

Rural Carrier Benefit Plan

www.rcbphealth.com
Customer service 1-800-638-8432



2016

A fee-for-service Plan with network providers

This plan's health coverage qualifies as minimum essential coverage and meets the minimum value standard for the benefits it provides. See page 7 for details.

IMPORTANT

- Rates: Back Cover
- Changes for 2016: Page 13
- Summary of benefits: Page 100

Sponsored and administered by: The National Rural Letter Carriers' Association (NRLCA)

Who may enroll in this Plan: Only eligible active and retired rural letter carriers of the U.S. Postal Service may enroll in this Plan. To enroll you must already be, or must immediately become, a member of the National Rural Letter Carriers' Association.

To become a member: For information on how to become a member of the National Rural Letter Carriers' Association, please contact the Secretary for your State Association or the Membership Department of the National Rural Letter Carriers' Association.

Membership dues: Active and retired membership dues vary by state.

Enrollment codes for this Plan:

- 381 High Option – Self Only
- 383 High Option – Self Plus One
- 382 High Option – Self and Family

Authorized for distribution by the:



United States
Office of Personnel Management

Healthcare and Insurance
<http://www.opm.gov/insure>

RI 72-005

Important Notice from the Rural Carrier Benefit Plan

About

Our Prescription Drug Coverage and Medicare

The Office of Personnel Management (OPM) has determined that the Rural Carrier Benefit Plan'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. This means you do not need to enroll in Medicare Part D and pay extra for prescription drug 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 the Rural Carrier Benefit Plan 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.

Please be advised

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 Medicare Part D premium will go up at least 1% per month for every month that you did not have the 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 will 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 (October 15 through December 7) 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, 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 for personalized help,
- Call 1-800-MEDICARE (1-800-633-4227), (TTY: 1-877-486-2048).

Table of Contents

Table of Contents	1
Introduction	3
Plain Language.....	3
Stop Health Care Fraud!	3
Preventing Medical Mistakes.....	4
FEHB Facts	7
Coverage information	7
• No pre-existing condition limitation.....	7
• Minimum essential coverage (MEC).....	7
• Minimum value standard	7
• Where you can get information about enrolling in the FEHB Program.....	7
• Family Member Coverage.....	8
• Children’s Equity Act	8
• When benefits and premiums start	9
• When you retire	9
When you lose benefits.....	10
• When FEHB coverage ends.....	9
• Upon divorce	10
• Temporary Continuation of Coverage (TCC).....	10
• Finding replacement coverage.....	10
• Health Insurance Marketplace	10
Section 1. How this plan works.....	11
General features of our High Option.....	11
How we pay providers	12
Member rights and responsibilities.....	12
Your medical and claims records are confidential	12
Section 2. Changes for 2016	13
Program-wide changes.....	13
Changes to this Plan.....	13
Section 3. How you get care	14
Identification cards.....	14
Where you get covered care.....	14
• Covered providers.....	14
• Covered facilities	14
• Transitional care	15
• If you are hospitalized when your enrollment begins.....	15
You need prior Plan approval for certain services	16
• Inpatient hospital admission	16
• Other services	16
How to request precertification for an admission or get prior authorization for Other services	16
• Non-urgent care claims.....	17
• Urgent care claims	17
• Emergency inpatient admission.....	18
• Maternity care.....	18
• If your hospital stay needs to be extended.....	18
• If your treatment needs to be extended.....	18

If you disagree with our pre-service claim decision	18
• To reconsider a non-urgent care claim.....	18
• To reconsider an urgent care claim.....	19
• To file an appeal with OPM.....	19
Section 4. Your costs for covered services.....	20
Cost-sharing.....	20
Copayment.....	20
Deductible.....	20
Coinsurance.....	20
If your provider routinely waives your cost.....	20
Waivers.....	21
Differences between our allowance and the bill	21
Your catastrophic protection out-of-pocket maximum for deductibles, coinsurance, and copayments	22
Carryover	22
If we overpay you	22
When Government facilities bill us	23
Section 5. Benefits	24
High Option Benefits	24
Non-FEHB benefits available to Plan members	73
Section 6. General exclusions – services, drugs and supplies we do not cover.....	75
Section 7. Filing a claim for covered services	77
Section 8. The disputed claims process.....	79
Section 9. Coordinating benefits with Medicare and other coverage	82
When you have other health coverage.....	82
• TRICARE and CHAMPVA.....	82
• Workers' Compensation.....	82
• Medicaid.....	82
When other Government agencies are responsible for your care	83
When others are responsible for injuries.....	83
When you have Federal Employees Dental and Vision Insurance Plan (FEDVIP).....	84
Clinical trials.....	84
When you have Medicare	85
What is Medicare?	85
Should I enroll in Medicare?.....	85
The Original Medicare Plan (Part A or Part B).....	86
Tell us about your Medicare coverage.....	87
Private Contract with your physician.....	87
Medicare Advantage (Part C).....	87
Medicare prescription drug coverage (Part D).....	87
When you are age 65 or over and do not have Medicare.....	89
When you have the Original Medicare Plan (Part A, Part B, or both).....	89
Section 10. Definitions of terms we use in this brochure	91
Section 11. Other Postal Service and Federal Programs.....	96
The U.S. Postal Service Flexible Spending Account-USPSFSA.....	96
The Federal Employees Dental and Vision Insurance Program-FEDVIP	97
The Federal Long Term Care Insurance Program-FLTCIP	98
Index.....	99
Summary of benefits for the High Option of the Rural Carrier Benefit Plan- 2016.....	100
2016 Rate Information for Rural Carrier Benefit Plan	102

Introduction

This brochure describes the benefits of the Rural Carrier Benefit Plan under our contract (CS 1073) with the United States Office of Personnel Management (OPM), as authorized by the Federal Employees Health Benefits law. This Plan is administered by Claims Administration Corporation, an Aetna company. Customer service may be reached at 1-800-638-8432 or through our website: www.rcbphealth.com. The address for the Rural Carrier Benefit Plan administrative office is:

Rural Carrier Benefit Plan
1630 Duke Street, 2nd Floor
Alexandria, VA 22314-3466

This brochure is the official statement of benefits. No verbal 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. If you enroll in Self Plus One coverage, you and one eligible family member that you designate when you enroll are entitled to these benefits. You do not have a right to benefits that were available before January 1, 2016 unless those benefits are also shown in this brochure.

OPM negotiates benefits and rates with each Plan annually. Benefit changes are effective January 1, 2016 and changes are summarized on page 13. Rates are shown at the end of this brochure.

Coverage under this plan qualifies as minimum essential coverage (MEC) and satisfies the Patient Protection and Affordable Care Act's (ACA) individual shared responsibility requirement. Please visit the Internal Revenue Service (IRS) website at www.irs.gov/uac/Questions-and-Answers-on-the-Individual-Shared-Responsibility-Provision for more information on the individual requirement for MEC.

The ACA establishes a minimum value for the standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). The health coverage of this plan does meet the minimum value standard for the benefits the plan provides.

Plain Language

All FEHB brochures are written in plain language to make them easy to understand. Here are some examples:

- Except for necessary technical terms, we use common words. For instance, “you” means the enrollee or family member, “we” means the Rural Carrier Benefit Plan.
- 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.
- Our brochure and other FEHB Plans' brochures have the same format and similar descriptions to help you compare plans.

Stop Health Care Fraud!

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 provider, 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) statements that you receive from us.
- Periodically review your claim history for accuracy to ensure we have not been billed for services that you did not receive.
- 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 1-800-638-8432 and explain the situation.
 - If we do not resolve the issue:

**CALL - THE HEALTH CARE FRAUD HOTLINE
1-877-499-7295**

OR go to: www.opm.gov/our-inspector-general/hotline-to-report-fraud-waste-or-abuse/complaint-form/

The online reporting form is the desired method of reporting fraud to ensure accuracy, and a quicker response time.

You can also 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.
- Fraud or intentional misrepresentation of material facts is prohibited under the Plan. You can be prosecuted for fraud and your agency may take action against you. Examples of fraud include, falsifying a claim to obtain FEHB benefits, trying to or obtaining services or coverage for yourself or for someone else who is not eligible for coverage, or enrolling in the Plan when you are no longer eligible.
- 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 by your provider for services received. 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 is no longer eligible to use your health insurance coverage.

Preventing Medical Mistakes

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 and dosage that you take, including non-prescription (over-the-counter) medicines and nutritional supplements.
- Tell your doctor and pharmacist about any drug, food, and other allergies you have, such as latex.
- 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 or nutritional supplements you are taking.

Patient Safety Links

- www.ahrq.gov/consumer/ The Agency for Healthcare Research and Quality makes available 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. The National Patient Safety Foundation has information on how to ensure safer health care for you and your family.
- www.talkaboutrx.org. The National Council on Patient Information and Education is dedicated to improving communication about the safe, appropriate use of medicines.
- www.leapfroggroup.org. The Leapfrog Group is active in promoting safe practices in hospital care.
- www.ahqa.org. The American Health Quality Association represents organizations and health care professionals working to improve patient safety.

Never Events

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 encourages 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. These conditions and errors are called "Never Events." When a Never Event occurs, neither your FEHB plan nor you will incur costs to correct the medical error.

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 Aetna Choice POS II (Open Access) preferred providers. This policy helps to protect you from preventable medical errors and improve the quality of care you receive.

FEHB Facts

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.
- **Minimum essential coverage (MEC)** Coverage under this plan qualifies as minimum essential coverage (MEC) and satisfies the Patient Protection and Affordable Care Act's (ACA) individual shared responsibility requirement. Please visit the Internal Revenue Service (IRS) website at www.irs.gov/uac/Questions-and-Answers-on-the-Individual-Shared-Responsibility-Provision for more information on the individual requirement for MEC.
- **Minimum value standard** Our health coverage meets the minimum value standard of 60% established by the ACA. This means that we provide benefits to cover at least 60% of the total allowed costs of essential health benefits. The 60% standard is an actuarial value; your specific out-of-pocket costs are determined as explained in this brochure.
- **Where you can get information about enrolling in the FEHB Program** See www.opm.gov/healthcare-insurance/healthcare 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 that 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 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** Self Only coverage is for you alone. Self Plus One coverage is an enrollment that covers you and one eligible family member. Self and Family coverage is for you, your spouse, and your dependent children under age 26, including any foster children authorized for coverage by your employing agency or retirement office. 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 or a Self Plus One 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 Plus One or 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 Plus One or 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 of changes in family member status including your marriage, divorce, annulment, or when your child reaches age 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.

If you have a qualifying life event (QLE) - such as marriage, divorce, or the birth of a child - outside of the Federal Benefits Open Season, you may be eligible to enroll in the FEHB Program, change your enrollment, or cancel coverage. For a complete list of QLEs, visit the FEHB website at www.opm.gov/healthcare-insurance/life-event. If you need assistance, please contact your employing agency, personnel/payroll office, or retirement office.

• **Family Member Coverage**

Family members covered under your Self and Family enrollment are your spouse (including a valid common law marriage and same sex domestic partners) and children as described in the chart below. A Self Plus One enrollment covers you and one eligible family member as described in the chart below.

Children	Coverage
Natural children, adopted children, and stepchildren	Natural, adopted children and stepchildren are covered until their 26th birthday.
Foster children	Foster children are eligible for coverage until their 26th birthday if you provide documentation of your regular and substantial support of the child and sign a certification stating that your foster child meets all of the requirements. Contact your human resources office or retirement system for additional information.
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.
Married children	Married children (but NOT their spouse or their own children) are covered until their 26th birthday.
Children with or eligible for employer-provided health insurance	Children who are eligible for or have their own employer-provided health insurance are covered until their 26th birthday.

You can find additional information at www.opm.gov/healthcare-insurance.

• **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 Plus One or 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 Plus One or 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 Plus One or Self and Family coverage, as appropriate, 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 Plus One or Self and Family, as appropriate, 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 Plus One or Self and Family, as appropriate, 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. Similarly, you cannot change to Self Plus One if the court/administrative order identifies more than one child. 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 2016 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 2015 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 a family member no longer eligible for coverage.

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 31st day of the temporary extension is entitled to continuation of benefits of the Plan during the continuance of the confinement but not beyond the 60th day after the end of the the 31 day temporary extension.

You may be eligible for spouse equity coverage or Temporary Continuation of Coverage (TCC).

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 for 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 additional information about your coverage choices. You can also visit OPM's website, www.opm.gov/healthcare-insurance/healthcare/plan-information/guides.

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). The Patient Protection and Affordable Care Act (ACA) did not eliminate TCC or change the TCC rules. 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, regardless of marital status, etc. Under TCC, you no longer receive a government contribution, but instead pay the entirety of your premium plus an administration service charge.

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, from your employing or retirement office or from www.opm.gov/healthcare-insurance/healthcare/plan-information/guides. It explains what you have to do to enroll.

Alternatively, you can buy coverage through the Health Insurance Marketplace where, depending on your income, you could be eligible for a new kind of tax credit that lowers your monthly premiums. Visit www.HealthCare.gov to compare plans and see what your premium, deductible, and out-of-pocket costs would be before you make a decision to enroll. Finally, if you qualify for coverage under another group health plan (such as your spouse's plan), you may be able to enroll in that plan, as long as you apply within 30 days of losing FEHBP coverage.

Finding replacement coverage

This Plan no longer offers its own non-FEHB plan for conversion purposes. If you would like to purchase health insurance through the Affordable Care Act's Health Insurance Marketplace, please visit www.HealthCare.gov. This is a website provided by the U.S. Department of Health and Human Services that provides up-to-date information on the Marketplace.

In lieu of offering a non-FEHB plan for conversion purposes, we will assist you, as we would assist you in obtaining a plan conversion policy, in obtaining health benefits coverage inside or outside the Affordable Care Act's Health Insurance Marketplace. For assistance in finding coverage, please contact us at 1-800-638-8432 or visit our website at www.rcbphealth.com.

Health Insurance Marketplace

If you would like to purchase health insurance through the Affordable Care Act's Health Insurance Marketplace, please visit www.HealthCare.gov. This is a website provided by the U.S. Department of Health and Human Services that provides up-to-date information on the Marketplace.

Section 1. How this plan works

This Plan is a fee-for-service (FFS) Plan. You can choose your own physicians, hospitals, and other health care providers.

We reimburse you or your provider for your covered services, usually based on a percentage of the amount we allow. The type and extent of covered services, and the amount we allow, may be different from other plans. Read brochures carefully.

General features of our High Option

We have Network Providers:

Our fee-for-service Plan offers services through our network providers. This means that certain hospitals and other health care providers are "In-network providers". When you live in a network area and use the Plan's network providers, you will receive covered services at reduced cost. Aetna is solely responsible for the selection of network providers in your area. The Plan uses the Aetna Choice POS II (Open Access) network. We encourage you to choose a primary care provider to assist in coordinating your medical care in the safest and most cost effective manner. Contact us at 1-800-638-8432 or go to our website, www.rcbphealth.com for the names of network providers and to verify their continued participation. You can also reach our web page through the FEHB website, www.opm.gov/insure/health. Contact Aetna at 1-800-638-8432 to request a network directory for your area.

The Out-of-network benefits are the standard benefits of this Plan. Network benefits apply only when you use an in-network provider. Provider networks may be more extensive in some areas than others. We cannot guarantee the availability of every specialty in all areas. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network participation is subject to change. If no network provider is available, or you do not use a network provider, the standard Out-of-network benefits apply. When you use a network facility, keep in mind that the health care professionals who provide services to you in the facility may not be in-network providers in our network. However, if the services are received at a network facility, we will pay up to the Plan allowance at the In-network provider level of benefits for services you receive from an out-of-network anesthesiologist (including Certified Registered Nurse Anesthetist (CRNA)), radiologist, pathologist, emergency room physician, surgeon and neonatologist when immediate or emergency treatment is required. You will still be responsible for the difference between our benefit payment and the billed amount. Follow these procedures when you use an in-network provider in order to receive in-network benefits:

- Verify that the provider is in the network when you make your appointment. Confirm that the address for your appointment is the same location as on our website. Providers may choose to be an in-network provider at one location but not at another. This information is subject to change at anytime. Therefore please check with the provider before scheduling your appointment or receiving services to confirm he or she is participating in the Aetna Choice POS II network.
- Present your Rural Carrier Benefit Plan Identification (ID) Card at the time you visit your healthcare provider, confirming network participation in order to receive in-network benefits and the provider's continued participation in our network. If you do not present your ID Card, the provider may not give you the in-network discount; and
- Generally, you do not pay an in-network provider at the time of service. In-network providers must bill us directly. We must reimburse the provider directly. In-network providers will bill you for any balance after our payment to them.

This Plan offers you access to certain out-of-network health care providers that have agreed to discount their charges. These providers are available to you through MultiPlan, Three Rivers Provider Network (TRPN) and PMCS networks that have contracted with the Plan. Covered services provided by these participating providers are considered at the negotiated rate subject to applicable deductibles, copayments and coinsurance. Since these participating providers are not considered in-network providers, out-of-network benefit levels will apply. Contact us at 1-800-638-8432 for more information about participating providers.

The Plan has networks in all states. The Plan uses the Aetna Choice POS II network. Please check the Plan website at: www.rcbphealth.com or call Aetna at 1-800-638-8432 for network providers.

How we pay providers

We generally reimburse participating providers according to an agreed-upon fee schedule and we do not offer additional financial incentives based on care provided or not provided to you. Our standard provider agreements do not contain any incentives to restrict a provider's ability to communicate with or advise you of any appropriate treatment options. In addition, we have no compensation agreement, ownership, or other influential interests that are likely to affect provider advice or treatment decisions.

We use National Standardized Criteria Sets and other recognized clinical guidelines in making determinations regarding hospital stay precertification and extended stay reviews, observation stay reviews, and reviews of procedures that require precertification or authorization. (See *What you must do to get covered care* in Section 3.) These determinations can affect what we pay on a claim.

We apply the National Correct Coding Initiative (NCCI) edits published by the Centers for Medicare and Medicaid Services (CMS) in reviewing billed services and making Plan benefit payments for them.

Member rights and responsibilities

OPM requires that all FEHB Plans provide certain information to their FEHB members. You may get information about us, our networks, and our providers, and facilities. OPM's FEHB website (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.

- Years in existence
- Profit status

If you want more information about us, call 1-800-638-8432 or write to Rural Carrier Benefit Plan, 1630 Duke Street, 2nd Floor, Alexandria, VA 22314-3466. You may also contact us by fax at 1-703-684-9627 or visit our website at www.rcbphhealth.com.

Your provider has the responsibility to provide you with complete information about your diagnosis, evaluation, treatment and prognosis. Providers should allow your participation in decisions about your health care. You can understand your rights and responsibilities for your own health care and that of your family members by asking your providers questions. You should:

- Ask questions if you have doubts or concerns and make sure that you understand the answers
- Choose a doctor that you feel comfortable talking to
- Take a family member, relative or friend to your appointments to help you ask questions and understand the answers
- Provide complete and accurate information about your health to your health care provider
- Tell your health care provider about any living will, durable medical power of attorney or other health care directive that could affect your care
- Treat your health care provider with respect
- Follow the treatment plan prescribed by your health care provider.

Your medical and claims records are confidential

We will keep your medical and claim 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.

You may view our Notice of Privacy Practice for more information about how we may use and disclose member information by visiting our website at: www.rcbphhealth.com

Section 2. Changes for 2016

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. Some sections of the brochure have moved and/or been combined. Please read the entire brochure for a complete description of the benefits provided by the Plan.

Program-wide changes

- Self Plus One enrollment type has been added effective January 1, 2016.
- We have removed the exclusion for services, drugs, or supplies related to sex transformations.

Changes to this Plan

- Your share of the Postal premium will decrease for Self Only and increase for Self and Family coverage. Your share of the non-Postal premium will decrease for Self Only and increase for Self and Family coverage. See Back Cover.
- We changed the deadline for filing a claim. See Section 7, Deadline for filing your claim.
- We increased the catastrophic protection out-of-pocket maximum for Out of Network providers. See Section 4, Your catastrophic protection out-of-pocket maximum.
- We added incentive programs to complete a Health Risk Assessment (HRA) and Biometric Screenings. See Section 5(f), Special features.
- We added maternity coverage for surrogates. See Section 5(a), Maternity care.
- We increased the coverage for hearing aids. See Section 5(a), Hearing services.
- We increased the benefit for Skilled Nursing Care when Medicare pays first. See Section 5(c), Extended care benefits/Skilled nursing care facility benefits.
- We added a benefit for massage therapy. See Section 5(a), Alternative treatments.
- We added a benefit for palliative and supportive care for terminally ill members. See Section 5(c), Hospice care and Section 10, Hospice care program.
- We added a new formulary for Specialty medications. See Section 5(f), Prescription drug benefits.
- We now require a prior authorization for certain compound medications. See Section 5(f), Prescription drug benefits.
- We added a new disease management program for Chronic Kidney Disease. See Section 5(h), Disease management programs.
- We added a new Telephonic Health Coaching benefit. See Section 5(a), Educational classes and programs and Section 5 (h), Special features.

Section 3. How you get care

Identification cards

We will send you and each covered family member an identification (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. 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.

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 1-800-638-8432 or write to us at Rural Carrier Benefit Plan, 1630 Duke Street, 2nd Floor, Alexandria, VA 22314-3466.

Where you get covered care

You can get care from any “covered provider” or “covered facility”. How much we pay – and you pay – depends on the type of covered provider or facility you use. If you live in our provider network area and use our preferred providers, you will pay less.

- **Covered providers**

We provide benefits for the services of covered professional providers, as required by Section 2706(a) of the Public Health Service Act (PHSA). Coverage of practitioners is not determined by your state’s designation as a medically underserved area (MUA).

Covered professional providers are medical practitioners who perform covered services when acting within the scope of their license or certification under applicable state law and who furnish, bill, or are paid for their health care services in the normal course of business. Covered services must be provided in the state in which the practitioner is licensed or certified.

- **Covered facilities**

Covered facilities include:

Hospital:

- 1) An institution that is accredited as a hospital under the hospital accreditation program of the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO); or
- 2) Any other institution that is operated pursuant to law, under the supervision of a staff of doctors and with 24-hour-a-day nursing service, and that is primarily engaged in providing:
 - General inpatient care and treatment of sick and injured persons through medical, diagnostic, and major surgical facilities, all of which facilities must be provided on its premises or under its control; or
 - Specialized inpatient medical care and treatment of sick or injured persons through medical and diagnostic facilities (including x-ray and laboratory) on its premises, under its control, or through a written agreement with a hospital (as defined above) or with a specialized provider of those facilities.

For treatment of mental health and substance abuse, hospital also includes a freestanding residential treatment facility approved by the JCAHO or the Commission on Accreditation of Rehabilitation Facilities (CARF).

In no event shall the term hospital include a convalescent nursing home or institution or part thereof that:

- 1) Is used principally as a convalescent facility, rest facility, nursing facility, or facility for the aged;
- 2) Furnishes primarily domiciliary or custodial care, including training in the routines of daily living; or
- 3) Is operated as a school.

Skilled Nursing Facility: An institution or that part of an institution that provides convalescent skilled nursing care 24 hours a day and is certified (or is qualified and could be certified) as a skilled nursing facility under Medicare.

Birth Center: A licensed facility that is equipped and operated solely to provide prenatal care, to perform uncomplicated spontaneous deliveries, and to provide immediate post-partum care.

