


**Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services**

**Coverage Period: 01/01/2022 – 12/31/2022**


North Carolina State Health Plan Network - Blue Cross NC 70/30 PPO

**Coverage for:** Individual, Individual + Spouse, Individual +Children, Family | **Plan Type:** PPO

 **The Summary of Benefits and Coverage (SBC) document will help you choose a health [plan](#). The SBC shows you how you and the [plan](#) would share the cost for covered health care services. NOTE: Information about the cost of this [plan](#) (called the [premium](#)) will be provided separately. This is only a summary.** For more information about your coverage, or to get a copy of the complete terms of coverage, visit: [www.shpnc.org](http://www.shpnc.org). For general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other underlined terms click on the term for more information. You can also view more information regarding this plan at <https://www.shpnc.org> or call 855-859-0966.

| Important Questions  | Answers   | Why This Matters:  |
|--|---|--|
| <p><b>What is the overall <a href="#">deductible</a>?</b></p>                                | <p><b>\$1,500</b> person/<b>\$4,500</b> family for in-network;<br/> <b>\$3,000</b> person/<b>\$9,000</b> family for out-of-network. Doesn't apply to in-network preventive care. Coinsurance and copayments do not apply to the deductible.</p> | <p>You must pay all the costs up to the <a href="#">deductible</a> amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the <a href="#">deductible</a> starts over (usually, but not always, January 1<sup>st</sup>). See the chart starting on page 2 for how much you pay for covered services after you meet the <a href="#">deductible</a>.</p>  |
| <p><b>Are there services covered before you meet your <a href="#">deductible</a>?</b></p>    | <p>Yes. <a href="#">Preventive care</a> and primary care services are covered before you meet your <a href="#">deductible</a>.</p>  | <p>This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost-sharing</a> and before you meet your <a href="#">deductible</a>. See a list of covered <a href="#">preventive services</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a>.</p> |
| <p><b>Are there other <a href="#">deductibles</a> for specific services?</b></p>             | <p>No.</p>  | <p>You don't have to meet <a href="#">deductibles</a> for specific services.</p>   |
| <p><b>What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a>?</b></p> | <p><b>\$5,900</b> person/<b>\$16,300</b> family for in-network;<br/> <b>\$11,800</b> person/<b>\$32,600</b> family for out-of-network.</p>  | <p>The <a href="#">out-of-pocket limit</a> is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.</p>   |
| <p><b>What is not included in the <a href="#">out-of-pocket limit</a>?</b></p>               | <p>Your cost for services when pre-authorization was not obtained, premiums, balance-billed charges and health care services this plan doesn't cover.</p>   | <p>Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a>.</p>  |
| <p><b>Will you pay less if you use a <a href="#">network provider</a>?</b></p>               | <p>Yes.</p>   | <p>If you use an in-network doctor or other health care <a href="#">provider</a>, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network <a href="#">provider</a> for some services. Plans use the term in-network, <a href="#">preferred</a>, or</p>   |

|  |     |   |
|--|-----|---|
|  |     | participating for <a href="#">providers</a> in their <a href="#">network</a> . See the chart starting on page 2 for how this plan pays different kinds of <a href="#">providers</a> . |
| <b>Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a>?</b> | No. | You can see the <a href="#">specialist</a> you choose without permission from this plan.  |

 All [copayment](#) and [coinsurance](#) costs shown in this chart are after your [deductible](#) has been met, if a [deductible](#) applies.

