This health plan meets Minimum Creditable Coverage Standards for Massachusetts residents that went into effect January 1, 2014, as part of the Massachusetts Health Care Reform Law.
Your Care

Your Primary Care Provider (PCP)
When you enroll in this health plan, you choose a primary care provider (PCP) for you and each member of your family. There are a few ways to find a PCP: visit the Blue Cross Blue Shield of Massachusetts website at www.bluecrossma.com; consult the Provider Directory; or call the Physician Selection Service at 1-800-821-1388. If you have trouble choosing a doctor, the Physician Selection Service can help. They can give you the doctor’s gender, the medical school she or he attended, and whether there are languages other than English spoken in the office.

Your PCP is the first person you call when you need routine or sick care. If your PCP decides that you need to see a specialist for covered services, your PCP will refer you to an appropriate network specialist who is likely affiliated with your PCP’s hospital or medical group. Your provider may also work with Blue Cross Blue Shield of Massachusetts regarding the Utilization Review Requirements including Pre-Admission Review, Concurrent Review and Discharge Planning, Prior Approval for Certain Outpatient Services, and Individual Case Management. For detailed information about Utilization Review, see your benefit description.

When You Choose to Receive Care on Your Own (Self-Referred)
You have the freedom to seek care without seeing your PCP first. When you seek care on your own from a participating provider, your out-of-pocket cost will be greater. If you require hospitalization, you, or someone on your behalf, will need to call us before you’re admitted to make sure that you’re covered.

You must pay a calendar-year deductible before benefits are provided. The calendar-year deductible begins on January 1 and ends on December 31 of each year. The deductible is $250 per member (or $500 per family).

Your Out-of-Pocket Maximum
Your out-of-pocket maximum is the most that you could pay during a calendar year for deductible, copayments, and coinsurance for covered services. Your out-of-pocket maximum for medical benefits is $2,500 per member (or $5,000 per family) for PCP/plan-approved and self-referred services combined. Your out-of-pocket maximum for prescription drug benefits is $1,000 per member (or $2,000 per family).

Emergency Room Services
In an emergency, such as a suspected heart attack, stroke, or poisoning, you should go directly to the nearest medical facility or call 911 (or the local emergency phone number). You pay a copayment per visit for emergency room services. This copayment is waived if you are admitted to the hospital for an observation stay. See the chart for your cost share.

Service Area

When Outside the Service Area
If you’re traveling outside the plan’s service area and you need urgent or emergency care, you should go to the nearest appropriate health care facility. You are covered for the urgent or emergency care visit and one follow-up visit while outside the service area. To receive the highest level of benefits, any additional follow-up care must be arranged by your PCP.

Dependent Benefits
This plan covers dependents until the end of the calendar month in which they turn age 26, regardless of their financial dependency, student status, or employment status. See your benefit description (and riders, if any) for exact coverage details.
## Your Medical Benefits

<table>
<thead>
<tr>
<th>Covered Services</th>
<th>Your Cost For PCP/Plan-Approved Benefits</th>
<th>Your Cost For Self-Referred Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventive Care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well-child care visits</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Preventive dental care for children under age 12 (one visit each six months)</td>
<td>Nothing</td>
<td>Not covered</td>
</tr>
<tr>
<td>Routine adult physical exams, including related tests</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Routine GYN exams, including related lab tests (one per calendar year)</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Routine hearing exams, including routine tests</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Hearing aids (up to $2,000 per ear every 36 months for a member age 21 or younger)</td>
<td>All charges beyond the maximum</td>
<td>20% coinsurance after deductible and all charges beyond the maximum*</td>
</tr>
<tr>
<td>Routine vision exams (one per calendar year)</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Family planning services–office visits</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Outpatient Care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency room visits</td>
<td>$250 per visit (waived if admitted or for observation stay)</td>
<td>$250 per visit, no deductible (waived if admitted or for observation stay)</td>
</tr>
<tr>
<td>Office visits</td>
<td>$15 per visit</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Chiropractors’ office visits</td>
<td>$15 per visit</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Mental health or substance abuse treatment</td>
<td>$15 per visit</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Short-term rehabilitation therapy–physical and occupational (up to 60 visits per calendar year**)</td>
<td>$15 per visit</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Speech, hearing, and language disorder treatment–speech therapy</td>
<td>$15 per visit</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Diagnostic X-rays and lab tests, including CT scans, MRIs, PET scans, and nuclear cardiac imaging tests</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Home health care and hospice services</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Oxygen and equipment for its administration</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Durable medical equipment–such as wheelchairs, crutches, hospital beds</td>
<td>20% coinsurance†</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Prosthetic devices</td>
<td>20% coinsurance</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Surgery and related anesthesia</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Office setting</td>
<td>$15 per visit†</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>• Ambulatory surgical facility, hospital, or surgical day care unit</td>
<td>Nothing†</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Inpatient Care (including maternity care)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General or chronic disease hospital care (as many days as medically necessary)</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Mental hospital or substance abuse facility care (as many days as medically necessary)</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Rehabilitation hospital care (up to 60 days per calendar year)</td>
<td>Nothing</td>
<td>20% coinsurance after deductible*</td>
</tr>
<tr>
<td>Skilled nursing facility care (up to 100 days per calendar year)</td>
<td>Nothing</td>
<td>Not covered</td>
</tr>
</tbody>
</table>

