Summary of Benefits and Coverage: What this Plan Covers & What You Pay For Covered Services Ascend to Wholeness: Accelerate Plan

Coverage Period: 01/01/2020 – 12/31/2020

Coverage for: Plan Participants | Plan Type: PPO

The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, call 888-276-4732. 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.webtpa.com or call 1-888-276-4732 to request a copy.

Important Questions	Answers	Why This Matters:		
What is the overall <u>deductible</u> ?	\$300/Individual or \$600/family <u>Copayments</u> do not count towards <u>deductible</u> .	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. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .		
Are there services covered before you meet your <u>deductible?</u>	Yes. <u>Preventive care</u> is covered before you meet your <u>deductible</u> .	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 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 <u>https://www.healthcare.gov/coverage/preventive-care- benefits/</u> .		
Are there other deductibles for specific services? Yes. \$100/individual and \$300/family for in-network dental; \$150/individual and \$450/family out-of-network dental.		You must pay all of the costs for these services up to the specific <u>deductible</u> amount before this <u>plan</u> begins to pay for these services.		
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	Individual: \$4,000 (\$2,750 for medical benefits and \$1,250 for pharmacy benefits). Family: \$8,000 (\$5,500 for medical benefits, \$2,500 for pharmacy benefits).	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.		
What is not included in the <u>out-of-pocket limit</u> ?	Premiums, balance-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 <u>www.aetna.com/asa</u> or call 1-888-276-4732 for a list of <u>network providers</u> .	You pay the least 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 <u>provider's</u> charge and what your plan 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 <u>specialist</u> you choose without a <u>referral</u> .		

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

		What You Will			
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Primary care visit to treat an injury or illness	\$25 <u>copayment</u> /visit	Not Covered	Deductible does not apply.	
	Specialist visit	\$25 <u>copayment</u> /visit	Not Covered	Deductible does not apply.	
If you visit a health care <u>provider's</u> office or clinic	Other practitioner office Visit	Alternative therapy benefits: Acupuncture: 50% <u>coinsurance</u> Chiropractic: 20% <u>coinsurance</u> Massage therapy: 50% <u>coinsurance</u> Diabetes Self- Management Training: 0% <u>coinsurance</u>	Same as network since network utilization not required for these services.	Deductible does not apply. Acupuncture, chiropractic, and massage limited to combined 45 alternative visits/year and 30 visits/year in a single category. Massage therapy maximum allowable is \$90/visit and participants under age 18 are not eligible for massage therapy benefits. For acupuncture and chiropractic benefits, participants under age 10 are not eligible. Benefits for chiropractic treatment are limited to expenses for spinal manipulation plus one office visit and x-ray per plan year. Diabetes Self-Management Training is up to 10 hours (1 hour private and 9 hours group) in the first plan year and then 2 hours in subsequent years.	
	Preventive care/screening/ immunization	No Charge	Not covered	<u>Deductible</u> does not apply. You may have to pay for services that aren't <u>preventive</u> . Ask your <u>provider</u> if the services you need are preventive. Then check what your <u>plan</u> will pay for.	

		What You Will Pay	Important Information		
Common Medical Event	Services You May Need	Network Provider (You will pay the least) (You will pay the least) (You will pay most)			
If you have a test	Diagnostic test (x-ray, blood work)	20% coinsurance	Not covered	None.	
	Imaging (CT/PET scans, MRIs)	20% coinsurance	Not covered	None.	
If you need drugs to treat your illness or	Generic drugs (Tier 1)	\$10 <u>copayment</u> /prescription for 30-day retail supply;\$20 <u>copayment</u> /prescription for 90-day mail-order supply or Walgreen's Smart90 retail program.	Not covered	Pre-certification required for some drugs. Deductible does not apply.	
condition More information about prescription drug coverage is available at www.express-scripts.com	Preferred brand drugs (Tier 2)	\$20 <u>copayment</u> /prescription for 30-day retail supply;\$40 <u>copayment</u> /prescription for 90-day mail-order supply or Walgreen's Smart90 retail program.	Not covered	Benefits for certain drugs subject to step therapy (must try lower cost drug prior to receiving benefits for higher cost drug). Some maintenance drugs require use of mail order or are subject to penalty.	
	Non-preferred brand drugs (Tier 3)	\$40 <u>copayment</u> /prescription for 30-day retail supply;\$80 <u>copayment</u> /prescription for 90-day mail-order supply or Walgreen's Smart90 retail program.	Not covered		
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	20% coinsurance	Not covered	Pre-certification required.	
surgery	Physician/surgeon fees	20% coinsurance	Not covered	Pre-certification required.	
<i>w v</i> /	Emergency room care	20% after \$100 <u>copayment</u> /visit <u>Deductible</u> waived	20% after \$100 <u>copayment</u> /visit <u>Deductible</u> waived	<u>Copayment</u> waived if admitted to hospital. Emergency hospital admission covered out-of-network at 20% <u>coinsurance</u> until patient stable for transfer.	
If you need immediate medical attention	Emergency medical transportation	20% coinsurance	20% <u>coinsurance</u>	None.	
	<u>Urgent care</u>	20% after \$25 or \$100 <u>copayment</u> /visit	20% after \$25 or \$100 <u>copayment</u> /visit	May be paid as an office visit or as an emergency room visit according to <u>provider</u> contract. Facility fees for office visits not paid	

