

UnitedHealthcare Insurance Company, Inc.

www.uhcfeds.com

Customer Service: 877-835-9861



2019

Choice Plus Advanced - An Open Access Value Option

This plan's health coverage qualifies as minimum essential coverage and meets the minimum value standard for the benefits it provides, See page 9 for details. This plan is accredited. See page 13.

IMPORTANT

- Rates: Back Cover
- Changes for 2019: Page 16
- Summary of benefits: Page 92

Serving:

Chicago, Illinois

San Antonio, Texas

District of Columbia

Northern Virginia

Maryland

Enrollment in this plan is limited. You must live or work in our Geographic service area to enroll. See page 15 for requirements.

L91 -Self Only

L93 -Self Plus One

L92 - Self and Family

Authorized for distribution by the:



United States
Office of Personnel Management

Healthcare and Insurance
<http://www.opm.gov/insure>

RI 73-887

**Important Notice from UnitedHealthcare Insurance Company, Inc. About
Our Prescription Drug Coverage and Medicare**

The Office of Personnel Management (OPM) has determined that the UnitedHealthcare Insurance Company Inc.'s prescription drug coverage is, on average, expected to pay out as much as the standard Medicare prescription drug coverage will pay for all plan participants and is considered Creditable Coverage. This means you do not need to enroll in Medicare Part D and pay extra for prescription drug coverage. If you decide to enroll in Medicare Part D later, you will not have to pay a penalty for late enrollment as long as you keep your FEHB coverage.

However, if you choose to enroll in Medicare Part D, you can keep your FEHB coverage and your FEHB plan will coordinate benefits with Medicare.

Remember: If you are an annuitant and you cancel your FEHB coverage, you may not re-enroll in the FEHB Program.

Please be advised

If you lose or drop your FEHB coverage and go 63 days or longer without prescription drug coverage that's at least as good as Medicare's prescription drug coverage, your monthly Medicare Part D premium will go up at least 1% per month for every month that you did not have that coverage. For example, if you go 19 months without Medicare Part D prescription drug coverage, your premium will always be at least 19 percent higher than what many other people pay. You will have to pay this higher premium as long as you have Medicare prescription drug coverage. In addition, you may have to wait until the next Annual Coordinated Election Period (October 15 through December 7) to enroll in Medicare Part D.

Medicare's Low Income Benefits

For people with limited income and resources, extra help paying for a Medicare prescription drug plan is available. Information regarding this program is available through the Social Security Administration (SSA) online at www.socialsecurity.gov, or call the SSA at 800-772-1213 (TTY 800-325-0778).

You can get more information about Medicare prescription drug plans and the coverage offered in your area from these places:

- Visit www.medicare.gov for personalized help.
- Call 800-MEDICARE (800-633-4227), (TTY) 877-486-2048.

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Introduction

This brochure describes the benefits of under our contract (CS-2947) with the United States Office of Personnel Management, as authorized by the Federal Employees Health Benefits law. Customer Service may be reached at 877-835-9861 or through our website: www.uhcfeds.com.

The address for administrative offices is:

UnitedHealthcare Insurance Company, Inc.
Federal Employees Health Benefit Plan
6220 Old Dobbin Lane
Suite 100
Columbia, MD 21045

This brochure is the official statement of benefits. No verbal statement can modify or otherwise affect the benefits, limitations, and exclusions of this brochure. It is your responsibility to be informed about your health benefits.

If you are enrolled in this Plan, you are entitled to the benefits described in this brochure. If you are enrolled in Self Plus One or Self and Family coverage, each eligible family member is also entitled to these benefits. You do not have a right to benefits that were available before January 1, 2019, unless those benefits are also shown in this brochure.

OPM negotiates benefits and rates with each plan annually. Benefit changes are effective January 1, 2019, and changes are summarized on page 16. Rates are shown at the end of this brochure.

Coverage under this plan qualifies as minimum essential coverage (MEC) and satisfies the Patient Protection and Affordable Care Act's (ACA) individual shared responsibility requirement. Please visit the Internal Revenue Service (IRS) website at www.irs.gov/uac/Questions-and-Answers-on-the-Individual-Shared-Responsibility-Provision for more information on the individual requirement for MEC.

