M393-OneDed Bronze 2 AME 1000: John Alden Life Ins. Co. Coverage Period: 01/01/2015-12/31/2015

Summary of Benefits and Coverage: What this Plan Covers & What it Costs **Coverage for:** Individual **Plan Type:** HDHP

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.assuranthealth.com/corp/ah/HealthPlans/major-medical.htm or by calling **1-800-553-7654**.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	For network providers **$5,000**; for non-network providers **$5,500**. Does not apply to mandated preventive care. First dollar benefits, copays and non-network provider coinsurance don't count toward the **deductible**.	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?	Yes. For network providers **$5,000**; for non-network providers **$6,000**.	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?	Premium, balanced-billed charges, penalties for not obtaining pre-authorization 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**.
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 network providers, see www.preferredone.com or call **1-800-451-9597**.	If you use a 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 terms in-network, **preferred** or participating to refer to **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 don't need a referral to see a specialist.	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 5. See your policy or plan document for additional information about **excluded services**.

Questions: Call **1-800-553-7654** or visit us at www.assuranthealth.com.

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.cms.gov/CCIIO/Resources/Files/Downloads/uniform-glossary-final.pdf or call **1-800-553-7654** to request a copy.

- **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 network **providers** by charging you lower **deductibles**, **copayments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	Your Cost If You Use a Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	No charge after deductible.	20% coinsurance	---none---
	Specialist visit	No charge after deductible.	20% coinsurance	
	Other practitioner office visit	No charge after deductible.	20% coinsurance	
	Preventive care/screening/immunization	No charge after deductible.	20% coinsurance	No charge for network provider services mandated by federal law. No charge for prenatal care services and child health supervision services. No charge for covered contraceptive drugs and devices and other prescriptions that fall under the a rating of 'A' or 'B' in the current recommendations of the United States Preventive Services Task Force ("USPSTF") dispensed by network providers.
If you have a test	Diagnostic test (x-ray, blood work)	No charge after deductible.	20% coinsurance	---none---
	Imaging (CT/PET scans, MRIs)	No charge after deductible.	20% coinsurance	
If you need drugs to treat your illness or	Generic drugs	No charge after deductible.	20% coinsurance	---none---

Common Medical Event	Services You May Need	Your Cost If You Use a Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
condition More information about **prescription drug coverage** is at 800-545-9917. For information about Specialty drugs, call 800-553-7654.	Preferred brand drugs	No charge after deductible.	20% coinsurance	When a generic is available you pay the difference between the Brand and Generic contracted rate.
	Non-preferred brand drugs	No charge after deductible.	20% coinsurance	When a generic is available you pay the difference between the Brand and Generic contracted rate.
	Specialty drugs	No charge after deductible.	20% coinsurance	Most injections and intravenous drugs are covered under the deductible and coinsurance.
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No charge after deductible.	20% coinsurance	---none---
	Physician/surgeon fees	No charge after deductible.	20% coinsurance	---none---
If you need immediate medical attention	Emergency room services	$75 copay, then deductible.	$75 copay, then deductible.	Copay waived if admitted to the hospital for inpatient stay.
	Emergency medical transportation	No charge after deductible.	No charge after deductible.	To the nearest Acute Medical Facility that can treat the sickness or injury.
	Urgent care	No charge after deductible.	20% coinsurance	---none---
If you have a hospital stay	Facility fee (e.g., hospital room)	No charge after deductible.	20% coinsurance	Authorization required for non-network provider transplants for benefits to be covered.
	Physician/surgeon fee	No charge after deductible.	20% coinsurance	---none---
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	No charge after deductible.	20% coinsurance	---none---
	Mental/Behavioral health inpatient services	No charge after deductible.	20% coinsurance	---none---
	Substance use disorder outpatient services	No charge after deductible.	20% coinsurance	---none---
	Substance use disorder inpatient services	No charge after deductible.	20% coinsurance	---none---

