

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) 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, visit <u>www.bcbsla.com</u> or call 1-800-495-2583. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u> or other <u>underlined</u> terms see the Glossary. You can view the Glossary at <u>www.healthcare.gov/sbc-glossary</u> or call 1-800-363-9150 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <u>deductible</u> ?	For <u>network providers</u> \$2,000 individual or \$6,000 family; for <u>out-</u> <u>of-network providers</u> \$4,000 individual or \$12,000 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. 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> and Wellness are 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</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 <u>https://www.healthcare.gov/coverage/preventive-care-benefits/</u> .
Are there other <u>deductibles</u> for specific services?	No.	You don't have to meet deductibles for specific services, but see the Common Medical Events chart for other costs for services this plan covers.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	For <u>network providers</u> \$6,250 individual / \$12,500 family; for <u>out-</u> <u>of-network providers</u> \$12,500 individual / \$25,000 family	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.bcbsla.com</u> or call 1-800-495-2583 for a list of <u>network providers</u> .	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's</u> <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 <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 .

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

Common		What Y	ou Will Pay	Limitations, Exceptions, & Other Important	
Medical Event	Services You May Need	Network Provider	Out-of-Network Provider	Information	
	Primary care visit to treat an injury or illness	(You will pay the least) \$40 <u>Copayment</u>	(You will pay the most) 50% <u>Coinsurance</u> after <u>deductible</u>	If you have a copayment plan, the PCP copayment may be reduced or waived when services are rendered by a Quality Blue Primary Care Provider (QBPC).	
If you visit a health care <u>provider's</u> office	<u>Specialist</u> visit	\$55 <u>Copayment</u>	50% <u>Coinsurance</u> after <u>deductible</u>	None	
or clinic	Other practitioner office visit	\$55 <u>Copayment</u>	50% <u>Coinsurance</u> after <u>deductible</u>	None	
	Preventive care/screening/ Immunization	No Cost	50% <u>Coinsurance;</u> deductible waived	None	
If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	None	
	Imaging (CT/PET scans, MRIs)	30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	Must obtain authorization.	
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at http://www.bcbsla.com	Tier 1	\$7 <u>Copayment</u> retail; \$21 <u>Copayment</u> mail order	\$7 <u>Copayment</u> retail; \$21 <u>Copayment</u> mail order	Certain drugs may be subject to Quantity Level Limits, Step Therapy, Prior Authorization and/or Specialty Pharmacy Program.	
	Tier 2	\$30 <u>Copayment</u> retail; \$90 <u>Copayment</u> mail order	\$30 <u>Copayment</u> retail; \$90 <u>Copayment</u> mail order	See Drug Tier 1 Limitations, Exceptions, & Other Important Information.	
	Tier 3	\$70 <u>Copayment</u> retail; \$210 <u>Copayment</u> mail order	\$70 <u>Copayment</u> retail; \$210 <u>Copayment</u> mail order	See Drug Tier 1 Limitations, Exceptions, & Other Important Information.	
	Tier 4	10% <u>Coinsurance</u> up to \$150 maximum	10% <u>Coinsurance</u> up to \$150 maximum	See Drug Tier 1 Limitations, Exceptions, & Other Important Information.	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	30% <u>Coinsurance</u> after deductible	50% <u>Coinsurance</u> after <u>deductible</u>	None	
	Physician/surgeon fees	30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	None	
If you need immediate medical attention	Emergency room care	30% <u>Coinsurance</u> after <u>deductible</u>	30% <u>Coinsurance</u> after <u>deductible</u>	None	

Questions: Call 1-800-363-9150

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at <u>www.bcbsla.com</u> or <u>www.healthcare.gov</u> or call 1-800-363-9150 to request a copy.

