

# Your Benefit Summary

St. Joseph Health

2020 SJH HRA Medical Plan

Copay	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
\$20	10%-25% coinsurance (after deductible)	50% coinsurance (after deductible; UCR applies)	\$3,300 per person \$6,600 per family (2 or more)	\$6,600 per person \$13,200 per family (2 or more)	\$1,150 per person \$2,300 per family (2 or more)	\$2,300 per person \$4,600 per family (2 or more)

## Important information about your plan

This summary provides only highlights of your benefits. Certain limitations and exclusions apply. To view all of your plan details, including your Summary Plan Description, register for [myProvidence](https://www.ProvidenceHealthPlan.com/getstarted) at [www.ProvidenceHealthPlan.com/getstarted](https://www.ProvidenceHealthPlan.com/getstarted).

- Not sure what a word or phrase means? See the last page for the definitions used in this summary.
- Your in-network and out-of-network deductibles accumulate together, as do your in-network and out-of-network out-of-pocket maximums, to meet the calendar year limits listed above.
- Your Calendar Year Medical/Pharmacy Deductible applies to your Calendar Year Medical/Pharmacy Out-of-Pocket Maximum.
- This plan may include a Health Reimbursement Account that can be used toward deductibles, copays and coinsurance.
- You may pay a lower coinsurance when you choose a participating Accountable Care Organization (ACO) provider or facility. For details go to [www.providencehealthplan.com/stjhs](https://www.providencehealthplan.com/stjhs).
- Benefits for out-of-network services are based on Usual, Customary & Reasonable charges (UCR).
- Some services and penalties do not apply to out-of-pocket maximums.
- This plan summary highlights some of the features of this St. Joseph Health medical plan. This summary does not include all plan rules and details. The terms of your benefit plans are governed by legal documents. Should there be any inconsistencies between this summary and the legal plan documents, the plan documents are the final authority. St. Joseph Health reserves the right to change or discontinue its benefit plans at any time and for any reason.

Benefit Highlights	After you pay your calendar year deductible, then you pay the following for covered services:		
	ACO Network (Tier I)	Other In-Network Providers (Tier II)	Out-of-Network (Tier III)
✓ No deductible needs to be met prior to receiving this benefit.			
<b>Preventive Health and Wellness Services</b>			
• Periodic health exams and well baby care	Covered in full✓	Covered in full✓	50%
• Gynecological exams (calendar year) and Pap tests	Covered in full✓	Covered in full✓	50%
• Mammogram	Covered in full✓	Covered in full✓	50%
• Prostate screening exam (calendar year)	Covered in full✓	Covered in full✓	50%
• Colorectal exam	Covered in full✓	Covered in full✓	50%
• Colorectal cancer screening: sigmoidoscopy, colonoscopy (for members age 50 and over)	Covered in full✓	Covered in full✓	50%
• The following tests (when received with your periodic health exam): CBC, urinalysis, chemical profile, glucose, cholesterol, fecal blood	Covered in full✓	Covered in full✓	50%
• The following services (for members with diabetes): HbA1c, retinal exam, urine test for kidney function, diabetic exams of mouth, teeth and feet	Covered in full✓	Covered in full✓	50%
• Pneumococcal vaccine	Covered in full✓	Covered in full✓	50%
• Flu vaccine	Covered in full✓	Covered in full✓	50%
• Routine immunizations/shots	Covered in full✓	Covered in full✓	50%
• Nutritional counseling	Covered in full✓	Covered in full✓	50%
• Vision and hearing screening	Covered in full✓	Covered in full✓	50%
• Tobacco use cessation; counseling/classes, and deterrent medications, including prescription and over the counter. <b>Medications must be purchased at an in-network pharmacy.</b>	Covered in full✓	Covered in full✓	Not covered

