




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, call 1-888-472-4352. 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 1-888-472-4352 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <a href="#">deductible</a> ?	\$1,000/individual; \$2,000/family	Generally, you must pay all of the costs from <a href="#">providers</a> up to the <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay. If you have other family members on the <a href="#">plan</a> , each family member must meet their own individual <a href="#">deductible</a> until the total amount of <a href="#">deductible</a> expenses paid by all family members meets the overall family <a href="#">deductible</a> .
Are there services covered before you meet your <a href="#">deductible</a> ?	Yes, <a href="#">preventive services</a> (excluding contraceptives), services paid at no charge, covered charges billed by the Christus Santa Rosa Health System (including facilities, physician groups, and ancillary providers), and charges eligible to be paid under the <a href="#">plan's</a> Health Reimbursement Account (HRA).	This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply.
Are there other <a href="#">deductibles</a> for specific services?	Yes. \$200 for failure to precertify inpatient stays and organ transplants.	You must pay all of the costs for these services up to the specific <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay for these services.
What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a> ?	\$1,000/individual; \$2,000/family	The <a href="#">out-of-pocket limit</a> is the most you could pay in a year for covered services. If you have other family members in this <a href="#">plan</a> , they have to meet their <a href="#">out-of-pocket limits</a> until the overall family <a href="#">out-of-pocket limit</a> has been met.
What is not included in the <a href="#">out-of-pocket limit</a> ?	<a href="#">Premiums</a> , <a href="#">balance billing</a> charges (unless <a href="#">balance billing</a> is prohibited), health care this <a href="#">plan</a> doesn't cover, prescription drug brand name penalties, and penalties for failure to obtain pre-certification for services.	Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a> .
Will you pay less if you use a <a href="#">network provider</a> ?	Not Applicable	This <a href="#">plan</a> does not use a <a href="#">provider network</a> . You can receive covered services from any <a href="#">provider</a> .
Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a> ?	No.	You can see the <a href="#">specialist</a> you choose without a <a href="#">referral</a> .

 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
If you visit a health care <a href="#">provider's</a> office or clinic	Primary care visit to treat an injury or illness	0% <a href="#">coinsurance</a>	MDLIVE services are paid at no charge. Call 877-953-4955, visit <a href="http://www.myGilsbar.com">www.myGilsbar.com</a> , or use the MDLIVE App.
	<a href="#">Specialist</a> visit	0% <a href="#">coinsurance</a>	
	<a href="#">Preventive care/screening/immunization</a>	No charge	Limited to the following once annually or as listed: routine physical exam, prostatic/testicular exam, routine eye exam (1 every 2 calendar years, includes refraction and glaucoma testing), routine hearing exam (1 every 2 calendar years), as well as services as recommended by the Affordable Care Act (ACA). However, contraceptives are payable under <a href="#">prescription drug coverage</a> . You may have to pay for services that aren't <a href="#">preventive</a> . Ask your <a href="#">provider</a> if the services needed are <a href="#">preventive</a> . Then check what your <a href="#">plan</a> will pay for.
If you have a test	<a href="#">Diagnostic test</a> (x-ray, blood work)	0% <a href="#">coinsurance</a>	None
	Imaging (CT/PET scans, MRIs)	0% <a href="#">coinsurance</a>	None

