



**This is only a summary.** If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document at [www.umar.com](http://www.umar.com) or by calling 1-800-826-9781.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	<b>PPO: \$1,000 person / \$2,000 family</b> <b>Non-PPO: \$2,000 person / \$4,000 family</b>	You must pay all the costs up to the <b>deductible</b> amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the <b>deductible</b> 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 <b>deductible</b> .
Are there other deductibles for specific services?	No.	You don't have to meet <b>deductibles</b> for specific services, but see the chart starting on page 2 for other costs for services this plan covers.
Is there an out-of-pocket limit on my expenses?	Yes. <b>PPO: \$3,500 person / \$7,000 family</b> <b>Non-PPO: Unlimited</b> (See pg. 3 for separate prescription drug out-of-pocket maximum.)	The <b>out-of-pocket limit</b> is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.
What is not included in the out-of-pocket limit?	Penalties, premiums, balance-billed charges (unless balanced billing is prohibited), and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the <b>out-of-pocket limit</b> .
Is there an overall annual limit on what the plan pays?	No.	The chart starting on page 2 describes any limits on what the plan will pay for <i>specific</i> covered services, such as office visits.
Does this plan use a network of providers?	Yes. For a list of <b>preferred providers</b> see <a href="http://www.umar.com">www.umar.com</a> . If you are unsure which network list to select, please call 1-800-826-9781.	If you use an in-network doctor or other health care <b>provider</b> , this plan will pay some or all the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network <b>provider</b> for some services. Plans use the term in-network, <b>preferred</b> , or participating for <b>providers</b> in their <b>network</b> . See the chart starting on page 2 for how this plan pays different kinds of <b>providers</b> .
Do I need a referral to see a specialist?	No.	You can see the <b>specialist</b> you choose without permission from this plan.
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 5. See your policy or plan document for additional information about <b>excluded services</b> .

**Questions:** Call 1-800-826-9781 or visit us at [www.umar.com](http://www.umar.com).

If you aren't clear about any of the bolded terms used in this form, see the Glossary. You can view the Glossary at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) or [www.cciio.cms.gov](http://www.cciio.cms.gov) or call 1-800-826-9781 to request a copy.



- **Co-payments** are fixed dollar amounts (for example, \$15) you pay for covered health care, usually when you receive the service.
- **Coinsurance** is *your* share of the costs of a covered service, calculated as a percent of the **allowed amount** for the service. For example, if the plan's **allowed amount** for an overnight hospital stay is \$1,000, your **coinsurance** payment of 20% would be \$200. This may change if you haven't met your **deductible**.
- The amount the plan pays for covered services is based on the **allowed amount**. If an out-of-network **provider** charges more than the **allowed amount**, you may have to pay the difference. For example, if an out-of-network hospital charges \$1,500 for an overnight stay and the **allowed amount** is \$1,000, you may have to pay the \$500 difference. (This is called **balance billing**.)
- This plan may encourage you to use PPO **providers** by charging you lower **deductibles, co-payments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	Your cost if you use a		Limitations & Exceptions
		PPO	Non-PPO	
<b>If you visit a health care provider's office or clinic</b>	Primary care visit to treat an injury or illness	\$10 co-pay/visit	20% coinsurance	—————none—————
	Specialist visit	\$25 co-pay/visit	20% coinsurance	—————none—————
	Other practitioner office visit	\$10 copay/visit for Chiropractic care	20% coinsurance for Chiropractic care	—————none—————
	Preventive care/screening/immunization	No Charge	No Charge	Deductible waived for PPO/Non-PPO.
<b>If you have a test</b>	Diagnostic test (x-ray, blood work)	No Charge	20% coinsurance	—————none—————
	Imaging (CT/PET scans, MRIs)	No Charge	20% coinsurance	—————none—————

**Questions:** Call 1-800-826-9781 or visit us at [www.umar.com](http://www.umar.com).

If you aren't clear about any of the bolded terms used in this form, see the Glossary. You can view the Glossary at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) or [www.cciio.cms.gov](http://www.cciio.cms.gov) or call 1-800-826-9781 to request a copy.

