LLNS – BC PPO

Benefit Program Summary

January 1, 2022

BC PPO Plan
Employees and Retirees
Living Outside of California without Medicare

IMPORTANT

This is a summary of highlights of the above-named Benefit Program, a component of the LLNS Health and Welfare Benefit Plan for Employees, ERISA Plan 501 and the LLNS Health and Welfare Benefit Plan for Retirees, ERISA Plan 502 (each a “Plan”). Receipt of this document and/or your participation in a Plan and any benefit programs under a Plan do not guarantee your employment or any rights or benefits under a Plan. LLNS reserves the right to amend or terminate each Plan or any benefit program(s) under a Plan at any time. Each Plan and the benefit programs referred to in this summary are governed by a Federal law (known as ERISA), which provides rights and protections to Plan participants and beneficiaries.

For more information on LLNS benefit programs, see the LLNS Health and Welfare Benefit Plan for Employees Summary Plan Description or the LLNS Health and Welfare Benefit Plan for Retirees Summary Plan Description, as applicable, available from the LLNL Benefits Office at 925-422-9955. SPDs are also available electronically at https://benefits.llnl.gov (for employees) or at www.llnsretireebenefits.com (for retirees).
Dear Member:

This Benefit Program Summary provides a complete explanation of your benefits, limitations and other benefit provisions which apply to you.

Subscribers and covered family members ("members") are referred to in this booklet as "you" and "your". "We", "us" and "our" refers to the benefit program.

All italicized words have specific definitions. These definitions can be found either in the specific section or in the DEFINITIONS section of this booklet.

Please read this Benefit Program Summary carefully so that you understand all the benefits your benefit program offers. Keep this Benefit Program Summary handy in case you have any questions about your coverage.

In addition to the information contained in this Benefit Program Summary, the LLNS Health and Welfare Benefit Plan for Employees Summary Plan Description or the LLNS Health and Welfare Benefit Plan for Retirees Summary Plan Description, as applicable, contains important information about your LLNS welfare benefits. This benefit program is a part of the LLNS Summary Plan Description ("SPD"). The LLNS SPD applicable to you depends on whether you are an employee or a retiree and is referred to in this Benefit Program Summary as "your LLNS SPD."

For additional information:

**For Employees:**

LLNL Benefits Office

Mailing Address
P.O. Box 808, L-642
Livermore, CA 94551

Street Address
7000 East Ave., L-642
Livermore, CA 94550

Telephone: 925-422-9955
Fax: 925-422-8287

Web address [https://benefits.llnl.gov](https://benefits.llnl.gov)

**For Retirees:**

Customer Care Center
844-750-5567 (866-994-LLNS)

Web address [www.llnsretireebenefits.com](http://www.llnsretireebenefits.com)

**Claims Administrator's Web address:**

[www.anthem.com/ca/llns](http://www.anthem.com/ca/llns)

**Note:** Anthem Blue Cross Life and Health Insurance Company provides administrative claims payment services only and does not assume any financial risk or obligation with respect to claims.

Anthem Blue Cross Life and Health Insurance Company is an independent licensee of the Blue Cross Association.
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We encourage you to review your Benefit Program Summary carefully. You should also carefully read your LLNS SPD.

**ELIGIBILITY**

If the *benefit program* is an Exclusive Provider Organization (EPO) *benefit program*, employees are only eligible to enroll in the *benefit program* if they meet the benefit program’s geographic service area criteria.

**Subscribers**

Information about employee or retiree eligibility can be found in your LLNS Health and Welfare plan SPD.

**Eligible Dependents (Family Members)**

Information about dependent eligibility can be found in your LLNS Health and Welfare plan SPD.

**More Information**

For information on who qualifies and how to enroll:

**For Employees:**
LLNL Benefit Office  
925-422-9955  
https://benefits.llnl.gov

**For Retirees:**
Customer Care Center  
844-750-5567  
www.llnsretireebenefits.com

**Claims Administrator’s Web Address:**

www.anthem.com/ca/llns
Federal Legislation allows physicians or practitioners to opt out of Medicare. Medicare beneficiaries wishing to continue to obtain services (that would otherwise be covered by Medicare) from these physicians or practitioners will need to enter into written "private contracts" with these physicians or practitioners. These private agreements will require the beneficiary to be responsible for all payments to such medical providers. Since services provided under such "private contracts" are not covered by Medicare or this benefit program, the Medicare limiting charge will not apply.

Some physicians or practitioners have never participated in Medicare. Their services (that would be covered by Medicare if they participated) will not be covered by Medicare or this benefit program, and the Medicare limiting charge will not apply.

If you choose to enter into such a "private contract" arrangement as described above with one or more physicians or practitioners, or if you choose to obtain services from a provider who does not participate in Medicare, under the law you have in effect "opted out" of Medicare for the services provided by these physicians or other practitioners. In either case, no benefits will be paid by this Benefit Program for services rendered by these physicians or practitioners with whom you have so contracted, even if you submit a claim. You will be fully liable for the payment of the services rendered. Therefore, it is important that you confirm that your provider takes Medicare prior to obtaining services for which you wish the Benefit Program to pay.

However, even if you do sign a private contract or obtain services from a provider who does not participate in Medicare, you may still see other providers who have not opted out of Medicare and receive the benefits of this Benefit Program for those services.

TERMINATION OF COVERAGE

Information on how coverage terminates can be found in your LLNS Health and Welfare plan SPD.

Continuation of Coverage During Leave of Absence, Layoff or Retirement

Contact the LLNS Benefits Office for information about continuing your coverage in the event of an authorized leave of absence, a layoff or upon retirement.

Optional Continuation of Coverage

If your coverage or that of a Family Member ends, you and/or your Family Member may be entitled to elect continued coverage under the terms of the federal Consolidated Omnibus Budget Reconciliation Act of 1985 (COBRA), as amended and if that continued coverage ends, specified individuals may be eligible for further continuation under California law.

The Health Plan Administrator (we are not the administrator) will notify either you or a Family Member of the right to continue coverage under COBRA. However, if the event that qualifies a Family Member for this continuation is due to divorce or termination of domestic partnership, or because a child no longer qualifies as a dependent, you must inform the Health Plan Administrator within 60 days of the qualifying event in order to continue coverage. The Health Plan Administrator, in turn, will promptly give you official notice of the continuation right.

If you choose to continue coverage, you must notify us within 60 days of the date you receive notice of your COBRA continuation right from your Health Plan Administrator. The COBRA continuation coverage may be chosen for all Members within a family, or only for selected Members.

You must remit the initial subscription charge to us within 45 days after you elect COBRA continuation coverage.
Other Coverage Options Besides COBRA Continuation Coverage. Instead of enrolling in COBRA continuation coverage, there may be other coverage options for you and your family through the Health Insurance Marketplace, Medicaid, or other group health plan coverage options (such as a spouse’s plan). Some of these options may cost less than COBRA continuation coverage. You can learn more about many of these options at [www.healthcare.gov](http://www.healthcare.gov).
PLAN ADMINISTRATION

Please refer to your LLNS Health and Welfare Plan SPD for Employees for more information.

Administration of the benefit program

The Benefits and Investment Committee is the benefit program administrator for the benefit program described in this Benefit Program Summary. If you have a question, you may direct it to:

Lawrence Livermore National Security, LLC
Benefits and Investment Committee

Mailing address:
P.O. Box 808, L-727
Livermore, CA 94551

Street Address:
7000 East Ave., L-727
Livermore, CA 94550

Claims under the benefit program are processed by Anthem Blue Cross Life and Health Insurance Company at the following address and phone number:

Anthem Blue Cross Life and Health Insurance Company
P.O. Box 60007
Los Angeles, CA 90060-007

Anthem Blue Cross Life and Health’s Member Services number is 1-866-641-1689

Group Case Number. The Group Case Number for this benefit program is: 175203
Consolidated Appropriations Act of 2021 Notice

Consolidated Appropriations Act of 2021 (CAA)

The Consolidated Appropriations Act of 2021 (CAA) is a federal law that includes the No Surprises Billing Act as well as the provider transparency requirements that are described below.

The CAA provisions within this benefit program apply unless state law or any other provisions within this benefit program are more advantageous to you.

Surprise Billing Claims

Surprise Billing Claims are claims that are subject to the No Surprises Billing Act requirements:

- Emergency services provided by non-participating providers;
- Covered services provided by an non-participating provider at a participating provider facility; and
- Non-participating providers air ambulance services.

No Surprises Billing Act Requirements

Emergency Services

As required by the CAA, emergency medical conditions are covered under your benefit program:

- Without the need for pre-certification;
- Whether the provider is a participating provider or non-participating provider;

If the emergency medical conditions you receive are provided by a non-participating provider, Covered services will be processed at the participating provider benefit level.

Note that if you receive emergency services from a non-participating provider, your out-of-pocket costs will be limited to amounts that would apply if the covered services had been furnished by a participating provider. However, non-participating provider cost-shares (i.e., Copayments, Deductibles and/or Coinsurance) will apply to your claim if the treating non-participating provider determines you are stable, meaning you have been provided necessary emergency care such that your condition will not materially worsen and the non-participating provider determines: (i) that you are able to travel to a participating provider facility by non-emergency transport; (ii) the non-participating provider complies with the notice and consent requirement; and (iii) you are in condition to receive the information and provide informed consent. If you continue to receive services from the non-participating provider after you are stabilized, you will be responsible for the non-participating provider cost-shares, and the non-participating provider will also be able to charge you any difference between the maximum allowable amount and the non-participating provider's billed charges. This notice and consent exception does not apply if the covered services furnished by a non-participating provider result from unforeseen and urgent medical needs arising at the time of service.

Non-Participating Services Provided at a Participating Provider Facility

When you receive covered services from a non-participating provider at a participating provider facility, your claims will be paid at the non-participating provider benefit level if the non-participating provider gives you proper notice of its charges, and you give written consent to such charges. This means you will be responsible for out-of-network cost-shares for those services and the non-participating provider can also charge you any difference between the maximum allowable amount and the non-participating provider's billed charges. This requirement does not apply to ancillary services. Ancillary services are one of the following services: (A) emergency care; (B) anesthesiology; (C) pathology; (D) radiology; (E) neonatology; (F) diagnostic services; (G) assistant surgeons; (I) hospitalists; (J) intensivists; and (K) any services set out by the U.S. Department of
Health & Human Services. In addition, Anthem will not apply this notice and consent process to you if Anthem does not have a participating provider in your area who can perform the services you require.

Non-participating providers satisfy the notice and consent requirement as follows:

1. By obtaining your written consent not later than 72 hours prior to the delivery of services; or
2. If the notice and consent is given on the date of the service, if you make an appointment within 72 hours of the services being delivered.

Anthem is required to confirm the list of participating providers in its provider directory every 90 days. If you can show that you received inaccurate information from Anthem that a provider was in-network on a particular claim, then you will only be liable for the participating provider cost shares (i.e., Copayments, Deductibles, and/or Coinsurance) for that claim. Your participating provider cost-shares will be calculated based upon the maximum allowed amount. In addition to your participating provider cost-shares, the non-participating provider can also charge you for the difference between the maximum allowed amount and their billed charges.

How Cost-Shares Are Calculated

Your cost shares for emergency care services or for covered services received by a non-participating provider at a participating provider facility, will be calculated using the median benefit program a participating provider contract rate that we pay participating providers for the geographic area where the covered service is provided. Any out-of-pocket cost shares you pay to a non-participating provider for either emergency services or for covered services provided by a non-participating provider at a participating provider facility will be applied to your Participating Provider Out-of-Pocket Limit.

Appeals

If you receive emergency care services from a non-participating provider or covered services from a non-participating provider at a participating provider facility and believe those services are covered by the No Surprise Billing Act, you have the right to appeal that claim. If your appeal of a Surprise Billing Claim is denied, then you have a right to appeal the adverse decision to an Independent Review Organization as set out in the “Grievance Procedures” section of this Benefit Book.

Transparency Requirements

Anthem provides the following information on its website (i.e., www.anthem.com):

- Protections with respect to Surprise Billing Claims by providers;
- Estimates on what non-participating providers may charge for a particular service;
- Information on contacting state and federal agencies in case you believe a provider has violated the No Surprise Billing Act's requirements.

Upon request, Anthem will provide you with a paper copy of the type of information you request from the above list.

Anthem, either through its price comparison tool on anthem.com or through Member Services at the phone number on the back of you ID card, will allow you to get:

- Cost sharing information that you would be responsible for, for a service from a specific participating provider;
- A list of all participating providers;
Cost sharing information on a non-participating provider's services based on Anthem's reasonable estimate based on what Anthem would pay a non-participating provider for the service.

In addition, Anthem will provide access through its website to the following information:

- Participating provider negotiated rates;
- Historical non-participating provider rates.

TYPES OF PROVIDERS

PLEASE READ THE FOLLOWING INFORMATION SO YOU WILL KNOW FROM WHOM OR WHAT GROUP OF PROVIDERS HEALTH CARE MAY BE OBTAINED. THE MEANINGS OF WORDS AND PHRASES IN ITALICS ARE DESCRIBED IN THE SECTION OF THIS BOOKLET ENTITLED DEFINITIONS.

Participating Providers. There are two kinds of participating providers in this benefit program:

- **PPO Providers** are providers who participate in a Blue Cross and/or Blue Shield Plan. PPO Providers have agreed to a rate they will accept as reimbursement for covered services that is generally lower than the rate charged by Traditional Providers. Participating providers have agreed to a rate they will accept as reimbursement for covered services.

- **Traditional Providers** are providers who might not participate in a Blue Cross and/or Blue Shield Plan, but have agreed to a rate they will accept as reimbursement for covered services for PPO members.

The level of benefits paid under this benefit program is determined as follows:

- If your benefit program identification card (ID card) shows a PPO suitcase logo and:
  - You go to a PPO Provider, you will get the higher level of benefits of this benefit program.
  - You go to a Traditional Provider because there are no PPO Providers in your area, you will get the higher level of benefits of this benefit program.

- If your ID card does NOT have a PPO suitcase logo, you must go to a Traditional Provider to get the higher level of benefits of this benefit program.

If you need details about a provider's license or training, or help choosing a physician who is right for you, call the Member Services number on the back of your ID card.

If you receive covered services from a non-participating provider after we failed to provide you with accurate information in our provider directory, or after we failed to respond to your telephone or web-based inquiry within the time required by federal law, covered services will be covered at the participating provider level.

Connect with Us Using Our Mobile App. As soon as you enroll in this benefit program, you should download our mobile app. You can find details on how to do this on our website, [www.anthem.com](http://www.anthem.com).

Our goal is to make it easy for you to find answers to your questions. You can chat with us live in the app, or contact us on our website, [www.anthem.com](http://www.anthem.com).

How to Access Primary and Specialty Care Services

Your health plan covers care provided by primary care physicians and specialty care providers. To see a primary care physician, simply visit any participating provider physician who is a general or family practitioner, internist or pediatrician. Your health plan also covers care provided by any
participating provider specialty care provider you choose (certain providers’ services are covered only
upon referral of an M.D. (medical doctor) or D.O. (doctor of osteopathy), see “Physician,” below). Referrals are never needed to visit any participating provider specialty care provider including a
behavioral health care provider.

- To make an appointment call your physician’s office:
- Tell them you are a PPO Plan member.
- Have your Member ID card handy. They may ask you for your group number, member I.D.
  number, or office visit copay.
- Tell them the reason for your visit.

When you go for your appointment, bring your Member ID card.

After hours care is provided by your physician who may have a variety of ways of addressing your
needs. Call your physician for instructions on how to receive medical care after their normal business
hours, on weekends and holidays. This includes information about how to receive non-emergency
care and non-urgent care within the service area for a condition that is not life threatening, but that
requires prompt medical attention. If you have an emergency, call 911 or go to the nearest
emergency room.

Please call the toll-free BlueCard Provider Access number on your ID card to find a
participating provider in your area. A directory of PPO Providers is available upon request.

Certain categories of providers defined in this benefit program as participating providers may not be
available in the Blue Cross and/or Blue Shield Plan in the service area where you receive services. See “Co-Payments” in the SUMMARY OF BENEFITS section and “Maximum Allowed Amount” in the YOUR
MEDICAL BENEFITS section for additional information on how health care services you obtain from such
providers are covered.

Non-Participating Providers. Non-participating providers are providers which have not agreed to
participate in a Blue Cross and/or Blue Shield Plan. They have not agreed to the reimbursement
rates and other provisions.

The claims administrator has processes to review claims before and after payment to detect fraud,
waist, abuse and other inappropriate activity. Members seeking services from non-participating
providers could be balance billed by the non-participating provider for those services that are
determined to be not payable as a result of these review processes and meets the criteria set forth in
any applicable state regulations adopted pursuant to state law. A claim may also be determined to
be not payable due to a provider’s failure to submit medical records with the claims that are under
review in these processes.

Physicians. “Physician” means more than an M.D. Certain other practitioners are included in this
term as it is used throughout the benefit program. This doesn’t mean they can provide every service
that a medical doctor could; it just means that the benefit program will cover expense you incur from
them when they’re practicing within their specialty the same as we would if the care were provided by
a medical doctor.

Other Health Care Providers. ”Other Health Care Providers” are neither physicians nor hospitals.
See the definition of “Other Health Care Providers” in the DEFINITIONS section for a complete list of
those providers. Other health care providers are not participating providers.

Contracting and Non-Contracting Hospitals. As a health care plan, the claims administrator, has
traditionally contracted with most hospitals to obtain certain advantages for patients covered by
Anthem Blue Cross and its affiliates, including Anthem Blue Cross Life and Health.
Reproductive Health Care Services. Some hospitals and other providers do not provide one or more of the following services that may be covered under your benefit program contract and that you or your dependent might need: family planning; contraceptive services, including emergency contraception; sterilization, including tubal ligation at the time of labor and delivery; infertility treatments; or abortion. You should obtain more information before you enroll. Call your prospective physician or clinic, or call the Member Services telephone number listed on your ID card to ensure that you can obtain the health care services that you need.

Centers of Medical Excellence and Blue Distinction Centers. The claims administrator is providing access to Centers of Medical Excellence (CME) network and Blue Distinction Centers for Specialty Care (BDCSC). The facilities included in each of these networks are selected to provide the following specified medical services:

Transplant Services. Approved transplant facilities have been expanded to include Blue Distinction Centers for Specialty Care (BDCSC), in addition to Centers for Medical Excellence (CME).

- Transplant Facilities. Transplant facilities have been organized to provide services for the following specified transplants: heart, liver, lung, combination heart-lung, kidney, pancreas, simultaneous pancreas-kidney, or bone marrow/stem cell and similar procedures. Subject to any applicable co-payments or deductibles, CME and BDCSC have agreed to a rate they will accept as payment in full for covered services. These procedures are covered only when performed at a CME or BDCSC.

Approved bariatric facilities have been revised to include Blue Distinction Centers for Specialty Care (BDCSC). Centers for Medical Excellence (CME) have been removed from the list of eligible facilities to provide bariatric services.

- Bariatric Facilities. Hospital facilities have been organized to provide services for bariatric surgical procedures, such as gastric bypass and other surgical procedures for weight loss programs. These procedures are covered only when performed at a BDCSC.

Care Outside the United States—BlueCross BlueShield Global Core

Prior to travel outside the United States, call the Member Services telephone number listed on your ID card to find out if your plan has BlueCross BlueShield Global Core benefits. Your coverage outside the United States is limited and the claims administrator recommends:

- Before you leave home, call the Member Services number on your ID card for coverage details. You have coverage for services and supplies furnished in connection only with urgent care or an emergency when travelling outside the United States.
- Always carry your current ID card.
- In an emergency, seek medical treatment immediately.
- The BlueCross BlueShield Global Core Service Center is available 24 hours a day, seven days a week toll-free at (800) 810-BLUE (2583) or by calling collect at (804) 673-1177. An assistance coordinator, along with a medical professional, will arrange a physician appointment or hospitalization, if needed.

Payment Information

- Participating BlueCross BlueShield Global Core hospitals. In most cases, you should not have to pay upfront for inpatient care at participating BlueCross BlueShield Global Core hospitals except for the out-of-pocket costs you normally pay (non-covered services, deductible, copays, and coinsurance). The hospital should submit your claim on your behalf.
- Doctors and/or non-participating hospitals. You will have to pay upfront for outpatient services, care received from a physician, and inpatient care from a hospital that is not a participating BlueCross BlueShield Global Core hospital. Then you can complete a BlueCross
BlueShield Global Core claim form and send it with the original bill(s) to the BlueCross BlueShield Global Core Service Center (the address is on the form).

- **Contracting and Non-Contracting Hospitals.** As a health care plan, the *claims administrator*, has traditionally contracted with most hospitals to obtain certain advantages for patients covered by Anthem Blue Cross and its affiliates, including Anthem Blue Cross Life and Health.

**Claim Filing**

- **Participating BlueCross BlueShield Global Core hospitals will file your claim on your behalf.** You will have to pay the *hospital* for the out-of-pocket costs you normally pay.

- **You must file the claim** for outpatient and *physician* care, or inpatient *hospital* care not provided by a participating BlueCross BlueShield Global Core *hospital*. You will need to pay the health care provider and subsequently send an international claim form with the original bills to the *claims administrator*.

**Additional Information About BlueCross BlueShield Global Core Claims.**

- You are responsible, at your expense, for obtaining an English-language translation of foreign country provider claims and medical records.

- Exchange rates are determined as follows:
  - For inpatient *hospital* care, the rate is based on the date of admission.
  - For outpatient and professional services, the rate is based on the date the service is provided.

**Claim Forms**

- International claim forms are available from the *claims administrator*, from the BlueCross BlueShield Global Core Service Center, or online at:

  [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com)

  The address for submitting claims is on the form.
SUMMARY OF BENEFITS

YOUR EMPLOYER HAS AGREED TO BE SUBJECT TO THE TERMS AND CONDITIONS OF ANTHEM’S PROVIDER AGREEMENTS WHICH MAY INCLUDE PRE-SERVICE REVIEW AND UTILIZATION MANAGEMENT REQUIREMENTS, COORDINATION OF BENEFITS, TIMELY FILING LIMITS, AND OTHER REQUIREMENTS TO ADMINISTER THE BENEFITS UNDER THIS PLAN.

THE BENEFITS OF THIS BENEFIT PROGRAM ARE PROVIDED ONLY FOR SERVICES WHICH ARE CONSIDERED TO BE MEDICALLY NECESSARY. THE FACT THAT A PHYSICIAN PRESCRIBES OR ORDERS THE SERVICE DOES NOT, IN ITSELF, MAKE IT MEDICALLY NECESSARY OR COVERED.

This summary provides a brief outline of your benefits. You need to refer to the entire benefit program summary for complete information about the benefits, conditions, limitations and exclusions of your benefit program.

Mental Health Parity and Addiction Equity Act. The Mental Health Parity and Addiction Equity Act provides for parity in the application of aggregate treatment limitations (day or visit limits) on mental health and substance use disorder benefits with day or visit limits on medical and surgical benefits. In general, group health plans offering mental health and substance use disorder benefits cannot set day/visit limits on mental health or substance use disorder benefits that are lower than any such day or visit limits for medical and surgical benefits. A benefit program that does not impose day or visit limits on medical and surgical benefits may not impose such day or visit limits on mental health and substance use disorder benefits offered under the benefit program.

The Mental Health Parity and Addiction Equity Act also provides for parity in the application of non-quantitative treatment limitations (NQTL). An example of a non-quantitative treatment limitation is a precertification requirement.

Also, the benefit program may not impose deductibles, co-payments, co-insurance, and out of pocket expenses on mental health and substance use disorder benefits that are more restrictive than deductibles, co-payments, co-insurance and out of pocket expenses applicable to other medical and surgical benefits.

Medical Necessity criteria and other plan documents showing comparative criteria, as well as the processes, strategies, evidentiary standards, and other factors used to apply an NQTL are available upon request.

Second Opinions. If you have a question about your condition or about a plan of treatment which your physician has recommended, you may receive a second medical opinion from another physician. This second opinion visit will be provided according to the benefits, limitations, and exclusions of this benefit program. If you wish to receive a second medical opinion, remember that greater benefits are provided when you choose a participating provider. You may also ask your physician to refer you to a participating provider to receive a second opinion.

After Hours Care. After hours care is provided by your physician who may have a variety of ways of addressing your needs. You should call your physician for instructions on how to receive medical care after their normal business hours, on weekends and holidays, or to receive non-emergency care and non-urgent care within the service area for a condition that is not life threatening but that requires prompt medical attention. If you have an emergency, call 911 or go to the nearest emergency room.

All benefits are subject to coordination with benefits under certain other plans.

The benefits of this benefit program may be subject to the SUBROGATION AND REIMBURSEMENT section section.
IMPORTANT NOTICE ABOUT YOUR MEDICAL BENEFITS

Your benefit program has Utilization Review Program requirements. These are explained in the Utilization Review Program section beginning on page 57. Your benefits may be reduced if you do not follow the procedures outlined. If you have any questions about the Utilization Review Program requirements, call the claims administrator at the toll-free number on your identification card.

WARNING! This benefit program does not pay for services provided in a hospital emergency room for treatment that is not for an emergency. See the definition of “emergency” in the DEFINITIONS section.

MEDICAL BENEFITS

DEDUCTIBLES

Calendar Year Deductibles

Participating providers & other health care providers

- Member Deductible .................................................. $ 500
- Family Deductible .................................................. $ 1,500*

  *In the aggregate, but not more than $500 for any one member in a family.

Non-Participating Providers

- Member Deductible .................................................. $1,000
- Family Deductible .................................................. $3,000*

  *In the aggregate, but not more than $1,000 for any one member in a family.

