

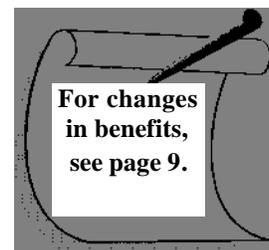
# Blue HMO<sup>SM</sup>

<http://www.anthem.com>



## 2004

### A Health Maintenance Organization



**Serving: Most of Ohio**

**Enrollment in this Plan is limited. You must live or work in our geographic service area to enroll. See page 8 for requirements.**



This Plan has excellent accreditation from NCQA.  
See the *2004 Guide* for more information on accreditation.

#### **Enrollment codes for this Plan:**

**R51 Self Only  
R52 Self and Family**

Authorized for distribution by the:



**United States  
Office of Personnel Management**

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



RI 73-031



**OFFICE OF THE DIRECTOR**

**UNITED STATES  
OFFICE OF PERSONNEL MANAGEMENT  
WASHINGTON, DC 20415-0001**

Dear Federal Employees Health Benefits Program Participant:

I am pleased to present this 2004 Federal Employees Health Benefits (FEHB) Program plan brochure. The brochure describes the benefits this plan offers you for 2004. Because benefits vary from year to year, you should review your plan's brochure every Open Season – especially Section 2, which explains how the plan changed.

It takes a lot of information to help a consumer make wise healthcare decisions. The information in this brochure, our FEHB Guide, and our web-based resources, make it easier than ever to get information about plans, to compare benefits and to read customer service satisfaction ratings for the national and local plans that may be of interest. Just click on [www.opm.gov/insure](http://www.opm.gov/insure)!

The FEHB Program continues to be an enviable national model that offers exceptional choice, and uses private-sector competition to keep costs reasonable, ensure high-quality care, and spur innovation. The Program, which began in 1960, is sound and has stood the test of time. It enjoys one of the highest levels of customer satisfaction of any healthcare program in the country.

I continue to take aggressive steps to keep the FEHB Program on the cutting edge of employer-sponsored health benefits. We demand cost-effective quality care from our FEHB carriers and we have encouraged Federal agencies and departments to pay the full FEHB health benefit premium for their employees called to active duty in the Reserve and National Guard so they can continue FEHB coverage for themselves and their families. Our carriers have also responded to my request to help our members to be prepared by making additional supplies of medications available for emergencies as well as call-up situations and you can help by getting an Emergency Preparedness Guide at [www.opm.gov](http://www.opm.gov). OPM's *HealthierFeds* campaign is another way the carriers are working with us to ensure Federal employees and retirees are informed on healthy living and best-treatment strategies. You can help to contain healthcare costs and keep premiums down by living a healthy life style.

Open Season is your opportunity to review your choices and to become an educated consumer to meet your healthcare needs. Use this brochure, the FEHB Guide, and the web resources to make your choice an informed one. Finally, if you know someone interested in Federal employment, refer them to [www.usajobs.opm.gov](http://www.usajobs.opm.gov).

Sincerely,

A handwritten signature in black ink, appearing to read "Kay Coles James".

Kay Coles James  
Director



## Notice of the 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 General Accounting 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 202/606-0191 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.

---

## Table of Contents

---

Introduction.....	4
Plain Language.....	4
Stop Health Care Fraud! .....	5
Preventing Medical Mistakes .....	6
Section 1. Facts about this HMO plan .....	7
How we pay providers .....	7
Your Rights .....	7
Service Area .....	8
Section 2. How we change for 2004.....	9
Program-wide changes.....	9
Changes to this Plan.....	9
Section 3. How you get care.....	10
Identification cards.....	10
Where you get covered care .....	10
• Plan providers .....	10
• Plan facilities.....	10
What you must do to get covered care .....	11
• Primary care .....	11
• Specialty care .....	12
• Hospital care .....	12
Circumstances beyond our control.....	13
Services requiring our prior approval.....	13
Section 4. Your costs for covered services .....	14
• Copayments.....	14
• Deductible .....	14
• Coinsurance.....	14
Your catastrophic protection out-of-pocket maximum.....	14
Section 5. Benefits .....	15
Overview .....	15
(a) Medical services and supplies provided by physicians and other health care professionals .....	16
(b) Surgical and anesthesia services provided by physicians and other health care professionals .....	24
(c) Services provided by a hospital or other facility, and ambulance services .....	28
(d) Emergency services/accidents.....	30
(e) Mental health and substance abuse benefits.....	32
(f) Prescription drug benefits .....	34
(g) Special features.....	37
• Flexible benefits option	
• 24 hour nurse line	
• Centers of Excellence for transplants/heart surgery	

## Table of Contents *(Continued)*

•	Reciprocity benefit	
•	Discount programs	
(h)	Dental benefits .....	39
Section 6.	General exclusions -- things we don't cover.....	42
Section 7.	Filing a claim for covered services .....	43
Section 8.	The disputed claims process.....	44
Section 9.	Coordinating benefits with other coverage .....	46
	When you have other health coverage.....	46
•	What is Medicare .....	46
•	Should I enroll in Medicare? .....	46
•	Medicare + Choice .....	49
•	TRICARE and CHAMPVA .....	49
•	Workers' Compensation.....	49
•	Medicaid .....	49
•	When other Government agencies are responsible for your care .....	50
•	When others are responsible for injuries.....	50
Section 10.	Definitions of terms we use in this brochure.....	51
Section 11.	FEHB facts .....	53
	Coverage information	
•	No pre-existing condition limitation.....	53
•	Where you can get information about enrolling in the FEHB Program.....	53
•	Types of coverage available for you and your family .....	53
•	Children's Equity Act .....	53
•	When benefits and premiums start .....	54
•	When you retire .....	54
	When you lose benefits.....	54
•	When FEHB coverage ends .....	54
•	Spouse equity coverage.....	54
•	Temporary Continuation of Coverage (TCC) .....	55
•	Converting to individual coverage .....	55
•	Getting a Certificate of Group Health Plan Coverage .....	55
Two new Federal Programs complement FEHB benefits .....		56
The Federal Flexible Spending Account Program -- <i>FSAFEDS</i> .....		56
The Federal Long Term Care Insurance Program.....		59
Index.....		60
Summary of benefits.....		61
Rates .....		Back cover

---

## Introduction

---

This brochure describes the benefits of **Blue HMO<sup>SM</sup>**, under our contract (CS 1659) with the United States Office of Personnel Management (OPM), as authorized by the Federal Employees Health Benefits law. This Plan is underwritten by Community Insurance Company, dba Anthem Blue Cross and Blue Shield\*. The address for **Blue HMO** is:

Anthem Blue Cross and Blue Shield  
Blue HMO, Mail No. CE2-014  
1351 William Howard Taft Road  
Cincinnati, Ohio 45206-1775

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, 2004, unless those benefits are also shown in this brochure.

OPM negotiates benefits and rates with each plan annually. Benefit changes are effective January 1, 2004, and changes summarized on page 9. Rates are shown at the end of this brochure.

\*An independent licensee of the Blue Cross and Blue Shield Association. Anthem Blue Cross and Blue Shield is the trade name of Community Insurance Company. ®Registered marks Blue Cross and Blue Shield Association.

---

## Plain Language

---

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 Blue HMO
- 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 United States Office of Personnel Management, Insurance Services Program, Program Planning & Evaluation Group, 1900 E Street, NW, Washington, DC 20415-3650.

---

## Stop Health Care Fraud!

---

Fraud increases the cost of health care for everyone and increases your Federal Employees Health Benefits (FEHB) 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 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** 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 800/848-9276 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 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, you're 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 (TCC).
- 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.**
  - Give your doctor and pharmacist a list of all the medicines that you take, including non-prescription medicines.
  - Tell them about any drug allergies you have.
  - Ask about side effects and what to avoid while taking the medicine.
  - Read the label when you get your medicine, including all warnings.
  - Make sure your medicine is what the doctor ordered and know how to use it.
  - Ask the pharmacist about your medicine if it looks different than you expected.
3. **Get the results of any test or procedure.**
  - Ask when and how you will get the results of test 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 healthcare 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 healthcare 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 healthcare 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 healthcare delivery system.

---

## Section 1. Facts about this HMO plan

---

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. 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 only pay 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.**

### 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.

### 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 website ([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:

- Disenrollment rates for 2002
- Compliance with State and Federal licensing or certification requirements and the dates met. If noncompliant, the reason for noncompliance.
- Accreditations by recognized accrediting agencies and the dates received
- Whether the carrier meets State, Federal and accreditation requirements for fiscal solvency, confidentiality and transfer of medical record
- Years in existence
- Profit status
- Medical Records
- Transitional Care

If you want more information about us, call 800/228-4375, or write to Mail No. CE2-014, 1351 William Howard Taft Road, Cincinnati, Ohio 45206-1775. You may also contact us by fax at 513/872-3929 or visit our website at [www.anthem.com](http://www.anthem.com)

The Plan has a Confidentiality Policy. This policy sets forth guidelines regarding a member's right to access and amend information in the Plan's possession. The Policy specifically addresses when a release, signed by a member, is required before information may be disclosed by the Plan to parties such as a member's provider, spouse, or other family members. Through the contract under which the Plan is administering your benefits, the Plan is not required to obtain your consent to the release of any information or records concerning claims for routine uses as may be reasonably necessary for the administration of your benefits. Please refer to our website [www.anthem.com](http://www.anthem.com) *Frequently Asked Questions*, for further details.

## Service Area

To enroll in this Plan, you must live in or work in our service area. This is where our providers practice. Our service area is:

**Cincinnati Area:** In *Ohio* -- Adams, Brown, Butler, Clermont, Clinton, Hamilton, Highland and Warren Counties

**Cleveland Area:** In *Ohio* – Ashtabula, Cuyahoga, Geauga, Lake, Lorain, Medina, and Summit Counties

**Dayton Area:** In *Ohio* -- Butler, Champaign, Clark, Clinton, Darke, Greene, Logan, Miami, Montgomery, Preble, Shelby and Warren counties, and ZIP codes 43128 and 43142 in Fayette County

**Akron-Canton Area:** In *Ohio* -- Ashland, Carroll, Harrison, Holmes, Medina, Portage, Stark, Summit, Tuscarawas, and Wayne Counties

**Warren-Youngstown Area:** In *Ohio* – Belmont, Columbiana, Jefferson, Mahoning, and Trumbull Counties

**Columbus Area:** In *Ohio* -- Athens, Coshocton, Crawford, Delaware, Fairfield, Franklin, Guernsey, Hocking, Knox, Licking, Madison, Marion, Morrow, Muskingham, Perry, Pickaway, Pike, Richland, Ross, Scioto, Union and Washington Counties

**Toledo-Defiance Area:** In *Ohio* -- Allen, Auglaize, Defiance, Erie, Fulton, Hancock, Hardin, Henry, Huron, Lucas, Mercer, Ottawa, Paulding, Putnam, Sandusky, Seneca, Williams, Wood, Wyandot and Van Wert Counties

Ordinarily, you must receive care from providers who contract with us. If you receive care outside our service area, we will pay only for emergency or urgent 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 move 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 refer to Section 5(g) *Special Features* on page 37 and 38 for details regarding our reciprocity benefits. If you or a family member move, you do not have to wait until Open Season to change plans. Contact your employing or retirement office.

