



Iowa State University SSHIP Blue POS



The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. **NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary.** For more information about your coverage, or to get a copy of the complete terms of coverage, visit www.wellmark.com or call 1-800-694-4110. For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms see the Glossary. You can view the Glossary at www.healthcare.gov/sbc-glossary or call 1-800-694-4110 to request a copy.

Important Questions	Answers	Why this Matters:
What is the overall <u>deductible</u>?	WHPI <u>Network</u> (IN) <u>Provider</u> : \$450 person/ \$900 family per benefit year. Out-of- <u>Network</u> (OON) <u>Provider</u> : \$600 person/ \$1,200 family per benefit year.	Generally, you must pay all the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> .
Are there services covered before you meet your <u>deductible</u>?	Yes. Well-child care, <u>preventive care</u> from in- <u>network providers</u> , in- <u>network</u> routine vision exams, in <u>network</u> prosthetic limbs and in- <u>network</u> services for mental health/substance abuse independent labs, office visits and outpatient services and services subject to health and drug card <u>copayments</u> .	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other <u>deductibles</u> for specific services?	No. There are no other <u>deductibles</u> .	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-pocket limit</u> for this <u>plan</u>?	WHPI <u>Network</u> (IN) <u>Provider</u> : \$4,100 person/ \$8,200 family per benefit year. Out-of- <u>Network</u> (OON) <u>Provider</u> : \$4,100 person/ \$8,200 family per benefit year. Drug Card: \$4,100 person/ \$8,200 family per benefit year. The In- <u>Network</u> health and drug card <u>out-of-pocket</u> maximum amounts accumulate together.	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the <u>out-of-pocket limit</u>?	Premiums, <u>balance-billed charges</u> , and health care this <u>plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .

Important Questions	Answers	Why this Matters:
Will you pay less if you use a <u>network provider</u> ?	Yes. See www.wellmark.com or call 1-800-694-4110 for a list of <u>network providers</u> .	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the <u>specialist</u> you choose without a <u>referral</u> .



All copayment and coinsurance costs shown in this chart are after your deductible has been met, if a deductible applies.

Common Medical Event	Services You May Need	What You Will Pay ISU Thielen Student Health Center (You will pay the least)	What You Will Pay WHPI Network (IN) <u>Provider</u> (You will pay more)	What You Will Pay Out-of-Network (OON) <u>Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you visit a health care <u>provider's</u> office or clinic	Primary care visit to treat an injury or illness	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Iowa State University Thielen Student Health Center services are services received at; and provided by practitioners recognized by ISU Thielen Student Health Center.
	<u>Specialist</u> visit	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	\$10 <u>copay</u> per date of service for in- <u>network</u> chiropractic services. Hearing exams are covered according to ACA guidelines.
	<u>Preventive care/ screening/ immunization</u>	No charge	No charge	0% <u>coinsurance</u>	One preventive exam and one mammogram per benefit period. Well-child care is covered to age 7. You may have to pay for services that aren't preventive. Ask your <u>provider</u> if the services needed are preventive. Then check what your <u>plan</u> will pay for.

For more information about limitations and exceptions, see your plan document or call Wellmark at 1-800-694-4110.

Common Medical Event	Services You May Need	What You Will Pay ISU Thielen Student Health Center (You will pay the least)	What You Will Pay WHPI Network (IN) Provider (You will pay more)	What You Will Pay Out-of-Network (OON) Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you have a test	Diagnostic test (x-ray, blood work)	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	In-network independent labs for mental health/substance abuse services are not subject to <u>coinsurance</u> .
	Imaging (CT/PET scans, MRIs)	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	-----None-----
If you need drugs to treat your illness or condition More information about <u>prescription drug coverage</u> is at www.wellmark.com/prescriptions .	Tier 1	\$10 <u>copay</u> per prescription	\$10 <u>copay</u> per prescription	\$10 <u>copay</u> per prescription	Refer to your Blue Rx Value Plus Drug List to determine the tier that applies to a covered drug. For out-of-network <u>prescription drugs</u> , you may be balance billed. 1 <u>copay</u> for 30-day supply. 3 <u>copays</u> for 90-day supply (retail). Mail order drugs are not covered. See wellmark.com/prescriptions for information about drugs and drug quantities that require prior authorization by Wellmark to be covered by your plan.
	Tier 2	\$20 <u>copay</u> per prescription	\$20 <u>copay</u> per prescription	\$20 <u>copay</u> per prescription	
	Tier 3	\$20 <u>copay</u> per prescription	\$20 <u>copay</u> per prescription	\$20 <u>copay</u> per prescription	
	Specialty drugs	Same as cost-share above depending on drug category.	Same as cost-share above depending on drug category.	Same as cost-share above depending on drug category.	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Waive cost-share on in-network outpatient services for mental health/substance abuse.
	Physician/surgeon fees	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Waive cost-share on in-network outpatient services for mental health/substance abuse.

