topical forms (including but not limited to gels, creams, ointments and patches).

- Supplies for sexual dysfunction or inadequacies with no physiological or organic basis.
- Treatment, drugs, services or supplies related to changing sex or sexual characteristics, including:
  - Surgical procedures to alter the function or appearance of the body;
  - Hormones or hormone therapy; and
  - Prosthetic devices.
- Treatment, drugs, services or supplies to treat sexual dysfunction, enhance sexual performance or increase sexual desire, including:
  - Surgery, drugs, implants, devices, or preparations to correct or enhance erectile function, enhance sensitivity, or alter the shape or appearance of a sexual organ; and
  - Sex therapy, sex counseling, or marriage counseling.

Strength and Performance

The Plan does not cover services, devices and supplies to enhance your strength, physical condition, endurance or physical performance, including:

- Drugs or preparations to enhance strength, performance or endurance.
- Exercise equipment.
- Lifestyle enhancement drugs or supplies.
- Memberships in health or fitness clubs.
- Training, advice or coaching.
- Treatments, services and supplies to treat illness, injury or disability related to the use of performance-enhancing drugs or preparations.
Tests and Therapies
The Plan does not cover charges for:

- Full-body CAT scans.
- Hair analysis.
- Hyperbaric therapy, except to treat decompression or promote healing of a wound.
- Sleep therapy.

Travel and Transportation
The Plan does not cover travel and transportation expenses even if prescribed by a physician, except ambulance services specifically described as covered. Medical evacuation and repatriation are not covered.

Vision, Speech and Hearing
The Plan does not cover charges for:

- Anti-reflective coatings and tinting of eyeglass lenses.
- Contact lenses.
- Eyeglasses, including duplicate or spare glasses, lenses or frames.
- Eye surgery to correct vision, including radial keratotomy, LASK and similar procedures.
- Fitting of eyeglasses or contact lenses for any purpose other than:
  - after cataract surgery;
  - for keratoconus or other corneal disorders associated with irregular astigmatism; or
  - when used for treatment of severe ocular surface diseases.
- Hearing aids and their fitting, and hearing aid therapy or training.
- Replacement of lenses or frames that are lost, stolen or broken.
- Routine vision or hearing exams except for newborn hearing screenings.
- Special services, such as non-prescription sunglasses and subnormal vision aids.
- Special vision procedures, such as orthoptics, vision therapy or vision training.
- Vision services mainly to correct refractive errors.
Weight Control Services
Regardless of the existence of comorbid conditions, the Plan does not cover charges for weight control, except as described in Bariatric Surgery. The Plan does not cover charges for:

- Weight control/loss programs;
- Dietary regimens and supplements;
- Appetite suppressants and other medications;
- Food or food supplements; or
- Exercise programs or equipment.
Special Programs

You may take advantage of the value-added discount and health management programs described in this section.

Discount Programs

You are eligible for discounts on health and wellness services and supplies. To learn more about these discounts, visit your secure member website at www.aetna.com.

<table>
<thead>
<tr>
<th>To learn more about….</th>
<th>Visit your secure member website at <a href="http://www.aetna.com">www.aetna.com</a> to read about….</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness services</td>
<td>Aetna Fitness&lt;sup&gt;SM&lt;/sup&gt; discount program</td>
</tr>
<tr>
<td>Hearing services and supplies</td>
<td>Aetna Hearing&lt;sup&gt;SM&lt;/sup&gt; discount program</td>
</tr>
<tr>
<td>Savings on natural therapies and products</td>
<td>Aetna Natural Products and Services&lt;sup&gt;SM&lt;/sup&gt; Program</td>
</tr>
<tr>
<td>Vision services and supplies</td>
<td>Aetna Vision&lt;sup&gt;SM&lt;/sup&gt; discount program</td>
</tr>
<tr>
<td>Weight loss products and programs</td>
<td>Aetna Weight Management&lt;sup&gt;SM&lt;/sup&gt; discount program</td>
</tr>
</tbody>
</table>

Health Management Programs

Online Health Assessment

The ActiveHealth health assessment can help you be your healthiest. This personalized online health and wellness program offers resources to help you eat better, lose weight, get in shape, relieve stress and more.

This program features:

- An online health assessment to help you identify your health needs;
- Personalized health reports and a one-page health summary to share with your doctor, based on your completed assessment; and
- A personalized action plan recommending online programs and interactive tools in areas such as nutrition, fitness, stress relief and smoking cessation – chosen for you based on your health needs.

Tailor the program to meet your needs and lifestyle by choosing the resources that are right for you. To get started, log in to your secure member website at MyActiveHealth.com/hooswell.
Pregnancy Support

The Beginning Right® Maternity Program helps you stay well throughout your pregnancy and after your baby is born. It provides:

- Information on prenatal care, labor and delivery, newborn care and more;
- A pregnancy risk survey to find out if you have any health conditions or risk factors that could affect your pregnancy;
- Extra support from obstetrically trained nurse case managers if you’re at risk during pregnancy and after delivery; and
- Smoke-Free Moms-to-Be®, a nicotine-free smoking cessation program designed specifically for pregnant women.

How Do I Get Information About This Program?

As soon as Aetna is notified of your pregnancy, Aetna will reach out to you to get things started. Or you can call and enroll yourself at: 1-800-CRADLE-1 (1-800-272-3531).

When you participate in this program, all your care is coordinated by your Ob/Gyn and Aetna case managers. Participation in this program results in the waiver of the inpatient hospital newborn costsharing if you are enrolled in Choice Health and waiver of the in-network deductible for the newborn if you are enrolled in Value Health.

Care Management

Hoo’s Well Care Management from ActiveHealth is designed to make it easier for you to manage your conditions and live your life well. The program offers you educational materials and online resources – plus nurse case management for those at high risk – for more than 30 conditions, including asthma, diabetes, certain cancers and arthritis.

Hoo’s Well Care Management program can help you:

- Understand your treatment options and how to follow your doctor’s treatment plan;
- Better manage your ongoing conditions;
- Identify and manage your risks for other conditions; and
- Make changes to reach your personal health goals.

Care Management is a complete program that helps you understand and manage your health. The challenging thing about a chronic condition is just like the name says - it’s long term. The good news is, most chronic conditions can be managed so they cause minimal interference with your daily life. The core of the program is your own nurse coach who works with you one-on-one. This close attention gives you the control and helps you need to feel your best. Here’s how it works:

- Your nurse coach helps you build a personal plan for better health-a plan that is easy to follow and can work for you.
- You’ll talk with your nurse coach by phone or online whenever you have a questions or could use some advice.
• Your nurse coach and your doctor will have access to important health information about your condition and things that might help you.
• You’ll form a stronger working partnership with your doctor, but this service does not replace your doctor in any way.

Plus, you’ll have additional online resources and tools through the MyActiveHealth.com/hooswell member engagement platform that can help you stay on top of your health. Participation is voluntary. If you have a condition supported by the program, or if you think you are at risk of developing a condition, call ActiveHealth at 1-855-231-3715.

Advanced Illness Resources

The Aetna Compassionate Care℠ program offers service and support when you are facing difficult decisions about an advanced illness. The program’s nurse case managers work with doctors to:

• Arrange for care and manage benefits;
• Find resources for the patient and family members; and
• Help family members and other caregivers manage the patient’s pain and symptoms.
• Call Aetna Member Services to talk with a nurse case manager about the Aetna Compassionate Care program. Online support is also available at www.aetnacompassionatecare.com.

Transplant and Special Medical Care

The National Medical Excellence Program® (NME) can help you get care and helpful resources when you need it most – with one-on-one support through all phases of treatment. The program includes:

• National Transplant Program – coordinates care and provides access to covered treatment through the Institutes of Excellence™ Transplant Network.
• National Special Case Program – assists members with rare or complex conditions requiring specialized treatment to evaluate treatment options and obtain appropriate care.
• Out-of-Country Care Program – supports members who need emergency inpatient medical care while temporarily traveling outside the United States.

These services must be preauthorized by Aetna.

When NME arranges for treatment at a facility more than 100 miles from your home, the Plan provides travel and lodging allowances for you and one companion, including round trip (air, train or bus) transportation costs (coach class only) or mileage, parking and tolls if traveling by auto.

Benefits for travel and lodging expenses are subject to a maximum of $10,000 per transplant or procedure. Lodging expenses are subject to a $50 per night maximum per person, or $100 per night total.

The Plan will pay for travel and lodging expenses beginning on the day you become a participant in the National Medical Excellence Program. Coverage ends on the earliest of the following dates:
• One year after the day a covered procedure was performed; or
• On the date you cease to receive any services from the program provider in connection with the covered procedure; or
• On the date your coverage terminates under the Plan.

Keep in Mind
• The Plan covers only those services, supplies and treatments considered necessary for your medical condition. The Plan does not cover treatment considered experimental or investigational (as determined by Aetna).
• Travel and lodging expenses must be approved in advance by Aetna. The Plan does not cover expenses that are not approved.
**Catamaran Prescription Drug Program**

Coverage for FDA-approved prescription drugs is an important part of your health care coverage. If you are in Value Health or Choice Health, the prescription drug program administered by Catamaran covers prescription drugs that are to be taken on an outpatient basis. (Drugs that you need while you are confined in a hospital or other covered health care facility may be covered as part of your inpatient medical benefit.) Drug program forms and documents are available at [www.mycatamaranrx.com](http://www.mycatamaranrx.com) and [www.hr virginia.edu](http://www.hr virginia.edu).

You have two ways to fill a prescription:

- At a retail pharmacy; or
- By mail order, through Catamaran Home Delivery.

**Benefit Levels**

The [Summary of Benefits](#) shows the copay or coinsurance that applies to each type of drug covered under the prescription drug program:

- Tier 1 drugs (most generics and some cost effective branded medications)
- Tier 2 drugs (most brand name drugs and more costly or less desirable generics)
- Tier 3 drugs (non-preferred brand drugs and some more costly generics)

**Generic and Brand-Name Drugs**

To save money, consider using generic drugs. Generic drugs are approved by the U.S. Food and Drug Administration, which means that a generic drug has the same quality, strength and effectiveness as the brand-name equivalent. You can ask your doctor to prescribe a generic drug or ask your pharmacist if there is a generic drug that is equal to the brand name drug your doctor prescribed.

**Keep in Mind**

If you purchase a brand-name drug when a generic drug is available, you will be responsible for the applicable coinsurance, plus the difference between the cost of the brand-name drug and the cost of the generic drug.

**What is the Preferred Drug List?**

The Preferred Drug List, which is also known as a formulary, shows the tier 1 and tier 2 drugs that are considered preferred drugs. The drugs on the list are preferred because of their overall ability to meet members’ needs at a reasonable cost. You may be able to reduce your out-of-pocket expense by using a covered tier 1 or tier 2 drug that appears on the Preferred Drug List. The amount you pay will be highest if your physician prescribes a covered tier 3 drug that does not appear on the Preferred Drug List.

You can find the Preferred Drug List online at [www.mycatamaranrx.com](http://www.mycatamaranrx.com). You can also call the toll-free number on your ID card to review the drugs included on the list.
Retail Pharmacy

Preferred Pharmacy
The Catamaran pharmacy network provides broad access to pharmacy services. When you use a participating pharmacy, you may receive up to a 90-day supply of your prescription at three times the 30-day costsharing amount.

Show your ID card and pay the applicable copay or coinsurance at the time of your purchase. There are no claim forms to fill out.

You can find a list of preferred pharmacies at www.mycatamaranrx.com.

Non-Preferred Pharmacy
You also may fill prescriptions at non-preferred (or non-participating) pharmacies. But you’ll have to pay the full cost of the prescription and file a claim to be reimbursed for all but the applicable copay or coinsurance. You will also be responsible for other charges outside of the network allowable charge.

Mail Order Prescriptions
If you take medications on a regular basis for a chronic (ongoing) condition, you may order up to a 90-day supply through the Catamaran Home Delivery. Your prescription medications will be delivered to your door.

To begin receiving mail service prescriptions, you must first enroll in one of three ways:

- By mail: Complete a Registration and Prescription Order Form and send it following the instructions on the form
- Online: Enroll through www.mycatamaranrx.com
- By telephone: Call 1-877-629-3123 Monday through Friday from 8:00 a.m. to 10:00 p.m. EST or Saturday from 9:00 a.m. to 5:00 p.m. EST.

To order, send your original prescription, together with the special order form and a check, money order, or credit card number for the applicable copayment or coinsurance to Catamaran. Order forms are available at www.mycatamaranrx.com or by calling Catamaran Member Service Department at 1-877-629-3123.

Once you are enrolled and your prescription is established, you may obtain refills by mailing the refill request slip provided with every order, by calling 1-877-629-3123 or via the “Mail Service” link at www.mycatamaranrx.com.

Prior Authorization
Some medications such as acne products, ADHD stimulants and compounds may require prior authorization. If a prior authorization is necessary, your physician must contact Catamaran on your behalf to initiate the request.

Appropriate forms for medication review are available at www.mycatamaranrx.com or by calling the Catamaran Member Service Department at 1-877-629-3123.
Specialty Drug Management Program

The Catamaran Specialty Drug Management Program provides express mail delivery of specialty medications to the location of your choice. Specialty drugs include those generally characterized as expensive biotech drugs with limited access, complicated treatment regimens, special storage requirements and/or manufacturer reporting requirements.

Specialty drugs are limited to a 30-day supply and must be filled through BriovaRx or the UVA Specialty Pharmacy. Your medication can be delivered to your home or physician’s office. You can contact BriovaRx at 1-800-850-9122 or UVA Specialty Pharmacy at 1-800-251-3627 for information. Specialty medications may require prior authorization to ensure they are used appropriately. A list of specialty drugs that are available through the Specialty Drug Management Program can be found at www.mycatamaranrx.com or by calling Catamaran Member Service Department at 1-877-629-3123.

Step Therapy Program

The prescription drug program includes a step-therapy program for individuals who take prescription drugs regularly to treat an on-going medical condition such as arthritis, asthma or high blood pressure. With an individual’s doctor prescribing all medications, the program plans a path to providing safe, effective treatment at costs as low as possible.

The program usually starts with generic drugs as a first step. If you’ve already tried a generic drug and are unable to take it (due to an allergy, for example) or there is a medical reason you need a brand-name drug, your doctor can request prior authorization for you to take a second step drug. If the prior authorization is approved, you pay the appropriate coinsurance for the drug. If it is not approved, you will be required to pay the full price for the drug.

Quality Management Program

This program ensures that prescribed quantities are safe, consistent with clinical dosing guidelines, and used appropriately. Quantities in excess of established limits will require a prior authorization.

If your prescription is written for a larger quantity than the plan covers:

- You may ask your pharmacist to fill the prescription within the quantity limits;
- Your pharmacist may ask your doctor to change your prescription to a higher strength, if one is available; or
- Your doctor may request a prior authorization from a Catamaran Clinical Expert to discuss how your medical condition requires quantities beyond FDA-recommended guidelines.
Diabetes Management Program

The prescription drug program includes a diabetes management program that provides you with tools and resources to help you manage your diabetes. The Diabetic Sense program, administered by Liberty Medical Supply for Catamaran, gives you access to Certified Diabetes Educators, registered pharmacists, and dieticians who can answer your questions about diabetic issues. You can also receive a 90-day supply of diabetes testing supplies delivered to your home at the mail order costsharing amount. Call 1-877-852-3512 or visit www.libertymedical.com/catamaran for help managing your diabetes. Contact Catamaran Member Services at 1-877-629-3123 for formulary and cost-sharing information.

