Lifestyle Health Plans / HealthyChoice 2500

Coverage Period: 12/01/2016 – 11/30/2017

Summary of Benefits and Coverage: What this Plan Covers & What it Costs **Coverage for:** Employee(s) & Dependent(s)| **Plan Type:** PPO

This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document at www.lifestylehealthbenefits.com or by calling 1-866-827-6607.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	**$2,500*** person **/ $5,000*** family for participating providers **$5,000*** person **/ $10,000*** family for non-participating providers	You must pay all the costs up to the **deductible** amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the **deductible** starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the **deductible**. * Up to a $500 deductible credit is made available to plan members for the voluntary participation in the Lifestyle Health Wellness Program.
Are there other deductibles for specific services?	No.	You don't have to meet **deductibles** for specific services, but see the chart starting on page 2 for other costs for services this plan covers.
Is there an out–of–pocket limit on my expenses?	Yes. For participating providers **$5,000** person **/ $10,000** family For non-participating providers **$10,000** person **/ $20,000** family	The **out-of-pocket limit** is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.
What is not included in the out–of–pocket limit?	Premiums, copayments and RX copayments, balance-billed charges, and health care this plan excludes	Even though you pay these expenses, they don't count toward the **out-of-pocket limit**.
Is there an overall annual limit on what the plan pays?	No.	The chart starting on page 2 describes any limits on what the plan will pay for *specific* covered services, such as office visits.
Does this plan use a network of providers?	Yes. See **www.Firsthealth.com or call 1-800-937-6824**for a list of participating providers.	If you use an in-network doctor or other health care **provider**, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network **provider** for some services. Plans use the term in-network, **preferred**, or participating for **providers** in their **network**. See the chart starting on page 2 for how this plan pays different kinds of **providers**.
Do I need a referral to see a specialist?	No. You don't need a referral to see a specialist.	You can see the **specialist** you choose without permission from this plan.

Questions: Call 1-866-827-6607 or visit us at www.lifestylehealthbenefits.com.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.dol.gov/ebsa/healthreform or call 1-866-827-6607 to request a copy.

Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 5. See your policy or plan document for additional information about **excluded services**.

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- **Copayments** are fixed dollar amounts (for example, $15) you pay for covered health care, usually when you receive the service.
- **Coinsurance** is *your* share of the costs of a covered service, calculated as a percent of the **allowed amount** for the service. For example, if the plan's **allowed amount** for an overnight hospital stay is $1,000, your **coinsurance** payment of 20% would be $200. This may change if you haven't met your **deductible**.
- The amount the plan pays for covered services is based on the **allowed amount**. If an out-of-network **provider** charges more than the **allowed amount**, you may have to pay the difference. For example, if an out-of-network hospital charges $1,500 for an overnight stay and the **allowed amount** is $1,000, you may have to pay the $500 difference. (This is called **balance billing**.)
- This plan may encourage you to use participating **providers** by charging you lower **deductibles**, **copayments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you visit a health care provider's office or clinic	Primary Care visit to treat an injury or illness	$30 Copay per visit	50% Coinsurance	——————none——————
	Specialist visit	$50 Copay per visit	50% Coinsurance	——————none——————
	Chiropractor	20% Coinsurance	50% Coinsurance	After deductible is met
	Preventive Care/Screening/Immunization	No Charge	No Charge	——————none——————
If you have a test	Diagnostic Test (x-ray, blood work)	100% coverage if preferred vendor, otherwise Deductible / 20% Coinsurance	50% Coinsurance	100% coverage for laboratory services through the DirectHealth program, otherwise deductible/coinsurance

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
	Imaging - (Includes MRI, CT, PET and Nuclear Imaging)	Pre-certification required prior to scheduling, then Deductible / 20% Coinsurance	50% Coinsurance	Requires pre-certification. If through physician office / freestanding imaging center, then deductible / coinsurance. If through hospital outpatient, $500 copay, then deductible / coinsurance.
If you need drugs to treat your illness or condition More information about **prescription drug coverage** is available at www.prescriptionnetwork.info.	Generic drugs	$20 Copay Retail	Not Covered	Covers up to a 30-day supply (retail prescription); 31-90 day supply (mail order prescription) $5 differential for standard network
	Preferred Brand Drugs	$50 Copay Retail	Not Covered	$10 differential for standard network
	Non-Preferred Brand Drugs	$75 Copay Retail	Not Covered	$10 differential for standard network
	Specialty Drugs	50% Copay Retail	Not Covered	————————none————————
	Diabetic Supplies	20% Coinsurance	50% Coinsurance	100% if preferred Vendor is utilized. Otherwise, benefits applicable to deductible, then coinsurance.
	Allergy Injections	$25 Copay	50% Coinsurance	$100 per injection maximum
If you have outpatient surgery	Facility Fee (e.g., ambulatory surgery center)	Pre-certification required prior to scheduling, then deductible / 20% coinsurance	50% Coinsurance	Requires pre-certification. If through physician office / freestanding imaging center, then deductible / coinsurance. If through hospital outpatient, $1,000 copay per visit, then deductible / coinsurance.

