

# Sioux Valley Health Plan

<http://www.svhp.com>

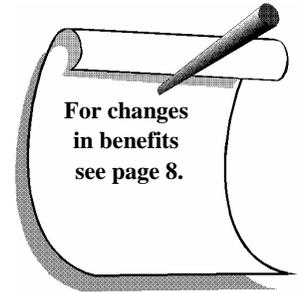


## 2006

### A Health Maintenance Organization and a point of service product

**Serving:** *Central, Eastern South Dakota and counties surrounding the Rapid City area, and Northwestern Iowa*

**Enrollment in this plan is limited. You must live or work in our Geographic service area to enroll. See page 6 for requirements.**



*Sioux Valley Health Plan's Commercial HMO product received NCQA's Commendable Accreditation Status.*

**Enrollment codes for this Plan:**

**AU1 High Option Self Only**

**AU2 High Option Self and Family**

**AU4 Standard Option Self Only**

**AU5 Standard Option Self and Family**

Authorized for distribution by the:



**United States  
Office of Personnel Management**

Center for  
Retirement and Insurance Services  
<http://www.opm.gov/insure>

**RI73-814**

## Notice of the United States Office of Personnel Management's 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.**

By law, the United States Office of Personnel Management (OPM), which administers the Federal Employees Health Benefits (FEHB) Program, is required to protect the privacy of your personal medical information. OPM is also required to give you this notice to tell you how OPM may use and give out ("disclose") your personal medical information held by OPM.

OPM **will** use and give out your personal medical information:

- To you or someone who has the legal right to act for you (your personal representative),
- To the Secretary of the Department of Health and Human Services, if necessary, to make sure your privacy is protected,
- To law enforcement officials when investigating and/or prosecuting alleged or civil or criminal actions, and
- Where required by law.

OPM **has the right** to use and give out your personal medical information to administer the FEHB Program. For example:

- To communicate with your FEHB health plan when you or someone you have authorized to act on your behalf asks for our assistance regarding a benefit or customer service issue.
- To review, make a decision, or litigate your disputed claim.
- For OPM and the Government Accountability Office when conducting audits.

OPM **may** use or give out your personal medical information for the following purposes under limited circumstances:

- For Government health care oversight activities (such as fraud and abuse investigations),
- For research studies that meet all privacy law requirements (such as for medical research or education), and
- To avoid a serious and imminent threat to health or safety.

By law, OPM must have your written permission (an "authorization") to use or give out your personal medical information for any purpose that is not set out in this notice. You may take back ("revoke") your written permission at any time, except if OPM has already acted based on your permission.

By law, you **have the right** to:

- See and get a copy of your personal medical information held by OPM.
- Amend any of your personal medical information created by OPM if you believe that it is wrong or if information is missing, and OPM agrees. If OPM disagrees, you may have a statement of your disagreement added to your personal medical information.
- Get a listing of those getting your personal medical information from OPM in the past 6 years. The listing will not cover your personal medical information that was given to you or your personal representative, any information that you authorized OPM to release, or that was given out for law enforcement purposes or to pay for your health care or a disputed claim.
- Ask OPM to communicate with you in a different manner or at a different place (for example, by sending materials to a P.O. Box instead of your home address).
- Ask OPM to limit how your personal medical information is used or given out. However, OPM may not be able to agree to your request if the information is used to conduct operations in the manner described above.
- Get a separate paper copy of this notice.

For more information on exercising your rights set out in this notice, look at [www.opm.gov/insure](http://www.opm.gov/insure) on the Web. You may also call 202-606-0745 and ask for OPM's FEHB Program privacy official for this purpose.

If you believe OPM has violated your privacy rights set out in this notice, you may file a complaint with OPM at the following address:

Privacy Complaints  
United States Office of Personnel Management  
P.O. Box 707  
Washington, DC 20004-0707

Filing a complaint will not affect your benefits under the FEHB Program. You also may file a complaint with the Secretary of the United States Department of Health and Human Services.

By law, OPM is required to follow the terms in this privacy notice. OPM has the right to change the way your personal medical information is used and given out. If OPM makes any changes, you will get a new notice by mail within 60 days of the change. The privacy practices listed in this notice are effective April 14, 2003.

Filing a complaint will not affect your benefits under the FEHB Program. You also may file a complaint with the Secretary of the United States Department of Health and Human Services.

By law, OPM is required to follow the terms in this privacy notice. OPM has the right to change the way your personal medical information is used and given out. If OPM makes any changes, you will get a new notice by mail within 60 days of the change. The privacy practices listed in this notice are effective April 14, 2003.

## **Important Notice from Sioux Valley Health Plan About Our Prescription Drug Coverage and Medicare**

OPM has determined that Sioux Valley Health Plan's prescription drug coverage is, on average, comparable to Medicare prescription drug coverage; thus you do not need to enroll in Medicare Part D and pay extra for prescription drug benefits.

However, if you choose to enroll in Medicare Part D, you can keep your FEHB coverage and Sioux Valley Health Plan will coordinate benefits with Medicare. If you decide to enroll later in Medicare Part D, you will not have to pay a penalty for late enrollment as long as you keep your FEHB coverage.

Remember: If you are an annuitant and you terminate your FEHB coverage, you may not re-enroll in the FEHB Program.

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### **Please be advised**

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If you lose or drop your FEHB coverage, you will have to pay a higher Part D premium if you go without equivalent prescription drug coverage for a period of 63 days or longer. If you enroll in Medicare Part D at a later date, your premium will increase 1 percent per month for each month you did not have equivalent prescription drug coverage. For example, if you go 19 months without Medicare Part D prescription drug coverage, your premium will always be at least 19 percent higher than what most other people pay. You may also have to wait until the next open enrollment period to enroll in Medicare Part D.

### **Medicare's Low Income Benefits**

*For people with limited income and resources, extra help paying for a Medicare prescription drug plan is available. Information regarding this program is available through the Social Security Administration (SSA) online at [www.socialsecurity.gov](http://www.socialsecurity.gov), or call the SSA at 1-800-772-1213 (TTY 1-800-325-0778).*

You can get more information about Medicare prescription drug coverage from these places:

- Visit [www.medicare.gov](http://www.medicare.gov) for personalized help,
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

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## Introduction

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This brochure describes the benefits of Sioux Valley Health Plan under our contract (CS 2443) with the United States Office of Personnel Management, as authorized by the Federal Employees Health Benefits law. The address for Sioux Valley Health Plan administrative offices is:

Sioux Valley Health Plan  
5300 Broadband Lane, Suite 300  
Sioux Falls, SD 57108

This brochure is the official statement of benefits. No oral statement can modify or otherwise affect the benefits, limitations, and exclusions of this brochure. It is your responsibility to be informed about your health benefits.

If you are enrolled in this Plan, you are entitled to the benefits described in this brochure. If you are enrolled in Self and Family coverage, each eligible family member is also entitled to these benefits. You do not have a right to benefits that were available before January 1, 2006, unless those benefits are also shown in this brochure.

OPM negotiates benefits and rates with each plan annually. Benefit changes are effective January 1, 2006, and changes are summarized on page 8. Rates are shown at the end of this brochure.

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## Plain Language

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All FEHB brochures are written in plain language to make them responsive, accessible, and understandable to the public. For instance,

- Except for necessary technical terms, we use common words. For instance, “you” means the enrollee or family member, “we” means Sioux Valley Health Plan.
- We limit acronyms to ones you know. FEHB is the Federal Employees Health Benefits Program. OPM is the United States Office of Personnel Management. If we use others, we tell you what they mean first.
- Our brochure and other FEHB plans’ brochures have the same format and similar descriptions to help you compare plans.

If you have comments or suggestions about how to improve the structure of this brochure, let OPM know. Visit OPM’s “Rate Us” feedback area at [www.opm.gov/insure](http://www.opm.gov/insure) or e-mail OPM at [fehwebcomments@opm.gov](mailto:fehwebcomments@opm.gov). You may also write to OPM at the U.S. Office of Personnel Management, Insurance Services Programs, Program Planning & Evaluation Group, 1900 E Street, NW, Washington, DC 20415-3650.

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## Stop Health Care Fraud!

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Fraud increases the cost of health care for everyone and increases your Federal Employees Health Benefits Program premium.

OPM’s Office of the Inspector General investigates all allegations of fraud, waste, and abuse in the FEHB Program regardless of the agency that employs you or from which you retired.

**Protect Yourself From Fraud** – Here are some things that you can do to prevent fraud:

- Be wary of giving your plan identification (ID) number over the telephone or to people you do not know, except to your doctor, other provider, or authorized plan or OPM representative.
- Let only the appropriate medical professionals review your medical record or recommend services.
- Avoid using health care providers who say that an item or service is not usually covered, but they know how to bill us to get it paid.

- Carefully review explanations of benefits (EOBs) that you receive from us.
- Do not ask your doctor to make false entries on certificates, bills or records in order to get us to pay for an item or service.
- If you suspect that a provider has charged you for services you did not receive, billed you twice for the same service, or misrepresented any information, do the following:
  - Call the provider and ask for an explanation. There may be an error.
  - If the provider does not resolve the matter, call us at 605/328-6868 and explain the situation.
  - If we do not resolve the issue:

**CALL — THE HEALTH CARE FRAUD HOTLINE  
202-418-3300**

**OR WRITE TO:**  
**United States Office of Personnel Management  
 Office of the Inspector General Fraud Hotline  
 1900 E Street NW Room 6400  
 Washington, DC 20415-1100**

- Do not maintain as a family member on your policy:
  - Your former spouse after a divorce decree or annulment is final (even if a court order stipulates otherwise); or
  - Your child over age 22 (unless he/she is disabled and incapable of self support).
- If you have any questions about the eligibility of a dependent, check with your personnel office if you are employed, with your retirement office (such as OPM) if you are retired, or with the National Finance Center if you are enrolled under Temporary Continuation of Coverage.
- You can be prosecuted for fraud and your agency may take action against you if you falsify a claim to obtain FEHB benefits or try to obtain services for someone who is not an eligible family member or who is no longer enrolled in the Plan.

## **Preventing medical mistakes**

An influential report from the Institute of Medicine estimates that up to 98,000 Americans die every year from medical mistakes in hospitals alone. That’s about 3,230 preventable deaths in the FEHB Program a year. While death is the most tragic outcome, medical mistakes cause other problems such as permanent disabilities, extended hospital stays, longer recoveries, and even additional treatments. By asking questions, learning more and understanding your risks, you can improve the safety of your own health care, and that of your family members. Take these simple steps:

1. **Ask questions if you have doubts or concerns.**
  - Ask questions and make sure you understand the answers.
  - Choose a doctor with whom you feel comfortable talking.
  - Take a relative or friend with you to help you ask questions and understand answers.

2. **Keep and bring a list of all the medicines you take.**

- Bring the actual medicines or give your doctor the pharmacist a list of all the medicines that you take, including non-prescription (over the counter) medicines.
- Tell them about any drug allergies you have.
- Ask about any risks or side effects of the medication and what to avoid while taking it. Be sure to write down what your doctor or pharmacist says.
- Make sure your medicine is what the doctor ordered. Ask the pharmacist about your medicine if it looks different than you expected.
- Read the label and patient package insert when you get your medicine, including all warnings and instructions.
- Know how to use your medicine. Especially note the times and conditions when your medicine should and should not be taken.

3. **Get the results of any test or procedure.**

- Ask when and how you will get the results of tests or procedures.
- Don't assume the results are fine if you do not get them when expected, be it in person, by phone, or by mail.
- Call your doctor and ask for your results.
- Ask what the results mean for your care.

4. **Talk to your doctor about which hospital is best for your health needs.**

- Ask your doctor about which hospital has the best care and results for your condition if you have more than one hospital to choose from to get the health care you need.
- Be sure you understand the instructions you get about follow-up care when you leave the hospital.

5. **Make sure you understand what will happen if you need surgery.**

- Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation.
- Ask your doctor, "Who will manage my care when I am in the hospital?"
- Ask your surgeon:
  - Exactly what will you be doing?
  - About how long will it take?
  - What will happen after surgery?
  - How can I expect to feel during recovery?
- Tell the surgeon, anesthesiologist, and nurses about any allergies, bad reaction to anesthesia, and any medications you are taking.

Want more information on patient safety?

- ▶ [www.ahrq.gov/consumer/pathqpack.htm](http://www.ahrq.gov/consumer/pathqpack.htm). The Agency for Healthcare Research and Quality makes available a wide-ranging list of topics not only to inform consumers about patient safety but to help choose quality health care providers and improve the quality of care you receive.
- ▶ [www.npsf.org](http://www.npsf.org). The National Patient Safety Foundation has information on how to ensure safer health care for you and your family.
- ▶ [www.talkaboutrx.org/consumer.html](http://www.talkaboutrx.org/consumer.html). The National Council on Patient Information and Education is dedicated to improving communication about the safe, appropriate use of medicines.
- ▶ [www.leapfroggroup.org](http://www.leapfroggroup.org). The Leapfrog Group is active in promoting safe practices in hospital care.
- ▶ [www.ahqa.org](http://www.ahqa.org). The American Health Quality Association represents organizations and health care professionals working to improve patient safety.
- ▶ [www.quic.gov/report](http://www.quic.gov/report). Find out what federal agencies are doing to identify threats to patient safety and help prevent mistakes in the nation's health care delivery system.

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## Section 1 Facts about this HMO plan

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This Plan is a health maintenance organization (HMO). We require you to see specific physicians, hospitals, and other providers that contract with us. These Plan providers coordinate your health care services. You are encouraged to select a Sioux Valley Health Plan participating Primary Care Provider (PCP) to provide and coordinate your health services. However, the Plan does not require that you select a PCP or that a PCP refer you for specialty care. You can self-refer yourself to a Sioux Valley Health Plan participating specialty provider at any time. The Plan is solely responsible for the selection of these providers in your area. Contact the Plan for a copy of their most recent provider directory.

HMOs emphasize preventive care such as routine office visits, physical exams, well-baby care, and immunizations, in addition to treatment for illness and injury. Our providers follow generally accepted medical practice when prescribing any course of treatment.

When you receive services from Plan providers, you will not have to submit claim forms or pay bills. You pay only the copayments, coinsurance, and deductibles described in this brochure. When you receive emergency services from non-Plan providers, you may have to submit claim forms.

**You should join an HMO because you prefer the plan's benefits, not because a particular provider is available. You cannot change plans because a provider leaves our Plan. We cannot guarantee that any one physician, hospital, or other provider will be available and/or remain under contract with us.**

### **We also have Point of Service (POS) benefits**

Our HMO offers POS benefits. This means you can receive covered services from a participating provider without a required referral, or from a non-participating provider. These out-of-network benefits have higher out-of-pocket costs than our in-network benefits.

### **How we pay providers**

We contract with individual physicians, medical groups, and hospitals to provide the benefits in this brochure. These Plan providers accept a negotiated payment from us, and you will only be responsible for your copayments or coinsurance or deductible (if applicable).

### **Your Rights**

OPM requires that all FEHB Plans provide certain information to their FEHB members. You may get information about us, our networks, providers, and facilities. OPM's FEHB Web site ([www.opm.gov/insure](http://www.opm.gov/insure)) lists the specific types of information that we must make available to you. Some of the required information is listed below.

- Years in existence
- Profit status

If you want more information about us, call 1-800/752-5863, or write to Sioux Valley Health Plan, PO Box 91110, Sioux Falls, SD 57109-1110. You may also contact us by fax at 605/328-6812 or visit our website at [www.svhp.com](http://www.svhp.com).

### **Service Area**

To enroll in this Plan, you must live in or work in our Service Area. This is where our providers practice.

In South Dakota our service area is: Aurora, Beadle, Bennett, Bon Homme, Brookings, Brown, Brule, Buffalo, Butte, Campbell, Charles Mix, Clark, Clay, Codington, Davison, Day, Deuel, Douglas, Edmunds, Faulk, Grant, Gregory, Hamlin, Hand, Hanson, Hughes, Hutchinson, Hyde, Jerauld, Kingsbury, Lake, Lawrence, Lincoln, Lyman, Marshall, McCook, McPherson, Meade, Miner, Minnehaha, Moody, Potter, Roberts, Sanborn, Spink, Stanley, Sully, Todd, Tripp, Turner, Union, Walworth, and Yankton.

In Iowa our service area is: Clay, Dickinson, Emmet, Lyon, O'Brien, Osceola, and Sioux.

Ordinarily, you must get your care from providers who contract with us. If you receive care outside our service area, we will pay only for emergency care benefits. We will not pay for any other health care services out of our service area unless the services have prior plan approval.

