Your Benefit Summary

HSA Qualified Plan – Embedded

Formulary B: Preventive
Bend Chamber of Commerce

Providence Health Plan

What You Pay In-Network	What You Pay Out-of-Network	Calendar Year In-Network Out-of-Pocket Maximum	Calendar Year Out-of-Network Out-of-Pocket Maximum	Calendar Year In-Network Deductible	Calendar Year Out-of-Network Deductible
Covered in full (after deductible)	**50%** (after deductible; UCR applies)	**$6,000** per person **$12,000** per family (2 or more)	**$20,000** per person **$40,000** per family (2 or more)	**$6,000** per person **$12,000** per family (2 or more)	**$10,000** per person **$20,000** per family (2 or more)

Important information about your plan

This summary provides only highlights of your benefits. To view your plan details, register and log in at myprovidence.com.

- Not Medicare Part D creditable
- The embedded individual deductible applies if there are no dependents enrolled. If two or more members are enrolled, the individual deductible applies for each member only until the family deductible is met.
- The embedded individual out-of-pocket maximum applies if there are no dependents enrolled. If two or more members are enrolled, the individual out-of-pocket applies for each member only until the family out-of-pocket is met.
- Your first three Primary Care Provider (PCP) visits and first three outpatient behavioral health visits of each calendar year are eligible to be covered in full if you have met your deductible. If you have not met your deductible, you will be charged and the amount will go toward your deductible.
- Your deductible(s) are included in the out-of-pocket maximum amount(s) listed above.
- In-network and out-of-network deductibles and out-of-pocket maximums accumulate separately.
- Your prescription drug benefit includes a $0 copay, with no deductible for certain preventive medications. Preventive drugs are taken regularly to help prevent or limit the development of specific diseases or conditions.
- To find if a drug is covered under your plan, check online at ProvidenceHealthPlan.com/pharmacy.
- If you or your provider request or prescribe a brand-name drug when a generic is available, you will be responsible for the cost difference between the brand-name and generic drug.
- Diabetes Supplies may be obtained at your participating pharmacy, and covered under your prescription benefit. Refer to your formulary and Member Handbook for additional details.
- Certain drugs, devices and supplies obtained from your pharmacy may apply to your medical benefit.
- Prior authorization is required for some services.
- To get the most out of your benefits, use the providers within the Providence Signature network plus OHSU. View a list of In-Network Providers and pharmacies at ProvidenceHealthPlan.com/findaprovider
- If you choose to go outside the network, you may be subject to billing for charges that are above Usual, Customary and Reasonable charges (UCR). Benefits for out-of-network services are based on these UCR charges.
- HSA enrollment and eligibility is not automatic with enrollment in this High Deductible Health Plan (HDHP). See your handbook for more details.
- Limitations and exclusions apply to your benefits. See your Member Handbook for details.
- Learn more about covered preventive services rated "A" or "B" by the U.S. Preventive Services Task Force at ProvidenceHealthPlan.com/PreventiveCare .

HSA Qualified Plan – Embedded Benefit Highlights	After you pay your calendar year deductible(s), then you pay the following for covered services:	
✓ No deductible needs to be met prior to receiving this benefit.	**In-Network Coinsurance** (after deductible, when you see an in-network provider)	**Out-of-Network Coinsurance** (after deductible, when you see a non-network provider)
On-Demand Provider Visits		
• Providence ExpressCare Virtual	Covered in full	Not covered
• Providence ExpressCare Retail Health Clinic	Covered in full	Not applicable