Healthy Rx Program

If you fully participate in the Aetna Health ConnectionsSM disease management program for any of the following conditions, you are eligible to participate in the Healthy Rx program:

- Heart Failure
- Diabetes
- Coronary Artery Disease
- Peripheral Artery Disease
- Hypertension
- Cerebrovascular Disease (stroke)
- Hyperlipidemia (high cholesterol)
- Asthma
- Chronic Obstructive Pulmonary Disease

The Healthy Rx program offers reduced cost sharing for certain Tier 1 and Tier 2 drugs used to treat the conditions above. You can find the HealthyRx drug list online at www.mycatamaranrx.com. You can also call Catamaran Member Service Department at 1-877-629-3123 to review the drugs included on the list. Cost sharing for qualifying drugs is:

<table>
<thead>
<tr>
<th>Prescription</th>
<th>Drugs</th>
<th>Preferred Pharmacy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Retail Pharmacy</strong>&lt;br&gt;(31-90 day supply)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tier 1 Drug</td>
<td>$0 copay</td>
<td></td>
</tr>
<tr>
<td>Tier 2 Drug</td>
<td>$15 copay per 30-day supply</td>
<td></td>
</tr>
<tr>
<td><strong>Mail-Order Prescription Drugs</strong>&lt;br&gt;(up to a 90-day supply)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tier 1 Drug</td>
<td>$0 copay</td>
<td></td>
</tr>
<tr>
<td>Tier 2 Drug</td>
<td>$30 copay</td>
<td></td>
</tr>
</tbody>
</table>
Covered Drugs

The Plan covers:

- FDA-approved Federal legend drugs (drugs that require a label stating: “Caution: Federal law prohibits dispensing without prescription”) or any other FDA-approved drug which under the applicable state law may be dispensed only upon the written prescription of a physician.
- Compounded medication, of which at least one ingredient is a federal legend drug.
- Contraceptives (oral, emergency, injectable and devices including diaphragms and cervical caps).
- Diabetic products, needles and syringes.
- Insulin.
- Injectables, including but not limited to, growth hormones and blood products.
- Smoking cessation aids.

What the Prescription Drug Program Does Not Cover

The prescription drug program does not cover the following prescription drug expenses:

- Administration or injection of any drug.
- Any drug dispensed by a mail order pharmacy other Catamaran Home Delivery.
- Any drug that does not, by federal or state law, require a prescription, such as an over-the-counter drug or equivalent over-the-counter product, even when a prescription is written for it except those preventive drugs required by the Affordable Care Act.
- Any prescribed drug that is also available over-the-counter or that has an equivalent over-the-counter product.
- Any refill of a drug dispensed more than one year after the latest prescription for it, or as prohibited by law where the drug is dispensed.
- Drugs or medicines prescribed or dispensed by any person in a Participant’s immediate family, defined as including parents, siblings, spouses, children, grandparents, aunts, uncles, nieces and nephews.
- Drugs or medicines prescribed or dispensed by the Participant themselves.
- Experimental or investigational drugs.
- Inpatient drugs: Any drug provided by a health care facility or while you are an inpatient there. Also, any drug provided on an outpatient basis by a health care facility if benefits are paid for it under any other part of this Plan or another plan sponsored by your employer.
- Travel-related drugs, medicines, or immunizations.
- Infertility medication.
- Non-sedating antihistamines.
- Vitamins (except injectable vitamins) and diet pills.
• Nutritional prescription formulas and supplements.
• Herbal medication.
• Weight loss drugs.

Drugs Available under the Discount Benefit Price Structure

Certain drugs that are excluded under the Plan may be covered with 100% member costsharing under the discount benefit price structure, including but not limited to:

• Drugs or medicines (other than injectable insulin) that can be purchased without a physician’s prescription including non-sedating antihistamines.
• Vitamins and diet pills.
• Nutritional prescription formulas and supplements.
• Drugs not considered Medically Necessary, including psoralens and tretinoin (retin-A) for cosmetic use, minoxidil lotion (Rogaine), and nystatin oral powder.
• Infertility medications.
• Travel-related drugs, medicines, or immunizations.
Aetna Prescription Drug Program

Coverage for FDA-approved prescription drugs is an important part of your health care coverage. If you are in Basic Health, the prescription drug program administered by Aetna covers prescription drugs that are to be taken on an outpatient basis. (Drugs that you need while you are confined in a hospital or other covered health care facility may be covered as part of your inpatient medical benefit.) Drug program forms and documents are available at www.aetna.com and www.hr.virginia.edu.

You have two ways to fill a prescription:

- At a retail pharmacy; or
- By mail order, through Aetna Rx Home Delivery.

Benefit Levels

The Summary of Benefits shows the copay or coinsurance that applies to each type of drug covered under the prescription drug program:

- Tier 1 drugs (generic drugs)
- Tier 2 drugs (formulary brand-name drugs)
- Tier 3 drugs (non-formulary brand drugs)

Generic and Brand-Name Drugs

To save money, consider using generic drugs. Generic drugs are approved by the U.S. Food and Drug Administration, which means that a generic drug has the same quality, strength and effectiveness as the brand-name equivalent. You can ask your doctor to prescribe a generic drug or ask your pharmacist if there is a generic drug that is equal to the brand name drug your doctor prescribed.

Keep in Mind

If you purchase a brand-name drug when a generic drug is available, you will be responsible for the applicable coinsurance, plus the difference between the cost of the brand-name drug and the cost of the generic drug.

What is the Preferred Drug List?

The Aetna Preferred Drug (formulary) Guide is a list of many commonly prescribed drugs. Along with other information, it also shows the coverage tiers that apply to the medications listed. You pay the lowest cost out of your pocket for Tier 1 drugs, a slightly higher cost for Tier 2 drugs and the highest cost for Tier 3 drugs.

You can find the Preferred Drug (formulary) Guide online at www.aetna.com/formulary. You can also call the toll-free number on your ID card to review the drugs included on the list.
Retail Pharmacy

In-Network Pharmacy
You may fill your prescription for up to a 90-day supply at a pharmacy that belongs to Aetna’s pharmacy network.

Show your ID card and pay the applicable copay or coinsurance at the time of your purchase. There are no claim forms to fill out.

You can find a list of in-network pharmacies at www.aetna.com.

Out-of-Network Pharmacy
You also may fill prescriptions at non-participating pharmacies. But you’ll have to pay the full cost of the prescription and file a claim to be reimbursed for all but the applicable copay or coinsurance. You will also be responsible for other charges outside of the network allowable charge.

Mail Order Prescriptions
If you take medications on a regular basis for a chronic (ongoing) condition, you may order up to a 90-day supply through the Aetna Rx Home Delivery, Aetna’s mail-order drug service. Your prescription medications will be delivered to your door.

To order by mail, send your original prescription, together with the special order form and a check, money order, or credit card number for the applicable coinsurance to Aetna. Order forms are available at www.aetnanavigator.com or by calling Aetna Member Services.

Refills are simple, too. When you receive your original prescribed medication from the mail service program, you will also receive refill information. You can order refills by mail, by phone or online at www.aetnanavigator.com.

Specialty Pharmacy
Patients with chronic medical conditions often need medications that are not readily available at a local pharmacy. These medications may require special storage and handling, and sometimes they have side effects that must be carefully monitored.

Specialty drugs are limited to a 30-day supply and must be filled through Aetna Specialty Pharmacy or the UVA Specialty Pharmacy. Your medication can be delivered to your home or physician’s office. You can contact UVA Specialty Pharmacy at 1-800-251-3627 or Aetna Specialty Pharmacy at 1-866-782-2779.

Aetna Specialty Pharmacy provides medications and clinical support for patients with chronic medical conditions such as:

- Asthma
- Blood disorders
- Cancer
- Chronic renal failure
- Cystic fibrosis
- Growth hormone deficiency
- Hepatitis
- Multiple sclerosis
- Osteoporosis
- Pulmonary disease
- Rheumatoid arthritis
- Psoriasis
- Transplants
The goal of Aetna Specialty Pharmacy is to work with you and your physician to ensure that you:

- Are on the right medication therapy;
- Have the medications and supplies you need; and
- Know how to administer your medications.

Ordering your medications from Aetna Specialty Pharmacy is easy:

- Your physician can fax the prescription to **1-866-FAX-ASRX (1-866-329-2779)**.
- You or your physician can mail the prescription
to: Aetna Specialty Pharmacy
  503 Sunport Lane
  Orlando, FL 32809
- Your physician can call Aetna Specialty Pharmacy at **1-866-782-ASRX (1-866-782-2779)**.

Your medications will usually be shipped within 24-48 hours. A welcome packet in your first delivery will tell you about the services offered by Aetna Specialty Pharmacy, explain how to order refills, and provide important contact information.

<table>
<thead>
<tr>
<th>For More Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>You can reach Aetna Specialty Pharmacy 24 hours a day, 7 days a week at <strong>1-866-782-2779</strong>.</td>
</tr>
</tbody>
</table>

**Precertification**

Your physician must request prior authorization by Aetna for certain prescription drugs before your prescription can be filled. This process is called precertification. Precertification helps encourage the appropriate and cost-effective use of prescription drugs.

The precertification program is based upon current medical findings, manufacturer labeling, FDA guidelines, and cost information. For these purposes, cost information includes any manufacturer rebate arrangements between Aetna and the manufacturers of certain drugs on Aetna’s Formulary.

The drugs requiring precertification are subject to change. Call Member Services or visit Aetna’s website for the current Precertification List.

**Step Therapy Program**

The prescription drug program includes a step-therapy requirement. Step-therapy is a type of precertification. Certain drugs are not covered unless you have tried one or more “prerequisite therapy” medication(s) first. There may be times, however, when it is medically necessary for you to use a step-therapy medication as initial therapy without first trying a prerequisite therapy drug. In that situation, your doctor can request coverage of the step-therapy medication as a medical exception by contacting the Pharmacy Management Precertification Unit.

The step-therapy program is based upon current medical findings, manufacturer labeling, FDA guidelines, and cost information. For these purposes, “cost information” includes any manufacturer rebate arrangements between Aetna and the manufacturers of certain drugs on Aetna’s Formulary.
Healthy Rx Program

If you fully participate in the Aetna Health Connections™ disease management program for any of the following conditions, you are eligible to participate in the Healthy Rx program:

- Heart Failure
- Diabetes
- Coronary Artery Disease
- Peripheral Artery Disease
- Hypertension
- Cerebrovascular Disease (stroke)
- Hyperlipidemia (high cholesterol)
- Asthma
- Chronic Obstructive Pulmonary Disease

The Healthy Rx program offers reduced cost sharing for certain Tier 1 and Tier 2 drugs used to treat the conditions above. You can find the HealthyRx drug list online at www.hr.virginia.edu. You can also call Aetna Pharmacy Management at 1-888-792-3862 to review the drugs included on the list. Cost sharing for qualifying drugs is:

<table>
<thead>
<tr>
<th>Prescription Drugs</th>
<th>Preferred Pharmacy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Retail Pharmacy</strong> (31-90 day supply)</td>
<td></td>
</tr>
<tr>
<td>Tier 1 Drug</td>
<td>$0 copay</td>
</tr>
<tr>
<td>Tier 2 Drug</td>
<td>$15 copay per 30-day supply</td>
</tr>
<tr>
<td><strong>Mail-Order Prescription Drugs</strong> (up to a 90-day supply)</td>
<td></td>
</tr>
<tr>
<td>Tier 1 Drug</td>
<td>$0 copay</td>
</tr>
<tr>
<td>Tier 2 Drug</td>
<td>$30 copay</td>
</tr>
</tbody>
</table>
Covered Drugs

The Plan covers:

- FDA-approved Federal legend drugs (drugs that require a label stating: "Caution: Federal law prohibits dispensing without prescription") or any other FDA-approved drug which under the applicable state law may be dispensed only upon the written prescription of a physician.
- Compounded medication, of which at least one ingredient is a federal legend drug.
- Contraceptives (oral, injectable and devices including diaphragms and cervical caps).
- Diabetic products, needles and syringes.
- Insulin.
- Injectables, including but not limited to, growth hormones and blood products.
- Lifestyle performance drugs, in oral, injectable and topical forms:
  - Alprostadil (Muse, Edex, Caverject)
  - Phentolamine
  - Sildenafil citrate (Viagra)
  - Tadalafil (Cialis)
  - Vardenafil (Levitra)

The plan’s coverage of sildenafil citrate, tadalafil and vardenafil is limited to 6 pills per month. If delivered in another form, Aetna will determine the cost-equivalent unit amount for a 30-day supply.

Lifestyle performance drugs are not available through Aetna Rx Home Delivery.

- Smoking cessation aids.

What the Prescription Drug Program Does Not Cover

The prescription drug program does not cover the following prescription drug expenses:

- Administration or injection of any drug.
- Any drug dispensed by a mail order pharmacy other Aetna Rx Home Delivery.
- Any drug that does not, by federal or state law, require a prescription, such as an over-the-counter drug or equivalent over-the-counter product, even when a prescription is written for it except those preventive drugs required by the Affordable Care Act.
- Any prescribed drug that is also available over-the-counter or that has an equivalent over-the-counter product.
- Any refill of a drug dispensed more than one year after the latest prescription for it, or as prohibited by law where the drug is dispensed.
- Drugs or medicines prescribed or dispensed by any person in a Participant’s immediate family, defined as including parents, siblings, spouses, children, grandparents, aunts, uncles, nieces and nephews.
- Drugs or medicines prescribed or dispensed by the Participant themselves.
• Durable medical equipment, including insulin pumps.
• Experimental or investigational drugs.
• Inpatient drugs: Any drug provided by a health care facility or while you are an inpatient there. Also, any drug provided on an outpatient basis by a health care facility if benefits are paid for it under any other part of this Plan or another plan sponsored by your employer.
• Travel-related drugs, medicines, or immunizations.
• Infertility medication.
• Non-sedating antihistamines.
• Vitamins (except injectable vitamins) and diet pills.
• Nutritional prescription formulas and supplements.
• Herbal medication.
• Weight loss drugs.
Eligibility and Enrollment

This section describes who is eligible for coverage, how to enroll for coverage, and when coverage goes into effect.

Who Is Eligible

Active Employees
You are eligible to enroll in the Plan if you are employed by the University and you are:

• A full-time employee;
• A part-time employee who is scheduled to work at least 20 hours per week;
• A part-time Medical Center employee who has either signed a Flexible Staffing Agreement or is otherwise an eligible part-time employee as defined by the Medical Center; or
• A wage employee who has averaged at least 30 hours of service per week during their 12-month measurement period.

Keep in Mind
Leased and contract employees are not eligible for the Plan.

Postdoctoral Fellows
You are eligible to enroll in the Plan if you are a postdoctoral fellow with a postdoctoral appointment at the University of Virginia.

Dependents
You may enroll your eligible dependents if you provide documentation confirming their eligibility. Your eligible dependents are:

• Your legally recognized spouse in the Commonwealth of Virginia who has no access to affordable health care coverage of minimum value through his/her employer.
• Your dependent children through the end of the year in which they turn age 26:
  – Your children by birth or adoption;
  – Children placed with you for adoption;
  – Children for whom you are the legal parent through a surrogate contract;
  – Stepchildren; and
  – Foster children.
• Unmarried, dependent children for whom you are the legal guardian with permanent custody unless either of the child’s biological parents also reside with you except when the biological parent(s) is (are) a minor who shares custody with you.

These legal dependents are eligible through the end of the year in which they turn age 26 if custody was awarded prior to the child’s 18th birthday, the child lives at home and is declared as a dependent on your income tax return.
Coverage for a dependent handicapped child may continue beyond the end of the year in which they turn 26 if:

- The child is permanently and totally handicapped;
- The handicap began before the child reached age 26;
- The application forms for handicapped status are requested from Aetna, the claims administrator, PRIOR to the dependent’s 26th birthday and the completed forms (including treating physician’s form) are submitted no later than 30 days after your child’s 26th birthday;
- The child is unmarried, lives at home, and is declared on your income tax return; and
- The child has maintained continuous coverage under an employer-sponsored plan of the employee or the other natural/adoptive parent.

**What If My Spouse and I Both Work for the University of Virginia?**

- No one may be covered both as an employee and as a dependent, and no dependent may be covered by more than one employee. If you and your spouse are both eligible employees, you have these options:
  - One of you may enroll as an employee and cover the other as a dependent.
  - You may each enroll as an employee. Only one of you may enroll your children as a dependent.

