Summary of Benefits and Coverage: What this Plan Covers & What You Pay For Covered Services OptimaFit Bronze 9100 0% Standard LCS Optima Health Plan

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, call 1-866-514-5916 or visit optimahealth.com and sign into the Member Portal. 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 https://www.healthcare.gov/sbc-glossary or call 1-866-514-5916 to request a copy.

Important Questions	Answers	Why This Matters
What is the overall <u>deductible</u> ?	\$0 at Indian Health Care Provider (IHCP) or with IHCP referral at non IHCP; or \$9,100 /Individual or \$18,200 /family In- <u>Network</u>	Generally, you must pay all of the costs from providers 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. Most <u>preventive care</u> services and <u>screenings</u> are covered before you meet your <u>deductible</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 preventive services without cost sharing and before you meet your <u>deductible</u> . See a list of covered preventive services at <u>https://www.healthcare.gov/coverage/preventive-carebenefits/</u> .
Are there other <u>deductible</u> for specific services?	\$0 at IHCP or with IHCP referral at non-IHCP; or No.	You don't have to meet <u>deductibles</u> for specific <u>services</u> .
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	For In- <u>Network</u> \$9,100 person / \$18,200 family	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> , the overall family <u>out-of-pocket limit</u> must be met.
What is not included in the <u>out-of-pocket limit</u> ?	Premiums, balance-billed charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-</u> pocket limit.
Will you pay less if you use a <u>network provider</u> ?	Yes. See <u>http://www.optimahealth.com</u> or call 1-866-514-5916.	This <u>plan</u> uses a <u>provider</u> <u>network</u> . You will pay less if you use a <u>provider</u> in the plan's <u>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 provider's 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 <u>copayment</u> and <u>coinsurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

			What You Will Pay		
Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP In- Network Provider (You will pay more)	Non-IHCP Non- Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Primary care visit to treat an injury or illness	No charge	0% <u>coinsurance</u>	Not covered	<u>Cost sharing</u> waived at non-IHCP with IHCP referral. If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
If you visit a health care provider's office or clinic	<u>Specialist</u> visit	No charge	0% <u>coinsurance</u>	Not covered	<u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
	<u>Preventive care</u> / <u>screening</u> / immunization	No charge	No charge, <u>deductible</u> does not apply	Not covered	You may have to pay for services that aren't <u>preventive</u> . Ask your <u>provider</u> if the services you need are <u>preventive</u> . Then check what your <u>plan</u> will pay for.
	<u>Diagnostic test</u> (x-ray, blood work)	No charge	0% <u>coinsurance</u>	Not covered	<u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
If you have a test	Imaging (CT/PET scans, MRIs)	No charge	0% <u>coinsurance</u>	Not covered	Pre-authorization required. Cost sharing waived at non-IHCP with IHCP referral. If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
If you need drugs to treat your illness or condition	Preferred generic drugs (Tier 1)	No charge	No charge retail No charge mail order	Not covered retail Not covered mail order	Medical <u>deductible</u> applies. Coverage is limited to FDA-approved <u>prescription drugs</u> . One copayment or coinsurance amount covers up
More information about prescription drug coverage is available at	Preferred brand & other generic drugs (Tier 2)	No charge	No charge retail No charge mail order	Not covered retail Not covered mail order	to a 30-day supply; two <u>copayment</u> or <u>coinsurance</u> amounts cover up to a 31- to 60- day supply; and three <u>copayment</u> or
optimahealth.com.	Non-Preferred brand	No charge	No charge retail	Not covered retail	coinsurance amounts cover up to a 61- to 90-

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	drugs (Tier 3)		No charge mail order	Not covered mail order	day supply (retail). Some outpatient prescription drugs in Tier 1, Tier 2, and Tier 3 are available
	Specialty drugs (Tier 4)	No charge	No charge retail	Not covered retail	in a 90-day supply through mail order. Tier 4 Specialty Drugs are only available from a Plan Specialty Pharmacy and are limited to a 30-day supply (retail and mail order).
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	No charge	0% <u>coinsurance</u>	Not covered	Pre-authorization required. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
surgery	Physician/surgeon fees	No charge	0% <u>coinsurance</u>	Not covered	<u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
	Emergency room care	No charge	0% <u>coinsurance</u>	0% <u>coinsurance</u>	Cost sharing waived at non-IHCP with IHCP referral. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference (balance-billing).
If you need immediate medical attention	Emergency medical transportation	No charge	Non-emergency services: 0% coinsurance Emergency services: 0% coinsurance	Non-emergency services: Not covered Emergency services: 0% coinsurance	Pre-authorization required for non-emergent transport. Cost sharing waived at non-IHCP with IHCP referral. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference (balance- billing).
	Urgent care	No charge	0% <u>coinsurance</u>	Not covered	Cost sharing waived at non-IHCP with IHCP referral. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference (balance-billing).
lf you have a hospital stay	Facility fee (e.g., hospital room)	No charge	0% coinsurance	Not covered	Pre-authorization required. Cost sharing waived at non-IHCP with IHCP referral. If an

