Maine Education Association Benefits Trust (MEABT): STANDARD PLAN

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, https://eoc.anthem.com/eocdps/. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms, see the Glossary. You can view the Glossary at <u>www.healthcare.gov/sbc-glossary/</u> or call (833) 772-4121 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$300/person or \$600/family for In-Network Providers. \$300/person or \$600/family for Out-of-Network Providers.	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your deductible?	Yes. Primary Care. Specialist Visit. Preventive Care. Certain Prescription Drugs. For more information see below.	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive</u> <u>services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other deductibles for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-</u> <u>pocket limit</u> for this <u>plan</u> ?	\$9,200/person or \$18,400/family for In-Network Providers. \$9,200/person or \$18,400/family for Out-of-Network Providers. \$1,500/person or \$3,000/family Coinsurance maximum. \$7,400/person or \$14,800/family Copay maximum.	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out-of-pocket</u> <u>limit?</u>	Premiums, balance-billing charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a <u>network</u> <u>provider</u> ?	Yes. See <u>www.anthem.com/find-</u> <u>care/?alphaprefix=BAV</u>	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . You will pay the most if you use an <u>Out-of-Network Provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network provider</u> might use an <u>Out-of-Network</u>

	or call (833) 772-4121 for a list of network providers. Costs may vary by site of service and how the provider bills.	<u>Provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the <u>specialist</u> you choose without a <u>referral</u> .



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

Common		What You Will Pay		Limitations Evaportions 9
Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Primary care visit to treat an injury or illness	\$20/visit, <u>deductible</u> does not apply	40% coinsurance	Virtual visits (Telehealth) benefits available.
If you visit a health care	Specialist visit	\$30/visit, <u>deductible</u> does not apply	40% <u>coinsurance</u>	Virtual visits (Telehealth) benefits available.
provider's office or clinic	Preventive care/screening/ immunization	No charge	20% <u>coinsurance, deductible</u> does not apply	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for.
If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	20% coinsurance	40% coinsurance	none
	Imaging (CT/PET scans, MRIs)	20% <u>coinsurance</u>	40% coinsurance	none
If you need drugs to treat your illness or condition More information	Typically Lower Cost Generic (Tier 1a)	\$10/prescription, deductible does not apply (30 day supply retail) and \$20/prescription, deductible does not apply (90 day supply retail and home delivery)	\$10/prescription, deductible does not apply (30 day supply retail) \$20/prescription, deductible does not apply (90 day supply retail) and Not covered (home delivery)	For more information, refer to "National Drug List" at
about prescription drug coverage is available at http://www.anthem.com/pharmacyinformation/	Typically Generic (Tier 1b)	\$20/prescription, deductible does not apply (30 day supply retail) and \$40/prescription, deductible does not apply (90 day supply retail and home delivery)	\$20/prescription, deductible does not apply (30 day supply retail) \$40/prescription, deductible does not apply (90 day supply retail) and Not covered (home delivery)	http://www.anthem.com/pharmacyinformation/ *See Prescription Drug section.

^{*} For more information about limitations and exceptions, see the <u>plan</u> or policy document at https://eoc.anthem.com/eocdps/.

Common		What You Will Pay		Limitations, Exceptions, &
Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Other Important Information
	Typically Preferred Brand & Non-Preferred Generic Drugs (Tier 2)	\$45/prescription, <u>deductible</u> does not apply (30 day supply retail) and \$90/prescription, <u>deductible</u> does not apply (90 day supply retail and home delivery)	\$45/prescription, deductible does not apply (30 day supply retail) \$90/prescription, deductible does not apply (90 day supply retail) and Not covered (home delivery)	
	Typically Non-Preferred Brand and Generic drugs (Tier 3)	\$70/prescription, deductible does not apply (30 day supply retail) and \$140/prescription, deductible does not apply (90 day supply retail and home delivery)	\$70/prescription, deductible does not apply (30 day supply retail) \$140/prescription, deductible does not apply (90 day supply retail) and Not covered (home delivery)	
	Typically Preferred Specialty (brand and generic) (Tier 4)	20% coinsurance to \$150/ prescription, <u>deductible</u> does not apply 30 day supply (retail and home delivery)	Not covered (retail) and Not covered (home delivery)	
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	20% <u>coinsurance</u>	40% <u>coinsurance</u>	none
surgery	Physician/surgeon fees	20% <u>coinsurance</u>	40% <u>coinsurance</u>	none
If you need	Emergency room care	\$300/visit, <u>deductible</u> does not apply	Covered as In- <u>Network</u>	Copayment waived if admitted.
immediate medical attention	Emergency medical transportation	20% <u>coinsurance</u>	Covered as In- <u>Network</u>	none
inedical attention	<u>Urgent care</u>	\$20/visit, <u>deductible</u> does not apply	40% <u>coinsurance</u>	none
If you have a hospital stay	Facility fee (e.g., hospital room)	20% coinsurance	40% <u>coinsurance</u>	150 days/member/benefit period for Inpatient rehabilitation and skilled nursing services combined.
	Physician/surgeon fees	20% <u>coinsurance</u>	40% <u>coinsurance</u>	none

