



## Employee Benefit Plan

*Designed Exclusively for Idaho AGC members and their employees*

**\$1,750 Deductible PPO Basic & Deluxe\***

**Prescription Drug Benefit—Deductible Option 2**

Effective Date: January 1, 2021

Idaho AGC Self-Funded Benefit Trust

Sponsored By: Idaho Branch, Inc. Associated General Contractors of America Inc.

*\*Refer to your employer for basic or deluxe determination*

*This coverage is not insurance, the Idaho AGC Self-Funded Benefit Trust does not participate in the State Guaranty Association*



## Summary Plan Description

**This document and the related Benefits Booklet are intended to constitute the Plan's summary plan description for purposes of the Employee Retirement Income Security Act. Policy is effective beginning January 1, 2021 and ending December 31, 2021  
This plan provides coverage for more than one class of employees**

Legal Name of the Plan: Idaho AGC Benefit Trust and Idaho AGC Self-Funded Benefit Trust DBA:  
Idaho AGC Health Plan

Plan Number: 502 and 504

Name, Address and Telephone: The Idaho Branch, Inc.,  
The Associated General Contractors of America, Inc.  
1649 W. Shoreline Drive, Suite 100  
Boise, Idaho 83702  
Phone: (208) 344-9755

A complete list of the employers and employee organizations sponsoring the Plan may be obtained upon written request to the Plan Administrator.

Employer Identification Number: 82-0096397

Type of Welfare Plan: Life, Accidental Death & Dismemberment, Health Care and Short Term Disability

Medical, Dental and Vision benefits are paid directly from the Idaho AGC Self-Funded Benefit Trust assets. Medical, Dental and Vision coverage is not insurance and the Idaho AGC Self-Funded Benefit Trust does not participate in State Guaranty Association.

Type of Plan Administration: The Plan's billing, eligibility, COBRA and other non-benefit functions are administered by a contract administrator which is referred to as the Administrative Office. The Administrative Office is:

The Idaho Branch, Inc.,  
The Associated General Contractors of America, Inc.  
P.O. Box 7386  
Boise, Idaho 83707  
(208) 344-9755

Benefits of the plan are administered through insurance policies and health service contracts as follows:

Health care benefits are provided through a service contract with:  
Blue Cross of Idaho Health Services, Inc.  
3000 East Pine Avenue  
Meridian, Idaho 83642  
Phone: (800) 365-2345  
Dedicated Customer Service Line:  
Phone: (866) 283-6354  
Phone: (208) 286-3439 (Treasure Valley)

Vision care benefits are provided through a service contract with:  
Vision Service Plan (VSP)  
3333 Quality Drive  
Rancho Cordova, California 95670  
Phone: (800) 877-7195

Dental benefits are provided through a service contract with:  
Delta Dental of Idaho, Inc.  
555 East Parkcenter Boulevard  
Boise, Idaho 83706  
Phone: (800) 388-3490

Life, AD&D, and Short-Term disability benefits are provided through a service contract with:  
Symetra Life Insurance Company  
777 108<sup>th</sup> Ave Suite #1200  
Bellevue, WA 98004  
Phone: (877) 377-6773

Plan's Fiscal Year End: December 31

Name, Address and Telephone Number of Administrator: The Plan Administrator is the Board of Trustees of the Idaho AGC Health Plan

Adam Warr  
Buss Mechanical Services, Inc.  
4473 Henry St.  
Boise, ID 83709  
P: (208) 562-0600 F: (208) 562-0555  
[adam@bussmechanical.com](mailto:adam@bussmechanical.com)

Kori Bonney  
Gale Lim Construction, LLC  
301 N 700 W  
Blackfoot, ID 83221  
P: (208) 684-9299 F: (208) 684-9599  
[korib.glc@gmail.com](mailto:korib.glc@gmail.com)

Rebecca Strickland  
Central Paving, Inc.  
5040 Apple St.  
Boise, ID 83716  
P: (208) 338-1818 F: (208) 338-1329  
[Rebecca@centralpaving.com](mailto:Rebecca@centralpaving.com)

Maira Napoles  
Cloverdale Plumbing  
11627 W Fairview Ave  
Boise, ID 83713  
P: (208) 376-1901  
[maira@cloverdaleplumbing.com](mailto:maira@cloverdaleplumbing.com)

Richele Rapp  
Tamarack Grove Engineering  
PO Box 50421  
Boise, ID 83705  
P: (208) 208-8941  
[richele.rapp@tamarackgrove.com](mailto:richele.rapp@tamarackgrove.com)

Name and address of agent for  
Service of Process:

The Administrative Office and each of the individual trustees are authorized to accept service of process on behalf of the Plan. This booklet includes a description of benefits available through the Idaho AGC Health Plan which includes:

**Medical Benefits**

**Dental Benefits**

**Life and AD&D Insurance**

**Vision Benefits**

**Short-Term Disability Insurance**

If you are unsure of your benefits, please contact your employer or The Idaho Branch, Inc., The Associated General Contractors of America, Inc., Idaho AGC Health Plan at (208) 344-9755 to verify coverage.



Trust: Idaho AGC Self-Funded Benefit Trust  
Plan Sponsor: Idaho Branch, Inc. Associated General  
Contractors of America, Inc.

Idaho AGC  
HEALTH PLAN



## Your Rights as a Participant

The following notices outline the rights you may have as a participant of the Idaho AGC Health Plan. Please read this information carefully and contact the Idaho AGC Health Plan Office at (208) 344-9755 for assistance with your questions.

## **STATEMENT OF ERISA RIGHTS**

As a participant in the Plan, you are entitled to certain rights and protections under the Employee Retirement Income Security Act of 1974 (ERISA). ERISA provides that all Plan participants are entitled to:

### **Receive Information About Your Plan and Benefits**

- Examine, without charge, at the Administrative Office and other specified locations, such as work-sites and union halls, all documents governing the Plan including insurance contracts and collective bargaining agreements, and a copy of the latest annual report (Form 5500 Series), if required, filed by the Plan with the U.S. Department of Labor and available at the Public Disclosure Room of the Pension and Welfare Benefit Administration.
- Obtain upon written request to the Plan Administrator, copies of documents governing the operation of the Plan, including insurance contracts and collective bargaining agreements, and copies of the latest annual report (Form 5500 Series) if required, and updated summary plan description. The Plan Administrator may make a reasonable charge for the copies.
- Receive a summary of the Plan's annual financial report, if any. The Plan Administrator is required by law to furnish each participant with a copy of this summary annual report.

### **Continue Group Health Plan Coverage**

If the Federal group health plan continuation coverage law (called "COBRA") applies to your Employer, you have a right to continue health coverage for yourself, spouse or dependents if there is a loss of coverage under the Plan as a result of a qualifying event. You or your dependents may have to pay for such coverage. Review this summary plan description and the documents governing the Plan on the rules governing your COBRA continuation coverage rights.

### **Reduction or Elimination of Preexisting Condition Waiting Periods**

You have a right to a reduction or elimination of exclusionary periods of coverage for preexisting conditions under your group health plan benefits, if you have creditable coverage from another plan. You should be provided a certificate of creditable coverage, free of charge, from your group health plan or health insurance issuer when you lose group health plan coverage under the Plan, when you become entitled to elect COBRA continuation coverage, when your COBRA continuation coverage ceases, if you request it before losing coverage, or if you request it up to 24 months after losing coverage. Without evidence of creditable coverage you may be subject to a pre-existing condition exclusion for 12 months after your enrollment date in your coverage.

### **Mother's and Newborn's Rights**

Group health plans and health insurance issuers generally may not, under Federal law, restrict benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than 48 hours following a vaginal delivery, or less than 96 hours following a cesarean section. However, Federal law generally does not prohibit the mother's or newborn's attending provider, after consulting with the mother, from discharging the mother or her newborn earlier than 48 hours (or 96 hours as applicable). In any case, plans and issuers may not, under Federal law, require that a provider obtain authorization from the plan or the insurance issuer for prescribing the length of stay not in excess of 48 hours (or 96 hours).

### **Women's Health and Cancer Rights Act Notice**

Under Federal law, group health plans and health insurers that provide medical and surgical benefits in connection with a mastectomy must provide benefits for certain reconstructive surgery. In the case of a covered employee or dependent who is receiving medical benefits under the Plan in connection with a mastectomy and who elects breast reconstruction, Federal law requires coverage in a manner determined in consultation with the attending physician and the patient for:

- Reconstruction of the breast on which the mastectomy was performed, including implants;
- Surgical procedures and reconstruction of the non-affected breast to produce a symmetrical appearance, including implants; and



- Non-surgical treatment of lymphedemas and other physical complications of mastectomy, including non-surgical prostheses and implants for producing symmetry. This coverage is subject to the annual deductibles and cost-sharing provisions described in the benefits section of your booklet. If you have any questions about whether your Plan covers mastectomies or reconstructive surgery, please contact the Plan administration office.

#### **Notice of Special Enrollment Rights**

If you decline enrollment in a group health plan benefit for yourself or your dependents (including your spouse) because of other health insurance or group health plan coverage, you may be able to enroll yourself and your dependents in this Plan if you or your dependents lose eligibility for that other coverage (or if the employer stops contributing towards your or your dependents' other coverage). However, you must request enrollment within 30 days after your or your dependents' other coverage ends (or after the employer stops contributing toward the other coverage).

In addition, if you have a new dependent as a result of marriage, birth, adoption, or placement for adoption, you may be able to enroll yourself and your dependents for group health plan benefit coverage. However, you must request enrollment within 60 days' (or such longer period that applies under the group health plan benefit) after the marriage, birth, adoption, or placement for adoption.

To request special enrollment or obtain more information, contact the Plan administration office.

#### **Michelle's Law**

Under the affordable Care Act, health plans cannot deny or restrict coverage for a child under the age of 26 based on student status.

#### **Genetic Information Nondiscrimination Act of 2008**

The Genetic Information Nondiscrimination Act of 2008 (GINA) protects employees against discrimination based on their genetic information. Unless otherwise permitted, your employer or health plan may not request or require any genetic information from you or your family members.

#### **Prudent Actions by Plan Fiduciaries**

In addition to creating rights for Plan participants, ERISA imposes duties upon the people who are responsible for the operation of the Plan. The people who operate your Plan, called "fiduciaries" of the Plan, have a duty to act prudently and in the interest of you and other plan participants and beneficiaries. No one, including your employer, your union, or any other person, may fire you or otherwise discriminate against you in any way to prevent you from obtaining a benefit under the Plan or from exercising your rights under ERISA.

#### **Enforce Your Rights**

If your claim for a benefit is denied or ignored in whole or in part you have the right to know why this was done, to obtain copies of documents relating to the decision without charge, and to appeal any denial, all within certain time schedules.

Under ERISA, there are steps you can take to enforce the above rights. For instance, if you request a copy of Plan documents or the latest annual report from the Plan and do not receive them within 30 days, you may file suit in Federal court. In such case, the court may require the Plan Administrator to provide the materials, and pay you up to \$110 a day until you receive the materials, unless the materials were not sent because of reasons beyond the control of the administrator. If you have a claim for benefits that is denied or ignored, in whole or in part, you may file suit in a state or Federal court. If you do not follow the procedures and satisfy the deadlines for claims and the review of denied claims described in your Benefits Booklet, you will lose your right to file suit in State or Federal court, because you will not have exhausted your administrative remedies — which generally is a requirement for filing suit. In addition, if you disagree with the Plan's decision or lack thereof concerning the qualified status of a domestic relations order or a medical child support order, you may file suit in Federal court.

If it should happen that Plan fiduciaries misuse the Plan's money, or if you are discriminated against for asserting your rights, you may seek assistance from the U.S. Department of Labor, or you may file suit in Federal court. The court will decide who should pay court and legal fees. If you are successful, the court may order the person you have sued to pay these costs and fees. If you lose, the court may order you to pay these costs and fees; for example, if the court finds your claim is frivolous.

#### **Assistance with Your Questions**

If you have any questions about your Plan, you should contact the Administrative Office. If you have any questions about this statement or about your rights under ERISA, or if you need assistance in obtaining documents from the Administrative Office, you should contact the nearest Office of the Employee Benefits Security Administration, U.S. Department of Labor listed in your telephone directory or the Division of Technical Assistance and Inquiries, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue N.W., Washington, D.C. 20210. You may also obtain certain publications about your rights and responsibilities under ERISA by calling the publications hotline of the Employee Benefits Security Administration.

## **General Notice Of COBRA Continuation Coverage Rights**

### **\*\* Continuation Coverage Rights Under COBRA \*\***

#### **Introduction**

The right to COBRA continuation coverage was created by a federal law, the Consolidated Omnibus Budget Reconciliation Act of 1985 (COBRA). COBRA continuation coverage can become available to you and other members of your family when group health coverage would otherwise end. For more information about your rights and obligations under the Plan and under federal law, you should review the Plan's Summary Plan Description or contact the Plan Administrator.

**You may have other options available to you when you lose group health coverage.** For example, you may be eligible to buy an individual plan through the Health Insurance Marketplace. By enrolling in coverage through the Marketplace, you may qualify for lower costs on your monthly cost-sharing and lower out-of-pocket costs. Additionally, you may qualify for a 30-day special enrollment period for another group health plan for which you are eligible (such as a spouse's plan), even if that plan generally doesn't accept late enrollees.

#### **What is COBRA continuation coverage?**

COBRA continuation coverage is a continuation of Plan coverage when it would otherwise end because of a life event. This is also called a "qualifying event." Specific qualifying events are listed later in this notice. After a qualifying event, COBRA continuation coverage must be offered to each person who is a "qualified beneficiary." You, your spouse, and your dependent children could become qualified beneficiaries if coverage under the Plan is lost because of the qualifying event. Under the Plan, qualified beneficiaries who elect COBRA continuation coverage must pay for COBRA continuation coverage.

If you're an employee, you'll become a qualified beneficiary if you lose your coverage under the Plan because of the following qualifying events:

- Your hours of employment are reduced, or
- Your employment ends for any reason other than your gross misconduct.

If you're the spouse of an employee, you'll become a qualified beneficiary if you lose your coverage under the Plan because of the following qualifying events:

- Your spouse dies;
- Your spouse's hours of employment are reduced;
- Your spouse's employment ends for any reason other than his or her gross misconduct;
- Your spouse becomes entitled to Medicare benefits (under Part A, Part B, or both); or
- You become divorced or legally separated from your spouse.

Your dependent children will become qualified beneficiaries if they lose coverage under the Plan because of the following qualifying events:

- The parent-employee dies;
- The parent-employee's hours of employment are reduced;

- The parent-employee's employment ends for any reason other than his or her gross misconduct;
- The parent-employee becomes entitled to Medicare benefits (Part A, Part B, or both);
- The parents become divorced or legally separated; or
- The child stops being eligible for coverage under the Plan as a "dependent child."

#### **When is COBRA continuation coverage available?**

The Plan will offer COBRA continuation coverage to qualified beneficiaries only after the Plan Administrator has been notified that a qualifying event has occurred. The employer must notify the Plan Administrator of the following qualifying events:

- The end of employment or reduction of hours of employment;
- Death of the employee;
- The employee's becoming entitled to Medicare benefits (under Part A, Part B, or both).

**For all other qualifying events (divorce or legal separation of the employee and spouse or a dependent child's losing eligibility for coverage as a dependent child), you must notify the Plan Administrator within 60 days after the qualifying event occurs. You must provide this notice to: Idaho AGC Health Plan PO Box 7386 Boise, ID 83707 (208) 344-9755. Notices must be written and submitted on plan forms.**

#### **How is COBRA continuation coverage provided?**

Once the Plan Administrator receives notice that a qualifying event has occurred, COBRA continuation coverage will be offered to each of the qualified beneficiaries. Each qualified beneficiary will have an independent right to elect COBRA continuation coverage. Covered employees may elect COBRA continuation coverage on behalf of their spouses, and parents may elect COBRA continuation coverage on behalf of their children.

COBRA continuation coverage is a temporary continuation of coverage that generally lasts for 18 months due to employment termination or reduction of hours of work. Certain qualifying events, or a second qualifying event during the initial period of coverage, may permit a beneficiary to receive a maximum of 36 months of coverage.

There are also ways in which this 18-month period of COBRA continuation coverage can be extended:

#### ***Disability extension of 18-month period of COBRA continuation coverage***

If you or anyone in your family covered under the Plan is determined by Social Security to be disabled and you notify the Plan Administrator in a timely fashion, you and your entire family may be entitled to get up to an additional 11 months of COBRA continuation coverage, for a maximum of 29 months. The disability would have to have started at some time before the 60th day of COBRA continuation coverage and must last at least until the end of the 18-month period of COBRA continuation coverage.

The disability extension is available only if you notify the Plan Administrator in writing of the Social Security Administration's determination of disability within 60 days after the latest of:

- The date of the Social Security Administration's disability determination;
- The date of the covered employee's termination of employment or reduction of hours; and
- The date on which the qualified beneficiary loses (or would lose) coverage under the terms of the plan as a result on the covered employee's termination of employment or reduction of hours.

You must also provide this notice within 18 months after the covered employee's termination of employment or reduction of hours in order to be entitled to a disability extension. In providing this notice, you must use the plans form entitled "Notice of Disability Form" (you may obtain a copy of this form from the Plan Administrator at no charge or you can download the form a [www.idahoagc.org/forms](http://www.idahoagc.org/forms) and you must follow the procedures specified at the end of this notice entitled "Notice Procedures". If these procedures are not followed or if the notice is not provide to the Plan Administrator during the 60-day notice period and within 18 months after the covered employee's termination of employment or reduction of hours, then there will be no disability extension of COBRA coverage.

### ***Second qualifying event extension of 18-month period of continuation coverage***

If your family experiences another qualifying event during the 18 months of COBRA continuation coverage, the spouse and dependent children in your family can get up to 18 additional months of COBRA continuation coverage, for a maximum of 36 months, if the Plan is properly notified about the second qualifying event. This extension may be available to the spouse and any dependent children getting COBRA continuation coverage if the employee or former employee dies; becomes entitled to Medicare benefits (under Part A, Part B, or both); gets divorced or legally separated; or if the dependent child stops being eligible under the Plan as a dependent child. This extension is only available if the second qualifying event would have caused the spouse or dependent child to lose coverage under the Plan had the first qualifying event not occurred.

This extension due to a second qualifying event is available only if you notify the Plan Administrator in writing of the second qualifying event within 60 days of the date of the second qualifying event.

In providing this notice, you must use the plans form entitled "Notice of Second Qualifying Event Form" (you may obtain a copy of this form from the Plan Administrator at no charge and you must follow the procedures specified in the box at the end of this notice entitled "Notice Procedures". If these procedures are not followed or if the notice is not provide to the Plan Administrator during the 60-day notice period, then there will be no extension of COBRA coverage due to a second qualifying event.

### ***Are there other coverage options besides COBRA Continuation Coverage?***

Yes. Instead of enrolling in COBRA continuation coverage, there may be other coverage options for you and your family through the Health Insurance Marketplace, Medicaid, or other group health plan coverage options (such as a spouse's plan) through what is called a "special enrollment period." Some of these options may cost less than COBRA continuation coverage. You can learn more about many of these options at [www.healthcare.gov](http://www.healthcare.gov).

### **More Information About Individuals Who May Be Qualified Beneficiaries**

#### ***Children born to or placed for adoption with the covered employee during COBRA coverage period***

A child born to, adopted by, or placed for adoption with a covered employee during a period of COBRA coverage is considered to be a qualified beneficiary provided that, if the covered employee is a qualified beneficiary, the covered employee has elected COBRA coverage for himself or herself. The child's COBRA coverage begins when the child is enrolled in the Plan, whether through special enrollment or open enrollment, and it lasts for as long as COBRA coverage lasts for other family members of the employee. To be enrolled in the Plan, the child must satisfy the otherwise-applicable Plan eligibility requirements (for example, regarding age).

### **Alternate recipients under QMCSOs**

A child of the covered employee who is receiving benefits under the Plan pursuant to a qualified medical child support order (QMCSO) received by the Idaho AGC Health Plan during the covered employee's period of employment is entitled to the same rights to elect COBRA as an eligible dependent child of the covered employee.

### **Cost-Sharing Payments**

The cost-sharing you will be charged will not be more than 102% of the total cost of providing coverage. The cost-sharing for qualified beneficiaries with extended 11-month COBRA coverage due to a qualified beneficiary's SSA disability can be as much as 150% of the cost of coverage.

You will be notified of the cost of continuing benefits if you experience a qualifying event. You will have 45 days from the election date to pay the initial cost-sharing which includes the period of coverage from the date your coverage terminates (due to the Qualifying Event) to the date of your election; and any regularly scheduled monthly cost-sharing that becomes due between your election and the end of the 45-day period. **If you fail to make your first payment for COBRA coverage in full within 45 days after the date of your election, you will lose all COBRA rights under the Plan.**

Cost-sharing payments for subsequent months of COBRA coverage are due on the first day of each calendar month for that month's coverage. Cost-sharing payments received within 30 days of the due date (which is the first day of each month of coverage) will be considered timely payment. **If you fail to make a monthly payment before the end of the grace period for that month, you will lose all rights to COBRA coverage under the Plan.**

**The Plan Administrator will not send periodic notices of payments due for these coverage periods. The Plan Administrator will not send a bill to you for your COBRA coverage – it is your responsibility to pay your COBRA cost-sharing on time.**

All COBRA cost-sharing must be paid by check. Your first payment and all monthly payments for COBRA coverage must be mailed or hand-delivered to the individual at the payment address specified in the Election Notice provided to you at the time of the qualifying event. However, if the Plan notifies you of a new address for payment, you must mail or hand-deliver all payments for COBRA coverage to the individual at the address specified in that notice of a new address.

If mailed, your payment is considered to have been made on the date that it is postmarked. If hand-delivered, your payment is considered to have been made when it is received by the individual at the address specified above. You will not be considered to have made any payment by mailing of hand-delivering a check if your check is returned due to insufficient funds or otherwise.

### **Future Changes In Benefits And Cost-sharing**

If your employer changes any regular health plan benefits during your continuation period, your coverage will also be changed in the same manner. Your required monthly cost-sharing may also change during your continuation period in the manner allowed by law\*. You will be notified of any changes in benefits and/or rates during your continuation period.

\*Note: Cost-sharing may change only once in the determination year of the plan (once every 12 months).

## **If you have questions**

Questions concerning your Plan or your COBRA continuation coverage rights should be addressed to the contact or contacts identified below. For more information about your rights under the Employee Retirement Income Security Act (ERISA), including COBRA, the Patient Protection and Affordable Care Act, and other laws affecting group health plans, contact the nearest Regional or District Office of the U.S. Department of Labor's Employee Benefits Security Administration (EBSA) in your area or visit [www.dol.gov/ebsa](http://www.dol.gov/ebsa) (Addresses and phone numbers of Regional and District EBSA Offices are available through EBSA's website). For more information about the Marketplace, visit [www.HealthCare.gov](http://www.HealthCare.gov).

## **Keep your Plan informed of address changes**

To protect your family's rights, let the Plan Administrator know about any changes in the addresses of family members. You should also keep a copy, for your records, of any notices you send to the Plan Administrator.

## **Plan contact information**

Idaho AGC Health Plan  
Plan Administrator  
PO Box 7386  
Boise, ID 83707  
(208) 344-9755

This contact information for the Plan may change from time to time. The most recent information will be included in the Plan's most recent summary plan description (if you do not have a copy, you may request one from ABC Company).

## **Notice Procedures**

**Warning: If your notice is late or if you do not follow these notice procedures, you and all related qualified beneficiaries will lose the right to elect COBRA (or will lose the right to an extension of COBRA coverage, as applicable).**

**Notices Must Be Written and Submitted on Plan Forms:**\* Any notice that you provide must be in writing and must be submitted on the Plan's required form (the Plan's required forms are described above in this notice, and you may obtain copies from the Trust Administrator without charge or download them at <https://healthplan.idahoagc.org/benefits-information-forms>. Oral notice, including notice by telephone, is not acceptable. Electronic (including e-mailed or faxed) notices are not acceptable.<sup>†</sup>

**How, When, and Where to Send Notices:** You must mail or hand deliver your notice to:

Plan Administrator  
AGC Benefit Trust  
Idaho AGC  
P.O. Box 7386  
Boise, ID 83707  
(208) 344-9755

However, if a different address for notices to the Plan appears in the Plan's most recent summary plan description, you must mail or hand deliver your notice to that address (if you do not have a copy of the Plan's most recent summary plan description, you may request one from the Plan Administrator).

If mailed, your notice must be postmarked no later than the last day of the applicable notice period. If hand-delivered, your notice must be received by the individual at the address specified above no later than the last day of the applicable notice period. (The applicable notice periods are described in the paragraphs above entitled "You Must Give Notice of Some Qualifying Events," "Disability extension of COBRA coverage," and "Second qualifying event extension of COBRA coverage.")

**Information Required for All Notices:** Any notice you provide must include: (1) the name of the Plan (AGC Benefit Trust); (2) the name and address of the employee who is (or was) covered under the Plan; (3) the name(s) and address(es) of all qualified beneficiary(ies) who lost coverage as a result of the qualifying event; (4) the qualifying event and the date it happened; and (5) the certification, signature, name, address, and telephone number of the person providing the notice.

**Additional Information Required for Notice of Qualifying Event:** If the qualifying event is a divorce or legal separation, your notice must include a copy of the decree of divorce or legal separation. If your coverage is reduced or eliminated and later a divorce or legal separation occurs, and if you are notifying the AGC Benefit Trust that your Plan coverage was reduced or eliminated in anticipation of the divorce or legal separation, your notice must include evidence satisfactory to the AGC Benefit Trust that your coverage was reduced or eliminated in anticipation of the divorce or legal separation.

**Additional Information Required for Notice of Disability:** Any notice of disability that you provide must include: (1) the name and address of the disabled qualified beneficiary; (2) the date that the qualified beneficiary became disabled; (3) the names and addresses of all qualified beneficiaries who are still receiving COBRA coverage; (4) the date that the Social Security Administration made its determination; (5) a copy of the Social Security Administration's determination; and (6) a statement whether the Social Security Administration has subsequently determined that the disabled qualified beneficiary is no longer disabled.

**Additional Information Required for Notice of Second Qualifying Event:** Any notice of a second qualifying event that you provide must include: (1) the names and addresses of all qualified beneficiaries who are still receiving COBRA coverage; (2) the second qualifying event and the date that it happened; and (3) if the second qualifying event is a divorce or legal separation, a copy of the decree of divorce or legal separation.

**Who May Provide Notices:** The covered employee (i.e., the employee or former employee who is or was covered under the Plan), a qualified beneficiary who lost coverage due to the qualifying event described in the notice, or a representative acting on behalf of either may provide notices. A notice provided by any of these individuals will satisfy any responsibility to provide notice on behalf of all qualified beneficiaries who lost coverage due to the qualifying event described in the notice.



## IDAHO AGC HEALTH PLAN NOTICE OF PRIVACY PRACTICES

**THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.**

**Effective date.** The effective date of this Notice is January 1, 2012.

**This Notice is required by law.** The Idaho AGC Health Plan (the "Plan") is required by law to take reasonable steps to ensure the privacy of your personally identifiable health information and to inform you about:

1. The Plan's uses and disclosures of Protected Health Information (PHI),
2. Your rights to privacy with respect to your PHI,
3. The Plan's duties with respect to your PHI,
4. Your right to file a complaint with the Plan and with the Secretary of the United States Department of Health and Human Services (HHS), and
5. The person or office you should contact for further information about the Plan's privacy practices.

This Notice is intended to summarize the Plan's obligations and your rights under the law with respect to your PHI. This Notice is not a term or condition of the Plan, and this Notice does not create any obligations or rights with respect to your PHI under the terms of the Plan.

### **Your Protected Health Information**

#### ***What is Protected Health Information (PHI)?***

The term "Protected Health Information" (PHI) includes all individually identifiable health information related to your past, present or future physical or mental health condition or to payment for health care. PHI includes information maintained by the Plan in oral, written, or electronic form.

#### ***When Can the Plan Disclose Your PHI Without Your Authorization?***

Under the law, the Plan may disclose your PHI without your consent or authorization, or the opportunity to agree or object, in the following cases:

- **At your request.** If you request it, the Plan is required to give you access to certain PHI in order to allow you to inspect and/or copy it.
- **As required by HHS.** The Secretary of the United States Department of Health and Human Services may require the disclosure of your PHI to investigate or determine the Plan's compliance with the privacy regulations.
- **For treatment, payment or health care operations.** The Plan and its business associates will use PHI in order to carry out treatment, payment or health care operations.

**Treatment** is the provision, coordination, or management of health care and related services. It also includes but is not limited to consultations and referrals between one or more of your providers.

**Payment** includes but is not limited to actions to make coverage determinations and payment (including billing, claims management, subrogation, plan reimbursement, reviews for medical necessity and appropriateness of care and utilization review and pre-authorizations).

**Health care operations** includes but is not limited to quality assessment and improvement, reviewing competence or qualifications of health care professionals, underwriting, contribution rating and other

insurance activities relating to creating or renewing insurance contracts. It also includes disease management, case management, conducting or arranging for medical review, legal services, and auditing functions including fraud and abuse compliance programs, business planning and development, business management and general administrative activities.

**Disclosure to your group health plan's Plan Sponsor.** The Plan will also disclose PHI to the Plan Sponsor of your group health plan for purposes related to treatment, payment, and health care operations, if the Plan Sponsor has adopted amendments to its Plan Documents to permit this use and disclosure as required by federal law. For example, the Plan may disclose information to the Plan Sponsor to allow it to decide an appeal or review of an eligibility question or a subrogation claim.

**Disclosure to Business Associates.** The Plan will also disclose PHI to its Business Associates for purposes related to treatment, payment, and health care operations. A Business Associate is an individual or entity the Plan has contracted with to perform various functions on the Plan's behalf or to provide certain types of services. Business Associates will receive, create, maintain, use and/or disclose your PHI, but only after they agree in writing with the Plan to implement appropriate safeguards regarding your PHI. For example, the Plan may disclose your PHI to a Business Associate to administer claims or to provide support services, such as claims processing, utilization management or subrogation, but only after the Business Associate enters into a Business Associate contract with the Plan.

***When Does the Disclosure of Your PHI Require Your Written Authorization?***

Except as otherwise indicated in this Notice, uses and disclosures will be made only with your written authorization subject to your right to revoke your authorization.

***When Does the Use or Disclosure of My PHI Require that I Be Given an Opportunity to Agree or Disagree Before its Use or Release?***

Disclosure of your PHI to family members, other relatives, your close personal friends, and any other person you choose is allowed under federal law if:

1. The information is directly relevant to the family or friend's involvement with your care or payment for that care, and
2. You have either agreed to the disclosure or have been given an opportunity to object and have not objected.

***When Is the Use or Disclosure of My PHI Permitted and My Consent, Authorization or Opportunity to Object Is Not Required***

The Plan is allowed under federal law to use and disclose your PHI without your consent or authorization under the following circumstances:

1. ***When required by applicable law.***
2. ***Public health purposes.*** To an authorized public health authority if required by law or for public health and safety purposes. PHI may also be used or disclosed if you have been exposed to a communicable disease or are at risk of spreading a disease or condition, if authorized by law.
3. ***Domestic violence or abuse situations.*** When authorized by law to report information about abuse, neglect or domestic violence to public authorities if a reasonable belief exists that you may be a victim of abuse, neglect or domestic violence. In such case, the Plan will promptly inform you that such a disclosure has been or will be made unless that notice would cause a risk of serious harm.
4. ***Health oversight activities.*** To a health oversight agency for oversight activities authorized by law. These activities include civil, administrative or criminal investigations, inspections, licensure or disciplinary actions (for example, to investigate complaints against health care providers) and other activities necessary for appropriate oversight of government benefit programs (for example, to the Department of Labor).
5. ***Legal proceedings.*** When required for judicial or administrative proceedings. For example, your PHI May be disclosed in response to a subpoena or discovery request that is accompanied by a court order.

6. **Law enforcement health purposes.** When required for law enforcement purposes (for example, to report certain types of wounds).
7. **Law enforcement emergency purposes.** For certain law enforcement purposes, including:
  - a. identifying or locating a suspect, fugitive, material witness or missing person, and
  - b. disclosing information about an individual who is or is suspected to be a victim of a crime.
8. **Determining cause of death and organ donation.** When required to be given to a coroner or medical examiner to identify a deceased person, determine a cause of death or other authorized duties. The Plan may also disclose PHI for organ, eye or tissue donation purposes.
9. **Funeral purposes.** When required to be given to funeral directors to carry out their duties with respect to the decedent.
10. **Research.** For research, subject to certain conditions.
11. **Health or safety threats.** When, consistent with applicable law and standards of ethical conduct, the Plan in good faith believes the use or disclosure is necessary to prevent or lessen a serious and imminent threat to the health or safety of a person or the public and the disclosure is to a person reasonably able to prevent or lessen the threat, including the target of the threat.
12. **Workers' compensation programs.** When authorized by and to the extent necessary to comply with workers' compensation or other similar programs established by law.
13. **Military and Veterans.** When required to be given to military command authorities and you are a member of the armed forces.
14. **National Security and Intelligence Activities.** When required to be given to authorized federal officials for intelligence, counterintelligence, and other national security activities authorized by law.
15. **Inmates.** When required to be given to a correctional institution or law enforcement official for the health and safety of inmates or for the safety and security of the correctional institution.

#### ***Are there Other Uses or Disclosures?***

The Plan may contact you to provide you information about treatment alternatives or other health-related benefits and services that may be of interest to you.

The Plan may disclose protected health information to your group health plan sponsor for reviewing your appeal of a benefit claim or for other reasons regarding the administration of the Plan or your employer's group health plan.

#### ***What is the Potential Impact of State Law?***

In some situations, the Plan may choose to follow state privacy or other applicable laws that provide greater privacy protections to individuals. If a state law that we follow requires that we not use or disclose PHI, such as age of majority or parental notification restrictions, then we may not use or disclose that information.

#### ***Your Individual Privacy Rights***

##### ***Can I Request Restrictions on Uses and Disclosures of my PHI?***

You may request the Plan to:

1. Restrict the uses and disclosures of your PHI to carry out treatment, payment or health care operations, or
2. Restrict uses and disclosures to family members, relatives, friends or other persons identified by you who are involved in your care.

We will comply with any restriction request if: (1) except as otherwise required by law, the disclosure is to the Plan for purposes of carrying out payment or health care operations, and is not for purposes of carrying out treatment; and (2) the PHI pertains solely to a health care item or service for which the health care provider involved has been paid out-of-pocket in full.

Except as provided in the previous paragraph, the Plan, however, is not required to agree to your request if the Plan determines your request to be unreasonable.

To request restrictions, you must make your request in writing to: The Plan's Privacy Officer at the Idaho AGC Health Plan, Idaho AGC, P.O. Box 7386, Boise, ID 83707, (208) 344-9755

You must tell the Plan (1) what information you want to limit; (2) whether you want to limit the Plan's use, disclosure, or both; and (3) to whom you want the limits to apply, for example, to disclosures to your spouse.

***Can I Request Confidential Communications?***

The Plan will accommodate an individual's reasonable request to receive communications of PHI by alternative means or at alternative locations where the request includes a statement that disclosure could endanger the individual.

You or your personal representative will be required to complete a form to request restrictions on uses and disclosures of your PHI. Make such requests to: The Privacy Officer, listed above.

***Can I Inspect and Copy My PHI?***

You have a right to inspect and obtain a copy of your PHI for as long as the Plan maintains the PHI.

The Plan must provide the requested information within 30 days if the information is maintained on site or within 60 days if the information is maintained offsite. A single 30-day extension is allowed if the Plan is unable to comply with the deadline.

You or your personal representative will be required to complete a form to request access to the PHI. A reasonable fee may be charged. Requests for access to PHI should be made to the following officer: The Privacy Officer, listed above.

If access is denied, you or your personal representative will be provided with a written denial setting forth the basis for the denial, a description of how you may exercise your review rights and a description of how you may complain to the Plan and HHS.

***Do I Have the Right to Amend My PHI?***

You have the right to request that the Plan amend your PHI or a record about you for as long as the PHI is maintained subject to certain exceptions.

The Plan has 60 days after receiving your request to act on it. The Plan is allowed a single 30-day extension if the Plan is unable to comply with the 60-day deadline. If the Plan denied your request in whole or part, the Plan must provide you with a written denial that explains the basis for the decision. You or your personal representative may then submit a written statement disagreeing with the denial and have that statement included with any future disclosures of that PHI.

You should make your request to amend PHI to the following officer: The Privacy Officer, listed above.

You or your personal representative will be required to complete a written form to amendment of the PHI and include a reason to support the requested amendment.

***Do I Have the Right to Receive an Accounting of the Plan's Disclosures of My PHI?***

At your request, the Plan will also provide you with an accounting of certain disclosures by the Plan of your PHI. The Plan is not required to provide you with an accounting of disclosures related to treatment, payment, or health care operations, or disclosures made to you or authorized by you in writing.

The Plan has 60 days to provide the accounting. The Plan is allowed an additional 30 days if the Plan gives you a written statement of the reasons for the delay and the date by which the accounting will be provided.

If you request more than one accounting within a 12-month period, the Plan will charge a reasonable fee for each subsequent accounting.

***Do I Have the Right to be notified of a Breach?***

You have the right to be notified in the event that the Plan (or a Business Associate) discovers a breach of unsecured protected health information.

***Do I Have the Right to Receive a Paper Copy of This Notice Upon Request?*** Yes. To obtain

a paper copy of this Notice, contact the Privacy Officer, listed above. ***Can My Personal***

***Representative Act on My Behalf Regarding My Privacy Rights?***

You may exercise your rights through a personal representative. Your personal representative will be required to produce evidence of authority to act on your behalf before the personal representative will be given access to your PHI or be allowed to take any action for you. Proof of such authority will be a completed, signed and approved Appointment of Personal Representative form. You may obtain this form by calling the Plan Administration Office.

The Plan retains discretion to deny access to your PHI to a personal representative to provide protection to those vulnerable people who depend on others to exercise their rights under these rules and who may be subject to abuse or neglect.

The Plan will recognize certain individuals as personal representatives without you having to complete an Appointment of Personal Representative form. For example, the Plan will automatically consider a spouse to be the personal representative of an individual covered by a group health plan. In addition, the Plan will consider a parent or guardian as the personal representative of an unemancipated minor unless applicable law requires otherwise. A spouse or a parent may act on an individual's behalf, including requesting access to their PHI. Spouses and unemancipated minors may, however, request that the Plan restrict information that goes to family members.

**The Plan's Duties Regarding Privacy**

***Maintaining Your Privacy***

The Plan is required by law to maintain the privacy of your PHI and to provide you and your eligible dependents with notice of its legal duties and privacy practices.

This Notice is effective beginning on January 1, 2012 and the Plan is required to comply with the terms of this Notice. However, the Plan reserves the right to change its privacy practices and to apply the changes to any PHI received or maintained by the Plan prior to that date. If a privacy practice is changed, a revised version of this Notice will be provided to you and to all past and present participants and beneficiaries for whom the Plan still maintains PHI via mail.

Any revised version of this Notice will be distributed within 60 days of the effective date of any material change to:

- The uses or disclosures of PHI,
- Your individual rights,
- The duties of the Plan, or
- Other privacy practices stated in this notice.

This Notice is intended to summarize the Plan's obligations and your rights under the law with respect to your PHI. This Notice is not a term or condition of the Plan, and this Notice does not create any obligations or rights with respect to your PHI under the terms of the Plan.

### ***Disclosing Only the Minimum Necessary Protected Health Information***

When using or disclosing PHI or when requesting PHI from another covered entity, the Plan will make reasonable efforts not to use, disclose or request more than the minimum amount of PHI necessary to accomplish the intended purpose of the use, disclosure or request, taking into consideration practical and technological limitations.

However, the minimum necessary standard will not apply in the following situations:

- Disclosures to or requests by a health care provider for treatment,
- Uses or disclosures made to you,
- Disclosures made to the Secretary of the United States Department of Health and Human Services pursuant to its enforcement activities under HIPAA,
- Uses or disclosures required by law, and
- Uses or disclosures required for the Plan's compliance with the HIPAA privacy regulations. This

Notice does not apply to information that has been de-identified. De-identified information is information that:

- Does not identify you, and
- With respect to which there is no reasonable basis to believe that the information can be used to identify you.

In addition, the Plan may use or disclose "summary health information" to your group health plan's Plan Sponsor for obtaining cost-sharing bids or modifying, amending or terminating the group health plan. Summary information summarizes the claims history, claims expenses or type of claims experienced by individuals for whom a Plan Sponsor has provided health benefits under a group health plan. Identifying information will be deleted from summary health information, in accordance with HIPAA.

### **Your Right to File a Complaint with the Plan or the HHS Secretary**

If you believe that your privacy rights have been violated, you may file a complaint with the Plan in care of the following individual:

Health Plan Director  
Idaho AGC Health Plan  
Idaho AGC  
P.O. Box 7386  
Boise, ID 83707  
(208) 344-9755

You may also file a complaint with:

Secretary of the U.S. Department of Health and Human Services  
Hubert H. Humphrey Building  
200 Independence Avenue S.W.  
Washington, D.C. 20201

The Plan will not retaliate against you for filing a complaint.

**If You Need More Information**

If you have any questions regarding this notice or the subjects addressed in it, you may contact the

Following individual at the Plan Administrative Office:

Health Plan Director  
Idaho AGC Health Plan  
P.O. Box 7386  
Boise, ID 83707  
(208) 344-9755

**Conclusion**

PHI use and disclosure by the Plan is regulated by the federal Health Insurance Portability and Accountability Act, known as HIPAA. You may find these rules at 45 *Code of Federal Regulations* Parts 160 and 164. This Notice attempts to summarize the regulations. The regulations will supersede this Notice if there is any discrepancy between the information in this Notice and the regulations.

## UNIFORMED SERVICES EMPLOYMENT AND REEMPLOYMENT RIGHTS ACT

USERRA (the Uniformed Services Employment and Reemployment Rights Act of 1994) provides employees who leave work to serve in the uniformed services of the United States with certain rights upon their return from service. USERRA also permits these employees to elect to continue coverage under their employer's group health plan for themselves and their dependents for a limited time.