**If Your Child Is Adopted**

Coverage for your legally adopted child is effective on the date the child is adopted or placed with you for adoption if you request coverage for the child in writing within 60 days of the placement.

If you submit an application more than 60 days after the adoption but within the same plan year, the change will be effective the first of the month following receipt of application.

**If Your Child Is Born by Gestational Surrogate**

Coverage for your legal child birthed by a surrogate mother is effective on the date the child is born if you request coverage for the child in writing within 60 days of the birth.

If you submit an application more than 60 days after the birth but within the same plan year, the change will be effective the first of the month following receipt of application.

**Qualified Medical Child Support Orders**

A qualified medical child support order (QMCSO) is a court order that requires a parent to provide health care benefits to one or more children. Coverage under the Plan can be extended to a child covered by a QMCSO if:

- Your child meets the definition of an eligible dependent under the Plan; and
- The University determines that the order is “qualified.”

Coverage under the QMCSO is not effective until after the date your coverage becomes effective.
**Retirees**

You are eligible to enroll in the Plan as a retiree if you retire from the University, you worked at the University of Virginia Academic Division or Medical Center for at least five (5) consecutive years, and you were eligible for enrollment in the Plan as an active employee on your last day as an active University employee (not including COBRA coverage) and you are:

- A retiring University employee eligible for a monthly annuity payment from Virginia Retirement System (VRS) or a periodic benefit payment from the Medical Center Retirement Plan (MCRP) or Optional Retirement Plan (ORP) programs; and you begin to receive your payments immediately upon retirement; and your last employer before retirement was the University of Virginia.

You are also eligible to enroll in the Plan as a retiree if you are approved for long-term disability through the VSDP or other Employer-Sponsored disability plans and have applied for Social Security disability.

You may join the Retiree group even if you weren’t enrolled in the Plan as an active Employee as long as you were eligible for enrollment in the Plan as an active employee on your last day as an active University employee. You will only be eligible for single coverage.

Your eligible dependents that are enrolled under your plan on your last day as an active University employee may enroll under your Retiree coverage.

**Keep in Mind**

If you do not enroll within 31 days of first becoming eligible as a retiree, you will not have another chance to enroll in the Plan.

**Survivors of Active Employees**

Your surviving spouse and/or dependents are eligible to enroll in the Plan as a survivor if you die while you are an active employee at the University and they were enrolled under your plan on your last day as an active University employee. Their enrollment under your plan will terminate on the last day of the month following the month in which you died.
How to Enroll

Participation in the Plan is usually not automatic; you must enroll in order to have the coverage of your choice. You and your dependents can enroll:

- Within 60 days of the date you become eligible for coverage;
- During the annual open enrollment period; or
- Within 60 days of a qualified life event.
- For wage employees, within the Wage Administrative Period associated with your 12-month measurement period.

Keep in Mind

- All requests for enrollment of spouses or children must include documentation confirming dependent eligibility.
- All retiree enrollments must be submitted within 31 days of your retirement date.
- All survivor enrollments must be submitted within 31 days of the termination of their coverage on your plan.

New Employees

As a new employee, you must enroll within 60 days of your hire date. If you do not enroll or waive coverage within this 60-day period, you will be automatically enrolled in Value Health with single coverage. You will not be able to add your spouse or children to this coverage until the next annual open enrollment period unless you have a qualified life event. In addition, you will not be able to change from one health option to any other option until the next annual open enrollment period.

Annual Open Enrollment

During the annual open enrollment period, you have a chance to review your coverage needs for the upcoming year and change your coverage choices, if necessary. The choices you make during open enrollment will be in effect for the following calendar year.

Qualified Life Event Changes

During the calendar year, you may add or drop dependents only when you have a qualified life event. You must submit an application in writing to University Human Resources or online if you are an active employee for any change prior to or within 60 days of the qualified life event. The change will be effective the first of the month following receipt of the application or online request and required documentation. If you miss this 60-day deadline, you may submit an application and documentation within the same plan year but any applicable premium change and any addition to your Plan enrollment will be effective the first of the month following receipt of the application or online request.
If you are dropping dependents because they are no longer eligible to be enrolled on your Plan, their coverage will end as of the date described in the section “When Coverage Ends.” To avoid being responsible for any claims the Plan may pay for your ineligible former dependents, you must notify the University Human Resources Benefits Division in writing or online of the dependent’s ineligibility at least three weeks prior to the end of the dependent’s coverage (date described in the section “When Coverage Ends.”) and provide documentation. If you have not done so, you will be responsible for reimbursing the Plan for any payments made by the Plan for claims submitted for your ineligible dependents after the date their coverage ends, whether you have notified the University Human Resources Benefits Division of your dependent’s ineligibility within 60 days of the qualified life event or not. Participants with ineligible dependents enrolled on their policy or those who owe reimbursement for the cost of any ineligible claims paid by the Plan for you or your dependents may receive disciplinary action up to and including employment termination.

**Keep in Mind**
- The change in coverage you request must be consistent with, and due to, the qualified life event.
- Documentation must be submitted to confirm qualifying events. Documentation must also be submitted to confirm dependent eligibility.
- All changes to enrollment as a retiree or survivor due to qualified life events must be submitted within 31 days instead of the instead of the 60 days applicable for active employees and COBRA enrollees. This includes all changes in the chart below.
- Online requests by active employees must be made through Benefits@ for academic employees and PeopleSoft for Medical Center employees.

The following are examples of qualified life events and the mid-year enrollment changes they allow:

<table>
<thead>
<tr>
<th>Qualified Life Event</th>
<th>Enrollment Changes Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>You get married</td>
<td>Enroll your spouse and other eligible dependents; or Drop coverage for yourself</td>
</tr>
<tr>
<td>You have a child, by birth or adoption, or add a stepchild or foster child to your family</td>
<td>Enroll the child and other eligible dependents</td>
</tr>
<tr>
<td>You get divorced, your marriage is annulled, or a covered dependent dies</td>
<td>Drop coverage for your ex-spouse or deceased dependent</td>
</tr>
<tr>
<td>Your covered child reaches the maximum age for coverage</td>
<td>Drop coverage for your child</td>
</tr>
<tr>
<td>As the result of a change in your spouse’s or dependent’s employment, healthcare coverage is available under your spouse’s or dependent’s plan</td>
<td>Drop coverage for you and any dependents who enroll in your spouse’s or dependent’s plan</td>
</tr>
<tr>
<td>Qualified Life Event</td>
<td>Enrollment Changes Allowed</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------</td>
</tr>
<tr>
<td>As the result of a change in your spouse’s or dependent’s employment, health care</td>
<td>Add coverage for you and/or any eligible</td>
</tr>
<tr>
<td>coverage under your spouse’s or dependent’s plan is lost or the cost of coverage will</td>
<td>dependents who lost the other coverage</td>
</tr>
<tr>
<td>increase significantly</td>
<td></td>
</tr>
<tr>
<td>You move into or out of the Plan service area</td>
<td>None</td>
</tr>
<tr>
<td>You become eligible for Medicare or Medicaid</td>
<td>Drop coverage for yourself</td>
</tr>
</tbody>
</table>

**Special Enrollment Rights**

There are certain Qualified Life Events that provide you with Special Enrollment Rights:

- For birth, adoption, or placement for adoption, you can enroll yourself, the new child, as well as any other eligible dependents not already on your policy. If you make application to add the child within 60 days of the event, the coverage is retroactive to the date of birth or adoption and the premium change, if appropriate, is effective the first of the month in which the event occurs. The addition of other dependents to your policy will be retroactive to the first of the month after the event date.

- For marriage, you can enroll yourself, your new spouse, and any other eligible dependents not already on your policy. The coverage is effective the first of the month following the receipt of the enrollment application at the University Human Resources or online request.

- An additional Special Enrollment Right is granted by a federal law known as HIPAA when eligibility is lost for other coverage or when COBRA coverage is exhausted or terminated. Based on these events, you may enroll yourself, your spouse, and/or your dependents who have lost other coverage within 60 days of the event. The coverage is effective the first of the month following receipt of the enrollment application at the University Human Resources or online request.

- Loss of SCHIP/Medicaid eligibility or provision of premium assistance by SCHIP/Medicaid is an additional Special Enrollment Right. You may enroll yourself, your spouse, and/or your dependents who have lost eligibility for the government-provided coverage or who have become eligible for state assistance which provides help paying for Plan coverage. The coverage is effective the first of the month following receipt of the enrollment application at the University Human resources or online request.

**When Coverage Begins**

When Plan coverage begins depends on when you and your dependents enroll:

- For people who enroll when they first become eligible, coverage begins on the first of the month following your date of hire. If you are hired on the first of the month, coverage begins immediately.

- For people enrolling during an open enrollment period, coverage begins on the following January 1.
• For people enrolling because of a qualified life event, coverage begins on the first of the month following receipt of the enrollment and documentation at University Human Resources Benefits Division except births and adoptions. These changes are effective the date of the event if the enrollment is received within 60 days of the event and the premium change, if appropriate, is effective the first of the month in which the event occurs. If you submit the enrollment more than 60 days after the date of the birth or adoption but within the same plan year, coverage begins on the first of the month following receipt of the enrollment.
• For wage employees, coverage begins on the first of the month following the Wage Administrative Period associated with your 12-month measurement period.

What If I Leave the University, Then Come Back?

Do you have to meet another waiting period if you come back to work for the University? When will your coverage begin? It all depends on when you are re-hired.

• If you’re re-hired within 31 days, you have no waiting period and no break in coverage.
• If you’re re-hired more than 31 days after your termination date, you must complete another waiting period before your new coverage begins, the same as a new employee.

How You Pay for Coverage

While you are an active employee, you share the cost of coverage under the Plan through payroll contributions. Your contribution is deducted from your pay on a before-tax basis.

Before-Tax Contributions and Social Security

Before-tax contributions come from your pay before federal income taxes, FICA (Social Security and Medicare) taxes, and most state and local income taxes are figured. Because your taxes are calculated on a lower amount of taxable income, you pay less tax. This has the effect of reducing the cost of your coverage.

When you reduce the amount of your pay that is subject to Social Security taxes, you may also reduce your Social Security benefit. Any benefit reduction, however, should be only slight, and it will likely be more than offset by your reduced taxes.

Important!
Consult your tax adviser if you have questions about your benefit contributions and taxes.

Wage Employee Premiums

As a wage employee enrolled in the UVa Health Plan’s Basic Health Wage option, your premiums will be deducted from your paychecks. On the occasion that your check does not have sufficient funds to cover your premium, you will need to pay the balance owed by check or money order within 30 days of the missed or insufficient premium deduction. Additional premium deductions from a future paycheck within this 30-day grace period to cover the balance owed will also satisfy the premium requirement. Coverage will be terminated if the balance owed is not paid within the 30-day grace period with no opportunity for re-enrollment during this twelve-month stability period.
Checks or money orders for missed or insufficient premium deductions should be made payable to the UVa Health Plan and mailed to University Human Resources, Benefits Division.

**Postdoctoral Fellow Premiums**

When you are a postdoctoral fellow, you are responsible for the monthly premium payments that are not covered by your grant or department. You can elect to receive coupons for monthly premium payments or arrange monthly electronic payments from your bank.

Self-payments are due on the first day of the month for which coverage is sought (the coverage period). If payment in full is not received within 30 days of the due date, the coverage will be cancelled with no option to reinstate coverage. If your premium is received after the due date but before the end of the 30-day grace period, your coverage under the Plan will be suspended as of the first day of the coverage period and then retroactively reinstated (going back to the first day of the coverage period) when the premium is received. This means that any claim you submit for benefits while your coverage is suspended may be denied and may have to be resubmitted once your coverage is reinstated. Reimbursements for covered expenses incurred will only be made when all required self-payments have been received.

The premium rates charged for the postdoctoral fellow group and the benefits provided under the Plan are subject to change annually. Premium rates and benefits will generally not change more than once per year.

Requests for termination of your or your dependent's coverage will be granted prospectively. Retroactive termination requests and associated premium refunds will not be honored.

**Retiree and Survivor Premiums**

When you are a retiree or survivor, you are responsible for the monthly premium payments. You can elect to have the premium debited directly from your VRS annuity, receive coupons for monthly premium payments, or arrange monthly electronic payments from your bank.

Self-payments are due on the first day of the month for which coverage is sought (the coverage period). If payment in full is not received within 30 days of the due date, the coverage will be cancelled with no option to reinstate coverage. If your premium is received after the due date but before the end of the 30-day grace period, your coverage under the Plan will be suspended as of the first day of the coverage period and then retroactively reinstated (going back to the first day of the coverage period) when the premium is received. This means that any claim you submit for benefits while your coverage is suspended may be denied and may have to be resubmitted once your coverage is reinstated. Reimbursements for covered expenses incurred will only be made when all required self-payments have been received.

The premium rates charged for the retiree and survivor group and the benefits provided under the Plan are subject to change annually. Premium rates and benefits will generally not change more than once per year.

Requests for termination of your or your dependent's retiree or survivor coverage will be granted prospectively. Retroactive termination requests and associated premium refunds will not be honored.
When Coverage Ends

Plan coverage for an employee ends the last day of the month in which any of the following occurs:

- The employee no longer meets the Plan’s eligibility requirements;
- The Plan is terminated;
- The employee dies;
- Employment ends;
- The employee fails to pay any required contribution for coverage or reimbursement for payment of ineligible claims; or
- The employee covers an ineligible dependent. Coverage for dependents ends on:
  - The last day of the month in which:
    - The employee’s coverage ends;
    - The dependent is no longer eligible for dependent coverage;
    - The employee does not pay the required contribution for dependent coverage;
    - The dependent dies;
    - All dependent coverage under the Plan ends; or
    - The dependent becomes covered as an employee.
- The last day of the year in which:
  - The dependent child reaches age 26.
- The last day of the month after the month in which:
  - The employee dies.

Coverage for a retiree or survivor ends on the earliest of the following dates:

- The last day of the month in which a retiree or survivor waives coverage;
- The last day of the month preceding the first day of the month in which the retiree or survivor becomes eligible for Medicare;
- The last day of the month preceding the first day of the month for which the retiree or survivor fails to make a premium payment or repayment for ineligible claims, in full, when due;
- The last day of the month in which long-term disability payments end;
- The last day of the month in which a retiree or survivor no longer meets the Plan’s eligibility requirements;
- The date the Plan is terminated or coverage for all retirees/survivors under the Plan is terminated; or
- The date of the retiree’s or survivor’s death.

In the event of a divorce, coverage for a spouse ends on the last day of the month of the divorce.
Leaves of Absence

The Plan includes rules about how a leave of absence affects your coverage. The rules vary based on the reason for the leave.

**Family, Medical, and Military Leave Act**

Through the Family and Medical Leave Act (FMLA), you may request up to 12 work weeks of leave during any 12-month period for the birth or adoption of a child, or for a serious health condition affecting you or a family member and up to 26 weeks for qualified military leave. During FMLA leave, your Plan coverage continues so long as you continue making your contributions.

**USERRA Military Leave**

The Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA) allows qualified employees to continue their enrollment in the Plan for up to 24 months when they are called to active duty for more than 31 days.

You may continue Plan coverage during your military leave until the earlier of:

- 24 months (terms are similar to COBRA); or
- The date you fail to return to work as outlined by USERRA.

If you do not continue coverage for you or your family members during your leave and you return to work:

- You and your family members will again be covered on the first of the month following the date you return to work from your military leave, if you apply at that time (this requires you to return to work as outlined by USERRA);
- Any eligibility waiting period not completed earlier will not be credited during your leave.

You will be given credit for the time you were covered under the Plan before your military leave, as well as credit for any/all of the 24-month continuation period, when elected.

