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

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

SoloCare Silver PPO HDHP Chiro 6000

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> ?	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?	No.	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: \$6,000/Individual, \$12,000/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.

Common		What You Will Pay		Limitations Everytions & Other	
Medical Event	Services You May Need	In Network (You will pay the least)	Out of Network (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Primary care visit to treat an injury or illness.	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
If you visit a health care	<u>Specialist</u> visit	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
provider's office or clinic	Preventive care/screening/immunization	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)	0% coinsurance	40% coinsurance	Laboratory/Pathology No Charge	
If you have a test	Imaging (CT/PET scans, MRIs)	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
If you need drugs to treat	Generic drugs	0% coinsurance	0% coinsurance	Deductibles apply unless stated	
your illness or condition More information about	Preferred brand drugs	0% coinsurance	0% coinsurance	'deductible does not apply'. After	
prescription drug coverage is available at	Non-preferred brand drugs	0% coinsurance	0% coinsurance	meeting the deductible, copayments or coinsurance are due. Full drug cost	
www.alliantplans.com	Specialty drugs	0% coinsurance	0% coinsurance	may be required before copayment	
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
surgery	Physician/surgeon fees	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
If you need immediate	Emergency room care	0% coinsurance	0% coinsurance	See your "Certificate of Coverage" for details	
medical attention	Emergency medical transportation	0% coinsurance	0% coinsurance	See your "Certificate of Coverage" for details	

Common		What You Will Pay		Limitations Europtions 8 Other	
Medical Event	Services You May Need	In Network (You will pay the least)	Out of Network (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Urgent care	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
If you have a hearital stay	Facility fee (e.g., hospital room)	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details.	
If you have a hospital stay	Physician/surgeon fees	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
If you need mental health, behavioral health, or	Outpatient services	0% coinsurance and 0% <u>coinsurance</u> for other outpatient services	40% <u>coinsurance</u>	Other Outpatient services may include intensive outpatient therapy (IOP), partial hospitalization program (PHP), tests described elsewhere in the SBC.	
substance abuse services	Inpatient services	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details.	
If you are pregnant	Office visits	0% <u>coinsurance</u>	40% <u>coinsurance</u>	Office Visits after confirmation of Pregnancy are subject to Coinsurance. Cost sharing 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	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
	Childbirth/delivery facility services	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details	
	Home health care	0% coinsurance	40% coinsurance	Limited to 120 visits per year	
If you need help recovering	Rehabilitation services	0% coinsurance	40% coinsurance	Limited to 40 visits per year	
or have other special health needs	Habilitation services	0% coinsurance	40% coinsurance	Limited to 40 visits per year	
	Skilled nursing care	0% coinsurance	40% coinsurance	Limited to 60 days per year	

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

Common		What You Will Pay		Limitations Exceptions 9 Other
Medical Event	Services You May Need	In Network (You will pay the least)	Out of Network (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Durable medical equipment	0% coinsurance	40% coinsurance	See your "Certificate of Coverage" for details
	Hospice services	0% <u>coinsurance</u>	40% coinsurance	See your "Certificate of Coverage" for details
	Children's eye exam	0% coinsurance	40% coinsurance	Limited to 1 exam per year
If your child needs dental or	Children's glasses	0% coinsurance	40% coinsurance	Limited to 1 item per year
eye care	Children's dental check-up	Not Covered	Not Covered	See your "Certificate of Coverage" for details
Excluded Services & Other Co	overed Services:	'		'
Services Your Plan Generally	Does NOT Cover (Check you	ur policy or <u>plan</u> document f	for more information and a li	st of any other <u>excluded services</u> .)
 Abortion (except in case of ra life of mother is endangered) 		ng aids	Private-du	ty nursing
Acupuncture	 Infert 	ility treatment	 Routine ey 	re care (Adult)

Bariatric surgery

• Dental care (Adult)

• Long-term care

• Non-emergency care when traveling outside the U.S.

• Routine foot care

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

Chiropractic care 20 visits per year	 Cosmetic surgery limited to reconstructive surgery 	• Weight loss programs (4 visits per year for
	to restore function	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, visit www.HealthCare.gov 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 claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information to submit a claim, appeal, or a grievance for any reason to your plan. 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 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 <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?

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.

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

PRA Disclosure Statement: According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is **0938-1146**. The time required to complete this information collection is estimated to average **0.08** hours per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: CMS, 7500 Security Boulevard, Attn: PRA Reports Clearance Officer, Mail Stop C4-26-05, Baltimore, Maryland 21244-1850.

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.

 The plan's overall deductible Specialist coinsurance Hospital (facility) coinsurance Other coinsurance Other coinsurance This EXAMPLE event includes s Primary care physician office visits disease education) Diagnostic tests (blood work) Prescription drugs Durable medical equipment (gluco) 	e 0% 0% Services like: s (including	 The plan's overall deductible Specialist coinsurance Hospital (facility) coinsurance Other coinsurance Other coinsurance This EXAMPLE event includes served the served of the s	lical supplies))
Primary care physician office visits disease education) Diagnostic tests (blood work) Prescription drugs	s (including	Emergency room care (including med Diagnostic test (x-ray) Durable medical equipment (crutches)	lical supplies))
00 Total Example Cost	\$5,600	Total Example Cost	\$2,800
In this example, Joe would pay:		In this example, Mia would pay:	
Cost Sharing		Cost Sharing	
00 Deductibles	\$5,400	Deductibles	\$2,800
\$0 Copayments	\$0	Copayments	\$0
\$0 Coinsurance	\$0	Coinsurance	\$0
What isn't covere	ed	What isn't covered	
60 Limits or exclusions	\$20	Limits or exclusions	\$0
60 The total Joe would pay is	\$5,420	The total Mia would pay is	\$2,800
	In this example, Joe would pay: Cost Sharing Deductibles Copayments Coinsurance What isn't covered Limits or exclusions The total Joe would pay is	In this example, Joe would pay: Cost Sharing Deductibles \$5,400 Copayments \$0 Coinsurance \$0 What isn't covered Limits or exclusions \$20 The total Joe would pay is \$5,420 ot participate in the plan's wellness program. If you participate	In this example, Joe would pay:In this example, Mia would pay:Cost SharingCost SharingDeductibles\$5,400\$0Deductibles\$0Copayments\$0Coinsurance\$0What isn't covered\$0What isn't covered\$00Limits or exclusions\$20The total Joe would pay is\$5,420The total Mia would pay is\$0The total Joe would pay is\$1\$5,420\$2The total Mia would pay is\$2The total Mia would pay is\$2The total Mia would pay is\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$3\$5,420\$4\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420\$5\$5,420<