^{*} For more information about limitations and exceptions, see the <u>plan</u> or policy document at https://eoc.anthem.com/eocdps/.

Common		What You Will Pay		Limitations Evantions
Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you need mental health, behavioral health, or substance abuse services	Outpatient services	Office Visit No charge Other Outpatient 20% coinsurance, deductible does not apply	Office Visit 20% <u>coinsurance</u> , <u>deductible</u> does not apply Other Outpatient 40% <u>coinsurance</u> , <u>deductible</u> does not apply	Office Visit Virtual visits (Telehealth) benefits available. Other Outpatientnone
	Inpatient services	20% <u>coinsurance</u>	40% <u>coinsurance</u>	none
	Office visits	20% <u>coinsurance</u>	40% <u>coinsurance</u>	
If you are	Childbirth/delivery professional services	20% coinsurance	40% <u>coinsurance</u>	Maternity care may include tests and services described elsewhere
pregnant	Childbirth/delivery facility services	20% coinsurance	40% coinsurance	in the SBC (i.e., ultrasound).
	Home health care	20% <u>coinsurance</u>	40% <u>coinsurance</u>	none
	Rehabilitation services	20% <u>coinsurance</u>	40% <u>coinsurance</u>	*See Themory Services section
	Habilitation services	20% coinsurance	40% <u>coinsurance</u>	*See Therapy Services section.
If you need help recovering or have other special health	Skilled nursing care	20% <u>coinsurance</u>	40% <u>coinsurance</u>	150 days/member/benefit period for Inpatient rehabilitation and skilled nursing services combined.
needs	Durable medical equipment	20% coinsurance	40% <u>coinsurance</u>	*See <u>Durable Medical</u> <u>Equipment</u> section.
	Hospice services	No charge	20% <u>coinsurance, deductible</u> does not apply	none
If your child	Children's eye exam	Not covered	Not covered	none
needs dental or	Children's glasses	Not covered	Not covered	110116
eye care	Children's dental check-up	Not covered	Not covered	none

Excluded Services & Other Covered Services:

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

- Children's dental check-up
- Eye exams for a child
- Private-duty nursing
- Weight loss programs

- Cosmetic surgery
- Glasses for a child
- Routine eye care (Adult)

- Dental care (Adult)
- Long-term care
- Routine foot care unless you have been diagnosed with diabetes. Exceptions in the case of vascular or systemic disease.

^{*} For more information about limitations and exceptions, see the <u>plan</u> or policy document at https://eoc.anthem.com/eocdps/.

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

- Acupuncture 20 visits/ year
- Hearing aids 1 item/hearing impaired ear every 36 months for Children. \$3,000 maximum/hearing impaired ear every 36 months for members age 19
- Bariatric surgery
- Infertility treatment

- Chiropractic care 40 visits/member/benefit period
- Most coverage provided outside the United States. See <u>www.bcbsglobalcore.com</u>

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Maine Bureau of Insurance, Department of Professional and Financial Regulation, 34 State House Station, Augusta, ME 04333-0334, (800) 300-5000, Department of Labor, Employee Benefits Security Administration, (866) 444-EBSA (3272), www.dol.gov/ebsa/healthreform, or contact Anthem at the number on the back of your ID card. Other coverage options may be available to you, too, including buying individual insurance coverage through the Health-linsurance-marketplace. For more information about the Marketplace, visit <a href="health-linsurance-marketplace-mark

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

ATTN: Grievances and Appeals, P.O. Box 218, North Haven, CT 06473-0218

Department of Labor, Employee Benefits Security Administration, (866) 444-EBSA (3272), www.dol.gov/ebsa/healthreform

Maine Bureau of Insurance, Department of Professional and Financial Regulation, 34 State House Station, Augusta, ME 04333-0334, (800) 300-5000

Additionally, a consumer assistance program can help you file your appeal. Contact Bureau of Insurance State of Maine Customer Services Division 76 Northern Avenue Gardiner, ME 04345, (800) 300-5000, TTY: 711, https://www.maine.gov/pfr/insurance/, insurance/, <a href="main

Does this plan provide Minimum Essential Coverage? Yes.

