

Your Benefit Summary

Providence Cascade Silver



Providence Choice Network	
Individual Calendar Year Deductible (family amount is 2 times individual)	\$2,000
Individual Out-of-Pocket Maximum (family amount is 2 times individual) This amount includes the Deductible.	\$7,800

Important information about your plan

This summary provides only highlights of your benefits. To view your plan details, register and login at myProvidence.com.

- Once you have registered, you can select your Medical Home online or by calling Customer Service.
- This plan provides benefits only for Medically Necessary Services when provided by physicians or providers in your Medical Home. The only exception is Emergency Care and Urgent Care Services.
- Referrals are required.
- Some Services and penalties do not apply to the Out-of-Pocket Maximum.
- Prior Authorization is required for some Services.
- View a list of In-Network Providers and pharmacies at ProvidenceHealthPlan.com/findaprovider.
- Limitations and exclusions apply. See your contract for details.
- Not Medicare Part D creditable.
- Find important information about how to use your plan at ProvidenceHealthPlan.com/usingyourplan.

✓ Deductible does not apply	Below is the amount you pay after you have met your calendar year Deductible
	In-Network Only
On-Demand Visits	
Virtual Visits (such as Providence Express Care Virtual or phone and video PCP visits)	Covered in full ✓
Providence Express Care Retail Health Clinic visits	\$25 ✓
Virtual phone and video visits to a specialist	\$45 ✓
Preventive Care	
Periodic health exams and well-baby care	Covered in full ✓
Routine immunizations and shots	Covered in full ✓
Colonoscopy (preventive, age 50+)	Covered in full ✓
Gynecological exams (1 per calendar year), breast exams and Pap tests	Covered in full ✓
Mammograms	Covered in full ✓
Nutritional Counseling	Covered in full ✓
Tobacco cessation, counseling/classes and deterrent medications	Covered in full ✓
Physician/Professional Services	
Office visits to a Primary Care Provider	\$25 ✓
Office visits to an Alternative Care Provider (such as naturopath) (Chiropractic manipulation and acupuncture services are covered separately from the office visit at the levels listed for those benefits.)	\$25 ✓
Office visits to specialists	\$60 ✓
Allergy shots and allergy serums, injectable and infused medications	30%
Professional surgery and anesthesia services in an office or outpatient facility	\$200
Diagnostic Services	
X-ray and ultrasound	\$60 ✓
Lab and testing services	\$35 ✓

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Below is the amount you pay after you have met your calendar year Deductible

✓ Deductible does not apply	In-Network Only
Diagnostic Services	
High-tech imaging Services (such as PET, CT or MRI)	30%
Sleep studies	30%
Emergency Care and Urgent Care Services	
Emergency Services (Deductible applies) (For Emergency Medical Conditions only. If admitted to the Hospital, all Services subject to inpatient benefits.)	
In-Network	\$800
Out-of-Network	\$800
Emergency medical transportation (air and/or ground) (Emergency transportation is covered regardless of whether or not the provider is an In-Network Provider.)	\$375 ✓
Urgent Care visits (for non-life threatening illness/minor injury)	
In-Network	\$60 ✓
Out-of-Network	\$60
Hospital Services	
Inpatient/Observation care	\$800
Rehabilitation and habilitation each limited to 30 days per calendar year (Limits do not apply to Mental Health)	(per day copay, limit of 5 copays per stay)
Skilled Nursing Facility (limited to 60 days per calendar year)	\$800 per day copay
Temporomandibular joint (TMJ) services	
Temporomandibular joint (TMJ) services (Limited to \$1,000 per calendar year, up to \$5,000 per lifetime)	30%
Outpatient Services	
Outpatient surgery at an Ambulatory Surgery Center	\$600
Outpatient surgery at a Hospital-based facility	\$600
Colonoscopy (non-preventive) at an Ambulatory Surgery Center	\$600
Colonoscopy (non-preventive) at a Hospital-based facility	\$600
Outpatient dialysis, infusion, chemotherapy and radiation therapy	\$200
Outpatient rehabilitative services: physical, occupational or speech therapy (Limited to 25 visits per calendar year. Limits do not apply to Mental Health Services.)	\$35 ✓
Outpatient habilitative services: physical, occupational or speech therapy (Limited to 25 visits per calendar year. Limits do not apply to Mental Health Services.)	\$35 ✓
Neurodevelopmental therapy	\$35 ✓
Maternity Services	
Prenatal visits	Covered in full ✓
Delivery	\$800 (per day copay, limit of 5 copays per stay)
Postnatal visits	\$60 ✓
Routine newborn nursery care	\$800 (per day copay, limit of 5 copays per stay)
Medical Equipment, Supplies and Devices	
Medical equipment, appliances, prosthetics/orthotics and supplies	30%