### Continuation of Health Plan Coverage under USERRA

If an employee or an employee's dependent will lose group health plan coverage because the employee will be absent from work to serve in the uniformed services, the employee can elect to continue coverage for the employee and the employee's dependents.

USERRA continuation coverage lasts for up to 24 months after the employee's absence begins. Coverage terminates before the 24-month period when any of the following events occur:

- a cost-sharing payment is not made within the required time;
- the employee fails to return to work (or apply for reemployment) with his or her participating employer within the time required under USERRA (see "Returning to Work" below) following the completion of service in the uniformed services;
- the employee loses his or her rights under USERRA as a result of a dishonorable discharge or other conduct specified in USERRA;
- the employee becomes covered under the Plan as an active employee of the participating employer. USERRA continuation coverage for a dependent also ends when coverage for a dependent who is not receiving USERRA coverage would end.

**Returning to Work.** The employee's right to continue coverage under USERRA ends if he or she does not report to work or apply for reemployment with the participating employer after completing service in the uniformed services as described below:

- **If the service is less than 31 days or the employee is absent for any period of time for purposes of an examination for fitness to perform service,** the employee must return to work by the beginning of the first regularly scheduled work period on the day following the completion of the employee's service, after allowing for safe travel home and an eight-hour rest period, or if that is unreasonable or impossible through no fault of the employee, as soon as is possible.
- **If the service is more than 30 days but less than 181 days,** the employee must apply for reemployment within 14 days after completion of service or, if that is unreasonable or impossible through no fault of the employee, the first day on which it is possible to do so.
- **If the service is more than 180 days,** the employee must apply for reemployment within 90 days after completion of service.
- **If the employee was hospitalized for or was convalescing from an injury or illness incurred or aggravated as a result of the employee's service,** the time to return to work or submit an application for reemployment is extended to the end of the period necessary for the employee to recover from the illness or injury. This period may not extend for more than two years after the employee's completion of service, except the two-year period may be extended if circumstances beyond the employee's control make it impossible or unreasonable for the employee to report to work within the above time periods.

The Plan can require a cost-sharing for USERRA continuation coverage.

### Reinstatement in Group Health Plan Coverage upon Return from Uniformed Service

If group health plan coverage for the employee or the employee's dependents terminated due to the employee's service in the uniformed services of the United States (whether at the beginning of or during that service), and the employee is entitled to reinstatement with his or her participating employer under USERRA, the coverage must be reinstated when the employee becomes reemployed. (Under USERRA an employee has a right to reemployment only if certain requirements are satisfied, including timely return to work or application for reemployment as described in "Returning to Work" above.) No exclusion or waiting period may be imposed in connection with the reinstatement of coverage upon reemployment, if that exclusion or waiting period would not have been imposed had coverage not been terminated by reason of the employee's service



in the uniformed services. A health plan, however, may impose an exclusion or waiting period as to illnesses or injuries determined by the Secretary of Veterans Affairs to have been incurred in, or aggravated during, performance of service in the uniformed services.

#### **USERRA and COBRA Continuation Coverage**

If the Plan is subject to COBRA, both the USERRA continuation coverage and COBRA continuation coverage rules may apply when an employee is absent from work to perform service in the uniformed services. The employee's absence generally results in a COBRA qualifying event — a loss of coverage due to the employee's termination of employment or reduction in hours. The employee has the right to elect to continue coverage under both COBRA and USERRA. This means that the employee and other COBRA qualified beneficiaries are entitled to the greater protection under COBRA or USERRA. In the administration of USERRA, the Plan will follow the COBRA procedures for establishing the contribution rates, and the form and timing of notices.

## Contribution Assistance Under Medicaid and the Children's Health Insurance Program (CHIP)

If you or your children are eligible for Medicaid or CHIP and you're eligible for health coverage from your employer, your state may have a contribution assistance program that can help pay for coverage, using funds from their Medicaid or CHIP programs. If you or your children aren't eligible for Medicaid or CHIP, you won't be eligible for these contribution assistance programs but you may be able to buy individual insurance coverage through the Health Insurance Marketplace. For more information, visit [www.healthcare.gov](http://www.healthcare.gov).

If you or your dependents are already enrolled in Medicaid or CHIP and you live in a State listed below, contact your State Medicaid or CHIP office to find out if contribution assistance is available.

If you or your dependents are NOT currently enrolled in Medicaid or CHIP, and you think you or any of your dependents might be eligible for either of these programs, contact your State Medicaid or CHIP office or dial **1-877-KIDS NOW** or [www.insurekidsnow.gov](http://www.insurekidsnow.gov) to find out how to apply. If you qualify, ask your state if it has a program that might help you pay the contributions for an employer-sponsored plan.

If you or your dependents are eligible for contribution assistance under Medicaid or CHIP, as well as eligible under your employer plan, your employer must allow you to enroll in your employer plan if you aren't already enrolled. This is called a "special enrollment" opportunity, and **you must request coverage within 60 days of being determined eligible for contribution assistance**. If you have questions about enrolling in your employer plan, contact the Department of Labor at [www.askebsa.dol.gov](http://www.askebsa.dol.gov) or call **1-866-444-EBSA (3272)**.

If you live in one of the following states, you may be eligible for assistance paying your employer health plan contributions. The following list of states is current as of July 31, 2020. Contact your State for more information on eligibility -

ALABAMA – Medicaid	CALIFORNIA – Medicaid
Website: <a href="http://myalhipp.com/">http://myalhipp.com/</a> Phone: 1-855-692-5447	Website: <a href="https://www.dhcs.ca.gov/services/Pages/TPLRD_CAU_cont.aspx">https://www.dhcs.ca.gov/services/Pages/TPLRD_CAU_cont.aspx</a> Phone: 916-440-5676
ALASKA – Medicaid	COLORADO – Health First Colorado (Colorado's Medicaid Program) & Child Health Plan Plus (CHP+)
The AK Health Insurance Contribution Payment Program Website: <a href="http://myakhipp.com/">http://myakhipp.com/</a> Phone: 1-866-251-4861 Email: <a href="mailto:CustomerService@MyAKHIPP.com">CustomerService@MyAKHIPP.com</a> Medicaid Eligibility: <a href="http://dhss.alaska.gov/dpa/Pages/medicaid/default.aspx">http://dhss.alaska.gov/dpa/Pages/medicaid/default.aspx</a>	Health First Colorado Website: <a href="https://www.healthfirstcolorado.com/">https://www.healthfirstcolorado.com/</a> Health First Colorado Member Contact Center: 1-800-221-3943/ State Relay 711 CHP+: <a href="https://www.colorado.gov/pacific/hcpf/child-health-plan-plus">https://www.colorado.gov/pacific/hcpf/child-health-plan-plus</a> CHP+ Customer Service: 1-800-359-1991/ State Relay 711 Health Insurance Buy-In Program (HIBI): <a href="https://www.colorado.gov/pacific/hcpf/health-insurance-buy-program">https://www.colorado.gov/pacific/hcpf/health-insurance-buy-program</a> HIBI Customer Service: 1-855-692-6442
ARKANSAS – Medicaid	FLORIDA – Medicaid
Website: <a href="http://myarhipp.com/">http://myarhipp.com/</a> Phone: 1-855-MyARHIPP (855-692-7447)	Website: <a href="https://www.flmedicaidtplecovery.com/flmedicaidtplecovery.com/hipp/index.html">https://www.flmedicaidtplecovery.com/flmedicaidtplecovery.com/hipp/index.html</a> Phone: 1-877-357-3268

<b>GEORGIA – Medicaid</b>	<b>MASSACHUSETTS – Medicaid and CHIP</b>
Website: <a href="https://medicaid.georgia.gov/health-insurance-contribution-payment-program-hipp">https://medicaid.georgia.gov/health-insurance-contribution-payment-program-hipp</a> Phone: 678-564-1162 ext 2131	Website: <a href="http://www.mass.gov/eohhs/gov/departments/masshealth/">http://www.mass.gov/eohhs/gov/departments/masshealth/</a> Phone: 1-800-862-4840
<b>INDIANA – Medicaid</b>	<b>MINNESOTA – Medicaid</b>
Healthy Indiana Plan for low-income adults 19-64 Website: <a href="http://www.in.gov/fssa/hip/">http://www.in.gov/fssa/hip/</a> Phone: 1-877-438-4479 All other Medicaid Website: <a href="https://www.in.gov/medicaid/">https://www.in.gov/medicaid/</a> Phone 1-800-457-4584	Website: <a href="https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/programs-and-services/other-insurance.jsp">https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/programs-and-services/other-insurance.jsp</a> Phone: 1-800-657-3739
<b>IOWA – Medicaid and CHIP (Hawki)</b>	<b>MISSOURI – Medicaid</b>
Medicaid Website: <a href="https://dhs.iowa.gov/ime/members">https://dhs.iowa.gov/ime/members</a> Medicaid Phone: 1-800-338-8366 Hawki Website: <a href="http://dhs.iowa.gov/Hawki">http://dhs.iowa.gov/Hawki</a> Hawki Phone: 1-800-257-8563	Website: <a href="http://www.dss.mo.gov/mhd/participants/pages/hipp.htm">http://www.dss.mo.gov/mhd/participants/pages/hipp.htm</a> Phone: 573-751-2005
<b>KANSAS – Medicaid</b>	<b>MONTANA – Medicaid</b>
Website: <a href="http://www.kdheks.gov/hcf/default.htm">http://www.kdheks.gov/hcf/default.htm</a> Phone: 1-800-792-4884	Website: <a href="http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP">http://dphhs.mt.gov/MontanaHealthcarePrograms/HIPP</a> Phone: 1-800-694-3084
<b>KENTUCKY – Medicaid</b>	<b>NEBRASKA – Medicaid</b>
Kentucky Integrated Health Insurance Contribution Payment Program (KI-HIPP) Website: <a href="https://chfs.ky.gov/agencies/dms/member/Pages/kihipp.aspx">https://chfs.ky.gov/agencies/dms/member/Pages/kihipp.aspx</a> Phone: 1-855-459-6328 Email: <a href="mailto:KIHIPP.PROGRAM@ky.gov">KIHIPP.PROGRAM@ky.gov</a>  KCHIP Website: <a href="https://kidshealth.ky.gov/Pages/index.aspx">https://kidshealth.ky.gov/Pages/index.aspx</a> Phone: 1-877-524-4718  Kentucky Medicaid Website: <a href="https://chfs.ky.gov">https://chfs.ky.gov</a>	Website: <a href="http://www.ACCESSNebraska.ne.gov">http://www.ACCESSNebraska.ne.gov</a> Phone: 1-855-632-7633 Lincoln: 402-473-7000 Omaha: 402-595-1178
<b>LOUISIANA – Medicaid</b>	<b>NEVADA – Medicaid</b>
Website: <a href="http://www.medicaid.la.gov">www.medicaid.la.gov</a> or <a href="http://www.ldh.la.gov/lahipp">www.ldh.la.gov/lahipp</a> Phone: 1-888-342-6207 (Medicaid hotline) or 1-855-618-5488 (LaHIPP)	Medicaid Website: <a href="http://dhcfp.nv.gov">http://dhcfp.nv.gov</a> Medicaid Phone: 1-800-992-0900
<b>MAINE – Medicaid</b>	<b>NEW HAMPSHIRE – Medicaid</b>
Enrollment Website: <a href="https://www.maine.gov/dhhs/ofl/applications-forms">https://www.maine.gov/dhhs/ofl/applications-forms</a> Phone: 1-800-442-6003 TTY: Maine relay 711  Private Health Insurance Contribution Webpage: <a href="https://www.maine.gov/dhhs/ofl/applications-forms">https://www.maine.gov/dhhs/ofl/applications-forms</a> Phone: 1-800-977-6740. TTY: Maine relay 711	Website: <a href="https://www.dhhs.nh.gov/oii/hipp.htm">https://www.dhhs.nh.gov/oii/hipp.htm</a> Phone: 603-271-5218 Toll free number for the HIPP program: 1-800-852-3345, ext 5218

<b>NEW JERSEY – Medicaid and CHIP</b>	<b>SOUTH DAKOTA - Medicaid</b>
Medicaid Website: <a href="http://www.state.nj.us/humanservices/dmahs/clients/medicaid/">http://www.state.nj.us/humanservices/dmahs/clients/medicaid/</a> Medicaid Phone: 609-631-2392 CHIP Website: <a href="http://www.njfamilycare.org/index.html">http://www.njfamilycare.org/index.html</a> CHIP Phone: 1-800-701-0710	Website: <a href="http://dss.sd.gov">http://dss.sd.gov</a> Phone: 1-888-828-0059
<b>NEW YORK – Medicaid</b>	<b>TEXAS – Medicaid</b>
Website: <a href="https://www.health.ny.gov/health_care/medicaid/">https://www.health.ny.gov/health_care/medicaid/</a> Phone: 1-800-541-2831	Website: <a href="http://gethipptexas.com/">http://gethipptexas.com/</a> Phone: 1-800-440-0493
<b>NORTH CAROLINA – Medicaid</b>	<b>UTAH – Medicaid and CHIP</b>
Website: <a href="https://medicaid.ncdhhs.gov/">https://medicaid.ncdhhs.gov/</a> Phone: 919-855-4100	Medicaid Website: <a href="https://medicaid.utah.gov/">https://medicaid.utah.gov/</a> CHIP Website: <a href="http://health.utah.gov/chip">http://health.utah.gov/chip</a> Phone: 1-877-543-7669
<b>NORTH DAKOTA – Medicaid</b>	<b>VERMONT– Medicaid</b>
Website: <a href="http://www.nd.gov/dhs/services/medicalserv/medicaid/">http://www.nd.gov/dhs/services/medicalserv/medicaid/</a> Phone: 1-844-854-4825	Website: <a href="http://www.greenmountaincare.org/">http://www.greenmountaincare.org/</a> Phone: 1-800-250-8427
<b>OKLAHOMA – Medicaid and CHIP</b>	<b>VIRGINIA – Medicaid and CHIP</b>
Website: <a href="http://www.insureoklahoma.org">http://www.insureoklahoma.org</a> Phone: 1-888-365-3742	Website: <a href="https://www.coverva.org/hipp/">https://www.coverva.org/hipp/</a> Medicaid Phone: 1-800-432-5924 CHIP Phone: 1-855-242-8282
<b>OREGON – Medicaid</b>	<b>WASHINGTON – Medicaid</b>
Website: <a href="http://healthcare.oregon.gov/Pages/index.aspx">http://healthcare.oregon.gov/Pages/index.aspx</a> <a href="http://www.oregonhealthcare.gov/index-es.html">http://www.oregonhealthcare.gov/index-es.html</a> Phone: 1-800-699-9075	Website: <a href="https://www.hca.wa.gov/">https://www.hca.wa.gov/</a> Phone: 1-800-562-3022
<b>PENNSYLVANIA – Medicaid</b>	<b>WEST VIRGINIA – Medicaid</b>
Website: <a href="https://www.dhs.pa.gov/providers/Providers/Pages/Medical/HIPP-Program.aspx">https://www.dhs.pa.gov/providers/Providers/Pages/Medical/HIPP-Program.aspx</a> Phone: 1-800-692-7462	Website: <a href="http://mywvhipp.com/">http://mywvhipp.com/</a> Toll-free phone: 1-855-MyWVHIPP (1-855-699-8447)
<b>RHODE ISLAND – Medicaid and CHIP</b>	<b>WISCONSIN-Medicaid and CHIP</b>
Website: <a href="http://www.eohhs.ri.gov/">http://www.eohhs.ri.gov/</a> Phone: 1-855-697-4347, or 401-462-0311 (Direct Rlte Share Line)	Website: <a href="https://www.dhs.wisconsin.gov/badgercareplus/p-10095.htm">https://www.dhs.wisconsin.gov/badgercareplus/p-10095.htm</a> Phone: 1-800-362-3002
<b>SOUTH CAROLINA – Medicaid</b>	<b>WYOMING – Medicaid</b>
Website: <a href="https://www.scdhhs.gov">https://www.scdhhs.gov</a> Phone: 1-888-549-0820	Website: <a href="https://health.wyo.gov/healthcarefin/medicaid/programs-and-eligibility/">https://health.wyo.gov/healthcarefin/medicaid/programs-and-eligibility/</a> Phone: 1-800-251-1269

To see if any other states have added a contribution assistance program since July 31, 2020, or for more information on special enrollment rights, contact either:

U.S. Department of Labor  
Employee Benefits Security Administration  
[www.dol.gov/agencies/ebsa](http://www.dol.gov/agencies/ebsa)  
1-866-444-EBSA (3272)

U.S. Department of Health and Human Services  
Centers for Medicare & Medicaid Services  
[www.cms.hhs.gov](http://www.cms.hhs.gov)  
1-877-267-2323, Menu Option 4, Ext. 61565

### **Paperwork Reduction Act Statement**

According to the Paperwork Reduction Act of 1995 (Pub. L. 104-13) (PRA), no persons are required to respond to a collection of information unless such collection displays a valid Office of Management and Budget (OMB) control number. The Department notes that a Federal agency cannot conduct or sponsor a collection of information unless it is approved by OMB under the PRA, and displays a currently valid OMB control number, and the public is not required to respond to a collection of information unless it displays a currently valid OMB control number. See 44 U.S.C. 3507. Also, notwithstanding any other provisions of law, no person shall be subject to penalty for failing to comply with a collection of information if the collection of information does not display a currently valid OMB control number. See 44 U.S.C. 3512.

The public reporting burden for this collection of information is estimated to average approximately seven minutes per respondent. Interested parties are encouraged to send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the U.S. Department of Labor, Employee Benefits Security Administration, Office of Policy and Research, Attention: PRA Clearance Officer, 200 Constitution Avenue, N.W., Room N-5718, Washington, DC 20210 or email [ebsa.opr@dol.gov](mailto:ebsa.opr@dol.gov) and reference the OMB Control Number 1210-0137.

OMB Control Number 1210-0137 (expires 1/31/2023)



## New Health Insurance Marketplace Coverage Options and Your Health Coverage

Form Approved OMB No. 1210-0149  
(expires 6-30-2023)

When key parts of the health care law take effect in 2014, there will be a new way to buy health insurance: the Health Insurance Marketplace. To assist you as you evaluate options for you and your family, this notice provides some basic information about the new Marketplace and employment-based health coverage offered by your employer.

### ***What is the Health Insurance Marketplace?***

The Marketplace is designed to help you find health insurance that meets your needs and fits your budget. The Marketplace offers "one-stop shopping" to find and compare private health insurance options. You may also be eligible for a new kind of tax credit that lowers your monthly contribution right away. Open enrollment for health insurance coverage through the Marketplace begins in October 2013 for coverage starting as early as January 1, 2014.

### ***Can I Save Money on my Health Insurance Contributions in the Marketplace?***

You may qualify to save money and lower your monthly contribution, but only if your employer does not offer coverage, or offers coverage that doesn't meet certain standards. The savings on your contribution that you're eligible for depends on your household income.

### ***Does Employer Health Coverage Affect Eligibility for Contribution Savings through the Marketplace?***

Yes. If you have an offer of health coverage from your employer that meets certain standards, you will not be eligible for a tax credit through the Marketplace and may wish to enroll in your employer's health plan. However, you may be eligible for a tax credit that lowers your monthly contribution, or a reduction in certain cost-sharing if your employer does not offer coverage to you at all or does not offer coverage that meets certain standards. If the cost of a plan from your employer that would cover you (and not any other members of your family) is more than 9.5% of your household income for the year, or if the coverage your employer provides does not meet the "minimum value" standard set by the Affordable Care Act, you may be eligible for a tax credit.<sup>1</sup>

**Note:** If you purchase a health plan through the Marketplace instead of accepting health coverage offered by your employer, then you may lose the employer contribution (if any) to the employer-offered coverage. Also, this employer contribution - as well as your employee contribution to employer-offered coverage - is often excluded from income for Federal and State income tax purposes. Your payments for coverage through the Marketplace are made on an after-tax basis.

### ***How Can I Get More Information?***

For more information about your coverage offered by your employer, please check your summary plan description or contact \_\_\_\_\_

The Marketplace can help you evaluate your coverage options, including your eligibility for coverage through the Marketplace and its cost. Please visit [HealthCare.gov](http://HealthCare.gov) for more information, including an online application for health insurance coverage and contact information for a Health Insurance Marketplace in your area.

<sup>1</sup> An employer-sponsored health plan meets the "minimum value standard" if the plan's share of the total allowed benefit costs covered by the plan is no less than 60 percent of such costs.

# **IDAHO BRANCH, INC., ASSOCIATED GENERAL CONTRACTORS OF AMERICA, INC.**

Trust: Idaho AGC Self-Funded Benefit Trust  
Plan Sponsor: Idaho Branch Inc., Associated General Contractors  
of America, Inc.

Employee Benefits Plans  
**\$1,750** Deductible PPO Basic & Deluxe

Effective January 1, 2021 – December 31, 2021

Administered by Blue Cross of Idaho

*This coverage is not insurance and the Idaho AGC Self-Funded Benefit Trust  
does not participate in the State Guaranty Association.*

# ASC PREFERRED BLUE MASTER GROUP PLAN BENEFITS OUTLINE

**This Summary of Health Care Benefits constitutes a part of your benefits guide, benefits booklet, summary plan description, or other similar governing plan document (as the case may be) that provides a summary of the Plan. To the extent there is any conflict between such governing Plan documents of the Trust and this Summary of Health Care Benefits, this Summary of Health Care Benefit shall be the governing document upon which BCI shall administer claims. Notwithstanding any provision in this document to the contrary, if the resolution of a benefit claim is tied to an individual's eligibility for coverage under the Plan, such eligibility determination shall be resolved by the Plan Sponsor.**

## **WOMEN'S HEALTH AND CANCER RIGHTS ACT NOTICE:**

The Women's Health and Cancer Rights Act of 1998 requires health plans to provide the following mastectomy-related services.

1. Reconstruction of the breast on which the mastectomy/lumpectomy was performed;
2. Surgery and reconstruction of the other breast to produce a symmetrical appearance; and
3. Prostheses and treatment of physical complications at all stages of the mastectomy/ lumpectomy, including lymphedemas.

## **OBSTETRIC OR GYNECOLOGICAL CARE NOTICE:**

You do not need prior authorization from Blue Cross of Idaho or from any other person (including a primary care provider) in order to obtain access to obstetrical or gynecological care from a health care professional in our network who specializes in obstetrics or gynecology. The health care professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan, or procedures for making referrals. For a list of participating health care professionals who specialize in obstetrics or gynecology, please visit our Web site at [www.bcidaho.com](http://www.bcidaho.com). You may also call our Customer Service Department at (208) 286-3439 or (866) 283-6354 for assistance in locating a Provider.

## **EMERGENCY SERVICES**

For the treatment of Emergency Medical Conditions or Accidental Injuries of sufficient severity to necessitate immediate medical care by, or that require Ambulance Transportation Service to, the nearest appropriate Facility Provider, BCI, on behalf of the Trust, will provide In-Network benefits for Covered Services provided by either a Contracting or Noncontracting Facility Provider and facility-based Professional Providers only. If the nearest Facility Provider is Noncontracting, once the Participant is stabilized and is no longer receiving emergency care the Participant (at BCI's option, on behalf of the Trust,) may transfer to the nearest appropriate Contracting Facility Provider for further care in order to continue to receive In-Network benefits for Covered Services. If the Participant is required to transfer, transportation to the Contracting Facility Provider will be a Covered Service under the Ambulance Transportation Service provision of this Plan.

This Benefits Outline describes the benefits of this Plan in general terms. It is important to read the Plan in full for specific and detailed information that includes additional exclusions and limitations on benefits. Your manager of employee benefits should be able to help if you have questions.

If Participants receive these documents and/or any other Plan notices electronically, Participants have the right to receive paper copies of the electronic documents, including summary plan descriptions and plan amendments, upon request at no additional charge.



Throughout this Plan, Blue Cross of Idaho may be referred to as BCI. For Covered Services under the terms of this Plan, Maximum Allowance is the amount established as the highest level of compensation for a Covered Service. There is more detailed information on how Maximum Allowance is determined and how it affects out-of-state coverage in the Definitions Section.

To locate a Contracting Provider in your area, please visit the BCI Web site at [www.bcidaho.com](http://www.bcidaho.com). You may also call our Customer Service Department at (208) 286-3439 or (866) 283-6354 for assistance in locating a Provider.

#### **NONDISCRIMINATION STATEMENT: DISCRIMINATION IS AGAINST THE LAW**

Blue Cross of Idaho complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Blue Cross of Idaho does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Blue Cross of Idaho:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Blue Cross of Idaho Customer Service Department. Call 1-866-283-6354 (TTY: 1-800-377-1363), or call the customer service phone number on the back of your card.

If you believe that Blue Cross of Idaho has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with Blue Cross of Idaho's Grievances and Appeals Department at:

Manager, Grievances and Appeals  
3000 East Pine Avenue, Meridian, Idaho 83642  
Telephone: (800) 274-4018, Fax: (208) 331-7493  
Email: [grievances&appeals@bcidaho.com](mailto:grievances&appeals@bcidaho.com)  
TTY: 1-800-377-1363

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our Grievances and Appeals team 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 electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TTY).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

#### **Language Assistance**

ATTENTION: If you speak Arabic, Bantu, Chinese, Farsi, French, German, Japanese, Korean, Nepali, Romanian, Russian, Serbo-Croatian, Spanish, Tagalog, or Vietnamese, language assistance services, free of charge, are available to you. Call 1-800-627-1188 (TTY: 1-800-377-1363).

غلا ركزا قير علا ثدحتت تنك اذا: عظولمم، **Arabic:** لصنا  
ناجلاب كل رفاوتت قيوغلا ددعاسملا تامدخ ناف: مكيلو مصلا فتاه  
مقر (1-800-627-1188 مقرب  
(1-800-377 1363).

Bantu ICITONDERWA: Nimba uvuga Ikirundi, uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona 1-800-627-1188 (TTY: 1-800-377-1363).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-627-1188 (TTY：1-800-377-1363)。

دینک یم وگتفگ یسراف نابز هب رگا: هجوت **Farsi:** یم مهارف  
امش یارب ناگیار تروصب ینابز تالیهست (1-800-377-1363)  
1-800-627-1188 (TTY: اب دشاب  
دیریگب سامت

French ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-627-1188 (ATS : 1-800-377-1363).

German ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-627-1188 (TTY: 1-800-377-1363).

Japanese 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-627-1188 (TTY: 1-800-377-1363) まで、お電話にてご連絡ください。

Korean 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-627-1188 (TTY: 1-800-377-1363)번으로 전화해 주십시오.

Nepali ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ। फोन गर्नुहोस् 1-800-627-1188 (टिडिवाइ: 1-800-377-1363)।

Romanian ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-800-627-1188 (TTY: 1-800-377-1363).

Russian ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-627-1188 (телетайп: 1-800-377-1363).

Serbo-Croatian OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-800-627-1188 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 1-800-377-1363).

Spanish ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-627-1188 (TTY: 1-800-377-1363).

Tagalog PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-627-1188 (TTY: 1-800-377-1363).

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-627-1188 (TTY: 1-800-377-1363).

## ELIGIBILITY AND ENROLLMENT

You are eligible for coverage under this Plan if you are in a classification of employees designated as eligible for coverage by your employer and you satisfy a probationary period established by your employer and you satisfy one of the following hour requirements:

1. If you became enrolled in the plan prior to June 1, 1996, your customary employment excluding overtime must be at least 80 hours per month to have continuing coverage under the plan.
2. If you became enrolled after May 31, 1996, your customary employment excluding overtime must be at least 120 hours per month to have continuing coverage under the plan.
3. If you work on State or Federally funded projects subject to the Davis-Bacon Act or the State equivalent Act, your employer may cover you as an Hour Bank employee. As an Hour Bank employee, you must complete 140 hours of service with your employer and receive credit for 140 hours in your Hour Bank under the plan to be eligible for coverage under the Plan.

*(see the Plan for additional Eligibility and Enrollment provisions)*

## PROBATIONARY PERIOD

After you satisfy the probationary period established by your employer, your coverage under the Plan will commence on the first of the month following the month in which you satisfy the hour requirements described above.

## WEIGHT MANAGEMENT PROGRAM

This program is available at no cost to Participants who qualify. Naturally Slim is an evidence-based, digital counseling program that helps Participants lose weight and improve their quality of life and reverse clinical risk. The program is built to prevent diabetes, reduce the risk of heart disease, reverse metabolic syndrome, and combat other obesity-related diseases. To find out if you qualify, send an email to [support@naturallyslim.com](mailto:support@naturallyslim.com) or call Naturally Slim at 855-999-7549.

The program includes three different phases to help Participants learn new skills and apply them to their real life:

- Foundations: Initial skill-building
- NS4You: Personalized skill reinforcement
- NS4Life: Long-term skill maintenance

***Note: In order to receive maximum benefits, some Covered Services require Emergency Admission Notification, Non-Emergency Preadmission Notification, and/or Prior Authorization. Please review the Inpatient Admission Notification Section and/or the Prior Authorization Section of your Plan and Attachment A to this Benefits Outline for specific details.***

***See Attachment A of this Benefits Outline or the BCI Web site, [www.bcidaho.com](http://www.bcidaho.com) for a complete list of services which require Prior Authorization.***

Participants should check with BCI to determine if the treatment or service being considered requires Prior Authorization. All Inpatient Admissions and Emergency Admissions require Inpatient Notification Review or Emergency Admission Review, as appropriate.

If a Participant chooses a Noncontracting or a nonparticipating Provider, the Participant may be responsible for any charges that exceed the Maximum Allowance.

<p align="center"><b>COMPREHENSIVE MAJOR MEDICAL BENEFITS</b></p>	
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**Deductibles:**  
**Individual**

**Family**  
*(No Participant may contribute more than the Individual Deductible amount toward the Family Deductible)*

Participant pays the first **\$1,750** In-Network and Out-of-Network Services for eligible expenses per Benefit Period.

Participants pay the first **\$3,500** In-Network and Out-of-Network Services for eligible expenses for all Participants under same Family Coverage per Benefit Period.

**Out-of-Pocket Limits:**  
(See Plan for services that do not apply to the limit)  
*(Includes applicable Deductible, Cost-sharing and Copayments)*

**Individual**

**Family**  
*(No Participant may contribute more than the Individual Out-of-Pocket Limit amount toward the Family Out-of-Pocket Limit)*

(Includes applicable Deductible, Cost-sharing and Copayments)

## In-Network

Participant pays first \$8,500 of In-Network eligible expenses per Benefit Period

Participants pay a combination of \$17,000 of In-Network eligible expenses for all Participants under same Family Coverage per Benefit Period

*When the Out-of-Pocket Limit is met, benefits payable for Covered Services increases to 100% of the Maximum Allowance during the remainder of the Benefit Period, except for services that do not apply to the limit as listed in the Plan.*

Participant pays first \$17,000 of Out-of-Network eligible expenses per Benefit Period

*When the Out-of-Pocket Limit is met, benefits payable for Covered Services increases to 100% of the Maximum Allowance during the remainder of the Benefit Period, except for services that do not apply to the limit as listed in the Plan.*

**Be aware that your actual costs for services provided by an Out-of-Network Provider may exceed this Plan's Out-of-Pocket Limit for Out-of-Network services. Your costs for the following Covered Services do not accumulate toward the Out-of-Network Out-of-Pocket Limit if delivered by an Out-of-Network Provider: Dental Services, Vision Services and Prescription Drug Services. In addition, Out-of-Network Providers can bill you for the difference between the amount charged by the Provider and the amount allowed by Blue Cross of Idaho, and that amount is not counted toward the Out-of-Network Out-of-Pocket Limit.**

SERVICES THE PLAN COVERS	AMOUNT OF PAYMENT	
<b>Allergy Injections</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Participant pays \$5 Copayment per visit if this is the only service provided during the visit	Plan pays 50% of Maximum Allowance after Deductible
<b>Ambulance Transportation Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Breastfeeding Support and Supply Services</b> <i>(Includes rental and/or purchase of manual or electric breast pumps. Limited to one (1) breast pump purchase per Benefit Period, per Participant. Hospital Grade Breast Pumps require Prior Authorization)</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 100% of Maximum Allowance (Deductible does not apply)	Plan pays 50% of Maximum Allowance after Deductible
<b>Chiropractic Care Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
	(Up to a combined total of 20 visits per Participant, per Benefit Period)	
<b>Dental Services Related to Accidental Injury</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Diabetes Self-Management Education Services</b> <i>(Only for accredited Providers approved by BCI)</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Participant pays \$30 Copayment per visit (Deductible does not apply)	Plan pays 50% of Maximum Allowance after Deductible
	(Up to a combined annual benefit limit of 4 visits per Participant, per Benefit Period)	
<b>Diagnostic Services</b> <i>(Includes diagnostic mammograms)</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Durable Medical Equipment/ Orthotic Devices / Prosthetic Appliances</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible

<b>Emergency Services – Facility Services</b> <i>(Copayment waived if admitted)</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Requires \$350 Copayment per hospital Outpatient emergency room visit  Plan pays 70% of Maximum Allowance after Deductible	Requires \$350 Copayment per hospital Outpatient emergency room visit  Plan pays 50% of Maximum Allowance after Deductible  <i>(For treatment of Emergency Medical Conditions as defined in the Plan, the Plan will provide In-Network benefits for Covered Services. Participant may be balance-billed for these services.)</i>
<b>Emergency Services – Professional Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible  <i>(For treatment of Emergency Medical Conditions as defined in the Plan, the Plan will provide In-Network benefits for Covered Services. Participant may be balance-billed for these services.)</i>
<b>Growth Hormone Therapy</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Hearing Aids</b> <i>(For Eligible Dependent Children Only. Benefits are limited to one (1) device per ear, every three (3) years, and includes forty-five (45) speech therapy visits during the first twelve (12) months after delivery of the covered device.)</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Home Health Skilled Nursing Care Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Home Intravenous Therapy</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 20% of Maximum Allowance after Deductible
<b>Hospice Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 100% of Maximum Allowance (Deductible does not apply)	Plan pays 50% of Maximum Allowance after Deductible

<b>Hospital Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Maternity Services and/or Involuntary Complications of Pregnancy</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Outpatient Habilitation Therapy Services</b> <ul style="list-style-type: none"> <li>• Outpatient Occupational Therapy</li> <li>• Outpatient Physical Therapy</li> <li>• Outpatient Speech Therapy</li> </ul>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
	(Up to combined total of 20 visits per Participant, per Benefit Period)	
<b>Outpatient Rehabilitation Therapy Services</b> <ul style="list-style-type: none"> <li>• Outpatient Occupational Therapy</li> <li>• Outpatient Physical Therapy</li> <li>• Outpatient Speech Therapy</li> </ul>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
	(Up to combined total of 20 visits per Participant, per Benefit Period)	
<b>Outpatient Cardiac Rehabilitation Therapy Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Outpatient Respiratory Therapy Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Palliative Care Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 100% of the Maximum Allowance (Deductible does not apply)	Plan pays 50% of Maximum Allowance after Deductible
<b>Physician Office Visits</b> <i>Additional services, such as laboratory, x-ray, and other Diagnostic Services are not included in the Office Visit</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Participant pays \$30 Copayment per visit for Primary Care Provider  Participant pays \$50 Copayment per visit for Specialist Provider (non-Primary Care Provider)	Plan pays 50% of Maximum Allowance after Deductible
<b>Post-Mastectomy/Lumpectomy Reconstructive Surgery</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible

<b>Prescribed Contraceptive Services</b> <i>(Includes diaphragms, intrauterine devices (IUDs), implantables, injections and tubal ligation.)</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 100% of Maximum Allowance (Deductible does not apply)	Plan pays 50% of Maximum Allowance after Deductible
<b>Psychiatric Inpatient Services</b> • Inpatient Facility and Professional Services	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Psychiatric Outpatient Services</b> • Outpatient Psychotherapy Services  • Facility and other Professional Services	<b>In-Network</b>	<b>Out-of-Network</b>
	Participant pays \$30 Copayment per visit  Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Outpatient Applied Behavioral Analysis (ABA)</b> <i>(as part of an approved treatment plan)</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Participant pays \$30 Copayment per visit	Plan pays 50% of Maximum Allowance after Deductible
<b>Treatment for Autism Spectrum Disorder</b> <i>(Services identified as part of the approved treatment plan)</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Covered the same as any other illness, depending on the services rendered. Please see the appropriate section of the Benefit Outline. Visit limits do not apply to Treatments for Autism Spectrum Disorder, and related diagnoses.	Covered the same as any other illness, depending on the services rendered. Please see the appropriate section of the Benefit Outline. Visit limits do not apply to Treatments for Autism Spectrum Disorder, and related diagnoses.
<b>Rehabilitation or Habilitation Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Skilled Nursing Facility</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
(Up to a combined total of 30 days per Participant, per Benefit Period)		



<b>Surgical/Medical (Professional Services)</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Telehealth Virtual Care Services</b>	Telehealth Virtual Care Services are available for any category of covered outpatient services. The amount of payment and other conditions for in-person services will apply to Telehealth Virtual Care Services. Please see the appropriate section of the Benefits Outline for those terms.	
<b>Temporomandibular Joint (TMJ) Syndrome Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
	(Up to a combined Lifetime Benefit Limit of \$2,000 per Participant)	
<b>Therapy Services</b> <i>(Including Radiation, Chemotherapy and Renal Dialysis)</i>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible
<b>Transplant Services</b>	<b>In-Network</b>	<b>Out-of-Network</b>
	Plan pays 70% of Maximum Allowance after Deductible	Plan pays 50% of Maximum Allowance after Deductible

## PREVENTIVE CARE BENEFITS

	In-Network	Out-of-Network
<p><b>For specifically listed Covered Services</b></p> <p><i>Annual adult physical examinations; routine or scheduled well-baby and well-child examinations, including vision, hearing and developmental screenings; Dental fluoride application for Participants age 5 and under; Bone Density; Chemistry Panels; Cholesterol Screening; Colorectal Cancer Screening; Complete Blood Count (CBC); Diabetes Screening; Pap Test; PSA Test; Rubella Screening; Screening EKG; Screening Mammogram; Thyroid Stimulating Hormone (TSH); Transmittable Diseases Screening (Chlamydia, Gonorrhea, Human Immunodeficiency Virus (HIV), Human papillomavirus (HPV), Syphilis, Tuberculosis (TB)); Hepatitis B Virus Screening; Sexually Transmitted Infections assessment; HIV assessment; Screening and assessment for interpersonal and domestic violence; Urinalysis (UA); Aortic Aneurysm Ultrasound; Unhealthy Alcohol Use Assessment; Breast Cancer (BRCA) Risk Assessment and Genetic Counseling and Testing for High Risk Family History of Breast or Ovarian Cancer; Newborn Metabolic Screening (PKU, Thyroxine, Sickle Cell); Health Risk Assessment for Depression; Newborn Hearing Test; Lipid Disorder Screening; Smoking and Tobacco-use Cessation Counseling Visit; Dietary Counseling (limited to 3 visits per Participant, per Benefit Period); Behavioral Counseling for Participants who are overweight or obese; Preventive Lead Screening; Lung Cancer Screening for Participants age 55 and over; Hepatitis C Virus Infection Screening; Urinary Incontinence Screening; For Participating Employee or the Enrolled Eligible Dependent spouse: Urine Culture for Pregnant Women; Iron Deficiency Screening for Pregnant Women; Rh (D) Incompatibility Screening for Pregnant Women; Diabetes Screening for Pregnant Women.</i></p> <p><i>The specifically listed Preventive Care Services may be adjusted accordingly to coincide with federal government changes, updates, and revisions.</i></p>	<p>Plan pays 100% of Maximum Allowance (Deductible does not apply)</p>	<p>Plan pays 50% of Maximum Allowance after Deductible</p>
<p><b>For services not specifically listed</b></p>	<p>Plan pays 70% of Maximum Allowance after Deductible</p>	<p>Plan pays 50% of Maximum Allowance after Deductible</p>



**Note: Please refer to Cover Sheet for Prescription Drug Benefit  
Option selected by Employer.**

<p style="text-align: center;"><b>PRESCRIPTION DRUG BENEFITS – COPAY OPTION</b>  <i>Each non Specialty Prescription Drug shall not exceed a 90-day supply at one (1) time</i>  <i>Prescription Drug Services apply to the In-Network Out-of-Pocket Limits</i></p>	
<p style="text-align: center;"><b>RETAIL PHARMACIES:</b> 90 day supply with multiple Copayments (<i>one Copayment for each 30-day supply</i>)  <b>MAIL ORDER:</b> 90 day supply with two Copayments</p>	
<b>Tier 1 Preferred Generic Prescription Drugs</b>	Participant pays \$7 Copayment per prescription
<b>Tier 2 Non-Preferred Generic Prescription Drugs</b>	Participant pays \$7 Copayment per prescription
<b>Tier 3 Preferred Brand Name Prescription Drugs</b>	Participant pays 30% Cost-sharing per prescription
<b>Tier 4 Non-Preferred Brand Name Prescription Drugs</b>	Participant pays 50% Cost-sharing per prescription
<b>Tier 5 Preferred Specialty Prescription Drugs and Generic Specialty Prescription Drugs</b> (30 day supply limit at one time)	Participant pays 30% Cost-sharing per prescription
<b>Tier 6 Non-Preferred Specialty Prescription Drugs</b> (30 day supply limit at one time)	Participant pays 50% Cost-sharing per prescription
<b>ACA Preventive Prescription Drugs</b>	Plan pays 100% for ACA Preventive Prescription Drugs as specifically listed on the BCI Formulary on the BCI Web site, <a href="http://www.bcidaho.com">www.bcidaho.com</a> . (Deductible does not apply)
<b>Prescribed Contraceptives</b>	<p>Plan pays 100% for Women’s Preventive Prescription Drugs and devices as specifically listed on the BCI Formulary on the BCI Web site, <a href="http://www.bcidaho.com">www.bcidaho.com</a>; Deductible does not apply. The day supply allowed shall not exceed a 90-day supply at one (1) time, as applicable to the specific contraceptive drug or supply.</p> <p>The Plan allows the right to request an exception for any FDA-approved contraceptive not included on BCI’s formularies or one that is included with cost-sharing. Under the exceptions process, if a Participant’s attending Provider recommends a particular FDA-approved contraceptive based on a determination of Medical Necessity with respect to that Participant, the Plan will cover that service or item without Cost-sharing. Contact Customer Service to obtain the appropriate request form.</p>
<p><b>Note:</b> Certain prescription drugs have generic equivalents. If the Participant requests a Brand Name Drug, the Participant is responsible for the difference between the price of the Generic Drug and the Brand Name Drug, regardless of the Preferred or Non-Preferred status.</p>	

**Note: Please refer to Cover Sheet for Prescription Drug Benefit Option selected by Employer.**

<b>PRESCRIPTION DRUG BENEFITS – DEDUCTIBLE OPTION</b> <i>Each non Specialty Prescription Drug shall not exceed a 90-day supply at one (1) time</i> <i>Prescription Drug Services apply to the In-Network Out-of-Pocket Limits</i>	
<b>RETAIL PHARMACIES:</b> 90-day supply with multiple Copayments ( <i>one Copayment for each 30-day supply</i> ) <b>MAIL ORDER:</b> 90-day supply with two Copayments	
<b>Tier 1 Preferred Generic Prescription Drugs</b>	Participant pays \$10 Copayment per prescription – No Deductible required
<b>Tier 2 Non-Preferred Generic Prescription Drugs</b>	Participant pays \$10 Copayment per prescription – No Deductible required
<b>Tier 3 Preferred Brand Name Prescription Drugs</b>	Participant pays 30% Cost-sharing up to \$50 per prescription – No Deductible required (mail order 30% Cost-sharing up to \$100 per 90-day supply – No Deductible required)
<b>\$500 Individual Deductible for Non-Preferred Brand Name Drugs, Preferred Specialty Drugs, Generic Specialty Drugs and Non-Preferred Specialty Drugs</b>	
<b>Tier 4 Non-Preferred Brand Name Prescription Drugs</b>	Participant pays 50% Cost-sharing up to \$100 per prescription after Deductible is met (mail order 50% Cost-sharing up to \$200 per 90-day supply after deductible is met)
<b>Tier 5 Preferred Specialty Prescription Drugs and Generic Specialty Prescription Drugs</b> (30-day supply limit at one time)	Participant pays 30% Cost-sharing per prescription after Deductible is met
<b>Tier 6 Non-Preferred Specialty Prescription Drugs</b> (30-day supply limit at one time)	Participant pays 50% Cost-sharing per prescription after Deductible is met
<b>ACA Preventive Prescription Drugs</b>	Plan pays 100% for ACA Preventive Prescription Drugs as specifically listed on the BCI Formulary on the BCI Web site, <a href="http://www.bcidaho.com">www.bcidaho.com</a> . (Deductible does not apply)
<b>Prescribed Contraceptives</b>	<p>Plan pays 100% for Women's Preventive Prescription Drugs and devices as specifically listed on the BCI Formulary on the BCI Web site, <a href="http://www.bcidaho.com">www.bcidaho.com</a>; Deductible does not apply. The day supply allowed shall not exceed a 90-day supply at one (1) time, as applicable to the specific contraceptive drug or supply.</p> <p>The Plan allows the right to request an exception for any FDA-approved contraceptive not included on BCI's formularies or one that is included with cost-sharing. Under the exceptions process, if a Participant's attending Provider recommends a particular FDA-approved contraceptive based on a determination of Medical Necessity with respect to that Participant, the Plan will cover that service or item without Cost-sharing. Contact Customer Service to obtain the appropriate request form.</p>
<b>Note:</b> Certain Prescription Drugs have generic equivalents. If the Participant requests a Brand Name Drug, the Participant is responsible for the difference between the price of the Generic Drug and the Brand Name Drug, regardless of the Preferred or Non-Preferred status.	

