



Everything you need to know
about your health plan

Independence 
Personal Choice



Questions?

Visit [ibxpress](#) or

Call 1-800-ASK BLUE
(TTY: 711)

Welcome to Independence Blue Cross

Thank you for choosing Independence Blue Cross. Our goal is to provide you with health care coverage that can help you manage your health care needs. This Benefit Booklet will help you understand your Independence coverage so that you can take full advantage of your membership by becoming familiar with the benefits and services available to you.

You'll find valuable information on:

- What services are and are not covered by your health insurance.
- How decisions are made about what is covered.
- How to use our member website, [ibxpress.com](#).
- How to get in touch with us if you have a problem.

If you have any other questions, feel free to call Customer Service at 1-800-ASK-BLUE (TTY: 711) and we will be happy to assist you.

Again, thank you for being a member of Independence Blue Cross. We look forward to providing you with quality health care coverage.

Introduction to your health plan

You have Personal Choice[®] PPO coverage, which means you have the freedom to see any doctor or specialist in or out of our large network, without a referral. You will also receive the highest level of benefits when you receive care through our "preferred" network.

Using your ID card

You and your covered dependents will each receive an Independence Blue Cross identification (ID) card. It is important to take your ID card with you wherever you go because it contains information like what to pay when visiting your doctor, specialist, or the emergency room (ER). You should present your ID card when you receive care, including doctor visits or when checking in at the ER.

The back of your ID card provides information about medical services, what to do in an emergency situation, and how to use your benefits when out of network.

If any information on your ID card is incorrect, you misplace an ID card, or need to print out a temporary ID card, you may do so through [ibxpress.com](#), our member website. You may also call 1-800-ASK-BLUE (TTY: 711) and we will issue you a new ID card.

IBX Wire

When you receive your ID card, call the toll-free number on the sticker affixed to the card to confirm receipt. You will also be given the option to sign up for IBX Wire, a free messaging service. IBX Wire is an innovative way for you to receive timely and helpful communications on your smartphone. If you choose to opt in, you will have access to a private message board and will receive text messages about once every other week that communicate helpful, relevant information about your health plan, maximizing your benefits, and wellness programs.

Locating a network physician or hospital

You have access to our expansive provider network of physicians, specialists, and hospitals. You may search our provider network by going to www.ibx.com/providerfinder. You may search by specialty (e.g. internal or pediatrics), location, gender preference, and distance. You may also call 1-800-ASK-BLUE (TTY: 711) and a Customer Service associate will help you locate a provider.

How to receive care

Scheduling an appointment

Simply call your doctor's office and request an appointment. If possible, call network providers 24 hours in advance if you are unable to make it to a scheduled appointment.

Obtaining precertification

You are not required to obtain precertification when you are treated in a Personal Choice network hospital or facility or by a Personal Choice network physician. If your Personal Choice network provider fails to obtain precertification, you will not be responsible for financial penalties.

When you must obtain precertification:

If you are receiving care from a BlueCard PPO provider, another Blue plan provider, or an out-of-network provider, you are responsible for initiating precertification or prior authorization.

Call 1-800-ASK-BLUE (TTY: 711) to speak with a Care Management and Coordination team member to obtain precertification for your need.

Using your preventive care benefits

Quality care and prevention are vital to your long-term health and well-being. That's why we cover 100 percent of certain preventive services, offering them without a copayment, coinsurance, or deductible if received from your in-network provider.

Covered preventive services include, but are not limited to:

- screenings for:
 - breast, cervical, and colon cancer
 - vitamin deficiencies during pregnancy
 - diabetes
 - high cholesterol
 - high blood pressure
- routine vaccinations for children, adolescents, and adults as determined by the CDC (Centers for Disease Control and Prevention)
- women's preventive health services, such as:
 - well-woman visits (annually);
 - screening for gestational diabetes;
 - human papillomavirus (HPV) DNA testing;
 - counseling for sexually transmitted infections;
 - counseling and screening for human immunodeficiency virus (HIV);
 - screening and counseling for interpersonal and domestic violence;



Sign up for IBX Wire

When you receive your ID card, opt in to IBX Wire to receive text messages about your health plan.

- breastfeeding support, supplies (breast pumps), and counseling;
- generic formulary contraceptives, certain brand formulary contraceptives, and FDA-approved over-the-counter female contraceptives with a prescription.

Be sure to consult with your doctor for preventive services and/or screenings.

* Medical contraceptive procedures, including implantable contraceptive devices and injectable contraceptives, are covered with no cost-sharing when performed by participating In-network providers. If your health plan includes a prescription drug benefit, certain FDA approved contraceptives are covered with no cost-sharing when the prescription is filled at a participating In-network pharmacy. Other exemptions may apply. Refer to your member handbook and/or benefit booklet to determine if your plan covers in-network preventive services and/or preventive drugs with no cost-sharing.

Wellness Guidelines

Your health and wellness are important. That’s why we provide you with these nationally recommended tests and screenings to help you and your family stay healthy. We encourage you to take the time to review these guidelines and discuss them with your health care provider. Some of these services may require cost-

sharing. * Additional resources along with tips to stay healthy and safe and topics to discuss with your health care provider are included.

To download our Wellness Guidelines, log on to ibxpress.com and click on the *Health & Wellness Programs* tab. Then click on *Healthy Living*, and then on *Wellness Guidelines*.

* The Wellness Guidelines are a summary of recommendations based on the U.S. Preventive Services Task Force and other nationally recognized sources. These recommendations have been reviewed by our network health care providers. This information is not a statement of benefits. Please refer to your health benefit plan contract/member handbook or benefits handbook for terms, limitations, or exclusions of your health benefits plan. Please contact our Customer Service department with questions about which preventive care benefits apply to you. The telephone number for Customer Service can be found on your ID card.

Emergency care

In the event of an emergency, go immediately to the emergency room of the nearest hospital. If you believe your situation is particularly severe, call 911 for assistance.

A medical emergency is typically thought of as a medical or psychiatric condition in which symptoms are so severe, that the absence of immediate medical attention could place one’s health in serious jeopardy. Most times, a hospital emergency room is not the most appropriate place for you to be treated.

Hospital emergency rooms provide emergency care and must prioritize patients’ needs. The most seriously hurt or ill patients are treated first. If you are not in that category, you could wait a long time.

Urgent Care

Urgent care is necessary treatment for a non-life-threatening, unexpected illness or accidental injury that requires prompt medical attention when your doctor is unavailable. Examples include sore throat, fever, sinus infection, ear ache, cuts, rashes, sprains, and broken bones.

You may visit an urgent care center which offers a convenient, safe, and affordable treatment alternative to emergency room care when you can’t get an appointment with your own doctor.

Retail health clinic

Retail health clinics are another alternative when you can’t get an appointment with your own doctor for non-emergency care. Retail health clinics use certified nurse practitioners who treat minor, uncomplicated illness or injury. Some retail health clinics may also offer flu shots and vaccinations.

Not sure what facility to use? Go to www.ibx.com/findcarenow to help you decide where to go for care.

When to go to the ER:

- heart attack
- electrical burn

When to go to an urgent care center:

- sore throat
 - ear ache
-

You're covered while traveling with BlueCard[®] PPO

You can travel with the peace of mind knowing that Blue goes with you wherever you go. With BlueCard PPO, you simply present your ID card to any participating Blue Cross[®] and/or Blue Shield[®] PPO provider across the country and your costs are the same as if you were being treated by an in-network local doctor or hospital.

If you run into a medical emergency when you are far away from home, you have two different options:

- In a true emergency, go to the nearest ER.
- In an urgent care situation, find a BlueCard provider in the area. Call 1-800-810-BLUE (TTY: 711) to find an in-network provider in the area. You may also visit an urgent care center for medical issues if an in-network provider is unavailable and if you do not require the medical services of an emergency room. You may also visit the BlueCard Doctor and Hospital Finder at www.bcbs.com.

Receiving services for mental health, alcohol, or substance abuse treatment

Magellan Behavioral Health administers your mental health and substance abuse benefits like outpatient or inpatient mental health or substance abuse services. Call 1-800-ASK-BLUE (TTY: 711). Refer to the terms and conditions of your group health plan to find out if you have coverage for mental health and substance abuse benefits.

Stay Connected

On ibxpress.com you can conveniently and securely view your benefits and claims information and use the tools that help you take control of your health. As an Independence Blue Cross member, you and your dependents 14 years of age and older can create your own accounts on ibxpress.com.

Register on ibxpress.com

To register, simply go to ibxpress.com, click *Register*, and then follow the directions. You will need information from your ID card to register, so be sure to have it handy.

Once you're registered, log on to ibxpress.com to:

- view your benefits information;
- review claims information;
- review annual out-of-pocket expenses;
- request a replacement ID card and print a temporary ID card;
- view and print referrals;
- download forms.

Online tools to help make informed health care decisions

The ibxpress.com website also provides you with tools and resources to help you make informed health care decisions:

- **Provider Finder and Hospital Finder** help you find the participating doctors and hospitals that are equipped to handle your needs. Simple navigation helps you get fast and accurate results. Plus, when you select your health plan type your results are customized based on your network, making it easy to locate a participating doctor, specialist, hospital, or other medical facility. You'll even be able to read patient ratings and reviews and rate your doctors and write your own reviews.

Out of the area and need care?

Call 1-800-810-BLUE (TTY: 711) to find an in-network provider in the area.

- **Health Encyclopedia** provides information on more than 160 health topics and the latest news on common conditions.
- **Treatment Cost Estimator** helps you estimate your costs within certain geographic areas for hundreds of common conditions — including tests, procedures, and health care visits, so you can plan and budget for your expenses. You even have access to tools and programs to help you make lifestyle changes by helping you get started, setting reachable goals, and giving you ways to track your progress.
- **Personal Health Profile** gives a clear picture of what you are doing right and ways to stay healthy. After completing the Personal Health Profile, you will receive a confidential and personalized action plan.
- **My Health Assistant** is a personal coaching tool that provides an interactive, targeted approach to healthy behavior change.
- **Health Trackers** allow you to track your blood pressure, cholesterol, body fat, and even exercises.
- **Personal Health Record** helps you store, maintain, track, and manage your health information in one centralized and secure location. Your Personal Health Record is updated once we process claims received from participating providers. Save money with wellness discounts from Blue365®.

You can enjoy exclusive value-added discounts and offers on programs and services from leading national companies.

Blue365 gives you an easy-to-use, valuable resource to save on healthy programs and services. Visit www.blue365deals.com to see the latest discounts.

Manage your health on the go with the IBX App

Download the free IBX App for your smartphone to help you make the most of your health plan. The IBX App gives you easy access to your health care coverage 24/7, wherever you are. Use the Doctor's Visit Assistant on the IBX App to:

- view and share your ID card
- check the status of referrals and claims
- access your health history and prescribed medications
- record notes and upload photos of symptoms to discuss with your doctor

The IBX App also offers expanded provider search capabilities and other ways to manage your health on the go:

- find doctors, hospitals, urgent care centers, and Patient-centered Medical Homes
- access benefit information
- track deductibles and spending account balances
- Download from the App store or Google Marketplace. Log in to the App with the same username and password you use for ibxpress.com.

Connect with us on Facebook and Twitter

“Like” the Independence Blue Cross page on Facebook or follow us on Twitter, and you’ll find a whole new approach to making healthy lifestyle changes, one step at a time.

- Receive health and wellness tips that can help you improve your well-being.
- Enter contests and promotions.
- Connect with other health-minded fans.



Download the IBX App

After you download the IBX App, simply use your ibxpress.com username and password to log in.

Follow us!

www.facebook.com/ibx
www.twitter.com/ibx

Customer Support

When you need us, we're here for you. You can contact us to discuss anything pertaining to your health care, including:

- benefits and eligibility
- claims status
- requesting a new ID card
- wellness programs

Email

To send a secure email to Customer Service, log on to www.ibxpress.com and click on the *Contact Us link*. On the Contact Us page you will see a link that allows you to send your inquiries or comments directly to Customer Service.

Mail

Independence Blue Cross
1901 Market Street
Philadelphia, PA 19103-1480

Our walk-in service, located at 1919 Market Street, 2nd Floor, is open Monday through Friday from 8 a.m. to 5 p.m.

Call

Call 1-800-ASK-BLUE (TTY: 711) to speak to one of our experienced Customer Service team members, who are available to answer your questions Monday through Friday, 8 a.m. to 6 p.m.

Services for members with special needs

If a language other than English is your primary language, call Customer Service at 1-800-ASK-BLUE (TTY: 711) and they will work with you through an interpreter over the telephone to help you understand your benefits and answer any questions you may have.

Key terms

You will find key terms and definitions in detail included in the benefit booklet. You may also view the glossary of key terms in Health Care Reform by visiting ibx.com/HCR_Glossary.



Your one-stop shop

ibxpress.com

Using your prescription drug benefits

Find out how to fill prescriptions

Independence Blue Cross Prescription Drug Program

Your prescription drug benefit program, administered by FutureScripts[®], an independent company, provides many advantages to help you easily and safely obtain the prescription drugs you need at an affordable cost.

Take a look at the advantages:

- **Easy to use.** A national network of retail pharmacies will recognize and accept your member identification (ID) card.
- **Low out-of-pocket expenses.** When you use a participating pharmacy, your out-of-pocket costs are based on a discounted price, fixed copayments, or coinsurance.
- **No paperwork.** You don't have to file a claim form or wait for reimbursement when you use a participating pharmacy.
- **High level of safety.** When you fill a prescription at a participating pharmacy, your pharmacy can identify harmful drug interactions and other dangers by viewing your drug history.
- For maintenance drugs needed to treat ongoing or chronic conditions
 - **Home delivery.** Your program may allow you to receive drugs right at your door when ordered through the mail order service, eliminating time spent waiting in line at the pharmacy counter.
 - Mail order purchases allow you to get a larger supply of drugs than what might be available to you at the retail pharmacy. And, depending upon your plan design, your out-of-pocket expenses may be lower and you won't have to visit the pharmacy as often.

How to fill your prescription at a retail pharmacy

Present your ID card and your prescription at a FutureScripts participating pharmacy for your plan. The pharmacist will confirm your eligibility for benefits and determine your share of the cost of your prescription. Your doctor may also electronically submit your prescription to your pharmacy.

Participating pharmacies

A pharmacy is considered participating if it is in the FutureScripts pharmacy network for your plan. The FutureScripts network is a large national network of retail pharmacies. When you're traveling, you will find that most of the pharmacies in all 50 states accept your ID card and can fill your prescription for the same cost you pay at home, if you use a participating pharmacy.

There is no need to select just one pharmacy to fill your prescription needs.

To locate a participating pharmacy, visit www.ibxpress.com or call the number on your ID card.



Find a pharmacy

Visit www.ibxpress.com
or call the number on your
ID card.

Non-participating pharmacies

If your prescription is filled at a pharmacy that does not participate in the network for your plan, you will have to pay the pharmacy's regular charge right at the counter. Then, depending on your plan design, you may submit a prescription reimbursement claim form for partial reimbursement to the address noted on the form. Your reimbursement check should arrive within 14 days from the day your claim form is received.

Keep in mind that your plan sponsor selected Independence Blue Cross (IBC) and/or its subsidiaries based in part on the discounted drug prices that FutureScripts has negotiated. When you use a non-participating pharmacy that has not agreed to charge a discounted price, it costs your plan more money; part of that cost is passed on to you.

Understanding your prescription

A brand drug is manufactured by only one company, which advertises and sells its product under a special trade name. In many cases, brand drugs are quite expensive, which is why your share of the cost is higher. Generic drugs are typically manufactured by several companies and are almost always less expensive than the brand drug. Generic drugs are approved by the U.S. Food and Drug Administration (FDA) to ensure they are as safe and effective as their brand counterparts. However, not every brand drug has a generic version.

We provide our members with comprehensive prescription drug coverage. The drug formulary includes generic drugs and a defined list of brand drugs that have been evaluated for their medical effectiveness, positive results, and value. The formulary is reviewed regularly to ensure its continued effectiveness.

To check the formulary status of drugs, simply log onto ibxpress.com.

In addition to the drug formulary, you will also find helpful information on these related topics:

- Prior authorization process
- Age and quantity level limits

If you're not sure if brand or generic drugs are right for you, talk to your doctor. The pharmacist may, on occasion, discuss with your physician whether an alternative drug might be appropriate for you. Let your physician know if you have a question about a change in prescription or if you prefer the original prescription. Your physician makes the final decision on the necessity of you getting a brand drug.

Certain controlled substances and other prescribed medications may be subject to dispensing limitations. If you have any questions regarding your medication, please call the Pharmacy Benefits number on the back of your ID card.

Preventive drugs for adults and children

IBC's prescription drug plans include 100-percent coverage for some preventive medications when received from an in-network pharmacy. This means that you won't have to pay copays, coinsurance, or deductibles for certain preventive medications with a prescription from your doctor. Receiving this preventive care will help you stay healthy and may improve your overall health.

For a list of preventive drugs eligible for 100-percent coverage please go to www.ibx.com or call the phone number on the back of your ID card.

If you have any questions about your IBC Prescription Drug program, call the pharmacy benefits number on the back of your ID card.

Brand vs. Generic

Generic drugs are as effective as brand drugs and could save you money. However, consult your doctor to find out which drug type is best for you.

Mail order pharmacy

If your doctor has prescribed a medication that you'll need to take regularly over a long period of time, the mail-order service is an excellent way to get a long-lasting supply and, depending on your plan, reduce your out-of-pocket costs.

Mail order is convenient and safe to use

If you choose mail order, your doctor can prescribe a supply that will last up to 90 days. This means that you can get three times as many doses of your maintenance medication at one time through mail order.

Mail order prescriptions have been safely handled through the mail for many years. When your order is received, a team of registered, licensed pharmacists checks your prescription against the record of all drugs dispensed to you by a FutureScripts network pharmacy. This process ensures that every prescription is reviewed for safety and accuracy before it is mailed to you.

If there are questions about your prescription, a pharmacist will contact your doctor before your medication is dispensed. Your medication will be sent to your home within ten days from the date your legible and complete order is received. There may be times when you need a prescription right away. On these occasions, you should have your prescription filled at a local participating pharmacy. If you need medication immediately, but you will be taking it on an ongoing basis, ask your doctor to write two separate prescriptions: you can have the first prescription filled locally for an initial 30-day supply of your medication, and you can send the second prescription to FutureScripts for a 90-day supply provided through the mail.

How to begin using mail order pharmacy:

1. When you are prescribed a chronic or "maintenance" drug therapy, ask your doctor to write the prescription for a 90-day supply, plus refills. Make sure your doctor knows that you have a mail-order service so that you get one 90-day prescription and not three 30-day prescriptions, because the cost of the three 30-day prescriptions may be more than the cost for one 90-day prescription. If you're taking medication now, ask your doctor for a new prescription.
2. Complete the *FutureScripts Mail Service Order Form* with your first order only. Forms and envelopes are available by calling the number on your ID card, or you can download the form from www.ibxpress.com.
3. Be sure to answer all the questions, and include your member ID number. An incomplete form can cause a delay in processing. Send the completed *Mail Service Order Form*, your original 90-day prescription, and your payment instructions to FutureScripts.
4. Your mail order request will be processed and your medication sent to you within 14 days from the day FutureScripts receives your order, along with instructions for future refills. Standard shipping is via U.S. Mail and is free of charge. Narcotic substances and refrigerated medicines will be shipped by FedEx® at no additional charge. Your order will be shipped to the address you provided on the form.

How can my doctor order a prescription for me?

Doctors may call our toll-free number to prescribe your medication(s).

Doctors may fax prescriptions. In addition to the prescription information your doctor must provide member ID number, patient name and patient date of birth. Note: To be legally valid, the fax must originate from the physician's office. All state laws apply.

You will be dispensed the lower-priced generic drug (if manufactured) unless your doctor writes "brand medically necessary" or "dispense as written" on your prescription, or you indicate that you do not want the generic version of your brand drug on the Mail Service Order Form. A *Mail Service Order Form* will be included with each mail order delivery.



On-line services

Log on to www.ibxpress.com and click on Manage My Prescription Drugs to take advantage of convenient features, such as:

- network pharmacy search
 - formulary search
 - claims information
 - mail-order refill requests
-

Paying for mail order services

Your payment can be a check or money order (made payable to FutureScripts), or you can complete the credit card portion of the *Mail Service Order Form*. FutureScripts accepts Visa, MasterCard®, Discover®, and American Express®. Please do not send cash. If you are uncertain of your payment, call the number on your ID card. If the payment you enclose is incorrect, you will be sent either a reimbursement check or an invoice, as appropriate.

Mail order refills

When you receive a medication through the mail order service, you will also receive a notice showing the number of refills allowed by your doctor. To avoid the risk of being without your medication, mail the refill notice and your payment two weeks before you expect your present supply to run out. You can also manage and order your refills online through ibxpress.com or over the phone using the pharmacy benefits number on the back of your ID card.

The refill notice will include the date when you should reorder and the number of refills you have left. Remember, most prescriptions are valid for a maximum of one year. Please note: PRN (take as needed) refills in the Commonwealth of Pennsylvania are limited to five times or six months, whichever is less.

If you have any questions concerning this program, please contact FutureScripts using the phone number on the back of your ID card.

Self-administered Specialty Drug Coverage

Self-injectables and other oral specialty drugs that can be administered by you, the patient, or by a caregiver outside of the doctor's office are covered under your IBC prescription drug benefits administered by FutureScripts. Filling your prescription for a specialty drug via the FutureScripts Specialty Pharmacy Program can save you money and provide you with support by a pharmacist very experienced with specialty medications and their side-effects.

The administration of a self-injectable drug by a medical professional is covered under your IBC medical benefit, even if you obtained the self-injectable through the FutureScripts Specialty Pharmacy Program. However, the drug itself will be covered under your IBC prescription drug benefit.

The self-injectable drugs that are covered under IBC medical plans include drugs that:

- are required by law to be covered under both medical benefits and pharmacy benefits (for example, insulin);
- are required for emergency treatment, such as self-injectables that counteract allergic reactions.

An independent pharmacy benefits management (PBM) company, FutureScripts, administers our prescription drug benefits and is responsible for providing a network of participating pharmacies and processing pharmacy claims. The PBM also negotiates price discounts with pharmaceutical manufacturers and provides drug utilization and quality reviews. Price discounts may include rebates from a drug manufacturer based on the volume purchased. Independence Blue Cross anticipates that it will pass on a high percentage of the expected rebates it receives from its PBM through reductions in the overall cost of pharmacy benefits. Under most benefit plans, prescription drugs are subject to a member copayment.

Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association.

FutureScripts, an OptumRX company, is an independent company that provides pharmacy benefit management services.





Independence

Vision

The clear solution to your vision care needs

Use your Vision benefits

Vision problems are among the most prevalent health issues in the United States. Nearly 176 million American adults wear some form of vision correction.* An eye exam can help prevent vision problems and help detect more serious chronic health conditions, such as diabetes, hypertension, and heart disease.

Your vision plan gives you access to timely treatment and covered services like refraction, glaucoma screenings, and dilation that will help paint a picture of your overall health.

Freedom of provider choice

You have access to the Davis Vision provider network, which includes more than 57,000 ophthalmologists, optometrists, and regional and national retailers, including Visionworks.

Choose from an extensive frame collection

You can select any frame from the Davis Vision Exclusive Frame Collection of stylish, Contemporary frames covered in full, or with a minimal copay. You also have the freedom to use your frame allowance at any network location toward any frame on the market today. This includes Visionworks, which has over an average of 2,000 frames to choose from per store.

The Davis Vision Exclusive Frame Collection features over 200 of the latest frames to mirror the fit, function, and fashion needs of today's vision care consumer. Every frame or lens purchased at a participating provider is backed by an unconditional one-year breakage warranty for repair or replacement.

Coverage for contacts and laser vision correction

You can purchase replacement contact lenses through DavisVisionContacts.com, a mail-order contact lens replacement program. Davis Vision Contacts will ship replacement contact lenses or solution anywhere the same day and you are guaranteed low prices.

If you're interested in Laser Vision Correction, you can receive up to *25 percent off* a participating provider's usual and customary fees, or *5 percent off* any participating provider's advertised specials on laser vision correction services.

You can also view your benefits online through ibxpress.com. You can:

- check eligibility;
- locate a participating provider;
- view the Davis Vision Collection of frames.

**View your benefits
online**

visit www.ibxpress.com

Visionworks retail centers offer affordability, choice, and convenience

Visionworks optical retail centers are a cornerstone of the provider network and support IBC's commitment to choice. Visionworks retail centers are located across the Philadelphia five-county area, surrounding counties, and states, making it convenient to find one close to you.

Visionworks has high-quality eyeglasses, designer frames, and a wide variety of contact lenses, reading glasses, and specialty lenses all at great prices. With a dedication to quality, durability, and variety, Visionworks provides you with all you need to find the right look. Visionworks also has one of the largest selections of fun and fashionable kid's eyeglasses in the eyewear industry. Kids 13 and younger receive free impact and scratch-resistant lenses.

Since you have IBC Vision Care benefits, you receive even more savings at Visionworks on items, such as:

- high-quality designer and exclusive brands frames;
- eyeglass lenses;
- contact lenses;
- sunglasses;
- vision correction.

*VisionWatch - The Vision Council Member Benefit Reports, The Vision Council & Jobson, 12ME September 2009

Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association.

IBC Vision Care is administered by Davis Vision, an independent company. An affiliate of Independence Blue Cross has a financial interest in Visionworks, a separate company.

To find a Visionworks near you, go to www.visionworks.com.

If you have any questions about your IBC Vision Care, call **1-800-ASK-BLUE** (TTY: 711).

**REQUIRED OUTLINE OF COVERAGE
FOR
INDIVIDUAL COMPREHENSIVE MAJOR MEDICAL EXCLUSIVE PROVIDER
ORGANIZATION POLICY
(PERSONAL CHOICE®)**

Issued by

**QCC INSURANCE COMPANY
(Called the Carrier)**

***a subsidiary of Independence Blue Cross – an independent licensee of the
Blue Cross and Blue Shield Association.**

A Pennsylvania corporation
Located at:
1901 Market Street
Philadelphia, PA 19103

NOTICE OF COVERED PERSON'S RIGHT TO EXAMINE CONTRACT: The Applicant has a right to return the Contract within ten (10) days of delivery for refund of the full premium paid if, after examination of the Contract, the Applicant is not satisfied for any reason. The Contract may be returned to: QCC Insurance Company, 1901 Market Street, Philadelphia, PA 19103. If the Contract is returned, it will be null and void from the beginning and no benefits will be payable under its terms.

OUTLINE OF COVERAGE

- 1. Please read the Contract carefully.** This outline provides a very brief description of the important features of the Contract. This outline is not the insurance contract and only the actual Contract provisions will control. The Contract itself sets forth in detail the rights and obligations of both the Applicant and the Carrier. It is, therefore, important to read the Contract carefully!
- 2. Comprehensive Major Medical Expense Coverage.** The Contract is a health policy that provides, to Covered Persons, coverage for major hospital, medical, and surgical expenses incurred as a result of a covered accident or sickness. Coverage is provided for daily hospital room and board, miscellaneous hospital services, surgical services, anesthesia services, in-hospital medical services and out-of-hospital care, subject to the Deductibles and Coinsurance provisions. This Comprehensive Major Medical Contract is marketed by the Carrier as a Preferred Provider Organization benefit program that utilizes a Preferred Provider Network except in specific instances which are addressed in the contract. This means that, except in limited circumstances, benefits are not provided for services rendered by Non-Preferred Providers (see **Important Notices** for more detail in the Contract). The Contract utilizes extensive Precertification and utilization management procedures which must be followed to maximize benefits and avoid penalties. Failure to obtain Precertification for services provided by a BlueCard Provider or an out-of-network (Non-Preferred) Provider will result in a 50% reduction in benefits. This coverage does not supplement any basic hospital or basic medical insurance coverage.

THIS IS A NON-PARTICIPATING CONTRACT

Form No.08537-OC.ON

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3. **A brief description of the benefits contained in the Contract is as follows:**

Subject to the **Exclusions**, conditions and limitations of the Contract, a Covered Person is entitled to benefits for Covered Services and Covered Expenses described in this section during a Benefit Period, subject to the Deductible, Coinsurance, Copayment and Benefit Maximum amounts as specified below. With the exception of Emergency Care Services, which are paid at the Preferred (In-Network) level of benefits, regardless of whether the Provider was a Preferred or Non-Preferred (Out-of-Network) Provider, benefits payable for Covered Services which are not provided by a Preferred Provider, are subject to the application of a higher Coinsurance level and Deductible amount as described below:

The percentages for your Coinsurance and Covered Services shown below are not always calculated on actual charges. For an explanation on how coinsurance is calculated, see the "Covered Expense" definition below.

COVERED EXPENSE - refers to the basis on which a Covered Person's Deductibles, Coinsurance, and benefits are calculated.

- A. For Covered Services provided by a Preferred Facility Provider, the term "Covered Expense" means the amount payable to the Provider under the contractual arrangement in effect with the Carrier.
- B. For Covered Services provided by a Preferred Professional Provider or BlueCard Provider, "Covered Expense" means the rate of reimbursement for Covered Services that the Professional Provider has agreed to accept as set forth by contract with the Carrier, or the BlueCard Provider;
- C. For Covered Services provided by a Preferred Ancillary Provider or BlueCard Provider, "Covered Expense" means the amount payable to the Provider under the contractual arrangement in effect with the Carrier or BlueCard Provider.
- D. For Prescription Drugs provided by Preferred Pharmacies, Covered Expense means the amount that the Carrier has negotiated with the Carrier's Pharmacy Benefits Manager as total reimbursement for the covered Prescription Drugs.
- E. Nothing in this section shall be construed to mean that the Carrier would provide coverage for services other than Covered Services.

OUT-OF-POCKET LIMIT - a specified dollar amount of Coinsurance, Deductible and Copayment expense Incurred by a Covered Person for Covered Services in a Benefit Period. Such expense does not include charges which are in excess of the Carrier's total payment for Covered Services or charges for Covered Services that are not Essential Health Benefits. When the Out-of-Pocket Limit is reached, the level of benefits is increased as specified in the **Schedule of Benefits** of this Contract.

SCHEDULE OF BENEFITS

Subject to the **Exclusions**, conditions and limitations of this Contract, a Covered Person is entitled to benefits for Covered Services and Covered Expenses described in this section during a Benefit Period, subject to the Deductible, Coinsurance, Copayment and Benefit Maximum amounts as specified below. The percentages for your Coinsurance and Covered Services shown below are not always calculated on actual charges. For an explanation on how coinsurance is calculated, see the "Covered Expense" definition in the **Definitions** section of this Contract.

BENEFIT PERIOD	Calendar Year (1/1 - 12/31)
PROGRAM DEDUCTIBLE <i>(Covered Person's Responsibility)</i>	
Covered Person's Deductible <i>(Single Coverage)</i>	\$7,150. This Deductible applies to all Preferred Covered Services except as otherwise specified.
Family Deductible <i>(Family Coverage)</i>	The family Deductible amount is equal to 2 times the individual Deductible. In each Benefit Period, it will be applied to all family members covered under a Family Coverage. A Deductible will not be applied to any covered individual family member once that covered individual has satisfied the individual Deductible, or the family Deductible has been satisfied for all covered family members combined.
Deductible Carryover	Expenses Incurred for Covered Expenses in the last 3 months of the initial Benefit Period which were applied to that Benefit Period's Deductible will be applied to the Deductible of the next Benefit Period. This only applies to Covered Persons who enroll in the fourth quarter of the initial Benefit Period.
COINSURANCE <i>(Covered Person's Responsibility)</i>	0% for most Preferred Covered Services, except as otherwise specified in the Schedule of Benefits .
OUT-OF-POCKET LIMIT	When a Covered Person Incurs \$7,150 of Copayment and Deductible expense for Essential Health Benefits in one Benefit Period for Preferred Covered Services, the Coinsurance percentage will be reduced to 0% for the balance of that Benefit Period. After 2 times the individual Out-of-Pocket Limit amount has been Incurred for Covered Services by Covered Persons under the same Family Coverage for Essential Health Benefits in a Benefit Period, the Coinsurance percentage will be reduced to 0% for the balance of that Benefit Period. However, no family member will contribute more than the individual Out-of-Pocket Limit amount. The dollar amounts specified shall not include any expense Incurred for a Penalty.
LIFETIME MAXIMUM	Unlimited.

PRIMARY AND PREVENTIVE CARE	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
OFFICE VISITS/RETAIL CLINICS Deductible does not apply to the first three (3) visits. The deductible applies per date of service after the first three (3) visits.	100%, after a Copayment of \$40 per Provider per date of service for the first three 3 visits. 100% for all visits after.	0%
PEDIATRIC PREVENTIVE CARE Deductible does not apply.	100%	0%
IMMUNIZATIONS Deductible does not apply.	100%	0%
ADULT PREVENTIVE CARE Deductible does not apply. PREVENTIVE COLONOSCOPY Providers that are not Hospital Based Providers that are Hospital Based * The Copayment will be waived if the Preferred Provider determines that it is Medical Necessary to have the service performed by a Provider that is Hospital based. There is no cost-share applied if the preventive colonoscopy service is performed at a facility that is not Hospital based (i.e., an Ambulatory Surgical Facility); if the preventive colonoscopy service is performed at a Hospital based facility, the Hospital based Copayment shown above will apply.	100% 100% 100%, after a Copayment of \$750 per Provider per date of service*.	0% 0% 0%
SMOKING CESSATION Deductible does not apply.	100%	0%
WOMEN'S PREVENTIVE CARE Deductible does not apply.	100%	0%

PRIMARY AND PREVENTIVE CARE (Continued)	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
ROUTINE GYNECOLOGICAL EXAMINATION, PAP SMEAR <div style="border: 1px solid black; padding: 2px; width: fit-content;">One (1) examination per Benefit Period.</div> Deductible does not apply.	100%	0%
MAMMOGRAMS Deductible does not apply.	100%	0%
NUTRITION COUNSELING FOR WEIGHT MANAGEMENT <div style="border: 1px solid black; padding: 2px; width: fit-content;">Maximum of six (6) Preferred visits per Benefit Period.</div> Deductible does not apply.	100%	0%

INPATIENT BENEFITS	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
HOSPITAL SERVICES * In the event of a Non-Preferred Inpatient Emergency admission, all benefits will be provided at the Preferred level of benefits; and the out of pocket expense will be no higher than if services were provided by a Preferred Provider.	100%	0%*
MEDICAL CARE	100%	0%
SKILLED NURSING CARE FACILITY <div style="border: 1px solid black; padding: 2px; width: fit-content;">Maximum of 120 Preferred Inpatient days per Benefit Period.</div>	100%	0%

INPATIENT/OUTPATIENT BENEFITS	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
BLOOD	100%	0%
HOSPICE SERVICES <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Respite Care: Maximum of seven (7) Preferred days every six (6) months. </div>	100%	0%
MATERNITY/OB-GYN/FAMILY SERVICES Maternity/Obstetrical Care Professional services Inpatient Facility services Abortion Services Professional services Outpatient Facility services Ambulatory Surgical Facility Hospital based Newborn Care Artificial Insemination	 100% 100% 100% 100% 100% 100% 100%	 0% 0% 0% 0% 0% 0% 0%
SURGICAL SERVICES Outpatient Anesthesia Second Surgical Opinion	100% 100% 100%	0% 0% 0%
<div style="border: 1px solid black; padding: 10px;"> If more than one (1) surgical procedure is performed by the same Professional Provider during the same operative session, the Carrier will pay 100% of the Covered Service for the highest paying procedure and 50% of the Covered Services for each additional procedure. </div>		

INPATIENT/OUTPATIENT BENEFITS (Continued)	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
<p>TREATMENT OF ALCOHOL OR DRUG ABUSE AND DEPENDENCY</p> <p>Inpatient Hospital Detoxification and Rehabilitation</p> <p>Hospital and Non-Hospital Residential Care</p> <p>Outpatient Treatment Deductible does not apply to the first 3 visits. The deductible applies per date of service after the first 3 visits.</p>	<p>100%</p> <p>Benefit Period Maximum: Unlimited Preferred Inpatient days. This maximum is combined for all Preferred Inpatient Hospital Services, Mental Health/Psychiatric Care (including Treatment for Serious Mental Illness) and Treatment for Alcohol or Drug Abuse and Dependency benefits.</p> <p>100%</p> <p>Benefit Period Maximum: Unlimited Preferred Inpatient days. This maximum is combined for all Preferred Inpatient Hospital Services, Mental Health/Psychiatric Care (including Treatment for Serious Mental Illness) and Treatment for Alcohol or Drug Abuse and Dependency benefits.</p> <p>100% after a Copayment of \$40 per Provider per date of service for the first 3 visits.</p> <p>100% for all visits after.</p>	<p>0%</p> <p>0%</p> <p>0%</p>

OUTPATIENT BENEFITS	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
AMBULANCE SERVICES Emergency Transport Non-emergency Transport * The Covered Person's out of pocket expense for emergency services will be no higher than if services were provided by a Preferred Provider.	100% 100%	100%* 0%
DAY REHABILITATION PROGRAM <div style="border: 1px solid black; padding: 5px; width: fit-content;">Benefit Period Maximum: Thirty (30) Preferred sessions.</div>	100%	0%
DIABETIC EDUCATION PROGRAM	100%	0% <div style="border: 1px solid black; padding: 5px; width: fit-content;">Benefits for Non-Preferred services are not available.</div>
DIABETIC EQUIPMENT AND SUPPLIES	100%	0%
DIAGNOSTIC SERVICES Routine Diagnostic/Radiology Services (including Allergy Testing) Non-Routine Diagnostic/Radiology Services (including MRI/MRA, CT scans, PET scans and Nuclear Cardiology Imaging, and Sleep Studies.) Laboratory and Pathology Tests	100% 100% 100%	0% 0% 0%
DURABLE MEDICAL EQUIPMENT, PROSTHETICS, ORTHOTICS	100%	0%
EMERGENCY CARE SERVICES * The Covered Person's out of pocket expense will be no higher than if services were provided by a Preferred Provider.	100%	100%*

OUTPATIENT BENEFITS <i>(Continued)</i>	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
PRESCRIPTION DRUGS Retail Pharmacy* Specialty Drug Prescription or refill of 1-30 day supply Mail Order Pharmacy Prescription or refill of 31-90 day supply Contraceptives, mandated by the Women's Preventive Services provision of PPACA, are covered at 100% when obtained from a Preferred Pharmacy or Preferred Mail Order Pharmacy for generic products and for certain brand products when a generic alternative or equivalent to the brand product does not exist. All other Brand Contraceptive products are covered at standard cost-sharing as reflected in this <i>Schedule of Benefits</i>.	100% for Generic Drugs, 100% for Preferred Brand; and 100% for Non-Preferred Drugs per prescription or refill. 100% 100% for Generic Drugs, 100% for Preferred Brand; and 100% for Non-Preferred Drugs per prescription or refill.	0% 0% 0%
<p>* The pharmacy benefits manager's (PBM's) preferred Retail Pharmacy network is a subset of the national retail pharmacy network and includes most major chains and local pharmacies. To verify that a Retail Pharmacy is participating in the preferred Retail Pharmacy network call the Customer Service telephone number shown on the Covered Person's Identification Card.</p>		
<p>When a Prescription Drug is available in a Generic Drug form, the Carrier will only provide benefits for that Prescription Drug at the Generic Drug level. If the prescribing Physician indicates that the Brand Name Drug should be dispensed, or if the Covered Person requests a Brand Name Drug, the Covered Person shall be responsible for paying the dispensing Pharmacy the difference between the amount paid by the Carrier for the Generic Drug and the amount that the Carrier would have paid for the Brand Name Drug, plus any applicable Copayments and Coinsurance amounts. To address any questions regarding the Covered Person's pharmacy benefit call the Member Services telephone number on the back of the Covered Person's Identification Card.</p>		

OUTPATIENT BENEFITS (Continued)	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
URGENT CARE CENTER	100%	0%
VISION CARE (PEDIATRIC)		
Routine Eye Exams and Refractions	100%	0%
Eyeglasses, including Spectacle Lenses and Frames	100%	0%
Elective Contact Lenses (in lieu of eyeglasses)	100%, at participating independent Providers for Davis collection contacts	0%
Elective Contact Lenses Fitting and Follow-up Care	15% discount, not available at all Preferred Providers	0%
Medically Necessary Contact Lenses (in lieu of eyeglasses or elective contact lenses) including standard, specialty and disposable lenses (with prior approval)	100%	0%

4. The Contract is subject to a number of exclusions, conditions and limitations. These include the following:

The Covered Person must continue to reside in the geographic area served by the Carrier. Should the Covered Person change residence to a geographic area outside the area served by the Carrier and wish to continue coverage, the Covered Person must transfer coverage to the Blue Cross and Blue Shield plans that serve the area of new residence.

