Plan de Bienestar UTM-PRSSA: Plan Option 1

Coverage Period: 01/01/2024– 12/31/2024

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

Coverage for: Individual + Spouse | **Plan Type:** PPO

This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document at www. planbienestarutm.org or by calling (787) 268-0404.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	**$9,450** person **/ $18,900** family Doesn't apply to preventive care	You must pay all the costs up to the **deductible** amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the **deductible** starts over (usually, but not always, January 1st). See the chart starting on page 2 for how much you pay for covered services after you meet the **deductible**.
Are there other deductibles for specific services?	Yes, for prescription drug coverage. There are no other specific **deductibles**.	You must pay all of the costs for these services
Is there an out–of–pocket limit on my expenses?	Yes. For participating providers **$9,450** person **/ $18,900** family For non-participating providers **$9,450**person **/$18,900** family	The **out-of-pocket limit** is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.
What is not included in the out–of–pocket limit?	Premiums, balance-billed charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the **out-of-pocket limit**.
Is there an overall annual limit on what the plan pays?	No.	The chart starting on page 2 describes any limits on what the plan will pay for *specific* covered services, such as office visits.
Does this plan use a network of providers?	Yes. See **www.planbienestarutm.org. com or call 787.268.0404** for a list of participating providers.	If the participant goes to a non-participating provider and fill out the Reimbursement Form, they will receive reimbursement based on the rate that the Plan pays to a participating provider.
Do I need a referral to see a specialist?	Yes. You need a referral to see a specialist.	You can see the **specialist** you choose without permission from this plan.
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 4. See your policy or plan document for additional information about **excluded services**.

Questions: Call (787) 268-0404 or visit us at www.planbienestarutm.org

If you aren't clear about any of the underlined terms used in this form, see the Glossary. You can view the Glossary at www.planbienestarutm.org or call (787) 268-0404 to request a copy.

OMB Control Numbers 1545-2229, 1210-0147, and 0938-1146

Released on April 23, 2013 (corrected)

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

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	$0 copay/visit	Refer to the Does this plan	
	Specialist/Sub-Specialist visit	$15/$20 copay/visit	Refer to the Does this plan	
	Other practitioner office visit	$7 chiropractor $7 acupuncture	Refer to the Does this plan use a network of providers ? Refer to the Does this plan	21 visit per year chiropractor 6 visit per year acupuncture
	Preventive care/screening/immunization	No charge	use a network of providers ?	
If you have a test	Diagnostic test (x-ray, blood work)	15% copay/test	Refer to the Does this plan	
	Imaging (CT/PET scans, MRIs)	15%/20% copay/test	Refer to the Does this plan	

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you need drugs to treat your illness or condition More information about **prescription drug coverage** is available at www.[insert].	Generic drugs	$6 copay/ prescription (retail)	Refer to the Does this plan use a network of providers ?	Covers up to a 30-day supply (retail prescription)
	Preferred brand drugs	$11 copay/ prescription (retail)	Refer to the Does this plan use a network of providers ?	
	Non-preferred brand drugs	$18 copay/ prescription (retail)	Refer to the Does this plan use a network of providers?	
	Specialty drugs	20% Over $500	Refer to the Does this plan use a network of providers ?	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	$75 Copay	Refer to the Does this plan use a network of providers ?	
	Physician/surgeon fees	$0	Refer to the Does this plan	
If you need immediate medical attention	Emergency room services	$50 Copay	Refer to the Does this plan use	
	Emergency medical transportation	$100/ Incident	Refer to the Does this plan	
	Urgent care	$50 Copay	Refer to the Does this plan	
If you have a hospital stay	Facility fee (e.g., hospital room)	$75 Copay	Refer to the Does this plan	
	Physician/surgeon fee	$0	Refer to the Does this plan	

