Scantic Valley Regional Health Trust – Exclusive (FH-no Deductible)

Coverage Period: 07/01/2023 – 06/30/2024
Coverage for: Individual + family | Plan Type: HMO

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, call 1-800-791-7944 or visit healthnewengland.org and sign into the Member Portal. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms see the Glossary. You can view the Glossary at <u>www.healthcare.gov/sbc-glossary</u> or call 1-800-791-7944 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$0	See the Common Medical Events chart below for your costs for services this <u>plan</u> covers.
Are there services covered before you meet your deductible?	Yes. All covered services are covered without a <u>deductible</u> .	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other deductibles for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	Medical: \$2,000 individual / \$4,000 family. Pharmacy: \$3,000 individual / \$6,000 family.	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out-of-pocket limit?</u>	Your <u>cost-sharing</u> for benefits that are not <u>Essential Health Benefits</u> under national health care reform, <u>premiums</u> , health care this <u>plan</u> doesn't cover.	Even though you pay these expenses they don't count toward the out-of-pocket limit.
Will you pay less if you use a <u>network provider</u> ?	Yes. Visit healthnewengland.org or call 1-800-791-7944 for a list of network providers.	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the plan's <u>network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the provider's charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the specialist you choose without a referral.

(DT - OMB control number: 1545-0047/Expiration Date: 12/31/2019)(DOL - OMB control number: 1210-0147/Expiration date: 5/31/2022) (HHS - OMB control number: 0938-1146/Expiration date: 10/31/2022)

2023 SF LG (FH) SVRHT

		What You Will Pay		
Common Medical Event	Services You May Need	In-Plan Provider (You will pay the least)	Out-of-Plan Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Primary care visit to treat an injury or illness	\$20 <u>copay</u> /visit	Not covered	None
If you visit a health care provider's office or clinic	Specialist visit	\$35 <u>copay</u> /visit \$20 <u>copay</u> /visit for chiropractor. \$20 <u>copay</u> /visit for acupuncture	Not covered	Chiropractic limited to 12 visits per calendar year (children under age 13 require Prior Approval). Acupuncture limited to 12 visits per calendar year.
	Preventive care/screening/ immunization	No charge	Not covered	You may have to pay for services that aren't preventive. Ask your provider if the services you need are preventive. Then check what your plan will pay for.
	Diagnostic test (x-ray, blood work)	No charge	Not covered	None
If you have a test	Imaging (CT/PET scans, MRIs)	\$100 <u>copay</u>	Not covered	Includes CT Scans, PET Scans, MRIs, MRAs and Nuclear Cardiac Imaging. Prior approval is required.
If you need drugs to treat your illness or	Tier 1 (Generic drugs)	\$10 retail <u>copay</u> , \$20 mail order <u>copay</u> /prescription	Not covered	
condition More information about prescription drug	Tier 2 (Brand/Formulary drugs)	\$25 retail <u>copay</u> , \$50 mail order <u>copay</u> /prescription	Not covered	Covers up to a 30-day supply (retail); up to a 90-day supply (mail order). Prior approval is required for some prescription drugs. Without prior
coverage is available at	Tier 3 (Brand/Non-formulary drugs)	\$50 retail <u>copay,</u> \$110 mail order <u>copay</u> /prescription	Not covered	approval, a drug may not be covered.
http://www.hnedirect.co m/FormularyLookup/D efault.aspx	Specialty drugs	Copay depends on drug tier.	Not covered	Prior approval is required for some <u>prescription</u> <u>drugs</u> . Without prior approval, a drug may not be covered.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	\$150 <u>copay</u> /day	Not covered	Prior approval is required for some services. This copay is based on the type of service, not where it is performed. To find out if this copay applies to a specific procedure, please contact Health New England Member Services at 1-800-791-7944.
	Physician/surgeon fees	No charge	Not covered	None