Common Medical Event	Services You May Need	Your cost if you use a		Limitations & Exceptions
		PPO	Non-PPO	
<b>If you need drugs to treat your illness or condition</b>  More information about <b>prescription drug coverage</b> is available at <a href="http://www.caremark.com">www.caremark.com</a> .	Generic drugs	\$10 for a 30 day supply, retail; \$20 for a 31-90 day supply, retail; \$20 for up to a 90 day supply, mail order	\$10 for a 30 day supply, retail; \$20 for a 31-90 day supply, retail; \$20 for up to a 90 day supply, mail order	Deductible waived.
	Preferred brand drugs	\$20 for a 30 day supply, retail; \$40 for a 31-90 day supply, retail; \$40 for up to a 90 day supply, mail order	\$20 for a 30 day supply, retail; \$40 for a 31-90 day supply, retail; \$40 for up to a 90 day supply, mail order	There is no copay for diabetic test strips, lancets or syringes.  Separate prescription drug out-of-pocket maximum: \$3,000 person / \$6,000 family.
	Non-preferred brand drugs	\$40 for a 30 day supply, retail; \$80 for a 31-90 day supply, retail; \$80 for up to a 90 day supply, mail order	\$40 for a 30 day supply, retail; \$80 for a 31-90 day supply, retail; \$80 for up to a 90 day supply, mail order	*Note: Specialty drugs can only be obtained through a CVS Pharmacy or CVS mail order to a maximum of a 30-day supply.
	Specialty drugs (e.g., chemotherapy)	Applicable copay tier applies. (*See Note)	Applicable copay tier applies. (*See Note)	
<b>If you have outpatient surgery</b>	Facility fee (e.g., ambulatory surgery center)	No Charge	20% coinsurance	_____none_____
	Physician/surgeon fees	No Charge	20% coinsurance	_____none_____
<b>If you need immediate medical attention</b>	Emergency room services	\$100 co-pay/visit	\$100 co-pay/visit	Non-PPO paid at PPO benefit level. Co-pay waived if admitted as inpatient.
	Emergency medical transportation	No Charge	No Charge	Non-PPO paid at PPO benefit level.
	Urgent care	\$25 co-pay/visit	\$25 co-pay/visit	Non-PPO paid at PPO benefit level.
<b>If you have a hospital stay</b>	Facility fee (e.g., hospital room)	No Charge	20% coinsurance	Prior authorization required. Benefit reduces by 25% up to \$250/occurrence if not obtained for Non-PPO.
	Physician/surgeon fee	No Charge	20% coinsurance	_____none_____

**Questions:** Call 1-800-826-9781 or visit us at [www.umar.com](http://www.umar.com).

If you aren't clear about any of the bolded terms used in this form, see the Glossary. You can view the Glossary at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) or [www.cciio.cms.gov](http://www.cciio.cms.gov) or call 1-800-826-9781 to request a copy.

Common Medical Event	Services You May Need	Your cost if you use a		Limitations & Exceptions
		PPO	Non-PPO	
<b>If you have mental health, behavioral health, or substance abuse needs</b>	Mental/Behavioral health outpatient services	\$25 co-pay/visit	20% coinsurance	—————none—————
	Mental/Behavioral health inpatient services	No Charge	20% coinsurance	Prior authorization required. Benefit reduces by 25% up to \$250/occurrence if not obtained for Non-PPO.
	Substance use disorder outpatient services	\$25 co-pay/visit	20% coinsurance	—————none—————
	Substance use disorder inpatient services	No Charge	20% coinsurance	Prior authorization required. Benefit reduces by 25% up to \$250/occurrence if not obtained for Non-PPO.
<b>If you are pregnant</b>	Prenatal and postnatal care	No Charge	20% coinsurance	Deductible waived for mandated Prenatal PPO services.
	Delivery and all inpatient services	No Charge	20% coinsurance	—————none—————
<b>If you need help recovering or have other special health needs</b>	Home health care	No Charge	20% coinsurance	—————none—————
	Rehabilitation services	No Charge	20% coinsurance	—————none—————
	Habilitation services	Not Covered	Not Covered	—————none—————
	Skilled nursing care	No Charge	20% coinsurance	Limited to 60 days/confinement.
	Durable medical equipment	No Charge	20% coinsurance	—————none—————
	Hospice service	No Charge	20% coinsurance	Prior authorization required for Inpatient. Benefit reduces by 25% up to \$250/occurrence if not obtained for Non-PPO.
<b>If your child needs dental or eye care</b>	Eye exam	No Charge	No Charge	Deductible waived for PPO/Non-PPO. Limited to 1 exam/calendar year.
	Glasses	Not Covered	Not Covered	—————none—————
	Dental check-up	Not Covered	Not Covered	—————none—————

**Questions:** Call 1-800-826-9781 or visit us at [www.umar.com](http://www.umar.com).

If you aren't clear about any of the bolded terms used in this form, see the Glossary. You can view the Glossary at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) or [www.cciio.cms.gov](http://www.cciio.cms.gov) or call 1-800-826-9781 to request a copy.

**Excluded Services & Other Covered Services:**

**Services Your Plan Does NOT Cover (This isn't a complete list. Check your policy or plan document for other **excluded services.**)**

- Acupuncture
- Infertility treatment
- Private-duty nursing
- Cosmetic surgery
- Long-term care
- Routine foot care (except when there is a medical diagnosis)
- Dental care (adult)
- Non-emergency care when traveling outside the U.S.
- Weight loss programs
- Habilitation services

**Other Covered Services (This isn't a complete list. Check your policy or plan document for other covered services and your costs for these services.)**

- Chiropractic care
- Hearing aids (covered for dependents under age 18 only)
- Routine eye care (adult)

**Questions:** Call 1-800-826-9781 or visit us at [www.umar.com](http://www.umar.com).

If you aren't clear about any of the bolded terms used in this form, see the Glossary. You can view the Glossary at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) or [www.cciio.cms.gov](http://www.cciio.cms.gov) or call 1-800-826-9781 to request a copy.