Hospice: A public or private agency or organization that:

- 1) Administers and provides hospice care; and
- 2) Meets one of the following requirements:
 - Is licensed or certified as a hospice by the State in which it is located;
 - Is certified (or is qualified and could be certified) to participate as a hospice under Medicare;
 - Is accredited as a hospice by the JCAHO; or
 - Meets the standards established by the National Hospice Organization.

What you must do to get covered care

It depends on the kind of care you want to receive. You can go to any provider you want, but we must approve some care in advance.

• **Transitional care**

Specialty care: If you have a chronic or disabling condition and

- lose access to your specialist because we drop out of the Federal Employees Health Benefits (FEHB) Program and you enroll in another FEHB Plan, or
- lose access to your network specialist because we terminate our contract with your specialist for reasons other than for cause,

you may be able to continue seeing your specialist and receiving any In-network benefits 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 and your In-network benefits continue until the end of your postpartum care, even if it is beyond the 90 days.

• **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 1-800-638-8432. If you are new to the FEHB Program, we will reimburse you 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;
- The day your benefits from your former Plan run out; or
- The 92nd 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 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.

You need prior Plan approval for certain services

The pre-service claim approval processes for inpatient hospital admissions (called precertification) and for other services, are detailed in this Section. A **pre-service claim** is any claim, in whole or in part, that requires approval from us in advance of obtaining medical care or services. In other words, a pre-service claim for benefits (1) requires precertification, prior approval or a referral and (2) will result in a reduction of benefits if you do not obtain precertification, prior approval or a referral.

• **Inpatient hospital admission**

Precertification is the process by which we evaluate the medical necessity of your proposed stay and the number of days required to treat your condition prior to your inpatient hospital admission or residential treatment care. Unless we are misled by the information given to us, we won't change our decision on medical necessity.

In most cases, your doctor or hospital will take care of precertification. Because you are still responsible for ensuring that your care is precertified, you should always ask your physician or hospital whether they have contacted us.

Warning:

We will reduce our benefits for the inpatient hospital stay or residential treatment care by \$500 if no one contacts us for precertification. If the stay is not medically necessary, we will not pay any benefits.

Exceptions

You do not need precertification in these cases:

- You are admitted to a hospital outside the United States.
- You have another group health insurance policy that is the primary payor for the hospital stay.
- Medicare Part A is the primary payor for the hospital stay. Note: If you exhaust your Medicare hospital benefits and do not want to use your Medicare lifetime reserve days, then we will become the primary payor and you **do** need precertification.

• **Other services**

Some services require a referral, precertification, or prior authorization. Please call 1-800-638-8432 for approval for:

- Home health care (see Section 5(a))
- High-end radiology scans (see Section 5(a))
- Organ/Tissue transplants (see Section 5(b))
- Skilled nursing care (see Section 5(c))
- Partial hospitalization for mental health and substance abuse treatment (see Section 5(e))

Some prescription drugs require prior authorization. Please call 1-800-237-2767 for approval for:

- Specialty prescription medications and weight management drugs (see Section 5(f))
- Certain compound medications (see Section 5(f))

How to request precertification for an admission or get prior authorization for Other services

First, you, your representative, your physician, or your hospital must call us at 1-800-638-8432 before admission or services requiring prior authorization are rendered.

Next, provide the following information:

- Enrollee's name and Plan identification number;
- Patient's name, birth date, identification number and phone number;
- Reason for hospitalization, proposed treatment, or surgery;
- Name and phone number of admitting physician;
- Name of hospital or facility; and
- Number of days requested for hospital stay.

- **Non-urgent care claims**

For non-urgent care claims, we will tell the physician and/or hospital the number of approved inpatient days, or the care that we approve for other services that must have prior authorization. We will make our decision within 15 days of 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 of the need for an extension of time before the end 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.

- **Urgent care claims**

If you have an **urgent care claim** (i.e., when waiting for the regular time limit for your medical care or treatment could seriously jeopardize your life, health, or ability to regain maximum function, or in the opinion of a physician with knowledge of your medical condition, would subject you to severe pain that cannot be adequately managed without this care or treatment), we will expedite our review and notify you of our decision within 72 hours. If you request that we review your claim as an urgent care claim, we will review the documentation you provide and decide whether it is an urgent care claim by applying the judgment of a prudent layperson who possesses an average knowledge of health and medicine.

If you fail to provide sufficient information, we will contact you within 24 hours after we receive the claim to let you know what information we need to complete our review of the claim. You will have up to 48 hours to provide the required information. We will make our decision on the claim within 48 hours of (1) the time we received the additional information or (2) 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 written or electronic notification within three days of oral notification.

You may request that your urgent care claim on appeal be reviewed simultaneously by us and OPM. Please let us know that you would like a simultaneous review of your urgent care claim by OPM either in writing at the time you appeal our initial decision, or by calling us at 1-800-638-8432. You may also call OPM's Health Insurance 2 at 1-202-606-3818 between 8 AM and 5 PM Eastern Time to ask for the simultaneous review. We will cooperate with OPM so they can quickly review your claim on appeal. In addition, if you did not indicate that your claim was a claim for urgent care, call us at 1-800-638-8432. If it is determined that your claim is an urgent care claim, we will expedite our review (if we have not yet responded to your claim).

- **Concurrent care claims**

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 before the end of the approved period of time or number of treatments as an appealable decision. This does not include reduction or termination due to benefit changes or if your enrollment ends. 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.

- **Emergency inpatient admission** If you have an emergency admission due to a condition that you reasonably believe puts your life in danger or could cause serious damage to bodily function, you, your representative, the physician, or the hospital must telephone us within two business days following the day of the emergency admission, even if you have been discharged from the hospital. If you do not telephone the Plan within two business days, penalties may apply - see *Warning under Inpatient hospital admission* earlier in this Section and *If your hospital stay needs to be extended* below.

- **Maternity care** You do not need precertification of a maternity admission for a routine delivery. However, if your medical condition requires you to stay more than 48 hours after a vaginal delivery or 96 hours after a cesarean section, then your doctor or the hospital must contact us for precertification of additional days. Further, if your baby stays after you are discharged, then your doctor or the hospital must contact us for precertification of additional days for your baby.

- **If your hospital stay needs to be extended** If your hospital stay – including for maternity care or residential treatment care – needs to be extended, you, your representative, your doctor or the hospital must ask us to approve the additional days. If you remain in the hospital beyond the number of days we approved and did not get the additional days precertified, then
 - For the part of the admission that was medically necessary, we will pay inpatient benefits, but
 - For the part of the admission that was not medically necessary, we will pay only medical services and supplies otherwise payable on an outpatient basis and will not pay inpatient benefits.

- **If your treatment needs to be extended** 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.

If you disagree with our pre-service claim decision If you have a **pre-service claim** and you do not agree with our decision regarding precertification of an inpatient admission or prior approval of other services, you may request a review in accord with the procedures detailed below.

If you have already received the service, supply, or treatment, then you have a **post-service claim** and must follow the entire disputed claims process detailed in Section 8.

- **To reconsider a non-urgent care claim** Within 6 months of our initial decision, you may ask us in writing to reconsider our initial decision. Follow Step 1 of the disputed claims process detailed in Section 8 of this brochure.

In the case of a pre-service claim and subject to a request for additional information, we have 30 days from the date we receive your written request for reconsideration to

1. Precertify your hospital stay or, if applicable, arrange for the health care provider to give you the care or grant your request for prior approval for a service, drug, or supply; or
2. Ask you or your provider for more information.

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.

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. We will write to you with our decision.

3. Write to you and maintain our denial.

- **To reconsider an urgent care claim**

In the case of an appeal of a pre-service urgent care claim, within 6 months of our initial decision, you may ask us in writing to reconsider our initial decision. Follow Step 1 of the disputed claims process detailed in Section 8 of this brochure.

Unless we request additional information, we will notify you of our decision within 72 hours after receipt of your reconsideration request. We will expedite 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.

- **To file an appeal with OPM**

After we reconsider your **pre-service claim**, if you do not agree with our decision, you may ask OPM to review it by following Step 3 of the disputed claims process detailed in Section 8 of this brochure.

Section 4. Your costs for covered services

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

Cost-sharing 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.

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

Example: When you see your In-network physician you pay a copayment of \$20 per day. If you see more than one In-network physician on the same day, you pay one copayment for each different physician seen on that day. When you have a stay in a In-network hospital, you pay \$100 for the first day of your hospital stay and for a Out-of-network hospital; you pay \$300 for the first day of your hospital stay.

Note: If the billed amount or the Plan allowance that providers we contract with have agreed to accept as payment in full is less than your copayment, you pay the lower amount.

Deductible A deductible is a fixed amount of covered expenses you must incur for certain covered services and supplies before we start paying benefits for them. Copayments and coinsurance amounts do not count toward any deductible. When a covered service or supply is subject to a deductible, only the Plan allowance for the service or supply counts toward the deductible.

- The calendar year deductible for In-network services is \$350 per person and for Out-of-network services it is \$400 per person. Under a Self Only enrollment, the deductible is considered satisfied and benefits are payable for you when your covered expenses applied to the calendar year deductible for your enrollment reach \$350 for In-network services or \$400 for Out-of-network services under High Option. Under a Self Plus One enrollment, the deductible is considered satisfied and benefits are payable for you and one other eligible family member when the combined covered expenses applied to the calendar year deductible for your enrollment reach \$700 for In-network services or \$800 for Out-of-network services under High Option. Under a Self and Family enrollment, the deductible is satisfied for all family members when the combined covered expenses applied to the calendar year deductible for family members reach \$700 for In-network services and \$800 for Out-of-network services.
- We have a separate prescription drug deductible of \$200 per person each calendar year that applies to all covered prescription drugs that you purchase at a retail drugstore or pharmacy.
- We also have a separate deductible for dental care of \$50 per person each calendar year.

Note: If you change Plans during Open Season and the effective date of your new Plan is after January 1 of the next year, you do not have to start a new deductible under your old Plan between January 1 and the effective date of your new Plan. If you change Plans at another time during the year, you must begin a new deductible under your new Plan.

Coinsurance Coinsurance is the percentage of our allowance that you must pay for your care. Coinsurance does not begin until you have met your calendar year deductible.

Example: You pay 25% of our allowance for office visits under our Out-of-network benefit.

If your provider routinely waives your cost If your provider routinely waives (does not require you to pay) your copayments, deductibles, or coinsurance, the provider is misstating the fee and may be violating the law. In this case, when we calculate our share, we will reduce the provider's fee by the amount waived.

For example, if your physician ordinarily charges \$100 for a service but routinely waives your 25% coinsurance, the actual charge is \$75. We will pay \$56.25 (75% of the actual charge of \$75).

Waivers

In some instances, a provider may ask you to sign a “waiver” prior to receiving care. This waiver may state that you accept responsibility for the total charge for any care that is not covered by your health Plan. If you sign such a waiver, whether you are responsible for the total charge depends on the contracts that the Plan has with its providers. If you are asked to sign this type of waiver, please be aware that, if benefits are denied for the services, you could be legally liable for the related expenses. If you would like more information about waivers, please contact us at 1-800-638-8432.

Differences between our allowance and the bill

Our “Plan allowance” is the amount we use to calculate our payment for covered services. Fee-for-service Plans arrive at their allowances in different ways, so their allowances vary. For more information about how we determine our Plan allowance, see the definition of Plan allowance in Section 10.

Often, the provider’s bill is more than a fee-for-service Plan’s allowance. Whether or not you have to pay the difference between our allowance and the bill will depend on the provider you use.

When you live in the Plan’s network area, you should use an In-network provider whenever possible. The following two examples explain how we will handle your bill when you go to a In-network provider and when you go to a Out-of-network provider. When you use an In-network provider, the amount that you pay will usually be much less.

- **In-network providers** agree to limit what they will bill you. Because of that, when you use a network provider, your share of covered charges consists only of your deductible and coinsurance or copayment. Here is an example about coinsurance: You see an In-network physician who charges \$150, but our allowance is \$100. If you have met your deductible, you are only responsible for your coinsurance. That is, you pay just – 15% of our \$100 allowance (\$15). Because of the agreement, your In-network physician will not bill you for the \$50 difference between our allowance and his/her bill.

Follow these procedures when you use an In-network provider to receive In-network benefits:

- Verify with us that your home address is correct
- When you make an appointment, verify that the physician or facility is still a network provider
- Present your Rural Carrier Benefit Plan ID card at the time that you receive services to receive In-network benefits
- Do not pay a network provider at the time that you receive services, except for any copayment or deductible that you owe. Network providers will bill us directly and we will pay them. The network provider will then bill you for any balance due after we pay them.
- **Out-of-network providers**, on the other hand, have no agreement to limit what they will bill you. When you use an Out-of-Network provider, you will pay your deductible and coinsurance – plus any difference between our allowance and charges on the bill. Here is an example: You see a out-of-network physician who charges \$150 and our allowance is again \$100. Because you’ve met your deductible, you are responsible for your coinsurance, so you pay 25% of our \$100 allowance (\$25). Plus, because there is no agreement between the out-of-network physician and us, the physician can bill you for the \$50 difference between our allowance and his/her bill.

Participating providers agree to limit what they can collect from you. You will still have to pay your deductible and coinsurance. These providers agree to write off the difference between billed charges and the discount amount.

The following table illustrates the examples of how much you have to pay out-of-pocket for services from a network physician vs. an out-of-network physician. The table uses our example of a service for which the physician charges \$150 and our allowance is \$100. The table shows the amount you pay if you have met your calendar year deductible.

EXAMPLE	Network physician	Out-of-network physician
Physician's charge	\$150	\$150
Our allowance	We set it at: \$100	We set it at: \$100
We pay	85% of our allowance: \$85	75% of our allowance: \$75
You owe: Coinsurance	15% of our allowance: \$15	25% of our allowance: \$25
+Difference up to charge?	No: \$0	Yes: \$50
TOTAL YOU PAY	\$15	\$75

Your catastrophic protection out-of-pocket maximum for deductibles, coinsurance, and copayments

For those benefits where copayments, coinsurance or deductibles apply, we pay 100% of the Plan allowance for the rest of the calendar year after your expenses total to:

- \$4,000 for Self Only enrollment or \$4,500 for Self Plus One or Self and Family enrollment when you use In-network providers/facilities and CVS Health In-network retail and/or mail service pharmacy, or
- \$5,000 for Self Only enrollment or \$5,500 for Self Plus One or Self and Family enrollment when you use Out-of-network providers/facilities and CVS Health Out-of-network retail and/or mail service pharmacy combined.

Your out-of-pocket maximum does not include the following:

- Expenses for dental care
- Expenses in excess of our allowances or maximum benefit limits
- Any penalty you pay for failing to get approval for a hospital stay or residential treatment care
- Any amount you pay for failing to get approval for additional days in the hospital after the initial length of a hospital stay is approved
- Expenses you pay for services, supplies and drugs not covered by us.

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.

If we overpay you

We will make diligent efforts to recover benefit payments we made in error but in good faith. We may reduce subsequent benefit payments to offset overpayments.

When Government facilities bill us

Facilities of the Department of Veteran Affairs, the Department of Defense, and the Indian Health Service 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 their governing laws allow. You may be responsible to pay for certain services and charges. Contact the government facility directly for more information.

Section 5. Benefits

See page 13 for how our benefits changed this year. Pages 100-101 are a benefits summary of the high option.

Section 5. Benefits24

Section 5(a). Medical services and supplies provided by physicians and other health care professionals.....26

 Diagnostic and treatment services.....26

 Lab, X-ray and other diagnostic tests.....27

 Preventive care, adult.....28

 Preventive care, children.....30

 Maternity care31

 Family Planning32

 Infertility services33

 Allergy care.....33

 Treatment therapies.....34

 Physical and occupational and speech therapies.....34

 Hearing services (testing, treatment, and supplies).....35

 Vision services (testing, treatment, and supplies).....35

 Foot care.....36

 Orthopedic and prosthetic devices36

 Durable medical equipment (DME).....37

 Home health services38

 Chiropractic.....39

 Alternative treatments39

 Educational classes and programs.....40

Section 5(b). Surgical and anesthesia services provided by physicians and other health care professionals42

 Surgical procedures.....42

 Reconstructive surgery.....44

 Oral and maxillofacial surgery.....45

 Organ/tissue transplants46

 Anesthesia49

Section 5(c). Services provided by a hospital or other facility, and ambulance services50

 Inpatient hospital.....50

 Outpatient hospital or ambulatory surgical center52

 Extended care benefits/Skilled nursing care facility benefits53

 Hospice care.....53

 Ambulance54

Section 5(d). Emergency services/accidents55

 Accidental injury.....55

 Medical emergency56

 Ambulance56

Section 5(e). Mental health and substance abuse benefits57

 Professional services57

 Diagnostics.....58

 Inpatient hospital or other covered facility58

 Outpatient hospital or other covered facility.....58

Section 5(f). Prescription drug benefits59

 Covered medications and supplies.....62

Section 5(g). Dental benefits.....65

Dental benefits65

Section 5(h). Special features.....67

 Flexible benefits option.....67

 24 hour nurse line.....67

 Services for deaf and hearing impaired.....67

 Cancer treatment benefit67

 Kidney (renal) dialysis benefit.....67

 Routine eye exam benefit.....67

 Aetna Transplant Network67

 Healthy maternity program68

 Disease management programs.....68

 Travel benefit/services overseas69

 Lab Card program69

 Case management program.....68

 Genetic testing for prescription drugs.....69

 Pharmacy Advisor Program70

Non-FEHB benefits available to Plan members73

Summary of benefits for the High Option of the Rural Carrier Benefit Plan- 2016100

**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.
- The calendar year deductible is: \$350 per person for In-network services and \$400 per person for Out-of-network services (\$700 for In-network service or \$800 for Out-of-network services per Self Plus One enrollment or \$700 for In-network services and \$800 for Out-of-network services per Self and Family enrollment). The calendar year deductible applies to almost all benefits in this Section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- The Out-of-network benefits are the standard benefits of this Plan. In-network benefits apply only when you use a network provider. When no network provider is available, Out-of-network benefits apply.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also, read Section 9 for information about how we pay if you have other coverage, or if you are age 65 or over.

Benefit Description	You Pay
<p>Note: The calendar year deductible applies to almost all benefits in this Section. We say “(No deductible)” when it does not apply.</p>	
Diagnostic and treatment services	
<p>Professional services of physicians (except surgery)</p> <ul style="list-style-type: none"> • In physician’s office • Medical consultations • In dentist’s office in relation to covered oral and maxillofacial surgical procedures • Injections <p>Note: Prior authorization is required for certain specialty self-administered drugs. Call CVS Health at 1-800-237-2767 prior to scheduling treatment. The drugs are covered under Section 5(f), Prescription drug benefits.</p> <p>Note: We pay for surgery services by a physician under Section 5(b), Surgical services.</p> <p>Supplies, other than diabetic supplies, provided by a physician during an office visit are covered under Section 5(a) of the brochure. See Section 5(f), Prescription drug benefits for coverage of diabetic supplies.</p> <p>Outpatient physical therapy, occupational therapy, and speech therapy are covered under Section 5(a).</p> <p>Treatment for Mental and Nervous Disorders, Alcoholism and Substance Abuse is covered under Section 5(e).</p>	<p>In-network: \$20 copayment (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<ul style="list-style-type: none"> • Outpatient care in an urgent care facility because of a medical emergency 	<p>In-network: \$35 copayment (No deductible)</p>

Diagnostic and treatment services - continued on next page

Benefit Description	You Pay
Diagnostic and treatment services (cont.)	
<p>Note: we pay medical supplies, medical equipment, prosthetic and orthopedic devices for use at home under Section 5(a), Medical services and supplies.</p>	<p>In-network: \$35 copayment (No deductible) Out-of-network: 15% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Professional services of physicians (except in an urgent care center)</p> <ul style="list-style-type: none"> • During a hospital stay • In a skilled nursing facility • Initial examination of a newborn child covered under a family enrollment • In your home <p>Note: We cover contraceptive drugs under Prescription Drug Benefits, Section 5(f).</p>	<p>In-network: 15% of the Plan allowance Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Professional non-emergency services provided in a convenient care clinic (see Definitions, Section 10)</p> <p>Note: For services related to an accidental injury or medical emergency, see Section 5(d)</p>	<p>In-network: \$10 copayment per visit (No deductible). Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount.</p>
<p><i>Not covered: Telephone consultations, mailing, faxes, emails or any other communication to or from a physician, hospital or other medical provider.</i></p>	<p><i>All charges</i></p>
Lab, X-ray and other diagnostic tests	
<p>Tests, such as:</p> <ul style="list-style-type: none"> • Blood tests • Lab tests • Urinalysis • Non-routine pap tests • Pathology • X-rays • Non-routine mammograms • Ultrasound • Electrocardiogram and EEG • Sonograms • Hearing test (when medically necessary) <p>Note: Urine drug testing/screening is covered only as described in "FEHBP Urine Drug Testing Coverage", available on our website, www.rcbphealth.com, or by calling us at 1-800-638-8432.</p>	<p>In-network: 15% of Plan allowance Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount.</p> <p>Note: If your network provider uses an out-of-network lab or radiologist, we will pay out-of-network benefits for any lab and X-ray charges.</p> <p>Note: For genetic testing for prescription drugs see Section 5(h), Special features.</p>
<ul style="list-style-type: none"> • CT/CAT scans, CTA, MRA, MRI, NC, PET, SPECT, provided at a stand-alone imaging center or clinic 	<p>In-network: Nothing (No deductible)</p>

Lab, X-ray and other diagnostic tests - continued on next page

Benefit Description	You Pay
Lab, X-ray and other diagnostic tests (cont.)	
<p>Note: Preauthorization for these procedures is required except in the case of an accident or medical emergency. Call us at 1-800-638-8432 prior to scheduling. See Outpatient imaging procedures under You need prior Plan approval for certain services, Section 3, Other services.</p> <p>Note: If a stand-alone in-network imaging center or clinic is not used, the regular Lab, X-Ray and diagnostic tests benefits above apply. Call us at 1-800-638-8432 for more details and information about stand-alone imaging centers.</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount.</p> <p>Note: Expenses for related professional services are covered under this benefit</p>
<p><i>Not Covered:</i></p> <ul style="list-style-type: none"> • Professional fees for automated test • 3D breast tomosynthesis 	<p><i>All charges</i></p>
Lab Card, service of Quest Diagnostics	
<p>You may use this voluntary program for covered outpatient lab tests. You show your RCBP identification card and tell your physician you would like to use the Lab Card benefit. If the physician draws the specimen, he/she can call 1-800-646-7788 for pick up or you can go to an approved collection site and show your RCBP ID card along with the test requisition from your physician and have the specimen drawn there. Please Note: You must show your RCBP ID card each time you obtain lab work whether in the physician’s office or collection site. To find an approved collection site near you, call 1-800-646-7788 or visit www.rcbphealth.com.</p>	<p>Nothing (No deductible)</p> <p>Note: This benefit applies to expenses for lab tests only. Related expenses for services by a physician (or lab tests performed by an associated laboratory not participating in the Lab Card Program) are subject to applicable deductibles and coinsurance.</p>
Preventive care, adult	
<p>A routine physical exam – one per person each calendar year to include patient history and risk assessment, basic metabolic panel and general health panel, urinalysis, biometric screenings (which may include certain biometric screening measures such as Body Mass Index (BMI), blood pressure, cholesterol tests, glucose and Hemoglobin A1c tests, colorectal cancer screening performed or ordered by your doctor as part of that annual preventive medical examination) and routine X-rays as recommended preventive services under the Patient Protection and Affordable Care Act.</p> <p>Note: Lab tests and X-rays are covered under Lab, X-ray and other diagnostic tests, Section 5(a), unless coded as routine.</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Preventive care, adult - continued on next page