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Common Medical Event	Services You May Need	What You Will Pay ISU Thielen Student Health Center (You will pay the least)	What You Will Pay WHPI Network (IN) Provider (You will pay more)	What You Will Pay Out-of-Network (OON) Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you need immediate medical attention	<u>Emergency room care</u>	N/A	\$100 <u>copay</u> per visit for facility and physician(s) combined	\$100 <u>copay</u> per visit for facility and physician(s) combined	For <u>emergency medical conditions</u> treated out-of-network, it is likely you may not be balance billed pursuant to the federal rules developed for implementation of the No Surprises Act. Waive cost-share on in-network outpatient services for mental health/substance abuse.
	<u>Emergency medical transportation</u>	N/A	20% <u>coinsurance</u>	20% <u>coinsurance</u>	For covered non-emergent situations, out-of-network ground ambulance services are NOT reimbursed at the in-network level. You may be balance billed for any out-of-network service as established under the rules developed for implementation of the No Surprises Act.
	<u>Urgent care</u>	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Waive cost-share on in-network outpatient services for mental health/substance abuse.
If you have a hospital stay	Facility fee (e.g., hospital room)	N/A	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Transplants are limited to Blue Distinction Centers.
	Physician/surgeon fees	N/A	20% <u>coinsurance</u>	40% <u>coinsurance</u>	-----None-----
If you need mental health, behavioral health, or substance abuse services	Outpatient services	N/A	No charge	40% <u>coinsurance</u>	-----None-----
	Inpatient services	N/A	20% <u>coinsurance</u>	40% <u>coinsurance</u>	-----None-----

For more information about limitations and exceptions, see your [plan](#) document or call Wellmark at 1-800-694-4110.

Common Medical Event	Services You May Need	What You Will Pay ISU Thielen Student Health Center (You will pay the least)	What You Will Pay WHPI <u>Network (IN) Provider</u> (You will pay more)	What You Will Pay <u>Out-of-Network (OON) Provider</u> (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you are pregnant	Office visits	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound). Cost sharing does not apply for <u>preventive services</u> .
	Childbirth/delivery professional services	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Benefits shown reflect OB/GYN practitioner services which are typically globally billed at time of delivery for pre-natal, post-natal and delivery services.
	Childbirth/delivery facility services	N/A	20% <u>coinsurance</u>	40% <u>coinsurance</u>	-----None-----

For more information about limitations and exceptions, see your plan document or call Wellmark at 1-800-694-4110.

Common Medical Event	Services You May Need	What You Will Pay ISU Thielen Student Health Center (You will pay the least)	What You Will Pay WHPI Network (IN) Provider (You will pay more)	What You Will Pay Out-of-Network (OON) Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
If you need help recovering or have other special health needs	<u>Home health care</u>	N/A	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Waive cost-share on in-net outpt services for mental health/substance abuse.
	<u>Rehabilitation services</u>	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	\$10 <u>copay</u> /date of service for physical therapy received at Thielen Student Health Center. \$10 <u>copay</u> /date of service for in-net office and outpt physical and occupational therapies. Waive cost-share on in-net outpt services for mental health/substance abuse.
	<u>Habilitation services</u>	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	\$10 <u>copay</u> /date of service for phys therapy received at Thielen Student Hlth Ctr. \$10 <u>copay</u> / date of service for in-net office and outpt physical and occupational therapies. Waive cost-share on in-net outpt services for mental health/substance abuse.
	<u>Skilled nursing care</u>	N/A	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Limit of 90 days per calendar year.
	<u>Durable medical equipment</u>	0% <u>coinsurance</u>	20% <u>coinsurance</u>	40% <u>coinsurance</u>	\$100 <u>copay</u> / date of service for DME services received at Thielen Student Health Ctr. Wigs are covered when hair loss results from a medical condition or as a result of medical treatments.
	<u>Hospice services</u>	N/A	20% <u>coinsurance</u>	40% <u>coinsurance</u>	Waive cost-share on in-net outpt services for mental health/substance abuse. Hospice respite care is limited to 15 inpt and 15 outpt days per lifetime.
If your child needs dental or eye care	Children's eye exam	N/A	No charge	40% <u>coinsurance</u>	One routine vision exam per benefit period.
	Children's glasses	Not covered	Not covered	Not covered	-----None-----
	Children's dental check-up	Not covered	Not covered	Not covered	-----None-----

For more information about limitations and exceptions, see your [plan](#) document or call Wellmark at 1-800-694-4110.