You are responsible for paying the employee cost for coverage during a military leave. If you fail to make timely payments, as outlined in your billing statement, your coverage will be terminated. You must pay the billed amount in full; you cannot defer payments until you return to work.
Continuing Coverage

When Plan coverage would normally end, you or your covered dependents may be able to continue coverage in certain circumstances. This section describes how you or your covered dependents may be able to temporarily continue coverage:

- For a handicapped child;
- Through the Consolidated Budget Reconciliation Act of 1985 (COBRA)

**Continued Coverage for a Handicapped Child**

If your child is handicapped, the child's health care coverage may be continued past the Plan's age limit for dependents.

Your child is considered handicapped if:

- He or she is unable to earn a living because of a mental or physical handicap that starts before he or she reaches the age limit for dependents; and
- He or she depends mainly on you for support and maintenance.

You must contact Aetna prior to your handicapped dependent’s 26th birthday and request the application forms for handicapped status. You and the child’s treating physician must complete the forms giving Aetna proof of your child’s handicap. You must submit the forms no later than 30 days after your child’s 26th birthday. The child’s coverage will end on the first to occur of the following:

- Your child is no longer handicapped;
- You fail to provide proof that the handicap continues;
- You fail to have any required exam performed; or
- Your child's coverage ends for a reason other than reaching the age limit.

Aetna has the right to require proof that the handicap continues. Aetna also has the right to examine your child as often as needed while the handicap continues. Once the child is two years beyond the Plan’s dependent age limit, these exams will not be required more than once a year. Aetna will pay for the exams.

**Continuing Plan Coverage under COBRA**

If your employment ends for any reason other than for gross misconduct, or if you or your covered dependent is no longer eligible for coverage under the Plan, you and/or your covered dependent may temporarily continue coverage through the federal law known as COBRA. Notify the University Human Resources Benefits Division immediately if you or your covered dependents experience a “COBRA Event” as defined in the following chart. You have 60 days from the date of the event to contact the University Human Resources Benefits Division to enroll for COBRA. The University Human Resources Benefits Division will inform their COBRA Administrator of your or your dependents’ eligibility upon receiving notification from you. If you do not report the COBRA Event during this timeframe, you will lose your eligibility to continue under COBRA.
If you wish to choose this continued coverage, you must do so in writing to the COBRA Administrator within 60 days of the later of the date of the COBRA notification letter from the COBRA Administrator or the date of the COBRA event that ends your regular active employee coverage under the Plan. You pay the full cost of COBRA coverage, plus a 2% administration fee on an after-tax basis. The full cost of coverage is different from the contribution you pay while you are working for the University.

The chart below lists the reasons that coverage could end for you or your covered dependent. For each of those reasons, COBRA specifies the length of time that you may continue your Plan coverage.

<table>
<thead>
<tr>
<th>Reason Coverage Ended (&quot;COBRA Event&quot;)</th>
<th>You</th>
<th>Your Spouse</th>
<th>Your Child</th>
</tr>
</thead>
<tbody>
<tr>
<td>You lose coverage because of reduced work hours</td>
<td>18 months</td>
<td>18 months</td>
<td>18 months</td>
</tr>
<tr>
<td>Your employment terminates for any reason, other than for gross misconduct</td>
<td>18 months</td>
<td>18 months</td>
<td>18 months</td>
</tr>
<tr>
<td>You or your covered dependent becomes eligible for Social Security disability benefits when you lose coverage under the Plan</td>
<td>29 months</td>
<td>29 months</td>
<td>29 months</td>
</tr>
<tr>
<td>You divorce</td>
<td>N/A</td>
<td>36 months</td>
<td>36 months</td>
</tr>
<tr>
<td>You become entitled to Medicare</td>
<td>N/A</td>
<td>36 months</td>
<td>36 months</td>
</tr>
<tr>
<td>Your child is no longer eligible (e.g., reaches age 26)</td>
<td>N/A</td>
<td>N/A</td>
<td>36 months</td>
</tr>
</tbody>
</table>

Being eligible for Medicare at the time of your COBRA event does not prevent you from electing COBRA coverage for yourself.

**Electing and Paying for COBRA Coverage**

You pay the full cost of your Plan coverage when you elect COBRA coverage, plus a 2% administration fee. When you are eligible for COBRA coverage, you will be notified of its monthly cost. If you become eligible for Social Security disability benefits, the cost of COBRA coverage starting with the 19th month will be 150% of the Plan’s cost, plus a 2% administration fee.

When you are notified by the Plan’s COBRA Administrator that you are eligible for COBRA coverage, you will have 60 days to elect that coverage. You will then have an additional 45 days to pay the cost of your COBRA coverage, retroactive to the date your coverage began (the date of your COBRA event). During the 60-day election period, the Plan will, upon request, notify health care providers of your right to elect COBRA coverage, retroactive to the date of your COBRA event. Actual coverage will not begin until your first payment is received.
On an ongoing basis, premium payments are due on the first day of the month for the upcoming coverage period. You will not receive reminders for unpaid premiums. If payment due is not received within 30 days of the due date, coverage will end. If your premium is received after the due date but before the end of the 30-day grace period, your coverage under the Plan will be suspended as of the first day of the coverage period. When payment is received, coverage will be retroactively reinstated back to the first day of the coverage period. This means that any claim you submit for benefits while your coverage is suspended may be denied. If so, you may have to resubmit your claim once coverage is reinstated.

### Notification Requirements

<table>
<thead>
<tr>
<th>COBRA Event</th>
<th>Notification Procedures</th>
<th>Who Must Take Action and When</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you terminate employment</td>
<td>The COBRA Administrator will send a COBRA notification letter to your last known address notifying you and your dependents of your right to continued coverage</td>
<td>You must send a written request for COBRA to the COBRA Administrator within 60 days of the later of the date of the letter of Notification or the date of your employment termination, or the date that Plan coverage would otherwise be lost, if later</td>
</tr>
<tr>
<td>If you reduce work hours</td>
<td>The COBRA Administrator will send a COBRA notification letter to your last known address notifying you and your dependents of your right to continued coverage</td>
<td>You must send a written request for COBRA to the COBRA Administrator within 60 days of the later of the date of the letter of Notification or the date of your employment termination, or the date that Plan coverage would otherwise be lost, if later</td>
</tr>
<tr>
<td>Other COBRA events</td>
<td>The covered employee or qualified beneficiary must notify the University Human Resources Benefits Division of certain COBRA events. Those events are: Employee’s divorce or child’s loss of dependent status under the Plan’s terms</td>
<td>You must notify the University Human Resources Benefits Division within 60 days of the date of the COBRA event. Failure to notify within this timeframe results in the loss of the opportunity to elect COBRA.</td>
</tr>
<tr>
<td>Specific Notice</td>
<td>The COBRA Administrator will send a COBRA notification letter to the last known address of your ex-spouse in the case of divorce or your address for a child’s loss of eligibility</td>
<td>The ex-spouse or ineligible dependent must elect COBRA within 60 days of the COBRA event (such as the date of divorce or the date of loss of dependent eligibility) or the date of the letter of Notification, or the date that Plan coverage would be otherwise lost, if later. Failure to notify within this timeframe results in the loss of the opportunity to elect COBRA.</td>
</tr>
<tr>
<td>If you seek an extension of COBRA coverage due to disability</td>
<td>You must notify the COBRA Administrator</td>
<td>Within 60 days of any final determination by the Social Security Administration that the individual is no longer disabled and within 18 months of the COBRA event. Failure to notify within this timeframe results in the loss of the opportunity to seek an extension.</td>
</tr>
</tbody>
</table>
Will my COBRA Coverage be the same as active employee coverage?
Yes. And any changes made to Plan for active employees will also apply to you under COBRA.

While you are covered by the Plan under COBRA:

- You have the same rights as any other eligible employee – including the right to change your coverage election during the annual open enrollment.

- If you have another COBRA event or a qualified life event, as described in the section titled Qualified Life Event Changes, you may change your coverage election.

- If your dependent has another COBRA event while under the COBRA coverage period of 18 months, your dependent may qualify for an additional period of COBRA coverage, with the total COBRA coverage period limited to 36 months; you or your dependent must notify the COBRA administrator of the second COBRA event.

Notification of Your COBRA Rights
The Plan’s COBRA administrator will notify you by mail of your right to elect COBRA coverage when your COBRA event is a reduction in hours or termination of employment. The notice will give you instructions on how to continue your plan coverage.

If your covered dependents lose coverage because of a divorce or loss of dependent status, you or your covered dependents must notify the University within 60 days of the COBRA event, so that COBRA coverage may be offered and election rights can be mailed.

To extend your COBRA coverage beyond 18 months because of eligibility for disability benefits from Social Security, notice of the Social Security Administration’s determination must be provided within 60 days after you receive it, and before the end of your initial 18-month continuation period.

The COBRA Administrator

is: Chard Snyder
3510 Irwin Simpson Road
Mason, OH 45050
800-982-7715

Address Changes
In order to protect your family’s rights, you should keep the COBRA Administrator informed of any changes in address for all family members.

When COBRA Ends
COBRA coverage will end before the maximum continuation period shown in the above chart if:

- You or your covered dependent becomes eligible for Medicare after electing COBRA.
• You or your covered dependent becomes covered under another group plan that does not restrict coverage for a pre-existing condition. If your new plan does have a restriction for pre-existing conditions:
  – Your COBRA continuation under this Plan can continue until the earlier of the following: pre-existing condition restriction ends under the other plan or you reach the end of the maximum continuation period for this Plan.
• You fail to make a premium payment in full when due.
• The Plan terminates.

Requests for termination of your COBRA coverage prior to the date you or your dependent has been covered for the maximum continuation period will be granted prospectively. Retroactive termination requests and associated premium refunds will not be honored.
Effect of Another Plan on This Plan’s Benefits

If you have coverage under other group or individual plans or receive payments for an illness or injury caused by another person, the benefits you receive from this Plan may be adjusted. This may reduce the benefits you receive from this Plan. The adjustment is known as coordination of benefits (COB).

Benefits available through other group or individual plans, contract or other arrangement, including automobile insurance coverage, where a health benefit is to be provided, arranged, or paid for, on an insured or uninsured basis, are coordinated with this Plan. Members involved in an automobile accident should contact Aetna regarding coordination of benefits. “Other plans” include any other plan of dental or medical coverage provided by:

- Group insurance or any other arrangement of group coverage for individuals, regardless of whether that plan is insured.
- Motor vehicle personal injury protection benefit (PIP) or optional motor vehicle insurance, to the extent of applicable law. Whenever legally possible, this Plan will be secondary

To find out if benefits under this Plan will be reduced, Aetna must first use the rules listed below, in the order shown, to determine which plan is primary (pays its benefits first). The first rule that applies in the chart below will determine which plan pays first:

<table>
<thead>
<tr>
<th>If . . .</th>
<th>Then . .</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. One plan has a COB provision and the other plan does not</td>
<td>The plan without a COB provision determines its benefits and pays first.</td>
</tr>
<tr>
<td>2. One plan covers you as a dependent and the other covers you as an employee or retiree</td>
<td>The plan that covers you as an employee or retiree determines its benefits and pays first.</td>
</tr>
<tr>
<td><strong>NOTE:</strong> If you are Medicare-eligible, this rule may be reversed. Please see rule 3 below.</td>
<td></td>
</tr>
<tr>
<td>3. You are eligible for Medicare and not actively working</td>
<td>These Medicare Secondary Payer rules apply: The plan that covers you as a dependent of a working spouse determines its benefits and pays first. Medicare pays second. The plan that covers you as a retired employee pays third.</td>
</tr>
<tr>
<td>4. A child’s parents are married or living together (whether or not married)</td>
<td>The plan of the parent whose birthday occurs earlier in the calendar year determines its benefits and pays first. If both parents have the same birthday, the plan that has covered the parent the longest determines its benefits and pays first. But if the other plan does not have this “parent birthday” rule, the other plan’s COB rule applies.</td>
</tr>
<tr>
<td>If . . .</td>
<td>Then . . .</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>5. A child’s parents are separated or divorced with joint custody,</td>
<td>The “birthday rule” described above applies.</td>
</tr>
<tr>
<td>with a court decree that assigns responsibility for the child’s</td>
<td></td>
</tr>
<tr>
<td>health expenses to either parent, or states that both parents are</td>
<td></td>
</tr>
<tr>
<td>responsible for the child’s health expenses to one parent</td>
<td></td>
</tr>
<tr>
<td>6. A child’s parents are separated or divorced, and a court decree</td>
<td>The plan covering the child as the assigned parent’s dependent determines its benefits and pays first.</td>
</tr>
<tr>
<td>assigns responsibility for the child’s health expenses to one</td>
<td></td>
</tr>
<tr>
<td>parent</td>
<td></td>
</tr>
<tr>
<td>7. A child’s parents are separated, divorced or not living together</td>
<td>Benefits are determined and paid in this order:</td>
</tr>
<tr>
<td>(whether or not they have ever been married) and there is no court</td>
<td>1. The plan of the custodial parent pays, then</td>
</tr>
<tr>
<td>decree assigning responsibility for the child’s health expenses</td>
<td>2. The plan of the spouse of the custodial parent pays, then</td>
</tr>
<tr>
<td>to either parent</td>
<td>3. The plan of the non-custodial parent pays, then</td>
</tr>
<tr>
<td>8. You have coverage as an active employee (that is, not as a retiree</td>
<td>The plan that covers you as an active employee or as the dependent of an active employee determines</td>
</tr>
<tr>
<td>or laid off employee) and coverage as a retired or laid off</td>
<td>its benefits and pays first.</td>
</tr>
<tr>
<td>employee. Or you have coverage as the dependent of an active</td>
<td></td>
</tr>
<tr>
<td>employee and coverage as the dependent of a retired or laid off</td>
<td></td>
</tr>
<tr>
<td>employee</td>
<td></td>
</tr>
<tr>
<td>9. You are covered under a federal or state right of continuation</td>
<td>The plan other than the one that covers you under a right of continuation law will determine its</td>
</tr>
<tr>
<td>law (such as COBRA)</td>
<td>benefits and pay first.</td>
</tr>
<tr>
<td>10. The above rules do not establish an order of payment</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The plan that has covered you for the longest time will determine its benefits and pay first.</td>
</tr>
</tbody>
</table>

When the other plan pays first, the benefits paid under this Plan are reduced as shown here:

- The amount this Plan would pay if it were the only coverage in place, \textit{minus}
- Benefits paid by the other plan(s).

This prevents the sum of your benefits from exceeding more than you would receive from just this Plan.

If your other plan(s) pays benefits in the form of services rather than cash payments, the Plan uses the cash value of those services in the calculation.
Coordination with Medicare

How Medicare Affects Your Plan Benefits

A person is eligible for Medicare if he or she:

- Is eligible for, and covered by, Medicare;
- Is eligible for, but not covered by, Medicare because he or she:
  - Refused Medicare coverage;
  - Dropped Medicare coverage; or
  - Did not make a proper request for Medicare coverage.

When you are eligible for Medicare, Aetna must determine whether this Plan or Medicare is the primary plan.

When This Plan Is Primary

This Plan is primary, and Medicare is secondary, if a covered person is eligible for Medicare and falls into one of the following categories unless eligible for Medicare due to End Stage Renal Disease (ESRD):

- An active employee, regardless of age;
- A totally disabled employee who is:
  - Not terminated or retired; or
  - Not receiving Social Security retirement or Social Security disability benefits.
- A Medicare-eligible dependent spouse of:
  - An active employee; or
  - A totally disabled employee who is not terminated or retired.
- Any other person for whom this Plan’s benefits are payable to comply with federal law.

When this Plan is the primary plan, Aetna will not take Medicare benefits into consideration when figuring the benefits payable by the Plan.

End-Stage Renal Disease

This Plan is primary for the first 30 months after any covered person becomes eligible for Medicare due to end-stage renal disease (ESRD). The Plan will pay benefits for a covered expense first, before Medicare benefits are available.

Medicare becomes the primary plan, and this Plan is secondary, beginning with the 31st month of Medicare eligibility due to ESRD. If you’re eligible for Medicare only because of permanent kidney failure, your Medicare coverage will end 12 months after the month in which you stop dialysis treatments or 36 months after the month in which you have a kidney transplant.