---

## Section 2. How we change for 2004

---

**Do not rely on these change descriptions; this page 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.**

### **Program-wide changes**

- We added information regarding two new Federal Programs that complement FEHB benefits, the Federal Flexible Spending Account Program - FSAFEDS and the Federal Long Term Care Insurance Program. See page 56.
- We added information regarding Preventing medical mis takes. See page 6.
- We added information regarding enrolling in Medicare. See page 46.
- We revised the Medicare Primary Payer Chart. See page 48.

### **Changes to this Plan**

- Your share of the non-Postal premium will increase by 31.4% for Self Only or 27.9% for Self and Family.
- Speech Therapy is covered for up to 60 visits per calendar year. Previously, Speech Therapy was covered for up to 20 visits per calendar year.

### **Clarifications to this Plan**

- Our prior approval is required for certain prescription drugs such as for growth hormone therapy and medication to treat sexual dysfunction. Previously, they were not listed as requiring prior approval.
- Bone density screenings are listed as a covered service under Preventive Care, Adults. Previously, bone density screenings were a covered service but not listed in the brochure.

---

## Section 3. How you get care

---

### 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 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 800/228-4375 or write to us at Blue HMO, 1351 William Howard Taft Road, CE2-014, Cincinnati, OH 45206. You may also request replacement cards through our website at [www.anthem.com](http://www.anthem.com)

### Where you get covered care

You get care from “Plan providers” and “Plan facilities.” You will only pay copayments and/or coinsurance, and you will not have to file 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 national standards.

We list Plan providers in the provider directory, which we update periodically. The list is also on our website at [www.anthem.com](http://www.anthem.com)

- **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 website at [www.anthem.com](http://www.anthem.com)

### 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 (PCP). This decision is important since your primary care physician provides or arranges for most of your health care.

#### How you choose a PCP

1. Ask family and friends about their doctors. While you're at it, ask health care practitioners you respect, too. Personal recommendations can mean a lot.
2. After you choose a PCP, make an appointment to get to know your PCP and help your PCP get to know you. At your first appointment, talk to your PCP about:
  - What are your office hours?
  - Who will handle my care when you aren't available?
3. Pay attention. Does the physician explain things so you can understand? Are you comfortable talking with him or her? Is the tone of the conversation friendly and respectful? Is the physician listening carefully to you?

## How you change your PCP

You are encouraged to develop a long-term relationship with one Physician, but you may change your PCP if you feel it is necessary, or if your PCP leaves this Plan. Select your new Physician from the Plan's Provider Directory, and then contact us to make the change. If you need help selecting your PCP, call us. You can only change your PCP once in a 30-day period.

### Timing a Physician change

- If you notify us before the 15<sup>th</sup> of the month, your new PCP choice is effective the first day of the following month
- If you notify us on or after the 15<sup>th</sup> of the month, your new PCP choice is effective on the first day of the second month

- **Primary care**

Your primary care physician can be a family practitioner, internist or pediatrician. Your primary care physician will provide most of your health care, or give you a referral to see a specialist.

- **Specialty care**

Your primary care physician will refer you to a specialist when necessary; however, we do not require referrals from your PCP for participating specialty care providers. If specialists or consultants are required beyond those participating with us, your primary care doctor will make arrangements for appropriate referrals. There are certain services that may require prior approval by us; see Section 3, page 13. It is always a good idea for you to talk with your PCP before receiving care from any specialty care provider.

Here are 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, your primary care physician will work with you and the Plan to develop a treatment plan.
- If you are seeing a specialist when you enroll with us, 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 for you to see a specialist who does not participate with us.
- 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 or 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 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 customer service department immediately at 800/228-4375. 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. If your plan terminates participation in the FEHB Program in whole or in part, or if OPM orders an enrollment change, this continuation of coverage provision does not apply. In such case, the hospitalized family member's benefits under the new plan begin on the effective date of enrollment.

### **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

Your primary care physician has authority to refer you for most services. For certain services, however, your physician must obtain approval from us. Before giving approval, we consider if the service is covered, medically necessary, and follows generally accepted medical practice. We call this review and approval process precertification.

Your physician must obtain precertification for services such as, but not limited to:

- All inpatient admissions (except maternity)
- Outpatient surgeries such as but not limited to: Plastic/Reconstructive & Uvulopalatopharyngoplasty (UPPP)
- Durable Medical Equipment – Motorized Wheelchairs and Hospital/Rocking/Air Beds
- Prosthetics – Electronic or Externally Powered Prosthetics and custom made orthotics and braces
- Newborn admissions that extend beyond the mother's discharge
- Positron Emission Tomography (PET) & Single Photon Emission Computed Tomography (SPECT) scans
- Home health services
- Surgical treatment of morbid obesity
- Certain prescription drugs, such as Growth Hormones, Viagra, etc.

Precertification is a procedure that requires an approval to be obtained from us before incurring expenses for certain covered services. When care is evaluated, the medical necessity will be determined. For admissions, the appropriate length of stay will also be determined. For certain services you will be required to use the provider designated by our Health Care Management staff.

Medical necessity includes a review of both the service and the setting. When approved, a copy of the approval will be provided to you, the physician, and the hospital or facility. The care will be covered according to your benefits for the number of days approved unless our concurrent review determines that the number of days should be revised. As a result of concurrent review, additional days of inpatient care may be approved which exceed the number of days originally authorized by our Health Care Management staff. With prior notice by us, the number of days originally authorized by precertification may be reduced when it is determined that continued inpatient care is no longer medically necessary.

Your PCP and other network providers know which services require precertification and will obtain any required precertification. If a request is denied, the provider may request a reconsideration to be completed within 3 days of the request. An expedited reconsideration may be requested when the member's health requires an earlier decision.

For emergency admissions, precertification is not required; however, you must notify your Primary Care Physician of your admission within 24 hours or as soon as possible within a reasonable period or services after 24 hours could be denied.

Predetermination is the process of requesting approval of benefits before the service or supply is rendered.

---

## Section 4. Your costs for covered services

---

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

- **Copayment**                      A copayment is a fixed amount of money you pay to the provider, facility, pharmacy, etc., when you receive services.  
  
Example: When you see your primary care physician you pay a copayment of \$10 per office visit.
- **Deductible**                      We do not have a deductible.
- **Coinsurance**                      Coinsurance is the percentage of our negotiated fee that you must pay for your care.  
  
Example: You pay 20% of our allowance for durable medical equipment.

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

After your copayments and/or coinsurance total \$1,500 per person or \$3,000 per family enrollment in any calendar year, you do not have to pay any more for covered services. However, copayments and/or coinsurance for the following services do not count toward your catastrophic protection out-of-pocket maximum, and you must continue to pay copayments and/or coinsurance for these services:

- Dental services
- Prescription drugs

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

---

## Section 5. Benefits – OVERVIEW

(See page 9 for how our benefits changed this year and page 61 for a benefits summary.)

---

Note: This benefits section is divided into subsections. Please read the important things you should keep in mind at the beginning of each subsection. Also read the *General Exclusions* in Section 6; they apply to the benefits in the following subsections. To obtain claim forms, claims filing advice, or more information about our benefits, contact us at 800/228-4375.

(a) Medical services and supplies provided by physicians and other health care professionals .....	16-23
• Diagnostic and treatment services	
• Lab, X-ray, and other diagnostic tests	
• Preventive care, adult	
• Preventive care, children	
• Maternity care	
• Family planning	
• Infertility services	
• Allergy care	
• Treatment therapies	
• Physical and occupational therapies	
• Speech therapy	
• Hearing services (testing, treatment, and supplies)	
• Vision services (testing, treatment, and supplies)	
• Foot care	
• Orthopedic and prosthetic devices	
• Durable medical equipment (DME)	
• Home health services	
• Chiropractic	
• Alternative treatments	
• Educational classes and programs	
(b) Surgical and anesthesia services provided by physicians and other health care professionals .....	24-27
• Surgical procedures	
• Reconstructive surgery	
• Oral and maxillofacial surgery	
• Organ/tissue transplants	
• Anesthesia	
(c) Services provided by a hospital or other facility, and ambulance services .....	28-29
• Inpatient hospital	
• Outpatient hospital or ambulatory surgical center	
• Extended care benefits/skilled nursing care facility benefits	
• Hospice care	
• Ambulance	
(d) Emergency services .....	30-31
• Medical emergency	
• Ambulance	
(e) Mental health and substance abuse benefits .....	32-33
(f) Prescription drug benefits .....	34-36
(g) Special features .....	37-38
• Flexible benefits option	
• 24 hour nurse line	
• Reciprocity benefit	
• Centers of Excellence for transplants/heart surgery	
• Discount programs	
(h) Dental benefits .....	39-41
Summary of benefits .....	61

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

**I  
M  
P  
O  
R  
T  
A  
N  
T**

**Here are some important things to 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.
- We have no calendar year deductible.
- 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.