Inpatient Non-Certification Penalty Deductible .............................................. $ 200

EXCEPTIONS: In certain circumstances, one or more of these deductibles may not apply, as described below:

- The Calendar Year Deductible will not apply to benefits for Preventive Care Services provided by a participating provider.
- The Calendar Year Deductible will not apply to allergy treatment (including serums) provided by a participating provider.
- The Calendar Year Deductible will not apply to office visits for pregnancy and maternity care when the services are provided by a participating provider.
- The Calendar Year Deductible will not apply to transplant travel expenses authorized by the claims administrator in connection with a specified transplant procedure provided at a designated CME or a BDCSC. See UTILIZATION REVIEW PROGRAM for information on how to obtain prior authorization.
- The Calendar Year Deductible will not apply to bariatric travel expense in connection with an authorized bariatric surgical procedure provided at a designated BDCSC.
- The Inpatient Non-Certification Penalty Deductible will not apply to emergency admissions or to medically necessary inpatient facility services available to you through the BlueCard Program. See MEDICAL UTILIZATION REVIEW PROGRAM.
- The Inpatient Non-Certification Penalty Deductible will not apply for the remainder of the year once your Out-of-Pocket Amount is reached.
CO-PAYMENTS AND OUT-OF-POCKET AMOUNTS

Co-Payments.* After you have met your Calendar Year Deductible, and any other applicable deductible, you will be responsible for the following percentages of the maximum allowed amount:

- Participating Providers & Other Health Care Providers................................................................. 20%
- Non-Participating Providers ........................................................................................................ 40%

Note: In addition to the Co-Payment shown above, you will be required to pay any amount in excess of the maximum allowed amount for the services of an other health care provider or a non-participating provider.

*Exceptions:

- There will be no Co-Payment for any covered services provided by a participating provider under the Preventive Care benefit.
- There will be no Co-Payment for allergy treatment (including serums) provided by a participating provider.
- Your Co-Payment for Hearing Aids will be 50%, plus charges in excess of the maximum allowed amount. NOTE: Hearing aids are not covered if provided by a non-participating provider.
- Your Co-Payment for non-participating providers will be the same as for participating providers for the following services. You may be responsible for charges which exceed the maximum allowed amount.
  a. All emergency services. As described in the “Consolidated Appropriations Act of 2021 Notice” at the front of this Booklet, non-participating providers may only bill you for any applicable Co-Payment, Deductible and Coinsurance and may not bill you for any charges over the benefit program’s maximum allowed amount until the treating non-participating provider has determined you are stable. Please refer to the notice at the beginning of this booklet for more details.
  b. Services under the Ambulance Benefit;
  c. An authorized referral from the claims administrator to a non-participating provider;
  d. Charges by a type of physician not represented in a Blue Cross and/or Blue Shield Plan; or
  e. Clinical Trials.
- Your Co-Payment will be 20% for transplant services authorized by the claims administrator and performed at an approved transplant center. Services for transplant services are not covered when performed by a non-participating provider. See UTILIZATION REVIEW PROGRAM.

NOTE: No Co-Payment will be required for the transplant travel expenses authorized by the claims administrator in connection with a specified transplant performed at a designated CME or BDCSC. Transplant travel expense coverage is available when the closest CME or BDCSC is 75 miles or more from the recipient’s or donor’s residence.
- You are not required to make a Co-Payment for bariatric travel expenses authorized by the claims administrator. Bariatric travel expense coverage is available when the closest BDCSC is 50 miles or more from the member’s residence.
- If you receive services from an other health care provider of a type participating in a Blue Cross and/or Blue Shield Plan, your Co-Payment if you go to a provider participating in the Blue Cross and/or Blue Shield Plan will be the same as for a participating provider shown
above. But, if you go to a provider not participating in the Blue Cross and/or Blue Shield Plan, your Co-Payment will be the same as for non-participating provider shown above.

**NOTE:** In addition to the Co-Payments shown above, you will be required to pay any amount in excess of the maximum allowed amount for the services of non-participating providers or other health care providers.

**Out-of-Pocket Amount.** After you have made the following total out-of-pocket payments (including the Calendar Year Deductibles) for covered charges incurred during a calendar year, you will no longer be required to pay a Co-Payment for the remainder of that year, but you remain responsible for costs in excess of the maximum allowed amount.

Per Member:
- **Participating providers & other health care providers**.......................................................... $3,000
- **Non-participating providers**.................................................................................................. $6,000*
  *In the aggregate, but not more than $3,000 for any one member in a family

Per Family:
- **Participating providers & other health care providers**.......................................................... $9,000
- **Non-participating providers**.................................................................................................. $18,000*
  *In the aggregate, but not more than $9,000 for any one member in a family

**Exceptions:**
Expense which is incurred for non-covered services or supplies, or which is in excess of the maximum allowed amount, will not be applied toward your Out-of-Pocket Amount.

**MEDICAL BENEFIT MAXIMUMS**

The benefit program will pay for the following services and supplies, up to the maximum amounts or for the maximum number of days or visits shown below:

**Skilled Nursing Facility**
- For covered skilled nursing facility care..................................................................................... 240 days per calendar year

**Home Health Care**
- For covered home health services............................................................................................... 100 visits per calendar year

**Prosthetic and Orthotic Devices**
- Wigs for alopecia resulting from chemotherapy, radiation therapy or permanent hair loss due to burn injuries ......................................................................................................................... $3,000 during your lifetime

**Physical Therapy, Physical Medicine, Occupational Therapy and Speech Therapy**
- For covered outpatient services................................................................................................. 60 combined visits per calendar year

**Chiropractic Care**
- For all covered outpatient services............................................................................................ 25 visits per calendar year
**Acupuncture**

- For all covered services ........................................................................................................... 25 visits per calendar year

**Transplant Services**

- For covered organ and tissue donor acquisition costs ......................................................... $10,000 per transplant

**Transplant Travel Expense**

- For the Recipient and One Companion per Transplant Episode (limited to 6 trips per episode)
  - For transportation to the *CME or BDCSC* ........................................................................... $300 per trip for each person for round trip coach airfare
  - For hotel accommodations ..................................................................................................... $100 per day, for up to 21 days per trip, limited to one room, double occupancy
  - For expenses such as meals ................................................................................................... $40 per day for each person, for up to 21 days per trip

- For the Donor per Transplant Episode (limited to one trip per episode)
  - For transportation to the *CME or BDCSC* ........................................................................... $300 for round trip coach airfare
  - For hotel accommodations ..................................................................................................... $100 per day, for up to 7 days
  - For expenses such as meals ................................................................................................... $40 per day, up to 7 days

**Bariatric Travel Expense**

- For the *member* (limited to three (3) trips – one pre-surgical visit, the initial surgery and one follow-up visit)
  - For transportation to the *BDCSC* ......................................................................................... up to $130 per trip

- For the companion (limited to two (2) trips – the initial surgery and one follow-up visit)
  - For transportation to the *BDCSC* ......................................................................................... up to $130 per trip

- For the *member* and one companion (for the pre-surgical visit and the follow-up visit)
  - Hotel accommodations ........................................................................................................... up to $100 per day, for up to 2 days per trip, limited to one room, double occupancy

- For one companion (for the duration of the *member's* initial surgery stay)
  - Hotel accommodations ........................................................................................................... up to $100 per day, for up to 4 days, limited to one room, double occupancy
Hearing Aids
- For covered charges ........................................................................................................................................ $2,000 for one or two hearing aids, every thirty-six (36) month period

Transgender Services
- For all authorized transgender surgery or surgeries ........................................................................................ up to $75,000 lifetime maximum

Transgender Travel Expense
- For transportation to the facility where the surgery will be performed .............................................................. $300 for round trip coach airfare
- For hotel accommodations ..................................................................................................................................... 4 days per trip, limited to one room, double occupancy
- For expenses such as meals .................................................................................................................................... $40 per day

Lifetime Maximum
- For all medical benefits ......................................................................................................................................... Unlimited
YOUR MEDICAL BENEFITS

MAXIMUM ALLOWED AMOUNT

General

This section describes the term “maximum allowed amount” as used in this benefit program summary, and what the term means to you when obtaining covered services under this benefit program. The maximum allowed amount is the total reimbursement payable under this benefit program for covered services you receive from participating and non-participating providers. It is the benefit program payment towards the services billed by your provider combined with any Deductible or Co-Payment owed by you. In some cases, you may be required to pay the entire maximum allowed amount. For instance, if you have not met your Deductible under this benefit program, then you could be responsible for paying the entire maximum allowed amount for covered services, except for surprise billing claims, when you receive services from a non-participating provider, you may be responsible for paying any difference between the maximum allowed amount and the provider’s actual charges. In many situations, this difference could be significant.

*Surprise billing claims are described in the “Consolidated Appropriations Act of 2021 Notice” at the front of this booklet. Please refer to that section for further details.

Provided below are two examples, which illustrate how the maximum allowed amount works. These examples are for illustration purposes only.

Example: The benefit program has a member Co-Payment of 30% for participating provider services after the Deductible has been met.

- The member receives services from a participating surgeon. The charge is $2,000. The maximum allowed amount under the benefit program for the surgery is $1,000. The member's Co-Payment responsibility when a participating surgeon is used is 30% of $1,000, or $300. This is what the member pays. The benefit program pays 70% of $1,000, or $700. The participating surgeon accepts the total of $1,000 as reimbursement for the surgery regardless of the charges.

Example: The benefit program has a member Co-Payment of 50% for non-participating provider services after the Deductible has been met.

- The member receives services from a non-participating surgeon. The charge is $2,000. The maximum allowed amount under the benefit program for the surgery is $1,000. The member's Co-Payment responsibility when a non-participating surgeon is used is 50% of $1,000, or $500. The benefit program pays the remaining 50% of $1,000, or $500. In addition, the non-participating surgeon could bill the member the difference between $2,000 and $1,000. So the member's total out-of-pocket charge would be $500 plus an additional $1,000, for a total of $1,500.

When you receive covered services, the claims administrator will, to the extent applicable, apply claim processing rules to the claim submitted. The claims administrator uses these rules to evaluate the claim information and determine the accuracy and appropriateness of the procedure and diagnosis codes included in the submitted claim. Applying these rules may affect the maximum allowed amount if the claims administrator determines that the procedure and/or diagnosis codes used were inconsistent with procedure coding rules and/or reimbursement policies. For example, if your provider submits a claim using several procedure codes when there is a single procedure code that includes all of the procedures that were performed, the maximum allowed amount will be based on the single procedure code.

Provider Network Status

The maximum allowed amount may vary depending upon whether the provider is a participating provider, a non-participating provider or other health care provider.

Participating Providers. For covered services performed by a participating provider, the maximum allowed amount for this benefit program will be the rate the participating provider has agreed with the
claims administrator to accept as reimbursement for the covered services. Because participating providers have agreed to accept the maximum allowed amount as payment in full for those covered services, they should not send you a bill or collect for amounts above the maximum allowed amount. However, you may receive a bill or be asked to pay all or a portion of the maximum allowed amount to the extent you have not met your Deductible or have a Co-Payment. Please call the Member Services telephone number on your ID card for help in finding a participating provider or visit www.anthem.com/ca.

If you go to a hospital which is a participating provider, you should not assume all providers in that hospital are also participating providers. To receive the greater benefits afforded when covered services are provided by a participating provider, you should request that all your provider services (such as services by an anesthesiologist) be performed by participating providers whenever you enter a hospital.

If you are planning to have outpatient surgery, you should first find out if the facility where the surgery is to be performed is an ambulatory surgical center. An ambulatory surgical center is licensed as a separate facility even though it may be located on the same grounds as a hospital (although this is not always the case). If the center is licensed separately, you should find out if the facility is a participating provider before undergoing the surgery.

Note: If an other health care provider is participating in a Blue Cross and/or Blue Shield Plan at the time you receive services, such provider will be considered a participating provider for the purposes of determining the maximum allowed amount.

If a provider defined in this benefit program summary as a participating provider is of a type not represented in the local Blue Cross and/or Blue Shield Plan at the time you receive services, such provider will be considered a non-participating provider for the purposes of determining the maximum allowed amount.

Non-Participating Providers and Other Health Care Providers.*

Providers who are not in the Prudent Buyer network are non-participating providers or other health care providers, subject to Blue Cross Blue Shield Association rules governing claims filed by certain ancillary providers, except for surprise billing claims, for covered services you receive from a non-participating provider or other health care provider, the maximum allowed amount will be based on the claims administrator's applicable non-participating provider rate or fee schedule for this benefit program, an amount negotiated by the claims administrator or a third party vendor which has been agreed to by the non-participating provider, an amount derived from the total charges billed by the non-participating provider, an amount based on information provided by a third party vendor, or an amount based on reimbursement or cost information from the Centers for Medicare and Medicaid Services (“CMS”). When basing the maximum allowed amount upon the level or method of reimbursement used by CMS, the claims administrator will update such information, which is unadjusted for geographic locality, no less than annually.

Providers who are not contracted for this product, but are contracted for other products, are also considered non-participating providers. For this plan, the maximum allowed amount for services from these providers will be one of the methods shown above unless the provider’s contract specifies a different amount or if your claim involves a surprise billing claim.

For covered services rendered outside the Anthem Blue Cross service area by non-participating providers, claims may be priced using the local Blue Cross Blue Shield plan’s non-participating provider fee schedule / rate or the pricing arrangements required by applicable state or federal law. In certain situations, the maximum allowed amount for out of area claims may be based on billed charges, the pricing used if the healthcare services had been obtained within the Anthem Blue Cross service area, or a special negotiated price.
Unlike participating providers, non-participating providers and other health care providers may send you a bill and collect for the amount of the non-participating provider's or other health care provider's charge that exceeds the maximum allowed amount under this benefit program, except for surprise billing claims, you may be responsible for paying the difference between the maximum allowed amount and the amount the non-participating provider or other health care provider charges. This amount can be significant. Choosing a participating provider will likely result in lower out of pocket costs to you. Please call the Member Services number on your ID card for help in finding a participating provider or visit the website at www.anthem.com/ca. Member Services is also available to assist you in determining this benefit program’s maximum allowed amount for a particular covered service from a non-participating provider or other health care provider.

Please see the “Inter-Plan Arrangements” provision in the section in the Part entitled “GENERAL PROVISIONS” for additional information.

*Exceptions:

- **Emergency Services.** For emergency services, reimbursement is based on the billed charge.

- **Clinical Trials.** The maximum allowed amount for services and supplies provided in connection with Clinical Trials will be the lesser of the billed charge or the amount that ordinarily applies when services are provided by a participating provider.

- **If Medicare is the primary payor, the maximum allowed amount does not include any charge:**
  1. By a hospital, in excess of the approved amount as determined by Medicare; or
  2. By a physician who is a participating provider who accepts Medicare assignment, in excess of the approved amount as determined by Medicare; or
  3. By a physician who is a non-participating provider or other health care provider who accepts Medicare assignment, in excess of the lesser of maximum allowed amount stated above, or the approved amount as determined by Medicare; or
  4. By a physician or other health care provider who does not accept Medicare assignment, in excess of the lesser of the maximum allowed amount stated above, or the limiting charge as determined by Medicare.

You will always be responsible for expense incurred which is not covered under this benefit program.

**Cost Share**

For certain covered services, and depending on the benefit program design, you may be required to pay all or a part of the maximum allowed amount as your cost share amount (Deductibles or Co-Payments). Your cost share amount and the Out-Of-Pocket Amounts may be different depending on whether you received covered services from a participating provider or non-participating provider. Specifically, you may be required to pay higher cost-sharing amounts or may have limits on your benefits when using non-participating providers. Please see the SUMMARY OF BENEFITS section for your cost share responsibilities and limitations, or call the Member Services telephone number on your ID card to learn how this benefit program’s benefits or cost share amount may vary by the type of provider you use.

The claims administrator will not provide any reimbursement for non-covered services. You may be responsible for the total amount billed by your provider for non-covered services, regardless of whether such services are performed by a participating provider or non-participating provider. Non-covered services include services specifically excluded from coverage by the terms of your benefit program and services received after benefits have been exhausted. Benefits may be exhausted by exceeding, for example, Medical Benefit Maximums or day/visit limits.
In some instances you may only be asked to pay the lower participating provider cost share percentage when you use a non-participating provider. For example, if you go to a participating hospital or facility and receive covered services from a non-participating provider such as a radiologist, anesthesiologist or pathologist providing services at the hospital or facility, you will pay the participating provider cost share percentage of the maximum allowed amount for those covered services. However, you also may be liable for the difference between the maximum allowed amount and the non-participating provider’s charge.

**Authorized Referrals**

In some circumstances the claims administrator may authorize participating provider cost share amounts (Deductibles or Co-Payments) to apply to a claim for a covered service you receive from a non-participating provider. In such circumstance, you or your physician must contact the claims administrator in advance of obtaining the covered service. It is your responsibility to ensure that the claims administrator has been contacted. If the claims administrator authorizes a participating provider cost share amount to apply to a covered service received from a non-participating provider, you also may still be liable for the difference between the maximum allowed amount and the non-participating provider’s charge. Please call the Member Services telephone number on your ID card for authorized referral information or to request authorization.

**Federal/State Taxes/Surcharges/Fees**

Federal or state laws or regulations may require a surcharge, tax or other fee. If applicable, we will include any such surcharge, tax or other fee as part of the claim charge passed on to you.

**DEDUCTIBLES, CO-PAYMENTS, OUT-OF-POCKET AMOUNTS AND MEDICAL BENEFIT MAXIMUMS**

After any applicable deductible and your Co-Payment is subtracted, the benefit program will pay benefits up to the maximum allowed amount, not to exceed the applicable Medical Benefit Maximum. The Deductible amounts, Co-Payments, Out-Of-Pocket Amounts and Medical Benefit Maximums are set forth in the SUMMARY OF BENEFITS.

**DEDUCTIBLES**

Each deductible under this plan is separate and distinct from the other. Only the covered charges that make up the maximum allowed amount will apply toward the satisfaction of any deductible except as specifically indicated in this booklet.

**Calendar Year Deductibles.** Each year, you will be responsible for satisfying the Member’s Calendar Year Deductible before we begin to pay benefits. If members of an enrolled family pay deductible expense in a year equal to the Family Deductible, the Calendar Year Deductible for all family members will be considered to have been met.

**Participating Providers and Other Health Care Providers.** The maximum allowed amount for the services of all providers will be applied to the participating provider and other health care provider Calendar Year Deductibles. When these deductibles are met, however, we will pay benefits only for the services of participating providers and other health care providers. We will not pay any benefits for non-participating providers unless the separate non-participating provider Calendar Year is met.

**Non-Participating Providers.** The maximum allowed amount for the services of all providers will be applied to the non-participating provider Calendar Year Deductibles. We will pay benefits for the services of non-participating providers only when the applicable non-participating provider deductible is met.
Inpatient Non-Certification Penalty Deductible. Each time you are admitted to a hospital without properly obtaining certification, you are responsible for paying the Inpatient Non-Certification Penalty Deductible. This deductible will not apply to an emergency admission or to medically necessary inpatient facility services available to you through the BlueCard Program. Certification is explained under the UTILIZATION REVIEW PROGRAM section of this booklet.

Note: You will no longer be responsible for paying any Inpatient Non-Certification Penalty Deductible for the remainder of the year once your Out-of-Pocket Amount is reached (see the SUMMARY OF BENEFITS section for details).

CO-PAYMENTS

After you have satisfied any applicable deductible, your Co-Payment will be subtracted from the maximum allowed amount remaining.

If your Co-Payment is a percentage, the applicable percentage will apply to the maximum allowed amount remaining after any deductible has been met. This will determine the dollar amount of your Co-Payment.

OUT-OF-POCKET AMOUNTS

Satisfaction of the Out-Of-Pocket Amount. If, after you have met your Calendar Year Deductible, if any, you pay Co-Payments equal to your Out-Of-Pocket Amount per member during a calendar year, you will no longer be required to make Co-Payments for any additional covered services and supplies during the remainder of that year, except as specifically stated below under Charges Which Do Not Apply Toward the Out-of-Pocket Amount.

If enrolled members of a family pay Co-Payments in a year equal to the Out-of-Pocket Amount per family, the Out-of-Pocket Amount for all members of that family will be considered to have been met. Once the family Out-of-Pocket Amount is satisfied, no member of that family will be required to make Co-Payments for any additional covered services or supplies during the remainder of that year, except as specifically stated under Charges Which Do Not Apply Toward the Out-of-Pocket Amount below. However, any expense previously applied to the Out-of-Pocket Amount per member in the same year will not be credited for any other member of that family.

Participating Providers and Other Health Care Providers. Only the maximum allowed amount for the services of a participating provider or other health care provider will be applied to the participating provider and other health care provider Out-of-Pocket Amount. After this Out-Of-Pocket Amount per member or family has been satisfied during a calendar year, you will no longer be required to make any Co-Payment for the covered services provided by a participating provider or other health care provider for the remainder of that year.

Non-Participating Providers. Only the maximum allowed amount for the services of a non-participating provider will be applied to the non-participating provider Out-Of-Pocket Amount. After this Out-Of-Pocket Amount per member or family has been satisfied during a calendar year, you will no longer be required to make any Co-Payment for the covered services provided by a non-participating provider for the remainder of that year.

NOTE:

- The Calendar Year Deductible will apply towards satisfaction of your Out-of-Pocket Amount.

Charges Which Do Not Apply Toward the Out-Of-Pocket Amount. The following expenses will not be applied toward satisfaction of an Out-Of-Pocket Amount:

- Expense which is incurred for non-covered services or supplies;
- Expense which is in excess of the amount of then maximum allowed amount; and
MEDICAL BENEFIT MAXIMUMS

The benefit program does not make benefit payments for any member in excess of any of the Medical Benefit Maximums.

CREDITING PRIOR BENEFIT PROGRAM COVERAGE

If you were covered by the benefit program administrator’s prior benefit program immediately before the benefit program administrator signs up with the claims administrator, with no lapse in coverage, then you will get credit for any accrued Calendar Year Deductible and, if applicable and approved by the claims administrator, Out of Pocket Amounts under the prior benefit program. This does not apply to individuals who were not covered by the prior benefit program on the day before the benefit program administrator’s coverage with the claims administrator began, or who join the benefit program administrator later.

If the benefit program administrator moves from one of the claims administrator’s plans to another, (for example, changes its coverage from HMO to PPO), and you were covered by the other product immediately before enrolling in this product with no break in coverage, then you may get credit for any accrued Calendar Year Deductible and Out of Pocket Amounts, if applicable and approved by the claims administrator. Any maximums, when applicable, will be carried over and charged against the Medical Benefit Maximums under this benefit program.

If the benefit program administrator offers more than one of the claims administrator’s products, and you change from one product to another with no break in coverage, you will get credit for any accrued Calendar Year Deductible and, if applicable, Out of Pocket Amounts and any maximums will be carried over and charged against Medical Benefit Maximums under this benefit program.

If the benefit program administrator offers coverage through other products or carriers in addition to the claims administrator’s, and you change products or carriers to enroll in this product with no break in coverage, you will get credit for any accrued Calendar Year Deductible, Out of Pocket Amount, and any Medical Benefit Maximums under this benefit program.

This Section Does Not Apply To You If:

- The benefit program administrator moves to this plan at the beginning of a calendar year;
- You change from one of the claims administrator’s individual policies to the benefit program administrator’s plan;
- You change employers; or
- You are a new member of the benefit program administrator who joins after the benefit program administrator’s initial enrollment with the claims administrator.
CONDITIONS OF COVERAGE

The following conditions of coverage must be met for expense incurred for services or supplies to be covered under this benefit program.

1. You must incur this expense while you are covered under this benefit program. Expense is incurred on the date you receive the service or supply for which the charge is made.

2. The expense must be for a medical service or supply furnished to you as a result of illness or injury or pregnancy, unless a specific exception is made.

3. The expense must be for a medical service or supply included in MEDICAL CARE THAT IS COVERED. Additional limits on covered charges are included under specific benefits and in the SUMMARY OF BENEFITS.

4. The expense must not be for a medical service or supply listed in MEDICAL CARE THAT IS NOT COVERED. If the service or supply is partially excluded, then only that portion which is not excluded will be covered under this benefit program.

5. The expense must not exceed any of the maximum benefits or limitations of this benefit program.

6. Any services received must be those which are regularly provided and billed by the provider. In addition, those services must be consistent with the illness, injury, degree of disability and your medical needs. Benefits are provided only for the number of days required to treat your illness or injury.

7. All services and supplies must be ordered by a physician.
MEDICAL CARE THAT IS COVERED

Subject to the Medical Benefit Maximums in the SUMMARY OF BENEFITS, the requirements set forth under CONDITIONS OF COVERAGE and the exclusions or limitations listed under MEDICAL CARE THAT IS NOT COVERED, the benefit program will provide benefits for the following services and supplies:

Acupuncture. The services of a physician for acupuncture treatment to treat a disease, illness or injury, including a patient history visit, physical examination, treatment planning and treatment evaluation, electroacupuncture, cupping and moxibustion. We will pay for up to 25 visits during a calendar year.

Advanced Imaging Procedures. Imaging procedures, including, but not limited to, Magnetic Resonance Imaging (MRI), Computerized Tomography (CT scans), Positron Emission Tomography (PET scan), Magnetic Resonance Spectroscopy (MRS scan), Magnetic Resonance Angiogram (MRA scan), Echocardiography and nuclear cardiac imaging are subject to pre-service review to determine medical necessity. You may call the toll-free Member Services telephone number on your identification card to find out if an imaging procedure requires pre-service review. See UTILIZATION REVIEW PROGRAM for details.

Allergy. Allergy testing and treatment, including serum.

Ambulance. Ambulance services are covered when you are transported by a state licensed vehicle that is designed, equipped, and used to transport the sick and injured and is staffed by Emergency Medical Technicians (EMTs), paramedics, or other licensed or certified medical professionals. Ambulance services are covered when one or more of the following criteria are met:

- For ground ambulance, you are transported:
  - From your home, or from the scene of an accident or medical emergency, to a hospital,
  - Between hospitals, including when you are required to move from a hospital that does not contract with the claims administrator to one that does, or
  - Between a hospital and a skilled nursing facility or other approved facility.

