



# City of Chico Out Of State PPO 90

This summary of benefits has been updated to comply with federal and state requirements, including applicable provisions of the recently enacted federal health care reform laws. As we receive additional guidance and clarification on the new health care reform laws from the U.S. Department of Health and Human Services, Department of Labor and Internal Revenue Service, we may be required to make additional changes to this summary of benefits. This proposed benefit summary is subject to the approval of the California Department of Insurance and the California Department of Managed Health Care.

In addition to dollar and percentage copays, insured persons are responsible for deductibles, as described below. Please review the deductible information to know if a deductible applies to a specific covered service. Certain Covered Services have maximum visit and/or day limits per year. The number of visits and/or days allowed for these services will begin accumulating on the first visit and/or day, regardless of whether your Deductible has been met. Insured persons are also responsible for all costs over the plan maximums. Plan maximums and other important information appear in *italics*. Benefits are subject to all terms, conditions, limitations, and exclusions of the Policy.

### Explanation of Covered Expense

Plan payments are based on covered expense, which is the lesser of the charges billed by the provider or the following:  
 PPO Providers—PPO negotiated rates. Insured persons are not responsible for the difference between the provider's usual charges & the negotiated amount.

Non-PPO Providers & Other Health Care Providers (*includes those not represented in the PPO provider network*)—The customary & reasonable charge for professional services or the reasonable charge for institutional services.

**When using Non-PPO and Other Health Care Providers, insured persons are responsible for any difference between the covered expense & actual charges, as well as any deductible & percentage copay.**

Calendar year deductible for non-Anthem Blue Cross providers \$500/insured person; \$1,500/family aggregate

### Annual Out-of-Pocket Maximums

PPO Providers & Other Health Care Providers \$2,000/insured person/year; \$6,000/family/year  
 Non-PPO Providers \$5,000/insured person/year; \$15,000/family/year

The following do not apply to out-of-pocket maximums: deductibles listed above; non-covered expense. After an insured person reaches the out-of-pocket maximum, the insured person remains responsible for the deductibles listed above; amounts related to a transplant unrelated donor search & for costs in excess of the covered expense when using non-PPO & Other Health Care providers.

Lifetime Maximum	Unlimited	
Covered Services	PPO: Per Insured Person Copay	Non-PPO: Per Insured Person Copay
<b>Hospital Medical Services</b> ( <i>subject to utilization review for inpatient services; waived for emergency admissions</i> )		
➤ Semi-private room, meals & special diets, & ancillary services	10%	30%
➤ Outpatient medical care, surgical services & supplies ( <i>hospital care other than emergency room care</i> )	10%	30%
<b>Ambulatory Surgical Centers</b>		
➤ Outpatient surgery, services & supplies	10% <sup>1</sup>	30% <sup>1</sup> ( <i>benefit limited to \$350/day</i> )
<b>Hemodialysis</b>		
➤ Outpatient hemodialysis services & supplies	10% <sup>1</sup>	30% <sup>1</sup> ( <i>benefit limited to \$350/day</i> )
<b>Skilled Nursing Facility</b> ( <i>subject to utilization review</i> )		
➤ Semi-private room, services & supplies ( <i>limited to 100 days/calendar year</i> )	10% <sup>1</sup>	10% <sup>1</sup>
<b>Hospice Care</b>		
➤ Inpatient or outpatient services for insured persons; family bereavement services		10% <sup>2</sup>
<b>Home Health Care</b>		
➤ Services & supplies from a home health agency ( <i>limited to combined maximum of 100 visits/calendar year, one visit by home health aide equals four hours or less; not covered while insured person receives hospice care</i> )	10% <sup>1</sup>	10% <sup>1</sup>

<sup>1</sup> These providers may not be represented in the PPO network in the state where the insured person receives services. If such provider is not available in the service area, the insured person's copay is the same as for PPO. All copays are in addition to applicable deductibles.

<sup>2</sup> These providers may not be represented in the PPO network in the state where an insured person receives services. If such provider is not available in the service area, the insured person's copay is 20%. If such provider is available in the service area and the insured person receives services from a PPO provider, the insured person's copay is 10%. However, if the insured person chooses to receive services from a non-PPO provider when such provider is available in the service area, the insured person's copay is 30%. All copays are in addition to applicable deductibles.