**I  
M  
P  
O  
R  
T  
A  
N  
T**

Benefit Description	You pay
<b>Diagnostic and treatment services</b>	
Professional services of physicians, physicians assistants or nurses <ul style="list-style-type: none"> <li>• In a primary care physician's office</li> <li>• In a specialty physician's office</li> <li>• Office medical consultations</li> <li>• Second surgical opinion</li> </ul>	\$10 per office visit
Professional services of physicians <ul style="list-style-type: none"> <li>• In an urgent care center</li> </ul>	\$25 per visit
Professional services of physicians <ul style="list-style-type: none"> <li>• During a hospital stay</li> <li>• In a skilled nursing facility</li> <li>• At home</li> </ul>	Nothing
<b>Lab, X-ray and other diagnostic tests</b>	
Tests, such as: <ul style="list-style-type: none"> <li>• Blood tests</li> <li>• Urinalysis</li> <li>• Non-routine mammograms</li> <li>• Pathology</li> <li>• X-rays</li> <li>• Cat Scans/MRI</li> <li>• Ultrasound</li> <li>• Electrocardiogram and EEG</li> <li>• Non-routine pap test</li> </ul>	\$10 per office visit; Nothing for Lab, X-ray and other diagnostic tests

<b>Preventive care, adults</b>	<b>You pay</b>
Routine screenings, such as: <ul style="list-style-type: none"> <li>• Total Blood Cholesterol</li> <li>• Colorectal Cancer Screening, including               <ul style="list-style-type: none"> <li>– Fecal occult blood test</li> <li>– Sigmoidoscopy, screening – starting at age 50</li> <li>– Colonoscopy – once every 10 years starting at age 50</li> <li>– Double contrast barium enema (DCBE) – once every 5-10 years starting at age 50</li> </ul> </li> <li>• Prostate Specific Antigen (PSA test) – one annually for men age 40 and older</li> <li>• Routine pap test</li> <li>• One routine mammogram, per calendar year, regardless of age</li> <li>• Fasting Lipoprotein profile (total cholesterol, LDL, HDL and triglycerides)</li> <li>• Bone density screenings</li> </ul>	\$10 per office visit; Nothing for routine screenings
<i>Not covered: Physical exams required for obtaining or continuing employment or insurance, attending schools or camp, or travel</i>	<i>All charges</i>
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 vaccines annually</li> <li>• Pneumococcal vaccine, age 65 and over</li> </ul>	\$10 per office visit; Nothing for immunizations
<b>Preventive care, children</b>	
<ul style="list-style-type: none"> <li>• Childhood immunizations recommended by the American Academy of Pediatrics</li> </ul>	\$10 per office visit; Nothing for immunizations
<ul style="list-style-type: none"> <li>• Well-child care charges for routine examinations, immunizations and care (through age 21)</li> <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 to determine the need for hearing correction</li> <li>– Examinations done on the day of immunizations (through age 21)</li> </ul> </li> </ul>	\$10 per office visit; Nothing for examinations

Maternity care	You Pay
<p>Complete maternity (obstetrical) care, such as:</p> <ul style="list-style-type: none"> <li>• Prenatal care</li> <li>• Delivery</li> <li>• Postnatal care</li> <li>• One routine sonogram</li> </ul> <p>Note: Here are some things to keep in mind:</p> <ul style="list-style-type: none"> <li>• You do not need to precertify your normal delivery; see page 13 for other circumstances, such as extended stays for you or your baby.</li> <li>• 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.</li> <li>• We cover routine nursery care of the newborn child during the covered portion of the mother's maternity stay. We will cover other care (including circumcision) of an infant who requires non-routine treatment only if we cover the infant under a Self and Family enrollment.</li> <li>• We pay hospitalization and surgeon services (delivery) the same as for illness and injury. See Hospital benefits (Section 5c) and Surgery benefits (Section 5b).</li> </ul>	Nothing
<i>Not covered: Subsequent routine sonograms to determine fetal age, size or sex</i>	<i>All charges</i>
Family planning	
<p>A range of voluntary family planning services, limited to:</p> <ul style="list-style-type: none"> <li>• Voluntary sterilization See Section 5(b)</li> <li>• Surgically implanted contraceptives</li> </ul> <p>Note: We cover oral and injectable contraceptives (such as Depo provera) under the prescription drug benefit</p>	\$10 per office visit; Nothing for Family planning services
<ul style="list-style-type: none"> <li>• Intrauterine devices (IUDs)</li> <li>• Diaphragms (when provided in a physician's office)</li> </ul> <p>Note: See Section 5(f), <i>Prescription drug benefit</i>, for coverage when purchased through a retail pharmacy</p>	\$10 per office visit; 20% of our allowance for Birth control devices
<i>Not covered: Reversal of voluntary surgical sterilization</i>	<i>All charges</i>

Infertility services	You Pay
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>	\$10 per office visit
Diagnosis and treatment of infertility, such as: <ul style="list-style-type: none"> <li>• Fertility drugs</li> </ul> Note: We cover injectable fertility drugs under medical benefits and oral fertility drugs under the prescription drug benefit.	\$10 per office visit; 50% of our allowance for Fertility drugs
<i>Not covered:</i> <ul style="list-style-type: none"> <li>• <i>Assisted reproductive technology (ART) procedures, such as:</i> <ul style="list-style-type: none"> <li>– <i>In vitro fertilization</i></li> <li>– <i>Embryo transfer, gamete GIFT and zygote ZIFT</i></li> <li>– <i>Zygote transfer</i></li> </ul> </li> <li>• <i>Services and supplies related to excluded ART procedures</i></li> <li>• <i>Cost of donor sperm</i></li> <li>• <i>Cost of donor egg</i></li> </ul>	<i>All charges</i>
Allergy care	
<ul style="list-style-type: none"> <li>• Testing</li> </ul>	\$10 per office visit; 20% of our allowance for Allergy testing
<ul style="list-style-type: none"> <li>• Treatment               <ul style="list-style-type: none"> <li>– Allergy injections</li> <li>– Allergy serum</li> </ul> </li> </ul>	\$10 per office visit; Nothing for Allergy injections and serum
<i>Not covered: Provocative food testing and sublingual allergy desensitization</i>	<i>All charges</i>

Treatment therapies	You pay
<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 are limited to those transplants listed under Organ/Tissue Transplants on page 27</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> </ul>	<p>\$10 per office visit; Nothing for Treatment therapies</p>
<ul style="list-style-type: none"> <li>• Growth hormone therapy (GHT)</li> </ul> <p>Note: Growth hormone is covered under the prescription drug benefit</p> <p>Note: Approval is based on our medical policy. We may ask you or your physician to submit, through our predetermination process, for the following:</p> <ul style="list-style-type: none"> <li>– A letter of medical necessity</li> <li>– Laboratory results, and</li> <li>– A growth chart</li> </ul>	<p>\$10 per office visit; 50% of our allowance for Growth hormone therapy (GHT)</p>
Physical and occupational therapies	
<ul style="list-style-type: none"> <li>• 60 visits, per calendar year, for services by the following: <ul style="list-style-type: none"> <li>– Qualified physical therapists</li> <li>– Qualified chiropractors (physical therapy only) and</li> <li>– Occupational therapists</li> </ul> </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</p> <ul style="list-style-type: none"> <li>• Cardiac rehabilitation following a heart transplant, bypass surgery or a myocardial infarction.</li> </ul>	<p>\$10 per visit</p>
<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> <li>• <i>Inpatient hospital stays for physical therapy purposes only</i></li> </ul>	<p><i>All charges</i></p>
Speech therapy	
<ul style="list-style-type: none"> <li>• 60 visits, per calendar year</li> </ul>	<p>\$10 per visit</p>

<b>Hearing services (testing, treatment, and supplies)</b>	<b>You pay</b>
<ul style="list-style-type: none"> <li>Hearing examinations to determine the need for hearing correction</li> </ul>	Nothing if you receive these services during your office visit; otherwise \$10 per exam
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>All other hearing testing</li> <li>Hearing aids, testing and examinations for them</li> </ul>	<i>All charges</i>
<b>Vision services (testing, treatment, and supplies)</b>	
<ul style="list-style-type: none"> <li>One routine eye exam with refraction per year</li> </ul> <p>Note: See Preventive care, children for eye exams for children</p>	\$10 per office visit
<ul style="list-style-type: none"> <li>First pair of lenses following cataract surgery</li> </ul>	\$10 per office visit; 20% of our allowance for First pair of lenses
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>Eyeglasses</li> <li>Contact lenses, contact fittings or contact examinations</li> <li>Eye exercises and vision training</li> <li>Radial keratotomy and other refractive surgeries</li> <li>Photo-Refractive keratectomy (PRK)</li> </ul>	<i>All charges</i>
<b>Foot care</b>	
<p>Routine foot care when you are under active treatment for a metabolic or peripheral vascular disease, such as diabetes.</p> <p>See orthopedic and prosthetic devices for information on podiatric shoe inserts.</p>	\$10 per office visit
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>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</li> <li>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)</li> </ul>	<i>All charges</i>
<b>Orthopedic and prosthetic devices</b>	
<p>Externally worn orthopedic and prosthetic devices such as:</p> <ul style="list-style-type: none"> <li>Artificial limbs and eyes; stump hose</li> <li>Braces, slings, splints and certain orthotics</li> <li>Externally worn breast prostheses and surgical bras or necessary replacements, following a mastectomy</li> <li>Corrective orthopedic appliances for non-dental treatment of temporomandibular joint (TMJ) pain dysfunction syndrome</li> </ul> <p>Note: See Section 5(b) for coverage of the medical treatment of TMJ pain dysfunction syndrome</p>	\$10 per office visit; 20% of our allowance for Orthopedic and prosthetic devices

*Orthopedic and prosthetic devices – Continued on next page*

Orthopedic and prosthetic devices <i>(continued)</i>	You pay
<ul style="list-style-type: none"> <li>• Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants, and surgically implanted breast implants following mastectomy.</li> </ul> <p>Note: We pay internal prosthetic devices as hospital benefits; see Section 5(c) for payment information. See Section 5(b) for coverage of the surgery to insert the device</p>	Nothing
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Orthopedic shoes</i></li> <li>• <i>Foot support devices, such as arch supports and corrective shoes, unless they are an integral part of a leg brace</i></li> <li>• <i>Bionic, bioelectric, or computer programmed prosthetic devices unless authorized by the plan</i></li> </ul>	<i>All charges</i>
<b>Durable medical equipment (DME)</b>	
<p>Rental or purchase, at our option, including repair and adjustment of durable medical equipment prescribed by your Plan physician, such as oxygen and oxygen equipment. Under this benefit, we also cover items such as:</p> <ul style="list-style-type: none"> <li>• Hospital beds</li> <li>• Wheelchairs</li> <li>• Crutches</li> <li>• Walkers</li> <li>• Blood glucose monitors (when purchased at a participating medical supply provider)</li> <li>• Insulin pumps</li> <li>• First pair of lenses following cataract removal</li> <li>• Wig (one per year following cancer treatment up to plan allowable)</li> <li>• Surgical stockings (30mm/hg) or supports when purchased by prescription or dispensed by a participating hospital not to exceed 4 pair per year</li> <li>• Hemodialysis equipment</li> <li>• Traction and suspension equipment</li> <li>• Sleep apnea, cardiac and neonatal (high risk infant) monitors</li> <li>• Medical supplies, such as surgical dressings and colostomy bags and casting supplies</li> </ul> <p>Note: Rental cost must not be more than purchase price</p> <p>Note: Medical equipment must serve only a medical purpose and be able to withstand repeated use.</p>	\$10 per office visit; 20% of our allowance for DME services rendered in a physician's office or from a medical supplier
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Devices and equipment used for environmental control or to enhance the environmental setting, such as air conditioners, humidifiers or air filters</i></li> <li>• <i>Supplies that can be used by other family members such as: adhesive tape, band-aids, alcohol and cotton balls</i></li> <li>• <i>Raised toilet seats</i></li> <li>• <i>Personal hygiene and convenience items</i></li> <li>• <i>Mechanical beds, such as Craftmatic Adjustable Beds</i></li> <li>• <i>Mattresses, sheets, pads, pillows, rubber sheets</i></li> <li>• <i>Therabath, hot tubs, Jacuzzis, saunas, portable whirlpool pumps</i></li> <li>• <i>Chair lifts and tub chairs</i></li> <li>• <i>Exercise equipment, including but not limited to exercise bikes and treadmills</i></li> </ul>	<i>All charges</i>