- For air or water ambulance, you are transported:
  - From the scene of an accident or medical emergency to a hospital,
  - Between hospitals, including when you are required to move from a hospital that does not contract with the claims administrator to one that does, or
  - Between a hospital and another approved facility.

Non-emergency ambulance services are subject to medical necessity reviews. Emergency ground ambulance services do not require pre-service review. Pre-service review is required for air ambulance in a non-medical emergency. When using an air ambulance in a non-emergency situation, the claims administrator reserves the right to select the air ambulance provider. If you do not use the air ambulance the claims administrator selects in a non-emergency situation, no coverage will be provided.

You must be taken to the nearest facility that can provide care for your condition. In certain cases, coverage may be approved for transportation to a facility that is not the nearest facility.

Coverage includes medically necessary treatment of an illness or injury by medical professionals from an ambulance service, even if you are not transported to a hospital. Ambulance services are not covered when another type of transportation can be used without endangering your health. Ambulance services for your convenience or the convenience of your family members or physician are not a covered service.

Other non-covered ambulance services include, but are not limited to, trips to:
• A physician’s office or clinic;
• A morgue or funeral home.

If provided through the 911 emergency response system*, ambulance services are covered if you reasonably believed that a medical emergency existed even if you are not transported to a hospital.

Important information about air ambulance coverage. Coverage is only provided for air ambulance services when it is not appropriate to use a ground or water ambulance. For example, if using a ground ambulance would endanger your health and your medical condition requires a more rapid transport to a hospital than the ground ambulance can provide, this benefit program will cover the air ambulance. Air ambulance will also be covered if you are in a location that a ground or water ambulance cannot reach.

Air ambulance will not be covered if you are taken to a hospital that is not an acute care hospital (such as a skilled nursing facility or a rehabilitation facility), or if you are taken to a physician’s office or to your home.

Hospital to hospital transport: If you are being transported from one hospital to another, air ambulance will only be covered if using a ground ambulance would endanger your health and if the hospital that first treats you cannot give you the medical services you need. Certain specialized services are not available at all hospitals. For example, burn care, cardiac care, trauma care, and critical care are only available at certain hospitals. For services to be covered, you must be taken to the closest hospital that can treat you. Coverage is not provided for air ambulance transfers because you, your family, or your physician prefers a specific hospital or physician.

* If you have an emergency medical condition that requires an emergency response, please call the “911” emergency response system if you are in an area where the system is established and operating.

Ambulatory Surgical Center. Services and supplies provided by an ambulatory surgical center in connection with outpatient surgery.

Ambulatory surgical center services are subject to pre-service review to determine medical necessity. Please refer to UTILIZATION REVIEW PROGRAM for information on how to obtain the proper reviews.

Bariatric Surgery. Services and supplies in connection with medically necessary surgery for weight loss, only for morbid obesity and only when performed at a designated BDCSC facility. See UTILIZATION REVIEW PROGRAM for details.

You must obtain pre-service review for all bariatric surgical procedures. Charges for services provided for or in connection with a bariatric surgical procedure performed at a facility other than a BDCSC will not be covered.

Bariatric Travel Expense. The following travel expense benefits will be provided in connection with a covered bariatric surgical procedure only when the member’s home is fifty (50) miles or more from the nearest bariatric BDCSC. All travel expenses must be approved by Anthem in advance. The fifty (50) mile radius around the BDCSC will be determined by the bariatric BDCSC coverage area. (See DEFINITIONS.)

• Transportation for the member to and from the BDCSC up to $130 per trip for a maximum of three (3) trips (one pre-surgical visit, the initial surgery and one follow-up visit).

• Transportation for one companion to and from the BDCSC up to $130 per trip for a maximum of two (2) trips (the initial surgery and one follow-up visit).

• Hotel accommodations for the member and one companion not to exceed $100 per day for the pre-surgical visit and the follow-up visit, up to two (2) days per trip or as medically necessary. Limited to one room, double occupancy.

• Hotel accommodations for one companion not to exceed $100 per day for the duration of the member’s initial surgery stay, up to four (4) days. Limited to one room, double occupancy.
Member Services will confirm if the “Bariatric Travel Expense” benefit is available in connection with access to the selected bariatric BDCSC. Details regarding reimbursement can be obtained by calling the Member Services number on your I.D. card. A travel reimbursement form will be provided for submission of legible copies of all applicable receipts in order to obtain reimbursement.

**Blood.** Blood transfusions, including blood processing and the cost of unreplaced blood and blood products. Charges for the collection, processing and storage of self-donated blood are covered, but only when specifically collected for a planned and covered surgical procedure.

**Breast Cancer.** Services and supplies provided in connection with the screening for, diagnosis of, and treatment for breast cancer whether due to illness or injury, including:

1. Diagnostic mammogram examinations in connection with the treatment of a diagnosed illness or injury. Routine mammograms will be covered initially under the Preventive Care Services benefit.

2. Breast cancer (BRCA) testing, if appropriate, in conjunction with genetic counseling and evaluation. When done as a preventive care service, BRCA testing will be covered under the Preventive Care Services benefit.

3. Mastectomy and lymph node dissection; complications from a mastectomy including lymphedema.

4. Reconstructive surgery of both breasts performed to restore and achieve symmetry following a medically necessary mastectomy.

5. Breast prostheses following a mastectomy (see “Prosthetic Devices”).

This coverage is provided according to the terms and conditions of this benefit program that apply to all other medical conditions.

**Chemotherapy.** This includes the treatment of disease using chemical or antineoplastic agents and the cost of such agents in a professional or facility setting.

**Christian Science Benefits.** The following provisions relate only to charges for Christian Science treatment:

1. A Christian Science sanatorium will be considered a hospital under the benefit program if it is accredited by the Commission for Accreditation of Christian Science Nursing Organizations/Facilities, Inc.

2. The term physician includes a Christian Science practitioner approved and accredited by the Commission for Accreditation of Christian Science Nursing Organizations/Facilities, Inc.

Benefits for the following services will be provided when a member manifests symptoms of a covered illness or injury and receives Christian Science treatment for such symptoms.

1. Services provided by a Christian Science sanatorium if the member is admitted for active care of an illness or injury.

2. Office visits for services of a Christian Science practitioner providing treatment for a diagnosed illness or injury according to the healing practices of Christian Science.

**NO BENEFITS ARE AVAILABLE FOR SPIRITUAL REFRESHMENT.** All other provisions of MEDICAL CARE THAT IS NOT COVERED apply equally to Christian Science benefits as to all other benefits and providers of care.

**Chiropractic Care.** Chiropractic services for manual manipulation of the spine to correct subluxation demonstrated by physician-read x-ray. We will pay for up to 25 visits during a calendar year.

**Clinical Trials.** Coverage is provided for routine patient costs you receive as a participant in an approved clinical trial. The services must be those that are listed as covered by this benefit program for members who are not enrolled in a clinical trial.
Routine patient care costs include items, services, and drugs provided to you in connection with an approved clinical trial that would otherwise be covered by the benefit program.

An “approved clinical trial” is a phase I, phase II, phase III, or phase IV clinical trial that studies the prevention, detection, or treatment of cancer or another life-threatening disease or condition, from which death is likely unless the disease or condition is treated. Coverage is limited to the following clinical trials:

1. Federally funded trials approved or funded by one or more of the following:
   a. The National Institutes of Health,
   b. The Centers for Disease Control and Prevention,
   c. The Agency for Health Care Research and Quality,
   d. The Centers for Medicare and Medicaid Services,
   e. A cooperative group or center of any of the four entities listed above or the Department of Defense or the Department of Veterans Affairs,
   f. A qualified non-governmental research entity identified in the guidelines issued by the National Institutes of Health for center support grants, or
   g. Any of the following departments if the study or investigation has been reviewed and approved through a system of peer review that the Secretary of Health and Human Services determines (1) to be comparable to the system of peer review of investigations and studies used by the National Institutes of Health, and (2) assures unbiased review of the highest scientific standards by qualified individuals who have no interest in the outcome of the review:
      i. The Department of Veterans Affairs,
      ii. The Department of Defense, or
      iii. The Department of Energy.

2. Studies or investigations done as part of an investigational new drug application reviewed by the Food and Drug Administration.

3. Studies or investigations done for drug trials that are exempt from the investigational new drug application.

Participation in the clinical trial must be recommended by your physician after determining participation has a meaningful potential to benefit you. All requests for clinical trials services, including requests that are not part of approved clinical trials, will be reviewed according to the benefit program's Clinical Coverage Guidelines, related policies and procedures.

Routine patient costs do not include the costs associated with any of the following:

1. The investigational item, device, or service.

2. Any item or service provided solely to satisfy data collection and analysis needs and that is not used in the clinical management of the patient.

3. Any service that is clearly inconsistent with widely accepted and established standards of care for a particular diagnosis.

4. Any item, device, or service that is paid for, by the sponsor of the trial or is customarily provided by the sponsor free of charge for any enrollee in the trial.

Note: You will be financially responsible for the costs associated with non-covered services.
Dental Care

1. **Admissions for Dental Care.** Listed inpatient hospital services for up to three days during a hospital stay, when such stay is required for dental treatment and has been ordered by a physician (M.D.) and a dentist (D.D.S. or D.M.D.). The claims administrator will make the final determination as to whether the dental treatment could have been safely rendered in another setting due to the nature of the procedure or your medical condition. Hospital stays for the purpose of administering general anesthesia are not considered necessary and are not covered except as specified in #2, below.

2. **General Anesthesia.** General anesthesia and associated facility charges when your clinical status or underlying medical condition requires that dental procedures be rendered in a hospital or ambulatory surgical center. This applies only if (a) the member is less than seven years old, (b) the member is developmentally disabled, or (c) the member's health is compromised and general anesthesia is medically necessary. Charges for the dental procedure itself, including professional fees of a dentist, may not be covered.

3. **Dental Injury.** Services of a physician (M.D.) or dentist (D.D.S. or D.M.D.) solely to treat an accidental injury to natural teeth. Coverage shall be limited to only such services that are medically necessary to repair the damage done by an accidental injury and/or restore function lost as a direct result of the accidental injury. Damage to natural teeth due to chewing or biting is not accidental injury unless the chewing or biting results from a medical or mental condition.

4. **Cleft Palate.** Medically necessary dental or orthodontic services that are an integral part of reconstructive surgery for cleft palate procedures. “Cleft palate” means a condition that may include cleft palate, cleft lip, or other craniofacial anomalies associated with cleft palate.

5. **Orthognathic Surgery.** Orthognathic surgery for a physical abnormality that prevents normal function of the upper or lower jaw and is medically necessary to attain functional capacity of the affected part.

**Important:** If you decide to receive dental services that are not covered under this benefit program, a participating provider who is a dentist may charge you his or her usual and customary rate for those services. Prior to providing you with dental services that are not a covered benefit, the dentist should provide a treatment plan that includes each anticipated service to be provided and the estimated cost of each service. If you would like more information about the dental services that are covered under this benefit program, please call the Member Services telephone number listed on your ID card. To fully understand your coverage under this benefit program, please carefully review this Benefit Program Summary.

**Diabetes.** Services and supplies provided for the treatment of diabetes, including:

1. The following equipment and supplies:
   a. Glucose monitors, including monitors designed to assist the visually impaired, and blood glucose testing strips.
   b. Insulin pumps.
   c. Pen delivery systems for insulin administration (non-disposable).
   d. Visual aids (but not eyeglasses) to help the visually impaired to properly dose insulin.
   e. Podiatric devices, such as therapeutic shoes and shoe inserts, to treat diabetes-related complications.

   Items a through d above are covered under this benefit program’s benefits for durable medical equipment (see "Durable Medical Equipment"). Item e above is covered under this benefit program's benefits for prosthetic devices (see "Prosthetic and Orthotic Devices").
2. Diabetes education program which:
   a. Is designed to teach a member who is a patient and covered members of the patient's family about the disease process and the daily management of diabetic therapy;
   b. Includes self-management training, education, and medical nutrition therapy to enable the member to properly use the equipment, supplies, and medications necessary to manage the disease; and
   c. Is supervised by a physician.

Diabetes education services are covered under your benefit program's benefits for office visits to physicians.

3. The following items are covered as medical supplies:
   a. Insulin syringes, disposable pen delivery systems for insulin administration. Charges for insulin and other prescriptive medications are not covered.
   b. Testing strips, lancets, and alcohol swabs.

4. Screenings for gestational diabetes are covered under your Preventive Care Services benefit. Please see that provision for further details.

Diagnostic Services. Outpatient diagnostic imaging and laboratory services. This does not include services covered under the "Advanced Imaging Procedures" provision of this section.

Durable Medical Equipment. Rental or purchase of dialysis equipment; dialysis supplies. Rental or purchase of other medical equipment and supplies which are:
1. Of no further use when medical needs end (but not disposable);
2. For the exclusive use of the patient;
3. Not primarily for comfort or hygiene;
4. Not for environmental control or for exercise; and
5. Manufactured specifically for medical use.

The claims administrator will determine whether the item satisfies the conditions above.

Family Planning. Family planning services, counseling and planning for problems of fertility and infertility, as medically necessary. Diagnosis and testing for infertility.

Infertility treatment, including GIFT, ZIFT, artificial insemination, in vitro fertilization, and any related laboratory procedures are not covered.

Gene Therapy Services. Your benefit program includes benefits for gene therapy services, when the claims administrator approves the benefits in advance through precertification. See the "Utilization Review Program" for details on the precertification process. To be eligible for coverage, services must be medically necessary and performed by an approved physician at an approved treatment center. Even if a physician is a participating provider for other services it may not be an approved provider for certain gene therapy services. Please call the claims administrator to find out which providers are approved physicians. (When calling Member Services, ask for the Transplant Case Manager for further details.)

Services Not Eligible for Coverage

Your benefit program does not include benefits for the following:
   i. Services determined to be Experimental / Investigational;
   ii. Services provided by a non-approved provider or at a non-approved facility; or
   iii. Services not approved in advance through precertification.
Hearing Aid Services. The following hearing aid services are covered when provided by or purchased as a result of a written recommendation from an otolaryngologist or a state-certified audiologist.

1. Audiological evaluations to measure the extent of hearing loss and determine the most appropriate make and model of hearing aid. These evaluations will be covered under the benefit program benefits for office visits to physicians. The benefits for these visits do not count toward the $2,000 benefit maximum for hearing aids.

2. Hearing aids (monaural or binaural) including ear mold(s), bone-anchored hearing aids, the hearing aid instrument, batteries, cords and other ancillary equipment.

3. Visits for fitting, counseling, adjustments and repairs for a one year period after receiving the covered hearing aid.

Covered charges under 2 and 3 above for hearing aids are limited to $2,000 toward the purchase of one or more hearing aids, every thirty-six (36) months. NOTE: The $2,000 benefit may cover less than 50% of the cost of one or two hearing aids.

Benefits will not be provided for charges for a hearing aid which exceeds the specifications prescribed for the correction of hearing loss, or for more than the benefit maximums in the “Medical Benefit Maximums” section.

NOTE: Hearing aids are not covered if provided by a non-participating provider.

Hemodialysis Treatment. This includes services related to renal failure and chronic (end-stage) renal disease, including hemodialysis, home intermittent peritoneal dialysis home continuous cycling peritoneal dialysis and home continuous ambulatory peritoneal dialysis.

The following renal dialysis services are covered:
- Outpatient maintenance dialysis treatments in an outpatient dialysis facility;
- Home dialysis; and
- Training for self-dialysis at home including the instructions for a person who will assist with self-dialysis done at a home setting.

Home Health Care. Benefits are available for covered services performed by a home health agency or other provider in your home. The following are services provided by a home health agency:

1. Services of a registered nurse or licensed vocational nurse under the supervision of a registered nurse or a physician.

2. Services of a licensed therapist for physical therapy, occupational therapy, speech therapy, or respiratory therapy.

3. Services of a medical social service worker.

4. Services of a health aide who is employed by (or who contracts with) a home health agency. Services must be ordered and supervised by a registered nurse employed by the home health agency as professional coordinator. These services are covered only if you are also receiving the services listed in 1 or 2 above. Other organizations may give services only when approved by the claims administrator, and their duties must be assigned and supervised by a professional nurse on the staff of the home health agency or other provider as approved by the claims administrator.

5. Medically necessary supplies provided by the home health agency.

When available in your area, benefits are also available for intensive in-home behavioral health services. These do not require confinement to the home. Please see the “MENTAL HEALTH AND SUBSTANCE USE DISORDER” benefit for a description of this coverage.
In no event will benefits exceed 100 visits during a calendar year. A visit of four hours or less by a home health aide shall be considered as one home health visit.

Home health care services are subject to pre-service review to determine medical necessity. Please refer to UTILIZATION REVIEW PROGRAM for information on how to obtain the proper reviews.

Home health care services are not covered if received while you are receiving benefits under the "Hospice Care" provision of this section.

**Hospice Care.** You are eligible for hospice care if your physician and the hospice medical director certify that you are terminally ill and likely have less than twelve (12) months to live. You may access hospice care while participating in a clinical trial or continuing disease modifying therapy, as ordered by your treating physician. Disease modifying therapy treats the underlying terminal illness.

The services and supplies listed below are covered when provided by a hospice for the palliative treatment of pain and other symptoms associated with a terminal disease. Palliative care is care that controls pain and relieves symptoms but is not intended to cure the illness. Covered services include:

1. Interdisciplinary team care with the development and maintenance of an appropriate plan of care. Medical direction with the medical director also responsible for meeting your general medical needs to the extent they are not met by your physician.

2. Short-term inpatient hospital care when required in periods of crisis or as respite care. Coverage of inpatient respite care is provided on an occasional basis and is limited to a maximum of five consecutive days per admission.

3. Skilled nursing services provided by or under the supervision of a registered nurse. Certified home health aide services and homemaker services provided under the supervision of a registered nurse.

4. Social services and counseling services provided by a qualified social worker.

5. Dietary and nutritional guidance. Nutritional support such as intravenous feeding or hyperalimentation.

6. Physical therapy, occupational therapy, speech therapy, and respiratory therapy provided by a licensed therapist.

7. Volunteer services provided by trained hospice volunteers under the direction of a hospice staff member.

8. Pharmaceuticals, medical equipment, and supplies necessary for the management of your condition. Oxygen and related respiratory therapy supplies.

9. Bereavement (grief) services, including a review of the needs of the bereaved family and the development of a care benefit program to meet those needs, both before and after the member's death. Bereavement services are available to the patient and those individuals who are closely linked to the patient, including the immediate family, the primary or designated care giver and individuals with significant personal ties, for one year after the member's death.

10. Palliative care (care which controls pain and relieves symptoms, but does not cure) which is appropriate for the illness.

Your physician must consent to your care by the hospice and must be consulted in the development of your treatment plan. The hospice must submit a written treatment plan to the claims administrator every 30 days.

Benefits for services beyond those listed above that are given for disease modification or palliation, such as but not limited to chemotherapy and radiation therapy, are available to a member in hospice. These services are covered under other parts of this plan.
This benefit program’s hospice benefit will meet or exceed Medicare’s hospice benefit. If you use a non-participating provider, that provider may also bill you for any charges over Medicare’s hospice benefit unless your claim involves a surprise billing claim.

**Hospital**

1. Inpatient services and supplies, provided by a hospital. The maximum allowed amount will not include charges in excess of the hospital’s prevailing two-bed room rate unless your physician orders, and the claims administrator authorizes, a private room as medically necessary.

2. Services in special care units.

3. Outpatient services and supplies provided by a hospital, including outpatient surgery.

Hospital services are subject to pre-service review to determine medical necessity. Please refer to UTILIZATION REVIEW PROGRAM for information on how to obtain the proper reviews.

**Infusion Therapy.** The following services and supplies, when provided by a home infusion therapy provider in your home, for the intravenous administration of your total daily nutritional intake or fluid requirements, including but not limited to Parenteral Therapy and Total Parenteral Nutrition (TPN), medication related to illness or injury, chemotherapy, antibiotic therapy, aerosol therapy, tocolytic therapy, special therapy, intravenous hydration, or pain management:

1. Medication, ancillary medical supplies and supply delivery, (not to exceed a 14-day supply); however medication which is delivered but not administered is not covered;

2. Hospital and home clinical visits related to the administration of infusion therapy, including skilled nursing services including those provided for: (a) patient or alternative caregiver training; and (b) visits to monitor the therapy;

3. Rental and purchase charges for durable medical equipment; maintenance and repair charges for such equipment;

4. Laboratory services to monitor the patient’s response to therapy regimen.

5. Total Parenteral Nutrition (TPN), Enteral Nutrition Therapy, antibiotic therapy, pain management, chemotherapy, and may also include injections (intra-muscular, subcutaneous, or continuous subcutaneous).

**Please note:** Only specified participating providers have been approved by the claims administrator to provide medications to treat hemophilia. To find an approved participating provider who can provide medications to treat hemophilia, please call the toll-free number printed on your identification card if you have any questions about making this determination. Drugs to treat hemophilia that you receive from a provider other than a participating provider approved by the claims administrator will be considered non-participating provider charges subject to the cost shares and any limitations associated with those services.

Infusion therapy provider services are subject to pre-service review to determine medical necessity. See UTILIZATION REVIEW PROGRAM for details.

**Injectable Drugs and Implants for Birth Control.** Injectable drugs and implants for birth control administered in a physician’s office if medically necessary.

Certain contraceptives are covered under the “Preventive Care Services” benefit. Please see that provision for further details.

**Transgender Services.** Services and supplies provided in connection with gender transition when you have been diagnosed with gender identity disorder or gender dysphoria by a physician. Our lifetime maximum payment will not exceed $75,000 for transgender surgery, or series of surgeries (if multiple surgical procedures are performed. This coverage is provided according to the terms and conditions of the plan that apply to all other covered medical conditions, including medical necessity requirements, utilization management, and exclusions for cosmetic services. Coverage includes, but
is not limited to, *medically necessary* services related to gender transition such as transgender surgery, hormone therapy, psychotherapy, and vocal training.

Coverage is provided for specific services according to *plan* benefits that apply to that type of service generally, if the *plan* includes coverage for the service in question. If a specific coverage is not included, the service will not be covered. For example, transgender surgery would be covered on the same basis as any other covered, *medically necessary* surgery.

Transgender services are subject to prior authorization in order for coverage to be provided. Please refer to UTILIZATION REVIEW PROGRAM for information on how to obtain the proper reviews.

**Transgender Travel Expense.** Certain travel expenses incurred in connection with an approved transgender surgery are covered, provided the expenses are authorized in advance by the *claims administrator*:

- Coach airfare for transportation to the facility where the surgery will be performed up to a maximum of $300 for round trip coach airfare.
- Lodging, limited to one room, double occupancy up to a maximum of 4 days, per trip.
- Expenses such as meals up to a maximum of $40 per day.
- Other reasonable expenses. Tobacco, alcohol, drug, and meal expenses are excluded.

Benefits will be provided for lodging, transportation, and other reasonable expenses up to the current limits set forth in the Internal Revenue Code, not to exceed the maximum amount specified above. This travel expense benefit is not available for non-surgical transgender services.

Details regarding reimbursement can be obtained by calling the Member Services number on your ID card. A travel reimbursement form will be provided for submission of legible copies of all applicable receipts in order to obtain reimbursement.

**Mental Health or Substance Use Disorder.** Covered services shown below for the *medically necessary* treatment of *mental health* or substance use disorder.

1. Inpatient *hospital* services and services from a *residential treatment center* as stated in the "Hospital" provision of this section, for inpatient services, and supplies.
2. Partial hospitalization *programs*, including intensive outpatient programs and visits to a *day treatment center*. Partial hospitalization *programs* are covered as stated in the “Hospital” provision of this section, for outpatient services and supplies.
3. *Physician* visits during a covered inpatient *stay*.
4. *Physician* visits (including virtual visits) and *intensive in-home behavioral health programs* for outpatient psychotherapy or psychological testing for the treatment of *mental health* or substance use disorder. This includes nutritional counseling for the treatment of eating disorders such as anorexia nervosa and bulimia nervosa.

Treatment for substance use disorder does not include smoking cessation programs, nor treatment for nicotine dependency or tobacco use.

Examples of providers from whom you can receive covered services include the following:

- Psychiatrist,
- Psychologist,
- Registered psychological assistant, as described in the CA Business and Professions Code,
- Psychology trainee or person supervised as set forth in the CA Business and Professions Code,
- Licensed clinical social worker (L.C.S.W.),
Virtual Visits (Telemedicine / Telehealth Visits). Covered services include virtual Telemedicine / Telehealth visits that are appropriately provided through the internet via video chat or voice. This includes visits with physicians who also provide services in person, as well as online-only physicians.

- “Medical Chat” means Covered Services accessed through our mobile app or website with a physician via text message or chat for limited medical care.

- “Telemedicine / Telehealth” means the delivery of health care or other health services using electronic communications and information technology, including: live (synchronous) secure videoconferencing or secure instant messaging through our mobile app or website. Covered services are provided to facilitate the diagnosis, consultation and treatment, education, care management and self-management of a patient's physical and/or mental health. Benefits for Telehealth are provided on the same basis and to the same extent as the same covered services provided through in-person contact. In-person contact between a health care physician and the patient is not required for these services, and the type of setting where these services are provided is not limited.

Please Note: Not all services can be delivered through virtual visits. Certain services require equipment and/or direct physical hands-on care that cannot be provided remotely. Also, please note that not all physicians offer virtual visits.

Benefits do not include the use of facsimile, texting (outside of our mobile app), website, electronic mail, or non-secure instant messaging. Benefits also do not include reporting normal lab or other test results, requesting office visits, getting answers to billing, insurance coverage or payment questions, asking for referrals to physicians outside our network, benefit precertification or physician to physician discussions.