| Common Medical Event  | Services You May Need   | What You Will Pay  |   | Limitations, Exceptions, & Other Important Information   |
|---|---|--|---|--|
|   |   | Network Provider<br>(You will pay the least)   | Out-of-Network Provider<br>(You will pay the most)              |  |
| <b>If you visit a health care <a href="#">provider's</a> office or clinic</b> | Primary care visit to treat an injury or illness                              | \$0 <a href="#">copay</a> if visit CPP PCP on ID card;<br>\$30 if visit non-CPP PCP on ID card;<br>\$45 if other PCP and 30% <a href="#">coinsurance</a> for other outpatient services;<br><a href="#">deductible</a> does not apply | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a> | The <a href="#">deductible</a> does not apply to in-network visits.  |
|   | <a href="#">Specialist</a> visit  | \$47 <a href="#">copay</a> for CPP specialist, \$94 other specialist   | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a> | The <a href="#">deductible</a> does not apply to in-network visits.  |
|   | Other practitioner office visit   | \$36 for CPP PT, OT, ST and chiropractic visits;<br>\$72 non-CPP provider  | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a> | Coverage is limited to 30 visits per benefit period for chiropractic care.   |
|   | <a href="#">Preventive care</a> / <a href="#">screening</a> /<br>immunization | \$0  | Not covered, except for mandated coverage                       | You may have to pay for services that aren't <a href="#">preventive</a> . Ask your <a href="#">provider</a> if the services you need are preventive. Then check what your <a href="#">Plan</a> will pay for. |
| <b>If you have a test</b>   | Diagnostic test (X-ray, blood work)   | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a>  | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a> | No coverage for tests not ordered by a doctor.<br>Prior authorization may be required or services will not be covered.   |
|   | Imaging (CT/PET scans, MRIs)  | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a>  | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a> |  |

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\*This does not include Continuous Glucose Monitoring Systems or ass

supplies are considered a Tier 2 member copay. For more information about limitations and exceptions, see the plan benefit booklet at [www.shpnc.org](http://www.shpnc.org).

| Common Medical Event  | Services You May Need                                       | What You Will Pay   |   | Limitations, Exceptions, & Other Important Information  |
|---|---|---|---|---|
|   |   | Network Provider<br>(You will pay the least)                    | Out-of-Network Provider<br>(You will pay the most)  |   |
| <b>If you need drugs to treat your illness or condition</b><br>More information about <a href="#">prescription drug coverage</a> is available at <a href="http://www.shpnc.org">www.shpnc.org</a> | Tier 1: Generic drugs                                       | \$16 <a href="#">copay</a> /prescription                        | \$16 <a href="#">copay</a> and the difference between the allowed amount and the charge.  | Per 30-day supply. The <a href="#">deductible</a> does not apply  |
|   | Tier 2: Preferred Brand & High-Cost Generic drugs           | \$47 <a href="#">copay</a> /prescription                        | \$47 <a href="#">copay</a> and the difference between the allowed amount and the charge.  | Per 30-day supply. The <a href="#">deductible</a> does not apply  |
|   | Tier 3: Non-Preferred Brand                                 | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a> | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a>                           | Per 30-day supply.  |
|   | Tier 4: Low-Cost Generic<br><a href="#">Specialty drugs</a> | \$200 <a href="#">copay</a> /prescription                       | \$200 <a href="#">copay</a> and the difference between the allowed amount and the charge. | Per 30-day supply. The <a href="#">deductible</a> does not apply.   |
|   | Tier 5: Preferred Specialty                                 | \$350 <a href="#">copay</a> /prescription                       | \$350 <a href="#">copay</a> and the difference between the allowed amount and the charge. | Per 30-day supply. The <a href="#">deductible</a> does not apply. Non-acute specialty drugs must be obtained through CVS Caremark Specialty Pharmacy, excluding cancer medications. |
|   | Tier 6: Non-preferred Specialty                             | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a> | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a>                           | Per 30-day supply. Non-acute specialty drugs must be obtained through CVS Caremark, excluding cancer medications.   |
|   | Preferred Blood Glucose Meters (BGM) and Supplies*          | \$10/ <a href="#">copay</a>                                     | \$10/ <a href="#">copay</a> and the difference between the allowed amount and the charge. | Per 30-day supply. Non-preferred diabetic supplies are considered a Tier 3 <a href="#">copay</a> .  |
|   | Preferred/Non-Preferred Insulin                             | \$0/ <a href="#">copay</a> per 30-day supply                    | \$0/ <a href="#">copay</a> per 30-day supply  |   |
| <b>If you have outpatient surgery</b>   | Facility fee (e.g., ambulatory surgery center)              | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a> | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a>                           | —————none—————  |
|   | Physician/surgeon fees                                      | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a> | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a>                           | —————none—————  |