* In addition to your deductible and 20% coinsurance, you may be responsible for any balance of charges above the allowed charge.

** This service is provided according to an age-based schedule.

*** No visit limit applies when short-term rehabilitation therapy is furnished as part of covered home health care or for the treatment of autism spectrum disorders.

† PCP/plan-approved cost share waived for one breast pump per birth.

†† Copayment waived for restorative dental services and orthodontic treatment or prosthetic management therapy for members under age 18 to treat conditions of cleft lip and cleft palate.
### Prescription Drug Benefits*

<table>
<thead>
<tr>
<th>At designated retail pharmacies (up to a 30-day formulary supply for each prescription or refill)</th>
<th>Your Cost For PCP/Plan-Approved Benefits**</th>
<th>Your Cost For Self-Referred Benefits</th>
</tr>
</thead>
</table>
| $10 for Tier 1  
$20 for Tier 2  
$35 for Tier 3 | Not covered |

| Through the designated mail service pharmacy (up to a 90-day formulary supply for each prescription or refill) | $20 for Tier 1***  
$40 for Tier 2  
$70 for Tier 3 | Not covered |

* Generally, Tier 1 refers to generic drugs; Tier 2 refers to preferred brand-name drugs; Tier 3 refers to non-preferred drugs.

** Cost share may be waived for certain covered drugs and supplies.

*** Certain generic medications are available through the mail service pharmacy at $9. For more information, go to www.bluecrossma.com/mail-service-pharmacy.

### Get the Most from Your Plan

Visit us at www.bluecrossma.com or call 1-800-782-3675 to learn about discounts, savings, resources, and special programs available to you, like those listed below.

#### Wellness Participation Program

- **Reimbursement for a membership at a health club or for fitness classes**
  - This fitness program applies for fees paid to: privately-owned or privately-sponsored health clubs or fitness facilities, including individual health clubs and fitness centers; YMCAs; YWCAs; Jewish Community Centers; and municipal fitness centers. (See your benefit description for details.)
  - $150 per calendar year per policy

- **Reimbursement for participation in a qualified weight loss program**
  - This weight loss program applies for fees paid to: a qualified hospital-based weight loss program or a Blue Cross Blue Shield of Massachusetts designated weight loss program. (See your benefit description for details.)
  - $150 per calendar year per policy

- **Blue Care Line®—A 24-hour nurse line to answer your health care questions—call 1-888-247-BLUE (2583)**
  - No additional charge

### Questions?

For questions about Blue Cross Blue Shield of Massachusetts, call 1-800-782-3675, or visit us online at www.bluecrossma.com. Interested in receiving information from us via e-mail? Go to www.bluecrossma.com/email to sign up.

**Limitations and Exclusions.** These pages summarize the benefits of your health care plan. Your benefit description and riders define the full terms and conditions in greater detail. Should any questions arise concerning benefits, the benefit description and riders will govern. Some of the services not covered are: cosmetic surgery; custodial care; most dental care; and any services covered by workers’ compensation. For a complete list of limitations and exclusions, refer to your benefit description and riders. **Note:** Blue Cross and Blue Shield of Massachusetts, Inc., administers claims payment only and does not assume financial risk for claims.
Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. It does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

Blue Cross Blue Shield of Massachusetts provides:

- Free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print or other formats).
- Free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, call Member Service at the number on your ID card.

If you believe that Blue Cross Blue Shield of Massachusetts has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity, you can file a grievance with the Civil Rights Coordinator by mail at Civil Rights Coordinator, Blue Cross Blue Shield of Massachusetts, One Enterprise Drive, Quincy, MA 02171-2126; phone at 1-800-472-2689 (TTY: 711); fax at 1-617-246-3616; or email at civilrightscoordinator@bcbsma.com.