If you or a covered family member moves outside of our service area, you can enroll in another plan. If your dependents live out of the area (for example, if your child goes to college in another state), you should consider enrolling in a fee-for-service plan or an HMO that has agreements with affiliates in other areas. If you or a family member moves, you do not have to wait until Open Season to change plans. Contact your employing or retirement office.

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## Section 2 How we changed for 2006

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Do not rely on these change descriptions; this Section is not an official statement of benefits. For that, go to Section 5 Benefits. Also, we edited and clarified language throughout the brochure; any language change not shown here is a clarification that does not change benefits.

### **Changes to High Option Only**

- Your share of the non-postal premium for High Option will decrease by 23% for Self Only and 22.3% for Self and Family coverage.

### **Changes to Standard Option Only**

- Your share of the non-postal premium for Standard Option will decrease by 12% for Self Only and 11.1% for Self and Family coverage.

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## Section 3 How you get care

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### Identification cards

We will send you an identification (ID) card when you enroll. You should carry your ID card with you at all times. You must show it whenever you receive services from a Plan provider, or fill a prescription at a Plan pharmacy. Until you receive your ID card, use your copy of the Health Benefits Election Form, SF-2809, your health benefits enrollment confirmation (for annuitants), or your electronic enrollment systems (such as Employee Express) confirmation letter.

If you do not receive your ID card within 30 days after the effective date of your enrollment, or if you need replacement cards, call us at 1-800/752-5863 or write to us at PO Box 91110 Sioux Falls, SD 57109-1110. You may also request replacement cards through our website at [www.svhp.com](http://www.svhp.com)

### Where you get covered care

You get care from “Plan providers” and “Plan facilities.” You will only pay copayments, deductibles, and/or coinsurance, and you will not have to file claims, If you use our point-of-service program, you can also get care from non-Plan providers, or from participating providers without a required referral, but it will cost you more. You may also have to file your own claims.

- **Plan providers**

Plan providers are physicians and other health care professionals in our service area that we contract with to provide covered services to our members. We credential Plan providers according to NCQA national standards

We list Plan providers in the provider directory, which we update periodically. The list is also on our Web site.

- **Plan facilities**

Plan facilities are hospitals and other facilities in our service area that we contract with to provide covered services to our members. We list these in the provider directory, which we update periodically. The list is also on our Web site.

### What you must do to get covered care

It depends on the type of care you need. First, you and each family member must choose a primary care physician. This decision is important since your primary care physician provides or arranges for most of your health care. Primary care physicians are included in our provider directory. You may choose the physician who best meets your needs

- **Primary care**

Your primary care physician can be a family practitioner, internist, pediatrician, general practitioner or OB/GYN. Your primary care physician will provide most of your health care, or give you a referral to see a specialist. Appropriate access for Primary Care Physicians and Hospital Provider sites is within thirty (30) miles of your city of residence. Appropriate access includes access to our providers when you have traveled outside of the service area. If you are traveling within the service area where other Plan providers are available then you must use Plan providers

If you want to change primary care physicians or if your primary care physician leaves the Plan, call us. We will help you select a new one.

- **Specialty care**

Your primary care physician may refer you to a specialist for needed care. However, you may also self-refer to Plan specialist providers. No referral is necessary. Appropriate access for Specialty Physicians and Hospital Provider sites is within ninety (90) miles of your city of residence. Appropriate access includes access to Plan providers when you have traveled outside of the service area. If you are traveling within the service area where other Plan providers are available then you must use Plan providers.

Here are some other things you should know about specialty care:

- If you need to see a specialist frequently because of a chronic, complex, or serious medical condition, you may directly access the specialist for needed services
- If you are seeing a specialist when you enroll in our Plan, talk to your primary care physician. Your primary care physician will decide what treatment you need. If he or she decides to refer you to a specialist, ask if you can see your current specialist. If your current specialist does not participate with us, you must receive treatment from a specialist who does. Generally, we will not pay at the in-network benefit level if you choose to see a specialist who does not participate with our Plan.
- If you are seeing a specialist and your specialist leaves the Plan, call your primary care physician, who will arrange for you to see another specialist. You may receive services from your current specialist until we can make arrangements for you to see someone else.
- If you have a chronic and disabling condition and lose access to your specialist because we:
  - Terminate our contract with your specialist for other than cause; or
  - Drop out of the Federal Employees Health Benefits (FEHB) Program and you enroll in another FEHB program Plan; or
  - Reduce our service area and you enroll in another FEHB Plan,

you may be able to continue seeing your specialist for up to 90 days after you receive notice of the change. Contact us, or if we drop out of the Program, contact your new plan.

If you are in the second or third trimester of pregnancy and you lose access to your specialist based on the above circumstances, you can continue to see your specialist until the end of your postpartum care, even if it is beyond the 90 days.

- **Hospital care**

Your Plan primary care physician or specialist will make necessary hospital arrangements and supervise your care. This includes admission to a skilled nursing or other type of facility.

If you are in the hospital when your enrollment in our Plan begins, call our Member Service department immediately at 605/328-6800 or 1-800/752-5863 (TTY 605/328-6869). If you are new to the FEHB Program, we will arrange for you to receive care.

If you changed from another FEHB plan to us, your former plan will pay for the hospital stay until:

- You are discharged, not merely moved to an alternative care center; or
- The day your benefits from your former plan run out; or
- The 92<sup>nd</sup> day after you become a member of this Plan, whichever happens first.

These provisions apply only to the benefits of the hospitalized person.

## **Circumstances beyond our control**

Under certain extraordinary circumstances, such as natural disasters, we may have to delay your services or we may be unable to provide them. In that case, we will make all reasonable efforts to provide you with the necessary care.

## **Services requiring our prior approval**

You are ultimately responsible for obtaining Prior Approval from the Health Services Department in order to receive In-Network coverage. However, information provided by the provider's office will also satisfy this requirement. Primary care physicians and any Participating Specialists have been given instructions on how to get the necessary authorizations for surgical procedures or hospitalizations you may need.

We determine approval for Prior Approval based on appropriateness of care and service and existence of coverage.

### **Services that Require Prior Approval Include:**

- Inpatient hospital admissions including admissions for medical, surgical, neonatal intensive care nursery, mental health and chemical dependency services;
- Partial Hospital Program (PHP)/Day Treatment for mental health and chemical dependency services;
- Outpatient Surgeries;
- Covered dental procedures;
- Home Health, Hospice and Home IV therapy services;
- Some Durable Medical Equipment;
- One-to-one water therapy;
- Skilled nursing and sub-acute care;
- Transplant Services;
- PET Scans;
- Growth Hormone Therapy;
- Ambulance Services for non-emergency situations; and
- Referrals to Non-Participating Providers which are recommended by Participating Providers.

## **Prior Approval Process**

Prior Approval is required for the purposes of receiving In-Network coverage for referrals to Non-Participating Providers which are recommended by Participating Providers.

If Prior Approval is not obtained for referrals to Non-Participating Providers, the services will be covered at the Out of Network coverage level. Prior Approval does not apply to services that are provided by Non-Participating Providers as a result of a lack of appropriate access to Participating Providers.

To receive detailed instructions on the Prior Approval process for referrals to Non-Participating Providers, elective inpatient hospitalizations, non urgent care, pharmaceutical decisions, behavioral health, concurrent review and retrospective review (post-service) contact our Health Services Department, available between the hours of 8:00a.m. and 5:00p.m. Central Standard Time, Monday through Friday, by calling our toll-free number 1-800-805-7938 or (650)328-6807. After hours you may leave a message on the confidential voice mail of the Health Services Department and someone will return your call.

You are ultimately responsible for obtaining Prior Approval from the Health Services Department. Failure to obtain Prior Approval will result in a reduction to the Out of Network benefits level. However, information provided by the physician's office also satisfies this requirement.

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## Section 4 Your costs for covered services

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**You must share the costs of some services. You are responsible for:**

### **Copayments**

A copayment is a fixed amount of money you pay to the provider, facility, pharmacy, etc., when you receive services.

Example: Under High Option, your office visit copayment per visit is \$20 for primary care physicians and \$30 for Specialist. Under Standard Option, office visit copayments are \$25 per visit.

### **Deductible**

A deductible is a fixed expense you must incur for certain covered services and supplies before we start paying benefits for them.

Example: Under High Option, deductibles only apply when you use our Point of Services (POS) benefits. There is a \$500 deductible for Self enrollment and a \$1,000 deductible for Self and Family enrollment. Under Standard Option, deductibles apply to both Participating providers and POS benefits. The deductible for Participating provider benefits is \$500 Self enrollment and \$1,000 Self and Family. The POS benefit deductible is \$1,000 Self enrollment and \$3,000 Self and Family.

Note: If you change plans during open season, you do not have to start a new deductible under your old plan between January 1 and the effective date of your new plan. If you change plans at another time during the year, you must begin a new deductible under your new plan.

And, if you change options in this Plan during the year, we will credit the amount of covered expenses already applied toward the deductible of your old option to the deductible of your new option.

### **Coinsurance**

Coinsurance is the percentage of our negotiated fee that you must pay for certain in-network and all out-of-network care. Coinsurance doesn't begin until you meet your deductible (there is no deductible for in-network care under the High Option).

Example: Under **High Option**, you pay 40% of our allowance for medical office visits when you receive services from a Non-Participating Provider or you pay 20% of our negotiated fee for durable medical equipment and orthopedic appliances received by in-network providers. Under **Standard Option**, you pay 20% of our allowance for outpatient surgery when you receive services from Participating Providers or you pay 40% of our allowance for medical office visits when you receive services from non-Participating Providers with POS benefits.

### **Your catastrophic protection out-of-pocket maximum**

Under the **High Option**, after your in-network copayments total \$4,000 Self enrollment or \$4,000 Self and Family enrollment in any calendar year, you do not have to pay any more for covered services. Under the **Standard Option**, after your in-network copayments and coinsurances total \$3,000 Self enrollment or \$4,000 Self and Family enrollment in any calendar year, you do not have to pay any more for covered services. However, copayments for the following services do not count toward your catastrophic protection out-of-pocket maximum, and you must continue to pay copayments for these services.

- Prescription drugs; and
- Physician office visits.

Be sure to keep accurate records of your copayments, deductibles and coinsurance since you are responsible for informing us when you reach the maximum.

**Section 5 Benefits**

**High and Standard Options Benefits**

See page 8 for how our benefits changed this year. Page 71 and page 72 are a benefits summary of each option. Make sure that you review the benefits that are available under the option in which you are enrolled.

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## Section 5 High and Standard Option Benefits Overview

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This Plan offers both a High and Standard Option. Both benefit packages are described in Section 5. Make sure that you review the benefits that are available under the option in which you are enrolled.

The High and Standard Option Section 5 is divided into subsections. Please read the important things you should keep in mind at the beginning of the subsections. Also read the General exclusions in Section 6, they apply to the benefits in the following subsections. To obtain claim forms, claims filling advice, or more information about High and Standard Option benefits, contact us at 1-800-752-5863 site at [www.svhp.com](http://www.svhp.com)

Each option offers unique features.

- **High Option**
  - No in-network deductible.
  - Office visit copay of \$20 for a primary care visit and \$30 for a specialty care visit.
  - There is a \$4,000 out-of-pocket maximum for self only and \$4,000 for family enrollment per year.
  
- **Standard Option**
  - In-network deductible is \$500 for self only and \$1,000 for family enrollment per year.
  - Office visit copay of \$25 for both primary care and specialty care visits.
  - There is a 20% in-network coinsurance for family planning and infertility services, treatment therapies, physical, cardiac, speech, and occupational therapies, orthopedic and prosthetic devices, home health services, acupuncture, outpatient surgical procedures, anesthesia, skilled nursing care, and ambulance services.
  - There is a \$3,000 out-of-pocket maximum for self only and \$4,000 for family enrollment per year.

**Section 5(a) Medical services and supplies  
provided by physicians and other health care professionals**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- **Under High Option**, we have no calendar year deductible for In Network services.
- **Under Standard Option**, the calendar year deductible for In Network services is \$500 per person (\$1,000 per family). The calendar year deductible applies to almost all benefits in this section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- **Under both High and Standard Options**, you must use Plan Providers in order to receive In Network benefit coverage.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

Benefit Description	You pay	
	High Option	Standard Option
<p><b>Note: The calendar year deductible applies to almost all benefits in this Section. We say “(No deductible)” when it does not apply</b></p>		
<b>Diagnostic and treatment services</b>		
<b>Professional services</b> of physicians, nurse practitioners, and physician’s assistants <ul style="list-style-type: none"> <li>• In physician’s office</li> <li>• Office medical consultations</li> <li>• Second surgical opinion</li> </ul>	\$20 copay per primary care visit  \$30 copay per specialist visit	\$25 copay primary or specialist per visit (No deductible)
<ul style="list-style-type: none"> <li>• In an urgent care center</li> </ul>	\$20 copay per visit	\$25 copay per visit
<ul style="list-style-type: none"> <li>• During a hospital stay</li> <li>• In a skilled nursing facility</li> </ul>	Nothing	Nothing
<ul style="list-style-type: none"> <li>• Home visits</li> </ul>	Nothing	Nothing

Lab, X-ray and other diagnostic tests	You pay	
	High Option	Standard Option
<p>Such as:</p> <ul style="list-style-type: none"> <li>• Blood tests</li> <li>• Urinalysis</li> <li>• Non-routine pap tests</li> <li>• Pathology</li> <li>• X-rays</li> <li>• Non-routine Mammograms</li> <li>• CAT Scans/MRI</li> <li>• Ultrasound</li> <li>• Electrocardiogram and EEG</li> <li>• PET Scans (See <i>Services requiring our prior approval</i>)</li> </ul>	Nothing	20% of charges
<i>Not Covered: Virtual Colonoscopies</i>	<i>All charges</i>	<i>All charges</i>
Preventive care, adult		
<p>Routine history and physical every year.</p> <p>Routine screenings, such as:</p> <ul style="list-style-type: none"> <li>• Total Blood Cholesterol – lipid profile between ages 18-24, once every five years between ages 25-44 and once every year ages 45 and over</li> <li>• Colorectal Cancer Screening, including <ul style="list-style-type: none"> <li>– Fecal occult blood test</li> <li>– Sigmoidoscopy, screening – every five years starting at age 50</li> <li>– Double contrast barium enema – every five years starting at age 50</li> <li>– Colonoscopy screening – every ten years starting at age 50</li> <li>– Routine Prostate Specific Antigen (PSA) test – one annually for men age 40 and older</li> </ul> </li> </ul>	Nothing	\$25 copay per visit (No deductible)
<p>Routine Pap test</p> <p>Note: The office visit is covered if pap test is received on the same day; see <i>Diagnosis and Treatment</i>, above</p>	Nothing	\$25 copay per visit (No deductible)

*Preventive care, adult – continued on next page*

Preventive care, adult <i>(continued)</i>	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
Routine mammogram – covered for women age 35 and older, as follows: <ul style="list-style-type: none"> <li>From age 35 through 39, one during this five year period</li> <li>From age 40 through 64, one every calendar year</li> <li>At age 65 and older, one every two consecutive calendar years</li> </ul>	Nothing	Nothing
Routine immunizations, limited to: <ul style="list-style-type: none"> <li>Tetanus-diphtheria (Td) booster – once every 10 years, ages 19 and over (except as provided for under Childhood immunizations)</li> <li>Influenza vaccine, annually</li> <li>Pneumococcal vaccine, age 65 and older</li> </ul>	Nothing	Nothing
<i>Not covered: Physical exams required for obtaining or continuing employment or insurance, attending schools or camp, or travel.</i>	<i>All charges.</i>	<i>All charges.</i>
<b>Preventive care, children</b>		
<ul style="list-style-type: none"> <li>Childhood immunizations recommended by the American Academy of Pediatrics</li> <li>Well-child care charges for routine examinations, immunizations and care (up to age 22)</li> </ul>	Nothing	Nothing
<ul style="list-style-type: none"> <li>Examinations, such as:                             <ul style="list-style-type: none"> <li>Eye exams through age 17 to determine the need for vision correction</li> <li>Ear exams through age 17 to determine the need for hearing correction</li> </ul> </li> </ul>	\$20 copay per primary care visit \$30 copay per specialist visit	\$25 copay per visit (No deductible)
<b>Maternity care</b>		
Complete maternity (obstetrical) care, such as: <ul style="list-style-type: none"> <li>Prenatal care</li> <li>Delivery</li> <li>Postnatal care</li> </ul> Note: You may remain in the hospital up to 48 hours after a regular delivery and 96 hours after a cesarean delivery. We will extend your inpatient stay if medically necessary.	Nothing	Nothing