No benefit will be provided for services, supplies or charges:

- Which are not Medically Necessary as determined by the Carrier for the diagnosis or treatment of illness or injury;
- Which are Experimental/Investigative in nature, except, as approved by the Carrier, Routine Patient Costs Associated With Qualifying Clinical Trials that meets the definition of a Qualifying Clinical Trial under this Contract;
- Which were Incurred prior to the Covered Person's Effective Date of coverage;
- Which were or are Incurred after the date of termination of the Covered Person's coverage except as provided in the "Benefits After Termination Of Coverage" subsection of this Contract;
- For any loss sustained or expenses Incurred during military service while on active duty; or as a result of enemy action or act of war, whether declared or undeclared;
- For which a Covered Person would have no legal obligation to pay;
- To the extent payment is made under Medicare when Medicare is primary;
- For any occupational illness or bodily injury which occurs in the course of employment if benefits or compensation are available, in whole or in part, under the provisions of the Worker's Compensation Law or any similar Occupational Disease Law or Act. This exclusion applies whether or not the Covered Person claims the benefits or compensation;
- To the extent benefits are provided by the Veteran's Administration or by the Department of Defense for members of the armed forces of any nation while on active duty;
- For injuries resulting from the maintenance or use of a motor vehicle if such treatment or service is paid under a plan or policy of motor vehicle insurance, including a certified self-insured plan, or payable in any manner under the Pennsylvania Motor Vehicle Financial Responsibility Law;

- Which are not billed and performed by a Provider as defined under this Contract as a “Professional Provider”, “Facility Provider” or “Ancillary Provider” except as otherwise indicated under the subsections entitled:
 - (a) “Habilitation Therapy Services”;
 - (b) “Rehabilitation Therapy Services”;
 - (c) “Therapy Services” (that identifies covered Therapy Services as provided by licensed therapists); and
 - (d) “Ambulance Services”
 Of the **Description of Benefits** section of this Contract;
- Rendered by a member of the Covered Person’s Immediate Family;
- Performed by a Professional Provider enrolled in an education or training program when such services are related to the education or training program and are provided through a Hospital or university;
- For ambulance services except as specifically provided in the Ambulance Services benefit as specified in the **Description of Benefits** section of this Contract;
- For services and supplies provided in conjunction with procedures that are determined to be cosmetic under the Contract. A procedure is “cosmetic” if it is designed to improve the appearance of any portion of the body, but is not expected to produce any significant improvement in physiologic function. This "cosmetic" exclusion does not apply to covered surgical procedures performed for (a) newborns within the first thirty-one (31) days after birth, and beyond that period if continuously covered under this Contract, for care and treatment of medically diagnosed congenital defects or birth abnormalities; (b) reconstructive surgery after mastectomy as required by law; (c) reconstructive surgery performed for the purpose of approximating or restoring original physical appearance from (1) anomalies caused by an accidental injury, or (2) anomalies caused by previous surgery or other medical intervention to treat illness or disease, or (d) cosmetic procedures necessitated by a covered illness or injury.
- For telephone consultations, charges for failure to keep a scheduled visit, or charges for completion of a claim form;
- For Alternative Therapies/complementary medicine, including but not limited to, acupuncture, music therapy, dance therapy, equestrian/hippotherapy, homeopathy, primal therapy, rolfing, psychodrama, vitamin or other dietary supplements and therapy, naturopathy, hypnotherapy, bioenergetic therapy, Qi Gong, Ayurvedic therapy, aromatherapy, massage therapy, therapeutic touch, recreational, wilderness, educational and sleep therapies;
- For marriage counseling;
- For Custodial Care, domiciliary care or rest cures;

- For equipment costs related to services performed on high cost technological equipment as defined by the Carrier, such as, but not limited to, computer tomography (CT) scanners, magnetic resonance imagers (MRI) and linear accelerators, unless the acquisition of such equipment by a Professional Provider was approved through the Certificate of Need (CON) process and/or by the Carrier;
- For dental services related to the care, filling, removal or replacement of teeth (including dental implants to replace teeth or to treat congenital anodontia, ectodermal dysplasia or dentogenesis imperfecta), and the treatment of injuries to or diseases of the teeth, gums or structures directly supporting or attached to the teeth, except as otherwise specifically stated in this Contract. Services not covered include, but are not limited to, apicoectomy (dental root resection), prophylaxis of any kind, root canal treatments, soft tissue impactions, alveolectomy, bone grafts or other procedures provided to augment an atrophic mandible or maxilla in preparation of the mouth for dentures or dental implants; and treatment of periodontal disease unless otherwise indicated. This exclusion does not apply to dental services provided for the initial treatment of an Accidental Injury/trauma;
- For dental implants for any reason;
- For dentures, unless for the initial treatment of an Accidental Injury/trauma;
- For orthodontic treatment, except for appliances used for palatal expansion to treat congenital cleft palate;
- For injury as a result of chewing or biting (neither is considered an Accidental Injury);
- For treatment of temporomandibular joint syndrome (TMJ), also known as craniomandibular disorders (CMD), with intraoral devices or with any non-surgical method to alter vertical dimension;
- For routine foot care, as defined in the Carrier's Medical Policy unless associated with the Medically Necessary treatment of peripheral vascular disease and/or peripheral neuropathic disease, including but not limited to diabetes;
- For supportive devices for the foot (orthotics), such as, but not limited to, foot inserts, arch supports, heel pads and heel cups, and orthopedic/corrective shoes, except for orthotics or podiatric appliances required for the prevention of complications associated with diabetes;
- For Hearing Aids, including cochlear electromagnetic hearing devices, and hearing examinations or tests for the prescription or fitting of Hearing Aids;
- For assisted fertilization techniques such as, but not limited to, in-vitro fertilization, gamete intra-fallopian transfer (GIFT) and zygote intra-fallopian transfer (ZIFT);

- For sex therapy or other forms of counseling for treatment of sexual dysfunction;
- For treatment of obesity. This exclusion does not apply to nutrition counseling visits/sessions as described in the "Nutrition Counseling for Weight Management" provision under the **Description of Benefits** section of this Contract;
- As described under "Durable Medical Equipment" in the **Description of Benefits** section, for personal hygiene, comfort and convenience items; equipment and devices of a primarily nonmedical nature; equipment inappropriate for home use; equipment containing features of a medical nature that are not required by the Covered Person's condition; non-reusable supplies; equipment which cannot reasonably be expected to serve a therapeutic purpose; duplicated equipment, whether or not rented or purchased as a convenience; and devices and equipment used for environmental control; and customized wheelchairs;
- For eyeglasses, lenses or contact lenses and the vision examination for prescribing or fitting eyeglasses or contact lenses unless otherwise indicated in this Contract;
- For correction of myopia or hyperopia by means of corneal microsurgery, such as keratomileusis, keratophakia, and radial keratotomy and all related services;
- For Orthoptic/Pleoptic therapy;
- For preventive services except as specifically provided for in the Primary and Preventive Care subsection in the Description of Benefits section of this Contract;
- For weight reduction and premarital blood tests;
- For preventive screening examinations, except for mammograms and those screening examinations listed under "Pediatric Preventive Care", "Adult Preventive Care", and "Women's Preventive Care" in the **Description of Benefits** section of this Contract;
- For travel, whether or not it has been recommended by a Professional Provider or if it is required to receive treatment at an out of area Provider;
- For immunizations required for employment or travel;
- For care in a nursing home, home for the aged, convalescent home, school, camp, institution for Intellectually Disabled children, Custodial Care in a Skilled Nursing Care Facility;
- For counseling or consultation with a Covered Person's relatives, or Hospital charges for a Covered Person's relatives or guests, except as may be specifically provided or allowed in the "Treatment for Alcohol or Drug Abuse and Dependency" or "Transplant Services" sections of the **Description of Benefits**;

- For medical supplies such as but not limited to thermometers, ovulation kits and early pregnancy or home pregnancy testing kits;
- For home blood pressure machines, except for Covered Persons: (a) with pregnancy-induced hypertension; (b) hypertension complicated by pregnancy; (c) with end-stage renal disease receiving home dialysis; or (d) who are eligible for home blood pressure machine benefits as required based on ACA preventive mandates;
- For medication other than Prescription Drugs unless such medication is administered on an Inpatient basis;
- For Prescription Drugs used for Experimental/Investigative purposes, or Prescription Drugs prescribed or used for cosmetic purposes (such as hair growth or wrinkle removal, etc.);
- For appetite suppressants;
- For oral non-elemental nutritional supplements (e.g. Boost, Ensure, PediaSure), casein hydrolyzed formulas (e.g. Nutramigen, Alimentum, Pregestimil), or other nutritional products including, but not limited to, banked breast milk, basic milk, milk-based, and soy-based products. This exclusion does not apply to Medical Foods and Nutritional Formulas as provided for and defined in the Medical Foods and Nutritional Formulas benefit in the **Description of Benefits** section of this Contract;
- For elemental semi-solid foods (e.g. Neocate Nutra);
- For products that replace fluids and electrolytes (e.g. Electrolyte Gastro, Pedialyte);
- For additives (e.g. Duocal, fiber, or vitamins) and food thickeners (e.g. Thick-It, Resource ThickenUp);
- For supplies associated with the oral administration of formula (e.g. bottles, nipples);
- For Inpatient and Outpatient Private Duty Nursing services;
- For any care that extends beyond traditional medical management for autistic disease of childhood, Pervasive Development Disorders, Attention Deficit Disorder, learning disabilities, behavioral problems or Intellectual Disability; or treatment or care to effect environmental or social change;
- For charges Incurred for expenses in excess of Benefit Maximums as specified in the **Schedule of Benefits** of this Contract;
- For research studies;

- For Cognitive Rehabilitative Therapy except when provided integral to other supportive therapies, such as, but not limited to physical, occupational and speech therapies in a multidisciplinary, goal-oriented and integrated treatment program designed to improve management and independence following neurological damage to the central nervous system injury caused by illness or trauma (e.g. stroke, acute brain insult, encephalopathy);
- For Self-Administered Prescription Drugs, regardless of whether the drugs are provided or administered by a Provider. Drugs are considered Self-Administered Prescription Drugs even when initial medical supervision and/or instruction is required prior to patient self-administration. This exclusion does not apply to Self-Administered Prescription Drugs that are:
 - (a) Covered under the “Prescription Drugs/medicines” paragraph of the “Outpatient Benefits” subsection of this Contract;
 - (b) Mandated to be covered by law, such as insulin or any drugs required for the treatment of diabetes; or
 - (c) Required for treatment of an emergency condition that requires a Self-Administered Drug;
- For elective abortion services;
- For pediatric dental; and
- For any other service or treatment except as provided in this Contract.

5. GUARANTEED RENEWABLE/PREMIUM SUBJECT TO CHANGE ON A CLASS BASIS:

The Contract can be renewed on an annual basis on the anniversary date which is January 1 except for:

- a. nonpayment of the requested premium; or
- b. fraud or intentional misrepresentation of a material fact; or
- c. the carrier non-renews the Contract form for all enrolled persons. In such case, the Carrier will provide notice to each Covered Person at least ninety (90) days prior to the date of discontinuance of such coverage. Such notice will provide enrolled persons with the option to purchase any other individual health insurance coverage currently offered by the Carrier. (The person may apply for a new direct pay coverage, without proof of insurability, by applying within sixty (60) days of such termination. The direct pay coverage will be the same coverage, or one that nearly approximates the coverage of the Contract, if the original Contract form is no longer offered by the Carrier, and will be effective on the date that coverage terminated under the prior coverage at the rate then in effect); or
- d. the Carrier non-renews the Contract because it elects to discontinue offering all health insurance coverage in the individual market in Pennsylvania. In such case, the Carrier will provide notice to all enrolled persons and the Pennsylvania Insurance Department of such discontinuance at least 180 days prior to the date of the expiration of the coverage; or
- e. the Carrier non-renews the Contract because the Covered Person no longer resides in the geographic area served by the Carrier. Should the Covered Person change residence to a

geographic area outside the area served by the Carrier and wishes to continue coverage, the Covered Person must transfer coverage to the Blue Cross and Blue Shield plan that serves the area of new residence.

- f. In the case of a Dependent who is no longer eligible for coverage under the Contract, the Dependent may apply for a new direct pay coverage, without proof of insurability, by applying within sixty (60) days of such termination. The direct pay coverage will be the same coverage, or one that nearly approximates the coverage of the Contract, if the original Contract form is no longer offered by the Carrier, and will be effective on the date that coverage terminated under the prior coverage at the rate then in effect.

Non-renewal shall not be based on any health status related to a Covered Person.

The Applicant must make timely payment of all premium due.

- a. The premium rates for this Contract shall be in accordance with the rating methodology filed with and approved by the Insurance Department of the Commonwealth of Pennsylvania. Premium rates for this Contract are based on a member-level buildup using a per member per month base rate adjusted for the customer's member-specific characteristics of age, geographic area and tobacco use.
- b. The Carrier reserves the right to change the premium for the Contract on a class basis.
- c. Any change in the premium rates shall become effective upon the expiration of the period covered by the Applicant's current premium as applied by the Carrier. The Applicant shall be given notice of such change, and payment of the new premium rate shall be considered receipt of notice and acceptance of the change in the premium rate. In the event the Applicant fails to make payment of the new premium within thirty (30) days or three (3) consecutive months if the Applicant-Subscriber is enrolled in an on exchange product and receives a tax credit, after the new premium rate became due and payable (see the "Grace Period" subsection of the **General Provisions** of the Contract), the Contract shall terminate automatically.

For purposes of the provisions of the Patient Protection and Affordable Care Act with respect to the Development and Utilization of Uniform Explanation of Coverage Documents and Standardized Definitions the Policy Year for this Contract will be a Calendar Year.

**INDIVIDUAL COMPREHENSIVE MAJOR MEDICAL EXCLUSIVE PROVIDER
ORGANIZATION POLICY
(PERSONAL CHOICE®)**

is issued by

QCC INSURANCE COMPANY
(Called the Carrier)

A Pennsylvania corporation

Located at:

1901 Market Street
Philadelphia, PA 19103

This Contract is a health policy that provides, to Covered Persons, coverage for major hospital, medical, and surgical expenses incurred as a result of a covered accident or sickness. Coverage is provided for daily hospital room and board, miscellaneous hospital services, surgical services, anesthesia services, in-hospital medical services and out-of-hospital care, subject to the Deductibles and Coinsurance provisions. This Comprehensive Major Medical Contract is marketed by the Carrier as a Preferred Provider Organization benefit program that utilizes a Preferred Provider Network. This means that, except in limited circumstances, benefits are not provided for services rendered by Non-Preferred Providers (see **Important Notices** for more detail). This Contract utilizes extensive Precertification and utilization management procedures which must be followed to maximize benefits and avoid penalties. Failure to obtain Precertification for services provided by a BlueCard Provider or an out-of-network (Non-Preferred) Provider will result in a 50% reduction in benefits. This coverage does not supplement any basic hospital or basic medical insurance coverage.

NOTICE OF COVERED PERSON'S RIGHT TO EXAMINE CONTRACT: The Applicant has a right to return this Contract within ten (10) days of delivery for refund of the full premium paid if, after examination of this Contract, the Applicant is not satisfied for any reason. This Contract may be returned to: QCC Insurance Company, 1901 Market Street, Philadelphia, PA 19103. If the Contract is returned, it will be null and void from the beginning and no benefits will be payable under its terms.

NOTE: READ THIS PROVISION CAREFULLY

GUARANTEED RENEWABLE/PREMIUM SUBJECT TO CHANGE ON A CLASS BASIS: This Contract can be renewed on an annual basis on the anniversary date which is January 1 except for:

- a. nonpayment of the required premium; or
- b. fraud or intentional misrepresentation of a material fact; or
- c. the Carrier non-renews this Contract form for all enrolled persons. In such case, the Carrier will provide notice to each Covered Person at least ninety (90) days prior to the date of discontinuation of such coverage. Such notice will provide enrolled persons with the option to purchase, without proof of insurability any other individual health insurance coverage currently offered by the Carrier;

Guaranteed renewable provisions continue on page (2) of this Contract form.

THIS IS A NON-PARTICIPATING CONTRACT

Form No. 08537 .ON

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Benefits underwritten by QCC Insurance Company, a subsidiary of Independence Blue Cross –
independent licensees of the Blue Cross and Blue Shield Association.

- d. the Carrier non-renews this Contract because it elects to discontinue offering all health insurance coverage in the individual market in Pennsylvania. In such case, the Carrier will provide notice to all enrolled persons and the Pennsylvania Insurance Department of such discontinuation at least one hundred and eighty (180) days prior to the date of the expiration of the coverage.
- e. the Carrier non-renews this Contract because the Covered Person no longer resides in the geographic area served by the Carrier. Should the Covered Person change residence to a geographic area outside the area served by the Carrier and wishes to continue coverage, the Covered Person must transfer coverage to the Blue Cross and Blue Shield plan that serves the area of new residence.

Nonrenewal shall not be based on any health status-related factors of a Covered Person.

The Applicant must make timely payment of all premium due.

- a. The premium rates, at any given time, are those listed in the Schedule of Rates on file with the Pennsylvania Insurance Department.
- b. The Carrier reserves the right to change the premium rate for the Contract on a class basis.
- c. Any change in the premium rates shall become effective upon the expiration of the period covered by the Applicant's current premium payment as applied by the Carrier. The Applicant shall be given notice of such change, and payment of the new premium rate shall be considered receipt of notice and acceptance of the change in premium rate. In the event the Applicant fails to make payment of the new premium rate within thirty (30) days, unless the Applicant-Subscriber is enrolled in an on exchange product and receives a tax credit, then it is within three (3) consecutive months after the new premium rate became due and payable (see the "Grace Period" subsection of the **General Provisions** of this Contract), this Contract shall terminate automatically.

For purposes of the provisions of the Patient Protection and Affordable Care Act with respect to the Development and Utilization of Uniform Explanation of Coverage Documents and Standardized Definitions the Policy Year for this Contract will be a Calendar Year.

QCC INSURANCE COMPANY

**INDIVIDUAL COMPREHENSIVE MAJOR MEDICAL EXCLUSIVE PROVIDER
ORGANIZATION POLICY
(PERSONAL CHOICE[®])**

In Consideration of the Applicant's Application and payment of the appropriate premium, the Covered Persons defined herein are entitled to the Comprehensive Major Medical benefits set forth in accordance with the terms and condition specified.

QCC INSURANCE COMPANY



Brian Loble
President and SVP, Commercial and Consumer Markets

Attest:



Paula Sunshine
SVP and Chief Marketing Executive

Language Access Services

If you, or someone you're helping, has questions about QCC Insurance Company, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-800-275-2583 TTY 711.

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de QCC Insurance Company, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-275-2583 TTY 711.

如對 QCC Insurance Company 有任何問題，請您或您所幫助的人聯系我們提供的免費多語言信息服務。翻譯服務請撥打 1-800-275-2583。

Nếu quý vị hoặc người mà quý vị đang trợ giúp có câu hỏi về QCC Insurance Company, quý vị có quyền nhận được trợ giúp và thông tin bằng ngôn ngữ của quý vị hoàn toàn miễn phí. Để yêu cầu thông dịch viên, hãy gọi số 1-800-275-2583.

Если у вас или лица, которому вы помогаете, имеются вопросы по поводу программы QCC Insurance Company, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 1-800-275-2583.

Wann du hoscht en Froog, odder ebber, wu du helpscht, hot en Froog baut QCC Insurance Company, hoscht du es Recht fer Hilf un Information in deinre eegne Schprooch griege, un die Hilf koschtet nix. Wann du mit me Interpreter schwetze witt, kansch du 1-800-275-2583 uffrufe.

QCC Insurance Company 와 관련하여 궁금한 사항이 있으신 경우, 귀하 또는 귀하의 지원을 받는 사람은 관련 정보 및 지원을 해당 언어로 무료로 받으실 수 있습니다. 통역사와 상담하시려면 1-800-275-2583 로 전화해 주십시오.

Se tu o qualcuno che stai aiutando avete domande su QCC Insurance Company, hai il diritto di ottenere gratuitamente aiuto e informazioni nella tua lingua. Per parlare con un interprete, puoi chiamare il numero 1-800-275-2583.

إذا كان لديك أو لدى شخص تساعد أسئلة بخصوص QCC Insurance Company، فلديك الحق في الحصول على المعلومات الضرورية بلغتك دون أي تكلفة. للتحدث مع مترجم اتصل بـ 1-800-275-2583.

Si vous, ou quelqu'un que vous aidez, a des questions à propos de QCC Insurance Company, vous avez le droit d'obtenir gratuitement de l'aide et l'information dans votre langue. Pour parler à un interprète, appelez 1-800-275-2583.

Wenn Sie selbst oder eine Person, der Sie helfen, Fragen über QCC Insurance Company haben, so haben Sie das Recht, kostenlos Hilfe und Informationen in Ihrer Sprache anzufordern. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-800-275-2583 an.

જો તમને અથવા તમે કોઈને મદદ કરી રહ્યા તેમાંથી કોઈને QCC Insurance Company વિશે પ્રશ્નો હોય, તો તમને મદદ અને માહિતી તમારી ભાષામાં કોઈપણ ખર્ચ વિના મેળવવાનો અધિકાર છે. દુભાષિયા સાથે વાત કરવા માટે, આ 1-800-275-2583 પર કોલ કરો

Jeśli Ty lub osoba, której pomagasz macie pytania odnośnie do programu QCC Insurance Company, mogą Państwo uzyskać bezpłatną informację i pomoc w Waszym języku. Aby porozmawiać z tłumaczem, proszę zadzwonić pod numer 1-800-275-2583.

Si ou menm, oswa yon moun w ap ede, gen kesyon konsènan QCC Insurance Company, ou gen dwa pou resevwa èd ak enfòmasyon nan lang ou gratis. Pou pale ak yon entèprèt, rele 1-800-275-2583.

បើអ្នក ឬក៏នរណាម្នាក់ដែលអ្នកកំពុងជួយ មានសំណួរអំពី QCC Insurance Company អ្នកមានសិទ្ធិក្នុងការ ទទួលជំនួយនិងព័ត៌មានជាភាសារបស់អ្នក ដោយឥតគិតថ្លៃ។ ដើម្បីជជែកជាមួយអ្នកបកប្រែ សូមហៅ ទូរសព្ទទៅលេខ 1-800-275-2583។

Se você, ou alguém a quem você está ajudando, tem perguntas sobre o QCC Insurance Company, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-800-275-2583.

Dii kwe'é atah nilínigii QCC Insurance Company haada yit'éego bína ídilkidgo éi doodago háida bíká anilyeedígii t'áadoo le'é yína'ídilkidgo bee ná ahóót'i'dii t'áa hazaadk'ehjí háká a'doowołgo bee haz'á doo báh ílínigóó. Ata' halne'ígii koji' bich'í' hodíílnih 1-800-275-2583.

Kung ikaw, o ang taong iyong tinutulungan, ay may mga katanungan tungkol sa QCC Insurance Company, may karapatan kang makakuha ng tulong at impormasyon sa iyong wika nang walang gastos. Upang makausap ang isang interpreter, tumawag sa 1-800-275-2583.

ご本人やお客様の周りの人が、QCC Insurance Company についてご質問などがある場合、無料でご希望の言語でのサポートや情報を入手することができます。インタプリタをご利用する方は、1-800-275-2583 までお電話ください。

اگر شما یا شخصی که به وی کمک می کنید، در رابطه با QCC Insurance Company سوالی دارید، این حق برای شما محفوظ است که بدون نیاز به پرداخت هر نوع هزینه، اطلاعات مربوطه را به زبان خود دریافت نمایید. جهت گفتگو با یک مترجم، با شماره 1-800-275-2583 تماس حاصل فرمایید.

Nondiscrimination Notice & Notice of Availability of Auxiliary Aids & Services

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

QCC Insurance Company:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact our Civil Rights Coordinator. If you believe that QCC Insurance Company 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 our Civil Rights Coordinator. You have five ways to file a grievance:

- In person or by mail :
QCC Insurance Company
ATTN: Civil Rights Coordinator
1901 Market Street
Philadelphia, PA 19103
- By phone: 888-377-3933 (TTY 711)
- By fax: 215-761-0245
- By email: civilrightscordinator@ibx.com

If you need help filing a grievance, our Civil Rights Coordinator 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, 1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

IMPORTANT NOTICES:

REGARDING TREATMENT WHICH IS NOT MEDICALLY NECESSARY:

The Carrier only covers treatment which it determines Medically Necessary. A Preferred Provider accepts the Carrier's decision and contractually is not permitted to bill the Covered Person for treatment which the Carrier determines is not Medically Necessary unless the Preferred Provider specifically advises the Covered Person in writing, and the Covered Person agrees in writing that such services are not covered by the Carrier, and that the Covered Person will be financially responsible for such services. The term "Medically Necessary" is defined in the **Definitions** section of this Contract.

REGARDING "EXPERIMENTAL/INVESTIGATIVE" TREATMENTS:

The Carrier does not cover treatment which it determines to be Experimental/Investigative in nature because that treatment is not accepted by the general medical community for the condition being treated or not approved as required by federal or other governmental agencies. However the Carrier acknowledges that situations exist when a Covered Person and the Covered Person's Professional Provider agree to utilize an Experimental/Investigative treatment. If a Covered Person receives Experimental/Investigative treatment, the Covered Person is responsible for the cost of the treatment. The Covered Person or the Covered Person's Professional Provider may contact the Carrier to determine whether a treatment is considered Experimental/Investigative.

The terms Experimental/Investigative and Professional Provider are defined in the **Definitions** section of this Contract.

REGARDING TREATMENT FOR COSMETIC PURPOSES:

The Carrier does not cover treatment which it determines is for cosmetic purposes unless it is necessitated as part of the Medically Necessary treatment of an illness, injury or congenital birth defect. However, the Carrier acknowledges that situations exist when a Covered Person and the Covered Person's Physician decide to pursue a course of treatment for cosmetic purposes. In such cases, the Covered Person is responsible for the cost of the treatment. A Covered Person or the Covered Person's Physician may contact the Carrier to determine whether treatment is for cosmetic purposes.

The exclusion for services and operations for cosmetic purposes is detailed in the **Exclusions** section of this Contract.

REGARDING USE OF NON-PREFERRED PROVIDERS:

In almost all instances, to receive benefits available under this program, you must obtain Covered Services from Preferred Providers that participate in the Personal Choice Network or in the BlueCard Program.

The Carrier may approve Covered Services provided by a Non-Preferred Provider subject to Preferred "In-Network" cost-sharing if you have: (1) first sought and received care from a Preferred Provider in the same American Board of Medical Specialties (ABMS) recognized specialty as the Non-Preferred Provider requested; (2) been advised by the Preferred Provider that there are no Preferred Providers

that can provide the requested Covered Services; and (3) obtained authorization from the Carrier prior to receiving care.

The Carrier reserves the right to make the final determination whether there is a Preferred Provider that can provide the Covered Services. If the Carrier approves the use of a Non-Preferred Provider, you will not be responsible for the difference between the Provider's billed charges and the Carrier's payment to the Provider. Applicable program terms including Medical Necessity and Precertification will apply.

When you are treated by a Non-Preferred Provider for incidental services (a Non-Preferred Hospital-Based Provider), while you are an Inpatient at a Preferred Hospital or other Preferred Facility Provider, you are not financially responsible for a Non-Preferred Hospital-Based Provider's charges for Covered Services in excess of your program's Preferred level of cost-sharing, if any. For purposes of this section, incidental services are defined as Facility-based services, such as but not limited to radiology, anesthesiology and laboratory services, that are not directly related for the reason for admission to the Preferred Hospital or other Preferred Facility Provider. However, it is possible that a Non-Preferred Hospital-Based Provider, who has no contractual relationship with the Carrier, will bill you directly for amounts in excess of the Carrier's payments of the Non-Preferred Hospital-Based Provider's claim. In such situations, to ensure full reimbursement to you, you will need to contact the Carrier at the Member Services telephone number listed on the back of your I.D. card. Note that when you see a Non-Preferred Provider on an elective basis and the Non-Preferred Provider admits you to a Preferred Hospital or other Preferred Facility Provider, then no benefits will be provided for services rendered by the Non-Preferred Provider.

When you are treated by a Non-Preferred Provider for Emergency Care Services, you are not financially responsible for Non-Preferred Emergency Care Service Provider's charges for Covered Services in excess of your program's Preferred level of cost-sharing.

REGARDING NON-DISCRIMINATION RIGHTS:

The Covered Person has the right to receive health care services without discrimination:

- A. Based on race, ethnicity, age, mental or physical disability, genetic information, color, religion, gender, national origin, source of payment, sexual orientation, or sex, including stereotypes and gender identity;
- B. For Medically Necessary health services made available on the same terms for all individuals, regardless of sex assigned at birth, gender identity, or recorded gender;
- C. Based on an individual's sex assigned at birth, gender identity, or recorded gender, if it is different from the one to which such health service is ordinarily available;
- D. Related to gender transition if such denial or limitation results in discriminating against a transgender individual.

**COMPREHENSIVE MAJOR MEDICAL PREFERRED PROVIDER POLICY
(PERSONAL CHOICE®)**

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SECTION DE - DEFINITIONS

For the purposes of this Contract, the terms below have the following meaning:

ACCIDENTAL INJURY - bodily injury which results from an accident directly and independently of all other causes.

ACCREDITED EDUCATIONAL INSTITUTION – a publicly or privately operated academic institution of higher learning which: (1) provides a recognized course or courses of instruction and leads to the conferment of a diploma, degree, or other recognized certification of completion at the conclusion of the course of study; and (2) is duly recognized and declared as such by the appropriate authority in the state in which such institution is located; provided, however, that in addition to any state recognition, the institution must also be accredited by a nationally recognized accrediting association as recognized by the U.S. Secretary of Education. The definition may include, but is not limited to, colleges and universities, and technical or specialized schools.

ALCOHOL OR DRUG ABUSE AND DEPENDENCY - any use of alcohol or other drugs which produce a pattern of pathological use causing impairment in social or occupational functions or which produces physiological dependency evidenced by physical tolerance or withdrawal.

ALTERNATIVE THERAPIES/COMPLEMENTARY MEDICINE – Complementary and alternative medicine, as defined by the National Institute of Health's National Center for Complementary and Alternative Medicine (NCCAM), is a group of diverse medical and health care systems, practices, and products, currently not considered to be part of conventional medicine. NCCAM categorizes complementary medicine and alternative therapies into the following five classifications: (a) alternative medical systems (e.g. homeopathy, naturopathy, Ayurveda, traditional Chinese medicine); (b) mind-body interventions (a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms; e.g. meditation, prayer, mental healing, and therapies that use creative outlets such as art, music, or dance); (c) biologically based therapies using natural substances, such as herbs, foods, vitamins or nutritional supplements to prevent and treat illness. (e.g. diets, macrobiotics, megavitamin therapy); (d) manipulative and body-based methods (e.g. massage, equestrian/hippotherapy); and (e) energy therapies, involving the use of energy fields. The energy therapies are of two types: (1) Biofield therapies - intended to affect energy fields that purportedly surround and penetrate the human body. This includes some forms of energy therapy that manipulate biofields by applying pressure and/or manipulating the body by placing the hands in, or through, these fields. Examples include Qi Gong, Reiki, and therapeutic touch; or (2) Bioelectromagnetic-based therapies involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating-current or direct-current fields.

AMBULATORY SURGICAL FACILITY - a Facility Provider, with an organized staff of Physicians, which is licensed as required and which has been approved by the Joint Commission on Accreditation of Healthcare Organizations, or by the Accreditation Association for Ambulatory Health Care, Inc., or by the Carrier and which:

- A. has permanent facilities and equipment for the primary purposes of performing surgical procedures on an Outpatient basis;
- B. provides treatment by or under the supervision of Physicians and nursing services whenever the patient is in the facility;
- C. does not provide Inpatient accommodations; and
- D. is not, other than incidentally, a facility used as an office or clinic for the private practice of a Professional Provider.

ANCILLARY PROVIDER - an individual or entity that provides services, supplies or equipment, (such as, but not limited to, Infusion Therapy, Durable Medical Equipment and Ambulance services), for which benefits are provided under this Contract.

ANESTHESIA - consists of the administration of regional anesthetic or the administration of a drug or other anesthetic agent by injection or inhalation, the purpose and effect of which is to obtain muscular relaxation, loss of sensation, or loss of consciousness.

APPEAL – a request by a Covered Person, or the Covered Person’s representative or Provider, acting on the Covered Person’s behalf upon written consent, to change a previous decision made by the Carrier.

A. **ADMINISTRATIVE APPEAL**

An Appeal that focuses on unresolved disputes or objections regarding a Carrier’s decision that concerns coverage terms such as the Contract’s exclusions and non-covered benefits, exhausted benefits, and claim payment issues. An Administrative Appeal may present issues related to Medically Necessary, but these are not the primary issues that affect the outcome of the Appeal.

B. **MEDICAL NECESSITY APPEAL**

An Appeal that focuses on issues of Medical Necessity and requests the Carrier to change its decision to deny or limit the provision of a Covered Service.

C. **EXPEDITED APPEAL**

An Appeal that provides a faster review of a Medically Necessary Appeal, conducted when the Carrier determines, based on applicable guidelines, that a delay in decision making would seriously jeopardize the Covered Person’s life, health, or ability to regain maximum function, or would subject the Covered Person to severe pain that cannot be adequately managed while awaiting a standard Appeal decision.

APPLICANT - the person who applies for coverage under this Contract and with whom the Carrier has contracted to provide this coverage.

APPLICATION - the request, either written or via electronic transfer, of the Applicant for coverage, set forth in a format approved by the Carrier.

ATTENTION DEFICIT DISORDER - a disease characterized by developmentally inappropriate inattention, impulsiveness and hyperactivity.

BENEFIT PERIOD - the specified period of time as shown in the *Schedule of Benefits* of this Contract during which charges for Covered Services must be Incurred in order to be eligible for payment by the Carrier. A charge shall be considered Incurred on the date the service or supply was provided to a Covered Person.

BIRTH CENTER - A Facility Provider approved by the Carrier which:

- A. Is licensed as required in the state where it is situated;
- B. Is primarily organized and staffed to provide maternity care; and
- C. Is under the supervision of a Physician or a licensed certified nurse midwife.

BLUECARD PROGRAM - A program that allows a Covered Person travelling or living outside of their plan's area to receive coverage for services at an in-network benefit level if the Covered Person receives services from Blue Cross Blue Shield providers that participate in the BlueCard Program.

BLUECARD PROVIDER - A Provider that participates in the BlueCard Program as a Preferred Provider.

BRAND NAME OR BRAND NAME DRUG - a Prescription Drug produced by a manufacturer awarded the original patent for that specific drug or combination of drugs and satisfying requirements of the U.S. Food and Drug Administration and applicable state law and regulations. For purposes of this coverage, the term "Brand Name Drug" shall also mean devices known as spacers for metered dose inhalers that are used to enhance the effectiveness of inhaled medicines.

CARE COORDINATOR FEE – A fixed amount paid by a Blue Cross and/or Blue Shield Licensee to providers periodically for Care Coordination under a Value-Based Program.

CASE MANAGEMENT - comprehensive Case Management programs serve individuals who have been diagnosed with a complex, catastrophic, or chronic illness or injury. The objectives of Case Management are to facilitate access by the Covered Person to ensure the efficient use of appropriate health care resources, link Covered Persons with preventive health care services, assist Providers in coordinating prescribed services, monitor the quality of services delivered, and improve Covered Person outcomes. Case Management supports Covered Persons and Providers by locating, coordinating, and/or evaluating services for a Covered Person who has been diagnosed with a complex, catastrophic or chronic illness and/or injury across various levels and sites of care.

CERTIFIED REGISTERED NURSE - a certified registered nurse anesthetist, certified registered nurse practitioner, certified enterostomal therapy nurse, certified community health nurse, certified psychiatric mental health nurse, or certified clinical nurse specialist, certified by the state Board of Nursing or a national nursing organization recognized by the State Board of Nursing. Excluded from this definition are any registered professional nurses employed by a health care facility, as defined in the Health Care Facilities Act, or by an anesthesiology group.

COGNITIVE REHABILITATIVE THERAPY - Medically prescribed therapeutic treatment approach designed to improve cognitive functioning after acquired central nervous system injury (e.g. trauma, stroke, acute brain insult, and encephalopathy). Cognitive rehabilitation is an integrated multidisciplinary approach that consists of tasks designed to reinforce or re-establish previously learned patterns of behavior or to establish new compensatory mechanisms for impaired neurological systems. It consists of a variety of therapy modalities which mitigate or alleviate problems caused by deficits in attention, visual processing, language, memory, reasoning, and problem solving. Cognitive rehabilitation is performed by a physician, neuropsychologist, psychologist, as well as a physical, occupational or speech therapist using a team approach.

COINSURANCE - a type of cost-sharing in which the Covered Person assumes a percentage of the Covered Expenses for Covered Services (such as 20%).

COMPENDIA - one of several tools the Carrier will use to determine what services and supplies will be covered by the Carrier. Compendia are prescription drug reference documents that include summaries of how drugs work in the body. These references provide health care professionals with important information about proper dosing and whether a drug is recommended or endorsed for use in treating a specific disease.

Over the years, some compendia have merged with other publications or have discontinued updating their entries. The Carrier will access up-to-date compendia to make coverage decisions.

The Carrier will review compendia to ensure the most up-to-date drug information and the best available treatment options. This is important because today's ever-expanding industry of drug treatments is dynamic, requiring the constant monitoring and assessment of new interventions.

COMPLAINT - any expression of dissatisfaction, verbal or written, by a Covered Person.

