

# SelectHealth Plan

[www.selecthealth.org/fep](http://www.selecthealth.org/fep)



# 2011

## A Health Maintenance Organization (HMO) High Option

Serving: Northern and Southern Utah

**Enrollment in this plan is limited. You must live or work in our Geographic service area to enroll. See page 8 for requirements.** Our service area includes the following counties: Beaver, Box Elder, Cache, Davis, Duchesne, Garfield, Iron, Juab, Millard, Morgan, Piute, Salt Lake, Sanpete, Sevier, Summit, Tooele, Uintah, Utah, Wasatch, Washington, Wayne, and Weber.

### Enrollment code for this Plan:

**SF1 High Option - Self Only**

**SF2 High Option - Self and Family**



### NCQA Excellent Accreditation

This status is reserved for the best health plans in the nation. It is only awarded to those plans that meet or exceed NCQA's rigorous requirements for consumer protection and quality improvement and deliver excellent clinical care.

Authorized for distribution by the:



**United States  
Office of Personnel Management**

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



**Important Notice from SelectHealth About  
Our Prescription Drug Coverage and Medicare**

OPM has determined that SelectHealth's prescription drug coverage is, on average, expected to pay out as much as the standard Medicare prescription drug coverage will pay for all plan participants and is considered Creditable Coverage. Thus you do not need to enroll in Medicare Part D and pay extra for prescription drug benefit coverage. If you decide to enroll in Medicare Part D later, you will not have to pay a penalty for late enrollment as long as you keep your FEHB coverage.

However, if you choose to enroll in Medicare Part D, you can keep your FEHB coverage and will coordinate benefits with Medicare.

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

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**Please be advised**

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If you lose or drop your FEHB coverage and go 63 days or longer without prescription drug coverage that's at least as good as Medicare's prescription drug coverage, your monthly premium will go up at least 1% per month for every month that you did not have that coverage. For example, if you go 19 months without Medicare Part D prescription drug coverage, your premium will always be at least 19 percent higher than what many other people pay. You'll have to pay this higher premium as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the next Annual Coordinated Election Period (November 15th through December 31st) to enroll in Medicare Part D.

**Medicare's Low Income Benefits**

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

You can get more information about Medicare prescription drug plans and the coverage offered in your area from these places:

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

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## Introduction

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This brochure describes the benefits under our contract 2925 with the United States Office of Personnel Management, as authorized by the Federal Employees Health Benefits law. The address for SelectHealth administrative offices is:

SelectHealth  
5381 Green St.  
Murray, UT 84123

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, 2011, unless those benefits are also shown in this brochure.

OPM negotiates benefits and rates with each plan annually. Benefit changes are effective January 1, 2011, and are summarized on page 67. Rates are shown at the end of this brochure.

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## Plain Language

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

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

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

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## Stop Health Care Fraud!

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

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

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

- Do not give your plan identification (ID) number over the telephone or to people you do not know, except for your health care providers, authorized health benefits plan, or OPM representative.
- Let only the appropriate medical professionals review your medical record or recommend services.
- Avoid using health care providers who say that an item or service is not usually covered, but they know how to bill us to get it paid.
- Carefully review explanations of benefits (EOBs) that you receive from us.
- Please review your claims history periodically for accuracy to ensure services are not being billed to your accounts that were never rendered.

- 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 801-442-5038 (Salt Lake area) or 800-538-5038 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 26 or over (unless he/she was disabled and incapable of self-support prior to age 26).
- If you have any questions about the eligibility of a dependent, check with your personnel office if you are employed, with your retirement office (such as OPM) if you are retired, or with the National Finance Center if you are enrolled under Temporary Continuation of Coverage.
- You can be prosecuted for fraud and your agency may take action against you if you falsify a claim to obtain FEHB benefits or try to obtain services for someone who is not an eligible family member or if you are no longer enrolled in the Plan.
- If your enrollment continues after you are no longer eligible for coverage (i.e., you have separated from Federal service) and premiums are not paid, you will be responsible for all benefits paid during the period in which premiums were not paid. You may be billed for services received directly from your provider. You may be prosecuted for fraud for knowingly using health insurance benefits for which you have not paid premiums. It is your responsibility to know when you or a family member are no longer eligible to use your health insurance coverage.

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## **Preventing Medical Mistakes**

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

**1. Ask questions if you have doubts or concerns.**

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

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

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

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

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

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

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

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

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

### **Patient Safety Links**

[www.ahrq.gov/consumer](http://www.ahrq.gov/consumer). The Agency for Healthcare Research and Quality provides a wide-ranging list of topics not only to inform consumers about patient safety but to help choose quality health care providers and improve the quality of care you receive.

[www.npsf.org](http://www.npsf.org). The National Patient Safety Foundation has information on how to ensure safer health care for you and your family.

[www.talkaboutrx.org/consumer](http://www.talkaboutrx.org/consumer). The National Council on Patient Information and Education is dedicated to improving communication about the safe, appropriate use of medicines.

[www.leapfroggroup.org](http://www.leapfroggroup.org). The Leapfrog Group is active in promoting safe practices in hospital care.

[www.ahqa.org](http://www.ahqa.org). The American Health Quality Association represents organizations and health care professionals working to improve patient safety.

[www.quic.gov/report/toc.htm](http://www.quic.gov/report/toc.htm). Find out what federal agencies are doing to identify threats to patient safety and help prevent mistakes in the nation's health care delivery system.

### **Never Events**

You will not be billed for inpatient services related to treatment of specific hospital acquired conditions or for inpatient services needed to correct never events, if you use SelectHealth preferred providers. This new policy will help protect you from preventable medical errors and improve the quality of care you receive.

When you enter the hospital for treatment of one medical problem, you don't expect to leave with additional injuries, infections or other serious conditions that occur during the course of your stay. Although some of these complications may not be avoidable, too often patients suffer from injuries or illnesses that could have been prevented if the hospital had taken proper precautions.

We have a benefit payment policy that will encourage hospitals to reduce the likelihood of hospital-acquired conditions such as certain infections, severe bedsores and fractures; and reduce medical errors that should never happen called "Never Events". When a Never Event occurs, neither you nor your FEHB plan will incur costs to correct the medical error.

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## Section 1. Facts about this HMO Plan

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This Plan is a health maintenance organization (HMO). We require you to see specific physicians, hospitals, and other providers that contract with us. These Plan providers coordinate your health care services. The Plan is solely responsible for the selection of these providers in your area. Contact the Plan for a copy of their most recent provider directory.

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

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

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

This plan is a "non-grandfathered health plan" under the Affordable Care Act. A non-grandfathered plan must meet immediate health care reforms legislated by the Act. Specifically, this plan must provide preventive Services and screenings to you without any cost sharing; you may choose any available Primary Care Provider for adult and pediatric care; visits for obstetrical or gynecological care do not require a referral; and emergency Services, both in- and out-of-network, are essentially treated the same (i.e., the same cost sharing, no greater limits or requirements for one over the other; and no prior authorizations).

Questions regarding what protections apply may be directed to us at [SelectHealth.org/healthcarereform](http://SelectHealth.org/healthcarereform). You can also read additional information from the U.S. Department of Health and Human Services at [www.healthcare.gov](http://www.healthcare.gov).

### **General features of our High Option**

- Our High Option has no deductible

### **We have Open Access benefits**

Our HMO offers Open Access benefits. This means you can receive covered Services from a participating provider without a required referral from you primary care provider or by another participating provider in the network.

### **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.

### **Catastrophic protection**

We protect you against catastrophic out-of-pocket expenses for covered services. Your annual out-of-pocket expenses for covered services, including deductibles and copayments, cannot exceed \$4,000 for Self Only enrollment, or \$4,000 family coverage.

### **Your rights**

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

- Intermountain Healthcare, our parent company, is a nonprofit health system based in Salt Lake City with over 32,000 employees. Since 1983, SelectHealth has been providing coverage for high-quality healthcare for the communities of Utah.

If you want more information about us, call 801-442-5038 (Salt Lake area) or 800-538-5038, or write to 5381 Green St. Murray, UT 84123. You may also visit our Web site at [www.selecthealth.org](http://www.selecthealth.org).

**Your medical and claims records are confidential**

We will keep your medical and claims records confidential. Please note that we may disclose your medical and claims information (including your prescription drug utilization) to any of your treating physicians or dispensing pharmacies.

**Service Area**

To enroll in this Plan, you must live in or work in our service area. This is where our providers practice. However, not all ZIP codes within these counties are included. Our service area is: Beaver, Box Elder (except for 84313, 84329), Cache, Davis, Duchesne, Garfield (except for 84712, 84716, 84717, 84718, 84736, 84759, 84764, 84776), Iron, Juab, Millard, Morgan, Piute (except for 84723), Salt Lake, Sanpete, Sevier, Summit, Tooele (except for 84034, 84083), Uintah (except for 84008, 84035, 84078, 84079), Utah, Wasatch, Washington, Wayne (except for 84734), and Weber.

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

If you or a covered family member 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 an HMO that has agreements with affiliates in other areas. 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.

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## Section 2. We are a new plan for 2011

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

### **Program Wide Changes**

- Several provisions of the Affordable Care Act (ACA) affect eligibility and benefits under the FEHB Program and FSAFEDS beginning January 1, 2011. For instance, children up to age 26 will be covered under a Self and Family enrollment. Please read the information in Sections 11 and 12 carefully.
- We have organized organ and tissue transplant benefit information to clarify coverage.
- We have organized Mental health and substance abuse benefits to clarify coverage.

### **This Plan is new to the FEHB Program. We are being offered for the first time during the 2011 Open Season.**

We have more than 26 years of experience providing healthcare for the communities of Utah. As a federal employee, you can be a part of one of the nation's top-ranked integrated systems, with access to a network of 34 hospitals and 3,700 physicians and practitioners. Our integration with Intermountain Healthcare<sup>®</sup> means you will have access to your medical records, claims, prescription history, and secure messaging through e-mail.

Here are some of the reasons why we may be your best choice when choosing a healthcare partner:

- Member Discounts
- Online Tools
- Health Education
- Care Management
- Exceptional Service

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## Section 3. How you get care

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<b>Identification cards</b>	<p>We will send you a SelectHealth 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. This ID Card does not guarantee Benefits. Until you receive your ID Card, use your copy of the Health Benefits Election Form, SF-2809, your health benefits enrollment confirmation (for annuitants), or your electronic enrollment system (such as Employee Express) confirmation letter.</p> <p>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 801-442-5038 (Salt Lake area) or 800-538-5038 or write to us at 5381 Green St. Murray, UT 84123. You may also request replacement cards through our Web site at <a href="http://www.selecthealth.org/myhealth">www.selecthealth.org/myhealth</a>.</p>
<b>Where you get covered care</b>	<p>You get care from “Plan providers” and “Plan facilities.” You will only pay copayments and/or coinsurance.</p>
<ul style="list-style-type: none"><li>• <b>Plan providers</b></li></ul>	<p>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.</p> <p>We list Plan providers in the provider directory, which we update periodically. The directory is also on our Web site at <a href="http://www.selecthealth.org/providers">www.selecthealth.org/providers</a>.</p>
<ul style="list-style-type: none"><li>• <b>Plan facilities</b></li></ul>	<p>Plan facilities are hospitals and other facilities in our service area that we contract with to provide covered services to our members. We list these in the provider directory, which we update periodically. The list is also on our Web site.</p>
<b>What you must do to get covered care</b>	<p>It depends on the type of care you need. First, you and each family member must choose a primary care physician. This decision is important since your primary care physician provides or arranges for most of your health care.</p>
<ul style="list-style-type: none"><li>• <b>Primary care</b></li></ul>	<p>Your primary care physician can be a Family Practitioner, Internal Medicine Doctor, Pediatrician, Obstetrician or Gynecologist (OB/GYN). Your primary care doctor will provide most of your health care or give you a referral to see a specialist.</p> <p>If you want to change primary care physicians or if your primary care physician leaves the Plan, call us. We will help you select a new one.</p>
<ul style="list-style-type: none"><li>• <b>Specialty care</b></li></ul>	<p>Your primary care physician will refer you to a specialist for needed care. When you receive a referral from your primary care physician, you must return to the primary care physician after the consultation, unless your primary care physician authorized a certain number of visits without additional referrals. The primary care physician must provide or authorize all follow-up care. Do not go to the specialist for return visits unless your primary care physician gives you a referral. However, you may see Cardiologists, Dermatologists, Neurologists, Ophthalmologists, Orthopedic Surgeons, or Otolaryngologists (ENTs).</p> <p>Here are some other things you should know about specialty care:</p> <ul style="list-style-type: none"><li>• If you need to see a specialist frequently because of a chronic, complex, or serious medical condition, your primary care physician will develop a treatment plan that allows you to see your specialist for a certain number of visits without additional referrals. Your primary care physician will use our criteria when creating your treatment plan (the physician may have to get an authorization or approval beforehand).</li></ul>

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

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

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

• **Hospital care**

Your Primary Care Provider 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 hospitalized when your enrollment begins**

We pay for covered services from the effective date of your enrollment. However, if you are in the hospital when your enrollment in our Plan begins, call our customer service department immediately at 801-442-5038. If you are new to the FEHB Program, we will arrange for you to receive care and provide benefits for your covered services while you are in the hospital beginning on the effective date of your coverage.