		What You Will Pay			
Common Medical Event	Services You May Need	In-Plan Provider (You will pay the least)	Out-of-Plan Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Emergency room care	\$100 <u>copay</u> /visit	\$100 copay/visit	None	
If you need immediate medical attention	Emergency medical transportation	\$25 <u>copay</u> /member/day	\$25 copay/member/ day	For ground ambulance services from out-of-plan providers, only ambulance transport and mileage are covered. Ancillary supplies or services (such as ECG tracing, drugs, intubation and measuring of oxygen in the blood) will not be covered if billed as separate line items.	
	<u>Urgent care</u>	\$35 <u>copay</u> /visit	Not covered	None	
If you have a hospital stay	Facility fee (e.g., hospital room)	\$500 <u>copay</u> /admission	Not covered	100 days per calendar year limit for skilled nursing facility care and Inpatient Rehabilitation. Prior Approval Required.	
otay	Physician/surgeon fees	No charge	Not covered	None	
If you need mental health, behavioral	Outpatient services	\$20 <u>copay</u> /visit	Not covered	Prior approval is required.	
health, or substance abuse services	Inpatient services	\$500 copay/admission	Not covered	Prior approval is required.	
	Office visits	No charge	Not covered	Cost sharing does not apply for preventive services. Depending on the type of service, copays may apply.	
If you are pregnant	Childbirth/delivery professional services	No charge	Not covered	None	
	Childbirth/delivery facility services	\$500 <u>copay</u> /admission	Not covered	Coverage for child is limited to routine newborn nursery charges. For continued coverage, child must be enrolled within 30 days of date of birth.	

	What You Will Pay			
Common Medical Event	Services You May Need	In-Plan Provider (You will pay the least)	Out-of-Plan Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Home health care	No charge	Not covered	Prior approval is required.
If you need help recovering or have other special health	Rehabilitation services	\$20 <u>copay</u> /visit per treatment type	Not covered	Limited to 60 visits per Calendar Year for physical or occupational therapy. The Calendar year limit does not apply to services that are part of a home health plan. The limit also does not apply when services are provided to treat autism spectrum disorder.) Services that are part of a home health plan and services provided to treat autism spectrum disorder require Prior Approval.)
needs	Habilitation services \$35 copay/vi	\$35 <u>copay</u> /visit per treatment type	Not covered	Early intervention services covered for children from birth to age 3 with no member cost sharing.
	Skilled nursing care	No charge	Not covered	Skilled nursing services in the home. Prior approval is required.
	Durable medical equipment	20% coinsurance	Not covered	Prior approval is required for some items.
	Hospice services	No charge	Not covered	Prior approval is required.
	Children's eye exam	No charge	Not covered	Routine exams limited to one per calendar year.
If your child needs	Children's glasses	Not covered	Not covered	None
dental or eye care	Children's dental check-up	Not covered	Not covered	None

Excluded Services & Other Covered Services:

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

- Bariatric Surgery (requires prior approval)
- Children's Dental Check-up
- Children's Glasses
- Cosmetic Surgery

- Dental Care (Adult) (except for the limited services specified in your plan materials)
- Long Term Care
 - Non-emergency care when traveling outside the U.S.
- Private Duty Nursing
- Routine Foot Care (Routine foot care is covered if you have diabetes)

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

- Acupuncture
- Chiropractic Care

- Hearing Aids (limited to members age 21 and under, \$2,000 per hearing aid per ear each 36 months)
- Infertility Treatment (some services require Prior Approval)
- Routine eye care (Adult)
- Weight Loss Programs (\$400 payment for a family can be split among family members of the plan. The maximum for each member on the plan is \$200.)

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace, visit www.HealthCare.gov or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: Health New England Member Services at (800)791-7944 or visit healthnewengland.org.

Does this plan provide Minimum Essential Coverage? Yes

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

Does this plan meet the Minimum Value Standards? Yes

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

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

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About these Coverage Examples:



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

Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

■ The <u>plan's</u> overall <u>deductible</u>	\$0
■ Specialist copay	\$35
■ Hospital (facility) copay	\$500
■ Laboratory <u>copay</u>	\$0

This EXAMPLE event includes services like:

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

Total Example Cost	\$12,700

In this example, Peg would pay:

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Cost Sharing		
Deductibles	\$0	
Copayments	\$500	
Coinsurance	\$0	
What isn't covered		
Limits or exclusions		
The total Peg would pay is	\$500	

Managing Joe's type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

■ The <u>plan's</u> overall <u>deductible</u>	\$0
■ Specialist copay	\$35
Primary care visit copay	\$20
■ Laboratory <u>copay</u>	\$0

This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (including disease education)

Diagnostic tests (blood work)

Prescription drugs

Durable medical equipment (glucose meter)

Total Example Cost	\$5,600
Total Example 003t	ψ5,000

In this example, Joe would pay:

Cost Sharing	
Deductibles	\$0
Copayments	\$900
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$0
The total Joe would pay is	\$900

Mia's Simple Fracture

(in-network emergency room visit and follow up care)

■ The plan's overall deductible	\$0
■ Specialist copay	\$35
■ Hospital ER (facility) copay	\$100
Ambulance services copay	\$25

This EXAMPLE event includes services like:

<u>Emergency room care</u> (including medical supplies)

Diagnostic test (x-ray)