Common Medical Event	Services You May Need	Your Cost If You Use a Participating Provider	Your Cost If You Use a Non-Participating Provider	Limitations & Exceptions
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	$15 copay/office visit Psychologist $20 copay/office visit Psychiatrist	Refer to the Does this plan use a network of providers ?	
	Mental/Behavioral health inpatient services	$75 Copay	Refer to the Does this plan	
	Substance use disorder outpatient services	$15 copay/office visit Psychologist $20 copay/office visit Psychiatrist	Refer to the Does this plan use a network of providers ?	
	Substance use disorder inpatient services	$75 Copay	Refer to the Does this plan	
If you are pregnant	Prenatal and postnatal care	$20 copay/office	Refer to the Does this plan	
	Delivery and all inpatient services	$75 copay	Refer to the Does this plan	
If you need help recovering or have other special health needs	Home health care	N/A	Refer to the Does this plan	
	Rehabilitation services	N/A	Refer to the Does this plan	
	Habilitation services	N/A	Refer to the Does this plan	
	Skilled nursing care	N/A	Refer to the Does this plan	
	Durable medical equipment	N/A	Refer to the Does this plan	
	Hospice service	N/A	Refer to the Does this plan	
If your child needs dental or eye care	Eye exam	$20 copay/ visit	Refer to the Does this plan	Limited to one exam per year
	Glasses	$150 per year	Refer to Does this plan	Limited to one pair of glasses per year
	Dental check-up	No Charge	Refer to Does thos plan	(1) One every 6 months

Excluded Services & Other Covered Services:

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

- Cosmetic surgery
- Infertility treatment
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing

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

- Acupuncture (if prescribed for rehabilitation purposes)
- Chiropractic care
- Hearing aids

Your Rights to Continue Coverage:

**** Individual health insurance sample –**

Federal and State laws may provide protections that allow you to keep this health insurance coverage as long as you pay your **premium**. There are exceptions, however, such as if:

- You commit fraud
- The insurer stops offering services in the State
- You move outside the coverage area

For more information on your rights to continue coverage, contact the insurer at (787) 268-0404. You may also contact your state insurance department at Oficina Comisionado de Seguros de P.R 1-888-722-8686 or 787-304-8686.

OR

**** Group health coverage sample –**

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

For more information on your rights to continue coverage, contact the plan at (787) 268-0404. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or www.dol.gov/ebsa, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov.

Your Grievance and Appeals Rights:

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to **appeal** or file a **grievance**. For questions about your rights, this notice, or assistance, you can contact: Sr.Wilfredo Garcia Burgos (Executive Director) 787.268.0404 ext.248.

Does this Coverage Provide Minimum Essential Coverage?

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

Does this Coverage Meet the Minimum Value Standard?

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

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

About these Coverage Examples:

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

This is not a cost estimator.

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

See the next page for important information about these examples.

Having a baby
(normal delivery)

- **Amount owed to providers:** $7,540
- **Plan pays** $5,490
- **Patient pays** $75

Sample care costs:

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

Patient pays:

Deductibles	$75
Copays	$0
Coinsurance	$0
Limits or exclusions	$0
Total	**$75**

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

- **Amount owed to providers:** $4,100
- **Plan pays** $2,775
- **Patient pays** $480

Sample care costs:

Prescriptions	$2,900
Medical Equipment and Supplies	$0
Office Visits and Procedures	$700
Education	$300
Laboratory tests	$100
Vaccines, other preventive	$100
Total	**$4,100**

Patient pays:

Deductibles	$60
Copays	$420
Coinsurance	$0
Limits or exclusions	$0
Total	**$480**

Note: These numbers assume the patient is participating in our diabetes wellness program. If you have diabetes and do not participate in the wellness program, your costs may be higher. For more information about the diabetes wellness program, please contact: (787) 268-0404.

Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

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

What does a Coverage Example show?

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

Does the Coverage Example predict my own care needs?

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

Does the Coverage Example predict my future expenses?

✘ **No.** Coverage Examples are **not** cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your **providers** charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?

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

Are there other costs I should consider when comparing plans?

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