**When Medicare Is Primary**

Medicare is the primary plan, and this Plan is secondary, if a covered person is eligible for Medicare and does not fall into one of the categories above or is in their 31st month or later of Medicare eligibility due to ESRD.

These rules are based on regulations issued by the Centers for Medicare and Medicaid Services (CMS), and may be amended or changed at any time. It is the intent of the Plan to abide by the Medicare Secondary Payer Rules. If the Plan in any way conflicts with regulations issued by CMS, the Plan will pay Benefits in accordance with CMS regulations.

**When Eligibility for the Plan Ends**

Medicare is the primary plan, and enrollment in this Plan will end if a covered person is eligible for Medicare and is:

- A retired employee;
- A totally disabled employee who is:
  - Terminated or retired.
- A Medicare-eligible dependent of:
  - A retired employee or;
  - A totally disabled employee who is terminated or retired.

**How Medicare Affects Your Plan Benefits**

When Medicare is your primary plan, as described above, this Plan is secondary and pays benefits based on:

- *If the provider accepts Medicare assignment:* Medicare’s approved amount for the service you’ve received; or
- *If the provider doesn’t accept Medicare assignment:* Medicare’s balance billing limit. The Plan’s benefit for a covered service is figured by:
  - Calculating the allowable expense, depending on whether the provider accepts or does not accept Medicare assignment (see above); *then*
  - Applying the Plan’s deductible and coinsurance to the allowable expense; *then*
  - Subtracting the amount payable by Medicare (even if you haven’t signed up for Medicare and therefore haven’t received Medicare reimbursement).

**Keep in Mind**

Once you are eligible for Medicare and it is your primary plan as described above, the Plan’s benefits are calculated as though you have enrolled in Part B – **whether or not you’ve actually enrolled.** This is why it’s important to enroll in Part B as soon as you become eligible for it.
Aetna Medical and Prescription Drug Claims and Appeals

The Plan has procedures for submitting claims, making decisions on claims and filing an appeal when you don’t agree with a claim decision. You and Aetna must meet certain deadlines that are assigned to each step of the process, depending on the type of claim.

Types of Claims
To understand the claim and appeal process, you need to understand how claims are defined:

- Urgent care claim: A claim for medical care or treatment where delay could seriously jeopardize your life or health, or your ability to regain maximum function; or subject you to severe pain that cannot be adequately managed without the requested care or treatment.
- Pre-service claim: A claim for a benefit that requires Aetna’s approval of the benefit in advance of obtaining medical care (precertification).
- Concurrent care claim extension: A request to extend a course of treatment that was previously approved.
- Concurrent care claim reduction or termination: A decision to reduce or terminate a course of treatment that was previously approved.
- Post-service claim: A claim for a benefit that is not a pre-service claim.

Keeping Records of Expenses
It is important to keep records of medical expenses for yourself and your covered dependents. You will need these records when you file a claim for benefits. Be sure you have this information for your medical records:

- Name and address of physicians;
- Dates on which each expense was incurred; and
- Copies of all bills and receipts.

Filing Claims
If you use an out-of-network provider, you must file a claim to be reimbursed for covered expenses. You can obtain a claim form from Aetna Member Services by calling the number on the back of your ID card, or by going online at www.aetna.com. The form has instructions on how, when and where to file a claim.

File your claims promptly – the filing deadline is 365 days after the date you incur a covered expense. If, through no fault of your own, you are unable to meet that deadline, your claim will be accepted if you file it as soon as possible. Claims filed more than two years after the deadline will be accepted only if you had been legally incapacitated.

You may file claims and appeals yourself or through an “authorized representative,” who is someone you authorize in writing to act on your behalf. In a case involving urgent care, a health care professional with knowledge of your condition may always act as your authorized representative. The Plan will also recognize a court order giving a person authority to submit claims on your behalf.
If your claim is denied in whole or in part, you will receive a written notice of the denial from Aetna. The notice will explain the reason for the denial and the review procedures.

**Physical Exams**

Aetna has the right to require an exam of any person for whom precertification or benefits have been requested. The exam will be done at any reasonable time while precertification or a claim for benefits is pending or under review. The exam may be performed by a doctor or dentist Aetna has chosen, and it will be done at Aetna’s expense.

**Time Frames for Claim Processing**

**Urgent Care Claims**

If the Plan requires advance approval of a service, supply or procedure before a benefit will be payable, and if Aetna or your physician determines that it is an urgent care claim, you will be notified of the decision, whether adverse or not, as soon as possible but not later than 72 hours after the claim is received.

If there is not sufficient information to decide the claim, you will be notified of the information necessary to complete the claim as soon as possible, but not later than 24 hours after receipt of the claim. You will be given a reasonable additional amount of time, but not less than 48 hours, to provide the information, and you will be notified of the decision not later than 48 hours after the end of that additional time period (or after receipt of the information, if earlier).

**Other Claims (Pre-Service and Post-Service)**

If the Plan requires you to obtain advance approval of a non-urgent service, supply or procedure before a benefit will be payable, a request for advance approval is considered a pre-service claim. You will be notified of the decision not later than 15 days after receipt of the pre-service claim.

For other claims (post-service claims), you will be notified of the decision not later than 30 days after receipt of the claim.

For either a pre-service or a post-service claim, these time periods may be extended up to an additional 15 days due to circumstances outside Aetna’s control. In that case, you will be notified of the extension before the end of the initial 15 or 30-day period. For example, they may be extended because you have not submitted sufficient information, in which case you will be notified of the specific information necessary and given an additional period of at least 45 days after receiving the notice to furnish that information. You will be notified of Aetna’s claim decision no later than 15 days after the end of that additional period (or after receipt of the information, if earlier).

For pre-service claims which name a specific claimant, medical condition, and service or supply for which approval is requested, and which are submitted to an Aetna representative responsible for handling benefit matters, but which otherwise fail to follow the Plan’s procedures for filing pre-service claims, you will be notified of the failure within 5 days (within 24 hours in the case of an urgent care claim) and of the proper procedures to be followed. The notice may be oral unless you request written notification.
**Predeterminations**

Predeterminations refer to the clinical review of a service that is provided prior to the delivery of a service when the service or procedure does not require precertification or preauthorization. Predeterminations are not considered claims (pre-service or post-service) and are not subject to the appeal and external review rights as described for a precertification determination or a post service claims determination.

A predetermination is eligible for one internal reconsideration.

**Ongoing Course of Treatment**

If you have received pre-authorization for an ongoing course of treatment, you will be notified in advance if the previously authorized course of treatment is intended to be terminated or reduced so that you will have an opportunity to appeal any decision to Aetna and receive a decision on that appeal before the termination or reduction takes effect. If the course of treatment involves urgent care, and you request an extension of the course of treatment at least 24 hours before its expiration, you will be notified of the decision within 24 hours after receipt of the request.

**Health Claims – Standard Appeals**

As an individual enrolled in the Plan, you have the right to file an appeal from an adverse benefit determination relating to service(s) you have received or could have received from your health care provider under the Plan.

An “adverse benefit determination” is a denial, reduction, termination of, or failure to provide or make payment (in whole or in part) for a service, supply or benefit. An adverse benefit determination may be based on:

- Your ineligibility for coverage, including a retrospective termination of coverage (whether or not there is an adverse effect on any particular benefit);
- Coverage determinations, including plan limitations or exclusions;
- The results of any Utilization Review activities;
- A decision that the service or supply is experimental or investigational; or
- A decision that the service or supply is not medically necessary.

A “Final Internal Adverse Benefit Determination” is defined as an Adverse Benefit Determination that has been upheld by the appropriate named fiduciary (Aetna) at the completion of the internal appeals process, or an Adverse Benefit Determination for which the internal appeals process has been exhausted.

**Exhaustion of Internal Appeals Process**

Generally, you are required to complete all appeal processes of the Plan before being able to obtain External Review or bring an action in litigation. However, if Aetna, or the Plan or its designee, does not strictly adhere to all claim determination and appeal requirements under any applicable law, you are considered to have exhausted the Plan’s appeal requirements (“Deemed Exhaustion”) and may proceed with External Review.
There is an exception to the Deemed Exhaustion rule. Your claim or internal appeal may not go straight to External Review if:

- A rule violation was minor and is not likely to influence a decision or harm you; and
- It was for a good cause or was beyond Aetna’s or the Plan’s or its designee’s control; and
- It was part of an ongoing good faith exchange between you and Aetna or the Plan.

You may request a written explanation of the violation from the Plan or Aetna which must then be provided within 10 days and include a specific description of its bases, if any, for asserting that the violation should not cause the internal claims and appeals process to be deemed exhausted. If an External Reviewer or a court rejects your request for immediate review on the basis that the Plan met the standards for the exception, you have the right to resubmit and pursue the internal appeal of the claim. In such a case, within a reasonable time after the External Reviewer or court rejects the claim for immediate review (not to exceed 10 days), you will receive notice of the opportunity to resubmit and pursue the internal appeal of the claim. Time periods for refilling the claim begin to run upon receipt of such notice.

**Full and Fair Review of Claim Determinations and Appeals**

Aetna will provide you, free of charge, with any new or additional evidence considered, relied upon, or generated by Aetna (or at the direction of Aetna), or any new or additional rationale as soon as possible and sufficiently in advance of the date on which the notice of Final Internal Adverse Benefit Determination is provided, to give you a reasonable opportunity to respond prior to that date.

You may file an appeal in writing to Aetna at the address provided in this booklet, or, if your appeal is of an urgent nature, you may call Aetna’s Member Services Unit at the toll-free phone number on the back of your ID card (also listed at the end of this booklet). Your request should include the group name (that is, your employer), your name, member ID, or other identifying information shown on the front of the Explanation of Benefits form, and any other comments, documents, records and other information you would like to have considered, whether or not submitted in connection with the initial claim.

An Aetna representative may call you or your health care provider to obtain medical records and/or other pertinent information in order to respond to your appeal.

You will have 180 days following receipt of an adverse benefit determination to appeal the determination to Aetna. You will be notified of the decision not later than 15 days (for pre-service claims) or 30 days (for post-service claims) after the appeal is received. You may submit written comments, documents, records and other information relating to your claim, whether or not the comments, documents, records or other information were submitted in connection with the initial claim. A copy of the specific rule, guideline or protocol relied upon in the Adverse Benefit Determination will be provided free of charge upon request by you or your Authorized Representative. You may also request that Aetna provide you, free of charge, copies of all documents, records and other information relevant to the claim.
If your claim involves urgent care, an expedited appeal may be initiated by a telephone call to the phone number included in your denial, or to Aetna's Member Services. Aetna's Member Services telephone number is on your identification card. You or your authorized representative may appeal urgent care claim denials either orally or in writing. All necessary information, including the appeal decision, will be communicated between you or your authorized representative and Aetna by telephone, facsimile, or other similar method. You will be notified of the decision not later than 36 hours after the appeal is received.

If you are dissatisfied with the appeal decision on an urgent care claim, you may file a second level appeal with Aetna. You will be notified of the decision not later than 36 hours after the appeal is received.

If you are dissatisfied with a pre-service or post-service appeal decision, you may file a second level appeal with Aetna within 60 days of receipt of the level one appeal decision. Aetna will notify you of the decision not later than 15 days (for pre-service claims) or 30 days (for post-service claims) after the appeal is received.

**Health Claims – Voluntary Appeals**

**External Review**

“External review” is a review of an adverse benefit determination or a final internal adverse benefit determination by an Independent Review Organization/External Review Organization (ERO).

A “final external review decision” is a determination by an ERO at the conclusion of an external review.

You must complete all of the levels of standard appeal described above before you can request external review, other than in a case of deemed exhaustion. Subject to verification procedures that the Plan may establish, your authorized representative may act on your behalf in filing and pursuing this voluntary appeal.

You may file a voluntary appeal for external review of any adverse benefit determination or any final internal adverse benefit determination that qualifies as set forth below.

The notice of adverse benefit determination or final internal adverse benefit determination that you receive from Aetna will describe the process to follow if you wish to pursue an external review, and will include a copy of the Request for External Review Form.

You must submit the Request for External Review Form to Aetna within 123 calendar days of the date you received the adverse benefit determination or final internal adverse benefit determination notice. If the last filing date would fall on a Saturday, Sunday or Federal holiday, the last filing date is extended to the next day that is not a Saturday, Sunday or Federal holiday. You also must include a copy of the notice and all other pertinent information that supports your request.

If you file a voluntary appeal, any applicable statute of limitations will be tolled while the appeal is pending. The filing of a claim will have no effect on your rights to any other benefits under the Plan. However, the appeal is voluntary and you are not required to undertake it before pursuing legal action.

If you choose not to file for voluntary review, the Plan will not assert that you have failed to exhaust your administrative remedies because of that choice.
Request for External Review

The external review process under this Plan gives you the opportunity to receive review of an adverse benefit determination (including a final internal adverse benefit determination) conducted pursuant to applicable law. Your request will be eligible for external review if the following are satisfied:

- Aetna, or the Plan or its designee, does not strictly adhere to all claim determination and appeal requirements under federal law; or
- the standard levels of appeal have been exhausted; or
- the appeal relates to a rescission, defined as a cancellation or discontinuance of coverage which has retroactive effect.

An adverse benefit determination based upon your eligibility is not eligible for external review.

If upon the final standard level of appeal, the coverage denial is upheld and it is determined that you are eligible for external review, you will be informed in writing of the steps necessary to request an external review.

An independent review organization refers the case for review by a neutral, independent clinical reviewer with appropriate expertise in the area in question. The decision of the independent external expert reviewer is binding on you, Aetna and the Plan unless otherwise allowed by law.

Preliminary Review

Within 5 business days following the date of receipt of the request, Aetna must provide a preliminary review determining: you were covered under the Plan at the time the service was requested or provided, the determination does not relate to eligibility, you have exhausted the internal appeals process (unless deemed exhaustion applies), and you have provided all paperwork necessary to complete the external review.

Within one business day after completion of the preliminary review, Aetna must issue to you a notification in writing. If the request is complete but not eligible for external review, such notification will include the reasons for its ineligibility and contact information for the Employee Benefits Security Administration (toll-free number 866-444-EBSA (3272)). If the request is not complete, such notification will describe the information or materials needed to make the request complete and Aetna must allow you to perfect the request for external review within the 123 calendar days filing period or within the 48 hour period following the receipt of the notification, whichever is later.

Referral to ERO

Aetna will assign an ERO accredited as required under federal law, to conduct the external review. The assigned ERO will timely notify you in writing of the request’s eligibility and acceptance for external review, and will provide an opportunity for you to submit in writing within 10 business days following the date of receipt, additional information that the ERO must consider when conducting the external review. Within one (1) business day after making the decision, the ERO must notify you, Aetna and the Plan.
The ERO will review all of the information and documents timely received. In reaching a decision, the assigned ERO will review the claim and not be bound by any decisions or conclusions reached during the Plan’s internal claims and appeals process. In addition to the documents and information provided, the assigned ERO, to the extent the information or documents are available and the ERO considers them appropriate, will consider the following in reaching a decision:

- Your medical records;
- The attending health care professional’s recommendation;
- Reports from appropriate health care professionals and other documents submitted by the Plan or issuer, you, or your treating provider;
- The terms of your Plan to ensure that the ERO’s decision is not contrary to the terms of the Plan, unless the terms are inconsistent with applicable law;
- Appropriate practice guidelines, which must include applicable evidence-based standards and may include any other practice guidelines developed by the Federal government, national or professional medical societies, boards, and associations;
- Any applicable clinical review criteria developed and used by Aetna, unless the criteria are inconsistent with the terms of the Plan or with applicable law; and
- The opinion of the ERO’s clinical reviewer or reviewers after considering the information described in this notice to the extent the information or documents are available and the clinical reviewer or reviewers consider appropriate.

The assigned ERO must provide written notice of the final external review decision within 45 days after the ERO receives the request for the External Review. The ERO must deliver the notice of final external review decision to you, Aetna and the Plan.