If you have any questions about this coverage, please contact Member Services at the number on the back of your Identification Card.

For mental health or substance use disorder virtual care visits, please see the “Benefits for Mental Health and Substance Use Disorder” section for a description of this coverage.

Osteoporosis. Coverage for services related to diagnosis, treatment, and appropriate management of osteoporosis including, but not limited to, all Food and Drug Administration approved technologies, including bone mass measurement technologies as deemed medically necessary.

Outpatient Private Duty Nursing. We will pay for private duty nursing services of a licensed nurse (R.N., L.P.N. or L.V.N.) for a non-hospitalized acute illness or injury, provided your physician orders the services as medically necessary.

“Private duty” means a session of four or more hours that continuous nursing care is furnished to you alone.
Outpatient private duty nursing services are subject to pre-service review to determine medical necessity. See UTILIZATION REVIEW PROGRAM for details.

**Pediatric Asthma Equipment and Supplies.** The following items and services when required for the *medically necessary* treatment of asthma in a dependent child:

1. Nebulizers, including face masks and tubing, inhaler spacers, and peak flow meters. These items are covered under the benefit program’s medical benefits and are not subject to any limitations or maximums that apply to coverage for durable medical equipment (see "Durable Medical Equipment").

2. Education for pediatric asthma, including education to enable the child to properly use the items listed above. This education will be covered under the benefit program's benefits for office visits to a physician.

**Phenylketonuria (PKU).** Benefits for the testing and treatment of phenylketonuria (PKU) are paid on the same basis as any other medical condition. Coverage for treatment of PKU shall include those formulas and special food products that are part of a diet prescribed by a licensed physician and managed by a health care professional in consultation with a physician who specializes in the treatment of metabolic disease and who participates in or is authorized by the claims administrator. The diet must be deemed *medically necessary* to avert the development of serious physical or mental disabilities or to promote normal development or function as a consequence of PKU.

The cost of the necessary formulas and special food products is covered only as it exceeds the cost of a normal diet. "Formula" means an enteral product or products for use at home. The formula must be prescribed by a physician or nurse practitioner, or ordered by a registered dietician upon referral by a health care provider authorized to prescribe dietary treatments, and is *medically necessary* for the treatment of PKU. Formulas and special food products that are not obtained from a pharmacy are covered under this benefit.

“Special food product” means a food product that is all of the following:

- Prescribed by a physician or nurse practitioner for the treatment of PKU, and
- Consistent with the recommendations and best practices of qualified physicians with expertise in the treatment and care of PKU, and
- Used in place of normal food products, such as grocery store foods, used by the general population.

**Note:** It does not include a food that is naturally low in protein, but may include a food product that is specially formulated to have less than one gram of protein per serving.

**Physical Therapy, Physical Medicine, Occupational Therapy and Speech Therapy.** The following services provided by a physician under a treatment plan:

1. Physical therapy and physical medicine provided on an outpatient basis for the treatment of illness or injury including the therapeutic use of heat, cold, exercise, electricity, ultra violet radiation, manipulation of the spine, or massage for the purpose of improving circulation, strengthening muscles, or encouraging the return of motion. (This includes many types of care which are customarily provided by chiropractors, physical therapists and osteopaths. It does not include massage therapy services at spas or health clubs.)

2. Occupational therapy provided on an outpatient basis when the ability to perform daily life tasks has been lost or reduced by, or has not been developed due to, illness or injury including programs which are designed to rehabilitate mentally, physically or emotionally handicapped persons. Occupational therapy programs are designed to maximize or improve a patient's upper extremity function, perceptual motor skills and ability to function in daily living activities.

3. Speech therapy and Speech-language pathology (SLP) services that identify, assess, and treat speech, language, and swallowing disorders in children and adults. Therapy that will develop or
treat communication or swallowing skills to correct a speech impairment. Speech therapy following injury, illness or other medical condition, as medically necessary.

Benefits are not payable for care provided to relieve general soreness or for conditions that may be expected to improve without treatment. For the purposes of this benefit, the term “visit” shall include any visit by a physician in that physician’s office, or in any other outpatient setting, during which one or more of the services covered under this limited benefit are rendered, even if other services are provided during the same visit.

Up to 60 combined visits of therapy in a calendar year for all covered services are payable if medically necessary.

If covered charges are applied toward the Calendar Year Deductible and payment is not provided, that visit will be included in the visit maximum (60 combined visits) for that year.

If you receive chiropractic services from a non-participating provider and you need to submit a claim to the claims administrator, please send it to the address listed below. If you have any questions or are in need of assistance, please call the Member Services telephone number listed on your ID card.

American Specialty Health
P.O. Box 509001
San Diego, CA 92150-9001

Pregnancy and Maternity Care

1. All medical benefits for a member when provided for pregnancy or maternity care, including the following services:
   a. Prenatal, postnatal and postpartum care;
   b. Ambulatory care services (including ultrasounds, fetal non-stress tests, physician office visits, and other medically necessary maternity services performed outside of a hospital);
   c. Involuntary complications of pregnancy;
   d. Diagnosis of genetic disorders in cases of high-risk pregnancy; and
   e. Inpatient hospital care including labor and delivery.

   Inpatient hospital benefits in connection with childbirth will be provided for at least 48 hours following a normal delivery or 96 hours following a cesarean section, unless the mother and her physician decide on an earlier discharge. Please see the section entitled FOR YOUR INFORMATION for a statement of your rights under federal law regarding these services.

2. Medical hospital benefits for routine nursery care of a newborn child, if the child’s natural mother is a member. Routine nursery care of a newborn child includes screening of a newborn for genetic diseases, congenital conditions, and other health conditions provided through a program established by law or regulation.

3. Certain services are covered under the “Preventive Care Services” benefit. Please see that provision for further details.

Prescription Drug for Abortion. Mifepristone is covered when provided under the Food and Drug Administration (FDA) approved treatment regimen.

Prescription Drugs Obtained From Or Administered By a Medical Provider. Your benefit program includes benefits for prescription drugs when they are administered to you as part of a physician visit, services from a home health agency, or at an outpatient hospital. This includes drugs for infusion therapy, chemotherapy, blood products and any drug that must be administered by a physician. This section describes your benefits when your physician orders the medication and administers it to you.
If you receive medications to treat hemophilia, please see the note for your benefits under the “Infusion Therapy or Home Infusion Therapy” provision of this section.

Benefits for drugs that you inject or get at a retail pharmacy (i.e., self-administered drugs) are not covered under this section.

Non-duplication of benefits applies to pharmacy drugs under this benefit program. When benefits are provided for pharmacy drugs under the benefit program’s medical benefits, they will not be provided under your prescription drug benefits, if included.

Prior Authorization. Your plan includes certain features to determine when prescription drugs should be covered, which are described below. As part of these features, your prescribing physician may be asked to give more details before the claims administrator can decide if the drug is eligible for coverage. In order to determine if the prescription drug is eligible for coverage, the following criteria has been established.

The criteria, which are called drug edits, may include requirements regarding one or more of the following:

- Specific clinical criteria and/or recommendations made by state or federal agencies (including, but not limited to, requirements regarding age, test result requirements, presence of a specific condition or disease, quantity, dose and/or frequency of administration);
- Specific provider qualifications including, but not limited to, REMS certification (Risk, Evaluation and Mitigation Strategies) as recommended by the FDA;
- Step therapy requiring one drug, drug regimen or treatment be used prior to use of another drug, drug regimen or treatment for safety and/or cost-effectiveness when clinically similar results may be anticipated.
- Use of a prescription drug formulary which is a list of FDA-approved drugs that have been reviewed and recommended for use based on their quality and cost effectiveness.

Covered Prescription Drugs. To be a covered service, prescription drugs must be approved by the Food and Drug Administration (FDA) and, under federal law, require a prescription. Prescription drugs must be prescribed by a licensed physician and controlled substances must be prescribed by a licensed physician with an active DEA license.

Compound drugs are a covered service when a commercially available dosage form of a medically necessary medication is not available, all the ingredients of the compound drug are FDA approved in the form in which they are used in the compound drug, require a prescription to dispense, and are not essentially the same as an FDA approved product from a drug manufacturer. Non-FDA approved, non-proprietary, multisource ingredients that are vehicles essential for compound administration may be covered.

Your plan also covers certain over-the-counter drugs that must be covered under federal law, when prescribed by a physician, subject to all terms of this plan that apply to those benefits. Please see the “Preventive Care Services” provision of MEDICAL CARE THAT IS COVERED for additional details.

Precertification: You or your physician can get the list of the prescription drugs that require prior authorization by calling the phone number on the back of your ID card or check the claims administrator’s website at www.anthem.com. The list will be reviewed and updated from time to time. Including a prescription drug or related item on the list does not guarantee coverage under your plan. Your physician may check with the plan to verify prescription drug coverage, to find out which prescription drug are covered under this section and if any drug edits apply. However, if it is determined through prior authorization that the drug originally prescribed is medically necessary and is cost effective, you will be provided the drug originally requested. If, when you first become a member, you are already being treated for a medical condition by a drug that has been appropriately prescribed and is considered safe and effective for your medical condition, the claims administrator will not require you to try a drug other than the one you are currently taking.
In order for you to get a *specialty pharmacy drug* that requires prior authorization, your *physician* must submit a request to the *benefit program* using the required uniform prior authorization request form. If you’re requesting an exception to the step therapy process, your *physician* must use the same form. The request, for either prior authorization or step therapy exceptions, may be made by either mail, telephone, facsimile, or it may be made electronically. At the time the request is initiated, specific clinical information will be requested from your *physician* based on medical policy and/or clinical guidelines, based specifically on your diagnosis and/or the *physician’s* statement in the request or clinical rationale for the *specialty pharmacy drug*.

After the *benefit program* receives the request from your *physician*, the *claims administrator* will review the request and respond within the following time periods:

- 72 hours for non-urgent requests, and
- 24 hours if exigent circumstances exist. Exigent circumstances exist if you are suffering from a health condition that may seriously jeopardize your life, health, or ability to regain maximum function, or if you are undergoing a current course of treatment using a drug not covered by the *benefit program*.

If you have any questions regarding whether a *specialty pharmacy drug* requires prior authorization, please call the number on the back of your ID Card.

If a request for prior authorization of a *specialty pharmacy drug* is denied, you or your prescribing *physician* may appeal the decision by calling the number on the back of your ID Card.

**Preventive Care Services.** Preventive care includes screenings and other services for adults and children. All recommended preventive services will be covered as required by the Affordable Care Act (ACA) and applicable state law. This means for preventive care services, the calendar year deductible will not apply to these services or supplies when they are provided by a *participating provider*. No co-payment will apply to these services or supplies when they are provided by a *participating provider*.

Certain benefits for *members* who have current symptoms or a diagnosed health problem may be covered under a different benefit instead of this benefit, if the coverage does not fall within the state or ACA-recommended preventive care services.

1. A *physician’s* services for routine physical examinations.
2. Immunizations prescribed by the examining *physician*.
3. Radiology and laboratory services and tests ordered by the examining *physician* in connection with a routine physical examination, excluding any such tests related to an illness or injury. Those radiology and laboratory services and tests related to an illness or injury will be covered as any other medical service available under the terms and conditions of the provision “Diagnostic Services”.
4. Health screenings as ordered by the examining *physician* for the following: breast cancer, including BRCA testing if appropriate (in conjunction with genetic counseling and evaluation), cervical cancer, including human papillomavirus (HPV), prostate cancer, colorectal cancer, and other medically accepted cancer screening tests, blood lead levels, high blood pressure, type 2 diabetes mellitus, cholesterol, obesity, and screening for iron deficiency anemia in pregnant women.
5. Human immunodeficiency virus (HIV) testing, regardless of whether the testing is related to a primary diagnosis, including screenings for pre-exposure prophylaxis (PrEP) for prevention of HIV infection.
6. Counseling and risk factor reduction intervention services for sexually transmitted infections, human immunodeficiency virus (HIV), contraception, tobacco use, and tobacco use-related diseases.
7. Additional preventive care and screening for women provided for in the guidelines supported by the Health Resources and Services Administration, including the following:

   a. All FDA-approved contraceptive drugs, devices and other products for women, including over-the-counter items, if prescribed by a physician. This includes contraceptive drugs as well as other contraceptive medications such as injectable contraceptives and patches devices such as diaphragms, intrauterine devices (IUDs) and implants, as well as voluntary sterilization procedures, contraceptive education and counseling. It also includes follow-up services related to the drugs, devices, products and procedures, including but not limited to management of side effects, counseling for continued adherence, and device insertion and removal.

   At least one form of contraception in each of the methods identified in the FDA’s Birth Control Guide will be covered as preventive care under this section. If there is only one form of contraception in a given method, or if a form of contraception is deemed not medically advisable by a physician, the prescribed FDA-approved form of contraception will be covered as preventive care under this section.

   In order to be covered as preventive care, contraceptive prescription drugs must be either a generic oral contraceptive. *Brand name drugs* will be covered as preventive care services when medically necessary according to your attending doctor.

   b. Breast feeding support, supplies, and counseling. One breast pump will be covered per pregnancy under this benefit.

   c. Gestational diabetes screening.

   d. Preventive prenatal care.

8. Preventive services for certain high-risk populations as determined by your physician, based on clinical expertise.

This list of preventive care services is not exhaustive. Preventive tests and screenings with a rating of A or B in the current recommendations of the United States Preventive Services Task Force (USPSTF), or those supported by the Health Resources and Services Administration (HRSA) will be covered with no copayment and will not apply to the calendar year deductible.

See the definition of “Preventive Care Services” in the DEFINITIONS section for more information about services that are covered by this benefit program as preventive care services.

You may call Member Services using the number on your ID card for additional information about these services. You may also view the federal government’s web sites:

https://www.healthcare.gov/what-are-my-preventive-care-benefits

http://www.ahrq.gov

http://www.cdc.gov/vaccines/acip/index.html

**Professional Services**

1. Services of a physician.

2. Services of an anesthetist (M.D. or C.R.N.A.).

**Prosthetic and Orthotic Devices**

1. Breast prostheses and surgical bras following a mastectomy.

2. *Prosthetic devices* to restore a method of speaking when required as a result of a covered medically necessary laryngectomy.
3. The benefit program will pay for other medically necessary prosthetic devices, including:

   a. Surgical implants;
   b. Artificial limbs or eyes; and
   c. The first pair of contact lenses or eye glasses when required as a result of a covered medically necessary eye surgery.
   d. Scalp hair prostheses when required as a result of hair loss due to alopecia areata or alopecia totalis, chemotherapy, radiation therapy or permanent hair loss due to burn injuries, limited to $3,000 during your lifetime;
   e. Therapeutic shoes and inserts for the prevention and treatment of diabetes-related foot complications; and
   f. Benefits are available for certain types of orthotics (braces, boots, splints). Covered services include the initial purchase, fitting, and repair of a custom made rigid or semi-rigid supportive device used to support, align, prevent, or correct deformities or to improve the function of movable parts of the body, or which limits or stops motion of a weak or diseased body part.

Radiation Therapy. This includes treatment of disease using x-ray, radium or radioactive isotopes, other treatment methods (such as teletherapy, brachytherapy, intra operative radiation, photon or high energy particle sources), material and supplies used in the therapy process and treatment planning. These services can be provided in a facility or professional setting.

Reconstructive Surgery. Reconstructive surgery performed to correct deformities caused by congenital or developmental abnormalities, illness, or injury for the purpose of improving bodily function or symptomatology or creating a normal appearance. This includes medically necessary dental or orthodontic services that are an integral part of reconstructive surgery for cleft palate procedures. “Cleft palate” means a condition that may include cleft palate, cleft lip, or other craniofacial anomalies associated with cleft palate.

This does not apply to orthognathic surgery. Please see the “Dental Care” provision below for a description of this service.

Skilled Nursing Facility. Inpatient services and supplies provided by a skilled nursing facility, for up to 240 days per calendar year. The amount by which your room charge exceeds the prevailing two-bed room rate of the skilled nursing facility is not considered covered under this benefit program.

Skilled nursing facility services and supplies are subject to pre-service review to determine medical necessity. Please refer to UTILIZATION REVIEW PROGRAM for information on how to obtain the proper reviews.

Sterilization Services. Benefits include sterilization services and services to reverse a non-elective sterilization that resulted from an illness or injury. Reversals of elective sterilizations are not covered.

Certain sterilizations for women are covered under the “Preventive Care Services” benefit. Please see that provision for further details.

Transplant Services. Services and supplies provided in connection with a non-investigative human solid organ or tissue transplant, if you are: (1) the organ or tissue recipient; or (2) the organ or tissue donor.

Organ and tissue donor acquisition costs are limited to $10,000 per transplant.

Benefits for an organ donor are as follows:

- When both the person donating the organ and the person getting the organ are covered members under this benefit program, each will get benefits under their plans.
- When the person getting the organ is a member under this benefit program, but the person donating the organ is not, benefits under this benefit program are limited to benefits not available
to the donor from any other source. This includes, but is not limited to, other insurance, grants, foundations, and government programs.

- If a member covered under this benefit program is donating the organ to someone who is not a member, benefits are not available under this benefit program.

The maximum allowed amount does not include charges for services received without first obtaining the claims administrator’s prior authorization or which are provided at a facility other than a transplant center approved by us. See UTILIZATION REVIEW PROGRAM for details.

Please call the Transplant Department as soon as you think you may need a transplant to talk about your benefit options. You must do this before you have an evaluation and/or work-up for a transplant. To get the most benefits under your benefit program, you must get certain human organ and tissue transplant services from a participating transplant provider that we have chosen as a Centers of Medical Excellence for Transplant Provider and/or a provider designated as an participating transplant provider by the Blue Cross and Blue Shield Association. Even if a hospital is a participating provider for other services, it may not be a participating transplant provider for certain transplant services. Please call us to find out which hospitals are participating transplant providers. (When calling Member Services, ask for the Transplant Case Manager for further details.)

The claims administrator will help you maximize your benefits by giving you coverage information, including details on what is covered and if any clinical coverage guidelines, medical policies, Centers of Medical Excellence (CME) or Blue Distinction Centers for Specialty Care (BDCSC) rules, or exclusions apply.

You or your physician must call the Transplant Department for pre-service review prior to the transplant, whether it is performed in an inpatient or outpatient setting. Prior authorization is required before the benefit program will provide benefits for a transplant. Your physician must certify, and the claims administrator must agree, that the transplant is medically necessary. Your physician should send a written request for prior authorization to the claims administrator as soon as possible to start this process. Not getting prior authorization will result in a denial of benefits.

Please note that your physician may ask for approval for HLA (human leukocyte antigen) testing, donor searches, or collection and storage of stem cells prior to the final decision as to what transplant procedure will be needed. In these cases, the HLA testing and donor search charges will be covered as routine diagnostic tests. The collection and storage request will be reviewed for medical necessity and may be approved. However, such an approval for HLA testing, donor search, or collection and storage is NOT an approval for the later transplant. A separate medical necessity decision will be needed for the transplant itself.

Specified Transplants

You must obtain the claims administrator’s prior authorization for all services including, but not limited to, preoperative tests and postoperative care related to the following specified transplants: heart, liver, lung, combination heart-lung, kidney, pancreas, simultaneous pancreas-kidney, or bone marrow/stem cell and similar procedures. Specified transplants must be performed at Centers of Medical Excellence (CME) or Blue Distinction Centers for Specialty Care (BDCSC). Charges for services provided for or in connection with a specified transplant performed at a facility other than a CME or BDCSC will not be considered covered. Call the toll-free telephone number for pre-service review on your identification card if your physician recommends a specified transplant for your medical care. A case manager transplant coordinator will assist in facilitating your access to a CME or BDCSC. See UTILIZATION REVIEW PROGRAM for details.

Transplant Travel Expense. The following travel expenses in connection with an approved, specified organ transplant (heart, liver, lung, heart-lung, kidney-pancreas, or bone marrow, including autologous bone marrow transplant, peripheral stem cell replacement and similar procedures) performed at a specific CME or BDCSC only when the recipient or donor’s home is more than 250 miles from the specific CME or BDCSC, provided the expenses are approved by the claims administrator in advance:
1. For the recipient and a companion, per transplant episode, up to six trips per episode:
   a. Round trip coach airfare to the CME or BDCSC, not to exceed $300 per person per trip.
   b. Hotel accommodations, not to exceed $100 per day for up to 21 days per trip, limited to one room, double occupancy.
   c. Other expenses, such as meals, not to exceed $40 per day for each person, for up to 21 days per trip.

2. For the donor, per transplant episode, limited to one trip:
   a. Round trip coach airfare to the CME or BDCSC, not to exceed $300.
   b. Hotel accommodations, not to exceed $100 per day for up to 7 days.
   c. Other expenses, such as meals, not to exceed $40 per day, for up to 7 days.

**Urgent Care.** Services and supplies received to prevent serious deterioration of your health or, in the case of pregnancy, the health of the unborn child, resulting from an unforeseen illness, medical condition, or complication of an existing condition, including pregnancy, for which treatment cannot be delayed. Urgent care services are not emergency services. Services for urgent care are typically provided by an urgent care center or other facility such as a physician’s office. Urgent care can be obtained from participating providers or non-participating providers.
MEDICAL CARE THAT IS NOT COVERED

No payment will be made under this benefit program for expenses incurred for or in connection with any of the items below. (The titles given to these exclusions and limitations are for ease of reference only; they are not meant to be an integral part of the exclusions and limitations and do not modify their meaning.)

**Acupressure.** Acupressure, or massage to control pain, treat illness or promote health by applying pressure to one or more specific areas of the body based on dermatomes or acupuncture points.

**Aids for Non-verbal Communication.** Devices and computers to assist in communication and speech except for speech aid devices and tracheoesophageal voice devices approved by the claims administrator.

**Air Conditioners.** Air purifiers, air conditioners, or humidifiers.

**Autopsies.** Autopsies and post-mortem testing.

**Clinical Trials.** Any investigational drugs or devices, non-health services required for you to receive the treatment, the costs of managing the research, or costs that would not be a covered service under this benefit program for Non-Investigative treatments, except as specifically stated in the “Clinical Trials” provision under the section MEDICAL CARE THAT IS COVERED.

**Commercial Weight Loss Programs.** Weight loss programs, whether or not they are pursued under medical or physician supervision, unless specifically listed as covered in this benefit program.

This exclusion includes, but is not limited to, commercial weight loss programs (Weight Watchers, Jenny Craig, LA Weight Loss) and fasting programs.

This exclusion does not apply to medically necessary treatments for morbid obesity or dietary evaluations and counseling, and behavioral modification programs for the treatment of anorexia nervosa or bulimia nervosa. Surgical treatment for morbid obesity will be covered only when criteria is met as recommended by the claims administrator’s Medical Policy.

**Contraceptive Devices.** Contraceptive devices prescribed for birth control except as specifically stated in the “Injectable Drugs and Implants for Birth Control” provision in MEDICAL CARE THAT IS COVERED.

**Cosmetic Surgery.** Cosmetic surgery or other services performed solely for beautification or to alter or reshape normal (including aged) structures or tissues of the body to improve appearance. This exclusion does not apply to reconstructive surgery (that is, surgery performed to correct deformities caused by congenital or developmental abnormalities, illness, or injury for the purpose of improving bodily function or symptomatology or to create a normal appearance), including surgery performed to restore symmetry following mastectomy. Cosmetic surgery does not become reconstructive surgery because of psychological or psychiatric reasons.

**Incarceration.** For care required while incarcerated in a federal, state or local penal institution or required while in custody of federal, state or local law enforcement authorities, including work release programs, unless otherwise required by law or regulation.

**Custodial Care or Rest Cures.** Inpatient room and board charges in connection with a hospital stay primarily for environmental change or physical therapy, unless pre-authorized. Custodial care or rest cures, except as specifically provided under the "Hospice Care" or "Infusion Therapy" provisions of MEDICAL CARE THAT IS COVERED. Services provided by a rest home, a home for the aged, a nursing home or any similar facility. Services provided by a skilled nursing facility, except as specifically stated in the "Skilled Nursing Facility" provision of MEDICAL CARE THAT IS COVERED.

**Dental Devices for Snoring.** Oral appliances for snoring.
Dental Services or Supplies. For dental treatment, regardless of origin or cause, except as specified below. "Dental treatment" includes but is not limited to preventative care and fluoride treatments; dental x rays, supplies, appliances, dental implants and all associated expenses; diagnosis and treatment related to the teeth, jawbones or gums, including but not limited to:

- Extraction, restoration, and replacement of teeth;
- Services to improve dental clinical outcomes.

This exclusion does not apply to the following:

- Services which the claims administrator is required by law to cover;
- Services specified as covered in this benefit program;
- Dental services to prepare the mouth for radiation therapy to treat head and/or neck cancer.

Educational or Academic Services. Services, supplies or room and board for teaching, vocational, or self-training purposes. This includes, but is not limited to boarding schools and/or the room and board and educational components of a residential program where the primary focus of the program is educational in nature rather than treatment based.

See the definition of “Preventive Care Services” in the DEFINITIONS section for more information about services that are covered by this benefit program as preventive care services.

Excess Amounts. Any amounts in excess of maximum allowed amounts, except for surprise billing claims as outlined in the “Consolidated Appropriations Act of 2021 Notice” in the front of this Booklet, or any Medical Benefit Maximum.

Experimental or Investigative. Any experimental or investigative procedure or medication. But, if you are denied benefits because it is determined that the requested treatment is experimental or investigative, you may request that the denial be reviewed.

Eye Surgery for Refractive Defects. Any eye surgery solely or primarily for the purpose of correcting refractive defects of the eye such as nearsightedness (myopia) and/or astigmatism. Contact lenses and eyeglasses required as a result of this surgery.

