

**MMHG Traditional**

**The Harvard Pilgrim HMO**

**Summary of Benefits and Coverage: What this Plan Covers & What it Costs**

**Coverage Period: 07/01/2016 — 06/30/2017**

**Coverage for: Individual + Family | Plan Type: HMO**



This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document at [www.harvardpilgrim.org/LGsampleEOC](http://www.harvardpilgrim.org/LGsampleEOC) or by calling 1-888-333-4742.

Important Questions	Answers	Why this matters:
What is the overall deductible?	\$0	See the chart starting on page 2 for your costs for services this plan covers.
Are there other deductibles for specific services?	No.	You don't have to meet deductibles for specific services, but see the chart starting on page 2 for other costs for services this plan covers.
Is there an out-of-pocket limit on my expenses?	Yes. \$2,000 per member per Plan Year/ \$4,000 per family per Plan Year Separate out-of-pocket limit applies to Pharmacy, see "If you need drugs to treat your illness or condition".	The out-of-pocket limit is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.
What is not included in the out-of-pocket limit?	Please see your Schedule of Benefits for out-of-pocket maximum exclusions for your plan.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Is there an overall annual limit on what the plan pays?	No.	The chart starting on page 2 describes any limits on what the plan will pay for <i>specific</i> covered services, such as office visits.
Does this plan use a network of providers?	Yes. For a list of preferred providers, see <a href="http://www.harvardpilgrim.org">www.harvardpilgrim.org</a> or call 1-888-333-4742.	If you use an in-network doctor or other health care provider, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network provider for some services. Plans use the term in-network, preferred, or participating for providers in their network. See the chart starting on page 2 for how this plan pays different kinds of providers.
Do I need a referral to see a specialist?	Yes, some exceptions apply.	This plan will pay some or all of the costs to see a specialist for covered services but only if you have the plan's permission before you see the specialist.
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 5. See your policy or plan document for additional information about excluded services.

Questions: Call 1-888-333-4742 or visit us at [www.harvardpilgrim.org](http://www.harvardpilgrim.org). If you are not clear about any of the bolded terms used in this form, see the Glossary. You can view the Glossary at [www.harvardpilgrim.org/fhcr](http://www.harvardpilgrim.org/fhcr) or call 1-888-333-4742 to request a copy.

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	<ul style="list-style-type: none"> <li>• Co-payments are fixed dollar amounts (for example, \$15) you pay for covered health care, usually when you receive the service.</li> <li>• Co-insurance is your share of the costs of a covered service, calculated as a percent of the allowed amount for the service. For example, if the plan's allowed amount for an overnight hospital stay is \$1,000, your co-insurance payment of 20% would be \$200. This may change if you haven't met your deductible.</li> <li>• The amount the plan pays for covered services is based on the allowed amount. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference. For example, if an out-of-network hospital charges \$1,500 for an overnight stay and the allowed amount is \$1,000, you may have to pay the \$500 difference. (This is called balance billing.)</li> <li>• This plan may encourage you to use participating providers by charging you lower deductibles, co-payments and co-insurance amounts.</li> </ul>
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Common Medical Event	Services You May Need	Participating Provider	Non-Participating Provider	Limitations & Exceptions
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	\$15 Copayment per visit	Not covered	None
	Specialist visit	\$15 Copayment per visit	Not covered	None
	Other practitioner office visit	\$15 Copayment per visit	Not covered	Cost sharing may vary for certain practitioners.
	Preventive care/screening/immunization	No charge	Not covered	None
If you have a test	Diagnostic test (x-ray, blood work)	No charge	Not covered	None
	Imaging (CT/PET scans, MRIs)	No charge	Not covered	None
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at <a href="http://www.harvardpilgrim.org/2016Premium3T">www.harvardpilgrim.org/2016Premium3T</a> .	Most generic drugs	<b>30-Day Supply Retail Pharmacy Tier 1: \$10 Copayment</b> <b>90-Day Supply Retail Pharmacy Tier 1: \$30 Copayment</b> <b>90-Day Supply Mail Order Pharmacy Tier 1: \$20 Copayment</b>		None
	Preferred brand drugs	<b>30-Day Supply Retail Pharmacy Tier 2: \$20 Copayment</b> <b>90-Day Supply Retail Pharmacy Tier 2: \$60 Copayment</b> <b>90-Day Supply Mail Order Pharmacy Tier 2: \$40 Copayment</b>		Some generic drugs are in this tier.

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<b>Common Medical Event</b>	<b>Services You May Need</b>	<b>Participating Provider</b>	<b>Non-Participating Provider</b>	<b>Limitations &amp; Exceptions</b>
	Non-preferred brand drugs	30-Day Supply Retail Pharmacy Tier 3: \$35 Copayment 90-Day Supply Retail Pharmacy Tier 3: \$105 Copayment 90-Day Supply Mail Order Pharmacy Tier 3: \$105 Copayment		Same as above.
	Specialty drugs	All drugs are covered in Retail Pharmacy and Mail Order Pharmacy Tiers 1 — 3		Must be obtained through a Specialty Pharmacy.
<b>If you have outpatient surgery</b>	Facility fee (e.g., ambulatory surgery center)	No charge	Not covered	None
	Physician/surgeon fees	No charge	Not covered	None
<b>If you need immediate medical attention</b>	Emergency Room Services	\$75 Copayment per visit This Copayment is waived if admitted to the hospital directly from the emergency room.	Same As Participating Provider	None
	Emergency Medical Transportation	No charge	Same As Participating Provider	None
	Urgent Care	\$15 Copayment per visit	Not Covered	None
<b>If you have a hospital stay</b>	Facility fee (e.g., hospital room)	No charge	Not covered	None
	Physician/surgeon fee	No charge	Not covered	None
<b>If you have mental health, behavioral health, or substance abuse needs</b>	Mental/Behavioral health outpatient services	Group Therapy: \$10 Copayment per visit Individual Therapy: \$15 Copayment per visit	Not covered	None
	Mental/Behavioral health inpatient services	No charge	Not covered	None
	Substance use disorder outpatient services	Group Therapy: \$10 Copayment per visit Individual Therapy: \$15 Copayment per visit	Not covered	None
	Substance use disorder inpatient services	No charge	Not covered	None