CONDITIONS FOR DEPARTMENTS (for Qualifying Clinical Trials) - the conditions described in this paragraph, for a study or investigation conducted by the Department of Veteran Affairs, Defense or Energy, are that the study or investigation has been reviewed and approved through a system of peer review that the Government determines:

- A. To be comparable to the system of peer review of studies and investigations used by the National Institutes of Health (NIH); and
- B. Assures unbiased review of the highest scientific standards by Qualified Individuals who have no interest in the outcome of the review.

CONTRACT - this Contract, including the application, and any riders and/or endorsements, is the Contract between the Carrier and the Applicant.

CONTRACEPTIVE DRUGS - FDA approved drugs requiring a Prescription Order to be dispensed for the use of contraception. These include oral contraceptives, such as birth control pills as well as injectable contraceptive drugs. This does not include implants.

COPAYMENT - a type of cost-sharing in which the Covered Person pays a flat dollar amount each time a Covered Service is provided (such as a \$15 Copayment per office visit).

COVERED DRUG - Prescription Drugs, including Self-Administered Prescription Drugs, which are:

- A. Prescribed for a Covered Person by a Health Care Practitioner who is appropriately licensed to prescribe Drugs;
- B. Prescribed for a use that has been approved by the Federal Food and Drug Administration; and
- C. Medically Necessary, as determined by the Carrier.

Insulin shall be considered a Covered Drug where Medically Necessary.

COVERED EXPENSE – refers to the basis on which a Covered Person’s Deductibles, Coinsurance, and benefits are calculated.

- A. For Covered Services provided by a Preferred Facility Provider, the term "Covered Expense" means the amount payable to the Provider under the contractual arrangement in effect with the Carrier.
- B. For Covered Services provided by a Preferred Professional Provider or BlueCard Provider, "Covered Expense" means the rate of reimbursement for Covered Services that the Professional Provider has agreed to accept as set forth by contract with the Carrier, or the BlueCard Provider;
- C. For Covered Services provided by a Preferred Ancillary Provider or BlueCard Provider, "Covered Expense" means the amount payable to the Provider under the contractual arrangement in effect with the Carrier or BlueCard Provider.
- D. For Prescription Drugs provided by Preferred Pharmacies, Covered Expense means the amount that the Carrier has negotiated with the Carrier's Pharmacy Benefits Manager as total reimbursement for the covered Prescription Drugs.
- E. Nothing in this section shall be construed to mean that the Carrier would provide coverage for services other than Covered Services.

COVERED PERSON - an enrolled Applicant or the Applicant's eligible Dependents who are enrolled under this Contract and for whom the required premium is being paid.

COVERED SERVICE - a service or supply specified in this Contract for which benefits will be provided.

CUSTODIAL CARE (DOMICILIARY CARE) - provided primarily for maintenance of the patient or which is designed essentially to assist the patient in meeting activities of daily living and which is not primarily provided for its therapeutic value in the treatment of an illness, disease, bodily injury, or condition. Custodial Care includes, but is not limited to, help in walking, bathing, dressing, feeding, preparation of special diets and supervision over self-administration of medications, which do not require the technical skills or professional training of medical or nursing personnel in order to be performed safely and effectively.

DAY REHABILITATION PROGRAM - a level of Outpatient care consisting of four (4) to seven (7) hours of daily rehabilitative therapies and other medical services five (5) days per week. Therapies provided may include a combination of therapies, such as Physical Therapy, Occupational Therapy, and Speech Therapy, as otherwise defined in this Contract and other medical services such as nursing services, psychological therapy and Case Management services. Day Rehabilitation sessions also include a combination of one-to-one and group therapy. The Covered Person returns home each evening and for the entire weekend.

DECISION SUPPORT - Decision Support describes a variety of services that help Covered Persons make educated decisions about health care and support their ability to follow their Provider's treatment plan. Some examples of Decision Support services include, but are not limited to, support for major treatment decisions and information about everyday health concerns.

DEDUCTIBLE - a specified amount of Covered Expense for the Covered Services that is Incurred by the Covered Person before the Carrier will assume any liability.

DENTALLY NECESSARY (DENTAL NECESSITY) - A dental service or procedure is determined by a Dentist to either establish or maintain a patient's dental health based on the professional diagnostic judgment of the Dentist and the prevailing standards of care in the professional community. The determination will be made by the Dentist in accordance with guidelines established by the Carrier. When there is a conflict of opinion between the Dentist and the Carrier on whether or not a dental service or procedure is Dentally Necessary, the opinion of the Carrier will be final.

DENTIST - A person licensed to practice dentistry in the state in which dental services are provided. Dentist will include other duly licensed dental practitioner under the scope of the individual's license when state law requires independent reimbursement of such practitioners.

DEPENDENT –

- A. an Applicant's spouse under a legally valid existing marriage;
- B. an Applicant's child under the age of twenty-six (26), including any stepchild or legally adopted child, a child placed for adoption or any child whose coverage is the responsibility of the Applicant under the terms of a qualified release or court order;
- C. an Applicant's child beyond that age who, as determined by the Carrier, is incapable of self-support due to physical or mental incapacitation, where such incapacitation occurred prior to age twenty six (26), while covered on the parent contract; and
- D. an individual of a Domestic Partnership and the child or children of a Domestic Partner shall be considered for eligibility under the Contract as if they were the Covered Person's own child or children.

If the Covered Person enrolls their Domestic Partner, the Covered Person has an affirmative obligation to notify the Carrier immediately if the Domestic Partnership terminates.

Dependent does not include a person who is: (1) an eligible Applicant; or (2) a member of the armed forces.

DETOXIFICATION - the process by which an alcohol or drug intoxicated or alcohol or drug dependent person is assisted, in a licensed Facility Provider, or in case of opiates, by an appropriately licensed behavioral health provider in an ambulatory setting. This treatment process will occur through the period of time necessary to eliminate, by metabolic or other means, the intoxicating alcohol or other drug, or alcohol and other drug dependency factors, or alcohol in combination with drugs, as determined by a licensed Physician, while keeping the physiological and psychological risk to the patient at a minimum.

DISEASE MANAGEMENT – a population-based approach to identify who have or are at risk for a particular chronic medical condition, intervene with specific programs of care, and measure and improve outcomes. Disease Management programs use evidence-based guidelines to educate and support Covered Persons and Providers, matching interventions to Covered Persons with greatest opportunity for improved clinical or functional outcomes. Disease Management programs may employ education, Provider feedback and support statistics, compliance monitoring and reporting, and/or preventive medicine approaches to assist Covered Persons with chronic disease(s). Disease Management interventions are intended to both improve delivery of services in various active stages of the disease process as well as to reduce/prevent relapse or acute exacerbation of the condition.

DOMESTIC PARTNER (DOMESTIC PARTNERSHIP) - an individual of a Domestic Partnership consisting of two people, each of whom:

- Is unmarried, at least eighteen (18) years of age, resides with the other partner and intends to continue to reside with the other partner for an indefinite period of time;
- Is not related to the other partner by adoption or blood;
- Is the sole Domestic Partner of the other partner, with whom the person has a close committed and personal relationship, and has been a member of this Domestic Partnership for the last six months;
- Agrees to be jointly responsible for the basic living expenses and welfare of the other partner;
- Meets (or agrees to meet) the requirements of any applicable federal, state, or local laws or ordinances for Domestic Partnerships; and
- Demonstrates financial interdependence by submission of proof of three or more of the following documents:
 - A Domestic Partnership agreement;
 - A joint mortgage or lease;
 - A designation of one of the partners as beneficiary in the other partner's will;
 - A durable property and health care powers of attorney;
 - A joint title to an automobile, or joint bank account or credit account; or
 - Such other proof as is sufficient to establish economic interdependency under the circumstances of the particular case.

The Carrier reserves the right to request documentation of any of the foregoing prior to commencing coverage for the Domestic Partner.

DRUG FORMULARY - a list of drugs, usually by their generic names, and indications for their use. A formulary is intended to include a sufficient range of medicines to enable physicians, dentists, and, as appropriate, other practitioners to prescribe all Medically Necessary treatment of a Covered Person's condition.

DURABLE MEDICAL EQUIPMENT – is equipment which meets the following criteria:

- A. it is durable and can withstand repeated use;
- B. it is medical equipment, meaning it is primarily and customarily used to serve a medical purpose;
- C. it generally is not useful to a person in the absence of an illness or injury; and
- D. it is appropriate for use in the home.

Durable Medical Equipment includes, but is not limited to: diabetic supplies, canes, crutches, walkers, commode chairs, home oxygen equipment, hospital beds, traction equipment and wheelchairs.

EFFECTIVE DATE - the date on which coverage for a Covered Person begins under this Contract. The Effective Date is shown on the application for coverage and on the Welcome Letter.

EMERGENCY - the sudden and unexpected onset of a medical or psychiatric condition manifesting itself in acute symptoms of sufficient severity or severe pain, such that a prudent layperson who possesses an average knowledge of health and medicine, could reasonably expect the absence of immediate medical attention to result in:

- A. Placing the Covered Person's health, or in the case of a pregnant Covered Person, the health of the unborn child, in serious jeopardy;
- B. Serious impairment to bodily functions; or
- C. Serious dysfunction of any bodily organ or part.

EMERGENCY CARE – Covered Services and supplies provided by a Hospital or Facility Provider and/or Professional Provider to a Covered Person in or for an Emergency on an Outpatient basis in a Hospital Emergency Room or Outpatient Emergency Facility.

EQUIPMENT FOR SAFETY – Items that are not primarily used for the diagnosis, care or treatment of disease or injury but are primarily utilized to prevent injury or provide a safe surrounding. Examples include: restraints, safety straps, safety enclosures, car seats.

ESSENTIAL HEALTH BENEFITS - A set of health care service categories that must be covered by certain plans in accordance with the Affordable Care Act. The Affordable Care Act ensures health plans offered in the individual and small group markets offer a comprehensive package of items and services, known as essential health benefits. Essential health benefits must include items and services within at least the following ten 10 categories: ambulatory patient services; emergency services; hospitalization; maternity and newborn care; mental health and substance use disorder services, including behavioral health treatment; prescription drugs; rehabilitative and habilitative services and devices; laboratory services; preventive and wellness services and chronic disease management; and pediatric services, including oral and vision care.

EXPERIMENTAL/INVESTIGATIVE - a drug, biological product, device, medical treatment or procedure which meets any of the following criteria:

- A. Is the subject of ongoing clinical trials;
- B. Is the research, experimental, study or investigational arm of an on-going clinical trial(s) or is otherwise under a systematic, intensive investigation to determine its maximum tolerated dose, its toxicity, its safety, its efficacy or its efficacy as compared with a standard means of treatment or diagnosis;
- C. Is not of proven benefit for the particular diagnosis or treatment of the Covered Person's particular condition;
- D. Is not generally recognized by the medical community, as clearly demonstrated by Reliable Evidence, as effective and appropriate for the diagnosis or treatment of the Covered Person's particular condition; or
- E. Is generally recognized, based on Reliable Evidence, by the medical community as a diagnostic or treatment intervention for which additional study regarding its safety and efficacy for the diagnosis or treatment of the Covered Person's particular condition, is recommended.

A drug will not be considered Experimental/Investigative if it has received final approval by the U.S. Food and Drug Administration (FDA) to market with a specific indication for the particular diagnosis or condition present. Any other approval granted as an interim step in the FDA regulatory process, e.g., an Investigational New Drug Exemption (as defined by the FDA), is not sufficient. Once FDA approval has been granted for a particular diagnosis or condition, use of the drug for another diagnosis or condition shall require that one or more of the established referenced Compendia identified in the Company's policies recognize the usage as appropriate medical treatment.

Any biological product, device, medical treatment or procedure is not considered Experimental/Investigative if it meets all of the criteria listed below:

- A. Reliable Evidence demonstrates that the biological product, device, medical treatment or procedure has a definite positive effect on health outcomes.
- B. Reliable Evidence demonstrates that the biological product, device, medical treatment or procedure leads to measurable improvement in health outcomes; i.e., the beneficial effects outweigh any harmful effects.
- C. Reliable Evidence clearly demonstrates that the biological product, device, medical treatment or procedure is at least as effective in improving health outcomes as established technology, or is usable in appropriate clinical contexts in which established technology is not employable.
- D. Reliable Evidence clearly demonstrates that improvement in health outcomes, as defined above in paragraph C, is possible in standard conditions of medical practice, outside clinical investigatory settings.
- E. Reliable Evidence shows that the prevailing opinion among experts regarding the biological product, device, medical treatment or procedure is that studies or clinical trials have determined its maximum tolerated dose, its toxicity, its safety, its efficacy or its efficacy as compared with a standard means of treatment for a particular diagnosis.

FACILITY PROVIDER - an institution or entity licensed, where required, to provide care. Such facilities include:

- A. Ambulatory Surgical Facility;
- B. Birth Center;
- C. Free Standing Ambulatory Care Facility;
- D. Free Standing Dialysis Facility;
- E. Home Health Care Agency;
- F. Hospice;
- G. Hospital;
- H. Non-Hospital Facility;
- I. Psychiatric Hospital;
- J. Rehabilitation Hospital;
- K. Residential Treatment Facility;
- L. Short Procedure Unit;
- M. Skilled Nursing Care Facility.

FREE STANDING AMBULATORY CARE FACILITY - a Facility Provider, other than a Hospital, which provides treatment or services on an Outpatient or partial basis and is not, other than incidentally, used as an office or clinic for the private practice of a Physician. This Facility shall be licensed by the state in which it is located and be accredited by the appropriate regulatory body.

FREE STANDING DIALYSIS FACILITY - a Facility Provider, that has verified to the Carrier that it is: (a) licensed or approved by the appropriate governmental agency; and approved by the Carrier, which (b) is primarily engaged in providing dialysis treatment, maintenance or training to patients on an Outpatient or home care basis.

GENERIC DRUG - any form of a particular drug which is: (1) sold by a manufacturer other than the original patent holder; (2) approved by the Federal Food and Drug Administration as generically equivalent; and (3) in compliance with applicable state laws and regulations.

HABILITATION THERAPY – Health care services that help a person keep, learn or improve skills and functioning for daily living. Examples include therapy for a child who isn't walking or talking at the expected age. These services may include Physical and Occupational Therapy, speech-language pathology and other services for people with disabilities in a variety of Inpatient and/or Outpatient settings.

HABILITATIVE THERAPY SERVICES – The following services or supplies prescribed by a Physician and used for the treatment of an illness or injury to promote the recovery of the Covered Person:

A. OCCUPATIONAL THERAPY

Medically prescribed treatment concerned with improving or restoring neuromusculoskeletal functions which have been impaired by illness or injury, congenital anomaly or prior therapeutic intervention. Occupational Therapy also includes medically prescribed treatment concerned with improving the Covered Person's ability to perform those tasks required for independent functioning where such function has been permanently lost or reduced by illness or injury, congenital anomaly or prior therapeutic intervention. This does not include services specifically directed towards the improvement of vocational skills and social functioning.

B. PHYSICAL THERAPY

Medically prescribed treatment of physical disabilities or impairments resulting from disease, injury, congenital anomaly, or prior therapeutic intervention by the use of therapeutic exercise and other interventions that focus on improving posture, locomotion, strength, endurance, balance, coordination, joint mobility, flexibility and the functional activities of daily living.

C. SPEECH THERAPY

Medically prescribed treatment of speech and language disorders due to disease, surgery, injury, congenital and developmental anomalies, or previous therapeutic processes that result in communication disabilities and/or swallowing disorders.

HEARING AID – a Prosthetic Device that amplifies sound through simple acoustic amplification or through transduction of sound waves into mechanical energy that is perceived as sound. A Hearing Aid is comprised of: (a) a microphone to pick up sound, (b) an amplifier to increase the sound, (c) a receiver to transmit the sound to the ear, and (d) a battery for power.

A hearing aid may also have a transducer that changes sound energy into a different form of energy. The separate parts of a hearing aid can be packaged together into a small self-contained unit, or may remain separate or even require surgical implantation into the ear or part of the ear. Generally, a Hearing Aid will be categorized into one of the following common styles: (a) behind-the-ear, (b) in-the-ear, (c) in-the-canal, (d) completely-in-the-canal, and (e) implantable (can be partial or complete).

A Hearing Aid is not a cochlear implant.

HOME HEALTH CARE AGENCY - a Facility Provider, approved by the Carrier, that is engaged in providing, either directly or through an arrangement, health care services on an intermittent basis in the Covered Person's home in accordance with an approved home health care Plan of Treatment.

HOSPICE - a Facility Provider that is engaged in providing palliative care rather than curative care to terminally ill individuals. The Hospice must be: (1) certified by Medicare to provide Hospice services, or accredited as a Hospice by the appropriate regulatory agency; and (2) appropriately licensed in the state where it is located.

HOSPITAL - a short-term, acute care, general Hospital which has been approved by the Joint Commission on Accreditation of Healthcare Organizations and/or by the American Osteopathic Hospital Association or by the Carrier and which:

- A. is a duly licensed institution;
- B. is primarily engaged in providing Inpatient diagnostic and therapeutic services for the diagnosis, treatment, and care of injured and sick persons by or under the supervision of Physicians;
- C. has organized departments of medicine;
- D. provides twenty-four (24) hour nursing service by or under the supervision of Registered Nurses;
- E. is not, other than incidentally, a:
 - Skilled Nursing Facility;
 - Nursing home;
 - Custodial Care home;
 - Health resort, spa or sanitarium;
 - Place for rest;
 - Place for aged;
 - Place for treatment of Mental Illness;
 - Place for treatment of Substance Abuse;
 - Place for provision of rehabilitation care;
 - Place for treatment of pulmonary tuberculosis; or
 - Place for provision of Hospice care.

HOSPITAL-BASED PROVIDER – A physician who provides Medically Necessary services in a Hospital or Preferred Facility Provider supplemental to the primary care being provided in the Hospital or Preferred Facility Provider, for which the Covered Person has limited or no control of the selection of such physician. Hospital-based Providers include physicians in the specialties of radiology, anesthesiology and pathology and/or other specialties as determined by the Carrier. When these physicians provide services other than in the Hospital or Preferred Facility, they are not considered Hospital-Based Providers.

IDENTIFICATION CARD - the currently effective card issued to each Covered Person by the Carrier.

IMMEDIATE FAMILY - the Covered Person's spouse, parent, child, stepchild, brother, sister, mother-in-law, father-in-law, sister-in-law, brother-in-law, daughter-in-law, son-in-law.

INCURRED - a charge shall be considered Incurred on the date a Covered Person receives the service or supply for which the charge is made.

INDEPENDENT CLINICAL LABORATORY - a laboratory that performs clinical pathology procedure and that is not affiliated or associated with a Hospital, Physician or Facility Provider.

INDEPENDENT REVIEW ORGANIZATION (IRO) - an entity qualified by applicable licensure and/or accreditation standards to act as the independent decision maker on external Medical Necessity Appeals requiring evaluation of issues related to Medical Necessity of a Covered Person's request for Covered Services. The Carrier arranges for the availability of IROs and assigns them to external Medical Necessity Appeals. IROs are not corporate affiliates of the Carrier.

INPATIENT ADMISSION (or INPATIENT) - the actual entry into a Hospital, Skilled Nursing Care Facility or Facility Provider of a Covered Person who is to receive Inpatient services as a registered bed patient in such Hospital, extended care facility or Facility Provider and for whom a room and board charge is made; the Inpatient Admission shall continue until such time as the Covered Person is actually discharged from the facility.

INPATIENT CARE FOR ALCOHOL OR DRUG ABUSE AND DEPENDENCY - the provision of medical, nursing, counseling or therapeutic services, for Covered Persons suffering from Alcohol or Drug Abuse or dependency, twenty-four (24) hours a day in a Hospital or Non-Hospital Facility, according to individualized treatment plans.

INTENSIVE OUTPATIENT PROGRAM - planned, structured services comprised of coordinated and integrated multidisciplinary services designed to treat a patient often in crisis who suffers from Mental Illness, Serious Mental Illness or Alcohol or Drug Abuse/Dependency. Intensive Outpatient Program treatment is an alternative to Inpatient Hospital treatment or Partial Hospitalization Program treatment and focuses on alleviation of symptoms and improvement in the level of functioning required to stabilize the patient until he is able to transition to less intensive outpatient treatment, as required.

LICENSED CLINICAL SOCIAL WORKER - A social worker who has graduated from a school accredited by the Council on Social Work Education with a Doctoral or Master's Degree and is licensed by the appropriate state authority.

LICENSED PRACTICAL NURSE (LPN) - a nurse who has graduated from a formal practical or nursing education program and is licensed by the appropriate state authority.

LIFE-THREATENING DISEASE OR CONDITION (for Qualifying Clinical Trials) - any disease or condition from which the likelihood of death is probable unless the course of the disease or condition is interrupted.

MANAGED CARE ORGANIZATION (MCO) - a generic term for any organization that manages and controls medical service. It includes HMOs, PPOs, managed indemnity insurance programs and managed Blue Cross Blue Shield programs.

MASTER'S PREPARED THERAPIST (for Mental Health/Psychiatric Services) - a therapist who holds a Master's Degree in an acceptable human services-related field of study and is licensed as a therapist at an independent practice level by the appropriate state authority to provide therapeutic services for the treatment of Mental Health/Psychiatric Services (including treatment of Serious Mental Illness).

MAXIMUM - a limit on the amount of Covered Services that a Covered Person may receive. The Maximum may apply to all Covered Services or selected types. A Maximum may be expressed in number of days or number of services for a specified period of time.

- A. **BENEFIT MAXIMUM** - the greatest amount of a specific Covered Service that a Covered Person may receive.
- B. **LIFETIME MAXIMUM** - the greatest amount of Covered Services that a Covered Person may receive in the Covered Person's lifetime.

Benefit Maximum and Lifetime Maximum Limits are expressed in day or visit limits, not dollar limits.

MEDICAL CARE - services rendered by a Professional Provider within the scope of his license for the treatment of an illness or injury.

MEDICAL FOODS - liquid nutritional products which are specifically formulated to treat one of the following genetic diseases: phenylketonuria, branched-chain ketonuria, galactosemia, or homocystinuria.

MEDICALLY NECESSARY (or MEDICAL NECESSITY) - health care services that a Physician, exercising prudent clinical judgment, would provide to a patient for the purpose of preventing, evaluating, diagnosing or treating an illness, injury, disease or its symptoms, and that are: (a) in accordance with generally accepted standards of medical practice; (b) clinically appropriate, in terms of type, frequency, extent, site and duration, and considered effective for the patient's illness, injury or disease; and (c) not primarily for the convenience of the patient, Physician, or other health care provider, and not more costly than an alternative service or sequence of services at least as likely to produce equivalent therapeutic or diagnostic results as to the diagnosis or treatment of that patient's illness, injury or disease. For these purposes, "generally accepted standards of medical practice" means standards that are based on credible scientific evidence published in peer-reviewed medical literature generally recognized by the relevant medical community, Physician Specialty Society recommendations and the views of Physicians practicing in relevant clinical areas and any other relevant factors.

MEDICAL POLICY - Medical Policy is used to determine whether Covered Services are Medically Necessary. Medical Policy is developed based on various sources including, but not limited to, peer-reviewed scientific literature published in journals and textbooks, guidelines promulgated by governmental agencies and respected professional organizations and recommendations of experts in the relevant medical specialty.

MEDICARE - the programs of health care for the aged and disabled established by Title XVIII of the Social Security Act of 1965, as amended.

MEDICARE ALLOWABLE PAYMENT FOR FACILITIES - the payment amount, as determined by the Medicare program, for the Covered Services for a Facility Provider.

MEDICARE ANCILLARY ALLOWABLE PAYMENT - the payment amount, as determined by the Medicare program, for the Covered Services for an Ancillary Provider.

MEDICARE PROFESSIONAL ALLOWABLE PAYMENT - the payment amount, as determined by the Medicare program, for the Covered Services based on the Medicare Par Physician Fee Schedule - Pennsylvania Locality 01.

MENTAL ILLNESS - an emotional or mental disorder characterized by a neurosis, psychoneurosis, psychopathy, or psychosis without demonstrable organic origin.

NEGOTIATED ARRANGEMENT a.k.a., NEGOTIATED NATIONAL ACCOUNT ARRANGEMENT – An agreement negotiated between a Control/Home Licensee and one or more Par/Host Licensees for any National Account that is not delivered through the BlueCard Program.

NON-HOSPITAL FACILITY - a Facility Provider, licensed by the Department of Health for the care or treatment of persons suffering from Alcohol or Drug Abuse or dependency, except for transitional living facilities. Non-Hospital Facilities shall include, but not be limited to, Residential Treatment Facilities and Free Standing Ambulatory Care Facilities for Partial Hospitalization Programs.

NON-HOSPITAL RESIDENTIAL TREATMENT - the provision of medical, nursing, counseling, or therapeutic services to Covered Persons suffering from Alcohol or Drug Abuse or dependency in a residential environment, according to individualized treatment plans.

NON-PREFERRED ANCILLARY PROVIDER - an Ancillary Provider that is not a member of the Personal Choice Network or is not a BlueCard Provider.

NON-PREFERRED FACILITY PROVIDER - a Facility Provider that is not a member of the Personal Choice Network or is not a BlueCard Provider.

NON-PREFERRED MAIL ORDER PHARMACY - a Mail Order Pharmacy that is not a member of the Carrier's Pharmacy Benefits Manager's network.

NON-PREFERRED PHARMACY - a Pharmacy that is not a member of the Carrier's Pharmacy Benefits Manager's network.

NON-PREFERRED PROFESSIONAL PROVIDER - a Professional Provider who is not a member of the Personal Choice Network or is not a BlueCard Provider.

NON-PREFERRED PROVIDER - a Facility Provider, Professional Provider, Ancillary Provider or Pharmacy that is not a member of the Personal Choice Network or is not a BlueCard Provider.

NUTRITIONAL FORMULA - liquid nutritional products which are formulated to supplement or replace normal food products.

ORTHOPTIC/PLEOPTIC THERAPY - medically prescribed treatment for the correction of oculomotor dysfunction resulting in the lack of vision depth perception. Such dysfunction results from vision disorder, eye surgery, or injury. Treatment involves a program which includes evaluation and training sessions.

OUT-OF-POCKET LIMIT - a specified dollar amount of Coinsurance, Deductible and Copayment expense Incurred by a Covered Person for Covered Services in a Benefit Period. Such expense does not include charges which are in excess of the Carrier's total payment for Covered Services or charges for Covered Services that are not Essential Health Benefits. When the Out-of-Pocket Limit is reached, the level of benefits is increased as specified in the *Schedule of Benefits* of this Contract.

OUTPATIENT CARE (or OUTPATIENT) - medical, nursing, counseling or therapeutic treatment provided to a Covered Person who does not require an overnight stay in a Hospital or other inpatient facility.

OUTPATIENT DIABETIC EDUCATION PROGRAM - an Outpatient Diabetic Education Program provided by a Preferred Facility Provider and which has been recognized by the Department of Health or the American Diabetes Association as meeting the national standards for Diabetes Patient Education Programs established by the National Diabetes Advisory Board.

PARTIAL HOSPITALIZATION PROGRAM - medical, nursing, counseling or therapeutic services provided on a planned and regularly scheduled basis in a Hospital or Facility Provider, designed for a patient who would benefit from more intensive services than are offered in Outpatient treatment (Intensive Outpatient Program or Outpatient office visit) but who does not require Inpatient confinement.

PENALTY - a type of cost-sharing in which the Covered Person is assessed a percentage reduction in benefits payable for failure to obtain Precertification of certain Covered Services. Penalties, if any, are explained in detail in the ***Managed Care*** section.

PERSONAL CHOICE NETWORK - the network of Providers with whom the Carrier has contractual arrangements.

PERVASIVE DEVELOPMENTAL DISORDERS (PDD) - disorders characterized by severe and pervasive impairment in several areas of development: reciprocal social interaction skills, communication skills, or the presence of stereotyped behavior, interests and activities. Examples are Asperger's syndrome and childhood disintegrative disorder.

PHARMACIST - an individual who is legally licensed to practice the profession of Pharmacology and who regularly practices such profession in a Pharmacy.

PHARMACY - any establishment which is registered and licensed as a Pharmacy with the appropriate state licensing agency and in which Prescription Drugs are regularly compounded and dispensed by a Pharmacist.

PHYSICIAN - a person who is a doctor of medicine (M.D.) or a doctor of osteopathy (D.O.), licensed, and legally entitled to practice medicine in all its branches, perform Surgery and dispense drugs.

PLAN OF TREATMENT - a plan of care which is prescribed in writing by a Professional Provider for the treatment of an injury or illness. The Plan of Treatment should include goals and duration of treatment, and be limited in scope and extent to that care which is Medically Necessary for the Covered Person's diagnosis and condition.

PRECERTIFICATION (or PRECERTIFY) - prior assessment by the Carrier or designated agent that proposed services, such as hospitalization, are Medically Necessary for a particular patient, and are covered by the patient's Personal Choice coverage. Payment for services depends on whether the patient and the category of service are covered under this Contract.

PREFERRED ANCILLARY PROVIDER - an Ancillary Provider that is a member of the Personal Choice Network or is a BlueCard Provider and has agreed to a rate of reimbursement determined by contract for the provision of "in-network" Covered Services and/or supplies to Covered Persons.

PREFERRED FACILITY PROVIDER - a Facility Provider that is a member of the Personal Choice Network or is a BlueCard Provider and has agreed to a rate of reimbursement determined by contract for the provision of "in-network" Covered Services to Covered Persons.

PREFERRED MAIL ORDER PHARMACY - a Pharmacy that is a member of the Carrier's Pharmacy Benefit Manager's network and has agreed to a rate of reimbursement determined by contract to provide Covered Persons with mail order prescription drug services.

PREFERRED PHARMACY - a Pharmacy that is a member of the Carrier's Pharmacy Benefit Manager's network and has agreed to a rate of reimbursement determined by contract to provide to the Carrier's PPO members Prescription Drugs at an "in-network" level of benefits.

PREFERRED PROFESSIONAL PROVIDER - a Professional Provider who is a member of the Personal Choice Network or is a BlueCard Provider and has agreed to a rate of reimbursement determined by contract for "in-network" Covered Services rendered to a Covered Person.

PREFERRED PROVIDER - a Facility Provider, Professional Provider, or Ancillary Provider that is a member of the Personal Choice Network or is a BlueCard Provider, or with respect to Pharmacy, a member of the Carrier's Pharmacy Benefits Manager's network, authorized to perform specific Covered Services at the Preferred level of benefits.

PREFERRED PROVIDER ORGANIZATION (PPO) - a type of managed care plan that offers the freedom to choose a physician like a traditional health care plan and provides the physician visits and preventive benefits normally associated with an HMO (Health Maintenance Organization). In a PPO, an individual is not required to select a primary care physician to coordinate care, and is not required to obtain referrals to see specialists.

PRENOTIFICATION (or PRENOTIFY) - the requirement that a Covered Person provide prior notice to the Carrier that proposed services, such as maternity care, are scheduled to be performed. Payment for services depends on whether the Covered Person and the category of service are covered under this Contract.

PRESCRIPTION DRUG - means (a) any medication approved by the Carrier and which by Federal and or state laws may be dispensed with a Prescription Order, and (b) insulin. The list of covered Prescription Drugs is subject to change from time to time at the sole discretion of the Carrier. For purposes of this coverage, "Prescription Drug" shall also mean devices known as spacers for metered dose inhalers that are used to enhance the effectiveness of inhaled medicines.

PRESCRIPTION ORDER - the request in accordance with applicable laws and regulations for medication issued by a Professional Provider.

PRIMARY CARE PROVIDER - A Professional Provider as listed in the Personal Choice Network directory under "Primary Care Physicians" (General Practice, Family Practice or Internal Medicine), "Obstetricians/Gynecologists" or "Pediatricians".

PRIMARY CARE SERVICES - basic, routine medical care traditionally provided to individuals with common illnesses and injuries and chronic illnesses.

PRIVATE DUTY NURSING - Medically Necessary Outpatient continuous skilled nursing services provided to a Covered Person by a Registered Nurse (RN) or a Licensed Practical Nurse (LPN).

PROFESSIONAL PROVIDER - a person or practitioner licensed where required and performing services within the scope of such licensure. Professional Provider includes, but are not limited to:

- | | |
|-------------------------------------|-------------------------------------|
| A. Audiologist; | I. Optometrist; |
| B. Certified Registered Nurse; | J. Physical Therapist; |
| C. Chiropractor; | K. Physician; |
| D. Dentist; | L. Physician Assistant; |
| E. Independent Clinical Laboratory; | M. Podiatrist; |
| F. Licensed Clinical Social Worker; | N. Psychologist; |
| G. Master's Prepared Therapist; | O. Speech-Language Pathologist; |
| H. Nurse Midwife; | P. Teacher of the Hearing Impaired. |

PROSTHETIC DEVICES (or PROSTHETICS) – devices (except dental Prosthetics), which replace all or part of: an absent body organ including contiguous tissue; or the function of a permanently inoperative or malfunctioning body organ.

PROVIDER - a Facility Provider, Professional Provider, Ancillary Provider or Pharmacy, licensed where required.

PROVIDER INCENTIVE – An additional amount of compensation paid to a healthcare provider by a payer/Blue Cross and/or Blue Shield Plan, based on the provider's compliance with agreed-upon procedural and/or outcome measures for a particular group/population of Covered Persons.

PSYCHIATRIC HOSPITAL - a Facility Provider, approved by the Carrier, which is primarily engaged in providing diagnostic and therapeutic services for the Inpatient treatment of mental illness. Such services are provided by or under the supervision of an organized staff of Physicians. Continuous nursing services are provided under the supervision of a Registered Nurse.

PSYCHOLOGIST - A Psychologist who is licensed in the state in which he practices; or a Psychologist who is otherwise duly qualified to practice by a state in which there is no Psychologist licensure.

QUALIFIED INDIVIDUAL (for Clinical Trials) - a Covered Person who meets the following conditions:

- A. The Covered Person is eligible to participate in an approved clinical trial according to the trial protocol with respect to treatment of cancer or other Life-Threatening Disease or Condition; and
- B. Either:
 - 1. The referring health care professional is a health care provider participating in the clinical trial and has concluded that the Covered Person's participation in such trial would be appropriate based upon the individual meeting the conditions described above; or
 - 2. The Covered Person provides medical and scientific information establishing that their participation in such trial would be appropriate based upon the Covered Person meeting the conditions described above.

QUALIFYING CLINICAL TRIAL - A phase I, II, III, or IV clinical trial that is conducted in relation to the prevention, detection, or treatment of cancer or other Life-Threatening Disease Or Condition and is described in any of the following:

- A. Federally funded trials: the study or investigation is approved or funded (which may include funding through in-kind contributions) by one or more of the following:
 - 1. The National Institutes of Health (NIH);
 - 2. The Centers for Disease Control and Prevention (CDC);
 - 3. The Agency for Healthcare Research and Quality (AHRQ);
 - 4. The Centers for Medicare and Medicaid Services (CMS);
 - 5. Cooperative group or center of any of the entities described in 1-4 above or the Department of Defense (DOD) or the Department of Veterans Affairs (VA);
 - 6. Any of the following, if the Conditions For Departments are met:
 - a. The Department of Veterans Affairs (VA);
 - b. The Department of Defense (DOD); or
 - c. The Department of Energy (DOE).
- B. The study of investigation is conducted under an investigational new drug application reviewed by the Food and Drug Administration (FDA); or
- C. The study or investigation is a drug trial that is exempt from having such an investigational new drug application.

In the absence of meeting the criteria listed above, the clinical trial must be approved by the Carrier as a Qualifying Clinical Trial.

REGISTERED NURSE (R.N.) - a nurse who has graduated from a formal program of nursing education (diploma school, associate degree or baccalaureate program) and is licensed by the appropriate state authority.

REHABILITATION HOSPITAL - A Facility Provider approved by the Carrier, which is primarily engaged in providing rehabilitation care services on an Inpatient basis. Rehabilitation care services consist of the combined use of medical, social, educational, and vocational services to enable patients disabled by disease or injury to achieve the highest possible level of functional ability. Services are provided by or under the supervision of an organized staff of Physicians. Continuous nursing services are provided under the supervision of a Registered Nurse.

REHABILITATION THERAPY - Includes treatments designed to improve, maintain, and prevent the deterioration of skills and functioning for daily living that have been lost or impaired.

REHABILITATIVE THERAPY SERVICES - The following services or supplies prescribed by a Physician and used for the treatment of an illness or injury to promote the recovery of the Covered Person:

A. **OCCUPATIONAL THERAPY**

Medically prescribed treatment concerned with improving or restoring neuromusculoskeletal functions which have been impaired by illness or injury, congenital anomaly or prior therapeutic intervention. Occupational Therapy also includes medically prescribed treatment concerned with improving the Covered Person's ability to perform those tasks required for independent functioning where such function has been permanently lost or reduced by illness or injury, congenital anomaly or prior therapeutic intervention. This does not include services specifically directed towards the improvement of vocational skills and social functioning.

B. PHYSICAL THERAPY

Medically prescribed treatment of physical disabilities or impairments resulting from disease, injury, congenital anomaly, or prior therapeutic intervention by the use of therapeutic exercise and other interventions that focus on improving posture, locomotion, strength, endurance, balance, coordination, joint mobility, flexibility and the functional activities of daily living.

C. SPEECH THERAPY

Medically prescribed treatment of speech and language disorders due to disease, surgery, injury, congenital and developmental anomalies, or previous therapeutic processes that result in communication disabilities and/or swallowing disorders.

RELIABLE EVIDENCE - Peer-reviewed reports of clinical studies that have been designed according to accepted scientific standards such that potential biases are minimized to the fullest extent, and generalizations may be made about safety and effectiveness of the technology outside of the research setting. Studies are to be published or accepted for publication, in medical or scientific journals that meet nationally recognized requirements for scientific manuscripts and that are generally recognized by the relevant medical community as authoritative. Furthermore, evidence-based guidelines from respected professional organizations and governmental entities may be considered Reliable Evidence if generally accepted by the relevant medical community.

RESIDENTIAL TREATMENT FACILITY - a Facility Provider, licensed and approved by the appropriate government agency and approved by the Carrier, which provides treatment for Mental Illness and Serious Mental Illness or for Alcohol and Drug Abuse and Dependency to partial, outpatient or live-in patients who do not require acute Medical Care.

RETAIL CLINICS - are staffed by certified nurse practitioners trained to diagnose, treat and write prescriptions when clinically appropriate. Services are available to treat basic medical needs for urgent care. Examples of needs are sore throat, ear, eye or sinus infection, allergies, minor burns, skin infections or rashes and pregnancy testing.

ROUTINE PATIENT COSTS ASSOCIATED WITH QUALIFYING CLINICAL TRIALS - Routine patient costs include all items and services consistent with the coverage provided under this Contract that is typically covered for a Qualified Individual who is not enrolled in a clinical trial.

Routine patient costs do not include:

- A. The investigational item, device, or service itself;
- B. Items and services that are provided solely to satisfy data collection and analysis needs and that are not used in the direct clinical management of the patient; and
- C. A service that is clearly inconsistent with widely accepted and established standards of care for a particular diagnosis.

SELF-ADMINISTERED PRESCRIPTION DRUG - a Prescription Drug that can be administered safely and effectively by either the Covered Person or a caregiver, without medical supervision, regardless of whether initial medical supervision and/or instruction is required. Examples of Self-Administered Prescription Drugs include, but are not limited to:

- Oral drugs;
- Self-Injectable Drugs;
- Inhaled drugs; and
- Topical drugs.