\*This does not include Continuous Glucose Monitoring Systems or associated supplies. Preferred Continuous Glucose Monitoring Systems and associated supplies are considered a Tier 2 member copay. For more information about limitations and exceptions, see the plan benefit booklet at [www.shpnc.org](http://www.shpnc.org).

| Common Medical Event   | Services You May Need                            | What You Will Pay  |  | Limitations, Exceptions, & Other Important Information  |
|--|--|--|--|---|
|  |  | Network Provider<br>(You will pay the least)   | Out-of-Network Provider<br>(You will pay the most)                                   |   |
|  |  | 30% <a href="#">coinsurance</a>  | 50% <a href="#">coinsurance</a>  |   |
| <b>If you need immediate medical attention</b>                                   | <a href="#">Emergency room care</a>              | \$337/visit;<br>30% coinsurance  | \$337/visit;<br>30% coinsurance  | Copay waived with admission or observation stay.  |
|  | <a href="#">Emergency medical transportation</a> | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a>  | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a>                      | —————none—————  |
|  | <a href="#">Urgent care</a>                      | \$100 <a href="#">visit</a>  | \$100 <a href="#">visit</a>  | The <a href="#">deductible</a> does not apply.  |
| <b>If you have a hospital stay</b>   | Facility fee (e.g., hospital room)               | \$337/admission;<br><a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a>  | \$337/admission;<br><a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a>  | No coverage for admissions prior to the effective date of coverage. Precertification may be required. |
|  | Physician/surgeon fees                           | <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a>  | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a>                      | —————none—————  |
| <b>If you need mental health, behavioral health, or substance abuse services</b> | Outpatient services                              | \$0 <a href="#">copay</a> for CPP Provider; \$45 <a href="#">copay</a> for non-CPP Provider office visit; or <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a> for other outpatient services | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a>                      | Precertification may be required.   |
|  | Inpatient services                               | \$337/ admission;<br><a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a>   | \$337/ admission;<br><a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a> | Precertification required.  |
|  | Substance use disorder outpatient services       | \$0 <a href="#">copay</a> for CPP Provider; \$45 <a href="#">copay</a> for non-CPP Provider office visit; or <a href="#">Deductible</a> /<br>30% <a href="#">coinsurance</a> for other outpatient services | <a href="#">Deductible</a><br>50% <a href="#">coinsurance</a>                        | Precertification may be required.   |
| <b>If you are pregnant</b>   | Office visits                                    | \$0 <a href="#">copay</a> if visit CPP PCP on ID card;<br>\$30 if visit non-CPP PCP  | <a href="#">Deductible</a> /<br>50% <a href="#">coinsurance</a>                      | Not covered for dependent children.   |