HSA Qualified Plan – Embedded Benefit Highlights (continued)	In-Network Coinsurance	Out-of-Network Coinsurance
Preventive Care		
• Periodic health exams and well-baby care	Covered in full ✓	50%
• Routine immunizations; shots	Covered in full ✓	50%
• Colonoscopy (Age 45+)	Covered in full ✓	50%
• Gynecological exam (calendar year) and PAP test	Covered in full ✓	50%
• Mammograms	Covered in full ✓	50%
• Nutritional counseling	Covered in full ✓	50%
• Tobacco cessation, counseling/classes and deterrent medications	Covered in full ✓	Not covered
• Diabetes self management education	Covered in full ✓	Covered in full ✓
Physician / Provider Services		
• Office visits to Primary Care Provider or Naturopath (In-person and Virtually) (First 3 in-network virtual and in-person visits: covered in full after deductible, then plan coinsurance.)	Covered in full	50%
• Office visits to Specialists/other providers (In-person & Virtually)	Covered in full	50%
• Office visits to an Alternative Care provider (In-person and Virtually)	Covered in full	50%
• Chiropractic Manipulations (limited to 20 visits per calendar year)	Covered in full	Covered in full
• Acupuncture (limited to 12 visits per calendar year)	Covered in full	Covered in full
• Allergy shots and serums	Covered in full	50%
• Infusions and injectable medications	Covered in full	50%
• Surgery; anesthesia in an office or facility	Covered in full	50%
• Inpatient hospital visits	Covered in full	50%
Diagnostic Services		
• X-ray, lab services, and testing services (includes ultrasound)	Covered in full	50%
• High-tech imaging services (such as PET, CT or MRI)	Covered in full	50%
• Diagnostic and supplemental breast exam	Covered in full	50%
Prescription Drugs (Up to a 30-day supply/retail and preferred retail pharmacies; 90-day supply/mail-order and preferred retail pharmacies) Core Preventive drugs are exempt from the deductible, subject to the formulary and applicable tier cost share Insulin cost share capped at $35 for a 30-day supply and $105 for a 90-day supply. Deductible does not apply.		
• ACA Preventive drugs	Covered in full ✓	Not covered
• 1 - Preferred generic drugs	Covered in full	Not covered
• 2 - Non-preferred generic drugs	Covered in full	Not covered
• 3 - Preferred brand-name drugs	Covered in full	Not covered
• 4 - Non-preferred brand-name drugs	Covered in full	Not covered
• 5 - Specialty drugs (specialty drugs are limited to a 30-day supply and must be obtained through a contracted specialty pharmacy)	Covered in full	Not covered
• Compounded drugs (compounded drugs are limited to 30-day supply and must be obtained at a retail/preferred retail pharmacy)	Covered in full	Not covered
Emergency and Urgent Services		
• Emergency services (for emergency medical conditions only. If admitted to hospital, all services subject to inpatient benefits.)	Covered in full	Covered in full
• Urgent care services (for non-life threatening illness/minor injury)	Covered in full	50%
• Emergency medical transportation (air and/or ground) (Emergency medical transportation is covered under your in-network benefit, regardless of whether or not the provider is an In-Network Provider)	Covered in full	Covered in full
Hospital Services		
• Inpatient/Observation care	Covered in full	50%
• Rehabilitative care (Limited to 30 days per calendar year. Limits do not apply to Mental Health or Substance Use Disorder Services.)	Covered in full	50%
• Habilitative care (Limited to 30 days per calendar year. Limits do not apply to Mental Health or Substance Use Disorder Services.)	Covered in full	50%
• Skilled nursing facility (Limited to 60 days per calendar year)	Covered in full	50%
• Temporomandibular joint (TMJ) services (Inpatient and/or outpatient services combined limit of $1,000 per calendar year/$5,000 per lifetime)	Covered in full	Not covered

