Summary of Benefits and Coverage: What this Plan Covers & What You Pay For Covered Services Coverage Period: 01/01/2025 - 12/31/2025

Coverage for: Single/Family

Plan Type: HMO

HEALTH CARE MVP VT Plus Reflective Silver 1

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 more information about your coverage, or to get a copy of the complete terms of coverage, www.mvphealthcare.com/vermont. 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 view the Glossary at www.healthcare.gov/sbc-glossary/ or call 1\_888\_687\_6277to request a copy.

Glossary at <u>www.neaithcare.gov/sbc-glossary/</u> or call 1-888-687-6277to request a copy.			
Important Questions	Answers	Why This Matters:	
What is the overall deductible?	In-Network -\$2,500 individual /\$5,000 family	Generally, you must pay all of 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, Preventive Care, First 3 Primary Care, Mental Health and Substance Abuse Office Visits, Pediatric Vision, Dental Class 1	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?	Prescription -\$850 individual /\$1,700 family	You must pay all of the costs for these services up to the specific deductible amount before this plan begins to pay for these services.	
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	In-Network -\$7,600 individual /\$15,200 family.Includes Diabetic Supplies and Equipment. Pharm -\$1,600 individual /\$3,200 family Medical and Pharmacy Out of Pocket Limits are separate.	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 <u>out-of-pocket limit</u> ?	Copayments for certain services, premiums, balance-billing charges, and healthcare this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.	
Will you pay less if you use a <u>network provider</u> ?	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 <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the specialist you choose without a referral.	

	What You Will Pay			
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Primary care visit to treat an injury or illness	\$30 copay/office visit Deductible applies	Not covered	First 3 PCP or MH/SA Visits Covered in Full
	Specialist visit	\$60 copay/visit Deductible applies	Not covered	None
If you visit a health care provider's office or clinic	Other practitioner office visit	\$45 copay/visit Deductible applies for Chiropractic Care and Physical Therapy	Not covered	No visit limit for Chiropractic Care. Applies to all outpatient settings
	Preventive care/screening/ immunization	No charge	Not covered	You may have to pay for services that aren't preventive. Ask your provider if the services you need are preventive. Then check what your plan will pay for.
If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	Lab Office - \$30/visit Deductible applies; Lab Facility - \$60/visit Deductible applies; Radiology Office - PCP: \$30/visit Deductible applies & Spec: \$60/visit Deductible applies; Radiology Facility - \$150/visit Deductible applies	Not covered	Lab Office - None; Lab Facility - None; Radiology Office - None; Radiology Facility - None
	Imaging (CT/PET scans, MRIs)	Office - \$1,400 copay/procedure Deductible applies; Facility - \$1,400 copay/procedure Deductible applies	Not covered	Prior authorization is required for some services

		What You Will Pay	/	
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Tier 1 (Generic drugs)	30 day supply \$5/prescription Deductible applies; 90 day supply \$12.50/prescription Deductible applies	Not covered	VBID 30 day supply \$1/90 day supply \$2.50. \$0 generics to age 10
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at	Tier 2 (Preferred brand drugs)	30 day supply \$30/prescription Deductible applies; 90 day supply \$75/prescription Deductible applies	Not covered	VBID 30 day supply \$1/90 day supply \$2.50. Prior authorization required for some prescriptions
	Tier 3 (Non-preferred brand drugs)	30 day supply \$60/prescription Deductible applies; 90 day supply \$150/prescription Deductible applies	Not covered	VBID 30 day supply \$1/90 day supply \$2.50. Prior authorization required for some prescriptions. Includes Diabetic Supplies and Equipment
	Tier 4 Specialty drugs	30 day supply \$60/prescription Deductible applies; 90 day supply \$150/prescription Deductible	Not covered	Prior authorization is required for some prescriptions. 30 day supply available through Specialty Pharmacy
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	\$1,500 copay/day Deductible applies	Not covered	Prior authorization is required for some services
surgery	Physician/surgeon fees	\$300 copay Deductible applies	Not covered	Prior authorization is required for some services
	Emergency room care	\$400 copay/visit Deductible applies	\$400 copay/visit Deductible applies	None
If you need immediate medical attention	Emergency medical transportation	\$105 copay/trip Deductible applies	\$105 copay/trip Deductible applies	None
	Urgent care	\$60 copay/visit Deductible applies	\$60 copay/visit Deductible applies	None