Common Medical Event	Services You May Need	Your Cost If You Use a Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
If you are pregnant	Prenatal and postnatal care	No charge after deductible.	20% coinsurance	Prenatal care is paid at 100%. Coverage includes 1 post-partum home visit after each delivery.
	Delivery and all inpatient services	No charge after deductible.	20% coinsurance	---none---
If you need help recovering or have other special health needs	Home health care	No charge.	No charge.	Limited to 120 visits per year.
	Rehabilitation services	No charge after deductible.	20% coinsurance	Limited to 20 visits per year for Physical and Occupational Therapy. Limited to 20 visits per year for Speech Therapy. Adjustments and manipulations are limited to 20 visits per year. Ventilator-dependent patient care services rendered by a private duty nurse or personal care assistant are limited to 120 hours per lifetime. No charge for inpatient rehabilitation services.
	Habilitation services	No charge after deductible.	20% coinsurance	Limited to 20 visits per year for Physical and Occupational Therapy. Limited to 20 visits per year for Speech Therapy. Adjustments and manipulations are limited to 20 visits per year. Ventilator-dependent patient care services rendered by a private duty nurse or personal care assistant are limited to 120 hours per lifetime.
	Skilled nursing care	No charge.	No charge.	Coverage is limited to 180 days per admission per year for Subacute Rehabilitation Facility and/or Skilled Nursing Care.

Common Medical Event	Services You May Need	Your Cost If You Use a Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
	Durable medical equipment	No charge after deductible.	20% coinsurance	Replacement, repair, modification, duplication or enhancement may be authorized if due to normal skeletal growth or usage, but is generally excluded. Coverage for hearing aids are limited to 1 per ear every 3 years for dependents age 18 or younger. Scalp hair prostheses worn for hair loss as a result of alopecia areata is limited to 1 per year; deductible is waived.
	Hospice service	No charge.	No charge.	---none---
If your child needs dental or eye care	Eye exam	No charge after deductible.	20% coinsurance	Limited to 1 visit per year.
	Glasses	No charge after deductible.	20% coinsurance	Limited to 1 pair of glasses or 1 year supply of contact lenses per year.
	Dental check-up	No charge.	No charge.	Limited to 1 check-up every 6 months.

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.)

- Bariatric surgery
- Cosmetic surgery (unless reconstructive)
- Dental care (adult)
- Hearing aids
- Infertility treatment
- Long-term care
- Routine eye care (Adult)
- Routine foot care
- 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
- Chiropractic care
- Hearing aids (for children)
- Non-emergency care when traveling outside the U.S (limited to countries without U.S. travel warnings).
- Private-duty nursing

Your Rights to Continue Coverage:

Federal and State laws may provide protections that allow you to keep this health insurance coverage as long as you pay your **premium**. There are exceptions, however, such as if:

- You commit fraud
- The insurer stops offering services in the State
- You move outside the coverage area

For more information on your rights to continue coverage, contact the insurer at 1-800-553-7654. You may also contact your state insurance department at Minnesota Department of Commerce Consumer Protection and Education Division, 85 7th Place East, Suite 500, St. Paul, MN 55101-2198, Phone: 651-539-1600 or 1-800-657-3602 (MN only), FAX: 651-539-0105, Email: consumer.protection@state.mn.us or visit http://mn.gov/commerce/insurance/.

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: Minnesota Department of Commerce Consumer Protection and Education Division, 85 7th Place East, Suite 500, St. Paul, MN 55101-2198, Phone: 651-539-1600 or 1-800-657-3602 (MN only), FAX: 651-539-0105, Email: consumer.protection@state.mn.us or visit http://mn.gov/commerce/insurance/.

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.**

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-553-7654.

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** $3,040
- **Patient pays** $4,500

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	$4,500
Copays	$0
Coinsurance	$0
Limits or exclusions	$0
Total	**$4,500**

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

- **Amount owed to providers:** $5,400
- **Plan pays** $400
- **Patient pays** $5,000

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	$5,000
Copays	$0
Coinsurance	$0
Limits or exclusions	$0
Total	**$5,000**

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**, **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.