SELF-INJECTABLE PRESCRIPTION DRUG (SELF-INJECTABLE DRUG) – A Prescription Drug that:

- A. Is introduced into a muscle or under the skin with a syringe and needle; and
- B. Can be administered safely and effectively by either the Covered Person or a caregiver without medical supervision, regardless of whether initial medical supervision and/or instruction is required.

SERIOUS MENTAL ILLNESS – any of the following mental disorders as defined by the American Psychiatric Association in the most recent edition of the diagnostic and Statistical Manual; schizophrenia, bipolar disorder, obsessive-compulsive disorder, major depressive disorder, panic disorder, anorexia nervosa, bulimia nervosa, schizo-affective disorder and delusional disorder.

SEVERE SYSTEMIC PROTEIN ALLERGY – means allergic symptoms to ingested proteins of sufficient magnitude to cause weight loss or failure to gain weight, skin rash, respiratory symptoms, and gastrointestinal symptoms of significant magnitude to cause gastrointestinal bleeding and vomiting.

SHORT PROCEDURE UNIT - a unit which is approved by the Carrier and which is designed to handle either lengthy diagnostic or minor surgical procedures on an Outpatient basis which would otherwise have resulted in an Inpatient stay in the absence of a Short Procedure Unit.

SKILLED NURSING CARE FACILITY - an institution or a distinct part of an institution, other than one which is primarily for the care and treatment of Mental Illness, tuberculosis, or alcohol or drug abuse, which:

- A. is accredited as a Skilled Nursing Care Facility or extended care facility by the Joint Commission on Accreditation of Healthcare Organizations; or
- B. is certified as a Skilled Nursing Care Facility or extended care facility under the Medicare Law; or
- C. is otherwise acceptable to the Carrier.

SLEEP STUDIES – the continuous and simultaneous monitoring and recording of various physiological and pathophysiologic sleep parameters. Sleep tests are performed to diagnose sleep disorders (e.g., narcolepsy, sleep apnea, parasomnias), initiate treatment for a sleep disorder and/or evaluate an individual's response to therapies such as continuous positive airway pressure (CPAP) or bi-level positive airway pressure device (BPAP).

SOUND NATURAL TEETH - Teeth that are:

- A. Stable;
- B. Functional;
- C. Free from decay and advanced periodontal disease;
- D. In good repair at the time of the Accidental Injury/trauma; and
- E. Are not man-made.

SPECIALIST SERVICES - All services providing medical or mental health/psychiatric care in any generally accepted medical or surgical specialty or subspecialty.

SPECIALTY DRUG – a medication that meets certain criteria including, but not limited to:

- The drug is used in the treatment of a rare, complex, or chronic disease;
- A high level of involvement is required by a healthcare provider to administer the drug;
- Complex storage and/or shipping requirements are necessary to maintain the drug's

- stability;
- The drug requires comprehensive patient monitoring and education by a healthcare provider regarding safety, side effects, and compliance;
 - Access to the drug may be limited.

The Carrier reserves the right to determine which specialty drug vendors and/or healthcare providers can dispense or administer certain specialty drugs.

STANDARD INJECTABLE DRUG - A medication that is either injectable or infusible but is not defined by the Carrier to be a Self-Administered Prescription Drug or a Specialty Drug. Standard Injectable Drugs include, but are not limited to: allergy injections and extractions and injectable medications such as antibiotics and steroid injections that are administered by a Professional Provider.

SURGERY - the performance of generally accepted operative and cutting procedures including specialized instrumentations, endoscopic examinations and other invasive procedures. Payment for Surgery includes an allowance for related Inpatient preoperative and postoperative care. Treatment of burns, fractures and dislocations are also considered Surgery.

THERAPY SERVICES - the following services or supplies prescribed by a Physician and used for the treatment of an illness or injury to promote the recovery of the Covered Person:

- A. **CARDIAC REHABILITATION THERAPY**
Medically supervised rehabilitation program designed to improve a Covered Person's tolerance for physical activity or exercise.
- B. **CHEMOTHERAPY** - The treatment of malignant disease by chemical or biological antineoplastic agents used to kill or slow the growth of cancerous cells.
- C. **DIALYSIS** - the treatment of an acute renal failure or chronic irreversible renal insufficiency for removal of waste materials from the body.
- D. **INFUSION THERAPY** - The infusion of drug, hydration, or nutrition (parenteral or enteral) into the body by a healthcare Provider. Infusion may be provided in a variety of settings (e.g., home, office, outpatient) depending on the level of skill required to prepare the drug, administer the infusion, and monitor the Covered Person. The type of healthcare Provider who can administer the infusion depends on whether the drug is considered to be a Specialty Drug infusion or a Standard Injectable Drug infusion, as determined by the Carrier.
- E. **PULMONARY REHABILITATION THERAPY**
Multidisciplinary treatment which combines Physical Therapy with an educational process directed at stabilizing pulmonary diseases and improving functional status.
- F. **RADIATION THERAPY** - The treatment of disease by X-ray, gamma ray, accelerated particles, mesons, neutrons, radium, radioactive isotopes, or other radioactive substance regardless of the method of delivery.
- G. **RESPIRATORY THERAPY**
Medically prescribed treatment of diseases or disorders of the respiratory system with therapeutic gases and vaporized medications delivered by inhalation.

TOTAL DISABILITY - except as otherwise specified in this Contract, that a Covered Person who, due to illness or injury, cannot perform any duty of his or her occupation or any occupation for which he or she is, or may be, suited by education, training and experience, and is not, in fact, engaged in any occupation for wage or profit. A Dependent is totally disabled if the Dependent cannot engage in the normal activities of a person in good health and of like age and sex. The Covered Person must be under the regular care of a Physician.

URGENT CARE - Urgent care needs are for sudden illness or Accidental injury that require prompt medical attention but are not life-threatening and are not emergency medical conditions when your Professional Provider is unavailable. Examples of urgent care needs include stitches, fractures, sprains, ear infections, sore throats, rashes, X-rays that are not Preventive Care.

URGENT CARE CENTERS – a Facility Provider designed to offer immediate evaluation and treatment for acute health conditions that require medical attention in a non-emergency situation when your Professional Provider's office is unavailable. Urgent Care is not the same as emergency care (see definition of *Urgent Care* above).

VALUE-BASED PROGRAM (VBP) – An outcomes-based payment arrangement and/or a coordinated care model facilitated with one or more local providers that is evaluated against cost and quality metrics/factors and is reflected in provider payment.

SCHEDULE OF BENEFITS

Subject to the **Exclusions**, conditions and limitations of this Contract, a Covered Person is entitled to benefits for Covered Services and Covered Expenses described in this section during a Benefit Period, subject to the Deductible, Coinsurance, Copayment and Benefit Maximum amounts as specified below. The percentages for your Coinsurance and Covered Services shown below are not always calculated on actual charges. For an explanation on how coinsurance is calculated, see the "Covered Expense" definition in the **Definitions** section of this Contract.

BENEFIT PERIOD	Calendar Year (1/1 - 12/31)
PROGRAM DEDUCTIBLE <i>(Covered Person's Responsibility)</i>	
Covered Person's Deductible <i>(Single Coverage)</i>	\$7,150. This Deductible applies to all Preferred Covered Services except as otherwise specified.
Family Deductible <i>(Family Coverage)</i>	The family Deductible amount is equal to 2 times the individual Deductible. In each Benefit Period, it will be applied to all family members covered under a Family Coverage. A Deductible will not be applied to any covered individual family member once that covered individual has satisfied the individual Deductible, or the family Deductible has been satisfied for all covered family members combined.
Deductible Carryover	Expenses Incurred for Covered Expenses in the last 3 months of the initial Benefit Period which were applied to that Benefit Period's Deductible will be applied to the Deductible of the next Benefit Period. This only applies to Covered Persons who enroll in the fourth quarter of the initial Benefit Period.
COINSURANCE <i>(Covered Person's Responsibility)</i>	0% for most Preferred Covered Services, except as otherwise specified in the Schedule of Benefits .
OUT-OF-POCKET LIMIT	When a Covered Person Incurs \$7,150 of Copayment and Deductible expense for Essential Health Benefits in one Benefit Period for Preferred Covered Services, the Coinsurance percentage will be reduced to 0% for the balance of that Benefit Period. After 2 times the individual Out-of-Pocket Limit amount has been Incurred for Covered Services by Covered Persons under the same Family Coverage for Essential Health Benefits in a Benefit Period, the Coinsurance percentage will be reduced to 0% for the balance of that Benefit Period. However, no family member will contribute more than the individual Out-of-Pocket Limit amount. The dollar amounts specified shall not include any expense Incurred for a Penalty.
LIFETIME MAXIMUM	Unlimited.

PRIMARY AND PREVENTIVE CARE	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
OFFICE VISITS/RETAIL CLINICS Deductible does not apply to the first three (3) visits. The deductible applies per date of service after the first three (3) visits.	100%, after a Copayment of \$40 per Provider per date of service for the first three 3 visits. 100% for all visits after.	0%
PEDIATRIC PREVENTIVE CARE Deductible does not apply.	100%	0%
IMMUNIZATIONS Deductible does not apply.	100%	0%
ADULT PREVENTIVE CARE Deductible does not apply. PREVENTIVE COLONOSCOPY Providers that are not Hospital Based Providers that are Hospital Based * The Copayment will be waived if the Preferred Provider determines that it is Medical Necessary to have the service performed by a Provider that is Hospital based. There is no cost-share applied if the preventive colonoscopy service is performed at a facility that is not Hospital based (i.e., an Ambulatory Surgical Facility); if the preventive colonoscopy service is performed at a Hospital based facility, the Hospital based Copayment shown above will apply.	100% 100% 100%, after a Copayment of \$750 per Provider per date of service*.	0% 0% 0%
SMOKING CESSATION Deductible does not apply.	100%	0%
WOMEN'S PREVENTIVE CARE Deductible does not apply.	100%	0%

PRIMARY AND PREVENTIVE CARE (Continued)	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
ROUTINE GYNECOLOGICAL EXAMINATION, PAP SMEAR <div style="border: 1px solid black; padding: 5px; width: fit-content;">One (1) examination per Benefit Period.</div> Deductible does not apply.	100%	0%
MAMMOGRAMS Deductible does not apply.	100%	0%
NUTRITION COUNSELING FOR WEIGHT MANAGEMENT <div style="border: 1px solid black; padding: 5px; width: fit-content;">Maximum of six (6) Preferred visits per Benefit Period.</div> Deductible does not apply.	100%	0%

INPATIENT BENEFITS	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
HOSPITAL SERVICES * In the event of a Non-Preferred Inpatient Emergency admission, all benefits will be provided at the Preferred level of benefits; and the out of pocket expense will be no higher than if services were provided by a Preferred Provider.	100%	0%*
MEDICAL CARE	100%	0%
SKILLED NURSING CARE FACILITY <div style="border: 1px solid black; padding: 5px; width: fit-content;">Maximum of 120 Preferred Inpatient days per Benefit Period.</div>	100%	0%

INPATIENT/OUTPATIENT BENEFITS (Continued)	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
<p>TREATMENT OF ALCOHOL OR DRUG ABUSE AND DEPENDENCY</p> <p>Inpatient Hospital Detoxification and Rehabilitation</p> <p>Hospital and Non-Hospital Residential Care</p> <p>Outpatient Treatment Deductible does not apply to the first 3 visits. The deductible applies per date of service after the first 3 visits.</p>	<p>100%</p> <p>Benefit Period Maximum: Unlimited Preferred Inpatient days. This maximum is combined for all Preferred Inpatient Hospital Services, Mental Health/Psychiatric Care (including Treatment for Serious Mental Illness) and Treatment for Alcohol or Drug Abuse and Dependency benefits.</p> <p>100%</p> <p>Benefit Period Maximum: Unlimited Preferred Inpatient days. This maximum is combined for all Preferred Inpatient Hospital Services, Mental Health/Psychiatric Care (including Treatment for Serious Mental Illness) and Treatment for Alcohol or Drug Abuse and Dependency benefits.</p> <p>100% after a Copayment of \$40 per Provider per date of service for the first 3 visits.</p> <p>100% for all visits after.</p>	<p>0%</p> <p>0%</p> <p>0%</p>

OUTPATIENT BENEFITS	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
AMBULANCE SERVICES Emergency Transport Non-emergency Transport * The Covered Person's out of pocket expense for emergency services will be no higher than if services were provided by a Preferred Provider.	100% 100%	100%* 0%
DAY REHABILITATION PROGRAM <div style="border: 1px solid black; padding: 5px; width: fit-content;">Benefit Period Maximum: Thirty (30) Preferred sessions.</div>	100%	0%
DIABETIC EDUCATION PROGRAM	100%	0% <div style="border: 1px solid black; padding: 5px; width: fit-content;">Benefits for Non-Preferred services are not available.</div>
DIABETIC EQUIPMENT AND SUPPLIES	100%	0%
DIAGNOSTIC SERVICES Routine Diagnostic/Radiology Services (including Allergy Testing) Non-Routine Diagnostic/Radiology Services (including MRI/MRA, CT scans, PET scans and Nuclear Cardiology Imaging, and Sleep Studies.) Laboratory and Pathology Tests	100% 100% 100%	0% 0% 0%
DURABLE MEDICAL EQUIPMENT, PROSTHETICS, ORTHOTICS	100%	0%
EMERGENCY CARE SERVICES * The Covered Person's out of pocket expense will be no higher than if services were provided by a Preferred Provider.	100%	100%*

OUTPATIENT BENEFITS <i>(Continued)</i>	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
PRESCRIPTION DRUGS Retail Pharmacy* Specialty Drug Prescription or refill of 1-30 day supply Mail Order Pharmacy Prescription or refill of 31-90 day supply Contraceptives, mandated by the Women's Preventive Services provision of PPACA, are covered at 100% when obtained from a Preferred Pharmacy or Preferred Mail Order Pharmacy for generic products and for certain brand products when a generic alternative or equivalent to the brand product does not exist. All other Brand Contraceptive products are covered at standard cost-sharing as reflected in this <i>Schedule of Benefits</i>.	100% for Generic Drugs, 100% for Preferred Brand; and 100% for Non-Preferred Drugs per prescription or refill. 100% 100% for Generic Drugs, 100% for Preferred Brand; and 100% for Non-Preferred Drugs per prescription or refill.	0% 0% 0%
<p>* The pharmacy benefits manager's (PBM's) preferred Retail Pharmacy network is a subset of the national retail pharmacy network and includes most major chains and local pharmacies. To verify that a Retail Pharmacy is participating in the preferred Retail Pharmacy network call the Customer Service telephone number shown on the Covered Person's Identification Card.</p>		
<p>When a Prescription Drug is available in a Generic Drug form, the Carrier will only provide benefits for that Prescription Drug at the Generic Drug level. If the prescribing Physician indicates that the Brand Name Drug should be dispensed, or if the Covered Person requests a Brand Name Drug, the Covered Person shall be responsible for paying the dispensing Pharmacy the difference between the amount paid by the Carrier for the Generic Drug and the amount that the Carrier would have paid for the Brand Name Drug, plus any applicable Copayments and Coinsurance amounts. To address any questions regarding the Covered Person's pharmacy benefit call the Member Services telephone number on the back of the Covered Person's Identification Card.</p>		

OUTPATIENT BENEFITS <i>(Continued)</i>	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
REHABILITATIVE THERAPY SERVICES Physical Therapy/Occupational Therapy <div style="border: 1px solid black; padding: 5px; width: fit-content;">Benefit Period Maximum: Thirty (30) Preferred sessions of Physical Therapy/Occupational Therapy combined.</div> Speech Therapy <div style="border: 1px solid black; padding: 5px; width: fit-content;">Benefit Period Maximum: Thirty (30) Preferred sessions.</div>	100%	0%
SPECIALIST OFFICE VISITS	100%	0%
SPINAL MANIPULATIONS <div style="border: 1px solid black; padding: 5px; width: fit-content;">Benefit Period Maximum: Twenty (20) Preferred sessions.</div>	100%	0%
TELEMEDICINE SERVICES Provided by MDLIVE®	100%	0%
THERAPY SERVICES Cardiac Rehabilitation Therapy <div style="border: 1px solid black; padding: 5px; width: fit-content;">Benefit Period Maximum: Thirty-six (36) Preferred sessions.</div> Chemotherapy Dialysis Infusion Therapy Pulmonary Rehabilitation Therapy <div style="border: 1px solid black; padding: 5px; width: fit-content;">Benefit Period Maximum: Thirty-six (36) Preferred sessions.</div> Radiation Therapy Respiratory Therapy	100%	0%

OUTPATIENT BENEFITS (Continued)	If the Covered Person uses a Preferred Provider, the Carrier will pay:	If the Covered Person uses a Non-Preferred Provider, the Carrier will pay:
URGENT CARE CENTER	100%	0%
VISION CARE (PEDIATRIC)		
Routine Eye Exams and Refractions	100%	0%
Eyeglasses, including Spectacle Lenses and Frames	100%	0%
Elective Contact Lenses (in lieu of eyeglasses)	100%, at participating independent Providers for Davis collection contacts	0%
Elective Contact Lenses Fitting and Follow-up Care	15% discount, not available at all Preferred Providers	0%
Medically Necessary Contact Lenses (in lieu of eyeglasses or elective contact lenses) including standard, specialty and disposable lenses (with prior approval)	100%	0%

SECTION DB - DESCRIPTION OF BENEFITS

All Inpatient Hospital Admissions, other than a maternity admission or an admission for a Medical Emergency, and certain other services as described in this section below must receive precertification in accordance with the requirements contained in the **Managed Care** section of this Contract. Admissions for a Medical Emergency must be reviewed within two (2) business days of the admission, or as soon as reasonably possible, as determined by the Carrier.

The services described below must be provided by a Preferred Provider. However, not all Preferred Providers are authorized by the Carrier to be Preferred Providers for all services. Such services include but are not limited to, outpatient radiology services and certain outpatient laboratory testing services. The Personal Choice Network directory lists those Providers that belong to the network. It also lists those Preferred Providers that are authorized by the Carrier to perform only selected services at the Preferred level of benefits.

The Exclusive Provider Organization (EPO) Plan (the Plan) is a program, which allows a Covered Person to maximize the health care benefits by utilizing the Personal Choice Network, which is comprised of Providers that have a contractual arrangement with the Carrier or BlueCard Program Providers. These Providers are called "Preferred Providers" in this Contract. The Covered Person may think of them as "In-Network Providers". Preferred Providers are doctors, hospitals and other health care professionals and institutions that are part of the Personal Choice Network or BlueCard Program, which is designed to provide access to care through a selected managed network of providers. Services by Personal Choice Preferred Providers are delivered through a selected, managed network of providers designed to provide quality care. The Personal Choice Network includes hospitals, primary care physicians and specialists, and a wide range of ancillary providers, including suppliers of Durable Medical Equipment, Hospice care and Home Health Care agencies, Skilled Nursing Facilities, Free Standing Dialysis Centers and Ambulatory Surgical Centers.

A directory of the Preferred Providers who belong to the Personal Choice Network is available upon request. It will identify the Professional Providers who have agreed to become Preferred Professional Providers and will also identify the Hospitals in the Network with which the Preferred Professional Providers are affiliated. Also included in the directory is a listing of the ancillary providers affiliated with the Personal Choice Network. The directory is updated periodically throughout the year, and the Carrier reserves the right to add or delete physicians and/or hospitals at any given time. It is important to know that continued participation of any one doctor, hospital or other provider cannot be guaranteed. For information regarding Providers that participate in the Personal Choice Network call 1-800-ASK BLUE (TTY: 711). To locate a BlueCard network provider go to www.bcbs.com or call 1-800-810-BLUE (TTY: 711).

The Carrier covers only care that is Medically Necessary. Medically Necessary care is care that is needed for a particular condition and that a Covered Person receives at the most appropriate level of service. Examples of different levels of service are Hospital Inpatient care, treatment in Short Procedure Units and care in a Hospital Outpatient Department.

Some of the services received through this Contract must be Precertified before a Covered Person receives them, to determine whether they are Medically Necessary. Failure to precertify services to be provided by a Preferred services, when required, may result in a reduction of benefits. Precertification of services is a vital program feature that reviews Medical Necessity of certain procedures/admissions. In certain cases, precertification helps determine whether a different treatment may be available that is equally effective. Precertification also helps determine the most appropriate setting for certain services. Innovations in health care enable doctors to provide services, once provided exclusively in an inpatient setting, in many different settings - such as an outpatient department of a hospital or a doctor's office.

When a Covered Person seeks medical treatment that requires Precertification, the Covered Person is

not responsible for obtaining the precertification if treatment is provided by a Preferred Provider, i.e., a Provider in the Personal Choice Network or a BlueCard Provider for Inpatient Admissions. In addition, if the Preferred Provider fails to obtain a required precertification of services, the Covered Person will be held harmless from any associated financial penalties assessed by the Carrier as a result. If the request for precertification is denied, the Covered Person will be notified in writing that the admission/service will not be paid because it is considered to be medically inappropriate. If the Covered Person decides to continue treatment or care that has not been approved, the Covered person will be asked to do the following:

1. Acknowledge this in writing.
2. Request to have services provided.
3. State their willingness to assume financial liability.

When a Covered Person seeks treatment from a BlueCard Provider of another Blue Cross or Blue Shield plan, the Covered Person is responsible for initiating the precertification process (except for Inpatient Admissions). The Covered Person or the provider should call the precertification number listed on the back of the Identification Card, and give the Covered Person's name, facility's name, diagnosis, and procedure or reason for admission. **Failure to precertify required services will result in a reduction of benefits payable to the Covered Person.**

PRIMARY AND PREVENTIVE CARE

A Covered Person is entitled to benefits for Primary Care and "Preventive Care" Covered Services when deemed Medically Necessary and billed for by a Provider. Payment allowances for Covered Services and other cost-sharing requirements are specified in the *Schedule of Benefits*.

"Preventive Care" services generally describe health care services performed to catch the early warning signs of health problems. These services are performed when the Covered Person has no symptoms of disease. Services performed to treat an illness or injury are not covered as Preventive Care under this benefit.

The Carrier periodically reviews the schedule of Covered Preventive Services as listed below under "Pediatric Preventive Care" and "Adult Preventive Care" based on recommendations from organizations such as The American Academy of Pediatrics, The American College of Physicians, the U.S. Preventive Services Task Force and The American Cancer Society.

Accordingly, the frequency and eligibility of Covered Services are subject to change. A list of Preventive Care Covered Services can be found in the Preventive Schedule document. A complete listing of recommendations and guidelines can be found at <https://www.healthcare.gov/preventive-care-benefits/>.

The Carrier reserves the right to modify the Preventive Schedule document at any time after written notice of the change has been given to the Covered Person.

A. Office Visits

Medical care visits for the examination, diagnosis and treatment of an illness or injury by a Provider of Primary Care Services. For the purpose of this benefit, "Office Visits" include medical care visits to a Provider's office, medical care visits by a Provider to a Covered Person's residence, or medical care consultations by a Provider on an Outpatient basis.

In addition to Office Visits a Covered Person may receive medical care at a Retail Clinic. Retail Clinics are staffed by certified family nurse practitioners, who are trained to diagnose, treat, and write prescriptions when clinically appropriate. Nurse practitioners are supported by a local physician who is on-call during clinic hours to provide guidance and direction when necessary. Examples of treatment and services that are provided at a Retail Clinic include, but are not limited to: sore

throat; ear, eye, or sinus infection; allergies; minor burns; skin infections or rashes and pregnancy testing.

B. Pediatric Preventive Care

Coverage will be provided for routine physical examinations, including a complete medical history, and other Covered Services, in accordance with the Preventive Schedule document.

C. Immunizations

Coverage will be provided for pediatric and adult immunizations (except those required for employment or travel), including the immunizing agents, which conform to the standards of the Advisory Committee on Immunization Practices (ACIP) of the Center for Disease Control, U.S. Department of Health and Human Services. Pediatric and adult immunization schedules can be found in the Preventive Schedule document.

The benefits for these pediatric immunizations are limited to Covered Persons under twenty-one (21) years of age.

D. Adult Preventive Care

Coverage will be provided for routine physical examinations, including a complete medical history, and other Covered Services, in accordance with the Preventive Schedule document.

E. Smoking Cessation

Smoking cessation includes clinical preventive services rated "A" or "B" in the current recommendations of the United States Preventive Services Task Force (USPSTF) as described under the Preventive Services provision of the Patient Protection and Affordable Care Act.

F. Women's Preventive Care

Coverage will be provided for an initial physical examination for pregnant women to confirm pregnancy, screening for gestational diabetes, and other Covered Services, in accordance with the Preventive Schedule document. Covered Services include, but are not limited to, the following:

1. Routine Gynecological Exam, Pap Smear as described below.
2. Mammograms as described below.
3. Breastfeeding comprehensive support and counseling from trained Providers; access to breastfeeding supplies, including coverage for rental of Hospital-grade breastfeeding pumps from a Durable Medical Equipment supplier with Medical Necessity review; and coverage for lactation support and counseling provided during postpartum hospitalization, Mother's Option visits, and obstetrician or pediatrician visits for pregnant and nursing women at no cost share to the Covered Person when provided by a Preferred Provider.
4. Contraception: Food and Drug Administration-approved contraceptive methods, including contraceptive devices, injectable contraceptives, IUDs and implants; sterilization procedures, and patient education and counseling, not including abortifacient drugs, at no cost share to the Covered Person when provided by a Preferred Provider. Contraception drugs and devices are covered under this section of the Contract unless otherwise covered under the "Prescription Drugs/Medicines" paragraph of the "Outpatient Benefits" subsection of this Contract.

If a female Covered Person's Physician determines that they require more than one well-women visit annually to obtain all recommended preventive services, the additional visit(s) will be provided without cost-sharing.

G. Routine Gynecological Examination, Pap Smear

Female Covered Persons are covered for one (1) routine gynecological examination each Benefit Period, including a pelvic examination and clinical breast examination; and routine Pap smears in accordance with the recommendations of the American College of Obstetricians and Gynecologists.

H. **Mammograms**

Coverage will be provided for screening and diagnostic mammograms. Benefits for mammography are payable only if performed by a qualified mammography service provider who is properly certified by the appropriate state or federal agency in accordance with the Mammography Quality Assurance Act of 1992.

I. **Osteoporosis Screening (Bone Mineral Density Testing or BMDT)**

Coverage is provided for Bone Mineral Density Testing using a U.S. Food and Drug Administration approved method, in accordance with the Preventive Schedule document. This test determines the amount of mineral in a specific area of the bone. It is used to measure bone strength which is the aggregate of bone density and bone quality. Bone quality refers to architecture, turnover and mineralization of bone. The BMDT must be prescribed by a Professional Provider legally authorized to prescribe such items under law.

J. **Nutrition Counseling For Weight Management**

Coverage will be provided for any Covered Person for nutrition counseling visits in an office setting for the purpose of weight management, up to the Maximum visit limit as specified in the ***Schedule of Benefits***.

INPATIENT BENEFITS

A Covered Person is entitled to benefits for Covered Services while an Inpatient in a Facility Provider when deemed Medically Necessary and billed for by a Provider. Payment allowances for Covered Services and other cost-sharing requirements are specified in the ***Schedule of Benefits***.

A. **Hospital Services**

1. **Ancillary Services**

Benefits are payable for all ancillary services usually provided and billed for by Hospitals (except for personal convenience items) including, but not limited to, the following:

- a. Meals, including special meals or dietary services as required by the Covered Person's condition;
- b. Use of operating, delivery, recovery, or other specialty service rooms and any equipment or supplies therein;
- c. Casts, surgical dressings, and supplies, devices or appliances surgically inserted within the body;
- d. Oxygen and oxygen therapy;
- e. Anesthesia when administered by a Hospital employee, and the supplies and use of anesthetic equipment;
- f. Cardiac Rehabilitation Therapy, Chemotherapy, Dialysis, Occupational Therapy, Physical Therapy, Pulmonary Rehabilitation Therapy, Radiation Therapy, respiratory therapy, and Speech Therapy when administered by a person who is appropriately licensed and authorized to perform such services;
- g. All drugs and medications (including intravenous injections and solutions) for use while in the Hospital and which are released for general use and are commercially available to Hospitals;
- h. Use of special care units, including, but not limited to, intensive or coronary care; and
- i. Pre-admission testing.

2. **Room and Board**

Benefits are payable for general nursing care and such other services as are covered by the Hospital's regular charges for accommodations in the following:

- a. An average semi-private room, as designated by the Hospital; or a private room, when designated by the Carrier as semi-private for the purposes of this Contract in Hospitals having primarily private rooms;
- b. A private room, when Medically Necessary;

- c. A special care unit, such as intensive or coronary care, when such a designated unit with concentrated facilities, equipment and supportive services is required to provide an intensive level of care for a critically ill patient;
- d. A bed in a general ward; and
- e. Nursery facilities.

Benefits are provided up to the number of days specified in the ***Schedule of Benefits***.

In computing the number of days of benefits, the day of admission, but not the date of discharge shall be counted. If the Covered Person is admitted and discharged on the same day, it shall be counted as one (1) day.

Days available shall be allowed only during uninterrupted stays in a Hospital. Benefits shall not be provided: (a) during the absence of a Covered Person who interrupts his stay and remains past midnight of the day on which the interruption occurred; or (b) after the discharge hour that the Covered Person's attending Physician has recommended that further Inpatient care is not required.

B. Medical Care

Medical Care rendered by the Professional Provider in charge of the case to a Covered Person who is an Inpatient in a Hospital, Rehabilitation Hospital or Skilled Nursing Facility for a condition not related to Surgery, pregnancy, Radiation Therapy, or Mental Illness, except as specifically provided. Such care includes Inpatient intensive Medical Care rendered to a Covered Person whose condition requires a Professional Provider's constant attendance and treatment for a prolonged period of time.

1. Concurrent Care

Services rendered to an Inpatient in a Hospital, Rehabilitation Hospital or Skilled Nursing Facility by a Professional Provider who is not in charge of the case but whose particular skills are required for the treatment of complicated conditions. This does not include observation or reassurance of the Covered Person, standby services, routine preoperative physical examinations or Medical Care routinely performed in the pre- or post-operative or pre- or post-natal periods or Medical Care required by a Facility Provider's rules and regulations.

2. Consultations

Consultation services when rendered to an Inpatient in a Hospital, Rehabilitation Hospital or Skilled Nursing Facility by a Professional Provider at the request of the attending Professional Provider. Consultations do not include staff consultations which are required by Facility Provider's rules and regulations. Benefits are limited to one (1) consultation per consultant during any Inpatient confinement.

C. Skilled Nursing Care Facility

Benefits are provided for a Skilled Nursing Care Facility, when Medically Necessary as determined by the Carrier, up to the Maximum days specified in the ***Schedule of Benefits***. The Covered Person must require treatment by skilled nursing personnel which can be provided only on an Inpatient basis in a Skilled Nursing Care Facility.

In computing the number of days of benefits, the day of admission, but not the date of discharge shall be counted. If the Covered Person is admitted and discharged on the same day, it shall be counted as one (1) day.

Days available shall be allowed only during uninterrupted stays in a Skilled Nursing Care Facility. Benefits shall not be provided: (a) during the absence of a Covered Person who interrupts his stay and remains past midnight of the day on which the interruption occurred; or (b) after the discharge hour that the Covered Person's attending Physician has recommended that further Inpatient care is not required.

Medically Necessary Professional Provider visits in a Skilled Nursing Facility are provided as shown in the ***Schedule of Benefits***.

No Skilled Nursing Care Facility benefits are payable:

1. When confinement in a Skilled Nursing Facility is intended solely to assist the Covered Person with the activities of daily living or to provide an institutional environment for the convenience of a Covered Person;
2. For the treatment of Alcohol and Drug Abuse or dependency, and Mental Illness; or
3. After the Covered Person has reached the maximum level of recovery possible for his or her particular condition and no longer requires definitive treatment other than routine custodial care.

INPATIENT/OUTPATIENT BENEFITS

A Covered Person is entitled to benefits for Covered Services either while an Inpatient in a Facility Provider or on an Outpatient basis when deemed Medically Necessary and billed for by a Provider. Payment allowances for Covered Services and other cost-sharing requirements are specified in the ***Schedule of Benefits***.

A. Blood

Benefits shall be payable for the administration of Blood and Blood processing from donors. Benefits shall be payable for autologous Blood drawing, storage or transfusion - i.e., an individual having his own Blood drawn and stored for personal use, such as self-donation in advance of planned Surgery.

Benefits shall be payable for whole Blood, Blood plasma and Blood derivatives, which are not classified as drugs in the official formularies and which have not been replaced by a donor.

B. Hospice Services

When the Covered Person's attending Physician certifies that the Covered Person has a terminal illness with a medical prognosis of six (6) months or less and when the Covered Person elects to receive care primarily to relieve pain, the Covered Person shall be eligible for Hospice benefits. Hospice Care is primarily comfort care, including pain relief, physical care, counseling and other services that will help the Covered Person cope with a terminal illness rather than cure it. Hospice Care provides services to make the Covered Person as comfortable and pain-free as possible. When a Covered Person elects to receive Hospice Care, benefits for treatment provided to cure the terminal illness are no longer provided. However, the Covered Person may elect to revoke the election of Hospice Care at any time.

Respite Care: When Hospice Care is provided primarily in the home, such care on a short-term Inpatient basis in a Medicare certified Skilled Nursing Facility will also be covered when the Hospice considers such care necessary to relieve primary caregivers in the Covered Person's home. Up to seven (7) days of such care every six (6) months will be covered.

Benefits for Covered Hospice Services shall be provided until the earlier of the Covered Person's death or discharge from Hospice Care.

Special Hospice Services Exclusions: No Hospice Care benefits will be provided for:

1. Services and supplies for which there is no charge;
2. Research studies directed to life lengthening methods of treatment;
3. Services or expenses incurred in regard to the Covered Person's personal, legal and financial affairs (such as preparation and execution of a will or other dispositions of personal and real property);
4. Care provided by family members, relatives, and friends; and
5. Private Duty Nursing care.

C. Maternity/OB-GYN/Family Services

1. Maternity/Obstetrical Care

Services rendered in the care and management of a pregnancy for a Covered Person are a Covered Expense under this Contract as specified in the ***Schedule of Benefits***. Prenotification of maternity care should occur within one (1) month of the first prenatal visit to the Physician or midwife. Benefits are payable for: (1) facility services provided by a Hospital or Birth Center; and (2) professional services performed by a Professional Provider or certified nurse midwife.

Benefits payable for a delivery shall include pre- and post-natal care. Maternity care Inpatient benefits will be provided for forty-eight (48) hours for vaginal deliveries and ninety-six (96) hours for cesarean deliveries, except where otherwise approved by the Carrier as provided for in the **Managed Care** section.

In the event of early post-partum discharge from an Inpatient Admission, benefits are provided for Home Health Care as provided for in the Home Health Care benefit.

2. Abortion Services

Facility services provided by a Hospital or Birth Center and services performed by a Professional Provider for the termination of a pregnancy by a Covered Person are a Covered Expense under this Contract only when:

- a. Abortion is necessary to avert the death of the mother on certification of the Physician;
- b. Abortion is performed in case of pregnancy caused by rape; or
- c. Abortion is performed in the case of pregnancy caused by incest.

3. Newborn Care

The newborn child of a Covered Person shall be entitled to benefits provided by this Contract from the date of birth up to a maximum of thirty-one (31) days. Such coverage within the thirty-one (31) days shall include care which is necessary for the treatment of medically diagnosed congenital defects, birth abnormalities, prematurity and routine nursery care. To be eligible for Dependent coverage beyond the thirty-one (31) day period, the newborn child must be enrolled as a Dependent within such thirty-one (31) days.

4. Artificial Insemination

Services performed by a Professional Provider for the promotion of fertilization of a female recipient's own ova (eggs) by the introduction of mature sperm from partner or donor into the recipient's vagina or uterus, with accompanying simple sperm preparation, sperm washing and/or thawing.

D. **Mental Health/Psychiatric Care**

Benefits for the treatment of Mental Illness and Serious Mental Illness are based on the services provided and reported by the Provider. Upon request, the Carrier will make available the criteria for Medical Necessity determinations made under the Plan for Mental Health/Psychiatric Care to any current or potential Covered Person, Dependent or Preferred Provider. When a Provider renders Medical Care, other than Mental Health/Psychiatric Care, for a Covered Person with Mental Illness and Serious Mental Illness, payment for such Medical Care will be based on the Medical Benefits available and will not be subject to the Mental Health/Psychiatric Care limitations. Emergency Care will be considered Preferred Care.

1. Inpatient Treatment

Benefits are provided, subject to the Benefit Period limitations stated in the **Schedule of Benefits**, for an Inpatient Admission for treatment of Mental Illness and Serious Mental Illness. For maximum benefits, treatment must be received from a Preferred Facility Provider and Inpatient visits for the treatment of Mental Illness and Serious Mental Illness must be performed by a Preferred Professional Provider.

Covered Services include treatments such as: psychiatric visits, psychiatric consultations, individual and group psychotherapy, electroconvulsive therapy, psychological testing and psychopharmacologic management.

2. Outpatient Treatment

Benefits are provided for Outpatient treatment of Mental Illness and Serious Mental Illness. For maximum benefits, treatment must be performed by a Preferred Professional

Provider/Preferred Facility Provider.

Covered services include treatments such as: psychiatric visits, psychiatric consultations, individual and group psychotherapy, Licensed Clinical Social Worker visits, Master's Prepared Therapist visits, electroconvulsive therapy, psychological testing, psychopharmacologic management, and psychoanalysis.

3. Benefits are not payable for the following services:

- a. Vocational or religious counseling;
- b. Activities that are primarily of an educational nature;
- c. Treatment modalities that have not been incorporated into the commonly accepted therapeutic repertoire as determined by broad-based professional consensus, such as primal therapy, rolfing or structural integration, bioenergetic therapy, and obesity control therapy.

4. Benefit Period Maximums for Mental Health/Psychiatric Care

All Inpatient Mental Health/Psychiatric Care for both Mental Illness and Serious Mental Illness are covered up to the Maximum day amounts per Benefit Period specified in the ***Schedule of Benefits***.

E. **Routine Patient Costs Associated With Qualifying Clinical Trials**

Benefits are provided for Routine Costs Associated With Participation in a Qualifying Clinical Trial (see the ***Definitions*** section). To ensure coverage and appropriate claims processing, the Carrier must be notified in advance of the Covered Person's participation in a Qualifying Clinical Trial. Benefits are payable if the Qualifying Clinical Trial is conducted by a Preferred Professional Provider, and conducted in a Preferred Facility Provider. If there is no comparable Qualifying Clinical Trial being performed by a Preferred Professional Provider, and in a Preferred Facility Provider, then the Carrier will consider the services by a Non-Preferred Provider, participating in the clinical trial, as covered if the clinical trial is deemed a Qualifying Clinical Trial (see ***Definitions*** section) by the Carrier.