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 cases, the hospitalized family member's benefits under the new plan begin on the effective date of enrollment.

**How to get approval for...**

• **Your hospital stay**

You or your Provider are required to contact SelectHealth before you receive inpatient Services. Depending on the circumstances, your Benefits may be reduced or denied if you do not comply with this requirement.

• **How to precertify an admission**

If you need to request Preauthorization, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.

- **Maternity care**

All nonroutine obstetrics admissions and maternity stays longer than two days for a normal delivery or longer than four days for a cesarean section require preauthorization.

**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 such cases, 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 Preauthorization. Your physician must obtain Preauthorization for:
- All admissions to facilities, including rehabilitation, transitional care, skilled nursing, and all routine hospitalizations;
- All nonroutine obstetrics admissions and maternity stays longer than two days for a normal delivery or longer than four days for a cesarean section;
- Home health, hospice, outpatient private nurse;
- Pain management/pain clinic Services;
- Selected Prescription Drugs
- The following Durable Medical Equipment:
  - Insulin pumps and continuous glucose monitors;
  - Prosthetics (except eye prosthetics);
  - Negative pressure wound therapy electrical pump (wound vac);
  - Motorized or customized wheelchairs; and
  - DME with a purchase price over \$5,000.
- Certain Injectable Drugs and Specialty Medications
- Certain mental health and chemical dependency Services

You are responsible for obtaining Preauthorization when obtaining cochlear implants or organ transplants. Failure to obtain Preauthorization will result in the denial of Benefits.

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## Section 4. Your cost for covered services

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This is what you will pay out-of-pocket for covered care.

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

When you see your Primary Care Provider you pay a copay of \$15 per office visit and \$25 when you see a Specialist. When you go in the hospital you pay \$100 per admission.

**Cost-sharing** Cost-sharing is the general term used to refer to your out-of-pocket costs (e.g., deductible, coinsurance, and copays) for the covered care you receive.

**Coinsurance** Coinsurance is the percentage of our allowance that you must pay for your care.  
Example: In our Plan, you pay 10% of the allowed amount for outpatient facility Services and 10% of the allowed amount for physician's fees.

**Differences between our Plan allowance and the bill** Excess charges are charges from providers and facilities that exceed SelectHealth's allowed amount for covered services. Participating providers and facilities are under contract to accept SelectHealth's allowed amount as payment in full for covered services.

**Your catastrophic protection out-of-pocket maximum** After your total \$4,000 per person or \$4,000 per family enrollment in any calendar year, you do not have to pay any more for covered services. However, copayments for the following services do not count toward your catastrophic protection out-of-pocket maximum. You must continue to pay copayments for these services:

- Infertility
- Chiropractic
- Bariatric surgery
- Prescription drugs

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

**Carryover** If you changed to this Plan during open season from a plan with a catastrophic protection benefit and the effective date of the change was after January 1, any expenses that would have applied to that plan's catastrophic protection benefit during the prior year will be covered by your old plan if they are for care you received in January before your effective date of coverage in this Plan. If you have already met your old plan's catastrophic protection benefit level in full, it will continue to apply until the effective date of your coverage in this Plan. If you have not met this expense level in full, your old plan will first apply your covered out-of-pocket expenses until the prior year's catastrophic level is reached and then apply the catastrophic protection benefit to covered out-of-pocket expenses incurred from that point until the effective date of your coverage in this Plan. Your old plan will pay these covered expenses according to this year's benefits; benefit changes are effective January 1.

Note: If you change options in this Plan during the year, we will credit the amount of covered expenses already accumulated toward the catastrophic out-of-pocket limit of your old option to the catastrophic protection limit of your new option.

**When Government facilities bill us**

Facilities of the Department Government Affairs, the Department of Defense and the Indian Health Services are entitled to seek reimbursement from us for certain services and supplies they provide to you or a family member. They may not seek more than the governing laws allow. You may be responsible to pay for certain services and charges. Contact the government facility directly for more information.

**Section 5. High Option Benefits**

See page 9 for how our benefits changed this year. Page 67 is a benefit summary. Make sure that you review the benefits that are available under the option in which you are enrolled.

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

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

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Plan physicians must provide or arrange your care.
- A facility copay applies to services that appear in this section but are performed in an ambulatory surgical center or the outpatient department of a hospital.
- The calendar year deductible is: \$0 per person (\$0 per family).
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

Benefit Description	You Pay
<b>Diagnostic and treatment services</b>	<b>High</b>
Professional services of physicians <ul style="list-style-type: none"> <li>• In physician’s office</li> </ul>	\$15 per office visit to a Primary Care Provider  \$25 per office visit to a Specialist
Professional services of physicians <ul style="list-style-type: none"> <li>• In an urgent care center</li> <li>• During a hospital stay</li> <li>• In a skilled nursing facility</li> <li>• Major office surgery (Services with an Allowed Amount over \$350)</li> <li>• Second surgical opinion</li> </ul>	10% of the Allowed Amount
At home	\$15 per office visit to a Primary Care Provider  \$25 per office visit to a Specialist
<i>Not covered:</i>  Home visits are not covered unless you are physically incapable of traveling to the Provider's office.	<i>All charges</i>
<b>Lab, X-ray and other diagnostic tests</b>	<b>High</b>
Tests, such as: <ul style="list-style-type: none"> <li>• Blood tests</li> <li>• Urinalysis</li> <li>• Non-routine Pap test s</li> <li>• Pathology</li> <li>• X-rays</li> <li>• Non-routine mammograms</li> <li>• CAT Scans/MRI</li> <li>• Ultrasound</li> <li>• Electrocardiogram and EEG</li> </ul>	Nothing for minor diagnostic tests.  10% of the Allowed Amount for major diagnostic tests

Benefit Description	You Pay
<b>Preventive care, adult</b>	<b>High</b>
Routine physicals  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 – every five years starting at age 50</li> <li>- Double contrast barium enema – every five years starting at age 50</li> <li>- Colonoscopy screening – every ten years starting at age 50</li> </ul> </li> </ul>	Nothing
Routine Prostate Specific Antigen (PSA) test – one annually for men age 40 and older	Nothing
Routine Pap test	Nothing
Routine mammogram – covered for women age 35 and older, as follows: <ul style="list-style-type: none"> <li>• From age 35 through 39, one during this five year period</li> <li>• From age 40 through 64, one every calendar year</li> <li>• At age 65 and older, one every two consecutive calendar years</li> </ul>	Nothing
Adult routine immunizations endorsed by the Centers for Disease Control and Prevention (CDC):	Nothing
<i>Not covered:</i> <ul style="list-style-type: none"> <li>• Physical exams and immunizations required for obtaining or continuing employment or insurance, attending schools or camp, or travel.</li> <li>• The following immunizations: Anthrax, BCG (tuberculosis), cholera, typhoid, and yellow fever.</li> </ul>	All charges
<b>Preventive care, children</b>	<b>High</b>
Childhood immunizations recommended by the American Academy of Pediatrics	Nothing
<ul style="list-style-type: none"> <li>• Well-child care charges for routine examinations, immunizations and care (up to age 22)</li> <li>• Examinations, such as:               <ul style="list-style-type: none"> <li>- Eye exams through age 17 to determine the need for vision correction, which include:</li> <li>- Hearing exams through age 17 to determine the need for hearing correction, which include:</li> <li>- Examinations done on the day of immunizations (up to age 22)</li> </ul> </li> </ul>	Nothing

Benefit Description	You Pay
<b>Maternity care</b>	
<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> </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 12 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 of an infant who requires non-routine treatment only if we cover the infant under a Self and Family enrollment. Surgical benefits, not maternity benefits, apply to circumcision.</li> <li>• We pay hospitalization and surgeon services for non-maternity care the same as for illness and injury.</li> </ul>	<p>Nothing for prenatal care or the first postpartum care visit; \$15 per office visit for all postpartum care visits thereafter</p> <p>Nothing for inpatient professional delivery services</p>
<p>Adoption</p> <p>SelectHealth provides an adoption indemnity benefit of \$4,000 as required by Utah law. In order to receive this benefit, the child must be placed with you for adoption within 90 days of the child's birth and the adoption must be finalized within one year of the child's birth. You must submit a claim for the benefit within one year from the date of placement. If you adopt more than one child from the same birth (e.g., twins), only one adoption indemnity benefit applies. If you and/or your spouse are covered by multiple plans, SelectHealth will cover a prorated share of the adoption indemnity benefit. This benefit is subject to Coinsurance and Copayments.</p>	<p>10% of the Allowed Amount for physician’s fees</p>
<b>Family planning</b>	
<p>A range of voluntary family planning services, limited to:</p> <ul style="list-style-type: none"> <li>• Voluntary sterilization (See Surgical procedures Section 5(b))</li> <li>• Surgically implanted contraceptives</li> <li>• Injectable contraceptive drugs (such as Depo provera)</li> <li>• Intrauterine devices (IUDs)</li> <li>• Diaphragms</li> </ul> <p>Note: We cover oral contraceptives under the prescription drug benefit.</p>	<p>\$15 per office visit to a Primary Care Physician</p> <p>\$25 per office visit to a Specialist</p>
<p><i>Not Covered:</i></p> <ul style="list-style-type: none"> <li>• Reversal of voluntary surgical sterilization</li> <li>• Genetic Counseling is not covered when provided by a Nonparticipating Provider or one who is not a certified genetic counselor.</li> </ul>	<p>All charges</p>

Benefit Description	You Pay
<b>Infertility services</b>	<b>High</b>
<p>Diagnosis and treatment of infertility such as:</p> <p>Fulguration of ova ducts, hysteroscopy, hysterosalpingogram, certain laboratory tests, and laparoscopy.</p> <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> <li>• Fertility drugs</li> </ul> <p>Note: Infertility does not apply to the out-of-pocket maximum. Infertility coverage is limited to a maximum plan payment of \$1,500 per calendar year.</p>	50% of the Allowed Amount
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Assisted reproductive technology (ART) procedures, such as:               <ul style="list-style-type: none"> <li>- in vitro fertilization</li> <li>- embryo transfer, gamete intra-fallopian transfer (GIFT) and zygote intra-fallopian transfer (ZIFT)</li> </ul> </li> <li>• Services and supplies related to ART procedures</li> <li>• Cost of donor sperm</li> <li>• Cost of donor egg.</li> </ul>	All charges
<b>Allergy care</b>	<b>High</b>
<ul style="list-style-type: none"> <li>• Testing and treatment</li> <li>• Allergy Injections</li> </ul>	<p>\$15 per office visit to a Primary Care Provider for testing</p> <p>\$25 per office visit to a Specialist for testing</p>
Allergy serum	10% of the Allowed Amount
<p><i>Not Covered:</i></p> <p>Treatment or serum must be received from a board certified allergist, immunologist, or otolaryngologist. Oral food challenge testing is only covered when administered by a Provider who is board certified in allergy/immunology. Certain allergy tests and treatments are not covered. Contact SelectHealth Member Services for details.</p>	All charges

Benefit Description	You Pay
<p><b>Treatment therapies</b></p> <ul style="list-style-type: none"> <li>• Chemotherapy and radiation therapy</li> </ul> <p>Note: High dose chemotherapy in association with autologous bone marrow transplants is limited to those transplants listed under Organ/Tissue Transplants.</p> <ul style="list-style-type: none"> <li>• Respiratory and inhalation therapy</li> <li>• Dialysis – hemodialysis and peritoneal dialysis</li> <li>• Intravenous (IV)/Infusion Therapy – Home IV and antibiotic therapy</li> <li>• Growth hormone therapy (GHT)</li> </ul> <p>Note: Growth hormone is covered under the prescription drug benefit.</p> <p>Note: – We only cover GHT when we preauthorize the treatment. We will ask you to submit information that establishes that the GHT is medically necessary. Ask us to authorize GHT before you begin treatment; otherwise, we will only cover GHT services from the date you submit the information. If you do not ask or if we determine GHT is not medically necessary, we will not cover the GHT or related services and supplies. See <i>Services requiring our prior approval</i> in Section 3.</p>	<p><b>High</b></p> <p>10% of the Allowed Amount</p>
<p><i>Not Covered:</i></p> <p>The following cancer therapies:</p> <ul style="list-style-type: none"> <li>• Neutron beam therapy</li> <li>• Proton beam therapy</li> </ul>	<p>All charges</p>
<p><b>Physical and occupational therapies</b></p>	<p><b>High</b></p>
<p>Up to two months of coverage, per condition, per calendar year, for each type of therapy:</p> <ul style="list-style-type: none"> <li>• qualified physical therapists and</li> <li>• occupational therapists</li> </ul> <p>Note: We only cover therapy to restore bodily function when there has been a total or partial loss of bodily function due to illness or injury.</p> <p>Cardiac rehabilitation following a heart transplant, bypass surgery or a myocardial infarction is provided as medically necessary.</p>	<p>\$25 per office visit</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Long-term rehabilitative therapy</li> <li>• Exercise programs</li> <li>• Services for functional nervous disorders;</li> <li>• Vision rehabilitation therapy Services;</li> </ul>	<p>All charges</p>