Food or Dietary Supplements. Nutritional and/or dietary supplements, except as provided in this benefit program or as required by law. This exclusion includes, but is not limited to, those nutritional formulas and dietary supplements that can be purchased over the counter, which by law do not require either a written prescription or dispensing by a licensed pharmacist.

Government Treatment. Any services you actually received that were provided by a local, state or federal government agency, or by a public school system or school district, except when payment under this benefit program is expressly required by federal or state law. We will not cover payment for these services if you are not required to pay for them or they are given to you for free. You are not required to seek any such services prior to receiving medically necessary health care services that are covered by this benefit program.

Growth Hormone Treatment. Any treatment, device, drug, service or supply (including surgical procedures, devices to stimulate growth and growth hormones), solely to increase or decrease height or alter the rate of growth.

Health Club Memberships. Health club memberships, exercise equipment, charges from a physical fitness instructor or personal trainer, or any other charges for activities, equipment or facilities used for developing or maintaining physical fitness, even if ordered by a physician. This exclusion also applies to health spas.

Hearing Aids or Tests. Hearing aids and routine hearing tests, including bone-anchored hearing aids except as specifically stated in the “Hearing Aid Services” provision of MEDICAL CARE THAT IS COVERED. Routine hearing tests, except as specifically provided under the “Preventive Care Services” and “Hearing Aid Services” provisions of MEDICAL CARE THAT IS COVERED.
**Hospital Services Billed Separately.** Services rendered by hospital resident physicians or interns that are billed separately. This includes separately billed charges for services rendered by employees of hospitals, labs or other institutions, and charges included in other duplicate billings.

**Hyperhidrosis Treatment.** Medical and surgical treatment of excessive sweating (hyperhidrosis).

**Infertility Treatment.** Any services or supplies furnished in connection with the diagnosis and treatment of infertility, except as specifically stated in “Infertility Treatment” provision of MEDICAL CARE THAT IS COVERED.

**Inpatient Diagnostic Tests.** Inpatient room and board charges in connection with a hospital stay primarily for diagnostic tests which could have been performed safely on an outpatient basis.

**In-vitro Fertilization.** Services or supplies for in-vitro fertilization (IVF) for purposes of pre-implant genetic diagnosis (PGD) of embryos, regardless of whether they are provided in connection with infertility treatment.

**Lifestyle Programs.** Programs to alter one’s lifestyle which may include but are not limited to diet, exercise, imagery or nutrition. This exclusion will not apply to cardiac rehabilitation programs approved by the claims administrator.

**Medical Equipment, Devices and Supplies.** This benefit program does not cover the following:

- Replacement or repair of purchased or rental equipment because of misuse, abuse, or loss/theft.
- Surgical supports, corsets, or articles of clothing unless needed to recover from surgery or injury.
- Enhancements to standard equipment and devices that is not medically necessary.
- Supplies, equipment and appliances that include comfort, luxury, or convenience items or features that exceed what is medically necessary in your situation.
- Disposable supplies for use in the home such as bandages, gauze, tape, antiseptics, dressings, ace-type bandages, and any other supplies, dressings, appliances or devices that are not specifically listed as covered under the “Durable Medical Equipment” provision of MEDICAL CARE THAT IS COVERED.

This exclusion does not apply to the medically necessary treatment of specifically stated in “Durable Medical Equipment” provision of MEDICAL CARE THAT IS COVERED.

**Mental Health or Substance Use Disorder.** Academic or educational testing, counseling, and remediation. Any treatment of mental health or substance use disorder, including rehabilitative care in relation to these conditions, except as specifically stated in the "Mental Health or Substance Use Disorder" provision of MEDICAL CARE THAT IS COVERED. Any educational treatment or any services that are educational, vocational, or training in nature except as specifically provided or arranged by the claims administrator.

**Mobile/Wearable Devices.** Consumer wearable / personal mobile devices such as a smart phone, smart watch, or other personal tracking devices), including any software or applications.

**Non-Approved Facility.** Services from a physician that does not meet the definition of facility.

**Non-Licensed Providers.** Treatment or services rendered by non-licensed health care providers and treatment or services for which the provider of services is not required to be licensed. This includes treatment or services from a non-licensed provider under the supervision of a licensed physician, except as specifically provided or arranged by the claims administrator.

**Not Covered.** Services received before your effective date or after your coverage ends.

**Not Medically Necessary.** Services or supplies that are not medically necessary, as defined.
Optometric Services or Supplies. Optometric services, eye exercises including orthoptics. Routine eye exams and routine eye refractions, except as specifically provided under the “Preventive Care Services” provision of MEDICAL CARE THAT IS COVERED. Eyeglasses or contact lenses, except as specifically stated in the “Prosthetic Devices” provision of MEDICAL CARE THAT IS COVERED.

Orthodontia. Braces and other orthodontic appliances or services, except as specifically stated in the “Reconstructive Surgery” or “Dental Care” provisions of MEDICAL CARE THAT IS COVERED.

Foot Orthotics. Foot orthotics, orthopedic shoes or footwear or support items unless used for a systemic illness affecting the lower limbs, such as severe diabetes.

Outpatient Prescription Drugs and Medications. Outpatient prescription drugs or medications and insulin, except as specifically stated in the “Prescription Drug for Abortion”, or “Preventive Care Services” provisions of MEDICAL CARE THAT IS COVERED. Non-prescription, over-the-counter patent or proprietary drugs or medicines, except as specifically stated in this benefit program. Cosmetics, health or beauty aids. However, health aids that are medically necessary and meet the requirements for durable medical equipment as specified under the “Durable Medical Equipment” provision of MEDICAL CARE THAT IS COVERED, are covered, subject to all terms of this benefit program that apply to that benefit.

Outpatient Occupational Therapy. Outpatient occupational therapy, except by a home health agency, hospice or infusion therapy provider as specifically stated in the “Home Health Care”, “Hospice Care”, “Infusion Therapy”, or “Physical Therapy, Physical Medicine, Occupational Therapy And Speech Therapy” provisions of MEDICAL CARE THAT IS COVERED.

Personal Items. Any supplies for comfort, hygiene or beautification.

Physical Therapy or Physical Medicine. Services of a physician for physical therapy or physical medicine, except when provided during a covered inpatient confinement, or as specifically stated in the “Home Health Care”, “Hospice Care”, “Infusion Therapy” or “Physical Therapy, Physical Medicine, Occupational Therapy and Speech Therapy” provisions of MEDICAL CARE THAT IS COVERED.

Private Contracts. Services or supplies provided pursuant to a private contract between the member and a provider, for which reimbursement under the Medicare program is prohibited, as specified in Section 1802 (42 U.S.C. 1395a) of Title XVIII of the Social Security Act.

Private Duty Nursing. Inpatient or outpatient services of a private duty nurse, except as specifically stated in “Outpatient Private Duty Nursing” provision of MEDICAL CARE THAT IS COVERED.

Residential accommodations. Residential accommodations to treat medical or behavioral health conditions, except when provided in a hospital, hospice, skilled nursing facility or residential treatment center.

This exclusion includes procedures, equipment, services, supplies or charges for the following:

- Domiciliary care provided in a residential institution, treatment center, halfway house, or school because a member’s own home arrangements are not available or are unsuitable, and consisting chiefly of room and board, even if therapy is included.

- Care provided or billed by a hotel, health resort, convalescent home, rest home, nursing home or other extended care facility home for the aged, infirmary, school infirmary, institution providing education in special environments, supervised living or halfway house, or any similar facility or institution.

- Services or care provided or billed by a school, custodial care center for the developmentally disabled, or outward bound programs, even if psychotherapy is included.

Routine Physicals and Immunizations. Physical exams and immunizations required for travel, enrollment in any insurance program, as a condition of employment, for licensing, sports programs, or for other purposes, which are not required by law under the “Preventive Care Services” provision of MEDICAL CARE THAT IS COVERED.
Scalp hair prostheses. Scalp hair prostheses, including wigs or any form of hair replacement, except as specifically stated in the "Prosthetic and Orthotic Devices" provision.

Family Members. Services prescribed, ordered, referred by or given by a member of your immediate family, including your spouse, child, brother, sister, parent, in-law or self.

Speech Therapy. Speech therapy except as stated in the "Physical Therapy, Physical Medicine, Occupational Therapy And Speech Therapy" provision of MEDICAL CARE THAT IS COVERED.

Sterilization Reversal. Reversal of an elective sterilization.

Surrogate Mother Services. For any services or supplies provided to a person not covered under the benefit program in connection with a surrogate pregnancy (including, but not limited to, the bearing of a child by another woman for an infertile couple).

Telephone and Facsimile Machine Consultations. Consultations provided by telephone or facsimile machine.

Unlisted Services. Services not specifically listed in this booklet as covered services.

Varicose Vein Treatment. Treatment of varicose veins or telangiectatic dermal veins (spider veins) by any method (including sclerotherapy or other surgeries) when services are rendered for cosmetic purposes.

Voluntary Payment. Services for which you are not legally obligated to pay Services for which you are not charged. Services for which no charge is made in the absence of insurance coverage, except services received at a non-governmental charitable research hospital. Such a hospital must meet the following guidelines:

1. It must be internationally known as being devoted mainly to medical research;
2. At least 10% of its yearly budget must be spent on research not directly related to patient care;
3. At least one-third of its gross income must come from donations or grants other than gifts or payments for patient care;
4. It must accept patients who are unable to pay; and
5. Two-thirds of its patients must have conditions directly related to the hospital’s research.

Waived Cost-Shares Non-Participating Provider. For any service for which you are responsible under the terms of this benefit program to pay a co-payment or deductible, and the co-payment or deductible is waived by a non-participating provider.

Work-Related. Work-related conditions if benefits are recovered or can be recovered, either by adjudication, settlement or otherwise, under any workers’ compensation, employer’s liability law or occupational disease law, even if you do not claim those benefits.

Wilderness. Wilderness or other outdoor camps and/or programs.
SUBROGATION AND REIMBURSEMENT

These provisions apply when the benefit program pays benefits as a result of injuries or illnesses you sustained and you have a right to a Recovery or have received a Recovery from any source. A “Recovery” includes, but is not limited to, monies received from any person or party, any person’s or party’s liability insurance, uninsured/underinsured motorist proceeds, worker’s compensation insurance or fund, “no-fault” insurance and/or automobile medical payments coverage, whether by lawsuit, settlement or otherwise. Regardless of how you or your representative or any agreements characterize the money you receive as a Recovery, it shall be subject to these provisions.

Subrogation

The benefit program has the right to recover payments it makes on your behalf from any party responsible for compensating you for your illnesses or injuries. The following apply:

- The benefit program has first priority from any Recovery for the full amount of benefits it has paid regardless of whether you are fully compensated, and regardless of whether the payments you receive make you whole for your losses, illnesses and/or injuries.
- You and your legal representative must do whatever is necessary to enable the benefit program to exercise the benefit program’s rights and do nothing to prejudice those rights.
- In the event that you or your legal representative fail to do whatever is necessary to enable the benefit program to exercise its subrogation rights, the benefit program shall be entitled to deduct the amount the benefit program paid from any future benefits under the benefit program.
- The benefit program has the right to take whatever legal action it sees fit against any person, party or entity to recover the benefits paid under the benefit program.
- To the extent that the total assets from which a Recovery is available are insufficient to satisfy in full the benefit program's subrogation claim and any claim held by you, the benefit program's subrogation claim shall be first satisfied before any part of a Recovery is applied to your claim, your attorney fees, other expenses or costs.
- The benefit program is not responsible for any attorney fees, attorney liens, other expenses or costs you incur. The “common fund” doctrine does not apply to any funds recovered by any attorney you hire regardless of whether funds recovered are used to repay benefits paid by the benefit program.

Reimbursement

If you obtain a Recovery and the benefit program has not been repaid for the benefits the benefit program paid on your behalf, the benefit program shall have a right to be repaid from the Recovery in the amount of the benefits paid on your behalf and the following provisions will apply:

- You must reimburse the benefit program from any Recovery to the extent of benefits the benefit program paid on your behalf regardless of whether the payments you receive make you whole for your losses, illnesses and/or injuries.
- Notwithstanding any allocation or designation of your Recovery (e.g., pain and suffering) made in a settlement agreement or court order, the benefit program shall have a right of full recovery, in first priority, against any Recovery. Further, the benefit program’s rights will not be reduced due to your negligence.
- You and your legal representative must hold in trust for the benefit program the proceeds of the gross Recovery (i.e., the total amount of your Recovery before attorney fees, other expenses or costs) to be paid to the benefit program immediately upon your receipt of the Recovery. You and your legal representative acknowledge that the portion of the Recovery to which the benefit program’s equitable lien applies is a benefit program asset.
Any Recovery you obtain must not be dissipated or disbursed until such time as the benefit program has been repaid in accordance with these provisions.

You must reimburse the benefit program, in first priority and without any set-off or reduction for attorney fees, other expenses or costs. The "common fund" doctrine does not apply to any funds recovered by any attorney you hire regardless of whether funds recovered are used to repay benefits paid by the benefit program.

If you fail to repay the benefit program, the benefit program shall be entitled to deduct any of the unsatisfied portion of the amount of benefits the benefit program has paid or the amount of your Recovery whichever is less, from any future benefit under the benefit program if:

1. The amount the benefit program paid on your behalf is not repaid or otherwise recovered by the benefit program; or
2. You fail to cooperate.

In the event that you fail to disclose the amount of your settlement to the benefit program, the benefit program shall be entitled to deduct the amount of the benefit program's lien from any future benefit under the benefit program.

The benefit program shall also be entitled to recover any of the unsatisfied portion of the amount the benefit program has paid or the amount of your Recovery, whichever is less, directly from the Providers to whom the benefit program has made payments on your behalf. In such a circumstance, it may then be your obligation to pay the Provider the full billed amount, and the benefit program will not have any obligation to pay the Provider or reimburse you.

The benefit program is entitled to reimbursement from any Recovery, in first priority, even if the Recovery does not fully satisfy the judgment, settlement or underlying claim for damages or fully compensate you or make you whole.

Your Duties

You must promptly notify the benefit program of how, when and where an accident or incident resulting in personal injury or illness to you occurred and all information regarding the parties involved and any other information requested by the benefit program.

You must cooperate with the benefit program in the investigation, settlement and protection of the benefit program’s rights. In the event that you or your legal representative fail to do whatever is necessary to enable the benefit program to exercise its subrogation or reimbursement rights, the benefit program shall be entitled to deduct the amount the benefit program paid from any future benefits under the benefit program.

You must not do anything to prejudice the benefit program’s rights.

You must send the benefit program copies of all police reports, notices or other papers received in connection with the accident or incident resulting in personal injury or illness to you.

You must promptly notify the benefit program if you retain an attorney or if a lawsuit is filed on your behalf.

You must immediately notify the benefit program if a trial is commenced, if a settlement occurs or if potentially dispositive motions are filed in a case.

The benefit program administrator has sole discretion to interpret the terms of the Subrogation and Reimbursement provision of this benefit program in its entirety and reserves the right to make changes as it deems necessary.

If the covered person is a minor, any amount recovered by the minor, the minor’s trustee, guardian, parent, or other representative, shall be subject to this provision. Likewise, if the covered person’s
relatives, heirs, and/or assignees make any Recovery because of injuries sustained by the covered person, that Recovery shall be subject to this provision.

The benefit program is entitled to recover its attorney’s fees and costs incurred in enforcing this provision.

The benefit program shall be secondary in coverage to any medical payments provision, no-fault automobile insurance policy or personal injury protection policy regardless of any election made by you to the contrary. The benefit program shall also be secondary to any excess insurance policy, including, but not limited to, school and/or athletic policies.
COORDINATION OF BENEFITS

If you are covered by more than one group health plan, your benefits under this benefit program will be coordinated with the benefits of those Other Plans. These coordination provisions apply separately to each member and per calendar year. Any coverage you have for medical or dental benefits will be coordinated as shown below.

DEFINITIONS

The meanings of key terms used in this section are shown below. Whenever any of the key terms shown below appear in these provisions, the first letter of each word will be capitalized. When you see these capitalized words, you should refer to this “Definitions” provision.

Allowable Expense is any necessary, reasonable and customary item of expense which is at least partially covered by any plan covering the person for whom claim is made. When a Plan provides benefits in the form of services rather than cash payments, the reasonable cash value of each service rendered will be deemed to be both an Allowable Expense and a benefit paid. An expense that is not covered by any plan covering the person for whom a claim is made is not an Allowable Expense.

The following are not Allowable Expense:

1. Use of a private hospital room is not an Allowable Expense unless the patient's stay in a private hospital room is medically necessary in terms of generally accepted medical practice, or one of the plans routinely provides coverage for hospital private rooms.

2. If you are covered by two plans that calculate benefits or services on the basis of a reasonable and customary amount or relative value schedule reimbursement method or some other similar reimbursement method, any amount in excess of the higher of the reasonable and customary amounts.

3. If a person is covered by two plans that provide benefits or services on the basis of negotiated rates or fees, an amount in excess of the lower of the negotiated rates.

4. If a person is covered by one plan that calculates its benefits or services on the basis of a reasonable and customary amount or relative value schedule reimbursement method or some other similar reimbursement method and another plan provides its benefits or services on the basis of negotiated rates or fees, any amount in excess of the negotiated rate.

5. The amount of any benefit reduction by the Principal Plan because you did not comply with the plan's provisions is not an Allowable Expense. Examples of these types of provisions include second surgical opinions, utilization review requirements, and network provider arrangements.

6. If you advise us that all plans covering you are high deductible health plans as defined by Section 223 of the Internal Revenue Code, and you intend to contribute to a health savings account established in accordance with Section 223 of the Internal Revenue Code, any amount that is subject to the primary high deductible health plan's deductible.

Benefit Reserve. A Benefit Reserve, if any, for a calendar year is created for a member under this benefit program when a member is covered by more than one plan and this benefit program is not the Principal Plan based on this Coordination of Benefits (COB) provision. The Benefit Reserve is the amount saved by this benefit program that is not the Principal Plan for the benefit of the member.

The following criteria are used to create a Benefit Reserve:

1. If this benefit program is not the Principal Plan, then its benefits may be reduced so that the benefits and services of all the plans do not exceed Allowable Expense.

2. The benefits of this benefit program will never be greater than the sum of the benefits that would have been paid if you were covered only under this benefit program.
3. If this *benefit program* is the Principal Plan, the benefits under this *benefit program* will be determined without taking into account the benefits or services of any Other Plan. When this *benefit program* is the Principal Plan, nothing will be applied to this *benefit program’s* Benefit Reserve.

Benefit Reserves for a *member* are not carried forward from one *year* to the next. At the end of each *calendar year*, the Benefit Reserve for a *member* returns to zero and a new Benefit Reserve is created for the next *calendar year*.

**Other Plan** is any of the following:

1. Group, blanket or franchise insurance coverage;
2. Group service plan contract, group practice, group individual practice and other group prepayment coverages;
3. Group coverage under labor-management trusteed plans, union benefit organization plans, employer organization plans, employee benefit organization plans or self-insured employee benefit plans.

The term "Other Plan" refers separately to each agreement, policy, contract, or other arrangement for services and benefits, and only to that portion of such agreement, policy, contract, or arrangement which reserves the right to take the services or benefits of other plans into consideration in determining benefits.

**Principal Plan** is the benefit program which will have its benefits determined first.

**This Benefit Program** is that portion of this *benefit program* which provides benefits subject to this provision.

**EFFECT ON BENEFITS**

This provision will apply in determining a person’s benefits under this *benefit program* for any *calendar year* if the benefits under this *benefit program* and any Other Plans, exceed the Allowable Expenses for that *calendar year*.

1. If this *benefit program* is the Principal Plan, then its benefits will be determined first without taking into account the benefits or services of any Other Plan.

2. If this *benefit program* is not the Principal Plan, then its benefits may be reduced so that the benefits and services of all the plans do not exceed Allowable Expense.

3. The benefits of this *benefit program* will never be greater than the sum of the benefits that would have been paid if you were covered under this *benefit program only*.

**EFFECT OF THE BENEFIT RESERVE ON PLAN BENEFITS**

The Benefit Reserve provisions will apply if this *benefit program* is not the Principal Plan and the benefits under this *benefit program* and any Other Plan exceed the Allowable Expense for the *calendar year*.

The Benefit Reserve is determined by subtracting the amount the Principal Plan paid from the amount this *benefit program* would have paid had it been the Principal Plan.

When this *benefit program* is not the Principal Plan, the amounts saved, determined on a claim-by-claim basis, are recorded as a benefit reserve and are used to pay Allowable Expenses, not otherwise paid, that are incurred by the *member* during the *calendar year*.
ORDER OF BENEFITS DETERMINATION

The first of the following rules which applies will determine the order in which benefits are payable:

1. A plan which has no Coordination of Benefits provision pays before a plan which has a Coordination of Benefits provision.

2. A plan which covers you as a member pays before a plan which covers you as a dependent. But, if you are retired and eligible for Medicare, Medicare pays (a) after the benefit program which covers you as a dependent of an active employee, but (b) before the benefit program which covers you as a retired employee.

   **For example:** You are covered as a retired employee under this benefit program and entitled to Medicare (Medicare would normally pay first). You are also covered as a dependent of an active employee under another plan (in which case Medicare would pay second). In this situation, the plan which covers you as a dependent will pay first, Medicare will pay second, and the plan which covers you as a retired employee would pay last.

3. For a dependent child covered under plans of two parents, the plan of the parent whose birthday falls earlier in the calendar year pays before the plan of the parent whose birthday falls later in the calendar year. But if one plan does not have a birthday rule provision, the provisions of that plan determine the order of benefits.

   **Exception to rule 3:** For a dependent child of parents who are divorced or separated, the following rules will be used in place of Rule 3:

   a. If the parent with custody of that child for whom a claim has been made has not remarried, then the benefit program of the parent with custody that covers that child as a dependent pays first.

   b. If the parent with custody of that child for whom a claim has been made has remarried, then the order in which benefits are paid will be as follows:

      i. The plan which covers that child as a dependent of the parent with custody.

      ii. The plan which covers that child as a dependent of the stepparent (married to the parent with custody).

      iii. The plan which covers that child as a dependent of the parent without custody.

      iv. The plan which covers that child as a dependent of the stepparent (married to the parent without custody).

   c. Regardless of a and b above, if there is a court decree which establishes a parent’s financial responsibility for that child’s health care coverage, a plan which covers that child as a dependent of that parent pays first.

4. The plan covering you as a laid-off or retired employee or as a dependent of a laid-off or retired employee pays after a plan covering you as other than a laid-off or retired employee or the dependent of such a person. But if either plan does not have a provision regarding laid-off or retired employees, provision 6 applies.

5. The plan covering you under a continuation of coverage provision in accordance with state or federal law pays after a plan covering you as an employee, a dependent or otherwise, but not under a continuation of coverage provision in accordance with state or federal law. If the Order of Benefits Determination provisions of the Other Plan do not agree under these circumstances with the Order of Benefit Determination provisions of this benefit program, this rule will not apply.

6. When the above rules do not establish the order of payment, the plan on which you have been enrolled the longest pays first unless two of the plans have the same effective date. In this case, Allowable Expense is split equally between the two plans.
OUR RIGHTS UNDER THIS PROVISION

Responsibility For Timely Notice. The claims administrator is not responsible for coordination of benefits unless timely information has been provided by the requesting party regarding the application of this provision.

Reasonable Cash Value. If any Other Plan provides benefits in the form of services rather than cash payment, the reasonable cash value of services provided will be considered Allowable Expense. The reasonable cash value of such service will be considered a benefit paid, and our liability reduced accordingly.

Facility of Payment. If payments which should have been made under this benefit program have been made under any Other Plan, we have the right to pay that Other Plan any amount the claims administrator determines to be warranted to satisfy the intent of this provision. Any such amount will be considered a benefit paid under this benefit program, and such payment will fully satisfy our liability under this provision.

Right of Recovery. If payments made under this benefit program exceed the maximum payment necessary to satisfy the intent of this provision, the claims administrator has the right to recover that excess amount from any persons or organizations to or for whom those payments were made, or from any insurance company or service plan.

BENEFITS FOR MEDICARE ELIGIBLE MEMBERS

For Active Employees and Family Members. Any benefits provided under both this plan and Medicare will be provided according to Medicare Secondary Payer legislation, regulations, and Centers for Medicare & Medicaid Services guidelines, subject to federal court decisions. Federal law controls whenever there is a conflict among state law, terms of this plan, and federal law.

If you are entitled to Medicare and covered under this plan as an active employee, or as a dependent of an active employee, this plan will generally pay first and Medicare will pay second, unless:

1. You are receiving treatment for end-stage renal disease following the first 30 months you are entitled to end-stage renal disease benefits under Medicare; or

2. You are entitled to Medicare benefits as a disabled person, unless you have a current employment status as determined by Medicare rules through a group of 100 or more employees (according to federal COBRA legislation).

In cases where either of the above exceptions 1 or 2 apply, payment will be determined according to the provisions in the section entitled COORDINATION OF BENEFITS and the provision “Coordinating Benefits With Medicare”, below.

For Retired Employees and Their Spouses. If you are a retired employee or the spouse of a retired employee and you are eligible for Medicare Part A because you made the required number of quarterly contributions to the Social Security System, your benefits under this plan will be subject to the section entitled COORDINATION OF BENEFITS and the provision “Coordinating Benefits With Medicare”, below.

Coordinating Benefits With Medicare. In general, when Medicare is the primary payor according to federal law, Medicare must provide benefits first to any services that are covered both by Medicare and under this plan. For any given claim, the combination of benefits provided by Medicare and under this plan will not exceed the maximum allowed amount for the covered services.