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✓ Deductible does not apply	In-Network Only
Medical Equipment, Supplies and Devices	
Diabetes supplies (such as lancets, test strips, needles and glucose monitors)	30% ✓
Removable custom shoe orthotics (Limited to \$200 per calendar year)	30%
Mental Health and Chemical Dependency (Services, except outpatient provider office visits, may require prior authorization.)	
Inpatient and residential services	\$800
Day treatment, intensive outpatient, and partial hospitalization services	\$25 ✓
Outpatient provider visits	\$25 ✓
Applied Behavior Analysis	\$25 ✓
Home Health and Hospice	
Home health care (Limited to 130 days per calendar year)	30%
Hospice care	30%
Respite care (limited to Members receiving Hospice care; limited to 14 days per lifetime)	30%
Biofeedback	
Biofeedback for specified diagnosis (limited to 10 visits per lifetime)	30%
Chiropractic Manipulation, Acupuncture, and Massage Therapy	
Chiropractic manipulations (limited to 10 visits per calendar year)	\$25 ✓
Acupuncture (limited to 12 visits per calendar year)	\$25 ✓
Massage Therapy (Copayments and Coinsurance do not apply to your Out-of-Pocket Maximums) (limited to 10 visits per calendar year)	\$25 ✓

Prescription Drugs

Formulary M

✓ Deductible does not apply	Below is the amount you pay after you have met your calendar year Deductible
Up to a 30-Day Supply (From a participating retail, preferred or specialty pharmacy)	
Tier 1	\$20 ✓
Tier 2	\$20 ✓
Tier 3	\$70 ✓
Tier 4	\$250
Tier 5	\$250
Tier 6	\$250
90-Day Supply (From a participating preferred retail pharmacy)	
Tier 1	\$60 ✓
Tier 2	\$60 ✓
Tier 3	\$210 ✓
Tier 4	\$750
90-Day Supply (From a participating mail order pharmacy)	
Tier 1	\$40 ✓
Tier 2	\$40 ✓
Tier 3	\$140 ✓
Tier 4	\$500

Pharmacies

Your prescription drug benefit requires that you fill your prescriptions at a Participating Pharmacy. There are four types of participating pharmacies:

- Retail: a Participating Pharmacy that allows up to a 30-day supply as outlined in your handbook of short-term and maintenance prescriptions.
- Preferred Retail: a Participating Pharmacy that allows up to a 90-day supply of maintenance prescriptions and access to up to a 30-day supply of short-term prescriptions.
- Specialty: a Participating Pharmacy that allows up to a 30-day supply of specialty and self-administered chemotherapy prescriptions. These prescriptions require special delivery, handling, administration and monitoring by your pharmacist.
- Mail Order: a Participating Pharmacy that allows up to a 90-day supply of maintenance prescriptions and specializes in direct delivery to your home. To order prescriptions by mail, your provider may call in the prescription or you can mail your prescription along with your Member identification number to one of our participating mail-order pharmacies.
- View a list of our participating pharmacies ProvidenceHealthPlan.com/planpharmacies.

Using your prescription drug benefit

- To find if a drug is covered under your plan check online at ProvidenceHealthPlan.com/pharmacy. Note that your plan's formulary includes ACA Preventive drugs which are medications that are covered at no cost when received from participating pharmacies as required by the Patient Protection and Affordable Care Act.
- FDA-approved women's contraceptives, as listed on your formulary, are covered at no cost for up to a 12-month supply at any Participating Pharmacy.
- You may purchase up to a 90-day supply of maintenance drugs using a participating mail-service or preferred retail pharmacy. Not all drugs are considered maintenance prescriptions, including compounded drugs and drugs obtained from specialty pharmacies.
- If you or your provider request or prescribe a brand-name drug when a generic is available, regardless of reason, you will be responsible for the cost difference between the brand-name and generic drug in addition to the Tier 4 or Tier 6 copayment or coinsurance indicated on the benefit summary. Your total cost, however, will never exceed the actual cost of the drug.