<u>Durable medical equipment</u> (crutches)

Rehabilitation services (physical therapy)

Total Example Cost	\$2,800
Total Example 900t	Ψ2,000

In this example, Mia would pay:

Cost Sharing		
Deductibles	\$0	
Copayments	\$200	
Coinsurance	\$20	
What isn't covered		
Limits or exclusions	\$0	
The total Mia would pay is	\$220	

Notice Informing Individuals of Nondiscrimination and Accessibility

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Health New England complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Health New England does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Health New England provides aids and language services to people with disabilities and whose primary language is not English to communicate effectively with us. We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at (800) 310-2835 (TTY: 711). Someone who speaks your preferred language can help you.

This is a free service, which includes:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Qualified interpreters
- Information written in other languages

If you need these services, you may also contact Susan O'Connor, Vice President and General Counsel, at One Monarch Place, Suite 1500, Springfield, MA 01104-1500, Phone: (888) 270-0189, TTY: 711, Fax: (413) 233-2685.

If you believe that Health New England has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Susan O'Connor at the above address, phone or fax, or via email to ComplaintsAppeals@hne.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Susan O'Connor, Vice President and General Counsel, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, (800) 368-1019, (800) 537-7697 (TDD). Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

Reviewed: 12/13/2022

Multi-Language Services

We're here to help you. We can give you information in other formats and different languages. All translation services are free to members. If you have questions regarding this document, please call the toll-free member phone number listed on your health plan ID card, (TTY: 711), Monday through Friday, 8:00 a.m. - 6:00 p.m.

BeHealthy Partnership members, this information is about your BeHealthy Partnership benefits. If you have questions, need this document translated, need someone to read this or other printed information to you, or want to learn more about any of our benefits or services, call the toll-free member phone number listed on your health plan ID card, (TTY: 711), Monday through Friday, 8:00 a.m. – 6:00 p.m. For questions about your Behavioral Health, call MBHP at: (800) 495-0086 (TTY: (617) 790-4130) 24 hours a day, 7 days a week, or visit www.masspartnership.com.

Medicare Advantage members, Health New England Medicare Advantage is an HMO, HMO-POS, and PPO Plan with a Medicare contract. Enrollment in Health New England Medicare Advantage depends on contract renewal. If you have any questions regarding this document, please contact the toll-free member phone number listed on your health plan ID card, (TTY: 711).

English	You have the right to get help and information in your language at no cost. To request an interpreter, call the toll-free member
	phone number listed on your health plan ID card, press 0. (TTY: 711)
Spanish	Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito
	para miembros que se encuentra en su tarjeta de identificación del plan de salud y presione 0. (TTY: 711)
Portuguese	Você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para solicitar um intérprete, ligue para o número de
	telefone gratuito que consta no cartão de ID do seu plano de saúde, pressione 0. (TTY: 711)
German	Sie haben das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um einen Dolmetscher anzufordern, rufen
	Sie die gebührenfreie Mitgliedsnummer an, die auf Ihrem Krankenversicherungsausweis aufgeführt ist, und drücken Sie die 0.
	(TTY: 711)
Japanese	あなたには、無料であなたの言語でヘルプと情報を得る権利があります。通訳を依頼するには、健康保険証に記載されているフ
	リーダイヤルの会員番号に電話し、0 を押してください。(TTY: 711)
Chinese	您有權免費以您使用的語言獲得幫助和訊息。如需口譯員,請撥打您的保健計劃 ID 卡上列出的免費會員電話號碼,按 0
	。(TTY: 711)
French	Ou gen dwa pou jwenn èd ak enfòmasyon nan lang natifnatal ou gratis. Pou mande yon entèprèt, rele nimewo gratis manm lan ki
Creole	endike sou kat ID plan sante ou, peze 0. (TTY: 711)
Vietnamese	Quý vị có quyền được giúp đỡ và cấp thông tin bằng ngôn ngữ của quý vị miễn phí. Để yêu cầu được thông dịch viên giúp đỡ, vui
	lòng gọi số điện thoại miễn phí dành cho hội viên được nêu trên thẻ ID chương trình bảo hiểm y tế của quý vị, bấm số 0. (TTY:
	711).
Russian	Вы имеете право на бесплатное получение помощи и информации на вашем языке. Чтобы подать запрос переводчика
	позвоните по бесплатному номеру телефона, указанному на обратной стороне вашей идентификационной карты и нажмите
	0. Линия (телетайп: 711)
Arabic	يحق لك الحصول على المساعدة والمعلومات بلغتك مجانًا. لطلب مترجم، اتصل برقم هاتف العضو المجاني على بطاقة تعريف خطتك الصحية،
	ثم اضغط على 0. (TTY:711)