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| Common Medical Event  | Services You May Need                             | What You Will Pay  |  | Limitations, Exceptions, & Other Important Information   |
|---|---|--|--|--|
|   |   | Network Provider<br>(You will pay the least)                                   | Out-of-Network Provider<br>(You will pay the most)                 |  |
|   |   | on ID card;<br>\$45 if other PCP   |  |  |
|   | Childbirth/delivery facility services             | \$337/ admission;<br><u>Deductible</u> /<br>30% <u>coinsurance</u>             | \$337/ admission;<br><u>Deductible</u> /<br>50% <u>coinsurance</u> |  |
| <b>If you need help recovering or have other special health needs</b> | <u>Home health care</u>                           | <u>Deductible</u> /<br>30% <u>coinsurance</u>                                  | <u>Deductible</u> /<br>50% <u>coinsurance</u>                      | Prior authorization required or services will not be covered.  |
|   | <u>Rehabilitation &amp; Habilitation services</u> | \$36 for CPP Provider<br>\$72 for other Providers<br>or 30% <u>coinsurance</u> | <u>Deductible</u> /<br>50% <u>coinsurance</u>                      | The <b>deductible</b> does not apply to in-network visits. Chiropractic coverage is limited to 30 visits per benefit period. |
|   | <u>Skilled nursing care</u>                       | <u>Deductible</u> /<br>30% <u>coinsurance</u>                                  | <u>Deductible</u> /<br>50% <u>coinsurance</u>                      | Coverage is limited to 100 visits per benefit period. Precertification required.   |
|   | <u>Durable medical equipment</u>                  | <u>Deductible</u> /<br>30% <u>coinsurance</u>                                  | <u>Deductible</u> /<br>50% <u>coinsurance</u>                      | Prior authorization may be required for benefits to be provided.   |
|   | <u>Hospice services</u>                           | <u>Deductible</u> /<br>30% <u>coinsurance</u>                                  | 50% <u>coinsurance</u>   | Precertification may be required.  |
| <b>If your child needs dental or eye care</b>                         | Children's eye exam                               | Not covered  | Not covered  | Excluded   |
|   | Children's glasses                                | Not covered  | Not covered  | Excluded   |
|   | Children's dental check-up                        | Not covered  | Not covered  | Excluded   |

### Excluded Services & Other Covered Services:

| Services Your <u>Plan</u> Generally Does NOT Cover (Check your policy or <u>plan</u> document for more information and a list of any other <u>excluded services</u> .)   |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>Acupuncture</li> <li>Benefits paid as a result of injuries caused by another party may need to be repaid to the health plan or paid for by another party under certain circumstances.</li> <li>Cosmetic Surgery</li> <li>Dental Care (Adult)</li> </ul> | <ul style="list-style-type: none"> <li>Dental Care (Child)</li> <li>Glasses</li> <li>Hearing aids (age 22 and older)</li> <li>Long Term Care</li> </ul> | <ul style="list-style-type: none"> <li>Routine eye care (Adult)</li> <li>Routine eye care (Child)</li> <li>Routine Foot Care</li> <li>Skilled nursing facility over 100 days per benefits period</li> <li>Weight loss programs</li> </ul> |

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**Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your [plan](#) document.)**

- Infertility treatment
- Bariatric Surgery
- Chiropractic Care (up to 30 visits per benefit period)
- Hearing Aids (under age 22)
- Non-emergency care when traveling outside the U.S. See [www.bluecardworldside.com](http://www.bluecardworldside.com)
- Private Duty Nursing

**Your Rights to Continue Coverage:** If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a **premium**, which may be significantly higher than the **premium** you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.

For more information on your rights to continue coverage, contact the plan at 1-855-859-0966. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or [www.dol.gov/ebsa](http://www.dol.gov/ebsa), or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://www.cciio.cms.gov)

**Your Grievance and Appeals Rights:** There are agencies that can help if you have a complaint against your [plan](#) for a denial of a [claim](#). This complaint is called a [grievance](#) or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, contact: State Health Plan Customer Service at 1-888-234-2416 or [shpnc.org](http://shpnc.org). You may also receive assistance from the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform), if applicable. You may also contact North Carolina Department of Insurance at (855) 408-1212 or [www.ncdoi.com/smart](http://www.ncdoi.com/smart).

**Does this plan provide Minimum Essential Coverage? Yes.**

If you don't have [Minimum Essential Coverage](#) for a month, you'll have to make a payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for that month.

**Does this plan meet Minimum Value Standards? Yes.**

If your [plan](#) doesn't meet the [Minimum Value Standards](#), you may be eligible for a [premium tax credit](#) to help you pay for a [plan](#) through the [Marketplace](#).

