

ANNUAL NOTIFICATIONS

Women's Health and Cancer Rights Act

Under the federal Women's Health and Cancer Rights Act of 1998 and Minnesota law, you are entitled to the following services:

1. reconstruction of the breast on which the mastectomy was performed;
2. surgery and reconstruction of the other breast to produce a symmetrical appearance; and
3. prosthesis and treatment for physical complications during all stages of mastectomy, including swelling of the lymph glands (lymphedema).

Services are provided in a manner determined in consultation with the physician and patient. Coverage is provided on the same basis as any other illness.

Important Notice From the Plan Administrator About Your Prescription Drug Coverage and Medicare

Please read this notice carefully and keep it where you can find it. This notice has information about your current prescription drug coverage with Blue Cross and Blue Shield of Minnesota (Blue Cross) and about your options under Medicare's prescription drug coverage. If you are considering joining, you should compare your current coverage, including which drugs are covered at what cost, with the coverage and costs of the plans offering Medicare prescription drug coverage in your area. This information can help you decide whether or not you want to join a Medicare drug plan. Information about where you can get help to make decisions about your prescription drug coverage is at the end of this notice.

There are two important things you need to know about your current coverage and Medicare's prescription drug coverage:

- 1. Medicare prescription drug coverage became available in 2006 to everyone with Medicare. You can get this coverage if you join a Medicare Prescription Drug Plan or join a Medicare Advantage Plan (like an HMO or PPO) that offers prescription drug coverage. All Medicare drug plans provide at least a standard level of coverage set by Medicare. Some plans may also offer more coverage for a higher monthly premium.**
- 2. Blue Cross has determined that the prescription drug coverage offered through your employer is, on average for all plan participants, expected to pay out as much as standard Medicare prescription drug coverage pays and is considered Creditable Coverage.**

Because your existing coverage is, on average, at least as good as standard Medicare prescription drug coverage, you can keep this coverage and not pay a higher premium (a penalty) if you later decide to join a Medicare drug plan.

When Can You Join A Medicare Drug Plan?

You can join a Medicare drug plan when you first become eligible for Medicare and each year between November 15th and December 31st. However, if you lose creditable prescription drug coverage through no fault of your own, you will be eligible for a two (2) month Special Enrollment Period (SEP) to join a Medicare drug plan.

What Happens To Your Current Coverage If You Decide to Join A Medicare Drug Plan?

If you decide to join a Medicare drug plan, your current coverage may be affected. Please contact your employer's human resources department for more information.

If you do decide to join a Medicare drug plan and drop your current prescription drug coverage, be aware that you and your dependents might not be able to get this coverage back, depending on your employer's eligibility policy. This risk might also extend to your medical coverage, so it is worthwhile to ask before enrolling in a Medicare drug plan.

When Will You Pay A Higher Premium (Penalty) To Join A Medicare Drug Plan?

You should also know that if you drop or lose your current coverage and do not join a Medicare drug plan within 63 continuous days after your current coverage ends, you may pay a higher premium (a penalty) to join a Medicare drug plan later.

If you go 63 continuous days or longer without prescription drug coverage that's at least as good as Medicare's prescription drug coverage, your monthly premium may go up by at least one (1) percent of the base beneficiary premium per month for every month that you did not have that coverage. For example, if you go nineteen months without coverage, your premium may consistently be at least 19 percent higher than the base beneficiary premium. You may have to pay this higher premium (a penalty) as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the following November to join.

For More Information About This Notice Or Your Current Prescription Drug Coverage...

Contact Customer Service using the telephone number listed in the "Customer Service" section. You will receive this notice each year. You also may request a copy should you need it at a later date.

For More Information About Your Options Under Medicare Prescription Drug Coverage...

More detailed information about Medicare plans that offer prescription drug coverage is in the "Medicare & You" handbook. You will get a copy of the handbook in the mail every year from Medicare. You may also be contacted directly by Medicare drug plans. For more information about Medicare prescription drug coverage:

- Visit **www.medicare.gov**
- Call your State Health Insurance Assistance Program (see the inside back cover of your copy of the "Medicare & You" handbook for their telephone number) for personalized help
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048

If you have limited income and resources, extra help paying for Medicare prescription drug coverage is available. For information about this extra help, visit Social Security on the web at **www.socialsecurity.gov**, or call them at 1-800-772-1213 (TTY 1-800-325-0778).

Remember: Keep this Creditable Coverage notice. If you decide to join one of the Medicare drug plans, you may be required to provide a copy of this notice when you join to show whether or not you have maintained creditable coverage and whether or not you are required to pay a higher premium (a penalty).

Rights and Responsibilities

You Have The Right Under This Plan:

- To be treated with respect, privacy and dignity.
- To receive quality health care that is friendly and timely.
- To have available and accessible medically necessary covered services, including emergency services, 24 hours a day, seven (7) days a week.
- To be informed of your health problems and to receive information regarding treatment alternatives and their risk in order to make an informed choice regardless if the health plan pays for treatment.
- To participate with your health care providers in decisions about your treatment.
- To give your provider a health care directive or a living will (a list of instructions about health treatments to be carried out in the event of incapacity).
- To refuse treatment.
- To have privacy of medical and financial records maintained by the Plan, the Claims Administrator and its health care providers in accordance with existing law.
- To receive information about the Plan, its services, its providers, and your rights and responsibilities.
- To make recommendations regarding these rights and responsibilities policies.
- To have a resource at the Plan, the Claims Administrator or at the clinic that you can contact with any concerns about services.
- To file an appeal with the Claims Administrator and receive a prompt and fair review.
- To initiate a legal proceeding when experiencing a problem with the Plan or its providers.

You Have The Responsibility Under This Plan:

- To know your health plan benefits and requirements.
- To provide, to the extent possible, information that the Plan, the Claims Administrator, and its providers need in order to care for you.
- To understand your health problems and work with your doctor to set mutually agreed upon treatment goals.
- To follow the treatment plan prescribed by your provider or to discuss with your provider why you are unable to follow the treatment plan.
- To provide proof of coverage when you receive services and to update the clinic with any personal changes.
- To pay copays at the time of service and to promptly pay deductibles, coinsurance and, if applicable, charges for services that are not covered.
- To keep appointments for care or to give early notice if you need to cancel a scheduled appointment.

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INTRODUCTION

This Summary Plan Description (SPD) contains a summary of the AREA SPECIAL EDUCATION COOPERATIVE Double Gold Health Care Plan for benefits effective 07-01-2009.

Coverage under this Plan for eligible employees and dependents will begin as defined in the Eligibility section.

All coverage for dependents and all references to dependents in this Summary Plan Description are inapplicable for employee-only coverage.

This Plan, financed and administered by the NORTHWEST SERVICE COOPERATIVE - SCHOOLS and AREA SPECIAL EDUCATION COOPERATIVE, is a self-insured medical plan. Blue Cross and Blue Shield of Minnesota (BCBSM), under contract with the NORTHWEST SERVICE COOPERATIVE - SCHOOLS is the Claims Administrator and provides administrative services only. The Claims Administrator does not assume any financial risk or obligation with respect to claims. Payment of benefits is subject to all terms and conditions of this Summary Plan Description, including medical necessity.

This Plan is not subject to ERISA.

This Plan provides benefits for covered services you receive from eligible health care providers. You receive the highest level of coverage when you use In-Network Providers. In-Network Providers are providers that have entered into a service agreement with the Claims Administrator to provide you quality health services at favorable prices. These providers are also referred to as Participating Providers.

The Plan also provides benefits for covered services you receive from Out-of-Network Providers. In some cases, you receive a reduced level of coverage when you use these providers. Out-of-Network Providers are also referred to as Nonparticipating Providers. Nonparticipating Providers have not entered into a service agreement with the Claims Administrator. You may pay a greater portion of your health care expenses when you use Nonparticipating Providers.

IMPORTANT! When receiving care, present your identification card to the provider who is rendering the services. It is also important that you read this entire Summary Plan Description carefully. It explains the Plan, eligibility, notification procedures, covered expenses, and expenses that are not covered. If you have questions about your coverage, please contact the Claims Administrator at the address or telephone numbers listed on the following page.

CUSTOMER SERVICE

Questions?	<p>The Claims Administrator's customer service staff is available to answer your questions about your coverage and direct your calls for preadmission and emergency admission notification.</p> <p>Monday through Thursday: 7:00 AM – 7:00 PM Central Time Friday: 9:00 AM – 6:00 PM Central Time</p> <p style="text-align: center;"><i>Hours are subject to change without prior notice.</i></p>
Customer Service Telephone Number	<p>Claims Administrator: (651) 662-5517 or toll-free at 1-888-878-0136</p>
Blue Cross Blue Shield of Minnesota Website	<p>http://www.bluecrossmn.com</p>
BlueCard Telephone Number	<p>Toll-free 1-800-810-BLUE (2583)</p> <p>This number is used to locate providers who participate with Blue Cross and Blue Shield plans nationwide.</p>
BlueCard Website	<p>http://www.bcbs.com</p> <p>This website is used to locate providers who participate with Blue Cross and Blue Shield plans nationwide.</p>
Claims Administrator's Mailing Address	<p>Claims review requests, and written inquiries may be mailed to the address below:</p> <p style="padding-left: 40px;">Blue Cross and Blue Shield of Minnesota P.O. Box 64338 St. Paul, MN 55164</p> <p>Prior authorization requests should be mailed to the following address:</p> <p style="padding-left: 40px;">Blue Cross and Blue Shield of Minnesota Medical Review Department P.O. Box 64265 St. Paul, MN 55164</p>
Pharmacy Telephone Number	<p>Toll-free 1-800-509-0545</p> <p>This number is used to locate a participating pharmacy.</p>

COVERAGE INFORMATION

Choosing A Health Care Provider

You may choose any eligible provider of health services for the care you need. The Plan may pay higher benefits if you choose In-Network Providers.

In-Network Providers

When you choose these providers, you get the most benefits for the least expense and paperwork. These providers will take care of any notification requirements and send your claims to the Claims Administrator and the Claims Administrator sends payment to the provider for covered services you receive. The provider directory lists In-Network Providers and may change as providers enroll or terminate their agreements. An initial provider directory is provided to you, without charge, when you become eligible for the Plan. You and your dependents can obtain, without charge, additional copies of the provider directory from the Plan Administrator, upon your request. For benefit information on these providers, refer to the Benefit Chart.

Out-of-Network Providers

Nonparticipating Providers may not take care of notification requirements or file claims for you. You may also pay more of the bill. Refer to the next section for a description of charges that are your responsibility.

Continuity of Care

Continuity of Care for New Members

If you are new to this Plan, this section applies to you. If you are currently receiving care from a provider or specialist who does not participate with the Claims Administrator, you may request to remain with this provider, and continue to receive care for a special medical need or condition, for a reasonable period of time before transferring to a participating provider as required under the terms of your coverage with this Plan. The Claims Administrator will authorize this continuation of care for a terminal illness in the final stages or for the rest of your life if a physician certifies that your life expectancy is 180 days or less. The Claims Administrator will also authorize this continuation of care if you are engaged in a current course of treatment for any of the following conditions or situations:

Continuation for up to 120 days:

1. An acute condition;
2. A life-threatening mental or physical illness;
3. A physical or mental disability rendering you unable to engage in one or more major life activities provided that the disability has lasted or can be expected to last for at least one year, or that has a terminal outcome;
4. A disabling or chronic condition in an acute phase or that is expected to last permanently;
5. You are receiving culturally appropriate services from a provider with special expertise in delivering those services;
or
6. You are receiving services from a provider that are delivered in a language other than English.

Continuation through the postpartum period (six (6) weeks post delivery) for a pregnancy beyond the first trimester.

Transition to Participating Providers

At your request, the Claims Administrator will assist you in making the transition from a Nonparticipating to a Participating Provider. Please contact the Claims Administrator's customer service staff for a written description of the transition process, procedures, criteria, and guidelines.

Continuity of Care for Current Members

If you are a current member or dependent, this section applies to you. If the relationship between your participating primary care clinic or physician and the Claims Administrator ends, rendering your clinic or provider nonparticipating with the Claims Administrator, and the termination was not for cause, you may request to continue to receive care for a special medical need or condition, for a reasonable period of time before transferring to a participating provider as required under the terms of your coverage with this Plan. The Claims Administrator will authorize this continuation of care for a terminal illness in the final stages or for the rest of your life if a physician certifies that your life expectancy is 180 days or less. The Claims Administrator will also authorize this continuation of care if you are engaged in a current course of treatment for any of the following conditions or situations:

Continuation for up to 120 days:

1. An acute condition;
2. A life-threatening mental or physical illness;
3. A physical or mental disability rendering you unable to engage in one or more major life activities provided that the disability has lasted or can be expected to last for at least one year, or that has a terminal outcome;
4. A disabling or chronic condition in an acute phase or that is expected to last permanently;
5. You are receiving culturally appropriate services from a provider with special expertise in delivering those services;
or
6. You are receiving services from a provider that are delivered in a language other than English.

Continuation through the postpartum period (six (6) weeks post delivery) for a pregnancy beyond the first trimester.

Transition to Participating Providers

At your request, the Claims Administrator will assist you in making the transition from a Nonparticipating to a Participating Provider. Please contact the Claims Administrator's customer service staff for a written description of the transition process, procedures, criteria, and guidelines.

Termination for Cause

If the Claims Administrator has terminated its relationship with your provider for cause, the Claims Administrator will not authorize continuation of care with or transition of care to that provider. Your transition to a participating provider must occur immediately.

Liability for Health Care Expenses

Charges That Are Your Responsibility

When you use In-Network Providers for covered services, payment is based on the allowed amount. You are not required to pay for charges that exceed the allowed amount. You are required to pay the following amounts:

1. deductibles;
2. copays and coinsurance;
3. charges that exceed the benefit maximum;
4. charges for services that are not covered; and
5. charges for services that are investigative or not medically necessary if you are notified in writing before you receive services that the services are not covered and you agree in writing to pay all charges.

When you use Nonparticipating Providers for covered services, payment is still based on the allowed amount. However, because a Nonparticipating Provider has not entered into a service agreement with the Claims Administrator, the Nonparticipating Provider is not obligated to accept the allowed amount as payment in full. You are responsible for payment of any billed charges that exceed the allowed amount. This means that you may have substantial out-of-pocket expense when you use a Nonparticipating Provider. You are required to pay the following amounts:

1. charges that exceed the allowed amount;
2. deductibles;
3. copays and coinsurance;
4. charges that exceed the benefit maximum;
5. charges for services that are not covered, including services that the Claims Administrator determines are not covered based on claims coding guidelines; and
6. charges for services that are investigative or not medically necessary.

If you or the provider fail to contact the Claims Administrator for prior authorization or preadmission notification, your benefits may be reduced and you could pay additional charges.

BlueCard Program

Liability Disclosure

When you obtain health care services through the BlueCard Program outside the geographic area BCBSM serves, the amount you pay for covered services is usually calculated on the lower of:

1. The billed charges for your covered services; or
2. The negotiated price that the on-site Blue Cross and/or Blue Shield Plan ("Host Blue") passes on to the Claims Administrator.

Often, this "negotiated price" consists of a simple discount that reflects the actual price paid by the Host Blue. Sometimes, however, the negotiated price is either 1) an estimated price that factors expected settlements, withholds, any other contingent payment arrangements and non-claims transactions with your health care provider or with a specified group of providers into the actual price; or 2) billed charges reduced to reflect an average expected savings with your health care provider or with a specified group of providers. The price that reflects average savings may result in greater variation (more or less) from the actual price paid than will the estimated price. The negotiated price will be prospectively adjusted to correct for over- or underestimation of past prices. The amount you pay, however, is considered a final price and will not be affected by the prospective adjustment.

Statutes in a small number of states may require the Host Blue either 1) to use a basis for calculating your liability for covered services that does not reflect the entire savings realized or expected to be realized on a particular claim; or 2) to add a surcharge. If any state statutes mandate liability calculation methods that differ from the usual BlueCard method noted above or require a surcharge, the Claims Administrator will calculate your liability for any covered health care services according to the applicable state statute in effect at the time you received your care.

General Provider Payment Methods

Participating Providers

Several industry-standard methods are used to pay the Claims Administrator's health care providers. If the provider is "participating" they are under contract and the method of payment is part of the contract. Most contracts and payment rates are negotiated or revised on an annual basis.

Non-Institutional or Professional (i.e., doctor visits, office visits) Provider Payments

- **Fee-for-Service:** Providers are paid for each service or bundle of services. Payment is based on the amount of the provider's billed charges.
- **Discounted Fee-for-Service:** Providers are paid a portion of their billed charges for each service or bundle of services. Payment may be a percentage of the billed charge or it may be based on a fee schedule that is developed using a methodology similar to that used by the federal government to pay providers for Medicare services.
- **Discounted Fee-for-Service, Withhold and Bonus Payments:** Providers are paid a portion of their billed charges for each service or bundle of services, and a portion (generally 5 - 20%) of the provider's payment is withheld. As an incentive to promote high quality and cost-effective care, the provider may receive all or a portion of the withhold amount based upon the cost-effectiveness of the provider's care. In order to determine cost-effectiveness, a per member per month target is established. The target is established by using historical payment information to predict average costs. If the provider's costs are below this target, providers are eligible for a return of all or a portion of the withhold amount and may also qualify for an additional bonus payment.

In addition, as an incentive to promote high quality care and as a way to recognize those providers that participate in certain quality improvement projects, providers may be paid a bonus based on the quality of the provider's care to its member patients. In order to determine quality of care, certain factors are measured, such as member patient satisfaction feedback on the provider, compliance with clinical guidelines for preventive services or specific disease management processes, immunization administration and tracking, and tobacco cessation counseling.

Payment for high cost cases and selected preventive and other services may be excluded from the discounted fee-for-service and withhold payment. When payment for these services is excluded, the provider is paid on a discounted fee-for-service basis, but no portion of the provider's payment is withheld.

Institutional (i.e., hospital and other facility) Provider Payments

• Inpatient Care

- § **Payments for each Case (case rate):** Providers are paid a fixed amount based upon the member's diagnosis at the time of admission, regardless of the number of days that the member is hospitalized. This payment amount may be adjusted if the length of stay is unusually long or short in comparison to the average stay for that diagnosis ("outlier payment"). The method is similar to the payment methodology used by the federal government to pay providers for Medicare services.
- § **Payments for each Day (per diem):** Providers are paid a fixed amount for each day the patient spends in the hospital or facility.
- § **Percentage of Billed Charges:** Providers are paid a percentage of the hospital's or facility's billed charges for inpatient or outpatient services, including home services.

• Outpatient Care

- § **Payments for each Category of Services:** Providers are paid a fixed or bundled amount for each category of outpatient services a member receives during one (1) or more related visits.
- § **Payments for each Visit:** Providers are paid a fixed or bundled amount for all related services a member receives in an outpatient or home setting during one (1) visit.
- § **Payments for each Patient:** Providers are paid a fixed amount per patient per calendar year for certain categories of outpatient services.

Pharmacy Payment

Four (4) kinds of pricing are compared and the lowest amount of the four (4) is paid:

- the average wholesale price of the drug, less a discount, plus a dispensing fee; or
- the pharmacy's retail price; or
- the maximum allowable cost we determine by comparing market prices (for generic drugs only); or
- the amount of the pharmacy's billed charge.

Nonparticipating Providers

Because the Claims Administrator has no contract with Nonparticipating Providers, the member is responsible for the difference between the Nonparticipating Provider's billed charge and the payment allowance for services received from Nonparticipating Providers. In such situations, the member's liability likely will be substantially greater than the liability the member would incur for similar services received from a Participating Provider.

Nonparticipating Facilities (Hospital and Specialty Facilities including Home Health Care)

- In Minnesota, payment is based on a percentage of billed charge.
- Outside of Minnesota, payment is based on the local Blue Cross and/or Blue Shield Plan allowance unless that amount is greater than the billed charge, or no amount is provided by the local Blue Plan. In that case, payment will be based on a percentage of a Medicare-based fee schedule (if such pricing is available) or a percentage of billed charges.

Nonparticipating Professionals

- In Minnesota, payment is based on a percentage of a Medicare-based fee schedule (if such pricing is available), a discount from the current Blue Cross and Blue Shield of Minnesota fee schedule used to pay Participating Providers, or a percentage of billed charges.
- Outside of Minnesota, payment is based on the local Blue Cross and/or Blue Shield Plan allowance unless that amount is greater than the billed charge, or no amount is provided by the local Blue Plan. In that case, payment will be based on a percentage of pricing obtained from a nationwide provider reimbursement database that considers various factors including the zip code of the place of service and the type of service provided. If this database pricing is not available for the service provided, payment will be based on a percentage of either the billed charge or local (Minnesota) Nonparticipating Provider pricing.

Out-of-Pocket Costs Example

The following table illustrates the different out-of-pocket costs you may incur using Nonparticipating versus Participating Providers. The example presumes that your deductible has been satisfied and that the Plan covers 80% for Participating and 60% for Nonparticipating providers. It also presumes that the Allowed Amount for a Nonparticipating Provider will be less than for a Participating Provider. The difference in the Allowed Amount between a Participating and Nonparticipating provider could be more or less than the 20% difference in the example below.

	Participating Provider	Nonparticipating Provider
Provider Charge:	\$150	\$150
Allowed Amount:	\$100	\$80
Blue Cross Pays:	80% (\$80)	60% (\$48)
Coinsurance You Owe:	20% (\$20)	40% (\$32)
Difference Up to Billed Charge You Owe:	NA	\$70 (\$150-\$80)
Total You Pay:	\$20	\$102

Special Circumstances

When you receive care from certain nonparticipating professionals at a participating: hospital; outpatient facility; or emergency room, the reimbursement to the nonparticipating professional may include some of the costs that you would otherwise be required to pay (e.g. the difference between the Allowed Amount and the provider's billed charge). This reimbursement applies when nonparticipating professionals are hospital-based and needed to provide immediate medical or surgical care and you do not have the opportunity to select the provider of care. This reimbursement also applies when you receive care in a hospital as a result of a medical emergency.

- **Example**

Your doctor admits you to the hospital for an elective procedure. Your hospital and surgeon are Participating Providers. You also receive anesthesiology services, but you are not able to select the anesthesiologist. The anesthesiologist is not a Participating Provider. When the claim for anesthesiology services is processed, the Claims Administrator may pay an additional amount because you needed care, but were not able to choose the provider who would render such services.

We feature a large network of providers in Minnesota. Each provider is an independent contractor and is not our agent.

The above is a general summary of our provider payment methodologies only. Further, while efforts are made to keep this form as up-to-date as possible, provider payment methodologies may change from time to time and every current provider payment methodology may not be reflected in this summary.