After a final external review decision, the ERO must maintain records of all claims and notices associated with the external review process for six years. An ERO must make such records available for examination by the claimant, Plan, or State or Federal oversight agency upon request, except where such disclosure would violate State or Federal privacy laws.

Upon receipt of a notice of a final external review decision reversing the Adverse benefit determination or final internal adverse benefit determination, the Plan immediately must provide coverage or payment (including immediately authorizing or immediately paying benefits) for the claim.

**Expedited External Review**

The Plan must allow you to request an expedited external review at the time you receive:

- An adverse benefit determination if the adverse benefit determination involves a medical condition for which the timeframe for completion of an expedited internal appeal would seriously jeopardize your life or health or would jeopardize your ability to regain maximum function and you have filed a request for an expedited internal appeal; or

- A final internal adverse benefit determination, if you have a medical condition where the timeframe for completion of a standard external review would seriously jeopardize your life or health or would jeopardize your ability to regain maximum function, or if the final internal adverse benefit determination concerns an admission, availability of care, continued stay, or health care item or service for which you received emergency services, but have not been discharged from a facility.
Immediately upon receipt of the request for expedited external review, Aetna will determine whether the request meets the reviewability requirements set forth above for standard external review. Aetna must immediately send you a notice of its eligibility determination.

**Referral of Expedited Review to ERO**

Upon a determination that a request is eligible for external review following preliminary review, Aetna will assign an ERO. The ERO shall render a decision as expeditiously as your medical condition or circumstances require, but in no event more than 72 hours after the ERO receives the request for an expedited external review. If the notice is not in writing, within 48 hours after the date of providing that notice, the assigned ERO must provide written confirmation of the decision to you, Aetna and the Plan.

**Claim Fiduciary**

Claim decisions are made by the Claim Fiduciary in accordance with the provisions of the Plan. The Claim Fiduciary has complete authority to review denied claims for benefits under the Plan. This includes, but is not limited to, determining whether hospital or medical treatment is, or is not, medically necessary. In exercising its fiduciary responsibility, the Claim Fiduciary has discretionary authority to:

- Determine whether, and to what extent, you and your covered dependents are entitled to benefits; and
- Interpret the provisions of the Plan when a question arises.

The Claim Fiduciary has the right to adopt reasonable policies, procedures, rules and interpretations of the Plan to promote orderly and efficient administration. The Claim Fiduciary may not act arbitrarily or capriciously, which would be an abuse of its discretionary authority.

Aetna is the Claim Fiduciary for the Plan, and has discretionary authority to review all denied claims for benefits under the Plan.

The University is responsible for making reports and disclosures, including the creation, distribution, and final content of:

- Summary Plan Descriptions;
- Summary of material modifications; and
- Summary annual reports.
Complaints

The Plan has procedures for you to follow if you are dissatisfied with the service you receive from the Plan or you want to complain about an in-network provider. To make a complaint about an operational issue or the quality of care you’ve received, you must write to Member Services within 30 days of the incident. Include a detailed description of the matter and include copies of any records or documents that you think are relevant. Aetna will review the information and give you a written decision within 30 calendar days of the receipt of the complaint, unless additional information is needed, but cannot be obtained within this timeframe. The notice of the decision will tell you what you need to do to seek an additional review.

Recovery of Overpayment

If Aetna makes a benefit payment over the amount that you are entitled to under this Plan, Aetna has the right to:

- Require that the overpayment be returned on request; or
- Reduce any future benefit payment by the amount of the overpayment.

This right does not affect any other right of overpayment recovery Aetna may have.

No legal action can be brought to recover a benefit after three (3) years from the deadline for filing claims.
Catamaran Prescription Drug Claims and Appeals

Review of an Adverse Benefit Determination

Most questions or concerns about decisions made on claims or requests for benefits can be resolved by calling one of the Catamaran member service representatives at 1-877-629-3123.

You may request review of an adverse benefit determination. An adverse benefit determination is a denial, reduction, termination of, or a failure to provide or make payment (in whole or in part) for a benefit, including any denial based on your eligibility to participate in your employer's health plan.

If you are not completely satisfied with Catamaran's initial customer service response and determination, you must submit this concern in writing to begin the appeal process. An appeal is a written request for review of an adjudicated claim or related item. To obtain review of an adverse benefit determination, you must follow the review procedures below.

Review Procedure

To initiate the Standard Internal Appeal review, you or your authorized representative must send Catamaran a written statement explaining why you disagree with the determination. Include in your request all documentation, records or comments you believe support your position. You must file your appeal within 180 days of the date you were notified of the adverse benefit decision. This can be initiated by contacting Catamaran Member Services at 1-877-629-3123 or by completing the appeal form sent to you with your denial letter.

Mail the completed form and supporting documents to: Catamaran Appeal Department, Catamaran, P.O. Box 371544, Las Vegas, NV 89134. You can also fax your written request for review to 1-888-826-7406, Attn. Catamaran Appeal Department. Catamaran will respond to your request for review in writing within 30 days, unless they have notified you in writing that additional information is needed to complete the review.

Upon receiving a Standard Internal Appeal, a Catamaran clinical pharmacist will review the Standard Internal Appeal. If the clinical pharmacist does not overturn the initial adverse benefit determination, Catamaran will forward the Standard Internal Appeal to a physician and/or an Independent Review Organization (IRO) for further review, provided that any such physician or IRO is neither the individual who made any previous Adverse Determination.

If the initial adverse benefit determination is overturned by the clinical pharmacist, physician or IRO, then the decision will be implemented, and Catamaran will notify the Plan Participant, his or her representative, and/or Prescriber (as applicable) of the favorable determination in writing.

If the initial adverse benefit determination is not overturned by the clinical pharmacist, physician or IRO, then Catamaran will notify the Plan Participant, his or her representative, or Prescriber (as applicable) of the adverse determination in writing.
If your claim is still denied after this initial review because it was determined that the drug is not appropriate or is experimental or investigative in nature, you may submit a written request for an external review. Contact Catamaran by fax at 1-888-826-7406 within four months of your receipt of the internal review decision to initiate the external review. If your external review request is complete and eligible for external review, Catamaran will submit your appeals file to an Independent Review Organization (IRO) in accordance with the procedures established by applicable law. The IRO will review all the information and documents related to the adverse benefit determination, and will provide you with a written notice of the decision within 45 days of its receipt of the request for external review.
Administrative Information

This section includes information about the administration of the Plan described in this Summary Plan Description. While you may not need this information for your day-to-day participation, it is information you may find important from time to time.

Plan Information

- **Plan Name**: The University of Virginia Health Plan
- **Employer Identification Number (EIN)**: 54-6001796
- **Plan Number**: 501
- **Plan Sponsor**: The University of Virginia
  914 Emmet Street
  P.O. Box 400127
  Charlottesville, VA 22904-4127
  434-924-4392
- **Type of Plan**: Self-funded welfare plan
- **Plan Year**: January 1 – December 31
- **Medical, Prescription Drug and Behavioral Health Claims Administrator**: Aetna
  151 Farmington Avenue
  Hartford, CT 06156
  800-987-9072
- **Prescription Benefit Manager for Choice Health and Value Health**: Catamaran
  2441 Warrenville Road, Suite 610
  Lisle, IL 60532-3642
  877-629-3123

Plan Documents

The official Plan documents and insurance contracts that govern the plans are summarized in the Summary Plan Description for the Plan (this book). Copies of those documents are available for your inspection during regular business hours in the office of the Plan Administrator. You (or your personal representative) may get a copy of these documents by written request to the Plan Administrator, for a nominal charge.

Future of the Plan

Although the University expects to continue the Plan described in this book indefinitely, it necessarily reserves the right to discontinue the Plan or to implement any changes to it at any time, and for any reason, at the sole determination of the University.

The University may amend, modify, revoke or terminate the Plan at any time, as it may determine in its sole discretion.
The University’s decision to terminate or end the Plan may be due to changes in federal or state laws governing employee benefits or the requirements of the Internal Revenue Service. A Plan change may transfer Plan assets and debts to another plan or split the Plan into two or more parts. If the University does change or terminate the Plan, it may decide to set up a different plan providing similar or different benefits.

If the Plan is terminated, both active and retired employees will not have the right to any other benefits from the terminated Plan, other than for those claims incurred prior to the date of termination or as provided by the individual contracts. In addition, if the Plan is amended, all covered persons – active, retired or beneficiaries – may be subject to altered coverage and benefits.

The amount and form of any final benefit you receive will depend on any Plan document or contract provisions affecting the plans and decisions by the University. After all benefits have been paid and other requirements of the law have been met, remaining Plan assets will be turned over to the University.
Privacy of Your Health Information

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

University of Virginia’s Plan’s Commitment to Privacy

The University of Virginia Health Plan and the University of Virginia Dental Plan (collectively referred to as the "Plan") are committed to protecting the privacy of your protected health information. Protected health information, which is referred to as "health information" in this Notice, is information that identifies you and relates to your physical or mental health, or to the provision or payment of health services for you. The Plan creates, receives, and maintains your health information when it provides health, dental, prescription drug, and medical flexible spending account benefits to you and your eligible dependents. The Plan also pledges to provide you with certain rights related to your health information.

By this Notice of Privacy Practices ("Notice"), the Plan informs you that it has the following legal obligations under the federal health privacy provisions contained in the Health Insurance Portability and Accountability Act of 1996 ("HIPAA") and the related regulations ("federal health privacy law"):

- to maintain the privacy of your health information;
- to provide you with this Notice of its legal duties and privacy practices with respect to your health information;
- to abide by the terms of this Notice currently in effect; and
- to provide you with notice of breaches of your health information as required by federal health privacy or other laws.

This Notice also informs you how the Plan uses and discloses your health information and explains the rights that you have with regard to your health information maintained by the Plan. For purposes of this Notice, "you" or "yours" refers to insured participants and eligible dependents.

This Notice was initially effective as of April 14, 2003. This notice was revised effective January 1, 2013, September 1, 2013, and January 1, 2014.

Information Subject to this Notice

The Plan creates, receives, and maintains certain health information about you to help provide health benefits to you, as well as to fulfill legal and regulatory requirements. The Plan obtains this health information, which identifies you, from applications and other forms that you complete, through conversations you may have with the Plan’s administrative staff and health care professionals, and from reports and data provided to the Plan by health care service providers, insurance companies, and other third parties. The health information the Plan has about you includes, among other things, your name, address, phone number, birthdate, social security number, and medical and health claims information. This is the information that is subject to the privacy practices described in this Notice.

128
This Notice does not apply to health information created, received, or maintained by the University of Virginia on behalf of the non-health employee benefits that it sponsors, such as disability benefits and life insurance benefits. This Notice also does not apply to health information that the University of Virginia requests, receives, and maintains about you for employment purposes, such as employment testing, or determining your eligibility for medical leave benefits or disability accommodations.

Summary of the Plan’s Privacy Practices

The Plan’s Uses and Disclosures of Your Health Information: Generally, you must provide a written authorization to the Plan for it to use or disclose your health information. However, the Plan may use and disclose your health information without your authorization for the administration of the Plan and for processing claims. The Plan also may use and disclose your health information without your authorization for other purposes as permitted by the federal health privacy law, such as health and safety, law enforcement or emergency purposes. The details of the Plan’s uses and disclosures of your health information are described below.

Your Rights Related to Your Health Information: The federal health privacy law provides you with certain rights related to your health information. Specifically, you have the right to:

- Inspect and/or copy your health information;
- Request that your health information be amended;
- Request an accounting of certain disclosures of your health information;
- Request certain restrictions related to the use and disclosure of your health information;
- Request to receive your health information through confidential communications;
- File a complaint with the Plan or the Secretary of the Department of Health and Human Services if you believe that your privacy rights have been violated; and
- Receive a paper copy of this Notice.

These rights and how you may exercise them are detailed below.

Changes in the Plan’s Privacy Practices: The Plan reserves its right to change its privacy practices and revise this Notice as described below.

Contact Information: If you have any questions or concerns about the Plan’s privacy practices or about this Notice, if you wish to obtain additional information about the Plan’s privacy practices, or if you wish to submit a complaint, please contact:

UVA Health Plan Ombudsman
914 Emmet Street
P.O. Box 400127
Charlottesville, VA 22904-4127 (434) 924-4346
**Detailed Notice of the Plan’s Privacy Policies – the Plan’s Uses and Disclosures**

Except as described in this section, as provided for by the federal health privacy law, or as you have otherwise authorized, the Plan only uses and discloses your health information for the administration of the Plan and the processing of health claims. The uses and disclosures that do not require your written authorization are described below.

**Uses and Disclosures for Treatment, Payment, and Health Care Operations**

- For Treatment. The Plan may disclose your health information to a health care provider, such as a hospital or physician, to assist the provider in treating you. The Plan does not anticipate making disclosures "for treatment" purposes. However, if necessary, the Plan may make such disclosures without your authorization.

- For Payment. The Plan may use and disclose your health information without your authorization so that your claims for health care services can be paid according to the Plan’s terms. For example, the Plan may use and disclose your health information to determine whether certain health care services that you seek are covered by the Plan or to process your health care claims. The Plan also may disclose your health information to coordinate payment of your health care with others who may be responsible for certain costs.

- For Health Care Operations. The Plan may use and disclose your health information without your authorization so that it can operate efficiently and in the best interests of its participants. For example, the Plan may disclose your health information for underwriting purposes, for business planning purposes, or to attorneys who are providing legal services to the Plan. The Health Plan may not use or disclose PHI that is genetic information for any underwriting purposes per GINA rules (Genetic Information Nondiscrimination Act).

**Uses and Disclosures to Business Associates**

The Plan may disclose certain of your health information without your authorization to its "business associates," which are third parties that assist the Plan in its operations. For example, the Plan may share your claims information with a business associate that provides claims processing services to the Plan, and the Plan may disclose your health information to its business associates for actuarial projection and audit purposes, and legal services. The Plan enters contracts with its business associates requiring that the privacy your health information be protected.

**Uses and Disclosures to the Plan Sponsor**

The Plan may disclose your health information, without your authorization, to the Plan Sponsor, which is the University of Virginia, for plan administration purposes, such as performing quality assurance functions, and for monitoring and auditing functions. The Plan Sponsor will certify to the Plan that it will protect the privacy of your health information and that it has amended the plan documents to reflect its obligation to protect the privacy of your health information.
Other Uses and Disclosures That May Be Made Without Your Authorization

The federal health privacy law provides for specific uses or disclosures of your health information that the Plan may make without your authorization, some of which are described below.

- **Required By Law.** The Plan may use and disclose health information about you as required by the law. For example, the Plan may disclose your health information for the following purposes: for judicial and administrative proceedings pursuant to legal process and authority; to report information related to victims of abuse, neglect, or domestic violence; or to assist law enforcement officials in their law enforcement duties.

- **Health and Safety.** Your health information may be disclosed to avert a serious threat to the health or safety of you or any other person pursuant to applicable law. Your health information also may be disclosed for public health activities, such as preventing or controlling disease, injury, or disability.

- **Government Functions.** Your health information may be disclosed to the government for specialized government functions, such as intelligence, national security activities, and protection of public officials. Your health information also may be disclosed to health oversight agencies that monitor the health care system for audits, investigations licensure, and other oversight activities.

- **Active Members of the Military and Veterans.** Your health information may be used or disclosed in order to comply with laws and regulations related to military service or veterans' affairs.

- **Workers' Compensation.** Your health information may be used or disclosed in order to comply with laws and regulations related to Workers' Compensation benefits.

- **Emergency Situations.** Your health information may be used or disclosed to a family member or close personal friend involved in your care in the event of an emergency, or to a disaster relief entity in the event of a disaster.