Covered Services	PPO: Per Insured Person Copay	Non-PPO: Per Insured Person Copay
<b>Home Infusion Therapy</b> <i>(subject to utilization review)</i>		
➤ Includes medication, ancillary services & supplies; caregiver training & visits by provider to monitor therapy; durable medical equipment; lab services	10% <sup>1</sup>	10% <sup>1</sup> <i>(benefit limited to \$600/day)</i>
<b>Physician Medical Services</b>		
➤ Office & home visits	\$10/visit <sup>2</sup> <i>(deductible waived)</i>	30%
➤ Hospital & skilled nursing facility visits	10%	30%
➤ Surgeon & surgical assistant; anesthesiologist or anesthetist	10%	30%
<b>Diagnostic X-ray &amp; Lab</b>		
➤ MRI, CT scan, PET scan & nuclear cardiac scan <i>(subject to utilization review)</i>	10% <sup>1</sup>	30% <sup>1</sup>
➤ Other diagnostic x-ray & lab	\$10/visit <sup>1</sup>	30% <sup>1</sup>
<b>Preventive Care Services</b>		
<i>Preventive Care Services that meet the requirements of federal and state law, including certain screenings, immunizations and physician visits</i>		
➤ Routine physical exams <i>(birth through age six)</i>	No copay <i>(deductible waived)</i>	Not covered
➤ Immunizations <i>(birth through age six)</i>	No copay <i>(deductible waived)</i>	Not covered
➤ Routine physical exams, immunizations, diagnostic X-ray & lab for routine physical exam <i>(members 7 years old and older)</i>	No copay/exam <i>(deductible waived)</i>	Not covered
➤ Adult preventive services <i>(including mammograms, Pap smears, prostate cancer screenings, &amp; colorectal cancer screenings)</i>	No copay <i>(deductible waived)</i>	Not covered <i>(deductible waived)</i>
<b>Physical Therapy, Physical Medicine &amp; Occupational Therapy</b>	\$10/visit	30%
<b>Chiropractic Services</b> <i>(limited to 12 visits/calendar year)</i>	\$25/visit	30%
<b>Speech Therapy</b>		
➤ Outpatient speech therapy following injury or organic disease	\$10/visit	30%
<b>Acupuncture</b>		
➤ Services for the treatment of disease, illness or injury <i>(limited to 20 visits/calendar year)</i>	\$25/visit <sup>3</sup>	\$25/visit <sup>3</sup>
<b>Temporomandibular Joint Disorders</b>		
➤ Splint therapy & surgical treatment	10%	30%
<b>Pregnancy &amp; Maternity Care</b>		
➤ Physician office visits	No copay <sup>2</sup> <i>(deductible waived)</i>	30%
➤ Prescription drug for elective abortion <i>(mifepristone)</i> Normal delivery, cesarean section, complications of pregnancy & abortion <i>(newborn routine nursery care covered when natural mother is insured employee or spouse/domestic partner)</i>	10%	30%
➤ Inpatient physician services	10%	30%
➤ Hospital & ancillary services	10%	30%
<b>Organ &amp; Tissue Transplants</b> <i>(subject to utilization review)</i>		
➤ Inpatient services provided in connection with non-investigative organ or tissue transplants	10%	30%
➤ Unrelated donor search, limited to \$30,000 per transplant		

<sup>1</sup> These providers may not be represented in the PPO network in the state where the insured person receives services. If such provider is not available in the service area, the insured person's copay is the same as for PPO. All copays are in addition to applicable deductibles.

<sup>2</sup> The dollar copay applies only to the visit itself. An additional 10% copay applies for any services performed in office (i.e., x-ray, lab, surgery), after any applicable deductible.

<sup>3</sup> Acupuncture services can be performed by a certified acupuncturist (C.A.), a doctor of medicine (M.D.), a doctor of osteopathy (D.O.), a podiatrist (D.P.M.), or a dentist (D.D.S.).