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			What You Will Pay		
Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP In- Network Provider (You will pay more)	Non-IHCP Non- Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
					out-of-network provider charges more than the allowed amount, you may have to pay the difference (balance-billing).
	Physician/surgeon fees	No charge	0% <u>coinsurance</u>	Not covered	<u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
If you need mental health, behavioral health, or substance	Outpatient services	No charge	Office visits: 0% <u>coinsurance</u> Other visits: 0% <u>coinsurance</u>	Office visits: Not covered Other visits: Not covered	Pre-authorization required for partial hospitalization, intensive outpatient program, electro-convulsive therapy, and Transcranial Magnetic Stimulation. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-</u> <u>network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
abuse services	Inpatient services	No charge	0% <u>coinsurance</u>	Not covered	Pre-authorization required for all inpatient services. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-</u> <u>billing</u>).
	Office visits	No charge	0% <u>coinsurance</u>	Not covered	Pre-authorization required for prenatal
	Childbirth/delivery professional services	No charge	0% <u>coinsurance</u>	Not covered	services. <u>Cost sharing</u> does not apply to certain preventive services. Maternity care may include tests and services described elsewhere
lf you are pregnant	Childbirth/delivery facility services	No charge	0% <u>coinsurance</u>	Not covered	in this SBC (i.e. ultrasound). <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
lf you need help	Home health care	No charge	0% coinsurance	Not covered	Pre-authorization required. 100 visits/year.

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			What You Will Pay		
Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP In- Network Provider (You will pay more)	Non-IHCP Non- Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
recovering or have other special health needs					Cost sharing waived at non-IHCP with IHCP referral. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference (balance-billing).
	Rehabilitation services	No charge	Rehabilitative PT/OT: 0% <u>coinsurance</u> Rehabilitative Speech Therapy: 0% <u>coinsurance</u> Other Services: 0% <u>coinsurance</u>	Rehabilitative PT/OT: Not covered Rehabilitative Speech Therapy: Not covered Other Services: Not covered	Pre-authorization required. 30 visits/plan year for PT, OT. 30 visits/plan year for ST. <u>Cost</u> <u>sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
	Habilitation services	No charge	Habilitative PT/OT: 0% <u>coinsurance</u> Habilitative Speech Therapy: 0% <u>coinsurance</u> Other Services: 0% <u>coinsurance</u>	Habilitative PT/OT: Not covered Habilitative Speech Therapy: Not covered Other Services: Not covered	Pre-authorization required. 30 visits/plan year for PT, OT. 30 visits/plan year for ST. <u>Cost</u> <u>sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
	Skilled nursing care	No charge	0% <u>coinsurance</u>	Not covered	Pre-authorization required. 100 days/stay. Cost sharing waived at non-IHCP with IHCP referral. If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
	<u>Durable medical</u> equipment	No charge	0% <u>coinsurance</u>	Not covered	Pre-authorization required for single items over \$750, all rental items, and repair and replacement. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-</u> <u>billing</u>).

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Common Medical Event	Services You May Need	Indian Health Care Provider (IHCP) (You will pay the least)	Non-IHCP In- Network Provider (You will pay more)	Non-IHCP Non- Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Hospice services	No charge	0% <u>coinsurance</u>	Not covered	<u>Pre-authorization</u> required. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
	Children's eye exam	No charge	No charge, <u>deductible</u> does not apply	Not covered	Coverage limited to one exam/ <u>plan</u> year from participating VSP <u>providers</u> . <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
If your child needs dental or eye care	Children's glasses	No charge	No charge, <u>deductible</u> does not apply	Not covered	Coverage limited to one pair/ <u>plan</u> year from participating VSP <u>providers</u> . <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance-billing</u>).
	Children's dental check-up	No charge	Not covered	Not covered	None.