*Maternity care – continued on next page*

Maternity care (continued)	You pay	
	High Option	Standard Option (After the calendar year deductible...)
<p>We cover routine nursery care of the newborn child during the covered portion of the mother's maternity stay. We will cover other care of an infant who requires non-routine treatment only if we cover the infant under a Self and Family enrollment. Note: Adopted newborns' delivery and nursery charges are covered upon commencement of the legal adoption bonding period.</p> <ul style="list-style-type: none"> <li>• Infant circumcision is covered under the maternity benefit when it is done during the mother's inpatient hospital stay during delivery.</li> <li>• We pay hospitalization and surgeon services (delivery) the same as for illness and injury. See <i>Hospital benefits</i> (Section 5c) and <i>Surgery benefits</i> (Section 5b).</li> <li>• We cover up to 2 routine sonograms per pregnancy to determine fetal age, size or sex.</li> </ul> <p>Note: We encourage you to participate in our Healthy Pregnancy Program; see Special Features Section.</p>	Nothing	Nothing
<b>Family planning</b>		
<p>A range of voluntary family planning services, limited to:</p> <ul style="list-style-type: none"> <li>• Surgically implanted contraceptives</li> <li>• Injectable contraceptive drugs (such as Depo provera)</li> <li>• Intrauterine devices (IUDs)</li> <li>• Diaphragms</li> </ul> <p>Note: We cover oral contraceptives under the prescription drug benefit.</p>	<p>\$20 copay per primary care visit                      \$30 copay per specialist visit                      20% of charges per inpatient admission                      \$50 per outpatient surgery</p>	20% of all charges
<p>Voluntary Sterilization</p> <p>Note: We pay voluntary sterilization performed secondary to a Cesarean section under See Section 5(b), <i>Surgical procedures</i>.</p>	20% of charges per inpatient admission,	20% of charges
<p><i>Not covered: reversal of voluntary surgical sterilization, genetic counseling or testing.</i></p>	<i>All charges.</i>	<i>All charges.</i>

Infertility services	You pay	
	High Option	Standard Option
Diagnosis and treatment of infertility such as: <ul style="list-style-type: none"> <li>• Artificial insemination:               <ul style="list-style-type: none"> <li>– intravaginal insemination (IVI)</li> <li>– intracervical insemination (ICI)</li> <li>– intrauterine insemination (IUI)</li> </ul> </li> </ul>	\$30 per specialist visit  20% of charges per inpatient admission  \$50 per outpatient surgery	20% of all charges
<i>Not covered:</i> <ul style="list-style-type: none"> <li>• Assisted reproductive technology (ART) procedures, such as:               <ul style="list-style-type: none"> <li>– in vitro fertilization</li> <li>– embryo transfer, gamete (GIFT) and zygote (ZIFT)</li> <li>– Zygote transfer</li> <li>– Services and supplies related to ART procedures</li> <li>– Cost of donor sperm</li> <li>– Cost of donor egg</li> <li>– Fertility Drugs</li> <li>– Expenses related to surrogate parenting</li> <li>– Other preservation techniques</li> </ul> </li> </ul>	<i>All charges.</i>	<i>All charges.</i>
<b>Allergy care</b>		
<ul style="list-style-type: none"> <li>• Testing and treatment</li> <li>• Allergy injections</li> </ul>	\$30 per specialist visit	\$25 copay per visit (No deductible)
Allergy serum	Nothing	Nothing
<i>Not covered: Provocative food testing and sublingual allergy desensitization</i>	<i>All charges.</i>	<i>All charges.</i>

Treatment therapies	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<ul style="list-style-type: none"> <li>Chemotherapy and radiation therapy</li> </ul> <p>Note: High dose chemotherapy in association with autologous bone marrow transplants is limited to those transplants listed under <i>Organ/Tissue Transplants in Section 5(b)</i>.</p> <ul style="list-style-type: none"> <li>Respiratory and inhalation therapy</li> <li>Dialysis – hemodialysis and peritoneal dialysis</li> <li>Intravenous (IV)/Infusion Therapy – Home IV and antibiotic therapy</li> <li>Growth hormone therapy (GHT)</li> </ul> <p>Note: Growth hormone is covered under the medical benefit.</p> <p>Note: We will only cover GHT when we pre-authorize the treatment. Call 1-800/805-7938 for prior approval. We will ask you to submit information that establishes that the GHT is medically necessary. Ask us to authorize GHT before you begin treatment; otherwise, we will only cover GHT services from the date you submit the information. If you do not ask or if we determine GHT is not medically necessary, we will not cover the GHT or related services and supplies (See <i>Services requiring our prior approval</i> in Section 3).</p>	\$30 per specialist visit	20% of charges
<p><b>Physical, cardiac and occupational therapies</b></p> <p>Coverage up to 2 consecutive months per condition for the services of each of the following:</p> <ul style="list-style-type: none"> <li>qualified physical therapists</li> <li>occupational therapists</li> </ul> <p>Note: We only cover therapy to restore bodily function when there has been a total or partial loss of bodily function due to illness or injury (see <i>Services requiring our Prior Approval in Section 3</i>).</p> <ul style="list-style-type: none"> <li>Cardiac rehabilitation following a heart transplant, bypass surgery or a myocardial infarction</li> </ul>	\$30 per outpatient visit Nothing per visit during covered inpatient admission	20% of charges
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li><i>Long-term rehabilitative therapy</i></li> <li><i>Exercise programs</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>

Speech therapy	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
Coverage up to 2 consecutive months per condition by speech therapists (see <i>Services requiring our Prior Approval</i> in Section 3).	\$30 per outpatient visit Nothing per visit during covered inpatient admission	20% of charges
<b>Hearing services (testing, treatment, and</b>		
<ul style="list-style-type: none"> <li>First hearing aid(s) (unilateral or bilateral, one time only), and testing and fitting of hearing aid(s) when necessitated by accidental injury only</li> </ul> <p>Note: Hearing services must be received within 6 months of injury.</p> <ul style="list-style-type: none"> <li>Hearing testing for children through age 17 (see <i>Preventive care, children</i>)</li> </ul>	\$30 per specialist visit	\$25 copay per visit (No deductible)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>All other hearing testing</li> <li>All other hearing aids</li> <li>All other hearing supplies and services</li> </ul>	<i>All charges.</i>	<i>All charges.</i>
<b>Vision services (testing, treatment, and supplies)</b>		
<ul style="list-style-type: none"> <li>Eyeglasses or one pair of contact lenses to correct an impairment directly caused by accidental ocular injury or intraocular surgery (such as for cataracts)</li> </ul>	\$20 per primary care visit \$30 per specialist visit	\$25 copay per visit (No deductible)
<ul style="list-style-type: none"> <li>Eye exam including refraction error to determine the need for vision correction for children through age 17 (see <i>Preventive care, children</i>)</li> </ul>	\$20 per primary care visit \$30 per specialist visit	\$25 copay per visit (No deductible)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>surgery for the purpose of modifying or correcting myopia, hyperopia or stigmatic error</li> <li>all other vision services except as described above</li> </ul>	<i>All charges.</i>	<i>All charges.</i>

Foot care	You pay	
	High Option	Standard Option (After the calendar year deductible...)
<p>Routine foot care when you are under active treatment for a metabolic or peripheral vascular disease, such as diabetes.</p> <p>Note: See <i>Orthopedic and prosthetic devices</i> for information on podiatric shoe inserts.</p>	<p>\$20 per primary care visit</p> <p>\$30 per specialist</p>	<p>\$25 copay per visit (No deductible)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Cutting, trimming or removal of corns, calluses, or the free edge of toenails, and similar routine treatment of conditions of the foot, except as stated above</i></li> <li>• <i>Treatment of weak, strained or flat feet or bunions or spurs; and of any instability, imbalance or subluxation of the foot (unless the treatment is by open cutting surgery)</i></li> </ul>	<p><i>All charges.</i></p>	<p><i>All charges.</i></p>
Orthopedic and prosthetic devices		
<ul style="list-style-type: none"> <li>• Artificial limbs and eyes; stump hose</li> <li>• Externally worn breast prostheses and surgical bras, including necessary replacements following a mastectomy. Includes 2 external prosthesis per calendar year and 2 bras per calendar year. For double mastectomy, coverage extends to 4 external prosthesis per calendar year and 2 bras per calendar year.</li> <li>• Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants, and surgically implanted breast implant following mastectomy. Note: See 5(b) for coverage of the surgery to insert the device.</li> <li>• Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants, and surgically implanted breast implant following mastectomy. Note: Internal prosthetic devices are paid as hospital benefits; see <i>Section 5(c)</i> for payment information. Insertion of the device is paid as surgery; see <i>Section 5(b)</i> for coverage of the surgery to insert the device.</li> <li>• Corrective orthopedic appliances for non-dental treatment of temporomandibular joint (TMJ) pain dysfunction syndrome. (See <i>Services requiring our prior approval</i> in Section 3.)</li> </ul>	<p>20% of charges</p>	<p>20% of charges</p>

*Orthopedic and prosthetic devices – continued on next page*

Orthopedic and prosthetic devices <i>(continued)</i>	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Orthopedic and corrective shoes</i></li> <li>• <i>Shoe inserts</i></li> <li>• <i>Arch supports</i></li> <li>• <i>Foot orthotics</i></li> <li>• <i>Heel pads and heel cups</i></li> <li>• <i>Lumbosacral supports</i></li> <li>• <i>Corsets, trusses, elastic stockings, support hose, and other supportive devices</i></li> <li>• <i>Prosthetic replacements provided prior to expiration of the manufacturers life expectancy of the prosthetic. Policy guidelines apply.</i></li> <li>• <i>Dental appliances of any sort, including but not limited to bridges, braces, and retainers, except those for non-dental treatment of TMJ</i></li> <li>• <i>Wigs, scalp hair prosthesis or hair transplants</i></li> <li>• <i>Cleaning and polishing of prosthetic eye(s)</i></li> </ul>	<p><i>All charges.</i></p>	<p><i>All charges.</i></p>

Durable medical equipment (DME)	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<p>Rental or purchase, at our option, including repairs (repairs are limited to \$750 allowable charges per year) and adjustments, of durable medical equipment prescribed by your Plan physician, such as oxygen and dialysis equipment</p> <p>Under this benefit, we also cover:</p> <ul style="list-style-type: none"> <li>● standard hospital beds;</li> <li>● standard wheelchairs;</li> <li>● crutches;</li> <li>● walkers;</li> <li>● canes;</li> <li>● diabetes supplies including blood glucose monitors and insulin pumps;</li> <li>● spacers</li> <li>● initial casts, braces, and/or slings provided on day of treatment;</li> <li>● air compressor</li> <li>● pressure pads, mattresses, and decubitus care equipment;</li> <li>● apnea monitor;</li> <li>● sleeve compression;</li> <li>● home intravenous therapy supplies;</li> <li>● commodes;</li> <li>● compression hose</li> </ul> <p>Note: We will cover motorized wheelchairs and electric beds up to, but not to exceed, the cost of standard wheelchairs or standard hospital beds. Limited to one per lifetime. Call us at 605/328-6807 or toll free at 1-800/805-7938 as soon as your Plan physician prescribes this equipment. We will arrange with a health care provider to rent or sell you durable medical equipment at discounted rates and will tell you more about this service when you call.</p>	<p>20% of charges</p> <p>Note: You must obtain prior-authorization for the following supplies/equipment. Failure to obtain Prior Approval will result in benefits being paid at the Point of Service benefit level.</p>	<p>20% of charges</p> <p>Note: You must obtain prior-authorization for the following supplies/equipment. Failure to obtain prior approval will result in benefits being paid at the Point of Service benefit level.</p>

*Durable medical equipment (DME) – continued on next page*

Durable medical equipment (DME) (continued)	You pay	
	High Option	Standard Option (After the calendar year deductible...)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Medical supplies/equipment that can be purchased over-the-counter</i></li> <li>• <i>Household equipment/fixtures, such as air purifiers and ramps</i></li> <li>• <i>Convenience items</i></li> <li>• <i>Self-help items</i></li> <li>• <i>Educational equipment</i></li> <li>• <i>Communication aids or devices, such as speech processors</i></li> <li>• <i>Replacement or repair of items, if the items are damaged or destroyed by your misuse, abuse or carelessness, lost, or stolen</i></li> <li>• <i>Duplicate or similar items</i></li> <li>• <i>Service call charges, labor charges, charges for repair estimates</i></li> <li>• <i>Vehicle/car or van modifications including, but not limited to, hand brakes, hydraulic lifts and car carrier</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>
<b>Home health services</b>		
<ul style="list-style-type: none"> <li>• Home health care ordered by a Plan physician and provided by a registered nurse (R.N.), licensed practical nurse (L.P.N.), licensed vocational nurse (L.V.N.), or home health aide.</li> <li>• Services include oxygen therapy, intravenous therapy and medications.</li> </ul> <p>Note: One home health visit constitutes 4 hours of nursing care. Prior approval is required; failure to get prior approval will result in payment at the point of service level (See <i>Services requiring our prior approval</i> in Section 3).</p>	\$20 copay per visit	20% of charges
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Nursing care requested by, or for the convenience of, the patient or the patient's family;</i></li> <li>• <i>Home care primarily for personal assistance that does not include a medical component and is not diagnostic, therapeutic, or rehabilitative.</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>

Chiropractic	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<ul style="list-style-type: none"> <li>• Manipulation of the spine and extremities</li> <li>• Adjunctive procedures such as ultrasound, electrical muscle stimulation, vibratory therapy</li> </ul> <p>Note: Office visits are limited to 20 visits per calendar year.</p>	\$20 per visit	\$25 copay per visit (No deductible)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Vitamins, minerals, therabands, cervical pillows, traction services, and hot/cold pack application.</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>
<b>Alternative treatments</b>		
<ul style="list-style-type: none"> <li>• Acupuncture – by a doctor of medicine or osteopathy for anesthesia, pain relief</li> <li>• Sleep therapy for central of obstructive apnea when we have approved it</li> </ul>	\$30 per specialist visit	20% of charges
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Biofeedback</i></li> <li>• <i>All other Homeopathic or Naturopathic services</i></li> <li>• <i>Hypnotism</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>
<b>Educational classes and programs</b>		
<p>Coverage is limited to:</p> <ul style="list-style-type: none"> <li>• Smoking Cessation – Up to \$100 for one smoking cessation program per member per lifetime, including all related expenses such as prescription drugs</li> <li>• Diabetes self management from qualified providers for persons who meet plan criteria – limited to no more than two (2) comprehensive education programs per lifetime and up to eight (8) follow-up visits per year will be covered.</li> </ul>	Nothing	Nothing

**Section 5(b) Surgical and anesthesia services  
provided by physicians and other health care professionals**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- **Under High Option**, we have no calendar year deductible for In Network services
- **Under Standard Option** The calendar year deductible is: \$500 per person (\$1000 per family). The calendar year deductible applies to almost all benefits in this Section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Under both **High** and **Standard Options**, you must use Plan Providers in order to receive in-network benefit coverage.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The amounts listed below are for the charges billed by a physician or other health care professional for your surgical care. Look in Section 5(c) for charges associated with the facility (i.e. hospital, surgical center, etc.).
- **YOU OR YOUR PHYSICIAN MUST GET PRIOR APPROVAL OF SOME SURGICAL PROCEDURES.** Please refer to the prior approval information shown in Section 3 to be sure which services require prior approval and identify which surgeries require prior approval.