Benefit Description	You Pay
<b>Speech therapy</b>	<b>High</b>
Up to two months of coverage, per condition, per calendar year, for each type of therapy:	\$25 per office visit
<p><i>Not Covered:</i></p> <p>Speech rehabilitative therapy is only covered when required to correct an impairment caused by a covered accident or illness or to restore an individual's ability to perform Activities of Daily Living.</p>	All charges
<b>Hearing services (testing, treatment, and supplies)</b>	<b>High</b>
<ul style="list-style-type: none"> <li>Hearing testing for children through age 17, as shown in <i>Preventive care, children</i>;</li> <li>Hearing aids, as shown in <i>Orthopedic and prosthetic devices</i>.</li> </ul>	<p>Nothing for preventive visit</p> <p>\$15 per office visit to a Primary Care Provider</p> <p>\$25 per office visit to a Specialist</p>
<p><i>Not Covered:</i></p> <p>The purchase, fitting, or ongoing evaluation of hearing aids, appliances, auditory brain implants, bone-anchored hearing aids, or any other procedure or device intended to establish or improve hearing or sound recognition is not covered, except for cochlear implants.</p>	All charges
<b>Vision services (testing, treatment, and supplies)</b>	<b>High</b>
<ul style="list-style-type: none"> <li>One pair of eyeglasses or contact lenses to correct an impairment directly caused by accidental ocular injury or intraocular surgery (such as for cataracts)</li> <li>Annual eye refractions</li> </ul> <p>Note: See <i>Preventive care, children</i> for eye exams for children</p>	<p>Nothing for preventive visit</p> <p>\$15 per office visit to a Primary Care Provider</p> <p>\$25 per office visit to a Specialist</p> <p>10% of the Allowed Amount for covered vision aids</p>
<p><i>Not Covered:</i></p> <ul style="list-style-type: none"> <li>Eyeglasses or contact lenses, except as shown above</li> <li>Eye exercises and orthoptics</li> <li>Radial keratotomy and other refractive surgery</li> </ul>	All charges
<b>Foot care</b>	<b>High</b>
Routine foot care when you are under active treatment for a metabolic or peripheral vascular disease, such as diabetes.	<p>\$15 per office visit to a Primary Care Provider</p> <p>\$25 per office visit to a Specialist</p>
<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> </ul>	All charges

*Foot care - continued on next page*

Benefit Description	You Pay
<b>Foot care (cont.)</b>	<b>High</b>
<ul style="list-style-type: none"> <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>	All charges
<b>Orthopedic and prosthetic devices</b>	<b>High</b>
<ul style="list-style-type: none"> <li>Artificial limbs and eyes; stump hose</li> <li>Externally worn breast prostheses and surgical bras, including necessary replacements following a mastectomy</li> <li>Hearing aids and testing to fit them</li> <li>Internal prosthetic devices , such as artificial joints, pacemakers, cochlear implants, and surgically implanted breast implant following mastectomy. Note: See 5(b) for coverage of the surgery to insert the device.</li> <li>Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants, and surgically implanted breast implant following mastectomy. Note: Internal prosthetic devices are paid as hospital benefits; see Section 5 (c) for payment information. Insertion of the device is paid as surgery; see Section 5(b) for coverage of the surgery to insert the device.</li> <li>Corrective orthopedic appliances for non-dental treatment of temporomandibular joint (TMJ) pain dysfunction syndrome.</li> </ul>	\$15 per office visit to a Primary Care Provider  \$25 per office visit to a Specialist
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>Orthopedic and corrective shoes</li> <li>Arch supports</li> <li>Foot orthotics</li> <li>Heel pads and heel cups</li> <li>Lumbosacral supports</li> <li>Corsets, trusses, elastic stockings, support hose, and other supportive devices</li> </ul>	All charges
<b>Durable medical equipment (DME)</b>	<b>High</b>
<p>We cover rental or purchase of durable medical equipment, at our option, including repair and adjustment. Covered items include:</p> <ul style="list-style-type: none"> <li>Oxygen;</li> <li>Dialysis equipment;</li> <li>Hospital beds;</li> <li>Wheelchairs;</li> <li>Crutches;</li> <li>Walkers;</li> <li>Audible prescription reading devices;</li> <li>Speech generating devices;</li> <li>Blood glucose monitors; and</li> <li>Insulin pumps.</li> </ul>	10% of the Allowed Amount

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

Benefit Description	You Pay
<b>Durable medical equipment (DME) (cont.)</b>	<b>High</b>
<p>Note: Call us at 801-442-5038 as soon as your Plan physician prescribes this equipment. We will arrange with a health care provider to rent or sell you durable medical equipment at discounted rates and will tell you more about this service when you call.</p>	10% of the Allowed Amount
<p><i>Not Covered:</i></p> <p>Batteries are not covered unless when used to power:</p> <ul style="list-style-type: none"> <li>a. a wheelchair; or</li> <li>b. an insulin pump for treatment of diabetes</li> </ul> <p>Continuous passive motion therapy is covered up to 21 days of continuous coverage from first day applied.</p>	All charges
<b>Home health services</b>	<b>High</b>
<ul style="list-style-type: none"> <li>• Home health care ordered by a Plan physician and provided by a registered nurse (R.N.), licensed practical nurse (L.P.N.), or licensed vocational nurse (L.V.N.).</li> <li>• Services include oxygen therapy, intravenous therapy and medications.</li> </ul>	10% of the Allowed Amount
<p><i>Not Covered:</i></p> <ul style="list-style-type: none"> <li>• Nursing care requested by, or for the convenience of, the patient or the patient's family;</li> <li>• Home care primarily for personal assistance that does not include a medical component and is not diagnostic, therapeutic, or rehabilitative.</li> </ul>	All charges
<b>Chiropractic</b>	<b>High</b>
<p>Chiropractic coverage is limited to 15 visits per calendar year.</p> <ul style="list-style-type: none"> <li>• Manipulation of the spine and extremities</li> <li>• Adjunctive procedures such as ultrasound, electrical muscle stimulation, vibratory therapy, and cold pack application</li> </ul> <p>Chiropractic benefits are administered through American Specialty Health (ASH). ASH provides claims adjudication, customer service and appeals services for chiropractic claims. SelectHealth members with questions regarding ASH benefits, eligibility or participating providers can contact the ASH Member Services Department at 800-678-9133. A directory of providers who participate with American Specialty Health can be found at <a href="http://www.selecthealth.org">www.selecthealth.org</a> or <a href="http://www.ashcompanies.com">www.ashcompanies.com</a>.</p>	\$20 per visit
<p><i>Not Covered:</i></p> <p>Services determined by ASH to be excluded or not medically necessary.</p>	All charges

Benefit Description	You Pay
<b>Alternative treatments</b>	<b>High</b>
<p><i>Not Covered:</i></p> <p>Complementary, alternative, and nontraditional services are not covered. Such services include:</p> <ul style="list-style-type: none"> <li>• acupuncture,</li> <li>• acupressure,</li> <li>• homeopathy,</li> <li>• homeopathic drugs,</li> <li>• certain bioidentical hormones,</li> <li>• massage therapies,</li> <li>• aromatherapies,</li> <li>• yoga,</li> <li>• hypnosis,</li> <li>• rolfing,</li> <li>• thermography, and</li> <li>• dry needling procedures</li> </ul>	<p>All charges</p>
<b>Educational classes and programs</b>	<b>High</b>
<p>Coverage is provided for:</p> <ul style="list-style-type: none"> <li>• Smoking cessation programs, including individual/group/telephone counseling, and for over the counter (OTC) and prescription drugs approved by the FDA to treat tobacco dependence.</li> <li>• Diabetes self management</li> <li>• Childhood obesity education</li> </ul>	<p>Nothing for counseling for up to two quit attempts per year.</p> <p>Nothing for OTC and prescription drugs approved by the FDA to treat tobacco dependence.</p> <p>\$15 per office visit to a Primary Care Provider</p> <p>Nothing</p>

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

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

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Plan physicians must provide or arrange your care.
- The calendar year deductible is: \$0 per person (\$0 per family).
- 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.

Benefit Description	You Pay
<b>Surgical procedures</b>	<b>High</b>
<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>• Normal pre- and post-operative care by the surgeon</li> <li>• Correction of amblyopia and strabismus</li> <li>• Endoscopy procedures</li> <li>• Biopsy procedures</li> <li>• Removal of tumors and cysts</li> <li>• Correction of congenital anomalies (see <i>Reconstructive surgery</i>)</li> <li>• Certain types of surgical treatment for morbid obesity (bariatric surgery)</li> <li>• Insertion of internal prosthetic devices . See 5(a) – <i>Orthopedic and prosthetic devices</i> for device coverage information</li> <li>• Temporomandibular Joint Disorder (TMJ) up to \$2,000 per person per calendar year</li> <li>• Voluntary sterilization (e.g., tubal ligation, vasectomy)</li> <li>• Treatment of burns</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>\$15 per office visit to a Primary Care Provider</p> <p>\$25 per office visit to a Specialist</p> <p>10% of the Allowed Amount for a major office surgery costing over \$350</p> <p>10% of the Allowed Amount for physician’s fees</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Reversal of voluntary sterilization</li> <li>• Routine treatment of conditions of the foot; see Foot care</li> </ul>	

Benefit Description	You Pay
<b>Reconstructive surgery</b>	<b>High</b>
<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 if:               <ul style="list-style-type: none"> <li>- the condition produced a major effect on the member’s appearance and</li> <li>- the condition can reasonably be expected to be corrected by such surgery</li> </ul> </li> <li>• Surgery to correct a condition that existed at or from birth and is a significant deviation from the common form or norm. Examples of congenital anomalies are: protruding ear deformities; cleft lip; cleft palate; birth marks; and webbed fingers and toes.</li> <li>• All stages of breast reconstruction surgery following a mastectomy, such as:               <ul style="list-style-type: none"> <li>- surgery to produce a symmetrical appearance of breasts;</li> <li>- treatment of any physical complications, such as lymphedemas;</li> <li>- breast prostheses and surgical bras and replacements (see <i>Prosthetic devices</i>)</li> </ul> </li> </ul> <p>Note: If you need a mastectomy, you may choose to have the procedure performed on an inpatient basis and remain in the hospital up to 48 hours after the procedure.</p>	<p>10% of the Allowed Amount for physician’s fees</p>
<p><i>Not Covered:</i></p> <ul style="list-style-type: none"> <li>• Cosmetic surgery – any surgical procedure (or any portion of a procedure) performed primarily to improve physical appearance through change in bodily form, except repair of accidental injury</li> <li>• Surgeries related to sex transformation</li> </ul>	<p>All charges</p>
<b>Oral and maxillofacial surgery</b>	<b>High</b>
<p>Oral surgical procedures, limited to:</p> <ul style="list-style-type: none"> <li>• Reduction of fractures of the jaws or facial bones;</li> <li>• Surgical correction of cleft lip, cleft palate or severe functional malocclusion;</li> <li>• Removal of stones from salivary ducts;</li> <li>• Excision of leukoplakia or malignancies;</li> <li>• Excision of cysts and incision of abscesses when done as independent procedures; and</li> <li>• Other surgical procedures that do not involve the teeth or their supporting structures.</li> </ul>	<p>10% of the Allowed Amount for a major office surgery costing over \$350</p> <p>10% of the Allowed Amount for physician’s fees</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Oral implants and transplants</li> <li>• Procedures that involve the teeth or their supporting structures (such as the periodontal membrane, gingiva, and alveolar bone)</li> </ul>	<p>All charges</p>

