Coverage Beginning on or After: 1/1/2023 Coverage for: All Tiers| Plan Type: POS

The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately.

This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, go to www.highmark.com/bcbswny or call 1-888-249-2583. Complete Prescription plan information can be obtained at www.pbdrx.com or by calling 1-888-878-9172. For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms see the Glossary. You can view the Glossary at www.healthcare.goo/sbc-glossary or call 1-844-639-2441 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	In-Network: \$0; for out-of-network: \$1,000 individual /\$2,000 family	Generally, you must pay all of the costs from providers up to the <u>deductible</u> amount before this <u>plan</u> begins to pay.
Are there services covered before you meet your deductible?	Yes. No services are subject to a deductible.	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive</u> <u>services</u> without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other deductibles for specific services?	No	You don't have to meet deductibles for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	In-Network: \$5,125 individual / \$10,250 family (medical): \$1,725/\$3,450 (Rx); for out-of- network: \$2,500 individual / \$5,000 family	If you have other family members in this <u>plan</u> , they have to meet their own out-of-pocket limits until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out-of-pocket limit?</u>	Premiums, balance-billing charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a <u>network provider</u> ?	Yes. See www.highmark.com/bcbswny or call 1-888-249-2583 for a list of network providers.	This <u>plan</u> uses a provider <u>network</u> . You will pay less if you use a <u>provider</u> in the plan's <u>network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the provider's charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the specialist you choose without a referral.



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

Common		What You Will Pay		Limitations, Exceptions, & Other Important Information
Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
	Primary care visit to treat an injury or illness	\$15 copayment	25% coinsurance	None
If you visit a health	Specialist visit	\$15 copayment	25% coinsurance	None
care <u>provider's</u> office or clinic	Preventive care/screening/ immunization	Covered in full	25% coinsurance	You may have to pay for services that aren't preventive. Ask your <u>provider</u> if the services you need are preventive. Then check what your <u>plan</u> will pay for. Flu vaccine covered in full out-of-network.
If you have a test	Diagnostic test (x-ray, blood work)	\$0 <u>copayment</u> for blood work \$15 <u>copayment</u> for x-ray	25% coinsurance	None
If you have a test	Imaging (CT/PET scans, MRIs)	\$15 copayment	25% <u>coinsurance</u>	Prior authorization required on certain procedures.
If you need drugs to treat your illness or	Generic drugs (Tier 1)	\$10 co-pay/prescription (retail and mail order) \$0 co-pay/prescription contraceptives	Not Applicable	A 30-day supply at retail is 1 co-pay; a 90-day supply (maintenance drugs) at retail is 2½ co-pays; a 90-day supply (maintenance drugs) at mail order is 1 co-pay. Some generic drugs may be subject to non-preferred brand co-pay.
condition More information about prescription drug coverage is available at www.	Preferred brand drugs (Tier 2)	\$15 co-pay/prescription (retail and mail order) \$0 co-pay/prescription contraceptives if no generic is available	Not Applicable	A 30-day supply at retail is 1 co-pay; a 90-day supply (maintenance drugs) at retail is 2½ co-pays; a 90-day supply (maintenance drugs) at mail order is 1 co-pay. If a generic equivalent is available, members will pay the cost differential between the brand and generic drug plus the brand co-pay.
pbdrx.com	Non-preferred brand drugs (Tier 3)	\$20 co-pay/prescription (retail and mail order); \$0 copay/prescription contraceptives if no generic is available	Not Applicable	A 30-day supply at retail is 1 co-pay; a 90-day supply (maintenance drugs) at retail is 2½ co-pays; a 90-day supply (maintenance drugs) at mail order is 1 co-pay.

If you have a hospital

stay

Facility fee

(e.g., hospital room)

Phycian/surgeon fees

Limitations, Exceptions, & **What You Will Pay Other Important Information** Common Services You May Need **Out-of-Network Medical Event Network Provider Provider** (You will pay the least) (You will pay the most) \$10 co-pay/generic Specialty drugs could be generic, preferred brand \$15 co-pay/preferred brand or non-preferred brand, and must be obtained from Not Applicable Specialty drugs \$20 co-pay/non-preferred Reliance Rx or an associated participating brand specialty pharmacy. Prior authorization required on certain Facility fee (e.g., ambulatory \$15 copayment procedures. Call the number on the back of your 25% coinsurance surgery center) ID card for details. If you have outpatient Prior authorization required on certain surgery Physician/surgeon fees Covered in full 25% coinsurance procedures. Call the number on the back of your ID card for details. \$100 copayment Prudent layperson language applies \$100 copayment Emergency room care **Emergency medical** If you need immediate \$100 copayment \$100 copayment None medical attention transportation Urgent care \$15 copayment \$15 copayment None

25% coinsurance

25% coinsurance

\$300/cal year

Covered in full

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Prior authorization required.