Please note that some of these payment methodologies may not apply to your particular plan. Detailed information about payment allowances is available on our website at www.bluecrossmn.com

Recommendations by Health Care Providers

In some cases, your provider may recommend or provide written authorization for services that are specifically excluded by the Plan. When these services are referred or recommended, a written authorization from your provider does not override any specific Plan exclusions.

Fraudulent Practices

Coverage for you or your dependents will be terminated if you or your dependent: materially misrepresent your medical history on the application for coverage; submit fraudulent, altered, or duplicate billings for personal gain; and/or allow another party not covered under the Plan to use your or your dependent's coverage.

Excessive and Harmful use of Health Care Services

The Claims Administrator monitors claims data for many reasons. When the Claims Administrator determines that you are receiving an excessive number of health care services and/or an excessive number of prescription drugs, the Claims Administrator evaluates such services. When the Claims Administrator determines that an excessive number of services or prescription drugs are not necessary, the following will occur:

The Claims Administrator will send you a letter giving you 30 days to select one (1) participating physician, one (1) participating hospital, and one (1) participating pharmacy to coordinate all of your health care needs. If you do not make a selection the Claims Administrator will select one for you. Once the selection is made, all services must be coordinated by the selected providers. Care received from other providers will not be covered and the charges will be your responsibility.

The Claims Administrator will notify you how to obtain care not available through the coordinating health care providers, how to access emergency care, and how long these restrictions will be in place.

Time Periods

When the time of day is important for benefits or determining when coverage starts and ends, a day begins at 12:00 a.m. and ends at 12:00 a.m. the following day.

Medical Policy Committee

The Claims Administrator's Medical Policy Committee determines whether new or existing medical treatment should be covered benefits. The Committee is made up of independent community physicians who represent a variety of medical specialties. The Committee's goal is to find the right balance between making improved treatments available and guarding against unsafe or unproven approaches. The Committee carefully examines the scientific evidence and outcomes for each treatment being considered.

NOTIFICATION REQUIREMENTS

Prior Authorization

The Claims Administrator reviews services to verify that they are medically necessary and that the treatment provided is the proper level of care. Prior authorization from the Claims Administrator is recommended before you receive selected services so that you avoid incurring charges for services that may not be considered medically necessary. In-Network Providers will obtain prior authorization for you.

If you are using a provider that does not participate with the Claims Administrator, you are responsible for obtaining prior authorization. The Claims Administrator recommends that you or the provider contact them at least 10 working days prior to receiving the care to determine if the services are eligible. The Claims Administrator will notify you of their decision within 10 working days, provided that the prior authorization request contains all the information needed to review the service.

With prior authorization, the Plan guarantees payment for services approved in advance if the services are otherwise covered under the Plan and you are covered on the date you receive care, you have not exceeded your lifetime or benefit maximum, and the procedure that is authorized is the service that is billed by the provider. All applicable preexisting condition limitations exclusions, deductibles, copays, and coinsurance provisions continue to apply. The prior authorization will indicate a specified time frame in which you may receive the services. Any service not performed in the specific time frame will need to be prior authorized again. You will be responsible for payment of services that the Claims Administrator determines are not medically necessary.

The prior authorization list is subject to change due to changes in the Claim Administrator's medical policy. The most current list is available on the Claims Administrator's website or by calling Customer Service.

- Bariatric surgery
- Benefit substitution
- Cosmetic versus medically necessary procedures - including but not limited to: brow ptosis repair; panniculectomy; reduction mammoplasty; rhinoplasty; scar excision/revision; and mastopexy
- Coverage of routine care related to cancer clinical trials
- Dental and oral surgery including, but not limited to: services that are accident-related for the treatment of injury to sound and healthy natural teeth; temporomandibular joint (TMJ) surgical procedures; and orthognathic surgery
- Drugs - including, but not limited to: growth hormones; injectable fertility medications; intravenous immunoglobulin (IVIg); oral fentanyl; subcutaneous immunoglobulin; and rituximab for off-label usage
- Durable Medical Equipment (DME), prosthetics and supplies including, but not limited to: unlisted DME codes over \$1,000; neuromuscular electrical stimulation; motorized wheelchairs and scooters; vest percussors; specialty beds; mattresses and overlays; wound healing treatment; hearing devices or prosthetics; continuous glucose monitors; and amino acid-based elemental formula
- Home health care
- Hospice care
- Humanitarian and Compassionate Use Devices (procedures using devices under the FDA category of Humanitarian and Compassionate Use Device Exemption)
- Hyperhidrosis surgery
- Sex reassignment surgery
- Spinal cord stimulators
- Subtalar arthroereisis for treatment of foot disorders
- Surgical treatment of obstructive sleep apnea and upper airway resistance syndrome
- Transplants, except kidney and cornea
- Vagus nerve stimulation (for all conditions)

The Claims Administrator reserves the right to revise, update and/or add to this list at anytime without notice. The current list is available on the Claims Administrator's website or by calling Customer Service.

The Claims Administrator prefers that all requests for prior authorization from Nonparticipating Providers be submitted in writing. Please submit your request to the address provided in the "Customer Service" section.

Preadmission Notification

Preadmission notification is recommended at least five (5) days in advance of being admitted for inpatient care for any type of nonemergency service and for partial hospitalization. In-Network Providers will provide preadmission notification to the Claims Administrator for you. With preadmission notification, the Plan guarantees payment for days or services the Claims Administrator authorizes if the services are otherwise covered under the Plan, and you are covered on the date you receive the services.

If you are going to receive nonemergency care from a Nonparticipating Provider, you are responsible for providing preadmission notification to the Claims Administrator.

If preadmission notification is not provided and services are later determined not to be medically necessary, you are also responsible for payment of those charges.

Preadmission notification is recommended for the following facilities:

1. Hospitals
 - a. Acute care admissions
 - b. Rehabilitation admissions
2. Residential behavioral health treatment facilities
3. Outpatient behavioral health treatment facilities providing partial hospitalization

To provide preadmission notification, call the customer service number provided in the "Customer Service" section. They will direct your call.

Emergency Admission Notification

Notice is recommended as soon as reasonably possible for admission for pregnancy or for a medical emergency or injury that occurred within 48 hours before admission.

If you have an emergency admission to a Nonparticipating Provider, you or the provider must notify the Claims Administrator as soon as reasonably possible.

The Plan pays only for services the Claims Administrator determines are medically necessary.

To provide emergency admission notification, call the customer service number provided in the "Customer Service" section. They will direct your call.

CLAIMS PROCEDURES

Claims Filing

You are not responsible for submitting claims for services received from In-Network Providers. These providers will submit claims directly to the Claims Administrator for you and payment will be made directly to them. If you receive services from Nonparticipating Providers, you may have to submit the claims yourself. If the provider does not submit the claim for you, send the claim to the Claims Administrator at the address provided in the Customer Service section.

Claims should be filed in writing within 30 days after a covered service is provided. If this is not reasonably possible, the Plan will accept claims for up to 15 months after the date of service. Normally, failure to file a claim within the required time limits will result in denial of your claim. These time limits are waived if you cannot file the claim because you are legally incapacitated. You may be required to provide copies of bills, proof of payment, or other satisfactory evidence showing that you have incurred a covered expense that is eligible for reimbursement.

The Claims Administrator will notify you of the resolution of the claim on an Explanation of Health Care Benefits (EHCB) form within 30 days of the date the Claims Administrator receives the claim. If, due to matters beyond its control, the Claims Administrator is unable to make a determination within 30 days, the Claims Administrator may take an additional 15 days to make a determination and will inform you in advance of the reasons for the extension. If you do not receive a written explanation within 30 days (or 45 days if there has been an extension) you may consider the claim denied, and you may request a review of the denial.

If benefits are denied in whole or in part, the reason for the denial will be listed on the bottom of the EHCB form. You have the right to know the specific reasons for the denial, the provision of the Plan on which the denial was based, and if there is any additional information the Claims Administrator needs to process the claim. You also have the right to an explanation of the claims review procedure and the steps you need to take if you wish to have your claim reviewed. If you have questions that the EHCB form does not answer, please contact the Claims Administrator at the address or phone numbers provided in the Customer Service section.

Right of Examination

The Claims Administrator and the Plan Administrator each have the right to ask you to be examined by a provider during the review of any claim. The Plan pays for the exam whenever the exam is requested by either the Claims Administrator or the Plan Administrator. Failure to comply with this request may result in denial of your claim.

Release of Records

You agree to allow all health care providers to give the Claims Administrator needed information about the care they provide to you. The Claims Administrator may need this information to process claims, conduct utilization review and quality improvement activities, and for other health plan activities as permitted by law. The Claims Administrator keeps this information confidential, but the Claims Administrator may release it if you authorize release, or if state or federal law permits or requires release without your authorization. If a provider requires special authorization for release of records, you agree to provide this authorization. Your failure to provide authorization or requested information may result in denial of your claim.

Claims Payment

When you use In-Network Providers and providers outside Minnesota who participate with other Blue Cross and Blue Shield plans nationwide for covered services, the Plan pays the provider. When you use a Nonparticipating Provider either inside or outside the State of Minnesota for covered services, the Plan pays you. You may not assign your benefits to a Nonparticipating Provider, except when parents are divorced. In that case, the custodial parent may request, in writing, that the Plan pay a Nonparticipating Provider for covered services for a child. When the Plan pays the provider at the request of the custodial parent, the Plan has satisfied its payment obligation. This provision may be waived for certain out-of-state institutional and medical/surgical providers.

The Plan does not pay claims to providers or to eligible employees and/or dependents for services received in countries that are sanctioned by the United States Department of Treasury's Office of Foreign Assets Control (OFAC), except for medical emergency services when payment of such services is authorized by OFAC. Countries currently sanctioned by OFAC include Cuba, Iran, and Syria. OFAC may add or remove countries from time to time.

REVIEW PROCEDURES

Utilization Review

Some health care services, procedures, or facility admissions require utilization review. Utilization review is the evaluation of the necessity, appropriateness, and efficacy of the use of health care services, procedures and facilities, by a person or entity other than the attending health care professional, for the purpose of determining the medical necessity of the service or admission. Utilization review applies only when the service, procedure, or facility admission requested is otherwise covered under this Plan.

Participating providers will request utilization review for you. If you are requesting services from a nonparticipating provider, you may request utilization review by calling the customer service number provided in the Customer Service section. Please refer to the section entitled Notification Requirements.

In order to conduct utilization review, the Claims Administrator will need specific information. If you or your attending health care professional do not release necessary information, approval of the requested service, procedure, or facility admission may be denied. Utilization review includes a process to appeal decisions to not cover a health care service, procedure, or facility admission.

Initial Review

When utilization review is required, the Claims Administrator will notify you and your attending health care professional or provider of the determination within 10 business days of the request provided that all information reasonably necessary to make a determination has been made available to the Claims Administrator.

Your attending health care professional may request an expedited review. The Claims Administrator will notify you and your attending health care professional or provider of the determination as soon as your medical condition requires, but no later than 72 hours from the initial request.

Appeals

Utilization review determinations may also be appealed. You or your attending health care professional may appeal the Claims Administrator's decision to not authorize services in writing or by telephone. The Claims Administrator will notify you and your attending health care professional of its determination within 30 days of receipt of your appeal. The Claims Administrator may take up to 14 additional days to make a determination due to circumstances outside its control. If the Claims Administrator takes more than 30 days to make a determination, the Claims Administrator will notify you in advance of the reasons for the extension.

You or your attending health care professional may request an expedited appeal. When an expedited appeal is completed, the Claims Administrator will notify you and your attending health care professional of the determination as soon as your medical condition requires, but no later than 72 hours from the Claims Administrator's receipt of the expedited appeal request.

The request for appeal of a utilization review determination should include:

1. Your name, identification number and group number
2. The actual service for which coverage was denied
3. A copy of the denial letter
4. The reason why you or your attending health care professional believe the service should be provided
5. Any available medical information to support your reasons for reversing the denial
6. Any other information you believe will be helpful.

External Review

You or your attending health care professional may request an external review of the final determination the Claims Administrator makes about your utilization review appeal. The State of Minnesota has contracted with an independent organization to conduct the external review of your appeal. This independent organization meets the state's requirements to conduct external review of health-related disputes. Your written request for external review must be submitted to the Commissioner of Commerce along with a filing fee of \$25. The commissioner may waive the fee in cases of financial hardship.

You may request external review by contacting the Department of Commerce at:

Minnesota Department of Commerce
Attention: Enforcement Division
Suite 500
85 Seventh Place East
St. Paul, Minnesota 55101

The external review organization will notify you and the Claims Administrator that it has received your request for external review. Within 10 business days of receiving notice from the external review organization, you and the Claims Administrator must provide the external review organization any information to be considered. Both you and the Claims Administrator will be able to present a statement of facts and arguments. You may be assisted or represented by any person of your choice at your expense. The external review organization will send written notice of its decision to you, the Claims Administrator, and the commissioner within 40 days of receiving the request for external review. The external review organization's decision is binding on the Claims Administrator, but not binding on you.

Claims Review

If you disagree with the action the Claims Administrator has taken on your claim, the Claims Administrator will review the resolution of your claim using the process outlined below. You may request an external review of the final determination the Claims Administrator makes about your request after you have exhausted the Claims Administrator's appeal process. You may contact the Commissioner of Commerce at any time by calling 1-800-657-3602 or 651-296-4026.

Initial Review

If you disagree with the action the Claims Administrator has taken on your claim, call the Claims Administrator for an explanation of the claim's resolution at the number provided in the Customer Service section. The Claims Administrator will try to review the resolution of your claim within 10 days.

Appeals

If you are not satisfied with the Claim's Administrator's explanation of the claim's resolution, you may request that your claim be reviewed. You may submit your request for review in writing, or you may request a form that will include all the necessary information to file your written request for review. If you need assistance, the Claims Administrator will complete the form and mail it to you for your signature. The Claims Administrator will notify you within 10 days that they have received your written request for review. Within 30 days of receiving your written request and all necessary information, the Claims Administrator will notify you in writing of its determination and the reasons for the determination. If the Claims Administrator is unable to make a determination within 30 days due to circumstances outside its control, the Claims Administrator may take up to 14 additional days to make a determination. If the Claims Administrator takes more than 30 days to make a determination, the Claims Administrator will inform you in advance of the reasons for the extension.

If you disagree with the action the Claims Administrator has taken on your written request for review, you may appeal the determination in writing and request either a hearing or a written reconsideration. If you request a hearing, you and any person you choose may present testimony or other information. The Claims Administrator will provide you written notice of its determination and all key findings within 45 days after the Claims Administrator receives your written request for a hearing. If you request a written reconsideration, you may provide the Claims Administrator with any additional information you believe is necessary. The Claims Administrator will provide you written notice of its determination and all key findings within 30 days after the Claims Administrator receives your request for a written reconsideration. You are entitled to examine all pertinent documents and to submit issues and comments in writing. If you request, the Claims Administrator will provide you a complete summary of the appeal decision.

External Review

If your appeal concerns a covered health care service or claim and you disagree with the Claims Administrator's appeal determination, you or anyone you authorize to act on your behalf, may submit the appeal determination to external review. The State of Minnesota has contracted with an independent organization to conduct the external review of your appeal. This independent organization meets the state's requirements to conduct external review of health-related disputes. Your written request for external review must be submitted to the Commissioner of Commerce along with a filing fee of \$25. The commissioner may waive the fee in cases of financial hardship. You may request external review by contacting the Department of Commerce at:

Minnesota Department of Commerce
Attention Enforcement Division
Suite 500
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The external review organization will notify you and the Claims Administrator that it has received your request for external review. Within 10 business days of receiving notice from the external review organization, you and the Claims Administrator must provide the external review organization any information to be considered. Both you and the Claims Administrator will be able to present a statement of facts and arguments. You may be assisted or represented by any person of your choice at your expense. The external review organization will send written notice of its decision to you, the Claims Administrator, and the commissioner within 40 days of receiving the request for external review. The external review organization's decision is binding on the Claims Administrator, but not binding on you.

BENEFIT CHART

This section lists covered services and the benefits the Plan pays. All benefit payments are based on the allowed amount. Coverage is subject to all other terms and conditions of this Summary Plan Description and must be medically necessary.

Benefit Features, Limitations, and Maximums

Benefit Features	Your Liability
Copays	
• Office visit copay	\$20
• Retail Health Clinic copay	\$0
• Urgent Care office visit copay	\$20
• Emergency room facility copay	\$60
Prescription Drugs	
• Formulary Generic Drugs	
§ Retail Pharmacy	\$10 copay
§ 90dayRx:	\$20 copay
• Participating Retail 90dayRx Pharmacy	
• Mail Service Pharmacy	
• Non-Formulary Generic Drugs	
§ Retail Pharmacy	\$10 copay
§ 90dayRx:	\$20 copay
• Participating Retail 90dayRx Pharmacy	
• Mail Service Pharmacy	
• Formulary Brand Name Drugs	
§ Retail Pharmacy	\$25 copay
§ 90dayRx:	\$50 copay
• Participating Retail 90dayRx Pharmacy	
• Mail Service Pharmacy	
• Nonformulary Brand Name Drugs	
§ Retail Pharmacy	\$40 copay
§ 90dayRx:	\$80 copay
• Participating Retail 90dayRx Pharmacy	
• Mail Service Pharmacy	
Deductible	
Deductible carryover applies (The amount applied toward your deductible under this Plan during the last three (3) months of the calendar year that is applied toward your deductible under this Plan for the next calendar year.)	
(Does not include prescription drugs charges)	
• Out-of-Network Providers	\$200 per person per calendar year \$600 per family per calendar year

Benefit Features	Limitations and Maximums
Out-of-Pocket Maximums	
<ul style="list-style-type: none"> All Providers combined 	\$2,500 per person per calendar year \$0 per family per calendar year
The following items are applied toward the medical Out-of-Pocket Maximum:	
<ul style="list-style-type: none"> coinsurance deductibles copays 	
The following items are NOT applied toward the medical Out-of-Pocket Maximum:	
<ul style="list-style-type: none"> prescription drug charges 	
<ul style="list-style-type: none"> Prescription Drug Out-of-Pocket Maximum (Does not include drugs used during inpatient admission) 	\$500 per person per calendar year \$750 per family per calendar year
Lifetime Maximum	
<ul style="list-style-type: none"> Total benefit paid to all providers combined 	\$5,000,000 per person

Benefit Descriptions

Please refer to the following pages for a more detailed description of Plan benefits.

AMBULANCE

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Air or ground transportation for basic or advanced life support from the place of departure to the nearest facility equipped to treat the illness • Medically necessary, prearranged or scheduled air or ground ambulance transportation requested by an attending physician or nurse 	80%	80%

NOTES:

- **Please see the "Notification Requirements" section.**
- If the Claims Administrator determines air ambulance was not medically necessary but ground ambulance would have been, the Plan pays up to the allowed amount for medically necessary ground ambulance.

NOT COVERED:

- transportation services that are not medically necessary for basic or advanced life support
- transportation services that are mainly for your convenience
- please refer to the "General Exclusions" section

BEHAVIORAL HEALTH MENTAL HEALTH CARE

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Outpatient health care professional charges for services including: <ul style="list-style-type: none"> § assessment and diagnostic services § individual/group/family therapy (office/in-home mental health services) § neuro-psychological examinations • Professional health care charges for services including: <ul style="list-style-type: none"> § clinical based partial programs § clinical based day treatment § clinical based Intensive Outpatient Programs (IOP) 	100% after you pay the office visit copay for the office visit charge; 100% for all other eligible services.	80% after you pay the deductible for the office visit charge; 80% after you pay the deductible for all other eligible services.
<ul style="list-style-type: none"> • Outpatient hospital/outpatient behavioral health treatment facility charges for services including: <ul style="list-style-type: none"> § evaluation and diagnostic services § individual/group therapy § crisis evaluations § observation beds § family therapy 	100%	100%
<ul style="list-style-type: none"> • Inpatient health care professional charges 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> • Inpatient hospital and inpatient residential behavioral health treatment facility charges for services including: <ul style="list-style-type: none"> § hospital based partial programs § hospital based day treatment § hospital based Intensive Outpatient Programs (IOP) § all eligible inpatient services § emergency holds 	100%	100%

NOTES:

- **Please see the "Notification Requirements" section.**
- Court-ordered treatment for mental health care that is based on an evaluation and recommendation for such treatment or services by a physician or a licensed psychologist is deemed medically necessary.
- A court-ordered, initial exam for a dependent child under the age of 18 is also considered medically necessary without further review by the Claims Administrator. Court-ordered treatment for mental health care that is not based on an evaluation and recommendation as described above will be evaluated to determine medical necessity. Court-ordered treatment that does not meet the criteria above will be covered if it is determined to be medically necessary and otherwise covered under this Plan.
- Outpatient family therapy is covered if rendered by a health care professional and the identified patient must be a covered member. The family therapy services must be for treatment of a behavioral health diagnosis.
- Admissions that qualify as "emergency holds," as the term is defined in Minnesota statutes, are considered medically necessary for the entire hold.
- Coverage is provided for diagnosable mental health conditions, including autism and eating disorders.
- Coverage provided for treatment of emotionally disabled children in a licensed residential behavioral health treatment facility is covered the same as any other inpatient hospital medical admission.

