



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, see www.ascensionpersonalizedcare.com or call 833-600-1311. 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.ascensionpersonalizedcare.com/> or call 833-600-1311 to request a copy.

| Important Questions | Answers | Why This Matters: |
|---|---|--|
| What is the overall deductible? | \$0 at Indian Health Care Provider (IHCP); or \$8,000 Individual / \$16,000 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. Preventive care services are covered before you meet your deductible . | This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost sharing and before you meet your deductible . See a list of covered preventive services at https://www.healthcare.gov/coverage/preventive-care-benefits/ . |
| Are there other deductibles for specific services? | No. | You don't have to meet deductibles for specific services. |
| What is the out-of-pocket limit for this plan? | For network providers \$9,100 individual / \$18,200 family. | The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan , they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met. |
| What is not included in the out-of-pocket limit? | Premiums , balance-billing charges, penalties for failure to obtain preauthorization for services, and health care this plan doesn't cover. | Even though you pay these expenses, they don't count toward the out-of-pocket limit . |
| Will you pay less if you use a network provider? | Yes. See www.ascensionpersonalizedcare.com or call 833-600-1311 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 referral to see a specialist? | 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 Medical Event | Services You May Need | What You Will Pay | | | Limitations, Exceptions, & Other Important Information |
|---|--|--|---|---|--|
| | | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP Provider In-Network Provider (You will pay more) | Non-IHCP Out-of-Network Provider (You will pay the most) | |
| If you visit a health care provider's office or clinic | Primary care visit to treat an injury or illness | No charge | \$50 copay /office visit; deductible does not apply | Not covered | —————none————— |
| | Specialist visit | No charge | \$100 copay /visit; deductible does not apply | Not covered | —————none————— |
| | Preventive care/screening/immunization | No charge | No charge | Not covered | You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for. |
| If you have a test | Diagnostic test (x-ray, blood work) | No charge | 50% coinsurance | Not covered | Some services may require prior authorization, or no benefits will be paid. See your policy for more details. |
| | Imaging (CT/PET scans, MRIs) | No charge | 50% coinsurance | Not covered | |
| If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.ascensionpers | Generic drugs | No charge | \$20 copay /prescription | Not covered | Coverage is limited up to 30-day supply (retail) and 90-day supply (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. |
| | Preferred brand drugs | No charge | 50% coinsurance | Not covered | |

* For more information about limitations and exceptions, see the [plan](#) or policy document at [www.ascensionpersonalizedcare.com](#).

| Common Medical Event | Services You May Need | What You Will Pay | | | Limitations, Exceptions, & Other Important Information |
|--|--|---|---|--|--|
| | | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP Provider In-Network Provider (You will pay more) | Non-IHCP Out-of-Network Provider (You will pay the most) | |
| onalizedcare.com/p/harmacy/2023_drug_formulary | Non-preferred brand drugs | No charge | 50% coinsurance | Not covered | 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. Some services may require prior authorization, or no benefits will be paid. See your policy for more details. |
| | Specialty drugs | No charge | 50% coinsurance | Not covered | |
| If you have outpatient surgery | Facility fee (e.g., ambulatory surgery center) | No charge | 50% coinsurance | Not covered | Some services may require prior authorization, or no benefits will be paid. See your policy for more details. |
| | Physician/surgeon fees | No charge | 50% coinsurance | Not covered | See Above. |
| If you need immediate medical attention | Emergency room care | No charge | 50% coinsurance | 50% coinsurance | Emergency hospital admissions require authorization within 48 hours following admission. |
| | Emergency medical transportation | No charge | 50% coinsurance | 50% coinsurance | Non-emergent Ambulance not covered Out-of-Network. |
| | Urgent care | No charge | 50% coinsurance | Not covered | —————none————— |
| If you have a hospital stay | Facility fee (e.g., hospital room) | No charge | 50% coinsurance | Not covered | Prior authorization is required, or no benefits will be paid. |
| | Physician/surgeon fees | No charge | 50% coinsurance | Not covered | Physician/surgeon fees included in Facility fee copayment . Prior authorization is required, or no benefits will be paid. |

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.ascensionpersonalizedcare.com.

| Common Medical Event | Services You May Need | What You Will Pay | | | Limitations, Exceptions, & Other Important Information |
|--|---|---|---|--|--|
| | | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP Provider In-Network Provider (You will pay more) | Non-IHCP Out-of-Network Provider (You will pay the most) | |
| If you need mental health, behavioral health, or substance abuse services | Outpatient services | No charge | \$50 copay /office visit | Not covered | None |
| | Inpatient services | No charge | 50% coinsurance | Not covered | |
| If you are pregnant | Office visits | No charge | \$50 copay /office visit | Not covered | Depending on the type of service a copayment may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound). |
| | Childbirth/delivery professional services | No charge | 50% coinsurance | Not covered | Childbirth/delivery professional services included in facility services copayment . |
| | Childbirth/delivery facility services | No charge | 50% coinsurance | Not covered | Prior authorization is required for vaginal deliveries requiring more than a 48 hour stay, and for cesarean section deliveries requiring more than a 96 hour stay, or no benefits will be paid. |
| If you need help recovering or have other special health needs | Home health care | No charge | 50% coinsurance | Not covered | Limited to 60 visits per member per year. Some services may require prior authorization, or no benefits will be paid. See your policy for more details. |
| | Rehabilitation services | No charge | 50% coinsurance | Not covered | Limited to 20 visits per year. The limit on the number of visits for therapy applies to all visits for that therapy, whether received in a Practitioner's office, outpatient facility or home health setting. Cardiac and pulmonary therapy limited to 36 visits per year. |

