Coverage for:Individual or Individual + Family |Plan Type:PPO

SoloCare Silver PPO Chiro 6000/60 - 3 Free PCP Visits (Al/AN Limited Cost

Share)

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, call 1- 866-403-2785 or visit www.alliantplans.com. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms, see the Glossary. You can view the Glossary at www.healthcare.gov or call 1- 866-403-2785 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall <u>deductible</u> ?	\$0 at Indian Health Care <u>Provider</u> (IHCP) or with IHCP <u>referral</u> at non-IHCP; or In Network: \$6,000/Individual, \$12,000/Family Out of Network: \$20,000/Individual, \$40,000/Family	You must pay all the costs up to the <u>deductible</u> amount before this <u>plan</u> begins to pay for covered services you use. Check your policy or <u>plan</u> document to see when the <u>deductible</u> starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the <u>deductible</u> .
Are there services covered before you meet your <u>deductible</u> ?	Yes. <u>Preventive</u> <u>care/screening</u> /immunization. Additional details included per service category elsewhere in this SBC.	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at <u>https://www.healthcare.gov/coverage/preventive-care-benefits/</u> .
Are there other <u>deductibles</u> for specific services?	\$0 at Indian Health Care <u>Provider</u> (IHCP) or with IHCP referral at non-IHCP	You don't have to meet a <u>deductible</u> for specific services.
What is the <u>out-of-</u> <u>pocket limit</u> for this <u>plan</u> ?	In Network: \$9,050/Individual, \$18,100/Family Out of Network: None	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limit</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out-of-pocket limit</u> ?	Premiums, balance-billing charges (unless balance billing is prohibited), and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket</u> <u>limit</u> .
Will you pay less if you use a <u>network</u> <u>provider</u> ?	Yes. See <u>www.alliantplans.com</u> or call 1-866-403- 2785 for a list of <u>network providers</u> .	This plan uses a <u>provider network</u> . You will pay less if you use a provider, in the plan's network. You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> , for the difference between the <u>provider's</u> charge and what your plan pays (balance billing). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> , before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the specialist you choose without a referral



All <u>copayment</u> and <u>coinsurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

		What You Will Pay				
Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP Provider In-Network Provider (You will pay less)	Non-IHCP Out-of- Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
If you visit a health care <u>provider's</u> office or clinic	Primary care visit to treat an injury or illness.	No Charge	Visit 1 - 3: No Charge Visit 4 and after: \$55 <u>copayment</u> /visit, <u>Deductible</u> does not apply	40% coinsurance	First three visits of the calendar year - No Charge	
	<u>Specialist</u> visit	No Charge	\$80 <u>copayment</u> /visit, <u>Deductible</u> does not apply	40% coinsurance	See your "Certificate of Coverage" for details	
	Preventive care/screening/immunization	No Charge	No Charge	40% <u>coinsurance</u>	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for.	
If you have a test	Diagnostic test (x-ray, blood work)	No Charge	40% coinsurance	40% coinsurance	Laboratory/Pathology No Charge	
	Imaging (CT/PET scans, MRIs)	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
If you need drugs to treat your illness or condition More information about <u>prescription</u> <u>drug coverage</u> is available at www.alliantplans.com	Generic drugs	No Charge	\$20 <u>copayment</u> , <u>Deductible</u> does not apply	\$20 <u>copayment</u> , <u>Deductible</u> does not apply	Deductibles apply unless stated 'deductible does not apply'. After meeting the deductible, copayments or coinsurance are due. Full drug cost may be required before copayment	
	Preferred brand drugs	No Charge	\$55 <u>copayment</u> , <u>Deductible</u> does not apply	\$55 <u>copayment</u> , <u>Deductible</u> does not apply		
	Non-preferred brand drugs	No Charge	\$160 <u>copayment</u> , <u>Deductible</u> does not apply	\$160 <u>copayment</u> , <u>Deductible</u> does not apply		

		What You Will Pay				
Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP Provider In-Network Provider (You will pay less)	Non-IHCP Out-of- Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Specialty drugs	No Charge	\$225 <u>copayment</u> , <u>Deductible</u> does not apply	\$225 <u>copayment</u> , <u>Deductible</u> does not apply		
If you have	Facility fee (e.g., ambulatory surgery center)	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
outpatient surgery	Physician/surgeon fees	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
	Emergency room care	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
If you need immediate medical	Emergency medical transportation	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
attention	Urgent care	No Charge	\$75 <u>copayment</u> /visit, <u>Deductible</u> does not apply	40% <u>coinsurance</u>	See your "Certificate of Coverage" for details	
If you have a	Facility fee (e.g., hospital room)	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details.	
hospital stay	Physician/surgeon fees	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	No Charge	\$55 copayment/visit and 40% <u>coinsurance</u> for other outpatient services, <u>Deductible</u> does not apply	40% <u>coinsurance</u>	Other Outpatient services may include intensive outpatient therapy (IOP), partial hospitalization program (PHP), tests described elsewhere in the SBC.	
	Inpatient services	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details.	
If you are pregnant	Office visits	No Charge	\$55 <u>copayment</u> /visit, <u>Deductible</u> does not apply	40% <u>coinsurance</u>	Office Visits after confirmation of Pregnancy are subject to Coinsurance. Cost sharing	