## Your Rights to Continue Coverage:

If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a **premium**, which may be significantly higher than the premium you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.

For more information on your rights to continue coverage, contact the plan at 1-800-826-9781. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or [www.dol.gov/ebsa](http://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](http://www.cciio.cms.gov).

## Your Grievance and Appeals Rights:

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to **appeal** or file a **grievance**. For questions about your rights, this notice, or assistance, you can contact UMR at 1-800-826-9781. Additionally, a consumer assistance program may help you file your appeal. A list of states with Consumer Assistance Programs is available at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) and

<http://cciio.cms.gov/programs/consumer/capgrants/index.html>

## Does this Coverage Provide Minimum Essential Coverage?

The Affordable Care Act requires most people to have health care coverage that qualifies as "minimum essential coverage." **This plan or policy does provide minimum essential coverage.**

## Does this Coverage Meet the Minimum Standard?

The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). **This health coverage does meet the minimum value standard for benefits it provides.**

## Language Access Services

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-826-9781.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-826-9781.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-800-826-9781.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijjigo holne' 1-800-826-9781.

This is only a summary. It in no way modifies your benefits as described in your plan documents. Please refer to your plan documents provided by your employer for complete terms of this plan.

**Questions:** Call 1-800-826-9781 or visit us at [www.umar.com](http://www.umar.com).

If you aren't clear about any of the bolded terms used in this form, see the Glossary. You can view the Glossary at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) or [www.cciio.cms.gov](http://www.cciio.cms.gov) or call 1-800-826-9781 to request a copy.

## About these Coverage Examples:

These examples show how this plan might cover medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.



**This is not a cost estimator.**

Don't use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care also will be different.

See the next page for important information about these examples.

### Having a baby (normal delivery)

■ Amount owed to providers: \$7,540

■ Plan pays: \$6,370

■ Patient pays: \$1,170

**Sample care costs:**

Hospital charges (mother)	\$2,700
Routine obstetric care	\$2,100
Hospital charges (baby)	\$900
Anesthesia	\$900
Laboratory tests	\$500
Prescriptions	\$200
Radiology	\$200
Vaccines, other preventive	\$40
<b>Total</b>	<b>\$7,540</b>

**Patient pays:**

Deductibles	\$1,000
Co-pays	\$20
Coinsurance	\$0
Limits or exclusions	\$150
<b>Total</b>	<b>\$1,170</b>

### Managing type 2 diabetes (routine maintenance of a well-controlled condition)

■ Amount owed to providers: \$5,400

■ Plan pays: \$4,320

■ Patient pays: \$1,080

**Sample care costs:**

Prescriptions	\$2,900
Medical Equipment & Supplies	\$1,300
Office Visits and Procedures	\$700
Education	\$300
Laboratory tests	\$100
Vaccines, other preventive	\$100
<b>Total</b>	<b>\$5,400</b>

**Patient pays:**

Deductibles	\$1,000
Co-pays	\$0
Coinsurance	\$0
Limits or exclusions	\$80
<b>Total</b>	<b>\$1,080</b>

**Questions:** Call 1-800-826-9781 or visit us at [www.umar.com](http://www.umar.com).

If you aren't clear about any of the bolded terms used in this form, see the Glossary. You can view the Glossary at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) or [www.cciio.cms.gov](http://www.cciio.cms.gov) or call 1-800-826-9781 to request a copy.

## Questions and answers about the Coverage Examples:

### What are some of the assumptions behind the Coverage Examples?

- Costs don't include **premiums**
- Costs are based on individual coverage benefit levels.
- Sample care costs are based on national averages supplied by the U.S. Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from in-network **providers**. If the patient had received care from out-of-network **providers**, costs would have been higher.
- Prescription drug costs (Prescriptions) shown in the Coverage Examples reflect Information provided by the Plan's Prescription Benefits Manager.

### What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how **deductibles**, **co-payments**, and **coinsurance** can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

### Does the Coverage Example predict my own care needs?

✗ **No.** Treatments shown are just examples. The care you would receive for this condition could be different based on your doctor's advice, your age, how serious your condition is, and many other factors.

### Does the Coverage Example predict my future expenses?

✗ **No.** Coverage Examples are **not** cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only.

Your own costs will be different depending on the care you receive, the prices your **providers** charge, and the reimbursement your health plan allows.

### Can I use Coverage Examples to compare plans?

✓ **Yes.** When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

### Are there other costs I should consider when comparing plans?

✓ **Yes.** An important cost is the **premium** you pay. Generally, the lower your **premium**, the more you'll pay in out-of-pocket costs, such as **co-payments**, **deductibles**, and **coinsurance**. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.

**Questions:** Call 1-800-826-9781 or visit us at [www.umar.com](http://www.umar.com).

If you aren't clear about any of the bolded terms used in this form, see the Glossary. You can view the Glossary at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) or [www.cciio.cms.gov](http://www.cciio.cms.gov) or call 1-800-826-9781 to request a copy.