	What You Will Pay				
Common Medical Event	Services You May Need	In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
If you have a hospital	Facility fee (e.g., hospital room)	50% coinsurance Deductible applies	Not covered	Prior authorization is required for some services	
stay	Physician/surgeon fees	50% coinsurance Deductible applies	Not covered	Prior authorization is required for some services	
If you need mental health, behavioral	Outpatient services	\$30 copay/visit Deductible applies	Not covered	First 3 PCP or MH/SA Visits Covered in Full	
health, or substance abuse services	Inpatient services	50% coinsurance Deductible applies	Not covered	None	
	Office visits	\$30 copay/visit Deductible applies	Not covered	Cost sharing does not apply to certain preventive services. Depending on the type of services, a copay, coinsurance, and/or deductible may apply. Maternity care may include tests and services described	
If you are pregnant	Childbirth/delivery professional services	50% coinsurance Deductible applies	Not covered	elsewhere in the SBC (i.e. ultrasound).	
	Childbirth/delivery facility services	50% coinsurance Deductible applies	Not covered		

Medical Event Services You May Need In-Network Provider Pro (You will pay the least) (You wi				
			Out-of-Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information
	Home health care	\$60 copay/visit Deductible applies	Not covered	None
If you need help recovering or have other special health needs	Rehabilitation services/ Habilitation services	OP ReHab: \$60 copay/visit Deductible applies IP ReHab: 50% coinsurance Deductible applies	OP ReHab: Not covered IP ReHab: Not covered	OP ReHab: 30 combined PT/OT/ST visits per year. OP PT applies Other practitioner office visit cost share in all OP settings IP ReHab: None
	Skilled nursing care	50% coinsurance Deductible applies	Not covered	None
	Durable medical equipment	50% coinsurance Deductible applies	Not covered	Prior authorization is required for some items
	Hospice services	50% coinsurance Deductible applies	Not covered	None
	Children's eye exam	\$20 copay/exam Deductible does not apply	Not covered	One eye exam per year to age 21
If your child needs dental or eye care	Children's glasses	\$20 copay/pair Deductible does not apply	\$20 copay/pair Deductible does not apply	One pair per year to age 21. Eyewear can be purchased from any provider
	Children's dental check-up	Class 1: No charge Class 2: 30% coinsurance Deductible applies Class 3 and Orthodontic: 50% coinsurance Deductible applies	Class 1: Not covered Class 2: Not covered Class 3 and Orthodontic: Not covered	Two dental exams per year to age 21. Adult Dental not covered

# **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.)

- Cosmetic Surgery
- Dental Care (Adult)
- Long-Term Care
- Non-Emergency care when traveling outside the U.S
- Routine Eye Care (Adult)

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

- Abortion
- Acupuncture(\$500 Allowance)
- Bariatric Surgery(Requires Prior Authorization)

- Chiropractic Care
- Hearing Aids
- Infertility Treatment

- Private-Duty Nursing
- Routine Foot Care
- Weight Loss Programs

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:

MVP Health Care P.O. Box 2207 Schenectady, NY 12301 Toll Free: 1-888-687-6277

www.mvphealthcare.com/vermont members@mvphealthcare.com

You can also contact the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or dol.gov/ebsa, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or cciio.cms.gov. Church plans are not covered by the Federal COBRA continuation coverage rules. If the coverage is insured, individuals should contact their State insurance regulator regarding their possible rights to continuation coverage under State law. 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 <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, appeal, or a grievance for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact:

MVP Health Care

Attn: Member Appeals

P.O.Box 2207

Schenectady, NY 12301

Toll Free:1-888-687-6277

www.mvphealthcare.com

members@mvphealthcare.com

You can also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-3272 or dol.gov/ebsa/healthreform, or the Vermont Department of Financial Regulation at 1-800-631-7788 or dfr.vermont.gov. Additionally, a consumer assistance program can help you file your appeal. Contact the Vermont Legal Aid at 1-800-889-2047 or vtlegalaid.org.

# Does this plan provide Minimum Essential Coverage? Yes.

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

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.

# **About these Coverage Examples:**



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. 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 <u>plan's</u> overall <u>deductible</u>	\$2,500
■ <u>Specialist</u> Copay	\$60
■ Hospital (facility) Coinsurance	50%
■ Other Coinsurance	50%

#### 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** 

In this example, Peg would pay:		
Cost Sharing		
Deductibles	\$2,500	
Copayments	\$200	
Coinsurance	\$3,800	
What isn't covered		
Limits or exclusions \$6		
The total Peg would pay is	\$6,560	

# **Managing Joe's type 2 Diabetes**

(a year of routine in-network care of a well-controlled condition)

■ The <u>plan's</u> overall <u>deductible</u>	\$2,500
■ Specialist Copay	\$60
■ Hospital (facility) Coinsurance	50%
■ Other Copay	\$30