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.ascensionpersonalizedcare.com.

| Common Medical Event | Services You May Need | What You Will Pay | | | Limitations, Exceptions, & Other Important Information |
|---|---|---|---|--|--|
| | | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP Provider In-Network Provider (You will pay more) | Non-IHCP Out-of-Network Provider (You will pay the most) | |
| | Habilitation services | No charge | 50% coinsurance | Not covered | Limited to 20 visits per year. The limit on the number of visits for therapy applies to all visits for that therapy, whether received in a Practitioner's office, outpatient facility or home health setting. Cardiac and pulmonary therapy limited to 36 visits per year. |
| | Skilled nursing care | No charge | 50% coinsurance | Not covered | Skilled Nursing and Rehabilitation Facility limited to 60 days/year combined. |
| | Durable medical equipment | No charge | 50% coinsurance | Not covered | Durable medical equipment over \$500 requires prior authorization. See your policy for more details. |
| | Hospice services | No charge | 50% coinsurance | Not covered | Prior Authorization required for Inpatient Hospice. |
| If your child needs dental or eye care | Children's eye exam | No charge | \$50 copay /visit | Not covered | Limited to 1 exam per Benefit Period |
| | Children's glasses | No charge | 50% coinsurance | Not covered | Limited to 1 item per Benefit Period |
| | Children's dental check-up | Not covered | Not covered | Not covered | Not covered. |

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.ascensionpersonalizedcare.com.

Excluded Services & Other Covered Services:

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

- Abortion (except when the life of the mother is endangered)
- Acupuncture
- Bariatric surgery
- Children's dental check-up
- Cosmetic surgery
- Dental care (Adult)
- Infertility treatment
- 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.)

- Allergy testing
- Chiropractic care
- Tobacco cessation

Tobacco

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: the plan, administered by US Health and Life, at 833-600-1311 or <http://www.ascensionpersonalizedcare.com>, the Tennessee Department of Commerce & Insurance, 500 James Robertson Pkwy, Nashville, TN 37243 at 615-741-2241 or <https://www.tn.gov/commerce/insurance-division.html>, the U.S. Department of Health and Human Services at 1-877-696-6775 or <https://www.hhs.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 [plan](#) for a denial of a [claim](#). This complaint is called a [grievance](#) or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information on how to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, contact: Tennessee Department of Commerce & Insurance at <https://www.tn.gov/commerce/insurance-division.html>.

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? Not Applicable.

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 833-600-1311.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 833-600-1311.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 833-600-1311.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijjigo holne' 833-600-1311.

To see examples of how this [plan](#) might cover costs for a sample medical situation, see the next section.

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.ascensionpersonalizedcare.com.

About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this [plan](#) might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your [providers](#) charge, and many other factors. Focus on the [cost-sharing](#) amounts ([deductibles](#), [copayments](#) and [coinsurance](#)) and [excluded services](#) under the [plan](#). Use this information to compare the portion of costs you might pay under different health [plans](#). 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 [plan's](#) overall [deductible](#) \$8,000
- [Specialist copayment](#) \$100
- Hospital (facility) [coinsurance](#) 50%
- Other [coinsurance](#) 50%

This EXAMPLE event includes services like:

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

| | |
|---------------------------|-----------------|
| Total Example Cost | \$12,700 |
|---------------------------|-----------------|

In this example, Peg would pay:

| <i>Cost Sharing</i> | |
|-----------------------------------|----------------|
| Deductibles | \$8,000 |
| Copayments | \$60 |
| Coinsurance | \$1,000 |
| <i>What isn't covered</i> | |
| Limits or exclusions | \$60 |
| The total Peg would pay is | \$9,120 |

Managing Joe's Type 2 Diabetes

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

- The [plan's](#) overall [deductible](#) \$8,000
- [Specialist copayment](#) \$100
- Hospital (facility) [coinsurance](#) 50%
- Other [coinsurance](#) 50%

This EXAMPLE event includes services like:

- [Primary care physician](#) office visits (*including disease education*)
- [Diagnostic tests](#) (*blood work*)
- [Prescription drugs](#)
- [Durable medical equipment](#) (*glucose meter*)

| | |
|---------------------------|----------------|
| Total Example Cost | \$5,600 |
|---------------------------|----------------|