Benefit Description	You Pay
Preventive care, adult (cont.)	
<p>Routine screenings, such as:</p> <ul style="list-style-type: none"> • Blood cholesterol and/or lipid panel/profile--one per person each calendar year • Chlamydial infection • Osteoporosis screening -- every year starting at age 50 • Abdominal aortic aneurysm screening (limited to one per lifetime), for males ages 65 to 75 who have ever smoked • Colorectal Cancer Screening, including <ul style="list-style-type: none"> - Fecal occult blood test - Sigmoidoscopy screening – every five years starting at age 50 - Colonoscopy -- every 10 years starting at age 50 • BRCA risk assessment and genetic counseling and/or testing when recommended by a physician for women who have a family history of breast, ovarian, tubal or peritoneal cancer. <p>Note: We cover preventive services, counseling and screenings that have a recommendation of “A” or “B” from the United States Preventive Services Task Force (USPSTF) and also covered under the Affordable Care Act (ACA). See Section 10, Definitions, Routine preventive services/ immunizations</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Prostate Specific Antigen (PSA) test -- every year for men starting at age 40</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Well woman care, including, but not limited to:</p> <ul style="list-style-type: none"> • Routine Pap test, starting at age 18 • Human papillomavirus testing • Annual counseling for sexual transmitted infections • Annual counseling and screening for human immune-deficiency virus (HIV) • Screening and counseling for interpersonal and domestic violence <p>Note: If you see another physician for your pap smear, the office visit will be covered.</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Routine mammogram -- one every calendar year for women starting at age 35</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Adult routine immunizations endorsed by the Centers for Disease Control and Prevention (CDC):</p>	<p>In-network: Nothing (No deductible)</p>

Preventive care, adult - continued on next page

Benefit Description	You Pay
<p>Preventive care, adult (cont.)</p> <ul style="list-style-type: none"> • Zostavax (shingles) vaccine, no age limit • Human Papillomavirus (HPV) vaccine for cervical cancer, no age limit • Adacel vaccine (adult booster for tetanus, diphtheria and pertussis) • Influenza vaccine • Pneumococcal vaccine <p>Note: Influenza and pneumococcal vaccines are available at most CVS Health participating (In-network) pharmacies without cost to our Plan members. To find a CVS Health participating pharmacy near you, call 1-800-292-4182.</p> <p>Note: A complete list of preventive care services recommended under the U.S. Preventive Services Task Force (USPSTF) is available online at http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/ and https://www.healthcare.gov/preventive-care-benefits/</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: Nothing up to the Plan allowance then any difference between our allowance and the billed amount (No deductible)</p>
<p>Preventive care, children</p> <p>Well child visits for dependent children under age 18</p> <ul style="list-style-type: none"> • Childhood immunizations recommended by the American Academy of Pediatrics for dependent children under age 22. • Rotavirus vaccine for infants less than 1 year old • Retinal screening exam performed by an ophthalmologist for infants with low birth weight, less than 1 year of age and with an unstable clinical course • Hearing screening exam testing and diagnosis and treatment (including hearing aids for hearing loss) • Body Mass Index (BMI) Testing for children under age 22 <p>Note: We cover preventive services, counseling and screenings that have a recommendation of “A” or “B” from the United States Preventive Services Task Force (USPSTF) and also covered under the Affordable Care Act (ACA). See Section 10, Definitions, Routine preventive</p> <p>Note: A complete list of preventive care services recommended under the U.S. Preventive Services Task Force (USPSTF) is available online at http://www.uspreventiveservicestaskforce.org</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: Nothing up to Plan allowance then the difference between our allowance and the billed amount (No deductible)</p>

Benefit Description	You Pay
<p>Maternity care</p> <p>Complete maternity (obstetrical) care, such as:</p> <ul style="list-style-type: none"> • Screening for gestational diabetes for pregnant women between 24-28 weeks gestation or first prenatal visit for women at a high risk • Prenatal care (including laboratory tests) • Delivery • Postpartum care • Sonograms <p>Note: We cover cell free fetal DNA testing for Fetal Aneuploidy.</p> <p>Note: For facility care related to maternity, including care at birthing facilities, we pay at the inpatient hospital rate in accordance with Section 5(c), Inpatient hospital.</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Note: If your child is not covered under a Self and Family enrollment, you pay all of your child's charges after your discharge from the hospital.</p>
<ul style="list-style-type: none"> • Breastfeeding support and counseling for each birth • Breastfeeding equipment rental or purchase <p>Note: Breast pump and supplies are limited to the purchase or rental of (standard non-hospital grade) breastfeeding equipment to an amount no greater than what we would have paid if the equipment had been purchased. We will cover only the cost of standard equipment, which includes the items included in the initial supply kit provided with a new pump order.</p> <p>Note: Breastfeeding supplies such as maternity bras, nursing pads or additional bottles are not covered.</p> <p>Note: When standard (non-hospital grade) breastfeeding equipment and supplies are purchased at a CVS Pharmacy, you pay nothing (No deductible).</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p>Note: Here are some things to keep in mind:</p> <ul style="list-style-type: none"> • You do not need to precertify your normal delivery; see page 18 for other circumstances, such as extended stays for you or your baby. • You may remain in the hospital up to 48 hours after a regular delivery and 96 hours after a cesarean delivery. We will cover an extended stay if medically necessary, but you, your representative, your physician or your hospital must precertify the extended stay. • 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 if we cover the infant under a Self Plus One or Self and Family enrollment. Surgical benefits, not maternity benefits, apply to circumcision. 	

Benefit Description	You Pay
Maternity care (cont.)	
<ul style="list-style-type: none"> We cover the initial routine examination of your newborn infant covered under your family enrollment. We pay hospitalization and surgeon services for non-maternity care the same as for illness and injury. Note: Maternity care expenses incurred by a Plan member serving as a surrogate mother are covered by the Plan subject to reimbursement from the other party to the surrogacy contract or agreement. The involved Plan member must execute our Reimbursement Agreement against any payment she may receive under a surrogacy contract or agreement. Expenses of the new-born child are not covered under this or any other benefit in a surrogate mother situation. 	
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <i>Procedures, services, drugs, and 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</i> 	<p><i>All charges</i></p>
Family Planning	
<p>Contraceptive counseling on an annual basis</p>	<p>In-network: Nothing Out-of-network: Nothing</p>
<p>A range of voluntary family planning services, including patient education and counseling, limited to:</p> <ul style="list-style-type: none"> Voluntary sterilization (See Section 5(b), Surgical procedures) Injection of contraceptive drugs (such as Depo-Provera) FDA-approved birth control drugs and devices requiring a physician's written prescription <p>Note: We cover oral contraceptive drugs, diaphragms, cervical caps, vaginal rings and contraceptive hormone patches. See Section 5(f), Prescription drug benefits.</p> <p>Note: Surgically implanted, fitting, insertion or removal of contraceptive devices is covered under Surgical Services, Section 5(b).</p>	<p>In-network: Nothing (No deductible) Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <i>Reversal of voluntary surgical sterilization</i> <i>Genetic counseling, testing or screening</i> 	<p><i>All charges</i></p>

Benefit Description	You Pay
Infertility services	
<p>Diagnosis and treatment of infertility (See Definitions, Section 10), except as shown in <i>Not covered</i>.</p> <ul style="list-style-type: none"> • Initial diagnostic tests and procedures done only to identify the cause of infertility. • Fertility drugs, hormone therapy and related services • Medical or surgical procedures done to create or enhance fertility <p>Note: Preauthorization is required for certain specialty self-administered drugs. Call us at 1-800-237-2767 prior to scheduling treatment. The drugs are covered under Section 5(f), Prescription drug benefits.</p>	<p>In-network: 15% of the Plan allowance</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Infertility services after voluntary sterilization</i> • <i>Assisted reproductive technology (ART) procedures, such as:</i> <ul style="list-style-type: none"> - <i>Artificial insemination</i> - <i>In vitro fertilization</i> - <i>Embryo transfer and gamete intrafallopian transfer (GIFT)</i> - <i>Zygote intrafallopian transfer (ZIFT)</i> - <i>Intracytoplasmic sperm injection (ICSI)</i> - <i>Intravaginal insemination (IVI)</i> - <i>Intracervical insemination (ICI)</i> - <i>intrauterine insemination (IUI)</i> • <i>Services and supplies related to ART procedures</i> • <i>Infertility drugs used in conjunction with ART procedures</i> • <i>Cost of donor sperm</i> • <i>Cost of donor egg</i> 	<p><i>All charges</i></p>
Allergy care	
<ul style="list-style-type: none"> • Testing, including the RAST test, and treatment, including materials (such as allergy serum) • Allergy injections 	<p>In-network: Services in a physician’s office --\$20 copayment (No deductible)</p> <p>Note: If your physician uses the Quest Diagnostics/LabOne to test your specimen, you will pay nothing for the lab test (No deductible).</p> <p>Services outside the physician’s office—15% of the Plan allowance</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Allergy care - continued on next page

Benefit Description	You Pay
Allergy care (cont.)	
	Note: The allergy services are included in the office visit copayment if performed during an office visit with a network provider.
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • Food tests • End point titration techniques • Sublingual allergy desensitization • Hair analysis 	<i>All charges</i>
Treatment therapies	
<ul style="list-style-type: none"> • Chemotherapy and radiation therapy <p>Note: High dose chemotherapy in association with autologous bone marrow transplants is limited to those transplants listed on pages 46-49.</p> <ul style="list-style-type: none"> • Intravenous (IV)/Infusion Therapy – Home IV and antibiotic therapy • Human Growth Hormone therapy (HGHT) • Respiratory and inhalation therapies • Cardiac rehabilitation therapy <p>Note: We cover only Phase 1 and 2 for cardiac rehabilitation therapy.</p> <p>Note: Drugs used in treatment therapies are covered under Section 5(f), Prescription drug benefits.</p> <p>Note: Preauthorization is required for certain specialty self-administered drugs. Call us at 1-800-237-2767 prior to scheduling treatment. The drugs are covered under Section 5(f), Prescription drug benefits.</p>	<p>In-network: 15% of the Plan allowance</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Note: The Plan pays for services, supplies, and tests rendered for the direct treatment of cancer under Special features, Section 5(g).</p> <p>Note: The Plan pays for services, supplies, and testing for kidney (renal) dialysis under Special features, Section 5(g).</p>
Physical and occupational and speech therapies	
<p>For physical therapy, speech therapy and occupational therapy:</p> <ul style="list-style-type: none"> • 90 total combined visits per calendar year <p>Note: We provide physical, occupational and speech therapy for those diagnosed with Autism.</p> <p>Note: Inpatient physical, occupational and speech therapies are covered under Section 5(c).</p>	<p>In-network: 15% of the Plan allowance</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • Long-term rehabilitative therapy • Exercise programs 	<i>All charges</i>

Benefit Description	You Pay
Hearing services (testing, treatment, and supplies)	
<ul style="list-style-type: none"> Routine hearing exam and treatment related to illness or injury, including evaluation and diagnostic hearing tests performed by an M.D., D.O. or audiologist <p>Note: For routine hearing screening performed during a child’s preventive care visit, see Section 5(a) Preventive care, children.</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: Nothing (No deductible)</p>
<p>Hearing aids for adults</p> <ul style="list-style-type: none"> One hearing aid per ear and related services, including implanted hearing-related devices, such as bone anchored hearing aids (BAHA) and cochlear implants <p>Note: For benefits for the devices, see Section 5(a) Orthopedic and prosthetic devices.</p>	<p>In-network: Nothing up to \$1,500 per ear, then all charges (no deductible)</p> <p>Out-of-network: Nothing up to \$1,500 per ear, then all charges (no deductible)</p> <p>Note: This benefit is available once every five years.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <i>Hearing aids and related expenses, except as noted above</i> 	<p><i>All charges</i></p>
Vision services (testing, treatment, and supplies)	
<ul style="list-style-type: none"> One pair of eyeglasses with standard frames or contact lenses (including fitting) to correct a change in sight caused directly by an accidental eye injury or intraocular surgery (such as for cataracts), within one year of the injury or surgery <p>Note: Diabetic retinal eye exams are covered under Section 5(a). Diagnostic and treatment services.</p> <p>Note: See Special Features, Section 5(h), for our benefit for routine eye examinations, including eye refractions.</p>	<p>In-network: 15% of the Plan allowance</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <i>Eyeglasses or contact lenses , except as shown above</i> <i>Deluxe lens features for eyeglasses or contact lenses such as special coatings, polarization, UV treatment, and multifocal, accommodating, toric or other premium intraocular lenses (IOLs), including Crystalens, ReStorm and ReZoom</i> <i>Eye exercises and orthoptics</i> <i>Refractive eye surgery and related expenses</i> 	<p><i>All charges</i></p>

Benefit Description	You Pay
Foot care	
Routine foot care when you are under active treatment for a metabolic or peripheral vascular disease, such as diabetes.	In-network: 15% of Plan allowance Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Treatment or removal of corns and calluses, or trimming of toenails, except as stated above</i> • <i>Orthopedic shoes and other devices to support the feet, except as shown in Section 5(a) Orthopedic and prosthetic devices</i> 	<p><i>All charges</i></p>
Orthopedic and prosthetic devices	
<ul style="list-style-type: none"> • Artificial limbs and eyes; stump hose • Externally worn breast prostheses and surgical bras, including necessary replacements following a mastectomy. • Internal prosthetic devices, such as artificial joints, pacemakers and surgically implanted breast implant following mastectomy. <p>Note: See Section 5(b) for coverage of the surgery to insert the device and Section 5(c) for services provided by a hospital.</p>	In-network: 15% of the Plan allowance Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount
Hearing aids for adults <ul style="list-style-type: none"> • One hearing aid per ear and related services, including implanted hearing-related devices, such as bone anchored hearing aids (BAHA) and cochlear implants 	In-network: Nothing up to \$1,500 per ear, then all charges (No deductible) Out-of-network: Nothing up to \$1,500 per ear, then all charges (No deductible) Note: This benefit is available once every five years.
Foot orthotics <ul style="list-style-type: none"> • Prescribed by a physician • Custom fitted, including necessary repair and adjustment • Impression casting • Corrective shoes to treat malformation and weakness of the foot 	In-network: Nothing up to \$250 per foot, then all charges (No deductible) Out-of-network: Nothing up to \$250 per foot, then all charges (No deductible) Note: This benefit is available for one replacement every three years
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Corsets, trusses, elastic stockings, support hose, and other supportive devices, unless we determine their medical necessity</i> 	<p><i>All charges</i></p>

Benefit Description	You Pay
<p>Durable medical equipment (DME)</p> <p>Durable medical equipment (DME) is equipment and supplies that:</p> <ul style="list-style-type: none"> • Are prescribed by your attending physician (i.e., the physician who is treating your illness or injury); • Are medically necessary; • Are primarily and customarily used only for a medical purpose; • Are generally useful only to a person with an illness or injury; • Have a therapeutic purpose in the treatment of an illness or injury <p>We cover rental, up to the purchase price, or purchase (at our option), including necessary repair and adjustment, of durable medical equipment, such as:</p> <ul style="list-style-type: none"> • Oxygen • Dialysis equipment • Hospital beds • Wheelchairs • Crutches • Walkers • Colostomy and ostomy supplies • Medical supplies, appliances, medical equipment and any covered items billed by a hospital for use at home (Note: calendar year deductible applies) • Medical foods and nutritional supplements when administered by catheter or nasogastric tube • Seat lift mechanism on a lift chair provided that all of the following criteria are met: <ul style="list-style-type: none"> - The patient has severe arthritis of the hip or knee or a severe neuromuscular disease - The seat lift mechanism is part of a physician's treatment plan and is prescribed to improve the patient's condition or stop or delay deterioration in the patient's condition - The patient is incapable from standing up from any chair in the home - After standing, the patient must be able to walk <p>Note: Coverage is limited to the seat lift mechanism only, even if the mechanism is part of a chair.</p> <p>Note: We will only cover the cost of standard equipment. Coverage for specialty items such as all terrain wheelchairs is limited to the cost of the standard equipment.</p>	<p>In-network: 15% of the Plan allowance</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Durable medical equipment (DME) - continued on next page

Benefit Description	You Pay
Durable medical equipment (DME) (cont.)	
<p>Note: Diabetic supplies are covered under Section 5 (f), Prescription drug benefits.</p> <p>Note: We cover durable medical equipment (DME) at the In-network benefit level only when you use an In-network DME provider. In-network physicians, facilities, and pharmacies are not necessarily In-network DME providers.</p>	<p>In-network: 15% of the Plan allowance</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Augmentative and alternative communications (AAC) devices such as:</p> <ul style="list-style-type: none"> • Computer story boards • Light talkers • Enhanced vision systems • Speech aid prosthesis for pediatrics • Speech aid prosthesis for adults • Magnifier Viewing System • Script Talk reader devices 	<p>In-network: Nothing up to a maximum of \$1,000 per device per calendar year (No deductible)</p> <p>Out-of-network: Nothing up to a maximum of \$1,000 per device per calendar year (No deductible)</p> <p>Note: Limited to one device per person per calendar year</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Sun or heat lamps, whirlpool bath, heating pads, air purifiers, humidifiers, air conditioners and exercise devices</i> • <i>Charges for service contracts for purchased or rented equipment, except for oxygen concentrators</i> • <i>Desktop and laptop computers, pagers, personal digital assistants (PDAs), smart phones, and tablet devices (e.g., iPad), or other devices that are not dedicated speech generating devices.</i> • <i>Equipment replacement provided less than three years after the last covered one unless defective or damaged beyond repair</i> • <i>Oral nutritional supplements that do not require a prescription under Federal law even if your doctor prescribes them or if a prescription is required under your state law</i> 	<p><i>All charges</i></p>
Home health services	
<p>If home health services are preauthorized, we pay for up to 90 visits per person per calendar year when:</p> <ul style="list-style-type: none"> • A registered nurse (R.N.), licensed practical nurse (L.P.N.) or licensed vocational nurse (L.V.N.) provides the services; • The attending physician orders the care; • The physician identifies the specific professional skills required by the patient and the medical necessity for skilled services ; and • The physician indicates the length of time the services are needed. 	<p>In-network: 15% of the Plan allowance (No deductible). You pay all charges after 90 visits per calendar year.</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount (No deductible). You pay all charges after 90 visits per calendar year.</p>

Benefit Description	You Pay
Home health services (cont.)	
<p>Note: Services provided by a licensed social worker (L.S.W.) are limited to 2 visits per calendar year and will count toward the visit maximum above.</p>	<p>In-network: 15% of the Plan allowance (No deductible). You pay all charges after 90 visits per calendar year.</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount (No deductible). You pay all charges after 90 visits per calendar year.</p>
<p>If home health services are not preauthorized, we will pay for up to 40 visits per calendar year.</p> <p>Note: All visits for home health care services, whether preauthorized or not, are combined and cannot exceed 90 visits per calendar year.</p> <p>Note: Services provided by a licensed social worker (L.S.W.) are limited to 2 visits per calendar year and will count toward the visit maximum above.</p> <p>Note: All therapy services will count toward the 90-day therapy visit limitation per calendar year, as listed under Section 5(a), Physical, occupational and speech therapy.</p>	<p>In-network: 15% of the Plan allowance (No deductible). You pay all charges after 40 visits per calendar year.</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount (No deductible). You pay all charges after 40 visits per calendar year.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Nursing care requested by, or for the convenience of, the patient or the patient's family;</i> • <i>Services consisting of only hygiene, feeding, exercising, moving the patient, homemaking, companionship, or giving oral medication</i> • <i>Custodial care as defined in Section 10</i> 	<p><i>All charges</i></p>
Chiropractic	
<ul style="list-style-type: none"> • Manipulation of the spine and extremities 	<p>In-network: \$20 copayment per visit (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
Alternative treatments	
<p>Acupuncture for:</p> <ul style="list-style-type: none"> • Anesthesia • Pain relief • Therapeutic purposes <p>Note: Please see the definition of acupuncture in Section 10.</p>	<p>In-network: 15% of the Plan allowance for up to 30 visits per person each calendar year (No deductible). After 30 visits, you pay all charges.</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount for up to 30 visits per person each calendar year (No deductible). After 30 visits, you pay all charges.</p>
<p>Massage therapy only when performed by a covered provider (see Section 3) limited to 30 visits per person, per calendar year</p> <p>Note: These providers are required to submit itemized bills and their Federal Tax I.D. Number (if a United States provider) as outlined in Section 7, Filing a claim for covered services.</p>	<p>In-network: 15% of the Plan allowance for up to 30 visits per person each calendar year (No deductible). After 30 visits, you pay all charges.</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount for up to 30 visits per person each calendar year (No deductible). After 30 visits, you pay all charges.</p>
<p><i>Not covered:</i></p>	<p><i>All charges</i></p>

Alternative treatments - continued on next page
High Option Section 5(a)

Benefit Description	You Pay
Alternative treatments (cont.)	
<ul style="list-style-type: none"> Naturopathic services Chelation therapy, except for arsenic, gold, lead or mercury poisoning and the use of desferoxamine for iron poisoning 	All charges
Educational classes and programs	
<p>Tobacco cessation program</p> <ul style="list-style-type: none"> Two quit attempts per calendar year as part of the Plan’s Tobacco Cessation Program. The quit attempts include proactive telephone counseling and up to four tobacco cessation counseling sessions of at least 30 minutes each in each quit attempt. <p>Note: Over-the-counter (OTC) medications approved by the FDA to treat tobacco dependence can be obtained through the Tobacco Cessation Program at no charge (see Section 5(f), Prescription drug benefits for more details).</p> <p>Note: To enroll in the program, contact a Health Coach at 1-866-237-1442. Coaches are available Monday – Thursday from 8:00 a.m. – 10:00 p.m. E.T. and Friday from 8:00 a.m. – 6:00 p.m. E.T. You may also enroll online at http://enroll.trestletree.com (passcode: RCBP).</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: Nothing (No deductible)</p>
<p>Diabetic education</p> <ul style="list-style-type: none"> One diabetic education and training program per person each calendar year. 	<p>In-network: 15% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p>Nutritional counseling</p> <p>Note: We cover the services of a dietician, nutritionist and diabetic educators who bill independently for nutritional counseling.</p> <p>Note: Nutritional counseling and diabetes care education or training have a separate Plan benefit.</p>	<p>In-network: 15% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p>Weight management program</p> <p>Coverage is limited to:</p> <ul style="list-style-type: none"> A non-surgical outpatient treatment program when diagnosed by a physician if the patient has a Body Mass Index (BMI) of 30 or higher. Benefits will be payable for the following medically necessary services: <ul style="list-style-type: none"> Initial evaluation by your physician Follow-up visits to your physician Individual or group behavioral counseling Initial and follow-up lab tests 	<p>In-network: Nothing up to \$1,000 per program per person per calendar year, and then all charges (No deductible)</p> <p>Out-of-network: Nothing up to \$1,000 per program per person per calendar year, and then all charges (No deductible)</p>

Educational classes and programs - continued on next page

Benefit Description	You Pay
<p>Educational classes and programs (cont.)</p> <ul style="list-style-type: none"> - Maintenance counseling and follow-up visits for maintenance <p>Note: The cost for prescription drugs for weight loss and/or maintenance are covered as shown under Section 5(f), Prescription drug benefits. The cost of prescription drugs is not applied to the maximum annual weight management program limit.</p> <p>Note: Prescription weight loss drugs require prior authorization, see Section 5(f) Prescription drug benefits for more information.</p>	<p>In-network: Nothing up to \$1,000 per program per person per calendar year, and then all charges (No deductible)</p> <p>Out-of-network: Nothing up to \$1,000 per program per person per calendar year, and then all charges (No deductible)</p>
<p>Telephonic Health Coach Program</p> <p>The Telephonic Health Coach program provides you and your covered dependents the opportunity to work one-on-one with a Health Coach to improve your health. A Health Coach is a healthcare professional who partners with you to transform your health goals into action. Your Health Coach will provide guidance, support, and resources to help you overcome obstacles that may be keeping you from realizing optimal health. You can talk to a Health Coach about the following health-related matters:</p> <ul style="list-style-type: none"> • Tobacco Cessation • Weight Management • Exercise • Nutrition • Stress Management <p>See the Plan’s benefit, Telephonic Health Coach Program, in Section 5(h), Special features</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: Nothing (No deductible)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Body composition analysis</i> • <i>Nutritional supplements or food, except those covered under Section 5(a), Durable medical equipment</i> • <i>Non-prescription drugs or supplies</i> • <i>Exercise or weight loss programs and exercise equipment</i> • <i>Services that are not medically necessary</i> 	<p><i>All charges</i></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.
- The calendar year deductible is: \$350 for In-network services and \$400 per person for Out-of-network services (\$700 for In-network services or \$800 for Out-of-network services per Self Plus One enrollment or \$700 for In-network services and \$800 for Out-of-network services per Self and Family enrollment). The calendar year deductible applies to almost all benefits in this Section. We added "(No deductible)" to show when the calendar year deductible does not apply.
- The Out-of-network benefits are the standard benefits of this Plan. In-network benefits apply only when you use a network provider. When no network provider is available, Out-of-network benefits apply.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also, read Section 9 for information about how we pay if you have other coverage, or if you are age 65 or over.
- The services listed below are for the charges billed by a physician or other health care professional for your surgical care. See Section 5(c) for charges associated with the facility (i.e. hospital, surgical center, etc.).
- **YOU MUST GET PRECERTIFICATION FOR INPATIENT SURGICAL PROCEDURES.** Please refer to the precertification information shown in Section 3 to be sure which services require precertification.