Home health services	You pay
<ul style="list-style-type: none"> <li>Home health care ordered by a Plan physician and provided by a registered nurse (RN), licensed practical nurse (LPN), or home health aide</li> <li>Services include oxygen therapy, intravenous therapy and medications</li> </ul>	Nothing
<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> <li><i>Services primarily for hygiene, feeding, exercising, moving the patient, homemaking, companionship or giving oral medication</i></li> </ul>	<i>All charges</i>
Chiropractic	
<p>Limited to:</p> <ul style="list-style-type: none"> <li>12 Spinal manipulations, per calendar year, provided by the following: <ul style="list-style-type: none"> <li>Participating chiropractors</li> <li>Doctors of Osteopathy</li> </ul> </li> </ul>	\$10 per visit
Alternative treatments	
No Benefits	<i>All charges</i>
<p><i>Not covered services such as:</i></p> <ul style="list-style-type: none"> <li><i>Naturopathic services</i></li> <li><i>Hypnotherapy</i></li> <li><i>Biofeedback</i></li> <li><i>Acupuncture</i></li> </ul> <p>Note: Please contact the Plan at 800/228-4375 for further clarification</p>	<i>All charges</i>
Educational classes and programs	
<p>Coverage is limited to:</p> <ul style="list-style-type: none"> <li>Diabetes self-management</li> </ul>	\$10 per office visit
<ul style="list-style-type: none"> <li>Smoking cessation (one smoking cessation program per member, per lifetime)</li> </ul> <p>Note: See Section 5(e) for individual or group counseling coverage</p>	Nothing up to \$100; <i>All charges thereafter</i>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li><i>Second and subsequent smoking cessation programs</i></li> <li><i>Services or supplies primarily for educational, vocational, nutritional or training purposes, except as otherwise specified herein</i></li> </ul>	<i>All charges</i>

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

I  
M  
P  
O  
R  
T  
A  
N  
T

**Here are some important things to 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.
- We have no calendar year deductible.
- 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).
- **YOUR PHYSICIAN MUST GET PRECERTIFICATION FOR SOME SURGICAL PROCEDURES.** Please refer to the precertification information shown in Section 3 to be sure which services require precertification and identify which surgeries require precertification.

I  
M  
P  
O  
R  
T  
A  
N  
T

Benefit Description	You pay
<p><b>Surgical procedures</b></p> <p>A comprehensive range of services, such as:</p> <ul style="list-style-type: none"> <li>• Operative procedures</li> <li>• Treatment of fractures, including casting</li> <li>• Treatment of burns</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 Reconstructive surgery)</li> <li>• Surgical treatment of morbid obesity --a condition:               <ul style="list-style-type: none"> <li>– In which an individual weighs 100 pounds or 100% over his or her normal weight according to current underwriting standards or Body Mass Index (BMI) of 40 or greater.</li> <li>– For which physician monitored and sanctioned non-surgical treatment has been unsuccessful</li> <li>– For eligible members, age 18 or over</li> </ul> </li> </ul> <p>Note: Approval is based on our medical policy through our predetermination process</p> <ul style="list-style-type: none"> <li>• Insertion of internal prosthetic devices, such as pacemakers and artificial joints. See Section 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>	<p>Nothing</p>

*Surgical procedures - Continued on next page*

Surgical procedures ( <i>Continued</i> )	You pay
<ul style="list-style-type: none"> <li>• Voluntary sterilization (e.g., Tubal ligation, Vasectomy)</li> </ul>	Nothing
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Reversal of voluntary sterilization</i></li> <li>• <i>Routine treatment of conditions of the foot; see Foot care in Section 5(a)</i></li> <li>• <i>Non-surgical treatment of morbid obesity as set-forth by our predetermination process</i></li> </ul>	<i>All charges</i>
Reconstructive surgery	
<ul style="list-style-type: none"> <li>• Surgery to correct a functional defect</li> <li>• Surgery to correct a condition caused by injury or illness</li> <li>• Surgery to correct a condition that existed at or from birth and is a significant deviation from the common form or norm</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 on the other breast</li> <li>– Treatment of any physical complications, such as lymphedemas</li> </ul> </li> </ul>	Nothing
<ul style="list-style-type: none"> <li>– Breast prostheses and surgical bras or replacements (see Section 5(a) Prosthetic devices)</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>	20% of our allowance
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Cosmetic surgery – any surgical procedure connected with or incidental to treatment that is primarily intended to improve appearance as set-forth by our predetermination process</i></li> <li>• <i>Surgeries related to sex transformation, or the reversal thereof</i></li> </ul>	<i>All charges</i>

Oral and maxillofacial surgery	You pay
<p>Oral surgical procedures, such as:</p> <ul style="list-style-type: none"> <li>• Excision of exostoses of the jaws and hard palate. (If pathology exists, generally done to prepare the mouth for dentures.)</li> <li>• Excision of tumors and cysts of the jaws, cheeks, lips, tongue, roof and floor of the mouth</li> <li>• External (extra-oral) incision and drainage of cellulitis</li> <li>• Incision of accessory sinuses, salivary glands or ducts</li> <li>• Reduction of dislocations and excision of the temporomandibular joints (TMJ)</li> <li>• Surgery for correction of accidental injuries of the jaws, cheeks, lips, tongue, roof and floor of the mouth</li> <li>• Treatment of fractures of facial bones</li> <li>• Correction of orthognanthic when severe handicapping malocclusion is present</li> <li>• Other surgical procedures that do not involve the teeth or their supporting structures</li> </ul> <p>Note: See Section 5(a), <i>Orthopedic and prosthetic devices</i>, for appliance cost.</p>	Nothing
<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, gingiva, and alveolar bone)</i></li> <li>• <i>Dental care involved in the treatment of temporomandibular joint (TMJ) pain dysfunction or syndrome</i></li> <li>• <i>Dentures and dental appliances</i></li> </ul>	<i>All charges</i>

Organ/tissue transplants	You pay
<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> <li>• Lung: Single –Double</li> <li>• Pancreas</li> <li>• Allogeneic (donor) bone marrow transplants</li> <li>• Autologous bone marrow transplants (autologous stem cell and peripheral stem cell support) for the following conditions: acute lymphocytic or non-lymphocytic leukemia; advanced Hodgkin’s lymphoma; advance non-Hodgkin’s lymphoma; advance neuroblastoma; breast cancer; multiple myeloma; epithelial ovarian cancer; and testicular, mediastinal, retroperitoneal and ovarian germ cell tumors</li> <li>• Intestinal transplants (small intestine) and the small intestine with the liver or small intestine with multiple organs such as the liver, stomach, and pancreas</li> <li>• Autologous tandem transplant for testicular and other germ cell tumors</li> <li>• Travel expenses related to covered transplants outside a 75 mile radius, subject to Plan's procedures.</li> <li>• Blue Quality Centers for Transplant (BQCT) (See page 37 for a description of BQCT)</li> </ul> <p>Note: We cover related medical and hospital expenses of the donor when we cover the recipient, within six weeks of acquisition.</p> <p>Note: All transplants are subject to the Plan's medical policy through case management. When you or your provider become aware that a transplant is needed, you should contact us.</p> <p>Note: See Section 5(f), <i>Prescription drug benefits</i>, for related drug coverage</p>	Nothing
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Implants of artificial organs</i></li> <li>• <i>Transplants not listed as covered</i></li> <li>• <i>Transplants performed in a non-designated organ transplant facility except as authorized by the Plan.</i></li> </ul>	<i>All charges</i>
Anesthesia	
<p>Professional services provided in:</p> <ul style="list-style-type: none"> <li>• Hospital (inpatient)</li> <li>• Hospital outpatient department</li> <li>• Skilled nursing facility</li> <li>• Ambulatory surgical center</li> <li>• Office</li> </ul>	Nothing
<p><i>Not covered: Professional services provided in a dentist's office. See Section 5(h) for dental benefits.</i></p>	<i>All charges</i>

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

I  
M  
P  
O  
R  
T  
A  
N  
T

**Here are some important things to remember 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.
- We have no calendar year deductible.
- 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 covered in Sections 5(a) or (b).
- **YOUR PHYSICIAN MUST GET PRECERTIFICATION OF HOSPITAL STAYS.** Please refer to Section 3 to be sure which services require precertification.

I  
M  
P  
O  
R  
T  
A  
N  
T

Benefit Description	You pay
<b>Inpatient hospital</b>	
<p>Room and board, such as:</p> <ul style="list-style-type: none"> <li>• Ward, semiprivate, or intensive care accommodations</li> <li>• General nursing care</li> <li>• Meals and special diets</li> <li>• Nursery charges</li> </ul> <p>Note: If you want a private room when it is not medically necessary, you pay the additional charge above the semiprivate room rate</p> <p>Note: Please see Section 3, page 13 for services that require prior approval</p>	Nothing
<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 medications</li> <li>• Diagnostic laboratory tests and X-rays</li> <li>• Administration of blood and blood products</li> <li>• Blood or blood plasma, if not donated or replaced</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> </ul>	Nothing
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Custodial care</i></li> <li>• <i>Personal comfort items, such as telephone, television, barber services, guest meals and beds</i></li> <li>• <i>Private nursing care</i></li> <li>• <i>Inpatient hospital stays for physical therapy purposes only</i></li> <li>• <i>Inpatient hospital stays when the patient checks out Against Medical Advice (A.M.A.)</i></li> <li>• <i>Non-covered facilities; such as schools</i></li> </ul>	<i>All charges</i>

Outpatient hospital or ambulatory surgical center	You pay
<ul style="list-style-type: none"> <li>• Operating, recovery, and other treatment rooms</li> <li>• Prescribed drugs and medications</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>• Pre-surgical testing</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> <p>Note: Please see Section 3, page 13 for services that require prior approval</p>	Nothing
Extended care benefits/skilled nursing care facility benefits	
<p>Extended care/skilled nursing facility benefits:</p> <p>Up to 60 days per calendar year when full-time skilled nursing care is necessary and confinement in a skilled nursing facility is medically necessary as determined by a Plan doctor and approved by the Plan.</p>	Nothing
<i>Not covered: Custodial care, domiciliary or convalescent care</i>	<i>All charges</i>
Hospice Care	
Home Health Care provided by Hospice nurses	Nothing
<i>Not covered: Independent nursing, homemaker services and hospice services provided in a hospice facility</i>	<i>All charges</i>
Ambulance	
<ul style="list-style-type: none"> <li>• Local professional ambulance service when medically appropriate</li> </ul>	Nothing

---

## Section 5 (d). Emergency services/accidents

---

I  
M  
P  
O  
R  
T  
A  
N  
T

Here are some important things to 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.
- We have no calendar year deductible.
- 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.