Prescription Drugs

Formulary M

- Approved non-formulary non-specialty drugs will be covered at the Tier 4 cost sharing tier. Approved non-formulary specialty drugs will be covered at the Tier 6 cost sharing tier.
- Compounded medications are prescriptions that are custom prepared by your pharmacist. They must contain at least one FDA-approved drug to be eligible for coverage under your plan. Compounded medications are covered for up to a 30-day supply at a 50% after the deductible. Claims are subject to clinical review for medical necessity and are not guaranteed for payment.
- Specialty drugs, which can be found in Tier 5 and Tier 6, are prescriptions that require special delivery, handling, administration and monitoring by your pharmacist.
- The first fill of your specialty or chemotherapy drug is allowed at a retail pharmacy. Additional fills are only available at our designated specialty pharmacies.
- Certain drugs, devices, and supplies obtained from your pharmacy may apply towards your medical benefit.
- Diabetes supplies may be obtained at your participating pharmacy, and are subject to your medical supplies and devices' benefit limitations, and Coinsurance. See your Member Contract for details.
- Insulin cost share capped at \$100 for a 30-day supply. Deductible does not apply.
- Some prescription drugs require Prior Authorization for medical necessity, place of therapy, length of therapy, step therapy, or number of doses. If a drug to treat your covered medical condition is not in the formulary, please contact us.
- Self-administered chemotherapy is covered under the Prescription Drug Benefit unless the Outpatient Chemotherapy coverage results in a lower out-of-pocket expense to you. Please refer to your Contract for more information.
- Self-injectable medications are only covered when they are being self-administered and labeled by the FDA for self-administration; in some cases, a Prior Authorization may be required for the drug. Documentation of self-administration may also be required. Drugs labeled for self-administration that are being administered by a provider will fall to the Member's medical benefit.
- Be sure you present your current Providence Health Plan Member identification card.

Routine Vision Services Provided by VSP

VSP Choice Network (For Customer Service call 800-877-7195)

Below is the amount you pay after you have met your calendar year Deductible

✓ Deductible does not apply

In-Network Only

Pediatric Vision Services (under age 19)

Routine eye exam (limited to 1 exam per calendar year)	Covered in full ✓
Lenses (polycarbonate, plastic or glass; limited to 1 pair per calendar year)	
Single vision	Covered in full ✓
Lined bifocal	Covered in full ✓
Lined trifocal	Covered in full ✓
Lenticular lenses	Covered in full ✓
Frames (limited to 1 pair per calendar year; select from VSP's Otis & Piper™ Eyewear Collection)	Covered in full ✓
Contact lens services and materials in place of glasses	Covered in full ✓
Low Vision Services	Covered in full ✓

Explanation of terms and phrases

ACA Preventive Drugs - ACA Preventive drugs are medications, including contraceptives, which are listed in our formulary, and are covered at no cost when received from Participating Pharmacies as required by the Patient Protection and Affordable Care Act (ACA). Over the counter preventive drugs received from Participating Pharmacies cannot be covered in full without a written prescription from your Qualified Practitioner. A written prescription is not required for over-the-counter contraceptives, per RCW 48.43.072(2) (b).

Brand-name drugs - Brand-name drugs are protected by U.S. patent laws and only a single manufacturer has the rights to produce and sell them.

Coinsurance - The percentage of the cost that you may need to pay for Covered Service.

Copay - The fixed dollar amount you pay to a healthcare provider for a Covered Service at the time care is provided.

Deductible - The dollar amount that an individual or family pays for Covered Service before the plan pays any benefits within a Calendar Year. The following expenses do not apply to the individual or family deductible: Services not covered by the plan; fees that exceed Usual, Customary and Reasonable (UCR) charges as established by the plan; penalties incurred if you do not follow the 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 effective drug treatment choices for covered medical conditions. The Providence Health Plan formulary includes both brand-name and generic medications.