- **Involved Family and Friends.** We may disclose health information about you to a relative, a friend, or other person involved in your health care or payment for your health care, such as the subscriber of your health benefits plan, provided the information is directly relevant to that person’s involvement with your health care or payment for that care. For example, if a family member or a caregiver calls us with prior knowledge of a claim, we may confirm whether or not the claim has been received and paid. You have the right to stop or limit this kind of disclosure by calling the toll-free Member Services number on your ID card. To authorize disclosures to a relative or other person, call the toll-free Member Services number on your ID card for release of information from the Third Party Administrator, and the UVA Health Plan Ombudsman at 434.924.4346 for release of information from the UVA Health Plan. If you are deceased, the Plan may disclose your health information to such individuals involved in your care or payment for your health care prior to your death the health information that is relevant the individual’s involvement, unless you have previously instructed the Plan otherwise.

- **Personal Representatives.** Your health information may be disclosed to people that you have authorized to act on your behalf, or people who have a relationship with you that gives them the right to act on your behalf. Examples of personal representatives are parents for minors and those who have Power of Attorney for adults.
• Treatment and Health-Related Benefits Information. The Plan and its business associates may contact you to provide information about treatment alternatives or other health-related benefits and services that may interest you, including, for example, alternative treatment, services, and medication.

• Research. Under certain circumstances, the Plan may use or disclose your health information for research purposes as long as the procedures required by law to protect the privacy of the research data are followed.

• Organ and Tissue Donation. If you are an organ donor, the Plan may use or disclose your health information to an organ donor or procurement organization to facilitate an organ or tissue donation transplantation.

• Deceased Individuals. The health information of a deceased individual may be disclosed to coroners, medical examiners, and funeral directors so that those professionals can perform their duties.

Uses and Disclosures for Fundraising and Marketing Purposes.

The Plan does not use your health information for fundraising or marketing purposes.

Any Other Uses and Disclosures Require Your Express Written Authorization

Uses and disclosures of your health information other than those described above or otherwise allowed by the federal health privacy law will be made only with your express written authorization. Your written authorization is also required for most uses or disclosures of psychotherapy notes (where appropriate). You may revoke your authorization in writing. If you do so, the Plan will not use or disclose your health information authorized by the revoked authorization, except to the extent that the Plan already has relied on your authorization.

Once your health information has been disclosed pursuant to your authorization, the federal health privacy law protections may no longer apply to the disclosed health information, and that information may be re-disclosed by the recipient without your or the Plan’s knowledge or authorization.

Your Health Information Rights

You have the following rights regarding your health information that the Plan creates, receives and maintains. If you are required to submit a written request related to these rights, as described below, you should address such requests to:

UVa Health Plan Ombudsman
914 Emmet Street
P.O. Box 400127
Charlottesville, VA 22904-
4127 (434) 924-4346
Right to Inspect and Copy Health Information

You have the right to inspect and obtain a copy of your health information that is maintained by the Plan. This includes, among other things, health information about your plan eligibility, plan coverages, claim records, and billing records.

To inspect and copy health information maintained by the Plan, submit a written request to the UVa Health Plan Ombudsman. The Plan may charge a fee for the cost of copying and/or mailing the health information that you have requested. In limited instances, the Plan may deny your request to inspect and copy your health information. If that occurs, the Plan will inform you in writing. In addition, in certain circumstances, if you are denied access to your health information, you may request a review of the denial.

If your request for access is granted, then the Plan will provide you with access to your health information in the form and format you requested, if it is readily producible in such form or format; if it is not readily producible, then access will be provided in a mutually agreed upon form and format.

Right to Request That Your Health Information Be Amended

You have the right to request that the Plan amend your health information if you believe the information is incorrect or incomplete.

To request an amendment, submit a written request to the UVa Health Plan Ombudsman. This request must provide the reason(s) that support your request. The Plan may deny your request if you have asked to amend information that:

- Was not created by or for the Plan, unless the person or entity that created the information is no longer available to make the amendment;
- Is not part of your health information maintained by or for the Plan;
- Is not part of the health information that you would be permitted to inspect and copy; or
- Is accurate and complete.

The Plan will notify you in writing as to whether it accepts or denies your request for an amendment to your health information. If the Plan denies your request, it will explain how you can continue to pursue the denied amendment.

Right to an Accounting of Disclosures

You have the right to receive a written accounting of disclosures, which is a list of certain disclosures of your health information by the Plan to others. Generally, the following disclosures are not part of an accounting: disclosures that occur before April 14, 2003; disclosures for treatment, payment, or health care operations; disclosures made to or authorized by you; and certain other disclosures. The accounting covers up to six years prior to the date of your request (but not disclosures made before April 14, 2003).

To request an accounting of disclosures, submit a written request to the UVa Health Plan Ombudsman. If you want an accounting that covers a time period of less than six years, please state that in your written request for an accounting. The first accounting that you request within a twelve month period will be free. For additional accountings in a twelve month period, the Plan may charge you for the cost of providing the accounting. But, the Plan will notify you of the cost involved before processing the accounting so that you can decide whether to withdraw or modify your request before any costs are incurred.
Right to Request Restrictions

You have the right to request restrictions on your health care information that the Plan uses or discloses about you to carry out treatment, payment, or health care operations. You also have the right to request restrictions on your health information that the Plan discloses to someone who is involved in your care or the payment for your care, such as a family member or friend. The Plan is not required to agree to your request for such restrictions, and the Plan may terminate its agreement to the restrictions you requested.

To request restrictions, submit a written request to the UVa Health Plan Ombudsman that explains what information you wish to limit, and how and/or to whom you would like the limits to apply. The Plan will notify you in writing as to whether it agrees to your request for restrictions. To restrict access to your online health information by the subscriber of your health policy, contact Aetna Customer Service at 1-800-887-9072.

Right to Request Confidential Communications, or Communications by Alternative Means or at an Alternative Location

You have the right to request that the Plan communicate your health information to you in confidence by alternative means or in an alternative location. For example, you can ask that the Plan only contact you at work or by mail, or that the Plan provide you with access to your health information at a specific, reasonable location.

To request confidential communications by alternative means or at an alternative location, submit a written request to the UVa Health Plan Ombudsman. Your written request should state the reason(s) for your request, and the alternative means by or location at which you would like to receive your health information. If appropriate, your request should state that the disclosure of all or part of your health information by non-confidential communications could endanger you. The Plan will accommodate reasonable requests and notify you appropriately.

Right to File a Complaint

You have the right to complain to the Plan and/or to the Secretary of the Department of Health and Human Services if you believe that your privacy rights have been violated. To file a complaint with the Plan, submit a written complaint to the UVa Health Plan Ombudsman named above.

You will not be retaliated or discriminated against and no services, payment, benefits, or privileges will be withheld from you because you file a complaint with the Plan or with the Secretary of the Department of Health and Human Services.

Right to a Paper Copy of This Notice

You have the right to a paper copy of this Notice. To make such a request, submit a written request to the UVa Health Plan Ombudsman named above.
Changes in the Plan’s Privacy Policies

The Plan reserves the right to change its privacy practices and make the new practices effective for all protected health information that it maintains, including your protected health information that it created or received prior to the effective date of the change and protected health information it may receive in the future. If the Plan materially changes any of its privacy practices that are covered by this Notice, it will revise its Notice and provide you with the revised Notice with the next annual mailing. In addition, copies of the revised Notice will be made available to you upon your written request, and any revised notice will be available at the Plan’s website, www.hr.virginia.edu.
The Glossary defines the words and phrases in bold type that appear throughout the text of this book.

**Behavioral Health Provider**
A licensed organization or professional providing diagnostic, therapeutic or psychological services for the treatment of mental health and substance abuse. Behavioral health providers include hospitals, residential treatment facilities, psychiatric physicians, psychologists and social workers.

**Brand-Name Drug**
A prescription drug that is protected by trademark registration.

**Coinsurance**
The sharing of covered expenses by the Plan and the covered person. The percentage of covered expenses paid by the Plan is the Plan’s coinsurance. The percentage of covered expenses that you pay is your coinsurance. The [Summary of Benefits](#) shows you the Plan’s coinsurance for covered expenses.

**Companion**
This is a person who needs to be with an NME patient to enable him or her:

- To receive services in connection with an NME (National Medical Excellence) procedure or treatment on an inpatient or outpatient basis; or
- To travel to and from the facility where treatment is given.

**Copay/Copayment**
This is a fee that you pay at the time you receive a covered service.

In the case of a prescription drug, a copay is the fee charged to you at the time the prescription drug is dispensed. The copay is made directly to the pharmacy for each prescription or refill at the time the prescription or refill is dispensed.

**Custodial Care**
This means services and supplies, including room and board and other institutional care, provided to help you in the activities of daily life. You do not have to be disabled. Such services and supplies are custodial care no matter who prescribes, recommends or performs them.

**Deductible**
This is the amount of covered expenses that a Plan participant must pay each calendar year before the Plan begins paying benefits.

**Dentist**
This means a legally qualified dentist or a physician licensed to do the dental work he or she performs.

**Detox/Depotification**
This is care mainly to overcome the aftereffects of a specific episode of drinking or substance abuse.
Durable Medical Equipment
This is equipment – and the accessories needed to operate it – that is:

- Made to withstand prolonged use;
- Made for and used mainly in the treatment of a disease or injury;
- Suited for use in the home;
- Not normally of use to people who do not have a disease or injury;
- Not for use in altering air quality or temperature; and
- Not for exercise or training.

The Plan does not allow for more than one item of equipment for the same or similar purpose. Durable medical equipment does not include equipment such as whirlpools, portable whirlpool pumps, sauna baths, massage devices, over-bed tables, elevators, communication aids, vision aids and telephone alert systems.

Effective Treatment of Alcohol or Substance Abuse
This means a program of alcohol or substance abuse therapy that is prescribed and supervised by a behavioral health provider and either:

- Has a follow-up therapy program directed by a physician on at least a monthly basis; or
- Includes meetings at least once a month with organizations devoted to the treatment of alcohol or substance abuse.

Note: Maintenance care (providing an alcohol- and/or drug-free environment) and detoxification are not considered “effective treatment.”

Effective Treatment of a Mental Disorder
This is a program that:

- Includes a written treatment plan that is prescribed and supervised by a behavioral health provider;
- Includes follow-up treatment; and
- Is for a disorder that can be changed for the better.

Emergency Admission
This means a hospital admission when the physician admits you to the hospital right after the sudden and, at that time, unexpected onset of a change in your physical or mental condition:

- That requires confinement right away as a full-time inpatient; and
- For which, if immediate inpatient care were not given, could (as determined by Aetna), reasonably be expected to result in:
  - Placing your health in serious jeopardy; or
  - Serious impairment to bodily function; or
  - Serious dysfunction of a body part or organ; or
  - Serious jeopardy to the health of the fetus (in the case of a pregnant woman).
**Emergency Care**
This means the treatment given to you in a hospital’s emergency room to evaluate and treat medical conditions of recent onset and severity – including (but not limited to) severe pain – that would lead a prudent layperson, possessing an average knowledge of medicine and health, to believe that your condition, sickness or injury is of such a nature that failure to get immediate medical care could result in:

- Placing your health in serious jeopardy; or
- Serious impairment to bodily function; or
- Serious dysfunction of a body part or organ; or
- Serious jeopardy to the health of the fetus (in the case of a pregnant woman).

**Emergency Condition**
This means a recent and severe medical condition – including (but not limited to) severe pain – that would lead a prudent layperson, possessing an average knowledge of medicine and health, to believe that your condition, sickness or injury is of such a nature that failure to get immediate medical care could result in:

- Placing your health in serious jeopardy; or
- Serious impairment to bodily function; or
- Serious dysfunction of a body part or organ; or
- Serious jeopardy to the health of the fetus (in the case of a pregnant woman).

**Experimental or Investigational (Medical)**
A drug, device, procedure or care is considered experimental or investigational if:

- There are insufficient outcomes data available from controlled clinical trials published in the peer-reviewed literature to substantiate its safety and effectiveness for the illness or injury involved; or
- It does not have the approval required for marketing by the U.S. Food and Drug Administration; or
- A nationally recognized medical or dental society or regulatory agency has determined, in writing, that it is experimental, investigational or for research purposes; or
- It is a type of drug, device or treatment that is the subject of a Phase I or Phase II clinical trial or the experimental or research arm of a Phase III clinical trial, using the definition of “phases” indicated in regulations and other official actions and publications of the FDA and U.S. Department of Health and Human Services; or
- The written protocol(s) or written informed consent used by the treating facility – or another facility studying the same drug, device, treatment or procedure – states that it is experimental, investigational or for research purposes.

**Where Can I Find More Information?**
Examples of how this evidence is applied to specific treatments and conditions, called Clinical Policy Bulletins, can be found on Aetna’s website.
Formulary
A medication formulary is a list of prescription drugs that have been evaluated and selected for their therapeutic equivalency and efficacy. The listing includes tier 1 drugs, tier 2 drugs, and tier 3 drugs and may be reviewed and changed from time to time.

Generic Drug
A generic drug is a prescription drug that is not protected by trademark registration, but is produced and sold under the chemical formulation name.

Home Health Care Agency
This is an agency that:

- Provides mainly skilled nursing and other therapeutic services; and
- Is associated with a professional group (of at least one physician and one RN) that makes policy; and
- Has full-time supervision by a physician or an RN; and
- Keeps complete medical records for each patient; and
- Has an administrator; and
- Meets licensing standards.

Home Health Care Plan
This is a plan that provides for care and treatment in your home. It must be:

- Prescribed in writing by the attending physician; and
- An alternative to inpatient hospital or skilled nursing facility care.

Hospice Care
This is care provided to a terminally ill person by or under arrangements with a hospice care agency. The care must be part of a hospice care program.

Hospice Care Agency
This is an agency or organization that:

- Has hospice care available 24 hours a day;
- Meets any licensing or certification standards established by the jurisdiction where it is located;
- Provides:
  - Skilled nursing services; and
  - Medical social services; and
  - Psychological and dietary counseling;
- Provides, or arranges for, other services that include:
  - Physician services; and
  - Physical and occupational therapy; and
  - Part-time home health aide services that consist mainly of caring for terminally ill people; and
- Inpatient care in a facility when needed for pain control and acute chronic symptom management;
- Has at least the following personnel:
  - One physician; and
  - One RN; and
  - One licensed or certified social worker employed by the agency;
- Establishes policies about how hospice care is provided;
- Assesses the patient’s medical and social needs;
- Develops a hospice care program to meet those needs;
- Provides an ongoing quality assurance program, including reviews by physicians other than those who own or direct the agency;
- Permits all area medical personnel to utilize its services for their patients;
- Keeps a medical record for each patient;
- Uses volunteers trained in providing services for non-medical needs; and
- Has a full-time administrator.

**Hospice Care Program**

This is a written plan of hospice care that:

- Is established by and reviewed from time to time by your attending physician and appropriate hospice care agency personnel;
- Is designed to provide palliative (pain relief) and supportive care to terminally ill people and supportive care to their families; and
- Includes an assessment of your medical and social needs, and a description of the care to be given to meet those needs.

**Hospital**

This is a place that:

- Mainly provides inpatient facilities for the surgical and medical diagnosis, treatment and care of injured and sick persons;
- Is supervised by a staff of physicians;
- Provides 24-hour-a-day RN service;
- Is not mainly a place for rest, for the aged, for drug addicts, for alcoholics, or a nursing home; and
- Charges for its services.
Infertile or Infertility
A person is considered infertile if he or she is unable to conceive or produce conception after one year (6 months if the female partner is over age 35) of frequent, unprotected heterosexual sexual intercourse.

In-Network Care
This is a health care service or supply furnished by:

- An in-network provider; or
- A health care provider who is not an in-network provider when there is an emergency condition and travel to a provider in the network is not possible.

In-Network Provider
This is a health care provider who has contracted to furnish services or supplies for a negotiated charge, but only if the provider is, with Aetna’s consent, included in the directory as a preferred care provider for:

- The service or supply involved; and
- The class of employees to which you belong.

LPN
This means a licensed practical nurse.

Mail Order Pharmacy
An establishment where prescription drugs are legally dispensed by mail.