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Cl	neck your policy or plan document for	or more information and a list of any other <u>excluded services</u> .)
• Abortion (except in cases of rape, incest, or when	 Dental Care (Adult) 	 Non-emergency care when traveling outside the
the life of the mother is endangered)		U.S.
Acupuncture	 Dental Care (Pediatric) 	 Routine eye care (Adult)
Bariatric Surgery	Hearing aids	 Routine foot care unless medically necessary
Cosmetic Surgery	Long-term care	 Weight Loss Programs

Other Covered Services (Limitations	may apply to these services. This isn't a complete	list. Please see your <u>plan</u> document.)
Chiropractic Care	 Infertility Treatment 	 Private-duty nursing

Your Rights to Continue Coverage:

For more information on your rights to continue coverage, contact the plan at 1-866-514-5916. There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is your state insurance department at Bureau of Insurance at 1-877-310-6560 or bureauofinsurance@scc.virginia.gov; or www.HealthCare.gov at 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: member services at the number on the back of your member ID card. You may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform; or your state department of insurance at the Virginia State Corporation Commission, Life & Health Division, Bureau of Insurance, P.O. Box 1157, Richmond, VA, 23218, 1-877-310-6560 or bureauofinsurance@scc.virginia.gov.

Additionally, a consumer assistance program can help you file your appeal. Contact the Virginia State Corporation Commission, Life & Health Division, Bureau of Insurance, P.O. Box 1157, Richmond, VA, 23218, 1-877-310-6560, or bureauofinsurance@scc.virginia.gov.

Does this plan provide Minimum Essential Coverage? Yes

<u>Minimum Essential Coverage</u> generally includes <u>plans</u>, <u>health insurance</u> available through the <u>Marketplace</u> or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for <u>Minimum Essential Coverage</u>, you may not be eligible for the <u>premium tax credit</u>. **Does this plan meet the Minimum Value Standards? Yes** If your plan doesn't meet the <u>Minimum Value Standards</u>, you may be eligible for a premium tax credit to help you pay for a plan through the <u>Marketplace</u>.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-855-687-6260. Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-855-687-6260.

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Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-855-687-6260. Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-855-687-6260. ______To see examples of how this plan might cover costs for a sample medical situation, see the next page.____

About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. 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 B (9 months of in-network pre-natal ca delivery)		Managing Joe's type 2 (a year of routine in-network care of condition)		Mia's Simple Fractor (in-network emergency room visit an	
 The <u>plan's</u> overall <u>deductible</u> Specialist <u>coinsurance</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$9,100 0% 0% 0%	 The <u>plan's</u> overall <u>deductible</u> Specialist <u>coinsurance</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$9,100 0% 0% 0%	 The <u>plan's</u> overall <u>deductible</u> Specialist <u>coinsurance</u> Hospital (facility) <u>coinsurance</u> Other <u>coinsurance</u> 	\$9,100 0% 0% 0%
This EXAMPLE event includes set Specialist office visits (prenatal care, Childbirth/Delivery Professional Serv Childbirth/Delivery Facility Services Diagnostic tests (ultrasounds and blo) vices	This EXAMPLE event includes ser Primary care physician office visits (<i>education</i>) Diagnostic tests (<i>blood work</i>) Prescription drugs	including disease	This EXAMPLE event includes serv Emergency room care (including med Diagnostic test (x-ray) Durable medical equipment (crutches Rehabilitation services (physical thera	lical supplies)
Specialist visit (anesthesia)		Durable medical equipment (glucose	e meter)		
Specialist visit <i>(anesthesia)</i> Total Example Cost	\$12,700	Durable medical equipment (glucose Total Example Cost	e meter) \$5,600	Total Example Cost	\$2,800
,	\$12,700			Total Example Cost In this example, Mia would pay:	\$2,800
Total Example Cost	\$12,700	Total Example Cost		· · · ·	\$2,800
Total Example Cost In this example, Peg would pay:	\$12,700 \$0	Total Example Cost In this example, Joe would pay:		In this example, Mia would pay:	\$2,800 \$0
Total Example Cost In this example, Peg would pay: Cost Sharing		Total Example Cost In this example, Joe would pay: Cost Sharing	\$5,600	In this example, Mia would pay: Cost Sharing	
Total Example Cost In this example, Peg would pay: Cost Sharing Deductibles	\$0	Total Example Cost In this example, Joe would pay: Cost Sharing Deductibles	\$5,600 \$0	In this example, Mia would pay: Cost Sharing Deductibles	\$0
Total Example Cost In this example, Peg would pay: Cost Sharing Deductibles Copayments	\$0 \$0 \$0 \$0	Total Example Cost In this example, Joe would pay: Cost Sharing Deductibles Copayments	\$5,600 \$0 \$0 \$0	In this example, Mia would pay: Cost Sharing Deductibles Copayments	\$0 \$0
Total Example Cost In this example, Peg would pay: Cost Sharing Deductibles Copayments Coinsurance	\$0 \$0 \$0 \$0	Total Example Cost In this example, Joe would pay: Cost Sharing Deductibles Copayments Coinsurance	\$5,600 \$0 \$0 \$0	In this example, Mia would pay: Cost Sharing Deductibles Copayments Coinsurance	\$0 \$0

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