Benefit Highlights (continued)	ACO Network	Other In-Network Providers	Out-of-Network
<b>Physician / Provider Services</b> <ul style="list-style-type: none"> <li>Office visits to Primary Care Provider</li> <li>Office visits to specialist</li> <li>Inpatient hospital visits</li> <li>Surgery; anesthesia</li> <li>Allergy shots, serums, infusions, and injectable medications</li> </ul>	\$20 / visit✓ 10% 10% 10% 10%	\$20 / visit✓ 25% 25% 25% 25%	50% 50% 50% 50% 50%
<b>Outpatient Diagnostic Services</b> <ul style="list-style-type: none"> <li>X-ray; lab services</li> <li>High-tech imaging services (such as PET, CT, MRI)</li> </ul>	10% 10%	25% 25%	50% 50%
<b>Hospital Services</b> <ul style="list-style-type: none"> <li>Acute care</li> <li>Rehabilitative care</li> <li>Skilled nursing facility</li> </ul>	10% 10% 25%	25% 25% 25%	50% 50% 50%
<b>Maternity</b> <ul style="list-style-type: none"> <li>Prenatal services</li> <li>Delivery and postnatal services</li> <li>Routine newborn nursery care</li> <li>Hospital services</li> <li>Infertility services (limited to \$500 per calendar year; testing and counseling only)</li> </ul>	Covered in full✓ Covered in full✓ 10%✓ 10% 10%	Covered in full✓ Covered in full✓ 25%✓ 25% 25%	50% 50% 50%✓ 50% 50%
<b>Medical Equipment, Supplies and Devices</b> <ul style="list-style-type: none"> <li>Durable medical equipment and appliances</li> <li>Prosthetic and Orthotic Devices (Removable custom shoe orthotics are limited to \$500 per calendar year)</li> <li>Diabetic supplies (See SPD for details)</li> <li>Hearing Aids (\$1,500 maximum rolling 36 months)</li> </ul>	25% 25% Covered in full✓ 10%	25% 25% Covered in full✓ 25%	50% 50% 50% 50%
<b>Emergency / Urgent Care / Emergency Medical Transportation</b> <ul style="list-style-type: none"> <li>Emergency services (for emergency medical conditions only. If admitted to hospital, copayment is not applied; all services subject to inpatient benefits.)</li> <li>Urgent care services (for non-life threatening illness/minor injury)</li> <li>Emergency medical transportation</li> </ul>	\$250✓ 10% 25%	\$250✓ 25% 25%	\$250✓ 50% 25%
<b>Other Covered Services</b> <ul style="list-style-type: none"> <li>Outpatient rehabilitative services (75 visits per calendar year)</li> <li>Outpatient surgery (Including ambulatory surgery centers)</li> <li>Infusion, chemotherapy and radiation therapy</li> <li>Bariatric surgery (only available at Swedish/PH&amp;S facilities. Limitations apply.)</li> <li>Temporomandibular joint (TMJ) service (limited to \$3,000 per lifetime)</li> <li>Spinal manipulations and acupuncture (limited to 12 visits combined per calendar year)</li> <li>Home health care (limited to 130 visits per calendar year)</li> <li>Hospice care</li> </ul>	10% 10% 10% 10% 10% 25% 25% Covered in full	25% 25% 25% Not covered 25% 25% 25% Covered in full	50% 50% (no coverage for some facilities) 50% Not covered 50% 25% 50% Covered in full
<b>Mental Health / Chemical Dependency</b> (All services, except outpatient provider office visits, must be prior authorized. For information, please call 800-878-4445.) <ul style="list-style-type: none"> <li>Inpatient and residential services</li> <li>Day treatment, intensive outpatient and partial hospitalization services</li> <li>Applied behavior analysis</li> <li>Outpatient provider office visits</li> </ul>	10% 10% 10% Covered in full✓	25% 25% 25% Covered in full✓	50% 50% 25% 50%