F. **Surgical Services**

Surgery benefits will be provided for services rendered by a Professional Provider and/or Facility Provider for the treatment of disease or injury. Separate payment will not be made for Inpatient preoperative care or all postoperative care normally provided by the surgeon as part of the surgical procedure. Also covered is: (1) the orthodontic treatment of congenital cleft palates involving the maxillary arch, performed in conjunction with bone graft surgery to correct the bony deficits associated with extremely wide clefts affecting the alveolus; and (2) coverage for the following when performed subsequent to mastectomy: (a) all stages of reconstruction of the breast on which the mastectomy has been performed; (b) surgery and reconstruction of the other breast to produce a symmetrical appearance; (c) prostheses and physical complications all stages of mastectomy, including lymphedemas; and (d) surgery to reestablish symmetry or alleviate functional impairment, including, but not limited to augmentation, mammoplasty, reduction mammoplasty and mastopexy. Coverage is also provided for: (1) the surgical procedure performed in connection with the initial and subsequent, insertion or removal of prosthetic devices to replace the removed breast or portions thereof; and (2) the treatment of physical complications at all stages of the mastectomy, including lymphedemas.

Covered surgical procedures shall include routine neonatal circumcisions and any voluntary surgical procedure for sterilization.

1. Hospital Admission for Dental Procedures or Dental Surgery

Benefits will be payable for a Hospital admission in connection with dental procedures or Surgery only when the Covered Person has an existing non-dental physical disorder or condition and hospitalization is Medically Necessary to ensure the Covered Person's health. Coverage for such hospitalization does not imply coverage of the dental procedures or Surgery performed during such a confinement. Only oral surgical procedures specifically identified as covered under the "Oral Surgery" terms of this Contract will be covered during such a confinement.

2. Oral Surgery

Benefits will be payable for Covered Services provided by a Professional Provider and/or Facility Provider for:

- (a) Orthognathic surgery - surgery on the bones of the jaw (maxilla or mandible) to correct their position and/or structure for the following clinical indications only:
 - (i) The initial treatment of Accidental Injury/trauma (i.e. fractured facial bones and fractured jaws), in order to restore proper function.
 - (ii) In cases where it is documented that a severe congenital defect (i.e., cleft palate) results in speech difficulties that have not responded to non-surgical interventions.
 - (iii) In cases where it is documented (using objective measurements) that chewing or breathing function is materially compromised (defined as greater than two standard deviations from normal) where such compromise is not amenable to non-surgical treatments, and where it is shown that orthognathic surgery will decrease airway resistance, improve breathing, or restore swallowing.
- (b) Other oral surgery - defined as surgery on or involving the teeth, mouth, tongue, lips, gums, and contiguous structures. Benefits will be provided only for:
 - (i) surgical removal of impacted teeth which are partially or completely covered by bone;
 - (ii) surgical treatment of cysts, infections, and tumors performed on the structures of the mouth; and
 - (iii) surgical removal of teeth prior to cardiac surgery, radiation therapy or organ transplantation.

3. Assistant at Surgery

Services for a Covered Person by an assistant surgeon who actively assists the operating surgeon in the performance of covered Surgery. Benefits will be provided for an assistant at Surgery only if an intern, resident, or house staff member is not available.

The condition of the Covered Person or the type of Surgery must require the active assistance of an assistant surgeon as determined by the Carrier. Surgical assistance is not covered when performed by a Professional Provider who himself performs and bills for another surgical procedure during the same operative session.

4. Anesthesia

Administration of Anesthesia in connection with the performance of Covered Services when rendered by or under the direct supervision of a Professional Provider other than the surgeon, assistant surgeon or attending Professional Provider (except an Obstetrician providing Anesthesia during labor and delivery and an oral surgeon providing services otherwise covered under this Contract).

General Anesthesia, along with hospitalization and all related medical expenses normally incurred as a result of the administration of general anesthesia, when rendered in conjunction with dental care provided to Covered Persons age seven (7) or under and for developmentally disabled Covered Persons when determined by the Carrier to be Medically Necessary and when a successful result cannot be expected for treatment under local Anesthesia, or when a superior result can be expected from treatment under general Anesthesia.

5. Second Surgical Opinion (Voluntary)

Consultations for Surgery to determine the Medical Necessity of an elective surgical procedure. Elective Surgery is that Surgery which is not of an emergency or life threatening nature. Such Covered Services must be performed and billed by a Professional Provider other than the one who initially recommended performing the Surgery.

G. Transplant Services

When a Covered Person is the recipient of transplanted human organs, marrow, or tissues, benefits are provided for all Inpatient and Outpatient transplants, which are beyond the Experimental/Investigative stage. Benefits are also provided for those services to the Covered Person which are directly and specifically related to the covered transplantation. This includes services for the examination of such transplanted organs, marrow, or tissue and the processing of Blood provided to a Covered Person:

1. When both the recipient and the donor are Covered Persons, the payment of their respective medical expenses shall be covered by their respective benefit programs.
2. When only the recipient is a Covered Person, and the donor has no available coverage or source for funding, benefits provided to the donor will be charged against the recipient's coverage under this Program. The donor benefits are limited to only those not provided or available to the donor from any other source. This includes, but is not limited to, other insurance coverage, or coverage by the Carrier or any government program. When only the recipient is a Covered Person and the donor has available coverage or a source for funding, the donor must use such coverage or source for funding as no benefits are provided to the donor under this Program.
3. When only the donor is a Covered Person, the donor is entitled to the benefits of this Program for all related donor expenses, subject to the following additional limitations:
 - a. The benefits are limited to only those benefits not provided or available to the donor from any other source for funding or coverage in accordance with the terms of this Program; and
 - b. No benefits will be provided to the donor recipient.
4. If any organ or tissue is sold rather than donated to the Covered Person recipient, no benefits will be payable for the purchase price of such organ or tissue.

H. Treatment for Alcohol or Drug Abuse and Dependency

Alcohol or Drug Abuse and dependency means a pattern of pathological use of alcohol or other drugs which causes impairment in social and/or occupational functioning and which results in a psychological dependency evidenced by physical tolerance or withdrawal.

Benefits are payable for the care and treatment of Alcohol or Drug Abuse and dependency provided by a Hospital or Facility Provider, subject to the Maximums shown in the ***Schedule of Benefits***, according to the provisions outlined below. For maximum benefits, treatment must be received from a Preferred Provider.

Upon request, the Carrier will make available the criteria for Medical Necessity determinations made under the Plan for Alcohol or Drug Abuse and Dependency to any current or potential Covered Person, Dependent or Preferred Provider.

1. Inpatient Treatment

a. Inpatient Detoxification

Covered Services include:

- (1) Lodging and dietary services;
- (2) Physician, Psychologist, nurse, certified addictions counselor and trained staff services;
- (3) Diagnostic x-rays;
- (4) Psychiatric, psychological and medical laboratory testing;
- (5) Drugs, medicines, use of equipment and supplies.

b. Hospital and Non-Hospital Residential Treatment

Covered services include:

- (1) Lodging and dietary services;
- (2) Physician, Psychologist, nurse, certified addictions counselor and trained staff services;
- (3) Rehabilitation therapy and counseling;
- (4) Family counseling and intervention;
- (5) Psychiatric, psychological and medical laboratory testing;
- (6) Drugs, medicines, use of equipment and supplies.

2. Outpatient Treatment

Covered services include:

- a. Diagnosis and treatment of Substance Abuse, including Outpatient Detoxification by the appropriately licensed behavioral health Provider;
- b. Physician, Psychologist, nurse, certified addictions counselor and trained staff services;
- c. Rehabilitation therapy and counseling;
- d. Family counseling and intervention;
- e. Psychiatric, psychological and medical laboratory testing;
- f. Medication Management and use of equipment and supplies.

OUTPATIENT BENEFITS

A Covered Person is entitled to benefits for Covered Services on an Outpatient basis when deemed Medically Necessary and billed for by a Provider. Payment allowances for Covered Services and other cost-sharing requirements are specified in the Schedule of Benefits.

A. Ambulance Services

Ambulance services, which Benefits are provided for ambulance services that are Medically Necessary as determined by the Carrier, for local transportation in a specially designed and equipped vehicle used only to transport the sick or injured are a Covered Expense, but only when:

1. The Ambulance must be transporting the Covered Person: the vehicle is licensed as an ambulance where required by applicable law;
2. From a Covered Person's home or the scene of an accident or Medical Emergency to the nearest Hospital;
3. Between Hospital and Skilled Nursing Facility or between Hospitals.

If there is no Hospital in the local area that can provide services Medically Necessary for the Covered Person's condition, then ambulance service means transportation to the closest Hospital outside the local area that can provide the necessary service.

1. Air or sea ambulance transportation benefits the ambulance transport is appropriate for the patient's clinical condition;
2. the use of any other method of transportation, such as taxi, private car, wheel-chair van or other type of private or public vehicle transport would be contraindicated (i.e. would endanger the patient's medical condition); and,
3. the ambulance transport satisfies the destination and other requirements stated below in either "A. For Emergency Ambulance transport" or "B. For Non-Emergency Ambulance transport".

Benefits are payable for air or sea transportation only if the Carrier determines that the patient's condition, and the distance to the nearest facility able to treat the Covered Person's condition, justify the use of an alternative to land transport.

A. For Emergency ambulance transport:

The Ambulance must be transporting the Covered Person from the Covered Person's home or the scene of an accident or Medical Emergency to the nearest Hospital or other Emergency care

Facility that can provide the Medically Necessary Covered Services for the Covered Person's condition.

B. For non-Emergency Ambulance transport:

Non-emergency air transport may be covered to return the Covered Person to a Preferred Facility Provider in the Personal Choice Network service area for required continuing care (when a Covered Service), when such care immediately follows an Inpatient emergency admission and the Covered Person is not able to return to the Personal Choice Network service area by any other means. This type of transportation is provided when the Covered Person's medical condition requires uninterrupted care and attendance by qualified medical staff during transport that cannot be safely provided by land ambulance. Transportation back to the Personal Choice Network service area will not be covered for family members or companions.

B. Day Rehabilitation Program

Subject to the limits shown in the ***Schedule of Benefits***, benefits will be provided for a Medically Necessary Day Rehabilitation Program when provided by a Facility Provider under the following conditions:

1. The Covered Person requires intensive Therapy services, such as Physical, Occupational and/or Speech Therapy five (5) days per week for 4-7 hours per day;
2. The Covered Person has the ability to communicate (verbally or non-verbally) his/her needs; the ability to consistently follow directions and to manage his/her own behavior with minimal to moderate intervention by professional staff;
3. The Covered Person is willing to participate in a Day Rehabilitation Program; and
4. The Covered Person's family must be able to provide adequate support and assistance in the home and must demonstrate the ability to continue the rehabilitation program in the home.

C. Diabetic Education Program

Benefits are provided for diabetes Outpatient self-management training and education, including medical nutrition, for the treatment of insulin-dependent diabetes, insulin-using diabetes, gestational diabetes and noninsulin-using diabetes when prescribed by a Professional Provider legally authorized to prescribe such items under law.

The attending Physician must certify that a Covered Person requires diabetic education on an Outpatient basis under the following circumstances: (1) upon the initial diagnosis of diabetes; (2) a significant change in the patient's symptoms or condition; or (3) the introduction of new medication or a therapeutic process in the treatment or management of the Covered Person's symptoms or condition.

Outpatient diabetic education services will be covered when provided by a Preferred Facility Provider or a Preferred Ancillary Provider. The diabetic education program must be conducted under the supervision of a licensed health care professional with expertise in diabetes, and subject to the requirements of the Carrier. These requirements are based on the certification programs for Outpatient diabetic education developed by the American Diabetes Association and the Pennsylvania Department of Health.

Covered services include Outpatient sessions that include, but may not be limited to, the following information:

1. Initial assessment of the Covered Person's needs;
2. Family involvement and/or social support;
3. Psychological adjustment for the Covered Person;
4. General facts/overview on diabetes;
5. Nutrition including its impact on blood glucose levels;
6. Exercise and activity;
7. Medications;

8. Monitoring and use of the monitoring results;
9. Prevention and treatment of complications for chronic diabetes, (i.e., foot, skin and eye care);
10. Use of community resources; and
11. Pregnancy and gestational diabetes, if applicable.

D. Diabetic Equipment and Supplies

Benefits shall be provided, subject to any applicable Deductible, Copayment and/or Coinsurance requirements applicable to Durable Medical Equipment benefits, for diabetic equipment and supplies purchased from a Durable Medical Equipment Provider. Certain diabetic equipment and supplies, including insulin and oral agents, may be purchased at a Pharmacy, if available, subject to the cost-sharing arrangements applicable to the Prescription Drug coverage. Certain diabetic equipment and supplies are not available at a pharmacy. In these instances, the diabetic equipment and supplies will be provided under the Durable Medical Equipment benefit, subject to the cost-sharing arrangements applicable to Durable Medical Equipment.

1. Diabetic Equipment

- a. Blood glucose monitors;
- b. Insulin pumps;
- c. Insulin infusion devices; and
- d. Orthotics and podiatric appliances for the prevention of complications associated with diabetes.

2. Diabetic Supplies

- a. Blood testing strips;
- b. Visual reading and urine test strips;
- c. Insulin and insulin analogs;
- d. Injection aids;
- e. Insulin syringes;
- f. Lancets and lancet devices;
- g. Monitor supplies;
- h. Pharmacological agents for controlling blood sugar levels; and
- i. Glucagon emergency kits.

E. Diagnostic Services

The following Diagnostic Services when ordered by a Professional Provider and billed by a Professional Provider, and/or a Facility Provider:

1. Routine Diagnostic Services, such as, but not limited to routine radiology (consisting of x-rays, ultrasound, and nuclear medicine), routine medical procedures (consisting of ECG, EEG, and other diagnostic medical procedures approved by the Carrier), and allergy testing (consisting of percutaneous, intracutaneous and patch tests).
2. Non-Routine Diagnostic Services, such as, but not limited to MRI/MRA, CT Scans, PET Scans and Nuclear Cardiology Imaging, and Sleep Studies.
3. Diagnostic laboratory and pathology tests.
4. Benefits are provided for genetic testing and counseling. Genetic testing and counseling include services provided to a Covered Person at risk for a specific disease due to family history or because of exposure to environmental factors that are known to cause physical or mental disorders. When clinical usefulness of specific genetic tests has been established by the carrier, these services are covered for the purpose of diagnosis, screening, predicting the course of a disease, judging the response to a therapy, examining risk for a disease, or reproductive decision-making.

F. Durable Medical Equipment

Benefits will be provided for the rental (but not to exceed the total allowance of purchase) or, at the option of the Carrier, the purchase of Durable Medical Equipment when prescribed by a Professional

Provider and required for therapeutic use, when determined to be Medically Necessary by the Carrier.

Although an item may be classified as Durable Medical Equipment, it may not be covered in every instance. Durable Medical Equipment, as defined in the **Definitions** section, includes equipment that meets the following criteria:

1. It is durable and can withstand repeated use. An item is considered durable if it can withstand repeated use, i.e., the type of item that could normally be rented. Medical supplies of an expendable nature are not considered "durable". (For examples, see item 4 under "Durable Medical Equipment Exclusions" below.)
2. It customarily and primarily serves a medical purpose.
3. It is generally not useful to a person without an illness or injury. The item must be expected to make a meaningful contribution to the treatment of the Covered Person's illness, injury, or to improvement of a malformed body part.
4. It is appropriate for home use.

Durable Medical Equipment Exclusions: Examples of equipment that do not meet the definition of Durable Medical Equipment include, but are not limited to:

1. **Comfort and convenience items**, such as massage devices, portable whirlpool pumps, telephone alert systems, bed-wetting alarms, and ramps.
2. **Equipment used for environmental control**, such as air cleaners, air conditioners, dehumidifiers, portable room heaters, and heating and cooling plants.
3. **Equipment inappropriate for home use**. This is an item that generally requires professional supervision for proper operation, such as diathermy machines, medcolator, pulse tachometer, data transmission devices used for telemedicine purposes, translift chairs and traction units.
4. **Non-reusable supplies** other than a supply that is an integral part of the Durable Medical Equipment item required for the Durable Medical Equipment function. This means the equipment is not durable or is not a component of the Durable Medical Equipment. Items not covered include, but are not limited to, incontinence pads, lambs wool pads, ace bandages, catheters (non-urinary), face masks (surgical), disposable gloves, disposable sheets and bags, and irrigating kits.
5. **Equipment that is not primarily medical in nature**. Equipment which is primarily and customarily used for a non-medical purpose may or may not be considered "medical" in nature. This is true even though the item may have some medically related use. Such items include, but are not limited to, ear plugs, Equipment for Safety, exercise equipment, ice pack, speech teaching machines, strollers, feeding chairs, silverware/utensils, toileting systems, electronically-controlled heating and cooling units for pain relief, toilet seats, bathtub lifts, stairglides, and elevators.
6. **Equipment with features of a medical nature** which are not required by the Covered Person's condition, such as a gait trainer. The therapeutic benefits of the item cannot be clearly disproportionate to its cost, if there exists a Medically Necessary and realistically feasible alternative item that serves essentially the same purpose.
7. **Duplicate equipment** for use when traveling or for an additional residence, whether or not prescribed by a Professional Provider.
8. **Services not primarily billed for by a Provider** such as delivery, set-up and service activities and installation and labor of rented or purchased equipment.
9. **Modifications to vehicles, dwellings and other structures**. This includes any modifications made to a vehicle, dwelling or other structure to accommodate a Covered Person's disability or any modifications made to a vehicle, dwelling or other structure to accommodate a Durable Medical Equipment item, such as a wheelchair.

Replacement and repair: The Carrier will provide benefits for the replacement of Durable Medical Equipment when the equipment does not function properly and is no longer useful for its intended purpose in the following limited situations:

- (a) When a change in the Covered Person's condition requires a change in the Durable Medical Equipment, the Carrier will provide repair or replacement of the equipment.
- (b) When the Durable Medical Equipment is broken due to significant damage, defect, or wear, the Carrier will provide repair or replacement only if the equipment's warranty has expired and it has exceeded its reasonable useful life as determined by the Carrier.

If the Durable Medical Equipment breaks while it is under warranty, replacement and repair is subject to the terms of the warranty. Contracts with the manufacturer or other responsible party to obtain replacement or repairs based on the warranty are the responsibility of: (1) the Carrier in the case of rented equipment; and, (2) the Covered Person in the case of purchased equipment.

The Carrier will not be responsible if the Durable Medical Equipment breaks during its reasonable useful lifetime for any reason not covered by warranty. For example, the Carrier will not provide benefits for repairs and replacements needed because the equipment was abused or misplaced.

The Carrier will provide benefits to repair Durable Medical Equipment when the cost to repair is less than the cost to replace it. For purposes of replacement or repair of Durable Medical Equipment, replacement means the removal and substitution of Durable Medical Equipment or one of its components necessary for proper functioning. A repair is a restoration of the Durable Medical Equipment or one of its components to correct problems due to wear or damage or defect.

G. Emergency Care Services

Benefits for Emergency Care Services provided by a Hospital Emergency Room or other Outpatient Emergency Facility are provided by the Carrier at the Preferred level of benefits, regardless of whether the patient is treated by a Preferred or Non-Preferred Provider. If a Covered Person receives Emergency Care Services from a Non-Preferred Provider, the out of pocket expense will be no higher than if services were provided by a Preferred Provider. If Emergency Services are required, whether the Covered Person is located in or outside the Personal Choice Network service area, call 911 or seek treatment immediately at the emergency department of the closest Hospital or Outpatient Emergency Facility.

Emergency Care services are Outpatient services and supplies provided by a Hospital or Facility Provider and/or Professional Provider for initial treatment of the Emergency.

Examples of an Emergency include heart attack, loss of consciousness or respiration, cardiovascular accident, convulsions, severe Accidental Injury, and other acute medical conditions as determined by the Carrier. Should any dispute arise, the Carrier determines as to whether an Emergency existed or as to the duration of an Emergency, subject to both the Member's option to appeal and appropriate regulatory authority and/or ruling by court of law.

H. Habilitative Therapy Services

Benefits shall be provided, subject to the Benefit Period Maximums specified in the ***Schedule of Benefits*** section of this Contract, for services prescribed by a Physician and performed by a Professional Provider, a therapist who is registered or licensed by the appropriate authority to perform the applicable therapeutic service, and/or Facility Provider, which are used in treatment of an illness or injury to promote recovery of the Covered Person.

1. Occupational Therapy

Includes treatment of a physically disabled person by means of constructive activities designed and adapted to promote the restoration of the person's ability to satisfactorily accomplish the ordinary tasks of daily living. Coverage will also include services rendered by a registered, licensed occupational therapist.

2. Physical Therapy
Includes treatment by physical means, heat, hydrotherapy or similar modalities, physical agents, bio-mechanical and neuro-physiological principles, and devices to relieve pain, restore maximum function, and prevent disability following disease, injury, or loss of body part, including the treatment of functional loss following hand and/or foot surgery.
3. Speech Therapy
Includes treatment for the correction of a speech impairment resulting from disease, Surgery, injury, congenital anomalies, or previous therapeutic processes. Coverage will also include services by a speech therapist.

I. **Home Health Care**

Benefits will be provided for the following services when performed by a licensed Home Health Care Agency:

1. Professional services of appropriately licensed and certified individuals;
2. Intermittent skilled nursing care;
3. Physical Therapy;
4. Speech Therapy;
5. Well mother/well baby care following release from an Inpatient maternity stay; and
6. Care within forty-eight (48) hours following release from an Inpatient Admission when the discharge occurs within forty-eight (48) hours following a mastectomy.

With respect to Item 5 above, one Home Health Care visit will be provided within forty-eight (48) hours if discharge occurs earlier than forty-eight (48) hours of a vaginal delivery or ninety-six (96) hours of a cesarean delivery. At the mother's sole discretion, the initial Home Health Care visit may occur at the Facility of the Provider. No Coinsurance shall apply to the initial visit when provided after an early discharge from the Inpatient maternity stay.

Benefits are also provided for certain other medical services and supplies when provided along with a primary service. Such other services and supplies include Occupational Therapy, medical social services, home health aides in conjunction with skilled services and other services which may be approved by the Carrier.

Home Health Care benefits will be provided only when prescribed by the Covered Person's attending Physician in a written Plan of Treatment and approved by the Carrier as Medically Necessary.

There is no requirement that the Covered Person be previously confined in a Hospital or Skilled Nursing Facility prior to receiving Home Health Care.

With the exception of Home Health Care provided to a Covered Person immediately following an Inpatient release for maternity care, the Covered Person must be Homebound in order to be eligible to receive Home Health Care benefits. For purposes of this Home Health care benefit, the following definitions apply:

HOME - means a Covered Person's place of residence (e.g. private residence/domicile, assisted living facility, long-term care facility, skilled nursing facility (SNF) at a custodial level of care.

HOMEBOUND - means there exists a normal inability to leave home due to severe restrictions on the Covered Person's mobility and when leaving the home: (a) it would involve a considerable and taxing effort by the Covered Person; and (b) the Covered Person is unable to use transportation without another's assistance. A child, unlicensed driver or an individual who cannot drive will not automatically be considered Homebound but must meet both requirements (a) and (b).

Home Health Care Exclusions: No Home Health Care benefits will be provided for services and

supplies in connection with home health services for the following:

1. Custodial services, food, housing, homemaker services, home delivered meals and supplementary dietary assistance;
2. Rental or purchase of Durable Medical Equipment;
3. Rental or purchase of medical appliances (e.g. braces) and Prosthetic Devices (e.g., artificial limbs); supportive environmental materials and equipment, such as handrails, ramps, telephones, air conditioners and similar services, appliances and devices;
4. Prescription drugs;
5. Services provided by a member of the Covered Person's Immediate Family;
6. Covered Person's transportation, including services provided by voluntary ambulance associations for which the Covered Person is not obligated to pay;
7. Emergency or non-Emergency Ambulance services;
8. Visiting teachers, friendly visitors, vocational guidance and other counselors, and services related to diversional Occupational Therapy and/or social services;
9. Services provided to individuals (other than a Covered Person released from an Inpatient maternity stay), who are not essentially homebound for medical reasons; and
10. Visits by any Provider personnel solely for the purpose of assessing a Covered Person's condition and determining whether or not the Covered Person requires and qualifies for Home Health Care services and will or will not be provided services by the Provider.

J. **Injectable Medications**

Benefits will be provided for injectable medications required in the therapeutic treatment of an injury or illness, prescribed by a Professional Provider, and required for therapeutic use when determined to be Medically Necessary by the Carrier. The administration of injectable medications is determined by the dosage regimen of the medication and the Physician prescribed treatment plan.

1. Specialty Drugs

Specialty Drugs refer to a medication that meets certain criteria including, but not limited to:

- The drug is used in the treatment of a rare, complex, or chronic disease;
- A high level of involvement is required by a healthcare provider to administer the drug;
- Complex storage and/or shipping requirements are necessary to maintain the drug's stability;
- The drug requires comprehensive patient monitoring and education by a healthcare provider regarding safety, side effects, and compliance;
- Access to the drug may be limited.

To obtain a list of Specialty Drugs please go to www.ibx.com/preapproval or call the Customer Service telephone number listed on the back of your Identification Card. The purchase of all Specialty Drugs is subject to Coinsurance amounts as shown in the **Schedule of Benefits**.

Coinsurance amounts will apply: (a) to each thirty (30) day supply of medication dispensed for medications administered on a regularly scheduled basis; or (b) to each course/series of injections if administered on an intermittent basis.

A ninety (90) day supply of medication may be dispensed for some medications that are used for the treatment of a chronic illness.

2. Standard Injectable Drugs

- a. Standard Injectable Drugs refer to a medication that is either injectable or infusible but is not defined by the Carrier to be a Self-Administered Prescription Drug or a Specialty Drug. Standard Injectable Drugs include, but are not limited to: allergy injections and extractions and injectable medications such as antibiotics and steroid injections that are administered by a Professional Provider.
- b. Self-Administered Prescription Drugs generally are not covered. For more information on

Self-Administered Prescription Drugs, please refer to the **Exclusions** section.

K. Medical Foods and Nutritional Formulas

Medical Foods and Nutritional Formulas when administered orally are eligible for payment when provided through a Durable Medical Equipment supplier or in connection with the Infusion Therapy benefit as follows: Benefits shall be payable for Medical Foods when provided for the therapeutic treatment of inherited errors of metabolism (IEMs), such as phenylketonuria, branched-chain ketonuria, galactosemia and homocystinuria. Coverage is provided when administered on an Outpatient basis either orally or through a tube.

Benefits shall be payable for Nutritional Formulas when the Nutritional Formula is taken orally or through a tube by an infant or child suffering from Severe Systemic Protein Allergy, food protein-induced enterocolitis syndrome, eosinophilic disorders, or short-bowel syndrome that do not respond to treatment with standard milk or soy protein formulas and casein hydrolyzed formulas.

An estimated basal caloric requirement for Medical Foods and Nutritional Formula is not required for IEMs, or for when administered through a tube.

Benefits are payable for Medical Foods and Nutritional Formulas when provided through a Durable Medical Equipment supplier or in connection with Infusion Therapy as provided for in this Contract.

L. Non-Surgical Dental Services

Benefits will be provided only for the initial treatment of Accidental Injury/trauma, (i.e. fractured facial bones and fractured jaws), in order to restore proper function. Restoration of proper function includes the dental services required for the initial restoration or replacement of Sound Natural Teeth, including the first caps, crowns, bridges and dentures (but not including dental implants), required for the initial treatment for the Accidental Injury/trauma. Also covered is the preparation of the jaws and gums required for initial replacement of Sound Natural Teeth. (Sound, Natural Teeth are teeth that are stable, functional, free from decay and advanced periodontal disease, in good repair at the time of the Accidental Injury/trauma). Injury as a result of chewing or biting is not considered an Accidental Injury. (See the exclusion of dental services in the **Exclusions** section for more information on what dental services are not covered.)

M. Orthotics

Benefits are provided for:

1. The initial purchase and fitting (per medical episode) of orthotic devices which are Medically Necessary as determined by the Carrier, except foot orthotics unless the Covered Person requires foot orthotics as a result of diabetes.
2. The replacement of covered orthotics for Dependent children when required due to natural growth.

N. Prescription Drugs/Medicines

After each Covered Person satisfies the Deductible amount for the Benefit Period, benefits will be provided for Covered Drugs and medicines prescribed by a Physician and dispensed by a licensed retail Pharmacy*. Benefits for Prescription Drugs are available for a thirty (30) day supply, or the appropriate therapeutic limit, whichever is less, when dispensed from a retail Pharmacy.

Benefits shall also be provided for covered Prescription Drugs prescribed for a chronic condition and ordered by mail if a Covered Person or the prescribing Physician submits to a Preferred Mail Order Pharmacy a written Prescription Drug Order specifying the amount of the covered Prescription Drug to be supplied. Benefits shall be available for up to a ninety (90) day supply of a covered Prescription Drug, subject to the amount specified in the Prescription Drug Order and applicable law. In addition, benefits shall also be provided for covered Prescription Drugs prescribed by a Physician for a chronic condition and dispensed by a participating Act 207 retail Pharmacy. The cost sharing indicated in the

"Prescription Drugs" subsection of the **Schedule of Benefits** section for In-Network Mail Order Pharmacies will apply. Benefits are available for up to a 90-day supply. To verify that a retail Pharmacy is a participating Act 207 Pharmacy, access www.ibx.com.

- * If the Carrier determines Prescription Drug usage by any Covered Person appears to exceed usage generally considered appropriate under the circumstances, the Carrier shall have the right to direct that Covered Person to one Pharmacy for all future Prescription Drug Covered Services.

The Carrier will provide benefits for covered Specialty Drugs through the Carrier's pharmacy benefits manager's (PBM's) Specialty Pharmacy Program or through the Carrier's retail Pharmacy network for the appropriate cost sharing for Preferred Pharmacies. Benefits are available for up to a 30-day supply. No benefits shall be provided for covered Specialty Drugs obtained from a Specialty Pharmacy Program other than the PBM's Specialty Pharmacy Program. No benefits shall be provided for Specialty Drugs obtained through a Non-Preferred retail Pharmacy.

In certain cases, the Carrier may determine that the use of certain Prescription Drugs for a Covered Person's medical condition requires prior authorization for Medical Necessity. The Carrier also reserves the right to establish eligible dosage limits of certain Prescription Drugs covered by the Carrier.

Contraceptives, as described under the Women's Preventive Services provision of the Patient Protection and Affordable Act, covered under the Prescription Drugs/Medicines section of this Contract for generic products approved by the Federal Food and Drug Administration and for certain brand products (when a generic alternative or equivalent to the brand product does not exist) approved by the Federal Food and Drug Administration are covered at no cost-share to the Covered Person when obtained from a Preferred Pharmacy or Preferred Mail Order Pharmacy. Coverage includes oral and injectable contraceptives, diaphragms, cervical caps, rings and transdermal patches. The noted Brand cost-sharing in the Prescription Drugs section of the **Schedule of Benefits** applies for all other brand products.

For questions concerning pharmaceutical management procedures such as prior authorization requirements, prescription limits, use of generic substitution, therapeutic interchange or step therapy protocols and Copayment, Deductible and Coinsurance amounts, the Covered Person may call the Member Services telephone number on the back of the Covered Person's Identification Card.

- A. Prescription Drugs shall mean drugs or medications (including insulin):
 1. Which by law require a Prescription Order to dispense;
 2. Which are approved by the Carrier and approved for distribution by the federal government;
 3. For which Medical Necessity exists; and
 4. Which have been approved by the Federal Food and Drug Administration and only for those uses for which they have specifically been approved by the Federal Food and Drug Administration.

- B. Benefits will not be payable for:
 1. Drugs used for Experimental/Investigative purposes;
 2. Health foods, dietary supplements, or pharmacological therapy for weight reduction or diet agents;
 3. Vitamins, unless they require a prescription and are Medically Necessary for the treatment of a specific illness, as determined by the Carrier;
 4. Drugs for which there is an equivalent that does not require a Prescription Order, (i.e. over-the-counter medicines), whether or not prescribed by a physician. This exclusion does not apply to insulin or over-the-counter drugs that are prescribed by a physician in accordance

- with applicable law;
5. Drugs which have no currently accepted medical use for treatment in the United States;
 6. Drugs dispensed to a Covered Person while a patient in a Hospital, nursing home or other institution;
 7. Administration or injection of drugs;
 8. Devices of any type, even though such devices may require a Prescription Order. This includes, but is not limited to therapeutic devices or appliances, hypodermic needles, syringes or similar devices. This exclusion does not apply to: (a) devices used for the treatment or maintenance of diabetic conditions, such as glucometers and syringes used for the injection of insulin, (b) devices known as spacers for metered dose inhalers that are used to enhance the effectiveness of inhaled medicines, and (c) contraceptive devices as mandated by the Women's Preventive Services provision of the Patient Protection and Affordable Care Act.;
 9. Drugs used for cosmetic purposes, such as wrinkle removal or hair growth;
 10. Limited distribution drugs obtained through Direct Ship Specialty Pharmacy Program services other than the PBM's Direct Ship Specialty Pharmacy Program;
 11. Drugs obtained through mail order prescription drug services of a Non-Preferred Mail Order Pharmacy;
 12. Injectables used for the treatment of infertility when they are prescribed solely to enhance or facilitate conception;
 13. Prescription Drugs not approved by the Carrier or prescribed drug amounts exceeding the eligible dosage limits established by the Carrier.

O. Prosthetic Devices

Expenses incurred for Prosthetic Devices (except dental prostheses) required as a result of illness or injury.

Such expenses may include, but not be limited to:

1. The purchase, fitting, necessary adjustments and repairs of Prosthetic Devices which replace all or part of an absent body organ including contiguous tissue or which replace all or part of the function of an inoperative or malfunctioning body organ; and
2. The supplies and replacement of parts necessary for the proper functioning of the Prosthetic Device;
3. Breast prostheses, pursuant to an order by the patient's physician, required to replace the removed breast or portions thereof as a result of mastectomy and prostheses inserted during reconstructive surgery incident and subsequent to mastectomy.
4. Benefits are provided for the following visual Prosthetics when Medically Necessary and prescribed for one of the following conditions:
 - a. Initial contact lenses prescribed for treatment of infantile glaucoma;
 - b. Initial pinhole glasses prescribed for use after surgery for detached retina;
 - c. Initial corneal or scleral lenses prescribed (1) in connection with the treatment of keratoconus; or (2) to reduce a corneal irregularity other than astigmatism;
 - d. Initial scleral lenses prescribed to retain moisture in cases where normal tearing is not present or adequate; and
 - e. Initial pair of basic eyeglasses when prescribed to perform the function of a human lens (aphakia) lost as a result of (1) Accidental Injury; (2) trauma; or (3) ocular surgery.

Benefits are not provided for:

- a. Lenses which do not require a prescription;
- b. Any lens customization such as, but not limited to tinting, oversize or progressive lenses, antireflective coatings, U-V lenses or coatings, scratch resistance coatings, mirror coatings, or polarization;
- c. Deluxe frames; or
- d. Eyeglass accessories, such as cases, cleaning solution and equipment.

The "Repair and Replacement" paragraphs set forth below do not apply to this item (4).

Benefits for replacement of a Prosthetic Device or its parts will be provided: (a) when there has been a significant change in the Covered Person's medical condition that requires the replacement, (b) if the prostheses breaks because it is defective, or (c) if the prostheses breaks because it exceeds its life expectancy, as determined by the manufacturer, or (d) for a Dependent child due to the normal growth process when Medically Necessary. However, the replacement requirements detailed in (a), (b) and (c) of this paragraph do not apply to the replacement of prosthetic devices required to replace a removed breast or portions thereof, pursuant to paragraph #3 above.

The Carrier will provide benefits to repair Prosthetic Devices when the cost to repair is less than the cost to replace it. For purposes of replacement or repair of a prostheses, replacement means the removal and substitution of the prostheses or one of its components necessary for proper functioning. A repair is a restoration of the prostheses or one of its components to correct problems due to wear or damage. However, the Carrier will not provide benefits for repairs and replacements needed because the prostheses was abused or misplaced.

If a Prosthetic Device breaks and is under warranty, it is the responsibility of the Covered Person to work with the manufacturer to replace or repair it.

P. Specialist Office Visit

Benefits will be provided for Specialist Service medical care provided in the office by a Provider other than a Primary Care Provider. For the purpose of this benefit, "in the office" includes medical care visits to a Provider's office, medical care visits by a Provider to a Covered Person's residence, or medical care consultations by a Provider on an Outpatient basis.

Q. Spinal Manipulation Services

Benefits shall be provided up to the limits specified in the ***Schedule of Benefits*** for spinal manipulations for the detection and correction by manual or mechanical means of structural imbalance or subluxation resulting from or related to distortion, misalignment, or subluxation of or in the vertebral column.

R. Rehabilitative Therapy Services

Benefits shall be provided, subject to the Benefit Period Maximums specified in the ***Schedule of Benefits***, for the following services prescribed by a Physician and performed by a Professional Provider, a therapist who is registered or licensed by the appropriate authority to perform the applicable therapeutic service, and/or Facility Provider, which are used in treatment of an illness or injury to promote recovery of the Covered Person.

1. Occupational Therapy

Includes treatment of a physically disabled person by means of constructive activities designed and adapted to promote the restoration of the person's ability to satisfactorily accomplish the ordinary tasks of daily living. Coverage will also include services rendered by a registered, licensed occupational therapist.

2. Physical Therapy

Includes treatment by physical means, heat, hydrotherapy or similar modalities, physical agents, bio-mechanical and neuro-physiological principles, and devices to relieve pain, restore maximum function, and prevent disability following disease, injury, or loss of body part, including the treatment of functional loss following hand and/or foot surgery.

3. Speech Therapy

Includes treatment for the correction of a speech impairment resulting from disease, Surgery,

injury, congenital anomalies, or previous therapeutic processes. Coverage will also include services by a speech therapist.

S. Telemedicine Services

Benefits are provided for telemedicine services, provided by MDLIVE[®], a national network of board certified physicians that provide consultations 24 hours a day, 7 days a week, 365 days a year. MDLIVE[®] physicians provide standard medical assessments, treatments, care and services to patients via the telephone or secure video when a primary care physician is unavailable or inaccessible. MDLIVE[®] does not replace an existing primary care physician relationship but enhances it with an efficient, cost-effective alternative for non-emergency medical problems. The applicable cost-sharing requirements are specified in the **Schedule of Benefits**. The Covered Person will pay the applicable cost-sharing via credit or debit card prior to the consultation.

T. Therapy Services

Benefits shall be provided, subject to the Benefit Period Maximums specified in the **Schedule of Benefits**, for the following services prescribed by a Physician and performed by a Professional Provider, a therapist who is registered or licensed by the appropriate authority to perform the applicable therapeutic service, and/or Facility Provider, which are used in treatment of an illness or injury to promote recovery of the Covered Person.

1. Cardiac Rehabilitation Therapy

Refers to a medically supervised rehabilitation program designed to improve a patient's tolerance for physical activity or exercise.

2. Chemotherapy

Benefits shall be provided for chemotherapy. Chemotherapy means the treatment of malignant disease by chemical or biological antineoplastic agents used to kill or slow the growth of cancerous cells. Such agents are eligible for coverage when they are injected or infused into the body by a Professional Provider. The cost of these is covered, provided the drugs are approved by the U.S. Food and Drug Administration (FDA) as antineoplastic agents and administered as described in this paragraph.

Note: If this Plan does not provide coverage for prescription drugs, oral antineoplastic agents are covered as provided under the benefits described above.

3. Dialysis

Benefits shall be provided for dialysis. The treatment of acute renal failure or chronic irreversible renal insufficiency for removal of waste materials from the body by hemodialysis, peritoneal dialysis, hemoperfusion, or chronic ambulatory peritoneal dialysis (CAPD), or continuous cyclical peritoneal dialysis (CCPD).