Except when federal law requires us to be the primary payer, the benefits under this plan for members age 65 and older, or for members who are otherwise eligible for Medicare (such as due to a disability or receiving treatment for end-stage renal disease), will not duplicate any benefit for which members are entitled under Medicare, including Medicare Part B. Where Medicare is the responsible primary payer, all sums payable by Medicare for services provided to you shall be reimbursed by or on your behalf to us, to the extent we have made primary payment for such services. For the
purposes of the calculation of benefits, if you are eligible for Medicare but have not enrolled, we will calculate benefits as if you had enrolled. **You should enroll in Medicare as soon as possible to avoid potential liability.**

### Electronic Claims Coordination

If you are covered by Medicare, call the *claims administrator’s* Member Services unit at 1 (877) 359-9654 and give them your Medicare number. The *claims administrator* will load it to their membership system, which will permit the *claims administrator* to electronically receive your Medicare EOB. This will allow the *claims administrator* to generate your LLNS benefit without you having to submit a claim to the *claims administrator.*
UTILIZATION REVIEW PROGRAM

Your benefit program includes the process of utilization review to decide when services are medically necessary or experimental / investigative as those terms are defined in this booklet. Utilization review aids the delivery of cost-effective health care by reviewing the use of treatments and, when proper, level of care and/or the setting or place of service that they are performed.

REVIEWING WHERE SERVICES ARE PROVIDED

A service must be medically necessary to be a covered service. When level of care, setting or place of service is reviewed, services that can be safely given to you in a lower level of care or lower cost setting / place of care, will not be medically necessary if they are given in a higher level of care, or higher cost setting / place of care. This means that a request for a service may be denied because it is not medically necessary for the service to be provided where it is being requested. When this happens the service can be requested again in another place and will be reviewed again for medical necessity. At times a different provider or facility may need to be used in order for the service to be considered medically necessary. Examples include, but are not limited to:

- A service may be denied on an inpatient basis at a hospital but may be approvable if provided on an outpatient basis at a hospital.
- A service may be denied on an outpatient basis at a hospital but may be approvable at a free standing imaging center, infusion center, ambulatory surgery center, or in a physician’s office.
- A service may be denied at a skilled nursing facility but may be approvable in a home setting.

Utilization review criteria will be based on many sources including medical policy and clinical guidelines. The claims administrator may decide that a treatment that was asked for is not medically necessary if a clinically equivalent treatment that is more cost-effective is available and appropriate. “Clinically equivalent” means treatments that for most members, will give you similar results for a disease or condition.

If you have any questions about the utilization review process, the medical policies or clinical guidelines, you may call the Member Services phone number on the back of your ID card.

Coverage for or payment of the service or treatment reviewed is not guaranteed. For benefits to be covered, on the date you get service:

1. You must be eligible for benefits;
2. The service or supply must be a covered service under your benefit program;
3. The service cannot be subject to an exclusion under your benefit program (please see MEDICAL CARE THAT IS NOT COVERED for more information); and
4. You must not have exceeded any applicable limits under your benefit program.

TYPES OF REVIEWS

- Pre-service Review – A review of a service, treatment or admission for a benefit coverage determination which is done before the service or treatment begins or admission date.
  - Precertification – A required pre-service review for a benefit coverage determination for a service or treatment. Certain services require precertification in order for you to get benefits. The benefit coverage review will include a review to decide whether the service meets the definition of medical necessity or is experimental / investigative as those terms are defined in this booklet.

  For admissions following an emergency, you, your authorized representative or physician must tell the claims administrator within 24 hours of the admission or as soon as possible within a reasonable period of time.

  For childbirth admissions, precertification is not needed for the first 48 hours for a vaginal delivery or 96 hours for a cesarean section. Admissions longer than 48/96 hours require precertification.
For inpatient hospital stays for mastectomy surgery, including the length of hospital stays associated with mastectomy, precertification is not needed.

- **Continued Stay / Concurrent Review** – A utilization review of a service, treatment or admission for a benefit coverage determination which must be done during an ongoing stay in a facility or course of treatment.
  - Both pre-service and continued stay / concurrent reviews may be considered urgent when, in the view of the treating provider or any physician with knowledge of your medical condition, without such care or treatment, your life or health or your ability to regain maximum function could be seriously threatened or you could be subjected to severe pain that cannot be adequately managed without such care or treatment. Urgent reviews are conducted under a shorter timeframe than standard reviews.

- **Post-service Review** – A review of a service, treatment or admission for a benefit coverage that is conducted after the service has been provided. Post-service reviews are performed when a service, treatment or admission did not need a precertification, or when a needed precertification was not obtained. Post-service reviews are done for a service, treatment or admission in which the benefit program has a related clinical coverage guideline and are typically initiated by the claims administrator.

Services for which precertification is required (i.e., services that need to be reviewed by the claims administrator to determine whether they are medically necessary) include, but are not limited to, the following:

- Scheduled, non-emergency inpatient hospital stays and residential treatment center admissions, including detoxification and rehabilitation.
  - **Exceptions**: Pre-service review is not required for inpatient hospital stays for the following services:
    - Maternity care of 48 hours or less following a normal delivery or 96 hours or less following a cesarean section, and
    - Mastectomy and lymph node dissection.

- Specific non-emergency outpatient services, including diagnostic treatment and other services.

- Surgical procedures, wherever performed.
  - Transplant services, including transplant travel expense. The following criteria must be met for certain transplants, as follows:
    - For bone, skin or cornea transplants, the physicians on the surgical team and the facility in which the transplant is to take place must be approved for the transplant requested.
    - For transplantation of heart, liver, lung, combination heart-lung, kidney, pancreas, simultaneous pancreas-kidney or bone marrow/stem cell and similar procedures, the providers of the related preoperative and postoperative services must be approved and the transplant must be performed at a Centers of Medical Excellence (CME) facility or a Blue Distinction Centers for Specialty Care (BDCSC) facility.

- Air ambulance in a non-medical emergency.

- Infusion therapy or home infusion therapy, if the attending physician has submitted both a prescription and a plan of treatment before services are rendered.

- Home health care. The following criteria must be met:
  - The services can be safely provided in your home, as certified by your attending physician;
  - Your attending physician manages and directs your medical care at home; and
Your attending physician has established a definitive treatment plan which must be consistent with your medical needs and lists the services to be provided by the home health agency.

- Admissions to a skilled nursing facility, if you require daily skilled nursing or rehabilitation, as certified by your attending physician.

- Bariatric surgical services, such as gastric bypass and other surgical procedures for weight loss, including bariatric travel expense, if:
  a. The services are to be performed for the treatment of morbid obesity;
  b. The physicians on the surgical team and the facility in which the surgical procedure is to take place are approved for the surgical procedure requested; and
  c. The bariatric surgical procedure will be performed at a BDCSC facility.

- Outpatient private duty nursing care services.

- Advanced imaging procedures, including but not limited to: Magnetic Resonance Imaging (MRI), Computerized Tomography (CT scan), Positron Emission Tomography (PET scan), Magnetic Resonance Spectroscopy (MRS scan), Magnetic Resonance Angiogram (MRA scan), Echocardiography and Nuclear Cardiac Imaging. You may call the toll-free Member Services telephone number on your identification card to find out if an imaging procedure requires pre-service review.

- All interventional spine pain, elective hip, knee, and shoulder arthroscopic/open sports medicine, and outpatient spine surgery procedures must be authorized in advance.

- Prescription drugs that require prior authorization as described under the “Prescription Drugs Obtained from or Administered by a Medical Provider” provision of YOUR MEDICAL BENEFITS: MEDICAL CARE THAT IS COVERED.

- Partial hospitalization, intensive outpatient programs, transcranial magnetic stimulation (TMS).

- Transgender services, including transgender travel expense, as specified under the “Transgender Services” provision of YOUR MEDICAL BENEFITS: MEDICAL CARE THAT IS COVERED. You must be diagnosed with gender identity disorder or gender dysphoria by a physician.

For a list of current procedures requiring precertification, please call the toll-free number for Member Services printed on your Identification Card.

**WHO IS RESPONSIBLE FOR PRECERTIFICATION?**

Typically, participating providers know which services need precertification and will get any precertification when needed. Your physician and other participating providers have been given detailed information about these procedures and are responsible for meeting these requirements. Generally, the ordering provider, hospital or attending physician ("requesting provider") will get in touch with the claims administrator to ask for a precertification. However, you may request a precertification or you may choose an authorized representative to act on your behalf for a specific request. The authorized representative can be anyone who is 18 years of age or older. The table below outlines who is responsible for precertification and under what circumstances.

<table>
<thead>
<tr>
<th>Provider Network Status</th>
<th>Responsibility to Get Precertification</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Participating Providers</td>
<td>Provider</td>
<td>• The provider must get precertification when required.</td>
</tr>
<tr>
<td>Provider Network Status</td>
<td>Responsibility to Get Precertification</td>
<td>Comments</td>
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| Non-Participating Providers | Member | • Member must get precertification when required. (Call Member Services.)  
• Member may be financially responsible for charges or costs related to the service and/or setting in whole or in part if the service and/or setting is found to not be medically necessary. |
| Blue Card Provider (Except for Inpatient Admissions) | Member | • Member must get precertification when required. (Call Member Services.)  
• Member may be financially responsible for charges or costs related to the service and/or setting in whole or in part if the service and or setting is found to not be medically necessary.  
• Blue Card Providers must obtain precertification for all Inpatient Admissions. |

**NOTE:** For an emergency admission, precertification is not required. However, you, your authorized representative or physician must notify the claims administrator within 24 hours of the admission or as soon as possible within a reasonable period of time.

### HOW DECISIONS ARE MADE

The claims administrator uses clinical coverage guidelines, such as medical policy, clinical guidelines, and other applicable policies and procedures to help make medical necessity decisions. This includes decisions about prescription drugs as detailed in the section “Prescription Drugs Obtained From Or Administered By a Medical Provider.” Medical policies and clinical guidelines reflect the standards of practice and medical interventions identified as proper medical practice. The claims administrator reserves the right to review and update these clinical coverage guidelines from time to time.

You are entitled to ask for and get, free of charge, reasonable access to any records concerning your request. To ask for this information, call the precertification phone number on the back of your identification card.

If you are not satisfied with the benefit program's decision under this section of your benefits, you may call the Member Services phone number on the back of your Identification Card.

### DECISION AND NOTICE REQUIREMENTS

The claims administrator will review requests for medical necessity according to the timeframes listed below. The timeframes and requirements listed are based on state and federal laws. Where state laws are stricter than federal laws, the benefit program will follow state laws. If you live in and/or get services in a state other than the state where your benefit program was issued, other state-specific requirements may apply. You may call the phone number on the back of your identification card for more details.

<table>
<thead>
<tr>
<th>Request Category</th>
<th>Timeframe Requirement for Decision</th>
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<tbody>
<tr>
<td>Urgent Pre-Service Review</td>
<td>72 hours from the receipt of the request</td>
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</table>
Non-Urgent Pre-Service Review | 15 business days from the receipt of the request
---|---
Urgent Continued Stay / Concurrent Review when hospitalized at the time of the request and no previous authorization exists | 24 hours from the receipt of the request. We may request additional information within the first 24 hours and then extend to 72 hours
Urgent Continued Stay / Concurrent Review when request is received at least 24 hours before the end of the previous authorization | 24 hours from the receipt of the request
Urgent Continued Stay / Concurrent Review when request is received less than 24 hours before the end of the previous authorization | 72 hours from the receipt of the request
Non-Urgent Continued Stay / Concurrent Review | 15 business days from the receipt of the request
Post-Service Review | 30 calendar days from the receipt of the request

If more information is needed to make a decision, the claims administrator will tell the requesting physician of the specific information needed to finish the review. If the specific information needed is not received by the required timeframe identified in the written notice, a decision will be based upon the present information.

The claims administrator will notify you and your physician of the benefit program's decision as required by state and federal law. Notice may be given by one or more of the following methods: verbal, written and/or electronic.

For a copy of the medical necessity review process, please contact Member Services at the telephone number on the back of your Identification Card.

Revoking or modifying a Precertification Review decision. The claims administrator will determine in advance whether certain services (including procedures and admissions) are medically necessary and are the appropriate length of stay, if applicable. These review decisions may be revoked or modified prior to the service being rendered for reasons including but not limited to the following:

- Your coverage under this benefit program ends;
- The agreement with the plan administrator terminates;
- You reach a benefit maximum that applies to the service in question;
- Your benefits under the benefit program change so that the service is no longer covered or is covered in a different way.

HEALTH PLAN INDIVIDUAL CASE MANAGEMENT

The health plan individual case management program enables the claims administrator to authorize you to obtain medically appropriate care in a more economical, cost-effective and coordinated manner during prolonged periods of intensive medical care. Through a case manager, the claims administrator has the right to recommend an alternative plan of treatment which may include services not covered under this benefit program. It is not your right to receive individual case management, nor does the claims administrator have an obligation to provide it.

HOW HEALTH PLAN INDIVIDUAL CASE MANAGEMENT WORKS

The health plan individual case management program (Case Management) helps coordinate services for members with health care needs due to serious, complex, and/or chronic health conditions. The programs coordinate benefits and educate members who agree to take part in the Case Management program to help meet their health-related needs.
The Case Management programs are confidential and voluntary, and are made available at no extra cost to you. These programs are provided by, or on behalf of and at the request of, your health plan case management staff. These Case Management programs are separate from any covered services you are receiving.

If you meet program criteria and agree to take part, then claims administrator will help you meet your identified health care needs. This is reached through contact and team work with you and/or your chosen authorized representative, treating physicians, and other providers.

In addition, the claims administrator may assist in coordinating care with existing community-based programs and services to meet your needs. This may include giving you information about external agencies and community-based programs and services.

**Alternative Treatment Plan.** In certain cases of severe or chronic illness or injury, the benefit program may provide benefits for alternate care that is not listed as a covered service. The claims administrator may also extend services beyond the benefit maximums of this benefit program. A decision will be made on a case-by-case basis by the claims administrator if it determines that the alternate or extended benefit is in the best interest of you and the benefit program and you or your authorized representative agree to the alternate or extended benefit in writing. A decision to provide extended benefits or approve alternate care in one case does not obligate us to provide the same benefits again to you or to any other member. The claims administrator reserves the right, at any time, to alter or stop providing extended benefits or approving alternate care. In such case, the claims administrator will notify you or your authorized representative in writing.

**EXCEPTIONS TO THE UTILIZATION REVIEW PROGRAM**

From time to time, the claims administrator may waive, enhance, modify, or discontinue certain medical management processes (including utilization management, case management, and disease management) if such a change furthers the provision of cost effective, value based and quality services. In addition, the claims administrator may select certain qualifying health care providers to participate in a program that exempts them from certain procedural or medical management processes that would otherwise apply. The claims administrator may also exempt claims from medical review if certain conditions apply.

If the claims administrator exempts a process, health care provider, or claim from the standards that would otherwise apply, the claims administrator is in no way obligated to do so in the future, or to do so for any other health care provider, claim, or member. The claims administrator may stop or modify any such exemption with or without advance notice.

The claims administrator also may identify certain providers to review for potential fraud, waste, abuse or other inappropriate activity if the claims data suggests there may be inappropriate billing practices. If a provider is selected under this program, then the claims administrator may use one or more clinical utilization management guidelines in the review of claims submitted by this provider, even if those guidelines are not used for all providers delivering services to this benefit program’s members.

You may determine whether a health care provider participates in certain programs or a provider arrangement by checking the claims administrator's online provider directory on the website at [www.anthemcom/ca](http://www.anthemcom/ca) or by calling the Member Services telephone number listed on your ID card.
HIPAA COVERAGE

If your coverage for medical benefits under this benefit program ends, you may be eligible to enroll for coverage with any carrier or health plan that offers individual medical coverage. HIPAA coverage is available upon request if you meet the requirements stated below. HIPAA coverage is available for medical benefits only. Please note that the benefits and cost of these plans will differ from your employer’s benefit program.

HIPAA Coverage

The Health Insurance Portability and Accountability Act (HIPAA) is a federal law that provides an option for individual coverage when coverage under the employer’s group benefit program ends. To be eligible for HIPAA coverage, you must meet all of the following requirements:

1. You must have a minimum of 18 months of continuous health coverage, most recently under employer-sponsored health plan, and have had coverage within the last 63 days.

2. Your most recent coverage was not terminated due to nonpayment of the premium charges, premiums or fraud.

3. If continuation of coverage under the employer plan was available under COBRA, or a similar state program such coverage must have been elected and exhausted.

4. You must not be eligible for Medicare, Medicaid, or any group medical coverage and cannot have other medical coverage.

You must apply for HIPAA coverage within 63 days of the date your coverage under the employer’s plan ends. Any carrier or health plan that offers individual medical coverage must make HIPAA coverage available to qualified persons without regard to health status.

When coverage under your employer’s group benefit program ends, you will receive more information about how to apply for HIPAA coverage, including a postcard for requesting an application and a telephone number to call if you have any questions.
GENERAL PROVISIONS

Providing of Care. We are not responsible for providing any type of hospital, medical or similar care, nor are we responsible for the quality of any such care received.

Independent Contractors. The claims administrator’s relationship with providers is that of an independent contractor. Physicians, and other health care professionals, hospitals, skilled nursing facilities and other community agencies are not their agents nor are they, or any of the employees, an employee or agent of any hospital, medical group or medical care provider of any type.

Non-Regulation of Providers. The benefits of this benefit program do not regulate the amounts charged by providers of medical care, except to the extent that rates for covered services are regulated with participating providers.

Inter-Plan Arrangements

Out-of-Area Services

Overview. The claims administrator has a variety of relationships with other Blue Cross and/or Blue Shield Licensees. Generally, these relationships are called “Inter-Plan Arrangements.” These Inter-Plan Arrangements work based on rules and procedures issued by the Blue Cross Blue Shield Association (“Association”). Whenever you access healthcare services outside the geographic area we serve (the “Anthem Blue Cross” Service Area), the claim for those services may be processed through one of these Inter-Plan Arrangements. The Inter-Plan Arrangements are described below.

When you receive care outside of the Anthem Blue Cross Service Area, you will receive it from one of two kinds of providers. Most providers (“participating providers”) contract with the local Blue Cross and/or Blue Shield Plan in that geographic area (“Host Blue”). Some providers (“non-participating providers”) do not contract with the Host Blue. See below for an explanation of how both kinds of providers are paid.

Inter-Plan Arrangements Eligibility – Claim Types

Most claim types are eligible to be processed through Inter-Plan Arrangements, as described above. Examples of claims that are not included are prescription drugs that you obtain from a pharmacy and most dental or vision benefits.

A. BlueCard® Program

Under the BlueCard® Program, when you receive covered services within the geographic area served by a Host Blue, the claims administrator will still fulfill the benefit program’s contractual obligations. But, the Host Blue is responsible for: (a) contracting with its providers; and (b) handling its interactions with those providers.

When you receive covered services outside the Anthem Blue Cross Service Area and the claim is processed through the BlueCard Program, the amount you pay is calculated based on the lower of:

- The billed charges for covered services; or
- The negotiated price that the Host Blue makes available to the claims administrator.

Often, this “negotiated price” will be a simple discount that reflects an actual price that the Host Blue pays to the provider. Sometimes, it is an estimated price that takes into account special arrangements with that provider. Sometimes, such an arrangement may be an average price, based on a discount that results in expected average savings for services provided by similar types of providers. Estimated and average pricing arrangements may also involve types of settlements, incentive payments and/or other credits or charges.

Estimated pricing and average pricing also take into account adjustments to correct for over- or underestimation of past pricing of claims, as noted above. However, such adjustments will not affect the price we used for your claim because they will not be applied after a claim has already been paid.
B. Negotiated (non-BlueCard Program) Arrangements

With respect to one or more Host Blues, instead of using the BlueCard Program, Anthem Blue Cross may process your claims for covered services through Negotiated Arrangements for National Accounts.

The amount you pay for covered services under this arrangement will be calculated based on the lower of either billed charges for covered services or the negotiated price (refer to the description of negotiated price under Section A. BlueCard Program) made available to Anthem Blue Cross by the Host Blue.

C. Special Cases: Value-Based Programs

BlueCard® Program

If you receive covered services under a Value-Based Program inside a Host Blue’s Service Area, you will not be responsible for paying any of the provider Incentives, risk-sharing, and/or Care Coordinator Fees that are a part of such an arrangement, except when a Host Blue passes these fees to Anthem Blue Cross through average pricing or fee schedule adjustments. Additional information is available upon request.

Value-Based Programs: Negotiated (non-BlueCard Program) Arrangements

If Anthem Blue Cross has entered into a Negotiated Arrangement with a Host Blue to provide Value-Based Programs to the group on your behalf, Anthem Blue Cross will follow the same procedures for Value-Based Programs administration and Care Coordinator Fees as noted above for the BlueCard Program.

D. Inter-Plan Programs: Federal/State Taxes/Surcharges/Fees

Federal or state laws or regulations may require a surcharge, tax or other fee. If applicable, we will include any such surcharge, tax or other fee as part of the claim charge passed on to you.

E. Non-participating Providers Outside Our Service Area

1. Allowed Amounts and Member Liability Calculation

When covered services are provided outside of Anthem Blue Cross’s Service Area by non-participating providers, the claims administrator may determine benefits and make payment based on pricing from either the Host Blue or the pricing arrangements required by applicable state or federal law. In these situations, the amount you pay for such services as deductible or co-payment will be based on that allowed amount. Also, you may be responsible for the difference between the amount that the non-participating provider bills and the payment the claims administrator will make for the covered services as set forth in this paragraph. Federal or state law, as applicable, will govern payments for out-of-network emergency services.

2. Exceptions

In certain situations, the claims administrator may use other pricing methods, such as billed charges or the pricing we would use if the healthcare services had been obtained within the Anthem Blue Cross Service Area, or a special negotiated price to determine the amount we will pay for services provided by non-participating providers. In these situations, you may be liable for the difference between the amount that the non-participating provider bills and the payment we make for the covered services as set forth in this paragraph.

F. BlueCross BlueShield Global Core® Program

If you plan to travel outside the United States, call Member Services for information about your BlueCross BlueShield Global Core benefits. Benefits for services received outside of the United States may be different from services received in the United States.
When you are traveling abroad and need medical care, you can call the BlueCross BlueShield Global Core Service Center any time. They are available 24 hours a day, seven days a week. The toll free number is (800) 810-BLUE (2583). Or you can call them collect at (804) 673-1177.

If you need inpatient hospital care, you or someone on your behalf, should contact the claims administrator for preauthorization. Keep in mind, if you need emergency medical care, go to the nearest hospital. There is no need to call before you receive care.

Please refer to the “Utilization Review Program” section in this booklet for further information. You can learn how to get pre-authorization when you need to be admitted to the hospital for emergency or non-emergency care.

How Claims are Paid with BlueCross BlueShield Global Core

In most cases, when you arrange inpatient hospital care with BlueCross BlueShield Global Core, claims will be filed for you. The only amounts that you may need to pay up front are any co-payment or deductible amounts that may apply.

You will typically need to pay for the following services up front:

- Physician services;
- Inpatient hospital care not arranged through BlueCross BlueShield Global Core; and
- Outpatient services.

You will need to file a claim form for any payments made up front.

When you need BlueCross BlueShield Global Core claim forms you can get international claims forms in the following ways:

- Call the BlueCross BlueShield Global Core Service Center at the numbers above; or
- Online at www.bcbsglobalcore.com

You will find the address for mailing the claim on the form.

Terms of Coverage

1. In order for you to be entitled to benefits under the benefit program, both the benefit program and your coverage under the benefit program must be in effect on the date the expense giving rise to a claim for benefits is incurred.

2. The benefits to which you may be entitled will depend on the terms of coverage in effect on the date the expense giving rise to a claim for benefits is incurred. An expense is incurred on the date you receive the service or supply for which the charge is made.

3. The benefit program is subject to amendment, modification or termination according to the provisions of the benefit program without your consent or concurrence.

Nondiscrimination. No person who is eligible to enroll will be refused enrollment based on health status, health care needs, genetic information, previous medical information, disability, sexual orientation or identity, gender, or age.

Protection of Coverage. We do not have the right to cancel your coverage under this benefit program while: (1) this benefit program is in effect; (2) you are eligible; and (3) your required monthly contributions are paid according to the terms of the benefit program.

Free Choice of Provider. This benefit program in no way interferes with your right as a member entitled to hospital benefits to select a hospital. You may choose any physician who holds a valid physician and surgeon’s certificate and who is a member of, or acceptable to, the attending staff and board of directors of the hospital where services are received. You may also choose any other health care professional or facility which provides care covered under this benefit program, and is properly licensed according to appropriate state and local laws. However, your choice may affect the benefits payable according to this benefit program.
Transition Assistance for New Members: Transition Assistance is a process that allows for completion of covered services for new members receiving services from a non-participating provider. If you are a new member, you may request Transition Assistance if any one of the following conditions applies:

1. An acute condition. An acute condition is a medical condition that involves a sudden onset of symptoms due to an illness, injury, or other medical problem that requires prompt medical attention and that has a limited duration. Completion of covered services shall be provided for the duration of the acute condition.

2. A serious chronic condition. A serious chronic condition is a medical condition caused by a disease, illness, or other medical problem or medical disorder that is serious in nature and that persists without full cure or worsens over an extended period of time or requires ongoing treatment to maintain remission or prevent deterioration. Completion of covered services shall be provided for a period of time necessary to complete a course of treatment and to arrange for a safe transfer to another provider, as determined by the claims administrator in consultation with you and the non-participating provider and consistent with good professional practice. Completion of covered services shall not exceed twelve (12) months from the time you enroll in this benefit program.

3. A pregnancy. A pregnancy is the three trimesters of pregnancy and the immediate postpartum period. Completion of covered services shall be provided for the duration of the pregnancy.

4. A terminal illness. A terminal illness is an incurable or irreversible condition that has a high probability of causing death within one (1) year or less. Completion of covered services shall be provided for the duration of the terminal illness.