I  
M  
P  
O  
R  
T  
A  
N  
T

---

### 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:

**Emergencies within our service area:** If you are in an emergency situation, you must contact your primary care doctor. In extreme emergencies, if you are unable to contact your doctor, contact the local emergency system (e.g., the 911 telephone system) or go to the nearest hospital emergency room. Be sure to tell the emergency room personnel that you are our member so they can notify us. You or a family member must notify your primary care doctor within 24 hours, unless it was not reasonably possible to do so. It is your responsibility to ensure that your primary care doctor has been timely notified.

If you need to be hospitalized, we must be notified within 24 hours or on the first working day following your admission, unless it was not reasonably possible to notify us within that time. If you are hospitalized in a non-Plan facility and our doctors believe care can be better provided in a Plan hospital, you will be transferred when medically feasible with ambulance charges covered in full.

Benefits are available for care from non-Plan providers in a medical emergency only if you believe delay in reaching a Plan provider would result in death, disability or significant jeopardy to your condition.

To be covered by us, any follow-up care recommended by non-Plan providers must be approved by us or provided by Plan providers.

**Emergencies outside our service area:** Benefits are available for any medically necessary health service that is immediately required because of injury or unforeseen illness.

If you need to be hospitalized, we must be notified within 48 hours or on the first working day following your admission, unless it was not reasonably possible to notify us within that time. If a Plan doctor believes care can be better provided in a Plan hospital, you will be transferred when medically feasible with any ambulance charges covered in full.

To be covered by us, any follow-up care recommended by non-Plan providers must be approved by us or provided by Plan providers.

---

Benefit Description	You pay
<b>Emergency within our service area</b>	
<ul style="list-style-type: none"> <li>Emergency care at a doctor's office</li> </ul>	\$10 per office visit
<ul style="list-style-type: none"> <li>Emergency care at an urgent care center or in the outpatient urgent care department of a hospital, including doctors' services</li> </ul>	\$25 per visit
<ul style="list-style-type: none"> <li>Emergency care as an outpatient at a hospital, including doctors' services</li> </ul>	\$50 per visit; if visit results in an inpatient admission, you pay nothing
<i>Not covered: Elective care or non-emergency care</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> </ul>	\$10 per office visit
<ul style="list-style-type: none"> <li>Emergency care at an urgent care center or in the outpatient urgent care department of a hospital, including doctors' services</li> </ul>	\$25 per visit
<ul style="list-style-type: none"> <li>Emergency care as an outpatient at a hospital, including doctors' services</li> </ul>	\$50 per visit; if visit results in an inpatient admission, you pay nothing
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li><i>Elective care or non-emergency care</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>
<b>Ambulance</b>	
Professional land and air ambulance service when medically appropriate See Section 5(c) for non-emergency service	Nothing

## Section 5 (e). Mental health and substance abuse benefits

**I  
M  
P  
O  
R  
T  
A  
N  
T**

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.

**Here are some important things to 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.
- All benefits are subject to the definitions, limitations, and exclusions in this brochure.
- We have no deductible.
- 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.
- **YOUR PHYSICIAN MUST GET PREAUTHORIZATION OF THESE SERVICES.**  
See the instructions after the benefits description below.

**I  
M  
P  
O  
R  
T  
A  
N  
T**

Benefit Description	You pay
<b>Mental health and substance abuse benefits</b>	
<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
<p>Professional services, including medication management, individual therapy or group therapy by providers such as psychiatrists, psychologists, or clinical social workers provided in:</p> <ul style="list-style-type: none"> <li>• Office</li> </ul>	\$10 per office visit
<p>Professional services by providers such as psychiatrists, psychologists, or clinical social workers provided in the office for treatment of tobacco cessation</p>	Nothing
<p>Professional services, including medication management, individual therapy or group therapy by providers such as psychiatrists, psychologists, or clinical social workers provided in:</p> <ul style="list-style-type: none"> <li>• Hospital (inpatient)</li> <li>• Hospital outpatient department</li> </ul>	Nothing

*Mental health and substance abuse benefits - Continued on next page*

Mental health and substance abuse benefits <i>(Continued)</i>	You pay
<ul style="list-style-type: none"> <li>Diagnostic tests</li> </ul>	Nothing
<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, full-day hospitalization or facility based intensive outpatient treatment</li> </ul>	Nothing
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li><i>Services we have not approved</i></li> <li><i>Care for psychiatric conditions that in the professional judgment of Plan doctors are not subject to significant improvement through relatively short-term treatment</i></li> <li><i>Psychological testing when not medically necessary to determine the appropriate treatment of a short-term psychiatric condition</i></li> <li><i>Services for marital counseling or personal growth</i></li> <li><i>Inpatient hospital stays when the patient checks out Against Medical Advice (A.M.A.)</i></li> <li><i>Service, drugs, or supplies related to weight loss or treatment of obesity, except for surgical treatment of morbid obesity</i></li> </ul> <p><i>The same exclusions contained in this brochure that apply to other benefits apply to these mental health and substance abuse benefits, unless the services are included in a treatment plan that we approve.</i></p> <p><i>Note: OPM will base its review of disputes about treatment plans on the treatment plan's clinical appropriateness. OPM will generally not order us to pay or provide one clinically appropriate treatment plan in favor of another.</i></p>	<i>All charges</i>

**Preauthorization** To be eligible to receive these benefits you must obtain a treatment plan and follow all of the following authorization processes:

- If you feel you need mental health or substance abuse services, you or your PCP should call Magellan Behavioral Health at 800/788-4003.
- Magellan will work with you to determine your needs and begin the treatment planning process. Referrals for any necessary services will also be handled by Magellan.
- Your mental health and substance abuse services must be provided by Plan providers.

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

---

## Section 5 (f). Prescription drug benefits

---

I  
M  
P  
O  
R  
T  
A  
N  
T

**Here are some important things to keep in mind about these benefits:**

- We cover prescribed drugs and medications as described in the chart beginning on page 36.
- All benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- We have no calendar year deductible.
- Prior authorization is the process required to dispense certain drugs when the use of a drug is defined or limited by your medical condition.
- 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.

I  
M  
P  
O  
R  
T  
A  
N  
T

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

- **Who can write your prescription?** A Plan physician or licensed dentist must write the prescription.
- **Where you can obtain them.** You may fill prescriptions at an Anthem Rx Network Plan pharmacy or by mail for maintenance medication
- **We use a formulary.** Prescription drugs are prescribed by Plan doctors and dispensed in accordance with our prescription drug formulary. All prescription drugs on the formulary have been approved by the Food and Drug Administration (FDA). The formulary consists of medications that have been rigorously reviewed and selected by a committee of practicing doctors and clinical pharmacists for their safety, quality and effectiveness. Coverage will be provided for both formulary and non-formulary medications when prescribed by a Plan doctor. However, when non-formulary drugs are dispensed, higher copays will apply. The formulary is subject to periodic review and amendment.

We have an open formulary. If your physician believes a name brand product is necessary or there is no generic available, he or she may prescribe a name brand drug from a formulary list. This list of name brand drugs is a preferred list of drugs we selected to meet patient needs at a lower cost. To order a prescription drug listing, call 800/228-4375 or visit our website at [www.anthemprescription.com](http://www.anthemprescription.com).

- **These are the dispensing limitations.** Prescriptions filled by a retail pharmacy or through a mail order pharmacy have a limit on days supply and different levels of copayments based on the days supply. You may obtain a 30-day supply or one commercially prepared unit (i.e., one inhaler, one vial ophthalmic medication or insulin) at a Plan pharmacy, or up to a 90-day supply through our mail order program. Remind your doctor to write for the maximum days supply. Any continuous therapy medication presently covered by us within the limits of applicable State and Federal laws can be dispensed through the mail order program. Your prescriptions will be filled using FDA dispensing guidelines. Prior authorization may be required for certain drugs or the prescribed quantity of a particular drug. Certain drugs are subject to clinical authorization requirements based on age or sex. We may establish quantity limits for specific prescription drugs and establish clinical step therapy requirements. Covered Services will be limited based on Medical Necessity, quantity limits, and/or utilization guidelines. If a Member is called to active military duty, or in times of national or other emergency, call us to arrange for a medium-term supply of covered medications.

Your prescription claim history and patient profile information will be used by us to administer your pharmacy program and to identify possible drug interactions, duplications or other adverse events that may occur. This profile allows us to determine if you are trying to refill your prescription too soon, which could cause your claim to be rejected and require you to file again at a later date.

---

If you receive a name brand drug, whether by mail order or from a Plan pharmacy, the copayment for the name brand applies regardless of whether:

- a generic equivalent is unavailable
- the prescription order specifies "Dispense as Written"
- or you choose the name brand drug instead of a generic drug

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 will still have to pay the name brand copay.

- **Why use generic drugs?** Generic drugs are lower-priced drugs that are the therapeutic equivalent to more expensive name brand drugs. They must contain the same active ingredients and must be equivalent in strength and dosage to the original name brand product. Generics cost less than the equivalent name brand product. The U.S. Food and Drug Administration sets quality standards for generic drugs to ensure that these drugs meet the same standards of quality and strength as name brand drugs.

You can save money by using generic drugs. However, you and your physician have the option to request a name brand if a generic option is available. Using the most cost-effective medication saves money.

- **When you have to file a claim.** Typically you will not have to file a claim for prescription drugs; however, if you have had to pay for a prescription due to some unforeseen circumstance, please contact us at 800/228-4375.