Common	Services You May Need	What You Will Pay Network Provider Out-of-Network Provider		Limitations, Exceptions, & Other Important	
Medical Event	,,	(You will pay the least)	(You will pay the most)	Information	
	Emergency medical transportation	Ground: 30% <u>Coinsurance</u> after <u>deductible</u> Air: 30% <u>Coinsurance</u> after <u>deductible</u>	Ground: 50% <u>Coinsurance</u> after <u>deductible</u> Air: 30% <u>Coinsurance</u> after <u>deductible</u>	None	
	<u>Urgent care</u>	\$55 <u>Copayment</u>	50% <u>Coinsurance</u> after <u>deductible</u>	None	
lf you have a hospital	Facility fee (e.g., hospital room)	30% <u>Coinsurance</u> after deductible	50% <u>Coinsurance</u> after deductible	Must obtain authorization	
stay	Physician/surgeon fees	30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	None	
If you need mental health, behavioral health, or substance abuse services	Mental/Behavioral outpatient services	Office Visits: \$40 <u>Copayment</u> ; All Other Services: 30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	Authorization may be required.	
	Mental/Behavioral inpatient services	30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	Must obtain authorization.	
	Substance use disorder outpatient services	Office Visits: \$40 <u>Copayment;</u> All Other Services: 30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	Authorization may be required.	
	Substance use disorder inpatient services	30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	Must obtain authorization.	
If you are pregnant	Office visits	\$40 <u>Copayment</u>	50% <u>Coinsurance</u> after <u>deductible</u>	There is coverage for Pregnancy of a Dependent child.	
	Childbirth/delivery professional services Childbirth/delivery facility services	30% <u>Coinsurance</u> after <u>deductible</u> 30% <u>Coinsurance</u> after deductible	50% <u>Coinsurance</u> after <u>deductible</u> 50% <u>Coinsurance</u> after deductible	Authorization required if the mother's length of stay exceeds 48 hours following a vaginal delivery or 96 hours following a caesarean section.	
If you need help	Home health care	30% Coinsurance after	50% <u>Coinsurance</u> after	Must obtain authorization.	

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Common	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important	
Medical Event		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Information	
recovering or have		<u>deductible</u>	<u>deductible</u>		
other special health needs	Rehabilitation services	30% <u>Coinsurance</u> after deductible	50% <u>Coinsurance</u> after <u>deductible</u>	None	
	Habilitation services	30% <u>Coinsurance</u> after deductible	50% <u>Coinsurance</u> after <u>deductible</u>	None	
	Skilled nursing care	30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	Must obtain authorization.	
	Durable medical equipment	30% <u>Coinsurance</u> after deductible	50% <u>Coinsurance</u> after <u>deductible</u>	Authorization may be required.	
	Hospice services	30% <u>Coinsurance</u> after <u>deductible</u>	50% <u>Coinsurance</u> after <u>deductible</u>	Must obtain authorization.	
If your child needs dental or eye care	Children's eye exam	Not Covered	Not Covered	None	
	Children's glasses	Not Covered	Not Covered	None	
	Children's dental check-up	Not Covered	Not Covered	None	

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.) Hearing Aids • **Bariatric Surgery** Routine Eye Care ٠ ٠ Infertility Treatment **Cosmetic Surgery** Routine Foot Care ٠ Long-Term Care Dental Care Weight Loss Programs ٠ Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.) Acupuncture ٠ Non-emergency care when traveling outside the ٠ **Chiropractic Care** Private-Duty Nursing (Outpatient) ٠ ٠ United States

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 <u>www.dol.gov/ebsa/healthreform</u> or Louisiana Department of Insurance, Office of Consumer Services, P.O. Box 94214, Baton Rouge La 70804-9214 or call 1-800-259-5300. 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 Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <u>www.dol.gov/ebsa/healthreform</u> or Louisiana Department of Insurance, Office of Consumer Services, P.O. Box 94214, Baton Rouge La 70804-9214 or call 1-800-259-5300.