HSA Qualified Plan – Embedded Benefit Highlights (continued)	In-Network Coinsurance	Out-of-Network Coinsurance
Outpatient Services		
• Outpatient surgery, infusion, dialysis, chemotherapy, radiation therapy, osteopathic manipulation, pain management (multi-disciplinary) program	Covered in full	50%
• Outpatient Surgery at an Ambulatory Surgical Center (ASC)	Covered in full	50%
• Colonoscopy (Non-preventive) at a Hospital-based facility	Covered in full	50%
• Colonoscopy (Non-preventive) at an Ambulatory Surgical Center (ASC)	Covered in full	50%
• Temporomandibular joint (TMJ) services (Inpatient and/or outpatient services combined limit of $1,000 per calendar year/$5,000 per lifetime)	Covered in full	Not covered
• Outpatient rehabilitative physical therapy, occupational, and speech therapy. (Limited to 30 visits per calendar year. Limits do not apply to Mental Health/Substance Use Disorder Services.)	Covered in full	50%
• Outpatient habilitative physical therapy, occupational, and speech therapy. (Limited to 30 visits per calendar year. Limits do not apply to Mental Health/Substance Use Disorder Services.)	Covered in full	50%
• Cardiac rehabilitation	Covered in full	50%
• Biofeedback for specified diagnosis (limited to 10 visits per lifetime, limits do not apply to Mental Health/Substance Use Disorder Services)	Covered in full	50%
• Vision therapy (convergence insufficiency) (Limited to 12 visits per lifetime)	Covered in full	50%
Maternity Services		
• Prenatal office visits	Covered in full ✓	50%
• Delivery and postnatal services	Covered in full	50%
• Inpatient hospital/facility services	Covered in full	50%
• Routine newborn nursery care	Covered in full	50%
Medical Equipment, Supplies and Devices		
• Medical equipment, appliances, prosthetics/orthotics and supplies	Covered in full	50%
• Hearing aids (One per ear per every three calendar years)	Covered in full	50%
• Diabetes supplies (Such as lancets, test strips, needles, blood and continuous glucose monitors)	20% ✓	50%
• Removable custom shoe orthotics	Covered in full	50%
• Oral Sleep Apnea Appliance (Out-of-Network limited to $2,000 per calendar year)	Covered in full	50%
Mental Health / Substance Use Disorder		
Services except outpatient provider office visits may require prior authorization.		
• Inpatient and residential services	Covered in full	50%
• Day treatment, intensive outpatient and partial hospitalization services	Covered in full	50%
• Applied behavior analysis	Covered in full	50%
• Outpatient provider office visits (In-person and Virtually) (First 3 in-network virtual and in-person visits: covered in full after deductible, then coinsurance.)	Covered in full	50%
Home Health and Hospice		
• Home health care	Covered in full	50%
• Hospice care	Covered in full	Covered in full
• Respite Care (Limited to 5 consecutive days; 30 days per lifetime)	Covered in full	50%

Your guide to the words or phrases used to explain your benefits

ACA Preventive drug
Affordable Care Act (ACA) preventive drugs are medications, including contraceptives, that are listed in our formulary as such, and are covered at no cost when received from Participating Pharmacies. Over-the-counter preventive drugs received from Participating Pharmacies require a written prescription from your Qualified Provider to be covered in full under this benefit.

Coinsurance
The percentage of the cost that you may need to pay for a covered service.

Compound Drug
Compounded medications are prescriptions that are custom prepared by your pharmacist and must contain at least one FDA-approved drug to be eligible for coverage. Claims are subject to clinical review for medical necessity and are not guaranteed for payment.

Copay
The fixed dollar amount you pay to a health care provider for a covered service at the time care is provided.

Core Preventive drugs
The Core Preventive drug list is made up of medications that Providence Health Plan has selected, with the guidance of our Clinical Pharmacy Division. These are first-line medications that may prevent the onset of a disease or condition when taken by a person who has developed risk factors for the disease or condition that has not yet manifested itself or has not become clinically apparent, or may prevent the recurrence of a disease or condition from which a person has recovered. Core Preventive drugs are subject to formulary and tier status, as well as pharmacy management programs such as Prior Authorization, step therapy and/or quantity limits. Providence Health Plan has developed the list of Core Preventive drugs based on IRS Notices 2019-45 and 2004-23, section 223(c)(2)(C) of the Internal Revenue Code.