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

- Acupuncture
- Bariatric surgery
- Cosmetic surgery
- Custodial care - in home or facility
- Dental care - Adult
- Dental check-up
- Extended home skilled nursing
- Glasses
- Hearing aids
- Long-term care
- Routine foot care
- Some pharmacy drugs are not covered
- Weight loss programs

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

- Applied Behavior Analysis therapy
- Chiropractic care
- Infertility treatment (excludes some services)
- Most coverage provided outside the U.S.
- Private-duty nursing - short term intermittent home skilled nursing
- Routine eye care - Adult (one vision exam per benefit period)

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: the U.S. Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or www.cciio.cms.gov. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit www.HealthCare.gov or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, you can contact: Wellmark at 1-800-694-4110.

Does this plan provide Minimum Essential Coverage? Yes

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

Does this plan meet the Minimum Value Standards? Yes

If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

Wellmark Health Plan of Iowa, Inc. is an independent licensee of the Blue Cross and Blue Shield Association.

This contains only a partial description of the benefits, limitations, exclusions and other provisions of the health care plan. It is not a contract or policy. It is a general overview only. It does not provide all the details of coverage, including benefits, exclusions, and policy limitations. In the event there are discrepancies between this document and the Coverage Manual, Certificate, or Policy, the terms and conditions of the Coverage Manual, Certificate, or Policy will govern.

About These Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this plan might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your providers charge, and many other factors. Focus on the cost sharing amounts (deductibles, copayments and coinsurance) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby (9 months of in-network pre-natal care and a hospital delivery)

■ The plan's overall <u>deductible</u>	\$450
■ PCP <u>coinsurance</u>	0%
■ Hospital(facility) <u>coinsurance</u>	20%
■ Other <u>coinsurance</u>	0%

This EXAMPLE event includes services like:

Specialist office visits (*prenatal care*)
 Childbirth/Delivery Professional Services
 Childbirth/Delivery Facility Services
Diagnostic tests (*ultrasounds and blood work*)
Specialist visit (*anesthesia*)

Total Example Cost	\$12,700
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In this example, Peg would pay:

Cost Sharing	
<u>Deductibles</u>	\$450
<u>Copayments</u>	\$10
<u>Coinsurance</u>	\$1,600
What isn't covered	
Limits or exclusions	\$60
The total Peg would pay is	\$2,120

Managing Joe's type 2 Diabetes (a years of routine in-network care of a well-controlled condition)

■ The plan's overall <u>deductible</u>	\$450
■ <u>Specialist</u> <u>coinsurance</u>	0%
■ Hospital(facility) <u>coinsurance</u>	0%
■ Other <u>coinsurance</u>	0%

This EXAMPLE event includes services like:

Primary care physician office visits (*including disease education*)
Diagnostic tests (*blood work*)
Prescription drugs
Durable medical equipment (*glucose meter*)

Total Example Cost	\$5,600
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In this example, Joe would pay:

Cost Sharing	
<u>Deductibles</u>	\$50
<u>Copayments</u>	\$800
<u>Coinsurance</u>	\$0
What isn't covered	
Limits or exclusions	\$20
The total Joe would pay is	\$870

Mia's Simple Fracture (in-network emergency room visit and follow up care)

■ The plan's overall <u>deductible</u>	\$450
■ <u>Specialist</u> <u>coinsurance</u>	0%
■ Hospital(facility) <u>copayment</u>	\$100
■ Other <u>coinsurance</u>	0%

This EXAMPLE event includes services like:

Emergency room care (*including medical supplies*)
Diagnostic test (*x-ray*)
Durable medical equipment (*crutches*)
Rehabilitation services (*physical therapy*)

Total Example Cost	\$2,800
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In this example, Mia would pay:

Cost Sharing	
<u>Deductibles</u>	\$450
<u>Copayments</u>	\$100
<u>Coinsurance</u>	\$100
What isn't covered	
Limits or exclusions	\$0
The total Mia would pay is	\$650

Claim examples calculate benefits as if services are provided by your In-network provider.

The amounts shown in the maternity claim example above are based on amounts using a single per person deductible. Some plans may actually apply a two-person or family deductible to maternity services for the mother and newborn baby.

The plan would be responsible for the other costs of these EXAMPLE covered services.