Benefit Description	You pay	
	High Option	Standard Option

**Note: The calendar year deductible applies to almost all benefits in this Section. We say “(No deductible)” when it does not apply.**

Surgical procedures		
A comprehensive range of services, such as: <ul style="list-style-type: none"> <li>● Operative procedures</li> <li>● Treatment of fractures, including casting</li> <li>● Normal pre- and post-operative care by the surgeon</li> <li>● Correction of amblyopia and strabismus</li> <li>● Endoscopy procedures</li> <li>● Biopsy procedures</li> <li>● Removal of tumors and cysts</li> <li>● Correction of congenital anomalies (see <i>Reconstructive surgery</i>)</li> </ul>	\$30 per specialist visit	\$25 copay per office visit (No deductible)

*Surgical procedures – continued on next page*

Surgical procedures <i>(continued)</i>	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<ul style="list-style-type: none"> <li>● Surgical treatment of morbid obesity (Bariatric Surgery). You must meet the following criteria before the surgery can be authorized:               <ul style="list-style-type: none"> <li>– Psychiatrist or Psychologist psychiatric evaluation prior to medical review</li> <li>– Body Mass Index (BMI) greater than 40</li> <li>– Have tried other weight loss options without success</li> <li>– Age twenty-one (21)</li> <li>– One (1) year of documented attendance in a Plan approved weight loss or bariatric program with only three (3) <u>excused</u> absences and with demonstrated failure to lose weight</li> </ul> </li> </ul> <p>Note: Contact Health Services for additional information at 605-328-6807.</p> <ul style="list-style-type: none"> <li>● Insertion of internal prosthetic devices. See 5(a) – <i>Orthopedic and prosthetic devices</i> for device coverage information</li> </ul> <p>Note: Generally, we pay for internal prostheses (devices) according to where the procedure is done. For example, we pay Hospital benefits for a pacemaker and Surgery benefits for insertion of the pacemaker.</p> <ul style="list-style-type: none"> <li>● Voluntary sterilization (e.g., Tubal ligation, Vasectomy)</li> <li>● Treatment of burns</li> </ul>	\$30 per specialist visit	\$25 copay per office visit (No deductible)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>● <i>Reversal of voluntary sterilization</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>

Reconstructive surgery	You pay	
	High Option	Standard Option
<p>Surgery to correct a functional defect</p> <ul style="list-style-type: none"> <li>● Surgery to correct a condition caused by injury or illness if: <ul style="list-style-type: none"> <li>— the condition produced a major effect on the member’s appearance and</li> <li>— the condition can reasonably be expected to be corrected by such surgery</li> </ul> </li> <li>● Surgery to correct a condition that existed at or from birth and is a significant deviation from the common form or norm. Examples of congenital anomalies are: protruding ear deformities; cleft lip; cleft palate; birth marks; webbed fingers; and webbed toes.</li> <li>● All stages of breast reconstruction surgery following a mastectomy, such as: <ul style="list-style-type: none"> <li>— surgery to produce a symmetrical appearance of breasts;</li> <li>— treatment of any physical complications, such as lymphedemas;</li> <li>— breast prostheses and surgical bras and replacements (see <i>Prosthetic devices</i>)</li> </ul> </li> </ul> <p>Note: If you need a mastectomy, you may choose to have the procedure performed on an inpatient basis and remain in the hospital up to 48 hours after the procedure.</p>	\$30 per specialist visit	\$25 copay per office visit (No deductible)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>● <i>Cosmetic surgery – any surgical procedure (or any portion of a procedure) performed primarily to improve physical appearance through change in bodily form, including skin tag removal, except repair of accidental injury</i></li> <li>● <i>Surgeries related to sex transformation</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>

Oral and maxillofacial surgery	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<p>Oral surgical procedures, limited to:</p> <ul style="list-style-type: none"> <li>• Reduction of fractures of the jaws or facial bones;</li> <li>• Surgical correction of cleft lip, cleft palate or severe functional malocclusion;</li> <li>• Removal of stones from salivary ducts;</li> <li>• Excision of leukoplakia or malignancies;</li> <li>• Excision of cysts and incision of abscesses when done as independent procedures; and</li> <li>• Other surgical procedures that do not involve the teeth or their supporting structures.</li> <li>• Surgery to correct TMJ is covered upon radiological determination of pathology (See <i>Services requiring our prior approval</i> in Section 3)</li> </ul>	\$30 per specialist visit	\$25 copay per visit (No deductible)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Oral implants and transplants</i></li> <li>• <i>Procedures that involve the teeth or their supporting structures (such as the periodontal membrane, gingival, and alveolar bone)</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>
Organ/tissue transplants		
<p>Limited to:</p> <ul style="list-style-type: none"> <li>• Cornea</li> <li>• Heart</li> <li>• Heart/lung</li> <li>• Kidney</li> <li>• Kidney/Pancreas</li> <li>• Liver</li> </ul> <p>Intestinal transplants (small intestine) and the small intestine with the liver or small intestine with multiple organs such as the liver, stomach, and pancreas</p>	Nothing	Nothing

*Organ/tissue transplants – continued on next page*

Organ/tissue transplants <i>(continued)</i>	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<ul style="list-style-type: none"> <li>● Lung: Single – Double</li> <li>● Pancreas</li> </ul> <p>Allogeneic (donor) bone marrow transplants or stem cell (peripheral or cord cell) support (myeloablative or non-myeloablative) for:</p> <ul style="list-style-type: none"> <li>● Acute or chronic myelogenous leukemia;</li> <li>● Burkitt’s lymphoma for adolescents and young adults;</li> <li>● Severe combined immunodeficiency disease;</li> <li>● Wiscott Aldrich syndrome;</li> <li>● Lysosomal storage disease;</li> <li>● Myelodysplastic syndrome;</li> <li>● Aplastic anemia;</li> <li>● Non-relapsed or relapsed non-Hodgkin’s lymphoma; or</li> <li>● Multiple myeloma.</li> </ul> <p>Autologous bone marrow transplants or cord stem cell support for:</p> <ul style="list-style-type: none"> <li>● Acute leukemia;</li> <li>● Non-Hodgkin’s lymphoma;</li> <li>● Hodgkin’s disease;</li> <li>● Multiple myeloma;</li> <li>● Breast cancer ;</li> <li>● Chronic myelogenous leukemia (CML);</li> <li>● Burkitt’s lymphoma;</li> <li>● Neuroblastomas;</li> <li>● Epithelial ovarian cancer; and</li> <li>● Testicular, mediastinal, retroperitoneal and ovarian germ cell tumors.</li> </ul> <p>High dose chemotherapy with bone marrow transplantation for the approved treatment of solid tumors, such as cancer</p> <p>Limited Benefits – Treatment for breast cancer, multiple myeloma, and epithelial ovarian cancer may be provided in a National Cancer Institute – or National Institutes of Health-approved clinical trial at a Plan-designated center of excellence and if approved by the Plan’s medical director in accordance with the Plan’s protocols.</p> <p>Note: We cover related medical and hospital expenses of the donor when we cover the recipient and when they are not covered by another Group health plan or other coverage arrangement, All transplants must be provided at Plan participating Center of Excellence facilities.</p>	Nothing	20% of charges

*Organ/tissue transplants – continued on next page*

Organ/tissue transplants <i>(continued)</i>	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
Coverage includes up to \$25,000 for acquisition fees	Acquisition fees over \$25,000	Acquisition fees over \$25,000
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Donor screening tests and donor search expenses, except those performed for the actual donor</li> <li>• Autologous tandem transplants</li> <li>• Harvesting and storage of stem cells</li> <li>• Transplants not listed as covered</li> <li>• Transplant evaluations that do not meet the United Network for Organ Sharing (UNOS) criteria</li> </ul>	<i>All charges.</i>	<i>All charges.</i>
<b>Anesthesia</b>		
Professional services provided in – <ul style="list-style-type: none"> <li>• Hospital (inpatient)</li> </ul>	Nothing	20% of charges
<ul style="list-style-type: none"> <li>• Hospital outpatient department</li> <li>• Skilled nursing facility</li> <li>• Ambulatory surgical center</li> <li>• Office</li> </ul>	Nothing	20% of charges
<i>Not Covered: Hypnotic Anesthesia</i>	<i>All charges.</i>	<i>All charges.</i>

**Section 5(c) Services provided by a hospital or other facility, and ambulance services**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Plan physicians must provide or arrange your care and you must be hospitalized in a Plan facility.
- Under **High Option**, we have no calendar year deductible for In Network services.
- Under **Standard Option**, the calendar year deductible for Participating Providers is \$500 per person (\$1,000 per family). The calendar year deductible applies to almost all benefits in this section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Under both **High and Standard Options**, you must use Plan Providers in order to receive in-network benefit coverage.
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The amounts listed below are for the charges billed by the facility (i.e., hospital or surgical center) or ambulance service for your surgery or care. Any costs associated with the professional charge (i.e., physicians, etc.) are in Sections 5(a) or (b).
- **YOUR PHYSICIAN MUST GET PRIOR APPROVAL OF HOSPITAL STAYS.** Please refer to Section 3 to be sure which services require Prior approval.

Benefit Description	You pay	
	High Option	Standard Option
<p>Note: The calendar year deductible for the Standard Option applies to almost all benefits in this section. We say “(No deductible)” when it does not apply.</p>		
<b>Inpatient hospital</b>		
Room and board, such as: <ul style="list-style-type: none"> <li>• Ward, semiprivate, or intensive care accommodations;</li> <li>• General nursing care; and</li> <li>• Meals and special diets.</li> </ul> Note: If you want a private room when it is not medically necessary, you pay the additional charge above the semiprivate room rate.	\$100 per day copay up to \$500 per admission	\$100 per day copay up to \$500 per admission

*Inpatient hospital – continued on next page.*

Inpatient hospital <i>(continued)</i>	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<p>Other hospital services and supplies, such as:</p> <ul style="list-style-type: none"> <li>● Operating, recovery, maternity, and other treatment rooms</li> <li>● Prescribed drugs and medicines</li> <li>● Diagnostic laboratory tests and X-rays</li> <li>● Administration of blood or blood products.</li> <li>● Dressings, splints, casts, and sterile tray services</li> <li>● Medical supplies and equipment, including oxygen</li> <li>● Anesthetics, including nurse anesthetist services</li> <li>● Medical supplies, appliances, medical equipment, and any covered items billed by a hospital for use at home or take home items</li> </ul>	Nothing	Nothing
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>● <i>Custodial care</i></li> <li>● <i>Non-covered facilities, such as nursing homes, schools</i></li> <li>● <i>Personal comfort items (telephone, television, guest meals and beds)</i></li> <li>● <i>Private nursing care or costs associated with private rooms, except when medically necessary</i></li> <li>● <i>Admissions to hospitals performed only for the convenience of the member, the member's family or the member's physician or other provider</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>

Outpatient hospital or ambulatory surgical	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<ul style="list-style-type: none"> <li>Operating, recovery, and other treatment rooms</li> <li>Prescribed drugs and medicines</li> <li>Diagnostic laboratory tests, X-rays, and pathology services</li> <li>Administration of blood, blood plasma, and other biologicals</li> <li>Blood and blood plasma, if not donated or replaced</li> <li>Dressings, casts, and sterile tray services</li> <li>Medical supplies, including oxygen</li> <li>Anesthetics and anesthesia service</li> </ul> <p>Note: We cover hospital services and supplies related to dental procedures when necessitated by a non-dental physical impairment. We do not cover the dental procedures.</p>	\$50 per visit	20% of charges
<p>Outpatient hospital services:</p> <ul style="list-style-type: none"> <li>Diagnostic laboratory tests, X-rays, and pathology services</li> <li>Pre-surgical testing</li> </ul>	Nothing	20% of charges
<i>Not covered: Blood storage for use at a later date</i>	<i>All charges.</i>	<i>All charges.</i>
<b>Extended care benefits/Skilled nursing care</b>		
<p>All necessary services ordered by a Plan doctor are covered, including:</p> <ul style="list-style-type: none"> <li>Unlimited days</li> <li>bed, board, and general nursing care</li> <li>drugs, biologicals, supplies, and equipment ordinarily provided or arranged by the skilled nursing facility when prescribed by a Plan doctor</li> <li>Care must be received from a state licensed nursing facility</li> </ul>	\$100 per day copay up to \$500 per admission	\$100 per day copay up to \$500 per admission
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li><i>Custodial care</i></li> <li><i>Convalescent care</i></li> <li><i>Intermediate level or domiciliary care</i></li> <li><i>Residential care</i></li> <li>Rest cures or services to assist in activities of daily living</li> </ul>	<i>All charges.</i>	<i>All charges.</i>

Hospice care	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<ul style="list-style-type: none"> <li>Admission to a hospice facility, hospital, or skilled nursing facility for room and board, supplies and services for pain management and other acute/chronic symptom management</li> <li>Part-time or intermittent nursing care by an RN, LPN, LVN or home health aide for patient care for up to 8 hours a day</li> <li>Social services</li> <li>Psychological and dietary counseling</li> <li>Physical or occupational therapy</li> <li>Consultation and case management services by a participating practitioner</li> <li>Medical supplies and drugs prescribed by a participating practitioner</li> </ul>	Nothing	20% of charges
<i>Not covered: Independent nursing, homemaker services</i>	<i>All charges.</i>	<i>All charges.</i>
<b>Ambulance</b>		
<ul style="list-style-type: none"> <li>Local professional ground and/or air ambulance service when medically necessary and plan approved hospital transfers.</li> </ul>	\$50 copay	20% of charges
<i>Not covered:</i> <ul style="list-style-type: none"> <li><i>Transfers to hospitals performed only for the convenience of the member, the member's family or the member's physician or other provider.</i></li> <li><i>Non-emergency services and/or travel, unless pre-approved and arranged by us.</i></li> </ul>	<i>All charges.</i>	<i>All charges.</i>

## Section 5(d) Emergency services/accidents

### Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Under **High Option**, we have no calendar year deductible for In Network services.
- Under **Standard Option**, the calendar year deductible for Participating Providers is \$500 per person (\$1,000 per family). The calendar year deductible applies to almost all benefits in this section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Under both **High and Standard Options**, you must use Plan Providers in order to receive in-network benefit coverage.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

### What is a medical emergency?

A medical emergency is the sudden and unexpected onset of a condition or an injury that you believe endangers your life or could result in serious injury or disability, and requires immediate medical or surgical care. Some problems are emergencies because, if not treated promptly, they might become more serious; examples include deep cuts and broken bones. Others are emergencies because they are potentially life-threatening, such as heart attacks, strokes, poisonings, gunshot wounds, or sudden inability to breathe. There are many other acute conditions that we may determine are medical emergencies – what they all have in common is the need for quick action

### What to do in case of emergency:

In the event of an Emergency Medical Condition, go to the closest emergency room, or call 911 for assistance. We will cover Emergency Services whether you are in or out of the Service Area. Sioux Valley Health Plan offers world-wide emergency coverage. Prior approval for treatment of Emergency Medical Conditions is not required. You should have someone telephone us at 1-800/805-7938 (TTY 605/328-6869) as soon as reasonably possible. **Inpatient or outpatient emergency services that are furnished by any qualified Provider and needed to evaluate or stabilize an Emergency Medical Condition are covered.**

**Emergencies within our service area:** If you have an Emergency Medical Condition within the Service Area, you should contact your PCP and the Plan after an emergency so that we can arrange for your follow-up care.

**Emergencies outside our service area:** If you have an Emergency Medical Condition while out of the Service Area, we prefer that you return to the Service Area to receive care through Plan Participating Providers after you have been treated for your condition. However, services will be covered out of the Service Area as long as the care required continues to meet the definition for either Emergency Services or Urgently Needed Services.

**Whether you are inside or outside of our service area, \$100 copay for Emergency or Urgent services applies. However, this copay is waived if you are admitted to a hospital as a result of the emergency visit.**

*Emergency services/accidents – continued on next page*

## Post-Stabilization Care

We also provide coverage for services needed to ensure that you remain stabilized (or, in certain instances, to improve or resolve your condition) if:

- We provide prior approval for such services; or
- The services were not pre-approved by us, but were administered within 1 hour of a request from the Provider for prior approval of additional post-stabilization care; or
- We do not respond within one (1) hour to a request for prior approval from a Non-Contracting Medical Provider or Facility (or we could not be contacted for prior approval).

### Coverage for Post-Stabilization Care is effective until:

- You are discharged; or
- A Contracting Medical Provider with privileges at the hospital in which you are treated arrives and assumes responsibility for your care; or
- The Non-Contracting Medical Provider and Sioux Valley Health Plan agree to other arrangements; or
- A Contracting Medical Provider assumes responsibility for your care through transfer.

**Remember, if you receive services from Non-Contracting Medical Providers without Prior approval, except for Emergency Services, Urgently Needed Services, or out-of-area renal dialysis, Sioux Valley Health Plan will pay for those services at the Out-of-Network benefit level.**

### Refunds for Emergency, Urgently Needed, or Out-of-Area Dialysis Services Paid by Members:

Providers should submit bills to us for payment. However, if you paid for any Emergency Services, Urgently Needed Services, or Out-of-Area Renal Dialysis services obtained from Non-Contracting Medical Providers, you should submit your bills us to Sioux Valley Health Plan for payment. Bills should be submitted to the following address:

Sioux Valley Health Plan, PO Box 91110, Sioux Falls, SD 57109-1110. If you have questions about any bills, contact the SVHP Member Service Department at 1-800/752-5863 or 605/328-6800. The TTY # is 605/328-6869. (The hours of operation for these numbers are 8:00a.m. until 5:00p.m. Central Standard Time, Monday through Friday.)