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<b>Common Medical Event</b>	<b>Services You May Need</b>	<b>Participating Provider</b>	<b>Non-Participating Provider</b>	<b>Limitations &amp; Exceptions</b>
<b>If you are pregnant</b>	Prenatal and postnatal care	No charge	Not covered	None
	Delivery and all inpatient services	No charge	Not covered	None
<b>If you need help recovering or have other special health needs</b>	Home health care	No charge	Not covered	None
	Rehabilitation services (Inpatient)	No charge	Not covered	– Limited to 60 days per Plan Year
	Habilitation services (Outpatient)	\$15 Copayment per visit	Not covered	– Physical Therapy – limited to 60 visits per Plan Year – Occupational Therapy – limited to 60 visits per Plan Year Physical and Occupational visit limits are combined per Plan Year
	Skilled nursing care	No charge	Not covered	– Limited to 100 days per Plan Year
	Durable medical equipment	No charge	Not covered	– Wigs – limited to \$350 per Plan Year
	Hospice services	No charge	Not covered	If inpatient services are required, please see “If you have a hospital stay”.
<b>If your child needs dental or eye care</b>	Eye exam	\$15 Copayment per visit	Not covered	– Limited to 1 exam per Plan Year You may have other coverage under a Vision Rider.
	Glasses	Not covered	Not covered	You may have other coverage under a Vision Rider.
	Dental check-up – Up to the age of 13	No charge	Not covered	– Limited to 2 exams per Plan Year You may have other coverage under a Dental Rider.

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**Excluded Services & Other Covered Services:**

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

- Long-Term (Custodial) Care
- Most Cosmetic Surgery
- Most Dental Care (Adult)
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine foot care
- Services that are not Medically Necessary
- Weight Loss Programs

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

- Acupuncture
- Bariatric Surgery
- Chiropractic Care
- Hearing Aids
- Infertility Treatments
- Routine eye care (Adult)

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**Your Rights to Continue Coverage:**

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

For more information on your rights to continue coverage, contact the plan at 1-800-333-4742. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or [www.dol.gov/ebsa](http://www.dol.gov/ebsa), or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://www.cciio.cms.gov)

**Your Grievance and Appeals Rights:**

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to appeal or file a grievance. For questions about your rights, this notice, or assistance, you can contact:

HPHC Member Appeals-Member  
Services Department  
Harvard Pilgrim Health Care, Inc.  
1600 Crown Colony Drive  
Quincy, MA 02169  
Telephone: 1-888-333-4742  
Fax: 1-617-509-3085

Department of Labor's Employee  
Benefits Security Administration  
1-866-444-3272  
[www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform)

Health Care for All  
30 Winter Street, Suite 1004  
Boston, MA 02108  
1-800-272-4232  
<http://www.hcfama.org/helpline>

**Does this Coverage Provide Minimum Essential Coverage?**

The Affordable Care Act requires most people to have health care coverage that qualifies as "minimum essential coverage." This plan or policy does provide minimum essential coverage.

**Does this Coverage Meet the Minimum Value Standard?**

The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). This health coverage does meet the minimum value standard for the benefits it provides.

**Language Access Services:**

Para obtener asistencia en Español, llame al 1-888-333-4742.

如果需要中文的帮助, 请拨打这个号码 1-888-333-4742.

De assistência em Português, por favor ligue 1-888-333-4742.

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

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**About these Coverage Examples:**

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



**This is not a cost estimator.**

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

See the next page for important information about these examples.

<b>Having a baby</b> (normal delivery)
<ul style="list-style-type: none"> <li>■ Amount owed to providers: <b>\$7,540</b></li> <li>■ Plan pays: <b>\$7,370</b></li> <li>■ Patient pays: <b>\$170</b></li> </ul>

**Sample care costs:**

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

  

**Patient pays:**

Deductibles	\$0
Co-pays	\$20
Co-insurance	\$0
Limits or exclusions	\$150
<b>Total</b>	<b>\$170</b>

<b>Managing type 2 diabetes</b> (routine maintenance of a well-controlled condition)
<ul style="list-style-type: none"> <li>■ Amount owed to providers: <b>\$5,400</b></li> <li>■ Plan pays: <b>\$3,970</b></li> <li>■ Patient pays: <b>\$1,430</b></li> </ul>

**Sample care costs:**

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

  

**Patient pays:**

Deductibles	\$0
Co-pays	\$1,350
Co-insurance	\$0
Limits or exclusions	\$80
<b>Total</b>	<b>\$1,430</b>

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### Questions and answers about the Coverage Examples:

#### What are some of the assumptions behind the Coverage Examples?

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

#### What does a Coverage Example show?

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

#### Does the Coverage Example predict my own care needs?

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

#### Does the Coverage Example predict my future expenses?

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

#### Can I use Coverage Examples to compare plans?

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

#### Are there other costs I should consider when comparing plans?

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