Benefit Description	You Pay
<p><b>Organ/Tissue Transplants</b></p>	<p><b>High</b></p>
<p>These <b>solid organ transplants</b> are covered. Solid organ transplants are limited to:</p> <ul style="list-style-type: none"> <li>• Cornea</li> <li>• Heart</li> <li>• Heart/lung</li> <li>• Intestinal transplants               <ul style="list-style-type: none"> <li>- Small intestine</li> <li>- Small intestine with the liver</li> <li>- Small intestine with multiple organs, such as the liver, stomach, and pancreas</li> </ul> </li> <li>• Kidney</li> <li>• Liver</li> <li>• Lung: single/bilateral/lobar</li> <li>• Pancreas</li> <li>• Autologous pancreas islet cell transplant (as an adjunct to total or near total pancreatectomy) only for patients with chronic pancreatitis</li> </ul>	<p>10% of the Allowed Amount for physician's fees</p>
<p>These <b>tandem blood or marrow stem cell transplants for covered transplants</b> are subject to medical necessity review by the Plan. Refer to <i>Other services</i> in Section 3 for prior authorization procedures.</p> <ul style="list-style-type: none"> <li>• Autologous tandem transplants for               <ul style="list-style-type: none"> <li>- AL Amyloidosis</li> <li>- Multiple myeloma (de novo and treated)</li> <li>- Recurrent germ cell tumors (including testicular cancer)</li> </ul> </li> </ul>	
<p><b>Blood or marrow stem cell transplants</b> limited to the stages of the following diagnoses. For the diagnoses listed below, the medical necessity limitation is considered satisfied if the patient meets the staging description</p> <ul style="list-style-type: none"> <li>• Allogeneic transplants for               <ul style="list-style-type: none"> <li>- Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia</li> <li>- Advanced Hodgkin's lymphoma with reoccurrence (relapsed)</li> <li>- Advanced non-Hodgkin's lymphoma with reoccurrence (relapsed)</li> <li>- Acute myeloid leukemia</li> <li>- Advanced Myeloproliferative Disorders (MPDs)</li> <li>- Advanced neuroblastoma</li> <li>- Amyloidosis</li> <li>- Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL)</li> <li>- Hemoglobinopathy</li> <li>- Infantile malignant osteopetrosis</li> <li>- Kostmann's syndrome</li> <li>- Leukocyte adhesion deficiencies</li> <li>- Marrow failure and related disorders (i.e., Fanconi's, PNH, Pure Red Cell Aplasia)</li> </ul> </li> </ul>	<p>10% of the Allowed Amount for physician's fees</p>

Organ/Tissue Transplants - continued on next page

Benefit Description	You Pay
<p><b>Organ/Tissue Transplants (cont.)</b></p> <ul style="list-style-type: none"> <li>- Mucopolysaccharidosis (e.g., Hunter’s syndrome, Hurler’s syndrome, Sanfillippo’s syndrome, Maroteaux-Lamy syndrome variants)</li> <li>- Myelodysplasia/Myelodysplastic syndromes</li> <li>- Paroxysmal Nocturnal Hemoglobinuria</li> <li>- Phagocytic/Hemophagocytic deficiency diseases (e.g., Wiskott-Aldrich syndrome)</li> <li>- Severe combined immunodeficiency</li> <li>- Severe or very severe aplastic anemia</li> <li>- Sickle cell anemia</li> <li>- X-linked lymphoproliferative syndrome</li> <li>• Autologous transplants for               <ul style="list-style-type: none"> <li>- Acute lymphocytic or nonlymphocytic (i.e., myelogenous) leukemia</li> <li>- Advanced Hodgkin’s lymphoma with reoccurrence (relapsed)</li> <li>- Advanced non-Hodgkin’s lymphoma with reoccurrence (relapsed)</li> <li>- Amyloidosis</li> <li>- Breast Cancer</li> <li>- Ependymoblastoma</li> <li>- Epithelial ovarian cancer</li> <li>- Ewing’s sarcoma</li> <li>- Multiple myeloma</li> <li>- Medulloblastoma</li> <li>- Pineoblastoma</li> <li>- Neuroblastoma</li> <li>- Testicular, Mediastinal, Retroperitoneal, and ovarian germ cell tumors</li> </ul> </li> </ul>	<p><b>High</b></p> <p>10% of the Allowed Amount for physician's fees</p>
<p><b>Mini-transplants performed in a clinical trial setting</b> (non-myeloablative, reduced intensity conditioning or RIC) for members with a diagnosis listed below are subject to medical necessity review by the Plan.</p> <p>Refer to <i>Other services</i> in Section 3 for prior authorization procedures:</p> <ul style="list-style-type: none"> <li>• Allogeneic transplants for               <ul style="list-style-type: none"> <li>- Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia</li> <li>- Advanced Hodgkin’s lymphoma with reoccurrence (relapsed)</li> <li>- Advanced non-Hodgkin’s lymphoma with reoccurrence (relapsed)</li> <li>- Acute myeloid leukemia</li> <li>- Advanced Myeloproliferative Disorders (MPDs)</li> <li>- Amyloidosis</li> <li>- Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL)</li> <li>- Hemoglobinopathy</li> <li>- Marrow failure and related disorders (i.e., Fanconi’s, PNH, Pure Red Cell Aplasia)</li> </ul> </li> </ul>	<p>10% of the Allowed Amount for physician's fees</p>

Organ/Tissue Transplants - continued on next page  
High Option Section 5(b)

Benefit Description	You Pay
<p><b>Organ/Tissue Transplants (cont.)</b></p>	<p><b>High</b></p>
<ul style="list-style-type: none"> <li>- Myelodysplasia/Myelodysplastic syndromes</li> <li>- Paroxysmal Nocturnal Hemoglobinuria</li> <li>- Severe combined immunodeficiency</li> <li>- Severe or very severe aplastic anemia</li> <li>• Autologous transplants for               <ul style="list-style-type: none"> <li>- Acute lymphocytic or nonlymphocytic (i.e., myelogenous) leukemia</li> <li>- Advanced Hodgkin’s lymphoma with reoccurrence (relapsed)</li> <li>- Advanced non-Hodgkin’s lymphoma with reoccurrence (relapsed)</li> <li>- Amyloidosis</li> <li>- Neuroblastoma</li> </ul> </li> </ul>	<p>10% of the Allowed Amount for physician's fees</p>
<p>These blood or marrow stem cell transplants are covered only in a National Cancer Institute or National Institutes of health <b>approved clinical trial</b> or a Plan-designated center of excellence and if approved by the Plan’s medical director in accordance with the Plan’s protocols.</p> <p>If you are a participant in a clinical trial, the Plan will provide benefits for related routine care that is medically necessary (such as doctor visits, lab tests, x-rays and scans, and hospitalization related to treating the patient’s condition) if it is not provided by the clinical trial. Section 9 has additional information on costs related to clinical trials. We encourage you to contact the Plan to discuss specific services if you participate in a clinical trial.</p> <ul style="list-style-type: none"> <li>• Allogeneic transplants for               <ul style="list-style-type: none"> <li>- Advanced Hodgkin’s lymphoma</li> <li>- Advanced non-Hodgkin’s lymphoma</li> <li>- Beta Thalassemia Major</li> <li>- Early stage (indolent or non-advanced) small cell lymphocytic lymphoma</li> <li>- Multiple myeloma</li> <li>- Multiple sclerosis</li> <li>- Sickle Cell anemia</li> </ul> </li> <li>• Mini-transplants (non-myeloablative allogeneic, reduced intensity conditioning or RIC) for               <ul style="list-style-type: none"> <li>- Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia</li> <li>- Advanced Hodgkin’s lymphoma</li> <li>- Advanced non-Hodgkin’s lymphoma</li> <li>- Breast cancer</li> <li>- Chronic lymphocytic leukemia</li> <li>- Chronic myelogenous leukemia</li> <li>- Colon cancer</li> <li>- Chronic lymphocytic lymphoma/small lymphocytic lymphoma (CLL/SLL)</li> <li>- Early stage (indolent or non-advanced) small cell lymphocytic lymphom</li> <li>- Multiple myeloma</li> <li>- Multiple sclerosis</li> </ul> </li> </ul>	<p>10% of the Allowed Amount for physician's fees</p>

Benefit Description	You Pay
<b>Organ/Tissue Transplants (cont.)</b>	<b>High</b>
<ul style="list-style-type: none"> <li>- Myeloproliferative disorders (MSDs)</li> <li>- Non-small cell lung cancer</li> <li>- Ovarian cancer</li> <li>- Prostate cancer</li> <li>- Renal cell carcinoma</li> <li>- Sarcomas</li> <li>- Sickle cell anemia</li> <li>• Mini-transplants (non-myeloblastic autologous, reduced intensity conditioning or RIC) for               <ul style="list-style-type: none"> <li>- Advanced Hodgkin’s lymphoma</li> <li>- Advanced non-Hodgkin’s lymphoma</li> <li>- Chronic myelogenous leukemia</li> <li>- Chronic lymphocytic lymphoma/small lymphocytic lymphoma (CLL/SLL)</li> <li>- Early stage (indolent or non-advanced) small cell lymphocytic lymphoma</li> <li>- Multiple sclerosis</li> <li>- Small cell lung cancer</li> <li>- Systemic lupus erythematosus</li> <li>- Systemic sclerosis</li> <li>- Scleroderma</li> <li>- Scleroderma-SSc (severe, progressive)</li> </ul> </li> </ul>	10% of the Allowed Amount for physician's fees
National Transplant Program (NTP) -	
<p>Note: We cover related medical and hospital expenses of the donor when we cover the recipient. <i>We cover donor testing for the actual solid organ donor or up to four bone marrow/stem cell transplant donors in addition to the testing of family members.</i></p>	
<p><i>Not Covered:</i></p> <ul style="list-style-type: none"> <li>• Donor screening tests and donor search expenses, except as shown above</li> <li>• Implants of artificial organs</li> <li>• Transplants not listed as covered</li> </ul>	All charges
<b>Anesthesia</b>	<b>High</b>
<p>Professional services provided in –</p> <ul style="list-style-type: none"> <li>• Hospital (inpatient)</li> </ul>	10% of the Allowed Amount for physician’s fees
<p>Professional services provided in –</p> <ul style="list-style-type: none"> <li>• Hospital outpatient department</li> <li>• Skilled nursing facility</li> <li>• Ambulatory surgical center</li> <li>• Office</li> </ul>	\$15 per office visit

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

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

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Plan physicians must provide or arrange your care and you must be hospitalized in a Plan facility.
- The calendar year deductible is: \$0 per person (\$0 per family).
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The amounts listed below are for the charges billed by the facility (i.e., hospital or surgical center) or ambulance service for your surgery or care. Any costs associated with the professional charge (i.e., physicians, etc.) are in Sections 5(a) or (b).
- **YOUR PHYSICIAN MUST GET PRECERTIFICATION FOR HOSPITAL STAYS.** Please refer to Section 3 to be sure which services require precertification.

Benefit Description	You Pay
<b>Inpatient Hospital</b>	<b>High</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; and</li> <li>• Meals and special diets.</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>Other hospital services and supplies, such as:</p> <ul style="list-style-type: none"> <li>• Operating, recovery, maternity, and other treatment rooms</li> <li>• Prescribed drugs and medicines</li> <li>• Diagnostic laboratory tests and X-rays</li> <li>• Dressings , splints , casts , and sterile tray services</li> <li>• Medical supplies and equipment, including oxygen</li> <li>• Anesthetics, including nurse anesthetist services</li> <li>• Take-home items</li> <li>• Medical supplies, appliances, medical equipment, and any covered items billed by a hospital for use at home</li> </ul>	\$100 per admission for inpatient facility
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Custodial care</li> <li>• Non-covered facilities, such as nursing homes, schools</li> <li>• Personal comfort items, such as telephone, television, barber services, guest meals and beds</li> <li>• Private nursing care</li> </ul>	All charges

Benefit Description	You Pay
<b>Outpatient Hospital or Ambulatory Surgical Center</b>	<b>High</b>
<ul style="list-style-type: none"> <li>• Operating, recovery, and other treatment rooms</li> <li>• Prescribed drugs and medicines</li> <li>• Diagnostic laboratory tests, X-rays , and pathology services</li> <li>• Administration of blood, blood plasma, and other biologicals</li> <li>• Blood and blood plasma , if not donated or replaced</li> <li>• 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>	10% of the Allowed Amount
<p><i>Not covered:</i></p> <p>Blood and blood derivatives not replaced by the member</p>	All charges
<b>Extended Care Benefits/Skilled Nursing Care Facility Benefits</b>	<b>High</b>
<p>Skilled Nursing is covered up to 30 days per calendar year</p> <p>Skilled Nursing is only covered when Services cannot be provided adequately through a home health program.</p> <p>All admissions to facilities, including rehabilitation, transitional care, skilled nursing, and all routine hospitalizations require preauthorization</p>	\$100 per admission for inpatient facility
<p><i>Not covered:</i></p> <p>Custodial care</p>	All charges
<b>Hospice Care</b>	<b>High</b>
<p>Hospice Care</p> <p>Supportive care provided on an inpatient or outpatient basis to a terminally ill Member not expected to live more than six months.</p> <p>Hospice care requires preauthorization.</p>	10% of the Allowed Amount
<p><i>Not covered:</i></p> <p>Independent nursing, homemaker services</p>	All charges