**Attachment A:**  
**NON-EMERGENCY SERVICES REQUIRING PRIOR AUTHORIZATION ANNUAL NOTICE**

**NOTICE:** *Prior Authorization is required to determine if specified services listed below are Medically Necessary and a Covered Service. If Prior Authorization has not been obtained to determine Medical Necessity, services may be subject to denial. Any dispute involved in Blue Cross of Idaho's Medical Necessity decision must be resolved by use of the Blue Cross of Idaho appeal process.*

*If Non-Medically Necessary services are performed by Contracting Providers, without the Prior Authorization by Blue Cross of Idaho, and benefits are denied, the cost of said services are not the financial responsibility of the Participant. The Participant is financially responsible for Non-Medically Necessary services performed by a provider who does not have a provider contract with Blue Cross of Idaho.*

Blue Cross of Idaho will respond to a request for Prior Authorization for the services listed below received from either the Provider or the Participant within seventy-two (72) hours for an expedited request or fourteen (14) days for a standard request of the receipt of the medical information necessary to make a determination. For additional information, please check with your Provider, call Customer Service at the telephone number listed on the back of the Participant's Identification Card or check the BCI Web site at [www.bcidaho.com](http://www.bcidaho.com).

*Prior Authorization is not a guarantee of payment. It is a pre-service determination of Medical Necessity based on information provided to Blue Cross of Idaho at the time the Prior Authorization request is made. Blue Cross of Idaho retains the right to review the Medical Necessity of services, eligibility of services and benefit limitations and exclusions after services are received.*

The following services require Prior Authorization:

**Procedures:**

- Stereotactic radiosurgery
- Intensity-modulated radiation therapy (IMRT)
- Proton beam therapy
- Spinal cord stimulator
- Removal of kidney tumors
- Dental Surgery related to an accident
- Eyelid Surgery
- Invasive treatment of lower extremity veins
- Jaw Surgery
- Nasal and sinus Surgery
- Reconstructive and cosmetic/plastic Surgery, including breast reconstruction after mastectomy
- Surgery for snoring or sleep problems
- Transplants (organ, tissue, etc.)
- Gender reassignment services
- Certain Inpatient and Outpatient surgical procedures

**Services:**

- Acute Inpatient hospitalization
- Long-term acute care hospital (LTACH) admissions
- Rehabilitation and long-term care facility admissions
- Skilled nursing facility admissions
- Sub-acute and transitional care admissions
- Certain genetic testing
- Bone stimulation for fracture healing
- Hyperbaric oxygen therapy
- Biofeedback (medical and behavioral health uses)
- Non-emergency ambulance transport
- Behavioral Health Services

- Psychological testing/neuropsychological evaluation testing
- Electroconvulsive therapy (ECT)
- Intensive outpatient program (IOP)
- Partial hospitalization program (PHP)
- Residential treatment center (RTC)
- Transcranial Magnetic Stimulation (TMS)
- Advanced Imaging Specialty Health Services:
  - Sleep Studies
  - Sleep therapy
    - Oral appliances for sleep apnea
    - Continuous positive airway pressure (CPAP)/bilevel positive airway pressure (BiPAP)
  - Nuclear Cardiology
  - Magnetic Resonance Imaging (MRI)
  - Magnetic Resonance Angiography (MRA)
  - Computed Tomography Scans (CT Scan)
  - CT Angiogram Scan (CTA)
  - Positron Emission Tomography (PET)
  - Pain management
  - Musculoskeletal procedures
    - Spine
    - Joints

**Durable Medical Equipment:**

- Equipment with costs of more than one thousand dollars (\$1,000) (including rent-to-purchase items)
- Hospital Grade Breast Pumps
- Orthotic Devices and Prosthetic Appliances with costs of more than one thousand dollars (\$1,000)

**Pharmacy**

- Certain Prescription Drugs (find a full list at [members.bcidaho.com](http://members.bcidaho.com))
- Growth hormone therapy
- Outpatient intravenous (IV) therapy for infusion drugs (find a list at [members.bcidaho.com](http://members.bcidaho.com))



# PREVENTIVE CARE





## Highlights of your preventive care benefits

### Applies to non-grandfathered individual and group plans

You pay nothing – no coinsurance, copayment or deductible – for covered preventive care services when you visit in-network providers. Preventive care benefits for services from out-of-network providers are subject to your out-of-network benefit.

The listed preventive care services may be adjusted to agree with federal government changes, updates and revisions.

Updates for 2020: Added skin cancer prevention counseling for adults and children. Replaced the term “alcohol misuse assessment” with “alcohol-unhealthy use screening.” Added anemia screening for children.

Services for adults (18 years and older)	Services for adults (continued)	Services for children (17 years and younger)
<ul style="list-style-type: none"> <li>Alcohol – unhealthy use screening</li> <li>Annual adult physical examinations</li> <li>Aortic aneurysm ultrasound</li> <li>Behavioral counseling for participants who are overweight or obese</li> <li>Bone density</li> <li>Breast cancer (BRCA) risk assessment and genetic counseling and testing for high-risk family history of breast or ovarian cancer</li> <li>Chemistry panels</li> <li>Cholesterol screening</li> <li>Colorectal cancer screening</li> <li>Complete blood count (CBC)</li> <li>Diabetes screening</li> <li>Dietary counseling (limited to three visits per participant, per benefit period)</li> <li>Health risk assessment for depression</li> <li>Hepatitis B virus screening</li> <li>Hepatitis C virus infection screening</li> <li>HIV assessment</li> <li>Lung cancer screening for participants age 55 and older</li> <li>Pap test</li> </ul>	<ul style="list-style-type: none"> <li>PSA test</li> <li>Screening and assessment for interpersonal and domestic violence</li> <li>Screening mammogram</li> <li>Skin cancer prevention counseling</li> <li>Smoking cessation counseling visit</li> <li>Sexually transmitted infections assessment</li> <li>Transmittable diseases screening (chlamydia, gonorrhea, human immunodeficiency virus [HIV], human papillomavirus [HPV], syphilis, tuberculosis [TB])</li> <li>Thyroid-stimulating hormone (TSH)</li> <li>Urinalysis (UA)</li> <li>Urinary incontinence screening</li> <li>Well-woman visits for recommended age-appropriate preventive services</li> </ul>	<ul style="list-style-type: none"> <li>Anemia screening</li> <li>Dental fluoride application for participants age 5 and younger</li> <li>Lipid disorder screening</li> <li>Preventive lead screening</li> <li>Rubella screening</li> <li>Skin cancer prevention counseling</li> <li>Routine or scheduled well-baby and well-child examinations, including vision, hearing and developmental screenings</li> <li>Newborn screenings: <ul style="list-style-type: none"> <li>Hearing test</li> <li>Metabolic screening (PKU, thyroxine, sickle cell)</li> <li>Screening EKG</li> </ul> </li> </ul>
	<b>Services for pregnant women or women who may become pregnant</b> <ul style="list-style-type: none"> <li>Breastfeeding support, supplies and counseling</li> <li>Gestational diabetes screening</li> <li>Iron deficiency screening</li> <li>Preeclampsia screening</li> <li>Prescribed contraceptive coverage<sup>1</sup></li> <li>RhD incompatibility screening</li> <li>Urine culture</li> </ul>	

**Please note:** Not all children require all the services identified above. Your provider should give you information about your child’s growth, development and general health, and answer any questions you may have.

<sup>1</sup>For groups that offer prescribed contraceptive coverage: Blue Cross of Idaho pays 100% of the cost of women’s preventive prescription drugs and devices as specifically listed on the Blue Cross of Idaho Formulary on the Blue Cross of Idaho website, [bcidaho.com](http://bcidaho.com); deductible does not apply. The day supply allowed shall not exceed a 90-day supply at one time, as applicable to the specific contraceptive drug or supply. Prescribed contraceptive services include diaphragms, intrauterine devices (IUDs), implantables, injections and tubal ligation.



Immunization
Acellular pertussis
Diphtheria
Haemophilus influenzae B
Hepatitis B
Influenza
Measles
Mumps
Pneumococcal (pneumonia)
Poliomyelitis (polio)
Rotavirus
Rubella
Tetanus
Varicella (chicken pox)
Hepatitis A
Meningococcal
Human Papillomavirus (HPV)
Zoster
Other immunizations not specifically listed may be covered at the discretion of Blue Cross of Idaho when medically necessary.

**Please note:** Your provider must bill these services as preventive/wellness services.

The descriptions above are general in nature, to allow for an overall view of Blue Cross of Idaho's preventive care coverage. For complete descriptions of your policy and policy changes, please read your policy and policy amendment language.



# Preventive Schedule

## Make a Plan for Your Health

People plan ahead for many things – vacations, buying tickets to the big game or making reservations at busy restaurants – because they want to make sure they have access to things that are important. Planning ahead in healthcare is a good idea, too. There are certain services that you need annually, including wellness visits and flu shots, which you can schedule months in advance. By doing so, you can be sure you aren’t scrambling to find an appointment later in the year. Scheduling early also has other benefits, like being able to choose the time of your visit. Whether you prefer morning, afternoon or weekend appointments, scheduling early gives you the best chance at getting the dates and times you prefer.

✓ CHECK WHEN COMPLETED	FREQUENCY	DATE SCHEDULED
<input type="checkbox"/> Annual wellness exam	Every 12 months	
<input type="checkbox"/> Blood pressure test	At least every year <sup>2</sup>	
<input type="checkbox"/> Cholesterol test	Every 5 years <sup>2</sup>	
<input type="checkbox"/> Body mass index test	Every year	
<input type="checkbox"/> Bone mass measurement	Every 1-2 years	
<input type="checkbox"/> Breast cancer screening	Ask my doctor	
<input type="checkbox"/> Colon cancer screening	Ask my doctor	
<input type="checkbox"/> Diabetes screening (A1C)	At least annually <sup>2</sup>	
<input type="checkbox"/> Flu vaccine	Every year	
<input type="checkbox"/> Pneumonia vaccine	Once after age 65	

<sup>2</sup>Your primary care provider (PCP) will help you decide if you need more frequent screenings.

Depending on your health and personal risk factors, your preventive care schedule may differ from the standard recommendations. Talk with your doctor about a schedule that’s best for you. If you have particular risk factors like a chronic disease, obesity, or a family history of a disease, your PCP may recommend additional screenings.

**ASC PREFERRED BLUE  
PREFERRED PROVIDER  
ORGANIZATION (PPO)  
MASTER GROUP PLAN**

**AND**

**PARTICIPATING  
EMPLOYEE CERTIFICATE**

**GROUP PLAN  
FOR**

**Trust: Idaho AGC Self-Funded Benefit Trust  
Plan Sponsor: Idaho Branch Inc., Associated General  
Contractors of America, Inc.**

**Effective Date: January 1, 2021**

**Administered by Blue Cross of Idaho**

*This coverage is not insurance and the Idaho AGC Self-Funded Benefit Trust  
does not participate in the State Guaranty Association.*

## TABLE OF CONTENTS

<b>BLUE CROSS OF IDAHO CONTACT INFORMATION</b>	1
<b>HOW TO SUBMIT CLAIMS</b>	2
To File A Participant's Own Claim	2
How Blue Cross of Idaho Notifies the Participant	2
<b>INPATIENT NOTIFICATION SECTION</b>	3
Non-Emergency Preadmission Notification	3
Emergency Admission Notification	3
Continued Stay Review	3
Discharge Planning	3
<b>PRIOR AUTHORIZATION SECTION</b>	4
<b>COMPREHENSIVE MAJOR MEDICAL BENEFITS SECTION</b>	5
Benefit Period	5
Deductible	5
Out-of-Pocket Limit	5
Providers	5
Covered Services	5
Applied Behavioral Analysis (ABA) - Outpatient	6
Hospital Services	6
Skilled Nursing Facility	7
Ambulance Transportation Service	7
Psychiatric Care Services	8
Maternity Services	8
Transplant Services	9
Surgical/Medical Services	10
Diagnostic Services	11
Therapy Services	11
Home Health Skilled Nursing Care Services	12
Hospice Services	12
Chiropractic Care Services	13
Durable Medical Equipment	13
Prosthetic Appliances	13
Orthotic Devices	14
Dental Services Related To Accidental Injury	14
Rehabilitation or Habilitation Services	14
Diabetes Self-Management Education Services	14
Post-Mastectomy/Lumpectomy Reconstructive Surgery	15
Prescribed Contraceptive Services	15
TMJ Syndrome	15
Breastfeeding Support and Supply Services	15
Outpatient Cardiac Rehabilitation Therapy	15
Sleep Study Services	15
Approved Clinical Trial Services	15
Treatment for Autism Spectrum Disorder	15
Hearing Aids	16
Medical Foods	16

Palliative Care Services .....	16
Additional Amount of Payment Provisions .....	16
<b>PRESCRIPTION DRUG BENEFITS SECTION .....</b>	<b>18</b>
Prescription Drug Copayment/Cost-sharing/Deductible/Out-of-Pocket .....	18
Providers .....	18
Dispensing Limitations .....	18
Amount of Payment .....	18
Mandatory Generic Drug Substitution .....	19
Utilization Review .....	19
Prior Authorization.....	19
Covered Services .....	19
Definitions .....	19
Prescription Drug Exclusions & Limitations .....	20
<b>ELIGIBILITY AND ENROLLMENT SECTION.....</b>	<b>22</b>
Eligibility and Enrollment.....	22
Annual Open Enrollment Periods .....	22
Initial Enrollment Period .....	23
Enrollment of Eligible Dependents.....	23
Effective Dates of Coverage.....	23
Late Participant.....	24
Special Enrollment Periods .....	24
Hour Bank Rules.....	24
Employer Contribution and Enrollment Requirements .....	25
Qualified Medical Child Support Order.....	25
<b>DEFINITIONS .....</b>	<b>27</b>
<b>EXCLUSIONS AND LIMITATIONS SECTION .....</b>	<b>39</b>
General Exclusions and Limitations .....	39
Preexisting Condition Waiting Period .....	43
<b>GENERAL PROVISIONS SECTION .....</b>	<b>44</b>
Termination or Modification of a Participant's Coverage Under this Plan.....	44
COBRA and ERISA Compliance .....	44
Contract Between BCI and The Trust – Description of Coverage.....	45
Applicable Law.....	45
Benefits to Which Participants Are Entitled .....	45
Notice of Claim .....	45
Release and Disclosure of Medical Records and Other Information .....	45
Exclusion of General Damages .....	46
Payment of Benefits.....	46
Participant/Provider Relationship.....	47
Participating Plan .....	47
Coordination of this Plan's Benefits with Other Benefits .....	47
Benefits for Medicare Eligibles Who Are Covered Under this Plan .....	50
Incorporated by Reference.....	51
Inquiry and Appeals Procedures .....	51
Reimbursement of Benefits Paid by Mistake.....	54
Subrogation and Reimbursement Rights of BCI .....	54
Statements.....	56
Out-of-Area Services.....	56
Individual Benefits Management.....	59

<b>Coverage and Benefits Determination .....</b>	<b>59</b>
<b>Health Care Providers Outside the United States.....</b>	<b>59</b>
<b>RIGHTS OF PLAN PARTICIPANTS.....</b>	<b>61</b>

## BLUE CROSS OF IDAHO CONTACT INFORMATION

For general information, please contact your local Blue Cross of Idaho office:

### **Meridian**

Customer Service Department  
3000 East Pine Avenue  
Meridian, ID 83642

2929 W. Navigator Drive, Suite 140  
Meridian, ID 83642

### **Mailing Address**

P.O. Box 7408  
Boise, ID 83707  
(208) 387-6683 (Boise Area)  
1-800-365-2345

### **Coeur d'Alene**

1812 N. Lakewood Dr., Suite 200  
Coeur d'Alene, ID 83814  
(208) 666-1495

### **Pocatello**

850 W. Quinn  
Chubbuck, ID 83202  
(208) 232-6206

### **Idaho Falls**

1910 Channing Way  
Idaho Falls, ID 83404  
(208) 522-8813

### **Twin Falls**

428 Cheney Dr. W., Ste. 101  
Twin Falls, ID 83301  
(208) 733-7258

## IDAHO DEPARTMENT OF INSURANCE CONTACT INFORMATION

### **Idaho Department of Insurance**

Consumer Affairs  
700 W State Street, 3rd Floor  
PO Box 83720  
Boise ID 83720-0043  
1-800-721-3272 or [www.DOI.Idaho.gov](http://www.DOI.Idaho.gov)



## HOW TO SUBMIT CLAIMS

A Participant must submit a claim to Blue Cross of Idaho (BCI) in order to receive benefits for Covered Services. There are two ways for a Participant to submit a claim:

1. The health care Provider (hospital, doctor, or other facility or specialist) can file the claim for the Participant. Most Providers will submit a claim on a Participant's behalf if the Participant shows them a BCI identification card and asks them to send BCI the claim, or submit the claim to the local Blue Cross/Blue Shield plan in the area where services were received.
2. The Participant can send BCI the claim or submit the claim to the local Blue Cross/Blue Shield plan in the area where services were received.

### **To File A Participant's Own Claim**

If a Provider prefers that a Participant file the claim, here is the procedure to follow:

1. Ask the Provider for an itemized billing. The itemized billing should show each service received and its procedure code and its diagnosis code, the date each service was furnished, and the charge for each service. BCI cannot accept billings that only say "Balance Due," "Payment Received" or some similar statement.
2. Obtain a Member Claim Form from the BCI Web site, [www.bcidaho.com](http://www.bcidaho.com), from the Provider or any of BCI's offices, and follow the instructions. Use a separate billing and Member Claim form for each patient.
3. Attach the billing to the Member Claim Form and send it to:

Blue Cross of Idaho Claims Control  
Blue Cross of Idaho  
P.O. Box 7408  
Boise, ID 83707

For assistance with claims or health benefit information, please call BCI Customer Service at 1-866-283-6354 or (208) 286-3439.

### **How Blue Cross Of Idaho Notifies The Participant**

BCI will send the Participant an Explanation of Benefits (EOB) either electronically or by mail, as soon as the claim is processed. The EOB will show all the payments BCI made and to whom the payments were sent. It will also explain any charges BCI did not pay in full. Participants should print the electronic copy and keep the EOB for their records. If a Participant would like a paper copy of their EOB, they may request one from BCI Customer Service.

## INPATIENT NOTIFICATION SECTION

This section describes procedures that should be followed in order for Participants to receive the maximum benefits available for Covered Services. As specified, Non-Emergency Preadmission Notification or Emergency Admission Notification is required for all Inpatient services.

**NOTE: Some Inpatient services also require the Provider to obtain Prior Authorization. Please refer to the Prior Authorization Section.**

### **I. Non-Emergency Preadmission Notification**

Non-Emergency Preadmission Notification is a notification to Blue Cross of Idaho by the Participant and is required for all Inpatient admissions except Covered Services subject to Emergency or Maternity delivery Admission Notification. A Participant should notify BCI of all proposed Inpatient admissions as soon as he or she knows they will be admitted as an Inpatient. The notification should be made before any Inpatient admission. Non-Emergency Preadmission Notification informs BCI, or a delegated entity, of the Participant's proposed Inpatient admission to a Licensed General Hospital, Alcohol or Substance Abuse Treatment Facility, Psychiatric Hospital, or any other Facility Provider. This notification alerts Blue Cross of Idaho of the proposed stay. When timely notification of an Inpatient admission is provided by the Participant to BCI, payment of benefits is subject to the specific benefit levels, limitations, exclusions and other provisions of this Plan.

For Non-Emergency Preadmission Notification call BCI at the telephone number listed on the back of the Participant's Identification Card.

### **II. Emergency Admission Notification**

When an Emergency Admission occurs for Emergency Medical Conditions and notification cannot be completed prior to admission due to the Participant's condition, the Participant, or his or her representative, should notify BCI within twenty-four (24) hours of the admission. If the admission is on a weekend or legal holiday, BCI should be notified by the end of the next working day after the admission.

This notification alerts BCI to the emergency stay.

### **III. Continued Stay Review**

BCI will contact the hospital utilization review department and/or the attending Physician regarding the Participant's proposed discharge. If the Participant will not be discharged as originally proposed, BCI will evaluate the Medical Necessity of the continued stay and approve or disapprove benefits for the proposed course of Inpatient treatment. Payment of benefits is subject to the specific benefit levels, limitations, exclusions and other provisions of this Plan.

### **IV. Discharge Planning**

BCI will provide information about benefits for various post-discharge courses of treatment.

## PRIOR AUTHORIZATION SECTION

**NOTICE:** *Prior Authorization is required to determine if the services listed in the Attachment A of the Benefits Outline or on the Prior Authorization page of the BCI Web site are Medically Necessary and a Covered Service.*

*Prior Authorization is not a guarantee of payment. It is a pre-service determination of Medical Necessity based on information provided to Blue Cross of Idaho at the time the Prior Authorization request is made. Blue Cross of Idaho retains the right to review the Medical Necessity of services, eligibility of services and benefit limitations and exclusions after services are received. If Prior Authorization has not been obtained to determine Medical Necessity, services may be subject to denial. Any dispute involved in Blue Cross of Idaho's Medical Necessity decision must be resolved by use of the Blue Cross of Idaho appeal process as outlined in the General Provisions Section.*

Please refer to Attachment A of the Benefits Outline, check the BCI Web site at [www.bcidaho.com](http://www.bcidaho.com), or call Customer Service at the telephone number listed on the back of the Participant's Identification Card to determine if the Participant's proposed services require Prior Authorization. To request Prior Authorization, the Contracting Provider must notify BCI of the Participant's intent to receive services that require Prior Authorization.

The notification may be completed by telephone call or in writing and must include the information necessary to establish that the proposed services are Covered Services under the Participant's Plan and Medically Necessary. BCI will respond to a request for Prior Authorization received from either the Provider or the Participant within seventy-two (72) hours for an expedited request or fourteen (14) days for a standard request of the receipt of the medical information necessary to make a determination.

Noncontracting Providers: The Participant is responsible for obtaining Prior Authorization when seeking treatment from a Noncontracting Provider. The Participant is financially responsible for services performed by a Noncontracting Provider when those services are determined to be not Medically Necessary. The Participant is responsible for notifying BCI if the proposed treatment will be provided by a Noncontracting Provider.

## COMPREHENSIVE MAJOR MEDICAL BENEFITS SECTION

This section specifies the benefits a Participant is entitled to receive for the Covered Services described, subject to the other provisions of this Plan.

### I. Benefit Period

The Benefit Period is the specified period of time during which a Participant accumulates annual benefit limits, Deductible amounts and Out-of-Pocket Limits. Please see the information on the cover page of this Plan's specific Benefit Period. If the Participant's Effective Date is after the Plan Date, the initial Benefit Period for that Participant may be less than twelve (12) months.

The Benefit Period for Hospice Covered Services is a continuous six (6) month period that begins when a Hospice Plan of Treatment is approved by Blue Cross of Idaho (BCI). The Participant may apply to BCI for an extension of the Hospice Benefit Period.

### II. Deductible

#### A. Individual

The Individual Deductible is shown in the Benefits Outline.

#### B. Family

The Family Deductible is shown in the Benefits Outline.

### III. Out-Of-Pocket Limit

The Out-of-Pocket Limit is shown in the Benefits Outline. Eligible Out-of-Pocket expenses include only the Participant's Deductible, Copayments and Cost-sharing, if applicable, for eligible Covered Services. If a Participant is admitted as an Inpatient at the end of a Benefit Period and the hospitalization continues uninterrupted into the succeeding Benefit Period, all eligible Out-of-Pocket expenses incurred for Inpatient Hospital Services are considered part of the Benefit Period in which the date of admission occurred.

#### A. Out-of-Pocket expenses associated with the following are not included in the In-Network Out-of-Pocket Limit:

1. Amounts that exceed the Maximum Allowance.
2. Amounts that exceed benefit limits.
3. Services covered under a separate Plan, if any.
4. Noncovered services or supplies.

#### B. Out-of-Pocket expenses associated with the following are not included in the Out-of-Network Out-of-Pocket Limit:

1. Amounts that exceed the Maximum Allowance.
2. Amounts that exceed benefit limits.
3. Dental care Covered Services.
4. Services covered under a separate Plan, if any.
5. Noncovered services or supplies.
6. Vision care Covered Services.
7. Prescription Drug Covered Services

### IV. Providers

All Providers and Facilities must be licensed and/or registered by the state where the services are rendered, unless exempt by federal law, and must be performing within the scope of license in order for BCI to provide benefits.

### V. Covered Services

**Note: In order to receive benefits, some Covered Services require Prior Authorization. Please review the Prior Authorization Section for more specific details.**

To be eligible for benefits, Covered Services must be Medically Necessary and must be provided to an eligible Participant under the terms of this Plan.

The Benefits Outline, attached to this Plan, is an easy reference document that contains general payment information and a descriptive list of Covered Services. Benefits for Covered Services may be subject to Copayments, Deductibles,

Cost-sharing, visit limits, and other limits specified in the Benefits Outline. Only the following are eligible Major Medical expenses:

**A. Applied Behavioral Analysis (ABA) - Outpatient**

Benefits are covered for ABA services by Providers, including those rendered by a Provider who has obtained a Board Certified Behavioral Analysis (BCBA) certification issued by the Behavioral Analyst Certification Board, subject to the following:

1. Services must be identified as part of an approved treatment plan; and
2. Continuation of benefits is contingent upon approval by BCI of a plan of treatment.

**B. Hospital Services**

**1. Inpatient Hospital Services**

**a) Room And Board And General Nursing Service**

Room and board, special diets, the services of a dietician, and general nursing service when a Participant is an Inpatient in a Licensed General Hospital is covered as follows:

- (1) A room with two (2) or more beds is covered. If a private room is used, the benefit provided in this section for a room with two (2) or more beds will be applied toward the charge for the private room. Any difference between the charges is a noncovered expense under this Plan and is the sole responsibility of the Participant.
- (2) If isolation of the Participant is: (a) required by the law of a political jurisdiction, or (b) required to prevent contamination of either the Participant or another patient by the Participant, then payment for approved private room isolation charges shall be in place of the benefits for the daily room charge stated in paragraph one (1).
- (3) Benefits for a bed in a Special Care Unit shall be in place of the benefits for the daily room charge stated in paragraph one (1).
- (4) A bed in a nursery unit is covered.

**b) Ancillary Services**

Licensed General Hospital services and supplies including:

- (1) Use of operating, delivery, cast, and treatment rooms and equipment.
- (2) Prescribed drugs administered while the Participant is an Inpatient.
- (3) Administration and processing of whole blood and blood products when the whole blood or blood products are actually used in a transfusion for a Participant; whole blood or blood plasma that is not donated on behalf of the Participant or replaced through contributions on behalf of the Participant.
- (4) Anesthesia, anesthesia supplies and services rendered by the Licensed General Hospital as a regular hospital service and billed by the same hospital in conjunction with a procedure that is a Covered Service.
- (5) All medical and surgical dressings, supplies, casts, and splints that have been ordered by a Physician and furnished by a Licensed General Hospital. Specially constructed braces and supports are not Covered Services under this section.
- (6) Oxygen and administration of oxygen.
- (7) Patient convenience items essential for the maintenance of hygiene provided by a Licensed General Hospital as a regular hospital service in connection with a covered hospital stay. Patient convenience items include, but are not limited to, an admission kit, disposable washbasin, bedpan or urinal, shampoo, toothpaste, toothbrush, and deodorant.
- (8) Diagnostic Services and Therapy Services.

If Diagnostic Services or Therapy Services furnished through a Licensed General Hospital are provided by a Physician under contract with the same hospital to perform such services and the Physician bills separately, then the Physician's services are a Covered Service.

**2. Outpatient Hospital Services**

**a) Emergency Care**

Licensed General Hospital services and supplies for the treatment of Accidental Injuries and Emergency Medical Conditions.

**b) Surgery**

Licensed General Hospital or Ambulatory Surgical Facility services and supplies including removal of sutures, anesthesia, anesthesia supplies and services. The furnished supplies and services must be in conjunction with a Covered Service rendered by an employee of one (1) of the above facilities who is not the surgeon or surgical assistant.

c) **Therapy Services**

3. **Special Services**

a) **Preadmission Testing**

Tests and studies required with the Participant's admission and accepted or rendered by a Licensed General Hospital on an Outpatient basis prior to a scheduled admission as an Inpatient, if the services would have been available to an Inpatient of a Licensed General Hospital. Preadmission Testing does not include tests or studies performed to establish a diagnosis.

Preadmission Testing benefits are limited to Inpatient admissions for Surgery. Preadmission Testing must be conducted within seven (7) days prior to a Participant's Inpatient admission.

Preadmission Testing is a Covered Service only if the services are not repeated when the Participant is admitted to the Licensed General Hospital as an Inpatient, and only if the tests and charges are included in the Inpatient medical records.

No benefits for Preadmission Testing are provided if the Participant cancels or postpones the admission to the Licensed General Hospital as an Inpatient. If the Licensed General Hospital or Physician cancels or postpones the admission then benefits are provided.

- b) Hospital benefits may be provided for dental extractions, or other dental procedures if certified by a Physician that a non-dental medical condition requires hospitalization to safeguard the health of the Participant. Non-dental conditions that may receive hospital benefits are:
- (1) Brittle diabetes.
  - (2) History of a life-endangering heart condition.
  - (3) History of uncontrollable bleeding.
  - (4) Severe bronchial asthma.
  - (5) Children under ten (10) years of age who require general anesthetic.
  - (6) Other non-dental life-endangering conditions that require hospitalization, subject to approval by BCI, on behalf of the Trust.

**C. Skilled Nursing Facility**

Benefits provided to an Inpatient of a Licensed General Hospital are also provided for services and supplies customarily rendered to an Inpatient of a Skilled Nursing Facility. If a Participant is admitted for Skilled Nursing Services, the contract terms in effect on the date of the admission will apply to the Skilled Nursing Facility visit for the entire Inpatient stay. However, if a Participant's admission crosses Benefit Periods and the previous Benefit Period limit has been exhausted, BCI will credit the new Benefit Period limit without discharge. No benefits are provided when the care received consists primarily of:

1. Room and board, routine nursing care, training, supervisory, or Custodial Care.
2. Care for senile deterioration, mental deficiency or intellectual disability.
3. Care for Mental or Nervous Conditions, Alcoholism or Substance Abuse or Addiction.
4. Maintenance Physical Therapy, Hydrotherapy, Speech Therapy, or Occupational Therapy.

**D. Ambulance Transportation Service**

Ambulance Transportation Service is covered for Medically Necessary transportation of a Participant within the local community by Ambulance under the following conditions:

1. From a Participant's home or scene of Accidental Injury or Emergency Medical Condition to a Licensed General Hospital.
2. Between Licensed General Hospitals.
3. Between a Licensed General Hospital and a Skilled Nursing Facility.
4. From a Licensed General Hospital to the Participant's home.
5. From a Skilled Nursing Facility to the Participant's home.

For purposes of D.1., 2. and 3. above, if there is no facility in the local community that can provide Covered Services appropriate to the Participant's condition, then Ambulance Transportation Service means transportation to the closest facility that can provide the necessary service.

For purposes of this section, Ambulance means a specially designed and equipped vehicle used only for transporting the sick and injured.

#### **E. Psychiatric Care Services**

1. Covered Psychiatric Care services include Intensive Outpatient Program (IOP), Partial Hospitalization Program (PHP), Residential Treatment Program, psychological testing/neuropsychological evaluation testing and Electroconvulsive Therapy (ECT).

Payments for Inpatient or Outpatient Psychiatric Services apply to Covered Services furnished by any of the following:

- Licensed General Hospital
  - Alcoholism or Substance Abuse Treatment
  - Psychiatric Hospital
  - Licensed Clinical Social Worker (LCSW)
  - Licensed Clinical Professional Counselor (LCPC)
  - Licensed Marriage and Family Therapist (LMFT)
  - Clinical Psychologist
  - Physician
  - Residential Treatment Facility
2. **Inpatient Psychiatric Care**  
The benefits provided for Inpatient hospital services and Inpatient medical services in this section are also provided for the care of Mental or Nervous Conditions, Alcoholism, Substance Abuse or Addiction, or any combination of these.
  3. **Outpatient Psychiatric Care**  
The benefits provided for Outpatient Hospital Services and Outpatient Medical Services in this section are also provided for Mental or Nervous Conditions, Alcoholism, Substance Abuse or Addiction, or any combination of these. The use of Hypnosis to treat a Participant's Mental or Nervous Condition is a Covered Service.
  4. **Outpatient Psychotherapy Services** – Covered Services include professional office visit services, family, individual and/or group therapy.

#### **F. Maternity Services**

The benefits provided for Licensed General Hospital Services and Surgical/Medical Services are also provided for the maternity services listed below when rendered by a Licensed General Hospital or Physician to the Participating Employee or the Participating Employee's spouse (if a Participant). Nursery care of a newborn infant is not a maternity service. Diagnostic x-ray and laboratory services related to pregnancy, childbirth or, miscarriage are covered.

No benefits are provided for any Normal Pregnancy or Involuntary Complications of Pregnancy for enrolled Eligible Dependent children (if a Participant). However, tests to determine pregnancy are covered. All other diagnostic x-ray and laboratory services related to pregnancy, childbirth, or miscarriage are not covered.

1. **Normal Pregnancy**  
Normal Pregnancy includes all conditions arising from pregnancy or delivery, including any condition usually associated with the management of a difficult pregnancy that is not defined below as an Involuntary Complication of Pregnancy.
2. **Involuntary Complications Of Pregnancy**
  - a) Involuntary Complications of Pregnancy include, but are not limited to:
    - (1) Cesarean section delivery, ectopic pregnancy that is terminated, spontaneous termination of pregnancy that occurs during a period of gestation in which a viable birth is not possible (miscarriage), puerperal infection, and eclampsia.
    - (2) Conditions requiring Inpatient confinement (when the pregnancy is not terminated), the diagnoses of which are distinct from pregnancy but are adversely affected or are caused by pregnancy. These conditions include acute nephritis, nephrosis, cardiac decompensation, missed abortion, and similar medical and surgical conditions of comparable severity, but do not include false labor,

occasional spotting, Physician-prescribed bed rest during pregnancy, morning sickness, hyperemesis gravidarum, preeclampsia, and similar conditions associated with the management of a difficult pregnancy not constituting a nosologically distinct complication of pregnancy.

3. If you have a birth, benefits for any hospital length of stay in connection with childbirth for the mother or newborn child will include forty-eight (48) hours following a vaginal delivery and ninety-six (96) hours following a cesarean section delivery. Federal law generally does not prohibit the mother's or newborn's attending Provider, after consulting with the mother, from discharging the mother or her newborn earlier than forty-eight (48) hours or ninety-six (96) hours as applicable. For stays in excess of forty-eight (48) hours or ninety-six (96) hours, additional benefits may be available under the terms of Item III., Continued Stay Review, in the Inpatient Notification Section.

## **G. Transplant Services**

### **1. Autotransplants**

Autotransplants of arteries, veins, ear bones (ossicles), cartilage, muscles, skin, hematopoietic, CAR T-Cell, and tendons; teeth or tooth buds, and other autotransplants as Medically Necessary.

The applicable benefits provided for hospital and Surgical/Medical Services are provided only for a recipient of Medically Necessary Autotransplant services. Autologous blood transfusion, FDA approved mechanical or biological heart valves and implanting of artificial pacemakers are not considered Transplants and are a Covered Service if Medically Necessary.

### **2. Transplants**

Transplants of corneas, kidneys, bone marrow, livers, hearts, lungs, pancreas, hematopoietic, heart/lung and pancreas/kidney combinations, and other solid organ or tissue Transplants or combinations, as Medically Necessary.

- a) The applicable benefits provided for Hospital and Surgical/Medical Services are provided for a recipient of Medically Necessary Transplant services.
- b) The recipient must have the Transplant performed at an appropriate Recognized Transplant Center to be eligible for benefits for Transplant(s). If the recipient is eligible for Medicare, the recipient must have the Transplant performed at a Recognized Transplant Center that is approved by the Medicare program for the requested Transplant Covered Services.
- c) If the recipient is eligible to receive benefits for these transplant services, Organ Procurement charges are paid for the donor (even if the donor is not a Participant). Benefits for the donor will be charged to the recipient's coverage.
- d) A travel allowance may be available for the Participant and one adult caregiver for those Participants traveling to a Blue Distinction Centers for Transplants (BDCT), or in the case of a kidney transplant from a Recognized Transplant Center. Transplant Services must be Prior Authorized by BCI. The Participant will be notified of their eligibility for this travel allowance upon Prior Authorization of the scheduled Transplant services.

### **3. Exclusions And Limitations**

In addition to any other exclusions and limitations of this Plan, the following exclusions and limitations apply to Transplant or Autotransplant services. No benefits are available under this Plan for the following:

- a) Transplants of brain tissue or brain membrane, islet tissue, intestine, pituitary and adrenal glands, hair Transplants, or any other Transplant not specifically named as a Covered Service in this section; or for Artificial Organs including but not limited to, artificial hearts or pancreases.
- b) Any eligible expenses of a donor related to donating or transplanting an organ or tissue unless the recipient is a Participant who is eligible to receive benefits for Transplant services.
- c) The cost of a human organ or tissue that is sold rather than donated to the recipient.
- d) Transportation costs including but not limited to, Ambulance Transportation Service or air service for the donor, or to transport a donated organ or tissue.
- e) Living expenses for the recipient, donor, or family members, except as specifically listed as a Covered Service in this Plan.
- f) Costs covered or funded by governmental, foundation or charitable grants or programs; or Physician fees or other charges, if no charge is generally made in the absence of health benefits coverage.
- g) Any complication to the donor arising from a donor's Transplant Surgery is not a covered benefit under the Participant Transplant recipient's Plan or policy. If the donor is a BCI



Participant, eligible to receive benefits for Covered Services, benefits for medical complications to the donor arising from Transplant Surgery will be allowed under the donor's policy.

- h) Costs related to the search for a suitable donor.
- i) No benefits are available for services, expenses, or other obligations of or for a deceased donor (even if the donor is a Participant).