Benefit Description	You Pay After the calendar year deductible...
Surgical procedures	
<p>A comprehensive range of services, such as:</p> <ul style="list-style-type: none"> • Surgical procedures • Treatment of fractures, including casting • Normal pre- and post-operative care by the surgeon • Endoscopy procedures • Biopsy procedures • Removal of tumors and cysts • Correction of congenital anomalies (see Reconstructive surgery) • Voluntary male sterilization (e.g., vasectomy) • Circumcision • Treatment of burns 	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Surgical procedures - continued on next page

Benefit Description	You Pay After the calendar year deductible...
Surgical procedures (cont.)	
<p>Surgical treatment of morbid obesity (Bariatric surgery)-- a condition in which a person (1) has a Body Mass Index (BMI) equal to or greater than 40 or a BMI equal to or greater than 35 with other illnesses such as hypertension, heart disease, diabetes, sleep apnea, or hyperlipidemia, and; (2) is age 18 or older; and (3) has been under at least one physician supervised weight loss program, including diet and nutrition counseling, exercise and behavior modification, that is at least six months in length.</p> <p>Insertion of internal prosthetic devices . See Section 5 (a), Orthopedic and prosthetic devices for device coverage information</p>	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<ul style="list-style-type: none"> • Voluntary female sterilization (e.g., tubal ligation) • Surgically implanted contraceptives • Intrauterine devices (IUDs) <p>Note: For related and necessary services to voluntary sterilization, such as anesthesia and outpatient facility charges, we cover 100% of the Plan allowance for In-network care.</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>When multiple or bilateral surgical procedures are performed during the same operative session by the same surgeon, our benefits are:</p> <ul style="list-style-type: none"> • For the primary procedure: the Plan's allowance • For the secondary procedure and any other subsequent procedures: one-half of the Plan allowance (unless the network contract provides for a different amount) <p>Note: Multiple or bilateral surgical procedures performed through the same incision are “incidental” to the primary surgery. That is, the procedure would not add time or complexity to patient care. We do not pay extra for incidental procedures.</p>	<p>In-network: 10% of the Plan allowance for the primary procedure (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance for the individual procedure and any difference between our allowance and the billed amount</p>
<p>Co-surgeons</p> <p>When the surgery requires two surgeons with different skills to perform the surgery, the Plan’s allowance for each surgeon is 62.5% of what it would allow a single surgeon for the same procedure(s), unless the network contract provides for a different amount.</p>	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Assistant Surgeons</p>	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Surgical procedures - continued on next page

Benefit Description	You Pay After the calendar year deductible...
Surgical procedures (cont.)	
<p>Assistant surgical services provided by a surgeon (M.D. or D.O.) when medically necessary to assist the primary surgeon. When a surgery requires an assistant surgeon, the Plan’s allowance for the assistant surgeon is 16% of the allowance for the surgery (unless the network contract provides for a different amount).</p>	<p>In-network: 10% of the Plan allowance (No deductible) Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Reversal of voluntary sterilization</i> • <i>All refractive eye surgeries and similar services</i> • <i>Dental appliances, study models, splints, and other devices or service related to the treatment of TMJ dysfunction</i> • <i>Treatment or removal of corns and calluses, or trimming of toenails</i> • <i>Mutually exclusive procedures-- surgical procedures that are not generally performed on one patient on the same day</i> • <i>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 and reconstruction of a breast following mastectomy.</i> • <i>Gender reassignment surgery</i> 	<p><i>All charges</i></p>
Reconstructive surgery	
<ul style="list-style-type: none"> • Surgery to correct a functional defect • Surgery to correct a condition caused by injury or illness if: <ul style="list-style-type: none"> - the condition produced a major effect on the member’s appearance and - the condition can reasonably be expected to be corrected by the surgery • 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 or toes. • All stages of breast reconstruction surgery following a mastectomy, such as: <ul style="list-style-type: none"> - Surgery to produce a symmetrical appearance of breasts; - treatment of any physical complications, such as lymphoedema; 	<p>In-network: 10% of the Plan allowance (No deductible) Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Reconstructive surgery - continued on next page

Benefit Description	You Pay After the calendar year deductible...
Reconstructive surgery (cont.)	
<ul style="list-style-type: none"> - breast prostheses; and surgical bras and replacements (see Section 5(a), Prosthetic devices for coverage) <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>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>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 and reconstruction of a breast following mastectomy</i> • <i>Gender reassignment surgery</i> 	<p><i>All charges</i></p>
Oral and maxillofacial surgery	
<p>Oral surgical procedures, limited to:</p> <ul style="list-style-type: none"> • Reduction of fractures of the jaws or facial bones • Surgical correction of cleft lip, cleft palate or severe functional malocclusion • Removal of stones from salivary ducts • Excision of pathological tori, tumors, and premalignant and malignant lesions • Excision of impacted (unerupted) teeth, including anesthesia • Excision of cysts and incision of abscesses when done as independent procedures • Dental surgical biopsy • Surgical correction of temporomandibular joint (TMJ) dysfunction • Frenectomy and frenotomy not as a result of orthodontic care 	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Oral implants and transplants and related services</i> • <i>Procedures that involve the teeth or their supporting structures (such as the periodontal membrane, gingiva, and alveolar bone)</i> 	<p><i>All charges</i></p>

Benefit Description	You Pay After the calendar year deductible...
<p>Organ/tissue transplants</p> <p>These solid organ transplants are covered. These solid organ transplants are subject to medical necessity and experimental/investigational review by the Plan. Please see Section 3, Other services for prior authorization procedures.</p> <p>Solid organ transplants limited to:</p> <ul style="list-style-type: none"> • Cornea • Heart • Heart/lung • Intestinal transplants <ul style="list-style-type: none"> - Isolated Small intestine - Small intestine with the liver - Small intestine with multiple organs, such as the liver, stomach, and pancreas • Kidney • Liver • Lung: single/bilateral/lobar • Pancreas • Autologous pancreas islet cell transplant (as an adjunct to total or near total pancreatectomy) only for patients with chronic pancreatitis 	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>These tandem blood or marrow stem cell transplants for covered transplants are subject to medical necessity review by the Plan. Please see Section 3, Other services for prior authorization procedures.</p> <ul style="list-style-type: none"> • Autologous tandem transplants for: <ul style="list-style-type: none"> - AL Amyloidosis - Multiple myeloma (de novo and treated) - Recurrent germ cell tumors (including testicular cancer) 	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Blood or marrow stem cell transplants 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"> • Allogeneic transplants for: <ul style="list-style-type: none"> - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Advanced Hodgkin’s lymphoma with recurrence (relapsed) - Advanced non-Hodgkin’s lymphoma with recurrence (relapsed) 	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Organ/tissue transplants - continued on next page

Benefit Description	You Pay After the calendar year deductible...
Organ/tissue transplants (cont.)	
<ul style="list-style-type: none"> - Acute myeloid leukemia - Advanced Myeloproliferative Disorders (MPDs) - Aggressive non-Hodgkin's lymphomas (Mantle Cell lymphoma, adult T-cell leukemia/lymphoma, peripheral T-cell lymphomas and aggressive Dendritic Cell neoplasms) - Amyloidosis - Chronic lymphocytic leukemia/small lymphocytic leukemia (CLL/SLL) - Hemoglobinopathy - Marrow failure and related disorders (i.e., Fanconi's, PNH, Pure Red Cell Aplasia) - Myelodysplasia/myelodysplastic syndromes - Paroxysmal Nocturnal Hemoglobinuria - Phagocytic/Hemophagocytic deficiency diseases (e.g., Wiskott-Aldrich syndrome) - Severe combined immunodeficiency - Severe or very severe aplastic anemia • Autologous transplants for: <ul style="list-style-type: none"> - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Advanced Hodgkin's lymphoma with recurrence (relapsed) - Advanced non-Hodgkin's lymphoma with recurrence (relapsed) - Amyloidosis - Multiple myeloma - Neuroblastoma - Testicular, Mediastinal, Retroperitoneal and Ovarian germ cell tumors 	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Mini-transplants performed in a clinical trial setting (non-myeloblative reduced intensity conditioning or RIC) for members with a diagnosis listed below are subject to medical necessity review by the Plan. Please see Section 3, Other services for prior authorization procedures.</p> <ul style="list-style-type: none"> • Allogeneic transplants for: <ul style="list-style-type: none"> - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Advanced Hodgkin's lymphoma with recurrence (relapsed) - Advanced non-Hodgkin's lymphoma with recurrence (relapsed) 	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Organ/tissue transplants - continued on next page

Benefit Description	You Pay After the calendar year deductible...
Organ/tissue transplants (cont.)	
<ul style="list-style-type: none"> - Acute myeloid leukemia - Advanced Myeloproliferative Disorders (MPDs) - Amyloidosis - Chronic lymphocytic leukemia/small lymphocytic leukemia (CLL/SLL) • Autologous transplants for: <ul style="list-style-type: none"> - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Advanced Hodgkin’s lymphoma with recurrence (relapsed) - Advanced non-Hodgkin’s lymphoma with recurrence (relapsed) - Amyloidosis - Neuroblastoma 	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>These blood or marrow stem cell transplants are covered only in a National Cancer Institute or National Institutes of health approved clinical trial 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"> • Autologous transplants for: <ul style="list-style-type: none"> - Advanced Ewing sarcoma - Advanced Childhood kidney cancers - Breast cancer - Childhood rhabdomyosarcoma - Epithelial ovarian cancer - Aggressive non-Hodgkin’s lymphomas (Mantle Cell lymphoma, adult T-cell leukemia/ lymphoma, peripheral T-cell lymphomas and aggressive Dendritic Cell neoplasms) 	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p>Note: We cover related medical and hospital expenses of the donor when we cover the recipient.</p>	

Organ/tissue transplants - continued on next page

Benefit Description	You Pay After the calendar year deductible...
Organ/tissue transplants (cont.)	
<p>Note: All allowable charges incurred for a surgical transplant, whether incurred by the recipient or donor, will be considered expenses of the recipient and will be covered the same as for any other illness or injury subject to the limits stated above. This benefit applies only if we cover the recipient and if the donor's expenses are not otherwise covered.</p> <p>Note: We cover donor testing for the actual solid organ donor or up to four bone marrow/stem cell transplant donors in addition to testing of family members.</p> <p>Note: Aetna has special arrangements with transplant facilities to provide services for tissue and organ transplants. The Aetna Transplant Network is designed to give you the opportunity to access providers that demonstrate high quality medical care for transplant patients. Your physician can coordinate arrangements by calling Aetna at 1-800-638-8432.</p>	
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Donor screening tests and donor search expenses, except as shown above</i> • <i>Implants of artificial organs</i> • <i>Transplants not listed as covered</i> 	<p><i>All charges</i></p>
Anesthesia	
<p>Professional services provided in:</p> <ul style="list-style-type: none"> • Hospital (inpatient) • Hospital outpatient department • Skilled nursing facility • Ambulatory surgical center • Physician's office <p>Note: We follow the Center for Medicare and Medicaid Services (CMS) guidelines for the determination of the Plan allowance for professional services for the administration of anesthesia.</p>	<p>In-network: 10% of the Plan allowance (No deductible)</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Section 5(c). Services provided by a hospital or other 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.
- In this Section, unlike Sections 5(a) and 5(b), the calendar year deductible applies to only a few benefits. We added “(calendar year deductible applies)”. The calendar year deductible is: \$350 per person (\$700 for In-network services or \$800 for Out-of-network services per Self Plus One enrollment or \$700 for In-network services and \$800 for Out-of-network services per Self and Family enrollment). The Out-of-network benefits are the standard benefits of this Plan. In-network benefits apply only when you use a network provider. When no network provider is available, Out-of-network benefits apply.
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost-sharing works. Also, read Section 9 for information about how we pay if you have other coverage, or if you are age 65 or over.
- 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).
- When you use a network facility, keep in mind that the health care professionals who provide services to you in the facility may not be network providers in our provider network. However, if the services are received at a network facility, we will pay up to the Plan allowance at the network provider reimbursement level for services you receive from an Out-of-network radiologist, anesthesiologist (including a Certified Registered Nurse Anesthetist (CRNA)), emergency room physician, surgeon, neonatologist and pathologist when immediate or emergency treatment is required. You will be responsible for the difference between our benefit payment and the billed amount.

NOTE: Observation care is billed as outpatient facility care. As a result, benefits for observation care services are provided at the outpatient facility benefit levels. See Observation care, Section 10, for more information about these types of services.

- **YOU MUST GET PRECERTIFICATION FOR HOSPITAL STAYS; FAILURE TO DO SO WILL RESULT IN A MINIMUM \$500 PENALTY.** Please refer to the precertification information shown in Section 3 to be sure which services require precertification.

Benefit Description	You Pay
Note: The calendar year deductible applies ONLY when we say below: “(calendar year deductible applies)”.	
Inpatient hospital	
<p>Room and board, such as</p> <ul style="list-style-type: none"> • Ward, semiprivate, or intensive care accommodations • General nursing care • Meals and special diets <p>Note: We only cover a private room when you must be isolated to prevent contagion. Otherwise, we will pay the hospital’s average charge for semiprivate accommodations. If the hospital only has private rooms, we base our payment on the average semiprivate rate of the most comparable hospital in the area.</p>	<p>In-network: \$100 copayment for each hospital stay (copayment waived for a maternity stay)</p> <p>Out-of-network: \$300 copayment for each hospital stay and 25% of the covered charges</p>

Benefit Description	You Pay
<p>Inpatient hospital (cont.)</p> <p>Note: An overnight stay in a hospital does not always mean you are admitted as an inpatient. You are considered an inpatient the day your physician formally admits you to a hospital with a doctor's order. Whether you are an inpatient or outpatient affects your out-of-pocket expenses. Always ask if you are an inpatient or outpatient at the hospital.</p> <p>Other hospital services and supplies, such as:</p> <ul style="list-style-type: none"> • Operating, recovery, maternity, and other treatment rooms • Rehabilitative services • Prescribed drugs and medicines • Diagnostic laboratory tests and X-rays • Blood or blood plasma, if not donated or replaced • Dressings, splints, casts, and sterile tray services <p>Note: Take-home medical supplies, equipment, orthopedic and prosthetic devices are covered under Section 5(a).</p> <p>Note: Colostomy and ostomy supplies are covered under Section 5(a), Durable medical equipment.</p> <p>Note: Take-home prescription drugs and medicines are covered under Section 5(f).</p> <p>Note: We base payment on whether the facility or a health care professional bills for the services or supplies. For example, when the anesthesiologist bills, we pay Anesthesia benefits. If preadmission testing is performed in the hospital as inpatient then we pay pre-admission tests at the same coinsurance rate as inpatient miscellaneous charges.</p>	<p>In-network: \$100 copayment for each hospital stay (copayment waived for a maternity stay)</p> <p>Out-of-network: \$300 copayment for each hospital stay and 25% of the covered charges</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Any part of a hospital admission that is not medically necessary (see definition in Section 10), such as when you do not need acute hospital inpatient (overnight) care, but could receive care in some other setting without adversely affecting your condition or the quality of your medical care. Note: In this event, we pay benefits for other medically necessary services and supplies you received other than room and board and in-hospital physician care at the inpatient level.</i> • <i>Hospital charges for non-covered surgery</i> • <i>Custodial care (see definition in Section 10) even when provided in a hospital</i> • <i>Non-covered facilities, such as nursing homes, rest homes, convalescent homes, facilities for the aged, and schools</i> 	<p><i>All charges</i></p>

Inpatient hospital - continued on next page

Benefit Description	You Pay
Inpatient hospital (cont.)	
<ul style="list-style-type: none"> • <i>Personal comfort items, such as telephone, television, radio, newspapers, air conditioner, beauty and barber services, guest meals and beds</i> • <i>Private nursing care during a hospital stay</i> 	<i>All charges</i>
Outpatient hospital or ambulatory surgical center	
<ul style="list-style-type: none"> • Operating, recovery, and other treatment rooms • Prescribed drugs and medicines (not take-home drugs) • Diagnostic laboratory tests, X-rays , and pathology services • Administration of blood, blood plasma, and other biologicals • Blood and blood plasma , if not donated or replaced • Pre-surgical testing • Dressings, casts, and sterile tray services • Medical supplies, including oxygen <p>Note: We cover hospital services and supplies related to dental procedures when necessitated by a non-dental physical impairment to safeguard the health of the patient, even though we may not cover the services of dentists, physicians or other health care professionals in connection with the dental treatment.</p> <p>Note: Take-home supplies, medical supplies, equipment, orthopedic and prosthetic devices are covered under Section 5(a).</p> <p>Note: Colostomy and ostomy supplies are covered under Section 5(a), Durable medical equipment.</p> <p>Note: Take-home prescription drugs and medicines are covered under Section 5(f).</p> <p>We base payment on whether the facility or a health care professional bills for the services or supplies. For example, when the physician bills for surgery, we pay Surgery benefits.</p>	<p>In-network: 15% of the Plan allowance (calendar year deductible applies)</p> <p>Out-of-network: 30% of the Plan allowance and any difference between our allowance and the billed amount (calendar year deductible applies)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Outpatient hospital services/supplies for surgery we do not cover except as noted above.</i> 	<i>All charges</i>

Benefit Description	You Pay
Extended care benefits/Skilled nursing care facility benefits	
<p>If care is preauthorized, we cover semiprivate room, board, services and supplies in a Skilled Nursing Facility (SNF) for up to 60 days per calendar year when:</p> <ul style="list-style-type: none"> • The stay is medically necessary • The stay is supervised by a physician <p>Note: If Medicare pays first for your care, the first 20 days of your stay (paid in full by Medicare) do not count toward the 60-day benefit limit each calendar year.</p>	<p>In-network: Charges in excess of the 60-day maximum</p> <p>Out-of-network: Charges in excess of the 60-day maximum and the difference between the Plan allowance and the billed amount</p>
<p>If care is not preauthorized, we cover semiprivate room and board services and supplies for up to 30 days per calendar year, subject to the above conditions.</p> <p>Note: Days preauthorized and not preauthorized are combined and cannot exceed 60 days in a calendar year.</p>	<p>In-network: 20% for the first 30 days, then all charges</p> <p>Out-of-network: 20% for the first 30 days, then all charges</p>
<p><i>Not Covered:</i></p> <ul style="list-style-type: none"> • <i>Custodial care</i> 	<p><i>All charges</i></p>
Hospice care	
<p>Hospice is a coordinated program of maintenance and supportive care designed to provide palliative and supportive care to members with a projected life expectancy of six (6) months or less due to a terminal medical condition, as certified by the member’s physician or specialist and provided by a medically supervised team under the direction of a Plan-approved independent hospice administration.</p> <p>Note: This benefit does not apply to services covered under any other benefit of the Plan.</p> <p>Enhanced Case Management Support</p> <p>Members with a terminal medical condition (or those acting on behalf of the member) are encouraged to contact our Case Management Program at 1-800-923-2220 and press option 4 for information about hospice services. Our case managers are experienced in helping to improve pain and other symptom management, improve continuity of care, improve advance care planning, expand personal support, and encourage better use of community-based services and resources. This service is voluntary and is at no additional cost to you.</p>	<p>In-network: 15% of the Plan allowance (No deductible)</p> <p>Out-of-network: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Private duty nursing</i> • <i>Custodial care</i> 	<p><i>All charges</i></p>

Benefit Description	You Pay
Hospice care (cont.)	
<ul style="list-style-type: none"> • <i>Homemaker services</i> • <i>Home hospice care (e.g., care given by a home health aide) that is provided and billed for by other than the approved home agency when the same type of care is already being provided by the home hospice agency.</i> 	<p><i>All charges</i></p>
Ambulance	
<ul style="list-style-type: none"> • Professional ambulance service to the nearest facility equipped to handle the patient's condition, including air ambulance when medically necessary. <p>Note: We also cover medically necessary emergency care provided at the scene when transport services are not required.</p> <p>Note: See Section 5(d) for emergency ambulance service.</p>	<p>In-network: 15% of the Plan allowance (No deductible)</p> <p>Out-of-network: 15% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Ambulance transportation for your own or your family's convenience</i> • <i>Transportation to other than a hospital, skilled nursing facility, hospice or urgent care medical facility</i> • <i>Ambulance and any other modes of transportation to or from services including, but not limited to, physician appointments, dialysis, or diagnostic tests, except as part of covered inpatient hospital care</i> 	<p><i>All charges</i></p>

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: \$350 per person for In-network services and \$400 per person for Out-of-network services (\$700 for In-network services or \$800 for Out-of-network services per Self Plus One enrollment or \$700 for In-network services and \$800 for Out-of-network services per Self and Family enrollment). The calendar year deductible applies to almost all benefits in this Section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- The Out-of-network benefits are the standard benefits of this Plan. In-network benefits apply only when you use a network provider. When no network provider is available, Out-of-network benefits apply.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also, read Section 9 for information about how we pay if you have other coverage, or if you are age 65 or over.