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

Does this plan meet the Minimum Value Standards? Yes.

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

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

About these Coverage Examples:



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

Peg is Having a Baby
(9 months of in-network pre-natal care and a
hospital delivery)

Managing Joe's Type 2 Diabetes (a year of routine in-network care of a wellcontrolled condition)

Mia's Simple Fracture (in-network emergency room visit and follow up care)

■ The plan's overall deductible	\$300
Specialist copayment	\$30
■ Hospital (facility) coinsurance	20%
Other coinsurance	20%

■ The plan's overall deductible	\$300
Specialist copayment	\$30
■ Hospital (facility) coinsurance	20%
■ Other coinsurance	20%

■ The plan's overall deductible	\$300
Specialist copayment	\$30
Hospital (facility) coinsurance	20%
Other coinsurance	20%

This EXAMPLE event includes services like:

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

This EXAMPLE event includes services like:

Primary care physician office visits (including disease education)

Diagnostic tests (blood work)

Prescription drugs

Durable medical equipment (glucose meter)

In this example, Joe would pay:

This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

Durable medical equipment (crutches)

Rehabilitation services (physical therapy)

Total Example Cost \$12,700	1
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Total Example Cost	\$5,600
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)	Total Example Cost	\$2,800

In this example, Peg would pay:

Cost Sharing	
<u>Deductibles</u>	\$300
Copayments	\$10
Coinsurance	\$2,500
What isn't covered	
Limits or exclusions	\$60
The total Peg would pay is	\$2,870

Cost Sharing	
<u>Deductibles</u>	\$300
Copayments	\$1,300
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$20
The total Joe would pay is	\$1,620

Cost Sharing	
<u>Deductibles</u>	\$300
Copayments	\$400
Coinsurance	\$300
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$1,000

(TTY/TDD: 711)

Albanian (Shqip): Nëse keni pyetje në lidhje me këtë dokument, keni të drejtë të merrni falas ndihmë dhe informacion në gjuhën tuaj. Për të kontaktuar me një përkthyes, telefononi (833) 772-4121

Amharic (**አማርኛ**): ስለዚህ ሰነድ ማንኛውም ጥያቄ ካለዎት በራስዎ ቋንቋ <u>እር</u>ዳታ <u>እና ይህን </u> መረጃ በነጻ የማ**ማ**ኘት መብት አለዎት። አስተርዓሚ ለማና**ን**ር (833) 772-4121 ይደውሉ።

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Arabic (العربية): إذا كان لديك أي استفسارات بشأن هذا المستند، فيحق لك الحصول على المساعدة والمعلومات بلغتك دون مقابل. للتحدث إلى مترجم، اتصل على 4121-772 (833).
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Armenian (hայերեն). Եթե այս փաստաթղթի հետ կապված հարցեր ունեք, դուք իրավունք ունեք անվձար ստանալ օգնություն և տեղեկատվություն ձեր լեզվով։ Թարգմանչի հետ խոսելու համար զանգահարեք հետևյալ հեռախոսահամարով՝ (833) 772-4121։

Bassa (Băsóò Wùdù): Mì dyi dyi-diè-dè bě bédé bá céè-dè nìà kɛ dyí ní, ɔ mò nì dyí-bèdèìn-dè bé mì ké gbo-kpá-kpá kè bỗ kpɔ̃ dé mì bídí-wùdùǔn bó pídyi. Bé mì ké wudu-zììn-nyò dò gbo wùdù kɛ, dá (833) 772-4121.

Bengali (বাংলা): যদি এই লখিপত্রের বিষয়ে আপলার কোলো প্রশ্ন খাকে, তাংলে আপলার ভাষায় বিলামূল্য সাংযায় পাওয়ার ও তথ্য পাওয়ার অধিকার আপলার আছে। একজন দোভাষীর সাথে কথা ব্লার জন্য (৪৪৪) 772-4121 –তে কল করুল।

Burmese (မြန်မာ): ဤစာရွက်စာတမ်းနှင့် ပတ်သက်၍ သင့်တွင် မေးမြန်းလိုသည်များရှိပါက အချက်အလက်များနှင့် အကူအညီကို အခကြေးငွေ ပေးစရာမလိုပဲ သင့်ဘာသာစကားဖြင့် ရယူနိုင်ခွင့် သင့်တွင် ရှိပါသည်။ စကားပြန် တစ်ဦးနှင့် စကားပြောနိုင်ရန် ဖု (833) 772-4121 သို့ ခေါ် ဆိုပါ။

Chinese (中文): 如果您對本文件有任何疑問,您有權使用您的語言免費獲得協助和資訊。如需與譯員通話,請致電(833) 772-4121。

Dinka (Dinka): Na noŋ thiëëc në ke de yä thorë, ke yin noŋ loŋ bë yi kuony ku wɛr alëu bë gεεr yic yin ne thoŋ du ke cin wëu tääuë ke piny. Te kor yin ba jam wënë ran ye thok geryic, ke yin col (833) 772-4121.