## **H. Surgical/Medical Services**

### **1. Surgical Services**

- a) **Surgery**—Surgery performed by a Physician or other Professional Provider.
- b) **Multiple Surgical Procedures**—benefits for multiple surgical procedures performed during the same operative session by one (1) or more Physicians or other Professional Providers are calculated based upon the Maximum Allowance and payment guidelines.
- c) **Surgical Supplies**—when a Physician or other Professional Provider performs covered Surgery in the office, benefits are available for a sterile suture or Surgery tray normally required for minor surgical procedures.
- d) **Surgical Assistant**—Medically Necessary services rendered by a Physician or other appropriately qualified surgical assistant who actively assists the operating surgeon in the performance of covered Surgery where an assistant is required. The percentage of the Maximum Allowance that is used as the actual Maximum Allowance to calculate the amount of payment under this section for Covered Services rendered by a surgical assistant is 20% for a Physician assistant and 10% for other appropriately qualified surgical assistants.
- e) **Anesthesia**—in conjunction with a covered procedure, the administration of anesthesia ordered by the attending Physician and rendered by a Physician or other Professional Provider. The use of Hypnosis as anesthesia is not a Covered Service. General anesthesia administered by the surgeon or assistant surgeon is not a Covered Service.
- f) **Second And Third Surgical Opinion**
  - (1) Services consist of a Physician's consultative opinion to verify the need for elective Surgery as first recommended by another Physician.
  - (2) Specifications:
    - (a) Elective Surgery is covered Surgery that may be deferred and is not an emergency.
    - (b) Use of a second consultant is at the Participant's option.
    - (c) If the first recommendation for elective Surgery conflicts with the second consultant's opinion, then a third consultant's opinion is a Covered Service.
    - (d) The third consultant must be a Physician other than the Physician who first recommended elective Surgery or the Physician who was the second consultant.

### **2. Inpatient Medical Services**

Inpatient medical services rendered by a physician or other Professional Provider to a Participant who is receiving Covered Services in a Licensed General Hospital or Skilled Nursing Facility.

Inpatient medical services also include consultation services when rendered to a Participant as an Inpatient of a Licensed General Hospital by another Physician at the request of the attending Physician. Consultation services do not include staff consultations that are required by Licensed General Hospital rules and regulations.

### **3. Outpatient Medical Services**

The following Outpatient medical services rendered by a Physician or other Professional Provider to a Participant who is an Outpatient, provided such services are not related to pregnancy, Chiropractic Care, Mental or Nervous Conditions, Alcoholism, Substance Abuse or Addiction, except as specified elsewhere in this section:

- a) **Emergency Care**—medical care for the treatment of an Accidental Injury or Emergency Medical Condition.
- b) **Special Therapy Services**—deep radiation therapy or chemotherapy for a malignancy when such therapy is performed in the Physician's office.

- c) **Home And Other Outpatient Services**—medical care for the diagnosis or treatment of an Accidental Injury, Disease, condition or Illness.
- d) **Preventive Care Services**  
Benefits are provided for:
  - (1) Preventive Care Covered Services—See Benefits Outline for complete list. Dietary Counseling, also referred to as “medical nutritional counseling”, includes the assessment of a Participant’s overall nutritional status followed by the assignment of individualized diet, counseling, and/or specialized nutrition therapies to treat a chronic illness or condition. Dietary Counseling is only covered under the Preventive Care Benefit and includes Dietary Counseling for Diabetes. Dietary Counseling is covered only if provided by a doctor of medicine (M.D.), doctor of osteopathy (D.O.), Registered Dietitian, Physician Assistant (P.A.), or a Nurse Practitioner (N.P.).
  - (2) Immunizations—see Benefits Outline for complete list.
- e) **Physician Office Visit**—Physician office medical visits and consultations. Additional services, such as treatment and diagnosis of Mental/Nervous Conditions, or laboratory, x-ray, and other Diagnostic Services are not included in the Office Visit. Benefits for these services may be available under other areas in this Comprehensive Major Medical Section.
- f) **Allergy Injections**
- g) **Telehealth Virtual Care Services**

#### **I. Diagnostic Services**

Diagnostic Services include mammograms. Tests to determine pregnancy and Pap tests are covered regardless of results. Benefits for Medically Necessary genetic testing are only available when Prior Authorization has been completed and approved by BCI.

#### **J. Therapy Services**

- 1. **Radiation Therapy**
- 2. **Chemotherapy**
- 3. **Renal Dialysis**
  - a) The Maximum Allowance for Renal Dialysis is 125% of the current Medicare allowed amount for In-Network and Out-of-Network Providers, unless a different rate is negotiated with the treating Provider.
- 4. **Physical Therapy**
  - a) Payment is limited to Physical Therapy Services related to Habilitative and Rehabilitative care, with reasonable expectation that the services will produce measurable improvement in the Participant’s condition in a reasonable period of time. Physical Therapy Services are covered when performed by:
    - (1) A Physician.
    - (2) A Licensed Physical Therapist provided the Covered Services are directly related to a written treatment regimen prepared by the Therapist.
    - (3) A Podiatrist.
  - b) No benefits are provided for:
    - (1) The following Physical Therapy Services when the specialized skills of a Licensed Physical Therapist are not required:
      - (a) Range of motion and passive exercises that are not related to restoration of a specific loss of function but are useful in maintaining range of motion in paralyzed extremities.
      - (b) Assistance in walking, such as that provided in support for feeble or unstable patients.
    - (2) Facility-related charges for Outpatient Physical Therapy Services, health club dues or charges, or Physical Therapy Services provided in a health club, fitness facility, or similar setting.
    - (3) General exercise programs, even when recommended by a Physician or a Chiropractic Physician, and even when provided by a Licensed Physical Therapist.
    - (4) Maintenance, palliative or supportive care.
    - (5) Behavioral modification services.
- 5. **Respiratory Therapy**

6. **Occupational Therapy**
- a) Payment is limited to Occupational Therapy Services related to Habilitative and Rehabilitative care, with reasonable expectation that the services will produce measurable improvement in the Participant's condition in a reasonable period of time. Occupational Therapy Services are covered when performed by:
    - (1) A Physician.
    - (2) A Licensed Occupational Therapist, provided the Covered Services are directly related to a written treatment regimen prepared by a Licensed Occupational Therapist and approved by a Physician.
  - b) No benefits are provided for:
    - (1) Facility-related charges for Outpatient Occupational Therapy Services, health club dues or charges, or Occupational Therapy Services provided in a health club, fitness facility, or similar setting.
    - (2) General exercise programs, even when recommended by a Physician or a Chiropractic Physician, and even when provided by a Licensed Occupational Therapist.
    - (3) Maintenance, palliative or supportive care.
    - (4) Behavioral modification services.
7. **Speech Therapy**
- Benefits are limited to Speech Therapy Services related to Habilitative and Rehabilitative care, with reasonable expectation that the services will produce measurable improvement in the Participant's condition in a reasonable period of time. Speech Therapy Services are covered when performed by either of the following:
- a) A Physician.
  - b) A Speech Therapist, provided the services are directly related to a written treatment regimen designed by the Therapist
  - c) No benefits are provided for:
    - (1) Maintenance or supportive care.
    - (2) Behavioral modification services.
8. **Growth Hormone Therapy**
9. **Home Intravenous Therapy (Home Infusion Therapy)**
- Benefits are limited to medications, services and/or supplies provided to or in the home of the Participant, including but not limited to, hemophilia-related products and services and IVIG products and services that are administered via an intravenous, intraspinal, intra-arterial, intrathecal, subcutaneous, enteral, or intramuscular injection or access device inserted into the body.

**K. Home Health Skilled Nursing Care Services**

The delivery of Skilled Nursing Care services under the direction of a Physician to a Homebound Participant, provided such Provider does not ordinarily reside in the Participant's household or is not related to the Participant by blood or marriage. The services must not constitute Custodial Care. Services must be provided by a Medicare certified Home Health Agency and limited to intermittent Skilled Nursing Care. The patient's Physician must review the care at least every thirty (30) days. No benefits are provided during any period of time in which the Participant is receiving Hospice Covered Services.

**L. Hospice Services**

**1. Conditions**

A Participant must specifically request Hospice benefits and must meet the following conditions to be eligible:

- a) The attending or primary Physician must certify that the Participant is a terminally ill patient with a life expectancy of six (6) months or less.
- b) The Participant must live within the Hospice's local geographical area.
- c) The Participant must be formally accepted by the Hospice.
- d) The Participant must have a designated volunteer Primary Care Giver at all times.
- e) Services and supplies must be prescribed by the attending Physician and included in a Hospice Plan of Treatment approved in advance by BCI. The Hospice must notify BCI within one (1) working day of any change in the Participant's condition or Plan of Treatment that may affect the Participant's eligibility for Hospice Benefits.

2. **Exclusions And Limitations**

No benefits are provided for:

- a) Hospice Services not included in a Hospice Plan of Treatment and not provided or arranged and billed through a Hospice.
- b) Continuous Skilled Nursing Care except as specifically provided as a part of Respite Care or Continuous Crisis Care.
- c) Hospice benefits provided during any period of time in which a Participant is receiving Home Health Skilled Nursing Care benefits.

**M. Chiropractic Care Services**

- a) Benefits are limited to Chiropractic Care Services related to a significant medical condition necessitating appropriate Medically Necessary evaluation and Neuromusculoskeletal Treatment services. Chiropractic Care Services are covered when:
  - (1) Services are directly related to a written treatment regimen prepared and performed by a Chiropractic Physician.
  - (2) Services must be related to recovery or improvement in function, with reasonable expectation that the services will produce measurable improvement in the Participant's condition in a reasonable period of time.
- b) No benefits are provided for:
  - (1) Surgery as defined in this Plan to include injections.
  - (2) Laboratory and pathology services.
  - (3) Range of motion and passive exercises that are not related to restoration of a specific loss of function.
  - (4) Massage therapy, if not performed in conjunction with other modalities or manipulations.
  - (5) Maintenance, palliative or supportive care.
  - (6) Preventive or wellness care.
  - (7) Facility-related charges for Chiropractic Care Services, health club dues or charges, or Chiropractic Care Services provided in a health club, fitness facility, or similar setting.
  - (8) General exercise programs.
  - (9) Diagnostic Services, except for x-rays to assist in the diagnosis and Neuromusculoskeletal Treatment plan as defined in this Plan.

**N. Durable Medical Equipment**

The lesser of the Maximum Allowance or billed charge for rental, (but not to exceed the lesser of the Maximum Allowance or billed charge for the total purchase price) or, at the option of BCI, on behalf of the Trust, the purchase of Medically Necessary Durable Medical Equipment required for therapeutic use. The Durable Medical Equipment must be prescribed by an attending Physician or other Professional Provider within the scope of license. No benefits are available for the replacement of any item of Durable Medical Equipment that has been used by a Participant for less than five (5) years (whether or not the item being replaced was covered under this Plan). Benefits shall not exceed the cost of the standard, most economical Durable Medical Equipment that is consistent, according to generally accepted medical treatment practices, with the Participant's condition. If the Participant and his or her Provider have chosen a more expensive treatment than is determined to be the standard and most economical by BCI, the excess charge is solely the responsibility of the Participant. Equipment items considered to be common household items are not covered.

Due to ongoing service requirements and safety issues relating to oxygen equipment, BCI will not limit the cost of oxygen and the rental of oxygen delivery systems to the purchase price of the system(s).

**O. Prosthetic Appliances**

The purchase, fitting, necessary adjustment, repair, and replacement of Prosthetic Appliances including post-mastectomy prostheses.

Benefits for Prosthetic Appliances are subject to the following limitations:

- 1. The Prosthetic Appliance must be approved by BCI before the Participant purchases it.
- 2. Benefits shall not exceed the cost of the standard, most economical Prosthetic Appliance that is consistent, according to generally accepted medical treatment practices, with the Participant's condition. If the Participant and his or her Provider have chosen a more expensive treatment than is determined to be the standard and most economical by BCI, the excess charge is solely the responsibility of the Participant.

3. No benefits are provided for dental appliances or major Artificial Organs, including but not limited to, artificial hearts and pancreases.
4. Following cataract Surgery, benefits for a required contact lens or a pair of eyeglasses are limited to the first contact lens or pair of eyeglasses, which must be purchased within ninety (90) days.
5. Benefits for required contact lens or a pair of eyeglasses for treatment of Keratoconus.
6. No benefits are provided for the rental or purchase of any synthesized, artificial speech or communications output device or system or any similar device, appliance or computer system designed to provide speech output or to aid an inoperative or unintelligible voice, except for voice boxes to replace all or part of a surgically removed larynx.
7. No benefits are available for the replacement of any item of Prosthetic Appliances that has been used by a Participant for less than five (5) years (whether or not the item being replaced was covered under this Plan), with the exception of a Prosthetic Appliance used by an Eligible Dependent child who has outgrown the item.

**P. Orthotic Devices**

Orthotic Devices include but are not limited to, Medically Necessary braces, back or special surgical corsets, splints for extremities, and trusses, when prescribed by a Physician, Chiropractic Physician, Podiatrist, Licensed Physical Therapist or Licensed Occupational Therapist. Arch supports, other foot support devices, orthopedic shoes, and garter belts are not considered Orthotic Devices. Benefits shall not exceed the cost of the standard, most economical Orthotic device that is consistent, according to generally accepted medical treatment practices, with the Participant's condition. No benefits are available for the replacement of any item of Orthotic Devices that has been used by a Participant for less than five (5) years (whether or not the item being replaced was covered under this Plan), with the exception of an Orthotic Device used by an Eligible Dependent child who has outgrown the item.

For Participants with Diabetes, when prescribed by a Licensed Provider, Covered Services include therapeutic shoes and inserts. Benefits are limited to the following, per Benefit Period: one (1) pair of custom-molded shoes and inserts, (1) one pair of extra-depth shoes, two (2) additional pairs of inserts for custom-molded shoes, and three (3) pairs of inserts for extra-depth shoes.

**Q. Dental Services Related To Accidental Injury**

Dental services which are rendered by a Physician or Dentist and required as a result of Accidental Injury to the jaw, Sound Natural Tooth, mouth, or face. Such services are covered only for the twelve (12) month period immediately following the date of injury providing the Plan remains in effect during the twelve (12) month period. Temporomandibular Joint (TMJ) disorder and injuries as a result of chewing or biting are not considered Accidental Injuries, unless the source of the injury is an act of domestic violence. No benefits are available under this section for Orthodontia or orthognathic services.

Benefits are provided for repair of damage to a Sound Natural Tooth, lips, gums, and other portions of the mouth, including fractures of the maxilla or mandible. Repair or replacement of damaged dentures, bridges, or other dental appliances is not covered, unless the appliance must be modified or replaced due to Accidental Injury to a Sound Natural Tooth which are abutting the bridge or denture.

Benefits for dental services related to Accidental Injury under this provision are secondary to dental benefits available to a Participant under another benefit section of this Plan or available under a dental policy of insurance, contract, or underwriting plan that is separate and distinct from this Plan.

**R. Rehabilitation or Habilitation Services**

Benefits are provided for Rehabilitation or Habilitation services subject to the following:

1. Admission for Inpatient Physical Rehabilitation must occur within one hundred twenty (120) days of discharge from an Acute Care Licensed General Hospital.
2. Continuation of benefits is contingent upon approval by BCI of a Rehabilitation or Habilitation Plan of Treatment and documented evidence of patient progress submitted to BCI at least twice each month.

**S. Diabetes Self-Management Education Services**

Diabetes Self-Management Education includes instruction in the basic skills of diabetes management through books/educational material as well as an individual or group consultation with a certified diabetes educator, nurse, or dietitian in an American Diabetes Association (ADA) or American Association of Diabetes Educators (AADE) certified program, or other accredited program approved by BCI.

**T. Post-Mastectomy/Lumpectomy Reconstructive Surgery**

Reconstructive Surgery in connection with a Disease related mastectomy/lumpectomy, including:

1. Reconstruction of the breast on which the mastectomy/lumpectomy was performed;
2. Surgery and reconstruction of the other breast to produce a symmetrical appearance; and
3. Prostheses and treatment of physical complications at all stages of the mastectomy/lumpectomy, including lymphedemas;

in a manner determined in consultation with the attending Physician and the Participant.

**U. Prescribed Contraceptive Services**

Covered Services include prescribed devices, injectable, insertable and implantable methods of temporary contraception, such as diaphragms, intrauterine devices (IUDs) and injections. Covered Services include tubal ligation.

**There are no benefits for:**

1. Over-the-counter items including, but not limited to condoms, spermicides, and sponges.
2. Prescribed contraceptives that could otherwise be purchased over-the-counter.
3. Oral contraceptive prescription drugs and other prescription hormonal contraceptives, such as patches and rings. See Prescription Drug Benefit Section for oral contraceptive benefits.

**V. Temporomandibular Joint (TMJ) Syndrome** Benefits are provided as specified in the Benefits Outline for services only if related to temporomandibular joint syndrome, including Surgery and supplies related to orthognathics or to the misalignment or discomfort of the temporomandibular joint, including splinting services and supplies.

**W. Breastfeeding Support and Supply Services**

The lesser of the Maximum Allowance or billed charge for rental, (but not to exceed the lesser of the Maximum Allowance or billed charge for the total purchase price) or, at the option of BCI, the purchase of breastfeeding support and supplies. The breastfeeding support and supplies must be prescribed by an attending Physician or other Professional Provider within the scope of license and must be supplied by a Provider. If the Participant and her Provider have chosen a more expensive item than is determined to be the standard and most economical by BCI, the excess charge is solely the responsibility of the Participant. Supply items considered to be personal care items or common household items are not covered.

**X. Outpatient Cardiac Rehabilitation Therapy**

Cardiac Rehabilitation is a Covered Service for Participants who have a clear medical need and who are referred by their attending Physician and (1) have a documented diagnosis of acute myocardial infarction (MI) within the preceding 12 months; (2) have had coronary artery bypass graft (CABG) Surgery; (3) have percutaneous transluminal coronary angioplasty (PTCA) or coronary stenting; (4) have had heart valve Surgery; (5) have had heart or heart-lung transplantation; (6) have current stable angina pectoris; or (7) have compensated heart failure.

**Y. Sleep Study Services**

Services rendered, referred, or prescribed by a Physician to diagnose a sleep disturbance or disorder. Services may be performed in a sleep laboratory, monitored by a qualified Sleep Study technician or through a home Sleep Study, via a portable recording device.

**Z. Approved Clinical Trial Services**

Coverage is available for routine patient costs associated with an Approved Clinical Trial. Routine patient costs include but are not limited to Office Visits, diagnostic, laboratory tests and/or other services related to treatment of a medical condition. Routine patient costs are items and services that typically are Covered Services for a Participant not enrolled in an Approved Clinical Trial, but do not include:

1. An Investigational item, device, or service that is the subject of the Approved Clinical Trial;
2. Items and services provided solely to satisfy data collection and analysis needs and not used in the direct clinical management of the Participant; or
3. A service that is clearly inconsistent with widely accepted and established standards of care for the particular diagnosis.

**AA. Treatment for Autism Spectrum Disorder**

Payment is limited to Treatment for Autism Spectrum Disorder, and related diagnoses, as identified in a treatment plan. Continuation of benefits is contingent upon approval by BCI of a plan of treatment.

**AB. Hearing Aids**

Hearing aids, auditory osseointegrated (bone conduction) devices, cochlear implants and examination for the fitting for congenital or acquired hearing loss if without intervention may result in cognitive or speech development deficits are a Covered Service for Eligible Dependent Children. Benefits are limited to one (1) device per ear, every three (3) years, and includes forty-five (45) speech therapy visits during the first twelve (12) months after delivery of the covered device.

**AC. Medical Foods**

Medical Foods for inborn errors of metabolism such as Phenylketonuria (PKU) or when a Provider has diagnosed the presence of inadequate nutritional oral intake related to a medical condition or due to a progressive impairment of swallowing or digestion.

**AD. Palliative Care Services**

A Participant, or a Provider on behalf of the Participant, must specifically request services for Palliative Care. Palliative Care Covered Services are covered when a Provider has assessed that a Participant is in need of Palliative Care for a serious Illness (including remission support), life-limiting injury or end-of-life care, and is limited to the following:

1. Acute Inpatient, Skilled Nursing Facility or Rehabilitation based Palliative Care services.
2. Home Health pain and symptom management services.
3. Home Health psychological and social services including individual and family counseling.
4. Caregiver support rendered by a Provider to a Participant.
5. Advanced care planning limited to face-to-face services between a Provider and a Participant to discuss the Participant's health care wishes if they become unable to make decisions about their care.

**VI. Additional Amount of Payment Provisions**

Any amounts remaining unpaid for Covered Services under any other benefit section of this Plan (except the Supplemental Accident Benefit Section and Dental Benefit sections if applicable), are not eligible for payment under this Comprehensive Major Medical Benefits section. For Covered Services eligible for benefits under more than one benefit section of this Plan, the amount paid for Covered Services may be applied to any benefit limit(s) in each benefit section. Except as specified elsewhere in this Plan, BCI, on behalf of the Trust, will provide the following benefits for Covered Services after a Participant has satisfied his or her individual Deductible or, if applicable, the family Deductible has been satisfied:

- A.** For In-Network Services: Unless stated otherwise, for Major Medical Covered Services furnished in the state of Idaho, BCI will pay or otherwise satisfy a percentage of the Maximum Allowance (shown in the Benefits Outline) if the Covered Services were rendered by a Provider. Several Providers are paid at different rates and/or have different benefit limitations as described in that specific benefit section and in the Benefits Outline.

For Out-of-Network Services: Unless stated otherwise, for Major Medical Covered Services rendered in the state of Idaho, BCI will pay or otherwise satisfy a percentage of the Maximum Allowance (shown in the Benefits Outline) if the Covered Services were rendered by a Provider. Several Providers are paid at different rates and/or have different benefit limitations as described in that specific benefit section and in the Benefits Outline.

- B.** For Major Medical Covered Services furnished outside the state of Idaho by a Provider, Blue Cross of Idaho shall provide the benefit payment levels specified in this section according to the following:

1. If the Provider has a PPO agreement for claims payment with the Blue Cross and/or Blue Shield plan in the area where the Covered Services were rendered, BCI will base the payment on the local plan's Preferred Provider Organization payment arrangement and allow In-Network benefits. The Provider shall not make an additional charge to a Participant for amounts in excess of BCI's payment except for Deductibles, Cost-sharing, Copayments, and noncovered services.
2. If the Provider does not have a PPO agreement for claims payment with the Blue Cross and/or Blue Shield plan in the area where the Covered Services are rendered, BCI will base payment on the

Maximum Allowance and allow Out-of-Network benefits. The Provider is not obligated to accept BCI's payment as payment in full. Neither BCI nor the Trust are responsible for the difference, if any, between BCI's payment and the actual charge.

- C.** A Contracting Provider rendering Covered Services shall not make an additional charge to a Participant for amounts in excess of BCI's payment except for Deductibles, Cost-sharing, Copayments, and noncovered services.
- D.** A Noncontracting Provider inside or outside the state of Idaho is not obligated to accept BCI's payment as payment in full. Neither BCI nor the Trust are responsible for the difference, if any, between BCI's payment and the actual charge, unless otherwise specified. Participants are responsible for any such difference, including Deductibles, Cost-sharing, Copayments, charges for noncovered services and the amount charged by the Noncontracting Provider that is in excess of the Maximum Allowance.
- E. **Emergency Services****

For the treatment of Emergency Medical Conditions or Accidental Injuries of sufficient severity to necessitate immediate medical care by, or that require Ambulance Transportation Service to, the nearest appropriate Facility Provider, BCI, on behalf of the Trust, will provide In-Network benefits for Covered Services provided by either a Contracting or Noncontracting Facility Provider and facility-based Professional Providers only. If the nearest Facility Provider is Noncontracting, once the Participant is stabilized and is no longer receiving emergency care, the Participant (at BCI's option, on behalf of the Trust,) may transfer to the nearest appropriate Contracting Facility Provider for further care in order to continue to receive In-Network benefits for Covered Services. If the Participant is required to transfer, transportation to the Contracting Facility Provider will be a Covered Service under the Ambulance Transportation Service provision of this Plan.



## PREScription DRUG BENEFITS SECTION

### **Note: Please refer to Cover Sheet for Prescription Drug Benefit Option selected by Employer.**

This Prescription Drug Benefits Section specifies the benefits a Participant is entitled to receive for Covered Services described in this section, subject to all of the other provisions of this Plan.

#### **I. Prescription Drug Copayment/Cost-sharing/Deductible/Out-of-Pocket**

For the types and levels of benefits coverage regarding Prescription Drugs, see the Benefits Outline.

##### **Diabetic Supplies:**

Insulin syringes/needles have no Copayment/Cost-sharing if purchased within ninety (90) days of insulin purchase. All other supplies will be subject to applicable Cost-sharing, Copayment and/or Deductible.

#### **II. Providers**

The following are Providers under this section:

Licensed Pharmacist

Participating Pharmacy/Pharmacist

Physician

#### **III. Dispensing Limitations**

Retail:

Each covered prescription for a Prescription Drug is limited to no more than a ninety (90)-day supply. Specialty Drugs are limited to no more than a thirty (30)-day supply. However, certain prescriptions and Prescription Drugs may be subject to more restrictive day-supply and allowed quantity limitations.

Mail Order:

Each covered prescription for a Prescription Drug is limited to no more than a ninety (90)-day supply. Specialty Drugs are limited to no more than a thirty (30)-day supply. However, certain prescriptions and Prescription Drugs may be subject to more restrictive day-supply and allowed quantity limitations. In addition, certain Prescription Drugs may not be available under this Plan by mail order due to circumstances such as unstable shelf life, and required special storage conditions.

#### **IV. Amount Of Payment**

BCI or one (1) of its designated claims processing vendors, will provide the following benefits for Covered Services:

- A. The amount of payment for a covered Prescription Drug dispensed by a Participating Pharmacist is the balance remaining after subtracting the Prescription Drug Copayment, Cost-sharing and/or Deductible, if applicable, from the lower of the Allowed Charge or the Usual Charge for the Prescription Drug.
- B. For a covered Prescription Drug dispensed by a Physician or a Licensed Pharmacist who is not a Participating Pharmacist, the Participant is responsible for paying for the Prescription Drug at the time of purchase and must submit a claim to BCI or one (1) of its designated claims processing vendors. The amount of payment for a covered Prescription Drug is the balance remaining after subtracting the Prescription Drug Copayment, Cost-sharing and/or Deductible, if applicable, from the lower of the Allowed Charge or the Usual Charge for the Prescription Drug.
- C. The amount of payment for a covered Prescription Drug dispensed by a mail order Participating Pharmacy is the balance remaining after subtracting the Prescription Drug Copayment, Cost-sharing and/or Deductible, if applicable, from the lower of the Allowed Charge or the Usual Charge for the Prescription Drug.
- D. Submission of a prescription to a pharmacy is not a claim. If a Participant receives Covered Services from a pharmacy and believes that the Copayment, Cost-sharing or other amount is incorrect, the Participant may then submit a written claim to BCI requesting reimbursement of any amounts the Participant believes were incorrect. Refer to the Inquiry And Appeals Procedures in the General Provisions Section of this Plan.

**V. Mandatory Generic Drug Substitution**

Certain Prescription Drugs are restricted to Generics for payment by BCI. Even if the Participant, the Physician or other duly licensed Provider requests the Brand Name Drug, the Participant is responsible for the difference between the price of the Generic and Brand Name Drug, plus any applicable Brand Name Drug Deductible/Copayment/Cost-sharing. The difference between the price of the Generic and Brand Name Drug shall not apply to the applicable Deductible and/or Out of Pocket Limits.

**VI. Utilization Review**

Prescription Drug benefits include utilization review of Prescription Drug usage for the Participant's health and safety. If there are patterns of over-utilization or misuse of drugs the Participant's personal Physician and Pharmacist will be notified. BCI, on behalf of the Trust, reserves the right to limit benefits to prevent over-utilization or misuse of Prescription Drugs.

**VII. Prior Authorization**

Certain Prescription Drugs may require Prior Authorization. If the Participant's Physician or other Provider prescribes a drug, which requires Prior Authorization, the Participant will be informed by the Provider or Pharmacist. To obtain Prior Authorization the Participant's Physician must notify BCI or its designated agent, describing the Medical Necessity for the prescription. BCI or its designated agent, will respond to a request for Prior Authorization received from either the Participant's Physician or the Participant within seventy-two (72) hours for an expedited request or fourteen (14) days for a standard request of the receipt of the medical information necessary to make a determination.

**VIII. Covered Services**

As listed on the Formulary, Generic and Brand Name Prescription Drugs, certain allowed Compound Drugs and Diabetic Supplies. The drugs or medicines must be directly related to the treatment of an Illness, Disease, medical condition or Accidental Injury and must be dispensed pursuant to a written prescription by a Licensed Pharmacist or Physician on or after the Participant's Effective Date. Benefits for Prescription Drugs are available up to the limits stated in Item III. of this section.

A. Smoking cessation Prescription Drugs are a Covered Service.

**IX. Definitions**

- A. **Allowed Charge**—the amount payable for a Prescription Drug as determined by the reimbursement formula agreed upon between the Participating Pharmacist and one (1) or more of BCI's designated claims processing vendors.
- B. **Brand Name Drug**—a Prescription Drug, approved by the FDA, that is protected by a patent and is marketed and supplied under the manufacturer's brand name.
- C. **Compound Drug**—a customized medication derived from two or more raw chemicals, powders or devices, of which at least one ingredient is a federal legend drug, prepared by a Pharmacist according to a prescriber's specifications.
- D. **Diabetic Supplies**—supplies that can be purchased at a Participating Pharmacy using the Participant's pharmacy benefit. Includes: insulin syringes, insulin pen needles, lancets, test strips (blood glucose and urine), and insulin pump supplies (reservoirs and syringes, administration sets, and access sets).
- E. **Formulary**—a list of Covered Prescription Drugs approved by Blue Cross of Idaho's Pharmacy and Therapeutics Committee. This list is managed and subject to periodic review and amendment by the Pharmacy and Therapeutics Committee.

Prescription Drugs covered by the Prescription Drug Benefit are classified into one of the tiers as follows.

**First Tier** – Covered Preferred Generic Drugs.

**Second Tier** – Covered Non-Preferred Generic Drugs.

**Third Tier** – Covered Preferred Brand Name Drugs.

**Fourth Tier** – Covered Non-Preferred Brand Name Drugs.

**Fifth Tier** – Covered Preferred Specialty Drugs and Covered Generic Specialty Drugs.

**Sixth Tier** – Covered Non-Preferred Specialty Drugs.

**ACA Preventive Drugs** – ACA Mandated Preventive Drugs.

- F. **Generic Drug**—a Prescription Drug, approved by the FDA, that has the same active ingredients, strength, and dosage as its Brand Name Drug counterpart.
- G. **Nonparticipating Pharmacy/Pharmacist**—a Licensed Pharmacist, a retail, mail-order or Specialty Pharmacy that has not entered into a contract with one (1) or more of BCI's designated claims processing vendors for the purpose of providing Prescription Drug Covered Services to Participants under this Plan.
- H. **Participating Pharmacy/Pharmacist**—a Licensed Pharmacist, a retail, mail-order or Specialty Pharmacy that has a contract with one (1) or more of BCI's designated claims processing vendors for the purpose of providing Prescription Drug Covered Services to Participants under this Plan.
- I. **Pharmacy And Therapeutics Committee**—a committee of Physicians and Licensed Pharmacists established by BCI that recommends policy regarding the evaluation, selection, and therapeutic use of various drugs. The Committee also decides which drugs are eligible for benefits under this Plan.
- J. **Prescription Drugs**—drugs, biologicals and Compounded prescriptions that are FDA approved and can be dispensed only according to a written prescription given by a Physician and/or duly licensed Provider, that are listed and accepted in the *United States Pharmacopeia*, *National Formulary*, or *AMA Drug Evaluations* published by the American Medical Association (AMA), that are prescribed for human consumption, and that are required by law to bear the legend: "Caution—Federal Law prohibits dispensing without prescription."
- K. **Specialty Drugs**—are injectable and non-injectable medications that are typically used to treat complex conditions and meet one or more of the following criteria:
  - a. are biotech-derived or biological in nature;
  - b. are significantly higher cost than traditional medications;
  - c. are used in complex treatment regimens; require special delivery, storage and handling;
  - d. require special medication-administration training for patients;
  - e. require on-going monitoring of medication adherence, side effects, and dosage changes;
  - f. are available through limited-distribution channels;
  - g. and may require additional support and coordinated case management.
- L. **Specialty Pharmacy**—a duly licensed Pharmacy that primarily dispenses Specialty Drugs.
- M. **Usual Charge**—the lowest retail price being charged by a Licensed Pharmacist for a Prescription Drug at the time of purchase by a Participant.

**X. Prescription Drug Exclusions And Limitations**

In addition to any other exclusions and limitations of this Plan, the following exclusions and limitations apply to this section and throughout the entire Plan, unless otherwise specified.

If a Participant receives a discount or other cost reduction, in any form, including but not limited to a coupon or discount card from a pharmaceutical manufacturer, pharmacy, other health care Provider, or cost-sharing from a prohibited third party organization, the cost reduction or amount discounted toward the purchase of the Prescription Drug will not be applied to the Participant's applicable Deductible amounts, and will not be applied to the Participant's Out of Pocket Limit for this Plan.

Blue Cross of Idaho prohibits direct or indirect payment by third parties unless it meets the standards set below.

Family, friends, religious institutions, private, not-for-profit foundations such as Indian tribes, tribal organizations, urban Indian organizations, state and federal government programs or grantees or sub-grantees such as the Ryan White HIV/AIDS Program and other similar entities are not prohibited. Cost-sharing contributions made from permitted third parties will be applied to the Participant's applicable Deductible and/or Out-of-Pocket Limit.

Each of the following criteria must be met for BCI to accept a third party payment:

- 1. the assistance is provided on the basis of the Participant's financial need;
- 2. the institution/organization is not a healthcare Provider; and
- 3. the institution/organization is not financially interested. Financially interested institutions/organizations include institutions/organizations that receive the majority of their funding from entities with a pecuniary interest in the payment of health insurance claims, or institutions/organizations that are subject to direct or indirect control of entities with a pecuniary interest in the payment of health insurance claims.

To assist in appropriately applying cost-sharing contributions made from a permitted third party to the Participants applicable Deductible and/or Out-of-Pocket Limit, the Participant is encouraged to provide notification to BCI if they receive any form of assistance for payment of their contribution, Cost-sharing, Copayment or Deductible amounts.

BCI will inform the Participant in writing of the reason for rejecting or otherwise refusing to treat a third party payment as a payment from the Participant and of the Participant's right to file a complaint with the Department of Insurance.

**A.** No benefits are provided for the following:

1. Drugs used for the termination of early pregnancy, and complications arising therefrom, except when required to correct an immediately life-endangering condition.
2. Over-the-counter drugs other than insulin, even if prescribed by a Physician. Notwithstanding this exclusion, BCI, through the determination of the BCI Pharmacy and Therapeutics Committee may choose to cover certain over-the-counter medications when Prescription Drug benefits are provided under this Plan. Such approved over-the-counter medications must be identified by BCI in writing and will specify the procedures for obtaining benefits for such approved over-the-counter medications. Please note that the fact a particular over-the-counter drug or medication is covered does not require BCI to cover or otherwise pay or reimburse the Participant for any other over-the-counter drug or medication.
3. Charges for the administration or injection of any drug, except for vaccinations listed on the Prescription Drug Formulary.
4. Therapeutic devices or appliances, including hypodermic needles, syringes, support garments, and other non-medicinal substances except Diabetic Supplies, regardless of intended use.
5. Drugs labeled "Caution—Limited by Federal Law to Investigational Use," or experimental drugs, even though a charge is made to the Participant.
6. Immunization agents, except for vaccinations listed on the Prescription Drug Formulary, biological sera, blood or blood plasma. Benefits may be available under the Medical Benefits Section of this Plan.
7. Medication that is to be taken by or administered to a Participant, in whole or in part, while the Participant is an Inpatient in a Licensed General Hospital, rest home, sanatorium, Skilled Nursing Facility, extended care facility, convalescent hospital, nursing home, or similar institution which operates or allows to operate on its premises, a facility for dispensing pharmaceuticals.
8. Any prescription refilled in excess of the number specified by the Physician, or any refill dispensed after one (1) year from the Physician's original order.
9. Any Prescription Drug, biological or other agent, that is:
  - a) Prescribed primarily to aid or assist the Participant in weight loss, including all anorectics, whether amphetamine or nonamphetamine.
  - b) Prescribed primarily to retard the rate of hair loss or to aid in the replacement of lost hair.
  - c) Prescribed primarily to increase fertility, including but not limited to, drugs which induce or enhance ovulation.
  - d) Prescribed primarily for personal hygiene, comfort, beautification, or for the purpose of improving appearance.
  - e) Prescribed primarily to increase growth, including but not limited to, growth hormone.
  - f) Provided by or under the direction of a Home Intravenous Therapy Company, Home Health Agency or other Provider approved by BCI. Benefits are available for this Therapy Service under the Major Medical Benefits Section of this Plan only as preauthorized and approved when Medically Necessary.
10. Lost, stolen, broken or destroyed medications, except in the case of loss due directly to a natural disaster.

## ELIGIBILITY AND ENROLLMENT SECTION

### Family and Medical Leave Act.

Employees of employers subject to the Family and Medical Leave Act (FMLA) may be entitled to up to 12 weeks of unpaid, job-protected leave per year. For those employees eligible for leave under the FMLA, group health benefits may be maintained on the same terms and conditions as if the employee had been continuously employed during the leave.

- If the employee pays a portion of the contribution for group health plan benefit coverage and FMLA leave is paid, the employee's paycheck will continue to be reduced by an amount necessary to pay for the employee's share of the cost of coverage. If the employee does not want to receive the same group health plan benefit coverage during FMLA leave that the employee was receiving just prior to leave, the employee must inform the employer before the leave starts.
- If the employee decides not to receive group health plan benefits during FMLA leave, the employee will be reinstated in these group health plan benefits upon returning to work at the end of FMLA leave.
- If FMLA leave is unpaid and the employee wishes to continue participation in the Plan, the employee must make arrangements with the employer to pay for the coverage that the employee wishes to maintain during the course of leave. Eligibility to continue any coverage that requires payments from the employee may be cancelled if the employee does not make the required payments during the period of FMLA leave.
- If the employer advances money by making any or all of these required payments for the employee, the employer can recoup the amounts advanced through payroll deductions upon the employee's return to employment following FMLA leave to the extent permitted by law.
- If the employee fails to return from FMLA leave, and the reasons for failure are not beyond the employee's control, the employee is indebted to the employer for the full amount of the cost of health coverage provided during FMLA leave. The employer may deduct any such amounts owed by the employee from any compensable time payments owed to the employee upon termination for failure to return from an FMLA leave to the extent permitted by law.
- The employee should consult with the employer before embarking on any FMLA qualified leave.

If Plan coverage terminates during the FMLA leave, coverage for benefits under this Plan will be reinstated for the employee and the employee's covered dependents if the employee returns to work in accordance with the terms of the FMLA leave. Coverage will be reinstated only if the employee or the employee's dependent(s) had coverage under this Plan when the FMLA leave started, and will be reinstated to the same extent that it was in force when that coverage terminated.

### **I. Eligibility and Enrollment**

All Eligible Employees will have the opportunity to apply for coverage under this Plan.

#### **A. Eligible Employee**

Qualifications for eligibility are shown in the Benefits Outline.

#### **B. Eligible Dependent**

To qualify as an Eligible Dependent under this Plan, a person must be and remain one (1) of the following:

1. The Participating Employee's spouse under a legally valid marriage.
2. The Participating Employee's natural child, stepchild, legally adopted child, child placed with the Participating Employee for adoption, or child for whom the Participating Employee or the Participating Employee's spouse has court-appointed guardianship or custody. The child must be:
  - a) Under the age of twenty-six (26); or
  - b) Medically certified as disabled due to intellectual disability or physical handicap *and* financially dependent upon the Participating Employee for support, regardless of age.
3. A Participating Employee must notify the Idaho AGC Self-Funded Benefit Trust within thirty (30) days when a dependent no longer qualifies as an Eligible Dependent. Coverage for the former Eligible Dependent will terminate the last day of the month in which the change in eligibility status took place.

#### **C. Annual Open Enrollment Periods**

Applications for coverage for an Eligible Employee will only be accepted by the Trust during the Employer's annual Open Enrollment Period, during the Eligible Employee's Initial Enrollment Period, or during a Special Enrollment Period as described in this section. If an Eligible Employee does not apply for coverage

during these time periods, they must wait until the next Open Enrollment Period or Special Enrollment Period.

**D. Initial Enrollment Period**

The Initial Enrollment Period is thirty (30) days for Eligible Employees and Eligible Dependents. The Initial Enrollment Period begins on the date the Eligible Employee or Eligible Dependent first becomes eligible for coverage under this Plan.

**E. Enrollment of Eligible Dependents**

1. For an Eligible Employee to enroll himself or herself and any Eligible Dependents for coverage under this Plan (or for a Participant to enroll Eligible Dependents for coverage) the Eligible Employee or Participant, as the case may be, must complete an application and submit it to the Trust.
2. Newborn/Adoption---When a newborn child is added and the monthly contribution changes, a full month's contribution is required for the child if his or her date of birth falls on the first (1<sup>st</sup>) through the fifteenth (15<sup>th</sup>) day of the month. No contribution is required if the child's date of birth falls on the sixteenth (16<sup>th</sup>) through the last day of the month. A Participant's newborn Dependent, including adopted newborn children who are placed with the adoptive Participant within sixty (60) days of the adopted child's date of birth, are covered under this Plan from and after the date of birth for sixty (60) days.
  - A. Contribution for the first sixty (60) days of coverage is due not less than thirty-one (31) days following receipt of a billing for the required contribution. In order to continue coverage beyond the sixty (60) days outlined above, the Participant must complete an enrollment application within sixty (60) days of date of birth and submit the required contribution, for the first sixty (60) days, within thirty-one (31) days of the date monthly billing is received and a notice of contribution is provided to the Participant from the Employer.
  - B. If the date of adoption or the date of placement for adoption of a child is more than sixty (60) days after the child's date of birth, the Effective Date of coverage will be the date of adoption or the date of placement for adoption. In this Plan, 'child' means an individual who has not attained age eighteen (18) years as of the date of the adoption or placement for adoption. In this Plan, "placed for adoption" means physical placement in the care of the adoptive Participant, or in those circumstances in which such physical placement is prevented due to the medical needs of the child requiring placement in a medical facility, it means when the adoptive Participant signs an agreement for adoption of the child and signs an agreement assuming financial responsibility for the child.

