Coverage Period: 01/01/2023 - 12/31/2023
Coverage for: Individual/Individual + Family | Plan Type: OAP

The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, go online at www.cigna.com/sp. For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms, see the Glossary. You can view the Glossary at https://www.healthcare.gov/sbc-glossary or call 1-800-Cigna24 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	For in-network providers: \$800/individual or \$1,600/family For out-of-network providers: \$1,600/individual or \$3,200/family	Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan, each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible.
Are there services covered before you meet your deductible?	Yes. In-network <u>preventive care</u> & immunizations, office visits, <u>diagnostic test</u> , <u>prescription drugs</u> , emergency room visits, <u>urgent care</u> facility visits, out-of-network <u>preventive care</u> & immunizations through age 15.	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other <u>deductibles</u> for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	For in-network providers: \$4,100/individual or \$8,200/family For out-of-network providers: \$8,200/individual or \$16,400/family Combined medical/behavioral and pharmacy out-of-pocket limit	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the out-of-pocket limit?	Penalties for failure to obtain <u>pre-authorization</u> for services, <u>premiums</u> , <u>balance-billing</u> charges, and health care this <u>plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.

Important Questions	Answers	Why This Matters:
Will you pay less if you use a network provider?	Yes. See www.cigna.com or call 1-800-Cigna24 for a list of network providers .	This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the specialist you choose without a referral.



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

Common	Common		u Will Pay	Limitations, Exceptions, & Other
Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Important Information
	Primary care visit to treat an injury or illness	\$30 copay/visit Onsite Clinic: No Charge/visit** **Deductible does not apply	50% coinsurance	For NM residents: No Charge for innetwork state mandated mental health, behavioral or substance abuse diagnosis.
	Specialist visit	\$50 copay/Tier 1 visit** \$75 copay/Non-Tier 1 visit** UM Facility Specialist: \$50 copay/ visit** **Deductible does not apply	50% coinsurance	For NM residents: No Charge for innetwork state mandated mental health, behavioral or substance abuse diagnosis.
If you visit a health care provider's office or clinic	Preventive care/ screening/ immunization	No charge/visit** No charge/visit** No charge/screening** No charge/screening** No charge/immunizations**	50% coinsurance/visit** Not covered/visit 50% coinsurance/screening** Not covered/screening 50% coinsurance/ immunizations** Not covered/immunizations	Coverage birth through age 15 Coverage age 16 and older Coverage birth through age 15 Coverage age 16 and older Coverage birth through age 15 Coverage age 16 and older You may have to pay for services that
		** <u>Deductible</u> does not apply		aren't preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for.

Common		What Yo	u Will Pay	Limitations, Exceptions, & Other
Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Important Information
If you have a test	Diagnostic test (x-ray, blood work)	30% coinsurance/x-ray at Hospital Based or Affiliated \$100 copay/x-ray at Non- Hospital Based** No charge/blood work** No charge/independent lab** **Deductible does not apply	50% coinsurance	Tier 1 PCP/ <u>Specialist</u> Benefit level may apply.
	Imaging (CT/PET scans, MRIs)	30% coinsurance/Hospital Based or Affiliated \$100 copay/Non-Hospital Based** **Deductible does not apply	50% coinsurance	50% penalty for no out-of-network precertification. Tier 1 PCP/Specialist Benefit level may apply.

Common		What You Will Pay		Limitations Evantians & Other
Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at	Generic drugs (Tier 1)	No charge/preventive (retail 30 days) No charge/preventive (retail & home delivery 90 days) \$20 copay/prescription (retail 30 days), \$40 copay/prescription (retail & home delivery 90 days) \$15 copay/ADD&ADHD (retail 30 days), \$30 copay/ADD&ADHD (retail 90 days), \$30 copay/ADD&ADHD (home delivery 90 days) Deductible does not apply	50% coinsurance/prescription (retail); Not covered (home delivery) Deductible does not apply	Coverage is limited up to a 90-day supply (retail and home delivery); up to a 30-day supply (retail and home delivery) for Specialty drugs. Certain limitations may apply, including, for example: prior authorization, step therapy, quantity limits. For drugs in the Cigna Patient Assurance Program you may pay less than the noted retail or home delivery cost share amounts. In-network Federally required preventive drugs will be provided at no charge.
www.cigna.com	Preferred brand drugs (Tier 2)	\$65 copay/prescription (retail 30 days), \$160 copay/prescription (retail & home delivery 90 days) Deductible does not apply	50% coinsurance/prescription (retail); Not covered (home delivery) Deductible does not apply	preventive drugs will be provided at
	Non-preferred brand drugs (Tier 3)	\$175 copay/prescription (retail 30 days), \$435 copay/prescription (retail & home delivery 90 days) Deductible does not apply	50% coinsurance/prescription (retail); Not covered (home delivery) Deductible does not apply	health, behavioral or substance abuse diagnosis.

