




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 PreferredOne.com or by calling 763.847.4477 / 800.997.1750.

Important Questions	Answers	Why This Matters:
What is the overall deductible ?	Cost Level 1: \$50/\$100 (individual / family). Cost Level 2: \$140/\$280 (individual / family). Cost level 1 & 2 are combined. Out-of-network: \$20,000/\$20,000 (individual/family). Deductible does not apply to in-network preventive care.	You must pay all the costs up to the deductible amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the deductible starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the deductible .
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?	Cost Level 1 & 2: \$1,100/\$2,200 (individual / family). Out-of-network: \$20,000/\$40,000 (individual/family). Prescription Drug combined out-of-pocket: \$800/\$1,600 (individual/family). Deductible does not apply to in-network preventive care.	The out-of-pocket limit is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.
What is not included in the out-of-pocket limit ?	Premiums, balance-billed charges and health care this plan does not cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit .
Is there an overall annual limit on what the plan pays?	No.	The chart starting on page 2 describes any limits on what the plan will pay for specific covered services, such as office visits.
Does this plan use a network of providers ?	Yes. For a list of in-network providers , go to PreferredOne.com or call Customer Service at 763.847.4477 / 800.997.1750.	If you use an in-network doctor or other health care provider , this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network provider for some services. Plans use the term in-network, preferred , or participating for providers in their network . See the chart starting on page 2 for how this plan pays different kinds of providers .
Do I need a referral to see a specialist ?	No.	You can see the specialist you choose without permission from this plan.
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 6. See your policy or plan document for additional information about excluded services .

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If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at PreferredOne.com

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

Common Medical Event	Services You May Need	Your Cost If You Use a			Limitations & Exceptions
		Cost Level 1 Provider	Cost Level 2 Provider	Non-Participating Provider	
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	\$17 copay/visit after deductible. Convenience Care: \$10 copay/visit after deductible. Web Based Care: No charge for the first 3 visits and \$10 copay thereafter subject to deductible.	\$22 copay/visit after deductible. Convenience Care: \$10 copay/visit after deductible. Web Based Care: No charge for the first 3 visits and \$10 copay thereafter subject to deductible.	Office Visit: 50% coinsurance after deductible. Convenience Care: 50% coinsurance after deductible. Web Based Care: Not covered.	----- None -----
	Specialist visit	\$17 copay/visit after deductible	\$22 copay/visit after deductible	50% coinsurance after deductible	----- None -----
	Other practitioner office visit	\$17 copay/visit after deductible	\$22 copay/visit after deductible	50% coinsurance after deductible	Out-of-network Chiropractic, 20 visits per plan year.
	Preventive care/screening/immunization	No charge (deductible does not apply)	No charge (deductible does not apply)	50% coinsurance for immunizations and all other preventive care services after deductible. No charge for well child exam.	----- None -----

Common Medical Event	Services You May Need				Limitations & Exceptions
		Cost Level 1 Provider	Cost Level 2 Provider	Non-Participating	
If you have a test	Diagnostic test (x-ray, blood work)	5% coinsurance after deductible	5% coinsurance after deductible	50% coinsurance after deductible	----- None -----
	Imaging (CT/PET scans, MRIs)	5% coinsurance after deductible	5% coinsurance after deductible	50% coinsurance after deductible	----- None -----
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at PreferredOne.com	Generic drugs	Retail: \$10 copay. Mail: \$20 copay. (deductible does not apply)	Retail: \$10 copay. Mail: \$20 copay. (deductible does not apply)	Retail: 50% coinsurance after deductible. Mail: Not covered.	Retail: 31 day supply per prescription. Mail: 93 day supply per prescription.
	Preferred brand drugs	Retail: \$16 copay. Mail: \$32 copay. (deductible does not apply)	Retail: \$16 copay. Mail: \$32 copay. (deductible does not apply)	Retail: 50% coinsurance after deductible. Mail: Not covered.	Retail: 31 day supply per prescription. Mail: 93 day supply per prescription.
	Non-preferred brand drugs	Retail: \$36 copay. Mail: \$72 copay. (deductible does not apply)	Retail: \$36 copay. Mail: \$72 copay. (deductible does not apply)	Retail: 50% coinsurance after deductible. Mail: Not covered.	Retail: 31 day supply per prescription. Mail: 93 day supply per prescription.
	Specialty drugs	\$16 copay (deductible does not apply).	\$16 copay (deductible does not apply).	50% coinsurance after deductible	31 day supply per prescription. Mail Order: N/A
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	\$55 copay/visit after deductible	\$110 copay/visit after deductible	50% coinsurance after deductible	----- None -----
	Physician/surgeon fees	0% coinsurance after deductible	0% coinsurance after deductible	50% coinsurance after deductible	----- None -----