5. The care of a newborn child between birth and age thirty-six (36) months. Completion of covered services shall not exceed twelve (12) months from the time the child enrolls in this benefit program.

6. Performance of a surgery or other procedure that the claims administrator have authorized as part of a documented course of treatment and that has been recommended and documented by the provider to occur within 180 days of the time you enroll in this benefit program.

Please contact Member Services at the telephone number listed on your ID card to request Transition Assistance or to obtain a copy of the written policy. Eligibility is based on your clinical condition and is not determined by diagnostic classifications. Transition Assistance does not provide coverage for services not otherwise covered under the benefit program.

You will be notified by telephone, and the provider by telephone and fax, as to whether or not your request for Transition Assistance is approved. If approved, you will be financially responsible only for applicable deductibles, coinsurance, and copayments under the benefit program. Financial arrangements with non-participating providers are negotiated on a case-by-case basis. The non-participating provider will be asked to agree to accept reimbursement and contractual requirements that apply to participating providers, including payment terms. If the non-participating provider does not agree to accept said reimbursement and contractual requirements, the non-participating provider’s services will not be continued. If you do not meet the criteria for Transition Assistance, you are afforded due process including having a physician review the request.

Continuity of Care after Termination of Provider: Subject to the terms and conditions set forth below, benefits will be provided at the participating provider level for covered services (subject to applicable copayments, coinsurance, deductibles and other terms) received from a provider at the time the provider’s contract is terminated by a Blue Cross or Blue Shield plan (unless the provider’s contract is terminated for reasons of medical disciplinary cause or reason, fraud, or other criminal activity). If your physician leaves our network for any reason other than termination of cause, and you are in active treatment, you may be able to continue seeing that provider for a limited period of time and still get the participating provider benefits.
You must be under the care of the participating provider at the time the provider’s contract terminates. The terminated provider must agree in writing to provide services to you in accordance with the terms and conditions of his or her agreement with the Blue Cross or Blue Shield plan prior to termination. The provider must also agree in writing to accept the terms and reimbursement rates under his or her agreement with the Blue Cross or Blue Shield plan prior to termination. If the provider does not agree with these contractual terms and conditions, the provider’s services will not be continued beyond the contract termination date.

Benefits will provide such benefits for the completion of covered services by a terminated provider will be provided only for the following conditions:

1. **An acute condition.** An acute condition is a medical condition that involves a sudden onset of symptoms due to an illness, injury, or other medical problem that requires prompt medical attention and that has a limited duration. Completion of covered services shall be provided for the duration of the acute condition.

2. **A serious chronic condition.** A serious chronic condition is a medical condition caused by a disease, illness, or other medical problem or medical disorder that is serious in nature and that persists without full cure or worsens over an extended period of time or requires ongoing treatment to maintain remission or prevent deterioration. Completion of covered services shall be provided for a period of time necessary to complete a course of treatment and to arrange for a safe transfer to another provider, as determined by the claims administrator in consultation with you and the terminated provider and consistent with good professional practice. Completion of covered services shall not exceed twelve (12) months from the date the provider's contract terminates.

3. **A pregnancy.** A pregnancy is the three trimesters of pregnancy and the immediate postpartum period. Completion of covered services shall be provided for the duration of the pregnancy.

4. **A terminal illness.** A terminal illness is an incurable or irreversible condition that has a high probability of causing death within one (1) year or less. Completion of covered services shall be provided for the duration of the terminal illness.

5. **The care of a newborn child between birth and age thirty-six (36) months.** Completion of covered services shall not exceed twelve (12) months from the date the provider's contract terminates.

6. **Performance of a surgery or other procedure that the claims administrator has authorized as part of a documented course of treatment and that has been recommended and documented by the provider to occur within 180 days of the date the provider's contract terminates.**

Such benefits will not apply to providers who have been terminated due to medical disciplinary cause or reason, fraud, or other criminal activity.

Please contact Member Services at the telephone number listed on your ID card to request continuity of care or to obtain a copy of the written policy. Eligibility is based on your clinical condition and is not determined by diagnostic classifications. Continuity of care does not provide coverage for services not otherwise covered under the benefit program.

You will be notified by telephone and the provider by telephone and fax, as to whether or not your request for continuity of care is approved. If approved, you will be financially responsible only for applicable deductibles, coinsurance, and copayments under the benefit program. Financial arrangements with terminated providers are negotiated on a case-by-case basis. The terminated provider will be asked to agree to accept reimbursement and contractual requirements that apply to participating providers, including payment terms. If the terminated provider does not agree to accept the same reimbursement and contractual requirements, that provider’s services will not be continued. If you disagree with the determination regarding continuity of care, you may file a complaint as described in the COMPLAINT NOTICE.

**Medical Necessity.** The benefits of this benefit program are provided only for services which are medically necessary. The services must be ordered by the attending physician for the direct care and treatment of a covered condition. They must be standard medical practice where received for
the condition being treated and must be legal in the United States. The process used to authorize or deny health care services under this benefit program is available to you upon request.

**Expense in Excess of Benefits.** We are not liable for any expense you incur in excess of the benefits of this benefit program.

**Benefits Not Transferable.** Only members are entitled to receive benefits under this benefit program. The right to benefits cannot be transferred.

**Member’s Cooperation.** You will be expected to complete and submit to the claims administrator all such authorizations, consents, releases, assignments and other documents that may be needed in order to obtain or assure reimbursement under Medicare, Workers’ Compensation or any other governmental program. If you fail to cooperate, you will be responsible for any charge for services.

**Notice of Claim.** After you get covered services, the claims administrator must receive written notice of your claim in order for benefits to be paid.

- **Participating providers** will submit claims for you. They are responsible for ensuring that claims have the information we need to determine benefits. If the claim does not include enough information, we will ask them for more details, and they will be required to supply those details within certain timeframes.

- **Non-participating provider** claims can be submitted by the physician if the physician is willing to file on your behalf. However, if the physician is not submitting on your behalf, you will be required to submit the claim. Claim forms are usually available from the Provider. If they do not have a claims form, you can send a written request to the claims administrator, or contact Member Services and ask for a claims form to be sent to you. If you do not receive the claims form, you can still submit written notice of the claim without the claim form. The same information that would be given on the claim form must be included in the written notice of claim, including:
  - Name of patient.
  - Patient’s relationship with the member.
  - Identification number.
  - Date, type, and place of service.
  - Your signature and the physician’s signature.

Non-participating provider claims must be submitted within 180 days after the date of service. In certain cases, state or federal law may allow additional time to file a claim, if you could not reasonably file within the 180-day period. The claim must have the information we need to determine benefits. If the claim does not include enough information, we will ask you for more details and inform you of the time by which we need to receive that information. Once we receive the required information, we will process the claim according to the terms of your plan.

Claims submitted by a public (government operated) hospital or clinic will be paid by us directly, as long as you have not already received benefit under that claim. We will pay all claims within 30 days after we receive proof of loss. If you are dissatisfied with our denial or amount of payment, you may request that we review the claim a second time, and you may submit any additional relevant information.

Please note that failure to submit the information we need by the time listed in our request could result in the denial of your claim, unless state or federal law requires an extension. Please contact Member Services if you have any questions or concerns about how to submit claims.

**Claim Forms.** After the claims administrator receives a written notice of claim, the claims administrator will give you any forms you need to file proof of loss. If you are not given these forms within 15 days after you have filed your notice of claim, you will not have to use these forms, and you
may file proof of loss by sending the claims administrator written proof of the occurrence giving rise to
the claim. Such written proof must include the extent and character of the loss.

Proof of Loss. You or the provider of service must send the claims administrator properly and fully
completed claim forms within 90 days of the date you receive the service or supply for which a claim
is made. If it is not reasonably possible to submit the claim within that time frame, an extension of up
to 12 months will be allowed. Except in the absence of legal capacity, we are not liable for the
benefits of the benefit program if you do not file claims within the required time period. We will not be
liable for benefits if the claims administrator does not receive written proof of loss on time.

Services received and charges for the services must be itemized, and clearly and accurately
described. Claim forms must be used; canceled checks or receipts are not acceptable.

Timely Payment of Claims. Any benefits due under this benefit program shall be due once the
claims administrator has received proper, written proof of loss, together with such reasonably
necessary additional information the claims administrator may require to determine our obligation.

Payment of Benefits. You authorize the claims administrator, in its own discretion and on behalf of
the employer, to make payments directly to providers for covered services. In no event, however,
shall the benefit program's right to make payments directly to a provider be deemed to suggest that
any provider is a beneficiary with independent claims and appeal rights under the benefit program.
The claims administrator also reserves the right, in its own discretion, to make payments directly
to you as opposed to any provider for covered service. In the event that payment is made directly
to you, you have the responsibility to apply this payment to the claim from the non-participating provider.
Payments and notice regarding the receipt and/or adjudication of claims may also be sent to an
alternate recipient (which is defined herein as any child of a subscriber who is recognized under a
“Qualified Medical Child Support Order” as having a right to enrollment under the employer’s benefit program),
or that person’s custodial parent or designated representative. Any payments made by the
claims administrator (whether to any provider for covered service or you) will discharge the
employer’s obligation to pay for covered services. You cannot assign your right to receive payment
to anyone, except as required by a “Qualified Medical Child Support Order” as defined by, and if
subject to, ERISA or any applicable Federal law. Once a provider performs a covered service, the
claims administrator will not honor a request to withhold payment of the claims submitted.

The coverage, rights, and benefits under the benefit program are not assignable by any member
without the written consent of the benefit program, except as provided above. This prohibition against
assignment includes rights to receive payment, claim benefits under the benefit program and/or law,
sue or otherwise begin legal action, or request benefit program documents or any other information
that a participant or beneficiary may request under ERISA. Any assignment made without written
consent from the benefit program will be void and unenforceable.

Care Coordination. The benefit program pays participating providers in various ways to provide
covered services to you. For example, sometimes payment to participating providers may be a
separate amount for each covered service they provide. The benefit program may also pay them one
amount for all covered services related to treatment of a medical condition. Other times, the
payment may be a periodic, fixed pre-determined amount to cover the costs of covered services. In
addition, participating provider payments may be financial incentives or other amounts to help
improve quality of care and/or promote the delivery of health care services in a cost-efficient manner,
or compensate participating providers for coordination of your care. In some instances, participating
providers may be required to make payment to the benefit program because they did not meet certain
standards. You do not share in any payments made by participating providers to the benefit program
under these programs.

Right of Recovery. Whenever payment has been made in error, the claims administrator will have
the right to recover such payment from you or, if applicable, the provider, in accordance with
applicable laws and regulations. In the event the claims administrator recovers a payment made in
error from the provider, except in cases of fraud or misrepresentation on the part of the provider, the
claims administrator will only recover such payment from the provider within 365 days of the date the
payment was made on a claim submitted by the provider. The claims administrator reserves the right to deduct or offset any amounts paid in error from any pending or future claim.

Under certain circumstances, if the claims administrator pays your healthcare provider amounts that are your responsibility, such as deductibles, co-payments or co-insurance, the claims administrator may collect such amounts directly from you. You agree that the claims administrator has the right to recover such amounts from you.

The claims administrator has oversight responsibility for compliance with provider and vendor and subcontractor contracts. The claims administrator may enter into a settlement or compromise regarding enforcement of these contracts and may retain any recoveries made from a provider, vendor, or subcontractor resulting from these audits if the return of the overpayment is not feasible.

The claims administrator has established recovery policies to determine which recoveries are to be pursued, when to incur costs and expenses, and whether to settle or compromise recovery amounts. The claims administrator will not pursue recoveries for overpayments if the cost of collection exceeds the overpayment amount. The claims administrator may not provide you with notice of overpayments made by the benefit program or you if the recovery method makes providing such notice administratively burdensome.

The claims administrator reserves the right to deduct or offset, including cross plan offsetting on participating provider claims and on non-participating providers claims where the non-participating providers agrees to cross plan offsetting, any amounts paid in error from any pending or future claim.

Legal Actions. No attempt to recover on the plan through legal or equity action may be made until at least 60 days after the written proof of loss has been furnished as required by this plan. No such action may be started later than three years from the time written proof of loss is required to be furnished. If you bring a civil action under Section 502(a) of ERISA, you must bring it within one year of the grievance or appeal decision.

Workers’ Compensation Insurance. The benefit program does not affect any requirement for coverage by workers’ compensation insurance. It also does not replace that insurance.

Renewal Provisions. The benefit program is subject to renewal at certain intervals. The required monthly contribution or other terms of the benefit program may be changed from time to time.

Voluntary Clinical Quality Programs. The claims administrator may offer additional opportunities to assist you in obtaining certain covered preventive or other care (e.g., well child check-ups or certain laboratory screening tests) that you have not received in the recommended timeframe. These opportunities are called voluntary clinical quality programs. They are designed to encourage you to get certain care when you need it and are separate from covered services under your benefit program. These programs are not guaranteed and could be discontinued at any time. The claims administrator will give you the choice and if you choose to participate in one of these programs, and obtain the recommended care within the program’s timeframe, you may receive incentives such as gift cards or retailer coupons, which we encourage you to use for health and wellness related activities or items. Under other clinical quality programs, you may receive a home test kit that allows you to collect the specimen for certain covered laboratory tests at home and mail it to the laboratory for processing. You may also be offered a home visit appointment to collect such specimens and complete biometric screenings. You may need to pay any cost shares that normally apply to such covered laboratory tests (e.g., those applicable to the laboratory processing fee) but will not need to pay for the home test kit or the home visit. If you have any questions about whether receipt of a gift card or retailer coupon results in taxable income to you, we recommend that you consult your tax advisor.

Program Incentives. The plan administrator may offer incentives from time to time at their discretion in order to introduce you to new programs and services available under this benefit program. The purpose of these incentives include, but is not limited to, making you aware of cost effective benefit options or services, helping you achieve your best health, and encouraging you to update member-related information. These incentives may be offered in various forms such as retailer coupons, gift cards and health-related merchandise. Acceptance of these incentives is voluntary as long as the
**benefit program** offers the incentives program. The **plan administrator** may discontinue an incentive for a particular new service or program at any time. If you have any questions about whether receipt of an incentive or retailer coupon results in taxable income to you, please consult your tax advisor.

**Protecting your privacy**

**Where to find our Notice of Privacy Practices**

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) is a federal law governing the privacy of individually identifiable health information. We are required by HIPAA to notify you of the availability of our Notice of Privacy Practices. The notice describes our privacy practices, legal duties and your rights concerning your Protected Health Information. We must follow the privacy practices described in the notice while it is in effect (it will remain in effect unless and until we publish and issue a new notice).

We may collect, use and share your Protected Health Information (PHI) for the following reasons and others as allowed or required by law, including the HIPAA Privacy Rule:

For payment: We use and share PHI to manage your account or benefits; or to pay claims for health care you get through your plan.

For health care operations: We use and share PHI for health care operations.

For treatment activities: We do not provide treatment. This is the role of a health care provider, such as your doctor or a hospital. Examples of ways we use your information for payment, treatment and health care operations:

- We keep information about your premium and deductible payments.
- We may give information to a doctor’s office to confirm your benefits.
- We may share explanation of benefits (EOB) with the subscriber of your plan for payment purposes.
- We may share PHI with your health care provider so that the provider may treat you.
- We may use PHI to review the quality of care and services you get.
- We may use PHI to provide you with case management or care coordination services for conditions like asthma, diabetes or traumatic injury.
- We may also use and share PHI directly or indirectly with or through health information exchanges for payment, health care operations and treatment. If you do not want your PHI to be shared for payment, health care operations, or treatment purposes in health information exchanges, please visit https://www.anthem.com/ca/health-insurance/about-us/privacy for more information.

We, including our affiliates or vendors, may call or text any telephone numbers provided by you using an automated telephone dialing system and/or a prerecorded message. Without limitation, these calls may concern treatment options, other health-related benefits and services, enrollment, payment, or billing.

You may obtain a copy of our Notice of Privacy Practices on our website at https://www.anthem.com/ca/health-insurance/about-us/privacy or you may contact Member Services using the contact information on your ID card.
DEFINITIONS

The meanings of key terms used in this booklet are shown below. Whenever any of the key terms shown below appear, it will appear in italicized letters. When any of the terms below are italicized in this booklet, you should refer to this section.

**Accidental injury** is physical harm or disability which is the result of a specific unexpected incident caused by an outside force. The physical harm or disability must have occurred at an identifiable time and place. Accidental injury does not include illness or infection, except infection of a cut or wound.

**Ambulatory surgical center** is a freestanding outpatient surgical facility. It must be licensed as an outpatient clinic according to state and local laws and must meet all requirements of an outpatient clinic providing surgical services. It must also meet accreditation standards of The Joint Commission (TJC) or the Accreditation Association of Ambulatory Health Care.

**Authorized referral** occurs when you, because of your medical needs, require the services of a specialist who is a non-participating provider, or require special services or facilities not available at a contracting hospital, but only when the referral has been authorized by the claims administrator before services are rendered and when the following conditions are met:

1. There is no participating provider who practices in the appropriate specialty, or there is no contracting hospital which provides the required services or has the necessary facilities; and
2. That meets the adequacy and accessibility requirements of state or federal law; and
3. The member is referred to hospital or physician that does not have an agreement with the claims administrator for a covered service by a participating provider.

You or your physician must call the toll-free telephone number printed on your identification card prior to scheduling an admission to, or receiving the services of, a non-participating provider.

**Bariatric BDCSC Coverage Area** is the area within the 50-mile radius surrounding a designated bariatric BDCSC.

**Benefit Program** refers to the “Anthem Blue Cross PPO Plan for Employees and Retirees without Medicare.”

**Blue Distinction Centers for Specialty Care (BDCSC)** are health care providers designated by the claims administrator as a selected facility for specified medical services. A provider participating in a BDCSC network has an agreement in effect with the claims administrator at the time services are rendered or is available through their affiliate companies or their relationship with the Blue Cross and Blue Shield Association. BDCSC agree to accept the maximum allowed amount as payment in full for covered services.

Benefits for services performed at a designated BDCSC will be the same as for participating providers. A participating provider in the Blue Cross and/or Blue Shield Plan is not necessarily a BDCSC facility.

**Centers of Medical Excellence (CME)** are health care providers designated by the claims administrator as a selected facility for specified medical services. A provider participating in a CME network has an agreement in effect with the claims administrator at the time services are rendered or is available through their affiliate companies or their relationship with the Blue Cross and Blue Shield Association. CME agree to accept the maximum allowed amount as payment in full for covered services.

Benefits for services performed at a designated CME will be the same as for participating providers. A participating provider in the Blue Cross and/or Blue Shield Plan is not necessarily a CME facility.

**Child** meets the eligibility requirements for children outlined in the LLNS SPD.
Claims administrator refers to Anthem Blue Cross Life and Health Insurance Company. On behalf of Anthem Blue Cross Life and Health Insurance Company, Anthem Blue Cross shall perform all administrative services in connection with the processing of claims under the benefit program.

Contracting hospital is a hospital which has a Standard Hospital Contract in effect with the claims administrator to provide care to members. A contracting hospital is not necessarily a participating provider. A list of contracting hospitals will be sent on request.

Consolidated Appropriations Act of 2021 is a federal law described in the “Consolidated Appropriations Act of 2021 Notice” at the front of this booklet for details.

Custodial care is care provided primarily to meet your personal needs. This includes help in walking, bathing or dressing. It also includes: preparing food or special diets; feeding by utensil, tube or gastrostomy; suctioning and administration of medicine which is usually self-administered or any other care which does not require continuing services of medical personnel.

If medically necessary, benefits will be provided for feeding (by tube or gastrostomy) and suctioning.

Day treatment center is an outpatient psychiatric facility which is licensed according to state and local laws to provide outpatient programs and treatment of mental health or substance use disorder under the supervision of physicians.

Drug (prescription drug) means a drug approved by the Food and Drug Administration for general use by the public which requires a prescription before it can be obtained. For the purposes of this benefit program, insulin will be considered a prescription drug.

Effective date is the date your coverage begins under this benefit program.

Emergency or Emergency Medical Condition means a medical or behavioral health condition manifesting itself by acute symptoms of sufficient severity including severe pain such that the absence of immediate medical attention could reasonably be expected to result in any of the following:

- Placing the patient’s health or the health of another person (or, with respect to a pregnant woman, the health of the woman or her unborn child) in serious jeopardy;
- Serious impairment to bodily functions; or
- Serious dysfunction of any bodily organ or part.

Emergency includes being in active labor when there is inadequate time for a safe transfer to another hospital prior to delivery, or when such a transfer would pose a threat to the health and safety of the member or unborn child.

An emergency medical condition includes a psychiatric emergency medical condition, which is a mental disorder that manifests itself by acute symptoms of sufficient severity that it renders the patient as being either of the following: a) an immediate danger to himself or herself or to others, or b) immediately unable to provide for, or utilize, food, shelter, or clothing, due to the mental disorder.

Emergency services are services provided in connection with the initial treatment of a medical or psychiatric emergency.

Experimental is any medical, surgical and/or other procedures, services, products, drugs or devices including implants used for research except as specifically stated under the “Clinical Trials” provision from the section MEDICAL CARE THAT IS COVERED.

Family Member meets the eligibility requirements for family members outlined in the LLNS SPD.

Full-time employee meets the eligibility requirements for full-time employees outlined in the LLNS SPD.
Generally Accepted Standards of Mental Health and Substance Use Disorder Care are standards of care and clinical practice that are generally recognized by health care providers practicing in relevant clinical specialties such as psychiatry, psychology, clinical sociology, addiction medicine and counseling, and behavioral health treatment pursuant to state law. Valid, evidence-based sources establishing generally accepted standards of mental health and substance use disorder care include peer-reviewed scientific studies and medical literature, clinical practice guidelines and recommendations of nonprofit health care provider professional associations, specialty societies and federal government agencies, and drug labeling approved by the United States Food and Drug Administration.

Home health agencies are home health care providers which are licensed according to state and local laws to provide skilled nursing and other services on a visiting basis in your home, and recognized as home health providers under Medicare and/or accredited by a recognized accrediting agency such as The Joint Commission (TJC).

Infusion therapy provider is a provider licensed according to state and local laws as a pharmacy, and must be either certified as a home health care provider by Medicare, or accredited as a home pharmacy by The Joint Commission (TJC).

Hospice is an agency or organization primarily engaged in providing palliative care (pain control and symptom relief) to terminally ill persons and supportive care to those persons and their families to help them cope with terminal illness. This care may be provided in the home or on an inpatient basis. A hospice must be: (1) certified by Medicare as a hospice; (2) recognized by Medicare as a hospice demonstration site; or (3) accredited as a hospice by the Joint Commission on Accreditation of Hospitals. A list of hospices meeting these criteria is available upon request.

Hospital is a facility which provides diagnosis, treatment and care of persons who need acute inpatient hospital care under the supervision of physicians. It must be licensed as a general acute care hospital according to state and local laws. It must also be registered as a general hospital by the American Hospital Association and meet accreditation standards of The Joint Commission (TJC).

For the limited purpose of inpatient care, the definition of hospital also includes: (1) psychiatric health facilities (only for the acute phase of a mental health or substance use disorder), and (2) residential treatment centers.

Intensive In-Home Behavioral Health Program is a range of therapy services provided in the home to address symptoms and behaviors that, as the result of mental health or substance use disorder, put the members and others at risk of harm.

Intensive Outpatient Program is a structured, multidisciplinary behavioral health treatment that provides a combination of individual, group and family therapy in a program that operates no less than 3 hours per day, 3 days per week.

Investigative procedures or medications are those that have progressed to limited use on humans, but which are not widely accepted as proven and effective within the organized medical community.

LLNL refers to Lawrence Livermore National Laboratory.

LLNS refers to LAWRENCE LIVERMORE NATIONAL SECURITY, LLC.

LLNS SPD refers to LLNS Health and Welfare Benefit Plan for Employees Summary Plan Description or the LLNS Health and Welfare Benefit Plan for Retirees Summary Plan Description, as applicable.

Maximum allowed amount is the maximum amount of reimbursement the claims administrator will allow for covered medical services and supplies under this benefit program. See YOUR MEDICAL BENEFITS: MAXIMUM ALLOWED AMOUNT.
**Medically necessary** procedures, supplies equipment or services are those considered to be:

1. Appropriate and necessary for the diagnosis or treatment of the medical condition;
2. Clinically appropriate in terms of type, frequency, extent, site and duration and considered effective for the patient’s illness, injury or disease
3. Provided for the diagnosis or direct care and treatment of the medical condition;
4. Within standards of good medical practice within the organized medical community;
5. Not primarily for your convenience, or for the convenience of your physician or another provider; and
6. Not more costly than an equivalent service, including the same service in an alternative setting, or sequence of services that is medically appropriate and is likely to produce equivalent therapeutic or diagnostic results in regard to the diagnosis or treatment of the patient’s illness, injury, or condition; and
7. The most appropriate procedure, supply, equipment or service which can safely be provided. The most appropriate procedure, supply, equipment or service must satisfy the following requirements:
   a. There must be valid scientific evidence demonstrating that the expected health benefits from the procedure, supply, equipment or service are clinically significant and produce a greater likelihood of benefit, without a disproportionately greater risk of harm or complications, for you with the particular medical condition being treated than other possible alternatives; and
   b. Generally accepted forms of treatment that are less invasive have been tried and found to be ineffective or are otherwise unsuitable.

For purposes of treatment of *mental health* and *substance use disorder*, Medically Necessary means a service or product addressing the specific needs of that patient, for the purpose of preventing, diagnosing, or treating an illness, injury, condition, or its symptoms, including minimizing the progression of an illness, injury, condition, or its symptoms, in a manner that is all of the following:

(i) In accordance with the Generally Accepted Standards of Mental Health and Substance Use Disorder Care,

(ii) Clinically appropriate in terms of type, frequency, extent, site, and duration, and

(iii) Not primarily for the economic benefit of the Claims Administrator and the Member or for the convenience of the patient, treating Physician, or other health care Provider.