#### This EXAMPLE event includes services like:

Primary care physician office visits (including disease education)

Diagnostic tests (blood work)

Prescription drugs

\$12,700

**Total Example Cost** 

Durable medical equipment (glucose meter)

In this example, Joe would pay:		
Cost Sharing		
Deductibles	\$2,700	
Copayments	\$300	
Coinsurance	\$0	
What isn't covere	ed	
Limits or exclusions	\$400	
The total Joe would pay is	\$3,400	

# **Mia's Simple Fracture**

(in-network emergency room visit and follow up care)

■ The <u>plan's</u> overall <u>deductible</u>	\$2,500
■ Specialist Copay	\$60
■ Hospital (facility) Coinsurance	50%
Other Copay	\$400

#### This EXAMPLE event includes services like:

**Total Example Cost** 

\$5,600

Emergency room care (including medical supplies)
Diagnostic test (x-ray)
Durable medical equipment (crutches)
Rehabilitation services (physical therapy)

In this example, Mia would pay:		
Cost Sharing		
Deductibles	\$2,500	
Copayments	\$100	
Coinsurance	\$20	
What isn't covered		
Limits or exclusions		
The total Mia would pay is	\$2,620	

\$2,800

# Non-Discrimination Notice

# For MVP Commercial Plans



MVP Health Care\* complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including sexual orientation and gender identity). MVP Health Care does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including sexual orientation and gender identity).

#### **What MVP Health Care 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)

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**

If you need these services, contact Elona Charles-Wilson at **1-844-946-8009** (TTY: 1-800-662-1220).

# How to File a Grievance or Complaint

If you believe that MVP has not given you these services or has treated you differently because of race, color, national origin, age, disability, or sex, you can file a grievance with MVP by:

Mail: ATTN: ELONA CHARLES-WILSON

CIVIL RIGHTS COORDINATOR

MVP HEALTH CARE 625 STATE ST

SCHENECTADY NY 12305-2111

Phone: 1-844-946-8009

(TTY/TDD: 1-800-662-1220)

In person: 625 State Street, Schenectady, NY

Email: civilrightscoordinator@

mvphealthcare.com

You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights by:

Online: ocrportal.hhs.gov

Mail: US DEPT OF HEALTH & HUMAN SRVS

200 INDEPENDENCE AVE SW HHH BLDG ROOM 509F WASHINGTON DC 20201

Phone: 1-800-368-1019

(TTY/TTD: 1-800-537-7697)

Complaint forms are available by visiting **hhs.gov/regulations** and selecting *Complaints & Appeals*, then *Civil Rights: How to file a complaint*.

## **Multi-Language Interpreter Services**

#### Español (Spanish)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia linguística. Llame al **1-844-946-8010** (TTY: 1-800-662-1220).

#### 繁體中文 (Chinese)

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 **1-844-946-8010** (TTY:1-800-662-1220)。

#### Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-844-946-8010** (телетайп: 1-800-662-1220).

#### Kreyòl Ayisyen (French Creole)

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-844-946-8010** (TTY: 1-800-662-1220).

#### 한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-844-946-8010** (TTY: 1-800-662-1220) 번으로 전화해 주십시오.

#### Italiano (Italian)

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-844-946-8010** (TTY: 1-800-662-1220).

#### אידיש (Yiddish)

אויפמערקזאם: אויב איר רעדט אידיש, זענען פארהאן פאר אייך שפראך הילף סערוויסעס פריי פון אפצאל. רופט אויבמערקזאם: אויב איר רעדט אידיש, זענען פארהאן פאר אייך שפראך 1-844-946-8010 (TTY: 1-800-662-1220)

## বাংলা (Bengali)

লক্ষ্য করুনঃ যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃথরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন ১-**844-946-8010** (TTY: ১-800-662-1220 )।

## Polski (Polish)

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-844-946-8010** (TTY: 1-800-662-1220).

### (Arabic) العربية

ملحوظة : إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-448-0221 (رقم هاتف الصم والبكم: 1-022-206).

## Français (French)

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-844-946-8010** (ATS: 1-800-662-1220).

(Urdu) اُردُو

خردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدو کی خدمات مفت میں دستیاب ہیں ۔ کال کریں (TTY: 1-800-662-1220).

## Tagalog (Tagalog-Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-844-946-8010** (TTY: 1-800-662-1220).

## Ελληνικά (Greek)

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε **1-844-946-8010** (TTY: 1-800-662-1220).

#### Shqip (Albanian)

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në **1-844-946-8010** (TTY: 1-800-662-1220).