Covered Services	PPO: Per Insured Person Copay	Non-PPO: Per Insured Person Copay
<b>Diabetes Education Programs</b> <i>(requires physician supervision)</i>		
➤ Teach insured persons and their families about the disease process, the daily management of diabetic therapy & self-management training	\$10/visit <i>(deductible waived)</i>	30%
<b>Prosthetic Devices</b>		
➤ Coverage for breast prostheses; prosthetic devices to restore a method of speaking; surgical implants; artificial limbs or eyes; the first pair of contact lenses or eyeglasses when required as a result of eye surgery; & therapeutic shoes & inserts for insured persons with diabetes	10%	30%
<b>Durable Medical Equipment</b>		
➤ Rental or purchase of DME including hearing aids, dialysis equipment & supplies <i>(hearing aids benefit available for one hearing aid per ear every three years)</i>	10%	30%
<b>Related Outpatient Medical Services &amp; Supplies</b>		
➤ Ground or air ambulance transportation, services & disposable supplies		10%
➤ Blood transfusions, blood processing & the cost of unreplaced blood & blood products		10%
➤ Autologous blood <i>(self-donated blood collection, testing, processing &amp; storage for planned surgery)</i>		10%
<b>Emergency Care</b>		
➤ Emergency room services & supplies	10%	10%
➤ Inpatient hospital services & supplies	10%	10%)
➤ Physician services	10%	10%
<b>Mental or Nervous Disorders and Substance Abuse</b>		
<b>Inpatient Care</b>		
➤ Facility-based care <i>(subject to utilization review; waived for emergency admissions)</i>	10%	30% <sup>1</sup>
➤ Inpatient physician visits	10%	30%
<b>Outpatient Care</b>		
➤ Facility-based care <i>(subject to utilization review; waived for emergency admissions)</i>	10%	30% <sup>1</sup>
➤ Outpatient physician visits <i>(pre-service review required after the 12th visit)</i>	\$10/visit <sup>3</sup> <i>(deductible waived)</i>	30%

<sup>1</sup> These providers may not be represented in the PPO network in the state where an insured person receives services. If such provider is not available in the service area, the insured person's copay is 20%. If such provider is available in the service area and the insured person receives services from a PPO provider, the insured person's copay is 10%. However, if the insured person chooses to receive services from a non-PPO provider when such provider is available in the service area, the insured person's copay is 30%. All copays are in addition to applicable deductibles.

<sup>2</sup> These providers may not be represented in the PPO network in the state where the insured person receives services. If such provider is not available in the service area, the insured person's copay is the same as for PPO. All copays are in addition to applicable deductibles.

<sup>3</sup> The dollar copay applies only to the visit itself. An additional 10% copay applies for any services performed in the office (i.e., X-ray, lab, surgery), after any applicable deductible.

In addition to the benefits described above, coverage may include additional benefits, depending upon the insured person's home state. The benefits provided in this summary are subject to federal and California laws. There are some states that require more generous benefits be provided to their residents, even if the master policy was not issued in their state. If the insured person's state has such requirements, we will adjust the benefits to meet the requirements.

This Summary of Benefits is a brief review of benefits. Once enrolled, insured persons will receive Certificate of Insurance, which explains the exclusions and limitations, as well as the full range of covered services of the plan, in detail.

# BC Premier ET—Exclusions and Limitations

**Not Medically Necessary.** Services or supplies that are not medically necessary, as defined.

**Experimental or Investigative.** Any experimental or investigative procedure or medication. But, if insured person is denied benefits because it is determined that the requested treatment is experimental or investigative, the insured person may request an independent medical review, as described in the Certificate.

**Outside the United States.** Services or supplies furnished and billed by a provider outside the United States, unless such services or supplies are furnished in connection with urgent care or an emergency.

**Crime or Nuclear Energy.** Conditions that result from (1) the insured person's commission of or attempt to commit a felony, as long as any injuries are not a result of a medical condition or an act of domestic violence; or (2) any release of nuclear energy, whether or not the result of war, when government funds are available for the treatment of illness or injury arising from the release of nuclear energy.

**Uninsured.** Services received before the insured person's effective date. Services received after the insured person's coverage ends, except as specified as covered in the Certificate.

**Excess Amounts.** Any amounts in excess of covered expense or the lifetime maximum.

**Work-Related.** Work-related conditions if benefits are recovered or can be recovered, either by adjudication, settlement or otherwise, under any workers' compensation, employer's liability law or occupational disease law, whether or not the insured person claims those benefits.

**Government Treatment.** Any services the insured person actually received that were provided by a local, state or federal government agency, except when payment under this plan is expressly required by federal or state law. We will not cover payment for these services if the insured person is not required to pay for them or they are given to the insured person for free.

**Services of Relatives.** Professional services received from a person living in the insured person's home or who is related to the insured person by blood or marriage, except as specified as covered in the Certificate.

**Voluntary Payment.** Services for which the insured person is not legally obligated to pay. Services for which the insured person is not charged. Services for which no charge is made in the absence of insurance coverage, except services received at a non-governmental charitable research hospital. Such a hospital must meet the following guidelines:

1. it must be internationally known as being devoted mainly to medical research;
2. at least 10% of its yearly budget must be spent on research not directly related to patient care;
3. at least one-third of its gross income must come from donations or grants other than gifts or payments for patient care;
4. it must accept patients who are unable to pay; and
5. two-thirds of its patients must have conditions directly related to the hospital's research.