<b>Benefit Description</b>	<b>You Pay</b>
<b>Ambulance</b>	<b>High</b>
Local professional ambulance service when medically appropriate	10% of the Allowed Amount

**Section 5(d): Emergency services/accidents**

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

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible is: \$0 per person (\$0 per family).
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

**What is a medical emergency?**

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

Benefit Description	You pay
<b>Emergency within our service area</b>	<b>High</b>
<ul style="list-style-type: none"> <li>• Emergency care at a doctor’s office</li> <li>• Emergency care at an urgent care center</li> <li>• Emergency care as an outpatient at a hospital , including doctors’ services</li> </ul> <p>Note: We waive the ER copay if you are admitted to the hospital. Inpatient admit copay will still apply.</p>	<p>\$75 emergency room</p> <p>\$25 Urgent care or Intermountain InstaCare visit</p> <p>\$15 Intermountain KidsCare visit</p>
<p><i>Not covered:</i></p> <p>Elective care or non-emergency care</p>	<p>All charges</p>
<b>Emergency outside our service area</b>	<b>High</b>
<ul style="list-style-type: none"> <li>• Emergency care at a doctor’s office</li> <li>• Emergency care at an urgent care center</li> <li>• Emergency care as an outpatient at a hospital, including doctors’ services</li> </ul> <p>Note: We waive the ER copay if you are admitted to the hospital. Inpatient admit copay will still apply.</p>	<p>\$75 emergency room</p> <p>\$25 Urgent care or Intermountain InstaCare visit</p> <p>\$15 Intermountain KidsCare visit</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Elective care or non-emergency care and follow-up care recommended by non-Plan providers that has not been approved by the Plan or provided by Plan providers</li> <li>• Emergency care provided outside the service area if the need for care could have been foreseen before leaving the service area</li> <li>• Medical and hospital costs resulting from a normal full-term delivery of a baby outside the service area</li> </ul>	<p>All charges</p>

<b>Benefit Description</b>	<b>You pay</b>
<b>Ambulance</b>	<b>High</b>
Professional ambulance service when medically appropriate. Note: See 5(c) for non-emergency service.	10% of the Allowed Amount

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

You need to get Plan approval (preauthorization) for services and follow a treatment plan we approve in order to get benefits. When you receive services as part of an approved treatment plan, cost-sharing and limitations for Plan mental health and substance abuse benefits are no greater than for similar benefits for other illnesses and conditions.

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

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible or, for facility care, the inpatient deductible applies to almost all benefits in this Section. We added “(No deductible)” to show when a deductible does not apply.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- **YOU MUST GET PREAUTHORIZATION FOR THESE SERVICES.** 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. The treatment plan may include services, drugs, and supplies described elsewhere in this brochure. To be eligible to receive full benefits, you must follow the preauthorization process and get approval of your treatment plan.
- Preauthorization is required for all mental health and chemical dependency Services with the exception of office visits. If you need to request Preauthorization, call the Behavioral Health Advocates.
- We will provide medical review criteria or reasons for treatment plan denials to enrollees, members or providers upon request or as otherwise required.
- 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.

Benefit Description	You Pay
<p><b>Professional services</b></p> <p>When part of a treatment plan we approve, we cover professional services by licensed professional mental health and substance abuse practitioners when acting within the scope of their license, such as psychiatrists, psychologists, clinical social workers, licensed professional counselors, or marriage and family therapists.</p> <p>Diagnosis and treatment of psychiatric conditions, mental illness, or mental disorders. Services include:</p> <ul style="list-style-type: none"> <li>• Diagnostic evaluation</li> <li>• Crisis intervention and stabilization for acute episodes</li> <li>• Medication evaluation and management (pharmacotherapy)</li> <li>• Psychological and neuropsychological testing necessary to determine the appropriate psychiatric treatment</li> <li>• Treatment and counseling (including individual or group therapy visits)</li> <li>• Diagnosis and treatment of alcoholism and drug abuse, including detoxification, treatment and counseling</li> </ul>	<p><b>High</b></p> <p>Your cost-sharing responsibilities are no greater than for other illnesses or conditions.</p> <p>\$100 per admission for inpatient facility</p> <p>10% of the Allowed Amount for outpatient</p> <p>\$15 per office visit</p> <p>10% of the Allowed Amount for residential treatment</p>

*Professional services - continued on next page*

Benefit Description	You Pay
<b>Professional services (cont.)</b>	<b>High</b>
<ul style="list-style-type: none"> <li>• Professional charges for intensive outpatient treatment in a provider’s office or other professional setting</li> <li>• Electroconvulsive therapy</li> </ul>	<p>Your cost-sharing responsibilities are no greater than for other illnesses or conditions.</p> <p>\$100 per admission for inpatient facility</p> <p>10% of the Allowed Amount for outpatient</p> <p>\$15 per office visit</p> <p>10% of the Allowed Amount for residential treatment</p>
<b>Diagnostics</b>	<b>High</b>
<ul style="list-style-type: none"> <li>• Outpatient diagnostic tests provided and billed by a licensed mental health and substance abuse practitioner</li> <li>• Outpatient diagnostic tests provided and billed by a laboratory, hospital or other covered facility</li> <li>• Inpatient diagnostic tests provided and billed by a hospital or other covered facility</li> </ul>	<p>\$100 per admission for inpatient facility</p> <p>10% of the Allowed Amount for outpatient</p> <p>\$15 per office visit</p> <p>10% of the Allowed Amount for residential treatment</p>
<b>Inpatient Hospital or Other Covered Facility</b>	<b>High</b>
<p>Inpatient services provided and billed by a hospital or other covered facility.</p> <ul style="list-style-type: none"> <li>• Room and board, such as semiprivate or intensive accommodations, general nursing care, meals and special diets, and other hospital services</li> </ul>	<p>\$100 per admission for inpatient facility</p> <p>10% of the Allowed Amount for residential treatment</p>
<b>Outpatient Hospital or Other Covered Facility</b>	<b>High</b>
<p>Outpatient services provided and billed by a hospital or other covered facility</p> <ul style="list-style-type: none"> <li>• Services in approved treatment programs, such as partial hospitalization, half-way house, residential treatment, full-day hospitalization, or facility-based intensive outpatient treatment</li> </ul>	<p>10% of the Allowed Amount for outpatient</p> <p>\$15 per office visit</p> <p>10% of the Allowed Amount for residential treatment</p>
<b>Not Covered</b>	<b>High</b>
<p>Services that are not part of a preauthorized approved treatment plan</p>	<p>All charges</p>

**Section 5(f): Prescription drug benefits**

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

- We cover prescribed drugs and medications, as described in the chart beginning on the next page.
- 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.
- The calendar year deductible is: \$0 per person (\$0 per family).
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

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

- **Who can write your prescription.** A licensed physician must write the prescription.
- **Where you can obtain them.** You must fill the prescription at a plan pharmacy, or by mail for a maintenance medication
- **We use a formulary.** We cover non-formulary drugs prescribed by a Plan doctor.

We have an open formulary. If your physician believes a name brand product is necessary or there is no generic available, your physician may prescribe a name brand drug from a formulary list. This list of name brand drugs is a preferred list of drugs that we selected to meet patient needs at a lower cost. To order a prescription drug list, call 801-442-5038.

- **These are the dispensing limitations.** Refills are allowed after 50 percent of the last refill is used for a 10 day supply and 75 percent for a 30 day supply.
- **A generic equivalent will be dispensed if it is available,** unless your physician specifically requires a name brand. If you receive a name brand drug when a Federally-approved generic drug is available, and your physician has not specified Dispense as Written for the name brand drug, you have to pay the difference in cost between the name brand drug and the generic.
- **Why use generic drugs?** A generic drug is a medication in which the active ingredients, safety, dosage, quality, and strength are identical to that of its brand-name counterpart. Generic drugs are regulated by the U.S. Food and Drug Administration just like brand-name drugs.

Benefits 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 require a physician’s prescription for their purchase, except those listed as <i>Not covered</i>.</li> <li>• Insulin</li> <li>• Diabetic supplies limited to</li> <li>• Disposable needles and syringes for the administration of covered medications</li> <li>• Drugs for sexual dysfunction</li> <li>• Contraceptive drugs and devices</li> </ul>	<p><b>High</b></p> <p>Prescription Medications                      Tier 1 \$5                      Tier 2 \$25                      Tier 3 50%</p> <p>Maintenance Medications                      Tier 1 \$5                      Tier 2 \$50                      Tier 3 50%</p> <p>Note: If there is no generic equivalent available, you will still have to pay the brand name copay.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <li>• Drugs and supplies for cosmetic purposes</li> <li>• Drugs to enhance athletic performance</li> </ul>	<p>All charges</p>

*Covered medications and supplies - continued on next page*

Benefits Description	You Pay
<p><b>Covered medications and supplies (cont.)</b></p> <ul style="list-style-type: none"> <li>• Fertility drugs</li> <li>• Drugs obtained at a non-Plan pharmacy; except for out-of-area emergencies</li> <li>• Vitamins, nutrients and food supplements even if a physician prescribes or administers them</li> <li>• Nonprescription medicines</li> </ul> <p>Note: Over-the-counter and prescription drugs approved by the FDA to treat tobacco dependence are covered under the Smoking cessation benefit. (See page 25.)</p>	<p><b>High</b></p>
	<p>All charges</p>

**Section 5(g). Dental benefits**

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

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary
- If you are enrolled in a Federal Employees Dental/Vision Insurance Program (FEDVIP) Dental Plan, your FEHB Plan will be First/Primary payor of any Benefit payments and your FEDVIP Plan is secondary to your FEHB Plan. See Section 9 Coordinating benefits with other coverage.
- The calendar year medical deductible is: \$0 per person (\$0 per family).
- We cover hospitalization for dental procedures only when a non-dental physical impairment exists which makes hospitalization necessary to safeguard the health of the patient. See Section 5(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.

Benefits Description	You Pay
<b>Accidental injury benefit</b>	<b>High</b>
<p>We cover restorative services and supplies necessary to promptly repair (but not replace) sound natural teeth. The need for these services must result from an accidental injury.</p>	<p>\$15 per office visit to a Primary Care Provider</p> <p>\$25 per office visit to a Specialist</p> <p>10% of the Allowed Amount for a major office surgery costing over \$350</p> <p>10% of the Allowed Amount for physician's fees</p>
<b>Dental Benefits</b>	<b>High</b>
<p>We have no other dental benefits.</p>	

## Section 5(h): Special Features

Special feature	Description
<b>Integrated with Intermountain HealthCare</b>	You can be a part of one of the nation's top-ranked integrated health systems.* We work together with Intermountain Healthcare to enhance value. From clinical best practices to care managers who support high-risk patients, Intermountain and SelectHealth are recognized for leading medical technology and care. <i>*Modern Healthcare magazine, January 2010</i>
<b>Member Discounts</b>	Embracing a healthy lifestyle is more convenient when it costs less. As a member of SelectHealth, you can access discounts on health-related products and services by simply showing your SelectHealth ID Card. A list of these discounts is available at <a href="http://www.selecthealth.org/discounts">www.selecthealth.org/discounts</a> .
<b>Online Tools</b>	Our comprehensive package of online tools and resources allows you to easily track your benefit records, compare plan costs, find lower-cost medications, and even create a personalized fitness plan. <i>My Health</i> , our secure member Web site, allows you to manage your health information in one location. To make it easier for you to understand your benefits and achieve your health-related goals, <i>My Health</i> gives you access to the following online tools: <ul style="list-style-type: none"> <li>• Personalized benefits summary</li> <li>• Prescription drug cost comparison</li> <li>• Health management centers</li> <li>• Online health coaching for nutrition, fitness, weight loss, and smoking cessation</li> <li>• Paperless Explanations of Benefits and year-to-date totals</li> <li>• Secure messaging with our Member Services representatives</li> </ul>
<b>Preventive Care Reminders</b>	Regular wellness exams can help you maintain optimal health and detect and treat concerns early. We provide information, schedules, and reminder calls and mailings to help you seek the appropriate examinations, immunizations, and treatments.
<b>SelectHealth Healthy Beginnings®</b>	Moms-to-be know that preparing for a new baby can be a handful. Fortunately, our Healthy Beginnings prenatal care program can help. Registered nurses work with expecting moms and their providers through every trimester, every question, and every tiny kick. There's no catch and no cost. In addition to expert care and support, each enrollee receives a kit of education materials. Those who sign up by their 16th week of pregnancy may also receive a cash incentive upon program completion. Minimum participation requires just three short phone interviews to make sure you're on a healthy track. The program includes a risk assessment screening and provides high-risk case management when needed.
<b>Care Management</b>	Our care management nurses provide educational materials, online and community resources, and follow-up phone calls to help members manage their conditions. Care management services are available to all SelectHealth members and can help with the following: <ul style="list-style-type: none"> <li>• Allergies and Rhinitis</li> <li>• Asthma</li> <li>• Cancer</li> <li>• Cholesterol</li> <li>• Congestive Heart Failure</li> <li>• COPD</li> <li>• Depression</li> </ul>