If you need help filing a grievance, the 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, online at ocrportal.hhs.gov; by mail at U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, DC 20201; by phone at 1-800-368-1019 or 1-800-537-7697 (TDD).

Complaint forms are available at hhs.gov.
Translation Resources
Proficiency of Language Assistance Services

Spanish/Español: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

Portuguese/Português: ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

Chinese/简体中文: 注意：如果您讲中文，我们可向您免费提供语言协助服务。请拨打您 ID 卡上的号码联系会员服务部（TTY 号码：711）。

Haitian Creole/Kreyòl Ayisyen: ATANSYON: Si ou pale kreyòl ayisyen, sèvis asistans nan lang disponib pou ou gratis. Rele nimewo Sèvis Manm nan ki sou kat Idantifikasyon w lan (Sèvis pou Malantandan TTY: 711).


Arabic/للمواطنين الذين يتحدثون اللغة العربية: إذا كنت تتحدث اللغة العربية، فتوفر خدمات المساعدة اللغوية مجانية بالنسبة لك. اتصل بخدمات الأعضاء على الرقم الموجود على بطاقة هويتك (جهاز الهاتف التصويري للصم والبكم TTY: 711).

Mon-Khmer, Cambodian/ខ្មែរ: ការជូនដំណឹង៖ ប្រសិនប្រើអ្នកនិយាយភាសាខ្មែរបានសមស្រស់ គឺ យើងអាចរកបានសំណួរនៃសេវាសរុបការជូនដំណឹងដែលគេបានបង្កើតឡើងមាននៅ៖ សេវាសរុបការជូនដំណឹង( TTY: 711)។


Italian/Italiano: ATTENZIONE: se parlate italiano, sono disponibili per voi servizi gratuiti di assistenza linguistica. Chiamate il Servizio per i membri al numero riportato sulla vostra scheda identificativa (TTY: 711).


**Polish/Polski:** UWAGA: Osoby posługujące się językiem polskim mogą bezpłatnie skorzystać z pomocy językowej. Należy zadzwonić do Działu obsługi ubezpieczonych pod numer podany na identyfikatorze (TTY: 711).

**Hindi/हिंदी:** ध्यान दें: यदि आप हिंदी बोलते हैं, तो भाषा सहायता सेवाएं, आप के लिए निश्चित उपलब्ध हैं। सदस्य सेवाओं को आपके आई.डी. कार्ड पर दिए गए नंबर पर कॉल करें (टी.टी.वाई: 711).

**Gujarati/ગુજરાતી:** ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો, તો તમારી ભાષાકેર સહાય સેવાઓ બનાના મૂલ્ય ઉપલબ્ધ છે. તમારા આઈડી કાર્ડને આપણે આપણા નંબર પર સાઇબર સેવા ને કોલ કરો (TTY: 711).

**Tagalog/Tagalog:** PAUNAWA: Kung nagsasalita ka ng wikang Tagalog, mayroon kaang magagamit na mga libreng serbisyo para sa tulong sa wika. Tawagan ang Mga Serbisyo sa Miyembro sa numerong nasa iyong ID Card (TTY: 711).

**Japanese/日本語:** お知らせ: 日本語をお話しになる方は無料の言語アシスタントサービスをご利用いただけます。IDカードに記載の電話番号を使用してメンバーサービスまでお電話ください (TTY: 711).

**German/Deutsch:** ACHTUNG: Wenn Sie Deutsche sprechen, steht Ihnen kostenlos fremdsprachliche Unterstützung zur Verfügung. Rufen Sie den Mitgliederdienst unter der Nummer auf Ihrer ID-Karte an (TTY: 711).

**Persian/پارسیان:** توجه: اگر زبان شما فارسی است، خدمات کمک زبانی ب صورت رایگان در اختیار شما قرار می‌گیرد. با شمار تلفن مندرج بر روی کارت شناسایی خود با بخش «خدمات اعضا» تماس بگیرید (TTY: 711).

**Lao/ພາສາລາວ:** ເຂົ້າໃຊ້ ຄວນໃສ່ ໃຈ: ຖ້າເຈົ້າເວົ້າພາສາລາວໄດ້, ມີການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໃຫ້ທ່ານໂດຍບໍລິເຈົນກ່ຽວກັບ (TTY: 711).

**Navajo/Diné Bizaad:** BAA ÁKOHWIINDZIN DOOÍGÍ: Diné k’éehjí yáníí’t’go saad bee yát’í’ éí t’áájíjík’ee bee niká’a’doowó’go éí ná’ahoot’í’. Dií bee aníthahíi ninaaltsoos bine’déé’ nóomba biká’ígííít’ béésh bee hodíílínih (TTY: 711).