4. Infusion Therapy

Benefits shall be provided for Infusion Therapy. Treatment includes the infusion of drug, hydration, or nutrition (parenteral or enteral) into the body by a healthcare provider. Infusion therapy includes all professional services, supplies, and equipment that are required to safely and effectively administer the therapy. Infusion may be provided in a variety of settings (e.g., home, office, outpatient) depending on the level of skill required to prepare the drug, administer the infusion, and monitor the Covered Person. The type of healthcare Provider who can administer the infusion depends on whether the drug is considered to be a Specialty Drug Infusion or a Standard Injectable Drug Infusion, as determined by the Carrier.

5. Pulmonary Rehabilitation Therapy

Includes treatment through a multidisciplinary program which combines Physical Therapy with an educational process directed towards the stabilization of pulmonary diseases and the improvement of functional status.

6. Radiation Therapy

Benefits shall be provided for Radiation Therapy. The treatment of disease by x-ray, radium, radioactive isotopes, or other radioactive substances regardless of the method of delivery, including the cost of radioactive materials supplied and billed by the Provider.

7. Respiratory Therapy

Includes the introduction of dry or moist gases into the lungs for treatment purposes. Coverage will also include services by a respiratory therapist.

U. **Urgent Care Center**

Benefits are provided for Urgent Care Centers, when Medically Necessary as determined by the Carrier. Urgent Care Centers are designed to offer immediate evaluation and treatment for health conditions that require medical attention in a non-emergency situation that cannot wait to be addressed by your Professional Provider or Retail Clinic. Cost-sharing requirements are specified in the ***Schedule of Benefits***.

V. **Vision Care Benefits**

This benefit is applicable to Covered Persons under the age of 19. All Vision Care benefits under this section end at the end of the month in which the Covered Person turns age 19.

A. Routine Eye Exam and Refraction

Subject to the limits shown in the ***Schedule of Benefits***, benefits are payable for one (1) routine eye exam and refraction every Vision Care Benefit Period.

B. Prescription Lenses and Frames or Contact Lenses from a Preferred Provider

Subject to the limits shown in the ***Schedule of Benefits***, each Covered Person is entitled to the following benefits for vision frames and prescription lenses once every Benefit Period when provided by a Preferred Provider and the Covered Person selects the vision frames and prescription lenses from the Pediatric Frame Selection:

1. One (1) pair of frames; and
2. One (1) set of spectacle lenses that may be plastic or glass lenses, single, bifocal, or trifocal lenses, lenticular lenses, polycarbonate lenses for dependent children and monocular patients and patients with prescriptions greater than or equal to +/- 6.00 diopters and/or oversized lenses.

Frames and prescription lenses covered by this contract are limited to the Pediatric Frame Selection of covered frames and prescription lenses. The preferred provider will show the Covered Person the selection of frames and prescription lenses covered by this contract. If the Covered Person selects a frame or prescription lenses that are not included in the Pediatric Frame Selection covered under this Contract, the Covered Person is responsible for the difference in cost between the preferred provider reimbursement amount for covered frames and prescription lenses from the Pediatric Frame Selection and the retail price of the frame and prescription lenses selected. Any amount paid to the preferred provider for the difference in cost of a non-Pediatric Frame Selection frame or prescription lenses will not apply to any applicable deductible or out-of-pocket maximum.

- C. Benefits are also provided for prescription contact lenses in lieu of eyeglasses, up to the limits shown in the ***Schedule of Benefits*** section of this Contract for Vision Care (Pediatric), once per Benefit Period.

D. Prescription Lenses and Frames or Contact Lenses from a Non-Preferred Provider

No benefits shall be provided for Prescription Lenses and Frames or contact lenses obtained from a Non-Preferred Provider.

SECTION EX - EXCLUSIONS

Except as specifically provided in this Contract, no benefits will be provided for services, supplies or charges:

- Which are not Medically Necessary as determined by the Carrier for the diagnosis or treatment of illness or injury;
- Which are Experimental/Investigative in nature, except, as approved by the Carrier, Routine Patient Costs Associated With Qualifying Clinical Trials that meets the definition of a Qualifying Clinical Trial under this Contract;
- Which were Incurred prior to the Covered Person's Effective Date of coverage;
- Which were or are Incurred after the date of termination of the Covered Person's coverage except as provided in the "Benefits After Termination Of Coverage" subsection of this Contract;
- For any loss sustained or expenses Incurred during military service while on active duty; or as a result of enemy action or act of war, whether declared or undeclared;
- For which a Covered Person would have no legal obligation to pay;
- To the extent payment is made under Medicare when Medicare is primary;
- For any occupational illness or bodily injury which occurs in the course of employment if benefits or compensation are available, in whole or in part, under the provisions of the Worker's Compensation Law or any similar Occupational Disease Law or Act. This exclusion applies whether or not the Covered Person claims the benefits or compensation;
- To the extent benefits are provided by the Veteran's Administration or by the Department of Defense for members of the armed forces of any nation while on active duty;
- For injuries resulting from the maintenance or use of a motor vehicle if such treatment or service is paid under a plan or policy of motor vehicle insurance, including a certified self-insured plan, or payable in any manner under the Pennsylvania Motor Vehicle Financial Responsibility Law;
- Which are not billed and performed by a Provider as defined under this Contract as a "Professional Provider", "Facility Provider" or "Ancillary Provider" except as otherwise indicated under the subsections entitled:
 - (a) "Habilitative Therapy Services";
 - (b) "Rehabilitative Therapy Services";
 - (c) "Therapy Services" (that identifies covered Therapy Services as provided by licensed therapists);
 - and
 - (d) "Ambulance Services"of the **Description of Benefits** section of this Contract;
- Rendered by a member of the Covered Person's Immediate Family;
- Performed by a Professional Provider enrolled in an education or training program when such services are related to the education or training program and are provided through a Hospital or university;

- For ambulance services except as specifically provided in the Ambulance Services benefit as specified in the ***Description of Benefits*** section of this Contract;
- For services and supplies provided in conjunction with procedures that are determined to be cosmetic under the Contract. A procedure is "cosmetic" if it is designed to improve the appearance of any portion of the body, but is not expected to produce any significant improvement in physiologic function. This "cosmetic" exclusion does not apply to covered surgical procedures performed for (a) newborns within the first thirty-one (31) days after birth, and beyond that period if continuously covered under this Contract, for care and treatment of medically diagnosed congenital defects or birth abnormalities; (b) reconstructive surgery after mastectomy as required by law; (c) reconstructive surgery performed for the purpose of approximating or restoring original physical appearance from (1) anomalies caused by an accidental injury, or (2) anomalies caused by previous surgery or other medical intervention to treat illness or disease, or (d) cosmetic procedures necessitated by a covered illness or injury.
- For telephone consultations, charges for failure to keep a scheduled visit, or charges for completion of a claim form;
- For Alternative Therapies/complementary medicine, including but not limited to, acupuncture, music therapy, dance therapy, equestrian/hippotherapy, homeopathy, primal therapy, rolfing, psychodrama, vitamin or other dietary supplements and therapy, naturopathy, hypnotherapy, bioenergetic therapy, Qi Gong, Ayurvedic therapy, aromatherapy, massage therapy, therapeutic touch, recreational, wilderness, educational and sleep therapies;
- For marriage counseling;
- For Custodial Care, domiciliary care or rest cures;
- For equipment costs related to services performed on high cost technological equipment as defined by the Carrier, such as, but not limited to, computer tomography (CT) scanners, magnetic resonance imagers (MRI) and linear accelerators, unless the acquisition of such equipment by a Professional Provider was approved through the Certificate of Need (CON) process and/or by the Carrier;
- For dental services related to the care, filling, removal or replacement of teeth (including dental implants to replace teeth or to treat congenital anodontia, ectodermal dysplasia or dentinogenesis imperfecta), and the treatment of injuries to or diseases of the teeth, gums or structures directly supporting or attached to the teeth, except as otherwise specifically stated in this Contract. Services not covered include, but are not limited to, apicoectomy (dental root resection), prophylaxis of any kind, root canal treatments, soft tissue impactions, alveolectomy, bone grafts or other procedures provided to augment an atrophic mandible or maxilla in preparation of the mouth for dentures or dental implants; and treatment of periodontal disease unless otherwise indicated. This exclusion does not apply to dental services provided for the initial treatment of an Accidental Injury/trauma;
- For dental implants for any reason;
- For dentures, unless for the initial treatment of an Accidental Injury/trauma;
- For orthodontic treatment, except for appliances used for palatal expansion to treat congenital cleft palate;
- For injury as a result of chewing or biting (neither is considered an Accidental Injury);

- For treatment of temporomandibular joint syndrome (TMJ), also known as craniomandibular disorders (CMD), with intraoral devices or with any non-surgical method to alter vertical dimension;
- For routine foot care, as defined in the Carrier's Medical Policy unless associated with the Medically Necessary treatment of peripheral vascular disease and/or peripheral neuropathic disease, including but not limited to diabetes;
- For supportive devices for the foot (orthotics), such as, but not limited to, foot inserts, arch supports, heel pads and heel cups, and orthopedic/corrective shoes, except for orthotics or podiatric appliances required for the prevention of complications associated with diabetes;
- For Hearing Aids, including cochlear electromagnetic hearing devices, and hearing examinations or tests for the prescription or fitting of Hearing Aids;
- For assisted fertilization techniques such as, but not limited to, in-vitro fertilization, gamete intra-fallopian transfer (GIFT) and zygote intra-fallopian transfer (ZIFT);
- For sex therapy or other forms of counseling for treatment of sexual dysfunction;
- For treatment of obesity. This exclusion does not apply to nutrition counseling visits/sessions as described in the "Nutrition Counseling for Weight Management" provision under the **Description of Benefits** section of this Contract;
- As described under "Durable Medical Equipment" in the **Description of Benefits** section, for personal hygiene, comfort and convenience items; equipment and devices of a primarily nonmedical nature; equipment inappropriate for home use; equipment containing features of a medical nature that are not required by the Covered Person's condition; non-reusable supplies; equipment which cannot reasonably be expected to serve a therapeutic purpose; duplicated equipment, whether or not rented or purchased as a convenience; and devices and equipment used for environmental control; and customized wheelchairs;
- For eyeglasses, lenses or contact lenses and the vision examination for prescribing or fitting eyeglasses or contact lenses unless otherwise indicated in this Contract;
- For correction of myopia or hyperopia by means of corneal microsurgery, such as keratomileusis, keratophakia, and radial keratotomy and all related services;
- For Orthoptic/Pleoptic therapy;
- For preventive services except as specifically provided for in the Primary and Preventive Care subsection in the **Description of Benefits** section of this Contract;
- For weight reduction and premarital blood tests;
- For preventive screening examinations, except for mammograms and those screening examinations listed under "Pediatric Preventive Care", "Adult Preventive Care", and "Women's Preventive Care" in the **Description of Benefits** section of this Contract;
- For travel, whether or not it has been recommended by a Professional Provider or if it is required to receive treatment at an out of area Provider;
- For immunizations required for employment or travel;

- For care in a nursing home, home for the aged, convalescent home, school, camp, institution for Intellectually Disabled children, Custodial Care in a Skilled Nursing Care Facility;
- For counseling or consultation with a Covered Person's relatives, or Hospital charges for a Covered Person's relatives or guests, except as may be specifically provided or allowed in the "Treatment for Alcohol or Drug Abuse and Dependency" or "Transplant Services" sections of the **Description of Benefits**;
- For medical supplies such as but not limited to thermometers, ovulation kits and early pregnancy or home pregnancy testing kits;
- For home blood pressure machines, except for Covered Persons: (a) with pregnancy-induced hypertension; (b) with hypertension complicated by pregnancy; (c) with end-stage renal disease receiving home dialysis; or (d) who are eligible for home blood pressure machine benefits as required based on ACA preventive mandates;
- For medication other than Prescription Drugs unless such medication is administered on an Inpatient basis;
- For Prescription Drugs used for Experimental/Investigative purposes, or Prescription Drugs prescribed or used for cosmetic purposes (such as hair growth or wrinkle removal, etc.);
- For appetite suppressants;
- For oral non-elemental nutritional supplements (e.g. Boost, Ensure, PediaSure), casein hydrolyzed formulas (e.g. Nutramigen, Alimentum, Pregestimil), or other nutritional products including, but not limited to, banked breast milk, basic milk, milk-based, and soy-based products. This exclusion does not apply to Medical Foods and Nutritional Formulas as provided for and defined in the Medical Foods and Nutritional Formulas benefit in the **Description of Benefits** section of this Contract;
- For elemental semi-solid foods (e.g. Neocate Nutra);
- For products that replace fluids and electrolytes (e.g. Electrolyte Gastro, Pedialyte);
- For additives (e.g. Duocal, fiber, or vitamins) and food thickeners (e.g. Thick-It, Resource ThickenUp);
- For supplies associated with the oral administration of formula (e.g. bottles, nipples);
- For Inpatient and Outpatient Private Duty Nursing services;
- For any care that extends beyond traditional medical management for autistic disease of childhood, Pervasive Development Disorders, Attention Deficit Disorder, learning disabilities, behavioral problems or Intellectual Disability; or treatment or care to effect environmental or social change;
- For charges Incurred for expenses in excess of Benefit Maximums as specified in the **Schedule of Benefits** of this Contract;
- For research studies;

- For Cognitive Rehabilitative Therapy except when provided integral to other supportive therapies, such as, but not limited to physical, occupational and speech therapies in a multidisciplinary, goal-oriented and integrated treatment program designed to improve management and independence following neurological damage to the central nervous system injury caused by illness or trauma (e.g. stroke, acute brain insult, encephalopathy);
- For Self-Administered Prescription Drugs, regardless of whether the drugs are provided or administered by a Provider. Drugs are considered Self-Administered Prescription Drugs even when initial medical supervision and/or instruction is required prior to patient self-administration. This exclusion does not apply to Self-Administered Prescription Drugs that are:
 - (a) Covered under the "Prescription Drugs/medicines" paragraph of the "Outpatient Benefits" subsection of this Contract;
 - (b) Mandated to be covered by law, such as insulin or any drugs required for the treatment of diabetes; or
 - (c) Required for treatment of an emergency condition that requires a Self-Administered Drug;
- For elective abortion services;
- For pediatric dental; and
- For any other service or treatment except as provided in this Contract.

SECTION GP - GENERAL PROVISIONS

ENTIRE CONTRACT; CHANGES

This Contract, Preventive Schedule, applicable endorsements, Identification Cards, Premium Rate Notification Letter, and attached papers, if any, comprise the entire Contract between the Applicant and the Carrier. No change in this Contract will be effective until approved by an authorized officer of the Carrier. This approval must be noted on or attached to this Contract. No agent or representative of the Carrier, other than an officer of the Carrier may otherwise change this Contract or waive any of its provisions.

TIME LIMIT ON CERTAIN DEFENSES

After three (3) years from the date of issue of this Contract, no misstatements, except fraudulent misstatements made by the Applicant in the Application for such Contract, shall be used to void said Contract or to deny benefits for a loss incurred commencing after the expiration of such three (3) year period. A new three (3) year contestable period applies to each new Dependent added to the coverage provided under this Contract as of the Dependent's effective date of coverage. No claim for loss incurred shall be reduced or denied on the grounds that a disease or physical condition not excluded from coverage by name or specific description effective on the date of loss had existed prior to the Effective Date of coverage under this Contract.

GRACE PERIOD

This Contract has a grace period of thirty (30) days. However, if the Applicant-Subscriber is enrolled in an on exchange product, receives a tax credit and the Applicant-Subscriber previously paid at least one (1) month's premium during the Benefit Period, the grace period will be three (3) consecutive months. During the three (3) month period, the Carrier will pay all appropriate claims during the first month of the grace period. However, the Carrier may pend claims in the second and third months of the grace period and provide notification as such. If a payment is not made on or before the date it is due, it may be paid during the grace period. During the grace period the Contract will stay in force. If premiums are not paid by the end of the applicable grace period, this Contract automatically terminates, subject to the "Benefits After Termination Of Coverage" provisions set forth in this section.

REINSTATEMENT

If this Contract is terminated due solely to nonpayment of the premium, coverage will be reinstated if the Applicant, within 30 days from the date the Grace Period ends, applies for reinstatement and the Carrier receives payment of the premium required for reinstatement. The Carrier and Covered Persons have the same rights under the reinstated Contract as they had under the Contract immediately before the due date of the defaulted premium. The right of the Applicant to have this Contract reinstated is limited to one (1) reinstatement in a Calendar Year period, and two (2) reinstatements per lifetime.

If the Contract is not reinstated according to the provisions above, the Applicant may apply for a new Contract. Upon acceptance of the Application by the Carrier, the Applicant and eligible Dependents shall be subject to all the terms of the new Contract.

LEGAL ACTIONS

No action at law or in equity may be taken to recover benefits prior to the expiration of sixty (60) days after written proof of loss has been given in accordance with the requirements of this Contract, and no such action may be taken later than three (3) years after the date written proof of loss is required to be furnished.

EFFECTIVE DATE AND TERM

This Contract shall be effective from the date of this issuance, as that date appears on the records of the Carrier for a term of one (1) year and annually thereafter upon payment and acceptance by the Carrier of the premium due; and upon compliance with the terms and provisions of this Contract, or any renewal thereof. The Carrier will provide written confirmation of the Applicant's Effective Date on the application form and the Schedule of Rates sent to the Applicant following acceptance by the Carrier of the premium due.

Subject to the right of the Carrier to terminate coverage and to any amendment permitted under applicable law, this Contract will remain in effect continually until terminated by the Covered Person or the Carrier in accordance with "Termination of the Contract" provisions as detailed in this **General Provisions** section.

At the time of coverage renewal, the Carrier may modify the health insurance coverage for this Contract form offered to individuals in the individual market so long as such modification is consistent with Pennsylvania law and effective on a uniform basis among all individuals covered under this Contract form.

BENEFITS TO WHICH COVERED PERSONS ARE ENTITLED

1. The benefit liability of the Carrier is limited to the benefits specified in this Contract.
2. Except as may be provided under the Transplant Services benefit of the **Description of Benefits** section of this Contract, no person other than a Covered Person (or a newborn child within the first 31 days of birth) is entitled to receive benefits under this Contract. Such right to benefits and coverage is not transferable, except where necessary in the case of a custodial parent of a Dependent covered under this Contract, if required by law.
3. Benefits for Covered Services specified in this Contract will be provided only for services and supplies that are rendered by a Provider specified in the **Definitions** section of this Contract.

TERMINATION OF THE CONTRACT

The Applicant may renew this Contract annually on the Anniversary Date except the Carrier can make a determination not to renew the Contract for nonpayment of the required premium, fraud or intentional misrepresentation of a material fact. The Carrier can determine not to renew the Contract if the Applicant does not reside in the geographical area served by the Carrier. Should the Applicant reside in a geographic area outside the area served by the Carrier and he wishes to continue coverage, the Covered Person must transfer his coverage to the Blue Cross and Blue Shield plan that serves the area.

Nonrenewal shall not be based on any health status-related factors of a Covered Person. With respect to relocation outside the geographic area covered by the Carrier, the Covered Person will be given thirty (30) days advance notice of any decision not to renew.

The Carrier can also non-renew this Contract form for all enrolled persons. In such case, the Carrier will provide notice to each Covered Person at least ninety (90) days prior to the date of discontinuation of such coverage. Such notice will provide enrolled persons with the option to purchase, without proof of insurability, any other individual health insurance coverage currently offered by the Carrier.

The Carrier can also non-renew this Contract because it elects to discontinue offering all health insurance coverage in the individual market in Pennsylvania. In such case the Carrier will provide notice to all enrolled persons and the Pennsylvania Insurance Department of such discontinuation at least 180 days prior to the date of the expiration of the coverage.

CHANGE IN STATUS AND CHARGES

1. Adding a Dependent spouse:

An Applicant can apply to enroll a Dependent spouse for coverage under this Contract provided that the Applicant submits the Application to the Carrier for addition of the Dependent spouse. The Effective Date of Coverage for such Dependent spouse will be the first billing date following thirty (30) days after such Application is accepted by the Carrier and timely payment of the appropriate rate has been made.

2. Adding a Dependent child:

A newborn child of a Covered Person shall be entitled to benefits provided by this Contract from the date of birth up to a maximum of thirty-one (31) days. To be eligible for Dependent coverage beyond the thirty-one (31) day period, the Applicant must enroll the newborn child as a Dependent within such thirty-one (31) days and make timely payment of the appropriate rate.

An adopted child of the Covered Person shall be entitled to benefits provided by this Contract from the date of placement for adoption up to a maximum of thirty-one (31) days. This coverage will be effective from the date of placement for the purpose of adoption and continues unless the placement is disrupted prior to legal adoption and the child is removed from placement. To be eligible for Dependent coverage beyond the thirty-one (31) days period, the Applicant must enroll the adopted child as a Dependent within such thirty-one (31) days and make timely payment of the appropriate rate.

Except for a newborn child or adopted child, a newly acquired Dependent child shall be eligible for coverage under this Contract provided that the Applicant makes Application to the Carrier for addition of the Dependent. The Effective Date of Coverage for such child will be the first billing date following thirty (30) days after such Application is accepted by the Carrier and timely payment of the appropriate rate has been made.

A Dependent child who is required to be covered under the terms of a qualified medical release or court order will be covered under this Contract no later than thirty (30) days from receipt of the Carrier of the court order, provided the Carrier receives a completed Application and is accepted by the Carrier.

3. Death of Applicant

In the event of the death of the Applicant, that coverage for Applicant shall terminate at the end of the last period for which payment was accepted by the Carrier. The spouse of the deceased Applicant, if covered under this Contract, shall become the Applicant and eligible Dependents will continue as the Applicant's Dependents under this Contract.

4. Divorce of Dependent Spouse

If a Dependent spouse is divorced from the Applicant, coverage of such Dependent spouse under this Contract shall terminate at the end of the last period for which payment was accepted by the Carrier. The terminated spouse may apply for a new direct pay coverage, without proof of insurability, by applying within sixty (60) days of such termination. The direct pay coverage will be the same coverage, or one that nearly approximates the coverage of this Contract, if this contract form is no longer offered by the Carrier, and will be effective on the date that coverage terminated under the prior coverage at the rate then in effect.

5. Termination of a Domestic Partnership

Upon termination of the Domestic Partner relationship, coverage of the former Domestic Partner and the children of the former Domestic Partner shall terminate at the end of the current monthly

term. The former Domestic Partner, and any of their previously covered

children, shall be entitled, by applying within sixty (60) days of such termination, to direct pay coverage of the type for which the former Domestic Partner and children are then qualified, at the rate then in effect. This direct pay coverage may be different from the coverage provided under this Contract.

6. Dependent Child's Attainment of Age Twenty-six (26)

The eligibility of a Dependent child will terminate on the 1st day of the contract month following the occurrence of such Dependent's attainment of age twenty-six (26).

In addition, a full-time student will be considered eligible for coverage when they are on a Medically Necessary leave of absence from the Accredited Educational Institution. The Dependent child will be eligible for coverage until the earlier of one (1) year from the first day of the leave of absence or the date on which the coverage otherwise would terminate. However, the limiting age referenced above will be applicable regardless of the status of the Medically Necessary leave of absence.

Extension of Eligibility for Students on Military Duty

The limiting age of twenty six (26) does not apply to a full-time student who is eligible for coverage under this Contract who is:

- A. A member of the Pennsylvania National Guard or any reserve component of the U.S. armed forces and who is called or ordered to active duty, other than an active duty for training for a period of thirty (30) or more consecutive days; or
- B. A member of the Pennsylvania National Guard who is ordered to active state duty, including duty under Pa. C.S. Ch. 76 (relates to Emergency Management Assistance Compact), for a period of thirty (30) or more consecutive days.

Eligibility for these Dependents will be extended for a period equal to the duration of the Dependent's service on duty or active state duty or until the individual is no longer a full-time student regardless of the age of the Dependent when the educational program at the Accredited Educational Institution was interrupted due to military duty. As proof of eligibility, the enrolled Applicant must submit a form to the Carrier approved by the Department of Military & Veterans Affairs (DMVA):

- A. Notifying the Carrier that the Dependent has been placed on active duty;
- B. Notifying the Carrier that the Dependent is no longer on active duty; or
- C. Showing that the Dependent has re-enrolled as a full-time student in an Accredited Educational Institution for the first term or semester starting sixty (60) or more days after his release from active duty.

The coverage for such child will terminate at the end of the last period for which premium was accepted by the Carrier. No premium shall be accepted under this Contract on behalf of a child for any period for which such child is not an eligible Dependent. However, in the event the Carrier accepts premium for coverage beyond the date eligibility ends for such child, coverage for the child will be extended until the end of the then current paid date. Such child shall be entitled to direct pay coverage of the same or similar type for which he is then qualified by applying within sixty (60) days of such termination.

7. Continuation of Incapacitated Child

If an unmarried child is incapable of self-support because of mental or physical incapacity and is dependent on the Applicant for over half of that child's support, the Applicant may apply to the Carrier to continue coverage of such child under this Contract upon the terms and conditions set forth below. Continuation of benefits under this provision will only apply if the child was eligible as a Dependent and mental or physical incapacity commenced prior to age twenty-six (26).

The disability must be certified by the attending Physician; furthermore, the disability is subject to annual medical review.

BENEFITS AFTER TERMINATION OF COVERAGE

If coverage is cancelled or not renewed by the Carrier:

1. Except for non-payment of premium, coverage will be continued with respect to a pregnancy which commenced while the Contract was in force and for which benefits would have been paid had the Contract continued in force.
2. With respect to a Covered Person who is continuously disabled, coverage will be continued without prejudice to any continuous loss which commenced while the Contract was in force. Continuation of coverage will continue, subject to all benefit Maximums, until the earlier of: (a) the end of the disability; or (b) the end of the current Benefit Period.

RELEASE OF INFORMATION

Each Covered Person agrees that any person or entity having information relating to an illness or injury, for which benefits are claimed under this Contract, may furnish to the Carrier, upon its request, any information (including copies of records relating to the illness or injury). In addition, the Carrier may furnish similar information to other entities providing similar benefits at their request.

The Carrier may also furnish other Carriers or Carrier sponsored entities with membership and/or coverage information for the purpose of claims processing or facilitating patient care.

When the Carrier needs to obtain consent for the release of personal health information, authorization of care and treatment, or to have access to information from a Covered Person who is unable to provide it, the Carrier will obtain consent from a parent, legal guardian, next of kin, or other individual with appropriate legal authority to make decisions on behalf of the Covered Person.

COVERED PERSON/PROVIDER RELATIONSHIP

1. The choice of a Provider is solely the Covered Person's.
2. The Carrier does not furnish Covered Services but only makes payment for Covered Services received by Covered Persons. The Carrier is not liable for any act or omission of any Provider. The Carrier has no responsibility for a Provider's failure or refusal to render Covered Services to a Covered Person.
3. The use or non-use of an adjective such as Preferred or Non-Preferred in modifying any Facility Provider or Professional Provider is not a statement as to the ability of the Facility Provider or the Professional Provider.

IDENTIFICATION CARDS

The Carrier will provide Identification Cards to all Covered Persons.

APPLICABLE LAW

This Contract is entered into, interpreted in accordance with, and is subject to the laws of the Commonwealth of Pennsylvania.

NOTICE

Any notice required under this Contract must be in writing. Notice given to the Covered Person will be sent to the Covered Person's address stated in the Application. Notice given to the Carrier will be sent to Independence Blue Cross, of which QCC Insurance Company is an affiliate, at the address stated in the Application. Notice given to a Covered Person will be sent to the Covered Person's address as it appears on the records of the Carrier. The Covered Person may, by written notice, indicate a new address for giving notice.

COORDINATION OF BENEFITS

All benefits, except the Vision Care benefits, provided under this Contract are subject to this provision, and will not be increased by virtue of this provision.

A. Definitions - In addition to the Definitions of this Contract, the following definitions apply only to this provision;

1. "Plan" means any individual coverage or group arrangement providing health care benefits or Covered Services through:
 - a. individual, group (except hospital indemnity plans), blanket (except student accident) or franchise insurance coverage;
 - b. Blue Cross, Blue Shield, health maintenance organization and other prepayment coverage;
 - c. coverage under labor-management trust plans, union welfare plans, employer organization plans, or employee benefit organization plans; and
 - d. coverage under any tax supported or government program to the extent permitted by law.

"Plan" shall be applied separately with respect to each arrangement for benefits or services and separately with respect to that portion of any arrangement which reserves the right to take benefits or services of Plans into consideration in determining its benefits and that portion which does not.

2. "Dependent" means, for any Plan, any person who qualifies as a Dependent under that Plan.
3. "Allowable Benefits" means the charge for Covered Services.
4. "Benefits Paid or Payable" means amounts actually paid for Covered Services.

B. Effect on Benefits

1. This provision shall apply in determining the benefits of this Contract if, for Covered Services received, the sum of the Benefits Payable under this Contract and the Benefits Payable under other Plans would exceed the Allowable Benefits.
2. Except as provided in item 3. of this Section, the Benefits Payable under this Contract for Covered Services will be reduced so that the sum of the reduced benefits and the Benefits Payable for Covered Services under other Plans does not exceed the total of Allowable Benefits.
3. If,
 - a. the other Plan contains a provision coordinating its benefits with those of this Contract and its rules require the benefit of this Contract to be determined first, and
 - b. the rules set forth in item 5 of this Section require the benefits of this Contract to be determined first,then the benefits of the other Plan will be ignored in determining the benefits under this Contract.

4. If the other Plan does not include a Coordination of Benefits provision, such plan will be the primary Plan.
 5. If the other Plan does include a Coordination of Benefits provision:
 - a. The Plan covering the patient other than as a Dependent will be the primary Plan.
 - b. Where both Plans cover the patient as a Dependent child, the Plan covering the patient as a Dependent child of a parent whose date of birth, excluding year of birth, occurs earlier in the calendar year shall be the primary Plan. But, if both parents have the same birthday, the Plan which covered the parents longer will be the primary Plan. If the parents are separated or divorced the following will apply:
 - (i) The Plan which covers the child as a Dependent of the parent with custody will be the primary Plan.
 - (ii) If the parent with custody has remarried, the Plan which covers the child as a Dependent of the stepparent with custody will determine its benefits before the Plan covering the child as Dependent of the parent without custody.
 - (iii) Where there is a court decree which establishes financial responsibility for the health care expenses of the Dependent child, the Plan which covers the child as a Dependent of the parent with such financial responsibility will be the primary Plan as long as the Plan of that parent has actual knowledge of the court decree.
 - (iv) If the specific terms of the court decree state that the parents shall share joint custody, without stating that one of the parents is responsible for the health care expenses of the child, the plans covering the child shall follow the order of benefit determination rules outlined in the first paragraph of B.5.(b).
- C. Facility of Payment - When payments should have been made under this Contract in accordance with the provision, but the payments have been made under any other Plan, this Plan has the right to pay to any organization that has made such payment any amount it determines to be warranted to satisfy the intent of this provision. Amounts so paid shall be deemed to be benefits paid under this Contract and to the extent of the payments for covered services, the Plan shall be fully discharged from liability under this Contract.
- D. Right of Recovery
1. Whenever payments have been made by this Plan for Covered Services in excess of the maximum amount of payment necessary at that time to satisfy the intent of this provision, irrespective of to whom paid, this Plan shall have the right to recover the excess from among the following, as the Carrier shall determine: any person to or for whom such payments were made, any insurance companies, or any other organizations.
 2. The Applicant and the Carrier will cooperate fully to make every reasonable effort, under the circumstances, to help secure the Carrier's rights to recover these excess payments.
- E. The Carrier shall not be required to determine the existence of any plan or amount of Benefits Payable under any plan except this Contract, and the payment of benefits under this Contract shall be affected by the Benefits payable under any and all other plans only to the extent that the Carrier is furnished with information relative to such other plans by any other insurance company or organization in person.

When the benefits are reduced under the primary Plan because the Applicant does not comply with the Contract provisions, the amount of such reduction will not be considered an Allowable Benefit. Examples of such provisions are those related to second surgical opinions and Precertification of certain healthcare services.

SUBROGATION AND REIMBURSEMENT RIGHTS

By accepting benefits for Covered Services, you agree that the Carrier has the right to enforce subrogation and reimbursement rights in accordance with applicable state and federal law. The term Responsible Third Party refers to any person or entity, including any insurance company, health benefits plan or other third party, that has an obligation (whether by contract, common law or otherwise) to pay damages, pay compensation, provide benefits or make any type of payment to you for an injury or illness. The right of subrogation or reimbursement is not enforceable if prohibited by statute or regulation.

Subrogation Rights

Subrogation rights arise when the Carrier pays benefits on behalf of a Covered Person and the Covered Person has a right to receive damages, compensation, benefits or payments of any kind (whether by a court judgment, settlement or otherwise) from a Responsible Third Party. The Carrier is subrogated to the Covered Person's right to recover from the Responsible Third Party. This means that the Carrier "stands in your shoes" - and assumes your right to pursue and receive the damages, compensation, benefits or payments from the Responsible Third Party to the full extent that the Carrier has reimbursed you for medical expenses or paid medical expenses on your behalf. The right to pursue a subrogation claim is not contingent upon whether or not you pursue the Responsible Third Party for any recovery.

Reimbursement Rights

If a Covered Person obtains any recovery - regardless of how it's described or structured - from a Responsible Third Party, the Covered Person must fully reimburse the Carrier for all medical expenses that were paid to the Covered Person or on the Covered Person's behalf out of the amounts recovered from the Responsible Third Party to the extent permitted by law. The Carrier has the right to pursue recovery of the full reimbursement amount.

- These subrogation and reimbursement rights apply regardless of whether money is received through a court decision, settlement, or any other type of resolution.
- These subrogation and reimbursement rights apply even if the recovery is designated or described as covering damages other than medical expenses (such as property damage or pain and suffering).
- These subrogation and reimbursement rights apply with respect to any recoveries made by the Covered Person, including amounts recovered under an uninsured or underinsured motorist policy.
- The Carrier will not pay, offset any recovery, or in any way be responsible for attorneys' fees or costs associated with pursuing a claim against a Responsible Third Party unless the Carrier agrees to do so in writing.
- In addition to any Coordination of Benefits rules described in this Contract, the benefits paid by the Carrier will be secondary to any no-fault auto insurance benefits and to any worker's compensation benefits (no matter how any settlement or award is characterized) to the fullest extent permitted by law.
- These subrogation and reimbursement rights apply and will not be decreased, restricted, or eliminated in any way if the Covered Person receives or has the right to recover no-fault insurance benefits.

- All rights under this section are enforceable against the heirs, estate, legal guardians or legal representatives of the Covered Person.
- The Carrier has the right to pursue recovery of the full reimbursement amount of the medical benefits paid without regard to any claim of fault on your part.

Obligations of Covered Person

- Immediately notify the Carrier or its designee in writing if you assert a claim against a Responsible Third Party, whether informally or through judicial or administrative proceedings.
- Immediately notify the Carrier or its designee in writing whenever a Responsible Third Party contacts you or your representative - or you or your representative contact a Responsible Third Party - to discuss a potential settlement or resolution.
- Refuse any offer to settle, adjust or resolve a claim for damages, benefits or compensation that involves an injury, illness or medical expenses in any way, unless and until you receive written authorization from the Carrier or its delegated representative.
- Fully cooperate with the Carrier and its designated representative, as needed, to allow for the enforcement of these subrogation and reimbursement rights and promptly supply information/documentation when requested and promptly execute any and all forms/documents that may be needed.
- Avoid taking any action that may prejudice or harm the Carrier's ability to enforce these subrogation and reimbursement rights to the fullest extent possible.
- Fully reimburse the Carrier or its designated representative promptly, if appropriate, out of the amounts recovered from the Responsible Third Party whether the funds are received by court judgment, settlement or otherwise from a Responsible Third Party.
- All of these Obligations apply to the heirs, estate, legal guardians or legal representatives of the Covered Person.

PAYMENT OF PROVIDERS

A. Preferred Provider Reimbursement

Personal Choice reimbursement programs for health care Providers are intended to encourage the provision of quality, cost-effective care for the EPO members. Set forth below is a general description of the EPO reimbursement programs, by type of Personal Choice Network health care Provider.

Please note that these programs may change from time to time, and the arrangements with particular Providers may be modified as new contracts are negotiated. For questions about how a health care Provider is compensated, the Covered Person is advised to speak with the healthcare Provider directly or contact the Carrier's Member Services Department at the telephone number shown on the back of the Identification Card.

1. Physicians

Personal Choice Network Physicians, including primary care Physicians (PCPs) and specialists, are paid on a fee-for-service basis, meaning that payment is made according to the Carrier's Personal Choice fee schedule for the specific medical services that the Physician performs.

2. Institutional Providers

- a. Hospitals: For most Inpatient medical and surgical services, Hospitals are paid per diem rates, which are specific amounts paid for each day a Covered Person is in the Hospital. These rates usually vary according to the intensity of the Covered Services provided. Some Hospitals are also paid case rates, which are set dollar amounts paid for a complete Hospital stay related to a specific procedure or diagnosis, e.g., transplants. For most Outpatient and Emergency Services and procedures, most Hospitals are paid specific rates based on the type of Covered Service performed. For a few Covered Services, Hospitals are paid based on a percentage of billed charges. Most Hospitals are paid through a combination of the above payment mechanisms for various services.

The Carrier has implemented a quality incentive program with a few of the Network Hospitals. This program will provide increased reimbursement to these Hospitals based on them meeting specific quality criteria, including "Patient Safety Measures". Such patient safety measures are consistent with recommendations by the President's Advisory Commission on Consumer Protection and Quality in the Health Care Industry and are designed to help reduce medical and medication errors.

- b. Skilled Nursing Facilities, Rehabilitation Hospitals, and other care facilities: Most Skilled Nursing Facilities and other special care facilities are paid per diem rates, which are specific amounts paid for each day a Covered Person is in the facility. These amounts may vary according to the intensity of the Covered Services provided.
- c. Ambulatory Surgical Centers (ASCs): Most ASCs are paid specific rates based on the type of Covered Service performed. For a few services, some ASCs are paid based on a percentage of billed charges.

3. Physician Group Practices, Physician Associations and Integrated Delivery Systems
Certain physician group practices, independent physician associations (IPAs) and integrated hospital/physician organizations called Integrated Delivery Systems (IDS) employ or contract with individual Physicians to provide medical services. These groups are paid as described in the Physicians reimbursement section outlined above. These groups may pay their affiliated Physicians a salary and/or provide incentives based on production, quality, service, or other performance standards.

4. Ancillary Service Providers, certain Facility Providers and Mental Health/Substance Abuse Providers

Ancillary service providers, such as Durable Medical Equipment Providers, laboratory Providers, Home Health Care Agencies, and mental health/psychiatric care and Alcohol and Drug Abuse Providers are paid on the basis of fee-for-service payments according to the Carrier's Personal Choice fee schedule for the specific Covered Services performed. In some cases, such as for mental health/psychiatric care and Alcohol and Drug Abuse benefits, one (1) vendor arranges for all such services through a contracted set of providers. The Carrier reimburses the contracted Providers of these vendors on a fee-for-service basis. An affiliate of Independence Blue Cross has less than a three percent ownership interest in this mental health/psychiatric care and Alcohol and Drug Abuse vendor.