None

Common		What You Will Pay		Limitations, Exceptions, & Other Important Information	
Medical Event	Services You May Need		Out-of-Network Provider (You will pay the most)		
If you need mental health, behavioral	Outpatient services	\$15 <u>copayment</u> for Mental Health \$15 <u>copayment</u> for Substance Abuse	25% <u>coinsurance</u> for Mental Health 25% <u>coinsurance</u> for Substance Abuse	Prior authorization required on certain procedures. Call the number on the back of your ID card for details.	
health, or substance abuse services	Inpatient services	\$300/cal year for Inpatient Mental Health \$300/cal year for Substance Abuse detox \$300/cal year for Substance Abuse rehab	25% coinsurance for Mental Health 25% coinsurance for Substance Abuse detox 25% coinsurance for Substance Abuse Rehab	Prior authorization required on certain procedures. Call the number on the back of your ID card for details. Unlimited visits; subject to medical necessity.	
	Office visits	\$15 copayment	25% coinsurance	None	
If you are pregnant	Childbirth/delivery professional services	\$15 copayment	25% coinsurance	For participating providers, cost share applies only to initial visit to determine pregnancy.	
	Childbirth/delivery facility services	\$300/cal year	25% coinsurance	None	
	Home health care	Covered in full	25% coinsurance	None	
If you need help	Rehabilitation services	\$15 copayment	25% coinsurance	20 visits per plan yr per therapy, aggregate INN & OON	
recovering or have	Skilled nursing care	Covered in full	25% coinsurance	Prior authorization required. Unlimited days.	
other special health needs	Durable medical equipment	50% coinsurance	50% coinsurance	Prior authorization required on certain equipment. Call the number on the back of your ID card for details.	
	Hospice services	Covered in full	25% coinsurance	210 days per cal yr INN & OON aggregate	
	Children's eye exam	\$15 copayment	25% coinsurance	Member cost share may vary by plan	
If your child needs dental or eye care	Children's glasses	See limitations and exceptions	See limitations and exceptions	Discounts may apply.	
uental of eye care	Children's dental check-up	See limitations and exceptions	See limitations and exceptions	None	

Coverage Beginning on or After: 1/1/2023 Coverage for: All Tiers| Plan Type: POS **Summary of Benefits and Coverage:** What this Plan Covers & What You Pay For Covered Services Group Name: LMHF POS 204

Coverage Beginning on or After: 1/1/2023 Coverage for: All Tiers| Plan Type: POS

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

Dental

Cosmetic surgery

Private-duty nursing

- Long-term careAcupuncture
- 90-day supply of non-maintenance drugs

- Custodial Care
- Hearing aids
- Weight loss programs

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

Bariatric Surgery

Chiropractic Care

Infertility treatment

- Non-emergency care when traveling outside the U.S.
- Routine eye care (Adult)

Elective Abortion

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform, or the Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or www.cciio.cms.gov. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit www.dealthcare.gov or call 1-800-318-2596

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information on how to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: 1-800-888-1238.

Does this plan provide Minimum Essential Coverage? Yes

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

Does this plan meet Minimum Value Standards? Yes

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

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-888-249-2583.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-888-249-2583.

Chinese (中文):如果需要中文的帮助,请拨打这个号码 1-888-249-2583.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-888-249-2583

Group Name: LMHF POS 204

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About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

■ The <u>plan's</u> overall <u>deductible</u>	\$0
■ Specialist copayment	\$15
■ Hospital (facility) copayment	\$300
■ Other <u>copayment</u>	\$15

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

■ The plan's overall deductible	\$0
■ Specialist copayment	\$15
■ Hospital (facility) copayment	\$300
■ Other copayment	\$15

Managing Joe's type 2 Diabetes

Mia's Simple Fracture

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

■ The plan's overall deductible	\$0
■ Specialist copayment	\$15
■ Hospital (facility) copayment	\$300
■ Other copayment	\$15

This EXAMPLE event includes services like:

Specialist office visits (prenatal care)
Childbirth/Delivery Professional Services
Childbirth/Delivery Facility Services
Diagnostic tests (ultrasounds and blood work)
Specialist visit (anesthesia)

Total Example Cost	\$12,800
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This EXAMPLE event includes services like:

Primary care physician office visits (including disease education)

Diagnostic tests (blood work)

Prescription drugs

Durable medical equipment (glucose meter)

This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

Durable medical equipment (crutches)

Rehabilitation services (physical therapy)

Total Example Cost	\$1,900
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In this example, Peg would pay:

Cost Sharing		
Deductibles	\$0	
Copayments	\$650	
Coinsurance	\$0	
What isn't covered		
Limits or exclusions	\$96	
The total Peg would pay is	\$746	

In this example, Joe would pay:

Cost Sharing		
Deductibles	\$0	
Copayments	\$795	
Coinsurance	\$0	
What isn't covered		
Limits or exclusions	\$55	
The total Joe would pay is	\$850	

In this example, Mia would pay:

Cost Sharing		
Deductibles	\$0	
Copayments	\$405	
Coinsurance	\$18	
What isn't covered		
Limits or exclusions	\$0	
The total Mia would pay is	\$423	

Note: These numbers assume the patient does not participate in the <u>plan's</u> wellness program. If you participate in the <u>plan's</u> wellness program, you may be able to reduce your costs. For more information about the wellness program, please contact: Highmark Blue Cross Blue Shield of WNY at <u>www.highmark.com/bcbswny</u> or call 1-888-249-2583.*Note: This plan has other deductibles for specific services included in this coverage example. See "Are there other deductibles for specific services?" page 1. The **plan** would be responsible for the other costs of these EXAMPLE covered services.