**F. Effective Dates of Coverage**

Subject to receiving the applicable contribution payment:

1. If the Eligible Employee or Eligible Dependent enrolled in this Plan during their Initial Enrollment Period or the Employer's Open Enrollment Period, the Effective Date of coverage for an Eligible Employee and any Eligible Dependents listed on the Eligible Employee's application is the Employer's Plan Date if the application is submitted to the Trust by the Employer on or before the Plan Date.
2. Except as provided otherwise in this section, if enrollment is requested during an Initial Enrollment Period or annual Open Enrollment Period, the Effective Date of coverage for an Eligible Employee or an Eligible Dependent will be the first day of the month following the month of enrollment.
3. If enrollment is requested during a Special Enrollment Period due to the loss of Minimum Essential Coverage or marriage, the Effective Date of coverage will be the first day of the month following the marriage or loss of coverage.
4. The Effective Date of coverage for enrollment requested during a Special Enrollment Period will be the date of birth for a newborn natural child or a newborn child adopted or placed for adoption within sixty (60) days of the child's date of birth.

5. For other enrollment requested through a Special Enrollment Period, if the application is received between the first and fifteenth day of the month, coverage will begin on the first day of the following month. If the application is received between the sixteenth day and the last day of the month, coverage will begin on the first day of the second month.

**G. Late Participant**

If an Eligible Employee or Eligible Dependent does not enroll during the applicable initial enrollment period described in Paragraph D. of this section, or during a special enrollment period described in Paragraph H. of this section, the Eligible Employee or Eligible Dependent is a Late Participant. Following the receipt and acceptance of a completed enrollment application, the Effective Date of coverage for a Late Participant will be the date of the Employer's next Plan Date.

**H. Special Enrollment Periods**

Outside of the Eligible Employee's Initial Enrollment Period or annual Open Enrollment Period, an Eligible Employee or Eligible Dependent will not be considered a Late Participant and may enroll for coverage, unless otherwise noted, within thirty (30) days of the occurrence of one of the following events:

1. The Eligible Employee or Eligible Dependent meets each of the following:
  - a) The individual was covered under Minimum Essential Coverage at the time of the initial enrollment period.
  - b) The individual involuntarily lost coverage under Minimum Essential Coverage.
  - c) The individual requests enrollment within thirty (30) days after termination of the Minimum Essential Coverage.
2. Addition of an Eligible Dependent through marriage, birth, adoption or placement of adoption and coverage is requested under this Plan no later than sixty (60) days after the event.
3. A court has issued a Qualified Medical Child Support Order (QMCSO) requiring that coverage be provided for an Eligible Dependent by a Participant under this Plan, and application for enrollment is made within thirty (30) days after issuance of the QMCSO.
4. The Eligible Employee and/or Eligible Dependent become eligible for a premium assistance subsidy under Medicaid or the Children's Health Insurance Program (CHIP) and coverage under this Plan is requested no later than sixty (60) days after the date the Eligible Employee and/or Eligible Dependent is determined to be eligible for such assistance.
5. Coverage under Medicaid or CHIP for an Eligible Employee and/or Eligible Dependent is terminated as a result of loss of eligibility for such coverage, and coverage is requested under this Plan no later than sixty (60) days after the date of termination of such coverage.

**II. Special Rules for Hour Bank Employees**

Hours credited to the Eligible Employee's Hour Bank account will be used to purchase health benefits coverage for the month immediately following. The charge to the Eligible Employee's Hour Bank account will be 140 hours for one month's coverage. Once the Eligible Employee becomes eligible, if the Hour Bank account has less than 140 hours, they will be notified by the Administration Office that coverage will cease and they will have the opportunity to self-pay the difference between the number of hours in the account and 140 hours so that health benefits coverage can be continued for that month. The amount required to be paid will be the amount determined by multiplying the Plan's then current Hour Bank withdrawal rate times the number of hours that the Eligible Employee's account is less than 140. The Hour Bank withdrawal rate is a dollar amount per hour established each year by the Plan for the payment of the monthly health benefits contribution from an Hour Bank account. If the employer is covered by COBRA, the Eligible Employee also will be notified of the right to elect COBRA continuation coverage following termination of active coverage. The Eligible Employee's remaining Hour Bank Coverage and COBRA coverage will run concurrently. If they do not elect to self-pay the difference in the 140 hours and, if eligible for COBRA, if they do not elect COBRA, the Eligible Employee's coverage will cease as of the end of the last month for which a full charge of 140 hours was made. If the Eligible Employee is eligible for COBRA, COBRA will commence immediately following the last month for which they have Hour Bank coverage. Generally, self-pay coverage and COBRA coverage must be continuous and immediately following any prior active coverage and the Eligible Employee may not have a break in coverage in one or more months and then elect self-pay or COBRA coverage for one or more months that are not continuous with prior active coverage.

Starting January 1, 2013, there is an eighteen (18) month cap on the amount of coverage that the Eligible Employee can accumulate in the Hour Bank account. If they accumulate or have accumulated more than eighteen (18) months coverage in the Hour Bank account, any excess will be paid out to the Eligible Employee within a reasonable period of time following March 31 of each year. If the Eligible Employee (a) terminates employment with the employer, or (b) changes jobs with the employer to a different job classification that is not Hour Bank employment, the Eligible

Employee's health benefits coverage under the Plan will continue so long as there is a sufficient balance in the Hour Bank account to provide such coverage. If the Eligible Employee changes jobs with the employer to a different job classification that is not Hour Bank employment, but is covered under this Plan, the Hour Bank account will be held for use at a future time when the Eligible Employee is either no longer employed, not covered under this Plan, or has returned to Hour Bank employment. Once the balance falls below 140 hours, the Eligible Employee will be notified by the Administration Office and will be given the opportunity to self-pay any difference between the amount in the Hour Bank account and 140 hours, and, if eligible for COBRA, to elect COBRA continuation coverage as described above. Self-pay coverage and COBRA continuation coverage for former employees must be continuous and immediately following any prior active coverage. Any Hour Bank account balance of less than 140 hours that is not used within four (4) months of the last date of coverage will be forfeited to the Trust. If the Eligible Employee has an Hour Bank account balance of less than 140 hours and returns to Hour Bank employment and the Eligible Employee either self pays or is credited with sufficient hours to have at least 140 hours in their Hour Bank account within four (4) months of the last date of coverage, they will receive health benefits coverage under the Trust for the next following month. If the employer ceases to participate in the Trust as a participating employer, health benefits coverage under the Trust will not continue, and the Eligible Employee will not be eligible to continue coverage under the Trust through self-payment under COBRA or through purchasing coverage by exhausting his or her Hour Bank. If the employer ceases to participate in the Trust as a participating employer, any balance remaining in an Eligible Employee's Hour Bank will be paid out to the Eligible Employee on the employer's termination.

### **III. Employer Contribution and Enrollment Requirements**

- A. All applications submitted to the Trust by the Employer now or in the future, will be for Eligible Employees or Eligible Dependents only.

The Employer agrees to be responsible for and make the total required payment to the Trust. The Employer further agrees that no other hospital, medical or surgical group coverage will be offered to employees during the term of this Plan, unless required by State or Federal law.

- B. The Trust agrees it will pay one hundred percent (100%) of the amount paid in benefits for all Participants under this Plan, except as modified by the Administrative Services Agreement.
- C. Before the Effective Date of the change, the Employer shall submit all eligibility changes for Participants and Eligible Dependents on the Trust forms. It is the Employer's responsibility to verify that all Participants are eligible for coverage as specified in this Plan. The Trust shall have the right to audit the Employer's employment, payroll, and eligibility records to ensure that all Participants are eligible and properly enrolled and to ensure that the Employer meets enrollment requirements.
- D. This Plan is issued to the Employer upon the express condition that a pre-established required percentage of the Eligible Employees specified in the Application for Employer Coverage who meet the underwriting criteria of the Trust are and continue to be Participants. This Plan is issued upon the express condition that the Employer continues to make the employer contribution specified in the Application for Employer Coverage and this Plan. The Trust may terminate this Plan if the percentage of Eligible Employees as Participants or the percentage of the employer contribution drops below the required level.
- E. If the Employer maintains regular monthly payments with the regular Employer billing, an employer approved temporary leave of absence may continue for a maximum of three (3) months and then cease. On its regular billing, the Employer will notify the Trust of the Participant's date of departure for the leave of absence, and shall continue its regular contribution for the Participant's coverage during the leave of absence.

### **IV. Qualified Medical Child Support Order**

- A. If this Plan provides for Family Coverage, BCI, on behalf of the Trust, will comply with a Qualified Medical Child Support Order (QMCSO) according to the provisions of Section 609 of ERISA and any other applicable federal or state laws. A medical child support order is any judgment, decree, or order (including approval of a settlement agreement) issued by a court of competent jurisdiction that:
1. Provides for child support with respect to a child of a Participating Employee or provides for health benefit coverage to such a child, is made pursuant to a state domestic relations law (including a community property law) and relates to benefits under this Plan, or
  2. Enforces a law relating to medical child support described in Section 1908 of the Social Security Act with respect to a group health plan.
- B. A medical child support order meets the requirements of a QMCSO if such order clearly specifies:



1. The name and the last known mailing address (if any) of the Participating Employee and the name and mailing address of each child covered by the order.
  2. A reasonable description of the type of coverage to be provided by this Plan to each such child, or the manner in which such type of coverage is to be determined.
  3. The period to which such order applies.
- C.**
1. Within fifteen (15) days of receipt of a medical child support order, BCI will notify the party who sent the order and each affected child of the receipt and of the criteria by which BCI determines if the medical child support order is a QMCSO. In addition, BCI will send an application to each affected child. The application must be completed by or on behalf of the affected child and promptly returned to BCI. With respect to a medical child support order, affected children may designate a representative for receipt of copies of notices sent to each of them.
  2. Within thirty (30) days after receipt of a medical child support order and a completed application, BCI will determine if the medical child support order is a QMCSO and will notify the Participating Employee, the party who sent the order, and each affected child of such determination.
- D.** BCI, on behalf of the Trust, will make benefit payments to the respective party for reimbursement of eligible expenses paid by an enrolled affected child or by an enrolled affected child's custodial parent, legal guardian, or the Idaho Department of Health and Welfare.

## DEFINITIONS SECTION

For reference, most terms defined in this section are capitalized throughout this Plan. Other terms may be defined where they appear in this Plan. All Providers and Facilities must be licensed and/or registered by the state where the services are rendered, unless exempt by federal law, and must be performing within the scope of license in order for BCI to provide benefits. Definitions in this Plan shall control over any other definition or interpretation unless the context clearly indicates otherwise.

**Accidental Injury**—an objectively demonstrable impairment of bodily function or damage to part of the body caused by trauma from a sudden, unforeseen external force or object, occurring at a reasonably identifiable time and place, and without a Participant's foresight or expectation, which requires medical attention at the time of the accident. The force may be the result of the injured party's actions, but must not be intentionally self-inflicted unless caused by a medical condition or domestic violence. Contact with an external object must be unexpected and unintentional, or the results of force must be unexpected and sudden.

**Acute Care**—Medically Necessary Inpatient treatment in a Licensed General Hospital or other Facility Provider for sustained medical intervention by a Physician and Skilled Nursing Care to safeguard a Participant's life and health. The immediate medical goal of Acute Care is to stabilize the Participant's condition, rather than upgrade or restore a Participant's abilities.

**Administrative Services Agreement**—a formal agreement between BCI and the Trust outlining responsibilities, general administrative services and benefit payment services.

**Admission**—begins the first day a Participant becomes a registered Hospital bed patient or a Skilled Nursing Facility patient and continues until the Participant is discharged.

**Adverse Benefit Determination**—any denial, reduction, rescission of coverage, or termination of, or the failure to provide payment for, a benefit for services or ongoing treatment under this Plan.

**Advisory Committee on Immunization Practices (ACIP)**—a committee consisting of immunization field experts who provide guidance to the Center for Disease Control (CDC) and the Department of Health and Human Services (HHS), on the effective control of vaccine-preventable diseases in the United States. The committee develops written recommendations for the routine administration of vaccines to children and adults; to include dose, route, frequency of administration, precautions and contraindications.

**Alcoholism**—a behavioral or physical disorder manifested by repeated excessive consumption of alcohol to the extent that it interferes with a Participant's health, social, or economic functioning.

**Alcoholism Or Substance Abuse Treatment**—a Provider that is acting under the scope of its license, where required, that is primarily engaged in providing detoxification and Rehabilitative care for Alcoholism, or Substance Abuse, or Addiction.

**Ambulatory Surgical Facility (Surgery Center)**—a Facility Provider that is Medicare Certified and/or otherwise acting under the scope of its license, where required, with a staff of Physicians, which:

1. Has permanent facilities and equipment for the primary purpose of performing surgical procedures on an Outpatient basis.
2. Provides treatment by or under the supervision of Physicians and provides Skilled Nursing Care while the Participant is in the facility.
3. Does not provide Inpatient accommodations.
4. Is not primarily a facility used as an office or clinic for the private practice of a Physician or other Professional Provider.

**Amendment (Amend)**—a formal document signed by the representatives of the Idaho AGC Self-Funded Benefit Trust. The Amendment adds, deletes or changes the provisions of the Plan and applies to all covered persons, including those persons covered before the Amendment becomes effective, unless otherwise specified.

**American Psychiatric Association**—an organization composed of medical specialists who work together to ensure effective treatment for all persons with a mental disorder.

**American Psychological Association**—a scientific and professional organization that represents psychology in the United States.

**Applied Behavior Analysis (ABA)**—the process of systematically applying interventions based upon the principles of learning theory to make changes to socially significant behavior to a meaningful degree, and to demonstrate the interventions are responsible for the improvement in behavior.

**Approved Clinical Trial**—a phase I, phase II, phase III, or phase IV clinical trial conducted in relation to prevention, detection, or treatment of cancer or other life-threatening condition.

**Artificial Organs**—permanently attached or implanted man-made devices that replace all or part of a Diseased or nonfunctioning body organ, including but not limited to, artificial hearts and pancreases.

**Autism Spectrum Disorder**—means any of the pervasive developmental disorders or autism spectrum disorders, or related diagnoses, as defined by the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM).

**Autotransplant (Or Autograft)**—the surgical transfer of an organ or tissue from one (1) location to another within the same individual.

**Benefit Period**—the specified period of time during which a Participant accumulates annual benefit limits, Deductible amounts and Out-of-Pocket Limits.

**Blue Cross Of Idaho Health Service, Inc. (Blue Cross of Idaho or BCI)**—a nonprofit mutual insurance company, hired by the Board of Trustees to act as the Contract Administrator to perform claims processing and other specific administrative services as outlined in the Plan and/or Administrative Services Agreement.

**BlueCard**—a program to process claims for most Covered Services received by Participants outside of BCI's service area while capturing the local Blue Cross and/or Blue Shield Plan's Provider discounts.

**Blue Distinction Centers For Transplants (BDCT)**—the BDCT are major Hospitals and research institutions located throughout the United States that are designated for Transplants.

**Board of Trustees**—the Board of Trustees of the Idaho AGC Self-Funded Benefit Trust has all discretionary authority to interpret the provisions and control the operation and administration of the Plan within the limits of the law. All decisions made by the Board of Trustees, including final determination of Medical Necessity, shall be final and binding. The Board of Trustees also reserves the right to modify eligibility clauses for new Plan participants who join the Plan as a result of a merger, acquisition or for any employee who was covered under a labor agreement plan during a previous period of employment to which the employee's employer contributes, provided that coverage under this Plan begins within 31 days of the date coverage under the previous Plan terminates. The Idaho AGC Self-Funded Benefit Trust may choose to hire a consultant and/or Contract Administrator to perform specified duties in relation to the Plan. The Board of Trustees also has the right to amend, modify or terminate the Plan at any time or in any manner as outlined in the Administrative Services Agreement.

The administration of the Plan document is under the supervision of the Board of Trustees. The Idaho Associated General Contractors (AGC) acts on behalf of the Board of Trustees. The Board of Trustees has agreed to indemnify each employee in the Idaho Associated General Contractor (AGC) for any liability he/she incurs as a result of acting on behalf of the Board of Trustees, except if such liability is due to his/her gross negligence or misconduct.

**Certified Nurse-Midwife**—an individual licensed to practice as a Certified Nurse Midwife.

**Certified Registered Nurse Anesthetist**—a licensed individual registered as a Certified Registered Nurse Anesthetist.

**Chiropractic Care**—services rendered, referred, or prescribed by a Chiropractic Physician.

**Chiropractic Physician**—an individual licensed to practice chiropractic.

**Clinical Laboratory Improvement Amendments (CLIA)**—a Centers for Medicare & Medicaid Services (CMS) program which regulates all human performed laboratory testing in the United States to ensure quality laboratory testing.

**Clinical Nurse Specialist**—an individual licensed to practice as a Clinical Nurse Specialist.

**Clinical Psychologist**—an individual licensed to practice clinical psychology.

**Congenital Anomaly**—a condition existing at or from birth, which is a significant deviation from the common form or function of the body, whether caused by a hereditary or a developmental defect or Disease. In this Plan, the term significant deviation is defined to be a deviation which impairs the function of the body and includes but is not limited to the conditions of cleft lip, cleft palate, webbed fingers or toes, sixth toes or fingers, or defects of metabolism and other conditions that are medically diagnosed to be Congenital Anomalies.

**Continuous Crisis Care**—Hospice Nursing Care provided during periods of crisis in order to maintain a terminally ill Participant at home. A period of crisis is one in which the Participant's symptom management demands predominantly Skilled Nursing Care.

**Contract Administrator**—Blue Cross of Idaho has been hired as the Contract Administrator by the Board of Trustees to perform claims processing and other specified administrative services in relation to the Plan. The Contract Administrator is not an insurer of health benefits under this Plan and does not exercise any of the discretionary authority and responsibility granted to the Board of Trustees. The Contract Administrator is not responsible for Plan financing and does not guarantee the availability of benefits under this Plan.

**Contracting Provider**—a Provider that has entered into a written agreement with BCI regarding payment for rendered Covered Services rendered to a Participant under a Preferred Blue PPO program.

**Copayment**—a designated dollar and/or percentage amount, separate from Cost-sharing, that a Participant is financially responsible for and must pay to a Provider at the time certain Covered Services are rendered.

**Cost Effective**—a requested or provided medical service or supply that is Medically Necessary in order to identify or treat a Participant's health condition, illness or injury and that is:

1. Provided in the most cost-appropriate setting consistent with the Participant's clinical condition and the Provider's expertise. For example, when applied to services that can be provided in either an Inpatient hospital setting or Outpatient hospital setting, the Cost Effective setting will generally be the outpatient setting. When applied to services that can be provided in a hospital setting or in a physician office setting, the Cost Effective setting will generally be the physician office setting.
2. Not more costly than an alternative service or supply, including no treatment, and at least as likely to produce an equivalent result for the Participant's condition, Disease, Illness or injury.

**Cost-sharing**—the percentage of the Maximum Allowance or the actual charge, whichever is less, a Participant is responsible to pay Out-of-Pocket for Covered Services after satisfaction of any applicable Deductibles or Copayments, or both.

**Covered Service**—when rendered by a Provider, a service, supply, or procedure specified in this Plan for which benefits will be provided to a Participant.

**Custodial Care**—care designated principally to assist a Participant in engaging in the activities of daily living; or services which constitute personal care, such as help in walking and getting in and out of bed, assistance in eating, dressing, bathing, and using the toilet; preparation of special diets; and supervision of medication, which can usually be self-administered and does not require the continuing attention of trained medical or paramedical personnel. Custodial Care is normally, but not necessarily, provided in a nursing home, convalescent home, rest home, or similar institution.

**Deductible**—the amount a Participant is responsible to pay Out-of-Pocket before BCI, on behalf of the Trust, begins to pay benefits for most Covered Services. The amount credited to the Deductible is based on the Maximum Allowance or the actual charge, whichever is less.

**Dentist**—an individual licensed to practice Dentistry.

**Dentistry Or Dental Treatment**—the treatment of teeth and supporting structures, including but not limited to, the replacement of teeth.

**Diagnostic Imaging Provider**—a person or entity that is licensed, where required, and/or Medicare Certified (and/or otherwise acting under the scope of license) to render Covered Services.

**Diagnostic Service**—a test or procedure performed on the order of a Physician or other Professional Provider because of specific symptoms, in order to identify a particular condition, Disease, Illness, or Accidental Injury. Diagnostic Services, include but are not limited to:

1. Radiology services.
2. Laboratory and pathology services.
3. Cardiographic, encephalographic, and radioisotope tests.

**Disease**—any alteration in the body or any of its organs or parts that interrupts or disturbs the performance of vital functions, thereby causing or threatening pain, weakness, or dysfunction. A Disease can exist with or without a Participant’s awareness of it, and can be of known or unknown cause(s).

**Durable Medical Equipment**—items which can withstand repeated use, are primarily used to serve a therapeutic purpose, are generally not useful to a person in the absence of Accidental Injury, Disease or Illness, and are appropriate for use in the Participant’s home.

**Durable Medical Equipment Supplier**—a business that is licensed, where required, and/or Medicare Certified (and/or otherwise acting under the scope of license) to sell or rent Durable Medical Equipment.

**Effective Date**—the date when coverage for a Participant begins under this Plan.

**Electroconvulsive Therapy (ECT)**—Electroconvulsive Therapy (ECT) is a treatment for severe forms of depression, bipolar disorder, schizophrenia and other serious mental illnesses that uses electrical impulses to induce a convulsive seizure.

**Eligible Dependent**—a person eligible for enrollment under a Participating Employee’s coverage. For the purposes of this Plan, the child of a Surrogate will not be considered an Eligible Dependent of the Surrogate or her spouse.

**Eligible Employee**—an employee, sole proprietor or partner of an Employer who is entitled to apply as a Participating Employee.

**Emergency Admission Notification**—notification by the Participant to BCI of an Emergency Inpatient Admission resulting in an evaluation conducted by BCI to determine the Medical Necessity of a Participant’s Emergency Inpatient Admission and the accompanying course of treatment.

**Emergency Inpatient Admission**—Medically Necessary Inpatient admission to a Licensed General Hospital or other Inpatient Facility due to the sudden, acute onset of a medical condition or an Accidental Injury which requires immediate medical treatment to preserve life or prevent severe, irreparable harm to a Participant.

**Emergency Medical Condition**—a condition in which sudden and unexpected symptoms are sufficiently severe to necessitate immediate medical care. Emergency Medical Conditions, include but are not limited to, heart attacks, cerebrovascular accidents, poisonings, loss of consciousness or respiration, and convulsions.

**Employer**—any Employer participating in the Trust.

**Family Coverage**—the enrollment of a Participating Employee and two (2) or more Eligible Dependents under this Plan.

**Freestanding Diabetes Facility**—a person or entity that is recognized by the American Diabetes Association, and/or otherwise acting under the scope of its license, where required, to render Covered Services.

**Freestanding Dialysis Facility**—a Medicare Certified Facility Provider, or other Facility Provider acting under the scope of its license, that is primarily engaged in providing dialysis treatment, maintenance, or training to patients on an Outpatient or home care basis.

**Habilitation (or Habilitative)**—developing skills and functional abilities necessary for daily living and skills related to communication of persons who have never acquired them.

**Health Benefit Plan**—the Idaho AGC Self-Funded Benefit Trust. This coverage is not insurance and the Idaho AGC Self-Funded Benefit Trust does not participate in the State Guaranty Association.

**Homebound**—confined primarily to the home as a result of a medical condition. The term connotes that it is “a considerable and taxing effort” to leave the home due to a medical condition and not because of inconvenience.

**Home Health Agency**—any agency or organization that provides Skilled Nursing Care services and other therapeutic services.

**Home Health Aide**—an individual employed by a Hospice, under the direct supervision of a licensed registered nurse (R.N.), who performs and trains others to perform, intermittent Custodial Care services which include but are not limited to, assistance in bathing, checking vital signs, and changing dressings.

**Home Health Skilled Nursing Care Services**—the delivery of Skilled Nursing Care services under the direction of a Physician to a Homebound Participant. Home Health Skilled Nursing is generally intended to transition a Homebound patient from a hospital setting to a home or prevent a hospital stay, provided such nurse does not ordinarily reside in the Participant's household or is not related to the Participant by blood or marriage.

**Home Intravenous Therapy Company**—a licensed, where required, and/or Medicare Certified (and/or otherwise acting under the scope of its license) pharmacy or other entity that is principally engaged in providing services, medical supplies, and equipment for certain home infusion Therapy Covered Services, to Participants in their homes or other locations outside of a Licensed General Hospital.

**Hospice**—a Medicare Certified (and/or otherwise acting under the scope of its license, if required) public agency or private organization designated specifically to provide services for care and management of terminally ill patients, primarily in the home.

**Hospice Nursing Care**—Skilled Nursing Care and Home Health Aide services provided as a part of the Hospice Plan of Treatment.

**Hospice Plan Of Treatment**—a written plan of care that describes the services and supplies for the Medically Necessary care and treatment to be provided to a Participant by a Hospice. The written plan of care must be established and periodically reviewed by the attending Physician.

**Hospital Grade Breast Pump**—a stronger piston based breast pump that meets hospital requirements for electrical safety, cleaning and sterilization for rental between users. Typically used by a mother with a premature baby or a personal medical condition that affects milk production.

**Hypnosis**—an induced passive state in which there is an increased responsiveness to suggestions and commands, provided that these do not conflict seriously with the subject's conscious or unconscious wishes.

**Illness**—a deviation from the healthy and normal condition of any bodily function or tissue. An Illness can exist with or without a Participant's awareness of it, and can be of known or unknown cause(s).

**In-Network Services**—Covered Services provided by a Contracting Provider.

**Inpatient**—a Participant who is admitted as a bed patient in a Licensed General Hospital or other Facility Provider and for whom a room and board charge is made.

**Intensive Outpatient Program**—Intensive Outpatient Program (IOP) is a treatment program that includes extended periods of therapy sessions, several times a week for a minimum of three (3) hours per day, a minimum of three (3) days per week and a minimum of nine (9) hours per week. It is an intermediate setting between traditional therapy sessions and partial hospitalization.

**Investigational**—any technology (service, supply, procedure, treatment, drug, device, facility, equipment or biological product), which is in a developmental stage or has not been proven to improve health outcomes such as length of life, quality of life, and functional ability. A technology is considered investigational if, as determined by BCI, it fails to meet any one of the following criteria:

- The technology must have final approval from the appropriate government regulatory body. This applies to drugs, biological products, devices, and other products/procedures that must have approval from the U.S. Food and Drug Administration (FDA) or another federal authority before they can be marketed. Interim approval is not sufficient. The condition for which the technology is approved must be the same as that BCI is evaluating.
- The scientific evidence must permit conclusions concerning the effect of the technology on health outcomes. The evidence should consist of current published medical literature and investigations published in peer-reviewed journals. The quality of the studies and consistency of results will be considered. The evidence should demonstrate that the technology can measure or alter physiological changes related to a Disease, injury, Illness, or condition. In addition, there should be evidence that such measurement or alteration affects health outcomes.

- The technology must improve the net health outcome. The technology's beneficial effects on health outcomes should outweigh any harmful effects on health outcomes.
- The technology must be as beneficial as any established alternatives.
- The technology must show improvement that is attainable outside the investigational setting. Improvements must be demonstrated when used under the usual conditions of medical practice.

If a technology is determined to be investigational, all services specifically associated with the technology, including but not limited to associated procedures, treatments, supplies, devices, equipment, facilities or drugs will also be considered investigational.

In determining whether a technology is investigational, BCI considers the following source documents: Blue Cross Blue Shield Association Center for Clinical Effectiveness (CCE) assessments, the Blue Cross and Blue Shield Association Medical Policy Reference Manual as adopted by BCI, and Blue Cross of Idaho Medical Policies. BCI also considers current published medical literature and peer review publications based upon scientific evidence, and evidence-based guidelines developed by national organizations and recognized authorities.

**Keratoconus**—a developmental or dystrophic deformity of the cornea in which it becomes cone-shaped due to a thinning and stretching of the tissue in its central area.

**Licensed Clinical Professional Counselor (LCPC)**—a licensed individual providing diagnosis and treatment of Mental or Nervous Conditions.

**Licensed Clinical Social Worker (LCSW)**—a licensed individual providing diagnosis and treatment of Mental or Nervous Conditions.

**Licensed General Hospital**—a short term, Acute Care, general hospital that:

1. Is an institution licensed in the state in which it is located and is lawfully entitled to operate as a general, Acute Care hospital.
2. Is primarily engaged in providing Inpatient diagnostic and therapeutic services for the diagnosis, treatment, and care of injured and sick persons by or under the supervision of Physicians, for compensation from and on behalf of its patients.
3. Has functioning departments of medicine and Surgery.
4. Provides twenty-four (24) hour nursing service by or under the supervision of licensed R.N.s.
5. Is not predominantly a:
  - a. Skilled Nursing Facility
  - b. Nursing home
  - c. Custodial Care home
  - d. Health resort
  - e. Spa or sanatorium
  - f. Place for rest
  - g. Place for the treatment or Rehabilitative care of Mental or Nervous Conditions
  - h. Place for the treatment or Rehabilitative care of Alcoholism or Substance Abuse or Addiction
  - i. Place for Hospice care
  - j. Residential Treatment Facility
  - k. Transitional Living Center

**Licensed Marriage And Family Therapist (LMFT)**—a licensed individual providing diagnosis and treatment of Mental or Nervous Conditions.

**Licensed Pharmacist**—an individual licensed to practice pharmacy.

**Licensed Rehabilitation Hospital**—a Facility Provider principally engaged in providing diagnostic, therapeutic, and Physical Rehabilitation Services to Participants on an Inpatient basis.

**Lifetime Benefit Limit**—the greatest aggregate amount payable by BCI, on behalf of the Trust and on behalf of a Participant for specified Covered Services during all periods in which the Participant has been continuously enrolled or covered under any agreement, certificate, contract, or plan administered on behalf of the Idaho AGC, Self-Funded Benefit Trust. The Lifetime Benefit Limit shall only apply to Temporomandibular Joint (TMJ) Syndrome Services as shown in the Benefits Outline.

**Maximum Allowance**—for Covered Services under the terms of this Plan, Maximum Allowance is the lesser of the billed charge or the amount established by BCI as the highest level of compensation for a Covered Service. If the Covered Services are rendered outside the state of Idaho by a Noncontracting or Contracting Provider with a Blue Cross and/or Blue Shield affiliate in the location of the Covered Services, the Maximum Allowance is the lesser of the billed charge or the amount established by the affiliate as compensation.

The Maximum Allowance is determined using many factors, including pre-negotiated payment amounts; diagnostic related groupings (DRGs); a resource based relative value scale (RBRVS); ambulatory payment classifications (APCs); the Provider's charge(s); the charge(s) of Providers with similar training and experience within a particular geographic area; Medicare reimbursement amounts; and/or the cost of rendering the Covered Service. Moreover, Maximum Allowance may differ depending on whether the Provider is Contracting or Noncontracting.

In addition, Maximum Allowance for Covered Services provided by Contracting or Noncontracting Dentists is determined using many factors, including pre-negotiated payment amounts, a calculation of charges submitted by Contracting Idaho Dentists, and/or a calculation of the average charges submitted by all Idaho Dentists.

**Medicaid**—Title XIX (Grants to States for Medical Assistance Programs) of the United States Social Security Act as amended.

**Medical Food**—a food which is formulated to be consumed or administered orally or enterally under the supervision of a Physician.

**Medically Necessary (or Medical Necessity)**—the Covered Service or supply recommended by the treating Provider to identify or treat a Participant's condition, Disease, Illness or Accidental Injury and which is determined by BCI to be:

1. The most appropriate supply or level of service, considering potential benefit and harm to the Participant.
2. Proven to be effective in improving health outcomes;
  - a. For new treatment, effectiveness is determined by peer reviewed scientific evidence;
  - b. For existing treatment, effectiveness is determined first by peer reviewed scientific evidence, then by professional standards, then by expert opinion.
3. Not primarily for the convenience of the Participant or Provider.
4. Cost Effective for this condition.

The fact that a Provider may prescribe, order, recommend, or approve a service or supply does not, in and of itself, necessarily establish that such service or supply is Medically Necessary under this Plan.

The term Medically Necessary as defined and used in this Plan is strictly limited to the application and interpretation of this Plan, and any determination of whether a service is Medically Necessary hereunder is made solely for the purpose of determining whether services rendered are Covered Services.

In determining whether a service is Medically Necessary, BCI considers the medical records and, the following source documents: Blue Cross Blue Shield Association Center for Clinical Effectiveness (CCE) assessments, the Blue Cross and Blue Shield Association Medical Policy Reference Manual as adopted by BCI, and Blue Cross of Idaho Medical Policies. BCI also considers current published medical literature and peer review publications based upon scientific evidence, and evidence-based guidelines developed by national organizations and recognized authorities.

**Medicare**—Title XVIII (Health Insurance for the Aged and Disabled) of the United States Social Security Act as amended.

**Medicare Certified**—Centers for Medicare and Medicaid Services (CMS) develops standards that health care organizations must meet in order to begin and continue participating in the Medicare and Medicaid programs. These minimum health and safety standards are the foundation for improving quality and protecting the health and safety of beneficiaries.

These standards are the minimum health and safety requirements that providers and suppliers must meet in order to be Medicare and Medicaid Certified.

**Mental Or Nervous Conditions**—means and includes mental disorders, mental illnesses, psychiatric illnesses, mental conditions, and psychiatric conditions (whether organic or inorganic, whether of biological, nonbiological, chemical or nonchemical origin and irrespective of cause, basis, or inducement). Mental and Nervous Conditions, include but are not limited to: psychoses, neurotic disorders, schizophrenic disorders, affective disorders, personality disorders, and psychological or behavioral abnormalities associated with transient or permanent dysfunction of the brain or related neurohormonal systems.



**Minimum Essential Coverage**—the type of coverage an individual needs to have to meet the individual responsibility requirement under the Affordable Care Act. This includes individual market policies, job-based coverage, Medicare, Medicaid, CHIP, TRICARE and certain other coverage.

**Neuromusculoskeletal Treatment**—means and includes diagnosis and treatment in the form of manipulation and adjustment of the vertebrae, disc, spine, back, neck and adjacent tissues in an Outpatient office or clinic setting and for acute or Rehabilitative purposes.

**Noncontracting Provider**—a Professional Provider or Facility Provider that has not entered into a written agreement with BCI regarding payment for Covered Services rendered to a Participant under a PPO program.

**Nurse Practitioner**—an individual licensed to practice as a Nurse Practitioner.

**Occupational Therapist**—an individual licensed to practice occupational therapy.

**Office Visit**—any direct, one-on-one examination and/or exchange, conducted in the Provider's office, between a Participant and a Provider, or members of his or her staff for the purposes of seeking care and rendering Covered Services. For purposes of this definition, a Medically Necessary visit by a Physician to a Homebound Participant's place of residence may be considered an Office Visit.

**Open Enrollment Period**—the period of time chosen by the Employer, other than during an Initial Enrollment Period or Special Enrollment Period, in which an Eligible Employee and/or Eligible Dependent may enroll in an available Health Benefit Plan offered by their employer, usually once a year.

**Ophthalmologist**—a doctor of medicine (M.D.) who is both a medical doctor and a surgeon. The ophthalmologist is licensed to examine, diagnose and treat disorders and diseases of the eye and visual system of the brain, as well as prescribe corrective lenses (glasses or contacts).

**Optometrist**—a person who is licensed and specializes in optometry to examine, measure and treat certain visual defects by means of corrective lenses or other methods that do not require a license as a physician.

**Organ Procurement**—Diagnostic Services and medical services to evaluate or identify an acceptable donor for a recipient and a donor's surgical and hospital services directly related to the removal of an organ or tissue for such purpose. Transportation for a donor or for a donated organ or tissue is not an Organ Procurement service.

**Orthotic Devices**—any rigid or semi-rigid supportive devices that restrict or eliminate motion of a weak or Diseased body part.

**Out-Of-Network Services**—any Covered Services rendered by a Noncontracting Provider.

**Out-Of-Pocket Limit**—the amount of Out-of-Pocket expenses incurred during one (1) Benefit Period that a Participant is responsible for paying. Eligible Out-of-Pocket expenses include only the Participant's Deductible, Copayments and Cost-sharing for eligible Covered Services.

**Outpatient**—a Participant who receives services or supplies while not an Inpatient.

**Palliative Care**—is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening Illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical and psychosocial.

**Partial Hospitalization Program**—Partial Hospitalization Program (PHP) is a treatment program that provides interdisciplinary medical and psychiatric services. Partial Hospitalization Program (PHP) involves a prescribed course of psychiatric treatment provided on a predetermined and organized schedule and provided in lieu of hospitalization for a patient who does not require full-time hospitalization.

**Participant**—a Participating Employee or an enrolled Eligible Dependent covered under this Plan.

**Participating Employee**—an Eligible Employee who has enrolled for coverage and has satisfied the requirements of the Eligibility and Enrollment Section.

**Physical Rehabilitation**—Medically Necessary non-acute therapy rendered by qualified health care professionals. Physical Rehabilitation is intended to restore a Participant’s physical health and well-being as close as reasonably possible to the level that existed immediately prior to the occurrence of a condition, Disease, Illness, or Accidental Injury.

**Physical Therapist**—an individual licensed to practice physical therapy.

**Physician**—a doctor of medicine (M.D.) or doctor of osteopathy (D.O.) licensed to practice medicine.

**Physician Assistant**—an individual licensed to practice as a Physician Assistant.

**Plan(s)**—a self-insured program(s) maintained by the Trust for the purpose of providing health care benefits to the Plan Participants.

**Plan Date**—the date specified in this Plan on which coverage commences for the Employer.

**Plan Sponsor**—Idaho Branch Inc., Associated General Contractors of America, Inc.

**Podiatrist**—an individual licensed to practice podiatry.

**Post-Service Claim**—any claim for a benefit under this Plan that does not require Prior Authorization before services are rendered.

**Preadmission Testing**—tests and studies required in connection with a Participant’s Inpatient admission to a Licensed General Hospital that are rendered or accepted by the Licensed General Hospital on an Outpatient basis. Preadmission tests and studies must be done prior to a scheduled Inpatient admission to the Licensed General Hospital, provided the services would have been available to an Inpatient of that hospital. Preadmission Testing does not include tests or studies performed to establish a diagnosis.

**Preferred Blue PPO**—a preferred provider organization product offered through BCI.

**Prescription Drugs**—drugs, biologicals, and compounded prescriptions that are FDA approved and can be dispensed only according to a written prescription given by a Physician and/or duly licensed provider, that are listed with approval in the *United States Pharmacopeia*, *National Formulary* or *AMA Drug Evaluations* published by the American Medical Association (AMA), that are prescribed for human consumption, and that are required by law to bear the legend: “Caution—Federal Law prohibits dispensing without prescription.”

**Pre-Service Claim**—any claim for a benefit under this Plan that requires Prior Authorization before services are rendered.

**Primary Care Giver**—a person designated to give direct care and emotional support to a Participant as part of a Hospice Plan of Treatment. A Primary Care Giver may be a spouse, relative, or other individual who has personal significance to the Participant. A Primary Care Giver must be a volunteer who does not expect or claim any compensation for services provided to the Participant.

**Primary Care Provider**—a Professional Provider who is generally the first contact when a Participant seeks medical treatment. Benefits may include services for infants and children, immunizations, screening for infectious and communicable diseases, treating minor injuries and common complaints, and managing chronic disease. A Primary Care Provider includes, but is not limited to, general/family practice, pediatrics, internal medicine, obstetric and gynecology.

**Prior Authorization**—the Provider’s or the Participant’s request to BCI, or delegated entity, for a medical necessity determination of a Participant’s proposed treatment. BCI or the delegated entity may review medical records, test results and other sources of information to make the determination. Prior Authorization is not a determination of benefit coverage. Benefit coverage and eligibility for payment is determined solely by BCI, on behalf of the Trust.

**Prosthetic and Orthotic Supplier**—a person or entity that is licensed, where required, and Medicare Certified (or otherwise acting under the scope of its license) to render Covered Services.

**Prosthetic Appliances**—Prosthetic Appliances are devices that replace all or part of an absent body organ, including contiguous tissue, or replace all or part of the function of a permanently inoperative or malfunctioning body organ.

**Provider**—a person or entity that is licensed, where required, to render Covered Services. For the purposes of this Plan, Providers include any facility or individual who provides a Covered Service while operating within the scope of their professional license and applicable state law, unless exempted by federal law.

1. Facility Providers
  - a. Ambulatory Surgical Facility (Surgery Center)
  - b. Alcoholism or Substance Abuse Treatment
  - c. CLIA Certified, Independent Laboratory
  - d. Home Intravenous Therapy Company
  - e. Hospice
  - f. Licensed Rehabilitation Hospital
  - g. Psychiatric Hospital
  - h. Diagnostic Imaging Provider
  - i. Freestanding Diabetes Facility
  - j. Freestanding Dialysis Facility
  - k. Home Health Agency
  - l. Licensed General Hospital
  - m. Prosthetic and Orthotic Supplier
  - n. Radiation Therapy Center
  - o. Residential Treatment Facility
  - p. Skilled Nursing Facility
2. Professional Providers
  - a. Ambulance Transportation Service
  - b. Audiologist
  - c. Certified Nurse-Midwife
  - d. Certified Registered Nurse Anesthetist
  - e. Chiropractic Physician
  - f. Clinical Nurse Specialist
  - g. Speech Therapist
  - h. Clinical Psychologist
  - i. Licensed Clinical Professional Counselor (LCPC)
  - j. Licensed Clinical Social Worker (LCSW)
  - k. Licensed Marriage and Family Therapist (LMFT)
  - l. Licensed Occupational Therapist
  - m. Licensed Physical Therapist
  - n. Dentist/Denturist
  - o. Durable Medical Equipment Supplier
  - p. Licensed Pharmacist
  - q. Nurse Practitioner
  - r. Optometrist/Optician
  - s. Physician
  - t. Physician Assistant
  - u. Registered Dietitian
  - v. Podiatrist

**Psychiatric Hospital**—a Facility Provider principally engaged in providing diagnostic and therapeutic services and Rehabilitation Services for the Inpatient treatment of Mental or Nervous Conditions, Alcoholism or Substance Abuse or Addiction. These services are provided by or under the supervision of a staff of Physicians, and continuous nursing services are provided under the supervision of a licensed R.N.