5. Pharmacy Providers

The Carrier anticipates that it will pass on a high percentage of the average expected Prescription Drug rebates it receives from its pharmacy benefits manager (PBM) through reductions in future premium costs to its customers. Expected Prescription Drug rebates are based on historical drug rebates received by the Carrier from its PBM, adjusted for known and anticipated changes in future rebate amounts. This includes, without limitation, adjustments for drugs for which the patent is expiring or changes in the Carrier's PBM. While the Carrier anticipates that it will be able to pass on a high percentage of the average expected Prescription Drug rebates, there may be instances when this amount could vary based on actual rebates that are either higher or lower than expected (e.g., the introduction of new drugs may result in a higher rebate) or other market conditions that are beyond the Carrier's control. The customer acknowledges that any rebate amounts beyond amounts that are passed on to the customer are for the sole benefit of the Carrier and that neither the customer, nor anyone else is entitled to receive any portion of such savings whether as part of any claims settlement or otherwise.

B. Payment Methods

The Covered Person or the Provider may submit bills directly to the Carrier and, to the extent that benefits are payable within the terms and conditions of this Contract, reimbursement will be furnished as detailed below. The Covered Person's benefits for Covered Services are based on the rate of reimbursement as set forth under "Covered Expense" as defined in the **Definitions** section of this Contract.

1. Facility Providers

Preferred Facility Providers are members of the Personal Choice Network and have a contractual arrangement with the Carrier for the provision of services to Covered Persons. Benefits will be provided as specified in the **Schedule of Benefits** for Covered Services which have been performed by a Preferred Facility Provider. The Carrier will compensate Preferred Facility Providers in accordance with the contracts entered into between such Providers and the Carrier. BlueCard Providers will be compensated by the Blue Cross and Blue Shield Plans with which they contract. No payment will be made directly to the Covered Person for Covered Services rendered by any Preferred Facility Provider.

The Carrier will provide benefits for the Covered Expenses incurred for certain medical services when rendered incident to hospitalization, as described herein. If charges for such services are included in a bill from a Preferred Facility Provider, payment shall be made to such Facility Provider subject to any existing agreement between the Facility Provider and the Carrier.

Once Covered Services are rendered by a Facility Provider, the Carrier will not honor a Covered Person's request not to pay for claims submitted by the Facility Provider. The Covered Person will have no liability to any person because of its rejection of the request.

2. Professional Providers

The Carrier is authorized by the Covered Person to make payment directly to the Preferred Professional Providers furnishing Covered Services for which benefits are provided under this coverage. Preferred Professional Providers have agreed to accept the rate of reimbursement determined by a contract as payment in full for Covered Services. BlueCard Providers will be compensated by the Blue Cross and Blue Shield Plans with which they contract. Preferred Professional Providers will make no additional charge to Covered Persons for Covered Services except in the case of certain Copayments, Coinsurance or other cost sharing features as specified under this Contract. The Covered Person is responsible within 60 days of the date in which the Carrier finalizes such services to pay, or make arrangements to pay, such amounts to

the Preferred Professional Provider.

Benefit amounts, as specified in the **Schedule of Benefits** of this Contract, refer to Covered Services rendered by a Professional Provider which are regularly included in such Provider's charges and are billed by and payable to such Provider. Any dispute between the Preferred Professional Provider and a Covered Person with respect to balance billing shall be submitted to the Carrier for determination. The decision of the Carrier shall be final.

Once Covered Services are rendered by a Professional Provider, the Carrier will not honor a Covered Person's request not to pay for claims submitted by the Professional Provider. The Carrier will have no liability to any person because of its rejection of the request.

3. Ancillary Providers

Preferred Ancillary Providers include members of the Personal Choice Network that have a contractual relationship with the Carrier for the provision of services or supplies to Covered Persons. Benefits will be provided as specified in the **Schedule of Benefits** for the provision of services or supplies provided to Covered Persons by Preferred Ancillary Providers. The Carrier will compensate Preferred Ancillary Providers in the Personal Choice Network in accordance with the contracts entered into between such Providers and the Carrier. No payment will be made directly to the Covered Person for Covered Services rendered by any Preferred Ancillary Provider.

4. Participating Dentist

When treatments are performed by a Participating Dentist, in accordance with the Participating Dentist's contract, covered benefits will be paid directly to the Participating Dentist. Both the Covered Person and the Dentist will be notified of benefits covered, the payment the Participating Dentist received and any out-of-pocket expenses. Payment will be based on the Maximum Allowable Charge the treating Participating Dentist has contracted to accept. Maximum Allowable Charges may vary depending on the geographical area of the dental office and in accordance with the Participating Dentist's contract and the particular Participating Dentist rendering the service. Participating Dentists agree by contract to accept Maximum Allowable Charges as payment in full for Covered Services rendered to Covered Persons. The Covered Person shall be held harmless if, after receiving services from a Participating Dentist, such services are determined not Dentally Necessary.

Benefits for any services started prior to a Covered Person's Effective Date of coverage are not covered. Multi-visit procedures are considered "started" when the teeth are irrevocably altered. For example, for crowns or fixed partial dentures, the procedure is started when the teeth are prepared and impressions are taken. Procedures started prior to the Covered Person's Effective Date are the liability of the Covered Person.

When an overpayment for benefits is made, the Carrier has the right to recover the overpayment either from the Covered Person or from the person or Dentist to whom it was paid. The overpayment will be recovered by requesting a refund. This recovery will follow any applicable state laws or regulations. The Covered Person must provide any assistance necessary, including furnishing information and signing necessary documents, for the Carrier to be reimbursed.

This Contract does not coordinate benefits with other dental plans.

5. Assignment of Benefits to Providers

The right of a Covered Person to receive benefit payments under this Contract is personal to the Covered Person and is not assignable in whole or in part to any person, Hospital or other entity nor may benefits of this Contract be transferred, either before or after Covered Services are rendered. However, a Covered Person can assign benefit payments to the custodial parent of a Dependent covered under this Contract, as required by law.

BLUECARD® PROGRAM

Out-of-Area Services

Overview

QCC Insurance Company ("QCC") 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 the Covered Person accesses healthcare services outside of the geographic area QCC serves, the claims for these services may be processed through one of these Inter-Plan Arrangements. The Inter-Plan Arrangements are described below.

When the Covered Person receives care outside of QCC's service area, the Covered Person will receive it from one of two kinds of providers. Most providers ("participating providers") contract with the local Blue Cross and/or Blue Shield Licensee in that other geographic area ("Host Blue"). Some providers ("nonparticipating providers") don't contract with the Host Blue. QCC explains below how QCC pays both kinds of providers.

Inter-Plan Arrangements Eligibility - Claim Types

All claim types are eligible to be processed through Inter-Plan Arrangements, as described above, except for all Dental Care Benefits except when paid as medical claims/benefits, and those Prescription Drug Benefits or Vision Care Benefits that may be administered by a third party contracted by QCC to provide the specific service or services.

A. BlueCard® Program

Under the BlueCard® Program, when the Covered Person receives Covered Services within the geographic area served by a Host Blue, QCC will remain responsible for doing what we agreed to in the contract. However, the Host Blue is responsible for contracting with and generally handling all interactions with its participating providers.

When the Covered Person receives Covered Services outside QCC's service area and the claim is processed through the BlueCard Program, the amount the Covered Person pays for Covered Services is calculated based on the lower of:

- The billed charges for Covered Services; or
- The negotiated price that the Host Blue makes available to QCC.

Often this "negotiated price" will be a simple discount that reflects an actual price that the Host Blue pays to the Covered Person's healthcare provider. Sometimes, it is an estimated price that takes into account special arrangements with the Covered Person's healthcare provider or provider group that may include types of settlements, incentive payments and/or other credits or charges. Occasionally, it may be an average price, based on a discount that results in expected average savings for similar types of healthcare providers after taking into account the same types of transactions as with an estimated price.

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 QCC has used for the Covered Person's claim because they will not be applied after a claim has already been paid.

B. Special Cases: Value-Based Programs

BlueCard® Program

If the Covered Person receives Covered Services under a Value-Based Program inside a Host Blue's service area, the Covered Person 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 QCC through average pricing or fee schedule adjustments.

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

If QCC has entered into a Negotiated Arrangement with a Host Blue to provide Value-Based Programs to the Group on the Covered Person's behalf, QCC will follow the same procedures for Value-Based Programs administration and Care Coordinator Fees as noted above for the BlueCard Program.

C. Nonparticipating Providers Outside QCC's Service Area

- **Covered Person Liability Calculation**
When Covered Services are provided outside of QCC's service area by nonparticipating providers, the amount the Covered Person pays for such services will normally be based on either the Host Blue's nonparticipating provider local payment or the pricing arrangements required by applicable state law. In these situations, the Covered Person may be responsible for the difference between the amount that the nonparticipating provider bills and the payment QCC 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.
- **Exceptions**
In certain situations, QCC may use other payment methods, such as billed charges for Covered Services, the payment we would make if the healthcare services had been obtained within our service area, or a special negotiated payment to determine the amount QCC will pay for services provided by nonparticipating providers. In these situations, the Covered Person may be liable for the difference between the amount that the nonparticipating provider bills and the payment QCC will make for the Covered Services as set forth in this paragraph.

D. BlueCard Worldwide® Program

If the Covered Person is outside the United States, the Commonwealth of Puerto Rico, and the U.S. Virgin Islands (hereinafter “BlueCard service area”), the Covered Person may be able to take advantage of the BlueCard Worldwide® Program when accessing Covered Services. The BlueCard Worldwide Program is unlike the BlueCard Program available in the BlueCard service area in certain ways. For instance, although the BlueCard Worldwide Program assists the Covered Person with accessing a network of inpatient, outpatient and professional providers, the network is not served by a Host Blue. As such, when the Covered Person receives care from providers outside the BlueCard service area, the Covered Person will typically have to pay the providers and submit the claims themselves to obtain reimbursement for these services.

If the Covered Person needs medical assistance services (including locating a doctor or hospital) outside the BlueCard service area, the Covered Person should call the BlueCard Worldwide Service Center at 1.800.810.BLUE (2583) or call collect at 1.804.673.1177, 24 hours a day, seven days a week. An assistance coordinator, working with a medical professional, can arrange a physician appointment or hospitalization, if necessary.

- **Inpatient Services**

In most cases, if the Covered Person contacts the BlueCard Worldwide Service Center for assistance, hospitals will not require the Covered Person to pay for covered inpatient services, except for the Covered Person's deductibles, coinsurance, etc. In such cases, the hospital will submit the Covered Person's claims to the BlueCard Worldwide Service Center to begin claims processing. However, if the Covered Person paid in full at the time of service, the Covered Person must submit a claim to receive reimbursement for Covered Services.

The Covered Person must contact QCC to obtain precertification for non-emergency inpatient services.

- **Outpatient Services**

Physicians, urgent care centers and other outpatient providers located outside the BlueCard service area will typically require the Covered Person to pay in full at the time of service. The Covered Person must submit a claim to obtain reimbursement for Covered Services.

LIMITATIONS OF CARRIER LIABILITY

The Carrier shall not be liable for injuries or damage resulting from acts or omissions of any Provider, or the acts or omissions of any other person furnishing services or supplies to the Covered Person.

RIGHT TO ENFORCE CONTRACT PROVISIONS

If the Carrier shall choose to waive its rights under this Contract regarding a specific term or provision, it shall not be interpreted as a waiver of its right to otherwise administer or enforce this Contract in strict accordance with the terms and provisions of this Contract.

SPECIAL CIRCUMSTANCES

In the event that Special Circumstances result in a severe impact to the availability of providers and services, to the procedures required for obtaining benefits for Covered Services under this coverage (e.g., obtaining Precertification, use of Preferred Providers), or to the administration of this benefit program by the Carrier, the Carrier may on a selective basis, waive certain procedural requirements of this coverage. Such waiver shall be specific as to the requirements that are waived and shall last for such period as required by the Special Circumstances as defined below.

The Carrier shall make a good faith effort to provide access to Covered Services in so far as practical and according to its best judgment. Neither the Carrier nor the Providers in the Carrier's PPO network shall incur liability or obligation for delay or failure to provide or arrange for Covered Services if such failure or delay is caused by Special Circumstances.

Special Circumstances, as recognized in the community, and by the Carrier and appropriate regulatory authority, are extraordinary circumstances not within the control of the Carrier, including but not limited to: (a) major disaster; (b) epidemic; (c) pandemic; (d) the complete or partial destruction of facilities; (e) riot; or (f) civil insurrection.

PREMIUM RATES

The premium rates for this Contract shall be in accordance with the rating methodology filed with and approved by the Insurance Department of the Commonwealth of Pennsylvania. Premium rates for this Contract are based on a member-level buildup using a per member per month base rate adjusted for the customer's member-specific characteristics of age, geographic area and tobacco use.

Payment of the new premium by the Applicant shall be considered receipt of notice and acceptance of a changed premium rate.

DISCLOSURE

The Covered Person is hereby notified: This Contract is between the Covered Person and QCC Insurance Company. QCC Insurance Company is an independent corporation operating under a license from the Blue Cross and Blue Shield Association ("the Association"), which is a national association of independent Blue Cross and Blue Shield Plans throughout the United States. Although all of these independent Blue Cross and Blue Shield Plans operate from a license with the Association, each of them is a separate and distinct corporation. The Association allows QCC Insurance Company to use the familiar Blue Cross words and symbols. QCC Insurance Company, which is entering into this Contract, is not contracting as an agent of the national Association. Only QCC Insurance Company shall be liable to the Covered Person for any of this Plan's obligations under this Contract. This paragraph does not add any obligations to this Contract.

DISCOUNTS AND WELLNESS/REWARD INCENTIVES PROGRAMS

Discount Arrangements

Discount arrangements are not insurance. From time to time, the Carrier may offer, provide or arrange for discount arrangements or special rates from certain service providers such as, wellness and healthy living providers to Covered Persons enrolled in this Contract. Some of these arrangements may be made available through third parties. The third party service providers are independent contractors and are solely responsible to the Covered Person for the provision of any such goods and/or services. The Carrier reserves the right to modify or discontinue such arrangements at any time. There are no benefits payable to the Covered Person nor does the Carrier compensate providers for services they may render through discount arrangements.

Wellness/Reward Incentives

In connection with a wellness or health improvement program, the Carrier may provide incentives, including but not limited to, gift certificates, prizes, or any combination thereof. The Carrier reserves the right to modify or discontinue such incentives at any time. The award of any such incentive shall not be contingent upon the outcome of a wellness or health improvement activity or upon a Covered Person's health status.

IDENTITY PROTECTION SERVICES

From time to time, the Carrier may offer, provide or arrange for identity protection services to Covered Persons enrolled in this Contract. These services may be made available through third parties. The third party service providers are independent contractors and are solely responsible to the Covered Person for the provision of any such services. The Carrier reserves the right to modify or discontinue such services at any time.

SECTION CL - CLAIMS

NOTICE OF CLAIM

Written notice of claim must be given to the Carrier within twenty (20) days after the date when Covered Services were provided to a Covered Person. Failure to furnish within such time shall not invalidate nor reduce any claim if it shall be shown not to have been reasonably possible to give such notice and that notice was given as soon as was reasonably possible. Notice given by or on behalf of the Covered Person or beneficiary to the Carrier's address, or any authorized agent of the Carrier, with information sufficient to identify the Covered Person, shall be deemed notice to the Carrier.

FURNISHING CLAIM FORMS

The Carrier, upon receipt of a notice of claim, will furnish to the Covered Person such forms as are usually furnished by it for filing proofs of loss. If such forms are not furnished within fifteen (15) days after the giving of such notice, the Covered Person shall be deemed to have complied with the requirements of this Contract as to filing a proof of loss upon submitting within the time fixed in this Contract for filing proofs of loss, itemized bills for Covered Services as described below. The itemized bills may be submitted to the Carrier at the address appearing on the Member's Identification Card.

PROOFS OF LOSS

Claims cannot be paid until a written proof of loss is submitted to the Carrier. Written proof of loss must be furnished to the Carrier within ninety (90) days after the date of such loss. Proof of loss must include all data necessary for the Carrier to determine benefits. Failure to furnish such proof of loss within the time specified shall not invalidate nor reduce any claim if it shall be shown not to have been reasonably possible to furnish such proof and that such proof was furnished as soon as was reasonably possible and in no event, except in the absence of legal capacity, later than one (1) year from the time proof is otherwise required.

TIME OF PAYMENT OF CLAIMS

Claim payments for benefits payable under this Contract will be processed immediately upon receipt of due written proof of loss. Subject to due written proof of loss, all benefits for loss for which this Contract provides periodic benefits will be paid not more than thirty (30) days after receipt of proof of loss and any balance remaining unpaid upon the termination of liability will be paid immediately upon receipt of due written proof.

PHYSICAL EXAMINATIONS AND AUTOPSY

The Carrier at its own expense shall have the right and opportunity to examine the Covered Person when and so often as it may reasonably require during the pendency of claim under this Contract; and the Carrier shall also have the right and opportunity to make an autopsy in case of death, where it is not prohibited by law.

PAYMENT OF CLAIMS

If any indemnity of this Contract shall be payable to the estate of the Covered Person, or to a Covered Person or beneficiary who is a minor or otherwise not competent to give a valid release, the Carrier may pay such indemnity, up to an amount not exceeding \$1,000, to any relative by blood or connection by marriage of the Covered Person or beneficiary who is deemed by the Carrier to be equitably entitled thereto. Any payment made by the Carrier in good faith pursuant to this provision shall fully discharge the Carrier to the extent of such payment.

RIGHT TO RECOVER PAYMENTS IN ERROR

If the Carrier should pay for any contractually excluded services through inadvertence or error, the Carrier maintains the right to seek recovery of such payment from the Facility Provider, Professional Provider or Covered Person to whom such payment was made.

SECTION MC - MANAGED CARE

A. UTILIZATION REVIEW PROCESS

A basic condition of the Carrier's benefit plan coverage is that in order for a health care service to be covered or payable, the services must be Medically Necessary. To assist the Carrier in making coverage determinations for requested health care services, the Carrier uses established medical guidelines based on clinically credible evidence to determine the Medical Necessity of requested services. The appropriateness of the requested setting in which the services are to be performed is part of this assessment. The process of determining the Medical Necessity of requested health care services for coverage determinations based on the benefits available under a Covered Person's benefit plan is called utilization review.

It is not practical to verify Medical Necessity on all procedures on all occasions; therefore, certain procedures may be determined by the Carrier to be Medically Necessary and automatically approved based on the accepted Medical Necessity of the procedure itself, the diagnosis reported or an agreement with the performing Provider. An example of such automatically approved services is an established list of services received in an emergency room which has been approved by the Carrier based on the procedure meeting emergency criteria and the severity of diagnosis reported (e.g. rule out myocardial infarction, or major trauma). Other requested services, such as certain elective Inpatient or Outpatient procedures may be reviewed on a procedure specific or setting basis.

Utilization review generally includes several components which are based on when the review is performed. When the review is required before a service is performed it is called a Precertification review. Reviews occurring during a hospital stay are called a concurrent review, and those reviews occurring after services have been performed are called either retrospective or post-service reviews. The Carrier follows applicable state and federally required standards for the timeframes in which such reviews are to be performed.

Generally, where a requested service is not automatically approved and must undergo Medical Necessity review, nurses perform the initial case review and evaluation for coverage approval using the Carrier's Medical Policies, established guidelines and evidence-based clinical criteria and protocols; however only a Medical Director employed by the Carrier may deny coverage for a procedure based on Medical Necessity. The evidence-based clinical protocols evaluate the Medical Necessity of specific procedures and the majority are computer-based. Information provided in support of the request is entered into the computer-based system and evaluated against the clinical protocols. Nurses apply applicable benefit plan policies and procedures, taking into consideration individual Covered Person's condition and applying sound professional judgment. When the clinical criteria are not met, the given service request is referred to a Medical Director for further review for approval or denial. Independent medical consultants may also be engaged to provide clinical review of specific cases or for specific conditions. Should a procedure be denied for coverage based on lack of Medical Necessity, a letter is sent to the requesting Provider and Covered Person in accordance with applicable law.

The Carrier's utilization review program encourages peer dialogue regarding coverage decisions based on Medical Necessity by providing physicians with direct access to the Carrier's Medical Directors to discuss coverage of a case. Medical Directors and nurses are salaried, and contracted external physician and other professional consultants are compensated on a per case reviewed basis, regardless of the coverage determination. The Carrier does not specifically reward or provide financial incentives to individuals performing utilization review services for issuing denials of coverage. There are no financial incentives for such individuals which would encourage utilization review decisions that result in underutilization.

B. CLINICAL CRITERIA, GUIDELINES AND RESOURCES

The following guidelines, clinical criteria and other resources are used to help make Medical Necessity coverage decisions:

Clinical Decision Support Criteria: Clinical Decision Support Criteria is an externally validated and computer-based system used to assist the Carrier in determining Medical Necessity. The evidence-based, Clinical Decision Support Criteria is nationally recognized and validated. Using a model based on evaluating intensity of service and severity of illness, these criteria assist our clinical staff evaluating the Medical Necessity of coverage based on a Covered Person's specific clinical needs. Clinical Decision Support Criteria helps promote consistency in the Carrier's plan determinations for similar medical issues and requests, and reduces practice variation among the Carrier's clinical staff to minimize subjective decision-making.

Clinical Decision Support Criteria may be applied for Covered Services including, but are not limited to the following:

Some elective surgeries- settings for Inpatient and Outpatient procedures (e.g., hysterectomy and sinus surgery).

Inpatient hospitalizations

Inpatient Rehabilitation

Home Health

Durable Medical Equipment

Skilled Nursing Facility

Centers for Medicare and Medicaid Services (CMS) Guidelines: A set of guidelines adopted and published by CMS for coverage of services by Medicare for Medicare Covered Persons.

IBC Medical Policies: IBC, of which the Carrier is a subsidiary, maintains an internally developed set of policies that document the coverage and conditions for certain medical/surgical procedures and ancillary services.

Covered Services for which IBC's Medical Policies are applied include, but are not limited to:

Ambulance

Infusion

Speech Therapy

Occupational Therapy

Durable Medical Equipment

Review of potential cosmetic procedures

IBC (and QCC) Internally Developed Guidelines: A set of guidelines developed specifically by IBC (and QCC), as needed, with input by clinical experts based on accepted practice guidelines within the specific fields and reflecting IBC Medical Policies for coverage.

C. DELEGATION OF UTILIZATION REVIEW ACTIVITIES AND CRITERIA

In certain instances, the Carrier has delegated certain utilization review activities, including Precertification review, concurrent review, and case management, to integrated delivery systems and/or entities with an expertise in medical management of a certain membership population (such as, Neonates/premature infants) or type of benefit or service (such as mental health/substance abuse or radiology). In such instances, a formal delegation and oversight process is established in accordance with applicable law and nationally-recognized accreditation standards. In such cases, the delegate's utilization review criteria are generally used, with the Carrier's approval.

Utilization Review and Criteria for Mental Health/Substance Abuse Services

Utilization Review activities for mental health/substance abuse services have been delegated by IBC (and QCC) to a behavioral health management company, which administers the mental health and substance abuse benefits for the majority of the Carrier's Covered Persons.

D. DISEASE MANAGEMENT AND DECISION SUPPORT PROGRAMS

Disease Management and Decision Support programs help Covered Persons to be effective partners in their health care by providing information and support to Covered Persons with certain chronic conditions as well as those with everyday health concerns. Disease Management is a systematic, population-based approach that involves identifying Covered Persons with certain chronic diseases, intervening with specific information or support to follow Provider's treatment plan, and measuring clinical and other outcomes. Decision Support involves identifying Covered Persons who may be facing certain treatment option decisions and offering them information to assist in informed, collaborative decisions with their Physicians. Decision Support also includes the availability of general health information, personal health coaching, Provider information, or other programs to assist in health care decisions.

Disease Management interventions are designed to help Covered Persons manage their chronic condition in partnership with their Physician(s). Disease Management programs, when successful, can help such Covered Persons avoid long term complications, as well as relapses that would otherwise result in Hospital or Emergency room care. Disease Management programs also include outreach to Covered Persons to obtain needed preventive services, or other services recommended for chronic conditions. Information and support may occur in the form of telephonic health coaching, print, audio library or videotape, or Internet formats.

The Carrier will utilize medical information such as claims data to operate the Disease Management or Decision Support program, e.g. to identify Covered Persons with chronic disease, to predict which Covered Persons would most likely benefit from these services, and to communicate results to Covered Person's treating physician(s). The Carrier will decide what chronic conditions are included in the Disease Management or Decision Support program.

Participation by a Covered Person in Disease Management or Decision Support programs is voluntary. A Covered Person may continue in the Disease Management or Decision Support program until either of the following occurs: 1. the Covered Person notifies the Carrier that he/she declines participation; or 2. the Carrier determines that the program, or aspects of the program, will not continue.

E. PRECERTIFICATION REVIEW

When required, Precertification review evaluates the Medical Necessity, including the medical appropriateness of the setting, of proposed services for coverage under the Covered Person's benefit plan. Examples of these services include planned or elective Inpatient admissions and selected Outpatient procedures. Precertification may be initiated by the Provider or the Covered

Person depending on whether the Provider is a Personal Choice Network Provider. For Covered Persons who are accessing BlueCard Providers, the Covered Person is responsible for initiating or requesting the Provider to initiate the Precertification review except for Inpatient Admissions to BlueCard Providers. Where Precertification review is required, the Carrier's coverage of the proposed procedure is contingent upon the review being completed and receipt of the approval certification. Coverage penalties may be applied where Precertification review is required for a procedure but is not obtained.

While the majority of services requiring Precertification review are reviewed for Medical Necessity of the requested procedure setting (e.g., Inpatient, Short Procedure Unit, or Outpatient setting), other elements of the Medical Necessity of the procedure may not always be evaluated and may be automatically approved based on the procedure or diagnosis for which the procedure is requested or an agreement with the performing provider. Precertification review is not required for Emergency services and is not performed where an agreement with the Preferred Provider does not require such review.

1. INPATIENT PRE-ADMISSION REVIEW

Preferred and BlueCard Inpatient Admissions

In accordance with the criteria and procedures described above, Inpatient Admissions, other than an Emergency or maternity admission, must be Precertified in accordance with the standards of the Carrier as to the Medical Necessity of the admission. The Precertification requirements for Emergency admissions are set forth in the "Emergency Admission Review" subsection of this **Managed Care** section. A Preferred Hospital, Skilled Nursing Facility, or other Facility Provider in the Personal Choice Network will verify the Precertification at or before the time of admission. The Hospital, Skilled Nursing Facility or other Facility Provider, is responsible to Precertify an Inpatient Admission under the BlueCard Program. The Carrier will not authorize the Hospital, Skilled Nursing Facility or other Facility Provider admission if Precertification is required and is not obtained in advance. The Carrier will hold the Covered Person harmless and the Covered Person will not be financially responsible for admissions to Hospitals, Skilled Nursing Facilities or other Facility Providers in the Personal Choice Network or in the BlueCard Network which fail to conform to the pre-admission certification requirements unless: (a) the Provider provides prior written notice that the admission will not be paid by the Carrier; and (b) the Covered Person acknowledges this fact in writing together with a request to be admitted which states that he will assume financial liability for such Facility Provider admission.

The Covered Person, not the Hospital, Skilled Nursing Facility or other Facility Provider, is responsible to Precertify an Inpatient Admission under the BlueCard Program. If such prior approval for a Medically Necessary Inpatient Admission has not been certified as required, there will be a Penalty in the amount shown below for non-compliance and that amount will be deemed not to be Covered Services under this coverage. Such Penalty, and any difference in what is covered by the Carrier and the Covered Person's obligation to the Provider, will be the sole responsibility of, and payable by, the Covered Person.

If a Covered Person elects to be admitted to the Facility Provider after review and notification that the reason for admission is not approved for an Inpatient level of care, Inpatient benefits will not be provided and the Covered Person will be financially liable for non-covered Inpatient charges.

2. EMERGENCY ADMISSION REVIEW

a. Preferred Admissions in the Personal Choice Network

It is the responsibility of the Preferred Provider to notify the Carrier of the In-Network Emergency admission.

- b. BlueCard Provider Admissions and Admissions to Out-of-Network Providers
1. Covered Persons are responsible for notifying the Carrier of an Out-of-Network Emergency admission within two (2) business days of the admission, or as soon as reasonably possible, as determined by the Carrier.
 2. Failure to initiate Emergency admission review will result in a reduction in Covered Expense for Non-Preferred services. Such penalty, as shown below, will be the sole responsibility of, and payable by, the Covered Person.
 3. If the Covered Person elects to remain hospitalized after the Carrier and the attending Physician have determined that an Inpatient level of care is not Medically Necessary, the Covered Person will be financially liable for non-covered Inpatient charges from the date of notification.

3. **CONCURRENT AND RETROSPECTIVE REVIEW**

Concurrent review may be performed while services are being performed. This may occur during an Inpatient stay and typically evaluates the expected and current length of stay to determine if continued hospitalization is Medically Necessary. When performed, the review assesses the level of care provided to the Covered Person and coordinates discharge planning. Concurrent review continues until the patient is discharged. Not all Inpatient stays are reviewed concurrently. Concurrent Review is generally not performed where an Inpatient Facility is paid based on a per case or diagnosis-related basis, or where an agreement with the Facility does not require such review.

All length of stay determinations comply with state and federal length of stay regulations, including determinations of length of stay for mastectomy.

Retrospective/Post-service review:

Retrospective/Post-service review occurs after services have been provided. This may be for a variety of reasons, including the Carrier not being notified of a Covered Person's admission until after discharge or where medical charts are unavailable at the time of concurrent review. Certain services are only reviewed on a retrospective/post-service basis.

In addition to these standard utilization reviews, the Carrier also may determine coverage of certain procedures and other benefits available to Covered Persons through prenotification as required by the Covered Person's benefit plan, and discharge planning.

Pre-notification:

Pre-notification is advance notification to the Carrier of an Inpatient admission or Outpatient service where no Medical Necessity review is required, such as maternity admissions/deliveries. Pre-notification is primarily used to identify Covered Persons for Concurrent review needs, to ascertain discharge planning needs proactively, and to identify Covered Persons who may benefit from case management programs.

Discharge Planning:

Discharge Planning is performed during an Inpatient admission and is used to identify and coordinate a Covered Person's needs and benefits coverage following the Inpatient stay, such as covered home care, ambulance transport, acute rehabilitation, or Skilled Nursing Facility placement. Discharge Planning involves the Carrier's authorization of covered post-Hospital services and identifying and referring Covered Persons to Disease Management or Case Management benefits.

Selective Medical Review:

In addition to the foregoing requirements, the Carrier reserves the right, under its utilization and quality management programs, to perform a medical review prior to, during or following the performance of certain Covered Services ("Selective Medical Review") that are otherwise not subject to review as described above. In addition, the Carrier reserves the right to waive medical review for certain Covered Services for certain Providers, if the Carrier determines that those Providers have an established record of meeting the utilization and/or quality management standards for these Covered Services. Coverage penalties are not applied to Covered Persons where required Selective Medical Review is not obtained by the Provider.

F. **OTHER PRECERTIFICATION REQUIREMENTS**

Precertification is required by the Carrier in advance for certain services. To obtain a list of services that require Precertification, please go to www.ibx.com/preapproval or call the Customer Service telephone number that is listed on your Identification Card. When a Covered Person plans to receive any of these listed procedures, the Carrier will review the Medical Necessity for the procedure or treatment in accordance with the criteria and procedures described above and grant prior approval of benefits accordingly.

Surgical, diagnostic and other procedures, listed on the Precertification requirements list, that are performed during an Emergency, as determined by the Carrier, do not require Precertification. However, the Carrier should be notified within two (2) business days of Emergency services for such procedures, or as soon as reasonably possible, as determined by the Carrier.

1. **Preferred Care**

Preferred Providers in the Personal Choice Network must contact the Carrier to initiate Precertification. The Carrier will verify the results of the Precertification with the Covered Person and with the Preferred Provider. If such prior approval is not obtained and the Covered Person undergoes the surgical, diagnostic or other procedure or treatment that requires Precertification, then benefits will be provided for Medically Necessary treatment, subject to a Penalty.

For Preferred Providers in the Personal Choice Network, the Carrier will hold the Covered Person harmless and the Covered Person will not be financially responsible for this financial Penalty for the Preferred Provider's failure to comply with the Precertification requirements or determination. However, if a Covered Person elects to receive the treatment after review and written notification that the procedure is not covered as Medically Necessary, benefits will not be provided and the Covered Person will be financially liable for non-covered charges.

2. **Preferred Care provided by BlueCard Providers**

If the Preferred Provider is a BlueCard Provider, the Covered Person must initiate Precertification (excluding Inpatient Admissions) to a BlueCard Provider. For care provided by BlueCard Providers (excluding Inpatient Admissions), the Covered Person is responsible to have the Provider performing the service contact the Carrier to initiate Precertification. The Carrier will verify the results of the Precertification with the Covered Person and the Provider.

If such prior approval is not obtained and the Covered Person undergoes the surgical, diagnostic or other procedure or treatment that requires Precertification, then benefits will be provided for Medically Necessary treatment, but the Provider's charge less any applicable Coinsurance, Copayments, Deductibles shall be subject to a Penalty as reflected below. Such Penalty, and any difference in what is covered by the Carrier and the Covered Person's obligation to the Provider, will be the sole responsibility of, and payable by, the Covered Person.

Precertification Penalty:

If the Provider is a BlueCard Provider of another Blue Plan (excluding Inpatient Admissions), or you use an out-of-network (Non-Preferred) Provider, you must obtain Precertification if required. You will be subject to a 50% reduction in benefits if Precertification is not obtained.

In addition to the Precertification requirements listed above, the Covered Person should contact the Carrier for certain categories of treatment (listed below) so that the Covered Person will know prior to receiving treatment whether it is a Covered Service. This applies to Preferred Providers in the Preferred Provider Organization network and to Covered Persons (and their Providers) who elect to receive treatment provided by BlueCard Providers. Those categories of treatment (in any setting) include:

1. Any surgical procedure that may be considered potentially cosmetic;
2. Any procedure, treatment, drug or device that represents "emerging technology"; and
3. Services that might be considered Experimental/Investigative.

The Covered Person's Provider should be able to assist in determining whether a proposed treatment falls into one (1) of these three (3) categories. Also, the Carrier encourages the Covered Person's Provider to place the call for the Covered Person.

For more information, please see the ***Important Notices*** placed in the front pages of this Contract that pertain to Experimental/Investigative services, Cosmetic services, Medically Necessary services and Emerging Technology.

H. **OUT-OF-AREA CARE FOR DEPENDENT STUDENTS**

If an unmarried Dependent child is a full-time student in an Accredited Educational Institution located outside the area served by the Personal Choice Network, the student may be eligible to receive the Preferred level of benefits. Charges for treatment will be paid at the Preferred level of benefits when the Dependent student receives care from Providers as described in the subsection entitled "BlueCard Program" of the **General Provisions** section of this Contract. However, treatment provided by an educational facility's infirmary for sick/urgent care, for example, may also be paid at the Preferred level of benefits, but the Carrier should be notified within forty-eight (48) hours of treatment to insure covered services are treated as Preferred Services. Nothing in this provision will act to continue coverage of a Dependent child past the date when such child's coverage would otherwise be terminated under the Contract.

SECTION RS - RESOLVING PROBLEMS

Complaint Process

The Carrier has a process for Covered Persons to express complaints. To register a complaint, Covered Persons should call the Member Services Department at the telephone number on the back of the Identification Card or write to the Carrier at the following address:

General Correspondence
1901 Market Street
Philadelphia, PA 19103

Most concerns are resolved informally at this level. However, if the Carrier is unable to immediately resolve the Covered Person's complaint, it will be investigated, and the Covered Person will receive a response in writing within thirty (30) days.

Appeal Process

Filing an Appeal. The Carrier maintains procedures for the resolution of Covered Person Appeals. Internal Appeals may be filed within one hundred eighty (180) days of the receipt of a decision from the Carrier stating an adverse benefit determination. An Appeal occurs when the Covered Person or, after obtaining the Covered Person's authorization, either the Provider or another authorized representative requests a change of a previous decision made by the Carrier by following the procedures described here. (In order to authorize someone else to be the Covered Person's representative for the Appeal, the Covered Person must complete a valid authorization form. The Covered Person should contact the Carrier as directed below to obtain a "Member/Enrollee Authorization to Appeal by Provider or Other Representative" form or for questions regarding the requirements for an authorized representative.)

The Covered Person or other authorized person on behalf of the Covered Person, may request an Appeal by calling or writing to the Carrier, as defined in the letter notifying the Covered Person of the decision or as follows:

Member Appeals Department
P.O. Box 41820
Philadelphia, PA, 19101-1820

Toll Free Phone: 1-888-671-5276 (TTY: 711)
Toll Free Fax: 1-888-671-5274 or
Phila. Fax: 215-988-6558

Information for the Appeal Review.

The Covered Person or designee is entitled to a full and fair review. Specifically, at all appeal levels the Covered Person or designee may submit additional information pertaining to the case, to the Carrier. The Covered Person or designee may specify the remedy or corrective action being sought. At the Covered Person's request, the Carrier will provide access to and copies of all relevant documents, records, and other information that are not confidential, proprietary, or privileged. The Carrier will automatically provide the Covered Person or designee with any new or additional evidence considered, relied upon, or generated by the Carrier in connection with the appeal, which is used to formulate the rationale. Such evidence is provided as soon as possible and in advance of the date the adverse notification is issued. This information is provided to the Covered Person or designee at no charge.

The Carrier will not terminate or reduce an on-going course of treatment without providing the Covered Person or designee with advance notice and the opportunity for advanced review.

Individuals with urgent care conditions or who are receiving an on-going course of treatment may proceed with an expedited external review at the same time as the internal expedited appeals process.

If the appeal is upheld, the letter states the reason(s) for the decision. If a benefit provision, internal, rule, guideline, protocol, or other similar criterion is used in making the determination, the Covered Person may request copies of this information at no charge. If the decision is to deny the request, there is an explanation of the scientific or clinical judgment for the determination. The letter also indicates the qualifications of the individual who decided the appeal and their understanding of the nature of the appeal. The Covered Person or designee may request in writing, at no charge, the name of the individual who participated in the decision to uphold the denial.

Changes in Covered Persons Appeals Processes.

Please note that the Covered Persons Appeal processes described here may change at any time due to changes in the applicable state and federal laws and regulations and/or accreditation standards, to improve or facilitate the Covered Persons Appeals processes, or to reflect other decisions regarding the administration of Covered Persons Appeal processes for this Contract.

Types of Appeals - Following are the two types of Appeals and the issues they address:

Medical Necessity Appeal - An Appeal by or on behalf of a Covered Person that focuses on issues of Medical Necessity and requests the Carrier to change its decision to deny or limit the provision of a Covered Service. Medical Necessity Appeals include Appeals of adverse benefit determinations based on the exclusions for Experimental/Investigative or cosmetic services. A Carrier Medical Director, who has had no previous involvement with the case and is not a subordinate of anyone involved with a previous adverse determination, is the decision maker for a Medical Necessity Internal Appeal. Either the Carrier's Medical Director or a consultant functions as a matched specialist. A matched specialist or "same or similar specialty Physician" is a licensed physician, psychologist or other health care professional who: is in the same or similar specialty that typically manages the care under review (The Carrier Medical Director must also hold an active, unrestricted license).