Deductible
The dollar amount that an individual or family pays for covered services before your plan pays any benefits within a calendar year. The following expenses do not apply to an individual or family deductible:

- Services not covered by your plan
- Fees that exceed usual, customary and reasonable (UCR) charges as established by your plan
- Penalties incurred if you do not follow your plan's prior authorization requirements
- Copays and coinsurance for services that do not apply to the deductible.

Formulary
A formulary is a list of FDA-approved prescription drugs developed by physicians and pharmacists, designed to offer drug treatment choices for covered medical conditions. The Providence Health Plan formulary includes brand-name, generic and specialty medications.

Health Savings Account (HSA)
Employee-owned bank accounts where money is deposited – by employees, employers and even family members – to be used for employees' current and future health care expenses. Contributions can be deducted pre-tax from paychecks, and the money rolls over year to year and stays with the employee even with job changes and retirement.

In-Network
Refers to services received from an extensive network of highly qualified physicians, health care providers and facilities contracted by Providence Health Plan for your specific plan. Generally, your out-of-pocket costs will be less when you receive covered services from in-network providers. balance billing may apply. To find an in-network provider, go to ProvidenceHealthPlan.org/findaprovider.

Limitations and Exclusions
All covered services are subject to the limitations and exclusions specified for your plan. Refer to your member handbook or contract for a complete list.

Office Visits Virtually
Scheduled visits with the member's PCP or Specialist using a teleconferencing application such as Zoom.

Out-of-network
Refers to services you receive from providers not in your plan's network. Your out-of-pocket costs are generally higher when you receive covered services outside of your plan's network. An out-of-network provider does not have contracted rates with Providence Health Plan and so balance billing may apply. To find an in-network provider, go to ProvidenceHealthPlan.com/findaprovider.

Out-of-Pocket Maximum
The limit on the dollar amount that an individual or family pays for specified covered services in a calendar year. This plan has both in-network and out-of-network out-of-pocket maximums. These out-of-pocket maximums accumulate separately and are not combined. Some services and expenses do not apply to the individual or family out-of-pocket maximum. See your member handbook for details

Prescription Drug Prior Authorization
The process used to request an exception to the Providence Health Plan drug formulary. This process can be initiated by the prescriber of the medication. Some drugs require prior authorization for medical necessity, place of therapy, length of therapy, step therapy or number of doses.

Prescription drug tier
The prescription drug tier number correlates to a drug's placement on the formulary. Tier 1 and Tier 2 consists of mainly generic drugs while Tier 3 and Tier 4 contains both generic and brand-name drugs. Specialty drugs are typically listed in Tier 5 and Tier 6. Some may be listed on lower tiers. These are designated as Specialty on the formulary.

Primary Care Provider
A qualified physician or practitioner that can provide most of your care and, when necessary, will coordinate care with other providers in a convenient and cost-effective manner.

Prior authorization
Some services must be pre-approved. In-network, your provider will request prior authorization. Out-of-network, you are responsible for obtaining prior authorization.

Providence ExpressCare Retail Health Clinic
A walk-in health clinic, other than an office, urgent care facility, pharmacy or independent clinic that is located within a retail operation. A Retail Health Clinic provides same-day visits for basic illness and injuries.

Providence ExpressCare Virtual
Sevices for common conditions (such as sore throat, cough, or fever, etc.) using Providence's web-based platform through a tablet, smartphone, or computer for same day appointments.

Usual, Customary & Reasonable (UCR)
Describes your plan's allowed charges for services that you receive from an out-of-network provider. When the cost of out-of-network services exceeds UCR amounts, you are responsible for paying the provider any difference. These amounts do not apply to your out-of-pocket maximums.

Contact us
Headquartered in Portland, our customer service professionals have been proudly serving our members since 1986.