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

Common Medical Event	Services You May Need	What You Will Pay	Limitations, Exceptions, & Other Important Information
<b>If you need drugs to treat your illness or condition</b> More information about <a href="#">prescription drug coverage</a> is available at <a href="http://www.myGilsbar.com">www.myGilsbar.com</a>	Generic drugs	Retail: \$10 <a href="#">copay</a> /prescription Mail order: \$15 <a href="#">copay</a> /prescription	Covers up to a 30-day supply (retail and specialty pharmacy); 90-day supply (mail order pharmacy). Preventive medications are covered at no charge as recommended by the ACA; however, covered contraceptives are payable at the applicable Generic and Brand copays.
	Preferred brand drugs	Retail: \$25 <a href="#">copay</a> /prescription Mail order: \$37.50 <a href="#">copay</a> /prescription	Brand-name drug penalty: If your physician authorizes generic but you choose brand name, you pay the actual cost difference plus the brand name copayment.
	Non-preferred brand drugs	Retail: \$50 <a href="#">copay</a> /prescription Mail order: \$75 <a href="#">copay</a> /prescription	Purchases at a non-participating pharmacy require you to pay in full then submit a claim form for reimbursement and are subject to an additional 30% <a href="#">coinsurance</a> . <a href="#">Out-of-network</a> mail order prescriptions are not covered.
	<a href="#">Specialty drugs</a>	<a href="#">Copay</a> follows above categories, when covered*	<a href="#">Deductible</a> does not apply to prescription drug expenses. Prescription drugs above \$1,250 for a 30-day supply, above \$3,750 for a 90-day supply, and all <a href="#">specialty drugs</a> are not covered. However, <a href="#">specialty drugs</a> may be covered at the applicable copay for one 30-day period during a calendar year for each <a href="#">specialty drug</a> when an urgent fill of medication is required, unless otherwise excluded in the plan.
<b>If you have outpatient surgery</b>	Facility fee (e.g., ambulatory surgery center)	0% <a href="#">coinsurance</a>	None
	Physician/surgeon fees	0% <a href="#">coinsurance</a>	None
<b>If you need immediate medical attention</b>	<a href="#">Emergency room care</a>	0% <a href="#">coinsurance</a>	None
	<a href="#">Emergency medical transportation</a>	0% <a href="#">coinsurance</a>	None

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Common Medical Event	Services You May Need	What You Will Pay	Limitations, Exceptions, & Other Important Information
	<a href="#">Urgent care</a>	0% <a href="#">coinsurance</a>	None
<b>If you have a hospital stay</b>	Facility fee (e.g., hospital room)	0% <a href="#">coinsurance</a>	<a href="#">Precertification</a> is required or an additional <a href="#">deductible</a> of \$200 may apply.
	Physician/surgeon fees	0% <a href="#">coinsurance</a>	None
<b>If you need mental health, behavioral health, or substance abuse services</b>	Outpatient services	0% <a href="#">coinsurance</a>	None
	Inpatient services	0% <a href="#">coinsurance</a>	<a href="#">Precertification</a> is required or an additional <a href="#">deductible</a> of \$200 may apply.
<b>If you are pregnant</b>	Office visits	No charge	None
	Childbirth/delivery professional services	0% <a href="#">coinsurance</a>	None
	Childbirth/delivery facility services	0% <a href="#">coinsurance</a>	<a href="#">Precertification</a> is required for an inpatient stay that is in excess of 48 hours (vaginal delivery) or 96 hours (caesarean delivery) or an additional <a href="#">deductible</a> of \$200 may apply.
<b>If you need help recovering or have other special health needs</b>	<a href="#">Home health care</a>	0% <a href="#">coinsurance</a>	120 visits/calendar year
	<a href="#">Rehabilitation services</a>	0% <a href="#">coinsurance</a>	60 visits/calendar year for physical, occupational, and speech therapy combined. 36 visits/year for pulmonary rehabilitation. No coverage for vision therapy.
	<a href="#">Habilitation services</a>	0% <a href="#">coinsurance</a>	Covered for the treatment of Autism only. 60 visits/calendar year combined with limits for physical, occupational, and speech therapy.
	<a href="#">Skilled nursing care</a>	0% <a href="#">coinsurance</a>	100 days/calendar year. <a href="#">Precertification</a> is required or an additional <a href="#">deductible</a> of \$200 may apply.
	<a href="#">Durable medical equipment</a>	0% <a href="#">coinsurance</a>	Replacement allowed after 5 years.
	<a href="#">Hospice services</a>	0% <a href="#">coinsurance</a>	<a href="#">Copay</a> applies per confinement and applies each day for the first 5 days.
<b>If your child needs</b>	Children's eye exam	No charge	1 exam every 2 calendar years.