	<ul style="list-style-type: none"> <li>• Diabetes</li> <li>• Hepatitis C</li> <li>• High-Risk Pregnancy</li> <li>• Hypertension</li> <li>• Migraines</li> </ul>
<p><b>Travel Benefit/Services Overseas</b></p>	<p>In an effort to reduce your out-of-pocket expenses when you leave Utah, we have made an arrangement with the Beech Street<sup>®</sup> network of healthcare providers and facilities. Beech Street providers and facilities are considered nonparticipating for payment purposes. However, they have agreed to accept an allowed amount for covered services, which means you will not be responsible for excess charges when using these providers. Beech Street providers and facilities are found across the U.S. When you are traveling outside of Utah and need to find a Beech Street provider or facility, call 800-233-2478 or visit <a href="http://www.beechstreet.com/beechplus/slh">www.beechstreet.com/beechplus/slh</a>. Always present your SelectHealth ID Card. Your card has the Beech Street logo on the back, giving you access to the network and identifying you as a member of an affiliate health plan.</p> <p>If you are traveling outside of the country and need urgent or emergency care, visit the nearest doctor or hospital. Notify us of your circumstances as soon as possible. You may be required to pay for treatment at the time of service and then submit an itemized statement or claim to SelectHealth. Our Care Management team may become involved to help with any out-of-country health issues or claims that are particularly complicated.</p> <p>If you are outside SelectHealth’s service area (more than 40 miles away from a participating provider or facility), participating benefits apply to services for urgent or emergency conditions rendered in any doctor’s office or any urgent care facility.</p>
<p><b>Member Services</b></p>	<p>Representatives are available during extended hours to answer questions and help resolve concerns. To contact Member Services, call 801-442-5038 (Salt Lake area), or 800-538-5038 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.</p>
<p><b>SelectHealth Member Advocates<sup>®</sup></b></p>	<p>Member Advocates help members find the right doctor. They are also available to assist with scheduling appointments and finding the closest facility or doctor with the soonest available appointment. To contact Member Advocates, call 801-442-4993 (Salt Lake area), or 800-515-2220 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.</p>
<p><b>Behavioral Health Advocates<sup>SM</sup></b></p>	<p>Behavioral Health Advocates specialize in helping members resolve mental health concerns and finding appropriate care. To contact Behavioral Health Advocates, call 801-442-1989 (Salt Lake area), or 800-876-1989 weekdays from 8:00 a.m. to 6:00 p.m.</p>
<p><b>Services for Deaf and Hearing Impaired</b></p>	<p>Free interpreting services will be provided upon request.</p>

## Non-FEHB benefits available to Plan members

The benefits on this page are not part of the FEHB contract or premium, **and you cannot file an FEHB disputed claim about them.** Fees you pay for these services do not count toward FEHB deductibles or catastrophic protection out-of-pocket maximums. These programs and materials are the responsibility of the Plan, and all appeals must follow their guidelines. For additional information call Member Services at **801-442-5038** (Salt Lake area) or **800-538-5038** weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.

We're more than just your health plan—we're your health and wellness partner. We provide Proactive Care, Member Discounts, Online Tools, Care Management, and plenty of Health Education.

### Proactive Care

A little effort today can have big results tomorrow. To encourage you to be proactive about your health, we'll remind you when you're due for a checkup and even help you schedule an appointment. Plus, we award the doctors' offices that demonstrate exemplary care in managing chronic illness and delivering preventive care.

### Member Discounts

Embracing a healthy lifestyle is easier when it costs less. Just show your SelectHealth ID Card to save on health-related services like gym memberships, vitamins and supplements, and even massage therapy. For a complete list and details, visit [www.selecthealth.org/discounts](http://www.selecthealth.org/discounts).

### Online Tools

You may not be tech savvy, but we can help you become health savvy. Our comprehensive package of online tools and resources allows you to easily track your claim payments, compare plan costs, find lower-cost medications, and even create a personalized fitness plan—24 hours a day.

### Care Management

An accident? A new diagnosis? A chronic condition? Managing an urgent or ongoing medical need can be overwhelming. We'll make sure you don't have to do it alone. Our team of compassionate, registered nurses averages nearly 30 years of experience in all areas of medicine, with a local knowledge of facilities, providers, and services. A nurse will work personally with you and your doctor to make sure you get the most appropriate care and receive help with your benefits and claims.

### Health Education

Knowledge is power. But with so many places to turn for health information, finding a reliable source can be a challenge. Thanks to more than a quarter century of benefits experience and our integration with Intermountain Healthcare, we can give you everything you'll need to become a health genius.

### The SelectHealth Difference - Caring for Utahns since 1983

SelectHealth doesn't just give you a health and wellness plan—we become your health and wellness partner. Our experienced, trained professionals are here to help you every step of the way. Online wellness tools and fitness discounts enhance your nutrition and exercise plans. Registered nurses monitor pregnancies and manage chronic diseases. And our local customer service representatives can help you get the most from both your wellness plan and the rest of your coverage.

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

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The exclusions in this section apply to all benefits. There may be other exclusions and limitations listed in Section 5 of this brochure. **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** (see specifics regarding transplants).

We do not cover the following:

- Care by non-plan providers except for authorized referrals or emergencies (see *Emergency services/accidents*);
- Services, drugs, or supplies you receive while you are not enrolled in this Plan;
- Services, drugs, or supplies 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 (see specifics regarding transplants);
- 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; or
- Services, drugs, or supplies you receive without charge while in active military service.

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## Section 7. Filing a claim for covered services

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There are four types of claims. Three of the four types - Urgent care claims, Pre-service claims, and Concurrent review claims - usually involve access to care where you need to request and receive our advance approval to receive coverage for a particular service or supply covered under this Brochure. See Section 3 for more information on these claims/requests and Section 10 for the definitions of these three types of claims.

The fourth type - Post-service claims - is the claim for payment of benefits after services or supplies have been received.

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 and/or coinsurance.

You will only need to file a claim when you receive emergency services from Nonparticipating 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 CMS-1500, Health Insurance Claim Form. Your facility will file on the UB-04 form. For claims questions and assistance, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.

When you must file a claim – such as for services you received outside the Plan’s service area – submit it on the CMS-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 payor – such as the Medicare Summary Notice (MSN); and
- Receipts, if you paid for your services.

**Submit your claims to:** P.O. Box 30192 Salt Lake City, UT 84130-0192

### **Prescription drugs**

**Submit your claims to:** P.O. Box 30192 Salt Lake City, UT 84130-0192

### **Other supplies or services**

**Submit your claims to:** P.O. Box 30192 Salt Lake City, UT 84130-0192

### **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.

**Urgent care claims procedures**

If you have an urgent care claim, please contact Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038. Urgent Care Claims must meet the definition found in Section 10 of this brochure, and most urgent care claims will be claims for access to care rather than claims for care already received.

We will notify you of our decision not later than 24 hours after we receive the claim as long as you provide us with sufficient information to decide the claim. If you or your authorized representative fails to provide sufficient information to allow us to, we will inform you or your authorized representative of the specific information necessary to complete the claim not later than 24 hours after we receive the claim and a time frame for our receipt of this information. We will decide the claim within 48 hours of (i) receiving the information or (ii) the end of the time frame, whichever is earlier.

We may provide our decision orally within these time frames, but we will follow up with a written or electronic notification within three days of oral notification.

**Concurrent care claims procedures**

A concurrent care claim involves care provided over a period of time or over a number of treatments. We will treat any reduction or termination of our pre-approved course of treatment as an appealable decision. If we believe a reduction or termination is warranted we will allow you sufficient time to appeal and obtain a decision from us before the reduction or termination takes effect.

If you request an extension of an ongoing course of treatment at least 24 hours prior to the expiration of the approved time period and this is also an urgent care claim, then we will make a decision within 24 hours after we receive the claim.

**Pre-service claims procedures**

As indicated in Section 3, certain care requires Plan approval in advance. We will notify you of our decision within 15 days after the receipt of the pre-service claim. If matters beyond our control require an extension of time, we may take up to an additional 15 days for review and we will notify you before the expiration of the original 15-day period. Our notice will include the circumstances underlying the request for the extension and the date when a decision is expected.

If we need an extension because we have not received necessary information from you, our notice will describe the specific information required and we will allow you up to 60 days from the receipt of the notice to provide the information.

If you fail to follow these pre-service claim procedures, then we will notify you of your failure to follow these procedures as long as (1) your request is made to our customer service department and (2) your request names you, your medical condition or symptom, and the specific treatment, service, procedure, or product requested. We will provide this notice within five days following the failure or 24 hours if your pre-service claim is for urgent care. Notification may be oral, unless you request written correspondence.

**Post-service claims procedures**

We will notify you of our decision within 30 days after we receive the claim. If matters beyond our control require an extension of time, we may take up to an additional 15 days for review as long as we notify you before the expiration of the original 30-day period. Our notice will include the circumstances underlying the request for the extension and the date when a decision is expected.

If we need an extension because we have not received necessary information from you, our notice will describe the specific information required and we will allow you up to 60 days from the receipt of the notice to provide the information.

**When we need more information**

Please reply promptly when we ask for additional information. We may delay processing or deny benefits for your claim if you do not respond. Our deadline for responding to your claim is stayed while we await all of the additional information needed to process your claim.

**Authorized  
representative**

You may designate an authorized representative to act on your behalf for filing a claim or to appeal claims decisions to us. For urgent care claims, a health care professional with knowledge of your medical condition will be permitted to act as your authorized representative without your express consent. For the purposes of this section, we are also referring to your authorized representative when we refer to you.

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## Section 8. The disputed claims process

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Please follow this Federal Employees Health Benefits Program disputed claims process if you disagree with our decision on your claim or request for services, drugs, or supplies – including a request for preauthorization/prior approval required by Section 3. You may be able to appeal to the U.S. Office of Personnel Management (OPM) immediately if we do not follow the particular the requirements of this disputed claims process. For more information about situations in which you are entitled to immediately appeal and how to do so, please visit [www.selecthealth.org](http://www.selecthealth.org).

To help you prepare your appeal, you may arrange with us to review and copy, free of charge, all relevant materials and Plan documents under our control relating to your claim, including those that involve any expert review(s) of your claim.

Step	Description
<b>1</b>	<p>Ask us in writing to reconsider our initial decision. You must:</p> <ul style="list-style-type: none"><li>a) Write to us within 6 months from the date of our decision; and</li><li>b) Send your request to us at: SelectHealth, Appeals Department 5381 S Green Street Murray, UT 84123; and</li><li>c) Include a statement about why you believe our initial decision was wrong, based on specific benefit provisions in this brochure; and</li><li>d) Include copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and Explanation of Benefits (EOB) forms.</li><li>e) Your email address, if you would like to receive OPM's decision via email. Please note that by providing your email address, you may receive OPM's decision more quickly</li></ul>
<b>2</b>	<p>We have 30 days from the date we receive your request to:</p> <ul style="list-style-type: none"><li>a) Pay the claim (or, if applicable, arrange for the health care provider to give you the care) or</li><li>b) Write to you and maintain our denial—go to step 4; or</li><li>c) 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></ul>
<b>3</b>	<p>You or your provider must send the information so that we receive it within 60 days of our request. We will then decide within 30 more days.</p> <p>If we do not receive the information within 60 days, we will decide within 30 days of the date the information was due. We will base our decision on the information we already have.</p> <p>We will write to you with our decision.</p> <p>In the case of an appeal of an urgent care claim, we will notify you of our decision not later than 72 hours after receipt of your reconsideration request. We will hasten the review process, which allows oral or written requests for appeals and the exchange of information by telephone, electronic mail, facsimile, or other expeditious methods.</p>
<b>4</b>	<p>If you do not agree with our decision, you may ask OPM to review it.</p> <p>You must write to OPM within</p> <ul style="list-style-type: none"><li>• 90 days after the date of our letter upholding our initial decision; or</li><li>• 120 days after you first wrote to us-if we did not answer that request in some way within 30 days; or</li><li>• 120 days after we asked for additional information.</li></ul>

Write to OPM at: United States Office of Personnel Management, Insurance Operations, Health Insurance Group 3, 1900 E Street, NW, Washington, DC 20415-3620.