**Member** is the subscriber or family member.

**Mental health and substance use disorder** include conditions that are listed in the most current edition of the Diagnostic and Statistical Manual (DSM) of Mental Disorders.

**Non-contracting hospital** is a hospital which does not have a Standard Hospital Contract in effect with the claims administrator at the time services are rendered.

**Non-participating provider** is a one of the following providers which is NOT participating in a Blue Cross and/or Blue Shield Plan at the time services are rendered. They are not participating providers. Remember that only a portion of the amount which a non-participating provider charges for services may be treated as maximum allowed amount under this benefit program. See YOUR MEDICAL BENEFITS: MAXIMUM ALLOWED AMOUNT.

**Other health care provider** is one of the following providers:

- A certified registered nurse anesthetist;
- A facility which provides diagnostic radiology services;
- A blood bank;
- A durable medical equipment outlet;
- A clinical laboratory;
- A skilled nursing facility;
- A home health agency;
- A licensed ambulance company;
- A hospice;
- An ambulatory surgical center;
- An infusion therapy provider;
- A licensed birth center.

The provider must be licensed according to state and local laws to provide covered medical services.

**Partial Hospitalization Program** is a structured, multidisciplinary behavioral health treatment that offers nursing care and active individual, group and family treatment in a program that operates no less than 6 hours per day, 5 days per week.

**Participating provider** is a one of the following providers or other licensed health care professionals who are participating in a Blue Cross and/or Blue Shield Plan at the time services are rendered. **Participating providers** agree to accept the *maximum allowed amount* as payment for covered services. A directory of **participating providers** is available upon request.

**Physician** means:

1. A doctor of medicine (M.D.) or doctor of osteopathy (D.O.) who is licensed to practice medicine or osteopathy where the care is provided; or

2. One of the following providers, but only when the provider is licensed to practice where the care is provided, is rendering a service within the scope of that license and such license is required to render that service, and is providing a service for which benefits are specified in this booklet:
   - A dentist (D.D.S. or D.M.D.)
   - An optometrist (O.D.)
   - A dispensing optician
   - A podiatrist or chiropodist (D.P.M., D.S.P. or D.S.C.)
   - A licensed clinical psychologist
   - A chiropractor (D.C.)
   - An acupuncturist (A.C.)
   - A licensed clinical social worker (L.C.S.W.)
   - A marriage and family therapist (M.F.T.)
   - A licensed professional clinical counselor (L.P.C.C.)*
   - A physical therapist (P.T. or R.P.T.)*
   - A speech pathologist*
   - An audiologist*
   - An occupational therapist (O.T.R.)*
   - A respiratory care practitioner (R.C.P.)*
   - A *psychiatric mental health nurse* (R.N.)*
   - A nurse midwife
   - A nurse practitioner
   - A physician assistant
• A psychiatric mental health nurse (R.N.)*
• Any agency licensed by the state to provide services for the treatment of mental health or substance use disorder, when required by law to cover those services.
• A registered dietitian (R.D.)* or another nutritional professional* with a master’s or higher degree in a field covering clinical nutrition sciences, from a college or university accredited by a regional accreditation agency, who is deemed qualified to provide these services by the referring M.D. or D.O. A registered dietitian or other nutritional professional as described here are covered for the provision of diabetic medical nutrition therapy and nutritional counseling for the treatment of eating disorders such as anorexia nervosa and bulimia nervosa only.

*Note: The providers indicated by asterisks (*) are covered only by referral of a physician as defined in 1 above.

Plan Administrator refers to the Benefits and Investment Committee, the entity responsible for the administration of the benefit program.

Prescription means a written order or refill notice issued by a licensed prescriber.

Preventive Care Services include routine examinations, screenings, tests, education, and immunizations administered with the intent of preventing future disease, illness, or injury. Services are considered preventive if you have no current symptoms or prior history of a medical condition associated with that screening or service. These services shall meet requirements as determined by federal and state law. Sources for determining which services are recommended include the following:

1. Services with an “A” or “B” rating from the United States Preventive Services Task Force (USPSTF);
2. Immunizations recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention;
3. Preventive care and screenings for infants, children, and adolescents as provided for in the comprehensive guidelines supported by the Health Resources and Services Administration; and
4. Additional preventive care and screening for women provided for in the guidelines supported by the Health Resources and Services Administration.

Please call the Member Services number listed on your ID card for additional information about services that are covered by this benefit program as preventive care services. You may also refer to the following websites that are maintained by the U.S. Department of Health & Human Services.

https://www.healthcare.gov/what-are-my-preventive-care-benefits
http://www.ahrq.gov
http://www.cdc.gov/vaccines/acip/index.html

Prior benefit program is a benefit program sponsored by us which was replaced by this benefit program within 60 days. You are considered covered under the prior benefits program if you: (1) were covered under the prior benefit program on the date that benefit program terminated; (2) properly enrolled for coverage within 31 days of this benefit program’s effective date; and (3) had coverage terminate solely due to the prior benefit program's termination.

Prosthetic devices are appliances which replace all or part of a function of a permanently inoperative, absent or malfunctioning body part. The term “prosthetic devices” includes orthotic devices, rigid or semi-supportive devices which restrict or eliminate motion of a weak or diseased part of the body.
Psychiatric emergency medical condition is a *mental disorder* that manifests itself by acute symptoms of sufficient severity that the patient is either (1) an immediate danger to himself or herself or to others, or (2) immediately unable to provide for or utilize food, shelter, or clothing due to the *mental disorder*.

**Psychiatric health facility** is an acute 24-hour facility as defined in California Health and Safety Code 1250.2. It must be:

1. Licensed by the California Department of Health Services;
2. Qualified to provide short-term inpatient treatment according to state law;
3. Accredited by The Joint Commission (TJC); and
4. Staffed by an organized medical or professional staff which includes a *physician* as medical director.

**Psychiatric mental health nurse** is a registered nurse (R.N.) who has a master's degree in psychiatric mental health nursing, and is registered as a psychiatric mental health nurse with the state board of registered nurses.

**Residential treatment center** is an inpatient treatment facility where the patient resides in a modified community environment and follows a comprehensive medical treatment regimen for treatment and rehabilitation of a *mental health* or substance use disorder. The facility must be licensed to provide psychiatric treatment of *mental health* or substance use disorder according to state and local laws and requires a minimum of one *physician* visit per week in the facility. The facility must be fully accredited by The Joint Commission (TJC), the Commission on Accreditation of Rehabilitation Facilities (CARF), the National Integrated Accreditation for Healthcare Organizations (NIAHO), or the Council on Accreditation (COA).

**Skilled nursing facility** is an institution that provides continuous skilled nursing services. It must be licensed according to state and local laws and be recognized as a skilled nursing facility under Medicare.

**Special care units** are special areas of a *hospital* which have highly skilled personnel and special equipment for acute conditions that require constant treatment and observation.

**Specialist** is a *physician* who focuses on a specific area of medicine or group of patients to diagnose, manage, prevent, or treat certain types of symptoms and conditions. A non-physician specialist is a provider who has added training in a specific area of health care.

**Spouse** meets the eligibility requirements for spouses outlined in the LLNS SPD.

**Stay** is inpatient confinement which begins when you are admitted to a facility and ends when you are discharged from that facility.

**Subscriber** is the person who, by meeting the eligibility requirements, is allowed to choose coverage under this *benefit program* for himself or herself and his or her eligible *family members*. Such requirements are outlined in your LLNS SPD.

**Surprise Billing Claim** is described in the “Consolidated Appropriations Act of 2021 Notice” at the front of this booklet for details.

**Urgent care** is the services received for a sudden, serious, or unexpected illness, injury or condition, other than one which is life threatening, which requires immediate care for the relief of severe pain or diagnosis and treatment of such condition.

**Urgent care center** is a physician's office or a similar facility which meets established ambulatory care criteria and provides medical care outside of a hospital emergency department, usually on an unscheduled, walk-in basis. Urgent care centers are staffed by medical doctors, nurse practitioners
and physician assistants primarily for the purpose of treating patients who have an injury or illness that requires immediate care but is not serious enough to warrant a visit to an emergency room.

To find an urgent care center, please call us at the Member Services number listed on your ID card or you can also search online using the “Find a Doctor” function on our website at www.anthem.com/ca. Please call the urgent care center directly for hours of operation and to verify that the center can help with the specific care that is needed.

**We (us, our)** refers to LAWRENCE LIVERMORE NATIONAL SECURITY, LLC (“LLNS”).

**Year or calendar year** is a 12 month period starting January 1 at 12:01 a.m. Pacific Standard Time.

**You (your)** refers to the subscriber and family members who are enrolled for benefits under this benefit program.

### BINDING ARBITRATION

**Note:** If you are enrolled in a benefit program provided by your employer that is subject to ERISA, any dispute involving an adverse benefit decision must be resolved under ERISA’s claims procedure rules, and is not subject to mandatory binding arbitration. You may pursue voluntary binding arbitration after you have completed an appeal under ERISA. If you have any other dispute which does not involve an adverse benefit decision, this BINDING ARBITRATION provision applies.

Any dispute or claim, of whatever nature, arising out of, in connection with, or in relation to this benefit program, or breach or rescission thereof, or in relation to care or delivery of care, including any claim based on contract, tort or statute, must be resolved by arbitration if the amount sought exceeds the jurisdictional limit of the small claims court. Any dispute regarding a claim for damages within the jurisdictional limits of the small claims court will be resolved in such court.

The Federal Arbitration Act shall govern the interpretation and enforcement of all proceedings under this BINDING ARBITRATION provision. To the extent that the Federal Arbitration Act is inapplicable, or is held not to require arbitration of a particular claim, state law governing agreements to arbitrate shall apply.

The member and plan administrator agree to be bound by these arbitration provisions and acknowledge that they are giving up their right to trial by jury for both medical malpractice claims and any other disputes.

The member and plan administrator agree to give up the right to participate in class arbitrations against each other. Even if applicable law permits class actions or class arbitrations, the member waives any right to pursue, on a class basis, any such controversy or claim against plan administrator and plan administrator waives any right to pursue on a class basis any such controversy or claim against the member.

The arbitration findings will be final and binding except to the extent that state or federal law provides for the judicial review of arbitration proceedings.

The arbitration is initiated by the member making written demand on plan administrator. The arbitration will be conducted by Judicial Arbitration and Mediation Services (“JAMS”), according to its applicable Rules and Procedures. If for any reason JAMS is unavailable to conduct the arbitration, the arbitration will be conducted by another neutral arbitration entity, by agreement of the member and plan administrator, or by order of the court, if the member and plan administrator cannot agree.
YOUR RIGHT TO APPEALS

For purposes of these Appeal provisions, “claim for benefits” means a request for benefits under the benefit program. The term includes both pre-service and post-service claims.

- A pre-service claim is a claim for benefits under the benefit program for which you have not received the benefit or for which you may need to obtain approval in advance.
- A post-service claim is any other claim for benefits under the benefit program for which you have received the service.

If your claim is denied or if your coverage is rescinded:

- you will be provided with a written notice of the denial or rescission; and
- you are entitled to a full and fair review of the denial or rescission.

The procedure the claims administrator will follow will satisfy following the minimum requirements for a full and fair review under applicable federal regulations.

Notice of Adverse Benefit Determination

If your claim is denied, the claims administrator’s notice of the adverse benefit determination (denial) will include:

- information sufficient to identify the claim involved;
- the specific reason(s) for the denial;
- a reference to the specific plan provision(s) on which the claims administrator’s determination is based;
- a description of any additional material or information needed to perfect your claim;
- an explanation of why the additional material or information is needed;
- a description of the benefit program’s review procedures and the time limits that apply to them, including a statement of your right to bring a civil action under ERISA (if applicable) within one year of the appeal decision if you submit an appeal and the claim denial is upheld;
- information about any internal rule, guideline, protocol, or other similar criterion relied upon in making the claim determination and about your right to request a copy of it free of charge, along with a discussion of the claims denial decision;
- information about the scientific or clinical judgment for any determination based on medical necessity or experimental treatment, or about your right to request this explanation free of charge, along with a discussion of the claims denial decision; and
- information regarding your potential right to an External Appeal pursuant to federal law.

For claims involving urgent/concurrent care:

- the claims administrator’s notice will also include a description of the applicable urgent/concurrent review process; and
- the claims administrator may notify you or your authorized representative within 72 hours orally and then furnish a written notification.
Appeals

You have the right to appeal an adverse benefit determination (claim denial or rescission of coverage). You or your authorized representative must file your appeal within 180 calendar days after you are notified of the denial or rescission. You will have the opportunity to submit written comments, documents, records, and other information supporting your claim. The claims administrator's review of your claim will take into account all information you submit, regardless of whether it was submitted or considered in the initial benefit determination.

The claims administrator shall offer a single mandatory level of appeal and an additional voluntary second level of appeal which may be a panel review, independent review, or other process consistent with the entity reviewing the appeal. The time frame allowed for the claims administrator to complete its review is dependent upon the type of review involved (e.g. pre-service, concurrent, post-service, urgent, etc.).

For pre-service claims involving urgent/concurrent care, you may obtain an expedited appeal. You or your authorized representative may request it orally or in writing. All necessary information, including the claims administrator's decision, can be sent between the claims administrator and you by telephone, facsimile or other similar method. To file an appeal for a claim involving urgent/concurrent care, you or your authorized representative must contact the claims administrator at the phone number listed on your ID card and provide at least the following information:

- the identity of the claimant;
- the date(s) of the medical service;
- the specific medical condition or symptom;
- the provider's name;
- the service or supply for which approval of benefits was sought; and
- any reasons why the appeal should be processed on a more expedited basis.

All other requests for appeals should be submitted in writing by the Member or the Member's authorized representative, except where the acceptance of oral appeals is otherwise required by the nature of the appeal (e.g. urgent care). You or your authorized representative must submit a request for review to:

Anthem Blue Cross Life and Health Insurance Company
ATTN: Appeals
P.O. Box 54159, Los Angeles, CA 90054

You must include Your Member Identification Number when submitting an appeal.

Upon request, the claims administrator will provide, without charge, reasonable access to, and copies of, all documents, records, and other information relevant to your claim. “Relevant” means that the document, record, or other information:

- was relied on in making the benefit determination; or
- was submitted, considered, or produced in the course of making the benefit determination; or
- demonstrates compliance with processes and safeguards to ensure that claim determinations are made in accordance with the terms of the benefit program, applied consistently for similarly-situated claimants; or
- is a statement of the benefit program’s policy or guidance about the treatment or benefit relative to your diagnosis.

The claims administrator will also provide you, free of charge, with any new or additional evidence considered, relied upon, or generated in connection with your claim. In addition, before you receive
an adverse benefit determination on review based on a new or additional rationale, the claims administrator will provide you, free of charge, with the rationale.

**For Out of State Appeals** You have to file Provider appeals with the Host Plan. This means Providers must file appeals with the same plan to which the claim was filed.

**How Your Appeal will be Decided**

When the claims administrator considers your appeal, the claims administrator will not rely upon the initial benefit determination or, for voluntary second-level appeals, to the earlier appeal determination. The review will be conducted by an appropriate reviewer who did not make the initial determination and who does not work for the person who made the initial determination. A voluntary second-level review will be conducted by an appropriate reviewer who did not make the initial determination or the first-level appeal determination and who does not work for the person who made the initial determination or first-level appeal determination.

If the denial was based in whole or in part on a medical judgment, including whether the treatment is experimental, investigational, or not medically necessary, the reviewer will consult with a health care professional who has the appropriate training and experience in the medical field involved in making the judgment. This health care professional will not be one who was consulted in making an earlier determination or who works for one who was consulted in making an earlier determination.

**Notification of the Outcome of the Appeal**

**If you appeal a claim involving urgent/concurrent care,** the claims administrator will notify you of the outcome of the appeal as soon as possible, but not later than 72 hours after receipt of your request for appeal.

**If you appeal any other pre-service claim,** the claims administrator will notify you of the outcome of the appeal within 30 days after receipt of your request for appeal.

**If you appeal a post-service claim,** the claims administrator will notify you of the outcome of the appeal within 60 days after receipt of your request for appeal.

**Appeal Denial**

If your appeal is denied, that denial will be considered an adverse benefit determination. The notification from the claims administrator will include all of the information set forth in the above subsection entitled “Notice of Adverse Benefit Determination.”

**Voluntary Second Level Appeals**

If you are dissatisfied with the benefit program’s mandatory first level appeal decision, a voluntary second level appeal may be available. If you would like to initiate a second level appeal, please write to the address listed above. Voluntary appeals must be submitted within 60 calendar days of the denial of the first level appeal. You are not required to complete a voluntary second level appeal prior to submitting a request for an independent External Review.

**External Review**

If the outcome of the mandatory first level appeal is adverse to you and it was based on medical judgment, or if it pertained to a rescission of coverage, you may be eligible for an independent External Review pursuant to federal law.

You must submit your request for External Review to the claims administrator within four (4) months of the notice of your final internal adverse determination.

A request for an External Review must be in writing unless the claims administrator determines that it is not reasonable to require a written statement. You do not have to re-send the information that you submitted for internal appeal. However, you are encouraged to submit any additional information that you think is important for review.
For pre-service claims involving urgent/concurrent care, you may proceed with an Expedited External Review without filing an internal appeal or while simultaneously pursuing an expedited appeal through the claims administrator's internal appeal process. You or your authorized representative may request it orally or in writing. All necessary information, including the claims administrator's decision, can be sent between the claims administrator and you by telephone, facsimile or other similar method. To proceed with an Expedited External Review, you or your authorized representative must contact the claims administrator at the phone number listed on your ID card and provide at least the following information:

- the identity of the claimant;
- the date(s) of the medical service;
- the specific medical condition or symptom;
- the provider's name;
- the service or supply for which approval of benefits was sought; and
- any reasons why the appeal should be processed on a more expedited basis.

All other requests for External Review should be submitted in writing unless the claims administrator determines that it is not reasonable to require a written statement. Such requests should be submitted by you or your authorized representative to:

Anthem Blue Cross Life and Health Insurance Company  
ATTN: Appeals  
P.O. Box 54159, Los Angeles, CA 90054

You must include Your Member Identification Number when submitting an appeal.

This is not an additional step that you must take in order to fulfill your appeal procedure obligations described above. Your decision to seek External Review will not affect your rights to any other benefits under this health care plan. There is no charge for you to initiate an independent External Review. The External Review decision is final and binding on all parties except for any relief available through applicable state laws or ERISA (if applicable).

**Requirement to file an Appeal before filing a lawsuit**

No lawsuit or legal action of any kind related to a benefit decision may be filed by you in a court of law or in any other forum, unless it is commenced within one year years of the benefit program's final decision on the claim or other request for benefits. If the benefit program decides an appeal is untimely, the benefit program's latest decision on the merits of the underlying claim or benefit request is the final decision date. You must exhaust the benefit program's internal Appeals Procedure but not including any voluntary level of appeal, before filing a lawsuit or taking other legal action of any kind against the benefit program.

If your health benefit program is sponsored by your employer and subject to the Employee Retirement Income Security Act of 1974 (ERISA) and your appeal as described above results in an adverse benefit determination, you have a right to bring a civil action under Section 502(a) of ERISA within one year of the appeal decision.

The claims administrator reserves the right to modify the policies, procedures and timeframes in this section upon further clarification from Department of Health and Human Services and Department of Labor.
This benefit program is subject to ERISA Claims and Appeals Procedures. Claim forms may be obtained from the benefit program Administrator or from the Claims Administrator. (Note that the Claims Administrator is not the benefit program Administrator.)

FOR YOUR INFORMATION

WEB SITE

Information specific to your benefits and claims history are available by calling the 800 number on your identification card. Anthem Blue Cross Life and Health is an affiliate of Anthem Blue Cross. You may use Anthem Blue Cross’s web site to access benefit information, claims payment status, benefit maximum status, participating providers or to order an ID card. Simply log on to www.anthem.com/ca, select “Member”, and click the "Register" button on your first visit to establish a User ID and Password to access the personalized and secure MemberAccess Web site. Once registered, simply click the "Login" button and enter your User ID and Password to access the MemberAccess Web site. Our privacy statement can also be viewed on our website.

Identity Protection Services

The claims administrator has made identity protection services available to members. To learn more about these services, please visit https://anthemcares.allclearid.com/.

LANGUAGE ASSISTANCE PROGRAM

Anthem Blue Cross Life and Health introduced its Language Assistance Program to provide certain written translation and oral interpretation services to California members with limited English proficiency.

The Language Assistance Program makes it possible for you to access oral interpretation services and certain written materials vital to understanding your health coverage at no additional cost to you.

Written materials available for translation include grievance and appeal letters, consent forms, claim denial letters, and explanations of benefits. These materials are available in the following languages:

- Spanish
- Chinese
- Vietnamese
- Korean
- Tagalog

Oral interpretation services are available in additional languages.

Requesting a written or oral translation is easy. Just please contact Member Services by calling the phone number on your ID card to update your language preference to receive future translated documents or to request interpretation assistance. Anthem Blue Cross Life and Health also sends/receives TDD/TTY messages at 866-333-4823 or by using the National Relay Service through 711.

For more information about the Language Assistance Program visit www.anthem.com/ca.

STATEMENT OF RIGHTS UNDER THE NEWBORNS AND MOTHERS HEALTH PROTECTION ACT

Under federal law, group health plans and health insurance issuers offering group health insurance coverage generally may not 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 delivery by cesarean section. However the plan or issuer may pay for a
shorter stay if the attending physician (e.g., your physician, nurse midwife, or physician assistant), after consultation with the mother, discharges the mother or newborn earlier.

Also, under federal law, plans and issuers may not set the level of benefits or out-of-pocket costs so that any later portion of the 48 hour (or 96 hour) stay is treated in a manner less favorable to the mother or newborn than any earlier portion of the stay.

In addition, a plan or issuer may not, under federal law, require that a physician or other health care provider obtain authorization for prescribing a length of stay of up to 48 hours (or 96 hours). However, to use certain providers or facilities, or to reduce your out-of-pocket costs, you may be required to obtain pre-certification. For information on pre-certification, please call the Member Services telephone number listed on your ID card.

STATEMENT OF RIGHTS UNDER THE WOMEN’S HEALTH AND CANCER RIGHTS ACT OF 1998

This benefit program, as required by the Women’s Health and Cancer Rights Act of 1998, provides benefits for mastectomy-related services including all stages of reconstruction and surgery to achieve symmetry between the breasts, prostheses, and complications resulting from a mastectomy (including lymphedema). If you have any questions about this coverage, please call the claims administrator at the Member Services telephone number listed on your ID card.

Get help in your language

Curious to know what all this says? Here’s the English version:

You have the right to get this information and help in your language for free. Call the Member Services number on your ID card for help. (TTY/TDD: 711)

Separate from our language assistance program, documents are made available in alternate formats for members with visual impairments. If you need a copy of this document in an alternate format, please call the Member Services telephone number on the back of your ID card.

Spanish

Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda. (TTY/TDD: 711)

Arabic

يحق لك الحصول على هذه المعلومات والمساعدة بلغتك مجانًا. اتصل برقم خدمات الأعضاء الموجود على بطاقة التعريف الخاصة بك للمساعدة. (TTY/TDD: 711)

Armenian

Դուք իրավունք ունեք Ձեր լեզվով անվճար ստանալ այս տեղեկատվությունը և ցանկացած օգնություն: Օգնությունը առանձնահատոր համակարգով Մանուկական իրավաճառները նկարագրելու Ձեր ID բառացի վրա ձեռևում հաճախություն: (TTY/TDD: 711)

Chinese

您有權使用您的語言免費獲得該資訊和協助。請撥打您的ID卡上的成員服務號碼尋求協助。（TTY/TDD: 711）
It's important that you are treated fairly

That's why the claims administrator follows federal civil rights laws in our health programs and activities. The claims administrator doesn’t discriminate, exclude people, or treat them differently on the basis of race, color, national origin, sex, age or disability. For people with disabilities, free aids and services are offered. For people whose primary language isn’t English, free language assistance...
services through interpreters and other written languages are offered. Interested in these services? Call the Member Services number on your ID card for help (TTY/TDD: 711). If you think the *claims administrator* failed to offer these services or discriminated based on race, color, national origin, age, disability, or sex, you can file a complaint, also known as a grievance. You can file a complaint with our Compliance Coordinator in writing to Compliance Coordinator, P.O. Box 27401, Mail Drop VA2002-N160, Richmond, VA 23279. Or you can file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights at 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201 or by calling 1-800-368-1019 (TDD: 1-800-537-7697) or online at [https://ocrportal.hhs.gov/ocr/portal/lobby.jsf](https://ocrportal.hhs.gov/ocr/portal/lobby.jsf). Complaint forms are available at [http://www.hhs.gov/ocr/office/file/index.html](http://www.hhs.gov/ocr/office/file/index.html).
COMPLAINT NOTICE

All complaints and disputes relating to coverage under this *benefit program* must be resolved in accordance with the *benefit program’s* grievance procedures. Grievances may be made by telephone (please call the number described on your Identification Card) or in writing (write to Anthem Blue Cross Life and Health Insurance Company, 21215 Burbank Blvd. Woodland Hills, CA 91367 marked to the attention of the Member Services Department named on your identification card). If you wish, the Claims Administrator will provide a Complaint Form which you may use to explain the matter.

All grievances received under the *benefit program* will be acknowledged in writing, together with a description of how the *benefit program* proposes to resolve the grievance. Grievances that cannot be resolved by this procedure shall be submitted to arbitration.
Claims Administered by:

ANTHEM BLUE CROSS

on behalf of

ANTHEM BLUE CROSS LIFE AND HEALTH INSURANCE COMPANY