Coverage Beginning on or After: 1/1/2023 Coverage for: All Tiers| Plan Type: POS

Notice of Nondiscrimination

Highmark BlueCross BlueShield of Western New York complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Highmark BlueCross BlueShield of Western New York does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Highmark BlueCross BlueShield of Western New York:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - o Qualified sign language interpreters
 - o Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - o Qualified interpreters
 - o Information written in other languages

If you need these services, please call the customer service number on the back of your ID card or contact the Civil Rights Coordinator.

If you believe that Highmark BlueCross BlueShield of Western New York has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Civil Rights Coordiantor, PO Box 22492, Pittsburg, PA 15222, 1-866-286-8295 TTY 711),, (fax) 1-412-544-2475, email: civilrightscoordinator@highmarkhealth.org. You can file a grievance in person or by mail, fax, or email. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD). Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.



For assistance in English, call the customer service at the number listed on your ID card.

Para obtener asistencia en español, llame al servicio de atención al cliente al número que aparece en su tarjeta de identificación.

請撥打您 ID 卡上的客服號碼以尋求中文協助。

Обратитесь по номеру телефона обслуживания клиентов, указанному на Вашей идентификационной карточке, для помощи на русском языке.

Rele nimewo sèvis kliyantèl ki nan kat ID ou pou jwenn èd nan Kreyòl Ayisyen.

한국어로 도움을 받고 싶으시면 ID 카드에 있는 고객 서비스 전화번호로 문의해 주십시오.

Per assistenza in italiano chiamate il numero del servizio clienti riportato nella vostra scheda identificativa

פאר הילף אין אידיש, רופט די קאסטומער סערוויס אויפן נומער וואס שטייט ID אויף אייער

Aby uzyskać pomoc w języku polskim, należy zadzwonić do działu obsługi klienta pod numer podany na identyfikatorze.

Pour une assistance en français, composez le numéro de téléphone du service à la clientèle figurant sur votre carte d'identification.

Para sa tulong sa Tagalog, tumawag sa numero ng serbisyo sa customer na nasa inyong ID card.

Για βοήθεια στα ελληνικά, καλέστε το τμήμα εξυπηρέτησης πελατών στον αριθμό που αναφέρεται στην ταυτότητά σας.

Për ndihmë në gjuhën shqipe, merrni në telefon shërbimin klientor në numrin e renditur në kartën tuaj të identitetit. Group Name: LMHF POS 204

Coverage Beginning on or After: 1/1/2023 Coverage for: All Tiers| Plan Type: POS

Notice of Nondiscrimination

Pharmacy Benefit Dimensions An Independent Health company

Discrimination is Against the Law

Pharmacy Benefit Dimensions is a subsidiary of Independent Health and complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Pharmacy Benefit Dimensions does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Pharmacy Benefit Dimensions:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - o Information written in other languages

If you need these services, contact Pharmacy Benefit Dimensions' Member Services Department.

If you believe that Pharmacy Benefit Dimensions has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Pharmacy Benefit Dimensions' Member Services Department, 511 Farber Lakes Drive, Buffalo, NY 14221, 1-800-501-3439, TTY users call 1-800-432-1110, fax (716) 635-3504, memberservice@servicing.independenthealth.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Pharmacy Benefit Dimensions' Member Services Department is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201 1-800-368-1019, 800-537-7697 (TDD)

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

English	ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-665-1502 (TTY: 1-800-432-1110).
Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-665-1502 (TTY: 1-800-432-1110).
Chinese	注意:如果 您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-800-665- 1502(TTY:1-800-432-1110)。
Russian	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-665-1502 (телетайп: 1-800-432-1110).
French Creole	ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-665-1502 (TTY: 1-800-432-1110).
Korean	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-665-1502 (TTY: 1-800-432-1110)번으로 전화해 주십시오.
Italian	ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-665-1502 (TTY: 1-800-432-1110).
Yiddish	. רופט. אויפמערקזאם: אויב איר רעדט אידיש, זענען פארהאן פאר אייך שפראך הילף סערוויסעס פריי פון אפצאל. רופט. 1-800-665-1502 (TTY: 1-800-432-1110)
Bengali	লক্ষ্য করুনঃ যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন ১-৪০০-665-1502 (TTY: ১-৪০০- 432-1110)।
Polish	UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-665-1502 (TTY: 1-800-432-1110).
Arabic	ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل بر -665-800-1 1-802 1502 (رقم هاتف الصم والبكم: 1110-432-100).
French	ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-665-1502 (ATS : 1-800-432-1110).
Urdu	خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں ۔ کال کریں
Tagalog	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-665-1502 (TTY: 1-800-432-1110).
Greek	ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-800-665-1502 (TTY: 1-800-432-1110).
Albanian	KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-665-1502 (TTY: 1-800-432-1110).