**Radiation Therapy Center**—a Facility Provider that is primarily engaged in providing Radiation Therapy Services to patients on an Outpatient basis.

**Recognized Transplant Center**—a Licensed General Hospital that meets any of the following criteria:

1. Is approved by the Medicare program for the requested Transplant Covered Services.
2. Is included in the Blue Cross and Blue Shield System's National Transplant Networks.
3. Has arrangements with another Blue Cross and/or Blue Shield Plan for the delivery of the requested Transplant Covered Services, based on appropriate approval criteria established by that Plan.
4. Is approved by BCI based on the recommendation of BCI's Medical Director.

**Registered Dietitian**—a professional trained in foods and the management of diets (dietetics) who is credentialed by the Commission on Dietetic Registration of the American Dietetic Association, or otherwise acting under the scope of their license, where required.

**Rehabilitation or Habilitation Plan Of Treatment**—a written plan which describes the services and supplies for the Rehabilitation or Habilitation care and treatment to be provided to a Participant. The written plan must be established and periodically reviewed by an attending Physician.

**Rehabilitation (or Rehabilitative)**—restoring skills and functional abilities necessary for daily living and skills related to communication that have been lost or impaired due to disease, illness or injury.

**Residential Treatment Facility (Program)**—a licensed Facility Provider acting under the scope of its license primarily engaged in providing twenty-four (24) hour level of care that provides Participants with long-term or severe mental disorders or substance abuse-related disorders with residential care. Care includes treatment with a range of diagnostic and therapeutic behavioral health services that cannot be provided through existing community programs.

**Respite Care**—care provided to a Homebound Participant as part of a Hospice Plan of Treatment. The purpose of Respite Care is to provide the Primary Care Giver a temporary period of rest from the stress and physical exhaustion involved in caring for the Participant at home.

**Skilled Nursing Care**—nursing service that must be rendered by or under the direct supervision of a licensed R.N. to maximize the safety of a Participant and to achieve the medically desired result according to the orders and direction of an attending Physician. The following components of Skilled Nursing Care distinguish it from Custodial Care that does not require professional health training:

1. The observation and assessment of the total medical needs of the Participant.
2. The planning, organization, and management of a treatment plan involving multiple services where specialized health care knowledge must be applied in order to attain the desired result.
3. Rendering to the Participant, direct nursing services that require specialized training.

**Skilled Nursing Facility**—a licensed Facility Provider primarily engaged in providing Inpatient Skilled Nursing Care to patients requiring convalescent care rendered by or under the supervision of a Physician. Other than incidentally, a Skilled Nursing Facility is not a place or facility that provides minimal care, Custodial Care, ambulatory care, or part-time care services; or care or treatment of Mental or Nervous Conditions, Alcoholism, or Substance Abuse or Addiction.

**Sleep Study**—the continuous monitoring of physiological parameters, such as brain and breathing activity of the Participant during sleep.

**Sound Natural Tooth**—for avulsion or traumatic tooth loss, a Sound Natural Tooth is considered to be one in which the existing conditions of the tooth and its supporting structures did not influence the outcome of the Injury in question, is without impairment, including but not limited to periodontal or other conditions, and is not in need of the treatment provided for any reason other than the Accidental Injury.

For injuries related to fracture of the coronal surface, a Sound Natural Tooth is considered to be one which has not been restored by, including but not limited to, a crown, inlay, onlay or porcelain restoration, or treated by endodontics.

**Special Care Unit**—a designated unit within a Licensed General Hospital that has concentrated facilities, equipment, and support services to provide an intensive level of care for critically ill patients.

**Specialist Provider**—a Professional Provider with an MD or DO designation that has received specialized training and has been certified in a specialty recognized by the American Board of Medical Specialties (ABMS) including, but not limited to cardiology, dermatology, endocrinology, gastroenterology, neurology, etc. A Specialist Provider generally provides expert advice or treatment for conditions that are beyond the scope and training of a Primary Care Provider.

**Substance Abuse Or Addiction**—a behavioral or physical disorder manifested by repeated excessive use of a drug or alcohol to the extent that it interferes with a Participant's health, social, or economic functioning.

**Surgery**—within the scope of a Provider's license, the performance of:

1. Generally accepted operative and cutting procedures.
2. Endoscopic examinations and other invasive procedures using specialized instruments
3. The correction of fractures and dislocations.

4. Customary preoperative and postoperative care.

**Surrogate**—a woman who agrees to become pregnant and give birth to a child for another individual or couple (the “Intended Parents”) in order to give the child to the Intended Parents whether or not the Surrogate is the genetic mother of the child and whether or not the Surrogate does so for compensation.

**Telehealth Virtual Care Services**—health care services conducted with technology that includes live audio and video communication between the Participant and a Provider in compliance with state and federal laws. No benefits are available for visits conducted by (a) audio-only communication when treatment by such method is not permitted under applicable law at the time of visit, (b) e-mail or (c) fax.

**Temporomandibular Joint (TMJ) Syndrome**—jaw joint conditions including temporomandibular joint disorders and craniomandibular disorders, and all other conditions of the joint linking the jaw bone and skull and the complex muscles, nerves, and other tissues relating to that joint.

**Therapy Services**—Therapy Services include only the following:

1. Radiation Therapy—treatment of Disease by x-ray, radium, or radioactive isotopes.
2. Chemotherapy—treatment of malignant Disease by chemical or biological antineoplastic agents.
3. Renal Dialysis—treatment of an acute or chronic kidney condition, which may include the supportive use of an artificial kidney machine.
4. Physical Therapy—treatment by physical means, hydrotherapy, heat or similar modalities, physical agents, biomechanical and neurophysiological principles, or devices to relieve pain, restore maximum function, or prevent disability following a condition, Disease, Illness, Accidental Injury, or loss of a body part.
5. Respiratory Therapy—treatments introducing dry or moist gases into the lungs.
6. Occupational Therapy—treatment that employs constructive activities designed and adapted for a physically disabled Participant to help him or her satisfactorily accomplish the ordinary tasks of daily living and tasks required by the Participant’s particular occupational role.
7. Speech Therapy—corrective treatment of a speech impairment resulting from a condition, Illness, Disease, Surgery, or Accidental Injury; or from Congenital Anomalies, or previous therapeutic processes.
8. Growth Hormone Therapy—treatment administered by intramuscular injection to treat children with growth failure due to pituitary disorder or dysfunction.
9. Home Intravenous Therapy (Home Infusion Therapy)—treatment provided in the home of the Participant or other locations outside of a Licensed General Hospital, that is administered via an intravenous, intraspinal, intra-arterial, intrathecal, subcutaneous, enteral, or intramuscular injection or access device inserted into the body, at or under the direction of a Home Health Agency or other Provider approved by BCI.

**Transplant**—surgical removal of a donated organ or tissue and the transfer of that organ or tissue to a recipient.

**Treatments for Autism Spectrum Disorder**—means evidence-based care and related equipment prescribed or ordered for an individual diagnosed with an Autism Spectrum Disorder, or related diagnoses, by a licensed Physician or a licensed psychologist, including but not limited to behavioral health treatment, pharmacy care, psychiatric care, psychological care, and therapeutic care.

**Trust**—the Idaho AGC Self-Funded Benefit Trust, also the Board of Trustees.

## EXCLUSIONS AND LIMITATIONS SECTION

In addition to the exclusions and limitations listed elsewhere in this Plan, the following exclusions and limitations apply to the entire Plan, unless otherwise specified.

### **I. General Exclusions and Limitations**

There are no benefits for services, supplies, drugs or other charges that are:

- A.** Not Medically Necessary. If services requiring Prior Authorization by Blue Cross of Idaho are performed by a Contracting Provider and benefits are denied as not Medically Necessary, the cost of said services are not the financial responsibility of the Participant. However, the Participant could be financially responsible for services found to be not Medically Necessary when provided by a Noncontracting Provider.
- B.** In excess of the Maximum Allowance.
- C.** For hospital Inpatient or Outpatient care for extraction of teeth or other dental procedures, unless necessary to treat an Accidental Injury or unless an attending Physician certifies in writing that the Participant has a non-dental, life-endangering condition which makes hospitalization necessary to safeguard the Participant's health and life.
- D.** Not prescribed by or upon the direction of a Physician or other Professional Provider; or which are furnished by any individuals or facilities other than Licensed General Hospitals, Physicians, and other Providers.
- E.** Investigational in nature.
- F.** Provided for any condition, Disease, Illness or Accidental Injury to the extent that the Participant is entitled to benefits under occupational coverage, obtained or provided by or through the employer under state or federal Workers' Compensation Acts, or under Employer Liability Acts, or other laws providing compensation for work-related injuries or conditions. This exclusion applies whether or not the Participant claims such benefits or compensation, or recovers losses from a third party.
- G.** Provided or paid for by any federal governmental entity except when payment under this Plan is expressly required by federal law, or provided or paid for by any state or local governmental entity where its charges therefore would vary, or would be affected by the existence of coverage under this Plan.
- H.** Provided for any condition, Accidental Injury, Disease or Illness suffered as a result of any act of war or any war, declared or undeclared.
- I.** Furnished by a Provider who is related to the Participant by blood or marriage and who ordinarily dwells in the Participant's household.
- J.** Received from a dental, vision, or medical department maintained by or on behalf of an employer, a mutual benefit association, labor union, trust or similar person or group.
- K.** For Surgery intended mainly to improve appearance or for complications arising from Surgery intended mainly to improve appearance, except for:
  - 1. Reconstructive Surgery necessary to treat an Accidental Injury, infection, or other Disease of the involved part; or
  - 2. Reconstructive Surgery to correct Congenital Anomalies in a Participant who is a dependent child.
  - 3. Benefits for reconstructive Surgery to correct an Accidental Injury are available even though the accident occurred while the Participant was covered under a prior insurer's coverage.
- L.** Rendered prior to the Participant's Effective Date.
- M.** For personal hygiene, comfort, beautification (including non-surgical services, drugs, and supplies intended to enhance the appearance) even if prescribed by a Physician.
- N.** For exercise or relaxation items or services even if prescribed by a Physician, including but not limited to, air conditioners, air purifiers, humidifiers, physical fitness equipment or programs, spas, hot tubs, whirlpool baths, waterbeds or swimming pools.

- O.** For convenience items including but not limited to Durable Medical Equipment such as bath equipment, cold therapy units, duplicate items, home traction devices, or safety equipment.
- P.** For relaxation or exercise therapies, including but not limited to, educational, recreational, art, aroma, dance, sex, sleep, electro sleep, vitamin, chelation, homeopathic, or naturopathic, massage, or music even if prescribed by a Physician.
- Q.** For telephone consultations; and all computer or Internet communications, except as provided by or in connection with Telehealth Virtual Care Services.
- R.** For failure to keep a scheduled visit or appointment; for completion of a claim form; for interpretation services; or for personal mileage, transportation, food or lodging expenses, unless specified as a Covered Service in this Plan, or for mileage, transportation, food or lodging expenses billed by a Physician or other Professional Provider.
- S.** For Inpatient admissions that are primarily for Diagnostic Services or Therapy Services; or for Inpatient admissions when the Participant is ambulatory and/or confined primarily for bed rest, special diet, behavioral problems, environmental change, or for treatment not requiring continuous bed care.
- T.** For Inpatient or Outpatient Custodial Care; or for Inpatient or Outpatient services consisting mainly of educational therapy, behavioral modification, self-care or self-help training, except as specified as a Covered Service in this Plan.
- U.** For any cosmetic foot care, including but not limited to, treatment of corns, calluses, and toenails (except for surgical care of ingrown or Diseased toenails).
- V.** Related to Dentistry or Dental Treatment, even if related to a medical condition; or Orthoptics, eyeglasses or Contact Lenses, or the vision examination for prescribing or fitting eyeglasses or Contact Lenses, unless specified as a Covered Service in this Plan.
- W.** For hearing aids or examinations for the prescription or fitting of hearing aids, except as specified as a Covered Service in this Plan.
- X.** For any treatment of sexual dysfunction, or sexual inadequacy, including erectile dysfunction and/or impotence, even if related to a medical condition.
- Y.** Made by a Licensed General Hospital for the Participant's failure to vacate a room on or before the Licensed General Hospital's established discharge hour.
- Z.** Not directly related to the care and treatment of an actual condition, Illness, Disease or Accidental Injury.
- AA.** Furnished by a facility that is primarily a nursing home, a convalescent home, or a rest home.
- AB.** For Acute Care, Rehabilitative care, diagnostic testing, except as specified as a Covered Service in this Plan; for Mental or Nervous Conditions and Substance Abuse or Addiction services not recognized by the American Psychiatric and American Psychological Associations.
- AC.** Incurred by an Eligible Dependent child for care or treatment of any condition arising from or related to pregnancy, childbirth, delivery, or an Involuntary Complication of Pregnancy, unless specifically provided as a Covered Service in this Plan.
- AD.** For any of the following:
  1. For appliances, splints or restorations necessary to increase vertical tooth dimensions or restore the occlusion, except as specified as a Covered Service in this Plan;
  2. For orthognathic Surgery, including services and supplies to augment or reduce the upper or lower jaw;
  3. For implants in the jaw; for pain, treatment, or diagnostic testing or evaluation related to the misalignment or discomfort of the temporomandibular joint (jaw hinge), including splinting services and supplies except as specified as a Covered Service under this Plan;
  4. For alveolectomy or alveoloplasty when related to tooth extraction.

- AE.** For weight control or treatment of obesity or morbid obesity, even if Medically Necessary, including but not limited to Surgery for obesity. For reversals or revisions of Surgery for obesity, except when required to correct a life-endangering condition.
- AF.** For use of operating, cast, examination, or treatment rooms or for equipment located in a Contracting or Noncontracting Provider's office or facility, except for Emergency room facility charges in a Licensed General Hospital, unless specified as a Covered Service in this Plan.
- AG.** For the reversal of sterilization procedures, including but not limited to, vasovasostomies or salpingoplasties.
- AH.** Treatment for reproductive procedures, including but not limited to, ovulation induction procedures and pharmaceuticals, artificial insemination, in vitro fertilization, embryo transfer or similar procedures, or procedures that in any way augment or enhance a Participant's reproductive ability, including but not limited to laboratory services, radiology services or similar services related to treatment for reproduction procedures. Any expenses, procedures or services related to Surrogate pregnancy, delivery or donor eggs.
- AI.** For Transplant services and Artificial Organs, except as specified as a Covered Service under this Plan.
- AJ.** For acupuncture.
- AK.** For surgical procedures that alter the refractive character of the eye, including but not limited to, radial keratotomy, myopic keratomileusis, Laser-In-Situ Keratomileusis (LASIK), and other surgical procedures of the refractive-keratoplasty type, to cure or reduce myopia or astigmatism, even if Medically Necessary, unless specified as a Covered Service in a Vision Benefits Section of this Plan, if any. Additionally, reversals, revisions, and/or complications of such surgical procedures are excluded, except when required to correct an immediately life-endangering condition.
- AL.** For Hospice, except as specified as a Covered Service in this Plan.
- AM.** For pastoral, spiritual, bereavement or marriage counseling.
- AN.** For homemaker and housekeeping services or home-delivered meals.
- AO.** For the treatment of injuries sustained while committing a felony, voluntarily taking part in a riot, or while engaging in an illegal act or occupation, unless such injuries are a result of a medical condition or domestic violence.
- AP.** For treatment or other health care of any Participant in connection with an Illness, Disease, Accidental Injury or other condition which would otherwise entitle the Participant to Covered Services under this Plan, if and to the extent those benefits are payable to or due the Participant under any medical payments provision, no fault provision, uninsured motorist provision, underinsured motorist provision, or other first party or no fault provision of any automobile, homeowner's, or other similar policy of insurance, contract, or underwriting plan.  
  
In the event Blue Cross of Idaho (BCI) for any reason makes payment for or otherwise provides benefits excluded by the above provisions, it shall succeed to the rights of payment or reimbursement of the compensated Provider, the Participant, and the Participant's heirs and personal representative against all insurers, underwriters, self-insurers, or other such obligors contractually liable or obliged to the Participant, or his or her estate for such services, supplies, drugs or other charges so provided by BCI in connection with such Illness, Disease, Accidental Injury or other condition.
- AQ.** For which a Participant would have no legal obligation to pay in the absence of coverage under this Plan or any similar coverage; or for which no charge or a different charge is usually made in the absence of health benefits or insurance coverage or charges in connection with work for compensation or charges; or for which reimbursement or payment is contemplated under an agreement with a third party.
- AR.** For a routine or periodic mental or physical examination that is not connected with the care and treatment of an actual Illness, Disease or Accidental Injury or for an examination required on account of employment; or related to an occupational injury; for a marriage license; or for insurance, school or camp application; or for



sports participation physicals; or a screening examination including routine hearing examinations, unless specified as a Covered Service under this Plan.

- AS.** For immunizations except as specifically provided as a Covered Service in the Plan.
- AT.** For breast reduction Surgery or Surgery for gynecomastia.
- AU.** For nutritional supplements.
- AV.** For replacements or nutritional formulas, except when administered enterally due to impairment in digestion and absorption of an oral diet and is the sole source of caloric need or nutrition in a Participant, or except as specified as a Covered Service in this Plan.
- AW.** For vitamins and minerals, unless required through a written prescription and cannot be purchased over the counter.
- AX.** For an elective abortion, except to preserve the life of the female upon whom the abortion is performed, unless benefits for an elective abortion are specifically provided by a separate Endorsement to this Plan.
- AY.** For alterations or modifications to a home or vehicle.
- AZ.** For special clothing, including shoes (unless permanently attached to a brace).
- AAA.** Provided to a person enrolled as an Eligible Dependent, but who no longer qualifies as an Eligible Dependent due to a change in eligibility status that occurred after enrollment.
- AAB.** Provided outside the United States, which if had been provided in the United States, would not be a Covered Service under this Plan.
- AAC.** For outpatient pulmonary and/or outpatient cardiac Rehabilitation, except as specified as a Covered Service under this Plan.
- AAD.** For complications arising from the acceptance or utilization of services, supplies or procedures that are not a Covered Service.
- AAE.** For the use of Hypnosis, as anesthesia or other treatment, except as specified as a Covered Service.
- AAF.** For dental implants, appliances (with the exception of sleep apnea devices), and/or prosthetics, and/or treatment related to Orthodontia, even when Medically Necessary, unless specified as a Covered Service in this Plan.
- AAG.** For arch supports, orthopedic shoes, and other foot devices, except as specified as a Covered Service in this Plan.
- AAH.** For wigs.
- AAI.** For cranial molding helmets, unless used to protect post cranial vault surgery.
- AAJ.** For surgical removal of excess skin that is the result of weight loss or gain, including but not limited to association with prior weight reduction (obesity) Surgery.
- AAK.** For the purchase of Therapy or Service Dogs/Animals and the cost of training/maintaining said animals.
- AAL.** For procedures including but not limited to breast augmentation, liposuction, Adam's apple reduction, rhinoplasty and facial reconstruction and other procedures considered cosmetic in nature.
- AAM.** Any newly FDA approved Prescription Drug, biological agent, or other agent until it has been reviewed and implemented by BCI's Pharmacy and Therapeutics Committee.

- AAN.** For the treatment of injuries sustained while operating a motor vehicle under the influence of alcohol and/or narcotics. For purposes of this Plan exclusion, “Under the influence” as it relates to alcohol means having a whole blood alcohol content of .08 or above or a serum blood alcohol content of .10 or above as measured by a laboratory approved by the State Police or a laboratory certified by the Centers for Medicare and Medicaid Services. For purposes of this Plan exclusion, “Under the influence” as it relates to narcotics means impairment of driving ability caused by the use of narcotics not prescribed or administered by a Physician.
- AAO.** Rendered after exhaustion of an established benefit limit, unless authorized at the discretion of the Trust and in accordance with specific BCI medical criteria.
- AAP.** All services, supplies, devices and treatment that are not FDA approved.
- AAQ.** Any services, interventions occurring within the framework of an educational program or institution; or provided in or by a school/educational setting; or provided as a replacement for services that are the responsibility of the educational system.

**II. Preexisting Condition Waiting Period**

There is no preexisting condition waiting period for benefits available under this Plan.

## GENERAL PROVISIONS SECTION

### **I. Termination or Modification of a Participant's Coverage Under this Plan**

- A.** If a Participating Employee ceases to be an Eligible Employee or the Employer does not remit the required contribution, the Participating Employee's coverage and the coverage of any and all enrolled Eligible Dependents will terminate on the last day of the last month for which payment was made. If the Employer does not remit the required payments as required by the Participation agreement and the Trust elects to terminate this Employer's Agreement, the Participating Employee's coverage and the coverage of any and all enrolled Eligible Dependents will terminate on the last day for which the Employer reimbursed the Trust.
- B.** Except as provided in this paragraph, coverage for a Participant who is no longer eligible under this Plan will terminate on the date a Participant no longer qualifies as a Participant, as defined in the Eligibility and Enrollment Section. Coverage will not terminate because of age for a Participant who is a dependent child incapable of self-sustaining employment by reason of intellectual disability or physical handicap, who became so incapable prior to reaching the age limit, and who is chiefly dependent on the Participating Employee for support and maintenance, provided the Participating Employee, within thirty-one (31) days of when the dependent child reaches the age limit, has submitted to BCI (at the Participating Employee's expense) a Physician's certification of such dependent child's incapacity. BCI, on behalf of the Trust, may require, at reasonable intervals during the two (2) years following when the child reaches the age limit, subsequent proof of the child's continuing disability and dependency. After two (2) years, BCI, on behalf of the Trust, may require such subsequent proof once each year. Coverage for the dependent child will continue so long as this Plan remains in effect, the child's disability and financial dependency exists, and the child has not exhausted benefits.
- C.** Termination or modification of this Plan automatically terminates or modifies all of the Participant's coverage and rights hereunder. It is the responsibility of the Employer to notify all of its Participants of the termination or any modification of this Plan, and the Trust's notice to the Employer, upon mailing or any other delivery, constitutes complete and conclusive notice to the Participants.
- D.** Except as otherwise provided in this Plan, no benefits are available to a Participant for Covered Services rendered after the date of termination of a Participant's coverage.
- E.** The Trust may terminate or retroactively rescind a Participant's coverage under this Plan for any intentional misrepresentation, omission, or concealment of fact by, concerning, or on behalf of any Participant that was or would have been material to the Trust's acceptance of a risk, extension of coverage, provision of benefits, or payment of any claim.
- F.** Prior to legal finalization of an adoption, the coverage provided in this Plan for a child placed for adoption with a Participating Employee continues as it would for a naturally born child of the Participating Employee until the first of the following events occurs:
1. The date the child is removed permanently from placement and the legal obligation terminates, or
  2. The date the Participating Employee rescinds, in writing, the agreement of adoption or the agreement assuming financial responsibility.
- If one (1) of the foregoing events occurs, coverage terminates on the last day of the month in which such event occurs.
- G.** Coverage under this Plan will terminate for an Eligible Dependent on the last day of the month he or she no longer qualifies as an Eligible Dependent due to a change in eligibility status.

### **II. COBRA and ERISA Compliance**

BCI is not the plan administrator for compliance with the Consolidated Omnibus Budget Reconciliation Act of 1985 (COBRA) and any amendments to it; nor is BCI the plan administrator for the Employee Retirement Income Security Act (ERISA) and any amendments to it. Except for services BCI has agreed to perform regarding COBRA, the Trust is responsible for satisfaction of notice, disclosure, and other obligations if these laws are applicable to the Employer.

### **III. Contract Between BCI and The Trust—Description Of Coverage**

This Plan is a contract between BCI and the Trust. The Trust will provide the Employer with copies of the Plan to give to each Participating Employee as a description of coverage or provide electronic access to the Plan, but this Plan shall not be construed as a contract between BCI or the Trust and any Participating Employee. The Trust's mailing or any other delivery of this Plan to the Employer constitutes complete and conclusive issuance and delivery thereof to each Participating Employee.

### **IV. Applicable Law**

This Plan shall be governed by and interpreted according to the laws of the state of Idaho.

### **V. Benefits to Which Participants Are Entitled**

- A.** Subject to all of the terms of this Plan, a Participant is entitled to benefits for Covered Services in the amounts specified in the benefit sections and/or in the Benefits Outline.
- B.** In the event of an Inpatient Admission that occurs prior to the Employer's transfer to the Trust and the Effective Date of coverage under this Plan, benefits will be provided only when the Participant receives services that are Covered Services under this Plan. The outgoing carrier has primary responsibility for providing benefits for the Inpatient treatment from the date of admission until the first of the following events occur:
- The Participant is discharged,
  - The Benefit Period under the previous coverage ends, or
  - Until benefits under the outgoing carrier's policy are exhausted.
- BCI will provide benefits for Covered Services incurred following the Effective Date of coverage reduced by the benefits paid by the outgoing carrier.
- C.** Benefits will be provided only if Covered Services are prescribed by, or performed by, or under the direction of a Physician or other Professional Provider and are regularly and customarily included in such Providers' charges.
- D.** Covered Services are subject to the availability of Licensed General Hospitals and other Facility Providers and the ability of the employees of such Providers and of available Physicians to provide such services. The Trust and/or BCI shall not assume nor have any liability for conditions beyond its control which affect the Participant's ability to obtain Covered Services.
- E.** The Board of Trustees intends the Plan to be permanent, but because future conditions affecting the Idaho AGC Self-Funded Benefit Trust cannot be anticipated or foreseen, the Board of Trustees reserves the right to amend, modify, or terminate the Plan at any time, which may result in the termination or modification of the Participants' Coverage. Expenses incurred prior to the Plan modification or termination will be paid as provided under the terms of the Plan prior to its modification or termination. Any material change made to this Plan will be provided in writing within sixty (60) days of the Effective Date of change.

### **VI. Notice Of Claim**

BCI will process claims for benefits on behalf of the Trust according to the Administrative Services Agreement between the parties. A claim for Covered Services must be submitted within one year from the date of service and must include all the information necessary for BCI, on behalf of the Board of Trustees, to determine benefits.

### **VII. Release and Disclosure of Medical Records and Other Information**

- A.** In order to effectively apply the provisions of this Plan, BCI may obtain information from Providers and other entities pertaining to any health related services that the Participant may receive or may have received in the past. BCI may also disclose to Providers and other entities, information obtained from the Participant's transactions such as policy coverage, contributions, payment history and claims data necessary to allow the processing of a claim and for other health care operations. To protect the Participant's privacy, BCI treats all information in a confidential manner. For further information regarding BCI's privacy policies and procedures, the Participant may request a copy of BCI's Notice of Privacy Practices by contacting Customer Service at the number provided in this Plan.
- B.** As a condition of coverage under this Plan, each Participant authorizes Providers to testify at BCI's request as to any information regarding the Participant's medical history, services rendered, and treatment received. Any and all provisions of law or professional ethics forbidding such disclosures or testimony are waived by and in behalf of each Participant.

## **VIII. Exclusion of General Damages**

Liability under this Plan for benefits conferred hereunder, including recovery under any claim or breach of this Plan, shall be limited to the actual benefits for Covered Services as provided herein and shall specifically exclude any claim for general damages, including but not limited to, alleged pain, suffering or mental anguish, or for economic loss, or consequential loss or damages.

## **IX. Payment of Benefits**

Blue Cross of Idaho provides administrative claims payment services only and does not assume any financial risk or obligation with respect to claims.

**A.** BCI, on behalf of the Trust, is authorized by the Participant to make payments directly to Providers rendering Covered Services to the Participant for benefits provided under this Plan. Notwithstanding this authorization, BCI, on behalf of the Trust, reserves and shall have the right to make such payments directly to the Participant. Except as provided by law, BCI's right, on behalf of the Trust, to pay a Participant directly is not assignable by a Participant nor can it be waived without BCI's concurrence, on behalf of the Trust, nor may the right to receive benefits for Covered Services under this Plan be transferred or assigned, either before or after Covered Services are rendered. Payments will also be made in accordance with any assignment of rights required by state Medicaid plan.

**B.** Blue Cross of Idaho prohibits direct or indirect payment by third parties unless it meets the standards set below.

Family, friends, religious institutions, private, not-for-profit foundations such as Indian tribes, tribal organizations, urban Indian organizations, state and federal government programs or grantees or sub-grantees such as the Ryan White HIV/AIDS Program and other similar entities are not prohibited from paying contribution on behalf of an individual receiving medical treatment. Cost-sharing contributions made from permitted third parties will be applied to the Participants applicable Deductible and/or Out-of-Pocket Limit.

Each of the following criteria must be met for BCI to accept a third party payment:

1. the assistance is provided on the basis of the Participant's financial need;
2. the institution/organization is not a healthcare Provider; and
3. the institution/organization is not financially interested. Financially interested institutions/organizations include institutions/organizations that receive the majority of their funding from entities with a pecuniary interest in the payment of health insurance claims, or institutions/organizations that are subject to direct or indirect control of entities with a pecuniary interest in the payment of health insurance claims.

To assist in appropriately applying Cost-sharing contributions made from a permitted third party to the Participants applicable Deductible and/or Out-of-Pocket Limit, the Participant is encouraged to provide notification to BCI if they receive any form of assistance for payment of their contribution, Cost-sharing, Copayment or Deductible amounts.

Contributions submitted in violation of this provision will not be accepted and the Participating Employee's Plan may be terminated for non-payment. Cost-sharing contributions made from non-permitted third parties will not be applied to the Participants applicable Deductible and/or Out-of-Pocket Limit. BCI will inform the Participant in writing of the reason for rejecting or otherwise refusing to treat a third party payment as a payment from the Participant and of the Participant's right to file a complaint with the Department of Insurance.

**C.** Once Covered Services are rendered by a Provider, BCI, on behalf of the Trust, shall not be obliged to honor Participant requests not to pay claims submitted by such Provider, and BCI, on behalf of the Trust, shall have no liability to any person because of its rejection of such request; however, in its sole discretion, for good cause, BCI, on behalf of the Trust, may nonetheless deny all or any part of any Provider claim.

**X. Participant/Provider Relationship**

- A. The choice of a Provider is solely the Participant's.
- B. BCI does not render Covered Services but only makes payment for Covered Services received by Participants. BCI and the Trust are not liable for any act or omission or for the level of competence of any Provider, and BCI and the Trust have no responsibility for a Provider's failure or refusal to render Covered Services to a Participant.
- C. The use or nonuse of an adjective such as Contracting or Noncontracting is not a statement as to the ability of the Provider.

**XI. Participating Plan**

BCI may, in its sole discretion, make an agreement with any appropriate entity (referred to as a Participating Plan) to provide, in whole or in part, benefits for Covered Services to Participants, but it shall have no obligation to do so.

**XII. Coordination of this Plan's Benefits with Other Benefits**

This Coordination of Benefits (COB) provision applies when a Participant has health care coverage under more than one (1) Contract. Contract is defined below.

The Order of Benefit Determination Rules govern the order in which each Contract will pay a claim for benefits. The Contract that pays first is called the Primary Contract. The Primary Contract must pay benefits in accordance with its policy terms without regard to the possibility that another Contract may cover some expenses. The Contract that pays after the Primary Contract is the Secondary Contract. The Secondary Contract may reduce the benefits it pays so that payments from all Contracts does not exceed one hundred percent (100%) of the total Allowable Expenses.

**A. Definitions**

- 1. A Contract is any of the following that provides benefits or services for medical or dental care or treatment. If separate Contracts are used to provide coordinated coverage for members of a group, the separate Contracts are considered parts of the same Contract and there is no COB among those separate contracts.
  - a) Contract includes: group and non-group insurance contracts, health maintenance organization (HMO) contracts, Closed Panel Plans or other forms of group or group type coverage (whether insured or uninsured); medical care components of long-term care contracts, such as skilled nursing care; medical benefits under group or individual automobile contracts; and Medicare or any other federal governmental plan, as permitted by law.
  - b) Contract does not include: hospital indemnity coverage or other fixed indemnity coverage; accident only coverage; specified disease or specified accident coverage; limited benefit health coverage, as defined by state law; school accident type coverage; benefit for non-medical components of long-term care policies; Medicare supplement policies; Medicare or any other federal governmental plans, unless permitted by law.

Each Contract for coverage under a) or b) is a separate Contract. If a Contract has two (2) parts and COB rules apply only to one (1) of the two (2), each of the parts is treated as a separate Contract.

- 2. This Contract means, in a COB provision, the part of the Contract providing the health care benefits to which the COB provision applies and which may be reduced because of the benefits of other Contracts. Any other part of the Contract providing health care benefits is separate from this plan. A Contract may apply one (1) COB provision to certain benefits, such as dental benefits, coordinating only with similar benefits, any may apply under COB provision to coordinate other benefits.
- 3. The Order of Benefit Determination Rules determine whether This Contract is a Primary Contract or Secondary Contract when the Participant has health care coverage under more than one (1) Contract. When This Contract is primary, it determines payment for its benefits first before those of any other Contract without considering any other Contract's benefits. When This Contract is secondary, it determines its benefits after those of another Contract and may reduce the benefits it pays so that all Contract benefits do not exceed one hundred percent (100%) of the total Allowable Expense.

4. Allowable Expense is a health care expense, including Deductibles, Cost-sharing and Copayments, that is covered at least in part by any Contract covering the Participant. When a Contract provides benefits in the form of services, the reasonable cash value of each service will be considered an Allowable Expense and a benefit paid. An expense that is not covered by any Contract covering the Participant is not an Allowable Expense. In addition, any expense that a provider by law or in accordance with a contractual agreement is prohibited from charging a covered person is not an Allowable Expense.

The following are examples of expenses that are not Allowable Expenses:

- a) The difference between the cost of a semi-private hospital room and a private hospital room is not an Allowable Expense, unless one of the Contracts provides coverage for private hospital room expenses.
  - b) If a Participant is covered by two (2) or more Contracts that compute their benefit payments on the basis of usual and customary fees or relative value schedule reimbursement methodology, or other similar reimbursement methodology, any amount in excess of the highest reimbursement amount for a specific benefit is not an Allowable Expense.
  - c) If a Participant is covered by two (2) or more Contracts that provide benefits or services on the basis of negotiated fees, an amount in excess of the highest of the negotiated fees is not an Allowable Expense.
  - d) If a Participant is covered by one (1) Contract that calculates its benefits or services on the basis of usual and customary fees or relative value schedule reimbursement methodology or other similar reimbursement methodology and another Contract that provides its benefits or services on the basis of negotiated fees, the Primary Contract's payment arrangement shall be the Allowable Expense for all Contracts. However, if the provider has contracted with the Secondary Contract to provide the benefit or service for a specific negotiated fee or payment amount that is different than the Primary Contract's payment arrangement and if the provider's contract permits, the negotiated fee or payment shall be the Allowable Expense used by the Secondary Contract to determine its benefits.
  - e) The amount of any benefit reduction by the Primary Contract because a covered person has failed to comply with the Contract provisions is not an Allowable Expense. Examples of these types of Contract provisions include second surgical opinions, pre-certificate of admissions, and preferred provider arrangements.
5. Closed Panel Plan is a Contract that provides health care benefits to covered persons primarily in the form of services through a panel of providers that have contracted with or are employed by the Plan, and that excludes coverage for services provided by other providers, except in cases of emergency or referral by a panel member.
6. Custodial Parent is the parent awarded custody by a court decree or, in the absence of a court decree, is the parent with whom the child resides more than one half of the calendar year excluding any temporary visitation.

**B. Order of Benefit Determination Rules**

When a Participant is covered by two (2) or more Contracts, the rules for determining the order of benefit payments are as follows:

1. The Primary Contract pays or provides its benefits according to its terms of coverage and without regard to the benefits of any other Contract.
2.
  - a) Except as provided in Paragraph 2.b) below, a Contract that does not contain a coordination of benefits provision that is consistent with this regulation is always primary unless the provisions of both Contracts state that the complying Contract is primary.
  - b) Coverage that is obtained by virtue of membership in a group that is designed to supplement a part of a basic package of benefits and provides that this supplementary

coverage shall be excess to any other parts of the Contract provided by the Contract holder. Examples of these types of situations are major medical coverages that are superimposed over base plan hospital and surgical benefits, and insurance type coverages that are written in connection with a Closed Panel Plan to provide out-of-network benefits.

3. A Contract may consider the benefits paid or provided by another Contract in calculating payment of its benefits only when it is secondary to that other Contract.
4. Each Contract determines its order of benefits using the first of the following rules that apply:
  - a) Non-Dependent or Dependent. The Contract that covers the Participant other than as a dependent, for example as an employee, member, policyholder, subscriber or retiree is the Primary Contract and the Contract that covers the Participant as a dependent is the Secondary Contract. However, if the Participant is a Medicare beneficiary and, as a result of federal law, Medicare is secondary to the Contract covering the Participant as a dependent; and primary to the Contract covering the Participant as other than a dependent (e.g. a retired employee); then the order of benefits between the two Contracts is reversed so that the Contract covering the Participant as an employee, member, policyholder, subscriber or retiree is the Secondary Contract and the other Contract is the Primary Contract.
  - b) Dependent Child Covered Under More Than One Contract. Unless there is a court decree stating otherwise, when a dependent child is covered by more than one Contract the order of benefits is determined as follows:
    - (1) For a dependent child whose parents are married or are living together, whether or not they have ever been married: The Contract of the parent whose birthday falls earlier in the calendar year is the Primary Contract; or If both parents have the same birthday, the Contract that has covered the parent the longest is the Primary Contract.
    - (2) For a dependent child whose parents are divorced or separated or not living together, whether or not they have ever been married:
      - i. If a court decree states that one of the parents is responsible for the dependent child's health care expenses or health care coverage and the Contract of that parent has actual knowledge of those terms, that Contract is primary. This rule applies to Contract year commencing after the Contract is given notice of the court decree;
      - ii. If a court decree states that both parents are responsible for the health care expenses or health care coverage of the dependent child, the provisions of Subparagraph (1) shall determine the order of benefits;
      - iii. If a court decree states both parents have joint custody without specifying that one parent has responsibility for the health care expenses or health care coverage, the provisions of Subparagraph (1) above shall determine the order of benefits;
      - iv. If there is no court decree allocating responsibility for the dependent child's health care expenses or health care coverage, the order of benefits for the child are as follows:
        1. The Contract covering the Custodial Parent;
        2. The Contract covering the spouse of the Custodial Parent;
        3. The Contract covering the non-Custodial Parent; and then
        4. The Contract covering the spouse of the non-Custodial Parent.
  - c) Active Employee or Retired or Laid-off Employee. The Contract that covers a Participant as an active employee, that is, an employee who is neither laid off nor retired, is the Primary Contract. The Contract covering that same Participant as a retired or laid-off employee is the Secondary Contract. The same would hold true if a Participant is a dependent of an active employee and that same Participant is a dependent of a retired or laid-off employee. If the other Contract does not have this rule, and as a result, the

For a dependent child covered under more than one Contract of individuals who are not the parents of the child, the provisions of Subparagraph (1) or (2) above shall determine the order of benefits as if those individuals were the parents of the child.

- c) Active Employee or Retired or Laid-off Employee. The Contract that covers a Participant as an active employee, that is, an employee who is neither laid off nor retired, is the Primary Contract. The Contract covering that same Participant as a retired or laid-off employee is the Secondary Contract. The same would hold true if a Participant is a dependent of an active employee and that same Participant is a dependent of a retired or laid-off employee. If the other Contract does not have this rule, and as a result, the



Contracts do not agree on the order of benefits, this rule is ignored. This rule does not apply if the rule labeled 4.a) can determine the order of benefits.

- d) **COBRA or State Continuation Coverage.** If a Participant whose coverage is provided pursuant to COBRA or under a right of continuation provided by state or other federal law is covered under another Contract, the Contract covering the Participant as an employee, member, subscriber or retiree or covering the Participant as a dependent of an employee, member, subscriber or retiree is the Primary Contract and the COBRA or state or other federal continuation coverage is the Secondary Contract. If the other Contract does not have this rule, and as a result, the Contracts do not agree on the order of benefits, this rule is ignored. This rule does not apply if the rule labeled 4.a) can determine the order of benefits.
- e) **Longer or Shorter Length of Coverage.** The Contract that covered the Participant as an employee, member, policyholder, subscriber, or retiree longer is the Primary Contract and the Contract that covered the Participant the shorter period of time is the Secondary Contract.
- f) If the preceding rules do not determine the order of benefits, the Allowable Expenses shall be shared equally between the Contracts meeting the definition of Contract. In addition, This Contract will not pay more than it would have paid had it been the Primary Contract.

**C. Effect on the Benefits of this Contract**

- 1. When This Contract is secondary, it may reduce its benefits so that the total benefits paid or provided by all Contracts during a Contract year are not more than the total Allowable Expenses. In determining the amount to be paid for any claim, the Secondary Contract will calculate the benefits it would have paid in the absence of other health care coverage and apply that calculated amount to any Allowable Expense under its Contract that is unpaid by the Primary Contract. The Secondary Contract may then reduce its payment by the amount so that, when combined with the amount paid by the Primary Contract, the total benefits paid or provided by all Contracts for the claim do not exceed the total Allowable Expenses for that claim. In addition, the Secondary Contract shall credit to its Contract deductible any amounts it would have credited to its deductible in the absence of other health care coverage.
- 2. If a covered person is enrolled in two or more Closed Panel Plans and if, for any reason, including the provision of service by a non-panel provider, benefits are not payable by one Closed Panel Plan, COB shall not apply between that Contract and other Closed Panel Plans.