---

*Prescription drug benefits begin on the next page*

Benefit Description	You pay
<p><b>Covered medications and supplies</b></p> <p>We cover the following medications and supplies prescribed by a Plan physician and obtained from a Plan pharmacy or through our mail order program:</p> <ul style="list-style-type: none"> <li>• Drugs and medicines that by Federal law of the United States requires a physician's prescription for their purchase</li> <li>• FDA-approved prescription drugs, injectable drugs (such as Depo Provera) and devices for birth control</li> <li>• Insulin</li> <li>• Disposable needles and syringes needed to inject covered prescribed medications are covered at the name brand copayment.</li> <li>• Diabetic supplies including glucose test tablets and test tape, Benedict's solution or equivalent, glucose monitors and acetone test tablets are covered at the name brand copayment. No copayment applies for insulin syringes.</li> <li>• Drugs for the treatment of impotence, such as Viagra: we require proof of medical necessity prior to approving benefits. Then, this Plan will cover a maximum of six tablets per month, subject to the following guidelines. The patient: <ul style="list-style-type: none"> <li>– Must be a male over age 18</li> <li>– Is being treated for erectile dysfunction (ED) regardless of cause, and</li> <li>– Is not on medication containing nitrates for 90 days prior.</li> </ul> </li> <li>• Smoking cessation prescription drugs and medications</li> </ul> <p>Note: Intravenous fluids and medications for home use, implantable drugs, and some injectable drugs, such as Depo Provera, may also be covered under Medical and Surgical Benefits. See Section 5(a)</p>	<p><b>Up to a 30-day supply at a Plan pharmacy</b></p> <p>\$10 copay for generic drugs</p> <p>\$20 copay for formulary name brand drugs</p> <p>\$30 copay for non-formulary name brand drugs</p> <p><b>Up to a 90-day supply through the mail order program</b></p> <p>\$20 copay for generic drugs</p> <p>\$40 copay for formulary name brand drugs</p> <p>\$60 copay for non-formulary name brand drugs</p> <p>Note: If there is no generic equivalent available, you will still have to pay the name brand copay</p>
<ul style="list-style-type: none"> <li>• Immuno-Suppressive Agent</li> <li>• Fertility drugs</li> <li>• Human growth hormones</li> </ul>	<p>50% of our allowance</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• <i>Drugs and supplies for cosmetic purposes</i></li> <li>• <i>Vitamins, nutrients and food supplements even if a physician prescribes or administers them</i></li> <li>• <i>Nonprescription medicines</i></li> <li>• <i>Drugs available without a prescription or for which there is a nonprescription equivalent available</i></li> <li>• <i>Drugs obtained at a Non-network pharmacy except for out-of-area emergencies</i></li> <li>• <i>Drugs to enhance athletic performance</i></li> <li>• <i>Drugs for weight loss purposes (except when authorized by the Plan doctor, through the predetermination process, for treatment of morbid obesity)</i></li> <li>• <i>Replacement prescriptions such as lost, stolen or spilled</i></li> <li>• <i>Drugs in connection with camp, travel, school or insurance exams</i></li> <li>• <i>Personal hygiene and convenience items</i></li> <li>• <i>Refills requested too soon (prior to 85% usage)</i></li> </ul>	<p><i>All Charges</i></p>

## Section 5 (g). Special features

Feature	Description
<b>Flexible benefits option</b>	<p>Under the flexible benefits option, we determine the most effective way to provide services.</p> <ul style="list-style-type: none"> <li>• We may identify medically appropriate alternatives to traditional care and coordinate other benefits as a less costly alternative benefit.</li> <li>• Alternative benefits are subject to our ongoing review.</li> <li>• By approving an alternative benefit, we cannot guarantee you will get it in the future.</li> <li>• The decision to offer an alternative benefit is solely ours, and we may withdraw it at any time and resume regular contract benefits.</li> <li>• Our decision to offer or withdraw alternative benefits is not subject to OPM review under the disputed claims process.</li> </ul>
<b>24 hour nurse line</b>	<p>The Plan now offers Tel-a-Nurse. This free, 24-hour phone service is you link to non-emergency health information. Simply call the toll-free number day or night to speak to a registered nurse. So, the next time you have a health question or want some help making a health care decision, call:</p> <ul style="list-style-type: none"> <li>• 888/220-3891</li> <li>• 800/877-8044 (TDD for those with hearing impairments)</li> </ul> <p>You also have access, through the internet <a href="http://www.myanthem.com">www.myanthem.com</a> to receive customized health information.</p>
<b>Centers of excellence</b>	<p>We use the Blue Quality Centers for Transplant Network (BQCT) as our transplant network. The network consists of leading medical facilities throughout the nation. For a list of transplant hospitals near you, call 800/824-0581.</p> <p>We offer a network of institutions that have met stringent clinical standards for the following heart services:</p> <ul style="list-style-type: none"> <li>• Coronary artery bypass graft (CABG)</li> <li>• Percutaneous transluminal coronary angioplasty (PTCA)</li> <li>• Heart valve procedures</li> <li>• Other major cardiovascular procedures</li> </ul> <p>You can refer to our provider directory for further information concerning our transplant and heart surgery centers of excellence.</p>
<b>Reciprocity benefit</b>	<p><b>BlueCard® Program</b></p> <p>With the BlueCard® Program, Plan members have access to benefits when traveling outside the plan's service area for urgent care and emergency room services. To find a nearby health care provider, members can simply call BlueCard Access at 800/810-BLUE (2583).</p>

*Special features – Continued on next page*

## Section 5 (g). Special features (Continued)

Feature	Description
<p><b>Reciprocity benefit (Continued)</b></p>	<p><b>Guest Membership Program</b></p> <p>We offer guest memberships at affiliated HMO plans through the Guest Membership Program. Whenever you or a family member is away from our service area for more than 90 days, you may become a guest member at an affiliated HMO near your destination. Reasons to consider a guest membership include extended out-of-town business, children away at school, dependent children in another state, or a winter “snowbird” residency in the South. To determine if a guest membership is available at your destination, call 800/355-6414.</p>
<p><b>Discount programs</b></p>	<p><b>SpecialOffers@Anthem</b></p> <p>You can receive negotiated savings on selected health and wellness services and programs simply by being an eligible Anthem Blue Cross and Blue Shield Blue HMO member. To obtain information about these programs please call us at 800/228-4375 or visit our website at <a href="http://www.anthem.com">www.anthem.com</a>. Services available through the SpecialOffers@Anthem program include:</p> <ul style="list-style-type: none"> <li>• <b>Jenny Craig</b> – Receive a free 30-day trial from Anthem and Jenny Craig</li> <li>• <b>Hearing</b> – Save on a wide variety of hearing aids and other products that help those with hearing problems. Your parents and grandparents are welcome to use this offer.</li> <li>• <b>Complementary Medicine</b> – Explore alternative paths to wellness with savings on everything from yoga videos to massage therapy to vitamins.</li> <li>• <b>Fitness Clubs</b> – Get fit for less. Save money at participating health clubs and get discounts on fitness equipment.</li> <li>• <b>LensCrafters</b> – Discounts on prescription eye glasses and accessories.</li> <li>• <b>TruVision</b> – Get substantial savings on laser vision correction surgery from TruVision’s national network of providers. And discounts on contact lenses.</li> <li>• <b>Butt Out</b> – Extinguish a tobacco habit with discounts on smoking cessation programs and products.</li> <li>• <b>Books</b> – Peruse the Anthem bookrack for discounts on a vast collection of health and wellness books.</li> <li>• <b>Baby, Toddler and Maternity</b> – Save 15% at babystyle, the one stop shop for all your maternity and baby needs.</li> <li>• <b>Flowers</b> – Save 15% on floral arrangements, gourmet baskets and more.</li> <li>• <b>Women’s Store</b> – An assortment of offers and resources in one place.</li> <li>• <b>Eat Right</b> – Anthem offers you savings on everything you need to switch to - and stick with - a healthy, delicious diet.</li> <li>• <b>Cosmetic dentistry</b> – Make your smile brighter with discounts on teeth whitening and dental veneers.</li> </ul>

## Section 5 (h). Dental benefits

**I  
M  
P  
O  
R  
T  
A  
N  
T**

**Here are some important things to 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.
- We have no calendar year deductible.
- We cover hospitalization for dental procedures only when a nondental physical impairment exists which makes hospitalization necessary to safeguard the health of the patient, See Section 5(c) 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.
- All covered family members must receive care from the same dental office. You may, however, choose different dentists for each family member within the same dental office.

**I  
M  
P  
O  
R  
T  
A  
N  
T**

<b>Accidental injury benefit</b>	<b>You pay</b>
We cover restorative services and supplies necessary to promptly repair within three days of an accident (but not replace) sound natural teeth. The need for these services must result from an accidental injury.	Nothing

### **Dental benefits**

**See benefit chart on the following page.**

We cover the following dental services when you use a participating Plan dentist and we have indicated when copayments apply. This benefit description does not list exclusions. Contact us for specific exclusions at 800/228-4375 or 513/872-8242 (in the local dialing area).

<b>Dental Benefits</b>	
<b>Service</b>	<b>You pay</b>
<p><b>DIAGNOSTIC</b></p> <p>X-rays including bite wings and panoramic; oral examinations and treatment plan; vitality test; and oral cancer exam</p>	Nothing
<p><b>PREVENTIVE</b></p> <p>Prophylaxis; annual topical application of fluoride to children age 12, preventive dental instructions</p>	Nothing
<p><b>RESTORATIVE (Fillings)</b></p> <p>Amalgam – one surface</p> <p>Amalgam – two surfaces</p> <p>Amalgam – three surfaces (Build up per tooth)</p> <p>Plastic or composite – single surface</p> <p>Plastic or composite – two surfaces</p>	80% of our allowance
<p><b>ORAL SURGERY (Including preoperative and postoperative treatments under local anesthetics)</b></p> <p>Extraction (simple)</p> <p>Alveolectomy per quadrant</p> <p>Impaction (soft tissue)</p> <p>Impaction (complete bony)</p>	80% of our allowance
<p><b>PROSTHODONTICS</b></p> <p>Complete upper or lower denture</p> <p>Cast chrome partial – upper or lower</p> <p>Acrylic partial – upper or lower (with clasps)</p> <p>Repair broken denture</p> <p>Denture adjustment</p> <p>Reline upper or lower complete denture or partial (office)</p> <p>Reline upper or lower complete denture or partial (laboratory)</p> <p>Space maintainers (for primary teeth)</p>	80% of our allowance

*Dental Benefits - Continued on next page*

## Dental Benefits *(Continued)*

Service	You pay
<p><b>PROSTHODONTICS - <i>Continued</i></b></p> <p>Stainless steel crown (for primary teeth)</p> <p>Bridge abutments or pontics</p>	80% of our allowance
<p><b>PERIODONTICS (Under local anesthetics)</b></p> <p>Examination, treatment plan</p> <p>Periodontal, root planing and curettage</p> <p>Hemisection</p> <p>Gingivectomy or gingivoplasty</p> <p>Osseous surgery (per quadrant)</p> <p>Equilibration (entire mouth)</p>	80% of our allowance
<p><b>ENDODONTICS (Under local anesthetics)</b></p> <p>Pulpotomy (including restoration)</p> <p>Root canal filling – one canal</p> <p>Each additional canal</p> <p>Apicoectomy, performed as separate surgical procedure</p>	80% of our allowance
<p><b>ORTHODONTICS (Braces)</b></p> <p>Initial Consultation</p> <p>Diagnosis and treatment plan</p> <p><i>(Limited to one, two-year course of phase II treatment per eligible child up to age 19)</i></p>	80% of our allowance
<p>Missed appointments without 24 hours prior notification</p>	\$10.00
<p><b>ACCIDENTAL INJURY BENEFIT</b></p> <p>Restorative services and supplies necessary to promptly repair within three days of accident (but not replace) sound natural teeth.</p> <p><i>(The need for these services <b>must</b> result from an accidental injury)</i></p>	Nothing
<p><i>Not covered:</i></p> <p><i>All other dental services not shown as covered</i></p>	<i>All charges</i>

---

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

---

**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.**

We do not cover the following:

- Care by non-Plan providers except for authorized referrals or emergencies (see Emergency Benefits);
- 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 for court ordered testing or care, unless Medically Necessary;
- Services, drugs, or supplies received from a member of your immediate family (parent, child, spouse, sister, brother, or corresponding in-laws);
- Services for completion of claim forms or charges for medical records or reports;
- Missed or canceled appointments;
- Mileage costs or other travel expenses, except as authorized by the plan;
- Services, or supplies at a health spa or similar facility;
- Services, drugs, or supplies for research studies or screening examinations, except as specified elsewhere in the brochure; or
- Services, drugs, or supplies you receive without charge while in active military service

---

## Section 7. Filing a claim for covered services

---

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 or coinsurance.