The ACA establishes a minimum value for the standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). The health coverage of this plan meets the minimum value standard for the benefits the plan provides.

Plain Language

All FEHB brochures are written in plain language to make them responsive, accessible, and understandable to the public. For instance,

- Except for necessary technical terms, we use common words. For instance, “you” means the enrollee or family member, “we” means UnitedHealthcare Insurance Company.
- We limit acronyms to ones you know. FEHB is the Federal Employees Health Benefits Program. OPM is the United States Office of Personnel Management. If we use others, we tell you what they mean first.
- Our brochure and other FEHB plans' brochures have the same format and similar descriptions to help you compare plans.

Stop Health Care Fraud!

Fraud increases the cost of health care for everyone and increases your Federal Employees Health Benefits Program premium.

OPM's Office of the Inspector General investigates all allegations of fraud, waste, and abuse in the FEHB Program regardless of the agency that employs you or from which you retired.

Protect Yourself From Fraud – Here are some things that you can do to prevent fraud:

- Do not give your plan identification (ID) number over the telephone or to people you do not know, except for your health care providers, authorized health benefits plan, or OPM representative.
- Let only the appropriate medical professionals review your medical record or recommend services.

- Avoid using health care providers who say that an item or service is not usually covered, but they know how to bill us to get it paid.
- Carefully review explanations of benefits (EOBs) that you receive from us.
- Periodically review your claim history for accuracy to ensure we have not been billed for services that you did not receive.
- Do not ask your doctor to make false entries on certificates, bills or records in order to get us to pay for an item or service.

If you suspect that a provider has charged you for services you did not receive, billed you twice for the same service, or misrepresented any information, do the following:

- Call the provider and ask for an explanation. There may be an error.
- If the provider does not resolve the matter, call us at 877-835-9861 and explain the situation.
- If we do not resolve the issue

CALL THE HEALTH CARE FRAUD HOTLINE

877-499-7295

Or go to

www.opm.gov/our-inspector-general/hotline-to-report-fraud-waste-or-abuse/complaint-form

The online reporting form is the desired method of reporting fraud in order to ensure accuracy, and a quicker response time.

You can also write to:

**United States Office of Personnel Management
Office of the Inspector General Fraud Hotline
1900 E Street NW Room 6400
Washington, DC 20415-1100**

Do not maintain as a family member on your policy:

- Your former spouse after a divorce decree or annulment is final (even if a court order stipulates otherwise).
- Your child over age 26 (unless he/she is disabled and incapable of self support).
- If you have any questions about the eligibility of a dependent, check with your personnel office if you are employed, with your retirement office (such as OPM) if you are retired, or with the National Finance Center if you are enrolled under Temporary Continuation of Coverage (TCC).
- Fraud or intentional misrepresentation of material fact is prohibited under the Plan. You can be prosecuted for fraud and your agency may take action against you. Examples of fraud include, falsifying a claim to obtain FEHB benefits, trying to or obtaining service or coverage for yourself or for someone else who is not eligible for coverage, or enrolling in the Plan when you are no longer eligible.
- If your enrollment continues after you are no longer eligible for coverage, (i.e. you have separated from Federal service) and premiums are not paid, you will be responsible for all benefits paid during the period in which premiums were not paid. You may be billed by your provider for services received. You may be prosecuted for fraud for knowingly using health insurance benefits for which you have not paid premiums. It is your responsibility to know when you or a family member is no longer eligible to use your health insurance coverage.

Discrimination is Against the Law

UnitedHealthcare (UHC) complies with all applicable Federal civil rights laws, to include both Title VII of the Civil Rights Act of 1964 and Section 1557 of the Affordable Care Act. Pursuant to Section 1557, UHC does not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, age, disability, or sex.

If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you may file a 1557 complaint with UHC by mail or by phone at:

Civil Rights Coordinator

UnitedHealthcare Civil Rights Grievance

P.O. Box 30608

Salt Lake City, UT 84130

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again. If you need help with your complaint, please call 877-835-9861 (toll-free member phone number listed on your health plan ID card), TTY 711, Monday through Friday, 8 a.m. to 8 p.m.