Dutch (Nederlands): Bij vragen over dit document hebt u recht op hulp en informatie in uw taal zonder bijkomende kosten. Als u een tolk wilt spreken, belt u (833) 772-4121.

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Farsi (فارسي): در صورتی که سؤالی پیرامون این سند دارید، این حق را دارید که اطلاعات و کمک را بدون هیچ هزینه ای به زبان مادریتان دریافت کنید. برای گفتگو با یک مترجم شفاهی، با شماره
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French (Français): Si vous avez des questions sur ce document, vous avez la possibilité d'accéder gratuitement à ces informations et à une aide dans votre langue. Pour parler à un interprète, appelez le (833) 772-4121.

German (Deutsch): Wenn Sie Fragen zu diesem Dokument haben, haben Sie Anspruch auf kostenfreie Hilfe und Information in Ihrer Sprache. Um mit einem Dolmetscher zu sprechen, bitte wählen Sie (833) 772-4121.

Greek (Ελληνικά) Αν έχετε τυχόν απορίες σχετικά με το παρόν έγγραφο, έχετε το δικαίωμα να λάβετε βοήθεια και πληροφορίες στη γλώσσα σας δωρεάν. Για να μιλήσετε με κάποιον διερμηνέα, τηλεφωνήστε στο (833) 772-4121.

Gujarati (ગુજરાતી): જો આ દસ્તાવેજ અંગે આપને કોઈપણ પ્રશ્નો હોય તો, કોઈપણ ખર્ય વગર આપની ભાષામાં મદદ અને માહિતી મેળવવાનો તમને અધિકાર છે. દુભાષિયા સાથે વાત કરવા માટે, કોલ કરો (833) 772-4121.

Haitian Creole (Kreyòl Ayisyen): Si ou gen nenpòt kesyon sou dokiman sa a, ou gen dwa pou jwenn èd ak enfòmasyon nan lang ou gratis. Pou pale ak yon entèprèt, rele (833) 772-4121.

Hindi (हिंदी): अगर आपके पास इस दस्तावेज़ के बारे में कोई प्रश्न हैं, तो आपको निःशुल्क अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। दुभाषिये से बात करने के लिए, कॉल करें(833) 772-4121

Hmong (White Hmong): Yog tias koj muaj lus nug dab tsi ntsig txog daim ntawv no, koj muaj cai tau txais kev pab thiab lus qhia hais ua koj hom lus yam tsim xam tus nqi. Txhawm rau tham nrog tus neeg txhais lus, hu xov tooj rau (833) 772-4121.

Igbo (Igbo): O bụr ụ na ị nwere ajujụ o bụla gbasara akwukwo a, ị nwere ikike inweta enyemaka na ozi n'asusu gi na akwughi ugwo o bula. Ka gi na okowa okwu kwuo okwu, kpọo (833) 772-4121.

Ilokano (**Ilokano**): Nu addaan ka iti aniaman a saludsod panggep iti daytoy a dokumento, adda karbengam a makaala ti tulong ken impormasyon babaen ti lenguahem nga awan ti bayad na. Tapno makatungtong ti maysa nga tagipatarus, awagan ti (833) 772-4121.

Indonesian (Bahasa Indonesia): Jika Anda memiliki pertanyaan mengenai dokumen ini, Anda memiliki hak untuk mendapatkan bantuan dan informasi dalam bahasa Anda tanpa biaya. Untuk berbicara dengan interpreter kami, hubungi (833) 772-4121.

Italian (Italiano): In caso di eventuali domande sul presente documento, ha il diritto di ricevere assistenza e informazioni nella sua lingua senza alcun costo aggiuntivo. Per parlare con un interprete, chiami il numero (833) 772-4121

Japanese (日本語): この文書についてなにかご不明な点があれば、あなたにはあなたの言語で無料で支援を受け情報を得る権利があります。通訳と話すには、(833) 772-4121 にお電話ください。

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