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. Facilities will file on the UB-92 form. For claims questions and assistance, call us at 800/228-4375.

When you must file a claim, such as for services you receive outside of 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: Anthem Blue HMO  
PO Box 37180  
Louisville, KY 40233-7180**

### Prescription drugs

When you must file a claim for prescription drugs that you had to pay for, submit the original itemized Pharmacy receipt that comes with the prescription and the completed Prescription Drug Claim Form.

**Submit your claims to: Anthem Prescription Management LLC  
PO Box 145433  
Cincinnati, OH 45250-5433**

### Other supplies or services

When you must file a dental claim, such as out-of-network care, submit a completed Standard ADA (American Dental Association) Claim Form.

**Submit your claims to: Anthem Dental  
555 Middle Creek Parkway  
Colorado Springs, CO 80921-3634**

### 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.

---

## Section 8. The disputed claims process

---

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:

Step	Description
------	-------------

- |          |   |
|----------|---|
| <b>1</b> | Ask us in writing to reconsider our initial decision. You must: <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: Blue HMO, Mail No. CE2-014, 1351 William Howard Taft Road, Cincinnati, OH 45206-1775; 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> | We have 30 days from the date we receive your request to: <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> | 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>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> | If you do not agree with our decision, you may ask OPM to review it. <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>   |

Write to OPM at: United States Office of Personnel Management, Insurance Services Programs, Health Insurance Group 2, 1900 E Street, NW, Washington, D.C. 20415-3620.

---

## Section 8. 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 precertification or prior approval. 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 800/228-4375 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 Insurance Group 2 at 202/606-3818 between 8 a.m. and 5 p.m. eastern time.

---

## Section 9. Coordinating benefits with other coverage

---

### 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.

### What is Medicare?

Medicare is a Health Insurance Program for:

- People 65 years of age and 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 two 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 800/MEDICARE (800/633-4227) 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.

- **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 both Parts of Medicare, you can still be covered under the FEHB Program.

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 + Choice is the term used to describe the various health plan choices available to Medicare beneficiaries. The information in the next few pages shows how we coordinate benefits with Medicare, depending on the type of Medicare managed care plan you have.

- **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, like prescription drugs.

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. Your care must continue to be authorized by your Plan PCP, or precertified as required. We will not waive any of our copayments and/or coinsurance.

**Claims process when you have the Original Medicare Plan--** You probably will never have to file a claim 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 claims, call us at 800/228-4375.

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

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.

<b>Primary Payer Chart</b>		
<b>A. When you - or your covered spouse - are age 65 or over and have Medicare and you...</b>	<b>The primary payer for the individual with Medicare is...</b>	
	<b>Medicare</b>	<b>This Plan</b>
1) Are an active employee with the Federal government 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	✓	✓
2) Are an annuitant and... • You have FEHB coverage on your own or through your spouse who is also an annuitant • You have FEHB coverage through your spouse who is an active employee	✓	✓
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)	✓*	
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)	✓*	
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... • This Plan was the primary payer before eligibility due to ESRD • Medicare was the primary payer before eligibility due to ESRD	✓	✓ for 30-month coordination period
<b>C. When either you or your spouse are eligible for Medicare solely due to disability and you</b>		
1) Are an active employee with the Federal government 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	✓	✓
2) Are an annuitant and... • You have FEHB coverage on your own or through your spouse who is also an annuitant • You have FEHB coverage through your spouse who is an active employee	✓	✓
<b>D. Are covered under the FEHB Spouse Equity provision as a former spouse</b>	✓	

\* Unless you have FEHB coverage through your spouse who is an active employee

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

- **Medicare + Choice** If you are eligible for Medicare, you may choose to enroll in and get your Medicare benefits from a Medicare + Choice. These are health care choices (like HMOs) in some areas of the country. In most Medicare + Choices, you can only go to doctors, specialists, or hospitals that are part of the plan. Medicare + Choices provide all the benefits that Original Medicare covers. Some cover extras, like prescription drugs. To learn more about enrolling in a Medicare + Choice, contact Medicare at 800/MEDICARE (800/633-4227) or at [www.medicare.gov](http://www.medicare.gov).

If you enroll in a Medicare + Choice, the following options are available to you:

**This Plan and our Medicare + Choice:** You may enroll in our Medicare managed care plan and also remain enrolled in our FEHB plan. In this case, we do not waive cost sharing for your FEHB coverage.

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

**Suspended FEHB coverage to enroll in a Medicare + Choice:** If you are an annuitant or former spouse, you can suspend your FEHB coverage to enroll in a Medicare + Choice, eliminating your FEHB premium. (OPM does not contribute to your Medicare + Choice 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 + Choice's service area.

## 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. You must use our providers.

## 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.

---

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

---

<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 page 14.
<b>Copayment</b>	A copayment is a fixed amount of money you pay when you receive covered services. See page 14.
<b>Covered services</b>	Care we provide benefits for, as described in this brochure.
<b>Custodial care</b>	<p>Treatment or services, regardless of who recommends them or where they are provided, that could be rendered safely and reasonably by a person not medically skilled, or that are designed mainly to help the patient with daily living activities. These activities include, but are not limited to:</p> <ul style="list-style-type: none"><li>• Personal care such as help in walking, getting in and out of bed, bathing, eating by spoon, tube or gastrostomy, exercising or dressing</li><li>• Homemaking such as preparing meals or special diets</li><li>• Moving the patient</li><li>• Acting as a companion or sitter</li><li>• Supervising medication that can usually be self administered</li><li>• Treatment services that any person may be able to perform with minimal instruction, including, but not limited to, recording temperature, pulse and respirations or administration and monitoring of feeding systems</li></ul> <p>We determine which services are custodial.</p> <p>Note: Custodial care that last 90 days or more is sometimes known as Long term care.</p>
<b>Experimental or investigational services</b>	<p>A drug, device, or biological product is experimental or investigational if the drug, device, or biological product cannot be lawfully marketed without approval of the U.S. Food and Drug Administration (FDA) and approval for marketing has not been given at the time it is furnished. Approval means all forms of acceptance by the FDA.</p> <p>A medical treatment or procedure, or biological product is experimental or investigational if 1) reliable evidence shows that it is the subject of ongoing phase I, II or III clinical trials or under study to determine its maximum tolerated dose, its toxicity, its safety, its efficacy, or its efficacy as compared with the standard means of treatment or diagnosis; or 2) reliable evidence shows that the consensus of opinion among experts regarding the drug, device, or biological product or medical treatment or procedure is that further studies or clinical trials are necessary to determine its maximum tolerated dose, its toxicity, its safety, its efficacy, or its efficacy as compared with the standard means of treatment or diagnosis.</p> <p>Reliable evidence shall mean only published reports and articles in the authoritative medical and scientific literature; the written protocol or protocols used by the treating facility or the protocol(s) of another facility studying substantially the same drug, device, or medical treatment or procedure; or the written informed consent used by the treating facility or by another facility studying substantially the same drug, device or medical treatment or procedure.</p>
<b>Group health coverage</b>	Health care coverage that a member is eligible for because of employment, membership in, or connection with, a particular organization or group that provides payment for hospital, medical, or other health care services or supplies, or that pays a specific amount for each day or period of hospitalization.

**Medical necessity** Services, drugs, supplies or equipment provided by a hospital or covered provider of the health care services that the Carrier determines:

- Are appropriate to diagnose or treat the patient's condition, illness or injury
- Are consistent with standards of good medical practice in the United States
- Are not primarily for the personal comfort of the patient, the family or the provider
- Are not a part of or associated with scholastic education or vocational training of the patient and
- In the case of inpatient care, cannot be provided safely on an outpatient basis

The fact that a covered provider has prescribed, recommended or approved a service, supply, drug or equipment does not, in itself, make it medically necessary.

**Our allowance** Our 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:

- Amounts charged by other providers for the same or similar service
- Any unusual medical circumstances requiring additional time, skill or experience and
- Other factors we determine are relevant, including, but not limited to, a resource based relative value scale

**Predetermination** The process of requesting approval of benefits before the service or supply is rendered. Your provider should submit the appropriate documentation for review.

**Us/We** Us and we refer to Blue HMO

**You** You refers to the enrollee and each covered family member.

---

## Section 11. FEHB facts

---

### Coverage information

#### No pre-existing condition limitation

We will not refuse to cover the treatment of a condition that 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](http://www.opm.gov/insure). 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 enrollment 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 health 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.

#### 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 Federal Employees Health Benefits (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 cancel your coverage, change to Self Only or change to a plan that doesn't serve the area in which your children live as long as the court/administrative order is in effect. Contact your employing office for further information.

### **When benefits and premiums start**

The benefits in this brochure are effective on 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 2004 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 2003 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).

### **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 supply 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 exspouse'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 website, [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 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.
  
- **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 ([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 have information about Federal and State agencies you can contact for more information.

---

## Two new Federal Programs complement FEHB benefits

---

### Important information

OPM wants to be sure you know about two new Federal programs that complement the FEHB Program. First, the **Flexible Spending Account (FSA) Program**, also known as **FSAFEDS**, lets you set aside tax-free money to pay for health and dependent care expenses. The result can be a discount of 20 to more than 40 percent on services you routinely pay for out-of-pocket. Second, the **Federal Long Term Care Insurance Program (FLTCIP)** covers long term care costs 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 the FSAFEDS Program:

#### 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 than that of a "family member" than is used under the FEHB Program to provide benefits by your FEHB Plan.
- The maximum amount that can be allotted for the HCFSA is \$3,000 annually. The minimum amount is \$250 annually.

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

- Covers eligible dependent care expenses incurred so you can work, or if you are married, so you and your spouse can work, or your spouse can look for work or attend school full-time.
- Eligible dependents for this account include anyone you claim on your Federal income tax return as a qualified IRS dependent and/or with whom you jointly file your Federal income tax return.
- The maximum that can be allotted for the DCFSA is \$5,000 annually. The minimum amount is \$250 annually. *Note:* The IRS limits contributions to a Dependent Care FSA. 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. The 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 FEHB Open Season. Even if you enrolled during the initial Open Season for 2003, you must make a new election to continue participating in 2004. Enrollment is easy!