Does this plan provide Minimum Essential Coverage? Yes

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

Does this plan meet the Minimum Value Standards? Yes

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

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-495-2583 Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-495-2583 Chinese (中文): 如果需要中文的帮助, 请拨打这个号码1-800-495-2583 Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne'1-800-495-2583

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



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 ca hospital delivery)	re and a	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 <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$2,000 \$55 30% 30%	 The plan's overall <u>deductible</u> <u>Specialist</u> <u>copayment</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$2,000 \$55 30% 30%	 The <u>plan's</u> overall <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$2,000 \$55 30% 30%
This EXAMPLE event includes service Specialist office visits (<i>prenatal care</i>) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services Diagnostic tests (<i>ultrasounds and blood w</i> Specialist visit (<i>anesthesia</i>)		This EXAMPLE event includes service Primary care physician office visits (includisease education) Diagnostic tests (blood work) Prescription drugs Durable medical equipment (glucose met	ıding	This EXAMPLE event includes ser Emergency room care (including me supplies) Diagnostic test (x-ray) Durable medical equipment (crutche Rehabilitation services (physical the	dical s)
Total Example Cost	\$12,700	Total Example Cost	\$5,600	Total Example Cost	\$2,800
In this example, Peg would pay:		In this example, Joe would pay:		In this example, Mia would pay:	
Cost Sharing		Cost Sharing		Cost Sharing	
Deductibles	\$2,000	Deductibles	\$10	Deductibles	\$2,000
Copayments	\$10	Copayments	\$1,410	Copayments	\$120
Coinsurance	\$2,720	Coinsurance	\$0	Coinsurance	\$20
What isn't covered		What isn't covered		What isn't covered	
Limits or exclusions	\$60	Limits or exclusions	\$60	Limits or exclusions	\$0
The total Peg would pay is	\$4,790	The total Joe would pay is	\$1,480	The total Mia would pay is	\$2,210



Blue Cross and Blue Shield of Louisiana HMO Louisiana Southern National Life

Nondiscrimination Notice

Discrimination is Against the Law

Blue Cross and Blue Shield of Louisiana and its subsidiaries, HMO Louisiana, Inc. and Southern National Life Insurance Company, Inc., does not exclude people or treat them differently on the basis of race, color, national origin, age, disability or sex in its health programs or activities.

Blue Cross and Blue Shield of Louisiana and its subsidiaries:

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

If you need these services, you can call the Customer Service number on the back of your ID card or email **MeaningfulAccessLanguageTranslation@bcbsla.com**. If you are hearing impaired call 1-800-711-5519 (TTY 711).

If you believe that Blue Cross, one of its subsidiaries or your employer-insured health plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you have the right to take the following steps;

1. If you are fully insured through Blue Cross, file a grievance with Blue Cross by mail, fax, or email.

Section 1557 Coordinator P. O. Box 98012 Baton Rouge, LA 70898-9012 225-298-7238 or 1-800-711-5519 (TTY 711) Fax: 225-298-7240 Email: Section1557Coordinator@bcbsla.com

2. If your employer owns your health plan and Blue Cross administers the plan, contact your employer or your company's Human Resources Department. To determine if your plan is fully insured by Blue Cross or owned by your employer, go to www.bcbsla.com/checkmyplan.

Whether Blue Cross or your employer owns your plan, you can file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights 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)

Or

Electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf. Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

NOTICE

Free language services are available. If needed, please call the Customer Service number on the back of your ID card. Hearing-impaired customers call 1-800-711-5519 (TTY 711).

Tiene a su disposición servicios lingüísticos gratuitos. De necesitarlos, por favor, llame al número del Servicio de Atención al Cliente que aparece en el reverso de su tarjeta de identificación. Clientes con dificultades auditivas, llamen al 1-800-711-5519 (TTY 711).

Des services linguistiques gratuits sont disponibles. Si nécessaire, veuillez appeler le numéro du Service clientèle figurant au verso de votre carte d'identification. Si vous souffrez d'une déficience auditive, veuillez appeler le 1-800-711-5519 (TTY 711).

Có dịch vụ thông dịch miễn phí. Nếu cần, xin vui lòng gọi cho Phục Vụ Khách Hàng theo số ở mặt sau thẻ ID của quý vị. Khách hàng nào bị suy giảm thính lực hãy gọi số 1-800-711-5519 (TTY 711).