	Services You May Need	What You Will Pay				
Common Medical Event		Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP Provider In-Network Provider (You will pay less)	Non-IHCP Out-of- Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
					does not apply for preventive services. Office Visits unrelated to Pregnancy are subject to the PCP or Specialist Copay. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).	
	Childbirth/delivery professional services	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
	Childbirth/delivery facility services	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
	Home health care	No Charge	40% coinsurance	40% coinsurance	Limited to 120 visits per year	
	Rehabilitation services	No Charge	40% coinsurance	40% coinsurance	Limited to 40 visits per year	
If you need help	Habilitation services	No Charge	40% coinsurance	40% coinsurance	Limited to 40 visits per year	
recovering or have	Skilled nursing care	No Charge	40% coinsurance	40% coinsurance	Limited to 60 days per year	
other special health needs	Durable medical equipment	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
	Hospice services	No Charge	40% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
If your child needs dental or eye care	Children's eye exam	No Charge	40% coinsurance	40% coinsurance	Limited to 1 exam per year	
	Children's glasses	No Charge	40% coinsurance	40% coinsurance	Limited to 1 item per year	
	Children's dental check-up	Not Covered	Not Covered	Not Covered	See your "Certificate of Coverage" for details	

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)					
 Abortion (except in case of rape, incest, or when life of mother is endangered) 	• Hearing aids	Private-duty nursing			
Acupuncture	 Infertility treatment 	 Routine eye care (Adult) 			
Bariatric surgery	Long-term care	Routine foot care			
Dental care (Adult)	 Non-emergency care when traveling outside the U.S. 	he			
Other Covered Services (Limitations may apply	to these services. This isn't a complete list. Plea	ise see your <u>plan</u> document.)			
Chiropractic care 20 visits per year	 Cosmetic surgery limited to reconstructive sur to restore function 	 Weight loss programs (4 visits per year for nutritional counseling) 			

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Alliant Health Plans at 1-866-403-2785, the Georgia Department of Insurance, 1-800-656-2298 or www.oci.ga.gov, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or www.dol.gov/ebsa, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace. Or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your plan for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your plan documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. The contact information for questions about your rights, this notice, or assistance: Alliant Health Plans at 1-866-403-2785, the Georgia Department of Insurance, 1-800-656-2298 or <u>www.oci.ga.gov</u>, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or <u>www.dol.gov/ebsa</u>, or the U.S. Department of Health and Human Services at 1-877-267--2323 x61565 or <u>www.cciio.cms.gov</u>. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit <u>www.HealthCare.gov</u> or call 1-800-318-2596.

Does this plan provide Minimum Essential Coverage? Yes

If you don't have <u>minimum essential coverage</u> for a month, you'll have to make a payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for that month.

Does this plan meet the Minimum Value Standards? Not Applicable If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-833-613-2262. Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-833-613-2262. Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-833-613-2262. Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-833-613-2262.

[* For more information about limitations and exceptions, see the plan or policy document at [www.alliantplans.com].]

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

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About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. Please note these coverage examples are based on self-only coverage.

Peg is Having a B (9 months of in-network pre-natal c delivery)		Managing Joe's type 2 Diabetes (a year of routine in-network care of a well-controlled condition)		Mia's Simple Fracture (in-network emergency room visit and follow up care)	
 The <u>plan's</u> overall <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>coinsurance</u> Other 	\$6,000 \$80 40% Not Applicable	 The <u>plan's</u> overall <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>coinsurance</u> Other 	\$6,000 \$80 40% Not Applicable	 The <u>plan's</u> overall <u>deductible</u> <u>Specialist copayment</u> Hospital (facility) <u>coinsurance</u> Other 	\$6,000 \$80 40% Not Applicable
This EXAMPLE event includes see Specialist office visits (prenatal car Childbirth/Delivery Professional See Childbirth/Delivery Facility Services Diagnostic tests (ultrasounds and b Specialist visit (anesthesia)	e) rvices s	This EXAMPLE event includes services like:Primary care physicianoffice visits (includingdisease education)Diagnostic tests (blood work)Prescription drugsDurable medical equipment (glucose meter)		This EXAMPLE event includes services like: Emergency room care (including medical supplies) Diagnostic test (x-ray) Durable medical equipment (crutches) Rehabilitation services (physical therapy)	
Total Example Cost	\$12,700	Total Example Cost	\$5,600	Total Example Cost	\$2,800
In this example, Peg would pay:		In this example, Joe would pay:		In this example, Mia would pay:	
Cost Sharing		Cost Sharing		Cost Sharing	
Deductibles	\$0	<u>Deductibles</u>	\$0	Deductibles	\$0
Copayments	\$0	Copayments	\$0	Copayments	\$0
Coinsurance	\$0	Coinsurance	\$0	Coinsurance	\$0
What isn't covered		What isn't covered		What isn't covered	
Limits or exclusions	\$60	Limits or exclusions	\$20	Limits or exclusions	\$0
The total Peg would pay is	\$7,260	The total Joe would pay is	\$1,220	The total Mia would pay is	\$2,790

Note: These numbers assume the patient received care from an IHCP provider or with IHCP referral at a non-IHCP. If you receive care from a non-IHCP provider without a referral from an IHCP your costs may be higher.