- Enroll online anytime during Open Season (November 10 through December 8, 2003) at [www.fsafeds.com](http://www.fsafeds.com).
- Call the toll-free number 1-877-FSAFEDS (372-3337) Monday through Friday, from 9 a.m. until 9 p.m. eastern time and a FSAFEDS Benefit Counselor will help you enroll.

### What is SHPS?

SHPS is a third-party administrator hired by OPM to manage the FSAFEDS Program. SHPS is the largest FSA administrator in the nation and will be 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 flexible spending accounts. If you are not eligible for FEHB, you are not eligible to enroll for a Health Care FSA. However, almost all Federal employees are eligible to enroll for the Dependent Care FSA. The only exception is intermittent (also called when actually employed [WAE]) employees expected to work less than 180 days during the year.

*Note:* FSAFEDS is the FSA Program established for all Executive Branch employees and Legislative Branch employees whose employers signed on. Under IRS law, FSAs are not available to annuitants. In addition, the U.S. Postal Service and the Judicial Branch, among others, are Federal agencies that have their own plans with slightly different rules, but the advantages of having an FSA are the same no matter what agency you work for.

## • How much should I contribute to my FSA?

Plan carefully when deciding how much to contribute to an FSA. Because of the tax benefits of an FSA, the IRS places strict guidelines on them. You need to estimate how much you want to allocate to an FSA because current IRS regulations require you forfeit any funds remaining in your account(s) at the end of the FSA plan year. This is referred to as the “use-it-or-lose-it” rule. You will have until April 29, 2004 to submit claims for your eligible expenses incurred during 2003 if you enrolled in FSAFEDS when it was initially offered. You will have until April 30, 2005 to submit claims for your eligible expenses incurred from January 1 through December 31, 2004 if you elect FSAFEDS during this Open Season.

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 health 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 14 and detailed throughout this brochure. Your HCFSA will reimburse you for such costs when they are for tax deductible medical care for you and your dependents that is NOT covered by this FEHB Plan or any other coverage that you have.

Under this Plan, typical out-of-pocket expenses include:

- Copayments for office visits, emergency room visits and prescription drugs, and
- Assisted reproductive technology (ART) procedures, i.e., GIFT and ZIFT
- Long term rehabilitative therapy
- Chiropractic care beyond 12 spinal manipulations

The IRS governs expenses reimbursable by a HCFSA. See Publication 502 for a comprehensive list of tax-deductible medical expenses. **Note: While you will see insurance premiums listed in Publication 502, they are NOT a reimbursable expense for FSA purposes.** Publication 502 can be found on the IRS Web site at <http://www.irs.gov/pub/irs-pdf/p502.pdf>. If you do not see your service or expense listed in Publication 502, please call a FSAFEDS Benefit 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 also be lower. 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 a 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 in which retirement system you are enrolled (CSRS or FERS), as well as 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 tax-free from the first dollar. In addition, you may be reimbursed from the 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 listed in the above chart, 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 a 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 Quick Links box 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?**

Probably not. While there is an administrative fee of \$4.00 per month for an HCFSA and 1.5% of the annual election for a DCFSA, most agencies have elected to pay these fees out of their share of employment tax savings. To be sure, check the FSAFEDS.com web site or call 1-877-FSAFEDS (372-3337). Also, remember that participating in FSAFEDS can cost you money if you don't spend your entire account balance by the end of the plan year and wind up forfeiting your end of year account balance, per the IRS "use-it-or-lose-it" rule.

- **Contact us**

To find out more or to enroll, please visit the **FSAFEDS Web site** at [www.fsafeds.com](http://www.fsafeds.com), or contact SHPS by email or by phone. SHPS Benefit Counselors are available from 9:00 a.m. until 9:00 p.m. eastern time, Monday through Friday.

- E-mail: [fsafeds@shps.net](mailto:fsafeds@shps.net)
- Telephone: 1-877-FSAFEDS (372-3337)
- TTY: 1-800-952-0450 (for hearing impaired individuals that would like to utilize a text messaging service)

## **The Federal Long Term Care Insurance Program**

### **It's important protection**

Here's why you should consider enrolling in the Federal Long Term Care Insurance Program:

- **FEHB plans do not cover the cost of long term care.** Also called "custodial care," long term care is help you receive when you need assistance performing activities of daily living – such as bathing or dressing yourself. This need 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 control over the type of care you receive and where you receive it. It can also help you remain independent, so you won't have to worry about being a burden to your loved ones.
- **It's to your advantage to apply sooner rather than later.** Long term care insurance is something you must apply for, and pass a medical screening (called underwriting) in order to be enrolled. Certain medical 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 change in 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. If you marry, your new spouse will also have a limited opportunity to apply using abbreviated underwriting. Qualified relatives are also eligible to apply with full underwriting.

### **To find out more and to request an application**

Call 1-800-LTC-FEDS (1-800-582-3337) (TTY 1-800-843-3557) or visit [www.ltcfeds.com](http://www.ltcfeds.com)

---

## Index

---

Do not rely on this page; it is for your convenience and may not show all pages where the terms appear.

- Abortion, 42
- Accidental injury, 26, 39, 40
- Allergy care, 19
- Alternative treatments, 25
- Ambulance, 29, 31
- Anesthesia, 27
  
- Biopsies, 24**
- Blood or blood plasma, 28-29
  
- Cardiac rehabilitation, 20
- Casts, 28, 29
- Catastrophic protection out-of-pocket  
    maximum, 14, 61
- Changes for 2004, 9
- Chemotherapy, 20
- Chiropractic, 23
- Cholesterol tests, 17
- Circumcision, 18
- Claims filing, 43
- Clarifications for 2004, 9
- Coinurance, 14
- Colorectal cancer screening, 17
- Congenital anomalies, 24
- Contraceptive devices and drugs, 18, 36
- Coordination of benefits, 46
- Copayments, 14, 51
- Covered charges, 51
- Covered providers, 10, 11
- Crutches, 22
  
- Deductible, 14**
- Definitions, 51-52
- Dental, 39-41
- Diabetic supplies, 36
- Diagnostic services, 16, 28
- Dialysis, 20
- Disputed claims review, 44-45
- Donor expenses (transplants), 27
- Dressings, 22
- Durable medical equipment (DME), 22
  
- Educational classes and programs, 23**
- Effective date of enrollment, 54
- Emergency, 30-31
- Experimental or investigational, 51
- Extended care, 29
- Eyeglasses, 21, 38
  
- Family planning, 18**
- Fecal occult blood test, 17
- Fertility drugs, 19, 36
- Foot care, 21
- Formulary drugs, 34
- Fraud, 5
  
- General Exclusions, 42**
- Growth hormone services, 20, 36
  
- Hearing services, 21**
- Home health services, 23
- Hospice care, 29
- Home nursing care, 23
  
- Immunizations, 17**
- Infertility, 19, 36
- Inhospital physician care, 16
- Inpatient hospital benefits, 24-28
- Insulin, 36
- Intravenous (IV)/infusion therapy, 20
  
- Laboratory/pathological services, 16**
- Long Term Care Insurance, 59
  
- Magnetic Resonance Imaging (MRI), 16**
- Mail order prescription drugs, 36
- Mammogram, 16-17
- Maternity, 18
- Medicaid, 49
- Medical necessity, 52
- Medicare, 46-49
- Medical supplies, 22
- Mental health/substance abuse, 32-33
- Morbid obesity, 24
  
- Newborn care, 18**
- Nurse, 16
  - Licensed Practical Nurse, 23
  - Nurse Anesthetist, 28
  - Registered Nurse, 23
- Nursery charges, 28
  
- Obstetrical care, 18**
- Occupational therapy, 20
- Office visit, 16
- Oral and maxillofacial surgery, 26
- Orthopedic devices, 21-22
- Ostomy supplies, 22
- Out-of-pocket expenses, 14
- Outpatient hospital, 29
- Oxygen, 22, 23, 28, 29
  
- Pap test, 16, 17**
- Physical therapy, 20
- Preauthorization, 33
- Precertification, 13
- Predetermination, 13, 52
- Pre-existing condition, 53
- Prescription drugs, 34-36
- Preventive care, adults, 17
- Preventive care, children, 17
- Preventive services, 17
- Prior approval, 13
- Primary care, 11
- Prostate Specific Antigen (PSA) test, 17
- Prosthetic devices, 21-22
- Providers, 10-12
- Psychologist, 32
- Psychotherapy, 32
  
- Radiation therapy, 20**
- Reconstructive surgery, 25
- Respiratory and inhalation therapy, 20
- Room and board, 28
  
- Second surgical opinion, 16**
- Service area, 8
- Skilled nursing care, 29
- Smoking cessation, 23, 36
- Special features, 37-38
- Specialty care, 11
- Speech therapy, 20
- Splints, 28
- Sterilization procedures, 18, 25
- Subrogation, 50
- Substance abuse, 32-33
- Surgical procedures, 24-27
- Syringes, 36
  
- Temporary continuation of coverage, 55**
- Transplants, 27
- Treatment therapies, 20
  
- Urgent Care, 16, 31**
  
- Vision services, 21**
  
- Well child care, 17**
- Wheelchairs, 22
- Workers' compensation, 49
  
- X-ray, 28-29**

## Summary of benefits for Blue HMO – 2004

- **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
Medical services provided by physicians: • Diagnostic and treatment services provided in the office .	Office visit copay: \$10 primary care; \$10 specialist	16
Services provided by a hospital:		
• Inpatient .....	Nothing	28
• Outpatient .....	Nothing	29
Emergency benefits:		
• In-area .....	\$50 per visit	31
• Out-of-area .....	\$50 per visit	31
Mental health and substance abuse treatment .....	Office visit copay: \$10 Inpatient hospital: Nothing Outpatient hospital: Nothing	32
Prescription drugs:		
• Network Pharmacy .....	\$10 generic copay; \$20 formulary name brand copay; \$30 non-formulary name brand copay	36
• Mail order .....	\$20 generic copay; \$40 formulary name brand copay; \$60 non-formulary name brand copay	
Dental Care		
• Preventive Care .....	Nothing	40
• Other services .....	80% of our allowance	
Vision Care		
• One annual routine eye exam .....	\$10 per visit	21
Special features:		37
• Flexible benefits option		
• 24-hour nurse line		
• Centers of excellence for transplants/heart surgery		
• Reciprocity benefit		
• Discount programs		
Protection against catastrophic costs (your catastrophic protection out-of-pocket maximum) .....	Nothing after \$1,500/Self Only or \$3,000/Family enrollment per year  Some costs do not count toward this protection.	14

## 2004 Rate Information for Blue HMO

**Non-Postal rates** apply to most non-Postal enrollees. 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	Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
		Gov't Share	Your Share	Gov't Share	Your Share	USPS Share	Your Share
Self Only	R51	\$121.40	\$ 52.31	\$263.03	\$ 113.34	\$143.32	\$ 30.39
Self and Family	R52	\$277.09	\$154.34	\$600.36	\$334.41	\$327.12	\$ 104.31