Administrative Appeal - An Appeal by or on behalf of a Covered Person that focuses on unresolved disputes or objections regarding a Carrier decision that concerns coverage terms such as contract exclusions and non-covered benefits, exhausted benefits, and claims payment issues. Although an Administrative Appeal may present issues related to Medical Necessity, these are not the primary issues that affect the outcome of the Appeal. An employee of the Carrier is the decision maker for an Administrative Appeal. This individual has had no previous involvement with the case and is not a subordinate of anyone involved with a previous adverse determination.

Standard Internal Appeal:

Pre-service Appeal - An Appeal for benefits that, under the terms of this Contract, must be pre-certified or pre-approved (either in whole or in part) before medical care is obtained in order for coverage to be available. For a standard Pre-Service appeal, a maximum of thirty (30) days is available for the one level of internal appeal.

Post-service Appeal - An Appeal for benefits that is not a Pre-service Appeal. (Post-service Appeals concerning claims for services that the Covered Person has already obtained do not qualify for review as Expedited/Urgent appeals.) For a standard Post-Service appeal, a maximum of sixty (60) days is available for the one level of internal appeal.

The decision of the Carrier is sent to the Covered Person or designee in writing within the timeframe noted above.

Expedited/Urgent Internal Appeal

Expedited/Urgent Appeal - An urgent expedited appeal is any appeal for medical care or treatment with respect to which the application of the time periods for making non-urgent determinations could seriously jeopardize the life or health of the Covered Person or the ability of the Covered Person to regain maximum function, or in the opinion of a physician with knowledge of the Covered Person's medical condition, would subject the Covered Person to severe pain that cannot be adequately managed without the care or treatment that is the subject of the appeal.

The appeals review process for an urgent/expedited appeal mirrors the process described above under the section entitled "Types of Appeal".

The expedited review is completed promptly based on the Covered Person's health condition, but no later than seventy-two (72) hours after receipt of the expedited appeal request by the Carrier. Within seventy-two (72) hours after receipt of the expedited appeal, the Carrier notifies the Covered Person or designee by telephone of the determination. The determination is sent in writing within seventy-two hours (72) after the Covered Person or designee has received the verbal notification.

For urgent care appeals, the Covered Person or designee may also file an expedited external medical judgment review at the same time as filing an internal expedited medical necessity appeal.

If not satisfied with the standard or expedited decision from the Carrier, the Covered Person or designee has the right to initiate an external review as described below.

EXTERNAL REVIEWS - issues involving medical judgment or a rescission of coverage (except for non-payment of premiums) are coordinated by the Carrier in full compliance with the federally administered private accredited Independent Review Organization (IRO) process as required by the Affordable Care Act.

Standard External Review Process

The Member/Designee may request a Standard External Review for a medical judgement/rescission of coverage issue by calling or writing to the Carrier within one hundred and eighty (180) calendar days of receipt of the Internal Appeal decision letter. The Member is not required to pay any of the costs associated with the external review.

The Member/Designee is sent written confirmation of receipt of his/her External Review request from the Carrier within five (5) business days of receipt of the request. This confirmation includes the name and contact information for the Carrier's staff person assigned to facilitate the processing of the Member's External Review and information on the IRO assignment. This information identifies the IRO by name and states the qualifications of the individual who reviews the appeal.

The IRO assigned to the External Review request, is a different organization than the one that supplied the same/or similar specialty review for the internal Appeal process. The individual appointed by the IRO to review the Member's External Review, has not been previously involved in any aspect of decision-making on the appeal, nor are they a subordinate of any previous decision-maker.

The IRO has no direct or indirect professional, familial or financial conflicts of interest with the Carrier, with the Member, or the Designee. The Carrier's arrangements for assignment of an IRO and payment for the services of an IRO do not constitute a conflict of interest. When a conflict of interest is raised or another material objection is recognized, the Carrier assigns a new IRO and/or requires the assigned IRO to appoint a new reviewer. This reviewer is not the same person who served as a matched specialist for the internal appeal process, nor a subordinate of that person. If the Member/Designee feels that a conflict exists, he/she should call or write the contact person listed on the acknowledgement letter from the Carrier no later than two (2) business days from receipt of the acknowledgment letter from the Carrier.

The Carrier sends the Member/Designee and the IRO, a letter listing all documents forwarded to the IRO. These documents include copies of all information submitted for the Internal Appeal process, as well as any additional information that the Member/Designee or the Carrier may submit. If the Member wishes to submit additional information for consideration by the IRO, he should do so within ten (10) calendar days of the Member's request for an External Review.

The Carrier does not interfere with the IRO's proceedings or appeals decisions. The IRO conducts a thorough review in which it considers all previously determined facts, allows the introduction of new information considers and assesses sound medical evidence, and makes a decision that is not bound by the decisions or conclusions of the Internal Appeal process.

The IRO makes its final decision within forty-five (45) calendar days of receipt of the Member's request and simultaneously issues its decision in writing to the Member or Designee and to the Carrier. The established deadline for a decision from the IRO may only be exceeded for good cause when a reasonable delay for a specific period is acceptable to the Member or Designee. If the decision of the IRO is that the services are covered, the Carrier authorizes the service and/or pays the claims. The Member/Designee is notified in writing of the time frame and procedure for claim payment or approval of the service in the event of an overturn of the Carrier's earlier determination. The Carrier implements the IRO's decision within the time period, if any, specified by the IRO.

The external decision is binding on the Carrier.

Urgent Expedited External Review Process

The Member/Designee may request an Urgent External/Medical Judgment Review or a rescission of coverage review for urgent/expedited situations through an IRO. The Member or Designee is not required to pay any of the costs associated with the External Review.

With the exception of time frames, the Urgent/Expedited External Review mirrors the process described above under the External Standard Review.

Within twenty-four (24) hours of receipt of the Member's request for an Urgent/Expedited Review, the Carrier confirms the request and faxes the request to the assigned IRO. During this time, the Carrier also forwards to the IRO, by secure electronic transmission or overnight delivery, all information submitted in the Internal Appeal Process and any additional information that the Member, Designee, or the Carrier wishes to submit to the IRO.

The IRO makes a decision and simultaneously notifies the Member/Designee and the Carrier in writing within seventy-two (72) hours of receipt of all relevant documentation. The decision letter identifies the assigned IRO by name and states the qualifications of the individual that the IRO appoints to review the External Review.

If the decision of the IRO is that the services are eligible, the Carrier authorizes the service and/or pays the claims. The Member is notified in writing of the time frame and procedure for claim payment and/or approval of the service in the event of an overturn of the Carrier's earlier determination. The Carrier implements the IRO's decision within the time period, if any, specified by the IRO.

The external decision is binding on the Carrier.

If your health plan is subject to the requirements of the Employee Retirement Income Security Act (ERISA), following your appeal you may have the right to bring civil action under Section 502(a) of the Act. For questions about your rights, this notice, or for assistance, you can contact the Employee Benefits Security Administration at 1-866-444-EBSA (TTY: 711). Additionally, a consumer assistance program may be able to assist you at:

Pennsylvania Insurance Department
1325 Strawberry Square
Harrisburg, PA 17111
1-877-881-6388 (TTY: 711)
www.insurance.pa.gov

If your Carrier fails to "strictly adhere" to the internal appeals process, you may initiate an external review or file appropriate legal action under state law or ERISA unless:

- Violation was *de minimis* (minimal).
- Did not cause (or likely to cause) prejudice or harm to the claimant.
- Was for good cause or due to matters beyond the control of the insurer/plan.
- In the context of a good faith exchange of information with the claimant.
- Not part of a pattern or practice of violations.

Personal Choice® Claims Reimbursement Example:

You pay:

0% in-network coinsurance, up to a \$7,150 individual/\$14,300 family out-of-pocket maximum

Outpatient Hospital Claim Example for Colonoscopy (when provided by Facility Providers that are not Hospital Based)

	IN-NETWORK	OUT-OF-NETWORK
	Personal Choice Network or BlueCard® Facility	There is no Out-of-Network Benefit for this Contract
Hospital's Billed Charge	\$4,965.00	N/A
Contract Covered Expense	\$2,534.92 For Personal Choice Network hospital services provided by a hospital in the Personal Choice local service area, the Contract Covered Expense is the amount payable to the hospital under the contractual arrangement with IBC. For BlueCard hospital services, the Contract Covered Expense is, in most cases, the price or fee that has been determined in advance under the hospital's agreement with their local Blue Cross® Blue Shield® Plan.	N/A
What You are Responsible to Pay	\$0 (A colonoscopy is considered an adult preventive service and not subject to a deductible or coinsurance when provided by Facility Providers that are not Hospital Based)	N/A

2017 PREVENTIVE SCHEDULE

This schedule is a reference tool for planning your preventive care and lists items/services required under the Patient Protection and Affordable Care Act of 2010 (PPACA), as amended. In accordance with the PPACA, the schedule is reviewed and updated periodically based on the recommendations of the U.S. Preventive Services Task Force, Health Resources and Services Administration, U.S. Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, and other applicable laws and regulations. Accordingly, the content of this schedule is subject to change. Your specific needs for preventive services may vary according to your personal risk factors. Your health care provider is always your best resource for determining if you're at increased risk for a condition. Some services may require precertification/preapproval. If you have questions about this schedule, precertification/preapproval, or your benefit coverage, please call the Customer Service number on the back of your ID card.



PREVENTIVE CARE SERVICES FOR ADULTS

VISITS	
Preventive exams	One exam annually for all adults
<p>Services that may be provided during the preventive exam include but are not limited to the following:</p> <ul style="list-style-type: none"> • High blood pressure screening • Behavioral counseling for skin cancer 	
SCREENINGS	
Adult abdominal aortic aneurysm (AAA) screening	Once in a lifetime for asymptomatic males age 65 to 75 years with a history of smoking
Alcohol and drug use/misuse screening and behavioral counseling intervention	<p>Screening for all adults</p> <p>Behavioral counseling in a primary care setting for adults with a positive screening result for drug or alcohol use/misuse</p>
Colorectal cancer screening	<p>Adults age 50 to 75 years using any of the following tests:</p> <ul style="list-style-type: none"> • Fecal occult blood testing: once a year • Highly sensitive fecal immunochemical testing: once a year • Flexible sigmoidoscopy: once every five years • Barium enema: once every five years • CT colonography: once every five years • Stool DNA testing: frequency of testing should be discussed with health care provider • Colonoscopy: once every 10 years

Depression screening	Annually for all adults
Hepatitis B virus (HBV) screening	All asymptomatic adults at high risk for HBV infection
Hepatitis C virus (HCV) screening	All asymptomatic adults age 18 years and older or as a one-time screening for adults born between 1945 and 1965
Human immunodeficiency virus (HIV) screening	All adults
Lipid disorder screening	Every five years for males age 35 years and older For adults age 20 years and older with an increased risk for coronary artery disease, screening is covered at shorter intervals
Lung cancer screening	Adults age 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years
Obesity screening and behavioral intervention	Obesity screening for all adults Behavioral intervention for adults with a body mass index (BMI) of 30 kg/m ² or higher
Syphilis infection screening	All adults at increased risk for syphilis infection
Abnormal blood glucose and Type 2 diabetes mellitus screening and intensive counseling interventions	Abnormal blood glucose and type 2 diabetes screening for adults 40 to 70 years who are overweight or obese Intensive behavioral counseling interventions for individuals 40 to 70 years who are overweight or obese with abnormal blood glucose up to 24 sessions per year
THERAPY AND COUNSELING	
Behavioral counseling for prevention of sexually transmitted infections	All sexually active adults
Intensive behavioral counseling interventions to promote a healthful diet and physical activities for cardiovascular disease prevention	Adults age 18 years and older diagnosed as overweight or obese with known cardiovascular disease risk factors
Nutritional counseling for weight management	6 visits per year
Counseling for the prevention of falls	Community-dwelling adults age 65 years and older with an increased risk of falls
Tobacco use and tobacco-caused disease counseling	All adults who use tobacco products
MEDICATIONS	
Aspirin	Adults 50-69 years for the primary prevention of cardiovascular disease and colorectal cancer
Tobacco cessation medication	All adults who use tobacco products
Vitamin D	Community-dwelling adults age 65 years and older with an increased risk of falls

IMMUNIZATIONS

VACCINE	AGE GROUP	15-21 years	22-25 years	26-40 years	50-59 years	65-64 years	≥ 65 years
Influenza		1 dose annually					
Tetanus, diphtheria, pertussis (Td/Tdap)		Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs					
Varicella		2 doses					
Human papillomavirus (HPV) Female		3 doses					
Human papillomavirus (HPV) Male		3 doses					
Zoster						1 dose	
Measles, mumps, rubella (MMR)		1 or 2 doses					
Pneumococcal 13-valent conjugate (PCV13)						1 dose	
Pneumococcal polysaccharide (PPSV23)		1 or 2 doses					1 dose
Hepatitis A		2 or 3 doses					
Hepatitis B		3 doses					
Meningococcal 4-valent conjugate (MenACWY) or polysaccharide (MPSV4)		1 or more doses					
Meningococcal B (MenB)		2 or 3 doses					
Haemophilus influenzae type b (Hib)		1 or 3 doses					

-  For all persons in this category who meet the age requirements and who lack documentation of vaccination or have no evidence of previous infection; zoster vaccine recommended regardless of prior episode of zoster
-  Recommended if some other risk factor is present (e.g. on the basis of medical, occupational, lifestyle, or other indications)

PREVENTIVE CARE SERVICES FOR WOMEN, INCLUDING PREGNANT WOMEN

VISITS	
<p>Well-woman visits</p> <p>Services that may be provided during the well-woman visit include but are not limited to the following:</p> <ul style="list-style-type: none"> • BRCA-related cancer risk assessment • Discussion of chemoprevention for breast cancer • Intimate partner violence screening • Primary care interventions to promote and support breastfeeding • Recommended preventive preconception and prenatal care services • Tobacco use counseling 	At least annually
SCREENINGS	
Bacteriuria screening	All asymptomatic pregnant women at 12 to 16 weeks' gestation or at the first prenatal visit, if later
BRCA-related cancer risk assessment, genetic counseling, and BRCA mutation testing	Genetic counseling for asymptomatic women with either personal history or family history of a BRCA-related cancer BRCA mutation testing, as indicated, following genetic counseling
Breast cancer screening (2D or 3D mammography)	All women age 40 years and older
Cervical cancer screening (Pap test)	Ages 21 to 65: Every three years Ages 30 to 65: Every 5 years with a combination of Pap test and human papillomavirus (HPV) testing, for those who want to lengthen the screening interval
Chlamydia screening	Sexually active women age 24 years and younger or older sexually active women who are at increased risk for infection
Depression Screening	All pregnant and post-partum women
Gestational diabetes mellitus screening	Asymptomatic pregnant women after 24 weeks of gestation or at the first prenatal visit for pregnant women identified to be at high risk for diabetes
Gonorrhea screening	Sexually active women age 24 years and younger or older sexually active women who are at increased risk for infection
Hepatitis B virus (HBV) screening	All pregnant women or asymptomatic adolescents and adults at high risk for HBV infection
Human immunodeficiency virus (HIV) screening	All pregnant women

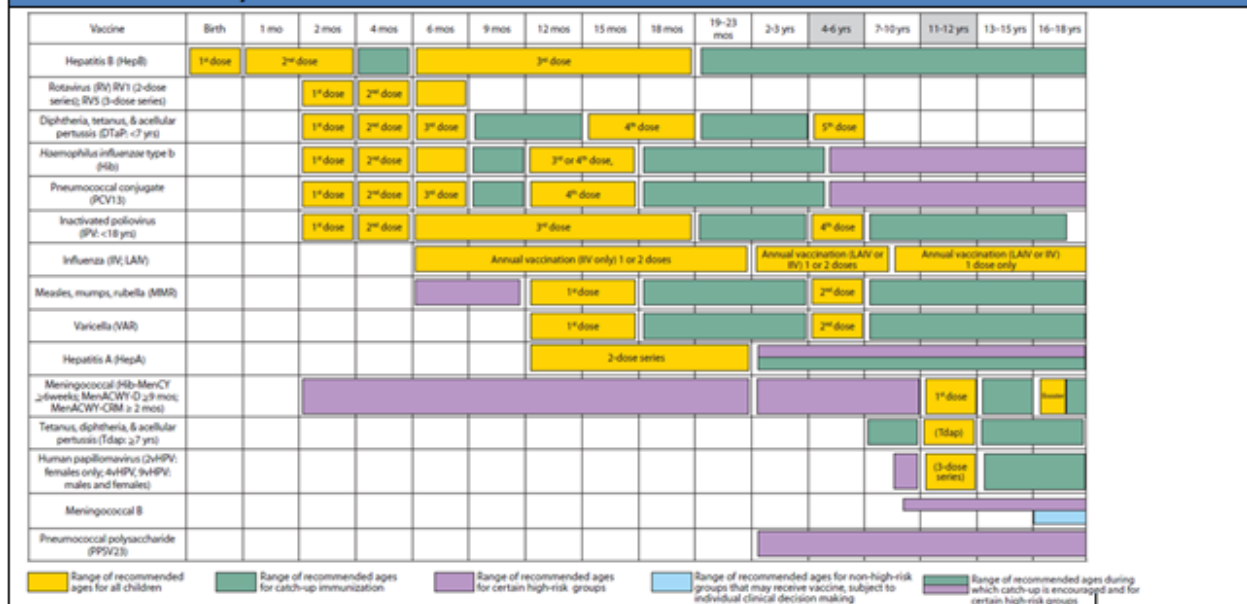
Human papillomavirus (HPV) screening	Age 30 and older: Every three years Ages 30 to 65: Every five years with a combination of Pap test and HPV testing, for those that want to lengthen the screening interval
Iron-deficiency anemia screening	All asymptomatic pregnant women
Osteoporosis (bone mineral density) screening	Every two years for women younger than 65 years who are at high risk for osteoporosis Every two years for women 65 years and older without a history of osteoporotic fracture or without a history of osteoporosis secondary to another condition
Syphilis screening	All pregnant women at first prenatal visit For high-risk pregnant women, repeat testing in the third trimester and at delivery Women at increased risk for syphilis infection
MEDICATIONS	
Aspirin	Low-dose aspirin for pregnant women who are at high risk for preeclampsia after 12 weeks of gestation
Breast cancer chemoprevention	Asymptomatic women age 35 years and older without a prior diagnosis of breast cancer, ductal carcinoma in situ, or lobular carcinoma in situ, who are at high risk for breast cancer and at low risk for adverse effects from breast cancer chemoprevention
Folic Acid	Daily folic acid supplements for all women planning for or capable of pregnancy
MISCELLANEOUS	
Breastfeeding supplies/support/counseling	Comprehensive lactation support/counseling for all pregnant women and during the postpartum period Breastfeeding supplies
Reproductive education and counseling, contraception, and sterilization	All women with reproductive capacity

PREVENTIVE CARE SERVICES FOR CHILDREN

VISITS	
Pre-birth exams	All expectant parents for the purpose of establishing a pediatric medical home
Preventive exams Services that may be provided during the preventive exam include but are not limited to the following: <ul style="list-style-type: none"> • Behavioral counseling for skin cancer prevention • Blood pressure screening • Congenital heart defect screening • Counseling and education provided by healthcare providers to prevent initiation of tobacco use • Developmental surveillance • Dyslipidemia risk assessment • Hearing risk assessment for children 29 days or older • Height, weight, and body mass index measurements • Hemoglobin/hematocrit risk assessment • Obesity screening • Oral health risk assessment • Psychosocial/behavioral assessment 	All children up to 21 years of age, with preventive exams provided at: <ul style="list-style-type: none"> • 3-5 days after birth • By 1 month • 2 months • 4 months • 6 months • 9 months • 12 months • 15 months • 18 months • 24 months • 30 months • 3 years-21 years: annual exams
SCREENINGS	
Alcohol and drug use/misuse screening and behavioral counseling intervention	Annually for all children 11 years of age and older Annual behavioral counseling in a primary care setting for children with a positive screening result for drug or alcohol use/misuse
Autism and developmental screening	All children during the 18 month and 24 month preventive exams
Chlamydia screening	All sexually active children up to age 21 years
Depression screening	Annually for all children age 11 years to 21 years
Dyslipidemia screening	Following a positive risk assessment or in children where laboratory testing is indicated
Gonorrhea screening	All sexually active children up to age 21 years
Hearing screening for newborns	All newborns
Hearing screening for children 29 days or older	Following a positive risk assessment or in children where hearing screening is indicated
Hepatitis B virus (HBV) screening	All asymptomatic adolescents at high risk for HBV infection

Human immunodeficiency virus (HIV) screening	All children
Lead poisoning screening	All children at risk of lead exposure
Newborn metabolic screening panel (eg, congenital hypothyroidism, hemoglobinopathies {sickle cell disease}, phenylketonuria {PKU})	All newborns
Syphilis screening	All sexually active children up to age 21 years
Visual impairment screening	All children up to age 21 years
ADDITIONAL SCREENING SERVICES AND COUNSELING	
Behavioral counseling for prevention of sexually transmitted infections	Semiannually for all sexually active adolescents at increased risk for sexually transmitted infections
MEDICATIONS	
Fluoride	Oral fluoride for children age 6 months to 5 years whose water supply is deficient in fluoride
Iron	Asymptomatic children age 6 to 12 months who have an increased risk of iron deficiency anemia
Prophylactic ocular topical medication for gonorrhea	All newborns within 24 hours after birth
MISCELLANEOUS	
Fluoride varnish application	Twice a year for all infants and children starting at age of primary tooth eruption to 5 years of age
Hemoglobin/hematocrit testing	Following a positive risk assessment or in children where laboratory testing is indicated for children up to age 21 years
Tuberculosis testing	All children up to age 21 years

IMMUNIZATIONS (NOTE: FOR AGE 19 TO 21 YEARS, REFER TO THE ADULT SCHEDULE LISTED ABOVE)



**INDEPENDENCE BLUE CROSS
NOTICE OF PRIVACY PRACTICES**

**THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT
YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET
ACCESS TO THIS INFORMATION¹**

PLEASE REVIEW IT CAREFULLY.

Independence Blue Cross² values you as a customer, and protection of your privacy is very important to us. In conducting our business, we will create and maintain records that contain protected health information about you and the health care provided to you as a member of our health plans.

Note: “Protected health information” or “PHI” is information about you, including information that can reasonably be used to identify you and that relates to your past, present or future physical or mental health or condition, the provision of health care to you or the payment for that care.

We protect your privacy by:

- limiting who may see your PHI;
- limiting how we may use or disclose your PHI;
- informing you of our legal duties with respect to your PHI;
- explaining our privacy policies; and
- adhering to the policies currently in effect.

This Notice describes our privacy practices, which include how we may use, disclose, collect, handle, and protect our members’ protected health information. We are required by certain federal and state laws to maintain the privacy of your protected health information. We also are required by the federal Health Insurance Portability and Accountability Act (or “HIPAA”) Privacy Rule to give you this Notice about our privacy practices, our legal duties, and your rights concerning your protected health information.

¹ If you are enrolled in a self-insured group benefit program, this Notice is not applicable. If you are enrolled in such a program, you should contact your Group Benefit Manager for information about your group’s privacy practices. If you are enrolled in the Federal Employee Service Benefit Plan, you will receive a separate Notice.

² For purposes of this Notice, “Independence Blue Cross” refers to the following companies: Independence Blue Cross, Keystone Health Plan East, QCC Insurance Company, and Vista Health Plan, Inc. independent licensees of the Blue Cross and Blue Shield Association

This revised Notice takes effect on September 23, 2013, and will remain in effect until we replace or modify it.

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Copies of this Notice

You may request a copy of our Notice at any time. If you want more information about our privacy practices, or have questions or concerns, please contact Member Services by calling the telephone number on the back of your Member Identification Card, or contact us using the contact information at the end of this Notice.

Changes to this Notice

The terms of this Notice apply to all records that are created or retained by us which contain your PHI. We reserve the right to revise or amend the terms of this Notice. A revised or amended Notice will be effective for all of the PHI that we already have about you, as well as for any PHI we may create or receive in the future. We are required by law to comply with whatever Privacy Notice is currently in effect. You will be notified of any material change to our Privacy Notice before the change becomes effective. When necessary, a revised Notice will be mailed to the address that we have on record for the contract holder of your member contract, and will also be posted on our web site at www.ibx.com.

Potential Impact of State Law

The HIPAA Privacy Rule generally does not “preempt” (or take precedence over) state privacy or other applicable laws that provide individuals greater privacy protections. As a result, to the extent state law applies, the privacy laws of a particular state, or other federal laws, rather than the HIPAA Privacy Rule, might impose a privacy standard under which we will be required to operate. For example, where such laws have been enacted, we will follow more stringent state privacy laws that relate to uses and disclosures of the protected health information concerning HIV or AIDS, mental health, substance abuse/chemical dependency, genetic testing, reproductive rights, etc.

How We May Use and Disclose Your Protected Health Information (PHI)

In order to administer our health benefit programs effectively, we will collect, use and disclose PHI for certain of our activities, including payment of covered services and health care operations.

The following categories describe the different ways in which we may use and disclose your PHI. Please note that every permitted use or disclosure of your PHI is not listed below. However, the different ways we will, or might, use or disclose your PHI do fall within one of the permitted categories described below.

Treatment: We may disclosure information to doctors, pharmacies, hospitals and other health care providers who take care of you to assist in your treatment or the coordination of your care.

Payment: We may use and disclose your PHI for all payment activities including, but not limited to, collecting premiums or to determine or fulfill our responsibility to provide health care coverage under our health plans. This may include coordinating benefits with other health care programs or insurance carriers, such as Medicare or Medicaid. For example, we may use and disclose your PHI to pay claims for services provided to you by doctors or hospitals which are covered by your health plan(s), or to determine if requested services are covered under your health plan. We may also use and disclose your PHI to conduct business with other Independence Blue Cross affiliate companies.

Health Care Operations: We may use and disclose your PHI to conduct and support our business and management activities as a health insurance issuer. For example, we may use and disclose your PHI to determine our premiums for your health plan, to conduct quality assessment and improvement

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activities, to conduct business planning activities, to conduct fraud detection programs, to conduct or arrange for medical review, or to engage in care coordination of health care services.

We may also use and disclose your PHI to offer you one of our value added programs like smoking cessation or discounted health related services, or to provide you with information about one of our disease management programs or other available Independence Blue Cross health products or health services.

We may also use and disclose your PHI to provide you with reminders to obtain preventive health services, and to inform you of treatment alternatives and/or health related benefits and services that may be of interest to you.

Marketing: Your PHI will not be sold, used or disclosed for marketing purposes without your authorization except where permitted by law. Such exceptions may include: a marketing communication to you that is in the form of (a) a face-to-face communication, or (b) a promotional gift of nominal value.

Release of Information to Plan Sponsors: Plan sponsors are employers or other organizations that sponsor a group health plan. We may disclose PHI to the plan sponsor of your group health plan as follows:

- We may disclose “summary health information” to your plan sponsor to use to obtain premium bids for providing health insurance coverage or to modify, amend or terminate its group health plan. “Summary health information” is information that summarizes claims history, claims expenses, or types of claims experience for the individuals who participate in the plan sponsor’s group health plan;
- We may disclose PHI to your plan sponsor to verify enrollment/disenrollment in your group health plan;
- We may disclose your PHI to the plan sponsor of your group health plan so that the plan sponsor can administer the group health plan; and
- If you are enrolled in a group health plan, your plan sponsor may have met certain requirements of the HIPAA Privacy Rule that will permit us to disclose PHI to the plan sponsor. Sometimes the plan sponsor of a group health plan is the employer. In those circumstances, we may disclose PHI to your employer. You should talk to your employer to find out how this information will be used.

Research: We may use or disclose your PHI for research purposes if certain conditions are met. Before we disclose your PHI for research purposes without your written permission, an Institutional Review Board (a board responsible under federal law for reviewing and approving research involving human subjects) or Privacy Board reviews the research proposal to ensure that the privacy of your PHI is protected, and to approve the research.

Required by Law: We may disclose your PHI when required to do so by applicable law. For example, the law requires us to disclose your PHI:

- When required by the Secretary of the U.S. Department of Health and Human Services to investigate our compliance efforts; and

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- To health oversight agencies, to allow them to conduct audits and investigations of the health care system, to determine eligibility for government programs, to determine compliance with government program standards, and for certain civil rights enforcement actions.

Public Health Activities: We may disclose your PHI to public health agencies for public health activities that are permitted or required by law, such as to:

- prevent or control disease, injury or disability;
- maintain vital records, such as births and deaths;
- report child abuse and neglect;
- notify a person about potential exposure to a communicable disease;
- notify a person about a potential risk for spreading or contracting a disease or condition;
- report reactions to drugs or problems with products or devices;
- notify individuals if a product or device they may be using has been recalled; and
- notify appropriate government agency(ies) and authority(ies) about the potential abuse or neglect of an adult patient, including domestic violence.

Health Oversight Activities: We may disclose your PHI to a health oversight agency for activities authorized by law, such as: audits; investigations; inspections; licensure or disciplinary actions; or civil, administrative, or criminal proceedings or actions. Health oversight agencies seeking this information include government agencies that oversee: (i) the health care system; (ii) government benefit programs; (iii) other government regulatory programs; and (iv) compliance with civil rights laws.

Lawsuits and Other Legal Disputes: We may disclose your PHI in response to a court or administrative order, subpoena, discovery request, or other lawful process once we have met all administrative requirements of the HIPAA Privacy Rule.

Law Enforcement: We may disclose your PHI to law enforcement officials under certain conditions. For example, we may disclose PHI:

- to permit identification and location of witnesses, victims, and fugitives;
- in response to a search warrant or court order;
- as necessary to report a crime on our premises;
- to report a death that we believe may be the result of criminal conduct; or
- in an emergency, to report a crime.

Coroners, Medical Examiners, or Funeral Directors: We may release PHI to a coroner or medical examiner. This may be necessary, for example, to identify a deceased person or to determine the cause of death. We also may disclose, as authorized by law, information to funeral directors so that they may carry out their duties.

Organ and Tissue Donation: We may use or disclose your PHI to organizations that handle organ and tissue donation and distribution, banking, or transplantation.

To Prevent a Serious Threat to Health or Safety: As permitted by law, we may disclose your PHI if we believe that the disclosure is necessary to prevent or lessen a serious and imminent threat to the health or safety of a person or the public.

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Military and National Security: We may disclose to military authorities the PHI of Armed Forces personnel under certain circumstances. We may disclose to authorized federal officials PHI required for lawful intelligence, counter-intelligence, and other national security activities.

Inmates: If you are a prison inmate, we may disclose your PHI to the prison or to a law enforcement official for: (1) the prison to provide health care to you; (2) your health and safety, and the health and safety of others; or (3) the safety and security of the prison.

Underwriting: We will not use genetic information about you for underwriting purposes.

Workers' Compensation: As part of your workers' compensation claim, we may have to disclose your PHI to a worker's compensation carrier.

To You: When you ask us to, we will disclose to you your PHI that is in a "designated record set." Generally, a designated record set contains medical, enrollment, claims and billing records we may have about you, as well as other records that we use to make decisions about your health care benefits. You can request the PHI from your designated record set as described in the section below called "Your Privacy Rights Concerning Your Protected Health Information."

To Your Personal Representative: If you tell us to, we will disclose your PHI to someone who is qualified to act as your personal representative according to any relevant state laws. In order for us to disclose your PHI to your personal representative, you must send us a completed Independence Blue Cross Personal Representative Designation Form or documentation that supports the person's qualification according to state law (such as a power of attorney or guardianship). To request the Independence Blue Cross Personal Representative Designation Form, please contact Member Services at the telephone number listed on the back of your Member Identification card, print the form from our web site at www.ibx.com, or write us at the address at the end of this Notice. However, the HIPAA Privacy Rule permits us to choose not to treat that person as your personal representative when we have a reasonable belief that: (i) you have been, or may be, subjected to domestic violence, abuse or neglect by the person; (ii) treating the person as your personal representative could endanger you; or (iii) in our professional judgment, it is not in your best interest to treat the person as your personal representative.

To Family and Friends: Unless you object, we may disclose your PHI to a friend or family member who has been identified as being involved in your health care. We also may disclose your PHI to an entity assisting in a disaster relief effort so that your family can be notified about your condition, status, and location. If you are not present or able to agree to these disclosures of your PHI, then we may, using our professional judgment, determine whether the disclosure is in your best interest.

Parents as Personal Representatives of Minors: In most cases, we may disclose your minor child's PHI to you. However, we may be required to deny a parent's access to a minor's PHI according to applicable state law.

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Right to Provide an Authorization for Other Uses and Disclosures

- Other uses and disclosures of your PHI that are not described above will be made only with your written authorization.
- You may give us written authorization permitting us to use your PHI or disclose it to anyone for any purpose.
- We will obtain your written authorization for uses and disclosures of your PHI that are not identified by this Notice, or are not otherwise permitted by applicable law.

Any authorization that you provide to us regarding the use and disclosure of your PHI may be revoked by you in writing at any time. After you revoke your authorization, we will no longer use or disclose your PHI for the reasons described in the authorization. Of course, we are unable to take back any disclosures that we have already made with your authorization. We may also be required to disclose PHI as necessary for purposes of payment for services received by you prior to the date when you revoked your authorization.

Your authorization must be in writing and contain certain elements to be considered a valid authorization. For your convenience, you may use our approved Independence Blue Cross Authorization Form. To request the Independence Blue Cross Authorization Form, please contact Member Services at the telephone number listed on the back of your Member Identification card, print the form from our web site at www.ibx.com, or write us at the address at the end of this Notice.

Your Privacy Rights Concerning Your Protected Health Information (PHI)

You have the following rights regarding the PHI that we maintain about you. Requests to exercise your rights as listed below must be in writing. For your convenience, you may use our approved Independence Blue Cross form(s). To request a form, please contact Member Services at the telephone number listed on the back of your Member Identification card or write to us at the address listed at the end of this Notice.

Right to Access Your PHI: You have the right to inspect or get copies of your PHI contained in a designated record set. Generally, a "designated record set" contains medical, enrollment, claims and billing records we may have about you, as well as other records that we may use to make decisions about your health care benefits. However, you may not inspect or copy psychotherapy notes or certain other information that may be contained in a designated record set.

You may request that we provide copies of your PHI in a format other than photocopies such as by electronic means in certain situations. We will use the format you request unless we cannot practicably do so. We may charge a reasonable fee for copies of PHI (based on our costs), for postage, and for a custom summary or explanation of PHI. You will receive notification of any fee(s) to be charged before we release your PHI, and you will have the opportunity to modify your request in order to avoid and/or reduce the fee. In certain situations we may deny your request for access to your PHI. If we do, we will tell you our reasons in writing, and explain your right to have the denial reviewed.

Right to Amend Your PHI: You have the right to request that we amend your PHI if you believe there is a mistake in your PHI, or that important information is missing. Approved amendments made to your PHI will also be sent to those who need to know, including (where appropriate) Independence Blue Cross's vendors (known as "Business Associates"). request to amend your PHI, we will tell you our reasons in writing, and explain your right to file a written statement of disagreement.

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Right to an Accounting of Certain Disclosures: You may request, in writing, that we tell you when we or our Business Associates have disclosed your PHI (an "Accounting"). Any accounting of disclosures will **not** include those we made:

- for payment, or health care operations;
- to you or individuals involved in your care;
- with your authorization;
- for national security purposes;
- to correctional institution personnel; or
- before April 14, 2003.

The first accounting in any 12-month period is without charge. We may charge you a reasonable fee (based on our cost) for each subsequent accounting request within a 12-month period. If a subsequent request is received, we will notify you of any fee to be charged, and we will give you an opportunity to withdraw or modify your request in order to avoid or reduce the fee.

Right to Request Restrictions: You have the right to request, in writing, that we place additional restrictions on our use or disclosure of your PHI. We are not required to agree to your request. However, if we do agree, we will be bound by our agreement except when required by law, in emergencies, or when information is necessary to treat you. An approved restriction continues until you revoke it in writing, or until we tell you that we are terminating our agreement to a restriction.

Right to Request Confidential Communications: You have the right to request that we use alternate means or an alternative location to communicate with you in confidence about your PHI. For instance, you may ask that we contact you by mail, rather than by telephone, or at work, rather than at home. Your written request must clearly state that the disclosure of all or part of your PHI at your current address or method of contact we have on record could be an endangerment to you. We will require that you provide a reasonable alternate address or other method of contact for the confidential communications. In assessing reasonableness, we will consider our ability to continue to receive payment and conduct health care operations effectively, and the subscriber's right to payment information. We may exclude certain communications that are commonly provided to all members from confidential communications. Examples of such communications include benefit booklets and newsletters.

Right to a Paper Copy of This Notice: You have the right to receive a paper copy of our Notice of Privacy Practices. You can request a copy at any time, even if you have agreed to receive this Notice electronically. To request a paper copy of this Notice, please contact Member Services at the telephone number on the back of your Member Identification Card.

Right to a Notification of a Breach of your PHI: You have the right to and will be notified following a breach of your unsecured PHI or if a security breach occurs involving your PHI.

Your Right to File a Privacy Complaint

If you believe your privacy rights have been violated, or if you are dissatisfied with Independence Blue Cross's privacy practices or procedures, you may file a complaint with the Independence Blue Cross Privacy Office and with the Secretary of the U.S. Department of Health and Human Services.

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You will not be penalized for filing a complaint.

To file a privacy complaint with us, you may contact Member Services at the telephone number on the back of your ID Card, or you may contact the Privacy Office as follows:

Independence Blue Cross
Privacy Office
P.O. Box 41762
Philadelphia, PA 19101 - 1762

Fax: (215) 241-4023 or 1-888-678-7006 (toll free)
E-mail: Privacy@ibx.com
Phone: 215-241-4735 or 1-888-678-7005 (toll free)

Hearing-impaired TTY users may call 711 to receive assistance free of charge.

Para obtener asistencia en Español, por favor comuníquese con el Servicio de Atención al Cliente al número que figura en su tarjeta de identificación.

Upang makakuha ng tulong sa Tagalog, tumawag sa numero ng telepono ng serbisyong pangkostumer na nakalista sa iyong card ng pagkikilanlan.

要取得中文協助，請撥打列示在您身份證上的客戶服務電話。

Táá Diné k'ehjí shíka 'adoowo•nínízingo, ninaaltsoos bee ééhózinígíí béésh bee hane'é bikáá' bee bik'e'ashchínígíí bich'i' hodíílnih.

An Important Message about a Policy Change to Protect Your Privacy

In compliance with the Health Insurance Portability and Accountability Act (HIPAA), Independence Blue Cross allows its members the right to authorize a third party to receive their protected health information by completing a HIPAA authorization form.

Previously, the IBC HIPAA authorization form explained that your authorization would automatically expire six months after your coverage with IBC ends. We have made a change to this policy and your authorization will no longer expire unless you revoke it in writing.

If you have any questions regarding this new policy, please contact our Customer Service Department by calling the telephone number on the back of your health insurance identification card.



Benefits underwritten or administered by QCC Insurance Company, a subsidiary of Independence Blue Cross – independent licensees of the Blue Cross and Blue Shield Association.

Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association.