NM Medical Insurance Pool

Summary of Benefits and Coverage: What this Plan Covers & What it Costs

Coverage Period: January 1, 2017
Coverage for: Individual | Plan Type: PPO

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.nmmip.org or by calling 1-844-728-7896 or TTY: 1-844-728-7897.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	Per calendar year: for **Network** and **Non-Network providers** **$5,000**.	You must pay all the costs up to the **deductible** amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the **deductible** 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 **deductible**.
Are there other deductibles for specific services?	No.	You don't have to meet **deductibles** 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. Per calendar year: for **Network** and **Non-Network providers** **$5,000.**	The **out-of-pocket limit** 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?	Prescription drug copays, premiums, balance billed charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the **out-of-pocket limit**.
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 *specific* covered services, such as office visits.
Does this plan use a network of providers?	Yes. See www.cigna.com **or call 1-844-728-7896 or TTY: 1-844-728-7897** for a list of **Network providers**.	If you use an in-network doctor or other health care **provider**, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network **provider** for some services. Plans use the term in-network, preferred, or participating for **providers** in their **network**. See the chart starting on page 2 for how this plan pays different kinds of **providers**.
Do I need a referral to see a specialist?	No.	You can see the **specialist** 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 **excluded**

Questions: Call 1-844-728-7896 or TTY: 1-844-728-7897 or visit us at www.nmmip.org.
If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.dol.gov/ebsa/healthreform or call 1-844-728-7896 to request a copy.

		services.

- **Copayments** 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 Network **providers** by charging you lower **deductibles**, **copayments** and **coinsurance** amounts.

Common Medical Event	Services You May Need	Your Cost If You Use a Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	After deductible No Charge	10% co-insurance*	--None--
	Specialist visit	After deductible No Charge	10% co-insurance*	--None--
	Other practitioner office visit	After deductible No Charge	10% co-insurance*	Acupuncture treatment and chiropractic care are each limited to 25 visits per year, unless for rehabilitative or habilitative purposes.
	Preventive care/screening/immunization	No Charge	10% co-insurance*	–None--
If you have a test	Diagnostic test (x-ray, blood work)	After deductible No Charge	10% co-insurance*	--None--
	Imaging (CT/PET scans, MRIs)	After deductible No Charge	10% co-insurance*	--None--

Common Medical Event	Services You May Need	Your Cost If You Use a Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
If you need drugs to treat your illness or condition More information about **prescription drug coverage** is available at www.medtrakrx.com.	Generic	Retail/Maintenance $10 / $30	Not Covered	Per calendar year: maximum prescription drug out-of-pocket amount is **$1,600**. Retail Medications – up to a 34-day supply. Maintenance: Retail and Mail-Order Medications – up to a 90-day supply. . Specialty Drugs - not available through mail order. Experimental and Investigational drugs are not covered.
	Brand (with no Generic equivalent)	Retail/Maintenance $10 or 10% up to $250 max co-pay; $30 or 10% up to $750 max co-pay	Not Covered	
	Brand (with Generic equivalent)	Retail/Maintenance $10 plus generic /formulary price difference; $30 plus generic /formulary price difference	Not Covered	
	Specialty Drugs	$10% up to a $250 maximum co-pay	Not Covered	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	After deductible No Charge	10% co-insurance*	--None--
	Physician/surgeon fees	After deductible No Charge	10% co-insurance*	--None--
If you need immediate medical attention	Emergency room services	After deductible No Charge	After deductible No Charge	--None--
	Emergency medical transportation	After deductible No Charge	After deductible No Charge	--None--
	Urgent care	After deductible No Charge	10% co-insurance*	--None--
If you have a hospital stay	Facility fee (e.g., hospital room)	After deductible No Charge	10% co-insurance*	Admission approval required.
	Physician/surgeon fee	After deductible No Charge	10% co-insurance*	Admission approval required.