Generic drugs - Generic drugs have the same active-ingredient formula as the brand-name drug. Generic drugs are usually available after the brand-name patent expires.

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 Service from In-Network Providers.

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.

Maintenance Prescriptions - Medications that are typically prescribed to treat long-term or chronic conditions, such as diabetes, high blood pressure and high cholesterol. Maintenance drugs are those that you have received under our plan for at least 30 days and that you anticipate continuing to use in the future. Compounded and specialty medications are excluded from this definition; and are limited to a 30 day supply.

Medical Home - A full Service healthcare clinic which has been designated as a Medical Home providing and coordinating Members' medical care.

Medical Home Referral - A referral from your Medical Home to receive Services from an In-Network Provider that is not part of your Medical Home.

Medicare Part D creditable

Medicare Part D creditable - Coverage is creditable when the plan payout for prescription drugs is, on average for all plan participants, as much as the average payout under the standard Medicare Part D benefit.

Not Medicare Part D creditable - Coverage is non-creditable when the plan payout for prescription drugs is, on average for all plan participants, less than what standard Medicare Part D prescription drug coverage would be expected to pay.

Non-Formulary Medication - An FDA-approved drug, generic or brand-name, that is not included in the list of approved formulary medications. These prescriptions require a Prior Authorization by the health plan and, if approved, will pay at either the highest non-specialty or specialty cost sharing tier.

Out-of-Pocket Maximum - The limit on the dollar amount that an individual or family pays for specified Covered Services in a Calendar Year. Some Services and expenses do not apply to the individual or family Out-of-Pocket Maximum. See your Member handbook or contract for details.

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.

Prescription drug Prior Authorization - The process used to request an exception to the Providence Health Plan drug formulary. A Prior Authorization can be requested by the prescriber, member or pharmacy. Some drugs require Prior Authorization for Medical Necessity, place of therapy, length of therapy, step therapy or number of doses. Visit us online for additional information at ProvidenceHealthPlan.com.

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 listed in Tier 5 and Tier 6.

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.

Explanation of terms and phrases

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 or preventive services.

Specialty Drugs - Specialty drugs are injectable, infused, oral, topical, or inhaled therapies that often require specialized delivery, handling, monitoring and administration and are generally high cost. These drugs must be purchased through our designated specialty pharmacy. Due to the nature of these medications, specialty drugs are limited to a 30-day supply. Your benefits include specialty drugs listed on our formulary in Tier 5 and Tier 6. Generally your out-of-pocket costs will be less for Tier 5 drugs.

Virtual Visit - Visit with a Network Provider using secure internet technology such as Providence Express Care phone and video visits.

Contact us

Portland Metro Area: 503-574-7500
All other areas: 800-878-4445
TTY:711

[ProvidenceHealthPlan.com/contactus](https://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, 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, or sex.

Providence Health Plan and Providence Health Assurance:

- Provide 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)
- Provide free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Written information in other languages

If you are a Medicare member who needs these services, call 503-574-8000 or 1-800-603-2340. All other members can call 503-574-7500 or 1-800-878-4445. Hearing impaired members may call our TTY line at 711.

If you believe that Providence Health Plan or Providence Health Assurance has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, 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

If you need help filing a grievance, and you are a Medicare member call 503-574-8000 or 1-800-603-2340. All other members can call 503-574-7500 or 1-800-878-4445. (TTY line at 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://hhs.gov/ocr/office/file/index.html>.

Language Access Services

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

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

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

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-878-4445 (TTY: 711)。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-878-4445 (телетайп: 711).

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

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 1-800-878-4445 (телетайп: 711).

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-878-4445 (TTY: 711) まで、お電話にてご連絡ください。

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-878-4445 (رقم هاتف الصم والبكم: (TTY: 711).

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

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសាដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់បម្រើអ្នក។ ចុះ ទូរស័ព្ទ 1-800-878-4445 (TTY: 711)។

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

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-878-4445 (TTY: 711).

بگ پرید۔ شما برای رایگان به صورت زبانی توسط یلاتک زید، می گفد تگوفارسی زیدان به اگر: توجه
فمی باشد یا 1-800-878-4445 (TTY: 711) تماس

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-878-4445 (ATS : 711).

เฉียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-878-4445 (TTY: 711)