What is an accidental injury?

An accidental injury is a bodily injury that requires immediate medical attention and is sustained solely through violent, external, and accidental means, such as broken bones, animal bites, insect bites and stings and poisonings. An accidental dental injury is covered under Section 5(g), Dental benefits.

Benefit Description	You pay After the calendar year deductible...
<p>Note: The calendar year deductible applies to almost all benefits in this Section. We say "(No deductible)" when it does not apply.</p>	
Accidental injury	
<p>If you or a family member is accidentally injured, the Plan will pay up to the Plan allowance for:</p> <ul style="list-style-type: none"> • Covered services and supplies provided in an initial emergency room facility visit for an accidental injury; or • Covered services and supplies provided in an initial urgent care center visit for an accidental injury; or • Covered services and supplies provided during the initial visit to a physician's office for an accidental injury, including related services outside the physician's office. Services must be provided the same day as the initial office visit. We pay for services performed after the initial visit, such as x-rays, laboratory tests, drugs, or any supplies or other services under Section 5(a). <p>Note: We pay Hospital benefits if you are admitted.</p>	<p>In-network: Nothing (No deductible)</p> <p>Out-of-network: The difference between the Plan allowance and the billed amount (No deductible)</p>

Benefit Description	You pay After the calendar year deductible...
Medical emergency	
<p>Plan benefits are paid for care you receive because of a medical emergency (non-accident) like a heart attack or stroke, including anesthesia.</p>	<p>In-network: Services in a physician’s office--\$20 copayment (No deductible)</p> <p>Services outside the physician’s office—15% of the Plan allowance (No deductible)</p> <p>Out-of-network: 15% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p>Services you receive for your medical emergency in an urgent care center.</p> <p>Note: We pay medical supplies, medical equipment, prosthetic and orthopedic devices for use at home under Section 5(a), Medical services and supplies.</p>	<p>In-network: \$35 copayment per occurrence (No deductible)</p> <p>Out-of-network: 15% of the Plan allowance and any difference between our allowance and the billed amount</p>
Ambulance	
<ul style="list-style-type: none"> Professional ambulance service to the nearest facility equipped to handle the patient's condition, including air ambulance when medically necessary. <p>Note: We also cover medically necessary emergency care provided at the scene when transport services are not required.</p> <p>Note: See 5(c) for non-emergency service.</p>	<p>In-network: 15% of the Plan allowance (No deductible)</p> <p>Out-of-network: 15% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <i>Ambulance transport for your own or your family's convenience</i> <i>Transportation to other than a hospital, skilled nursing facility, hospice or urgent care medical facility</i> 	<p><i>All charges</i></p>

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

You need to get prior Plan approval (precertification or preauthorization) for inpatient, residential and partial hospital treatment. Review of continuing treatment for inpatient, residential or partial hospitalization is also required. Please see pages 16-19 for instructions on how to preauthorize your care and how to get review for continuing treatment.

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 copayment applies to almost all benefits in this Section. We added “(No deductible)” to show when the calendar year 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 for information about how we pay if you have other coverage, including Medicare, or if you are age 65 or over.
- **YOU MUST GET PRECERTIFICATION** to establish the medical necessity of your stay in a hospital, residential treatment center or other facility. Please see page 17 for information on how to precertify your care. If you do not precertify your stay, we will reduce our benefits by \$500.
- Review of continuing treatment to establish the medical necessity of your continuing treatment for all levels of outpatient or office care. Please see page 18, for information on how to get review of continuing treatment.
- 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 After the calendar year deductible...
<p>Note: The calendar year deductible applies to almost all benefits in this Section. We say “(No deductible)” when it does not apply.</p>	
<p>Professional services</p>	
<p>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>Your cost-sharing responsibilities are no greater than for other illnesses or conditions.</p>
<p>Diagnosis and treatment of psychiatric conditions, mental illness, or mental disorders. Services include:</p> <ul style="list-style-type: none"> • Diagnostic evaluation • Crisis intervention and stabilization for acute episodes • Medication evaluation and management (pharmacotherapy) • Psychological and neuropsychological testing necessary to determine the appropriate psychiatric treatment • Treatment and counseling (including individual or group therapy visits) • Diagnosis and treatment of alcoholism and drug abuse, including detoxification, treatment and counseling • Electroconvulsive therapy 	<p>In-network: Services in a physician's office-- \$20 copayment (No deductible)</p> <p>Services outside the physician's office--15% of the Plan allowance</p> <p>Out-of-network: 25% of the Plan allowance and any difference between our allowance and the billed amount</p>

Benefit Description	You Pay After the calendar year deductible...
Diagnostics	
<ul style="list-style-type: none"> • Outpatient diagnostic tests provided and billed by a licensed mental health and substance abuse practitioner • Outpatient diagnostic tests provided and billed by a laboratory, hospital or other covered facility 	<p>In-network: 15% of the Plan allowance</p> <p>Out-of-network: 25% of the Plan allowance any difference between our allowance and the billed amount</p>
Inpatient hospital or other covered facility	
<p>Inpatient services provided and billed by a hospital, residential treatment facility, or other covered facility</p> <ul style="list-style-type: none"> • Room and board, such as semiprivate or intensive accommodations, general nursing care, meals and special diets, and other hospital services • Inpatient diagnostic tests provided and billed by a hospital, residential treatment facility, or other covered facility 	<p>In-network: \$100 copayment for each inpatient stay (No deductible)</p> <p>Out-of-network: \$300 copayment for each inpatient stay and 25% of the covered charges (no deductible)</p>
Outpatient hospital or other covered facility	
<p>Outpatient services provided and billed by a hospital or other covered facility</p> <ul style="list-style-type: none"> • Services such as partial hospitalization, residential treatment, full-day hospitalization, or facility-based intensive outpatient treatment <ul style="list-style-type: none"> - Partial hospitalization includes a time-limited, ambulatory, active treatment program that: - Offers intensive clinical services that are coordinated and structured in stable surroundings; and - Provides at least 20 hours of scheduled programs in a licensed or accredited facility over at least five days per week - Intensive outpatient programs offer time-limited programs that: <ul style="list-style-type: none"> - Are coordinated, structured and intensely therapeutic; - Are designed to treat a variety of people with moderate to severe problems with at least one area of daily life because of a mental health or substance abuse condition; and - Provide 3-4 hours of active treatment each day for at least 2-3 days a week 	<p>In-network: 15% of the Plan allowance</p> <p>Out-of-network: 30% of the Plan allowance and any difference between our allowance and the billed amount</p>
Not covered	
<ul style="list-style-type: none"> • <i>Services we have not approved</i> • <i>All charges (including room and board) for chemical aversion therapy, conditioned reflex treatments, narcotherapy, and similar aversion treatments</i> • <i>Counseling or therapy for marital, educational, sexual paraphilias, behavioral diagnoses, or related to mental retardation and learning disorders</i> • <i>Community based programs such as self-help groups or 12-step programs</i> • <i>Applied Behavior Analysis (ABA)</i> 	<p><i>All charges</i></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 page 62.
- 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.
- Members must make sure their physicians obtain prior approval/authorizations for certain prescription drugs and supplies before coverage applies. Prior approval/authorizations must be renewed periodically.
- Federal law prevents the pharmacy from accepting unused medications.
- The calendar year prescription drug deductible is: \$200 per person . This is a separate deductible from the Plan's calendar year deductible and applies to prescription drugs that you buy at any network or non-network retail drugstore or pharmacy. The prescription drug deductible applies to almost all benefits in this Section. We added ("No deductible") to show when the prescription drug deductible does not apply.
- The Out-of-network benefits are the standard benefits of this Plan. In-network benefits apply only when you use a network provider. When no network provider is available, out-of-network benefits apply.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also, read Section 9 for information about how we pay if you have other coverage, or if you are age 65 or over.
- **YOUR PHYSICIAN MUST GET PRIOR AUTHORIZATION FOR CERTAIN DRUGS.**

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

Who can write your prescription. A licensed physician or dentist, and in states allowing it, licensed or certified Physician Assistant, Nurse Practitioner and Psychologist must prescribe your medication.

Where you can obtain your prescription. You may fill the prescription at a CVS Health participating pharmacy, a non-network pharmacy, or through the CVS Health mail service prescription program for a maintenance medication.

- **CVS Health participating (In-network) pharmacy:** You may fill your prescription at any CVS Health participating pharmacy. To find a participating pharmacy near where you live, call CVS Health toll-free at 1-800-292-4182 or on the Internet at www.Caremark.com or through a link on our website at www.nrlca.org. **You must show the pharmacy your Plan ID card (that includes the CVS Health logo) to receive the negotiated discount price.** You pay the coinsurance and any deductible, if applicable, for your prescription. You do not need to file a claim when you use a CVS Health participating pharmacy and show your Plan ID card . The participating pharmacy will file the claim with CVS Health for you. **Prescriptions you purchase at a CVS Health network pharmacy without using your ID card are at the full regular price charged by the pharmacy. If you do not show your ID card at a participating pharmacy, you will need to file a claim with CVS Health.**
- **Non-participating (Out-of-network) pharmacy:** You may fill your prescription at any out-of-network pharmacy. You pay the full regular price for your prescription and then file a claim with CVS Health.
- **CVS Health mail service pharmacy:** You may fill your long-term prescription through the CVS Health mail service pharmacy. You will receive order forms and information on how to use the mail service prescription program from CVS Health. To order your prescription by mail: 1) complete the CVS Health order form; 2) enclose your prescription(s) and copayment(s); 3) mail your order to CVS Health, P O Box 659572, San Antonio, TX 78256-9572; and 4) allow approximately two weeks for delivery. You will receive order forms for refills and future prescription orders each time you use the mail service program. You can also order refills from the mail service program by telephone toll-free at 1-800-292-4182 or on the Internet at www.Caremark.com

CVS Health's Primary/Preferred Drug list

The CVS Health Primary/Preferred Drug list is a list of “preferred” prescription drugs that are identified by the CVS Health team of physicians and pharmacists (Pharmacy and Therapeutics Committee) to be the best overall value based on quality, safety, effectiveness, and cost. The Primary/Preferred Drug list includes nearly all covered generic drugs, and specific brand-name drugs. We list the most commonly requested formulary drugs on the Primary/Preferred Drug list. To order a Primary/Preferred Drug list, call the CVS Health Customer Service Department at 1-800-292-4182 or visit our website at www.nrlca.org and click on Departments, then Insurance.

We also cover non-preferred (non-formulary) drugs prescribed by your Plan physician. However, we encourage you to use preferred drugs, especially preferred generic drugs, whenever possible because they will cost you less. Refer to the Primary/Preferred Drug list and check with your physician or pharmacist to find out if a preferred generic drug is available, or if a lower-cost alternative might work for you.

Specialty medications are typically high-cost, biologic drugs with complex dosing regimens, significant side effects, or alternate routes of administration such as injections and infusions. The Advanced Control Specialty Formulary ensures the safety and effectiveness of specialty medications and promotes the use of specialty generics in applicable situations. Visit <http://info.caremark.com/aesdruglist> for a list of the specialty medications formulary.

- **Prior Authorization:** We require prior authorization for certain drugs, including specialty and weight management medications. To obtain a list of drugs that require prior authorization, please call the CVS Health Customer Service Department at 1-800-292-4182. The prior authorization drug list is reviewed by the CVS Health Pharmacy and Therapeutics Committee and may change from time to time due to new drugs, new generic drugs, new therapies, new guidelines from the Food and Drug Administration (FDA), or other factors. For those drugs that require prior authorization, you should discuss with your physician or pharmacist about available options that do not require prior authorization. To request prior authorization, your physician may contact the CVS Health Prior Authorization Department at 1-855-240-0536. CVS Health will work with your physician to obtain the information we need to process the request. You may contact the CVS Health Customer Service Department for the status of your request at 1-800-292-4182.

Compound Medication: A compound drug is a medication made by combining, mixing or altering ingredients in response to a prescription, to create a customized drug that is not otherwise commercially available.

Coverage for certain compounding chemicals (over-the-counter (OTC) products, bulk powders, bulk nutrients, bulk compounding agents, bulk chemicals, , hormone and adrenal bulk powders, miscellaneous bulk ingredients , and proprietary bases) are not covered through the prescription benefit and coverage for other ingredients commonly found in compound prescriptions will be determined through preauthorization. Refill limits may apply. When a claim is submitted for online processing or direct reimbursement of a compound medication, the pricing is based on the contractual discounts plus a professional fee and any applicable sales tax. Pharmacies must submit all ingredients in a compound prescription as part of the claim for both online claims and paper claim submissions. At least one of the ingredients submitted with the compound Rx claim must require a physician’s prescription in order to be covered by the plan. You are responsible for the appropriate brand name or generic copay or coinsurance based on the compound ingredients. **Prior authorization may be required.** Investigational drugs are not FDA approved. If the compound includes an investigational drug, the compound will not be covered.

Topical Analgesics: Certain topical analgesics for the temporary relief of minor aches and muscle pains may be marketed contrary to the Federal Food, Drug and Cosmetic Act (the FD&C Act) and are excluded by the Plan. Your prescription drug benefit includes other medications that are approved by the U.S. Food and Drug Administration (FDA) for the temporary relief of minor aches and muscle pains by means of the prescribed route of administration.

Specialty drugs are unique prescription medicines that are often high-cost injectable, infused, oral or inhaled drugs that require close supervision and monitoring by your physician. You must purchase certain specialty drugs, including biotech, biological, biopharmaceutical, and oral chemotherapy drugs through a CVS Health Specialty Pharmacy.

All specialty drugs require prior authorization to ensure appropriate treatment therapies for chronic complex conditions. Call CVS Health Specialty Pharmacy Services at 1-866-814-5506 to obtain prior authorization. Decisions about prior authorization are based on guidelines developed by physicians at the FDA or independent expert panels and are administered by the CVS Health Specialty Pharmacy's clinical team.

Certain specialty self-administered medications will be covered only when purchased through a CVS Health Specialty Pharmacy and will not be covered under any other Plan benefit. A list of these specialty self-administered medications is available at www.caremark.com. This list is subject to periodic change. Please call CVS Health at 1-800-237-2767 for the current list of specialty medications covered under the prescription drug benefit when purchased through a CVS Health Specialty Pharmacy.

Infusion Nursing and Site of Care Management for Specialty Medications

Infusion nursing services for certain specialty medications that are administered in the home and/or in an ambulatory infusion center are covered, coordinated through, and must be purchased from a CVS Health Specialty Pharmacy. For infused specialty medications, except for oncology (cancer) medications, that require administration by a medical professional, a CVS Health CareTeam nurse will work with you and your physician to assess your clinical history and determine clinically appropriate options (location for your infusion) for clinician-infused specialty medications. Options may include homecare, an ambulatory infusion center, or physician's office. CareTeam nurses will contact all impacted Plan members to provide assistance and guidance. Please call 1-800-237-2767 for complete information.

These are the dispensing limitations.

- You may purchase up to a 34-day supply of medication at any network retail pharmacy. There is a limit on the number of refills that you can buy at a network retail pharmacy for long-term maintenance medications (prescription medications that you take every day). You can buy an initial 34-day supply and two refills for long-term medications at a network retail pharmacy during any twelve month period. After the second fill at a network retail pharmacy, you must purchase your long-term medications through the CVS Health Mail Service pharmacy or a CVS Pharmacy to have the prescriptions covered by the Plan.
- There is also a 34-day supply limit for prescriptions that you buy at a non-participating pharmacy. In addition, you are limited to an initial 34 day supply plus two refills for long-term maintenance medications that you buy at a non-participating pharmacy. You pay the full regular price for any prescription that you buy at a non-participating pharmacy and then file a claim with CVS Health for reimbursement after you satisfy the annual \$200 prescription drug deductible (see page 59).
- A generic equivalent will be dispensed if it is available. If you receive a prescription for a name brand drug when a Federally-approved generic drug is available, even if your physician requests "Dispense as Written" (DAW) on the prescription, you have to pay the difference in cost between the name brand drug and its generic equivalent plus the brand name (Tier III) copayment.
- You may purchase up to a 90-day supply of a medication through the CVS Health mail service prescription program. If you request a refill before you use 75% of the medication (based on your physician's written directions for taking the medication), CVS Health will return the refill request to you. CVS Health follows generally accepted pharmacy standards when filling your prescriptions. These include Federal and state pharmacy regulations, the professional judgment of the pharmacist, and the usage recommendations of the drug manufacturer as approved by the U.S. Food and Drug Administration (FDA). If a Federally approved generic drug is available, CVS Health will substitute for a brand name drug. Certain types of prescription medications are not available through the mail service program such as:
 - Specially mixed (compounded) capsules and suppositories
 - Vaccines
 - Frozen medications
 - Dental products
 - Most medical devices
 - Infertility drugs
 - Medications specially wrapped in unit dose packaging

Note: Always request a generic drug from your physician or other prescriber when a generic is available. If a generic equivalent is available, but the pharmacy dispenses the brand name medication, you will pay the difference in cost between the brand name medication and the generic medication plus the brand name (Tier III) copayment. Similarly if your physician or other prescriber indicates "dispense as written" on the prescription, you will pay the difference in cost between the brand name medication and the generic medication plus the brand name (Tier III) copayment.

CVS Health will fill prescriptions for medications designated as Class II, III, IV, and V controlled substances by the FDA. However, Federal or state law may limit the supply of these medications to less than 90 days.

- If you have Medicare Part B, we do not waive your deductible or coinsurance for prescription drugs and supplies that you buy at a CVS Health participating pharmacy or at a non-participating pharmacy. However, your copayment is reduced for 90-day prescriptions that you order through the CVS Health mail service prescription program or at a CVS retail pharmacy.

Note: We waive your deductible and coinsurance at a network retail pharmacy and the copayment at the CVS Health mail service pharmacy if Medicare Part B covers your prescription drugs or diabetic supplies and is the primary payor. See Section 9 for further information.

Why use generic drugs? Generic drugs offer a safe and economic way to meet your prescription drug needs. The generic name of a drug is its chemical name; the name brand is the name under which the manufacturer advertises and sells a drug. Under Federal law, generic and name brand drugs must meet the same standards for safety, purity, strength, and effectiveness. Generic drugs contain the same active ingredients and are equivalent in strength and dosage to the original brand name product. All manufacturing and marketing of a generic drug is conducted following strict guidelines established by the U.S. Food and Drug Administration (FDA). No prescription drug can be sold in the U.S. without FDA approval. The manufacturing facilities of all drug companies, whether they make generic or brand name drugs, must pass stringent, regular inspections by the FDA. There is no difference between the standards set for drug companies that make brand name or generic medications. Many drug companies that make brand name drugs also make generic drugs. A generic prescription costs you -- and us -- less than a name brand prescription.

When you do have to file a claim. If you use a CVS Health participating pharmacy, the pharmacy will file the claim for you electronically. If you use a non-participating pharmacy, you will need to file a claim with CVS Health. Use the CVS Health prescription claim form and send your claim to:

**CVS Health
P O Box 52136
Phoenix AZ 85072-2136**

Claims for prescription drugs and supplies that are not ordered through the CVS Health mail service prescription program or a CVS Health In-network pharmacy must include receipts that have the patient's name, the prescription number, name of the drug or supply, prescribing physician's name, date, charge, and pharmacy name. The pharmacist must sign any computer printout or pharmacy ledger. Prescription claim forms are available by calling toll-free 1-800-292-4182 or at our website at www.nrlca.org

Benefits Description	You Pay After the calendar year deductible...
Note: The calendar year deductible applies to almost all benefits in this Section. We say "(No deductible)" when it does not apply.	
Covered medications and supplies	
<p>When you enroll in the Plan, you will receive a description of our prescription drug program, a combined prescription drug/Plan identification card, a mail service order form/patient profile and a preaddressed reply envelope for the mail service prescription program.</p> <p>You may purchase the following medications and supplies prescribed by a physician from either a retail pharmacy or through the Mail Service Pharmacy:</p> <ul style="list-style-type: none"> • Drugs and medicines (including those administered during a non-covered admission or in a non-covered facility) that require a physician's written prescription under U.S. Federal law, except those listed as <i>Not covered</i>. 	<ul style="list-style-type: none"> • In-network Retail: 30% of cost • In-network Retail when retired with Medicare Part B coverage: 30% of cost • Out-of-network Retail: 30% of cost • Out-of-network Retail when retired with Medicare Part B coverage: 30% of cost • In-network Mail Service: <ul style="list-style-type: none"> - Tier I: \$10 generic (No deductible) - Tier II: \$30 brand name on primary drug list (No deductible) - Tier III: \$47 brand name not on primary drug list (No deductible) - Tier IV: \$80 specialty drugs (no deductible)

Covered medications and supplies - continued on next page

Benefits Description	You Pay After the calendar year deductible...
<p>Covered medications and supplies (cont.)</p> <ul style="list-style-type: none"> • Vitamins and minerals that require a physician's prescription for purchase under U.S. Federal law • Insulin and diabetic supplies such as test strips, lancets, etc. • Needles and syringes for the administration of covered medications • Tobacco cessation drugs and medications. See also Educational classes and programs in Section 5 (a), Medical services and supplies for information about the Plan's Tobacco Cessation Program. • Prescription drugs for weight management <p>Note: Prescription drugs for weight management require prior authorization.</p> <p>Note: Colostomy and ostomy supplies are covered under Section 5(a), Durable medical equipment.</p> <p>Note: A OneTouch blood glucose meter will be provided at no charge by the manufacturer to those individuals currently using a meter other than OneTouch. For more information on how to obtain a blood glucose meter, call toll-free: 1-800-588-4456.</p>	<ul style="list-style-type: none"> • In-network Retail: 30% of cost • In-network Retail when retired with Medicare Part B coverage: 30% of cost • Out-of-network Retail: 30% of cost • Out-of-network Retail when retired with Medicare Part B coverage: 30% of cost • In-network Mail Service: • In-network Mail Service when retired with Medicare Part B coverage: <ul style="list-style-type: none"> - Tier I: \$10 generic (No deductible) - Tier II: \$20 brand name on primary drug list (No deductible) - Tier III: \$37 brand name not on primary drug list (No deductible) - Tier IV: \$80 specialty drugs (No deductible) <p>Note: If there is no generic equivalent available, you must pay the brand name copayment.</p> <p>Note: For long-term maintenance medications, you are limited to the initial prescription and two refills at a CVS Health In-network (participating) pharmacy or at an Out-of-network (non-participating) pharmacy. You must use the Mail Service pharmacy or a CVS Pharmacy for a continuing supply of the medication after three fills.</p> <p>Note: For long-term maintenance medications (90-day supply) purchased at a CVS Pharmacy, you pay the same copayments (No deductible) as the In-network Mail Service Pharmacy.</p>
<p>Drugs and diabetic supplies (including insulin), when Medicare Part B is the primary payer.</p> <p>Note: You must show your Medicare ID card at the pharmacy when purchasing these items in order to receive the maximum benefit.</p>	<p>Nothing (No deductible) when filed with Medicare Part B first.</p>
<p>Women's contraceptive drugs and devices, including:</p> <ul style="list-style-type: none"> • FDA-approved oral contraceptives that require a written prescription including the over-the-counter (OTC) emergency contraceptive drug • Diaphragms • Cervical caps • Vaginal rings • Contraceptive hormone patches 	<p>In-network Retail: Nothing (No deductible)</p> <p>Out-of-network Retail: 30% of cost (No deductible)</p> <p>In-network Mail Service: Nothing (No deductible)</p>

Covered medications and supplies - continued on next page

Benefits Description	You Pay After the calendar year deductible...
Covered medications and supplies (cont.)	
<p>Medicines to promote better health recommended under the Patient Protection and Affordable Care Act (the Affordable Care Act) and have an “A” or “B” recommendation from the United States Preventive Services Task Force (USPSTF) See Section 10, Definitions, Routine preventive services/ immunizations.</p> <p>Note: To receive this benefit, you must use a network retail pharmacy and present a physician's written prescription to the pharmacist.</p> <p>Note: Benefits not available for Tylenol, Ibuprofen, Aleve, etc.</p>	<p>In-network Retail: Nothing</p> <p>Out-of-network Retail: All charges</p>
<p>If you are provided drugs directly by a physician, covered facility (not a pharmacy), infusion care provider or durable medical equipment (DME) provider.</p> <p>When you are provided diabetic drugs or supplies (including insulin) by a durable medical equipment (DME) provider or other covered provider (not a pharmacy) and Medicare Part B is not the primary payer.</p>	<p>30% (No deductible)</p>
<p>Over-the-counter (OTC) nicotine replacement therapy or prescription drugs approved by the FDA to treat tobacco dependence are available with a doctor's written prescription only through the Mail Service Pharmacy or at a CVS Pharmacy.</p>	<p>Nothing (No deductible) for OTC and prescription drugs approved by the FDA to treat tobacco dependency. A doctor's written prescription is required.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Drugs and supplies for cosmetic purposes</i> • <i>Drugs to treat impotence and sexual dysfunction</i> • <i>Medical foods and nutritional supplements, except as described in Section 5(a), Durable medical equipment</i> • <i>Nonprescription (over-the-counter) medicines, except as noted above</i> 	<p><i>All charges</i></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 payer 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 deductible is: \$50 per person. The dental deductible applies to almost all benefits in this Section. We added “(No deductible)” to show when the calendar year 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 for information about how we pay if you have other coverage, or if you are age 65 or over.
- Note: We cover a hospital stay for dental procedures only when a non-dental physical impairment exists which makes hospitalization necessary to safeguard the health of the patient. We cover the dental procedure under *Dental benefits* listed below. See Section 5(c) for inpatient hospital benefits.