Mon-Khmer,	អ្នកមានសិទ្ធិទ្ធួូលជំនួយ និងព័ត៌មាន ជាភាសារបស់អ្នក ដោយមិនអ្ប់ថ្លៃ។ ដ ៊ើមបីដសនើស ំអ្នកបកប្រប
Cambodian	សូមទ្ទរស័ពទិនៅឧលខឥតឧេញថ្លៃសំរាប់សមាជិក ឬ លមានកត់នៅកនុងប័ណ្ណ ID គំឧរាងស ខភាពរបស់អ្នក រូេឌ ើយេ េ 0។
	(TTY: 711)
French	Vous avez le droit d'obtenir gratuitement de l'aide et des renseignements dans votre langue. Pour demander à parler à un interprète, appelez le numéro de téléphone sans frais figurant sur votre carte d'affilié du régime de soins de santé et appuyez sur la touche 0.
	(ATS: 711).
Italian	Hai il diritto di ottenere aiuto e informazioni nella tua lingua gratuitamente. Per richiedere un interprete, chiama il numero
	telefonico verde indicato sulla tua tessera identificativa del piano sanitario e premi lo 0. Dispositivi per non udenti (TTY: 711).
Korean	귀하는 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 통역사를 요청하기 위해서는 귀하의 플랜
	ID카드에 기재된 무료 회원 전화번호로 전화하여 0번을 누르십시오. TTY 711
Greek	Έχετε το δικαίωμα να λάβετε βοήθεια και πληροφορίες στη γλώσσα σας χωρίς χρέωση. Για να ζητήσετε διερμηνέα, καλέστε το
	δωρεάν αριθμό τηλεφώνου που βρίσκεται στην κάρτα μέλους ασφάλισης, πατήστε 0. (ΤΤΥ: 711).
Polish	Masz prawo do uzyskania bezpłatnej informacji i pomocy we własnym języku. Po usługi tłumacza zadzwoń pod bezpłatny numer umieszczony na karcie identyfikacyjnej planu medycznego i wciśnij 0. (TTY: 711).
Hindi	आंग के पास अपनी भाषा में सहायता एवं जानकारी नि:श्ल्क प्राप्त करने का अधिकार है। दुभाषिए के लिए अन्रोध
Gujarati	करने के लिए, अपने हैल्थ प्लान ID कार्ड पर सूचीबद्ध टोल-फ्री नंबर पर फ़ोन करें, 0 दबाएं। TTY 711 તમારી ભાષામાં વિના મૂલ્યે મદદ અને માહિતી મેળવવાનો તમને અધિકાર છે. દુભાષિયાની વિનેતી કરવા માટે તમારા હેલ્થ પ્લાન ID કાર્ડ પર
Gujarati	જણાવેલા ટૉલ-ફ્રી નંબર પર કૉલ કરો અને 0 દબાવો. (TTY: 711).
Lao	ທ່ານມີສຶດທີ່ຈະໄດ້ຮັບການຊ່ວຍເຫຼືອແລະຂໍ້ມູນຂ່າວສານທີ່ເປັນພາສາຂອງທ່ານບໍມີຄ່າໃຊ້ຈ່າຍ. ເພື່ອຂ
Luo	ທ່ານມາເທົາຈະແກ້ວບການຊ່ອຍເທັງ ວິເເລະຂົ້າມູນຂ່າວລານທີ່ເປັນຜາລາຂອງທ່ານປົ້ນຄາເຊົາຍີ່. ເພື່ອຂ ຮ້ອງນາຍພາສາ,ໂທຟຣີຫາຫມາຍເລກໂທລະສັບສ າລັບສະມາຊິກທີ່ໄດ້ລະບູໄວ້ໃນບັດສະມາຊິກຂອງທ່ານ,ກິດເລກ 0. (TTY: 711).
Albonion	, , , , , , , , , , , , , , , , , , ,
Albanian	Ju keni të drejtë të merrni ndihmë dhe informacion falas në gjuhën tuaj. Për të kërkuar një përkthyes, telefononi në numrin që gjendet në kartën e planit tuaj shëndetësor, shtypni 0. (TTY: 711).
Tagalog	May karapatan kang makatanggap ng tulong at impormasyon sa iyong wika nang walang bayad. Upang humiling ng tagasalin,
	tawagan ang toll-free na numero ng telepono na nakalagay sa iyong ID card ng planong pangkalusugan, pindutin ang 0. (TTY: 711).