		What You Will P	Limitations, Exceptions, & Other Important Information	
Common Medical Event	Services You May Need	Network ProviderOut-of-Network(You will pay the least)(You will pay the most)		
lf you have a hospital stay	Facility fee (e.g., hospital room)	20% coinsurance	Not covered	Pre-certification required. Emergency hospital admission covered out-of-network at 20% <u>coinsurance</u> until patient stable for transfer.
	Physician/surgeon fees	20% coinsurance	Not covered	Surgical pre-certification required.
If you need mental health, behavioral	Outpatient services	\$25 <u>copayment</u> /visit for office visits; 20% <u>coinsurance</u> for other services.	Not covered	Pre-certification required for inpatient services, intensive outpatient, partial
health, or substance abuse services	Inpatient services	20% <u>coinsurance</u>	Not covered	hospitalization, and residential care.
	Office visits	\$25 <u>copayment</u> /visit	Not covered	Cost sharing does not apply to
	Childbirth/delivery professional services	20% coinsurance	Not covered	certain <u>preventive services</u> . Depending on the type of services,
lf you are pregnant	Childbirth/delivery facility services	20% coinsurance	Not covered	<u>copayment</u> , <u>coinsurance</u> , or <u>deductible</u> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).
	Home health care	20% coinsurance	Not covered	Pre-certification required. Coverage limited to 120 visits/year
	Rehabilitation services	20% coinsurance	Not covered	Therapeutic services include physical
If you need help recovering or have other special health needs	Habilitation services	20% <u>coinsurance</u>	Not covered	therapy, occupational therapy, and speech therapy. Collectively, there is a 90-visit/year limit for all therapeutic services. There is a maximum of 60 visits/year for any single therapeutic service. Vision therapy has a maximum of 30 visits/year. Vision therapy and any inpatient services require pre-certification.
	Skilled nursing care	20% coinsurance	Not covered	Pre-certification required. Coverage limited to 120 days/year.

		What You Will Pa		
Common Medical Event	Services You May Need	Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
				Precertification required for all charges above \$1,500.
	Durable medical equipment	20% coinsurance	Not covered	
	Hospice services	No charge	No charge	Pre-certification required.
	Children's eye exam	20% coinsurance	20% coinsurance	\$450 maximum payable per plan year for vision care benefits.
	Children's glasses	20% coinsurance	20% coinsurance	
If your child needs dental or eye care	Children's dental check-up	No charge for preventive services; 20% <u>coinsurance</u> for restorative care in-network;	No charge for preventive services; 25% for restorative care out-of-network.	Maximum payable per <u>plan</u> year for dental care is \$2,500/individual and \$7,500/family

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.)

- Cosmetic surgery ٠
- Long-term care ٠

- Non-emergency care when traveling outside the ٠ U.S.
- Weight-loss programs (Except for CHIP, Full-• Plate, and Weight-Watchers)

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	Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)				
	 Acupuncture – covered with some limitations Bariatric surgery –covered with some limitations 	 Dental care (Adult and Children) – covered with some limitations Glasses – covered with some limitations 	 Infertility treatment – covered with some limitations Private-duty nursing – covered with some limitations 		

- Chiropractic care covered with some limitations ٠
- Hearing aids covered with some limitations
- Routine eye care Routine foot care ٠

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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: 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.

Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance <u>Marketplace</u>. For more information about the <u>Marketplace</u>, visit <u>www.HealthCare.gov</u> 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 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: WEB-TPA at 1-888-276-4732 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.

Does this plan provide Minimum Essential Coverage? Yes.

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

Does this plan meet 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 1-888-276-4732. Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-888-276-4732. Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-888-276-4732. Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-888-276-4732.

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



The total Peg would pay is

\$2,930

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)		Managing Joe's type 2 Diabetes (a year of routine in-network care of a well- controlled condition)		Mia's Simple Fracture (in-network emergency room visit and follow up care)	
The plan's overall deductible\$300Specialist copayment\$25Hospital (facility) coinsurance20%Other coinsurance20%		 The <u>plan's</u> overall <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$300 \$25 20% 20%	 The <u>plan's</u> overall <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$300 \$25 20% 20%
This EXAMPLE event includes servic Specialist office visits (<i>prenatal care</i>) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services Diagnostic tests (<i>ultrasounds and blood</i> Specialist visit (<i>anesthesia</i>) Total Example Cost	S	This EXAMPLE event includes services Primary care physician office visits (include disease education) Diagnostic tests (blood work) Prescription drugs Durable medical equipment (glucose meter Total Example Cost	ling	This EXAMPLE event includes servi Emergency room care (including media supplies) Diagnostic test (x-ray) Durable medical equipment (crutches) Rehabilitation services (physical therap Total Example Cost	cal
·	ψ12,700	In this example, Joe would pay:	ψι,του	In this example, Mia would pay:	ψ1,020
In this example, Peg would pay: Cost Sharing		Cost Sharing		Cost Sharing	
Deductibles	\$300	Deductibles*	\$300	Deductibles*	\$300
Copayments	\$90	Copayments	\$820	Copayments	\$75
Coinsurance	\$2,480	Coinsurance	\$372	Coinsurance	\$326
What isn't covered		What isn't covered	1	What isn't covered	
Limits or exclusions	\$60	Limits or exclusions	\$55	Limits or exclusions	\$0

The total Joe would pay is

\$701

The total Mia would pay is

\$1,548