You can also file a civil rights complaint with the Office of Personnel Management by mail at:

Office of Personnel Management

Healthcare and Insurance

Federal Employee Insurance Operation

Attention: Assistant Director, FEIO

1900 E Street NW, Suite 3400-S

Washington, DC 20415-3610

or file a complaint with The U.S. Dept. of Health and Human Services.

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. **Online** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Phone: Toll-free 1-800-368-1019, 800-537-7697 (TDD)

Mail:

U.S. Dept. of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

Nationally Aggregated languages - You have the right to get help and information in your language at no cost. To request an interpreter, call 877-835-9861, press 0. TTY 711. This letter is also available in other formats like large print. To request the document in another format, please call 877-835-9861, TTY 711, Monday through Friday, 8 a.m. to 8 p.m.

Preventing Medical Mistakes

Medical mistakes continue to be a significant cause of preventable deaths within the United States. While death is the most tragic outcome, medical mistakes cause other problems such as permanent disabilities, extended hospital stays, longer recoveries, and even additional treatments. Medical mistakes and their consequences also add significantly to the overall cost of healthcare. Hospitals and healthcare providers are being held accountable for the quality of care and reduction in medical mistakes by their accrediting bodies. You can also improve the quality and safety of your own health care and that of your family members by learning more about and understanding your risks.

Take these simple steps:

1. Ask questions if you have doubts or concerns.

- Ask questions and make sure you understand the answers.
- Choose a doctor with whom you feel comfortable talking.
- Take a relative or friend with you to help you take notes, ask questions and understand answers.

2. Keep and bring a list of all the medications you take.

- Bring the actual medications or give your doctor and pharmacist a list of all the medication and dosage that you take, including non-prescription (over-the-counter) medications and nutritional supplements.
- Tell your doctor and pharmacist about any drug, food, and other allergies you have, such as to latex.
- Ask about any risks or side effects of the medication and what to avoid while taking it. Be sure to write down what your doctor or pharmacist says.
- Make sure your medication is what the doctor ordered. Ask your pharmacist about the medication if it looks different than you expected.
- Read the label and patient package insert when you get your medication, including all warnings and instructions
- Know how to use your medication. Especially note the times and conditions when your medication should and should not be taken.
- Contact your doctor or pharmacist if you have any questions.
- Understand both the generic and brand names of your medication. This helps ensure you do not receive double dosing from taking both a generic and a brand. It also helps prevent you from taking a medication to which you are allergic.

3. Get the results of any test or procedure.

- Ask when and how you will get the results of tests or procedures. Will it be in person, by phone, mail, through the Plan or Provider's portal?
- Don't assume the results are fine if you do not get them when expected. Contact your healthcare provider and ask for your results.
- Ask what the results mean for your care.

4. Talk to your doctor about which hospital or clinic is best for your health needs.

- Ask your doctor about which hospital or clinic has the best care and results for your condition if you have more than one hospital or clinic to choose from to get the health care you need.
- Be sure you understand the instructions you get about follow-up care when you leave the hospital or clinic.

5. Make sure you understand what will happen if you need surgery.

- Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation.
- Ask your doctor, "Who will manage my care when I am in the hospital?"
- Ask your surgeon:

- “Exactly what will you be doing?”
- “About how long will it take?”
- “What will happen after surgery?”
- “How can I expect to feel during recovery?”
- Tell the surgeon, anesthesiologist, and nurses about any allergies, bad reactions to anesthesia, and any medications or nutritional supplements you are taking.

Patient Safety Links

For more information on patient safety, please visit:

- www.jointcommission.org/speakup.aspx. The Joint Commission’s Speak Up™ patient safety program.
- www.jointcommission.org/topics/patient_safety.aspx. The Joint Commission helps health care organizations to improve the quality and safety of the care they deliver.
- www.ahrq.gov/patients-consumers. The Agency for Healthcare Research and Quality makes available a wide-ranging list of topics not only to inform consumers about patient safety but to help choose quality health care providers and improve the quality of care you receive.
- www.npsf.org. The National Patient Safety Foundation has information on how to ensure safer health care for you and your family.
- www.bemedwise.org. The National Council on Patient Information and Education is dedicated to improving communication about the safe, appropriate use of medications.
- www.leapfroggroup.org. The Leapfrog Group is active in promoting safe practices in hospital care.
- www.ahqa.org. The American Health Quality Association represents organizations and health care professionals working to improve patient safety.