Common		What You Will Pay		Limitations, Exceptions, & Other
Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Important Information
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	30% coinsurance/Hospital Based or Affiliated \$150 copay/Non-Hospital Based** **Deductible does not apply	50% coinsurance	50% penalty for no out-of-network precertification.
surgery	Physician/surgeon fees	No charge <u>Deductible</u> does not apply	50% coinsurance	50% penalty for no out-of-network precertification. Tier 1 Medical Benefit level may apply for Surgeons only.
	Emergency room care	\$425 copay/visit** \$225 copay/visit at JMH Facilities (Memorial, North, South & West)** **Deductible does not apply	\$425 <u>copay</u> /visit <u>Deductible</u> does not apply	Per visit copay is waived if admitted. Out-of-network services are paid at the in-network cost share.
If you need immediate medical attention	Emergency medical transportation	\$50 copay/trip Deductible does not apply	\$50 copay/trip Deductible does not apply	Out-of-network air ambulance services are paid at the in-network cost share and deductible.
	<u>Urgent care</u>	\$45 copay/visit** Convenience Care Clinic - \$10 copay/visit** **Deductible does not apply	\$45 <u>copay</u> /visit <u>Deductible</u> does not apply	None
	Facility fee (e.g., hospital room)	30% coinsurance	50% coinsurance	50% penalty for no out-of-network precertification.
If you have a hospital stay	Physician/surgeon fees	30% coinsurance	50% coinsurance	50% penalty for no out-of-network precertification. Tier 1 Medical Benefit level may apply for Surgeons only.

Common		What You Will Pay		Limitations, Exceptions, & Other
Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Important Information
If you need mental health, behavioral health, or	Outpatient services	No charge/office visit** No charge/all other services** **Deductible does not apply	50% coinsurance/office visit 50% coinsurance/all other services	50% penalty if no precert of out-of- network non-routine services (i.e., partial hospitalization, etc.). For NM residents: No Charge for in- network state mandated mental health, behavioral or substance abuse diagnosis.
substance abuse services	Inpatient services	30% coinsurance	50% coinsurance	50% penalty for no out-of-network precertification. For NM residents: No Charge for innetwork state mandated mental health, behavioral or substance abuse diagnosis.
	Office visits	No charge Deductible does not apply	50% coinsurance	Primary Care or Specialist benefit levels apply for initial visit to confirm
	Childbirth/delivery professional services	No charge Deductible does not apply	50% coinsurance	pregnancy. <u>Cost sharing</u> does not apply for
If you are pregnant	Childbirth/delivery facility services	30% coinsurance	50% coinsurance	preventive services. Depending on the type of services, a copayment, coinsurance or deductible may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound). Tier 1 PCP/Specialist Benefit level may apply.

Common		What You	u Will Pay	Limitations Evacutions 9 Other
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Home health care	30% coinsurance	50% coinsurance	50% penalty for no out-of-network precertification. 16 hour maximum per day
If you need help recovering or have other	Rehabilitation services	\$55 copay/visit for Physical therapy** \$60 copay/visit for Speech therapy and Occupational therapy** \$70 copay/visit for Pulmonary rehab and Cardiac rehab services** \$70 copay/visit for Chiropractic care services** **Deductible does not apply	50% coinsurance/PCP visit 50% coinsurance/ Specialist visit	50% penalty for failure to precertify out-of-network speech therapy services. Coverage is limited to annual max of: 40 days for Physical therapy; 40 days for Speech therapy; 40 days for Occupational therapy; 40 days for Pulmonary rehab; 40 days for Cardiac rehab services; 30 days for Chiropractic care services Limits are not applicable to mental health conditions for Physical, Speech and Occupational therapies.
special health needs	Habilitation services	\$55 copay/visit for Physical therapy** \$60 copay/visit for Speech therapy and Occupational therapy** **Deductible does not apply	50% coinsurance/PCP visit 50% coinsurance/ Specialist visit	50% penalty for failure to precertify out-of-network speech therapy services. Services are covered when Medically Necessary to treat a mental health condition (e.g. autism) or a congenital abnormality. Limits are not applicable to mental health conditions for Physical, Speech and Occupational therapies.
	Skilled nursing care	30% coinsurance	50% coinsurance	50% penalty for no out-of-network precertification. Coverage is limited to 90 days annual max.
	Durable medical equipment	30% coinsurance	50% coinsurance	50% penalty for no out-of-network precertification.