Benefit Description	You pay
<p>Accidental injury benefit</p> <p>The Plan will pay for the treatment or repair (including root canal therapy and crowns) of an accidental injury to sound natural teeth (not from biting or chewing).</p> <p>The services and supplies must be provided within one year of the accidental dental injury and the Patient must be a Plan member when the dental services are received.</p> <p>Note: We may request dental records, including x-rays, to verify the condition of your teeth before the accidental injury. Charges covered for dental accidents cannot be considered under Dental benefits.</p>	<p>In-network: 10% of Plan allowance (No deductible)</p> <p>Out-of-network: 20% of the Plan allowance and any difference between our allowance and the billed amount (no deductible)</p>

Dental benefits	Dental Benefit Class A Schedule	
Service	Plan Pays	You Pay
<p>The Plan pays actual charges for up to two preventive care visits per person each calendar year up to the scheduled Plan allowance (No deductible)</p> <p>Oral exam</p> <p>Prophylaxis, adult</p> <p>Prophylaxis, child (thru age 14)</p> <ul style="list-style-type: none"> • with fluoride treatment <p>Space maintainer</p> <p>Complete X-ray series</p> <p>Panoramic X-ray</p> <p>Single film X-ray</p> <p>Each additional X-ray film (up to 7)</p>	<p>\$12.50 twice each calendar year</p> <p>\$22.00 twice each calendar year</p> <p>\$15.00 twice each calendar year</p> <p>\$24.00 twice each calendar year</p> <p>\$88.00</p> <p>\$34.00</p> <p>\$34.00</p> <p>\$5.50</p> <p>\$4.00</p>	<p>All charges that exceed the Plan's scheduled allowance for the service</p>

Service - continued on next page

Dental benefits	Dental Benefit Class A Schedule	
Service (cont.)	Plan Pays	You Pay
Bitewings - 2 films	\$9.00	
Bitewings - 4 films	\$14.00	

Dental benefits	Dental Benefits Class B Schedule	
Service	Plan Pays	You Pay
After a deductible of \$50 per person during the calendar year, the Plan pays actual charges up to the scheduled allowance for each service. There is no annual limit on the amount of services you receive.		All charges that exceed the Plan's scheduled allowance for the service
Restorations		
1 surface deciduous	\$12.50	
2 surface deciduous	\$18.50	
3 surface deciduous	\$23.50	
1 surface permanent	\$14.00	
2 surface permanent	\$20.50	
3 or more surface permanent	\$26.50	
Gold restoration	\$103.50	
Extractions		
Single tooth	\$16.00	
Each additional tooth	\$15.00	
Pulp capping-direct	\$9.50	
Pulpotomy-vital	\$21.00	
Root canal therapy		
This includes the actual root canal treatment and any replacements		
One root	\$106.00	
Two roots	\$126.00	
Three or more roots	\$170.00	
Periodontics		
Gingival curettage (per quadrant)	\$26.50	
Crowns/abutments		
Resin and Resin with metal	\$120.00	
Porcelain	\$113.50	
Porcelain with gold	\$120.00	
Gold (full cast and 3/4 cast)	\$120.00	
Prefabricated resin and stainless steel	\$21.50	
Pontics		
Porcelain and Porcelain with gold	\$120.00	
Dentures		
Complete upper and lower	\$126.00	
Partial without bar	\$138.00	
Partial with bar	\$157.00	
Repairs (dentures and partials)	\$14.00	
Denture relining	\$40.50	

Section 5(h). Special features

Special feature	Description
Flexible benefits option	<p>Under the flexible benefits option, we determine the most effective way to provide services.</p> <ul style="list-style-type: none"> • We may identify medically appropriate alternatives to regular contract benefits as a less costly alternative. If we identify a less costly alternative, we will ask you to sign an alternative benefits agreement that will include all of the following terms in addition to other terms as necessary. Until you sign and return the agreement, regular contract benefits will continue. • Alternative benefits will be made available for a limited time period and are subject to our ongoing review. You must cooperate with the review process. • By approving an alternative benefit, we do not guarantee you will get it in the future. • The decision to offer an alternative benefit is solely ours, and except as expressly provided in the agreement, we may withdraw it at any time and resume regular contract benefits. • If you sign the agreement, we will provide the agreed-upon alternative benefits for the stated time period (unless circumstances change). You may request an extension of the time period, but regular contract benefits will resume if we do not approve your request. • Our decision to offer or withdraw alternative benefits is not subject to OPM review under the disputed claims process. However, if at the time we make a decision regarding alternative benefits, we also decide that regular contract benefits are not payable, then you may dispute our regular contract benefits decision under the OPM disputed claims process (see Section 8).
24 hour nurse line	<p>We provide Plan members and their eligible dependents with access to a 24-hour-a-day nurse help line through the Optum Nurse Line Program.</p> <p>For any of your health concerns, 24-hours-a-day, 7-days a week, you may call Optum Nurse Line toll-free at 1-866-796-1857 and talk with a registered nurse who will discuss treatment options and answer your health questions and concerns.</p>
Services for deaf and hearing impaired	No benefit, except as shown in Section 5(a), Hearing services.
Cancer treatment benefit	We will pay 100% of the Plan allowance for drugs, services and supplies normally covered by the Plan for treatment of an illness diagnosed as cancer. The service or supply must be for the treatment of a malignancy. A diagnosis secondary to cancer is not covered under this benefit.
Kidney (renal) dialysis benefit	We will pay 90% of the Plan allowance for services, supplies and testing for kidney (renal) dialysis. This benefit applies to inpatient and outpatient kidney dialysis.
Routine eye exam benefit	<p>We will pay up to \$45 for your routine eye exam each calendar year.</p> <p>Note: The itemized bill must show that you had a routine eye exam to qualify for this benefit.</p>
Aetna Transplant Network	Aetna has special arrangements with facilities to provide services for tissue and organ transplants. The Aetna Transplant Network is designed to give you the opportunity to access providers that demonstrate high quality medical care for transplant patients.

	<p>Note: If a qualified tissue/organ transplant is medically necessary and performed at an Aetna Transplant Network Facility, you may be eligible for benefits related to expenses for travel, lodging and meals for the transplant recipient and one family member or caregiver. We may also assist you and one family member or caregiver with travel and lodging arrangements.</p> <p>Your physician can coordinate arrangements by calling a case manager in Aetna's Medical Management Department at 1-800-638-8432. For additional information regarding the Aetna Transplant Network, please call toll-free 1-800-638-8432.</p>
<p>Healthy maternity program</p>	<p>You have access to Aetna's Healthy Maternity Program, which provides educational material and support to pregnant women. Contact Customer Service toll-free at 1-800-638-8432 for more information.</p>
<p>Case management program</p>	<p>The Case Management Program is a voluntary program provided to you and your dependents at no additional cost. Case management services are designed to assist you, your family and your physician address acute, complex and/or long term medical needs. If you feel you would benefit from case management services or would like more information about the services, please call us toll-free at 1-800-638-8432.</p>
<p>Disease management programs</p>	<p>Disease Management Programs are provided at no additional cost to you. These programs provide education and management programs through:</p> <ul style="list-style-type: none"> • Nurse support • Education about the disease and how it affects your body • Proper medical management that can help lead you to a healthier lifestyle <p>Plan members are automatically enrolled in the Program. However, participation is voluntary. The participant and his/her physician remain in charge of the participant's treatment plan. We offer the following Disease Management Programs for these common chronic medical conditions:</p> <ul style="list-style-type: none"> • Asthma • Chronic Obstructive Pulmonary Disease (COPD) • Congestive Heart Failure (CHF) • Coronary Artery Disease (CAD) • Diabetes • Chronic Kidney Disease (CKD) <p>If you are enrolled in the Program and do not want to participate or you would like more information about these programs, please call toll-free 1-800-579-5755, Monday through Friday between 10:00 AM and 8:00 PM Eastern Time.</p> <p>In addition, there are Accordant Health Management programs for the following complex chronic medical conditions:</p> <ul style="list-style-type: none"> • Seizure disorders • Rheumatoid Arthritis (RA) • Multiple Sclerosis (MS) • Crohn's Disease • Parkinson's Disease • Systemic Lupus Erythematosus (SLE) • Myasthenia Gravis • Sickle Cell Disease • Cystic Fibrosis (CF)

	<ul style="list-style-type: none"> • Hemophilia • Scleroderma • Gaucher Disease • Polymyositis • Amyotrophic Lateral Sclerosis (ALS-Lou Gehrig's Disease) • Dermatomyositis • Chronic Inflammatory Demyelinating Polyradiculoneuropathy (CIDP) <p>For more information on the Accordant Health Management programs, please call toll-free 1-866-380-6295.</p>
<p>Travel benefit/services overseas</p>	<p>The Plan has an agreement with AIG Travel to provide Plan members and their eligible dependents with a travel assistance program. If you or a family member becomes sick or injured while traveling more than 100 miles away from home, you can call AIG Travel 24-hours-a-day, 7-days a week from anywhere in the world for assistance. You may call toll-free at 1-800-988-0638 or collect at 1-715-342-3548 when you are outside the United States.</p>
<p>Genetic testing for prescription drugs</p>	<p>The Plan has partnered with CVS Health and its subsidiary, Generation Health, to provide a voluntary genetic testing program for specific prescription medications for which genetic testing is available. Different people respond to medications differently due to their specific genetic make-up and in some cases a prescribed drug may not be the correct treatment option. The Plan will pay 100% of the cost for the genetic testing performed by Generation Health to:</p> <ul style="list-style-type: none"> • Minimize trial and error in drug prescribing • Determine the right drug and appropriate dosage specifically for the Plan member • Minimize negative side effects of the drug <p>If any of the prescriptions that you are taking qualifies for this benefit, Generation Health will contact the prescribing physician about how to order the appropriate genetic test for you. Generation Health will contact you and ask if you want to participate in the testing program. There is no reduction in Plan benefits if you choose not to participate. If you choose to participate, an easy to use home test kit will be mailed to you with instructions on how to use it. Simply return the test kit in the postage-paid envelope and the test results will be sent to your physician.</p>
<p>Lab Card program</p>	<p>The Lab Card program gives you the option of having covered outpatient laboratory testing paid at 100%, if your covered provider sends your lab work to Lab One/Quest Diagnostics for processing.</p> <p>The Lab Card is an optional program. If you or your provider chooses not to use Lab Card, you will not be penalized. You will simply receive the regular Plan benefit for lab tests (see page 28).</p> <p>The Lab Card covers most outpatient laboratory testing covered by the Plan provided that the tests are ordered by a covered provider and processed by Lab One/Quest Diagnostics. Outpatient lab work covered by the Lab Card Program includes: blood tests (e.g., cholesterol, CBC, thyroid), urine testing (e.g., urinalysis), cytology and pathology (e.g., pap smear, biopsy) and cultures (e.g., throat culture).</p> <p>The Lab Card does not cover: lab tests ordered during a hospital stay, lab work needed on an emergency (STAT) basis and time sensitive lab tests such as fertility testing, bone marrow studies and spinal fluid tests. Lab Card also does not cover x-rays, imaging tests (e.g., CT scans, MRI scans, PET scans), mammography, dental work or lab testing processed by another lab testing company.</p>

	<p>For Lab Card services, please call toll-free 1-800-646-7788 or go to the Lab Card website at www.labcard.com.</p>
<p>Pharmacy Advisor Program</p>	<p>If you have one or more of the following chronic conditions, you have the opportunity to discuss one-on-one with a CVS Health pharmacist any questions or concerns about the medication(s) you are taking. Please call toll-free 1-866-624-1481.</p> <ul style="list-style-type: none"> • Diabetes • Congestive Heart Failure (CHF) • Coronary Artery Disease (CAD) • Hypertension (high blood pressure) • Dyslipidemia (high cholesterol) • Asthma • Chronic obstructive pulmonary disease (COPD) • Depression • Osteoporosis • Breast cancer
<p>My Online Services (Web based customer service)</p>	<p>You can access the Plan's Website tool My Online Services (MOS) at www.rcbhealth.com. Then click on "My Online Services". After you register, this will provide you with secure access to a broad range of your personal health information.</p> <p>My Online Services provides tools to help you become an savvy health consumer. The following services are available:</p> <ul style="list-style-type: none"> • Interactive Personal Health Record--The Plan will build your personal health record with information from your claims. You can also add other personal health information such as blood pressure, weight, vital statistics, and immunization records. • Claims information--You can view and organize your claims the way you want: sort by date of service, health care provider, procedure, etc. • Explanation of Benefits (EOB)--You can access and print your EOBs. • Authorization notices--You can view and print your certification for medical services, such as precertification of a planned hospital admission. • Decision support tools--You can check the average cost of medical procedures or view hospital quality ratings information before you receive care. • Health information--You can obtain health information and news that is relevant to you. • Interactive health tools--Assess, understand and manage chronic conditions and health risks. Easy to use content helps Plan members navigate common and complex medical conditions. • Digital coaching programs--Includes base programs for weight management, smoking cessation, stress management, nutrition, physical activity (exercise), cholesterol management, blood pressure, depression management, and sleep improvement. Plan members can engage and participate through personalized messages with tools and resources to help keep track of progress and stay on the path to wellness. • KidsHealth Library--An online resource provided through Nemours, one of the country's largest pediatric health systems, that educates families and helps them make informed decisions about children's health. KidsHealth has doctor-approved content for parents, children, teens and families.
<p>Wellness Incentive</p>	<p>Members (over 18 years of age) who participate in the plans healthy rewards program can earn up to \$175 in rewards.</p>

	<p>Complete the Health Risk Assessment (HRA) and receive a \$75 gift card. The questions help you uncover your health risks so you're better able to manage them before they get out of control. Plus, once you take your HRA you receive a personalized health summary to help you better understand your health risks.</p> <p>Complete a biometric screening through Quest Diagnostics and receive a \$100 gift card. You can obtain the biometric screening at a Quest Diagnostics Patient Service Center (PSC) or you can obtain the screening from your physician by having your physician complete a Biometric Screening Physician Results Form and fax it back to Quest. To register for your screening call 855-623-9355 or to print a copy of the Biometric Screening Physician Results Form to take to your physician, visit My.QuestforHealth.com and enter the registration key: aetnarcbp2016.</p> <p>Once your biometric screening is complete, your results will be available at My.QuestforHealth.com and will also be mailed to you to help you better understand your health risks.</p> <p>After you have completed a wellness activity, you will be sent a certificate containing instructions for how to redeem your reward. You can select a gift card from over 300 different merchants. You can choose to redeem your gift card on-line, by visiting www.hallmarkbusiness.com/RCBP or you can complete the paper order form included with the a certificate and the gift card you select will be mailed to you.</p> <p>If you have any questions or would like more information about the program, please call customer service at 1-800-638-8432.</p>
<p>Health Risk Assessment</p>	<p>Make a difference in your health in just a few minutes by completing a simple Health Risk Assessment (HRA). It asks questions about your health history and habits. It can:</p> <ul style="list-style-type: none"> • Help you learn more about your health risks, so you can take steps to lower them • Provide strategies to improve your health and well-being • Give you personalized health results to share with your doctor <p>To schedule an appointment to complete your telephonic HRA, contact a Health Coach at 1-866-237-1442. Coaches are available Monday through Thursday from 8:00 a.m. – 10:00 p.m. ET and Friday from 8:00 a.m. – 6:00 p.m. ET. You can also schedule an appointment online at http://enroll.trestletree.com (passcode: RCBP).</p>
<p>Telephonic Health Coach Program</p>	<p>The Telephonic Health Coach program provides you and your covered dependents the opportunity to work one-on-one with a Health Coach to improve your health. A Health Coach is a healthcare professional who partners with you to transform your health goals into action. Your Health Coach will provide guidance, support, and resources to help you overcome obstacles that may be keeping you from realizing optimal health. You can talk to a Health Coach about the following health-related matters:</p> <ul style="list-style-type: none"> • Tobacco Cessation • Weight Management • Exercise • Nutrition • Stress Management <p>How does health coaching work?</p> <ul style="list-style-type: none"> • You talk with your Health Coach over the telephone through conveniently scheduled appointments and create a plan that is right for you to meet your health goals. Everything in the program is tailored to you.

	<ul style="list-style-type: none">• You explore ways to make changes in your behavior that will last.• You receive written materials from your Health Coach that can help you decide where you want to go with your health and how to get there.• Appointments can range from 15 minutes to 30 minutes once a month or twice a month. How long and how often you meet with your Health Coach depends on your individual needs. <p>To enroll in a program, contact a Health Coach at 1-866-237-1442. Coaches are available Monday through Thursday from 8:00 a.m. – 10:00 p.m. ET and Friday from 8:00 a.m. – 6:00 p.m. ET. You may also enroll online at http://enroll.trestletree.com (passcode: RCBP).</p> <p>Note: See Section 5(a), Educational classes and programs for more information.</p>
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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 a 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 contact the Plan at 703-684-5552 or visit their website at www.nrlca.org.

EyeMed Vision Care Program -- Save up to 35% with the EyeMed Vision Care discount program. Members are eligible for discounts on exams, glasses and contact lenses at thousands of providers nationwide. Members have access to over 31,000 providers including optometrists, ophthalmologists, and opticians and leading optical retailers such as: LensCrafters, participating Pearle Vision and Sears Optical locations, Target Optical, JCPenney Optical and many independents. For more information concerning the program or to locate a participating provider, visit the Plan's website, www.rcbphealth.com, and select My Online Services (MOS). Once you log on to MOS, select "Wellness Tools" and then "Discount Programs" or call toll-free 1-800-638-8432.

QualSight LASIK -- Brings member's savings of 40% to 50% off the overall national average price for Traditional LASIK. QualSight's network of the nation's most experienced LASIK surgeons has collectively performed over 2.5 million procedures. Choose from over 800 locations nationwide for your free LASIK consultation to find out if you are a candidate for this life changing procedure. Flexible financing options and Lifetime Assurance plans are available. For more information concerning the program or to locate a participating provider, visit the Plan's website, www.rcbphealth.com, and select My Online Services (MOS). Once you log on to MOS, select "Wellness Tools" and then "Discount Programs" or call toll-free 1-800-638-8432.

GlobalFit® - You can save on gym memberships and brand-name home fitness and nutrition products with services provided by GlobalFit®, the nation's most comprehensive provider of gyms and programs supporting members' healthy lifestyles.

When you join a gym in the GlobalFit network you get:

- Access to thousands of gyms in the United States including national chains and independent local facilities
- Flexible membership options and free guest passes* to try gyms before you join
- Guaranteed lowest rates** on gym memberships and convenient billing options through your major credit card or bank account
- Use of gyms for your spouse or domestic partner and your dependent children
- Guest privileges*** at participating network gyms when you travel
- Transfer of your membership*** to another participating gym or another person

You can also get discounts on the following through GlobalFit:

- At-home weight loss programs, home exercise products and equipment
- One-on-one health coaching services to quit smoking, lower stress, lose weight and more.

For more information concerning the GlobalFit offering, details about any gym; gym rates, and to join a gym online, visit the rcbp.health.com and select "My Online Services" (MOS). Once you log on to MOS, select "Wellness tools" and then "Discount Programs". You can also call GlobalFit toll free at 1-800-298-7800. A GlobalFit representative can answer your questions, send you a free guest pass*, or help you join the gym of your choice. You may pay a one-time activation fee. Check with GlobalFit for details.

* Not available at all gyms

** Participation in GlobalFit is for new gym members only. If you belong to a gym now or belonged recently, you should call GlobalFit to see if a discount applies.

*** Call GlobalFit for more information.

**** Provided by HealthAdvocate, through GlobalFit.

Jawbone® Fitness Tracker Discount

Plan members can receive discounts on fitness trackers from Jawbone®. Jawbone helps you track physical activity, sleep cycles and eating habits. Together, the wristband and smartphone app monitor activity and display your progress. In addition, they will give you ideas on how to become a healthier person and meet your wellness goals.

To learn more, visit www.rcbphhealth.com and select “My Online Services” (MOS). Once you log on to MOS, select “Wellness Tools”, “Discount Programs” and then “Jawbone”.

Disability Income Insurance - The Rural Letter Carrier Disability Income (RLCDI) Plan through Transamerica Life Insurance Company protects an individual from being unable to work and earn a paycheck because of an illness or injury. The RLCDI Plan is available to all rural letter carriers who are members of the NRLCA. Premium rates are based on your age and benefit level selected. Please visit www.rc-benefits.com for detailed information or call toll-free 1-877-817-4801.

- Two benefit options with a waiting period.
- For Regular Carriers, a level income replacement up to 60% of basic pay tax-free, up to a maximum of \$3,000/month.
- For RCA's, a level benefit is available based on the number of hours that are worked.
- Premiums can be paid through your personal checking account.

Term Life Insurance - The NRLCA Life Insurance Plan through Transamerica Life Insurance Company is available to actively employed members of the NRLCA under the age of 65. Premium rates are based on your age at the time of approval for coverage and at each renewal date. Please visit www.rc-benefits.com for detailed information or call toll-free 1-877-817-4801.