BEHAVIORAL HEALTH MENTAL HEALTH CARE (continued)

NOTES:

- For lab and diagnostic imaging services billed by a health care professional, please refer to "Physician Services." For lab and diagnostic imaging billed by a facility, please refer to "Hospital Inpatient" or "Hospital Outpatient."
- For home health related services, please refer to "Home Health Care."
- Psychoeducation is covered for individuals diagnosed with schizophrenia, bipolar disorder, and borderline personality disorder. Psychoeducational programs are delivered by an eligible provider to the patient on a group or individual basis as part of a comprehensive treatment program. Patients receive support, information, and management strategies specifically related to their diagnosis.
- Coverage is provided for therapy conducted by televideo conferencing services. Eligible televideo conferencing services do not include email and physician/patient telephone calls, except for eligible E-Visits.
- Coverage is provided for crisis evaluations delivered by mobile crisis units.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- services for mental illness that are not listed in the most recent edition of the *International Classification of Diseases*
- custodial care, nonskilled care, adult daycare or personal care attendants
- services or confinements ordered by a court or law enforcement officer that are not medically necessary; services that are not considered medically necessary include, but are not limited to the following: custody evaluations, parenting assessments, education classes for Driving Under the Influence (DUI)/Driving While Intoxicated (DWI) offenses, competency evaluations, adoption home status, parental competency and domestic violence programs
- room and board for foster care, group homes, incarceration, shelter, shelter care, and lodging programs
- halfway house services
- services for marriage/couples therapy/counseling not related to the treatment of a covered member's diagnosable mental health disorder
- services for or related to marriage/couples training for the primary purpose of relationship enhancement including, but not limited to premarital education; or marriage/couples retreats, encounters, or seminars
- educational services with the exception of nutritional education for individuals diagnosed with anorexia nervosa, bulimia or eating disorders NOS (not otherwise specified)
- skills training
- therapeutic support of foster care (services designed to enable the foster family to provide a therapeutic family environment or support for the foster child's improved functioning)
- services for the treatment of learning disabilities
- therapeutic day care and therapeutic camp services
- hippotherapy (equine movement therapy)
- charges made by a health care professional for email and physician/patient telephone consultations, except for eligible E-Visits
- please refer to the "General Exclusions" section

BEHAVIORAL HEALTH SUBSTANCE ABUSE CARE

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Outpatient health care professional charges for services including: <ul style="list-style-type: none"> § assessment and diagnostic services § family therapy § opioid treatment 	100% after you pay the office visit copay for the office visit charge; 100% for all other eligible services.	80% after you pay the deductible for the office visit charge; 80% after you pay the deductible for all other eligible services.
<ul style="list-style-type: none"> • Outpatient hospital/outpatient behavioral health treatment facility charges for services including: <ul style="list-style-type: none"> § Intensive Outpatient Programs (IOP) and related aftercare services 	100%	100%
<ul style="list-style-type: none"> • Inpatient health care professional charges 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> • Inpatient hospital/residential behavioral health treatment facility charges 	100%	100%

NOTES:

- **Please see the "Notification Requirements" section.**
- Court-ordered treatment for substance abuse care that is based on an evaluation and recommendation for such treatment or services by a physician or a licensed psychologist, a licensed alcohol and drug dependency counselor or a certified substance abuse assessor is deemed medically necessary.
- A court-ordered, initial exam for a dependent child under the age of 18 is also considered medically necessary without further review by the Claims Administrator. Court-ordered treatment for substance abuse care that is not based on an evaluation and recommendation as described above will be evaluated to determine medical necessity. Court-ordered treatment will be covered if it is determined to be medically necessary and otherwise covered under this Plan.
- Outpatient family therapy is covered if rendered by a health care professional and the identified patient must be a covered member. The family therapy services must be for the treatment of a behavioral health diagnosis.
- Admissions that qualify as "emergency holds," as the term is defined in Minnesota statutes, are considered medically necessary for the entire hold.
- For lab and diagnostic imaging services billed by a health care professional, please refer to "Physician Services." For lab and diagnostic imaging billed by a facility, please refer to "Hospital Inpatient" or "Hospital Outpatient."
- For home health related services, please refer to "Home Health Care."
- Coverage is provided for therapy conducted by televideo conferencing services. Eligible televideo conferencing services do not include email and physician/patient telephone calls, except for eligible E-Visits.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- services for substance abuse or addictions that are not listed in the most recent edition of the *International Classification of Diseases*
- custodial care, nonskilled care, adult daycare or personal care attendants
- services or confinements ordered by a court or law enforcement officer that are not medically necessary; services that are not considered medically necessary include, but are not limited to the following: custody evaluations, parenting assessments, education classes for Driving Under the Influence (DUI)/Driving While Intoxicated (DWI) offenses, competency evaluations, adoption home status, parental competency and domestic violence programs
- room and board for foster care, group homes, incarceration, shelter, shelter care, and lodging programs
- halfway house services

BEHAVIORAL HEALTH SUBSTANCE ABUSE CARE (continued)

NOT COVERED:

- substance abuse interventions, defined as a meeting or meetings, with or without the affected person, of a group of people who are concerned with the current behavioral health of a family member, friend or colleague, with the intent of convincing the affected person to enter treatment for the condition
- charges made by a health care professional for email and physician/patient telephone consultations, except for eligible E-Visits
- please refer to the "General Exclusions" section

CHIROPRACTIC CARE

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Office visits from a doctor of chiropractic • Manipulations 	100% after you pay the office visit copay.	80% after you pay the deductible.
<ul style="list-style-type: none"> • Therapies • Other chiropractic services 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> • Lab 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> • Diagnostic imaging 	100%	80% after you pay the deductible.

NOTES:

- **Please see the "Notification Requirements" section.**
- Chiropractic care is limited to a maximum benefit of \$500 per person per calendar year when you use a Nonparticipating Provider.
- Office visits include medical history, medical examination, medical decision making, counseling, coordination of care, nature of presenting problem, and the chiropractor's time.
- An office visit copay will be applied to the office visit, evaluation, or manipulation, not to exceed one (1) copay per visit.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- services for or related to vocational rehabilitation (defined as services provided to an injured employee to assist the employee to return either to their former employment or a new position, or services to prepare a person with disabilities for employment), except when medically necessary and provided by an eligible health care provider
- services for or related to recreational therapy (defined as the prescribed use of recreational or other activities as treatment interventions to improve the functional living competence of persons with physical, mental, emotional and/or social disadvantages) or educational therapy (defined as special education classes, tutoring, and other nonmedical services normally provided in an educational setting), or forms of nonmedical self-care or self-help training, including, but not limited to: health club memberships, aerobic conditioning, therapeutic exercises, work-hardening programs, etc., and all related material and products for these programs
- services for or related to therapeutic massage
- services for or related to rehabilitation services that are not expected to make measurable or sustainable improvement within a reasonable period of time, unless they are medically necessary and part of specialized maintenance therapy to treat the member's condition
- custodial care
- please refer to the "General Exclusions" section

DENTAL CARE

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Accident-related dental services from a physician or dentist for the treatment of an injury to sound, healthy, natural teeth • Oral surgery and anesthesia for: <ul style="list-style-type: none"> § removal of impacted teeth § removal of a tooth root without removal of the whole tooth • Root canal therapy • Treatment of cleft lip and palate • Surgical and nonsurgical treatment of temporomandibular joint disorder (TMJ) and craniomandibular disorder 	<p>100% after you pay the office visit copay for the office visit charge; 100% for all other eligible services.</p>	<p>80% after you pay the deductible for the office visit charge; 80% after you pay the deductible for all other eligible services.</p>

NOTES:

- **Please see the "Notification Requirements" section.**
- All of the above mentioned benefits are subject to medical necessity and eligibility of the proposed treatment. Treatment must occur while you are covered under this Plan.
- Accident-related dental services, treatment and/or restoration of a sound, healthy, natural tooth must be initiated within 12 months of the date of injury or within 12 months of your effective date of coverage under this Plan. Coverage is limited to the initial treatment (or course of treatment) and/or initial restoration. Only services performed within 24 months from the date treatment or restoration is initiated are covered. Coverage for treatment and/or restoration is limited to re-implantation of original sound, healthy, natural teeth, crowns, fillings and bridges.
- The Plan covers anesthesia and inpatient and outpatient hospital charges for dental care provided to a covered person who is a child under age five (5); is severely disabled; or has a medical condition that requires hospitalization or general anesthesia for dental treatment.
- For hospital/facility charges, please refer to "Hospital Inpatient" or "Hospital Outpatient."
- Treatment for cleft lip and palate includes inpatient and outpatient expenses arising from medical and dental treatment, including orthodontia and oral surgery. For medical services, please refer to "Hospital Inpatient," "Hospital Outpatient," "Physician Services," etc.
- Treatment for cleft lip and palate is limited to services that are scheduled or initiated prior to the member turning age 19.
- Services for surgical and nonsurgical treatment of temporomandibular joint disorder (TMJ) and craniomandibular disorder must be covered on the same basis as any other body joint and administered or prescribed by a physician or dentist.
- Orthognathic surgery is covered for the treatment of temporomandibular joint disorder (TMJ) and craniomandibular disorder.
- Bone grafts for the purpose of reconstruction of the jaw and for treatment of cleft lip and palate is a covered service, but not for the sole purpose of supporting dentures or dental prosthesis.
- A sound, healthy, natural tooth is a viable tooth (including natural supporting structures) that is free from disease that would prevent continual function of the tooth for at least one (1) year. In the case of primary (baby) teeth, the tooth must have a life expectancy of one (1) year. A dental implant is not a sound, healthy, natural tooth.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- dental services to treat an injury from biting or chewing

DENTAL CARE (continued)

NOT COVERED:

- dentures, regardless of the cause or the condition, and any associated services and/or charges, including bone grafts
- dental implants and any associated services and/or charges, except when related to services for cleft lip and palate that are scheduled or initiated prior to the member turning age 19
- accident-related dental services initiated after 12 months from the date of injury or 12 months of your effective date of coverage under this Plan or occurring more than 24 months after the date of initial treatment
- replacement of a damaged bridge from an accident-related injury
- osteotomies and other procedures associated with the fitting of dentures or dental implants, except as specified in the "Benefit Chart"
- all orthodontia, except when related to the treatment of temporomandibular joint disorder (TMJ) and craniomandibular disorder and for the treatment of cleft lip and palate
- tooth extractions, unless otherwise specified as covered
- services for or related to dental or oral care, treatment, orthodontics, surgery, supplies, anesthesia or facility charges, except as specified in the "Benefit Chart"
- please refer to the "General Exclusions" section

EMERGENCY ROOM

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> Outpatient hospital/facility charges § emergency room 	100% after you pay the emergency room facility copay.	100% after you pay the emergency room facility copay.
<ul style="list-style-type: none"> Outpatient health care professional charges 	100%	100%
<ul style="list-style-type: none"> Professional Lab 	100%	100%
<ul style="list-style-type: none"> Professional Diagnostic Imaging 	100%	100%

NOTES:

- **Please see the "Notification Requirements" section.**
- When determining if a situation is a medical emergency, the Claims Administrator will take into consideration a reasonable layperson's belief that the circumstances required immediate medical care that could not wait until the next business day.
- For inpatient services, please refer to "Hospital Inpatient" and "Physician Services."
- For urgent care visits, please refer to "Hospital Outpatient" and "Physician Services."

NOT COVERED:

- please refer to the "General Exclusions" section

HOME HEALTH CARE

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Skilled care ordered in writing by a physician and provided by Medicare-approved or other preapproved home health agency employees, including, but not limited to: <ul style="list-style-type: none"> § licensed registered nurse; § licensed registered physical therapist; § master's level clinical social worker; § registered occupational therapist; § certified speech and language pathologist; § medical technologist; or § licensed registered dietician • Services of a home health aide or social worker employed by the home health agency when provided in conjunction with services provided by the above listed agency employees • Use of appliances that are owned or rented by the home health agency • Home health care following early maternity discharge. See "Maternity." • Palliative care 	100%	100%

NOTES:

- **Please see the "Notification Requirements" section.**
- Benefits for home infusion therapy and related home health care are listed under "Home Infusion Therapy."
- For supplies and durable medical equipment billed by a Home Health Agency, please refer to "Medical Equipment, Prosthetics, and Supplies."
- The Plan covers outpatient palliative care for members with a new or established diagnosis of progressive debilitating illness, including illness which may limit the member's life expectancy to two (2) years or less. The services must be within the scope of the provider's license to be covered. Palliative care does not include hospice or respite care.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- charges for or related to care that is custodial or not normally provided as preventive care or for treatment of an illness/injury
- treatment, services or supplies which are not medically necessary
- please refer to the "General Exclusions" section

HOME INFUSION THERAPY

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Home infusion therapy services when ordered by a physician • Solutions and pharmaceutical additives, pharmacy compounding and dispensing services • Durable medical equipment • Ancillary medical supplies • Nursing services to: <ul style="list-style-type: none"> § train you or your caregiver § monitor the home infusion therapy • Collection, analysis, and reporting of lab tests to monitor response to home infusion therapy • Other eligible home health services and supplies provided during the course of home infusion therapy 	100%	When you use a Nonparticipating Provider, there is NO COVERAGE unless an exception is noted below.

NOTES:

- **Please see the "Notification Requirements" section.**
- There is no coverage for services you receive from a Nonparticipating Provider unless the provider is located outside the State of Minnesota and is a member of the participating network of their local Blue Cross and/or Blue Shield Plan.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- home infusion services or supplies not specifically listed as covered services
- nursing services to administer therapy that you or another caregiver can be successfully trained to administer
- services that do not involve direct patient contact, such as delivery charges and recordkeeping
- please refer to the "General Exclusions" section

HOSPICE CARE

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Hospice care for a terminal condition provided by a Medicare-approved hospice provider or other preapproved hospice, including: <ul style="list-style-type: none"> § routine home care § continuous home care § inpatient respite care § general inpatient care 	100%	NO COVERAGE.

NOTES:

- **Please see the "Notification Requirements" section.**
- Prior approval is recommended for entrance into the hospice benefit, for any inpatient admission while the patient is receiving hospice benefits, for any patient living beyond six (6) months, and for determination of coverage for services unrelated to the terminal condition.
- Benefits are restricted to terminally ill patients with a terminal condition (i.e. life expectancy of six (6) months or less). The patient's primary physician must certify in writing a life expectancy of six (6) months or less. Hospice benefits begin on the date of admission to a hospice program with prior approval.
- Inpatient respite care is for the relief of the patient's primary care giver and is limited to a maximum of five (5) consecutive days at a time.
- General inpatient care is for control of pain or other symptom management that cannot be managed in a less intense setting.
- Medical care services unrelated to the terminal condition are covered, but are separate from the hospice benefit.

NOT COVERED:

- services you receive from an Out-of-Network Provider
- room and board expenses in a residential hospice facility
- please refer to the "General Exclusions" section

HOSPITAL INPATIENT

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Semiprivate room and board and general nursing care (private room is covered only when medically necessary) • Intensive care and other special care units • Operating, recovery, and treatment rooms • Anesthesia • Prescription drugs and supplies used during a covered hospital stay • Lab • Diagnostic imaging • Communication services of a private duty nurse or a personal care assistant up to 120 hours during a hospital admission 	100%	100%

NOTES:

- **Please see the "Notification Requirements" section.**
- The Plan covers kidney and cornea transplants. For other kinds of transplants, refer to "Transplant Coverage."
- The Plan covers the following kidney donor services when billed under the donor recipient's name and the donor recipient is covered for the kidney transplant under the Plan:
 - § potential donor testing;
 - § donor evaluation and work-up; and
 - § hospital and professional services related to organ procurement.
- The Plan covers anesthesia and inpatient hospital charges for dental care provided to a covered person who is a child under age five (5); is severely disabled; or has a medical condition that requires hospitalization or general anesthesia for dental treatment.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- communication services provided on an outpatient basis or in the home
- travel expenses for a kidney donor
- kidney donor expenses for complications incurred after the organ is removed if the donor is not covered under this Plan
- kidney donor expenses when the recipient is not covered for the kidney transplant under this Plan
- please refer to the "General Exclusions" section

HOSPITAL OUTPATIENT

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Scheduled surgery/anesthesia • Radiation and chemotherapy • Kidney dialysis • Respiratory therapy • Physical, occupational, and speech therapy • Diabetes outpatient self-management training and education, including medical nutrition therapy • Palliative care • All other eligible outpatient hospital care 	100%	100%
<ul style="list-style-type: none"> • Urgent care 	100%	100%
<ul style="list-style-type: none"> • Cancer screening 	100%	100%
<ul style="list-style-type: none"> • Lab 	100%	100%
<ul style="list-style-type: none"> • Diagnostic imaging 	100%	100%
<ul style="list-style-type: none"> • Preventive care 	100%	100%
<ul style="list-style-type: none"> • Well child care 	100%	100%

NOTES:

- **Please see the "Notification Requirements" section.**
- The Plan covers anesthesia and outpatient hospital charges for dental care provided to a covered person who is a child under age five (5); is severely disabled; or has a medical condition that requires hospitalization or general anesthesia for dental treatment.
- The Plan covers outpatient palliative care for patient's with a new or established diagnosis of progressive debilitating illness, including illness which may limit the patient's life expectancy to two (2) years or less. The services must be within the scope of the provider's license to be covered. Palliative care does not include hospice or respite care.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- please refer to the "General Exclusions" section

MATERNITY

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> Health care professional services for prenatal care 	100%	80% after you pay the deductible for the office visit charge; 80% after you pay the deductible for all other eligible services.
<ul style="list-style-type: none"> Hospital/facility charges for prenatal care 	100%	100%
<ul style="list-style-type: none"> Health care professional services for: <ul style="list-style-type: none"> § delivery in a hospital/facility § postpartum care 	100% after you pay the office visit copay for the office visit charge; 100% for all other eligible services.	80% after you pay the deductible for the office visit charge; 80% after you pay the deductible for all other eligible services.
<ul style="list-style-type: none"> Hospital/facility charges for inpatient hospital care 	100%	100%

NOTES:

- **Please see the "Notification Requirements" section.**
- Please refer to the "Eligibility" section to determine when the baby's coverage will begin.
- Group health plans and health insurance issuers generally may not, under federal law, restrict benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than 48 hours following a vaginal delivery, or less than 96 hours following a cesarean section. However, federal law generally does not prohibit the mother's or newborn's attending provider, after consultation with the mother, from discharging the mother or her newborn child earlier than 48 hours (or 96 hours as applicable). In any case, plans and issuers may not under federal law, require that a provider obtain authorization from the Plan or the insurance issuer for prescribing a length of stay not in excess of 48 hours (or 96 hours).
- The Plan covers one (1) home health care visit within four (4) days of discharge from the hospital if either the mother or the newborn child is confined for a period less than the 48 hours (or 96 hours) mentioned above. See "Home Health Care."
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- health care professional charges for deliveries in the home
- adoption
- services for or related to surrogate pregnancy, including diagnostic screening, physician services, reproduction treatments, prenatal/delivery/postnatal services
- childbirth classes
- please refer to the "General Exclusions" section

MEDICAL EQUIPMENT, PROSTHETICS, AND SUPPLIES

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Durable medical equipment (DME), including wheelchairs, ventilators, oxygen, oxygen equipment, continuous positive airway pressure (CPAP) devices and hospital beds • Medical supplies, including splints, nebulizers, surgical stockings, casts, and dressings • Insulin pumps, glucometers, and related equipment and devices • Blood, blood plasma, and blood clotting factors • Prosthetics, including breast prosthesis, artificial limbs, and artificial eyes • Special dietary treatment for Phenylketonuria (PKU) when recommended by a physician • Corrective lenses for aphakia • Hearing aids for children age 18 and younger who have a hearing loss that cannot be corrected by other covered procedures. Maximum of one (1) hearing aid for each ear every three (3) years. • Cochlear implants • Non-investigative bone conductive hearing devices • Scalp hair prosthesis (wigs) provided hair loss is due to alopecia areata. Maximum of \$350 per person per calendar year. • Custom foot orthoses if you have a diagnosis of diabetes with neurological manifestations of one (1) or both feet 	80%	80%

NOTES:

- **Please see the "Notification Requirements" section.**
- Durable medical equipment is covered up to the allowed amount to rent or buy the item. Allowable rental charges are limited to the allowed amount to buy the item.
- Coverage for durable medical equipment will not be excluded solely because it is used outside the home.
- For coverage of insulin and diabetic supplies, refer to "Prescription Drugs and Insulin."
- For hearing aid exam services, please refer to "Physician Services."
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- solid or liquid food, standard and specialized infant formula, banked breast milk, nutritional supplements and electrolyte solution, except when administered by tube feeding, or as provided in this "Benefit Chart"
- personal and convenience items or items provided at levels which exceed the Claims Administrators determination of medically necessary

MEDICAL EQUIPMENT, PROSTHETICS, AND SUPPLIES (continued)

NOT COVERED:

- services or supplies that are primarily and customarily used for a nonmedical purpose or used for environmental control or enhancement (whether or not prescribed by a physician), including, but not limited to: exercise equipment, air purifiers, air conditioners, dehumidifiers, heat/cold appliances, water purifiers, hypoallergenic mattresses, waterbeds, computers and related equipment, car seats, feeding chairs, pillows, food or weight scales, hot tubs, whirlpools, and incontinence pads or pants
- modifications to home, vehicle, and/or the workplace, including vehicle lifts and ramps
- blood pressure monitoring devices
- communication devices, except when exclusively used for the communication of daily medical needs and without such communication the patient's medical condition would deteriorate
- eyeglasses, contact lenses, or other optical devices or professional services to fit or supply them, except as provided in this "Benefit Chart"
- duplicate equipment, prosthetics, or supplies
- foot orthoses, except as provided in this "Benefit Chart"
- services for or related to hearing aids or devices and related fitting or adjustment, except as specified in this "Benefit Chart"
- non-prescription supplies, such as alcohol, cotton balls and alcohol swabs
- please refer to the "General Exclusions" section

PHYSICAL, OCCUPATIONAL, AND SPEECH THERAPY

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> Office visits from a physical therapist or occupational therapist 	100% after you pay the office visit copay.	80% after you pay the deductible.
<ul style="list-style-type: none"> Therapies from a physical therapist or occupational therapist 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> Office visits from a speech or language pathologist 	100% after you pay the office visit copay.	80% after you pay the deductible.
<ul style="list-style-type: none"> Therapies from a speech or language pathologist 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> Office visits from a physician 	For the level of coverage, refer to "Physician Services."	For the level of coverage, refer to "Physician Services."

