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 general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms see the Glossary. You can see the Glossary at www.carefirst.com/sbcg or call 1-855-258-6518 to request a copy. For more information about your coverage, or to get a copy of the complete terms of coverage, please visit www.carefirst.com.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	In-Network: $100 individual/$200 family; Out-of-Network: $500 individual/$1,000 family	Generally, you must pay all the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan, each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible.
Are there services covered before you meet your deductible?	Yes, all In-Network preventive care services, as well as the following (non-hospital facilities only, when applicable): Preventive care/screening/immunizations, prescription drugs, pre and post-natal office visits.	This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost-sharing and before you meet your deductible. See a list of covered preventive services at https://www.healthcare.gov/coverage/preventive-care-benefits/.
Are there other deductibles for specific services?	There are no other specific deductibles.	You don't have to meet deductibles for specific services.
What is the out-of-pocket limit for this plan?	In-Network: $8,000 individual/$16,000 family; Out-of-Network: $8,000 individual/$16,000 family.	The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan, they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met.
What is not included in the out-of-pocket limit?	Premiums, balance-billing charges, health care this plan doesn't cover, copayments for certain services, and penalties for failure to obtain pre-authorization for services.	Even though you pay these expenses, they don't count toward the out–of–pocket limit.
Will you pay less if you use a network provider?	Yes. See www.carefirst.com or call 855-258-6518 for a list of Network providers.	This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware

		your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services.
Do you need a referral to see a specialist?	No	You can see the specialist you choose without a referral.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	Provider: $20 copay per visit Hospital Facility: No Deductible, then 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	If a service is rendered at a Hospital Facility, the additional Facility charge may apply
	Specialist visit	Provider: $40 copay per visit Hospital Facility: No Deductible, then 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	If a service is rendered at a Hospital Facility, the additional Facility charge may apply
	Retail health clinic	$20 copay per visit	Deductible, then 50% of Allowed Benefit	None
	Preventive care/screening/ immunization	No Charge	Deductible, then 50% of Allowed Benefit	Some services may have limitations or exclusions based on your contract
If you have a test	Diagnostic test (x-ray, blood work)	No Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	None
	Imaging (CT/PET scans, MRIs)	No Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	None
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.carefirst.com/rxgroup	Generic drugs	34 Day Supply: $5 copay 90 Day Supply: $15 Copay	Paid As In-Network	For all prescription drugs: Prior authorization may be required for certain drugs; Copay applies to up to 34-day supply; Up to 90-day supply of maintenance drugs is 2 copays or 3 times member maximum; Specialty Drugs: Participating Providers: covered when purchased through the Exclusive Specialty Pharmacy Network Non-Participating Providers: Not Covered
	Preferred brand drugs	34 Day Supply: 20% of Allowed Benefit up to a Maximum of $50 90 Day Supply: 20% of Allowed Benefit up to a maximum of $150	Paid As In-Network	
	Non-preferred brand drugs	34 Day Supply: 50% of Allowed Benefit up to a Maximum of $100 90 Day Supply: 50% of		

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
		Allowed Benefit up to a maximum of $300		
	Preferred Specialty drugs	34 Day Supply: 20% of Allowed Benefit up to a Maximum of $50 [90 Day Supply: 20% of Allowed Benefit up to a maximum of $150	Not Covered	
	Non-preferred Specialty drugs	34 Day Supply: 50% of Allowed Benefit up to a Maximum of $100 90 Day Supply: 50% of Allowed Benefit up to a maximum of $300	Not Covered	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	Ambulatory Surgical Center and Hospital Facility: Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	None
	Physician/surgeon fees	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	None
If you need immediate medical attention	Emergency room care	$100 copay, then 30% of Allowed Benefit	$100 copay, then 30% of Allowed Benefit	Copay waived if admitted; Limited to Emergency Services or unexpected, urgently required services; Additional professional charges may apply
	Emergency medical transportation	No Deductible, 30% of Allowed Benefit	No Deductible, then 30% of Allowed Benefit	Prior authorization is required for air ambulance services, except when Medically Necessary in an emergency
	Urgent care	$40 copay per visit	Deductible, then 50% of Allowed Benefit	Limited to unexpected, urgently required services
If you have a hospital stay	Facility fee (e.g., hospital room)	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	Prior authorization is required
	Physician/surgeon fees	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	None