**Language Access Services:**

[Spanish (Español): Para obtener asistencia en Español, llame al [919-814-4400].

[Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa [919-814-4400].

[Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 [919-814-4400].

[Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' [919-814-4400].

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

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**About these Coverage Examples:**



**This is not a cost estimator.** Treatments shown are just examples of how this [plan](#) might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your [providers](#) charge, and many other factors. Focus on the [cost sharing](#) amounts ([deductibles](#), [copayments](#) and [coinsurance](#)) and [excluded services](#) under the [plan](#). Use this information to compare the portion of costs you might pay under different health [plans](#). Please note these coverage examples are based on self-only coverage and assume that the member DOES NOT visit a Clear Pricing Project Provider.

**Peg is Having a Baby**  
(9 months of in-network pre-natal care and a hospital delivery)

- The [plan's](#) overall [deductible](#) \$1,500
- [Specialist copayment](#) \$94
- Hospital (facility) [coinsurance](#) 30%
- Other [coinsurance](#) 30%

**This EXAMPLE event includes services like:**

Specialist office visit (*prenatal care*)  
 Childbirth/Delivery Professional Services  
 Childbirth/Delivery Facility Services  
 Diagnostic tests (*ultrasounds and blood work*)  
 Specialist visit (*anesthesia*)

|                           |                 |
|---------------------------|-----------------|
| <b>Total Example Cost</b> | <b>\$12,800</b> |
|---------------------------|-----------------|

**In this example, Peg would pay:**

| <i>Cost Sharing</i>               |                |
|-----------------------------------|----------------|
| Deductibles                       | \$1,500        |
| Copayments                        | \$94           |
| Coinsurance                       | \$3,344        |
| <i>What isn't covered</i>         |                |
| Limits or exclusions              | \$60           |
| <b>The total Peg would pay is</b> | <b>\$4,938</b> |

**Managing Joe's Type 2 Diabetes**  
(a year of routine in-network care of a well-controlled condition)

- The [plan's](#) overall [deductible](#) \$1,500
- [Specialist copayment](#) \$94
- Hospital (facility) [coinsurance](#) 30%
- Other [coinsurance](#) 30%

**This EXAMPLE event includes services like:**

2 Primary care physician office visits (*including disease education*)  
 Diagnostic tests in the office (*blood work*)  
 Prescription drugs (2 diabetic supplies & 2 generic Rx)  
 Durable medical equipment (*additional test strips*)

|                           |              |
|---------------------------|--------------|
| <b>Total Example Cost</b> | <b>\$500</b> |
|---------------------------|--------------|

**In this example, Joe would pay:**

| <i>Cost Sharing</i>               |              |
|-----------------------------------|--------------|
| Deductibles*                      | \$100        |
| Copayments                        | \$112        |
| Coinsurance                       | \$0          |
| <i>What isn't covered</i>         |              |
| Limits or exclusions              | \$155        |
| <b>The total Joe would pay is</b> | <b>\$212</b> |

**Mia's Simple Fracture**  
(in-network emergency room visit and follow-up care)

- The [plan's](#) overall [deductible](#) \$1,500
- [Specialist copayment](#) \$94
- Hospital (facility) [coinsurance](#) 30%
- Other [coinsurance](#) 30%

**This EXAMPLE event includes services like:**

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

|                           |                |
|---------------------------|----------------|
| <b>Total Example Cost</b> | <b>\$3,895</b> |
|---------------------------|----------------|

**In this example, Mia would pay:**

| <i>Cost Sharing</i>               |                |
|-----------------------------------|----------------|
| Deductibles*                      | \$1,500        |
| Copayments                        | \$337          |
| Coinsurance                       | \$332          |
| <i>What isn't covered</i>         |                |
| Limits or exclusions              | \$950          |
| <b>The total Mia would pay is</b> | <b>\$2,169</b> |

\*Note: The only service applied to the deductible in this scenario was the durable medical equipment.