NOTES:

- **Please see the "Notification Requirements" section.**
- Physical, speech, and occupational therapy services are limited to a *combined* maximum benefit of \$500 per person per calendar year when you use a Nonparticipating Provider.
- For lab and diagnostic imaging services billed by a health care professional, please refer to "Physician Services."
- For facility charges, please refer to "Hospital Inpatient" and "Hospital Outpatient."
- An office visit copay is applied to the evaluation, re-evaluations, and assessments not to exceed one (1) copay per visit.
- Office visits include a physical therapy evaluation or re-evaluation; occupational therapy evaluation or re-evaluation; or speech or swallowing evaluation.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- services primarily educational in nature, except as specified in the "Benefit Chart"
- services for or related to vocational rehabilitation (defined as services provided to an injured employee to assist the employee to return either to their former employment or a new position, or services to prepare a person with disabilities for employment), except when medically necessary and provided by an eligible health care provider
- developmental delay services, except when medically necessary and provided by an eligible health care provider
- services for or related to recreational therapy (defined as the prescribed use of recreational or other activities as treatment interventions to improve the functional living competence of persons with physical, mental, emotional and/or social disadvantages) or educational therapy (defined as special education classes, tutoring, and other nonmedical services normally provided in an educational setting), or forms of nonmedical self-care or self-help training, including, but not limited to, health club memberships, aerobic conditioning, therapeutic exercises, work-hardening programs, etc., and all related material and products for these programs
- services for or related to therapeutic massage
- physical, occupational, and speech therapy services for or related to learning disabilities and disorders, except when medically necessary and provided by an eligible health care provider
- services for or related to rehabilitation services that are not expected to make measurable or sustainable improvement within a reasonable amount of time, unless they are medically necessary and are part of specialized maintenance therapy for the member's condition
- custodial care
- please refer to the "General Exclusions" section

PHYSICIAN SERVICES

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> Office visit for illness 	100% after you pay the office visit copay.	80% after you pay the deductible.
<ul style="list-style-type: none"> Office visit for Urgent Care services 	100% after you pay the urgent care office visit copay.	80% after you pay the deductible.
<ul style="list-style-type: none"> Urgent Care outpatient professional visit 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> E-Visit 	100% after you pay the office visit copay.	80% after you pay the deductible.
<ul style="list-style-type: none"> Office visit for Retail Health Clinic services 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> Diabetes outpatient self-management training and education, including medical nutrition therapy Inpatient lab and diagnostic imaging Inpatient hospital/facility visits during a covered admission Outpatient hospital/facility visits Anesthesia by a provider other than the operating, delivering, or assisting provider Surgery, including circumcision and sterilization Assistant surgeon Kidney and cornea transplants Injectable drugs administered by a health care professional Palliative care 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> Bariatric surgery to correct morbid obesity including: <ul style="list-style-type: none"> § anesthesia § assistant surgeon 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> Allergy testing, serum, and injections 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> Outpatient lab 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> Outpatient diagnostic imaging 	100%	80% after you pay the deductible.

NOTES:

- Please see the "Notification Requirements" section.**

PHYSICIAN SERVICES (continued)

NOTES:

- If more than one (1) surgical procedure is performed during the same operative session, the Plan covers the surgical procedures based on the allowed amount for each procedure. The Plan does not cover a charge separate from the surgery for pre- and post-operative care.
- The Plan covers treatment of diagnosed Lyme disease on the same basis as any other illness.
- If the following services are covered under your Plan, you are entitled to receive care at the In-Network level for the following services from providers who are not affiliated with the Claims Administrator:
 - § the voluntary planning of the conception and bearing of children;
 - § the diagnosis of infertility;
 - § the testing and treatment of a sexually transmitted disease; or
 - § the testing of AIDS or other HIV-related conditions.
- The Plan covers certain physician services for preventive care. Refer to "Preventive Care."
- The Plan covers the following kidney donor services when billed under the donor recipient's name and the donor recipient is covered for the kidney transplant under the Plan:
 - § potential donor testing;
 - § donor evaluation and work-up; and
 - § hospital and professional services related to organ procurement.
- Office visits include medical history, medical examination, medical decision making, counseling, coordination of care, nature of presenting problem, and the physician's time.
- E-Visit is an online evaluation and management service provided by a physician using the internet or similar secure communications network to communicate with an established patient.
- A Retail Health Clinic provides medical services for a limited list of eligible symptoms (e.g., sore throat, cold). If the presenting symptoms are not on the list, the member will be directed to seek services from a physician or hospital. Retail Health Clinics are staffed by eligible nurse practitioners or other eligible providers that have a practice arrangement with a physician. The list of available medical services and/or treatable symptoms is available at the Retail Health Clinic. Access to Retail Health Clinic services is available on a walk-in basis.
- The Plan covers outpatient palliative care for members with a new or established diagnosis of progressive debilitating illness, including illness which may limit the member's life expectancy to two (2) years or less. The services must be within the scope of the provider's license to be covered. Palliative care does not include hospice or respite care.
- The Plan covers hearing aid exams/fittings/adjustments for children age 18 and younger.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- repair of scars and blemishes on skin surfaces
- separate charges for pre- and post-operative care for surgery
- internet or similar network communications for the purpose of: scheduling medical appointments; refilling or renewing existing prescription medications; reporting normal medical test results; providing education materials; updating patient information; requesting a referral; additional communication on the same day as an onsite medical office visit; and services that would similarly not be charged for an onsite medical office visit
- cosmetic surgery to repair a physical defect
- travel expenses for a kidney donor
- kidney donor expenses for complications incurred after the organ is removed if the donor is not covered under this Plan
- kidney donor expenses when the recipient is not covered for the kidney transplant under this Plan
- please refer to the "General Exclusions" section

PRESCRIPTION DRUGS AND INSULIN

The Plan Covers:	In Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Prescription drugs <ul style="list-style-type: none"> § insulin § drug therapy supplies § prescription injectable drugs that are self-administered, except for identified Specialty drugs (see below) § smoking cessation drugs § Amino acid-based elemental formula 	When you present your ID card or otherwise provide notice of coverage at the time of purchase, you pay the prescription drug copay.	You must pay the full amount of the prescription at the time of purchase and submit the claim for reimbursement yourself. You will be reimbursed only the discounted pricing that has been negotiated between us and a Participating Pharmacy for that prescription drug less the prescription drug copay.
<ul style="list-style-type: none"> • Eligible over-the-counter (OTC) drugs with a prescription 	When you present your ID card or otherwise provide notice of coverage at the time of purchase, we pay 100%.	NO COVERAGE.
<ul style="list-style-type: none"> • Identified Specialty drugs purchased through a Specialty pharmacy network supplier (see NOTES) 	When you present your ID card or otherwise provide notice of coverage at the time of purchase, you pay the prescription drug copay.	NO COVERAGE.

NOTES:

- **Please see the "Notification Requirements" section.**
- A nonformulary copay applies for prescription drugs, insulin and drug therapy supplies not on the Claims Administrator's formulary.
- When you present your ID card or otherwise provide notice of coverage at the time of purchase at a participating pharmacy and/or Specialty pharmacy network supplier, you pay only the prescription drug copay.
- If you do not present your ID card or otherwise provide notice of coverage at the time of purchase, you will be charged the full amount of the prescription drug. You will be reimbursed only the discounted pricing that has been negotiated between the Claims Administrator and the participating provider and/or Specialty pharmacy network supplier for that prescription drug less your prescription drug copay. Your out-of-pocket costs may be significantly higher when you do not provide proof of insurance at the time of purchase.
- Specialty drugs are complex injectable and oral drugs generally covered up to a 31-day supply that have very specific manufacturing, storage, and dilution requirements. Specialty drugs are used to treat serious or chronic medical conditions including, but not limited to: fertility, short stature, multiple sclerosis, hemophilia, hepatitis, and rheumatoid arthritis. A current list of identified Specialty prescription drugs and suppliers is available at the Claim Administrator's website or by contacting Customer Service. Specialty drugs are not available through 90dayRx.
- You may obtain a 90-day authorized supply of ongoing, long-term prescription medications through a participating 90dayRx Retail Pharmacy or Mail Service Pharmacy for your ongoing, long-term refills. You have the option to refill your prescription with a 90-day supply at participating 90dayRx Retail or Mail Service pharmacy locations. You may visit www.bluecrossmn.com or contact Customer Service to locate a retail pharmacy participating in the 90dayRx network or Mail Service Pharmacy.
- Prescription drugs and diabetic supplies are covered in a 31-day supply from a retail pharmacy, or up to a 90-day supply from 90dayRx. Some medications may be subject to a quantity limitation per day supply or to a maximum dosage per day.

PRESCRIPTION DRUGS AND INSULIN (continued)

NOTES:

- Eligible over-the-counter (OTC) drugs are covered up to a 31-day supply as an alternative for similar prescription medications, subject to package limitations, at a retail participating pharmacy. OTC drugs are not available through 90dayRx.
- Self-administered injectable and oral prescription drugs for or related to reproduction treatments must be obtained through a Specialty pharmacy network supplier and are subject to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.
- The following diabetic supplies are covered at the same level as prescription drugs when prescribed by a physician: blood/urine testing tabs/strips; needles and syringes; lancets and insulin.
- The Plan will cover prescription smoking cessation products and over-the-counter (OTC) nicotine replacement products with a physician's prescription subject to your prescription drug copay. Participant's in the stop-smoking program may use documented enrollment in place of a physician's prescription for the OTC nicotine replacement products. Some quantity limitation may apply.
- The Plan will cover off label drugs used for cancer treatment as specified by law.
- When identical chemical entities including OTC drugs and similar prescription alternatives are manufactured by separate companies, the Blue Cross Coverage Committee may determine that only one of those drug products is covered and the other equivalent products are not covered. The Blue Cross Coverage Committee is responsible for the final selection of drugs for this list based on recommendations of an independent Pharmacy and Therapeutics (P&T) Committee comprised of actively practicing physicians and pharmacists. Decisions to add or remove drugs are based on the medication's safety, efficiency, uniqueness, and cost. OTC drugs and prescription alternatives are eligible for review through the OTC Drug Exception process.
- The Over-the-Counter (OTC) Drug Exception process may apply as follows: if you are prescribed a nonformulary brand name drug that has a covered OTC alternative, that nonformulary brand name drug will be covered at the same level as a nonformulary brand name drug for up to one (1) year if one or more of the following are met and documented by your attending health care professional:
 - § The member has tried and failed at least one (1) OTC and/or generic or formulary brand name alternative in the same therapeutic class for the same diagnosis to be treated with the nonformulary brand name drug;
 - § The OTC and generic or formulary brand name alternative are contraindicated; or
 - § The member has been receiving the nonformulary brand name drug and switching to an OTC drug may cause a health risk.
- Prescription drugs for nonformulary antipsychotic drugs prescribed to treat emotional disturbance or mental illness will be covered at the same level as formulary drugs if the prescribing health care professional indicates that the prescription must be dispensed as written (DAW) and certifies in writing to the Claims Administrator that he or she has considered all equivalent drugs in the formulary and has determined that the drug prescribed will best treat the patient's condition.
 - § If you are taking a formulary drug to treat mental illness or emotional disturbance and the drug is removed from the formulary, or if you are taking a nonformulary drug to treat mental illness or emotional disturbance when you change health plans and the medication has shown to effectively treat your condition, the nonformulary drug will be covered at the same level as a formulary drug for up to one year if:
 - You have been treated with the drug for 90 days prior to a change in the formulary or a change in your health plan;
 - The prescribing health care professional indicates that the prescription must be DAW; and
 - The prescribing health care professional certifies in writing to the Claims Administrator that the drug prescribed will best treat your condition.
 - § The continuing care provision described above may be extended annually if the prescribing health care professional indicates that the prescription must be DAW and certifies in writing to the Claims Administrator that the drug prescribed will best treat your condition.
 - § If the prescribing health care professional believes that you need coverage for a drug used to treat a mental health condition that is not on the formulary, there is a process to request an exception. The health care professional must submit a written Formulary Exception request to the Claims Administrator. This request must certify that the formulary drug(s) cause an adverse reaction or is contraindicated for the patient, or that the nonformulary drug must be DAW to provide maximum benefit to the patient.
- To locate a participating pharmacy in your area, call the pharmacy information number provided in the Customer Service section.
- For drugs dispensed and used during an admission, see "Hospital Inpatient."

PREScription DRUGS AND INSULIN (continued)

NOTES:

- For supplies or appliances, except as provided in this Benefit Chart, see "Medical Equipment, Prosthetics and Supplies."
- A compound drug is a prescription where two or more drugs are mixed together. One of these must be a Federal legend drug. The end product must not be available in an equivalent commercial form. A prescription will not be considered a compound if only water or sodium chloride solution are added to the active ingredient.
- When you pay for the claim in full at the pharmacy or use an Out-of-Network Pharmacy you are required to submit the drug receipt(s) with the claim form for reimbursement.
- You must present your insurance identification card to all providers and pharmacies. If you do not present your identification card, the provider may require payment prior to rendering a service.
- The Plan Administrator and/or the Claims Administrator may receive pharmaceutical manufacturer volume discounts in connection with the purchase of certain prescription drugs covered under the Plan. Such discounts are the sole property of the Plan Administrator and/or Claims Administrator and will not be considered in calculating any coinsurance, copay, or benefit maximums.
- You must present your ID card or otherwise provide notice of coverage at the time of purchase to receive the highest level of benefits. The information on your ID card enables the participating pharmacy to connect electronically with the Claims Administrator to access discounted pricing information. If you do not present your ID card or otherwise provide notice of coverage at the time of purchase, the pharmacy will charge you the full amount of the prescription drug. You will be reimbursed based on the discounted pricing. Therefore, in addition to any copays, coinsurance, and/or deductibles, you will also be liable for the difference between the amount the pharmacy charges you for the prescription drug at the time of purchase and any discounted pricing the Claims Administrator has negotiated with participating pharmacies for that prescription drug.

NOT COVERED:

- drugs removed from the formulary for safety reasons may not be covered
- charges for giving injections that can be self-administered
- over-the-counter drugs unless otherwise specified, except as provided in this Benefit Chart
- investigative or non-FDA approved drugs
- vitamin or dietary supplements
- Specialty drugs not purchased through a Specialty pharmacy network supplier
- over-the-counter smoking cessation drugs without a prescription or documented enrollment in the stop-smoking program
- non-prescription supplies such as alcohol, cotton balls and alcohol swabs
- selected drugs or classes of drugs which have shown no benefit regarding efficacy, safety or side effects
- please refer to the "General Exclusions" section

PREVENTIVE CARE

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Cancer screening as specified below: <ul style="list-style-type: none"> § Mammograms: one (1) per calendar year § Pap smears: one (1) per calendar year § Flexible sigmoidoscopies and/or colonoscopies § Fecal occult blood testing: one (1) per calendar year § Prostate Specific Antigen (PSA) tests, digital rectal exams: one (1) per calendar year § Surveillance tests for ovarian cancer (CA125 tumor marker, trans-vaginal ultrasound, pelvic exam): one (1) each per calendar year 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> • Physical exam • Gynecological exam • Vision exam (glaucoma, acuity, and refraction): one (1) per calendar year 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> • Immunizations 	100%	80% after you pay the deductible.
<ul style="list-style-type: none"> • Hearing screening: one (1) per calendar year • Osteoporosis screening (radiology services): one (1) per calendar year • Lab services as specified below: <ul style="list-style-type: none"> § Cholesterol/lipid profile § Thyroid screening § Diabetes screening § Hemoglobin – CBC § Urinalysis • Screening for chlamydia, gonorrhea, syphilis and HIV • Abdominal Aortic Aneurysm (AAA) screening: one (1) per lifetime 	100%	80% after you pay the deductible.

NOTES:

- **Please see the "Notification Requirements" section.**
- Services to treat an illness/injury diagnosed as a result of preventive care services may be covered under other Plan benefits. Please refer to "Hospital Inpatient," "Hospital Outpatient," and "Physician Services."
- For services performed at a frequency greater than listed above, please refer to "Hospital Inpatient," "Hospital Outpatient," and "Physician Services."
- For facility charges, please refer to "Hospital Outpatient."
- You are entitled to receive care at the In-Network level for the following services if these services are covered under your Plan: screening for sexually transmitted disease or HIV.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

PREVENTIVE CARE (continued)

NOT COVERED:

- physicals for research or obtaining licensure, employment, or insurance
- educational classes or programs
- eyewear, including lenses, frames, and contact lenses, and fitting, except where eligible under "Medical Equipment, Prosthetics, and Supplies"
- please refer to the "General Exclusions" section

RECONSTRUCTIVE SURGERY

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Reconstructive surgery which is incidental to or following surgery resulting from injury, sickness, or other diseases of the involved body part • Reconstructive surgery performed on a dependent child because of congenital disease or anomaly which has resulted in a functional defect as determined by the attending physician • Treatment of cleft lip and palate • Elimination or maximum feasible treatment of port wine stains 	<p>For the level of coverage, see "Hospital Inpatient," "Hospital Outpatient," and "Physician Services."</p>	<p>For the level of coverage, see "Hospital Inpatient," "Hospital Outpatient," and "Physician Services."</p>

NOTES:

- **Please see the "Notification Requirements" section.**
- Under the federal Women's Health and Cancer Rights Act of 1998 and Minnesota law, you are entitled to the following services: reconstruction of the breast on which the mastectomy was performed; surgery and reconstruction of the other breast to produce a symmetrical appearance; and prosthesis and treatment for physical complications during all stages of mastectomy, including swelling of the lymph glands (lymphedema). Services are provided in a manner determined in consultation with the physician and patient. Coverage is provided on the same basis as any other illness.
- Treatment for cleft lip and palate is limited to services that are scheduled or initiated prior to the member turning age 19.
- Congenital means present at birth.
- Bone grafting for the purpose of reconstruction of the jaw and for treatment of cleft lip and palate is a covered service, but not for the sole purpose of supporting dentures or dental prosthesis.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- repair of scars and blemishes on skin surfaces
- dentures, regardless of the cause or condition, and any associated services and/or charges including bone grafts
- dental implants, and any associated services and/or charges, except when related to services for cleft lip and palate that are scheduled or initiated prior to the member turning age 19
- please refer to the "General Exclusions" section

REPRODUCTION TREATMENTS

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Professional services for: <ul style="list-style-type: none"> § Artificial Insemination (AI) and Intrauterine Insemination (IUI) procedures § Non-Investigative Assisted Reproductive Technologies (ART) § Injectable drugs administered by a health care professional for eligible reproduction treatments 	100% after you pay the office visit copay for the office visit charge; then 100% to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.	80% after you pay the deductible for the office visit charge; then 80% after you pay the deductible to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.
<ul style="list-style-type: none"> • Outpatient hospital/facility services for: <ul style="list-style-type: none"> § AI and IUI procedures § Non-Investigative ART § Injectable drugs administered by a health care professional for eligible reproduction treatments 	100% to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.	100% to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.
<ul style="list-style-type: none"> • Professional lab services associated with Reproduction Treatments 	100% to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.	80% after you pay the deductible to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.
<ul style="list-style-type: none"> • Hospital/facility lab services associated with Reproduction Treatments 	100% to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.	100% to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.
<ul style="list-style-type: none"> • Professional diagnostic imaging services for Reproduction Treatments 	100% to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.	80% after you pay the deductible to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.
<ul style="list-style-type: none"> • Hospital/facility diagnostic imaging services for Reproduction Treatments 	100% to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.	100% to the lifetime maximum limit of \$10,000 per person for all reproduction treatments for all charges and networks combined.
<ul style="list-style-type: none"> • Self-administered injectable and oral prescription drugs 	For the level of coverage refer to "Prescription Drugs and Insulin"	For the level of coverage refer to "Prescription Drugs and Insulin"

REPRODUCTION TREATMENTS (continued)

NOTES:

- **Please see the "Notification Requirements" section.**
- Please refer to the "Glossary of Common Terms" section for descriptions of AI, IUI, and ART.
- Benefits are subject to the lifetime maximum of \$10,000 per person for all reproduction treatments for all charges and networks combined, including self-administered injectable and oral outpatient prescription drugs.
- For services related to infertility testing, please refer to "Physician Services."
- You pay all charges that exceed the allowed amount when you use an Out-of-Network Provider.

NOT COVERED:

- services for or related to reproduction treatments when the number of embryos transferred exceeds the current guidelines developed by the Practice Committee of the Society for Assisted Reproductive Technology and the Practice Committee of the American Society for Reproductive Medicine
- services for or related to adoption fees and childbirth classes
- services for or related to surrogate pregnancy, including diagnostic screening, physician services, reproduction treatments, prenatal/delivery/postnatal services
- services for or related to reversal of sterilization
- donor ova or sperm, including banking or storage services
- embryo banking or storage services
- please refer to the "General Exclusions" section

SKILLED NURSING FACILITY

The Plan Covers:	In Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • Skilled care ordered by a physician and eligible under Medicare guidelines • Semiprivate room and board • General nursing care • Prescription drugs used during a covered admission • Physical, occupational, and speech therapy 	100%	100%

NOTES:

- **Please see the "Notification Requirements" section.**
- You must be admitted within 30 days after hospital admission of at least three (3) consecutive days for the same illness.
- If you are unable to obtain a bed in an In-Network skilled nursing facility within a 50-mile radius of your home due to full capacity, you may be eligible to receive services at an Out-of-Network skilled nursing facility at the In-Network level of coverage.
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- charges for or related to care that is custodial or not normally provided as preventive care or for treatment of an illness/injury
- treatment, services or supplies which are not medically necessary
- please refer to the "General Exclusions" section

TRANSPLANT COVERAGE

The Plan Covers:	Blue Distinction Centers for Transplant (BDCT) Providers	Non-Blue Distinction Centers for Transplant (BDCT) Providers
<p>The following medically necessary human organ, bone marrow, cord blood and peripheral stem cell transplant procedures:</p> <ul style="list-style-type: none"> • Allogeneic and syngeneic bone marrow transplant and peripheral stem cell support procedures • Autologous bone marrow transplant and peripheral stem cell support procedures • Heart • Heart-lung • Kidney - pancreas transplant performed simultaneously (SPK) • Liver - deceased donor and living donor • Lung - single or double • Pancreas transplant - deceased donor and living donor segmental <ul style="list-style-type: none"> § Pancreas transplant alone (PTA) § Simultaneous pancreas - kidney transplant (SPK) § Pancreas transplant after kidney transplant (PAK) • Small-bowel and small-bowel/liver 	<p>100% of the Transplant Payment Allowance for the transplant admission.</p> <p>If you live more than 50 miles from a BDCT Provider, there may be travel benefits available for expenses directly related to a preauthorized transplant.</p> <p>For services not included in the Transplant Payment Allowance, refer to the individual benefit sections that apply to the services being performed to determine the correct level of coverage.</p>	<p>Participating Transplant Provider</p> <p>100% of the Transplant Payment Allowance for the transplant admission.</p> <p>Nonparticipating Transplant Provider</p> <p>NO COVERAGE.</p> <p>For services not included in the Transplant Payment Allowance, refer to the individual benefit sections that apply to the services being performed to determine the correct level of coverage.</p>

NOTES:

- Kidney and cornea transplants are eligible procedures that are covered on the same basis as any other illness. Please refer to "Hospital Inpatient" and "Physician Services."
- **Prior authorization is recommended for human organ, bone marrow, cord blood and peripheral stem cell transplant procedures and should be submitted in writing to the Transplant Coordinator at P.O. Box 64179, St. Paul, Minnesota 55164 or faxed to 651-662-1624.**

NOT COVERED:

- travel benefits when you are using a Non-BDCT Provider
- services, supplies, drugs and aftercare for or related to artificial or nonhuman organ implants
- services, supplies, drugs and aftercare for or related to human organ transplants not specifically listed above as covered
- services, chemotherapy, radiation therapy (or any therapy that results in marked or complete suppression of blood producing organs), supplies, drugs and aftercare for or related to bone marrow and peripheral stem cell support procedures that are considered investigative or not medically necessary
- living donor organ and/or tissue transplants unless otherwise specified in this Summary Plan Description
- transplantation of animal organs and/or tissue
- please refer to the "General Exclusions" section

TRANSPLANT COVERAGE (continued)

DEFINITIONS:

- *BDCT Provider* means a hospital or other institution that has a contract with the Blue Cross and Blue Shield Association* to provide organ or bone marrow transplant or peripheral stem cell support procedures. These providers have been selected to participate in this nationwide network based on their ability to meet defined clinical criteria that are unique for each type of transplant. Once selected for participation, institutions are re-evaluated annually to insure that they continue to meet the established criteria for participation in this network.
- *Participating Transplant Provider* means a hospital or other institution that has a contract with Blue Cross and Blue Shield of Minnesota or with their local Blue Cross and/or Blue Shield Plan to provide organ or bone marrow transplant or peripheral stem cell support procedures.
- *Transplant Payment Allowance* means the amount the Plan pays for covered services to a BDCT Provider or a Participating Transplant Provider for services related to organ or bone marrow transplant or peripheral stem cell support procedures in the agreement with that provider.