Common Medical Event	Services You May Need	Your Cost If You Use a Network Provider	Your Cost If You Use a Non-Network Provider	Limitations & Exceptions
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	After deductible No Charge	10% co-insurance*	Includes office, home, outpatient, and IOP services; admission approval required for Inpatient, Residential Treatment and Partial Hospitalization (IOP, Inpatient and Partial Hospitalization).
	Mental/Behavioral health inpatient services	After deductible No Charge	10% co-insurance*	
	Substance use disorder outpatient services	After deductible No Charge	10% co-insurance*	
	Substance use disorder inpatient services	After deductible No Charge	10% co-insurance*	
If you are pregnant	Prenatal and postnatal care	No Charge	10% co-insurance*	–None--
	Delivery and all inpatient services	After deductible No Charge	10% co-insurance*	Admission approval required only for normal delivery stays more than 48 hours or C-section 96 hours.
If you need help recovering or have other special health needs	Home health care	After deductible No Charge	10% co-insurance*	Coverage is limited to 100 visits/ calendar year.
	Rehabilitation services	After deductible No Charge	10% co-insurance*	Includes physical, occupational and speech therapies in an office or outpatient setting.
	Habilitation services	After deductible No Charge	10% co-insurance*	
	Skilled nursing care	After deductible No Charge	10% co-insurance*	Coverage is limited to 100 days/ calendar year.
	Durable medical equipment	After deductible No Charge	10% co-insurance*	--None--
	Hospice service	After deductible No Charge	10% co-insurance*	--None--
If your child needs dental or eye care	Eye exam	No Charge	No Charge	Must be under age of 19: limited to one eye exam every 12 months, eyeglasses every 12 months, replacement lenses and minor repairs to eyeglasses.
	Glasses	No Charge	No Charge	
	Dental check-up	No Charge	No Charge	Must be under age 19; limited to twice per calendar year.

***Benefit subject to the Medical Deductible**

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.)

- Cosmetic Surgery
- Dental Care (Adult)
- Long-Term Care
- Private Duty Nursing
- Routine Eye Care (Adult)
- Routine Foot Care (Unless you are diabetic)

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.)

- Acupuncture Treatment (Max. 25 visits/year)
- Bariatric Surgery
- Chiropractic Care (Max. 25 visits/year)
- Coverage provided outside the United States.
- Hearing Aids (For members up to age 21)
- Infertility Treatment (Treat medical conditions causing infertility)
- Non-emergency care when traveling outside the U.S.
- Weight Loss Programs (Health education and counseling)

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 1-844-728-7896. 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, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or 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: NMMIP, PO Box 1090 Great Bend, Kansas 67530, (844) 728-7896. You may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform. Additionally, a consumer assistance program can help you file your **appeal**. Contact the New Mexico Superintendent of Insurance toll-free at 1-855-427-5674 or www.osi.state.nm.us.

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 Value 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 the benefits it provides.**

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-844-728-7896 or TTY: 1-844-728-7897
Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-844-728-7896 or TTY: 1-844-728-7897
Chinese (中文): 如果需要中文的帮助，**请拨打这个号码**1-844-728-7896 or TTY: 1-844-728-7897
Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-844-728-7896 or TTY: 1-844-728-7897

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

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 will also 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** $2,410
- **Patient pays** $5,130

Sample care costs: Individual Type Coverage

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
Total	**$7,540**

Patient pays:

Deductibles	$5,000
Copays	$50
Coinsurance	$40
Limits or exclusions	$40
Total	**$5,130**

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

- **Amount owed to providers:** $5,400
- **Plan pays** $2,520
- **Patient pays** $2,880

Sample care costs: Individual Type Coverage

Prescriptions	$2,900
Medical Equipment and Supplies	$1,300
Office Visits and Procedures	$700
Education	$300
Laboratory tests	$100
Vaccines, other preventive	$100
Total	**$5,400**

Patient pays:

Deductibles	$2,400
Copays	$400
Coinsurance	$0
Limits or exclusions	$80
Total	**$2,880**

Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

- Costs don't include **premiums**.
- 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.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how **deductibles**, **copayments**, 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 **copayments**, **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.