Portland Metro Area: 503-574-7500
All other areas: 800-878-4445
TTY: 503-574-8702 or 888-244-6642

Have questions about your benefits and want to contact us via e-mail? Go to our Web site at:
www.ProvidenceHealthPlan.com/contactus

Non-discrimination Statement

Providence Health Plan and Providence Health Assurance comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, religion, gender identity, marital status or sex. Providence Health Plan and Providence Health Assurance do not exclude people or treat them differently because of race, color, national origin, age, disability, sexual orientation, religion, gender identity, marital status or sex.

Providence Health Plan and Providence Health Assurance:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, you can call us at 503-574-7500 or 1-800-878-4445 (TTY: 711).

If you believe that Providence Health Plan and Providence Health Assurance has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sexual orientation, religion, gender identity, marital status or sex, you can file a grievance with our Non-discrimination Coordinator by mail:

Providence Health Plan and Providence Health Assurance
Attn: Non-discrimination Coordinator
PO Box 4158
Portland, OR 97208-4158
Email: PHPAppealsandGrievances@providence.org

If you need help filing a grievance, call us at 503-574-7500 or 1-800-878-4445 (TTY:711) for assistance.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at *https://ocrportal.hhs.gov/ocr/portal/lobby.jsf*, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW - Room 509F HHH Building
Washington, DC 20201
1-800-368-1019, 1-800-537-7697 (TTY)

Complaint forms are available at *http://www.hhs.gov/ocr/office/file/index.html*.

Members of Oregon Plans may file a complaint with the Division of Financial Regulation at 1-888-877-4894 or visit https://dfr.oregon.gov/Pages/index.aspx.

Language Access Information

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-878-4445 (TTY: 711).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-878-4445 (TTY: 711).

Russian: ВНИМАНИЕ: Если Вы говорите по-русски, то Вам доступны услуги бесплатной языковой поддержки. Звоните 1-800-878-4445 (телетайп: 711).

Vietnamese: CHÚ Ý: Nếu quý vị nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Xin gọi số 1-800-878-4445 (TTY: 711).

Traditional Chinese: 注意：如果您說中文，您可以免費獲得語言支援服務。請致電 1-800-878-4445 (TTY: 711)。

Kushite: XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-800-878-4445 (TTY: 711).

Farsi:

توجه: اگر به زبان فارسی صحبت می‌کنید، تسهیلات زبانی به صورت رایگان به شما ارائه می‌شود. با 1-800-878-4445 (TTY: 711) تماس بگیرید.

Ukrainian: УВАГА! Якщо Ви розмовляєте українською мовою, для Вас доступні безкоштовні послуги мовної підтримки. Телефонуйте за номером 1-800-878-4445 (телетайп: 711).

Japanese: お知らせ: 日本語での通話をご希望の場合、言語支援サービスを無料でご利用いただけます。1-800-878-4445 (TTY: 711) まで、お電話ください。

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-878-4445 (TTY: 711) 번으로 전화해 주십시오

Nepali: ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंले निम्न भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छन् । 1-800-878-4445 (TTY: 711) मा फोन गर्नुहोस् ।

Romanian: ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii gratuite de asistență lingvistică. Sunați 1-800-878-4445 (TTY: 711).

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzdienste zur Verfügung. Rufnummer: 1-800-878-4445 (TTY: 711).

Hmong: LUS CEEB TOOM: Yog tias koj hais lus Hmoob, cov kev pab txhais lus, muaj kev pab dawb rau koj. Hu rau 1-800-878-4445 (TTY: 711).

Cambodian: កំណត់សម្គាល់៖ បើសិនជាអ្នកនិយាយភាសាខ្មែរ
អាចមានសេវាជំនួយផ្នែកភាសាដោយមិនគិតថ្លៃពីលោកអ្នក។ សូមហៅទូរស័ព្ទលេខ 1-800-878-4445 (TTY: 711)។

Laotian: ເຊີນຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ຈະມີການຊ່ວຍເຫຼືອດ້ານພາສາ
ໂດຍບໍ່ເສຍຄ່າໃຫ້ທ່ານ. ໂທ 1-800-878-4445 (TTY: 711).