*An association of independent Blue Cross and Blue Shield Plans.

WELL-CHILD CARE

The Plan Covers:	In-Network Providers	Out-of-Network Providers
<ul style="list-style-type: none"> • The following services for a dependent child from birth to age six (6): <ul style="list-style-type: none"> § preventive services § developmental assessments § laboratory services • Immunizations for a dependent child from birth to age 18 	100%	80% after you pay the deductible.

NOTES:

- **Please see the "Notification Requirements" section.**
- For facility charges, please refer to "Hospital Outpatient."
- You pay all charges that exceed the allowed amount when you use a Nonparticipating Provider.

NOT COVERED:

- please refer to the "General Exclusions" section

BENEFIT SUBSTITUTION

Benefit substitution, a process of substituting one (1) covered benefit for another covered benefit, is used by the Claims Administrator's care/case managers to facilitate care/case management plans for patients with complex health care needs. The benefit substitution process will be used only when:

1. a care/case management plan is developed in collaboration with the patient and the health care provider prior to the services being provided; and
2. a physician writes an order stating the services to be provided are medically necessary; and
3. the services being provided under the care/case management plan meet the skilled care requirements of the benefit to be used; and
4. the services do not exceed the allowed amount of the benefit being used.

The benefit substitution process cannot be applied retrospectively, and benefit substitution cannot be used to allow coverage for services or supplies excluded by the Plan.

The decision to use the benefit substitution process is a collaborative decision between the Claims Administrator's care/case managers, the patient or patient's representative(s), and health care provider. The decision to use the benefit substitution process in a particular case in no way commits the Claims Administrator to do so at another point in the same case or in another case, nor does it prevent the Claims Administrator from strictly applying the express benefits, limitations and exclusions of the Plan at any other time or for any other insured person.

GENERAL EXCLUSIONS

The Plan does not pay for:

1. Treatment, services, or supplies which are not medically necessary.
2. Charges for or related to care that is investigative, except for certain routine care for approved cancer clinical trials by approved investigators at qualified performance sites and approved by the Claims Administrator in advance of treatment.
3. Any portion of a charge for a covered service or supply that exceeds the allowed amount, except as specified in the "Benefit Chart."
4. Services that are provided without charge, including services of the clergy.
5. Services performed before the effective date of coverage, and services received after your coverage terminates, even though your illness started while coverage was in force.
6. Services for or related to therapeutic acupuncture, except for the treatment of chronic pain when treatment is provided through a comprehensive pain management program or for the prevention and treatment of nausea associated with surgery, chemotherapy, or pregnancy.
7. Services that are provided for the treatment of an employment related injury for which you are entitled to make a worker's compensation claim unless the worker's compensation carrier has disputed the claim.
8. Charges that are eligible, paid or payable under any automobile personal injury protection that is payable without regard to fault.
9. Services a provider gives to himself/herself or to a close relative (such as spouse, brother, sister, parent, grandparent, and/or child).
10. Services needed because you engaged in an illegal occupation, or committed or attempted to commit a felony, unless the services are related to an act of domestic violence or the illegal occupation or felonious act is related to a physical or mental health condition.
11. Services to treat injuries which occur while on military duty that are recognized by the Veterans Administration as services related to service connected injuries.
12. Treatment of preexisting conditions incurred during the preexisting condition limitation period.
13. Services for dependents if you have employee-only coverage.
14. Services that are prohibited by law or regulation.
15. Services which are not within the scope of licensure or certification of a provider.
16. Charges for furnishing medical records or reports and associated delivery charges.
17. Services for or related to transportation, other than local ambulance service to the nearest medical facility equipped to treat the illness or injury, except as specified in the "Benefit Chart."
18. Travel, transportation, or living expenses, whether or not recommended by a physician, except as specified in the "Benefit Chart."
19. Services for or related to mental illness not listed in the most recent edition of *International Classification of Diseases*.
20. Services or confinements ordered by a court or law enforcement officer that are not medically necessary.

21. Evaluations that are not performed for the purpose of diagnosing or treating mental health or substance abuse conditions such as: custody evaluations, parenting assessments, education classes for Driving Under the Influence (DUI)/Driving While Intoxicated (DWI) offences, competency evaluations, adoption home status, parental competency, and domestic violence programs.
22. Services for or related to room and board for foster care, group homes, incarceration and lodging programs, halfway house services, and skills training.
23. Services for or related to marriage/couples training for the primary purpose of relationship enhancement including, but not limited to: premarital education; or marriage/couples retreats, encounters, or seminars.
24. Services for or related to marriage/couples therapy/counseling not related to the treatment of a covered member's diagnosable mental health disorder.
25. Services for or related to therapeutic support of foster care (services designed to enable the foster family to provide a therapeutic family environment or support for the foster child's improved functioning); the treatment of learning disabilities; therapeutic day care and therapeutic camp services; and hippotherapy (equine movement therapy).
26. Charges made by a health care professional for televideo conferencing services, email, and physician/patient telephone consultations, except for eligible E-Visits and as specified in the "Benefit Chart."
27. Services for or related to substance abuse or addictions that are not listed in the most recent edition of the *International Classification of Diseases*.
28. Services for or related to substance abuse interventions, defined as a meeting or meetings, with or without the affected person, of a group of people who are concerned with the current behavioral health of a family member, friend or colleague, with the intent of convincing the affected person to enter treatment for the condition.
29. Services for or related to therapeutic massage.
30. Dentures, regardless of the cause or condition, and any associated services and/or charges including bone grafts.
31. Dental implants, and associated services and/or charges, except when related to services for cleft lip palate that are scheduled or initiated prior to the member turning age 19.
32. Services for or related to the replacement of a damaged bridge from an accident-related injury.
33. Services for or related to dental or oral care, treatment, orthodontics, surgery, supplies, anesthesia or facility charges, and bone grafts, except as specified in the "Benefit Chart."
34. Room and Board expenses in a residential hospice facility.
35. Inpatient hospital room and board expense that exceeds the semiprivate room rate, unless a private room is approved by the Claims Administrator as medically necessary.
36. Admission for diagnostic tests that can be performed on an outpatient basis.
37. Services for or related to private-duty nursing, except as specified in the "Benefit Chart."
38. Personal comfort items such as telephone, television, etc.
39. Communication services provided on an outpatient basis or in the home.
40. Services for or related to sex transformation/gender reassignment surgery, sex hormones related to surgery, related preparation and follow-up treatment, care and counseling, unless medically necessary as determined by the Claims Administrator prior to receipt of services.
41. Services for or related to reversal of sterilization.
42. Services for or related to adoption fees and childbirth classes.

43. Services for or related to surrogate pregnancy, including diagnostic screening, physician services, reproduction treatments, prenatal/delivery/postnatal services.
44. Donor ova or sperm, including banking or storage services.
45. Embryo banking or storage services.
46. Solid or liquid food, standard and specialized infant formula, banked breast milk, nutritional supplements and electrolyte solution, except when administered by tube feeding and except as specified in the "Benefit Chart."
47. Services and supplies that are primarily and customarily used for a nonmedical purpose or used for environmental control or enhancement (whether or not prescribed by a physician), including, but not limited to: exercise equipment, air purifiers, air conditioners, dehumidifiers, heat/cold appliances, water purifiers, hot tubs, whirlpools, hypoallergenic mattresses, waterbeds, computers and related equipment, car seats, feeding chairs, pillows, food or weight scales, and incontinence pads or pants.
48. Modifications to home, vehicle, and/or the workplace, including vehicle lifts and ramps.
49. Blood pressure monitoring devices.
50. Foot orthoses, except as specified in the "Benefit Chart."
51. Communication devices, except when exclusively used for the communication of daily medical needs and without such communication the patient's medical condition would deteriorate.
52. Services for or related to lenses, frames, contact lenses, and other fabricated optical devices or professional services for the fitting and/or supply thereof, including the treatment of refractive errors such as radial keratotomy, except as specified in the "Benefit Chart."
53. Services for or related to hearing aids or devices, and related fitting or adjustments, except as specified in the "Benefit Chart."
54. Nonprescription supplies such as alcohol, cotton balls, and alcohol swabs.
55. Services primarily educational in nature, except as specified in the "Benefit Chart."
56. Services for or related to vocational rehabilitation (defined as services provided to an injured employee to assist the employee to return to either their former employment or a new position, or services to prepare a person with disabilities for employment), except when medically necessary and provided by an eligible health care provider.
57. Services for or related to developmental delay services, except when medically necessary and provided by an eligible health care provider.
58. Physical, occupational and speech therapy services for or related to learning disabilities and disorders, except when medically necessary and provided by an eligible health care provider.
59. Services for or related to health clubs and spas.
60. Services for or related to rehabilitation services that are not expected to make measurable or sustainable improvement within a reasonable period of time, unless they are medically necessary and part of specialized maintenance therapy for the member's condition.
61. Custodial care.
62. Services for or related to recreational therapy (defined as the prescribed use of recreational or other activities as treatment interventions to improve the functional living competence of persons with physical, mental, emotional, and/or social disadvantages), educational therapy (defined as special education classes, tutoring, and other nonmedical services normally provided in an educational setting), or forms of nonmedical self-care or self-help training, including, but not limited to: health club memberships, aerobic conditioning, therapeutic exercises, work hardening programs, etc., and all related material and products for these programs.

63. Services for or related to functional capacity evaluations for vocational purposes and/or the determination of disability or pension benefits.
64. Services for or related to the repair of scars and blemishes on skin surfaces.
65. Fees dues, nutritional supplements, food, vitamins, and exercise therapy, for or related to weight loss programs.
66. Services for or related to cosmetic health services or reconstructive surgery and related services, and treatment for conditions or problems related to cosmetic surgery or services, except as specified in the "Benefit Chart."
67. Services for or related to travel expenses for a kidney donor; kidney donor expenses for complications incurred after the organ is removed if the donor is not covered under this Plan; and kidney donor expenses when the recipient is not covered under this Plan.
68. Services for or related to any treatment, equipment, drug, and/or device that the Claims Administrator determines does not meet generally accepted standards of practice in the medical community for cancer and/or allergy testing and/or treatment: services for or related to homeopathy, or chelation therapy that the Claims Administrator determines is not medically necessary.
69. Services for or related to gene therapy as a treatment for inherited or acquired disorders.
70. Services for or related to growth hormone replacement therapy except for conditions that meet medical necessity criteria.
71. Autopsies.
72. Charges for failure to keep scheduled visits.
73. Charges for giving injections that can be self-administered.
74. Internet or similar network communications for the purpose of: scheduling appointments; filling or renewing existing prescription medications; reporting normal medical test results; providing educational materials; updating patient information; requesting a referral; additional communication on the same day as an onsite medical office visit; and services that would similarly not be charged for in an onsite medical office visit.
75. Services for or related to smoking cessation program fees and/or supplies.
76. Charges for over-the-counter drugs, except as specified in the "Benefit Chart;" vitamin or dietary supplements; and investigative or non-FDA approved drugs.
77. Over-the-counter smoking cessation drugs without a prescription or documented enrollment in the stop-smoking program.
78. Services for or related to routine physical exams for purposes of medical research, obtaining employment or insurance, or obtaining or maintaining a license of any type, unless such physical examination would normally have been provided in the absence of the third party request.
79. Services for or related to reproduction treatments when the number of embryos transferred exceeds the current guidelines developed by the Practice Committee of the Society for Assisted Reproductive Technology and the Practice Committee of the American Society for Reproductive Medicine.
80. Services, supplies, drugs and aftercare for or related to artificial or nonhuman organ implants.
81. Services, chemotherapy, radiation therapy (or any therapy that results in marked or complete suppression of blood producing organs), supplies, drugs and aftercare for or related to bone marrow and peripheral stem cell support procedures that are considered investigative or not medically necessary.
82. Services for or related to fetal tissue transplantation.

ELIGIBILITY

Eligible Employees

All full-time employees working a minimum of 30 hours per week are eligible.

Retirees must contact the Plan Administrator for eligibility information.

This Plan covers only those employees who work in the United States or its Territories. Employees who work and reside in foreign countries are not eligible for coverage. Employees who are U.S. citizens or permanent residents of the U.S. working outside of the U.S. on a temporary basis are eligible.

Eligible Dependents

Spouse

1. Married spouse.

Dependent Children

1. Unmarried natural-born dependent children to age 25.
2. Unmarried legally adopted children and children placed with you for legal adoption to age 25. Date of placement means the assumption and retention by a person of a legal obligation for total or partial support of a child in anticipation of adoption of the child. The child's placement with a person terminates upon the termination of the legal obligation of total or partial support.
3. Unmarried stepchildren to age 25.
4. Unmarried legal wards to age 25.
5. Unmarried grandchildren to age 25 who live with you continuously from birth and are financially dependent upon you.
6. Unmarried children of the employee who are required to be covered by reason of a Qualified Medical Child Support Order (QMCSO), as defined in Minnesota statute §518.171. The Plan has detailed procedures for determining whether an order qualifies as a QMCSO. You and your dependents can obtain, without charge, a copy of such procedures from the Plan Administrator.

Disabled Dependents

1. Unmarried disabled dependent children who reach the limiting age while covered under this Plan if all of the following apply:
 - a. primarily dependent upon you;
 - b. are incapable of self-sustaining employment because of physical disability, mental retardation, mental illness, or mental disorders;
 - c. for whom application for extended coverage as a disabled dependent child is made within 31 days after reaching the age limit. After this initial proof, the Claims Administrator may request proof again two (2) years later, and each year thereafter; and
 - d. must have become disabled prior to reaching limiting age.

NOTE: If both you and your spouse are employees of the employer, you may be covered as either an employee or as a dependent, or both. Your eligible dependent children may be covered under either parent's coverage, or both.

Preexisting Condition Limitation for Employees and Covered Dependents

A preexisting condition limitation applies to employees and covered dependents. A preexisting condition is defined as a medical condition for which medical advice, diagnosis, care, or treatment was recommended or received during the six (6) months immediately preceding the enrollment date.

Newly Eligible Applicants – For such a condition, benefits for you and your covered dependents will be payable only after a period of 12 consecutive months beginning from the enrollment date. This period will be reduced by any prior continuous creditable coverage. At your request and with appropriate authorization the Claims Administrator will assist you in obtaining a certificate of creditable coverage from your prior plan.

With timely application, this limitation does not apply to a newborn infant, or a child placed with you for adoption. Preexisting condition does not include genetic information alone in the absence of a diagnosis for a condition related to the genetic information, or an existing pregnancy.

Late Entrants – For such a condition, benefits for you and your covered dependents will be payable only after a period of 18 months consecutive months beginning from the enrollment date. This period will be reduced by any prior continuous creditable coverage. At your request and with appropriate authorization the Claims Administrator will assist you in obtaining a certificate of creditable coverage from your prior plan.

Preexisting condition does not include genetic information alone in the absence of a diagnosis for a condition related to the genetic information, or an existing pregnancy.

Effective Date of Coverage

Coverage for you or your eligible dependents who were eligible on the effective date of the Plan will take effect on that date.

Adding New Employees

1. If the Plan Administrator receives your application within 30 days after you become eligible, coverage for you and your eligible dependents starts on the date of hire.
2. If the Plan Administrator receives your application more than 30 days after you become eligible, you and your eligible dependents will be considered a Late Entrant unless you meet the requirements of the special enrollment period. Please see "Coverage Effective Date for Late Entrants" in this section to determine when coverage will begin.

Adding New Dependents

This section outlines the time period for application and the date coverage starts.

Adding spouse and/or stepchildren

1. If the Plan Administrator receives the application within 30 days of the date of marriage, coverage for your spouse and/or stepchildren starts on the date of marriage.
2. If the Plan Administrator receives the application more than 30 days after the date of marriage, your spouse and/or stepchildren will be considered Late Entrants unless your spouse and/or stepchildren meet the requirements of the special enrollment period. Please see "Coverage Effective Date for Late Entrants" in this section to determine when coverage will begin.

Adding newborns and children placed for adoption

The Plan Administrator requests that you submit written application to add your newborn child or newborn grandchild within 90 days of the date of birth. Coverage for your newborn child or newborn grandchild starts on the date of birth.

The Plan Administrator requests that you submit written application to add your adopted child within 90 days of the date of placement. Coverage for your adopted child starts on the date of placement.

Adding disabled children or disabled dependents

A disabled dependent may be added to the Plan if the disabled dependent is otherwise eligible under the Plan. Coverage starts the first of the month following the day the Plan Administrator receives the application. A disabled dependent will not be denied coverage and will not be subject to any preexisting condition limitation period.

Special Enrollment Periods

Special enrollment periods are periods when eligible employees or dependents may enroll in the Plan under certain circumstances after they were first eligible for coverage. Special enrollment events are triggered by a loss of other group health plan coverage or by acquiring a new dependent. The request for enrollment must be within 30 days of the special enrollment event.

Loss of Coverage

Employees or dependents who are eligible but not enrolled in the Plan may enroll for coverage in the Plan as special enrollees upon the loss of other health plan coverage if all of the following conditions are met:

1. the employee or dependent was covered under a group health plan or other health insurance coverage at the time coverage was previously offered to the employee or dependent;
2. the employee must complete any required written waiver of coverage and state in writing that, at such time, other health insurance coverage was the reason for declining enrollment;
3. the employee's or dependent's coverage is terminated because his/her COBRA continuation has been exhausted (not due to failure to pay the premium or for cause), he/she is no longer eligible for the Plan due to divorce, death of the employee, termination of employment, reduction in hours, cessation of dependent status, all employer contributions towards the coverage were terminated, the individual no longer lives or works in an HMO service area, or the individual incurs a claim that would meet or exceed a lifetime limit on all benefits; and
4. the employee or dependent requested enrollment not later than 30 days after the termination of coverage or employer contribution, or the meeting or exceeding of the lifetime limit on benefits.

Coverage is effective the day after the termination of prior coverage or the date of claim denial due to meeting or exceeding the lifetime limit on all benefits.

Acquiring a New Dependent

Eligible employees who are either enrolled or not enrolled in the Plan may enroll themselves and newly acquired dependents for coverage in the Plan as special enrollees. If the employee is eligible under the terms of the Plan, the employee and eligible dependent are eligible for special enrollment when the employee acquires a new dependent through marriage, birth, adoption or placement for adoption.

Coverage is effective on the date of marriage, birth, adoption or placement for adoption, if application is received within 30 days after the marriage, birth, adoption or placement for adoption.

Dependent children other than the newly acquired dependent are not eligible for the special enrollment period.

Coverage Effective Date for Late Entrants

Late entrants are subject to a preexisting condition limitation period described in the Preexisting Condition Limitations section. Credit will be given for prior continuous creditable coverage. Coverage for late entrants starts on the first of the month following the day the late application is received.

TERMINATION OF COVERAGE

Termination Events

Coverage ends on the earliest of the following dates:

1. For you and your dependents, the date on which the Plan terminates.
2. For you and your dependents, the last day of the month during which:
 - a. required charges for coverage were paid, if payment is not received when due. Your payment of charges to the employer does not guarantee coverage unless the Claims Administrator receives full payment when due. If the Claims Administrator terminates coverage for all employees in the Plan for nonpayment of the charges, the Claims Administrator will give all employees a 30 day notice of termination prior to the effective date of cancellation using a list of addresses which is updated every 12 months.
 - b. you are no longer eligible.
 - c. you enter military services for duty lasting more than 31 days.
 - d. you request that coverage be terminated.
3. For the spouse, the date the spouse is no longer eligible for coverage. This is the last day of the month during which the employee and spouse divorce.
4. For a dependent child, the date the dependent child is no longer eligible for coverage. This is the last day of the month during which:
 - a. a covered stepchild is no longer eligible because the employee and spouse divorce.
 - b. the dependent child marries or reaches the dependent-child age limit.
 - c. the dependent child becomes covered as an employee under any health coverage plan sponsored by the employer.
 - d. the disabled dependent is no longer eligible.
 - e. the dependent grandchild is no longer eligible.
5. The date charges are incurred that result in payment up to the lifetime maximum.

Retroactive Termination

If the Plan Administrator erroneously enrolled the employee or dependent in the Plan and subsequently requests that coverage be terminated retroactive to the effective date of coverage, coverage will remain in force to a current paid-to-date unless the Plan Administrator obtains and forwards to the Claims Administrator the employee's or dependent's written consent authorizing retroactive termination of coverage. If written consent is not obtained and forwarded to the Claims Administrator with the cancellation request, the Plan Administrator must pay the required charges for the employee's or dependent's coverage in full to current paid-to-date.

Certification of Coverage

When you or your covered dependents terminate coverage under the Plan, a certification of coverage form will be issued to you specifying your coverage dates under the health plan and any waiting periods you were required to satisfy. The certification of coverage form will contain all the necessary information another health plan will need to determine if you have prior continuous coverage that should be credited toward any preexisting condition limitation period. Health plans will require that you submit a copy of this form when you apply for coverage.

The certification of coverage form will be issued to you if you request it before losing coverage or when you terminate coverage with the Plan and, if applicable, at the expiration of any continuation period. The Claims Administrator will also issue the certification of coverage form if you request a copy at any time within the 24 months after your coverage terminates. To request a certificate of coverage form, please call the customer service number located in the Customer Service section.