Benefit Description	You pay	
	High Option	Standard Option
<p>Note: The calendar year deductible for the Standard Option applies to almost all benefits in this section. We say “(No deductible)” when it does not apply.</p>		
<b>Emergency within our service area</b>		
<ul style="list-style-type: none"> <li>Emergency care at a doctor’s office</li> <li>Emergency care at an urgent care center</li> </ul>	\$20 per primary care visit \$30 per specialist visit	\$25 copay per primary care or specialist visit (No deductible)
<ul style="list-style-type: none"> <li>Emergency care as an outpatient or inpatient at a hospital, including doctors’ services</li> </ul>	\$100 per visit, waived if admitted	\$100 per visit, waived if admitted (No deductible)
<i>Not covered:</i> <ul style="list-style-type: none"> <li><i>Elective care or non-emergency care</i></li> </ul>	<i>All charges</i>	<i>All charges</i>
<b>Emergency outside our service area</b>		
<ul style="list-style-type: none"> <li>Emergency care at a doctor’s office</li> <li>Emergency care at an urgent care center</li> </ul>	\$20 per primary care visit \$30 per specialist visit	\$25 copay per primary care or specialist visit (No deductible)
<ul style="list-style-type: none"> <li>Emergency care as an outpatient or inpatient at a hospital, including doctors’ services</li> </ul>	\$100 per visit, waived if admitted	\$100 per visit, waived if admitted (No deductible)
<i>Not Covered:</i> <ul style="list-style-type: none"> <li><i>Elective care or non-emergency care and follow-up care recommended by a non-Plan providers that has not been approved by the Plan or provided by Plan providers</i></li> <li><i>Emergency care provided outside the service area if the need for care could have been foreseen before leaving the service area</i></li> <li><i>Medical and hospital costs resulting from a normal full-term delivery of a baby outside the service area</i></li> </ul>	<i>All charges</i>	<i>All charges</i>
<b>Ambulance</b>		
Professional ground ambulance, air ambulance, or regularly scheduled flight on a commercial airline when service is medically necessary.  See 5© for non-emergency service.	\$50 copay	20% of charges

**Section 5(e) Mental health and substance abuse benefits**

When you get our approval for services and follow a treatment plan we approve, cost-sharing and limitations for Plan mental health and substance abuse benefits will be no greater than for similar benefits for other illnesses and conditions.

**Important things you should keep in mind about these benefits:**

- All benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Under **High Option**, we have no calendar year deductible for In Network services.
- Under **Standard Option**, the calendar year deductible for Participating Providers is \$500 per person (\$1,000 per family). The calendar year deductible applies to almost all benefits in this section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Under both **High and Standard Options**, you must use Plan Providers in order to receive in-network benefit coverage.
- Be sure to read Section 4, Your costs for covered services, for valuable information about how cost sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- **YOU MUST GET PRIOR APPROVAL OF THESE SERVICES.** See the instructions after the benefits description below.

Benefit Description	You pay	
	High Option	Standard Option

**Note: The calendar year deductible for the Standard Plan applies to almost all benefits in this Section. We say “(No deductible)” when it does not apply.**

Mental health and substance abuse benefits		
<p>All diagnostic and treatment services recommended by a Plan provider and contained in a treatment plan that we approve. The treatment plan may include services, drugs, and supplies described elsewhere in this brochure.</p> <p>Note: Plan benefits are payable only when we determine the care is clinically appropriate to treat your condition and only when you receive the care as part of a treatment plan that we approve.</p>	Your cost sharing responsibilities are no greater than for other illnesses or conditions.	Your cost sharing responsibilities are no greater than for other illnesses or conditions.
<ul style="list-style-type: none"> <li>• Outpatient Professional services, including individual or group therapy by providers such as psychiatrists, psychologists, or clinical social workers</li> <li>• Medication management</li> </ul>	\$30 per specialist outpatient visit	\$25 per visit (No deductible)
<ul style="list-style-type: none"> <li>• Diagnostic tests</li> </ul>	Nothing	20% of charges

*Mental health and substance abuse benefits – continued on next page.*

Mental health and substance abuse benefits (continued)	You pay	
	High Option	Standard Option (After the calendar year deductible...)
<ul style="list-style-type: none"> <li>• Services provided by a hospital or other facility</li> <li>• Services in approved alternative care settings such as partial hospitalization, half-way house, residential treatment, full-day hospitalization, facility based intensive outpatient treatment</li> </ul>	\$100 per day copay up to \$500 per inpatient admission	\$100 per day copay up to \$500 per inpatient admission
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Marriage, family, or bereavement counseling</i></li> <li>• <i>Pastoral counseling</i></li> <li>• <i>Financial or legal counseling</i></li> <li>• <i>Custodial care counseling</i></li> <li>• <i>Services we have not approved</i></li> <li>• <i>Long term custodial care</i></li> </ul>	<i>All charges</i>	<i>All charges</i>

**Preauthorization**

To be eligible to receive these benefits you must obtain a treatment plan and follow the authorization processes:

Contact our Health Services Department for the prior approval process for elective inpatient hospitalizations, non urgent care, pharmaceutical decisions, behavioral health, urgent/emergency conditions, concurrent review and retrospective review (post-service) contact our Health Services Department, available between the hours of 8:00a.m. and 5:00p.m. Central Time, Monday through Friday, by calling our toll-free number 1-800-805-7938 or (650)328-6807. After hours you may leave a message on the confidential voice mail of the Health Services Department and someone will return your call.

You are ultimately responsible for obtaining prior approval from the Health Services Department. Failure to obtain prior approval will result in a reduction to the Out of Network benefits level. However, information provided by the physician’s office also satisfies this requirement

**Limitation**

We may limit your benefits if you do not obtain a treatment plan.

## Section 5(f) Prescription drug benefits

### Important things you should keep in mind about these benefits:

- We cover prescribed drugs and medications, as described in the chart beginning on the next page.
- All benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Under **High Option**, we have no calendar year deductible for In Network services.
- Under **Standard Option**, the calendar year deductible for Participating Providers is \$500 per person (\$1,000 per family). The calendar year deductible applies to almost all benefits in this section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Under both **High and Standard Options**, you must use Plan Providers; there are no Point of Service (out-of-network) benefits.
- Be sure to read Section 4, Your costs for covered services, for valuable information about how cost sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

**There are important features you should be aware of.** These include:

- **Who can write your prescription?** A licensed physician, Nurse Practitioner, or Physician’s Assistant must write the prescription.
- **Where you can obtain them.** You must fill the prescription at a network pharmacy. If you choose to go to a non-network pharmacy, you must pay 100% of the costs of the medication to the pharmacy (except in an emergency). Some injectible drugs are obtained through mail order, For more information call Member Services at 605/328-6800 for a copy of the Prescription Drug Brochure. To enroll and obtain prior-approval to join the Injectible Drugs Program call 1-800/278-0980.
- **How you can obtain them.** You must present your prescription ID card to your pharmacy, if you do not present your prescription ID card to your pharmacy, you must pay 100% of the costs of the medication to the pharmacy (except in an emergency).
- **We use a formulary.** However, we have an open 3-tiered formulary. If your physician believes a name brand product is necessary or there is no generic available, your physician may prescribe a name brand drug from a formulary list. This list of name brand drugs is a preferred list of drugs that we selected to meet patient needs at a lower cost. To order a prescription drug brochure, call 605/328-6800 or 1-800/752-5863 or go to the Express Scripts website at [www.svhp.com](http://www.svhp.com).
- **These are the dispensing limitations.** Prescriptions can be filled for up to a 30 day supply per copayment. Those prescription drug classes identified as maintenance medications will be made available for up to a 90-day supply. However, three copayments will apply. A generic equivalent will be dispensed if it is available, unless your physician specifically requires a name brand. If you receive a name brand drug when a Federally-approved generic drug is available, and your physician has not specified Dispense as Written for the name brand drug, you have to pay the difference in cost between the name brand drug and the generic. Additionally, if there is no generic equivalent, you will still be required to pay the brand name copayment.
- If there is a national emergency or you are called to active military duty, you may call our Member Services Department at 605/328-6800 to request an exception for dispensing limitations.
- **Why use generic drugs?** To reduce your out-of-pocket expenses! A generic drug is the chemical equivalent of a corresponding brand name drug. Under federal law, generic and name brand drugs must meet the same standards for safety, purity, strength, and effectiveness. Generic drugs are less expensive than brand name drugs; therefore, you may reduce your out-of-pocket costs by choosing to use a generic drug.
- **When you have to file a claim.** Please submit all claims directly to us at: Sioux Valley Health Plan, PO Box 91110, Sioux Falls, SD 57109-1110. Claim forms are available at your request. You may, however, submit your itemized prescription receipt with date, supply, drug name, and all necessary member information in lieu of a claim form.

Benefit Description	You pay	
	High Option	Standard Option
<p><b>Note: The calendar year deductible applies to almost all benefits in this Section. We say "(No deductible)" when it does not apply.</b></p>		
<p>We cover the following medications and supplies prescribed by a Plan physician and obtained from a Plan pharmacy:</p> <ul style="list-style-type: none"> <li>• Drugs and medicines that by Federal law of the United States require a physician’s prescription for their purchase, except those listed as <i>Not covered</i></li> <li>• Self administered injectible drugs</li> <li>• Drugs for sexual dysfunction limited per policy guidelines. Contact the Plan for details. Viagra limited to 4 pills per month. (see Section 3, <i>Services requiring our Prior approval</i>).</li> <li>• Contraceptive drugs and devices</li> <li>• Human Growth Hormones (see Section 3, <i>Services requiring our Prior approval</i>).</li> <li>• Prescription drugs for smoking cessation up to a 3-month supply per calendar year</li> </ul>	<p>\$15 per formulary generic drug \$30 per formulary brand name drug \$50 per non-formulary brand name drug.</p> <p>Note: If you request that you receive the brand name drug when there is an equivalent generic alternative available, you will be required to pay the price difference between the brand and the generic in addition to your copay.</p>	<p>\$15 per formulary generic drug \$30 per formulary brand name drug \$50 per non-formulary brand name drug. (No deductible)</p> <p>Note: If you request that you receive the brand name drug when there is an equivalent generic alternative available, you will be required to pay the price difference between the brand and the generic in addition to your copay.</p>
<p>Diabetic Drugs/Supplies</p> <ul style="list-style-type: none"> <li>• Blood glucose monitors</li> <li>• Insulin injection aids</li> <li>• Insulin pumps and all supplies for pump</li> <li>• Insulin infusion devices</li> <li>• Prescribed oral agents for controlling blood sugars</li> <li>• Lancets and lancet devices</li> <li>• Blood/urine testing strips (maximum of 200 strips per month supply)</li> <li>• Glucose agents</li> <li>• Glucagon kits</li> <li>• Syringes for the administration of covered medications</li> </ul>	<p>\$15 copay per 30 day supply for each individual item</p>	<p>\$15 copay per 30 day supply for each individual item (No deductible)</p>

*Covered medications and supplies – continued on next page*

Covered medications and supplies <i>(continued)</i>	You pay	
	High Option	Standard Option <i>(After the calendar year deductible...)</i>
<p><i>Not Covered</i></p> <ul style="list-style-type: none"> <li>● <i>Drugs and supplies for cosmetic purposes including baldness and appetite suppressants</i></li> <li>● <i>Drugs to enhance athletic performance</i></li> <li>● <i>Fertility drugs</i></li> <li>● <i>Drugs obtained at a non-Plan pharmacy; except for out-of-area emergencies</i></li> <li>● <i>Vitamins, nutrients and food supplements even if a physician prescribes or administers them</i></li> <li>● <i>Medication available over the counter (OTC)</i></li> <li>● <i>Orthomolecular therapy including nutrients, vitamins</i></li> <li>● <i>B-12 injections, except for pernicious anemia</i></li> <li>● <i>Compound medications with no legend medication</i></li> <li>● <i>Acne medication for members over age thirty-five</i></li> </ul>	<p><i>All charges.</i></p>	<p><i>All charges.</i></p>

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**Section 5(g) Special features**

Feature	Description
<b>24 hour nurse line</b>	<b>For any of your health concerns, 24 hours a day, 7 days a week, you may call Health Information at 605/333-4444 and talk with a registered nurse who will discuss treatment options and answer your health questions.</b>
<b>Services for deaf and hearing impaired</b>	<b>For individuals needing assistance, please contact our TTY line at 605/328-6869.</b>
<b>Pregnancy Programs</b>	<b>Individuals may contact the Healthy Pregnancy Program at 1-800/752-5863 to enroll</b>
<b>Centers of excellence</b>	<b>We utilize the contracted Centers of Excellence Network for transplant services. Please contact us at 605/328-6807 for any information needed</b>

**Section 5(h) Dental benefits**

**Important things you should keep in mind about these benefits:**

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Plan dentists must provide or arrange your care.
- Under **High Option**, we have no calendar year deductible for In Network services.
- Under **Standard Option**, the calendar year deductible for Participating Providers is \$500 per person (\$1,000 per family). The calendar year deductible applies to almost all benefits in this section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Under both **High and Standard Options**, you must use Plan Providers in order to receive in-network benefit coverage.
- We cover hospitalization for dental procedures only when a non-dental physical impairment exists which makes hospitalization necessary to safeguard the health of the patient. See Section 5 © for inpatient hospital benefits. We do not cover the dental procedure unless it is described below.
- Be sure to read Section 4, Your costs for covered services, for valuable information about how cost sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- **YOU OR YOUR PHYSICIAN MUST GET PRIOR APPROVAL OF SOME DENTAL PROCEDURES.** Please refer to the prior approval information shown in Section 3 to be sure which services require prior approval.

Accidental injury benefit	You pay	
We cover restorative services and supplies necessary to promptly repair (but not replace) sound natural teeth (this does not include replacements including crowns, bridges or implants) as long as the patient was covered under the plan during the time of the injury or illness causing the damage and receives care within six (6) months of the occurrence. The need for these services must result from an accidental injury or cancer.	\$30 per specialist visit \$50 per outpatient surgery \$100 per day copay up to \$500 per inpatient admission	20% of charges for specialist visit or outpatient surgery \$100 per day copay up to \$500 per inpatient admission

Dental benefits		
<ul style="list-style-type: none"> <li>● Dental service required for cancer that damages sound natural teeth.</li> <li>● Associated radiology services</li> </ul>	\$30 per specialist visit \$50 per outpatient surgery \$100 per day copay up to \$500 per inpatient admission	20% of charges for specialist visit or outpatient surgery \$100 per day copay up to \$500 per inpatient admission
<i>We have no other dental benefits.</i>	<i>All charges.</i>	<i>All charges.</i>

## Section 5(i) Point of Service Benefits

### Important things you should keep in mind about these benefits:

- All benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Under **High Option**, the calendar year deductible is \$500 per person and \$1,000 per family.
- Under **Standard Option**, the calendar year deductible for non-Participating Providers is \$1,000 per person and \$3,000 per family. The calendar year deductible applies to almost all benefits in this section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Be sure to read Section 4, Your costs for covered services, for valuable information about how cost sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

### Facts about this Plan’s POS option

You may choose to obtain benefits covered by our POS: options from non-Plan doctors and hospitals whenever you need care, except for the benefits listed below under “What is not covered.” Benefits not covered under POS must be received by Plan doctors to be covered. When you obtain covered non-emergency medical treatment from a non-Plan doctor without authorization from us, you are subject to the deductibles, coinsurance and maximum benefit stated below.

### What is covered

- Medical Office Visits
- Preventive Health Services including Well Baby and Well Child Care (up to 6 years old), routine periodic preventive health exams, immunizations, allergy testing and treatment, and allergy serum
- Emergency Services (No deductible) .
- X-Ray and Laboratory Services
- Acute Inpatient Hospital Services
- Maternity, Pregnancy and Newborn Care
- Inpatient Physician Services and Consultations
- Outpatient Hospital Services
- Outpatient Surgery
- Home Health Care
- Skilled Nursing Facility Service
- Mental Health Services
- Inpatient Chemical Dependency Services
- Inpatient Alcohol Treatment
- Durable Medical Equipment and Prosthetic Devices (Prior approval required for rentals or purchases over \$200).
- Orthopedic Appliances
- Outpatient Rehabilitative Therapy
- Oral Surgery and Other Dental Services
- Ambulance and other transportation services

**Outpatient substance abuse benefits**

You pay 70% of our allowed benefit and any charges above the allowed \$30 benefit, after the deductible for all covered chemical dependency and alcohol treatment services.