Common Medical Event	Services You May Need	What You Will Pay	Limitations, Exceptions, & Other Important Information
dental or eye care	Children's glasses	Not covered	No coverage for children's glasses.
	Children's dental check-up	Not covered	No coverage for dental check-up.

**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.)**

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Bariatric surgery</li> <li>• Cosmetic surgery</li> <li>• Dental care (Adult) / (Child)</li> <li>• Hearing aid</li> </ul> | <ul style="list-style-type: none"> <li>• Infertility treatment</li> <li>• Long-term care</li> <li>• Non-emergency care when traveling outside the U.S</li> <li>• Routine eye care (Adult) / (Child), except as covered under Preventive Care</li> </ul> | <ul style="list-style-type: none"> <li>• Routine foot care</li> <li>• Specialty drugs and all drugs over \$1,250 (30-day supply) and \$3,750 (90-day supply)</li> <li>• Vision therapy</li> <li>• Weight loss programs</li> </ul> |
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**Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)**

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Chiropractic care (limited to 60 visits/calendar year)</li> </ul> | <ul style="list-style-type: none"> <li>• Habilitation services</li> </ul> | <ul style="list-style-type: none"> <li>• Private-duty nursing (inpatient only; limited to 70 shifts/calendar year)</li> </ul> |
|--|---|---|

**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](http://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](http://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: Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://www.cciio.cms.gov).

**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 1-888-472-4352.

\* For more information about limitations and exceptions, see the plan or policy document at [www.myGilsbar.com](http://www.myGilsbar.com).

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-888-472-4352.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-888-472-4352.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijjigo holne' 1-888-472-4352.

*To see examples of how this [plan](#) 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 [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. Note: These numbers do not account for cost savings available under the [plan's](#) Health Reimbursement Account (HRA). For more information, please call 1-888-472-4352.

**Peg is Having a Baby**

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

- The [plan's](#) overall [deductible](#) \$1,000
- [Specialist coinsurance](#) 0%
- Hospital (facility) [coinsurance](#) 0%
- Other [coinsurance](#) 0%

**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*)

<b>Total Example Cost</b>	<b>\$12,700</b>
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**In this example, Peg would pay:**

<i>Cost Sharing</i>	
<a href="#">Deductibles</a>	\$1,000
<a href="#">Copayments</a>	\$0
<a href="#">Coinsurance</a>	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$60
<b>The total Peg would pay is</b>	<b>\$1,060</b>

**Managing Joe's Type 2 Diabetes**

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

- The [plan's](#) overall [deductible](#) \$1,000
- [Specialist coinsurance](#) 0%
- Hospital (facility) [coinsurance](#) 0%
- Other [coinsurance](#) 0%

**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*)

<b>Total Example Cost</b>	<b>\$5,600</b>
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**In this example, Joe would pay:**

<i>Cost Sharing</i>	
<a href="#">Deductibles</a>	\$1,000
<a href="#">Copayments</a>	\$40
<a href="#">Coinsurance</a>	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$20
<b>The total Joe would pay is</b>	<b>\$1,060</b>

**Mia's Simple Fracture**

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

- The [plan's](#) overall [deductible](#) \$1,000
- [Specialist coinsurance](#) 0%
- Hospital (facility) [coinsurance](#) 0%
- Other [coinsurance](#) 0%

**This EXAMPLE event includes services like:**

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

<b>Total Example Cost</b>	<b>\$2,800</b>
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**In this example, Mia would pay:**

<i>Cost Sharing</i>	
<a href="#">Deductibles</a>	\$1,000
<a href="#">Copayments</a>	\$0
<a href="#">Coinsurance</a>	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$0
<b>The total Mia would pay is</b>	<b>\$1,000</b>

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