Extension of Benefits

If you or your dependent is confined as an inpatient on the date coverage ends due to the replacement of the Claims Administrator, the Plan will automatically extend coverage until the date you or your dependent is discharged from the facility or the date Plan maximums are reached, whichever is earlier. Coverage is extended only for the person who is confined as an inpatient, and only for inpatient charges incurred during the admission. For purposes of this provision, "replacement" means that the administrative service agreement with the Claims Administrator has been terminated and your employer maintains continuous group coverage with a new claims administrator or insurer.

Continuation and Conversion

You or your covered dependents may continue this coverage if coverage ends due to any of the qualifying events listed below. You and your eligible dependents must be covered under this Plan before the qualifying event in order to continue coverage. In all cases, continuation ends if the Plan ends or required charges are not paid when due.

Your **employer** has established Notice Procedures regarding Continuation of Coverage. Ask your **employer** about these Notice Procedures.

Qualifying Events For All Other Eligible Members

If you are the **employee** and are covered, you have the right to elect continuation coverage if you lose coverage because of any one (1) of the following qualifying events:

Under MN and federal law:

- Voluntary or involuntary termination of your employment (for reasons other than gross misconduct).
- Reduction in the hours of your employment (layoff, leave of absence, strike, lockout, change from full-time to part-time employment).

Under MN law:

- Total disability - Total disability means the **employee's** inability to engage in or perform the duties of the **employee's** regular occupation or employment within the first two (2) years of disability. After the first two (2) years, it means the **employee's** inability to perform any occupation for which the employee is educated or trained. Your coverage will continue unless you are required to pay for the coverage and do not make the required payments.

If you are the **ex-spouse/spouse** of a covered **employee**, you have the right to elect continuation coverage if you lose coverage because of any of the following qualifying events:

Under MN law:

- Your coverage will continue unless you are required to pay for the coverage and do not make the required payments.
- The death of the **employee**.
- The **employee** becomes totally disabled. (See above under Employee Qualifying Events)

Under federal law:

- A termination of the **employee's** employment (for reasons other than gross misconduct) or reduction in the **employee's** hours of employment with the employer.
- Entering of decree or judgment in the event of a divorce from the **employee**. (Also, if the **employee** eliminates coverage for his or her **ex-spouse/spouse** in anticipation of a divorce, and a divorce later occurs, then the later divorce will be considered a qualifying event even though the **ex-spouse/spouse** lost coverage earlier. If the **ex-spouse/spouse** notifies the Plan Administrator within 60 days after the later divorce and can establish that the coverage was eliminated earlier in anticipation of the divorce, then continuation coverage may be available for the period after the divorce.)
- The **employee** becomes enrolled in Medicare.

In the case of a **dependent child** of a covered **employee**, the **dependent child** has the right to elect continuation coverage if he or she loses coverage because of any of the following qualifying events:

Under MN law:

- Your coverage will continue unless you are required to pay for the coverage and do not make the required payments.
- The death of the **employee**.
- The **employee** becomes totally disabled. (See above under Employee Qualifying Events)

Under federal law:

- The termination of the **employee's** employment (for reasons other than gross misconduct) or reduction in the **employee's** hours of employment with the employer.
- Parents' divorce.
- The **employee** becomes enrolled in Medicare.
- The dependent ceases to be a "dependent child" under the Plan.

Your Notice Obligations

You and your dependents must notify the employer of any of the following events within 60 days of the occurrence of the event:

- Divorce;
- A dependent child no longer meets the Plan's eligibility requirements.

Note: Refer to Disability Extensions in Extension of Maximum Coverage Periods below for three (3) additional notification requirements.

If you or your dependents fail to provide this notice during this 60-day notice period, any dependent who loses coverage will NOT be offered the option to elect continuation coverage. Furthermore, if you or your dependents fail to provide this notice, and if any claims are mistakenly paid for expenses incurred after the date coverage was to terminate, then you and your dependents will be required to reimburse the Plan for any claims paid.

When you notify the employer that a divorce or a loss of dependent status will cause a loss of coverage, then the employer will notify the affected family member(s) of the right to elect continuation coverage. If you notify the employer of a qualifying event or disability determination and the employer determines that there is no extension available, the employer will provide an explanation as to why you or your dependents are not entitled to elect continuation coverage.

Employer's and Plan Administrator's Notice Obligations

The employer has 30 days to notify the Plan Administrator of events they know have occurred, such as termination of employment or death of the **employee**. This 30-day notice to the Plan Administrator is not often used because usually the Plan Administrator is the **employer**. After plan administrators are put on notice of the qualifying event, they have ten (10) days to send the qualifying event notice. The qualified beneficiaries must be allowed 60 days to elect continuation coverage. The 60-day time frame begins on the date coverage would end due to the qualifying event or the date of the qualifying-event notice, whichever is later.

The employer will also notify you and your dependents of the right to elect continuation coverage after receiving notice that one of the following events occurred and resulted in a loss of coverage: the **employee's** termination of employment (other than for gross misconduct), reduction in hours, death, or the **employee's** becoming enrolled in Medicare.

Election Procedures

You and your dependents must elect continuation coverage within 60 days after coverage ends, or, if later, 60 days after the Plan Administrator provides you or your family member with notice of the right to elect continuation coverage. *If you or your dependents do not elect continuation coverage within this 60-day election period, you will lose your right to elect continuation coverage.*

You or your dependent spouse may elect continuation coverage for all qualifying family members; however, each qualified beneficiary is entitled to an independent right to elect continuation coverage. Therefore, an ex-spouse/spouse may not decline coverage for the other ex-spouse/spouse and a parent cannot decline coverage for a non-minor dependent child eligible for coverage. In addition, a dependent may elect continuation coverage even if the covered employee does not elect continuation coverage.

You and your dependents may elect continuation coverage even if covered under another employer-sponsored group health plan or enrolled in Medicare.

How to Elect

Contact the employer to determine how to elect continuation coverage.

Type of Coverage

Ordinarily, the continuation coverage that is offered will be the same coverage that you or your dependent had on the day before the qualifying event. Therefore, anyone who is not covered under the Plan on the day before the qualifying event generally is not entitled to continuation coverage. (Exceptions: 1) If coverage was eliminated in anticipation of a qualifying event such as divorce and a divorce later occurs, then the later divorce will be considered a qualifying event even though the ex-spouse/spouse had lost coverage earlier. The ex-spouse/spouse must notify the employer within 60 days after the later divorce and establish that the coverage was eliminated earlier in anticipation of divorce; and 2) A child born to or placed for adoption with the covered employee during the period of continuation of coverage may be added to the coverage for the duration of the qualified beneficiary's maximum continuation period.)

Qualified beneficiaries must be provided the same rights and benefits as similarly situated beneficiaries for whom no qualified event has occurred. If coverage is modified for similarly situated active employees or their dependents, then continuation coverage will be modified in the same way. (Examples: 1) If the employer offers an open enrollment period that allows active employees to switch between plans without being considered late entrants, all qualified beneficiaries on continuation should be allowed to switch plans as well; and 2) If active employees are allowed to add new spouses to coverage if the application for coverage is received within 30 days of the marriage, qualified beneficiaries who get married while on continuation should also be afforded this same right.)

Maximum Coverage Periods

The maximum duration for continuation coverage is described below. Continuation coverage terminates before the maximum coverage period in certain situations described later under the heading "Termination of Continuation Coverage Before the End of the Maximum Coverage Period." In other instances, the maximum coverage period can be extended as described under the heading "Extension of Maximum Coverage Periods."

18 Months. If you or your dependent loses coverage due to the *employee's* termination of employment (other than for gross misconduct) or reduction in hours, then the maximum continuation coverage period is 18 months from the first of the month following termination or reduction in hours.

36 Months. If a dependent loses coverage because the *employee* became enrolled in Medicare or because of a loss of dependent status under the Plan, then the maximum coverage period (for spouse and dependent child) is three (3) years from the date of the qualifying event.

Indefinite. If you or your dependents lose coverage because of the *employee's* total disability (as defined above), then the maximum coverage period is indefinite. If a dependent loses group health coverage because of the *employee's* death or divorce, then the maximum coverage period (for spouse and dependent child) is indefinite.

Extension of Maximum Coverage Periods

Maximum coverage periods of 18 or 36 months can be extended in certain circumstances.

- **Extended Notice Rule:** This extension is applicable only when loss of coverage is due to termination of employment, reduction of hours, death of the employee, or the employee's Medicare enrollment, and the extension applies to all qualified beneficiaries.

The general rule is that the maximum coverage period runs from the date of the triggering (qualifying) event, even if the actual loss of coverage per the terms of the Plan does not occur until later. The employer has 30 days from the date of the triggering event to notify the Plan Administrator of the qualifying event.

Under the Extended Notice Rule, the maximum coverage period runs from the date that a qualified beneficiary's loss of coverage occurs (rather than the triggering event), if the employer also sends its notice of the qualifying event to the Plan Administrator within 30 days after the loss of coverage instead of 30 days after the occurrence of the triggering event. Use of this delayed commencement of coverage period coupled with the extension of the employer's notice period has the effect of extending the maximum coverage period. (Example: The triggering event, termination of employment, occurs on January 5. The loss of coverage under the terms of the Plan, however, does not occur until January 31. Under the Extended Notice Rule, the employer must notify the Plan Administrator of the qualifying event within 30 days after coverage is lost and the maximum coverage period begins when coverage is lost, January 31.)

- **Disability Extension:** This extension is applicable when the qualifying event is the employee's termination of employment or reduction of hours, and the extension applies to all qualified beneficiaries. If your dependent who is a qualified beneficiary is determined by the Social Security Administration to be disabled at any time during the first 60 days of continuation, then the continuation period for all qualified beneficiaries is extended to 29 months from the date coverage terminated.

Notice Obligation: For the 29-month continuation coverage period to apply, a qualified beneficiary must notify the Plan Administrator of the Social Security Administration disability within 60 days after the latest of: 1) the date of the Social Security disability determination; 2) the date of the qualifying event (the employee's termination of employment or reduction of hours); 3) the date on which the qualified beneficiary loses (or would lose) coverage under the Plan as a result of the qualifying event; and 4) the date on which the qualified beneficiary is informed, either through the certificate of coverage or the initial COBRA notice, of both the responsibility to provide the notice of disability determination and the plan's procedures for providing such notice to the administrator.

Notice Obligation: The qualified beneficiary must notify the Plan Administrator of the Social Security disability determination before the end of the 18-month period following the qualifying event (the employee's termination of employment or reduction of hours.)

Notice Obligation: If during the 29-month extension period there is a "final determination" that a qualified beneficiary is no longer disabled, the qualified beneficiary must notify the Plan Administrator within 30 days after the date of this determination. This extension coverage ends for all qualified beneficiaries on the extension as of 1) the first day of the month that is more than 30 days after a final determination by the Social Security Administration that the formerly disabled qualified beneficiary is no longer disabled; or 2) the end of the coverage period that applies without regard to the disability extension.

- **Multiple Qualifying Events:** This extension is applicable when the qualifying event is the employee's termination of employment or reduction of hours (each of which triggers an 18-month maximum coverage period) is followed, within the original 18-month period (or 29-month period if there has been a disability extension), by a second qualifying event that has a 36-month or an indefinite maximum coverage period. The extension applies to the employee's dependents that are qualified beneficiaries.

If a second qualifying event occurs within an 18-month or 29-month coverage period that gives rise to a 36-month maximum coverage period for the dependent, then the maximum coverage period (for the dependent) becomes three (3) years from the date of the initial termination or reduction in hours. For the 36-month maximum coverage period to apply, notice of the second qualifying event must be provided to the Plan Administrator within 60 days after the date of the event. If no notice is given within the required 60-day period, no extension of continuation coverage will occur.

If a second qualifying event occurs within an 18-month or 29-month coverage period that gives rise to an indefinite maximum coverage period for the dependent, then the maximum coverage period (for the dependent) becomes indefinite. For an indefinite maximum coverage period to apply, notice of the second qualifying event must be provided to the Plan Administrator within 60 days after the date of the event. If no notice is given within the required 60-day period, no extension of continuation coverage will occur.

- **Pre-Termination or Pre-Reduction Medicare Enrollment:** This extension applies when the qualifying event is the reduction of hours or termination of employment that occurs within 18 months after the date of the **employee's** Medicare enrollment. The extension applies to the **employee's** dependents who are qualified beneficiaries.

If the qualifying event occurs within 18 months after the **employee** becomes enrolled in Medicare, regardless of whether the **employee's** Medicare enrollment is a qualifying event (causing a loss of coverage under the group Plan), the maximum period of continuation for the **employee's** dependents who are qualified beneficiaries is three (3) years from the date the **employee** became enrolled in Medicare. (Example: Employee becomes enrolled in Medicare on January 1. Triggering/qualifying event, **employee's** termination of employment or reduction of hours is May 15. The **employee** is entitled to 18 months of continuation from the date coverage is lost. The employee's dependents are entitled to 36 months of continuation from the date the **employee** is enrolled in Medicare.)

If the qualifying event (**employee's** termination of employment or reduction of hours) is more than 18 months after Medicare enrollment, is the same day as the Medicare enrollment or occurs before Medicare enrollment, no extension is available.

- **Employer's Bankruptcy:** The bankruptcy rule technically is an initial qualifying event rather than an extending rule. However, because it would result in a much longer maximum coverage period than 18 or 36 months, it is included here. If the employer files Chapter 11 bankruptcy, it may trigger COBRA coverage for certain retirees and their related qualified beneficiaries. A retiree is entitled to coverage for life. The retiree's spouse and dependent children are entitled to coverage for the life of the retiree, and, if they survive the retiree, for 36 months after the retiree's death. If the retiree is not living when the qualifying event occurs, but the retiree's spouse is covered by the Plan, then that surviving spouse is entitled to coverage for life.

Termination of Continuation Coverage Before the End of Maximum Coverage Period

Continuation coverage of the **employee** and dependents will automatically terminate (before the end of the maximum coverage period) when any one of the following events occurs:

- The employer no longer provides group health coverage to any of its employees.
- The premium for the qualified beneficiary's continuation coverage is not paid when due. Charges for continuation can be up to the amount the group pays. In some cases, a two (2) percent administration fee. In the event of a dependent's disability, the charges for continuation can be up to the group rate plus a 50% administration fee for months 19-29. If the qualifying event for continuation is the **employee's** total disability, the administration fee is not

permitted). All charges are paid directly to the employer. If the qualifying event is divorce, in some cases no premium will be charged.

- After electing continuation, you or your dependents become covered under another group health plan (as an employee or otherwise) that has no exclusion or limitation with respect to any preexisting condition that you have. If the other plan has applicable preexisting condition exclusions or limitations, then your continuation coverage will terminate after the exclusion or limitation no longer applies. This rule applies only to the qualified beneficiary who becomes covered by another group health plan. (**Note:** An exclusion or limitation of the other group health plan might not apply at all to the qualified beneficiary, depending on the length of his or her creditable health plan coverage prior to enrolling in the new group health plan.)
- You or your dependent became entitled to a 29-month maximum coverage period due to the disability of a qualified beneficiary, but then the Social Security Administration makes the final determination that the qualified beneficiary is no longer disabled (however, continuation coverage will not end until the month that begins more than 30 days after the determination).
- Occurrence of any event (e.g., submission of fraudulent benefit claims) that permits termination of coverage for cause with respect to covered **employees** or their dependents who have coverage under the Plan for a reason other than the continuation coverage requirements of federal law.
- Voluntarily canceling your continuation coverage.

When termination takes effect earlier than the end of the maximum period of continuation coverage, a notice will be sent from the Plan Administrator. The notice will contain the reason continuation coverage has been terminated, the date of the termination, and any rights to elect alternative coverage that may be available.

Children Born to or Placed for Adoption With the Covered Employee During Continuation Period

A child born to, adopted by or placed for adoption with a covered **employee** during a period of continuation coverage is considered to be a qualified beneficiary provided that the covered **employee** is a qualified beneficiary and has elected continuation coverage for himself/herself. The child's continuation coverage begins on the date of birth, adoption, or placement for adoption as outlined in the Eligibility section, and it lasts for as long as continuation coverage lasts for other family members of the **employee**. To be enrolled in the Plan, the child must satisfy the otherwise applicable Plan eligibility requirements.

Open Enrollment Rights and Special Enrollment Rights

Qualified beneficiaries who have elected continuation will be given the same opportunity available to similarly situated active employees to change their coverage options or to add or eliminate coverage for dependents at open enrollment. Special enrollment rights will apply to those who have elected continuation. Except for certain children described above, dependents who are enrolled in a special enrollment period or open enrollment period do not become qualified beneficiaries – their coverage will end at the same time that coverage ends for the person who elected continuation and later added them as dependents.

Address Changes, Marital Status Changes, Dependent Status Changes and Disability Status Changes

If your or your dependent's address changes, you must notify the Plan Administrator in writing (the Plan Administrator needs up-to-date addresses in order to mail important continuation notices and other information). Also, if your marital status changes or if a dependent ceases to be a dependent eligible for coverage under the terms of the Plan, you or your dependent must notify the Plan Administrator in writing. In addition, you must notify the Plan Administrator if a disabled **employee** or family member is no longer disabled.

Special Second Election Period

Special continuation rights apply to certain employees who are eligible for the health coverage tax credit. These employees are entitled to a second opportunity to elect continuation coverage for themselves and certain family members (if they did not already elect continuation coverage) during a special second election period. This election period is the 60-day period beginning on the first day of the month in which an eligible employee becomes eligible for the health coverage tax credit, but only if the election is made within six (6) months of losing coverage. Please contact the Plan Administrator for additional information.

The Trade Act of 2002 created a new tax credit for certain individuals who become eligible for trade adjustments assistance. Under the new tax provisions, eligible individuals can either take a tax credit or get advance payment of 65% of premiums paid for qualified health insurance, including continuation coverage. If you have questions about these new tax provisions, you may call the Health Care Tax Credit Customer Contact Center toll-free at 1-866-628-4282.

Uniformed Services Employment and Reemployment Rights Act (USERRA)

If you are called to active duty in the uniformed services, you may elect to continue coverage for you and your eligible dependents under USERRA. This continuation right runs concurrently with your continuation right under COBRA and allows you to extend an 18-month continuation period to 24 months. You and your eligible dependents qualify for this extension if you are called into active or reserve duty, whether voluntary or involuntary, in the Armed Forces, the Army National Guard, the Air National Guard, full-time National Guard duty (under a federal, not a state, call-up), the commissioned corps of the Public Health Services and any other category of persons designated by the President of the United States.

Your **employer** may have policies and procedures about USERRA. Contact your **employer** about USERRA policies and procedures.

Questions

If you have general questions about continuation of coverage, please call the telephone number on the back of your identification card for assistance.

Overview

The following chart is an overview of the information outlined in the previous section. For more details refer to the previous sections.

Qualifying Event/Extension	Who May Continue	Maximum Continuation Period
<ul style="list-style-type: none"> • Employment ends (for reasons other than gross misconduct) • Reduction in hours of employment (lay-off, leave of absence, strike, lockout, change from full-time to part-time employment) 	Employee and dependents	Earlier of: <ol style="list-style-type: none"> 1. 18 months; or 2. Enrollment date in other group coverage.
<ul style="list-style-type: none"> • Divorce 	Ex-spouse and any dependent children who lose coverage	Earlier of: <ol style="list-style-type: none"> 1. Enrollment date in other group coverage; or 2. Date coverage would otherwise end.
<ul style="list-style-type: none"> • Death of employee 	Surviving spouse and dependent children	Earlier of: <ol style="list-style-type: none"> 1. Enrollment date in other group coverage; or 2. Date coverage would otherwise end if the employee had lived.
<ul style="list-style-type: none"> • Dependent child loses eligibility 	Dependent child	Earliest of: <ol style="list-style-type: none"> 1. 36 months; or 2. Enrollment date in other group coverage; or 3. Date coverage would otherwise end.
<ul style="list-style-type: none"> • Dependents lose eligibility due to the employee's enrollment in Medicare 	All dependents	Earliest of: <ol style="list-style-type: none"> 1. 36 months; or 2. Enrollment date in other group coverage; or 3. Date coverage would otherwise end.
<ul style="list-style-type: none"> • Retirees of the employer filing Chapter 11 bankruptcy (includes substantial reduction in coverage within one (1) year of filing) 	Retiree	Lifetime continuation.
	Dependents	Lifetime continuation until the retiree dies, then an additional 36 months following retiree's death.
<ul style="list-style-type: none"> • Total disability of employee 	Employee and dependents	Earlier of: <ol style="list-style-type: none"> 1. Date total disability ends; or 2. Date coverage would otherwise end.
Extensions to 18-month maximum continuation period: <ul style="list-style-type: none"> • Total disability of dependent(s) 	Disabled dependent and all other covered family members	Earliest of: <ol style="list-style-type: none"> 1. 29 months after the employee leaves employment; or 2. Date total disability ends; or 3. Date coverage would otherwise end.

Conversion

You or your dependents may convert your coverage to an individual qualified plan if coverage ends because:

1. you become ineligible;
2. your continuation coverage is exhausted;
3. no continuation coverage is available to you; or
4. the Plan ends and is not replaced by continuous group coverage.

If your coverage ends because you become ineligible or leave the Plan, you must apply for conversion coverage within 63 days after your coverage (or continuation) ends. If your coverage ends because the Plan ends, you must apply for conversion coverage within 63 days after receiving notice of cancellation of the Plan.

Conversion coverage and charges will not be the same as the Plan. Evidence of good health is not required. Regardless of the reason coverage ends, you are not eligible for conversion if you do not apply within 63 days of losing group coverage.

COORDINATION OF BENEFITS

This section applies when you have health care coverage under more than one (1) plan, as defined below. If this section applies, you should look at the Order of Benefits Rules first to determine which plan determines benefits first. Your benefits under this Plan are not reduced if the Order of Benefits Rules require this Plan to pay first. Your benefits under this Plan may be reduced if another plan pays first.

Definitions

These definitions apply only to this section.

1. The term "plan" means any of the following that provides benefits or services for, or because of, medical or dental care or treatment:
 - a. group insurance or group-type coverage, whether insured or uninsured. This includes prepayment, group practice, individual practice coverage, and group coverage other than school accident-type coverage
 - b. coverage under a government plan or required or provided by law
 - c. individual coverage. Group coverage is always primary and pays first.

Therefore, "plan" does not include:

- a. a state plan under Medicaid (Title XIX, Grants to States for Medical Assistance Programs, of the United States Social Security Act as amended from time to time); or
- b. any benefits that, by law, are excess to any private or other nongovernmental program.

If any of the above coverages include group-type hospital indemnity coverage, "Plan" only includes that amount of indemnity benefits which exceeds \$100 a day.

2. The term "This Plan" means the part of the Plan document that provides health care benefits.
3. "Primary Plan/Secondary Plan" is determined by the Order of Benefits Rules.