**Ambulance and other transportation services**

Under High Option, you pay 20% of our allowed benefit and any charges above the allowed benefit, after the deductible, for all covered services. Prior approval is only required for non-emergency transportation.

Under Standard Option, you pay 40% of our allowed benefit and any charges above the allowed benefit, after the deductible, for all covered services. Prior approval is only required for non-emergency transportation.

**Deductible**

The deductible is the amount that you must pay at the time services are received before we will pay for such services.

Under **High Option**, the calendar year deductible is \$500 per person and \$1,000 per family for Non-Participating Providers.

Under **Standard Option**, the calendar year deductible for Non-Participating Providers is \$1,000 per person and \$3,000 per family. The calendar year deductible applies to almost all benefits in this section. We added “(No deductible)” to show when the calendar year deductible does not apply.

**Coinsurance**

Coinsurance is the percentage of charges to be paid by you for services at the time such services are rendered. Our coinsurance for Point of Service benefits is 60%; you pay 40%, except for ambulance and other transportation services and outpatient substance abuse services which have a different coinsurance. The fee schedule is set at the 90<sup>th</sup> percentile of the standard Usual and Customary Rate (UCR) allowance for our region. You will be liable for your coinsurance percentage plus any charges in excess of the UCR allowance

**Maximum benefit**

There is no lifetime maximum benefit under the POS plan

**Catastrophic Protection Out-of-pocket maximum**

The catastrophic limit on your out-of-pocket Point of Service expenses per calendar year is \$10,000 for the individual and \$10,000 for the family (this does not apply to transplant services). Your out-of-pocket expenses under POS qualify for our catastrophic protection out-of-pocket maximum.

**Emergency benefits**

True emergency care is always payable as an in-Plan benefit; there is a \$100 per day copay up to \$500 per inpatient admission, but the copay is waived for true emergency admissions.

**What is not covered**

- Tobacco Treatment;
- Services list as not covered at the in-network level in Section 5;
- Chiropractic Services;
- Transplants at Non-Participating Center of Excellence Facilities;
- Custodial care; and

All other services not listed in the “What is covered” Section above.

Under **High and Standard Options**, you pay 40% of the allowed benefit after paying the deductible and any charges greater than the allowed benefit.

All participating providers are paid at the In-Network Benefit level and only the out-of-network doctor and/or facility charges are paid at the Out-of-Network POS level. Services obtained within or outside of the service area by non-Plan Participating Providers are eligible for coverage under POS.

**How to obtain benefits**

To access POS benefits you may see the physician or obtain services at the facility of your choice. Benefits will be paid at 60% after the Out-of-Network deductible is met; you pay 40%, except for ambulance and other transportation services and outpatient substance abuse services which have a different coinsurance. We will need a claim from you, including a CPT code, date of service, diagnosis code, name of doctor or hospital, member's birthdate and identification number.

**Submit your claims to:**

Sioux Valley Health Plan  
PO Box 91110  
Sioux Falls, SD 57109-1110

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## Section 6 General exclusions – things we don't cover

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The exclusions in this section apply to all benefits. **Although we may list a specific service as a benefit, we will not cover it unless your Plan doctor determines it is medically necessary to prevent, diagnose, or treat your illness, disease, injury, or condition** and we agree, as discussed under *What Services Require Our Prior approval in Section 3*.

We do not cover the following:

- Services, drugs, or supplies you receive while you are not enrolled in this Plan;
- Services, drugs, or supplies that are not medically necessary;
- Services, drugs, or supplies not required according to accepted standards of medical, dental, or psychiatric practice;
- Experimental or investigational procedures, treatments, drugs or devices;
- Services, drugs, or supplies related to abortions, except when the life of the mother would be endangered if the fetus were carried to term or when the pregnancy is the result of an act of rape or incest;
- Services, drugs, or supplies related to sex transformations;
- Services, drugs, or supplies you receive from a provider or facility barred from the FEHB Program;
- Services, drugs, or supplies you receive without charge while in active military service; and;
- Health Care Services performed by any Provider who is a Member of the enrollee's immediate family, including any person normally residing in the member's home. This exclusion does not apply in those areas in which the immediate family member is the only Provider in the area

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## Section 7 Filing a claim for covered services

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When you see Plan physicians, receive services at Plan hospitals and facilities, or obtain your prescription drugs at Plan pharmacies, you will not have to file claims. Just present your identification card and pay your copayment,

You will only need to file a claim when you receive emergency services from non-plan providers. Sometimes these providers bill us directly. Check with the provider. If you need to file the claim, here is the process:

### **Medical and hospital benefits**

In most cases, providers and facilities file claims for you. Physicians must file on the form HCFA-1500, Health Insurance Claim Form. Your facility will file on the UB-92 form. For claims questions and assistance, call Member Services at 605/328-6800 or toll free at 1-800/752-5863 (TTY 605/328-6869).

When you must file a claim – such as for services you receive outside the Plan’s service area – submit it on the HCFA-1500 or a claim form that includes the information shown below. Bills and receipts should be itemized and show:

- Covered member’s name and ID number;
- Name and address of the physician or facility that provided the service or supply;
- Dates you received the services or supplies;
- Diagnosis;
- Type of each service or supply;
- The charge for each service or supply;
- A copy of the explanation of benefits, payments, or denial from any primary payer – such as the Medicare Summary Notice (MSN); and
- Receipts, if you paid for your services.

#### **Submit your claims to:**

Sioux Valley Health Plan  
PO Box 91110  
Sioux Falls, SD 57109-1110

### **Deadline for filing your claim**

Send us all of the documents for your claim as soon as possible. You must submit the claim by December 31 of the year after the year you received the service, unless timely filing was prevented by administrative operations of Government or legal incapacity, provided the claim was submitted as soon as reasonably possible.

### **When we need more information**

Please reply promptly when we ask for additional information. We may delay processing or deny your claim if you do not respond.

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## Section 8 The disputed claims process

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Follow this Federal Employees Health Benefits Program disputed claims process if you disagree with our decision on your claim or request for services, drugs, or supplies – including a request for preauthorization/Prior approval:

Step	Description
<b>1</b>	<p>Ask us in writing to reconsider our initial decision. You must:</p> <ol style="list-style-type: none"><li>Write to us within 6 months from the date of our decision; and</li><li>Send your request to us at Valley Health Plan, PO Box 91110, Sioux Falls, SD 57109-1110, and</li><li>Include a statement about why you believe our initial decision was wrong, based on specific benefit provisions in this brochure; and</li><li>Include copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms.</li></ol>
<b>2</b>	<p>We have 30 days from the date we receive your request to:</p> <ol style="list-style-type: none"><li>Pay the claim (or, if applicable, arrange for the health care provider to give you the care); or</li><li>Write to you and maintain our denial – go to step 4; or</li><li>Ask you or your provider for more information. If we ask your provider, we will send you a copy of our request—go to step 3.</li></ol>
<b>3</b>	<p>You or your provider must send the information so that we receive it within 60 days of our request. We will then decide within 30 more days.</p> <p>If we do not receive the information within 60 days, we will decide within 30 days of the date the information was due. We will base our decision on the information we already have.</p> <p>We will write to you with our decision.</p>
<b>4</b>	<p>If you do not agree with our decision, you may ask OPM to review it.</p> <p>You must write to OPM within:</p> <ul style="list-style-type: none"><li>90 days after the date of our letter upholding our initial decision; or</li><li>120 days after you first wrote to us – if we did not answer that request in some way within 30 days; or</li><li>120 days after we asked for additional information.</li></ul> <p>Write to OPM at: Office of Personnel Management, Office of Insurance Programs, Contracts Division 3, 1900 E Street, NW, Washington, DC 20415-3630.</p>

*The disputed claims process – continued on next page*

## The disputed claims process (*continued*)

Send OPM the following information:

- A statement about why you believe our decision was wrong, based on specific benefit provisions in this brochure;
- Copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms;
- Copies of all letters you sent to us about the claim;
- Copies of all letters we sent to you about the claim; and
- Your daytime phone number and the best time to call.

Note: If you want OPM to review more than one claim, you must clearly identify which documents apply to which claim.

Note: You are the only person who has a right to file a disputed claim with OPM. Parties acting as your representative, such as medical providers, must include a copy of your specific written consent with the review request.

Note: The above deadlines may be extended if you show that you were unable to meet the deadline because of reasons beyond your control.

- 5** OPM will review your disputed claim request and will use the information it collects from you and us to decide whether our decision is correct. OPM will send you a final decision within 60 days. There are no other administrative appeals.

If you do not agree with OPM's decision, your only recourse is to sue. If you decide to sue, you must file the suit against OPM in Federal court by December 31 of the third year after the year in which you received the disputed services, drugs, or supplies or from the year in which you were denied Prior approval/authorization. This is the only deadline that may not be extended.

OPM may disclose the information it collects during the review process to support their disputed claim decision. This information will become part of the court record.

You may not sue until you have completed the disputed claims process. Further, Federal law governs your lawsuit, benefits, and payment of benefits. The Federal court will base its review on the record that was before OPM when OPM decided to uphold or overturn our decision. You may recover only the amount of benefits in dispute.

Note: **If you have a serious or life threatening condition** (one that may cause permanent loss of bodily functions or death if not treated as soon as possible), and

- a) We haven't responded yet to your initial request for care or preauthorization/Prior approval, then call us at 605/328-6807 and we will expedite our review; or
- b) We denied your initial request for care or preauthorization/prior approval, then:
  - If we expedite our review and maintain our denial, we will inform OPM so that they can give your claim expedited treatment too, or
  - You may call OPM's Health Benefits Contracts Division 3 at 202/606-0737 between 8 a.m. and 5 p.m. eastern time.

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## Section 9 Coordinating benefits with other coverage

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### When you have other health coverage

You must tell us if you or a covered family member have coverage under another group health plan or have automobile insurance that pays health care expenses without regard to fault. This is called “double coverage”.

When you have double coverage, one plan normally pays its benefits in full as the primary payer and the other plan pays a reduced benefit as the secondary payer. We, like other insurers, determine which coverage is primary according to the National Association of Insurance Commissioners’ guidelines.

When we are the primary payer, we will pay the benefits described in this brochure.

When we are the secondary payer, we will determine our allowance. After the primary plan pays, we will pay what is left of our allowance, up to our regular benefit. We will not pay more than our allowance. All plan benefits and visit limitations are taken into consideration even if benefits are coordinated. Visits and corresponding claims are denied once they go beyond plan maximum limits.

### What is Medicare?

Medicare is a Health Insurance Program for:

- People 65 years of age or older.
- Some people with disabilities under 65 years of age.
- People with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant).

Medicare has four parts:

- Part A (Hospital Insurance). Most people do not have to pay for Part A. If you or your spouse worked for at least 10 years in Medicare-covered employment, you should be able to qualify for premium-free Part A insurance. (Someone who was a Federal employee on January 1, 1983 or since automatically qualifies.) Otherwise, if you are age 65 or older, you may be able to buy it. Contact 1-800-MEDICARE for more information.
- Part B (Medical Insurance). Most people pay monthly for Part B. Generally, Part B premiums are withheld from your monthly Social Security check or your retirement check.
- Part C (Medicare Advantage). You can enroll in a Medicare Advantage plan to get your Medicare benefits. We do not offer a Medicare Advantage plan. Please review the information on coordinating benefits with Medicare Advantage plans on the net page.
- Part D (Medicare prescription drug coverage). There is a monthly premium for Part D coverage. If you have limited savings and a low income, you may be eligible for Medicare’s Low-Income Benefits. For people with limited income and resources, extra help in paying for a Medicare prescription drug plan is available. Information regarding this program is available through the Social Security Administration (SSA). For more information about this extra help, visit SSA online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call them at 1-800-772-1213 (TTY 1-800-325-0778). Before enrolling in Medicare Part D, please review the important disclosure notice from us about the FEHB prescription drug coverage and Medicare. The notice is on the first inside page of this brochure. The notice will give you guidance on enrolling in Medicare Part D.

- **Should I enroll in Medicare?**

The decision to enroll in Medicare is yours. We encourage you to apply for Medicare benefits 3 months before you turn age 65. It’s easy. Just call the Social Security Administration toll-free number 1-800-772-1213 to set up an appointment to apply. If you do not apply for one or more Parts of Medicare, you can still be covered under the FEHB Program.

*Coordinating benefits with other coverage – continued on next page*

- **Should I enroll in Medicare?**  
(continued)

If you can get premium-free Part A coverage, we advise you to enroll in it. Most Federal employees and annuitants are entitled to Medicare Part A at age 65 **without cost**. When you don't have to pay premiums for Medicare Part A, it makes good sense to obtain the coverage. It can reduce your out-of-pocket expenses as well as costs to the FEHB, which can help keep FEHB premiums down.

Everyone is charged a premium for Medicare Part B coverage. The Social Security Administration can provide you with premium and benefit information. Review the information and decide if it makes sense for you to buy the Medicare Part B coverage.

If you are eligible for Medicare, you may have choices in how you get your health care. Medicare Advantage is the term used to describe the various private health plan choices available to Medicare beneficiaries. The information in the next few pages shows how we coordinate benefits with Medicare, depending on whether you are in the Original Medicare Plan or a private Medicare Advantage plan.

- **The Original Medicare Plan (Part A or Part B)**

The Original Medicare Plan (Original Medicare) is available everywhere in the United States. It is the way everyone used to get Medicare benefits and is the way most people get their Medicare Part A and Part B benefits now. You may go to any doctor, specialist, or hospital that accepts Medicare. The Original Medicare Plan pays its share and you pay your share. Some things are not covered under Original Medicare, such as most prescription drugs (but coverage through private prescription drug plans will be available starting in 2006).

When you are enrolled in Original Medicare along with this Plan, you still need to follow the rules in this brochure for us to cover your care. We will not waive any of our copayments, coinsurance, and deductibles. The following chart illustrates whether the Original Medicare Plan or this Plan should be the primary payer for you according to your employment status and other factors determined by Medicare. It is critical that you tell us if you or a covered family member has Medicare coverage so we can administer these requirements correctly.

**Claims process when you have the Original Medicare Plan** – You probably will never have to file a claim form when you have both our Plan and the Original Medicare Plan.

- When we are the primary payer, we process the claim first.
- When Original Medicare is the primary payer, Medicare processes your claim first. In most cases, your claim will be coordinated automatically and we will then provide secondary benefits for covered charges. You will not need to do anything. To find out if you need to do something to file your claim, call us at 605/328-6800 or 1-800/752-5863 or see our Website at [www.svhp.com](http://www.svhp.com).

**We do not waive any costs if the Original Medicare Plan is your primary payer.**

- **Medicare Advantage (Part C)**

If you are eligible for Medicare, you may choose to enroll in and get your Medicare benefits from a Medicare Advantage plan. These are private health care choices (like HMOs and regional PPOs) in some areas of the country. To learn more about Medicare Advantage plans, contact Medicare at 1-800/MEDICARE (1-800/633-4227) or at [www.medicare.gov](http://www.medicare.gov).

If you enroll in a Medicare Advantage plan, the following options are available to you:

**This Plan and another plan's Medicare Advantage plan:** You may enroll in another plan's Medicare Advantage plan and also remain enrolled in our FEHB plan. We will still provide benefits when your Medicare Advantage plan is primary, even out of the Medicare Advantage plan's network and/or service area (if you use our Plan providers), but we will not waive any of our copayments, coinsurance, or deductibles. If you enroll in a Medicare Advantage plan, tell us. We will need to know whether you are in the Original Medicare Plan or in a Medicare Advantage plan so we can correctly coordinate benefits with Medicare.

*Coordinating benefits with other coverage – continued on next page*

- **Medicare Advantage (Part C) (continued)** **Suspended FEHB coverage to enroll in a Medicare Advantage plan:** If you are an annuitant or former spouse, you can suspend your FEHB coverage to enroll in a Medicare Advantage plan, eliminating your FEHB premium. (OPM does not contribute to your Medicare Advantage plan premium.) For information on suspending your FEHB enrollment, contact your retirement office. If you later want to re-enroll in the FEHB Program, generally you may do so only at the next open season unless you involuntarily lose coverage or move out of the Medicare Advantage plan's service area.
- **Medicare prescription drug coverage (Part D)** When we are the primary payer, we process the claim first. If you enroll in Medicare Part D and we are the secondary payer, we will review claims for your prescription drug costs that are not covered by Medicare Part D and consider them for payment under the FEHB plan.