**D. Facility of Payment**

A payment made under another Contract may include an amount that should have been paid under This Contract. If it does, BCI may pay that amount to the organization that made that payment. That amount will then be treated as though it were a benefit paid under This Contract. BCI will not have to pay that amount again. The term “payment made” includes providing benefits in the form of services, in which case “payment made” means the reasonable cash value of the benefits provided in the form of services.

**E. Right of Recovery**

If the amount of the payments made by BCI is more than it should have paid under this COB provision, it may recover the excess from one or more of the Participants it has paid or for whom it has paid; or any other Participant or organization that may be responsible for the benefits or services provided for the covered Participant. The “amount of the payments made” includes the reasonable cash value of any benefits provided in the form of services.

**XIII. Benefits for Medicare Eligibles Who Are Covered Under this Plan**

- A. If the Employer has twenty (20) or more employees, any Eligible Employee or spouse of an Eligible Employee who becomes or remains a Participant of the Employer covered by this Plan after becoming eligible for Medicare (due to reaching age sixty-five (65)) is entitled to receive the benefits of this Plan as primary.
- B. If the Employer has one hundred (100) or more employees or the Employer is an organization which includes an employer with one hundred (100) or more employees, any Eligible Employee, spouse of an Eligible

Employee or dependent child of an Eligible Employee who becomes or remains a Participant of the Employer covered by this Plan after becoming eligible for Medicare due to disability is entitled to receive the benefits of this Plan as primary.

- C. A Participant eligible for Medicare based solely on end stage renal Disease is entitled to receive the benefits of this Plan as primary for eighteen (18) months only, beginning with the month of Medicare entitlement, if Medicare entitlement is effective before March 1, 1996. If Medicare entitlement is effective on or after March 1, 1996, the Participant is entitled to receive the benefits of this Plan as primary for thirty (30)-months only, beginning with the month of Medicare entitlement. Medicare is secondary during the thirty (30)-month period, known as the coordination period. When this Plan is primary, it pays in accordance with the terms of this Plan. In certain circumstances, such as when using a Noncontracting Provider, Participant may be responsible for amounts in excess of the Maximum Allowance. Medicare does not typically permit billing for amounts in excess of the Maximum Allowance, when it is primary. Participant should contact Medicare for more information about their options.
- D. The Employer's retirees, if covered under this Plan, and Eligible Employees or spouses of Eligible Employees (if a Participant) who are not subject to paragraphs A., B. or C. of this provision and who are Medicare eligible, will receive the benefits of this Plan reduced by any benefits available under Medicare. This applies even if the Participant fails to enroll in Medicare or does not claim the benefits available under Medicare.

#### **XIV. Incorporated by Reference**

All of the terms, limitations and exclusions of coverage contained in this Plan are incorporated by reference into all sections, endorsements, riders, and Amendments and are as effective as if fully expressed in each one unless specifically noted to the contrary.

#### **XV. Inquiry and Appeals Procedures**

If the Participant's claim for benefits is denied and BCI issues an Adverse Benefit Determination, the Participant must first exhaust any applicable internal appeals process described below prior to pursuing legal action.

##### **A. Informal Inquiry**

For any initial questions concerning a claim, a Participant should call or write BCI's Customer Service Department. BCI's phone numbers and addresses are listed on the Explanation of Benefits (EOB) form and in the Contact Information section of this Plan.

##### **B. Formal Appeal**

A Participant who wishes to formally appeal a Pre-Service Claim decision by BCI, on behalf of the Trust, may do so through the following process:

1. A Participant may have an authorized representative pursue a benefit claim or an appeal of an Adverse Benefit Determination on their behalf. BCI requires that a Participant execute BCI's "Appointment of Authorized Representative" form before BCI, on behalf of the Trust determines that an individual has been authorized to act on behalf of the Participant. The form can be found on BCI's website at [www.bcidaho.com](http://www.bcidaho.com).
2. A written appeal must be sent to the Appeals and Grievance Coordinator within one hundred eighty (180) days after receipt of the notice of Adverse Benefit Determination. Urgent claim appeals, and the documents in support of such appeals may be submitted by phone or facsimile. The appeal should set forth the reasons why the Participant contends BCI's decision was incorrect. Any written comments, documents or other relevant information may be submitted with the appeal.
3. After receipt of the appeal, all facts, including those originally used in making the initial decision and any additional information that is sent or that is otherwise relevant, will be reviewed by a BCI Medical Director or physician designee. For non-urgent claim appeals, BCI will mail a written reply to the Participant within fifteen (15) days after receipt of the written appeal. Urgent claim appeals will be notified orally within seventy-two (72) hours. If the original decision is upheld, the reply will state the specific reasons for denial and the specific provisions on which the decision is based. Each appeal will be processed as quickly as possible taking into account the medical exigencies of each claim.
4. Furthermore, the Participant or their authorized representative has the right to reasonable access to, and copies of all documents, records, and other information that are relevant to the appeal.

5. If the original, non-urgent claim decision is upheld upon reconsideration, the Participant may send an additional written appeal to the Appeals and Grievance Coordinator requesting further review. This appeal must set forth the reasons for requesting additional reconsideration and must be sent within thirty (30) days of BCI's mailing of the initial reconsideration decision. A BCI Medical Director who is not subordinate to the Medical Director or physician designee who decided the initial appeal, will issue a final decision after consideration of all relevant information. A final decision on the appeal will be made within fifteen (15) days of its receipt.

**C. A Participant who wishes to formally appeal a Post-Service Claims decision by BCI, on behalf of the Trust, may do so through the following process:**

1. A Participant may have an authorized representative pursue a benefit claim or an appeal of an Adverse Benefit Determination on their behalf. BCI requires that a Participant execute BCI's "Appointment of Authorized Representative" form before BCI, on behalf of the Trust determines that an individual has been authorized to act on behalf of the Participant. The form can be found on BCI's website at [www.bcidaho.com](http://www.bcidaho.com).
2. A written appeal must be sent to the Appeals and Grievance Coordinator within one hundred eighty (180) days after receipt of the notice of Adverse Benefit Determination. This written appeal should set forth the reasons why the Participant contends BCI's decision was incorrect. Any written comments, documents or other relevant information may be submitted with the appeal.
3. After receipt of the written appeal, all facts, including those originally used in making the initial decision and any additional information that is sent or that is otherwise relevant, will be reviewed by a BCI Medical Director, or physician designee if the appeal requires medical judgment. BCI shall mail a written reply to the Participant within thirty (30) days after receipt of the written appeal. If the original decision is upheld, the reply will list the specific reasons for denial and the specific provisions on which the decision is based. Each appeal will be processed as quickly as possible.
4. Furthermore, the Participant or their authorized representative has the right to reasonable access to, and copies of all documents, records, and other information that are relevant to the appeal.
5. If the original decision is upheld upon reconsideration, the Participant may send an additional written appeal to the Appeals and Grievance Coordinator requesting *further review*. This appeal must set forth the reasons for requesting additional reconsideration and must be sent within sixty (60) days of BCI's mailing of the initial reconsideration decision. A BCI Medical Director who is not subordinate to the Medical Director or physician designee who decided the initial appeal, will issue a final decision after consideration of all relevant information, if the appeal requires medical judgment. A final decision on the appeal will be made within thirty (30) days of its receipt. If the appeal does not require medical judgment, a BCI Vice President who did not decide the initial appeal will issue the decision.

**D. Participant's Rights to an Independent External Review**

***Please read this carefully. It describes a procedure for review of a disputed health claim by a qualified professional who has no affiliation with BCI. If a Participant or their authorized representative requests an independent external review of a claim, the decision made by the independent reviewer will be binding and final on the Trust. The Participant or their authorized representative will have the right to further review the claim by a court, arbitrator, mediator or other dispute resolution entity only if your plan is subject to the Employee Retirement Income Security Act of 1974 (ERISA), as more fully explained below under "Binding Nature of the External Review Decision."***

If BCI, on behalf of the Trust, issues a final Adverse Benefit Determination of a Participant's request to provide or pay for a health care service or supply, a Participant may have the right to have BCI's decision reviewed by health care professionals who have no association with BCI. A Participant has this right only if BCI's denial decision involved:

- The Medical Necessity, appropriateness, health care setting, level of care, or effectiveness of a Participant's health care service or supply, or
- BCI's determination that a Participant's health care service or supply was Investigational.

A Participant must first exhaust BCI's internal grievance and appeal process. Exhaustion of that process includes completing all levels of appeal. Exhaustion of the appeals process is not required if BCI failed to respond to a standard appeal within thirty-five (35) days in writing or to an urgent appeal within three business days of the date the Participant filed the appeal, unless the Participant requested or agreed to a delay. BCI may also agree to waive the exhaustion requirement for an external review request. The Participant may file for an internal urgent appeal with BCI and for an expedited external review with the Idaho Department of Insurance at the same time if the Participant's request qualifies as an "urgent care request" defined below.

A Participant may submit a written request for an external review to:

Idaho Department of Insurance  
ATTN: External Review  
700 W State St, 3rd Floor  
Boise ID 83720-0043

For more information and for an external review request form:

- See the department's web site, [www.doi.idaho.gov](http://www.doi.idaho.gov), or
- Call the department's telephone number, (208) 334-4250, or toll-free in Idaho, 1-800-721-3272.

A Participant may act as their own representative in a request or a Participant may name another person, including a Participant's treating health care provider, to act as an authorized representative for a request. If a Participant wants someone else to represent them, a Participant must include a signed BCI's "Appointment of an Authorized Representative" form with the request before BCI, on behalf of the Trust, determines that an individual has been authorized to act on behalf of the Participant. The form can be found on BCI's Web site [www.bcidaho.com](http://www.bcidaho.com). A Participant's written external review request to the Department of Insurance must include a completed form authorizing the release of any medical records the independent review organization may require to reach a decision on the external review, including any judicial review of the external review decision pursuant to ERISA, if applicable. The department will not act on an external review request without a Participant's completed authorization form. If the request qualifies for external review, BCI's final Adverse Benefit Determination will be reviewed by an independent review organization selected by the Department of Insurance. The Trust will pay the costs of the review.

**Standard External Review Request:** A Participant must file a written external review request with the Department of Insurance within four (4) months after the date BCI issues a final notice of denial.

1. Within seven (7) days after the Department of Insurance receives the request, the Department of Insurance will send a copy to BCI.
2. Within fourteen (14) days after BCI receives the request from the Department of Insurance, we will review the request for eligibility. Within five (5) business days after BCI completes that review, we will notify the Participant and the Department of Insurance in writing if the request is eligible or what additional information is needed. If BCI denies the eligibility for review, the Participant may appeal that determination to the Department.
3. If the request is eligible for review, the Department of Insurance will assign an independent review organization to your review within seven (7) days of receipt of BCI's notice. The Department of Insurance will also notify the Participant in writing.
4. Within seven (7) days of the date you receive the Department of Insurance's notice of assignment to an independent review organization, the Participant may submit any additional information in writing to the independent review organization that they want the organization to consider in its review.
5. The independent review organization must provide written notice of its decision to the Participant, BCI and to the Department of Insurance within forty-two (42) days after receipt of an external review request.

**Expedited External Review Request:** A Participant may file a written "urgent care request" with the Department of Insurance for an expedited external review of a pre-service or concurrent service denial. The Participant may file for an internal urgent appeal with BCI and for an expedited external review with the Idaho Department of Insurance at the same time.

“Urgent care request” means a claim relating to an admission, availability of care, continued stay or health care service for which the covered person received emergency services but has not been discharged from a facility, or any Pre-Service Claim or concurrent care claim for medical care or treatment for which application of the time periods for making a regular external review determination:

1. Could seriously jeopardize the life or health of the Participant or the ability of the Participant to regain maximum function;
2. In the opinion of the Provider with knowledge of the covered person’s medical condition, would subject the Participant to severe pain that cannot be adequately managed without the disputed care or treatment; or
3. The treatment would be significantly less effective if not promptly initiated.

The Department of Insurance will send your request to us. BCI will determine, no later than the second (2<sup>nd</sup>) full business day, if the request is eligible for review. BCI will notify the Participant and the Department of Insurance no later than one (1) business day after BCI’s decision if the request is eligible. If BCI denies the eligibility for review, the Participant may appeal that determination to the Department of Insurance.

If the request is eligible for review, the Department of Insurance will assign an independent review organization to the review upon receipt of BCI’s notice. The Department of Insurance will also notify the Participant. The independent review organization must provide notice of its decision to the Participant, BCI and to the Department of Insurance within seventy-two (72) hours after the date of receipt of the external review request. The independent review organization must provide written confirmation of its decision within forty-eight (48) hours of notice of its decision. If the decision reverses BCI’s denial, BCI will notify the Participant and the Department of Insurance of BCI’s intent to pay for the covered benefit as soon as reasonably practicable, but not later than one (1) business day after receiving notice of the decision.

**Binding Nature of the External Review Decision:**

The Trust is subject to the federal Employee Retirement Income Security Act (ERISA) laws (generally, any plan offered through an employer to its employees), the external review decision by the independent review organization will be final and binding on the Trust. The Participant may have additional review rights provided under federal ERISA laws.

Under Idaho law, the independent review organization is immune from any claim relating to its opinion rendered or acts or omissions performed within the scope of its duties unless performed in bad faith or involving gross negligence.

**XVI. Reimbursement of Benefits Paid by Mistake**

If BCI mistakenly makes payment for benefits on behalf of a Participating Employee or his or her Eligible Dependent(s) that the Participating Employee or his or her Eligible Dependent(s) is not entitled to under this Plan, the Participating Employee must reimburse the erroneous payment to BCI, on behalf of the Trust.

The reimbursement is due and payable as soon as BCI notifies the Participating Employee and requests reimbursement. BCI, on behalf of the Trust, may also recover such erroneous payment from any other person or Provider to whom the payments were made. If reimbursement is not made in a timely manner, BCI, on behalf of the Trust, may reduce benefits or reduce an allowance for benefits as a set-off toward reimbursement.

Even though BCI, on behalf of the Trust, may elect to continue to provide benefits after mistakenly paying benefits, BCI, on behalf of the Trust, may still enforce this provision. This provision is in addition to, not instead of, any other remedy BCI, on behalf of the Trust, may have at law or in equity.

**XVII. Subrogation and Reimbursement Rights of Blue Cross of Idaho**

The benefits of this Plan will be available to a Participant when he or she is injured, suffers harm or incurs loss due to any act, omission, or defective or unreasonably hazardous product or service of another person, firm, corporation or entity (hereinafter referred to as "third party"). To the extent that such benefits for Covered Services are provided or paid for by Blue Cross of Idaho, on behalf of the Trust under this Plan or any other Blue Cross of Idaho plan, agreement, certificate, contract or plan, Blue Cross of Idaho, on behalf of the Trust shall be subrogated and succeed to the rights of the Participant or, in the event of the Participant's death, to the rights of his or her heirs, estate, and/or personal representative.

As a condition of receiving benefits for Covered Services in such an event, the Participant or his or her personal representative shall furnish Blue Cross of Idaho in writing with the names, addresses, and contact information of the

third party or parties that caused or are responsible, or may have caused or may be responsible for such injury, harm or loss, and all facts and information known to the Participant or his or her personal representative concerning the injury, harm or loss. In addition, the Participant shall furnish the name and contact information of the liability insurer and its adjuster of the third party, including the policy number, of any liability insurance that covers, or may cover, such injury, harm, or loss.

Blue Cross of Idaho, on behalf of the Trust may at its option elect to enforce either or both of its rights of subrogation and reimbursement.

Subrogation is taking over the Participant's right to receive payments from other parties. The Participant or his or her legal representative will transfer to Blue Cross of Idaho, on behalf of the Trust any rights he or she may have to take legal action arising from the injury, harm or loss to recover any sums paid on behalf of the Participant. Thus, Blue Cross of Idaho, on behalf of the Trust may initiate litigation at its sole discretion, in the name of the Participant, against any third party or parties. Furthermore, the Participant shall fully cooperate with Blue Cross of Idaho in its investigation, evaluation, litigation and/or collection efforts in connection with the injury, harm or loss and shall do nothing whatsoever to prejudice Blue Cross of Idaho's subrogation rights and efforts. Blue Cross of Idaho, on behalf of the Trust will be reimbursed in full for all benefits paid even if the Participant is not made whole or fully compensated by the recovery. Moreover, Blue Cross of Idaho and the Trust are not responsible for any attorney's fees, other expenses or costs incurred by the Participant without the prior written consent of Blue Cross of Idaho and, therefore, the "common fund" doctrine does not apply to any amounts recovered by any attorney the Participant hires regardless of whether amounts recovered are used to repay benefits paid by Blue Cross of Idaho, on behalf of the Trust.

Additionally, Blue Cross of Idaho, on behalf of the Trust may at its option elect to enforce its right of reimbursement from the Participant, or his or her legal representative, of any benefits paid from monies recovered as a result of the injury, harm or loss. The Participant shall fully cooperate with Blue Cross of Idaho, on behalf of the Trust in its investigation, evaluation, litigation and/or collection efforts in connection with the injury, harm or loss and shall do nothing whatsoever to prejudice the Plans reimbursement rights and efforts.

The Participant shall pay Blue Cross of Idaho, on behalf of the Trust as the first priority, and Blue Cross of Idaho shall have a constructive trust and an equitable lien on, all amounts from any recovery by suit, settlement or otherwise from any third party or parties or from any third party's or parties' insurer(s), indemnitor(s) or underwriter(s), to the extent of benefits provided by Blue Cross of Idaho, on behalf of the Trust under this Plan, regardless of how the recovery is allocated (*i. e.*, pain and suffering) and whether the recovery makes the Participant whole. Thus, Blue Cross of Idaho will be reimbursed by the Participant, or his or her legal representative, from monies recovered as a result of the injury, harm or loss, for all benefits paid even if the Participant is not made whole or fully compensated by the recovery. Moreover, Blue Cross of Idaho and the Trust are not responsible for any attorney's fees, other expenses or costs incurred by the Participant without the prior written consent of Blue Cross of Idaho and, therefore, the "common fund" doctrine does not apply to any amounts recovered by any attorney the Participant hires regardless of whether amounts recovered are used to repay benefits paid by Blue Cross of Idaho, on behalf of the Trust.

To the extent that Blue Cross of Idaho, on behalf of the Trust provides or pays benefits for Covered Services, Blue Cross of Idaho's rights of subrogation and reimbursement extend to any right the Participant has to recover from the Participant's insurer, or under the Participant's "Medical Payments" coverage or any "Uninsured Motorist," "Underinsured Motorist," or other similar coverage provisions, and workers' compensation benefits.

Blue Cross of Idaho, on behalf of the Trust shall have the right, at its option, to seek reimbursement from, or enforce its right of subrogation against, the Participant, the Participant's personal representative, a special needs trust, or any trust, person or vehicle that holds any payment or recovery from or on behalf of the Participant including the Participant's attorney.

Blue Cross of Idaho's subrogation and reimbursement rights shall take priority over the Participant's rights both for benefits provided and payments made by Blue Cross of Idaho, and for benefits to be provided or payments to be made by Blue Cross of Idaho in the future on account of the injury, harm or loss giving rise to Blue Cross of Idaho's subrogation and reimbursement rights. Further, the Plan's subrogation and reimbursement rights for such benefits and payments provided or to be provided are primary and take precedence over the rights of the Participant, even if there are deficiencies in any recovery or insufficient financial resources available to the third party or parties to totally satisfy all of the claims and judgments of the Participant and Blue Cross of Idaho.

Collections or recoveries made by a Participant for such injury, harm or loss in excess of such benefits provided and payments made shall first be allocated to such future benefits and payments that would otherwise be owed by the Plan on account of the injury, harm or loss giving rise to Blue Cross of Idaho's subrogation and reimbursement rights, and shall constitute a Special Credit applicable to such future benefits and payments that would otherwise be owed by this Plan, or any subsequent Plan provided by this Plan Sponsor. Thereafter, Blue Cross of Idaho, on behalf of the Trust, shall have no obligation to provide any further benefits or make any further payment until the Participant has incurred medical expenses in treatment of such injury, harm or loss equal to such Special Credit.

#### **XVIII. Statements**

In the absence of fraud, all statements made by an applicant, or the Trust, or by an enrolled Participant shall be deemed representations and not warranties, and no statement made for the purpose of acquiring coverage under the Plan shall void such coverage under the Plan or reduce benefits unless contained in a written instrument signed by the Trust or the Participant.

#### **XIX. Out-of-Area Services**

##### **Overview**

BCI has a variety of relationships with other Blue Cross and/or Blue Shield Licensees referred to generally as "Inter-Plan Arrangements." These Inter-Plan Arrangements operate under rules and procedures issued by the Blue Cross Blue Shield Association ("Association"). Whenever Participants access healthcare services outside the geographic area BCI serves, the claim for those services may be processed through one of these Inter-Plan Arrangements. The Inter-Plan Arrangements are described generally below.

Typically, when accessing care outside the geographic area BCI serves, Participants obtain care from healthcare Providers that have a contractual agreement ("participating Providers") with the local Blue Cross and/or Blue Shield Licensee in that other geographic area ("Host Blue"). In some instances, Participants may obtain care from healthcare Providers in the Host Blue geographic area that do not have a contractual agreement ("nonparticipating Providers") with the Host Blue. BCI remains responsible for fulfilling its contractual obligations to you. BCI payment practices in both instances are described below.

This disclosure describes how claims are administered for Inter-Plan Arrangements and the fees that are charged in connection with Inter-Plan Arrangements. Note that Dental Care Benefits, except when not paid as medical claims/benefits, and those Prescription Drug Benefits or Vision Care Benefits that may be administered by a third party contracted by BCI to provide the specific service or services are not processed through Inter-Plan Arrangements.

##### **A. BlueCard® Program**

The BlueCard® Program is an Inter-Plan Arrangement. Under this Arrangement, when Participants access Covered Services within the geographic area served by a Host Blue/outside the geographic area BCI serve, the Host Blue will be responsible for contracting and handling all interactions with its participating healthcare Providers. The financial terms of the BlueCard Program are described generally below.

##### **1. Liability Calculation Method Per Claim – In General**

###### **a. Participant Liability Calculation**

Unless subject to a fixed dollar copayment, the calculation of the Participant liability on claims for Covered Services will be based on the lower of the participating Provider's billed charges for Covered Services or the negotiated price made available to BCI by the Host Blue.

###### **b. The Trust Liability Calculation**

The calculation of the Trust liability on claims for Covered Services processed through the BlueCard Program will be based on the negotiated price made available to BCI by the Host Blue under the contract between the Host Blue and the Provider. Sometimes, this negotiated price may be greater for a given service or services than the billed charge in accordance with how the Host Blue has negotiated with its participating healthcare Provider(s) for specific healthcare services. In cases where the negotiated price exceeds the billed charge, the Trust may be liable for the excess amount even when the Participant's

deductible has not been satisfied. This excess amount reflects an amount that may be necessary to secure (a) the Provider's participation in the network and/or (b) the overall discount negotiated by the Host Blue. In such a case, the entire contracted price is paid to the Provider, even when the contracted price is greater than the billed charge.

## **2. Claims Pricing**

Host Blues determine a negotiated price, which is reflected in the terms of each Host Blue's Provider contracts. The negotiated price made available to BCI by the Host Blue may be represented by one of the following:

- (i) An actual price. An actual price is a negotiated rate of payment in effect at the time a claim is processed without any other increases or decreases; or
- (ii) An estimated price. An estimated price is a negotiated rate of payment in effect at the time a claim is processed, reduced or increased by a percentage to take into account certain payments negotiated with the Provider and other claim- and non-claim-related transactions. Such transactions may include, but are not limited to, anti-fraud and abuse recoveries, Provider refunds not applied on a claim-specific basis, retrospective settlements and performance-related bonuses or incentives; or
- (iii) An average price. An average price is a percentage of billed charges for Covered Services in effect at the time a claim is processed representing the aggregate payments negotiated by the Host Blue with all of its healthcare Providers or a similar classification of its Providers and other claim- and non-claim-related transactions. Such transactions may include the same ones as noted above for an estimated price.

The Host Blue determines whether it will use an actual, estimated or average price. The use of estimated or average pricing may result in a difference (positive or negative) between the price the Trust pay on a specific claim and the actual amount the Host Blue pays to the Provider. However, the BlueCard Program requires that the amount paid by the Participant and the Trust is a final price; no future price adjustment will result in increases or decreases to the pricing of past claims.

Any positive or negative differences in estimated or average pricing are accounted for through variance accounts maintained by the Host Blue and are incorporated into future claim prices. As a result, the amounts charged to the Trust will be adjusted in a following year, as necessary, to account for over- or underestimation of the past years' prices. The Host Blue will not receive compensation from how the estimated price or average price methods, described above, are calculated. Because all amounts paid are final, neither positive variance account amounts (funds available to be paid in the following year), nor negative variance amounts (the funds needed to be received in the following year), are due to or from the Trust. If the Trust terminates, you will not receive a refund or charge from the variance account.

Variance account balances are small amounts relative to the overall paid claims amounts and will be liquidated over time. The timeframe for their liquidation depends on variables, including, but not limited to, overall volume/number of claims processed and variance account balance. Variance account balances may earn interest at the federal funds or similar rate. Host Blues may retain interest earned on funds held in variance accounts.

## **3. BlueCard Program Fees and Compensation**

The Trust understands and agrees to reimburse BCI for certain fees and compensation which BCI are obligated under the BlueCard Program to pay to the Host Blues, to the Association and/or to vendors of BlueCard Program-related services. The specific BlueCard Program fees and compensation that are charged to the Trust are set forth in Appendix A. BlueCard Program Fees and compensation may be revised from time to time as described in section F. below.

### **B. Return of Overpayments**

Recoveries from a Host Blue or its participating and nonparticipating Providers can arise in several ways, including, but not limited to, anti-fraud and abuse recoveries, audits/healthcare Provider/hospital bill audits, credit balance audits, utilization review refunds and unsolicited refunds. Recoveries will be applied so that



corrections will be made, in general, on either a claim-by-claim or prospective basis. If recovery amounts are passed on a claim-by-claim basis from a Host Blue to BCI they will be credited to the Trust account. In some cases, the Host Blue will engage a third party to assist in identification or collection of recovery amounts. The fees of such a third party may be charged to the Trust as a percentage of the recovery.

Unless otherwise agreed to by the Host Blue, for retroactive cancellations of membership, BCI will request the Host Blue to provide full refunds from participating healthcare Providers for a period of only one year after the date of the Inter-Plan financial settlement process for the original claim. For Care Coordinator Fees associated with Value-Based Programs, BCI will request such refunds for a period of only up to ninety (90) days from the termination notice transaction on the payment innovations delivery platform. In some cases, recovery of claim payments associated with a retroactive cancellation may not be possible if, as an example, the recovery (a) conflicts with the Host Blue's state law or healthcare Provider contracts, (b) would result from Shared Savings and/or Provider Incentive arrangements or (c) would jeopardize the Host Blue's relationship with its participating healthcare Providers, notwithstanding to the contrary any other provision of this Plan.

**C. Inter-Plan Programs: Federal/State Taxes/Surcharges/Fees**

In some instances, federal or state laws or regulations may impose a surcharge, tax or other fee that applies to self-funded accounts. If applicable, BCI will disclose any such surcharge, tax or other fee to the Trust, which will be the Trust liability.

**D. Nonparticipating Providers Outside BCI Service Area**

*Please refer to the Additional Amount of Payment Provisions section in this Plan.*

**E. Blue Cross Blue Shield Global Core**

**1. General Information**

If Participants are outside the United States, the Commonwealth of Puerto Rico and the U.S. Virgin Islands (hereinafter: "BlueCard service area"), they may be able to take advantage of BCBS Global Core when accessing Covered Services. BCBS Global Core is unlike the BlueCard Program available in the BlueCard service area in certain ways. For instance, although BCBS Global Core assists Participants with accessing a network of Inpatient, outpatient and professional Providers, the network is not served by a Host Blue. As such, when Participants receive care from Providers outside the BlueCard service area, the Participants will typically have to pay the Providers and submit the claims themselves to obtain reimbursement for these services.

- **Inpatient Services**

In most cases, if Participants contact the BCBS Global Core Service Center for assistance, hospitals will not require Participants to pay for covered Inpatient services, except for their deductibles, Cost-sharing, etc. In such cases, the hospital will submit Participant claims to the BCBS Global Core service center to initiate claims processing. However, if the Participant paid in full at the time of service, the Participant must submit a claim to obtain reimbursement for Covered Services. **Participants must contact Blue Cross of Idaho to obtain precertification for non-emergency Inpatient services.**

- **Outpatient Services**

Physicians, urgent care centers and other outpatient Providers located outside the BlueCard service area will typically require Participants to pay in full at the time of service. Participants must submit a claim to obtain reimbursement for Covered Services.

- **Submitting a BCBS Global Core Claim**

When Participants pay for Covered Services outside the BlueCard service area, they must submit a claim to obtain reimbursement. For institutional and professional claims, Participants should complete a BCBS Global Core claim form and send the claim form with the Provider's

itemized bill(s) to the BCBS Global Core service center address on the form to initiate claims processing. The claim form is available from Blue Cross of Idaho, the BCBS Global Core service center, or online at [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com). If Participants need assistance with their claim submissions, they should call the BCBS Global Core service center at 1.800.810.BLUE (2583) or call collect at 1.804.673.1177, 24 hours a day, seven days a week.

## **2. BCBS Global Core-Related Fees**

The Trust understands and agrees to reimburse Blue Cross of Idaho for certain fees and compensation which we are obligated under applicable Inter-Plan Arrangement requirements to pay to the Host Blues, to the Association and/or to vendors of Inter-Plan Arrangement-related services. The specific fees and compensation that are charged to the Trust under BCBS Global Core are set forth in Appendix A. Fees and compensation under applicable Inter-Plan Arrangements may be revised from time to time as provided for in section F. below.

### **F. Modifications or Changes to Inter-Plan Arrangement Fees or Compensation**

Modifications or changes to Inter-Plan Arrangement fees are generally made effective Jan. 1 of the calendar year, but they may occur at any time during the year. In the case of any such modifications or changes, BCI shall provide the Trust with at least thirty (30) days' advance written notice of any modification or change to such Inter-Plan Arrangement fees or compensation describing the change and the effective date thereof and the Trust right to terminate this Agreement without penalty by giving written notice of termination before the effective date of the change. If the Trust fails to respond to the notice and does not terminate this Agreement during the notice period, the Trust will be deemed to have approved the proposed changes, and BCI will then allow such modifications to become part of this Agreement.

### **XX. Individual Benefits Management**

Individual Benefits Management allows BCI to provide alternative benefits in place of specified Covered Services when alternative benefits allow the Participant to achieve optimum health care in the most cost-effective way.

The decision to allow alternative benefits will be made by BCI in its sole and absolute discretion on a case-by-case basis. BCI may allow alternative benefits in place of specified Covered Services when a Participant, or the Participant's legal guardian and his or her Physician concur in the request for and the advisability of alternative benefits. BCI reserves the right to modify, limit, or cease providing alternative benefits at any time.

A determination to cover alternative benefits for a Participant shall not be deemed to waive, alter, or affect BCI's right to reject any other requests or recommendations for alternative benefits.

### **XXI. Coverage and Benefits Determination**

BCI is vested with authority and discretion to determine eligibility for coverage and whether a claim for benefits is covered under the terms of this Plan, based on all the terms and provisions set forth in this Plan, and also to determine the amount of benefits owed on claims which are covered.

### **XXII. Health Care Providers Outside the United States**

The benefits available under this Plan are also available to Participants traveling or living outside the United States. The Inpatient Notification and Prior Authorization requirements will apply. If the Provider is a Contracting Provider with BlueCard, the Contracting Provider will submit claims for reimbursement on behalf of the Participant. Reimbursement for Covered Services will be made directly to the Contracting Provider. If the Health Care Provider does not participate with BlueCard, the Participant will be responsible for payment of services and submitting a claim for reimbursement to BCI. BCI will require the original claim along with an English translation. It is the Participant's responsibility to provide this information.

BCI will reimburse covered Prescription Drugs purchased outside the United States by Participants who live outside the United States where no suitable alternative exists. Reimbursement will also be made in instances where Participants are traveling and new drug therapy is initiated for acute conditions or where emergency replacement of drugs originally prescribed and purchased in the United States is necessary. The reimbursable supply of drugs in travel situations will be limited to an amount necessary to assure continuation of therapy during the travel period and for a reasonable period thereafter.

Finally, there are no benefits for services, supplies, drugs or other charges that are provided outside the United States, which if had been provided in the United States, would not be a Covered Service under this Plan.

## **RIGHTS OF PLAN PARTICIPANTS**

As a participant in the Idaho AGC Self-Funded Benefit Trust Benefit Plan, you are entitled to certain rights under federal law.

According to the law, you have the right to examine, without charge at the Trust's office or other specific locations, all documents and contracts of the Plan that are filed with the U.S. Department of Labor, such as detailed annual reports and Plan Contracts. You may obtain copies of all documents upon written request to the Trust. The Trust may make a reasonable charge for the copies. You are also entitled to receive a summary of the Plan's annual financial report.

If your claim for benefits under this Plan is denied in whole or in part, you will receive a written explanation of the reason for the denial. If you do not agree with the denial, you have the right to ask the Trust to review the claim. If you are not satisfied with the result of such a review, you may file suit in a state or federal court.

Federal law imposes duties on the individuals responsible for the operation of the Plan to do so carefully and in the interest of all participants. No one, including your Trust, a union, or any other person, may fire you or discriminate against you to prevent you from obtaining any benefit under the Plan or exercising your rights under federal law.

Under federal law, there are steps you can take to enforce your rights. For instance, if you request materials from the Trust and do not receive them within 30 days, you may file suit in a federal court. The court may require the Trust to provide the materials and pay you up to \$110 a day until you receive the materials unless the delay is beyond the control of the Trust. If the people who operate the Plan misuse the Plan's money, or if you are discriminated against for enforcing your rights you may seek assistance from the U.S. Department of Labor or file suit in a federal court. If you do file suit, the court will decide who should pay court costs and legal fees. If your case is upheld by the court, the court may order the person or organization you have sued to pay related expenses. If you lose or the court finds your case frivolous, you may be ordered to pay the court costs and legal fees.

If you have a question about this statement or about your rights under ERISA, HIPAA, or other applicable law, you should contact the nearest office of the Pension and Welfare Benefits Administration, U.S. Department of Labor, Seattle District Office, 1111 Third Avenue, Suite 815, MIDCOM Tower, Seattle, Washington 98101-3212, Phone: 206-553-7700 or as listed in your telephone directory or the Division of Technical Assistance and Inquiries, Pension and Welfare Benefits Administration, U.S. Department of Labor 200 Constitution Avenue, NW, Washington, D.C. 20210.

## Group Life Insurance

## Basic Life and Accidental Death & Dismemberment

### SUMMARY OF BENEFITS

**Class 1**

**Sponsored By:** Idaho AGC Health Benefit Plan  
**Effective Date:** January 1, 2020  
**Policy Number:** 01-018070-00

The information in this summary may be replaced by any subsequently issued summary or policy amendment.

Employee Life Benefit	
Amount	\$25,000
Minimum Amount	\$25,000
Maximum Amount	\$25,000
Guarantee Issue	\$25,000

Employee AD&D Benefit	
Amount	\$25,000
Minimum Amount	\$25,000
Maximum Amount	\$25,000

Spouse Dependent Life Benefit	
Spouse Amount	\$5,000
Maximum Amount	\$5,000
Guarantee Issue	\$5,000

Child Dependent Life Benefit	
Child Amount	15 day(s) to 26 year(s): \$5,000

Benefit Reduction	Employee's Age
Current Benefit	35% at age 70
Amount Reduced By	15% at age 75
	20% at age 80

Benefit Reduction	Spouse's Age
Benefits Terminate at Age 70	

## Eligibility

All active full-time employees eligible for medical coverage working a minimum of 30 hours per week and their eligible dependents.

## Additional Benefit Details

Accelerated Death Benefit	If an employee has been diagnosed as terminally ill, Symetra Life Insurance Company may pay a portion of the death benefit in advance to the employee. Please refer to your employee certificate for additional information.
Conversion	A conversion benefit is available that allows you to convert your group coverage to an individual policy if certain conditions apply. Please refer to your employee certificate for additional information.
Portability	This coverage may be continued at group rates upon termination of employment. Certain restrictions apply. Please refer to your employee certificate for additional information.
Waiver of Premium	With proof of disability, Symetra Life Insurance Company will waive Life Insurance premiums for an employee that becomes disabled. Certain restrictions apply. Please refer to your employee certificate for additional information.
AD&D Riders	Includes Seat Belt, Airbag, Repatriation, Child Education, Day Care, Rehabilitation, Spouse Education, Adaptive Home and Vehicle, Critical Burn, Therapeutic Counseling, Felonious Assault and Coma benefits. Please refer to your employee certificate for additional information.

## Value Added Services

Beneficiary Companion	Support services for beneficiaries who have experienced a loss.
Travel Assist	Travel assistance services for employees and eligible dependents traveling more than 100 miles from home.
Identity Theft Protection	Help is just a phone call away wherever employees travel, including lost wallet protection, translation service and emergency cash.

## Contact Information for Claims

Phone: 1-877-377-6773  
Fax: 1-877-737-3650

Symetra Life Insurance Company  
Life and Absence Management Center  
P.O. Box 1230  
Enfield, CT 06083-1230

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Symetra® is a registered service mark of Symetra Life Insurance Company.

This summary provides only a brief description of the Life Insurance coverage insured by Symetra Life Insurance Company under the LGC-13000 8/06 series Group Life Insurance policy. For a complete description, including all definitions, exclusions, limitations, and reductions in coverage, as well as information on termination of benefits, please contact your benefit administrator or refer to the Group Insurance Certificate you will receive when you become insured. Coverage will be offered under Group Policy number 01-018070-00. All benefits are subject to the terms and conditions of the Group Policy. If there is a difference between the information in this summary and the information contained in the Group Insurance Certificate, the terms of the Group Insurance Certificate will prevail. The terms of coverage may change over time; always refer to your current Group Insurance Certificate for information regarding your insurance benefits.

**Insured by Symetra Life Insurance Company**

## Group Life Insurance

## Supplemental Life

### SUMMARY OF BENEFITS

### Class 1

**Sponsored By:** Idaho AGC Health Benefit Plan  
**Effective Date:** January 1, 2020  
**Policy Number:** 01-018070-00

The information in this summary may be replaced by any subsequently issued summary or policy amendment.

#### Employee Life Benefit

Amount Increments of \$25,000  
 Minimum Amount \$25,000  
 Maximum Amount \$100,000  
 Guarantee Issue \$100,000

#### Spouse Life Benefit

Spouse Amount Increments of \$5,000  
 Minimum Amount \$5,000  
 Maximum Amount \$50,000 not to exceed 50% of Supplemental Employee Coverage  
 Guarantee Issue \$50,000

#### Child Life Benefit

Child Amount 15 day(s) to 26 year(s): \$2,000

#### Benefit Reduction Employee

No Reductions

#### Benefit Reduction Spouse

Benefits Terminate at Age 70

#### Eligibility

All active full-time employees eligible for medical coverage working a minimum of 30 hours per week and their eligible dependents.



## **Evidence of Insurability**

New Hires:	Enroll within 31 days after becoming eligible under The Policy without Evidence of insurability.
Annual Enrollment:	<p>During annual enrollment, employee may enroll or elect one increment of \$25,000 for employee and one increment of \$5,000 for spouse without Evidence of Insurability.</p> <p>Evidence of Insurability is required for any election during annual enrollment over one increment of \$25,000 for employee and one increment of \$5,000 for spouse.</p>

## **Additional Benefit Details**

Accelerated Death Benefit	If an employee has been diagnosed as terminally ill, Symetra Life Insurance Company may pay a portion of the death benefit in advance to the employee. Please refer to your employee certificate for additional information.
Conversion	A conversion benefit is available that allows you to convert your group coverage to an individual policy if certain conditions apply. Please refer to your employee certificate for additional information.
Portability	This coverage may be continued at group rates upon termination of employment. Certain restrictions apply. Please refer to your employee certificate for additional information.
Waiver of Premium	With proof of disability, Symetra Life Insurance Company will waive Life Insurance premiums for an employee that becomes disabled. Certain restrictions apply. Please refer to your employee certificate for additional information.

## **Contact Information for Claims**

Phone: 1-877-377-6773  
Fax: 1-877-737-3650

Symetra Life Insurance Company  
Life and Absence Management Center  
P.O. Box 1230  
Enfield, CT 06083-1230

This summary provides only a brief description of the Life Insurance coverage insured by Symetra Life Insurance Company under the LGC-13000 8/06 series Group Life Insurance policy. For a complete description, including all definitions, exclusions, limitations, and reductions in coverage, as well as information on termination of benefits, please contact your benefit administrator or refer to the Group Insurance Certificate you will receive when you become insured. Coverage will be offered under Group Policy number 01-018070-00. All benefits are subject to the terms and conditions of the Group Policy. If there is a difference between the information in this summary and the information contained in the Group Insurance Certificate, the terms of the Group Insurance Certificate will prevail. The terms of coverage may change over time; always refer to your current Group Insurance Certificate for information regarding your insurance benefits.

**Insured by Symetra Life Insurance Company**

## Group Disability Insurance

## Short Term Disability

### SUMMARY OF BENEFITS

### Class 1

**Sponsored By:** Idaho AGC Health Benefit Plan  
**Effective Date:** January 1, 2020  
**Policy Number:** 01-018070-00

The information in this summary may be replaced by any subsequently issued summary or policy amendment.

#### Benefit Highlights:

<b>Benefit Amount</b>	\$125 per week
<b>Minimum Benefit Amount</b>	\$15
<b>Maximum Payment Duration</b>	13 weeks
<b>Elimination Period</b>	Accident - 14 days Sickness - 14 days (number of days you must be disabled to collect disability benefits)
<b>Accumulation of Elimination Days</b>	You can satisfy the days of your elimination period with either total (off work entirely) or partial (working some hours at your current job) disability.

#### Eligibility

All Full-Time Employees Participating in the Idaho AGC Sponsored Medical Plan and working a minimum of 30 hours per week.