When This Plan is a Primary Plan, its benefits are determined before any other plan and without considering the other plan's benefits. When This Plan is a Secondary Plan, its benefits are determined after those of the other plan and may be reduced because of the other plan's benefits.

When you are covered under more than two (2) plans, this Plan may be a Primary Plan to some plans, and may be a Secondary Plan to other plans.

Notes:

- a. If you are covered under This Plan and Medicare: This Plan will comply with Medicare Secondary Payor (MSP) provisions of federal law, rather than the Order of Benefits Rules in this section, to determine which Plan is a primary Plan and which is a Secondary Plan. Medicare will be primary and This Plan will be secondary only to the extent permitted by MSP rules.
 - b. If you are covered under this Plan and TRICARE: This Plan will comply with the TRICARE provisions of federal law, rather than the Order of Benefit's Rules in this section, to determine which Plan is a Primary Plan and which is a Secondary Plan. TRICARE will be primary and this Plan will be secondary only to the extent permitted by TRICARE rules.
4. "Allowable expense" means the necessary, reasonable, and customary items of expense for health care, covered at least in part by one (1) or more plans covering the person making the claim. "Allowable expense" does not include an item or expense that exceeds benefits that are limited by statute or This Plan. "Allowable Expense" does not include outpatient prescription drugs, except those eligible under Medicare (see number three (3) above).

The difference between the cost of a private and a semiprivate hospital room is not considered an allowable expense unless admission to a private hospital room is medically necessary under generally accepted medical practice or as defined under This Plan.

When a plan provides benefits in the form of services, the reasonable cash value of each service rendered will be considered both an allowable expense and a benefit paid.

5. "Claim determination period" means a calendar year. However, it does not include any part of the year the person is not covered under This Plan, or any part of a year before the date this section takes effect.

Order of Benefits Rules

1. General: When a claim is filed under This Plan and another plan, This Plan is a Secondary Plan and determines benefits after the other plan, unless:
 - a. the other plan has rules coordinating its benefits with This Plan's benefits; and
 - b. the other plan's rules and This Plan's rules, in part 2. below, require This Plan to determine benefits before the other plan.
2. Rules: This Plan determines benefits using the first of the following rules that applies:
 - a. Nondependent/dependent: The plan that covers the person as an employee, member, or subscriber (that is, other than as a dependent) determines its benefits before the plan that covers the person as a dependent.
 - b. Dependent child of parents not separated or divorced: When This Plan and another plan cover the same child as a dependent of different persons, called "parents":
 - 1) the plan that covers the parent whose birthday falls earlier in the year determines benefits before the plan that covers the parent whose birthday falls later in the year; but
 - 2) if both parents have the same birthday, the plan that has covered the parent longer determines benefits before the plan that has covered the other parent for a shorter period of time.

However, if the other plan does not have this rule for children of married parents, and instead the other plan has a rule based on the gender of the parent, and if as a result the plans do not agree on the order of benefits, the rule in the other plan determines the order of benefits.

- c. Dependent child of parents divorced or separated: If two (2) or more plans cover a dependent child of divorced or separated parents, This Plan determines benefits in this order:
 - 1) first, the plan of the parent with physical custody of the child;
 - 2) then, the plan that covers the spouse of the parent with physical custody of the child;
 - 3) finally, the plan that covers the parent not having physical custody of the child; or
 - 4) in the case of joint physical custody, b. above applies.

However, if the court decree requires one (1) of the parents to be responsible for the health care expenses of the child, and the plan that covers that parent has actual knowledge of that requirement, that plan determines benefits first. This does not apply to any claim determination period or plan year during which any benefits are actually paid or provided before the plan has that actual knowledge.

- d. Active/inactive employee: The Plan that covers a person as an employee who is neither laid-off nor retired (or as that employee's dependent) determines benefits before a plan that covers that person as a laid-off or retired employee (or as that employee's dependent). If the other plan does not have this rule, and if as a result the plans do not agree on the order of benefits, then this rule is ignored.
- e. Longer/shorter length of coverage: If none of the above determines the order of benefits, the plan that has covered an employee, member, or subscriber longer determines benefits before the plan that has covered that person for a shorter time.

Effect on Benefits of This Plan

1. When this section applies: When the Order of Benefits Rules above require This Plan to be a Secondary Plan, this part applies. Benefits of This Plan may be reduced.
2. Reduction in This Plan's benefits
When the sum of:
 - a. the benefits payable for allowable expenses under This Plan, without applying coordination of benefits; and
 - b. the benefits payable for allowable expenses under the other plans, without applying coordination of benefits or a similar provision, whether or not claim is made, exceeds those allowable expenses in a claim determination period. In that case, the benefits of This Plan are reduced so that benefits payable under all plans do not exceed allowable expenses.

When benefits of This Plan are reduced, each benefit is reduced in proportion and charged against any applicable benefit limit of This Plan. Benefits saved by This Plan due to coordination of benefits saving (credit reserve) are available for payment on future claims during this Plan year. Credit reserve will start over for the next Plan year.

Right to Receive and Release Needed Information

Certain facts are needed to apply these coordination of benefits rules. The Claims Administrator has the right to decide which facts are needed. The Claims Administrator may get needed facts from, or give them to, any other organization or person. They do not need to tell, or get the consent of, any person to do this. Each person claiming benefits under This Plan must provide any facts needed to pay the claim.

Facility of Payment

A payment made under another plan may include an amount that should have been paid under This Plan. If this happens, This Plan may pay that amount to the organization that made that payment. That amount will then be considered a benefit under This Plan. This Plan will not have to pay that amount again. The term "payment made" includes providing benefits in the form of services, in which case "payment made" means reasonable cash value of the benefits provided in the form of services.

Right of Recovery

If This Plan pays more than it should have paid under these coordination of benefit rules, This Plan may recover the excess from any of the following:

1. the persons This Plan paid or for whom This Plan has paid;
2. insurance companies; and
3. other organizations.

The amount paid includes the reasonable cash value of any benefits provided in the form of services.

REIMBURSEMENT AND SUBROGATION

If the Plan pays medical benefits for medical or dental expenses you incur as a result of any act of a third party for which the third party is or may be liable, and you later obtain full recovery, you are obligated to reimburse the Plan for the benefits paid in accord with Minnesota statutes §62A.095 and §62A.096, the laws related to subrogation rights.

The Plan's right to reimbursement and subrogation is subject to subtraction for actual monies paid to account for the pro rata share of your costs, disbursements and reasonable attorney fees, and other expenses incurred in obtaining the recovery from another source unless the Plan is separately represented by its own attorney.

If the Plan is separately represented by an attorney, the Plan Administrator may enter into an agreement with you regarding your costs, disbursements and reasonable attorney fees, and other expenses. If an agreement cannot be reached on such allocation, the matter shall be submitted to binding arbitration.

Nothing herein shall limit the Plan's right to recovery from another source which may otherwise exist at law. For purposes of this provision, full recovery does not include payments made by the Plan to or for your benefit. You must cooperate with the Plan Administrator in assisting it to protect its legal rights under this provision.

If you make a claim against a third party for damages that include repayment for medical and medically-related expenses incurred for your benefit, you must provide timely written notice to the Plan Administrator of the pending or potential claim. The Plan Administrator, at its option, may take such action as may be appropriate and necessary to preserve its rights under this reimbursement and subrogation provision, including the right to intervene in any lawsuit you have commenced with a third party.

The Plan Administrator may delegate such functions to the Claims Administrator.

Notwithstanding any other law to the contrary, the statute of limitations applicable to the Plan's rights for reimbursement or subrogation does not commence to run until notice has been given.

GENERAL PROVISIONS

Plan Administration

Plan Administrator

The general administration of the Plan and the duty to carry out its provisions is vested in the Employer. The board of directors will perform such duties on behalf of the Employer, provided it may delegate such duty or any portion thereof to a named person, including employees and agents of the Employer, and may from time to time revoke such authority and delegate it to another person. Any delegation of responsibility must be in writing and accepted by the designated person. Notwithstanding any designation or delegation of final authority with respect to claims, the Plan Administrator generally has final authority to administer the Plan.

Powers and Duties of the Plan Administrator

The Plan Administrator will have the authority to control and manage the operation and administration of the Plan. This will include all rights and powers necessary or convenient to carry out its functions as Plan Administrator. Without limiting that general authority, the Plan Administrator will have the express authority to:

1. construe and interpret the provisions of the Plan and decide all questions of eligibility.
2. prescribe forms, procedures, policies, and rules to be followed by you and other persons claiming benefits under the Plan;
3. prepare and distribute information to you explaining the Plan;
4. receive from you and any other parties the necessary information for the proper administration of eligibility requirements under the Plan;
5. receive, review, and maintain reports of the financial condition and receipts and disbursements of the Plan; and
6. to retain such actuaries, accountants, consultants, third party administration service providers, legal counsel, or other specialists, as it may deem appropriate or necessary for the effective administration of the Plan.

Actions of the Plan Administrator

The Plan Administrator may adopt such rules as it deems necessary, desirable, or appropriate. All determinations, interpretations, rules, and decisions of the Plan Administrator shall be made in its sole discretion and shall be conclusive and binding upon all persons having or claiming to have any interest or right under the Plan, except with respect to claim determinations where final authority has been delegated to the Claims Administrator. All rules and decisions of the Plan Administrator will be uniformly and consistently applied so that all individuals who are similarly situated will receive substantially the same treatment.

The Plan Administrator or the Employer may contract with one (1) or more service agents, including the Claims Administrator, to assist in the handling of claims under the Plan and/or to provide advice and assistance in the general administration of the Plan. Such service agent(s) may also be given the authority to make payments of benefits under the Plan on behalf of and subject to the authority of the Plan Administrator. Such service agent(s) may also be given the authority to determine claims in accordance with procedures, policies, interpretations, rules, or practices made, adopted, or approved by the Plan Administrator.

Nondiscrimination

The Plan shall not discriminate in favor of "highly compensated employees" as defined in Section 105(h) of the Internal Revenue Code, as to eligibility to participate or as to benefits.

Termination or Changes to the Plan

No agent can legally change the Plan or waive any of its terms.

The Employer reserves the power at any time and from time to time (and retroactively if necessary or appropriate to meet the requirements of the Internal Revenue Code) to terminate, modify or amend, in whole or in part, any or all provisions of the Plan, provided however, that no modification or amendment shall divest an employee of a right to which he or she is entitled under the Plan. Any amendment to this Plan may be effected by a written resolution adopted by the Board Of Directors. The Plan Administrator will communicate any adopted changes to the employees.

Funding

This Plan is a self-insured medical plan funded by contributions from the employer and/or employees. Funds for benefit payments are provided through a special arrangement with your local service cooperative according to the terms of its agreement with the Claims Administrator. Your contributions toward the cost of coverage under the Plan will be determined by the employer each year. The Claims Administrator provides administrative services only and does not assume any financial risk or obligation with respect to providing benefits. The Claims Administrator's payment of claims is contingent upon the Plan Administrator continuing to provide sufficient funds for benefits.

Controlling Law

Except as they may be subject to federal law, any questions, claims, disputes, or litigation concerning or arising from the Plan will be governed by the laws of the State of Minnesota.

Privacy of Protected Health Information

Protected Health Information (PHI) is individually identifiable information created or received by a health care provider or a health care plan. This information is related to your past, present, or future health or the payment for such health care. PHI includes demographic information that either identifies you or provides a reasonable basis to believe that it could be used to identify you.

Restrictions on the Use and Disclosure of Protected Health Information

The employer may not use or disclose PHI for employment-related actions or decisions. The employer may only use or further disclose PHI as permitted or required by law and will report any use or disclosure of PHI that is inconsistent with the allowed uses and disclosures.

Separation Between the Employer and the Plan

The employees, classes of employees or other workforce members below will have access to PHI only to perform the plan administration functions that the employer provides for the plan. The following may be given access to PHI: Executive Secretary / Executive Director. This list includes every employee or class of employees or other workforce members under the control of the employer who may receive PHI relating to the ordinary course of business.

The employees, classes of employees or other workforce members identified above will be subject to disciplinary action and sanctions for any use or disclosure of PHI that is in violation of these provisions. The employer will promptly report such instances to the Plan and will cooperate to correct the problem. The employer will impose appropriate disciplinary actions on each employee or workforce member and will reduce any harmful effects of the violation.

GLOSSARY OF COMMON TERMS

Please refer to the Benefit Chart for specific benefit and payment information.

Term	Definition
90dayRx	Participating 90dayRx Retail Pharmacies and Mail Service Pharmacy used for the dispensing of a 90-day supply of long-term prescription drug refills.
Admission	A period of one (1) or more days and nights while you occupy a bed and receive inpatient care in a facility.
Advanced Practice Nurses	Licensed registered nurses who have gained additional knowledge and skills through an organized program of study and clinical experience that meets the criteria for advanced practice established by the professional nursing organization having the authority to certify the registered nurse in the advanced nursing practice. Advanced practice nurses include clinical nurse specialists (C.N.S.), nurse practitioners (N.P.), certified registered nurse anesthetists (C.R.N.A.), and certified nurse midwives (C.N.M.).
Allowed Amount	<p>The amount that payment is based on for a given covered service for a specific provider. The Allowed Amount may vary from one provider to another for the same covered service. All benefits are based on the Allowed Amount, except as specified in the Benefit Chart.</p> <p>For Participating Providers, the Allowed Amount is the negotiated amount of payment that the Participating Provider has agreed to accept as full payment for a covered service at the time your claim is processed. The Claims Administrator periodically may adjust the negotiated amount of payment at the time your claim is processed for covered services at Participating Providers as a result of expected settlements or other factors. The negotiated amount of payment with Participating Providers for certain covered services may not be based on a specified charge for each service, and the Claims Administrator uses a reasonable allowance to establish a per-service Allowed Amount for such covered services. Through settlements, rebates, and other methods, the Claims Administrator may subsequently adjust the amount due to a Participating Provider. These subsequent adjustments will not impact or cause any change in the amount you paid at the time your claim was processed. If the payment to the provider is decreased, the amount of the decrease is credited to the Claims Administrator or the Plan Administrator, and the percentage of the Allowed Amount paid by the Claims Administrator is lower than the stated percentage for the covered service. If the payment to the provider is increased, the Claims Administrator pays that cost on your behalf, and the percentage of the Allowed Amount paid is higher than the stated percentage.</p> <p>For Nonparticipating Providers, the Allowed Amount is determined by the provider type, provider location, and the availability of certain pricing methods. The Claims Administrator may apply its own business rules or Medicare rules in calculating the Allowed Amount. These rules could affect the calculation of the Allowed Amount by incorporating processes that pertain to bundling of services, multiple procedure discounts and other reductions as a result of the procedures performed and billed on the claim.</p> <p>For Nonparticipating Facilities (hospital and specialty care facilities, including home health care) in Minnesota, payment is based on a percentage of the billed charge. Outside of Minnesota, payment is based on the local Blue Plan allowance unless that amount is greater than the billed charge, or if no amount is provided by the local Blue Plan. In that case, payment will be based on a Medicare-based fee schedule (if such pricing is available) or a percentage of billed charges.</p>

Term	Definition
	For Nonparticipating Professionals in Minnesota, payment is based on a percentage of a Medicare-based fee schedule (if such pricing is available), a discount from the current Claims Administrator fee schedule used to pay Participating Providers, or a percentage of the billed charges. Outside of Minnesota, payment is based on the local Blue Plan allowance unless that amount is greater than the billed charge, or no amount is provided by the local Blue Plan. In that case, payment will be based on a percentage of pricing obtained from a nationwide provider reimbursement database that considers various factors including the zip code of the place of service and the type of service provided. If this database pricing is not available for the service provided, payment will be based on a percentage of either the billed charge or local (Minnesota) Nonparticipating Provider pricing.
Artificial Insemination (AI)	The introduction of semen from a donor (which may have been preserved as a specimen), into a woman's vagina, cervical canal, or uterus by means other than sexual intercourse.
Assisted Reproductive Technologies (ART)	Fertility treatments in which both eggs and sperm are handled. In general, ART procedures involve surgically removing eggs from a woman's ovaries, combining them with sperm in the laboratory, and returning them to the woman's body or donating them to another woman. Such treatments do not include procedures in which only sperm are handled (i.e., intrauterine, or artificial insemination), or procedures in which a woman takes medicine only to stimulate egg production without the intention of having eggs retrieved.
Attending Health Care Professional	A health care professional with primary responsibility for the care provided to a sick or injured person.
Average Semiprivate Room Rate	The average rate charged for semiprivate rooms. If the provider has no semiprivate rooms, the Claims Administrator uses the average semi-private room rate for payment of the claim.
Behavioral Health Network Provider	A health professional that participates in a special network for the provision of mental health or substance abuse treatment services.
Blue Distinction Centers for Bariatric Surgery	Designated facilities within participating Blue Plan's service areas that have been selected after a rigorous evaluation of clinical data that provide insight into the facility's structures, processes, and outcomes of care. Nationally established evaluation criteria were developed with input from medical experts and organizations. These evaluation criteria support the consistent, objective assessment of specialty care capabilities. Blue Distinction Centers for Bariatric Surgery meet stringent quality criteria, as established by expert physician panels, surgeons, behaviorists, and nutritionists. The national Blue Distinction Centers for Bariatric Surgery have been developed in conjunction with other Blue Cross and Blue Shield plans and the Blue Cross and Blue Shield Association.
Blue Card Program	A national Blue Cross and Blue Shield program in which you can receive health plan benefits while traveling or living outside of your service area. You must use Participating Providers and show your membership ID to secure BlueCard Program benefits.
Blue Select Provider	A health care professional that participates in a special network for the provision of certain services. These services are covered at a greater amount when you use a Blue Select Provider.
Calendar Year	The period starting on January 1 st of each year and ending at midnight December 31 st of that year.
Care/Case Management Plan	A plan for health care services developed for a specific patient by one of our care/case managers after an assessment of the patient's condition in collaboration with the patient and the patient's health care team. The plan sets forth both the immediate and the ongoing skilled health care needs of the patient to sustain or achieve optimal health status.

Term	Definition
Claims Administrator	Blue Cross and Blue Shield of Minnesota.
Coinsurance	<p>The percentage of the allowed amount you must pay for certain covered services after you have paid any applicable deductibles and copays and until you reach your out-of-pocket and/or intermediate maximum. For covered services from In-Network and Extended Network (if applicable) Providers, coinsurance is calculated based on the lesser of the allowed amount or the In-Network and Extended Network (if applicable) Provider's billed charge. Because payment amounts are negotiated with In-Network and Extended Network (if applicable) Providers to achieve overall lower costs, the allowed amount for In-Network and Extended Network (if applicable) Providers is generally, but not always, lower than the billed charge. However, the amount used to calculate your coinsurance will not exceed the billed charge. When your coinsurance is calculated on the billed charge rather than the allowed amount for In-Network and Extended Network (if applicable) Providers, the percentage of the allowed amount paid by the Claims Administrator will be greater than the stated percentage.</p> <p>For covered services from Nonparticipating Providers, coinsurance is calculated based on the allowed amount. In addition, you are responsible for any excess charge over the allowed amount.</p> <p>Your coinsurance and deductible amount will be based on the negotiated payment amount the Claims Administrator has established with the provider or the provider's charge, whichever is less. The negotiated payment amount includes discounts that are known and can be calculated when the claim is processed. In some cases, after a claim is processed, that negotiated payment amount may be adjusted at a later time if the agreement with the provider so provides. Coinsurance and deductible calculation will not be changed by such subsequent adjustments or any other subsequent reimbursements the Claims Administrator may receive from other parties.</p> <p>Coinsurance Example:</p> <p>You are responsible for payment of any applicable coinsurance amounts for covered services. The following is an example of how coinsurance would work for a typical claim:</p> <p>For instance, when the Claims Administrator pays 80% of the allowed amount for a covered service, you are responsible for the coinsurance, which is 20% of the allowed amount. In addition, you would be responsible for any excess charge over the Claims Administrator's allowed amount when a Nonparticipating Provider is used. For example, if a Nonparticipating Provider ordinarily charges \$100 for a service, but the Claims Administrator's allowed amount is \$95, the Claims Administrator will pay 80% of the allowed amount (\$76). You must pay the 20% coinsurance on the Claims Administrator's allowed amount (\$19), plus the difference between the billed charge and the allowed amount (\$5), for a total responsibility of \$24.</p> <p>Remember, if In-Network and Extended Network (if applicable) Providers are used, your share of the covered charges (after meeting any deductibles) is limited to the stated coinsurance amounts based on the Claims Administrator's allowed amount. If Nonparticipating Providers are used, your out-of-pocket costs will be higher as shown in the example above.</p>
Compound Drug	A prescription where two or more drugs are mixed together. One of these must be a Federal legend drug. The end product must not be available in an equivalent commercial form. A prescription will not be considered a compound if only water or sodium chloride solution are added to the active ingredient.
Comprehensive Pain Management Program	<p>A multidisciplinary program including, at a minimum, the following components:</p> <ol style="list-style-type: none"> 1. a comprehensive physical and psychological evaluation; 2. physical/occupation therapies; 3. a multidisciplinary treatment plan; and 4. a method to report clinical outcomes.

Term	Definition
Continuous Qualifying Creditable Coverage	The maintenance of continuous and uninterrupted creditable coverage by an eligible employee or dependent. An eligible employee or dependent is considered to have maintained continuous qualifying creditable coverage if the individual applies for coverage within 63 days of the termination of his or her qualifying creditable coverage.
Copay	<p>The dollar amount you must pay for certain covered services. The Benefit Chart lists the copays and services that require copays.</p> <p>A negotiated payment amount with the provider for a service requiring a copay will not change the dollar amount of the copay.</p>
Cosmetic Services	Surgery and other services performed primarily to enhance or otherwise alter physical appearance without correcting or improving a physiological function.
Covered Services	A health service or supply that is eligible for benefits when performed and billed by an eligible provider. You incur a charge on the date a service is received or a supply or a drug is purchased.
Custodial Care	Services to assist in activities of daily living, such as giving medicine that can usually be taken without help, preparing special foods, helping someone walk, get in and out of bed, dress, eat, bathe and use the toilet. These services do not seek to cure, are performed regularly as part of a routine or schedule, and do not need to be provided directly or indirectly by a health care professional.
Day Treatment	Behavioral health services that may include a combination of group and individual therapy or counseling for a minimum of three (3) hours per day, three (3) to five (5) days per week.
Deductible	<p>The amount you must pay toward the allowed amount for certain covered services each year before the Claims Administrator begins to pay benefits. The deductibles for each person and family are shown on the "Benefit Chart."</p> <p>Your coinsurance and deductible amount will be based on the negotiated payment amount the Claims Administrator has established with the provider or the provider's charge, whichever is less. The negotiated payment amount includes discounts that are known and can be calculated when the claim is processed. In some cases, after a claim is processed, that negotiated payment amount may be adjusted at a later time if the agreement with the provider so provides. Coinsurance and deductible calculation will not be changed by such subsequent adjustments or any other subsequent reimbursements the Claims Administrator may receive from other parties.</p>
Drug Therapy Supply	A disposable article intended for use in administering or monitoring the therapeutic effect of a drug.
Durable Medical Equipment	<p>Medical equipment prescribed by a physician that meets each of the following requirements:</p> <ol style="list-style-type: none"> 1. able to withstand repeated use; 2. used primarily for a medical purpose; 3. generally not useful in the absence of illness or injury; 4. determined to be reasonable and necessary; and 5. represents the most cost-effective alternative.
Emergency Hold	A process defined in Minnesota law that allows a provider to place a person who is considered to be a danger to themselves or others, in a hospital involuntarily for up to 72 hours, excluding Saturdays, Sundays and legal holidays, to allow for evaluation and treatment of mental health and/or substance abuse issues.
Enrollment Date	The first day of coverage, or if there has been a waiting period, the first day of the waiting period (typically the date employment begins).