我们为您提供免费的语言服务。如有需要,请致电您 ID 卡背面的客户服务号码。听障客户请拨 1-800-711-5519(TTY 711)。

الخدمات اللغوية متاحة مجاناً. يرجى، إذا اقتضى الأمر، الاتصال برقم خدمة العملاء المدون على ظهر بطاقة التعريف الخاصة بك. إذا كنت تعاني من إعاقة في السمع، فيرجى الاتصال بالرقم 5519-711-800-11 (TTY 711).

Magagamit ang mga libreng serbisyo sa wika. Kung kinakailangan, pakitawagan ang numero ng Customer Service sa likod ng iyong ID kard. Para sa mga may kapansanan sa pandinig tumawag sa 1-800-711-5519 (TTY 711).

무료 언어 서비스를 이용하실 수 있습니다. 필요한 경우 귀하의 ID 카드 뒤에 기재되어 있는 고객 서비스 번호로 연락하시기 바랍니다. 청각 장애가 있는 분은 1-800-711-5519 (TTY 711)로 연락하십시오.

Oferecemos serviços linguísticos grátis. Caso necessário, ligue para o número de Atendimento ao Cliente indicado no verso de seu cartão de identificação. Caso tenha uma deficiência auditiva, ligue para 1-800-711-5519 (TTY 711).

ພວກເຮົາມີບໍລິການແປພາສາໃຫ້ທ່ານຟຣີ. ຖ້າທ່ານຕ້ອງການບໍລິການນັ້ນ, ກະລຸນາໂທຫາພະແນກບໍລິການລູກຄ້າຕາມເບີໂທທີ່ຢູ່ ທາງຫຼັງຂອງບັດປະຈຳຕົວຂອງທ່ານ. ຖ້າທ່ານຫຼຸບໍ່ດີ, ຂໍໃຫ້ໂທເບີ 1-800-711-5519 (TTY 711).

無料の言語サービスをご利用頂けます。あなたのIDカードの裏面に記載されているサポートセンターの 電話番号までご連絡ください。聴覚障害がある場合は、1-800-711-5519 (TTY 711)までご連絡ください。

زبان سے متعلق مفت خدمات دستیاب ہیں۔ اگر ضرورت ہو تو، براہ کرم اپنے آئی ڈی کارڈ کی پشت پر موجود کسٹمر سروس نمبر پر کال کریں۔ سمعی نقص والے کسٹمرز (TTY 711) TTY-5519 پر کال کریں۔

Kostenlose Sprachdienste stehen zur Verfügung. Falls Sie diese benötigen, rufen Sie bitte die Kundendienstnummer auf der Rückseite Ihrer ID-Karte an. Hörbehinderte Kunden rufen bitte unter der Nummer 1-800-711-5519 (TTY 711) an.

خدمات رایگان زبان در دسترس است. در صورت نیاز ، لطفاً با شمار ه خدمات مشتریان که در پشت کارت شناسایی تان درج شده است تماس بگیرید. مشتریانی که مشکل شنوایی دارند با شماره (TTY 711) 6509-711-509-1 تماس بگیرند.

Предлагаются бесплатные переводческие услуги. При необходимости, пожалуйста, позвоните по номеру Отдела обслуживания клиентов, указанному на оборотной стороне Вашей идентификационной карты. Клиенты с нарушениями слуха могут позвонить по номеру 1-800-711-5519 (Телефон с текстовым выходом: 711).

มีบริการด้านภาษาให้ใช้ได้ฟรี หากต้องการ โปรดโทรศัพท์ติดต่อฝ่ายการบริการลูกค้าตามหมายเลขที่อยู่ด้านหลังบัตรประจำตัวประชาชนของท่าน สำหรับลูกค้าที่มีปัญหาทางการได้ยิน โปรดโทรศัพท์ไปที่หมายเลข 1-800-711-5519 (TTY 711)