Common		What You Will Pay		Limitations, Exceptions, & Other
Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Important Information
	Hospice services	30% coinsurance/inpatient services 30% coinsurance/outpatient services	50% coinsurance/inpatient services 50% coinsurance/outpatient services	50% penalty for failure to precertify out-of-network inpatient hospice services.
If your child needs dental	Children's eye exam	Not covered	Not covered	None
or eye care	Children's glasses	Not covered	Not covered	None
or eye care	Children's dental check-up	Not covered	Not covered	None

Excluded Services & Other Covered Services:

- Acupuncture
- Bariatric surgery
- Cosmetic surgery
- Dental care (Adult)

- Dental care (Children)
- Eye care (Children)
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine eye care (Adult)
- Routine foot care
- Weight loss programs

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

Chiropractic care (30 days)
 Hearing aids (in-network only)
 Infertility treatment (in-network only)

Your Rights to Continue Coverage:

There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or www.cciio.cms.gov. Other coverage options may be available to you, too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit www.healthCare.gov or call 1-800-318-2596.

Your Grievance and Appeals Rights:

There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information on how to submit a <u>claim</u>, <u>appeal</u> or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: Cigna Customer service at 1-800-Cigna24.

Does this plan provide Minimum Essential Coverage? Yes

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

Does this plan meet the Minimum Value Standards? Yes

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

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-244-6224.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-244-6224.

Chinese (中文): 如果需要中文的帮助,请拨打这个号码 1-800-244-6224.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-800-244-6224.

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

About these Coverage Examples:



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

Peg is Having a Baby

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

■ The <u>plan's</u> overall <u>deductible</u>	\$800
Specialist copayment	\$50
Hospital (facility) coinsurance	30%
Other coinsurance	30%

This EXAMPLE event includes services like:

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

Total Example Cost	\$12,700
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In this example, Peg would pay:

008
\$40
,200
\$20
,060

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

(a year of routine in-network care of a wellcontrolled condition)

■ The plan's overall deductible	\$800
 Specialist copayment 	\$50
■ Hospital (facility) coinsurance	30%
Other coinsurance	30%

This EXAMPLE event includes services like:

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

Diagnostic tests (blood work)

Prescription drugs

Durable medical equipment (glucose meter)

Total Example Cost	\$5,600
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In this example, Joe would pay:

Cost Sharing	
<u>Deductibles</u>	\$(
<u>Copayments</u>	\$1,100
Coinsurance	\$(
What isn't covered	
Limits or exclusions	\$2
The total Joe would pay is	\$1,12

Mia's Simple Fracture

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

■ The plan's overall deductible	\$800
Specialist copayment	\$50
■ Hospital (facility) coinsurance	30%
Other coinsurance	30%

This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

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

Rehabilitation services (physical therapy)

Total Example Cost	\$2,800

In this example, Mia would pay:

\$800
\$700
\$50
\$0
\$1,550

The plan would be responsible for the other costs of these EXAMPLE covered services.

Plan Name: OAP Standard Plan Ben Ver: 25 Plan ID: 16707355

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PREFINITIONALIA
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DISCRIMINATION IS AGAINST THE LAW

Medical coverage

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

Cigna:

- 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 customer service at the toll-free number shown on your ID card, and ask a Customer Service Associate for assistance.

If you believe that Cigna 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 by sending an email to ACAGrievance@Cigna.com or by writing to the following address:

Cigna

Nondiscrimination Complaint Coordinator PO Box 188016 Chattanooga, TN 37422

If you need assistance filing a written grievance, please call the number on the back of your ID card or send an email to ACAGrievance@Cigna.com. 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.



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Proficiency of Language Assistance Services

English - ATTENTION: Language assistance services, free of charge, are available to you. For current Cigna customers, call the number on the back of your ID card. Otherwise, call 1.800.244.6224 (TTY: Dial 711).