In this example, Joe would pay:

| <i>Cost Sharing</i> | |
|-----------------------------------|----------------|
| Deductibles | \$4,000 |
| Copayments | \$700 |
| Coinsurance | \$0 |
| <i>What isn't covered</i> | |
| Limits or exclusions | \$20 |
| The total Joe would pay is | \$4,720 |

Mia's Simple Fracture

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

- The [plan's](#) overall [deductible](#) \$8,000
- [Specialist copayment](#) \$100
- Hospital (facility) [coinsurance](#) 50%
- Other [coinsurance](#) 50%

This EXAMPLE event includes services like:

- [Emergency room care](#) (*including medical supplies*)
- [Diagnostic test](#) (*x-ray*)
- [Durable medical equipment](#) (*crutches*)
- [Rehabilitation services](#) (*physical therapy*)

| | |
|---------------------------|----------------|
| Total Example Cost | \$2,800 |
|---------------------------|----------------|

In this example, Mia would pay:

| <i>Cost Sharing</i> | |
|-----------------------------------|----------------|
| Deductibles | \$2,500 |
| Copayments | \$300 |
| Coinsurance | \$0 |
| <i>What isn't covered</i> | |
| Limits or exclusions | \$0 |
| The total Mia would pay is | \$2,800 |

Note: These numbers assume the patient received care from an IHCP provider or with IHCP referral at a non-IHCP. If you receive care from a non-IHCP provider without a referral from an IHCP your costs may be higher.

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.

| | |
|----------------|---|
| Spanish | Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de US Health and Life Insurance Company, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-833-600-1311. |
| Arabic | صو صخب ؤلئسأ هءعاسء صخش بءل وأ كءءل ناك نأ US Health and Life Insurance Company، إن فءلا كءءلف ب لءنا مءرءم عم ؤءءءال. ؤءلكء ؤءا نوء نم كءءلب ؤءرور ضلا ؤامولءملاو ؤءعاسملا بلع لوصءلا ءف 1-833-600-1311. |
| Chinese | 如果您，或您正在幫助的人，有關於US Health and Life Insurance Company方面的問題，您有權利免費以您的母語得到幫助和訊息。想要跟一位翻譯員通話，請致電1-833-600-1311。 |
| Vietnamese | Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về US Health and Life, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình hoàn toàn miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-833-600-1311. |
| Albanian | Nëse ju, ose dikush që po ndihmoni, ka pyetje për US Health and Life, keni të drejtë të merrni ndihmë dhe informacion falas në gjuhën tuaj. Për të folur me një përkthyes, telefononi numrin 1-833-600-1311. |
| Korean | 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 US Health and Life에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-833-600-1311로 전화하십시오. |
| Bengali | যদি আপদি, অথবা আপদি অিয় কাউকক সহায়তা করকৈ, সম্পককে প্রশ্ন আকে US Health and Life, আপির অদিকার আকে দবি খরকে আপির দিজস্ব ভাষাকত সাহায্য পাবার এবং তথ্য জািবার। অিবাবিককর সাকথ কথা বলার জিয়, কল করকৈ 1-833-600-1311. |
| Polish | Jeśli Ty lub osoba, której pomagasz, macie pytania odnośnie US Health and Life, masz prawo do uzyskania bezpłatnej informacji i pomocy we własnym języku. Aby porozmawiać z tłumaczem, zadzwoń pod numer 1-833-600-1311. |
| German | Falls Sie oder jemand, dem Sie helfen, Fragen zum US Health and Life Insurance Company haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-833-600-1311 an. |
| Italian | Se tu o qualcuno che stai aiutando avete domande su US Health and Life Insurance Company, hai il diritto di ottenere aiuto e informazioni nella tua lingua gratuitamente. Per parlare con un interprete, puoi chiamare 1-833-600-1311. |
| Japanese | ご本人様、またはお客様の身の回りの方でも、US Health and Life Insurance Company についてご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳とお話される場合、1-833-600-1311までお電話ください。 |
| Russian | Если у вас или лица, которому вы помогаете, имеются вопросы по поводу US Health and Life Insurance Company, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 1-833-600-1311. |
| Serbo-Croatian | Ukoliko Vi ili neko kome Vi pomažete ima pitanje o US Health and Life Insurance Company, imate pravo da besplatno dobijete pomoć i informacije na Vašem jeziku. Da biste razgovarali sa prevodiocem, nazovite 1-833-600-1311. |
| Tagalog | Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa US Health and Life Insurance Company, may karapatan ka na makakuha ng tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-833-600-1311. |
| Swahili | Kama wewe, au mtu unaye mpa usaidizi ana maswali kuhusu US Health and Life Insurance Company, Una haki ya kupata habari hii na msaada kwa lugha yako bila gharama. Kuzungumza na mkalimani, piga nambari hii: 1-833-600-1311. |