- Provides up to \$100,000 of term life insurance for members, \$15,000 for spouses and \$10,000 for dependent children.
- 10 or 20 year term life insurance policies are available.
- Policies include coverage for nursing home, assisted living facilities and home health care expenses.
- Policies are renewed with no medical questions at the end of each term period.
- If you leave the NRLCA either from a job change or retirement, you can take the policy with you.

Supplemental Dental Insurance—The NRLCA Dental Plan through the Ameritas Insurance Group is available to all NRLCA members. The Plan features a schedule of benefits for a variety of dental care services. Benefits include:

- Diagnostic, Preventive and Restorative Care
- Endodontic Care (Root Canal Therapy)
- Periodontic Care (Gum Disease)
- Prosthodontics Care (Crowns and Dentures)

This insurance plan is separate from the Federal Employees Dental and Vision Insurance Plan. Please visit www.nrlca.org for detailed information or call toll-free 1-800-747-4472.

ExtraCare Health Card-- Plan members receive the ExtraCare Health Card from CVS Health. This consumer-friendly program is designed to increase satisfaction and provide savings to Plan members and their families at over 7,700 CVS Pharmacy stores and online at www.cvs.com. The ExtraCare Health Card provides a 20% discount on CVS brand health-related items that are eligible for reimbursement under a Health Care Flexible Spending Account (FSA).

For further information on any of the above benefits, contact the NRLCA Insurance Department at:

**NRLCA Group Insurance Department
630 Duke Street, 2nd Floor
Alexandria, VA 22314-3466
703-684-552**

Benefits on this page are not part of the FEHB contract.

Section 6. General exclusions – services, drugs and supplies we do not cover

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 we determine it is medically necessary to prevent, diagnose, or treat your illness, disease, injury, or condition. Even if a covered provider prescribes, recommends, or approves a service or supply does not make it medically necessary or eligible for coverage. For information on obtaining prior approval for specific services, such as transplants, (see Section 3 *When you need prior Plan approval for certain services*).

We do not cover the following:

- Services, drugs, or supplies you receive while you are not enrolled in this Plan;
- Services, drugs or supplies for which no charge would be made if the covered individual had no health insurance coverage;
- Services, drugs, or supplies not medically necessary;
- Services, drugs, or supplies not required according to accepted standards of medical, dental, or psychiatric practice;
- Services, drugs, or supplies for "Never Events". Never Events are errors in patient care that can and should be prevented. The Plan will follow the policies of the Centers for Medicare and Medicaid Services (CMS) for Never Events. The Plan will not cover care that falls under the CMS policies. For additional information, visit www.cms.gov, and enter Never Events in the search box;
- Experimental or investigational procedures, treatments, drugs or devices;
- Services, drugs, or supplies related to clinical trials for extra care costs and research costs (see definitions);
- 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 sexual dysfunction or impotence;
- 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;
- Services, drugs, or supplies furnished by yourself, immediate relatives or household members, such as spouse, parents, children, brothers or sisters by blood, marriage, or adoption;
- Services, drugs, or supplies furnished by a facility not covered under the Plan, except that medically necessary prescription drugs and physical, speech and occupational therapy rendered by a qualified professional therapist on an outpatient basis are covered subject to Plan limits;
- Any part of a provider's fee or charge that you would ordinarily pay but is waived by the provider. If a provider routinely waives (does not require you to pay) a deductible or coinsurance, we will calculate the actual provider fee or charge by reducing the fee or charge by the amount waived;
- Charges which the enrollee or Plan has no legal obligation to pay, such as excess charges for an annuitant age 65 or older who is not covered by Medicare Parts A and/or B (see page 89), doctor's charges exceeding the amount specified by the U.S. Department of Health and Human Services when benefits are payable under Medicare (limiting charge, see page 89) or State premium taxes however applied;
- Custodial care;
- Applied Behavior Analysis (ABA) for Autism Spectrum Disorder
- Counseling, therapy, or treatment for marital, educational, sexual paraphilias, or behavioral diagnoses/problems; or related to mental retardation, or learning disorders/disabilities as listed in the most recent edition of the International Classification of Diseases (ICD)
- Services, drugs, or supplies related to weight control or any treatment of obesity except as described in Section 5(a), Medical services and supplies, Section 5(f), Prescription drug benefits, and except for surgery for morbid obesity as described in Section 5(b), Surgical and anesthesia services;

- Nonmedical services such as social services and recreational, educational, visual, and nutritional counseling except as described in Section 5(a) under Nutritional Counseling;
- Non-surgical treatment of temporomandibular joint (TMJ) dysfunction including dental appliances, study models, splints and other devices;
- Services, drugs, or supplies for cosmetic purposes, except repair of accidental injury;
- Charges for completion of reports or forms;
- Charges for interest on unpaid balances;
- Charges for missed or canceled appointments;
- Charges to copy medical records needed by the Plan to process a claim. If the Plan requests medical records in error, the expenses will be covered;
- Charges for telephone consultations, conferences, or treatment by telephone, mailings, faxes, e-mails or any other communication to or from a hospital or covered provider;
- Biofeedback, conjoint therapy, hypnotherapy, and milieu therapy;
- Preventive medical care and services, except those provided under Preventive care adult and Preventive care children in Section 5(a);
- Private duty nursing care that you receive during a hospital stay;
- Any services you receive related to a learning disability;
- Breast implants (except after mastectomy), injections of silicone or other substances, and all related charges;
- Eyeglasses or contact lenses (except as covered under Vision services in Section 5(a); or
- Services and supplies not specifically listed as covered.

Note: Exclusions that are primarily identified with a single benefit category are listed along with that benefit category, but may apply to other categories.

Section 7. Filing a claim for covered services

How to claim benefits

To obtain claim forms or other claims filing advice or answers about our benefits, contact us at 1-800-638-8432 or at our website at www.rcbphealth.com.

In most cases, providers and facilities file claims for you. Your physician 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 us at 1-800-638-8432.

When you must file a claim – such as for services you received overseas or when another group health plan is primary – submit it on the CMS-1500 or a claim form that includes the information shown below. Send your claims to:

**Rural Carrier Benefit Plan
P O Box 7404
London KY 40742-7404**

Bills and receipts should be itemized and show:

- Name of patient, date of birth and relationship to enrollee;
- Plan identification number of the enrollee;
- Name, address and tax identification number of the person or firm providing the services or supplies;
- Dates that services or supplies were furnished;
- Diagnosis;
- Valid medical or ADA dental code if it exists or a description of each service or supply; and
- The charge for each service or supply.

Note: Canceled checks, cash register receipts, or balance due statements are not acceptable substitutes for itemized bills.

In addition:

- Generally, you need to complete only one claim form each calendar year. You should also complete a new claim form if the claim is for an accidental injury, your mailing address changes, or if your other insurance/Medicare coverage changes.
- You must send a copy of the explanation of benefits (EOB) form you received from any primary payor (such as the Medicare Summary Notice (MSN)) with your claim. See Section 9 for Medicare claims.
- Bills for private duty nursing care in the home must show that the nurse providing the care is a Registered (RN) or Licensed Practical Nurse (LPN). You should also include a copy of the initial history and physical from the attending physician indicating the duration and frequency of the nursing care along with the nursing notes.
- Claims for rental or purchase of durable medical equipment must include the price of the equipment, a prescription and a written statement from the physician specifying the medical necessity, including the diagnosis, and the estimated length of time needed.
- Claims for dental care must include a copy of the itemized bill from the dentist (including the information above) and the dentist's Federal Tax ID number. The Plan does not have a separate dental claim form.

Please see Section 5(f), Prescription drug benefits for instructions on how to file a claim for prescription drugs that you buy at a non-participating (out-of-network) retail pharmacy.

Post-service claims procedures	<p>We will notify you of our decision within 30 days after we receive your post-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 30-day period. Our notice will include the circumstances underlying the request for the extension and the date when a decision is expected.</p> <p>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.</p>
Records	<p>Keep a separate record of the medical expenses of each covered family member as deductibles and maximum allowances apply separately to each person. Save copies of all medical bills, including those you accumulate to satisfy a deductible. In most instances they will serve as evidence of your claim. We will not provide duplicate or year-end statements.</p>
Deadline for filing your claim	<p>Send us all 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. If you could not file on time because of Government administrative operations or legal incapacity, you must submit your claim as soon as reasonably possible. Once we pay benefits, there is a three-year limitation on reissuing uncashed checks.</p>
Overseas claims	<p>Follow the same procedures when submitting claims for overseas (foreign) services as you would when submitting claims for stateside services. Claims for overseas services should include an English translation. Charges should be converted to U.S. dollars using the exchange rate applicable on the date the care was received.</p>
When we need more information	<p>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.</p>
Authorized representative	<p>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.</p>
Notice requirements	<p>The Secretary of Health and Human Services has identified counties where at least 10 percent of the population is literate only in certain non-English languages. The non-English languages meeting this threshold in certain counties are Spanish, Chinese, Navajo and Tagalog. If you live in one of these counties, we will provide language assistance in the applicable non-English language. You can request a copy of your Explanation of Benefits (EOB) statement, related correspondence, oral language services (such as telephone customer assistance), and help with filing claims and appeals (including external reviews) in the applicable non-English language. The English versions of your EOBs and related correspondence will include information in the non-English language about how to access language services in that non-English language.</p> <p>Any notice of an adverse benefit determination or correspondence from us confirming an adverse benefit determination will include information sufficient to identify the claim involved (including the date of service, the health care provider, and the claim amount, if applicable), and a statement describing the availability, upon request, of the diagnosis and procedure codes and its corresponding meaning, and the treatment code and its corresponding meaning).</p>

Section 8. The disputed claims process

You may appeal directly to the Office of Personnel Management (OPM) if we do not follow required claims processes. For more information about situations in which you are entitled to immediately appeal to OPM, including additional requirements not listed in Sections 3, 7 and 8 of this brochure, please visit www.rcbphealth.com

Please follow this Federal Employees Health Benefits Program disputed claims process if you disagree with our decision on your post-service claim (a claim where services, drugs or supplies have already been provided). In Section 3 *If you disagree with our pre-service claim decision*, we describe the process you need to follow if you have a claim for services, referrals, drugs or supplies that must have prior Plan approval, such as inpatient hospital admissions.

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. To make your request, please contact our Customer Service Department by writing to Rural Carrier Benefit Plan, P O Box 7404, London, KY 40742-7404 or calling toll-free 1-800-638-8432.

Our reconsideration will take into account all comments, documents, records and other information submitted by you relating to the claim, without regard to whether such information was submitted or considered in the initial benefit determination.

When our initial decision is based (in whole or in part) on a medical judgment (i.e., medical necessity, experimental/investigational), we will consult with a health care professional who has appropriate training and experience in the field of medicine involved in the medical judgment and who was not involved in making the initial decision.

Our reconsideration decision will not take into account the initial decision. The review will not be conducted by the same person or his/her subordinate, who made the initial decision.

We will not make our decision regarding hiring, compensation, termination, promotion, or other similar matters with respect to any individual (such as a claims adjudicator or medical expert) based upon the likelihood that the individual will support the denial of benefits.

Step	Description
1	<p>Ask us in writing to reconsider our initial decision. You must:</p> <ul style="list-style-type: none"> a) Write to us within 6 months from the date of our decision; and b) Send your request to us at: Rural Carrier Benefit Plan, P O Box 7404, London, KY 40742-7404; and c) Include a statement about why you believe our initial decision was wrong, based on specific benefit provisions in this brochure; and d) Include copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms. e) Include your email address (optional for member), if you would like to receive our decision via email. Please note that by giving us your email, we may be able to provide our decision more quickly. <p>We will provide you, free of charge and in a timely manner, with any new or additional evidence considered, relied upon, or generated by us or at our direction in connection with your claim and any new rationale for our claim decision. We will provide you with this information sufficiently in advance of the date that we are required to provide you with our reconsideration decision to allow you a reasonable opportunity to respond to us before that date. However, our failure to provide you with new evidence or rationale in sufficient time to allow you to timely respond shall not invalidate our decision on reconsideration. You may respond to that new evidence or rationale at the OPM review stage described in step 4.</p>
2	<p>In the case of a post-service claim, we have 30 days from the date we receive your request to:</p> <ul style="list-style-type: none"> a) Pay the claim or b) Write to you and maintain our denial. c) Ask you or your provider for more information.

	<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. We will write to you with our decision.</p>
<p>3</p>	<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"> • 90 days after the date of our letter upholding our initial decision; or • 120 days after you first wrote to us -- if we did not answer that request in some way within 30 days; or • 120 days after we asked for additional information. <p>Write to OPM at: United States Office of Personnel Management, Healthcare and Insurance, Federal Employee Insurance Operations, Health Insurance 2 1900 E Street, NW, Washington, DC 20415-3620.</p> <p>Send OPM the following information:</p> <ul style="list-style-type: none"> • 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. • 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. <p>Note: If you want OPM to review more than one claim, you must clearly identify which documents apply to which claim.</p> <p>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.</p> <p>Note: The above deadlines may be extended if you show that you were unable to meet the deadline because of reasons beyond your control.</p>
<p>4</p>	<p>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.</p> <p>If you do not agree with OPM's decision, your only recourse is to sue. If you decide to file a lawsuit, 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.</p> <p>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.</p> <p>You may not file a lawsuit 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.</p>

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 1-800-638-8432. We will expedite 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 2 at 1-202-606-3818 between 8 a.m. and 5 p.m. Eastern Time.

Please remember that we do not make decisions about plan eligibility issues. For example, we do not determine whether you or a dependent is covered under this Plan. You must raise eligibility issues with your Agency personnel/payroll office if you are an employee, your retirement system if you are an annuitant or the Office of Workers' Compensation Programs if you are receiving Workers' Compensation benefits.

Section 9. Coordinating benefits with Medicare and other coverage

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’ (NAIC) guidelines. For more information on NAIC rules regarding the coordinating of benefits, visit the NAIC website at <http://www.NAIC.org>.

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.

Note: We waive the \$200 deductible and the coinsurance for prescription medications purchased at a network retail pharmacy and the copayment for prescription medications purchased through the Plan's mail service pharmacy, when another insurance plan pays first.

Please see Section 4, *Your costs for covered services*, for more information about how we pay claims.

• 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

Our right to pursue and receive subrogation and reimbursement recoveries is a condition of, and a limitation on, the nature of benefits or benefit payments and on the provision of benefits under our coverage.

If you have received benefits or benefit payments as a result of an injury or illness, and you or your representatives, heirs, administrators, successors, or assignees receive payment from any party that may be liable, a third party's insurance policies, your own insurance policies, or a workers' compensation program or policy, you must reimburse us out of that payment. Our right of reimbursement extends to any payment received by settlement, judgment, or otherwise.

We are entitled to reimbursement to the extent of the benefits we have paid or provided in connection with your injury or illness. However, we will cover the cost of treatment that exceeds the amount of the payment you received.

Reimbursement to us out of the payment shall take first priority (before any of the rights of any other parties are honored) and is not impacted by how the judgment, settlement, or other recovery is characterized, designated, or apportioned. Our right of reimbursement is not subject to reduction based on attorney fees or costs under the "common fund" doctrine and is fully enforceable regardless of whether you are "made whole" or fully compensated for the full amount of damages claimed.

We may, at our option, choose to exercise our right of subrogation and pursue a recovery from any liable party as successor to your rights.

If you do pursue a claim or case related to your injury or illness, you must promptly notify us and cooperate with our reimbursement or subrogation efforts.

Examples of situations to which our reimbursement and subrogation rights apply include, but are not limited to, when you become ill or are injured due to (1) an accident on the premises owned by a third party, (2) a motor vehicle accident, (3) a slip and fall, (4) an accident at work, (5) medical malpractice, or (6) a defective product.

Our reimbursement and subrogation rights extend to all benefits available to you under any law or under any type of insurance or benefit program, including but not limited to:

- No-fault insurance and other insurance that pays without regard to fault, including personal injury protection benefits, regardless of any election made by you to treat those benefits as secondary to us;
- Third party liability coverage;
- Personal or business umbrella coverage;
- Uninsured and underinsured motorist coverage;
- Workers' Compensation benefits;
- Medical reimbursement or payment coverage;
- Homeowners or property insurance;
- Payments directly from the responsible party, and
- Funds or accounts established through settlement or judgment to compensate injured parties

You agree to cooperate with our enforcement of our reimbursement right by:

- Telling us promptly whenever you have filed a claim for compensation resulting from an accidental injury or illness and responding to our questionnaires;

- Pursuing recovery of our benefit payments from the third party or available insurance company;
- Accepting our lien for the full amount of our benefit payments;
- Signing our Reimbursement Agreement when requested to do so;
- Agreeing to assign any proceeds or rights to proceeds from third party claims or any insurance to us;
- Keeping us advised of the claim's status;
- Agreeing and authorizing us to communicate directly with any relevant insurance carrier regarding the claim related to your injury or illness;
- Advising us of any recoveries you obtain, whether by insurance claim, settlement or court order; and
- Agreeing that you or your legal representative will hold any funds from settlement or judgment in trust until you have verified our lien amount, and reimbursed us out of any recovery received to the full extent of our reimbursement right.

You further agree to cooperate fully with us in the event we exercise our subrogation right.

Failure to cooperate with these obligations may result in the temporary suspension of your benefits and/or offsetting of future benefits.

For more information about this process, please call our Third Party Recovery Services unit at 1-202-683-9140 or 1-855-661-7973 (toll free). You also can email them at info@elgtprs.com.

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

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 or by phone at 1-877-888-3337, (TTY 1-877-889-5680), 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

An approved clinical trial includes a phase I, phase II, phase III, or phase IV clinical trial that is conducted in relation to the prevention, detection, or treatment of cancer or other life-threatening disease or condition, and is either Federally-funded; conducted under an investigational new drug application reviewed by the Food and Drug Administration (FDA); or is a drug trial that is exempt from the requirement of an investigational new drug application.

If you are a participant in a clinical trial, this 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. These costs are covered by this Plan.
- 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. This Plan does not cover these costs.
- 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 trial. This Plan does not cover these costs.

When you have Medicare

- **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
- 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. 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. 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. For people with limited income and resources, extra help in paying for a Medicare prescription drug plan is available. For more information about this extra help, visit the Social Security Administration online at www.socialsecurity.gov, or call them at 1-800-772-1213, (TTY: 1-800-325-0778).

- **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.

(Please refer to page 89 for information about how we provide benefits when you are age 65 or older and do not have Medicare.)

- **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 except you do not need to get a hospital stay approved when Medicare pays first. We do not require preauthorization and concurrent review of mental health and substance abuse treatment when Medicare Part B pays first. However, when Medicare stops paying benefits for any reason, you must follow our precertification, preauthorization and concurrent review procedures.

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 us at 1-800-638-8432.

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

- Medical services and supplies provided by physicians and other health care professionals. If you are enrolled in Medicare Part B, we will waive our \$350 calendar year deductible and coinsurance for In-network services or the \$400 calendar year deductible and coinsurance for Out-of-network services and pay the Part B deductible for you.

Note: We waive the \$200 deductible and coinsurance for prescriptions (medications and/ or supplies) purchased at a network retail pharmacy and the copayment for prescriptions purchased through the Plan's mail service pharmacy, when Medicare Part B is the primary payor.

Note: We do not waive the \$200 deductible for prescription drug expenses when the medication is purchased at a retail pharmacy, except as noted above.

- Services and supplies provided in a hospital or other covered facility. If you are enrolled in Medicare Part A, we will waive our \$100 hospital copayment for a stay in a network hospital or our \$300 per admission hospital copayment and coinsurance for a stay in an out-of-network hospital and pay the Part A deductible for you.

- **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 other coverage you or your covered family members may have, as this coverage may affect the primary/secondary status of this Plan and Medicare.
- **Private Contract with your physician**

A physician may ask you to sign a private contract agreeing that you can be billed directly for services ordinarily covered by Original Medicare. Should you sign an agreement, Medicare will not pay any portion of the charges, and we will not increase our payment. We will still limit our payment to the amount we would have paid after Original Medicare's payment. You may be responsible for paying the difference between the billed amount and the amount we paid.
- **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.

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

This 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. However we will not waive any of our copayments, coinsurance, or deductibles. If you enroll in a Medicare Advantage 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.)**

Primary Payor Chart		
A. When you - or your covered spouse - are age 65 or over and have Medicare and you...	The primary payor for the individual with Medicare is...	
	Medicare	This Plan
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. When you or a covered family member...		
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 (30-month coordination period)		✓
• 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 (for 30 month coordination period)		✓
• 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 (for the 30 month coordination period)		✓
• Medicare based on ESRD (after the 30 month coordination period)	✓	
C. When either you or a covered family member are eligible for Medicare solely due to disability and you...		
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	✓	
D. When you are covered under the FEHB Spouse Equity provision as a former spouse		
	✓	

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

When you are age 65 or over and do not have Medicare

Under the FEHB law, we must limit our payments for inpatient hospital care and physician care to those payments you would be entitled to if you had Medicare . Your physician and hospital must follow Medicare rules and cannot bill you for more than they could bill you if you had Medicare. You and the FEHB benefit from these payment limits. Outpatient hospital care and non-physician based care are not covered by this law; regular Plan benefits apply. The following chart has more information about the limits.

If you:

- are age 65 or over, and
- do not have Medicare Part A, Part B, or both; and
- have this Plan as an annuitant or as a former spouse, or as a family member of an annuitant or former spouse; and
- are not employed in a position that gives FEHB coverage. (Your employing office can tell you if this applies.)

Then, for your inpatient hospital care:

- The law requires us to base our payment on an amount - the "equivalent Medicare amount" - set by Medicare’s rules for what Medicare would pay, not on the actual charge
- You are responsible for your applicable deductibles, coinsurance, or copayments under this Plan
- You are not responsible for any charges greater than the equivalent Medicare amount; we will show that amount on the explanation of benefits (EOB) form that we send you
- The law prohibits a hospital from collecting more than the "equivalent Medicare amount".

And, for your physician care, the law requires us to base our payment and your coinsurance or copayment on:

- an amount set by Medicare and called the "Medicare approved amount," or
- the actual charge if it is lower than the Medicare approved amount.

If your physician:	Then you are responsible for:
Participates with Medicare or accepts Medicare assignment for the claim and is a member of our provider network,	your deductibles, coinsurance, and copayments.
Participates with Medicare and is not in our provider network,	your deductibles, coinsurance, copayments, and any balance up to the Medicare approved amount.
Does not participate with Medicare,	your deductibles, coinsurance, copayments, and any balance up to 115% of the Medicare approved amount

It is generally to your financial advantage to use a physician who participates with Medicare. Such physicians are permitted to collect only up to the Medicare approved amount.

Our explanation of benefits (EOB) form will tell you how much the physician or hospital can collect from you. If your physician or hospital tries to collect more than allowed by law, ask the physician or hospital to reduce the charges. If you have paid more than allowed, ask for a refund. If you need further assistance, call us.

When you have the Original Medicare Plan (Part A, Part B, or both)

We limit our payment to an amount that supplements the benefits that Medicare would pay under Medicare Part A (Hospital insurance) and Medicare Part B (Medical insurance), regardless of whether Medicare pays. Note: We pay our regular benefits for emergency services to an institutional provider, such as a hospital, that does not participate with Medicare and is not reimbursed by Medicare.

We use the Department of Veterans Affairs (VA) Medicare-equivalent Remittance Advice (MRA) when the statement is submitted to determine our payment for covered services provided to you, if Medicare is primary, when Medicare does not pay the VA facility.