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. However, for urgent care claims, a health care professional with knowledge of your medical condition may act as your authorized representative without your express consent.

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 you did not indicate that your claim was a claim for urgent care, then call us at (801) 442-5038. We will hasten our review (if we have not yet responded to your claim); or we will inform OPM so they can quickly review your claim on appeal. You may call OPM's Health Insurance 3 at (202) 606-0737 between 8 a.m. and 5 p.m. eastern time.

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## Section 9. Coordinating benefits with other coverage

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### When you have other health coverage

You must tell us if you or a covered family member has coverage under any other health plan or has 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 payor and the other plan pays a reduced benefit as the secondary payor. We, like other insurers, determine which coverage is primary according to the National Association of Insurance Commissioners’ guidelines.

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

When we are the secondary payor, 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 or older;
- Some people with disabilities under 65 years of age; and
- People with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant).

Medicare has four parts:

- Part A (Hospital Insurance). Most people do not have to pay for Part A. If you or your spouse worked for at least 10 years in Medicare-covered employment, you should be able to qualify for premium-free Part A insurance. (If you were a Federal employee at any time both before and during January 1983, you will receive credit for your Federal employment before January 1983.) Otherwise, if you are age 65 or older, you may be able to buy it. Contact 1-800-MEDICARE (1-800-633-4227), (TTY 1-877-486-2048) for more information.
- Part B (Medical Insurance). Most people pay monthly for Part B. Generally, Part B premiums are withheld from your monthly Social Security check or your retirement check.
- Part C (Medicare Advantage). You can enroll in a Medicare Advantage plan to get your Medicare benefits. We do not offer a Medicare Advantage plan. Please review the information on coordinating benefits with Medicare Advantage plans on the next page.
- Part D (Medicare prescription drug coverage). There is a monthly premium for Part D coverage. If you have limited savings and a low income, you may be eligible for Medicare’s Low-Income Benefits. For people with limited income and resources, extra help in paying for a Medicare prescription drug plan is available. Information regarding this program is available through the Social Security Administration (SSA). For more information about this extra help, visit SSA online at [www.socialsecurity.gov](http://www.socialsecurity.gov), or call them at 1-800-772-1213 (TTY 1-800-325-0778). Before enrolling in Medicare Part D, please review the important disclosure notice from us about the FEHB prescription drug coverage and Medicare. The notice is on the first inside page of this brochure. The notice will give you guidance on enrolling in Medicare Part D.

**Should I enroll in Medicare?**

The decision to enroll in Medicare is yours. We encourage you to apply for Medicare benefits 3 months before you turn age 65. It's easy. Just call the Social Security Administration toll-free number 1-800-772-1213, (TTY 1-800-325-0778) to set up an appointment to apply. If you do not apply for one or more Parts of Medicare, you can still be covered under the FEHB Program.

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 do not sign up for Medicare Part B when you are first eligible, you may be charged a Medicare Part B late enrollment penalty of a 10 % increase in premium for every 12 months you are not enrolled. If you didn't take Part B at age 65 because you were covered under FEHB as an active employee (or you were covered under your spouse's group health insurance plan and he/she was an active employee), you may sign up for Part B (generally without an increased premium) within 8 months from the time you or your spouse stop working or are no longer covered by the group plan. You also can sign up at any time while you are covered by the group plan.

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

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

The Original Medicare Plan (Original Medicare) is available everywhere in the United States. It is the way everyone used to get Medicare benefits and is the way most people get their Medicare Part A and Part B benefits now. You may go to any doctor, specialist, or hospital that accepts Medicare. The Original Medicare Plan pays its share and you pay your share.

All physicians and other providers are required by law to file claims directly to Medicare for members with Medicare Part B, when Medicare is primary. This is true whether or not they accept Medicare.

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.

**Claims process when you have the Original Medicare Plan** – You will probably not need to file a claim form when you have both our Plan and the Original Medicare Plan.

When we are the primary payor, we process the claim first.

When Original Medicare is the primary payor, Medicare processes your claim first. In most cases, your claim will be coordinated automatically and we will then provide secondary benefits for covered charges. To find out if you need to do something to file your claim, call Member Services, at 801-442-5038 (Salt Lake area) or 800-538-5038 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m. or see our Web site at [www.selecthealth.org](http://www.selecthealth.org).

**We waive some costs if the Original Medicare Plan is your primary payor** – We will waive some out-of-pocket costs as follows:

- Medical services and supplies provided by physicians and other health care professionals.

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

You can find more information about how our plan coordinates benefits with Medicare by calling Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.

**Tell us about your Medicare coverage**

You must tell us if you or a covered family member has Medicare coverage, and let us obtain information about services denied or paid under Medicare if we ask. You must also tell us about the other coverage you or your covered family members may have, as this coverage may affect the primary/secondary status of this Plan and Medicare.

**Medicare Advantage (Part C)**

If you are eligible for Medicare, you may choose to enroll in and get your Medicare benefits from a Medicare Advantage plan. These are private health care choices (like HMOs and regional PPOs) in some areas of the country.

To learn more about Medicare Advantage plans, contact Medicare at 1-800-MEDICARE (1-800-633-4227), (TTY 1-877-486-2048) or at [www.medicare.gov](http://www.medicare.gov).

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

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

**Suspended FEHB coverage to enroll in a Medicare Advantage plan:** If you are an annuitant or former spouse, you can suspend your FEHB coverage to enroll in a Medicare Advantage plan, eliminating your FEHB premium. (OPM does not contribute to your Medicare Advantage plan premium). For information on suspending your FEHB enrollment, contact your retirement office. If you later want to re-enroll in the FEHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage or move out of the Medicare Advantage plan's service area.

**Medicare prescription drug coverage (Part D)**

When we are the primary payor, we process the claim first. If you enroll in Medicare Part D and we are the secondary payor, we will review claims for your prescription drug costs that are not covered by Medicare Part D and consider them for payment under the FEHB plan.

Medicare always makes the final determination as to whether they are the primary payor. The following chart illustrates whether Medicare or this Plan should be the primary payor 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. **(Having coverage under more than two health plans may change the order of benefits determined on this chart.)**

<b>Primary Payor Chart</b>		
<b>A. When you - or your covered spouse - are age 65 or over and have Medicare and you...</b>	<b>The primary payor for the individual with Medicare is...</b>	
	<b>Medicare</b>	<b>This Plan</b>
1) Have FEHB coverage on your own as an active employee		✓
2) Have FEHB coverage on your own as an annuitant or through your spouse who is an annuitant	✓	
3) Have FEHB through your spouse who is an active employee		✓
4) Are a reemployed annuitant with the Federal government and your position is excluded from the FEHB (your employing office will know if this is the case) and you are not covered under FEHB through your spouse under #3 above	✓	
5) 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	✓	
6) Are a Federal judge who retired under title 28, U.S.C., or a Tax Court judge who retired under Section 7447 of title 26, U.S.C. (or if your covered spouse is this type of judge) and you are not covered under FEHB through your spouse under #3 above	✓	
7) Are enrolled in Part B only, regardless of your employment status	✓ for Part B services	✓ for other services
8) Are a Federal employee receiving Workers' Compensation disability benefits for six months or more	✓ *	
<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 <b>(30-month coordination period)</b>		✓
• 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 payor before eligibility due to ESRD <b>(for 30 month coordination period)</b>		✓
• Medicare was the primary payor before eligibility due to ESRD	✓	
3) Have Temporary Continuation of Coverage (TCC) and...		
• Medicare based on age and disability	✓	
• Medicare based on ESRD <b>(for the 30 month coordination period)</b>		✓
• Medicare based on ESRD <b>(after the 30 month coordination period)</b>	✓	
<b>C. When either you or a covered family member are eligible for Medicare solely due to disability and you...</b>		
1) Have FEHB coverage on your own as an active employee or through a family member who is an active employee		✓
2) Have FEHB coverage on your own as an annuitant or through a family member who is an annuitant	✓	
<b>D. When you are covered under the FEHB Spouse Equity provision as a former spouse</b>		
	✓	

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

**TRICARE and  
CHAMPVA**

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

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

**Workers' Compensation**

We do not cover services that:

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

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

**Medicaid**

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

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

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

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

**When others are  
responsible for injuries**

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

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

**When you have Federal  
Employees Dental and  
Vision Insurance Plan  
(FEDVIP) coverage**

Some FEHB plans already cover some dental and vision services. When you are covered by more than one vision/dental plan, coverage provided under your FEHB plan remains as your primary coverage. FEDVIP coverage pays secondary to that coverage. When you enroll in a dental and/or vision plan on BENEFEDS.com, you will be asked to provide information on your FEHB plan so that your plans can coordinate benefits. Providing your FEHB information may reduce your out-of-pocket cost.

**Clinical Trials**

If you are a participant in a clinical trial, this health plan will provide related care as follows, if it is not provided by the clinical trial:

- Routine care costs – costs for routine services such as doctor visits, lab tests, x-rays and scans, and hospitalizations related to treating the patient’s condition, whether the patient is in a clinical trial or is receiving standard therapy.
- Extra care costs – costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient’s routine care.
- Research costs – costs related to conducting the clinical trial such as research physician and nurse time, analysis of results, and clinical tests performed only for research purposes. These costs are generally covered by the clinical trials, this plan does not cover these costs.

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

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<b>Calendar year</b>	January 1 through December 31 of the same year. For new enrollees, the calendar year begins on the effective date of their enrollment and ends on December 31 of the same year.
<b>Coinsurance</b>	Coinsurance is the percentage of our allowance that you must pay for your care. You may also be responsible for additional amounts. See page 13.
<b>Clinical trials cost categories</b>	<ul style="list-style-type: none"><li>• Routine care costs – costs for routine services such as doctor visits, lab tests, x-rays and scans, and hospitalizations related to treating the patient’s cancer, whether the patient is in a clinical trial or is receiving standard therapy</li><li>• Extra care costs – costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient’s routine care</li><li>• Research costs – costs related to conducting the clinical trial such as research physician and nurse time, analysis of results, and clinical tests performed only for research purposes</li></ul>
<b>Copayment</b>	A copayment is a fixed amount of money you pay when you receive covered services. See page 13.
<b>Cost-sharing</b>	Cost-sharing is the general term used to refer to your out-of-pocket costs (e.g., deductible, coinsurance, and copayments) for the covered care you receive.
<b>Covered services</b>	Care we provide benefits for, as described in this brochure.
<b>Custodial care</b>	Services provided primarily to maintain rather than improve a Member’s condition or for the purpose of controlling or changing the Member’s environment. Services requested for the convenience of the Member or the Member’s family that do not require the training and technical skills of a licensed Nurse or other licensed Provider, such as convalescent care, rest cures, nursing home services, etc. Services that are provided principally for personal hygiene or for assistance in daily activities.
<b>Deductible</b>	A deductible is a fixed amount of covered expenses you must incur for certain covered services and supplies before we start paying benefits for those services.
<b>Experimental and/or investigational</b>	<p>A Service for which one or more of the following apply:</p> <ul style="list-style-type: none"><li>• It cannot be lawfully marketed without the approval of the FDA and such approval has not been granted at the time of its use or proposed use;</li><li>• It is the subject of a current investigational new drug or new device application on file with the FDA;</li><li>• It is being provided pursuant to a Phase I or Phase II clinical trial or as the experimental or research arm of a Phase III clinical trial;</li><li>• It is being or should be delivered or provided subject to the approval and supervision of an Institutional Review Board (IRB) as required and defined by federal regulations, particularly those of the FDA or the Department of Health and Human Services (HHS); or</li><li>• If the predominant opinion among appropriate experts as expressed in the peer-reviewed medical literature is that further research is necessary in order to define safety, toxicity, effectiveness, or comparative effectiveness, or there is no clear medical consensus about the role and value of the Service.</li></ul>

**Health care professional** A physician or other health care professional licensed, accredited, or certified to perform specified health services consistent with state law.

**Medical necessity** Services that a prudent healthcare professional would provide to a patient for the purpose of preventing, diagnosing, or treating an illness, injury, disease, or its symptoms in a manner that is:

- in accordance with generally accepted standards of medical practice in the United States;
- clinically appropriate in terms of type, frequency, extent, site, and duration; and
- not primarily for the convenience of the patient, Physician, or other Provider.  
When a medical question-of-fact exists, Medical Necessity shall include the most appropriate available supply or level of service for the Member in question, considering potential benefit and harm to the Member.

Medical Necessity is determined by the treating Physician and by SelectHealth's Medical Director or his or her designee. The fact that a Provider or Facility, even a Participating Provider or Facility, may prescribe, order, recommend, or approve a Service does not make it Medically Necessary, even if it is not listed as an Exclusion or Limitation. FDA approval, or other regulatory approval, does not establish Medical Necessity.