Mental Disorder
This is a disease commonly understood to be a mental disorder whether or not it has a physiological or organic basis. Treatment for mental disorders is usually provided by or under the direction of a behavioral health provider such as a psychiatrist, psychologist or psychiatric social worker. Mental disorders include (but are not limited to):

- Alcohol and substance abuse
- Schizophrenia
- Bipolar disorder
- Panic disorder
- Major depressive disorder
- Psychotic depression
- Obsessive compulsive disorder

For the purposes of benefits under this Plan, mental disorder will include alcohol and substance abuse only if there is no separate benefit for the treatment of alcohol and substance abuse.
**Morbid Obesity**

This means:

- Your body mass index (BMI) exceeds 40; or
- Your BMI exceeds 35 and you have one of the following conditions:
  - Coronary heart disease; or
  - Type 2 diabetes mellitus; or
  - Clinically significant obstructive sleep apnea; or
  - Medically refractory hypertension (blood pressure greater than 140 mmHg systolic and/or 90 mmHg diastolic, despite optimal medical management).

Body mass index (BMI) is a marker that is used to assess the degree of obesity. To calculate your BMI:

- Multiply your weight in pounds by 703.
- Divide the result by your height in inches.
- Divide that result by your height in inches again.

**NME Patient**

This is a person who:

- Needs any of the National Medical Excellence (NME) program procedure and treatment types covered by the Plan; and
- Contacts Aetna and is approved by Aetna as an NME patient; and
- Agrees to have the procedure or treatment performed in a hospital that Aetna determines is the most appropriate facility.

**Necessary/Medically Necessary**

Health care services and supplies that a physician, other health care provider or dentist, exercising prudent clinical judgment, would provide to a patient for the purpose of evaluating, diagnosing or treating an illness, injury or disease. The service or supply must be:

- Provided in accordance with generally accepted standards of medical or dental practice;
- Clinically appropriate, in terms of type, frequency, extent, site and duration;
- Considered effective for the patient’s illness, injury or disease;
- Not primarily for the convenience of the patient, physician, dentist or other health care provider; and
- Not more costly than an alternative service or sequence of services that would be at least as likely to produce equivalent therapeutic or diagnostic results as to the diagnosis or treatment of that patient’s illness, injury or disease.

For these purposes, “generally accepted standards of medical or dental practice” means standards that are:

- Based on credible scientific evidence published in peer-reviewed literature generally recognized by the relevant medical or dental community; or
• Otherwise consistent with physician or dental specialty society recommendations and the views of physicians or dentists practicing in relevant clinical areas and any other relevant factors.

_Negotiated Charge_
This is the maximum fee an in-network provider has agreed to charge for any service or supply for the purpose of benefits under this Plan.

_Non-Occupational Disease_
A non-occupational disease is a disease that does not:

• Result from (or in the course of) any work for pay or profit; or

• Result in any way from a disease that does.

A disease will be considered non-occupational regardless of its cause if proof is provided that you:

• Are covered under any type of Workers’ Compensation law; and

• Are not covered for that disease under such law.

_Non-Occupational Injury_
A non-occupational injury is an accidental bodily injury that does not:

• Result from (or in the course of) any work for pay or profit; or

• Result in any way from an injury that does.

_Non-Preferred Pharmacy_
A pharmacy that does not contract with Catalyst Rx to dispense drugs to persons covered under this Plan.

_Non-Urgent Admission_
An admission which is not an _emergency admission_ or an _urgent admission._

_Orthodontic Treatment_
This is any medical or dental service or supply given to prevent, diagnose or correct a misalignment of:

• The teeth;

• The bite; or

• The jaws or jaw joint relationship;

• Whether or not for the purpose of relieving pain.

The following are not considered orthodontic treatment:

• The installation of a space maintainer; or

• A surgical procedure to correct malocclusion.
Out-of-Network Care
This is a health care service or supply provided by an **out-of-network provider** if, as determined by Aetna:

- The service or supply could have been provided by an in-network provider; and
- The provider does not belong to one or more of the provider categories in the directory.

Out-of-Network Provider
This is a health care provider who does not belong to Aetna’s network and has not contracted with Aetna to furnish services or supplies at a negotiated charge.

Out-of-Pocket Maximum
The out-of-pocket maximum is the limit on the amount that you pay for **covered** expenses out of your pocket each calendar year.

Partial Confinement Treatment
A medically supervised day, evening and/or night treatment program for mental health or substance abuse disorders. Care is coordinated by a multidisciplinary treatment team. Services are provided on an outpatient basis for at least four hours per day and are available at least three days per week. The services are of the same intensity and level as inpatient services for the treatment of behavioral health disorders.

Pharmacy
An establishment where prescription drugs are legally dispensed.

Physician
This means a legally qualified physician. The term “doctor” is also used throughout this book, and has the same meaning as “physician.”

Preferred Pharmacy
A **pharmacy**, including a **mail order pharmacy**, that has a contract with Catalyst Rx to dispense drugs to persons covered under this Plan, but only while:

- The contract remains in effect; and
- The pharmacy dispenses prescription drugs under the terms of its contract with Catalyst Rx.

Prescriber
Any person, while acting within the scope of his or her license, who has the legal authority to write an order for a prescription drug.

Prescription
A **prescriber**’s order for a prescription drug. If it is an oral order (such as a phoned-in prescription), it must be put in writing promptly by the pharmacy.
**Prescription Drugs**
Any of the following:

- A drug, biological, or compounded prescription that, by federal law, may be dispensed only by prescription and that is required to be labeled “Caution: Federal law prohibits dispensing without prescription.”
- An injectable contraceptive drug prescribed to be administered by a paid health care professional.
- An injectable drug prescribed to be self-administered or administered by another person except someone who is acting within his or her capacity as a paid health care professional. Covered injectable drugs include insulin.
- Disposable needles and syringes purchased to administer a covered injectable prescription drug.
- Disposable diabetic supplies.

**Psychiatric Hospital**
An institution that meets all of the following criteria:

- Mainly provides a program for the diagnosis, evaluation and treatment of mental disorders or alcohol or substance abuse.
- Is not mainly a school or custodial, recreational or training institution.
- Provides infirmary-level medical services.
- Provides, or arranges with a hospital in the area to provide, any other medical service that may be needed.
- Is supervised full-time by a psychiatric physician who is responsible for patient care.
- Is staffed by psychiatric physicians involved in care and treatment.
- Has a psychiatric physician present during the whole treatment day.
- Provides, at all times, psychiatric social work and nursing services.
- Provides at all times, skilled nursing services by licensed nurses who are supervised by a full-time RN.
- Prepares and maintains a written plan of treatment for each patient. The plan must be supervised by a psychiatric physician.
- Charges for its services.
- Meets licensing standards.

**RN**
This means a registered nurse.
Recognized Charge
The recognized charge is the lower of:

- The provider’s usual charge to provide that service or supply; or
- The charge Aetna determines to be appropriate, based on factors such as:
  - The cost of supplying the same or a similar service or supply; and
  - The way charges for the service or supply are made, billed or coded.
- For non-facility charges: 105% of the Medicare Resource Based Relative Value Scale (RBRVS).
- For facility charges: 140% of the Medicare Resource Based Relative Value Scale (RBRVS).

To determine the recognized charge for a service or supply that is unusual, not often provided in the area or provided by only a small number of providers in the area, Aetna also may take into consideration:

- The complexity of the service or supply;
- The degree of skill needed to provide it;
- The provider’s specialty;
- The range of services or supplies provided by a facility; and
- The recognized charge in other areas.

In some circumstances, Aetna may have an agreement with a provider (either directly, or indirectly through a third party) that sets the rate Aetna will pay for a service or supply. In these instances, in spite of the methodology described above, the recognized charge is the rate established in such agreement.

Residential Treatment Facility (for alcohol or substance abuse)
This is an institution that meets all of the following requirements:

- On-site licensed Behavioral Health Provider 24 hours per day/7 days a week.
- Provides a comprehensive patient assessment (preferably before admission, but at least upon admission).
- Is admitted by a Physician.
- Has access to necessary medical services 24 hours per day/7 days a week.
- If the member requires detoxification services, must have the availability of on-site medical treatment 24 hours per day/7 days a week, which must be actively supervised by an attending Physician.
- Provides living arrangements that foster community living and peer interaction that are consistent with developmental needs.
- Offers group therapy sessions with at least an RN or Masters-Level Health Professional.
- Has the ability to involve family/support systems in therapy (required for children and adolescents; encouraged for adults).
- Provides access to at least weekly sessions with a Psychiatrist or psychologist for individual psychotherapy.
- Has peer oriented activities.
- Services are managed by a licensed Behavioral Health Provider who, while not needing to be individually contracted, needs to (1) meet the Aetna credentialing criteria as an individual practitioner, and (2) function under the direction/supervision of a licensed psychiatrist (Medical Director).
• Has individualized active treatment plan directed toward the alleviation of the impairment that caused the admission.
• Provides a level of skilled intervention consistent with patient risk.
• Meets any and all applicable licensing standards established by the jurisdiction in which it is located.
• Is not a wilderness treatment program (whether or not the program is part of a licensed residential treatment facility, or otherwise licensed institution), educational services, schooling or any such related or similar program, including therapeutic programs within a school setting.
• Ability to assess and recognize withdrawal complications that threaten life or bodily functions and to obtain needed services either on site or externally.
• 24-hours per day/7 days a week supervision by a physician with evidence of close and frequent observation.
• On-site, licensed Behavioral Health Provider, medical or substance abuse professionals 24 hours per day/7 days a week.

Residential Treatment Facility (for a mental disorder)
This is an institution that meets all of the following requirements:

• On-site licensed Behavioral Health Provider 24 hours per day/7 days a week.
• Provides a comprehensive patient assessment (preferably before admission, but at least upon admission).
• Is admitted by a Physician.
• Has access to necessary medical services 24 hours per day/7 days a week.
• Provides living arrangements that foster community living and peer interaction that are consistent with developmental needs.
• Offers group therapy sessions with at least an RN or Masters-Level Health Professional.
• Has the ability to involve family/support systems in therapy (required for children and adolescents; encouraged for adults).
• Provides access to at least weekly sessions with a Psychiatrist or psychologist for individual psychotherapy.
• Has peer oriented activities.
• Services are managed by a licensed Behavioral Health Provider who, while not needing to be individually contracted, needs to (1) meet the Aetna credentialing criteria as an individual practitioner, and (2) function under the direction/supervision of a licensed psychiatrist (Medical Director).
• Has individualized active treatment plan directed toward the alleviation of the impairment that caused the admission.
• Provides a level of skilled intervention consistent with patient risk.
• Meets any and all applicable licensing standards established by the jurisdiction in which it is located.
• Is not a wilderness treatment program (whether or not the program is part of a licensed residential treatment facility, or otherwise licensed institution), educational services, schooling or any such related or similar program, including therapeutic programs within a school setting.
**Room and Board Charges**
Charges made by an institution for room and board and other **necessary** services and supplies. The charges must be regularly made at a daily or weekly rate.

If a hospital or other health care facility doesn’t identify the specific amounts charged for room and board charges and other charges, Aetna will assume that 40% of the total is the room and board charge, and 60% is other charges.

**Semi-Private Room Rate**
This is the **room and board charge** that an institution applies to the most beds in its semi-private rooms with two or more beds. If there are no such rooms, Aetna will figure the rate. It will be the rate most commonly charged by similar institutions in the same geographic area.

**Skilled Nursing Facility**
This is an institution that:

- Is licensed or approved under state or local law;
- Qualifies as a skilled nursing facility under Medicare, or as an institution accredited by:
  - The Joint Commission on Accreditation of Health Care Organizations;
  - The Bureau of Hospitals of the American Osteopathic Association; or
  - The Commission on the Accreditation of Rehabilitative Facilities.
- Is primarily engaged in providing skilled nursing care and related services for residents who need:
  - Medical or nursing care; or
  - Rehabilitation services because of injury, illness or disability;
- Is licensed to provide, and does provide, the following on an inpatient basis for persons convalescing from disease or injury:
  - Professional nursing care by an RN, or by an LPN directed by a full-time RN;
  - Physical restoration services to help patients to meet a goal of self-care in daily living activities;
- Provides 24-hour-a-day nursing care by licensed nurses directed by a full-time RN;
- Is supervised full-time by a physician or RN;
- Keeps a complete medical record for each patient;
- Has a utilization review plan;
- Is not mainly a place for rest, for the aged, for people who are mentally retarded, or for custodial or educational care;
- Is not mainly a place for the care and treatment of alcoholism, substance abuse or mental disorders, and
- Charges for its services.

A skilled nursing facility may be a rehabilitation hospital or a portion of a hospital designated for skilled or rehabilitation services.
Specialist
A specialist is a physician who practices in any generally accepted medical or surgical sub-specialty, and provides care that is not considered routine medical care.

Surgery Center
This is a freestanding ambulatory surgical facility that:

- Meets licensing standards.
- Is set up, equipped and run to provide general surgery.
- Charges for its services.
- Is directed by a staff of physicians, at least one of whom is on the premises when surgery is performed and during the recovery period.
- Has at least one certified anesthesiologist at the site when surgery that requires general or spinal anesthesia is performed, and during the recovery period.
- Extends surgical staff privileges to physicians who practice surgery in an area hospital and to dentists who perform oral surgery.
- Has at least two operating rooms and one recovery room.
- Provides or arranges with a medical facility in the area for diagnostic X-ray and laboratory services needed in connection with surgery.
- Does not have a place for patients to stay overnight.
- Provides, in the operating and recovery rooms, full-time skilled nursing services directed by an RN.
- Is equipped and has staff trained to handle medical emergencies.
- Must have a physician trained in CPR, a defibrillator, a tracheotomy set and a blood volume expander.
- Has a written agreement with an area hospital for the immediate emergency transfer of patients. Written procedures for such a transfer must be displayed, and the staff must be aware of them.
- Provides an ongoing quality assurance program that includes reviews by physicians who do not own or direct the facility.
- Keeps a medical record for each patient.

Terminally Ill
This is a medical prognosis of 12 months or fewer to live.

Urgent Admission
An urgent admission is one where the physician admits you to the hospital because of:

- The onset of, or change in, a disease; or
- The diagnosis of a disease; or
- An injury caused by an accident; that, while not needing an emergency admission, is severe enough to require confinement as an inpatient in a hospital within two weeks from the date the need for confinement becomes apparent.
**Urgent Care Provider**
This is a freestanding medical facility that:

- Provides unscheduled medical services to treat an urgent condition if your physician is not reasonably available;
- Routinely provides ongoing unscheduled medical services for more than 8 consecutive hours;
- Charges for services;
- Is licensed and certified as required by state or federal law or regulation;
- Keeps a medical record for each patient;
- Provides an ongoing quality assurance program, including reviews by physicians other than those who own or run the facility;
- Is run by a staff of physicians, with one physician on call at all times; and
- Has a full-time administrator who is a physician.

An urgent care provider may also be a physician’s office if it has contracted with Aetna to provide urgent care and is, with Aetna’s consent, included in its provider directory as an in-network urgent care provider.

A hospital emergency room or outpatient department is not considered to be an urgent care provider.

**Urgent Condition**
This is a sudden illness, injury or condition that:

- Is severe enough to require prompt medical attention to avoid serious health problems;
- Includes a condition that could cause you severe pain that cannot be managed without urgent care or treatment;
- Does not require the level of care provided in a hospital emergency room; and
- Requires immediate outpatient medical care that can’t be postponed until your physician becomes reasonably available.

**Walk-In Clinic**
A free-standing health care facility that has contracted with Aetna to:

- Treat unscheduled and/or non-emergency illnesses and injuries; and
- Administer certain immunizations.

A walk-in clinic must:

- Provide unscheduled and/or non-emergency medical services;
- Make charges for the services provided;
- Be licensed and certified as required by any state or federal law or regulation;
- Be staffed by independent practitioners, such as Nurse Practitioners, licensed in the state where the clinic is located;
• Keep a medical record on each patient;
• Provide an ongoing quality assurance program;
• Have at least one physician on call at all times;
• Have a physician who sets protocol for clinical policies, guidelines and decisions; and
• Not be the emergency room or outpatient department of a hospital.