Medicare always makes the final determination as to whether they are the primary payer. The following chart illustrates whether Medicare or this Plan should be the primary payer for you according to your employment status and other factors determined by Medicare. It is critical that you tell us if you or a covered family member has Medicare coverage so we can administer these requirements correctly. Please note, if your Plan physician does not participate in Medicare, you will have to file a claim with Medicare.

### Primary Payer Chart

A. When you – or your covered spouse – are age 65 or over and have Medicare and you...	The primary payer for the individual with Medicare is...	
	Medicare	This Plan
1) Have FEHB coverage on your own as an active employee or through your spouse who is an active employee		✓
2) Have FEHB coverage on your own as an annuitant or through your spouse who is an annuitant	✓	
3) Are a reemployed annuitant with the Federal government and your position is excluded from the FEHB (your employing office will know if this is the case) and you are not covered under FEHB through your spouse under #1 above	✓	
4) Are a reemployed annuitant with the Federal government and your position is not excluded from the FEHB (your employing office will know if this is the case) and ...		✓
• You have FEHB coverage on your own or through your spouse who is also an active employee		
• You have FEHB coverage through your spouse who is an annuitant	✓	
5) Are a Federal judge who retired under title 28, U.S.C., or a Tax Court judge who retired under Section 7447 of title 26, U.S.C. (or if your covered spouse is this type of judge) and you are not covered under FEHB through your spouse under #1 above	✓	
6) Are enrolled in Part B only, regardless of your employment status	✓ for Part B services	✓ for other services
7) Are a former Federal employee receiving Workers' Compensation and the Office of Workers' Compensation Programs has determined that you are unable to return to duty	✓*	
<b>B. When you or a covered family member...</b>		
1) Have Medicare solely based on end stage renal disease (ESRD) and...		✓
• It is within the first 30 months of eligibility for or entitlement to Medicare due to ESRD (30-month coordination period)		
• It is beyond the 30-month coordination period and you or a family member are still entitled to Medicare due to ESRD	✓	
2) Become eligible for Medicare due to ESRD while already a Medicare beneficiary and...		✓ for 30-month coordination period
• This Plan was the primary payer before eligibility due to ESRD		
• Medicare was the primary payer before eligibility due to ESRD	✓	
<b>C. When either you or a covered family member are eligible for Medicare solely due to disability and you...</b>		
1) Have FEHB coverage on your own as an active employee or through a family member who is an active employee		✓
2) Have FEHB coverage on your own as an annuitant or through a family member who is an annuitant	✓	
<b>D. When you are covered under the FEHB Spouse Equity provision as a former spouse</b>	✓	

## Section 12

Workers' Compensation is primary for claims related to your condition under Workers' Compensation

## **TRICARE and CHAMPVA**

TRICARE is the health care program for eligible dependents of military persons, and retirees of the military. TRICARE includes the CHAMPUS program. CHAMPVA provides health coverage to disabled Veterans and their eligible dependents. IF TRICARE or CHAMPVA and this Plan cover you, we pay first. See your TRICARE or CHAMPVA Health Benefits Advisor if you have questions about these programs.

**Suspended FEHB coverage to enroll in TRICARE or CHAMPVA:** If you are an annuitant or former spouse, you can suspend your FEHB coverage to enroll in one of these programs, eliminating your FEHB premium. (OPM does not contribute to any applicable plan premiums.) For information on suspending your FEHB enrollment, contact your retirement office. If you later want to re-enroll in the FEHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage under the program.

## **Workers' Compensation**

We do not cover services that:

- You need because of a workplace-related illness or injury that the Office of Workers' Compensation Programs (OWCP) or a similar Federal or State agency determines they must provide; or
- OWCP or a similar agency pays for through a third-party injury settlement or other similar proceeding that is based on a claim you filed under OWCP or similar laws.

Once OWCP or similar agency pays its maximum benefits for your treatment, we will cover your care.

## **Medicaid**

When you have this Plan and Medicaid, we pay first.

**Suspended FEHB coverage to enroll in Medicaid or a similar State-sponsored program of medical assistance:** If you are an annuitant or former spouse, you can suspend your FEHB coverage to enroll in one of these State programs, eliminating your FEHB premium. For information on suspending your FEHB enrollment, contact your retirement office. If you later want to re-enroll in the FEHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage under the State program.

## **When other Government agencies are responsible for your care**

We do not cover services and supplies when a local, State, or Federal government agency directly or indirectly pays for them.

## **When others are responsible for injuries**

When you receive money to compensate you for medical or hospital care for injuries or illness caused by another person, you must reimburse us for any expenses we paid. However, we will cover the cost of treatment that exceeds the amount you received in the settlement.

If you do not seek damages you must agree to let us try. This is called subrogation. If you need more information, contact us for our subrogation procedures.

We will provide health care services to you for the illness or injury, just as we would in any other case. However, if you accept the services from us, this acceptance constitutes your consent to the subrogation provisions discussed above

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## Section 10 Definitions of terms we use in this brochure

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<b>Calendar year</b>	January 1 through December 31 of the same year. For new enrollees, the calendar year begins on the effective date of their enrollment and ends on December 31 of the same year.
<b>Coinsurance</b>	Coinsurance is the percentage of our allowance that you must pay for your care. See <i>Section 4</i> .
<b>Copayment</b>	A copayment is a fixed amount of money you pay when you receive covered services. See <i>Section 4</i> .
<b>Covered services</b>	Care we provide benefits for, as described in this brochure.
<b>Custodial care</b>	Care in which room, board, and other personal assistance services are provided, generally on a long-term basis and which does not include a medical component.
<b>Deductible</b>	A deductible is a fixed amount of covered expenses you must incur for certain covered services and supplies before we start paying benefits for those services. See <i>Section 4</i> .
<b>Experimental or investigational services</b>	Any healthcare services where the Healthcare service in question is either: 1) not recognized in accordance with generally accepted medical standards as being safe and effective for treatment of the condition in question, regardless of whether the service is authorized by law or used in testing or other studies; or 2) requires approval by any governmental authority and such approval has not been granted prior to the service being rendered.
<b>Medical necessity</b>	<p>Health care services that are appropriate, in terms or type, frequency, level, setting, and duration, to your diagnosis or condition, and diagnostic testing and preventative services. Medically necessary care must:</p> <ul style="list-style-type: none"><li>• Be consistent with generally accepted standards of medical practice as recognized by the plan, as determined by health care providers in the same or similar general specialty as typically manages the condition, procedure, or treatment at issue; and</li><li>• Help restore or maintain your health; or</li><li>• Prevent deterioration of your condition; or</li><li>• Prevent the reasonably likely onset of a health problem or detect an incipient problem; or</li><li>• Not considered experimental or investigative.</li></ul>
<b>Plan allowance</b>	Plan allowance is the amount we use to determine our payment and your coinsurance for covered services. Plans determine their allowances in different ways. We determine our allowance as follows: For in-network coverage the allowance is based on a percent of discounted charges that the Plan has negotiated with Participating Providers; in-network providers accept the plan allowance as payment in full. For out-of-network providers the allowance is based on a percent of eligible reasonable and customary charges.
<b>Utilization Management</b>	A set of formal techniques designed to monitor the use of, or evaluate the clinical necessity, appropriateness, efficacy, or efficiency of, health care services, procedures, or facilities.
<b>Us/We</b>	Us and We refer to <i>Sioux Valley Health Plan</i> .
<b>You</b>	You refers to the enrollee and each covered family member.

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## Section 11 FEHB Facts

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### Coverage information

- **No pre-existing condition limitation**

We will not refuse to cover the treatment of a condition you had before you enrolled in this Plan solely because you had the condition before you enrolled.
- **Where you can get information about enrolling in the FEHB Program**

See [www.opm.gov/insure/health](http://www.opm.gov/insure/health). Also, your employing or retirement office can answer your questions, and give you a *Guide to Federal Employees Health Benefits Plans*, brochures for other plans, and other materials you need to make an informed decision about your FEHB coverage. These materials tell you:

  - When you may change your enrollment;
  - How you can cover your family members;
  - What happens when you transfer to another Federal agency, go on leave without pay, enter military service, or retire;
  - When your enrollment ends; and
  - When the next open season for enrollment begins.

We don't determine who is eligible for coverage and, in most cases, cannot change your enrollment status without information from your employing or retirement office.
- **Types of coverage available for you and your family**

Self Only coverage is for you alone. Self and Family coverage is for you, your spouse, and your unmarried dependent children under age 22, including any foster children or stepchildren your employing or retirement office authorizes coverage for. Under certain circumstances, you may also continue coverage for a disabled child 22 years of age or older who is incapable of self-support.

If you have a Self Only enrollment, you may change to a Self and Family enrollments if you marry, give birth, or add a child to your family. You may change your enrollment 31 days before to 60 days after that event. The Self and Family enrollment begins on the first day of the pay period in which the child is born or becomes an eligible family member. When you change to Self and Family because you marry, the change is effective on the first day of the pay period that begins after your employing office receives your enrollment form; benefits will not be available to your spouse until you marry.

Your employing or retirement office will **not** notify you when a family member is no longer eligible to receive benefits, nor will we. Please tell us immediately when you add or remove family members from your coverage for any reason, including divorce, or when your child under age 22 marries or turns 22.

If you or one of your family members is enrolled in one FEHB plan, that person may not be enrolled in or covered as a family member by another FEHB plan.

*FEHB Facts – continued on next page*

- **Children’s Equity Act**

OPM has implemented the Federal Employees Health Benefits Children’s Equity Act of 2000. This law mandates that you be enrolled for Self and Family coverage in the FEHB Program, if you are an employee subject to a court or administrative order requiring you to provide health benefits for your child(ren).

If this law applies to you, you must enroll for Self and Family coverage in a health plan that provides full benefits in the area where your children live or provide documentation to your employing office that you have obtained other health benefits coverage for your children. If you do not do so, your employing office will enroll you involuntarily as follows:

- If you have no FEHB coverage, your employing office will enroll you for Self and Family coverage in the Blue Cross and Blue Shield Service Benefit Plan’s Basic Option;
- If you have a Self Only enrollment in a fee-for-service plan or in an HMO that serves the area where your children live, your employing office will change your enrollment to Self and Family in the same option of the same plan; or
- If you are enrolled in an HMO that does not serve the area where the children live, your employing office will change your enrollment to Self and Family in the Blue Cross and Blue Shield Service Benefit Plan’s Basic Option.

As long as the court/administrative order is in effect, and you have at least one child identified in the order who is still eligible under the FEHB Program, you cannot cancel your enrollment, change to Self Only, or change to a plan that doesn’t serve the area in which your children live, unless you provide documentation that you have other coverage for the children. If the court/administrative order is still in effect when you retire, and you have at least one child still eligible for FEHB coverage, you must continue your FEHB coverage into retirement (if eligible) and cannot make any changes after retirement. Contact your employing office for further information.

- **When benefits and premiums start**

The benefits in this brochure are effective January 1. If you joined this Plan during Open Season, your coverage begins on the first day of your first pay period that starts on or after January 1. If you changed plans or plan options during Open Season and you receive care between January 1 and the effective date of coverage under your new plan or option, your claims will be paid according to the 2006 benefits of your old plan or option. However, if your old plan left the FEHB Program at the end of the year, you are covered under that plan’s 2005 benefits until the effective date of your coverage with your new plan. Annuitants’ coverage and premiums begin on January 1. If you joined at any other time during the year, your employing office will tell you the effective date of coverage.

- **When you retire**

When you retire, you can usually stay in the FEHB Program. Generally, you must have been enrolled in the FEHB Program for the last five years of your Federal service. If you do not meet this requirement, you may be eligible for other forms of coverage, such as Temporary Continuation of Coverage (TCC).

*FEHB Facts – continued on next page*

## When you lose benefits

- **When FEHB coverage ends**

You will receive an additional 31 days of coverage, for no additional premium, when:

- Your enrollment ends, unless you cancel your enrollment, or
- You are a family member no longer eligible for coverage.

You may be eligible for spouse equity coverage or Temporary Continuation of Coverage (TCC), or a conversion policy (a non-FEHB individual policy.)

- **Spouse equity coverage**

If you are divorced from a Federal employee or annuitant, you may not continue to get benefits under your former spouse's enrollment. This is the case even when the court has ordered your former spouse to provide health coverage to you. But, you may be eligible for your own FEHB coverage under the spouse equity law or Temporary Continuation of Coverage (TCC). If you are recently divorced or are anticipating a divorce, contact your ex-spouse's employing or retirement office to get RI 70-5, the *Guide To Federal Employees Health Benefits Plans for Temporary Continuation of Coverage and Former Spouse Enrollees*, or other information about your coverage choices. You can also download the guide from OPM's Web site, [www.opm.gov/insure](http://www.opm.gov/insure).

- **Temporary Continuation of Coverage (TCC)**

If you leave Federal service, or if you lose coverage because you no longer qualify as a family member, you may be eligible for Temporary Continuation of Coverage (TCC). For example, you can receive TCC if you are not able to continue your FEHB enrollment after you retire, if you lose your Federal job, if you are a covered dependent child and you turn 22 or marry, etc.

You may not elect TCC if you are fired from your Federal job due to gross misconduct.

**Enrolling in TCC.** Get the RI 79-27, which describes TCC, and the RI 70-5, the *Guide to Federal Employees Health Benefits Plans for Temporary Continuation of Coverage and Former Spouse Enrollees*, from your employing or retirement office or from [www.opm.gov/insure](http://www.opm.gov/insure). It explains what you have to do to enroll.

- **Converting to individual coverage**

You may convert to a non-FEHB individual policy if:

- Your coverage under TCC or the spouse equity law ends (If you canceled your coverage or did not pay your premium, you cannot convert);
- You decided not to receive coverage under TCC or the spouse equity law; or
- You are not eligible for coverage under TCC or the spouse equity law.

If you leave Federal service, your employing office will notify you of your right to convert. You must apply in writing to us within 31 days after you receive this notice. However, if you are a family member who is losing coverage, the employing or retirement office will **not** notify you. You must apply in writing to us within 31 days after you are no longer eligible for coverage.

Your benefits and rates will differ from those under the FEHB Program; however, you will not have to answer questions about your health, and we will not impose a waiting period or limit your coverage due to pre-existing conditions.

*FEHB Facts – continued on next page*

- **Getting a Certificate of Group Health Plan Coverage**

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) is a Federal law that offers limited Federal protections for health coverage availability and continuity to people who lose employer group coverage. If you leave the FEHB Program, we will give you a Certificate of Group Health Plan Coverage that indicates how long you have been enrolled with us. You can use this certificate when getting health insurance or other health care coverage. Your new plan must reduce or eliminate waiting periods, limitations, or exclusions for health related conditions based on the information in the certificate, as long as you enroll within 63 days of losing coverage under this Plan. If you have been enrolled with us for less than 12 months, but were previously enrolled in other FEHB plans, you may also request a certificate from those plans.

For more information, get OPM pamphlet RI 79-27, *Temporary Continuation of Coverage (TCC) under the FEHB Program*. See also the FEHB Web site at [www.opm.gov/insure/health](http://www.opm.gov/insure/health); refer to the “TCC and HIPAA” frequently asked questions. These highlight HIPAA rules, such as the requirement that Federal employees must exhaust any TCC eligibility as one condition for guaranteed access to individual health coverage under HIPAA, and information about Federal and State agencies you can contact for more information.

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## Section 12 Two Federal Programs complement FEHB benefits

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### Important information

OPM wants to make sure you are aware of two Federal programs that complement the FEHB Program. First, the **Federal Flexible Spending Account (FSA) Program**, also known as **FSAFEDS**, lets you set aside pre-tax money to pay for health and dependent care expenses. The result can be a discount of 20% to more than 40% on services you routinely pay for out-of-pocket. Second, the **Federal Long Term Care Insurance Program (FLTCIP)** helps cover long term care costs, which are not covered under the FEHB.

### The Federal Flexible Spending Account Program – *FSAFEDS*

- **What is an FSA?**

It is a tax-favored benefit that allows you to set aside pre-tax money from your paychecks to pay for a variety of eligible expenses. *By using an FSA, you can reduce your taxes while paying for services you would have to pay for anyway, producing a discount that can be over 40%.*

There are two types of FSAs offered by FSAFEDS

#### Health Care Flexible Spending Account (HCFSA)

- Covers eligible health care expenses not reimbursed by this Plan, or any other medical, dental, or vision care plan you or your dependents may have.
- Eligible dependents for this account include anyone you claim on your Federal Income Tax return as a qualified dependent under the U.S. Internal Revenue Service (IRS) definition and/or with whom you jointly file your Federal Income Tax return, even if you don't have self and family health benefits coverage. *Note:* The IRS has a broader definition of a "family member" than is used under the FEHB Program to provide benefits by your FEHB Plan.
- The maximum annual amount that can be allotted for the HCFSA is \$5,000. *Note:* The Federal workforce includes a number of employees married to each other. If each spouse/employee is eligible for FEHB coverage, both may enroll for a HCFSA up to the maximum of \$5,000 each (\$10,000 total). Both are covered under each other's HCFSA. The minimum annual amount is \$250.