If you are covered by Medicare Part B and it is primary, your out-of-pocket costs for services that both Medicare Part B and we cover depend on whether your physician accepts Medicare assignment for the claim.

- If your physician accepts Medicare assignment, then you pay nothing for covered charges.
- If your physician does not accept Medicare assignment, then you pay the difference between the “limiting charge” or the physician’s charge (whichever is less) and our payment combined with Medicare’s payment.

It is important to know that a physician who does not accept Medicare assignment may not bill you for more than 115% of the amount Medicare bases its payment on, called the “limiting charge.” The Medicare Summary Notice (MSN) that Medicare will send you will have more information about the limiting charge. If your physician tries to collect more than allowed by law, ask the physician to reduce the charges. If the physician does not, report the physician to the Medicare carrier that sent you the MSN form. Call us if you need further assistance.

Section 10. Definitions of terms we use in this brochure

Acupuncture	The practice of insertion of needles into specific exterior body locations to relieve pain, to induce surgical anesthesia, or for therapeutic purposes.
Admission	The period from your entry (admission) into a hospital or other covered facility until your discharge. In counting days of inpatient care, the date of entry and the date of discharge are counted as the same day.
Calendar year	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.
Chiropractic	A system of therapy that attributes disease to abnormal function of the nervous system and attempts to restore normal function by manipulation of the spinal column and other body structures.
Clinical Trials Cost Categories	<p>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:</p> <ul style="list-style-type: none">• 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 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.
Coinsurance	Coinsurance is the percentage of our allowance that you must pay for your care. You may also be responsible for additional amounts. See page 20.
Convenient care clinic	A small healthcare facility, usually located in a high-traffic retail outlet, with a limited pharmacy, that provides non-emergency basic healthcare services on a walk-in basis. Examples of a convenient care clinic include Minute Clinic in CVS Pharmacy locations and Take Care Clinic in Walgreens pharmacy locations. Urgent care clinics are not considered to be convenient care clinics.
Copayment	A copayment is a fixed amount of money you pay when you receive covered services. See page 20.
Cost-sharing	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.
Covered services	Services we provide benefits for, as described in this brochure.
Custodial care	<p>Treatment or services, no matter who recommends them or where you receive them, which a person without medical skills can provide safely and reasonably. In addition, treatment and services designed mainly to help the patient with daily living activities. These include:</p> <ul style="list-style-type: none">• personal care like help in: walking; getting in and out of bed; bathing; eating (by spoon, gastrostomy or tube); exercising; dressing• homemaking services, like preparing meals or special diets• moving the patient• acting as a companion or sitter• supervising the taking of medication that can usually be self-administered; or

- treatment or services that anyone can perform with minimal training like recording temperature, pulse and respirations or administering and monitoring a feeding system.

We determine what treatments or services is custodial care.

Deductible

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. See page 20.

Experimental or investigational services

A drug, device or biological product is experimental or investigational if the drug, device or biological product cannot be lawfully marketed without the approval of the U.S. Food and Drug Administration (FDA) and approval for marketing has not been given at the time it is furnished to you. Approval means all forms of acceptance by the FDA.

A medical treatment or procedure, or a drug, device or biological product is experimental or investigational if:

- reliable evidence shows that it is the subject of on-going phase I, II or III clinical trials or under study to determine its maximum tolerated dose, its toxicity, its safety, its efficacy, or its efficacy as compared with the standard means of treatment or diagnosis; or
- reliable evidence shows that the consensus of opinion among experts regarding the drug, device, or biological product or medical treatment or procedure is that further studies or clinical trials are necessary to determine its maximum tolerated dose, its toxicity, its safety, its efficacy or its efficacy as compared with the standard means of treatment or diagnosis.

Reliable evidence shall mean only published reports and articles in the authoritative medical and scientific literature; the written protocol or protocols used by the treating facility or the protocol(s) of another facility studying substantially the same drug, device, or medical treatment or procedure; or the written informed consent used by the treating facility or by another facility studying substantially the same drug, device or medical treatment or procedure.

Genetic screening

The diagnosis, prognosis, management, and prevention of genetic disease for those patients who have no current evidence or manifestation of a genetic disease and those who we have not determined to have an inheritable risk of genetic disease.

Genetic testing

The diagnosis and management of genetic disease for those patients with current signs and symptoms and for those who we have determined to have an inheritable risk of genetic disease.

Health care professional

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

Home health care agency

A public agency or private organization under Medicare that is licensed as a home health care agency by the State and is certified as such.

Home health care plan

A plan of continued care and treatment when you are under the care of a physician, and when certified by the physician that, without the home health care, confinement in a hospital or skilled nursing facility would be required.

Hospital stay

An admission (or series of admissions separated by less than 60 days) to a hospital as an inpatient for any illness or injury. You start a new hospital stay: (1) when the admission is for a cause unrelated to the previous admission; (2) when an employee returns to work for at least one day before the next admission; or (3) when the hospital stays are separated by at least 60 days for a dependent or retiree.

Infertility The inability to conceive after 12 months of unprotected intravaginal sexual relations (or 12 cycles of artificial insemination) for women under age 35, and 6 months of unprotected intravaginal sexual relations (or 6 cycles of artificial insemination) for women age 35 and over.

Long term rehabilitation therapy Physical, speech, and occupational therapy, which can be expected to last longer than a two month period in order to achieve a significant improvement in your condition.

Medical foods A medical food, as defined by the Orphan Drug Act (21 U.S.C. 360ee (b) (3)) is a food which is formulated to be consumed or administered enterally under the supervision of a physician and which is intended for the specific dietary management of a disease or condition for which distinctive nutritional requirements, based on recognized scientific principles, are established by medical evaluation. In general, to be considered a medical food, a product must, at a minimum, meet the following criteria: the product must be a food for oral or tube feeding; the product must be labeled for the dietary management of a specific medical disorder, disease, or condition for which there are distinctive nutritional requirements; and the product must be intended to be used under medical supervision.

Medical necessity Services, supplies, drugs or equipment provided by a hospital or covered provider of the health care services that we determine:

- are appropriate to diagnose or treat the patient's condition, illness or injury;
- are consistent with standards of good medical practice in the United States;
- are not primarily for the personal comfort or convenience of the patient, the family, or the provider;
- are not a part of or associated with the scholastic or vocational training of the patient; and
- in the case of inpatient care, cannot be provided safely in an outpatient setting.

The fact that a covered provider prescribes, recommends, or approves a service, supply, drug or equipment does not, by itself, make it a medical necessity.

Observation Care Observation care is a well-defined set of specific, clinically appropriate services, which include ongoing short term treatment, assessment, and reassessment, that are provided while a decision is being made regarding whether a patient will require further treatment as a hospital inpatient or whether the patient will be able to be discharged from the hospital. Observation services are commonly ordered for a patient who presents to the emergency room department and who then requires a significant period of treatment or monitoring in order to make a decision regarding their inpatient admission or discharge. Some hospitals will bill for observation room status (hourly) and hospital incidental services.

If you are in the hospital for more than a few hours, always ask your physician or the hospital staff if your stay is consider inpatient or outpatient. Although you may stay overnight in a hospital room and receive meals and other hospital services, some hospital services-including “observation care”- are actually outpatient care. Since observation services are billed as outpatient care, outpatient facility benefit levels apply and your out-of-pocket expenses may be higher as a result.

This Plan uses National Standardized Criteria Sets and other recognized clinical guidelines in making determinations to evaluate the appropriateness of observation care services.

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.

Plan allowance

Our Plan allowance is the amount we use to determine our payment and your coinsurance for covered services. Fee-for-service plans determine their allowances in different ways. We determine our allowance as follows:

In-network Providers – Our Plan allowance is a negotiated amount between the Plan and the provider. We base our coinsurance on this negotiated amount, and the provider has agreed to accept the negotiated amount as full payment for any covered services rendered. This applies to all benefits in Section 5 of this brochure.

Out-of-network Providers – Our Plan allowance is the lesser of: (1) the provider’s billed charge; or (2) the Plan’s out-of-network (OON) fee schedule amount. The Plan’s OON fee schedule amount is equal to the 90th percentile amount for the charges listed in the Prevailing Healthcare Charges System, administered by Fair Health, Inc. The OON fee schedule amounts vary by geographic area in which services are furnished. We base our coinsurance of this OON fee schedule amount. This applies to all benefits in Section 5 of this brochure. For urine testing services, the Out-of-network allowance is the maximum Medicare allowance for such services.

If you receive services from a participating provider, the Plan’s allowance will be the amount that the provider has negotiated and agreed to accept for the services and or supplies. Benefits will be paid at Out-of-network benefit levels, subject to the applicable deductibles, coinsurance and copayments.

For certain services, exceptions may exist to the use of the OON fee schedule to determine the Plan’s allowance for Out-of-network providers, including, but not limited to, the use of Medicare fee schedule amounts. For claims governed by OBRA ’90 and ’93, the Plan allowance will be based on Medicare allowable amounts as is required by law. For claims where the Plan is the secondary payer to Medicare (Medicare COB situations), the Plan allowance is the Medicare allowable charge.

The plan allowance for Out-of-network emergency services is determined by taking the greatest of: (1) the median in-network rate; (2) the usual, customary and reasonable rate (or similar rate determined using the plans or issuer’s general formula for determining payments for Out-of-network services); or (3) the Medicare rate.

The plan allowance for prescription medications is based on the average wholesale price or an alternative pricing benchmark.

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.

Prosthetic device

An artificial substitute for a missing body part, such as an arm or a leg, used for functional reasons, because a part of the body is permanently damaged, is absent or is malfunctioning. A prosthetic device is surgically inserted or physically attached to the body to restore a bodily function or replace a physical portion of the body.

Reimbursement

A carrier's pursuit of a recovery if a covered individual has suffered an illness or injury and has received, in connection with that illness or injury, a payment from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, and the terms of the carrier's health benefits plan require the covered individual, as a result of such payment, to reimburse the carrier out of the payment to the extent of the benefits initially paid or provided. The right of reimbursement is cumulative with and not exclusive of the right of subrogation.

Routine preventive services/immunizations

Preventive services:

- We cover preventive services, counseling and screenings recommended under the Affordable Care Act (ACA). For a complete list of ACA preventive care services, visit: www.healthcare.gov/what-are-my-preventive-care-benefits. We cover preventive services, counseling and screenings that have a recommendation of “A” or “B” from the United States Preventive Services Task Force (USPSTF). For a complete list of preventive care services with an “A” or “B” recommendation by the USPSTF visit <http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/>. If our preventive services, counseling and screening benefits are more generous than the ACA or USPSTF “A” or “B” recommendations, we pay under the appropriate benefit without cost sharing when delivered by an in-network provider.

Immunizations:

- We cover routine adult immunizations. See <http://www.cdc.gov/vaccines/schedules/index.html>.

Routine testing/screening	Healthcare services you receive from a covered provider without any apparent signs or symptoms of an illness, injury or disease.
Subrogation	A carrier's pursuit of a recovery from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, as successor to the rights of a covered individual who suffered an illness or injury and has obtained benefits from that carrier's health benefits plan.
Urgent care claims	<p>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:</p> <ul style="list-style-type: none"> • 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. <p>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.</p> <p>If you believe your claim qualifies as an urgent care claim, please contact our Customer Service Department at 1-800-638-8432. 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.</p>
Urgent care clinic	An ambulatory care center, outside of a hospital emergency department, that provides emergency treatment on a walk-in basis for medical conditions that are not life threatening, but need prompt attention.
Us/We	Us and We refer to the Rural Carrier Benefit Plan.
You	You refers to the enrollee and each covered family member.

Section 11. Other Postal Service and Federal Programs

Please note, the following programs are not part of your FEHB benefits. They are separate Federal and Postal Service programs that complement your FEHB benefits and can potentially reduce your annual out-of-pocket expenses. These programs are offered independent of the FEHB Program and require you to enroll separately with no government contribution.

Important information about Postal Service and Federal programs that complement the FEHB Program

First, the **Flexible Spending Account Program**, provided by the U.S. Postal Service, 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 U.S. Postal Service Flexible Spending Account Program

What is an FSA?

An FSA is an account that allows you to cover your eligible health and/or dependent care (day care) expenses with tax-free money that you contribute from your paycheck throughout the year. By using an FSA, you can reduce your taxes while paying for services that you pay for out of your own pocket anyway. Whatever money you contribute isn't subject to Federal income tax, Social Security tax, or Medicare tax. You pay less in taxes so you save money. And, the money you withdraw from the account to pay for eligible expenses is tax-free, too. **Annuitants (retirees) are not eligible to enroll in an FSA.**

There are two types of FSAs offered by the U.S. Postal Service:

Health Care Flexible Spending Account (HCFSA)

- Covers eligible health care expenses not reimbursed by this Plan, or any other medical, dental, vision care or other insurance plan you or your dependents have. For complete information on eligible health care expenses, please see the brochure, FSA BK1, *Flexible Spending Accounts (November 2015)*, or call the FSA Customer Service Center toll-free at 1-800-842-2026, (TTY 1-888-697-9056).
- Eligible dependents for this account include your spouse, natural born or adopted children who you (or if you are divorced, you or your ex-spouse) may claim as a dependent on your Federal Income tax return or anyone you claim on your Federal Income tax return as a qualified dependent, even if you don't have self and family health benefits coverage. **Note:** The IRS has a broader definition of a "family member" than is used under the FEHB Program to provide benefits by your FEHB Plan.
- The maximum amount that you can contribute to the health care flexible spending account is \$2,500 for 2016. The minimum amount is \$130.

Dependent Care Flexible Spending Account (DCFSA)

- Covers eligible **non-medical** dependent care expenses that you incur so you can work. If you are married, it covers eligible dependent care expenses so you and your spouse can both work, or your spouse can look for work (and must have earned income in 2015), attend school full-time or be incapable of self care. For complete information on eligible dependent care expenses, please see the brochure, FSA BK1, *Flexible Spending Accounts (November 2015)*, or call the FSA Customer Service Center toll-free at 1-800-842-2026 (TTY 1-888-697-9056).

- Eligible dependents for this account include children under age 13 and any disabled person you claim on your Federal income tax return as a qualified IRS dependent. For complete information on eligible dependents, please see the brochure, FSA BK1, *Flexible Spending Accounts (November 2015)*, or call the FSA Customer Service Center toll-free at 1-800-842-2026 (TTY 1-888-697-9056).
- The maximum amount that you can contribute to the dependent care flexible spending account is \$5,000 for 2016. The minimum amount is \$130. For taxpayers who file their taxes separately with a spouse, the maximum is \$2,500 per year.

Contact the USPS FSA Program

To find out more about the Postal Service Flexible Spending Account Program, please call the FSA Customer Service Center toll-free at 1-800-842-2026 (TTY 1-888-697-9056) from 8:00 AM to 10:00 PM , Eastern Time, Monday through Friday, to talk to a representative.

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. **This Program provides comprehensive dental and vision insurance at competitive group rates with no pre-existing condition limitations for enrollment.** FEDVIP is available to eligible Federal and Postal Service employees, retirees, and their eligible family members on an employee-pay-all basis. Employee premiums are withheld from salary on a pre-tax basis.

Dental insurance

All dental plans provide a comprehensive range of services, including :

- 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 12-month waiting period. Most **FEDVIP dental plans cover adult orthodontia. Review your FEDVIP dental plan’s brochure for information on this benefit.**

Vision insurance

All 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/dental and www.opm.gov/vision. 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. 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 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.

Index

Do not rely on this page; it is for your convenience and may not show all pages where the terms appear.

Acupuncture	39, 91	Family planning	32	Out-of-pocket expenses.....	20
Allergy tests.....	33	Fecal occult blood test.....	29	Overseas claim.....	78
Allogeneic (donor) bone marrow transplant	46-47	Flexible benefits option.....	67	Oxygen.....	37-38, 52
Alternative treatment.....	39	Foot care.....	36	Pap test	27
Ambulance.....	54	Fraud.....	3, 4	Physician.....	11, 20-22, 26
Autologous bone marrow transplant.....	46-48	General exclusions	75-76	Precertification.....	16-19, 42, 50, 57, 59
Biopsy	42, 45	Hearing services	35	Prescription drugs.....	27, 41, 51, 59-64
Birth centers.....	18	Home health services.....	38	Preventive care, adult.....	30
Blood and blood plasma.....	51, 52	Home nursing care.....	38	Preventive care, children.....	30
Casts	51, 52	Hospice care.....	53	Prosthetic devices.....	35-36
Catastrophic protection out-of-pocket maximum.....	22	Hospital.....	14, 50-52, 58	Psychologist.....	57
Chemotherapy.....	34	Immunizations	29-30	Radiation therapy	34
Chiropractic.....	39, 91	Infertility.....	33	Renal dialysis.....	67
Cholesterol tests.....	28	Inpatient hospital benefits.....	50-52, 58	Room and board.....	50-51, 58
Circumcision.....	42	Insulin.....	63-64	Social worker	39, 57
Claims.....	17, 77-81	Magnetic Resonance Imagings (MRIs)	27	Speech therapy.....	34
Coinurance.....	20, 22, 91	Mail order prescription drugs.....	59, 62-64	Splints.....	51
Colorectal Cancer Screening.....	29	Mammograms.....	27, 28	Sterilization procedures.....	32, 42-44
Congenital anomalies.....	42, 44	Maternity benefits.....	31-32	Subrogation.....	83, 94
Contraceptive devices and drugs.....	32, 43, 63	Medicaid.....	82	Substance abuse.....	14, 16, 26, 57-58
Covered providers.....	14-15	Medical necessity.....	93	Surgery.....	26, 42-49
Covered services.....	91	Medically underserved areas.....	14	Anesthesia.....	49
Crutches.....	37	Medicare.....	62, 82-87	Assistant Surgeon.....	43-44
Deductible	20, 22, 92	Mental conditions/Substance abuse benefits	15, 57-58	Oral.....	45
Definitions.....	91-95	Non-FEHB benefits	73	Outpatient.....	52
Dental care.....	65-66	Nurse		Reconstructive.....	44-45
Disputed claims review.....	79-81	Licensed Practical Nurse.....	38	Syringes.....	63
Dressings.....	51, 52	Licensed Vocational Nurse.....	38	Tobacco cessation	40, 71
Durable medical equipment.....	37-38	Registered Nurse.....	38	Transplants.....	34, 46-49, 67
Educational classes and programs	40-41	Occupational therapy	26, 34	Treatment therapies.....	34
Effective date of enrollment.....	9	Ocular injury.....	45	Vision services	35
Emergency.....	18, 55-56	Office visits.....	26	Wheelchairs	37-38
Experimental or investigational.....	75, 92	Oral and maxillofacial surgery.....	45	Workers' Compensation.....	82
Eyeglasses.....	35, 76	Orthopedic devices.....	36	X-rays	27-28, 48, 51, 52

Summary of benefits for the High Option of the Rural Carrier Benefit Plan- 2016

- **Do not rely on this chart alone.** All benefits 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.

Below, an asterisk (*) means the item is subject to the \$350 In-network/\$400 Out-of-network calendar year deductible. And, after we pay, you generally pay any difference between our allowance and the billed amount if you use an out-of-network physician or other health care professional.

High Option Benefits	You pay	Page
Medical services provided by physicians:		
<ul style="list-style-type: none"> • Diagnostic and treatment services provided in the office • Surgery 	<p>In-network: \$20/office visit</p> <p>Out-of-network: 25% of our allowance and any difference between our allowance and the billed amount*</p>	26 -27
	<p>In-network: 10% of our allowance (No deductible)</p> <p>Out-of-network: 25% of our allowance and any difference between our allowance and the billed amount</p>	42-49
Services provided by a hospital:		
<ul style="list-style-type: none"> • Inpatient • Outpatient 	<p>In-network: \$100 copayment per admission (waived for maternity stay)</p> <p>Out-of-network: \$300 copayment per admission; 25% of covered charges</p>	50-52
	<p>In-network: 15% of our allowance*</p> <p>Out-of-network: 30% of our allowance* and any difference between our allowance and the billed amount</p>	52
Emergency benefits:		
<ul style="list-style-type: none"> • Accidental injury • Medical emergency 	Nothing for emergency room visit and first physician office visit	55
	Emergency room benefits for In-network and Out-of-network services: 15% of the Plan allowance*	56
Mental health and substance abuse treatment:		
<ul style="list-style-type: none"> • Inpatient 	<p>In-network: \$100 copayment per admission</p> <p>Out-of-network: \$300 copayment per admission; 20% for room and board; 20% of other charges.</p>	57-58

High Option Benefits	You pay	Page
<ul style="list-style-type: none"> Outpatient 	<p>In-network: 15% of our allowance*</p> <p>Out-of-network: Physician services--25% of Plan allowance and any difference between our allowance and the billed amount*</p> <p>Facility charges--30% of the Plan allowance and any difference between our allowance and the billed amount*</p>	58
Prescription drugs:		
<ul style="list-style-type: none"> Network and Non-Network pharmacy 	30% of cost*	62-63
<ul style="list-style-type: none"> Mail order pharmacy 	Up to a 90 day supply: Tier I--\$10/generic; Tier II--\$30/preferred brand name; Tier III--\$47/non-preferred brand name; Tier IV--\$80/Specialty drug	62-63
<ul style="list-style-type: none"> Mail order pharmacy with Medicare Part B 	Up to a 90 day supply: Tier I--\$10/generic; Tier II--\$20/preferred brand name; Tier III--\$37/non-preferred brand name; Tier IV--\$80/Specialty drug	62-63
Dental care:	Any difference between our scheduled allowance and the billed amount	65-66
Special features:	Flexible benefits option; Cancer treatment benefit; Kidney dialysis benefit; 24 hour nurse line; Travel assistance program; Routine eye exam benefit; Healthy maternity program; Disease management programs; Lab One program; Smoking cessation program; Diagnostic imaging program; Centers of Excellence; Genetic testing for prescription drugs; Pharmacy Advisor Program	67-72
Protection against catastrophic costs (out-of-pocket maximum):	<p>In-network: Nothing after \$4,000 for Self Only enrollment or \$4,500 for Self Plus One or Self and Family enrollment per calendar year including CVS Health In-network retail and/or mail service pharmacy.</p> <p>Out-of-network: Nothing after \$5,000 for Self Only enrollment or \$5,500 for Self Plus One or Self and Family per calendar year including CVS Health In-network retail and/or mail service pharmacy.</p> <p>Note: Benefit maximums apply and some costs do not count toward this protection</p>	22

2016 Rate Information for Rural Carrier Benefit Plan

Non-Postal rates apply to most non-Postal employees. If you are in a special enrollment category contact the agency that maintains your health benefits enrollment.

Postal rates apply to United States Postal Service employees.

Postal Category 1 rates apply to career bargaining unit employees.

Postal Category 2 rates apply to career non-bargaining unit employees.

For further assistance, Postal Service employees should call:

USPS Human Resources Shared Service Center, 1-877-477-3273, option 5, (TTY: 1-866-260-7507)

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.

Type of Enrollment	Enrollment Code	Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
		Gov't Share	Your Share	Gov't Share	Your Share	Category 1 Your Share	Category 2 Your Share
High Option Self Only	381	N/A	N/A	\$462.30	\$184.10	\$73.11	N/A
High Option Self Plus One	383	N/A	N/A	\$920.36	\$306.78	\$117.52	N/A
High Option Self and Family	382	N/A	N/A	\$938.78	\$312.93	\$119.87	N/A