Common Medical Event	Services You May Need				Limitations & Exceptions
		Cost Level 1 Provider	Cost Level 2 Provider	Provider	
If you need immediate medical attention	Emergency room services	\$75 copay/visit after deductible	\$75 copay/visit after deductible	\$75 copay/visit after deductible	The in-network deductible and out-of-pocket applies.
	Emergency medical transportation	5% coinsurance after deductible	5% coinsurance after deductible	5% coinsurance after deductible	The in-network deductible and out-of-pocket applies.
	Urgent care	\$17 copay/visit after deductible	\$22 copay/visit after deductible	\$17 copay/visit after deductible	The in-network deductible and out-of-pocket applies.
If you have a hospital stay	Facility fee (e.g., hospital room)	\$85 copay/visit after deductible	\$180 copay/visit after deductible	50% coinsurance after deductible	Pre-certification required--penalty applies.
	Physician/surgeon fee	0% coinsurance after deductible	0% coinsurance after deductible	50% coinsurance after deductible	----- None -----
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	\$17 copay/visit after deductible	\$22 copay/visit after deductible	50% coinsurance after deductible	----- None -----
	Mental/Behavioral health inpatient services	\$85 copay/visit after deductible	\$180 copay/visit after deductible	50% coinsurance after deductible	120 days per member, per year for all out-of-network inpatient services combined. Pre-certification required--penalty applies.
	Substance use disorder outpatient services	\$17 copay/visit after deductible	\$22 copay/visit after deductible	50% coinsurance after deductible	----- None -----
	Substance use disorder inpatient services	\$85 copay/visit after deductible	\$180 copay/visit after deductible	50% coinsurance after deductible	120 days per member, per year for all out-of-network inpatient services combined. Pre-certification required--penalty applies.

Common Medical Event	Services You May Need				Limitations & Exceptions
		Cost Level 1 Provider	Cost Level 2 Provider	Non-Participating	
If you are pregnant	Prenatal care	No charge (deductible does not apply)	No charge (deductible does not apply)	No charge (deductible does not apply)	----- None -----
	Postnatal care	No charge (deductible does not apply)	No charge (deductible does not apply)	50% coinsurance after deductible	----- None -----
	Delivery and all inpatient services	0% coinsurance after deductible	0% coinsurance after deductible	50% coinsurance after deductible	Pre-certification required--penalty applies.
If you need help recovering or have other special health needs	Home health care	5% coinsurance after deductible	5% coinsurance after deductible	50% coinsurance after deductible	120 visit limit.
	Rehabilitation services	\$17 copay/visit after deductible	\$22 copay/visit after deductible	50% coinsurance after deductible	----- None -----
	Habilitation services	\$17 copay/visit after deductible	\$22 copay/visit after deductible	50% coinsurance after deductible	----- None -----
	Skilled nursing care	No charge (deductible does not apply)	No charge (deductible does not apply)	50% coinsurance after deductible	120 days per confinement. Pre-certification required--penalty applies.
	Durable medical equipment	20% coinsurance after deductible	20% coinsurance after deductible	50% coinsurance after deductible	Limited to one wig per year for Alopecia Areata.
	Hospice service	No charge (deductible does not apply)	No charge (deductible does not apply)	50% coinsurance after deductible	----- None -----
If your child needs dental or eye care	Eye exam	No charge (deductible does not apply)	No charge (deductible does not apply)	No charge (deductible does not apply)	Limit 1 visit per member per year.
	Glasses	Not covered	Not covered	Not covered	----- None -----
	Dental check-up	No charge (deductible does not apply)	No charge (deductible does not apply)	No charge (deductible does not apply)	----- None -----

Excluded Services & Other Covered Services:

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

- Cosmetic surgery
- Dental care (Adults)
- Long-term care (except medically necessary care in a skilled nursing facility)
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing (except ventilator dependents)
- Routine foot care (except certain conditions)

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 (every 3 years, up to age 19)
- Infertility treatment
- Routine eye care (Adult)
- Weight loss programs (except preventive obesity counseling/screening)

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 PreferredOne Customer Service Department at 763.847.4477 / 800.997.1750. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1.866.444.3272 or www.dol.gov/ebsa, or the U.S. Department of Health and Human Services at 1.877.267.2323 x61565 or www.cciio.cms.gov.

Your Grievance and Appeals Rights:

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to appeal or file a grievance. For questions about your rights, this notice, or assistance, you can contact the PreferredOne Customer Service Department at 763.847.4477 / 800.997.1750. If your plan is subject to ERISA, you may contact the U. S. Department of Labor, Employee Benefits Security Administration at 1.866.444.3272 or www.dol.gov/ebsa/healthreform. If your coverage is insured, you may also contact your state insurance department.

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:

Spanish (Español) Para obtener asistencia en español llame al 763.847.4477 / 800.997.1750

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

About these Coverage Examples:

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



This is not a cost estimator.

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

See the next page for important information about these examples.

Having a baby (normal delivery)

- Amount owed to providers: \$7,540
- Plan pays \$6,480
- Patient pays \$1,060

Sample care costs:

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

Patient pays:

Deductibles	\$50
Copays	\$20
Coinsurance	\$840
Limits or exclusions	\$150
Total	\$1,060

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

- Amount owed to providers: \$5,400
- Plan pays \$4,390
- Patient pays \$1,010

Sample care costs:

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

Patient pays:

Deductibles	\$50
Copays	\$680
Coinsurance	\$200
Limits or exclusions	\$80
Total	\$1,010

Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

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

What does a Coverage Example show?

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

Does the Coverage Example predict my own care needs?

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

Does the Coverage Example predict my future expenses?

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

Can I use Coverage Examples to compare plans?

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

Are there other costs I should consider when comparing plans?

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

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