Term	Definition
Evidence Based Therapeutic Trial (EBTT)	Evidence Based Therapeutic Trial (EBTT) includes Formulary medications in the following categories: lipid management; antidepressants; hypertension; rheumatoid arthritis; anticonvulsants; and atopic dermatitis/psoriasis. If your physician prescribes one of these medications, there must be documented evidence that you have tried another eligible medication in the same or different drug class before the EBTT medication will be paid under the drug benefit.
E-Visit	An online evaluation and management service provided by a physician using the internet or similar secure communications network to communicate with an established patient.
Extended Network Provider	A participating provider that has entered into a service agreement with the Claims Administrator but is not a part of a special network of providers used for certain services.
Facility	A provider that is a hospital, skilled nursing facility, residential behavioral health treatment facility, or outpatient behavioral health treatment facility licensed under state law in the state in which it is located to provide the health services billed by that facility. Facility may also include a licensed home infusion therapy provider, freestanding ambulatory surgical center, or a home health agency when services are billed on a facility claim.
Family Therapy	Behavioral health therapy intended to treat an individual within the context of family relationships. The focus of the treatment is to identify problems or conflicts and to set specific goals for resolving them.
Foot Orthoses	Appliances or devices used to stabilize, support, align, or immobilize the foot in order to prevent deformity, protect against injury, or assist with function. Foot orthoses generally refer to orthopedic shoes, and devices or inserts that are placed in shoes including heel wedges and arch supports. Foot orthoses are used to decrease pain, increase function, correct some foot deformities, and provide shock absorption to the foot. Orthoses can be classified as pre-fabricated or custom made. A pre-fabricated orthosis is manufactured in quantity and not designed for a specific patient. A custom-fitted orthosis is specifically made for an individual patient.
Formulary	The Claims Administrator's formulary is a list of preferred prescription drugs and drug supplies used by patients in an ambulatory care setting. Over-the-counter, injectable medications and drug supplies are not included in this formulary unless they are specifically listed. The Blue Cross Coverage Committee is responsible for final selection of drugs for this list based on recommendations of an independent Pharmacy and Therapeutics (P&T) Committee comprised of actively practicing physicians and pharmacists. The formulary is subject to periodic review and modification by this committee. Decisions to add or remove drugs are based on the medication's safety, efficiency, uniqueness, and/or cost.
Freestanding Ambulatory Surgical Center	A provider who facilitates medical and surgical services to sick and injured persons on an outpatient basis. Such services are performed by or under the direction of a staff of licensed doctors of medicine (M.D.) or osteopathy (D.O.) and/or registered nurses (R.N.). A freestanding ambulatory surgical center is not part of a hospital, clinic, doctor's office, or other health care professional's office.
Group Therapy	Behavioral health therapy conducted with multiple patients.
Halfway House	Specialized residences for individuals who no longer require the complete facilities of a hospital or institution but are not yet prepared to return to independent living.

Term	Definition
Health Care Professional	A health care professional, licensed for independent practice, certified or otherwise qualified under state law, in the state in which the services are rendered, to provide the health services billed by that health care professional. Health care professionals include only physicians, chiropractors, mental health professionals, advanced practice nurses, physician assistants, audiologists, physical, speech and occupational therapists, licensed nutritionists, and licensed registered dietitians. Health care professional also includes supervised employees of: Rule 29 behavioral health treatment facility licensed by the Department of Human Services and doctors of medicine, osteopathy, chiropractic, or dental surgery.
Home Health Agency	A Medicare-approved or other preapproved facility that sends health professionals and home health aides into a person's home to provide health services.
Hospice Care	A coordinated set of services provided at home or in an institutional setting for covered individuals suffering from a terminal disease or condition.
Hospital	A facility that provides diagnostic, therapeutic and surgical services to sick and injured persons on an inpatient or outpatient basis. Such services are performed by or under the direction of a staff of licensed doctors of medicine (M.D.), or osteopathy (D.O.). A hospital provides 24-hour-a-day professional registered nursing (R.N.) services.
Host Blue	A Blue Cross and/or Blue Shield organization outside of Minnesota that has contractual relationships with Participating Providers in its designated service area that require such Participating Providers to provide services to members of other Blue Cross and/or Blue Shield organizations.
Illness	A sickness, injury, pregnancy, mental illness, substance abuse, or condition involving a physical disorder.
In-Network Provider	A provider that has entered into a service agreement with the Claims Administrator. In-Network Providers are also known as Participating Providers.
Infertility Testing	Services associated with establishing the underlying medical condition or cause of infertility. This may include the evaluation of female factors (i.e., ovulatory, tubal, or uterine function), male factors (i.e., semen analysis or urological testing) or both and involves physical examination, laboratory studies and diagnostic testing performed solely to rule out causes of infertility or establish an infertility diagnosis.
Intensive Outpatient Programs (IOP)	A behavioral health care service setting that provides structured multidisciplinary diagnostic and therapeutic services. IOPs operate at least three (3) hours per day, three (3) days per week. Substance Abuse treatment is typically provided in an IOP setting. Some IOPs provide treatment for mental health disorders.
Intermediate Maximum	The point where the Plan starts to pay 100% for certain covered services for the rest of the applicable plan or calendar year. Your allowed amounts must total the intermediate maximum.
Intrauterine Insemination (IUI)	A specific method of artificial insemination in which semen is introduced directly into the uterus.
Investigative	<p>A drug, device, diagnostic procedure, technology, or medical treatment or procedure is investigative if reliable evidence does not permit conclusions concerning its safety, effectiveness, or effect on health outcomes. The Claims Administrator bases its decision upon an examination of the following reliable evidence, none of which is determinative in and of itself:</p> <ol style="list-style-type: none"> 1. the drug or device cannot be lawfully marketed without approval of the U.S. Food and Drug Administration and approval for marketing has not been given at the time the drug or device is furnished;

Term	Definition
	<ol style="list-style-type: none"> 2. the drug, device, diagnostic procedure, technology, or medical treatment or procedure is the subject of ongoing phase I, II, or III clinical trials (Phase I clinical trials determine the safe dosages of medication for Phase II trials and define acute effects on normal tissue. Phase II clinical trials determine clinical response in a defined patient setting. If significant activity is observed in any disease during Phase II, further clinical trials usually study a comparison of the experimental treatment with the standard treatment in Phase III trials. Phase III trials are typically quite large and require many patients to determine if a treatment improves outcomes in a large population of patients) 3. medically reasonable conclusions establishing its safety, effectiveness, or effect on health outcomes have not been established. For purposes of this subparagraph, a drug, device, diagnostic procedure, technology, or medical treatment or procedure shall not be considered investigative if reliable evidence shows that it is safe and effective for the treatment of a particular patient. <p>Reliable evidence shall also mean consensus opinions and recommendations reported in the relevant medical and scientific literature, peer-reviewed journals, reports of clinical trial committees, or technology assessment bodies, and professional expert consensus opinions of local and national health care providers.</p>
Late Entrant	<p>If applicable, an eligible employee or dependent who requests enrollment under the Plan following the enrollment period after which the individual first became eligible for coverage. Late entrants will be subject to a preexisting condition limitation period, with credit for prior continuous qualifying creditable coverage.</p> <p>An individual will not be considered a late entrant if:</p> <ol style="list-style-type: none"> 1. the individual was covered under qualifying creditable coverage at the time the individual was eligible to enroll for coverage under this Plan, declined enrollment on that basis, and presents to the Claims Administrator a certificate of termination of the qualifying coverage within 30 days; 2. the individual is applying for coverage within 30 days of the exhaustion of the maximum continuation period provided by state and federal law; 3. the individual is applying for coverage within 30 days of losing eligibility under other qualifying creditable coverage due to a divorce, legal separation, death, termination of employment, reduction in hours, or employer contributions toward the coverage was terminated; 4. the individual is a new spouse of an eligible employee applying for coverage within 30 days of becoming legally married; 5. the individual is a new dependent of an eligible employee for whom coverage is being requested within 30 days of becoming a new dependent; 6. the individual elects a different plan during an open enrollment period; or 7. the coverage being requested is the result of a court order for the addition of a dependent of an eligible employee within 30 days of the issuance of the order.
Lifetime Maximum	<p>The cumulative maximum payable for covered services incurred by you during your lifetime or by each of your dependents during the dependent's lifetime under all health plans sponsored by the Plan Administrator. The lifetime maximum does not include amounts which are your responsibility such as deductibles, coinsurance, copays, penalties, and other amounts. Refer to the Benefit Chart for specific dollar maximums on certain services.</p>
Mail Service Pharmacy	<p>A pharmacy that dispenses prescription drugs through the U.S. Mail.</p>
Marital/Couples Therapy	<p>Behavioral health care services for the primary purpose of working through relationship issues.</p>
Marital/Couples Training	<p>Services for the primary purpose of relationship enhancements including, but not limited to: premarital education; or marriage/couples retreats; encounters; or seminars.</p>

Term	Definition
Medical Emergency	Medically necessary care which a reasonable layperson believes is immediately necessary to preserve life, prevent serious impairment to bodily functions, organs, or parts, or prevent placing the physical or mental health of the patient in serious jeopardy.
Medically Necessary	Health care services that a Physician, exercising prudent clinical judgment, would provide to a patient for the purpose of preventing, evaluating, diagnosing or treating an illness, injury, disease or its symptoms, and that are: (a) in accordance with generally accepted standards of medical practice; (b) clinically appropriate, in terms of type, frequency, extent, site and duration, and considered effective for the patient's illness, injury or disease; and (c) not primarily for the convenience of the patient, physician, or other health care provider, and not more costly than an alternative service or sequence of services 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 practice" means standards that are based on credible scientific evidence published in peer-reviewed medical literature generally recognized by the relevant medical community, Physician Specialty Society recommendations and the views of Physicians practicing in relevant clinical areas and any other relevant factors.
Medicare	A federal health insurance program established under Title XVIII of the Social Security Act. Medicare is a program for people age 65 or older; some people with disabilities under age 65; and people with end-stage renal disease. The program includes Part A, Part B and Part D. Part A generally covers some costs of inpatient care in hospitals and skilled nursing facilities. Part B generally covers some costs of physician, medical, and other services. Part D generally covers outpatient prescription drugs defined as those drugs covered under the Medicaid program plus insulin, insulin-related supplies, certain vaccines, and smoking cessation agents. Medicare Parts A, B and D do not pay the entire cost of services and are subject to cost sharing requirements and certain benefit limitations.
Mental Health Care Professional	A psychiatrist, psychologist, licensed independent clinical social worker, marriage and family therapist, nurse practitioner or a clinical nurse specialist licensed for independent practice that provides treatment for mental health disorders, substance abuse, or addictions.
Mental Illness	A mental disorder as defined in the International Classification of Diseases. It does not include alcohol or drug dependence, nondependent abuse of drugs, or mental retardation.
Mobile Crisis Services	Face-to-face, short term, intensive behavioral health care services initiated during a behavioral health crisis or emergency. This service may be provided on-site by a mobile team outside of an inpatient hospital setting or nursing facility. Services can be available 24 hours a day, seven (7) days a week, 365 days per year.
Neuro-Psychological Examinations	Examinations for diagnosing brain dysfunction or damage and central nervous system disorders or injury. Services may include interviews, consultations and testing to assess neurological function associated with certain behaviors.
Nonparticipating Provider	A provider that has not entered into a service agreement with the local Blue Cross and/or Blue Shield Plan.
Opioid Treatment	Treatment that uses methadone as a maintenance drug to control withdrawal symptoms for opioid addiction.
Out-of-Network Provider	A provider that is not considered In-Network for the service being provided. Out-of-Network Providers include Extended Network (if applicable) and Nonparticipating Providers.

Term	Definition
Out-of-Pocket Maximum	<p>The most each person must pay each applicable plan or calendar year toward the allowed amount for covered services.</p> <p>After a person reaches the out-of-pocket maximum, the Plan pays 100% of the allowed amount for covered services for that person for the rest of the applicable plan or calendar year. The Benefit Chart lists the out-of-pocket maximum amounts.</p>
Outpatient Behavioral Health Treatment Facility	<p>A facility that provides outpatient treatment, by or under the direction of, a doctor of medicine (M.D.) or osteopathy (D.O.), for mental health disorders, alcoholism, substance abuse, or drug addiction. An outpatient behavioral health treatment facility does not, other than incidentally, provide educational or recreational services as part of its treatment program.</p>
Outpatient Care	<p>Health services a patient receives without being admitted to a facility as an inpatient. Care received at ambulatory surgery centers is considered outpatient care.</p>
Palliative Care	<p>Any eligible treatment or service specifically designed to alleviate the physical, psychological, psychosocial, or spiritual impact of a disease, rather than providing a cure for members with a new or established diagnosis of a progressive, debilitating illness. Services may include medical, spiritual, or psychological interventions focused on improving quality of life by reducing or eliminating physical symptoms, enabling a patient to address psychological and spiritual problems, and supporting the patient and family.</p>
Partial Programs	<p>An intensive structured behavioral health care setting that provides medically supervised diagnostic and therapeutic services. Partial programs operate five (5) to six (6) hours per day, five (5) days per week although some patients may not require daily attendance.</p>
Participating Pharmacy	<p>A nationwide pharmaceutical provider that participates in a network for the dispensing of prescription drugs. The network is also called Select Pharmacy Network.</p>
Participating Provider	<p>A provider that has entered into a service agreement with the local Blue Cross and/or Blue Shield Plan.</p>
Physician	<p>A doctor of medicine (M.D.), osteopathy (D.O.), dental surgery (D.D.S.), medical dentistry (D.M.D.), podiatric medicine (D.P.M.), or optometry (O.D.) practicing within the scope of his or her license.</p>
Plan	<p>The plan of benefits established by the Plan Administrator.</p>
Plan Year	<p>A 12-month period which begins on the effective date of the plan and each succeeding 12-month period thereafter.</p>
Preexisting Condition	<p>A condition the Claims Administrator has determined existed within a specified time period preceding the enrollment date of your coverage. Conditions are considered to be preexisting if medical advice, diagnosis, care, or treatment was recommended or received. Preexisting condition does not include genetic information alone in the absence of a diagnosis for a condition related the genetic information, or an existing pregnancy.</p>
Preexisting Condition Limitation Period	<p>The time frame based on the enrollment date of your coverage for which services for preexisting conditions will not be covered services under the Plan. This limitation period will be reduced by any prior continuous qualifying creditable coverage. Preexisting condition does not include genetic information alone in the absence of a diagnosis for a condition related the genetic information, or an existing pregnancy.</p>
Prescription Drug Out-of-Pocket Maximum	<p>The most you must pay toward the allowed amount for prescription drugs per applicable plan or calendar year. After you reach the prescription drug out-of-pocket maximum, the Plan pays 100% of the allowed amount for covered services for the rest of the applicable plan or calendar year. The Benefit Chart lists the prescription drug out-of-pocket maximum amount.</p>

Term	Definition
Prescription Drugs	Drugs, including insulin, that are required by federal law to be dispensed only by prescription of a health professional who is authorized by law to prescribe the drug.
Provider	A health care professional licensed, certified or otherwise qualified under state law, in the state in which services are rendered to provide the health services billed by that provider and a health care facility licensed under state law in the state in which it is located to provide the health services billed by that facility. Provider includes pharmacies, medical supply companies, independent laboratories, ambulances, freestanding ambulatory surgical centers, home infusion therapy providers, and also home health agencies.
Qualifying Creditable Coverage	Health coverage provided through an individual policy, a self-funded or fully-insured group health plan offered by a public or private employer, Medicare, MinnesotaCare, Medical Assistance, General Assistance Medical Care, the Minnesota Comprehensive Health Association (MCHA), TRICARE, Federal Employees Health Benefit Plan (FEHBP), Medical care program of the Indian Health Service of a tribal organization, a state health benefit risk pool, a Peace Corps health plan, Minnesota Employee Insurance Program (MEIP), Public Employee Insurance Program (PEIP), any plan established or maintained by a state, the United States government, or a foreign country that provides health coverage to individuals who are enrolled in the plan, the State Children's Health Insurance Program (SCHIP), or any plan similar to any of the above plans provided in this state or in another state as determined by the Commissioner of Commerce or Health.
Reproduction Treatment	Treatment to enhance the reproductive ability among patients experiencing infertility, after a confirmed diagnosis of infertility has been established due to either female, male factors or unknown causes. Treatment may involve oral and/or injectable medication, surgery, artificial insemination, assisted reproductive technologies or a combination of these.
Residential Behavioral Health Treatment Facility	A facility licensed under state law in the state in which it is located that provides treatment, by or under the direction of a doctor of medicine (M.D.) or osteopathy (D.O.), for mental health disorders, alcoholism, substance abuse or substance addiction. The facility provides continuous, 24-hour supervision by a skilled staff who are directly supervised by health care professionals. Skilled nursing and medical care are available each day. A residential behavioral health treatment facility does not, other than incidentally, provide educational or recreational services as part of its treatment program.
Respite Care	Short-term inpatient or home care provided to the patient when necessary to relieve family members or other persons caring for the patient.
Retail Health Clinic	A clinic located in a retail establishment or worksite. The clinic provides medical services for a limited list of eligible symptoms (e.g., sore throat, cold). If the presenting symptoms are not on the list, the member will be directed to seek services from a physician or hospital. Retail Health Clinics are staffed by eligible nurse practitioners or other eligible providers that have a practice arrangement with a physician. The list of available medical services and/or treatable symptoms is available at the Retail Health Clinic. Access to Retail Health Clinic services is available on a walk-in basis.
Retail Pharmacy	Any licensed pharmacy that you can physically enter to obtain a prescription drug.
Services	Health care service, procedures, treatments, durable medical equipment, medical supplies and prescription drugs.
Skilled Care	Services that are medically necessary and must be provided by licensed registered nurses or other eligible providers. A service performed by, or under the direct supervision of, a licensed registered nurse or other eligible provider is not considered skilled care if the service can be safely and effectively self-administered or performed by a layperson.

Term	Definition
Skilled Nursing Facility	A Medicare-approved facility that provides skilled transitional care, by or under the direction of a doctor of medicine (M.D.) or osteopathy (D.O.), after a hospital stay. A skilled nursing facility provides 24-hour-a-day professional registered nursing (R.N.) services.
Skills Training	Training of basic living and social skills that restore a patient's skills essential for managing his or her illness, treatment and the requirements of everyday independent living.
Smoking Cessation Drugs	Prescription drugs and over-the-counter products that aid in reducing or eliminating the use of nicotine.
Specialty Drugs	Specialty drugs are complex injectable and oral drugs that have very specific manufacturing, storage, and dilution requirements. Specialty drugs are used to treat serious or chronic medical conditions including, but not limited to: fertility; short stature; multiple sclerosis; hemophilia; hepatitis and rheumatoid arthritis.
Specialty Pharmacy Network	A nationwide pharmaceutical specialty provider that participates in a network for the dispensing of certain oral medications and injectable drugs.
Substance Abuse and/or Addictions	Alcohol, drug dependence or other addictions as defined in the most current edition of the <i>International Classification of Diseases</i> .
Supervised Employees	Health care professional employed by a doctor of medicine, osteopathy, chiropractic, dental surgery or a Rule 29 clinic. The employing M.D., D.O., D.C., D.D.S., or mental health professional must be physically present and immediately available in the same office suite more than 50% of each day when the employed health care professional is providing services. Independent contractors are not eligible.
Supply	Equipment that must be medically necessary for the medical treatment or diagnosis of an illness or injury or to improve functioning of a malformed body part. Supplies are not reusable, and usually last for less than one (1) year. Supplies do not include such things as: <ol style="list-style-type: none"> 1. alcohol swabs; 2. cotton balls; 3. incontinence liners/pads; 4. Q-tips; 5. adhesives; or 6. informational materials.
Surrogate Pregnancy	An arrangement whereby a woman becomes pregnant for the purpose of gestating and giving birth to a child for others to raise. Pregnancy may have been the result of conventional means, artificial insemination or assisted reproductive technologies.
Televideo Conferencing	Interactive audio and video communications, permitting real-time communications between a distant site health care professional and the patient whom is present and participating in the televideo visit at a remote facility.
Terminally Ill Patient	An individual who has a life expectancy of six (6) months or less, as certified by the person's primary physician.
Therapeutic Camps	A structured recreational program of behavioral health treatment and care provided by an enrolled family community support services provider that is licensed as a day program. The camps are accredited as a camp by the American Camping Association.

Term	Definition
Therapeutic Day Care (Pre-School)	A licensed program that provides behavioral health care services to a child who is at least 33 months old but who has not yet attended the first day of kindergarten. The therapeutic components of a pre-school program must be available at least one (1) day a week for a minimum two (2)-hour time block. Services may include individual or group psychotherapy and a combination of the following activities: recreational therapy, socialization therapy and independent living skills therapy.
Therapeutic Support of Foster Care	Behavioral health training, support services, and clinical supervision provided to foster families caring for children with severe emotional disturbance. The intended purpose is to provide a therapeutic family environment and support for the child's improved functioning.
Treatment	The management and care of a patient for the purpose of combating an illness. Treatment includes medical and surgical care, diagnostic evaluation, giving medical advice, monitoring, and taking medication.
Waiting Period	The period of time that must pass before you or your dependents are eligible for coverage under the health plan.