#### Dependent Care Flexible Spending Account (DCFSA)

- Covers eligible dependent care expenses incurred so you, and your spouse, if married, can work, look for work, or attend school full-time.
- Qualifying dependents for this account include your dependent children under age 13, or any person of any age whom you claim as a dependent on your Federal Income Tax return and who is mentally or physically incapable of self care.
- The maximum annual amount that can be allotted for the DCFSA is \$5,000. The minimum annual amount is \$2,500. *Note:* The IRS limits contributions to a DCFSA. For single taxpayers and taxpayers filing a joint return, the maximum is \$5,000 per year. For taxpayers who file their taxes separately with a spouse, the maximum is \$2,500 per year. This limit includes any child care subsidy you may receive.

- **Enroll during Open Season**

You **must make an election** to enroll in an FSA during the 2006 FEHB Open Season. Even if you enrolled during 2004, you must make a new election to continue participating in 2006. Enrollment is easy!

- Online: visit [www.FSAFEDS.com](http://www.FSAFEDS.com) and click on Enroll.
- Telephone: call an FSAFEDS Benefits Counselor toll-free at 1-877-FSAFEDS (1-877-372-3337), Monday through Friday, from 9 a.m. until 9 p.m., Eastern Time. TTY: 1-800-952-0450.

#### What is SHPS?

SHPS is a third-party administrator hired by OPM to manage the FSAFEDS Program. SHPS is responsible for enrollment, claims processing, customer service, and day-to-day operations of FSAFEDS.

**Who is eligible to enroll?**

If you are a Federal employee eligible for FEHB – even if you’re not enrolled in FEHB – you can choose to participate in either, or both, of the FSAs. *However, if you enroll in an FSA and enroll in a High Deductible Health Plan (HDHP), you are not eligible for a Health Savings Account (HSA) under your HDHP and will be enrolled in a Health Reimbursement Arrangement (HRA) instead.*

Almost all Federal employees are eligible to enroll for a DCFSA. The only exception is intermittent (also called “when actually employed” [WAE]) employees expected to work fewer than 180 days during the year.

**Note:** FSAFEDS is the FSA Program established for all Executive Branch employees and Legislative Branch employees whose employers have signed on to participate. Under IRS law, FSAs are not available to annuitants. Also, the U.S. Postal Service and the Judicial Branch, among others, have their own plans with slightly different rules. However, the advantages of having an FSA are the same regardless of the agency for which you work.

- **How much should I contribute to my FSA?**

Plan carefully when deciding how much to contribute to an FSA account. Because of the tax benefits an FSA provides, the IRS requires that you forfeit any money for which you did not incur an eligible expense under your FSA account(s) during the Plan Year. This is known as the “use-it-or lose-it” rule. FSAFEDS has adopted the “grace period” permitted by the IRS. You now have an additional 2 ½ months to incur eligible expenses and reduce any potential forfeitures. In addition, you will have until May 31, following the end of the Plan Year to submit claims for your eligible expenses incurred from January 1 through March 15 of the following year. For example if you enroll in FSAFEDS for the 2006 Plan Year to incur eligible expenses, you may submit claims for expenses through May 31, 2006.

The FSAFEDS Calculator at [www.FSAFEDS.com](http://www.FSAFEDS.com) will help you plan your FSA allocations and provide an estimate of your tax savings based on your individual situation.

- **What can my HCFSA pay for?**

Every FEHB plan includes cost sharing features, such as deductibles you must meet before the Plan provides benefits, coinsurance or copayments that you pay when you and the Plan share costs, and medical services and supplies that are not covered by the Plan and for which you must pay. These out-of-pocket costs are summarized on page 12 and detailed throughout this brochure. Your HCFSA will reimburse you when those costs are for qualified medical care that you, your spouse and/or your dependents receive that is NOT covered or reimbursed by this FEHB Plan or any other coverage that you have.

Under both the High and Standard Options of this Plan, typical out-of-pocket expenses include: coinsurance for inpatient admissions related to family planning, diagnosis and treatment of infertility, and vision services. However, three common but significant expenses not covered by the Plan also include reversal of voluntary sterilization, in-vitro fertilization, and laser surgery to correct myopia, hyperopia or stigmatic error.

The IRS governs expenses reimbursable by a HCFSA. See Publication 502 for a comprehensive list of tax-deductible medical expenses. Since Publication 502 is primarily meant to help on preparing your federal income tax return, there are two important differences to note. **Note:** **While you will see insurance premiums listed in Publication 502, they are NOT a reimbursable expense for FSA purposes. In addition, over-the-counter medications and products ARE an eligible expense under your HCFSA, and this is not included in Publication 502.** Publication 502 can be found on the IRS Web site at <http://www.irs.gov/pub/irs-pdf/p502.pdf>. The FSAFEDS Web site also has a comprehensive list of eligible expenses at [www.FSAFEDS.com/fsafeds/eligibleexpenses.asp](http://www.FSAFEDS.com/fsafeds/eligibleexpenses.asp). If you do not see your service or expense listed-please call an FSAFEDS Benefits Counselor at 1-877-FSAFEDS (372-3337), who will be able to answer your specific questions.

- **Tax savings with an FSA**

An FSA lets you allot money for eligible expenses *before* your agency deducts taxes from your paycheck. This means the amount of income that your taxes are based on will be lower, so your tax liability will be less. Without an FSA, you would still pay for these expenses, but you would do so using money remaining in your paycheck after Federal (and often state and local) taxes are deducted. The following chart illustrates a typical tax savings example:

<b>Annual Tax Savings Example</b>	<b>With FSA</b>	<b>Without FSA</b>
If your taxable income is:	\$50,000	\$50,000
And you deposit this amount into an FSA:	\$2,000	-\$0-
Your taxable income is now:	\$48,000	\$50,000
Subtract Federal & Social Security taxes:	\$13,807	\$14,383
If you spend after-tax dollars for expenses:	-\$0-	\$2,000
Your real spendable income is:	\$34,193	\$33,617
<b>Your tax savings:</b>	<b>\$576</b>	<b>-\$0-</b>

**Note:** This example is intended to demonstrate a typical tax savings based on 27% Federal and 7.65% FICA taxes. Actual savings will vary based upon the retirement system in which you are enrolled (CSRS or FERS), your state of residence, and your individual tax situation. In this example, the individual received \$2,000 in services for \$1,424 - a discount of almost 36%! You may also wish to consult a tax professional for more information on the tax implications of an FSA.

- **Tax credits and deductions**

You *cannot* claim expenses on your Federal Income Tax return if you receive reimbursement for them from your HCFSA or DCFSA. Below are some guidelines that may help you decide whether to participate in FSAFEDS.

**Health care expenses**

The HCFSA is Federal Income Tax-free from the first dollar. In addition, you may be reimbursed from your HCFSA at any time during the year for expenses up to the annual amount you've elected to contribute.

Only health care expenses exceeding 7.5% of your adjusted gross income are eligible to be deducted on your Federal Income Tax return. Using the example shown above, only health care expenses exceeding \$3,750 (7.5% of \$50,000) would be eligible to be deducted on your Federal Income Tax return. In addition, money set aside through an HCFSA is also exempt from FICA taxes. This exemption is not available on your Federal Income Tax return.

**Dependent care expenses**

The DCFSA generally allows many families to save more than they would with the Federal tax credit for dependent care expenses. Note that you may only be reimbursed from the DCFSA up to your current account balance. If you file a claim for more than your current balance, it will be held until additional payroll allotments have been added to your account.

Visit [www.FSAFEDS.com](http://www.FSAFEDS.com) and download the Dependent Care Tax Credit Worksheet from the Forms and Literature page to help you determine what is best for your situation. You may also wish to consult a tax professional for more details.

- **Does it cost me anything to participate in FSAFEDS?** No. Section 1127 of the National Defense Authorization Act (Public Law 108-136) requires agencies that offer FSAFEDS to employees to cover the administrative fee(s) on behalf of their employees. However, remember that participating in FSAFEDS can cost you money if you don't spend your entire account balance during your period of coverage by the end of the Plan Year plus 2 ½ months grace period, resulting in the forfeiture of funds remaining in your account (the IRS "use-it-or lose-it" rule).
- **Contact us** To learn more or to enroll, please visit the **FSAFEDS Web site** at [www.FSAFEDS.com](http://www.FSAFEDS.com), or contact SHPS directly via email or by phone. FSAFEDS Benefits Counselors are available Monday through Friday, from 9:00 a.m. until 9:00 p.m. Eastern Time.
  - E-mail: [FSAFEDS@shps.net](mailto:FSAFEDS@shps.net)
  - Telephone: 1-877-FSAFEDS (1-877-372-3337)
  - TTY: 1-800-952-0450

## The Federal Long Term Care Insurance Program

- **It's important protection** Why should you consider applying for coverage under the Federal Long Term Care Insurance Program (FLTCIP)?
  - **FEHB plans do not cover the cost of long term care.** Also called "custodial care," long term care is help you receive to perform activities of daily living – such as bathing or dressing yourself - or supervision you receive because of a severe cognitive impairment. The need for long term care can strike anyone at any age and the cost of care can be substantial.
  - **The Federal Long Term Care Insurance Program can help protect you from the potentially high cost of long term care.** This coverage gives you options regarding the type of care you receive and where you receive it. With FLTCIP coverage, you won't have to worry about relying on your loved ones to provide or pay for your care.
  - **It's to your advantage to apply sooner rather than later.** In order to qualify for coverage under the FLTCIP, you must apply and pass a medical screening (called underwriting). Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. By applying while you're in good health, you could avoid the risk of having a future change in your health disqualify you from obtaining coverage. Also, the younger you are when you apply, the lower your premiums.
  - **You don't have to wait for an open season to apply.** The Federal Long Term Care Insurance Program accepts applications from eligible persons at any time. You will have to complete a full underwriting application, which asks a number of questions about your health. However, if you are a new or newly eligible employee, you (and your spouse, if applicable) have a limited opportunity to apply using the abbreviated underwriting application, which asks fewer questions. Newly married spouses of employees also have a limited opportunity to apply using abbreviated underwriting.
  - **Qualified relatives are also eligible to apply.** Qualified relatives include spouses and adult children of employees and annuitants, and parents, parents-in-law, and stepparents of employees.
- **To request an information kit and application** Call 1-800-LTC-FEDS (1-800-582-3337) (TTY 1-800-843-3557) or visit [www.ltcfeds.com](http://www.ltcfeds.com).

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Durable Medical Equipment.....	13	Licensed Practical Nurse (LPN).....	27	Temporary Continuation of Coverage	
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## Summary of benefits for the *Sioux Valley Health Plan - 2006 High Option*

- **Do not rely on this chart alone.** All benefits are provided in full unless indicated and are subject to the definitions, limitations, and exclusions in this brochure. On this page we summarize specific expenses we cover; for more detail, look inside.
- If you want to enroll or change your enrollment in this Plan, be sure to put the correct enrollment code from the cover on your enrollment form.
- We only cover services provided or arranged by Plan physicians, except in emergencies.

Benefits	You pay	Page
<b>Medical services provided by physicians:</b>		
Diagnostic and treatment services provided in the office	Office visit copay: \$20 primary care; \$30 specialist	15
<b>Services provided by a hospital:</b>		
• Inpatient	\$100 per day copay up to \$500 per admission	32
• Outpatient	\$50 per visit	34
• Outpatient Hospital Services	Nothing	34
• Outpatient Rehabilitative Services (cardiac rehab, physical, occupational, and speech therapies)	\$30 per outpatient visit	20
<b>Emergency benefits</b>		
• In-area	\$100 per visit, waive if admitted	37
• Out-area	100 per visit, waive if admitted	38
<b>Mental health and substance abuse treatment</b>	Regular cost sharing	39
<b>Prescription drugs 30-day supply:</b>		<b>41</b>
• Generic drugs	\$ 15 copay	41
• Formulary brand name drugs	\$ 30 copay	41
• Non-formulary brand name drugs	\$ 50 copay Note: If there is no generic equivalent available, you will still have to pay the brand name copay	41
<b>Dental care</b>	<b>No benefit.</b>	<b>45</b>
<b>Vision care</b>	\$30 copay	21
<b>Special features:</b> 24 hour nurse line, Services for deaf and hearing impaired, Healthy Pregnancy Program, Centers of		44
<b>Point of Service benefits – Yes</b>		<b>46</b>
<b>Protection against catastrophic costs</b> (your catastrophic protection out-of-pocket maximum)	Nothing after \$4,000/Self Only or \$4,000/Family enrollment per year. Any costs above reasonable and customary charges do not count toward this protection.	12

## Summary of benefits for the *Sioux Valley Health Plan - 2006 Standard Option*

- **Do not rely on this chart alone.** All benefits are provided in full unless indicated and are subject to the definitions, limitations, and exclusions in this brochure. On this page we summarize specific expenses we cover; for more detail, look inside.
- If you want to enroll or change your enrollment in this Plan, be sure to put the correct enrollment code from the cover on your enrollment form.
- We only cover services provided or arranged by Plan physicians, except in emergencies.

Benefits	You pay	Page
<b>Medical services provided by physicians:</b>		
Diagnostic and treatment services provided in the office	Office visit copay: \$25 primary care; \$25 specialist	15
<b>Services provided by a hospital:</b>		
• Inpatient	\$100 per day copay up to \$500 per admission	32
• Outpatient	20% coinsurance	34
• Outpatient Hospital Services	20% coinsurance	34
• Outpatient Rehabilitative Services (cardiac rehab, physical, occupational, and speech therapies)	20% coinsurance	20
<b>Emergency benefits</b>		
• In-area	\$100 per visit, waive if admitted	37
• Out-area	\$100 per visit, waive if admitted	38
<b>Mental health and substance abuse treatment</b>	Regular cost sharing	39
<b>Prescription drugs 30-day supply:</b>		
• Generic drugs	\$ 15 copay	41
• Formulary brand name drugs	\$ 30 copay	41
• Non-formulary brand name drugs	\$ 50 copay Note: If there is no generic equivalent available, you will still have to pay the brand name copay.	41
<b>Dental care.</b>	No benefit.	45
<b>Vision care.</b>	\$25 Copay	21
<b>Special features:</b> 24 hour nurse line, Services for deaf and hearing impaired, Healthy Pregnancy Program, Centers of Excellence for transplants		44
<b>Point of Service benefits – Yes</b>		46
<b>Protection against catastrophic costs</b>	Nothing after \$3,000/Self Only or \$4,000/Family enrollment per year. Any costs above reasonable and customary charges do not count toward this protection.	12

## 2006 Rate Information for Sioux Valley Health Plan

**Non-Postal rates** apply to most non-Postal employees. If you are in a special enrollment category, refer to the FEHB Guide for that category or contact the agency that maintains your health benefits enrollment.

**Postal rates** apply to career Postal Service employees. Most employees should refer to the FEHB Guide for United States Postal Service Employees, RI 70-2. Different postal rates apply and a special FEHB guide is published for Postal Service Inspectors and Office of Inspector General (OIG) employees (see RI 70-2IN).

Postal rates do not apply to non-career postal employees, postal retirees, or associate members of any postal employee organization who are not career postal employees. Refer to the applicable FEHB Guide.

Type of Enrollment	Code	<i>Non-Postal Premium</i>	<i>Non-Postal Premium</i>	<i>Non-Postal Premium</i>	<i>Non-Postal Premium</i>	<i>Postal Premium</i>	<i>Postal Premium</i>
		<u>Biweekly</u> Gov't	<u>Biweekly</u> Your Share	<u>Monthly</u> Gov't Share	<u>Monthly</u> Your Share	<u>Biweekly</u> USPS	<u>Biweekly</u> Your Share
<b>Central, Eastern South Dakota and counties surrounding the Rapid City area and Northwestern Iowa</b>							
High Option	AU1	\$139.18	\$70.14	\$301.56	\$151.97	\$164.31	\$45.01
High Option	AU2	\$316.08	\$165.59	\$684.84	\$358.78		\$108.52
Standard Option	AU4	\$139.18	\$60.19	\$301.56	\$130.41	\$164.31	\$35.06
Standard Option Self and Family	AU5	\$316.08	\$142.44	\$684.84	\$308.62	\$373.15	\$85.37