#### Standard Provisions:

- Maternity is covered the same as any other condition.
- Non Occupational
- 14 days recurrent disability/temporary recovery

## Contact Information for Claims

Phone: 1-877-377-6773

Fax: 1-877-737-3650

Symetra Life Insurance Company  
Life and Absence Management Center  
P.O. Box 1230  
Enfield, CT 06083-1230

This summary provides only a brief description of the Disability Income Insurance coverage insured by Symetra Life Insurance Company under the GDC 4000 series Group Disability Income Insurance policy. For a complete description, including all definitions, exclusions, limitations, and reductions in coverage, as well as information on termination of benefits, please contact your benefit administrator or refer to the Group Insurance Certificate you will receive when you become insured. Coverage will be offered under Group Policy number 01-018070-00. All benefits are subject to the terms and conditions of the Group Policy. If there is a difference between the information in this summary and the information contained in the Group Insurance Certificate, the terms of the Group Insurance Certificate will prevail. The terms of coverage may change over time; always refer to your current Group Insurance Certificate for information regarding your insurance benefits.

### **Insured by Symetra Life Insurance Company**

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## Group Disability Insurance

## Short Term Disability

### SUMMARY OF BENEFITS

### Class 1

**Sponsored By:** Idaho AGC Health Benefit Plan  
**Effective Date:** January 1, 2020  
**Policy Number:** 01-018070-00

The information in this summary may be replaced by any subsequently issued summary or policy amendment.

### Benefit Highlights:

#### Benefits:

Core plan \$125 per week  
 Buy-up plan Additional \$200 per week

**Minimum Benefit Amount** \$15

**Maximum Payment Duration** 13 weeks

**Elimination Period** Accident - 14 days  
 Sickness - 14 days  
 (number of days you must be disabled to collect disability benefits)

**Accumulation of Elimination Days** You can satisfy the days of your elimination period with either total (off work entirely) or partial (working some hours at your current job) disability.

### Eligibility

All Full-Time Employees Participating in the Idaho AGC Sponsored Medical Plan earning a minimum of \$26,000 or more Annually and electing the \$200 Buy Up working a minimum of 30 hours per week.

**New Hire:** Enroll within 31 days after becoming eligible under The Policy without Evidence of insurability.

**Late Entrant:** You will need to provide Evidence of Insurability if you apply for coverage more than 31 days after the date you are first eligible to apply.

## Standard Provisions:

- Maternity is covered the same as any other condition.
- Non Occupational
- 14 days recurrent disability/temporary recovery

## Contact Information for Claims

Phone: 1-877-377-6773

Fax: 1-877-737-3650

Symetra Life Insurance Company  
Life and Absence Management Center  
P.O. Box 1230  
Enfield, CT 06083-1230

## Insured by Symetra Life Insurance Company

This summary provides only a brief description of the Disability Income Insurance coverage insured by Symetra Life Insurance Company under the GDC 4000 series Group Disability Income Insurance policy. For a complete description, including all definitions, exclusions, limitations, and reductions in coverage, as well as information on termination of benefits, please contact your benefit administrator or refer to the Group Insurance Certificate you will receive when you become insured. Coverage will be offered under Group Policy number 01-018070-00. All benefits are subject to the terms and conditions of the Group Policy. If there is a difference between the information in this summary and the information contained in the Group Insurance Certificate, the terms of the Group Insurance Certificate will prevail. The terms of coverage may change over time; always refer to your current Group Insurance Certificate for information regarding your insurance benefits.

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## Group Disability Insurance

## Buy Up Short Term Disability

### SUMMARY OF BENEFITS

### Class 2

**Sponsored By:** Idaho AGC Health Benefit Plan  
**Effective Date:** January 1, 2020  
**Policy Number:** 01-018070-00

The information in this summary may be replaced by any subsequently issued summary or policy amendment.

### Benefit Highlights:

**Benefits:**

Core plan \$125 per week  
 Buy-up plan Additional \$400 per week

**Minimum Benefit Amount** \$15

**Maximum Payment Duration** 13 weeks

**Elimination Period** Accident - 14 days  
 Sickness - 14 days  
 (number of days you must be disabled to collect disability benefits)

**Accumulation of Elimination Days** You can satisfy the days of your elimination period with either total (off work entirely) or partial (working some hours at your current job) disability.

### Eligibility

All Full-Time Employees Participating in the Idaho AGC Sponsored Medical Plan earning a minimum of \$43,333 or more Annually and electing the \$400 Buy Up working a minimum of 30 hours per week.

**New Hire:** Enroll within 31 days after becoming eligible under The Policy without Evidence of insurability.

**Late Entrant:** You will need to provide Evidence of Insurability if you apply for coverage more than 31 days after the date you are first eligible to apply.

## Standard Provisions:

- Maternity is covered the same as any other condition.
- Non Occupational
- 14 days recurrent disability/temporary recovery

## Contact Information for Claims

Phone: 1-877-377-6773

Fax: 1-877-737-3650

Symetra Life Insurance Company  
Life and Absence Management Center  
P.O. Box 1230  
Enfield, CT 06083-1230

This summary provides only a brief description of the Disability Income Insurance coverage insured by Symetra Life Insurance Company under the GDC 4000 series Group Disability Income Insurance policy. For a complete description, including all definitions, exclusions, limitations, and reductions in coverage, as well as information on termination of benefits, please contact your benefit administrator or refer to the Group Insurance Certificate you will receive when you become insured. Coverage will be offered under Group Policy number 01-018070-00. All benefits are subject to the terms and conditions of the Group Policy. If there is a difference between the information in this summary and the information contained in the Group Insurance Certificate, the terms of the Group Insurance Certificate will prevail. The terms of coverage may change over time; always refer to your current Group Insurance Certificate for information regarding your insurance benefits.

**Insured by Symetra Life Insurance Company**

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Symetra Life Insurance Company  
First Symetra National Life Insurance Company of New York

## Accident Coverage

Help when the  
unexpected  
happens



**Accidents can happen to anyone, at any time.** Could you afford the financial hit if an accident happened to you or someone in your family? Select Benefits accident coverage can help with some of the costs after an accident, so you and your family can get the care you need and get back to your daily routine.



### How it works

Select Benefits accident coverage provides benefits for **up to three accidents per covered person per calendar year**. That means **all eligible expenses associated with an accident are covered at 100%, up to the benefit limits**. Benefits are paid no matter what other coverage you may have, and you can visit any provider you like.

The first expense must be incurred within 60 days of the accident, with all remaining expenses incurred within 52 weeks of the accident.



### Why accident coverage?

Understanding how accident coverage fits into your overall benefits package can help you decide if it's right for you and your family.

Consider your health care out-of-pocket liability. **Accident coverage can help close coverage gaps when there are deductible, copay or coinsurance requirements to meet.**

Accident coverage benefits can also be used to pay for additional costs triggered by an accident, such as child or elder care during recovery.

Turn the page to learn more 

## What's covered?



### X-rays

Benefits are provided for eligible expenses incurred in connection with an accident when they are ordered or performed by a physician.



### Inpatient prescription drugs

Benefits are provided for eligible expenses incurred in connection with an accident if the insured is confined in a hospital, and the drugs are prescribed by a physician and administered in the hospital by a licensed health care provider.



### Surgery

Benefits are provided for eligible expenses incurred in connection with an accident when surgical procedures are performed by a licensed physician.



### Dental

Benefits are provided for eligible expenses performed by a licensed physician or licensed dentist in connection with the following accidents:

- Dislocation of jaw
- Injury to natural teeth
- Closed or open reduction of a fracture



### Medical

Benefits are provided for the following services and supplies when they are provided or prescribed by a licensed physician or other licensed health care provider in connection with an accident:

- Physician office visits
- Emergency room visits
- Outpatient hospital visits
- Urgent care visits
- Chiropractic visits
- Rehabilitation services
- Nursing services



### Inpatient hospital

Benefits are provided for eligible expenses incurred in connection with an accident if all of the following conditions are met:

- The insured is confined in a hospital.
- A charge is made for room and board.
- The entire duration of the hospital confinement is recommended and approved by a physician.
- Confinement is the result of a non-occupational accident.
- The services and supplies used are not excluded under the exclusions and limitations provision of the policy.

## DID YOU KNOW?

**6 IN 10** 

LACK THE SAVINGS TO COVER A \$500 EXPENSE<sup>1</sup>

Claims Example

Carlos and Angela both work at ABC, Inc. and knew that enrolling in their company’s accident coverage was the right decision for their lifestyles. Carlos chose to cover himself and his family while Angela only needed coverage for herself. Here’s how the year went for these two employees:

ABC, Inc. offers a Symetra accident plan that pays up to \$2,500 per occurrence for up to three occurrences per person, per year.

Carlos and his family



One morning Carlos falls off a ladder while cleaning the gutters and hurts his back and head.

While playing soccer, Carlos and his son Jason run into each other. Jason loses a tooth and Carlos sprains his ankle.

Emergency room: \$720  
X-ray: \$510  
MRI: \$1,025  
Physician fees: \$300

Carlos:	Jason:
Doctor’s office: \$234	Dental exam: \$288
X-ray: \$180	Dental implant surgery: \$1,500
Physical therapy: \$500	

Total expenses: \$2,555  
Benefits paid: \$2,500  
Out-of-pocket: \$55

Total expenses: \$914	Total expenses: \$1,788
Benefits paid: \$914	Benefits paid: \$1,788
Out-of-pocket: \$0	Out-of-pocket: \$0

Angela



One evening, Angela crashes her bike and ends up cutting her knee and breaking her collarbone.

Urgent care: \$200  
Stitches: \$1,250  
X-ray: \$115  
Physician fees: \$175

Total expenses: \$1,740  
Benefits paid: \$1,740  
Out-of-pocket: \$0

For illustrative purposes only.

Even though Carlos and Angela also enrolled in the ABC, Inc. major medical plan, they were able to use their Symetra accident coverage to help meet their deductible requirement.

Turn the page to learn more >

## Why enroll?

Let's face it, our lives are busy. Whether we're going straight from work to the grocery store or heading to after-school activities, we're not thinking about things taking unexpected turns. But if they do, Select Benefits accident coverage can help. By paying 100% of all eligible expenses up to the policy limit, these valuable benefits help allow you to focus on recovery after an accident, not your finances.

To learn more about how Select Benefits accident coverage can make a difference for you and your family, talk to your HR or benefits representative.

In addition to a lower group rate, enrolling in Symetra accident coverage through your employer also means:

- **Easy enrollment**
- **No medical questionnaires**
- **Convenient payroll deduction**

## Get started

- ☑ Review your enrollment material.
- ☑ Follow the steps outlined by your benefits team.
- ☑ Complete the enrollment process.

**Don't miss your opportunity to enroll in this valuable coverage at work.  
To get started, talk to your HR or benefits representative.**



[www.symetra.com](http://www.symetra.com)  
[www.symetra.com/ny](http://www.symetra.com/ny)

Symetra® is a registered service mark of  
Symetra Life Insurance Company.

Accident coverage is designed to pay benefits up to a preselected, per-occurrence amount for eligible expenses related to an accidental injury. It is not a replacement for a major medical policy or other comprehensive coverage and may be subject to exclusions, limitations, reductions and termination of benefit provisions. For costs and complete details of the coverage, contact your benefits representative.

Select Benefits accident coverage policies are insured by Symetra Life Insurance Company, 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004. Policy form number is LGC-10011C 10/11 in most states. Not available in all U.S. states or any U.S. territory.

In New York, a Select Benefits accident coverage policy is insured by First Symetra National Life Insurance Company of New York, New York, NY. Mailing address: P.O. Box 34690, Seattle, WA 98124. Policy form number is LGC-10011C/NY 10/11.

Symetra Life Insurance Company is a direct subsidiary of Symetra Financial Corporation. First Symetra National Life Insurance Company of New York is a direct subsidiary of Symetra Life Insurance Company and is an indirect subsidiary of Symetra Financial Corporation (collectively, "Symetra"). Neither Symetra Financial Corporation nor Symetra Life Insurance Company solicits business in the state of New York and they are not authorized to do so. Each company is responsible for its own financial obligations.

<sup>1</sup> 6 in 10 Americans don't have \$500 in savings: <http://money.cnn.com/2017/01/12/pf/americans-lack-of-savings/index.html>

## Group Accident

<b>Group Accident Benefit</b>	up to \$2,500 per occurrence 3 occurrences per person, per calendar year maximum
<b>Monthly Premium</b>	
<i>Employee</i>	Contact your employer for pricing
<i>Employee + Spouse</i>	
<i>Employee + Children</i>	
<i>Family</i>	

Value-add benefits are included at no additional cost to you. These services are provided by Health Advocate, Inc., 3043 Walton Road, Suite 150, Plymouth Meeting, PA 19462. Please review the Value-add benefits flier for more information on these services. Not an insured benefit.

## Description of Benefit

### Group Accident Benefit

This benefit pays eligible expenses up to the benefit amount selected per accident occurrence. Expenses must be incurred within 52 weeks from the date of the accident with the first expense incurred within 60 days of the date of the accident.

### Health Advocacy

Personalized assistance with a full range of health coverage and insurance-related issues such as locating doctors and other providers, scheduling appointments, getting cost estimates and more.

### NurseLine™

Direct access to a registered nurse 24/7 for non-urgent concerns.

### Medical Bill Saver™

Help negotiating with providers for medical and dental bills that are not covered by your insurance.

### EAP+Work/Life

Licensed professional counselors and work/life specialists provide confidential, short-term help with personal, family and work-related issues.

### Wellness Program

Unlimited access to highly trained wellness coaches by telephone, email or instant messaging. Includes a comprehensive, secure wellness website.

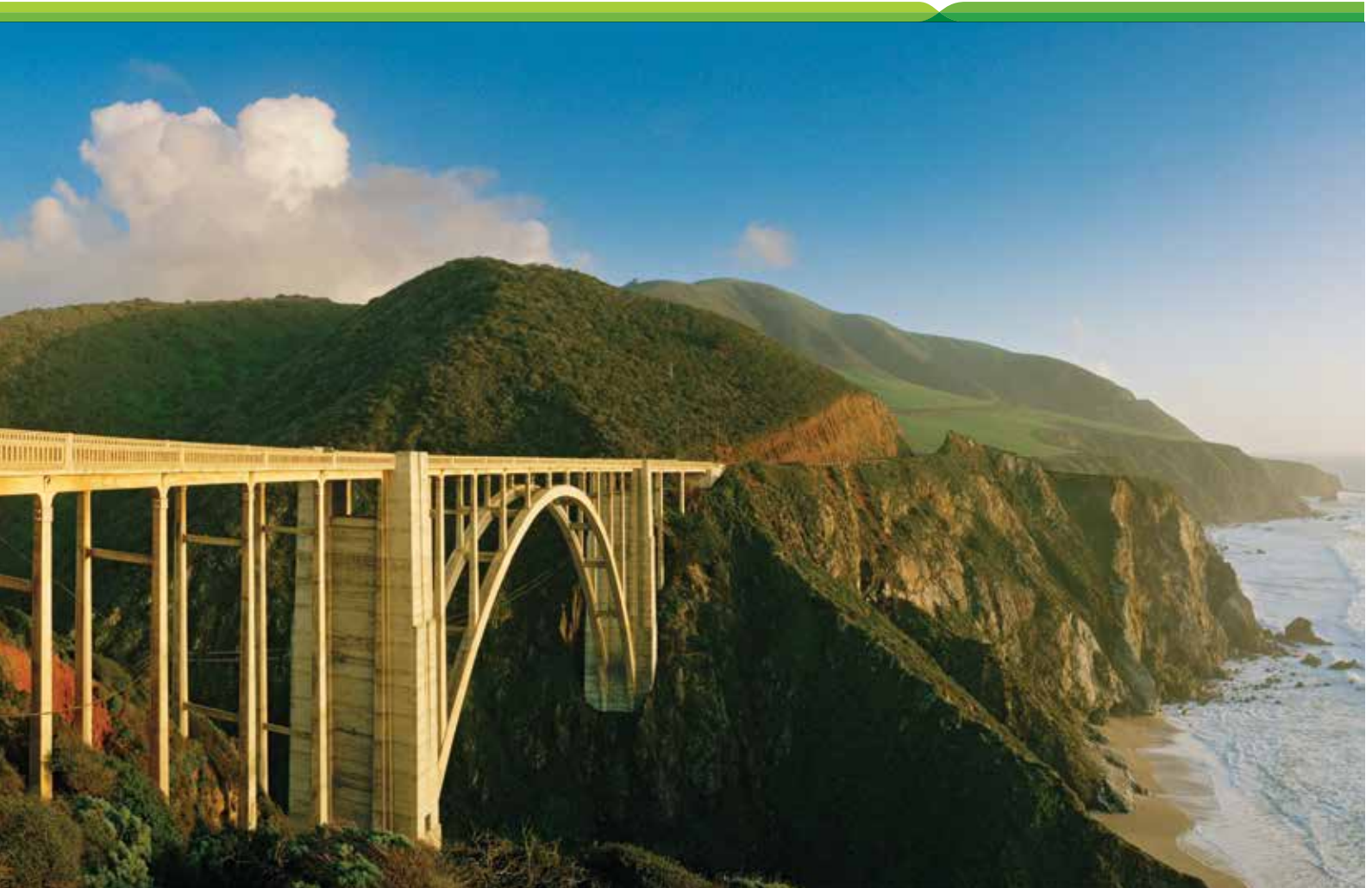
If there is any conflict between this information and the policy issued, the terms of the policy will prevail.

Select Benefits insurance policies are not a replacement for a major medical policy or other comprehensive coverage and do not satisfy the minimum essential coverage requirements of the Affordable Care Act. They are designed to provide benefits at a preselected, fixed-dollar amount. Coverage may be subject to exclusions, limitations, reductions, and termination of benefit provisions. Select Benefits policies are insured by Symetra Life Insurance Company located at 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004, and are not available in all U.S. states or any U.S. territory. Coverage is provided under generic policy form numbers SBC-00500, SBC-00535, and LGC-10011 or LGC-9072.



# A network of support

## Value-Add Programs for Group Life and Disability Income Insurance



# Support for life's changes

We can't predict where life is going to take us. An injury or illness could send an otherwise active person out on disability leave for an indefinite period of time. Or the loss of a loved one may leave a family struggling to cope with the emotional and financial stress of rebuilding their lives.

That's when employees truly appreciate the network of professional support offered with **Group Life and Disability Income Insurance** from Symetra Life Insurance Company and First Symetra National Life Insurance Company of New York. Our value-add programs complement the insurance benefits provided under each policy and strengthen our goal of getting people to a better place.

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## > **Employee Assistance Program (EAP) with Will Preparation**

Finds the resources employees need to help with a variety of issues such as finding child or elder care, managing a serious illness or dealing with work/life issues.

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## > **Health Care Navigation**

Encourages employees on a covered disability leave to become educated, engaged consumers in their health care.

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## > **Travel Assistance**

Provides support when employees are traveling 100 miles or more away from home.

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## > **Identity Theft Protection Program**

Helps protect employees from ID theft while providing support in the event their identity is stolen.

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## > **Beneficiary Companion**

Offers a helping hand for families after a loss.

# Employee Assistance Program (EAP)



It's tough for employees to do their best at work when faced with challenges such as finding child or elder care, dealing with substance abuse or managing family relationships. That's where an EAP can help.

## Program Highlights

### Five confidential face-to-face sessions<sup>1</sup>

Enrolled employees and their household family members are eligible for up to five confidential sessions with a counselor, financial planner or lawyer each calendar year.

- Consultations may be face-to-face or by phone
- Sessions are per household and may be divided between the three types of professionals
- Counselors provide an assessment of concerns and refer participants to appropriate resources and providers
- Financial and legal professionals assist with matters such as tax-filing questions, debt issues, guardianship and power of attorney
- An additional five sessions are available in the event of a covered disability claim

### Will preparation

EAP also includes will preparation services via the “Featured Programs” section of [www.guidanceresources.com](http://www.guidanceresources.com). Employees can create a simple, legally binding will for just \$14.99; printing and mailing services are available for an additional fee. Prices may be subject to change—contact ComPsych for additional information.

## Who's Eligible?

DisabilityGuidance® (provided by ComPsych®) is available to anyone covered by a Symetra Group Disability Income Insurance policy at no additional employer cost.

For more information on the full service GuidanceResources® EAP option, which provides valuable tools for HR representatives and managers, contact your Symetra representative.

## Accessing Services



Employees can call toll-free **1-888-327-9573**. The website, **[www.guidanceresources.com](http://www.guidanceresources.com)**, provides access to self-assessment tools; tailored searches for child and elder care, attorneys and CPAs; and other helpful services.

**Use SYMETRA in the Organization Web ID field to log in.**

<sup>1</sup> In California, counseling sessions are limited to three sessions in a six-month period.



# Health Care Navigation



Employees generally find themselves on their own when it comes to dealing with their medical plan. They're eager to find resources that can reassure them they are making the best decisions—a partner who can help navigate through their medical plan benefits.

## Administrative Support

- Easy-to-understand explanation of benefits—help identifying what's covered and what's not
- Step-by-step guidance on medical claims and billing issues
- Cost estimation for covered and/or non-covered treatment options
- Fee and payment plan negotiation
- Referral to financial resources for the underinsured and uninsured
- Explanation of the appeals process

## Clinical Support

- One-on-one reviews of employee health concerns
- Straightforward, easy-to-understand answers regarding specific diagnosis and treatment options
- Support and preparation for upcoming doctor's visits, lab work, tests and surgeries
- Coordination with appropriate health care plan provider(s)
- Referral to community resources and applicable support groups

**Administrative and clinical specialists may also refer employees to DisabilityGuidance® EAP services and other work/life resources.**

## Who's Eligible?

HealthChampion<sup>SM</sup> (provided by ComPsych) is available for employees on a covered short- or long-term disability leave.

For more information on buy-up programs including options that offer HealthChampion to all employees, regardless of disability claim status, contact your Symetra representative.

## Accessing Services



Claimants can call **1-866-263-4365** to access the health care navigation program 24 hours a day, seven days a week.

# Assistance While Traveling



The Travel Assistance Program is available 24 hours a day to help protect employees, their spouses and dependent children from the unpredictable, whenever they travel 100 miles or more from home for less than 90 consecutive days.\*

## Key Services

- Help finding physicians, dentists and medical facilities
- Medical monitoring to determine if care is appropriate
- Transportation to a hospital/treatment facility or return home for treatment
- Arrangement for a dependent or traveling companion's return home
- Replacement of medication and eyeglasses
- Emergency message relay to and from friends, relatives and business associates
- Emergency cash
- Assistance locating lost or stolen items
- Legal assistance/bail
- Interpretation/translation services

Additionally, participants can call anytime and from anywhere to get pre-trip information or ask questions.

## Who's Eligible?

Travel Assistance (provided by Europ Assistance) is available to individuals covered by Symetra Group Life and/or Disability Income Insurance policies.

**For more information and plan design requirements, contact your Symetra representative.**

## Accessing Services



Employees just pick up the phone—24 hours a day, seven days a week—and call **1-877-823-5807** from North America or **(240) 330-1422** from anywhere else in the world.

\*Students are covered for longer.

# Identity Theft Protection Program



Identity theft is a rising concern. The Symetra Identity Protection Program provides employees with information to protect themselves and step-by-step coaching to help identify and resolve identity theft.<sup>1</sup>

## Key Services

- Lost wallet assistance<sup>2</sup>
- Credit information review<sup>3</sup>
- 3-bureau fraud alert placement assistance
- ID theft affidavit assistance
- Translation services while traveling
- Emergency cash advance while traveling (a repayment guarantee is needed)

A comprehensive Identity Theft Resolution Kit will provide employees with information and includes documentation and details about how to tackle the problem if their identity has been compromised.

## Who's Eligible?

Identity Theft Protection (provided by Europ Assistance) is available to individuals covered by Symetra Group Life and/or Disability Income Insurance policies.

**For more information and plan design requirements, contact your Symetra representative.**

## Accessing Services



Employees can call anytime, from anywhere—24 hours a day, seven days a week. The number for North America is **1-877-823-5807** and those traveling anywhere else in the world can call **(240) 330-1422**.

<sup>1</sup> Identity thefts discovered prior to enrollment in Symetra Group Insurance are not eligible for services.

<sup>2</sup> Europ Assistance will assist you with cancelling lost credit cards and provide information to help you replace lost items such as your driver's license and Social Security card.

<sup>3</sup> Member must provide a copy of their credit report which can be obtained free of charge at [www.annualcreditreport.com](http://www.annualcreditreport.com) (once every 12 months).

# A Helping Hand for Beneficiaries



The Beneficiary Companion Program is there to help with paperwork and other time-consuming details, providing relief from the confusion and frustration of managing a loved one's final affairs.

## Key Services

- Guidance on how to obtain death certificate copies for final notifications
- Dedicated Beneficiary Assistance Coordinators to manage notifications and close loved one's accounts, including:

**Social Security Administration**

**Credit reporting agencies**

**Credit card companies/financial institutions**

**Third-party vendors**

**Government agencies**

- Assistance protecting the loved one's identity and full resolution services in case the deceased's identity is stolen

## Who's Eligible?

Beneficiary Companion (provided by Europ Assistance) is available to individuals covered by Symetra Group Life and/or Disability Income Insurance policies.

**For more information and plan design requirements, contact your Symetra representative.**

## Accessing Services



Beneficiaries can call the Symetra-dedicated toll-free number at **1-877-823-5807** for 24/7 support.

## About Symetra

Symetra is a financially strong, well-capitalized company on the rise, as symbolized by our brand icon—the swift. Swifts are quick, hardworking and nimble—everything we aspire to be when serving our customers. We've been in business for more than half a century, operating on a foundation of financial stability, integrity and transparency. Our commitment is to create employee benefits products that people need and understand.

**To learn more about us, visit [www.symetra.com](http://www.symetra.com), [www.symetra.com/ny](http://www.symetra.com/ny) or contact your representative.**

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### About ComPsych

ComPsych is the largest provider of employee assistance programs, managed behavioral health, work/life and crisis intervention services.



### About Europ Assistance

As the inventor of the assistance concept in 1963, Europ Assistance has handled more than 225 million cases in their company history.



**[www.symetra.com](http://www.symetra.com)**  
**[www.symetra.com/ny](http://www.symetra.com/ny)**

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In New York, group insurance policies are insured by and absence management programs are provided by First Symetra National Life Insurance Company of New York, New York, NY. Mailing address: P.O. Box 34690, Seattle, WA 98124. Value-add programs are not available with New York group term life insurance coverage.

Coverage may be subject to exclusions, limitations, reductions and termination of benefit provisions.

EAP, Will Preparation and Health Care Navigation are offered by ComPsych® Corporation through Symetra Financial Corporation subsidiaries. Benefits may not be available in all states. Travel Assistance, Identity Theft Protection and Beneficiary Companion programs are offered by Europ Assistance through Symetra Financial Corporation subsidiaries. Benefits may not be available in all states. ComPsych Corporation and Europ Assistance are not affiliated with any of the subsidiaries under Symetra Financial Corporation.

# Extending life insurance protection after group coverage ends

Symetra Life Insurance Company

Your group life insurance policy includes conversion and portability provisions. Exercising one of these options can help you avoid a future gap in your life insurance coverage.

## **Portability: Continuing group term life benefits for a period of time**

Portability allows you to continue your existing group coverage for a limited period of time or until you're eligible under a new group plan. Coverage offers a lower-cost option than converting to a permanent policy. Portability may be available for your spouse and dependents if they're covered under your current group plan.

Portability coverage is subject to certain conditions and restrictions, including:

- You must not elect more than the amount that is ending and length of coverage that may be continued.
- Your benefit amount may be subject to age-based reductions.
- Your original company's group life insurance policy and the portability provision must be in-force at the time of application.
- You must not have reached Social Security Normal Retirement Age.
- You must not be entering active military service.

Portability can be a good option if you're likely to become employed at a company offering its own group life plan. The ported policy can effectively serve as a 'bridge' until your new group life insurance goes into effect.

## **Conversion: Offering a lifetime of coverage**

Conversion allows you to transition your employer-sponsored coverage to a permanent, individual life insurance policy. This type of coverage may make sense if you need a more consistent level of coverage, perhaps following the purchase of a new home, the birth of a child or other life events.

When deciding if conversion is the right choice for you, keep in mind the following:

- Coverage for you, your covered spouse and/or eligible dependents will generally remain the same as your group term policy and does not require a new medical exam.
- Compared to group coverage, individual life insurance tends to be more expensive due to determining factors such as age, gender and the amount of coverage requested.
- Permanent life insurance coverage can accumulate cash value.

Though a life insurance policy is a bigger financial commitment than group term policy, conversion may be a good option if you're looking for a more permanent solution.

Understanding the difference between portability and conversion will help you decide which option is right for you. The chart on the next page provides an easy-to-follow overview of these two provisions.

*continued >*



## At-a-Glance: Portability vs. Conversion

	Policy Type	Length of Coverage	Cost	Cash Value	Maximum Benefit
<b>Portability</b>	Group term life insurance	Provides protection until the age maximum is reached, provided that required premiums are paid.	Pricing is set by Symetra and is determined by age and tobacco usage. Ported rates tend to be lower than conversion rates.	No	Determined by the insurance carrier; the lesser of your current amount or the port maximum. Generally \$250,000.
<b>Conversion</b>	Individual permanent life insurance	Provides lifetime protection when sufficient premiums are paid.	Pricing is based on individual rates which tend to be more expensive than a "ported" policy.	Yes	Employees can usually convert their full group policy face amount.

## Frequently Asked Questions

### Will I be required to take a medical exam?

No. A medical exam is not required. You also do not have to answer any medical questions.

### Can my Accidental Death and Dismemberment (AD&D) coverage be ported or converted?

No. Your AD&D benefits are not eligible for portability or conversion.

### How much does it cost?

- **Portability** – Symetra has set portability rates based on tobacco usage within the last 12 months and age; the actual cost (rate) will differ from your current group rate and tends to be lower than conversion. Rates are reviewed annually and may change.
- **Conversion** – You can estimate your new life insurance rates by using our online calculator located at [www.symetralifeconv.com](http://www.symetralifeconv.com). Enter your information as directed and then if interested in applying for conversion, fill out the Request for Information Form. The actual cost is determined by your age, gender, the amount of life insurance coverage you elect and other factors. Call HRMP at 1-800-426-7784 for a quote.

### How much time do I have to port or convert my coverage?

Your completed application must be received within 31 days from the date your group coverage ends. In some states, your employer is required to notify you of your right to convert at least 15 days prior to this date.

### Once I'm covered, will my benefit amount stay the same?

- **Portability** – Your benefit amount remains the same as of the time you port coverage. However, the benefit amount will reduce beginning at age 65. Contact your HR representative for more information.
- **Conversion** – Your benefit amount will stay the same provided that required premiums are paid. Call HRMP at 1-800-426-7784 for more information.

### Will I have life insurance coverage during the port/conversion period?

Yes. Your group insurance benefits remain in effect during the 31-day transition to the ported/converted policy.



**For more information about portability and conversion, talk with your Human Resources representative.**

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Group life insurance policies are insured by Symetra Life Insurance Company, 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004. Base policy form number is LGC 13500-CERT 08/06 and is not available in any U.S. territory. Our New York subsidiary insures products for New York policyholders. Policies contain exclusions, limitations, reduction of benefits and terms for keeping them in force. Please contact your group life representative for complete details.





# Benefit Summary

## GENERAL BENEFIT PLAN SUMMARY

Idaho AGC Self-Funded Benefit Trust

Group Number: 1680

Contract Effective Date: 01/01/2021

### Benefit Overview

	PPO	Premier	Non-Participating
<b>Per Person Deductible</b> Excluding Diagnostic and Preventive services per benefit year	\$50	\$50	\$50
<b>Family Deductible</b> Excluding Diagnostic and Preventive services per benefit year	\$150	\$150	\$150
<b>Maximum Benefit</b> Per eligible person per benefit year, January 1 through December 31	\$1,000	\$1,000	\$1,000

### Services

	You pay the % below		
<b>Preventive &amp; Diagnostic Services</b> Examinations, X-rays, teeth cleaning	0%	20%	20%
<b>Basic Services</b> Fillings, root canals, extractions, oral surgery	20%	20%	20%
<b>Major Services</b> Crowns, implants, onlays, bridges, dentures Late enrollee waiting period is 24 months	50%	50%	50%

#### Value Added Orthodontic Discount Program

Delta Dental of Idaho subscribers and their eligible dependents can receive a discounted fee for adult and child orthodontia treatment if they obtain services from a Delta Dental Discount Program orthodontist in Idaho. Please see your employer for additional information. This value-added service is not insurance.

#### PARTICIPATING AND NON-PARTICIPATING DENTISTS

If the dentist is a PPO or Premier participating dentist, Delta Dental will base payment on the lesser of the Submitted Amount or the Contract Fee. Delta Dental will send payment to the participating dentist and the subscriber will be responsible for any co-payment and/or any non-covered services.

If the dentist is a non-participating dentist, Delta Dental will base payment on the lesser of the Submitted Amount or Delta Dental's non-participating dentist Fee. It is the subscriber's responsibility to make full payment to the non-participating Dentist. For dental services rendered by an out-of-state dentist, Delta Dental will base payment on the lesser of the Submitted Amount or the Contract Fee in that area, if the out-of-state dentist is a participating dentist with a Delta Dental plan in the state in which the service is rendered.

## Benefits and Limitations

Class I Preventive and Diagnostic Services
Periodic examinations is allowed 1 time every 6 months
Cleanings are allowed 1 time every 6 months (restricts against periodontal maintenance within the same time period).
Fluoride once every 12 months for dependent children under age 19.
Full mouth series or panoramic X-rays once every 5 years.
Bitewing X-rays once every 12 months.
Class II Basic Services
Periodontal maintenance 1 time every 6 months (restricts against basic cleaning within the same time period).
Scaling and root planing covered once per quadrant every 24 months. Periodontal surgery is payable once per quadrant in any 3 year period.
Fillings restricted to same tooth/surface once every 24 months.
Class III Major Restorative Services
Crowns, build-ups, stainless steel crowns, onlays, or bridges on same tooth once every 7 years.
Porcelain, porcelain substrate, and cast restorations are not payable for children less than 16 years.
Partials, or dentures 1 time per arch every 7 years, eligible for partials at age 16.
Implants
Implants are a covered benefit per tooth with a maximum lifetime benefit of \$900.
Dependents
Eligible children must be under age 26.

### GENERAL PLAN INFORMATION

- Optional treatment: If the subscriber or eligible dependent selects a more expensive service than is customarily provided. For example, if teeth can be restored satisfactorily with amalgam or composite material, the cost of inlays, onlays and crowns are not covered and the cost difference between the covered and the non-covered procedure is to be borne by the patient.
- Payment provisions: The following guidelines will be used to determine the date on which a service shall be paid:
  - Full dentures or partial dentures: On the date the final impression is taken.
  - Fixed bridges, crowns, and onlays: On the date the tooth or teeth are prepared.
  - Root canal therapy: On the date the root canal is initiated.
- Processing Policies may limit benefits. Processing Policies applied to a claim are noted on the Explanation of Benefits (EOB).
- Predeterminations: If your dental treatment involves services of \$300 or greater, it is advisable to ask your dentist to submit

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555 E Parkcenter Blvd  
Boise, ID 83706

Customer Service  
(208) 489-3580  
(800) 356-7586

a predetermination of benefits. A statement will be sent to you and your dentist estimating the amount of Delta Dental payment obligation and the amount that you will owe. These estimates will be subject to your continuing eligibility in the plan and the group contract remaining in effect. If claims for other completed dental services are received and processed prior to the completion date of the proposed treatment, this may reduce Delta Dental's estimated payment for the proposed treatment and increase your obligation to the dentist. Predeterminations are valid for ninety (90) days from the date issued by Delta Dental.

### WHAT SERVICES ARE NOT COVERED?

No payment will be made by Delta Dental and all charges for the following services will be the responsibility of the subscriber:

1. Services for injuries or conditions payable under Workers' Compensation or Employer's Liability laws. Benefits or services that are available from any government agency, political subdivision, community agency, foundation, or similar entity. This provision does not apply to any programs provided under Title XIX Social Security Act, i.e., Medicaid.
2. Services for cosmetic surgery, or dentistry for aesthetic reasons.
3. Services or appliances started before an individual became eligible under the contract.
4. Prescription drugs, pre-medications and/or relative analgesia. General anesthesia and/or intravenous sedation other than for covered oral surgery. Charges for hospitalization, laboratory tests, and examinations and any additional fees charged by the dentist for hospital treatment.
5. Preventive control programs, including home care items.
6. Charges for failure to keep a scheduled visit with the dentist.
7. Repair, relines, or adjustments of occlusal guards.
8. Charges for completion of forms. A participating dentist may not make these charges to a subscriber or eligible dependent.
9. Prosthodontic services (Class III benefits), unless specified as a covered service in the Benefit Summary.
10. Orthodontic services (Class IV benefits), unless specified as a covered service in the Benefit Summary.
11. Lost, missing, or stolen appliances of any type and replacement or repair of orthodontic appliances.
12. Services for which no valid dental need can be demonstrated, that are specialized techniques, or that are experimental in nature as determined by the standards of generally accepted dental practice.
13. Appliances, surgical procedures, and restorations for increasing vertical dimension; for restoring occlusion; for replacing tooth structure loss resulting from attrition, abrasion, or erosion. If orthodontic benefits have been selected under this contract, this exclusion will not apply to the orthodontic services.
14. Treatment by other than a dentist, except for services performed by a licensed dental hygienist or denturist within the scope of his or her license.
15. Processing Policies may limit benefits. Processing Policies applied to a claim are noted on the Explanation of Benefits (EOB).
16. Services or supplies for which no charge is made, or for which the patient is not legally obligated to pay. This includes services or supplies furnished by a dentist who is related to the patient by blood or who is related to the patient by blood or marriage and who ordinarily dwells in the patient's household, the dentist providing service to him/her self, or services which would not have a charge in the absence of Delta Dental coverage.
17. Services or supplies received as a result of defect, or injury due to an act of war, declared or undeclared.
18. Services that are covered under a hospital, surgical/medical, or prescription drug program.
19. Appliances, restorations, or services for the diagnosis or treatment of disturbances of the temporomandibular joint (TMJ).
20. Myofunctional therapy.
21. Delta Dental is not obligated to pay claims received more than 12 months after the date of service.
22. Nutritional counseling, tobacco counseling and oral hygiene instruction are not covered benefits except for participants in Delta Dental's Health through Oral Wellness® (HOW®) program.



# Your VSP Vision Benefits Summary

IDAHO AGC SELF-FUNDED BENEFIT TRUST and VSP provide you with an affordable eye care plan.



## VSP Provider Network: VSP Choice

Benefit	Description	Copay	Frequency
<b>Your Coverage with a VSP Provider</b>			
<b>WellVision Exam</b>	<ul style="list-style-type: none"> <li>Focuses on your eyes and overall wellness</li> <li>Please check if your Costco optometrist is a participating retail provider</li> </ul>	\$10	Every 12 months
<b>Prescription Glasses</b>		\$20	See frame and lenses
<b>Frame</b>	<ul style="list-style-type: none"> <li>\$150 allowance for a wide selection of frames</li> <li>\$170 allowance for featured frame brands</li> <li>20% savings on the amount over your allowance</li> <li>\$80 Costco® frame allowance</li> </ul>	Included in Prescription Glasses	Every 24 months
<b>Lenses</b>	<ul style="list-style-type: none"> <li>Single vision, lined bifocal, and lined trifocal lenses</li> <li>Polycarbonate lenses for dependent children</li> </ul>	Included in Prescription Glasses	Every 12 months
<b>Lens Enhancements</b>	<ul style="list-style-type: none"> <li>Standard progressive lenses</li> <li>Premium progressive lenses</li> <li>Custom progressive lenses</li> <li>Average savings of 20-25% on other lens enhancements</li> </ul>	\$55 \$95 - \$105 \$150 - \$175	Every 12 months
<b>Contacts (instead of glasses)</b>	<ul style="list-style-type: none"> <li>\$150 allowance for contacts; copay does not apply</li> <li>Contact lens exam (fitting and evaluation)</li> </ul>	Up to \$60	Every 12 months
<b>Extra Savings</b>	<b>Glasses and Sunglasses</b> <ul style="list-style-type: none"> <li>Extra \$20 to spend on featured frame brands. Go to <a href="http://vsp.com/specialoffers">vsp.com/specialoffers</a> for details.</li> <li>20% savings on additional glasses and sunglasses, including lens enhancements, from any VSP provider within 12 months of your last WellVision Exam.</li> </ul>		
	<b>Retinal Screening</b> <ul style="list-style-type: none"> <li>No more than a \$39 copay on routine retinal screening as an enhancement to a WellVision Exam</li> </ul>		
	<b>Laser Vision Correction</b> <ul style="list-style-type: none"> <li>Average 15% off the regular price or 5% off the promotional price; discounts only available from contracted facilities</li> </ul>		

## Your Coverage with Out-of-Network Providers

Get the most out of your benefits and greater savings with a VSP network doctor. Your coverage with out-of-network providers will be less or you'll receive a lower level of benefits. Visit [vsp.com](http://vsp.com) for plan details.

Exam .....	up to \$45	Lined Bifocal Lenses .....	up to \$50	Progressive Lenses .....	up to \$50
Frame .....	up to \$70	Lined Trifocal Lenses .....	up to \$65	Contacts .....	up to \$105
Single Vision Lenses .....	up to \$30				

Coverage with a participating retail chain may be different. Once your benefit is effective, visit [vsp.com](http://vsp.com) for details. Coverage information is subject to change. In the event of a conflict between this information and your organization's contract with VSP, the terms of the contract will prevail. Based on applicable laws, benefits may vary by location.

Contact us. 800.877.7195 | [vsp.com](http://vsp.com)

1. Brands/Promotion subject to change.

2. Savings based on network doctor's retail price and vary by plan and purchase selection; average savings determined after benefits are applied. Available only through VSP network doctors to VSP members with applicable plan benefits. Ask your VSP network doctor for details.

3. Blueocean Market Intelligence National Vision Plan Member Research, 2014

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*This Summary Plan Description prepared by*