**Plan allowance** Plan allowance is the amount we use to determine our payment and your coinsurance for covered services. Plans determine their allowances in different ways. We determine our allowance as follows: SelectHealth determines how much is allowed for covered services through the use of an MAF or the out-of-area fee schedule.

**Post-service claims** Any claims that are not pre-service claims. In other words, post-service claims are those claims where treatment has been performed and the claims have been sent to us in order to apply for benefits.

**Pre-service claims** Those claims (1) that require precertification, prior approval, or a referral and (2) where failure to obtain precertification, prior approval, or a referral results in a reduction of benefits.

**Us/We** SelectHealth

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

**Urgent Care Claims** A physician or other health care professional licensed, accredited, or certified to perform specified health services consistent with state law.

A claim for medical care or treatment is an urgent care claim if waiting for the regular time limit for non-urgent care claims could have one of the following impacts:

- Waiting could seriously jeopardize your life or health;
- Waiting could seriously jeopardize your ability to regain maximum function; or
- In the opinion of a physician with knowledge of your medical condition, waiting would subject you to severe pain that cannot be adequately managed without the care or treatment that is the subject of the claim.

Urgent care claims usually involve Pre-service claims and not Post-service claims. We will judge whether a claim is an urgent care claim by applying the judgment of a prudent layperson who possesses an average knowledge of health and medicine.

If you believe your claim qualifies as an urgent care claim, please contact Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038. You may also prove that your claim is an urgent care claim by providing evidence that a physician with knowledge of your medical condition has determined that your claim involves urgent care.

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## Section 11. FEHB Facts

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### Coverage information

#### No pre-existing condition limitation

We will not refuse to cover the treatment of a condition you had before you enrolled in this Plan solely because you had the condition before you enrolled.

#### Where you can get information about enrolling in the FEHB Program

See [www.opm.gov/insure/health](http://www.opm.gov/insure/health) for enrollment information as well as:

- Information on the FEHB Program and plans available to you
- A health plan comparison tool
- A list of agencies who participate in Employee Express
- A link to Employee Express
- Information on and links to other electronic enrollment systems

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;
- What happens 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. For information on your premium deductions, you must also contact your employing or retirement office.

#### Types of coverage available for you and your family

Several provisions of the Affordable Care Act (ACA) affect the eligibility of family members under the FEHB Program effective January 1, 2011.

<b>Children</b>	<b>Coverage</b>
Between ages 22 and 26	Children between the ages of 22 and 26 are covered under their parent's Self and Family enrollment up to age 26.
Married Children	Married children (but NOT their spouse or their own children) are covered up to age 26. This is true even if the child is currently under age 22.
Children with or eligible for employer-provided health insurance	Children who are eligible for or have their own employer-provided health insurance are eligible for coverage up to age 26.
Stepchildren	Stepchildren do not need to live with the enrollee in a parent-child relationship to be eligible for coverage up to age 26.
Children Incapable of Self-Support	Children who are incapable of self-support because of a mental or physical disability that began before age 26 are eligible to continue coverage. Contact your human resources office or retirement system for additional information.
Foster Children	Foster children are eligible for coverage up to age 26.

You can find additional information at [www.opm.gov/insure](http://www.opm.gov/insure).

Self Only coverage is for you alone. Self and Family coverage is for you, your spouse, and your dependent children under age 26, 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 26 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 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 turns 26.

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 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 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 2011 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 2010 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.

If your enrollment continues after you are no longer eligible for coverage (i.e. you have separated from Federal service) and premiums are not paid, you will be responsible for all benefits paid during the period in which premiums were not paid. You may be billed for services received directly from your provider. You may be prosecuted for fraud for knowingly using health insurance benefits for which you have not paid premiums. It is your responsibility to know when you or a family member are no longer eligible to use your health insurance 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 not eligible for coverage under TCC or the spouse equity law.

Any person covered under the 31 day extension of coverage who is confined in a hospital or other institution for care or treatment on the 31<sup>st</sup> day of the temporary extension is entitled to continuation of the benefits of the Plan during the continuance of the confinement but not beyond the 60<sup>th</sup> day after the end of the 31 day temporary extension.

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

### **Upon divorce**

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

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

If you leave Federal service, or if you lose coverage because you no longer qualify as a family member, you may be eligible for Temporary Continuation of Coverage (TCC). For example, you can receive TCC if you are not able to continue your FEHB enrollment after you retire, if you lose your Federal job, if you are a covered dependent child and you turn 26, 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 Benefits 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 at [www.opm.gov/insure/health](http://www.opm.gov/insure/health); refer to the “TCC and HIPAA” frequently asked questions. These highlight HIPAA rules, such as the requirement that Federal employees must exhaust any TCC eligibility as one condition for guaranteed access to individual health coverage under HIPAA, and information about Federal and State agencies you can contact for more information.

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## Section 12. Three Federal Programs complement FEHB benefits

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### Important information

OPM wants to be sure you are aware of three Federal programs that complement the FEHB Program.

First, the **Federal Flexible Spending Account Program**, also known as FSAFEDS, lets you set aside pre-tax money from your salary to reimburse you for eligible dependent care and/or health care expenses. You pay less in taxes so you save money. The result can be a discount of 20% to more than 40% on services/products you routinely pay for out-of-pocket.

Second, the **Federal Employees Dental and Vision Insurance Program (FEDVIP)** provides comprehensive dental and vision insurance at competitive group rates. There are several plans from which to choose. Under FEDVIP you may choose self only, self plus one, or self and family coverage for yourself and any eligible dependents.

Third, the **Federal Long Term Care Insurance Program (FLTCIP)** can help cover long term care costs, which are not covered under the FEHB Program.

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

#### What is an FSA?

It is an account where you contribute money from your salary **BEFORE** taxes are withheld, then incur eligible expenses and get reimbursed. You pay less in taxes so you save money. **Annuitants are not eligible to enroll.**

There are three types of FSAs offered by FSAFEDS. Each type has a minimum annual election of \$250 and a maximum annual election of \$5,000.

- **Health Care FSA (HCFSA)** – Reimburses you for eligible health care expenses (such as copayments, deductibles, insulin, products, physician prescribed over-the-counter drugs and medications, vision and dental expenses, and much more) for you and your tax dependents, including adult children (through the end of the calendar year in which they turn 26) which are not covered or reimbursed by FEHBP or FEDVIP coverage or any other insurance.
- **Limited Expense Health Care FSA (LEX HCFSA)** – Designed for employees enrolled in or covered by a High Deductible Health Plan with a Health Savings Account. Eligible expenses are limited to dental and vision care expenses for you and your tax dependents including adult children (through the end of the calendar year in which they turn 26) which are not covered or reimbursed by FEHBP or FEDVIP coverage or any other insurance.
- **Dependent Care FSA (DCFSA)** – Reimburses you for eligible non-medical day care expenses for your child(ren) under age 13 and/or for any person you claim as a dependent on your Federal Income Tax return who is mentally or physically incapable of self-care. You (and your spouse if married) must be working, looking for work (income must be earned during the year), or attending school full-time to be eligible for a DCFSA.
- If you are a new or newly eligible employee you have 60 days from your hire date to enroll in an HCFSA or LEX HCFSA and/or DCFSA, but you must enroll before October 1. If you are hired or become eligible on or after October 1 you must wait and enroll during the Federal Benefits Open Season held each fall.

#### Where can I get more information about FSAFEDS?

Visit [www.FSAFEDS.com](http://www.FSAFEDS.com) or call an FSAFEDS Benefits Counselor toll-free at 1-877-FSAFEDS (1-877-372-3337), Monday through Friday, 9 a.m. until 9 p.m., Eastern time. TTY: 1-800-952-0450.

### The Federal Employees Dental and Vision Insurance Program – *FEDVIP*

**Important Information** The Federal Employees Dental and Vision Insurance Program (FEDVIP) is separate and different from the FEHB Program, and was established by the Federal Employee Dental and Vision Benefits Enhancement Act of 2004. This Program provides comprehensive dental and vision insurance at competitive group rates with no pre-existing condition limitations.

FEDVIP is available to eligible Federal and Postal Service employees, retirees, and their eligible family members on an enrollee-pay-all basis. Employee premiums are withheld from salary on a pre-tax basis.

**Dental Insurance** Dental plans provide a comprehensive range of services, including all the following:

- Class A (Basic) services, which include oral examinations, prophylaxis, diagnostic evaluations, sealants and x-rays.
- Class B (Intermediate) services, which include restorative procedures such as fillings, prefabricated stainless steel crowns, periodontal scaling, tooth extractions, and denture adjustments.
- Class C (Major) services, which include endodontic services such as root canals, periodontal services such as gingivectomy, major restorative services such as crowns, oral surgery, bridges and prosthodontic services such as complete dentures.
- Class D (Orthodontic) services with up to a 24-month waiting period

**Vision Insurance** Vision plans provide comprehensive eye examinations and coverage for lenses, frames and contact lenses. Other benefits such as discounts on LASIK surgery may also be available

**Additional Information** You can find a comparison of the plans available and their premiums on the OPM website at [www.opm.gov/insure/vision](http://www.opm.gov/insure/vision) and [www.opm.gov/insure/dental](http://www.opm.gov/insure/dental) . These sites also provide links to each plan’s website, where you can view detailed information about benefits and preferred providers.

**How do I enroll?** You enroll on the Internet at [www.BENEFEDS.com](http://www.BENEFEDS.com). For those without access to a computer, call 1-877-888-3337, (TTY 1-877- 889-5680).

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

**It’s important protection** The Federal Long Term Care Insurance Program (FLTCIP) can help you pay for the potentially high cost of long term care services, which are not covered by FEHB plans. Long term care is help you receive to perform activities of daily living – such as bathing or dressing yourself - or supervision you receive because of a severe cognitive impairment such as Alzheimer’s disease. For example, long term care can be received in your home from a home health aide, in a nursing home, in an assisted living facility or in adult day care. To qualify for coverage under the FLTCIP, you must apply and pass a medical screening (called underwriting). Federal and U.S. Postal Service employees and annuitants, active and retired members of the uniformed services, and qualified relatives, are eligible to apply. Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You must apply to know if you will be approved for enrollment. For more information, call 1-800-LTC-FEDS (1-800-582-3337) (TTY 1-800-843-3557) or visit [www.ltcfeds.com](http://www.ltcfeds.com) .

## Summary of benefits for the High Option of the - 2011

- **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 Participating Providers and Facilities, except in emergencies.

High Option Benefits	You pay	Page
<b>Medical services provided by physicians:</b>		17
Diagnostic and treatment services provided in the office	Office visit copay: \$15 primary care; \$25 specialist	17
<b>Services provided by a hospital:</b>		32
• <b>Inpatient</b>	\$100 per admission copay	32
• <b>Outpatient</b>	10% of the Allowed Amount	33
<b>Emergency benefits:</b>		35
• <b>In area</b>	\$75 copay	35
• <b>Out of area</b>	\$75 copay	35
<b>Mental health and substance abuse treatment:</b>	Regular cost-sharing	37
<b>Prescription drugs:</b>		39
• Retail pharmacy	Tier 1 \$5 Tier 2 \$25 Tier 3 50%	39
• Mail order	Tier 1 \$5 Tier 2 \$25 Tier 3 50%	39
<b>Dental care:</b>	Dental accidents only	41
<b>Vision care:</b>	Preventive exam \$0 PCP office visit \$15 Specialist office visit \$25 Eyeware is not covered	22
<b>Special features:</b>	Integration with Intermountain Healthcare, member discounts, online tools, preventive care reminders, SelectHealth Healthy Beginnings, care management, Member Services, SelectHealth Member Advocates, Behavioral Health Advocates.	42
<b>Protection against catastrophic costs (out-of-pocket maximum):</b>	Nothing after \$4,000 per person/\$4,000 per family  Some costs do not count toward this protection	13

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## 2011 Rate information for the High Option SelectHealth Plan

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

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

The rates shown below do not apply to *Postal Service Inspectors*, Office of Inspector General (OIG) employees and Postal Service Nurses. Rates for members of these groups are published in special Guides. Postal Service Inspectors and OIG employees should refer to the *Guide to Benefits for United States Postal Inspectors and Office of Inspector General Employees* (RI 70-2IN). Postal Service Nurses should refer to the *Guide to Benefits for United States Postal Nurses* (RI 70-2NU).

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	Enrollment Code	Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
		Gov't Share	Your Share	Gov't Share	Your Share	USPS Share	Your Share
<b>High Option Self Only</b>	SF1	180.66	78.98	391.43	171.12	203.24	56.40
<b>High Option Self and Family</b>	SF2	403.98	167.31	875.29	362.51	454.48	116.81