Spanish - ATENCIÓN: Hay servicios de asistencia de idiomas, sin cargo, a su disposición. Si es un cliente actual de Cigna, llame al número que figura en el reverso de su tarjeta de identificación. Si no lo es, llame al 1.800.244.6224 (los usuarios de TTY deben llamar al 711).

Chinese - 注意:我們可為您免費提供語言協助服務。對於 Cigna 的現有客戶,請致電您的 ID 卡背面的號碼。其他客戶請致電 1.800.244.6224 (聽障專線:請撥 711)。

Vietnamese – XIN LƯU Ý: Quý vị được cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Dành cho khách hàng hiện tại của Cigna, vui lòng gọi số ở mặt sau thẻ Hội viên. Các trường hợp khác xin gọi số 1.800.244.6224 (TTY: Quay số 711).

Korean - 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 현재 Cigna 가입자님들께서는 ID 카드 뒷면에 있는 전화번호로 연락해주십시오. 기타 다른 경우에는 1.800.244.6224 (TTY: 다이얼 711)번으로 전화해주십시오.

Tagalog - PAUNAWA: Makakakuha ka ng mga serbisyo sa tulong sa wika nang libre. Para sa mga kasalukuyang customer ng Cigna, tawagan ang numero sa likuran ng iyong ID card. O kaya, tumawag sa 1.800.244.6224 (TTY: I-dial ang 711).

Russian – ВНИМАНИЕ: вам могут предоставить бесплатные услуги перевода. Если вы уже участвуете в плане Cigna, позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки участника плана. Если вы не являетесь участником одного из наших планов, позвоните по номеру 1.800.244.6224 (TTY: 711).

Arabic - برجاء الانتباه خدمات الترجمة المجانية متاحة لكم. لعملاء Cigna الحاليين برجاء الاتصال بالرقم المدون علي ظهر بطاقتكم الشخصية. او اتصل ب 1.800.244.6224

French Creole – ATANSYON: Gen sèvis èd nan lang ki disponib gratis pou ou. Pou kliyan Cigna yo, rele nimewo ki dèyè kat ID ou. Sinon, rele nimewo 1.800.244.6224 (TTY: Rele 711).

French - ATTENTION: Des services d'aide linguistique vous sont proposés gratuitement. Si vous êtes un client actuel de Cigna, veuillez appeler le numéro indiqué au verso de votre carte d'identité. Sinon, veuillez appeler le numéro 1.800.244.6224 (ATS : composez le numéro 711).

Portuguese - ATENÇÃO: Tem ao seu dispor serviços de assistência linguística, totalmente gratuitos. Para clientes Cigna atuais, ligue para o número que se encontra no verso do seu cartão de identificação. Caso contrário, ligue para 1.800.244.6224 (Dispositivos TTY: marque 711).

Polish – UWAGA: w celu skorzystania z dostępnej, bezpłatnej pomocy językowej, obecni klienci firmy Cigna mogą dzwonić pod numer podany na odwrocie karty identyfikacyjnej. Wszystkie inne osoby prosimy o skorzystanie z numeru 1 800 244 6224 (TTY: wybierz 711).

Japanese - 注意事項:日本語を話される場合、無料の言語支援サービスをご利用いただけます。現在のCignaのお客様は、IDカード裏面の電話番号まで、お電話にてご連絡ください。その他の方は、1.800.244.6224(TTY: 711)まで、お電話にてご連絡ください。

Italian – ATTENZIONE: Sono disponibili servizi di assistenza linguistica gratuiti. Per i clienti Cigna attuali, chiamare il numero sul retro della tessera di identificazione. In caso contrario, chiamare il numero 1.800.244.6224 (utenti TTY: chiamare il numero 711).

German – ACHTUNG: Die Leistungen der Sprachunterstützung stehen Ihnen kostenlos zur Verfügung. Wenn Sie gegenwärtiger Cigna-Kunde sind, rufen Sie bitte die Nummer auf der Rückseite Ihrer Krankenversicherungskarte an. Andernfalls rufen Sie 1.800.244.6224 an (TTY: Wählen Sie 711).

Persian (Farsi) – توجه: خدمات کمک زیانی، به صورت رایگان به شما ارائه می شود. برای مشتریان فعلی Cigna، لطفاً با شماره ای که در بشت کارت شناسایی شماست نماس بگیرید. در غیر اینصورت با شماره 1.800.244.6224 نماس بگیرید (شماره نلفن ویژه ناشنوایان: شماره 711 را شمارهگیری).