**Not Specifically Listed.** Services not specifically listed in the plan as covered services.

**Private Contracts.** Services or supplies provided pursuant to a private contract between the insured person and a provider, for which reimbursement under Medicare program is prohibited, as specified in Section 1802 (42 U.S.C. 1395a) of Title XVIII of the Social Security Act.

**Inpatient Diagnostic Tests.** Inpatient room and board charges in connection with a hospital stay primarily for diagnostic tests which could have been performed safely on an outpatient basis.

**Mental or Nervous Disorders.** Academic or educational testing, counseling, and remediation. Mental or nervous disorders or substance abuse, including rehabilitative care in relation to these conditions, except as specified as covered in the Certificate.

**Nicotine Use.** Smoking cessation programs or treatment of nicotine or tobacco use. Smoking cessation drugs.

**Orthodontia.** Braces and other orthodontic appliances or services.

**Dental Services or Supplies.** Dental plates, bridges, crowns, caps or other dental prostheses, dental implants, dental services, extraction of teeth, or treatment to the teeth or gums, or treatment to or for any disorders for the jaw joint, except as specified as covered in the Certificate. Cosmetic dental surgery or other dental services for beautification.

**Hearing Aids or Tests.** Hearing aids and routine hearing tests, except as specified as covered in the Certificate.

**Optometric Services or Supplies.** Optometric services, eye exercises including orthoptics. Routine eye exams and routine eye refractions, except routine eye screenings provided as specified as covered in the Certificate. Eyeglasses or contact lenses, except as specified as covered in the Certificate.

**Outpatient Occupational Therapy.** Outpatient occupational therapy, except by a home health agency, hospice or home infusion therapy provider as specified as covered in the Certificate.

**Outpatient Speech Therapy.** Outpatient speech therapy, except as specified as covered in the Certificate.

**Cosmetic Surgery.** Cosmetic surgery or other services performed solely for beautification or to alter or reshape normal (including aged) structures or tissues of the body to improve appearance. This exclusion does not apply to reconstructive surgery (that is, surgery performed to correct deformities caused by congenital or developmental abnormalities, illness, or injury for the purpose of improving bodily function or symptomatology or to create a normal appearance), including surgery performed to restore symmetry following mastectomy. Cosmetic surgery does not become reconstructive surgery because of psychological or psychiatric reasons.

**Commercial Weight Loss Programs.** Weight loss programs, whether or not they are pursued under medical or physician supervision, unless specifically listed as covered in this plan.

This exclusion includes, but is not limited to, commercial weight loss programs (Weight Watchers, Jenny Craig, LA Weight Loss) and fasting programs.

This exclusion does not apply to *medically necessary* treatments for morbid obesity or dietary evaluations and counseling, and behavioral modification programs for the treatment of anorexia

nervosa or bulimia nervosa. Surgical treatment for morbid obesity will be covered only when criteria is met as recommended by our Medical Policy.

**Sex Transformation.** Procedures or treatments to change characteristics of the body to those of the opposite sex.

**Sterilization Reversal.** Reversal of sterilization.

**Infertility Treatment.** Any services or supplies furnished in connection with the diagnosis and treatment of infertility, including, but not limited to diagnostic tests, medication, surgery, artificial insemination, in vitro fertilization, sterilization reversal and gamete intrafallopian transfer.

**Surrogate Mother Services.** For any services or supplies provided to a person not covered under the plan in connection with a surrogate pregnancy (including, but not limited to, the bearing of a child by another woman for an infertile couple).

**Orthopedic Supplies.** Orthopedic supplies, orthopedic shoes (other than shoes joined to braces), or non-custom molded and cast shoe inserts, except for therapeutic shoes and inserts for the prevention and treatment of diabetes-related foot complications as specified as covered in the Certificate.

**Air Conditioners.** Air purifiers, air conditioners or humidifiers.

**Custodial Care or Rest Cures.** Inpatient room and board charges in connection with a hospital stay primarily for environmental change or physical therapy. Services provided by a rest home, a home for the aged, a nursing home or any similar facility. Services provided by a skilled nursing facility or custodial care or rest cures, except as specified as covered in the Certificate.

**Chronic Pain.** Treatment of chronic pain, except as specified as covered in the Certificate.

**Health Club Memberships.** Health club memberships, exercise equipment, charges from a physical fitness instructor or personal trainer, or any other charges for activities, equipment or facilities used for developing or maintaining physical fitness, even if ordered by a *physician*. This exclusion also applies to health spas.