Benefit Highlights (continued)	ACO Network	Other In-Network Providers	Out-of-Network
<b>Prescription drugs (Up to a 30-day supply/retail and preferred retail pharmacies; 90-day supply/mail-order and preferred retail pharmacies)</b> <ul style="list-style-type: none"> <li>• ACA preventive drugs (not subject to deductible)</li> <li>• Enhanced Preventive drugs (Not subject to deductible. Drugs designated as Enhanced Preventive drugs on your formulary must be filled at PSJH's designated mail order pharmacy for coverage.)</li> <li>• Generic</li> <li>• Formulary brand-name drugs</li> <li>• Non-formulary brand-name drugs</li> </ul>	Covered in full✓ Covered in full✓  \$10✓ 20% (max \$150 per 30-day supply) 40% (max \$150 per 30-day supply)	Covered in full✓ Covered in full✓  \$10✓ 30% (max \$150 per 30-day supply) 50% (max \$150 per 30-day supply)	Not covered Not covered  Not covered Not covered  Not covered

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

### ACA Preventive drug

ACA Preventive drugs are medications 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.

### ACO Network Provider

Accountable Care Organization (ACO) offering a large network of providers – doctors, hospitals, clinics and more – that are accountable for the cost and quality of care they provide

- All St Joseph Health, Providence, Covenant, and Grace facilities and pharmacies,
- Providence, Heritage, SJH and Covenant Medical Groups and providers
- Walgreen's retail pharmacies and designated mail order pharmacy

### Coinsurance

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

### Copay

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

### Enhanced Preventive drug

Enhanced preventive does not include any drug or medication used to treat an existing illness, injury or condition. Enhanced Preventive drugs are subject to formulary as well as pharmacy management programs such as prior authorization, step therapy and/or quantity limits. Drugs indicated as Enhanced preventive on your formulary must be filled at PSJH's designated Mail Order pharmacy.

### 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 both brand-name and generic medications.

### Health Reimbursement Account (HRA)

An employer-funded tax-exempt account established for paying qualified medical expenses.

### In-Network benefit

The in-network benefit is an extensive network of highly qualified physicians and health care providers, also known as network providers, available to you by your plan. Generally, your out-of-pocket costs will be less when you receive covered services from network providers. To find a in-network provider, go to [www.providencehealthplan.com/stjhs](http://www.providencehealthplan.com/stjhs)

### In-Network provider

A physician or provider of health care services who belongs to the Providence Health Plan in-network provider panel. To find an in-network provider, refer to the directory available at [www.providencehealthplan.com/stjhs](http://www.providencehealthplan.com/stjhs).

### Medical/pharmacy deductible

The dollar amount that an individual or family pays for covered services before your plan pays any benefits within a calendar year. The deductible can be met by using in-network or out-of network providers, or the combination of both. 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 or coinsurance for any supplemental benefits provided by your employer, such as routine vision care
- Copays and coinsurance for services that do not apply to the deductible.

### Medical/pharmacy out-of-pocket maximum

The limit on the dollar amount you will have to spend for specified covered health services (a combination of both in and out-of-network services) in a calendar year. Some services and expenses do not apply to the common out-of-pocket maximum. See your Summary Plan Description for details.

### Out-of-Network benefit

Refers to services you receive from a non-network provider. Your out-of-pocket costs are generally higher when you receive covered services from non-network providers. To find a network provider, go to [www.providencehealthplan.com/stjhs](http://www.providencehealthplan.com/stjhs).

### Out-of-Network provider

Any health care professional who does not participate within Providence Health Plan's in-network panel of physicians and providers of health care services.

### Participating pharmacies

Pharmacies that have a signed contract with Providence Health Plan to provide medications and other services at special rates. There are four types of participating pharmacies:

- Retail: a participating pharmacy that allows up to a 30-day supply 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.
- Mail Order: a participating pharmacy that allows up to a 90-day supply of maintenance prescriptions and specializes in direct delivery to your home.
- 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.

### Primary Care Provider

A qualified practitioner who specializes in family practice, general practice, internal medicine, pediatrics, obstetrics or gynecology.

### 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.

### 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.

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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](http://www.ProvidenceHealthPlan.com/contactus)

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