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	Office: $20 copay per visit, Facility: No Deductible, 30% of Allowed Benefit	No Deductible, then 50% of Allowed Benefit	For treatment at an Outpatient Hospital Facility, additional charges may apply
	Inpatient services	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	Prior authorization is required; Additional professional charges may apply
If you are pregnant	Office visits	No Charge	Deductible, then 50% of Allowed Benefit	For routine pre/postnatal office visits only. For non-routine obstetrical care or complications of pregnancy, cost sharing may apply.
	Childbirth/delivery professional services	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	None
	Childbirth/delivery facility services	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	Additional professional charges may apply; Inpatient Preauthorization is required, except it is not required for the 48-hour stay for an uncomplicated vaginal delivery, or the 96-hour stay for uncomplicated cesarean section.
If you need help recovering or have other special health needs	Home health care	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	Benefits are limited to 100 days of unlimited visits per benefit period
	Rehabilitation services	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	If a service is rendered at a Hospital Facility, the additional Facility charge may apply.
	Habilitation services	Not Covered	Not Covered	None
	Skilled nursing care	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	Prior authorization is required
	Durable medical equipment	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	Prior authorization is required for specified services.
	Hospice services	Deductible, 30% of Allowed Benefit	Deductible, then 50% of Allowed Benefit	Benefits are limited to 180 days per benefit period
If your child needs dental or eye care	Children's eye exam	Not Covered	Not Covered	None
	Children's glasses	Not Covered	Not Covered	None
	Children's dental check-up	Not Covered	Not Covered	None

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
- Dental care (Adult)
- Hearing aids
- Infertility treatment
- Long-term care
- Routine eye care
- Routine foot care
- Weight loss programs

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

- Chiropractic care
- Abortion
- Private-duty nursing
- Coverage provided outside the US. See www.carefirst.com
- Non-emergency care when travelling outside the US

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: Department of Labor Employee Benefits Security Administration, http://www.dol.gov/ebsa/healthreform, or call 1-866-444-EBSA (3272); or Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, http://www.cciio.cms.gov, or call 1-877-267-2323 x61565. 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, contact: Department of Labor Employee Benefits Security Administration, http://www.dol.gov/ebsa/healthreform, or call 1-866-444-EBSA (3272); or Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, http://www.cciio.cms.gov, or call 1-877-267-2323 x61565.

Does this plan provide Minimum Essential Coverage? Yes

If you don't have Minimum Essential Coverage for a month, you'll have to make a payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for that month.

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.

Language Access Services:

[Spanish (Español): Para obtener asistencia en Español, llame al 1-855-258-6518.]

[Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-855-258-6518.]

[Chinese (中文): 如果需要中文的帮助，**请拨打这个号码** 1-855-258-6518.]

[Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-855-258-6518.]

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

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 deductible	$9,599
Specialist *[cost sharing]*	$40
Hospital (facility) *[cost sharing]*	30%
Other *[cost sharing]*	30%

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	$12,800

In this example, Peg would pay:

Cost Sharing	
Deductibles	$100
Copayments	$100
Coinsurance	$2,991
What isn't covered	
Limits or exclusions	$10
The total Peg would pay is	$3,201

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

The plan's overall deductible	$5,703
Specialist *[cost sharing]*	$40
Hospital (facility) *[cost sharing]*	30%
Other *[cost sharing]*	30%

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	$7,400

In this example, Joe would pay:

Cost Sharing	
Deductibles	$100
Copayments	$355
Coinsurance	$1,242
What isn't covered	
Limits or exclusions	$0
The total Joe would pay is	$1,697

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

The plan's overall deductible	$1,175
Specialist *[cost sharing]*	$40
Hospital (facility) *[cost sharing]*	30%
Other *[cost sharing]*	30%

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	$1,900

In this example, Mia would pay:

Cost Sharing	
Deductibles	$100
Copayments	$3400
Coinsurance	$285
What isn't covered	
Limits or exclusions	$0
The total Mia would pay is	$725

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