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
	Physician / Surgeon Professional Fees	Pre-certification required prior to scheduling, then Deductible / 20% Coinsurance	50% Coinsurance	Requires pre-certification. After deductible is met
If you need immediate medical attention	Hospital Emergency Room (ER) (facility charge only)	$250 Copay, then Deductible/ 20% Coinsurance	$250 Copay, then Deductible/ 50% Coinsurance	**Copay waived if admitted.** Out of Network Providers used during an emergency are paid preferred benefit levels based on negotiated preferred allowances.
	Emergency Medical Transportation	Deductible/ 20% Coinsurance	50% Coinsurance	After deductible is met
	Urgent Care	$50 Copay, then 100% to $500 per visit	50% Coinsurance	Then deductible / coinsurance For in network providers
If you have a hospital stay	Facility Fee (e.g., hospital room)	Deductible/ 20% Coinsurance	50% Coinsurance	Coinsurance after deductible is met
	Physician/ Surgeon Professional Fees	Deductible/ 20% Coinsurance	50% Coinsurance	After deductible is met
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral Health Outpatient Services	20% Coinsurance	50% Coinsurance	After deductible is met
	Mental/Behavioral Health Inpatient Services	20% Coinsurance	50% Coinsurance	After deductible is met
	Substance Use Disorder Outpatient Services	20% Coinsurance	50% Coinsurance	After deductible is met
	Substance Use Disorder Inpatient Services	20% Coinsurance	50% Coinsurance	After deductible is met
If you are pregnant	Prenatal and Postnatal Care	20% Coinsurance	50% Coinsurance	After deductible is met
	Delivery and All Inpatient Services	20% Coinsurance	50% Coinsurance	After deductible is met

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you need help recovering or have other special health needs	Home Health Care	20% Coinsurance	50% coinsurance	After deductible is met
	Rehabilitation Services	20% Coinsurance	50% coinsurance	After deductible is met
	Habilitation Services	20% Coinsurance	50% coinsurance	After deductible is met
	Skilled Nursing Care	20% Coinsurance	50% coinsurance	After deductible is met
	Durable Medical Equipment	20% Coinsurance	50% coinsurance	After deductible is met
	Hospice Service	20% Coinsurance	50% coinsurance	After deductible is met
If your child needs dental or eye care	Eye Exam	Not Covered	Not Covered	——————none——————
	Glasses	Not Covered	Not Covered	——————none——————
	Dental Check-up	Not Covered	Not Covered	——————none——————

Excluded Services & Other Covered Services:

Services Your Plan Does NOT Cover (This isn't a complete list. Check your policy or plan document for other excluded services.)

- Acupuncture (if prescribed for rehabilitation purposes)
- Bariatric surgery
- Cosmetic surgery
- Dental care
- Eye Exam
- Hearing Aids
- Infertility treatment
- Injections for RA & MS
- Long-term care
- Most coverage provided outside the United States. Call 1-866-827-6607
- Non-emergency care when traveling outside the U.S.
- Routine foot care
- Weight loss programs

Other Covered Services (This isn't a complete list. Check your policy or plan document for other covered services and your costs for these services.)

- Chiropractic Services

Your Rights to Continue Coverage:

If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a **premium**, which may be significantly higher than the premium you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.

For more information on your rights to continue coverage, contact the plan at 1-866-827-6607. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or www.dol.gov/ebsa, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov.

Your Grievance and Appeals Rights:

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to **appeal** or file a **grievance**. For questions about your rights, this notice, or assistance, you can contact: Medova Healthcare Financial Group at 345 N. Riverview Suite 600, Wichita, KS 67203 or The Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform.

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

About these Coverage Examples:

These examples show how this plan might cover medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.

This is not a cost estimator.

Don't use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care will also be different.

See the next page for important information about these examples.

Having a baby
(normal delivery)

- **Amount owed to providers:** $7,540
- **Plan pays** $5,240
- **Patient pays** $2,300

Sample care costs:

Hospital charges (mother)	$2,700
Routine obstetric care	$2,100
Hospital charges (baby)	$900
Anesthesia	$900
Laboratory tests	$500
Prescriptions	$200
Radiology	$200
Vaccines, other preventive	$40
Total	**$7,540**

Patient pays:

Deductibles	$1,000
Copays	$40
Coinsurance	$1,260
Limits or exclusions	$0
Total	**$2,300**

Managing type 2 diabetes
(routine maintenance of a well-controlled condition)

- **Amount owed to providers:** $5,400
- **Plan pays** $4,820
- **Patient pays** $580

Sample care costs:

Prescriptions	$2,900
Medical Equipment and Supplies	$1,300
Office Visits and Procedures	$700
Education	$300
Laboratory tests	$100
Vaccines, other preventive	$100
Total	**$5,400**

Patient pays:

Deductibles	$300
Copays	$280
Coinsurance	$0
Limits or exclusions	$0
Total	**$580**

Note: These numbers assume the patient is participating in our wellness program and utilizing participating providers. If you do not participate in the wellness program, your costs may be higher. For more information about the Lifestyle Health Plans wellness program, please contact: 1-866-827-6607.

Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

- Costs don't include **premiums**.
- Sample care costs are based on national averages supplied by the U.S. Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from in-network **providers**. If the patient had received care from out-of-network **providers**, costs would have been higher.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how **deductibles**, **copayments**, and **coinsurance** can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?

✘ **No.** Treatments shown are just examples. The care you would receive for this condition could be different based on your doctor's advice, your age, how serious your condition is, and many other factors.

Does the Coverage Example predict my future expenses?

✘ **No.** Coverage Examples are **not** cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your **providers** charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?

✓ **Yes.** When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?

✓ **Yes.** An important cost is the **premium** you pay. Generally, the lower your **premium**, the more you'll pay in out-of-pocket costs, such as **copayments**, **deductibles**, and **coinsurance**. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.