**Personal Items.** Any supplies for comfort, hygiene or beautification.

**Education or Counseling.** Educational services or nutritional counseling, except as specified as covered in the Certificate. This exclusion does not apply to counseling for the treatment of anorexia nervosa or bulimia nervosa.

**Food or Dietary Supplements.** Nutritional and/or dietary supplements, except as provided in this plan or as required by law. This exclusion includes, but is not limited to, those nutritional formulas and dietary supplements that can be purchased over the counter, which by law do not require either a written prescription or dispensing by a licensed pharmacist.

**Telephone and Facsimile Machine Consultations.** Consultations provided by telephone or facsimile machine.

**Routine Exams or Tests.** Routine physical exams or tests which do not directly treat an actual illness, injury or condition, including those required by employment or government authority, except as specified as covered in the Certificate.

**Acupuncture.** Acupuncture treatment, except as specified as covered in the Certificate. Acupressure or massage to control pain, treat illness or promote health by applying pressure to one or more specific areas of the body based on dermatomes or acupuncture points.

**Eye Surgery for Refractive Defects.** Any eye surgery solely or primarily for the purpose of correcting refractive defects of the eye such as nearsightedness (myopia) and/or astigmatism. Contact lenses and eyeglasses required as a result of this surgery.

**Physical Therapy or Physical Medicine.** Services of a physician for physical therapy or physical medicine, except when provided during a covered inpatient confinement or as specified as covered in the Certificate.

**Outpatient Prescription Drugs and Medications.** Outpatient prescription drugs, medications and insulin, except as specified as covered in the Certificate. Non-prescription, over-the-counter patent or proprietary drug or medicine. Cosmetics, health or beauty aids.

**Contraceptive Devices.** Contraceptive devices prescribed for birth control except as specified as covered in the Certificate.

**Diabetic Supplies.** Prescription and non-prescription diabetic supplies except as specified as covered in the Certificate.

**Private Duty Nursing.** Inpatient or outpatient services of a private duty nurse.

**Lifestyle Programs.** Programs to alter one's lifestyle which may include but are not limited to diet, exercise, imagery or nutrition. This exclusion will not apply to cardiac rehabilitation programs approved by us.

**Wigs.**

**Third Party Liability** — Anthem Blue Cross Life and Health Insurance Company is entitled to reimbursement of benefits paid if the insured person recovers damages from a legally liable third party.

**Coordination Of Benefits** — The benefits of this plan may be reduced if the insured person has any other group health or dental coverage so that the services received from all group coverages do not exceed 100% of the covered expense.

*Anthem Blue Cross Life and Health Insurance Company is an independent licensee of the Blue Cross Association. ® ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association.*

# City of Chico PPO 90 Plan



	Home Delivery	Retail (in network)
Generics	\$10.00	\$5.00
Preferred brands	\$20.00	\$10.00
Non preferred brands (no generic)	\$50.00	\$25.00
Non preferred brands (generics available)	\$50.00	\$25.00
Deductible (Individual / Family)	None	
Out of Pocket Maximum (Individual / Family)	\$4,600 / \$7,200	

## SAVING WITH HOME DELIVERY

When you get maintenance medications (those prescription drugs you take regularly) at a retail pharmacy, you could be paying more than you need to. Use Express Scripts home delivery pharmacy services\* for drugs to treat an ongoing condition (3 months or longer). We will deliver up to a 90-day supply right to you with free standard shipping.

## SAVING WITH GENERICS

FDA-approved generics are as safe and effective as their brand-name counterparts. If you're taking a brand-name drug, talk to your doctor and ask whether a less expensive generic drug could treat your condition. If your doctor agrees, ask your doctor to write a new prescription for the generic that you can fill through your prescription benefit.

\*If you purchase a brand-name medication when a generic medication is available, you will pay the generic copayment, plus the difference in cost between the brand and the generic.

### Home delivery... it's quick and easy

#### »» Call us

We'll contact your doctor to get a new 90-day prescription for home delivery.



#### »» Talk to your doctor

Ask your doctor for a new prescription for up to a 90-day supply. Have your doctor call us at 1.888.327.9791 for instructions on how to fax your prescription.

Manage your prescriptions online and on the go	Register on Express-Scripts.com	Download the Express Scripts mobile app
Receive prescription reminders	✓	✓
Search for potential lower-cost options using My Rx Choices®	✓	✓
Receive prescription and drug interaction alerts	✓	✓
Show your virtual ID card at the retail pharmacy		✓
Contact a pharmacist	✓	
Check your coverage, claims and balances	✓	
Print claim forms, order forms and fax forms	✓	