Preventable Healthcare Acquired Conditions (“Never Events”)

When you enter the hospital for treatment of one medical problem, you do not expect to leave with additional injuries, infections, or other serious conditions that occur during the course of your stay. Although some of these complications may not be avoidable, patients do suffer from injuries or illnesses that could have been prevented if doctors or the hospital had taken proper precautions. Errors in medical care that are clearly identifiable, preventable and serious in their consequences for patients, can indicate a significant problem in the safety and credibility of a health care facility. These conditions and errors are sometimes called “Never Events” or “Serious Reportable Events.”

We have a benefit payment policy that encourages hospitals to reduce the likelihood of hospital-acquired conditions such as certain infections, severe bedsores, and fractures, and to reduce medical errors that should never happen. When such an event occurs, neither you nor your FEHB plan will incur costs to correct the medical error. Participating providers may not bill or collect payment from UnitedHealthcare members for any amounts not paid due to the application of this reimbursement policy.

FEHB Facts

Coverage information

No pre-existing condition limitation We will not refuse to cover the treatment of a condition you had before you enrolled in this Plan solely because you had the condition before you enrolled.

Minimum essential coverage (MEC) Coverage under this plan qualifies as minimum essential coverage (MEC) and satisfies the Patient Protection and Affordable Care Act's (ACA) individual shared responsibility requirement. Please visit the Internal Revenue Service (IRS) website at www.irs.gov/uac/Questions-and-Answers-on-the-Individual-Shared-Responsibility-Provision for more information on the individual requirement for MEC.

Minimum value standard Our health coverage meets the minimum value standard of 60% established by the ACA. This means that we provide benefits to cover at least 60% of the total allowed costs of essential health benefits. The 60% standard is an actuarial value; your specific out-of-pocket costs are determined as explained in this brochure.

Where you can get information about enrolling in the FEHB Program See www.opm.gov/healthcare-insurance for enrollment information as well as:

- Information on the FEHB Program and plans available to you
- A health plan comparison tool
- A list of agencies that participate in Employee Express
- A link to Employee Express
- Information on and links to other electronic enrollment systems

Also, your employing or retirement office can answer your questions, and give you a brochures for other plans and other materials you need to make an informed decision about your FEHB coverage. These materials tell you:

- When you may change your enrollment
- How you can cover your family members
- What happens when you transfer to another Federal agency, go on leave without pay, enter military service, or retire
- What happens when your enrollment ends
- When the next Open Season for enrollment begins

We don't determine who is eligible for coverage and, in most cases, cannot change your enrollment status without information from your employing or retirement office. For information on your premium deductions, you must also contact your employing or retirement office.

Types of coverage available for you and your family

Self Only coverage is for you alone. Self Plus One coverage is an enrollment that covers you and one eligible family member. Self and Family coverage is for you, and one eligible family member, or your spouse, and your dependent children under age 26, including any foster children authorized for coverage by your employing agency or retirement office. Under certain circumstances, you may also continue coverage for a disabled child 26 years of age or older who is incapable of self-support.

If you have a Self Only enrollment, you may change to a Self Plus One or Self and Family enrollment if you marry, give birth, or add a child to your family. You may change your enrollment 31 days before to 60 days after that event. The Self Plus One or Self and Family enrollment begins on the first day of the pay period in which the child is born or becomes an eligible family member. When you change to Self Plus One or Self and Family because you marry, the change is effective on the first day of the pay period that begins after your employing office receives your enrollment form. Benefits will not be available to your spouse until you are married.

Your employing or retirement office will **not** notify you when a family member is no longer eligible to receive benefits, nor will we. Please tell us immediately of changes in family member status, including your marriage, divorce, annulment, or when your child reaches age 26.

If you or one of your family members is enrolled in one FEHB plan, you are they cannot be enrolled in or covered as a family member by another enrollee in another FEHB plan.

If you have a qualifying life event (QLE) - such as marriage, divorce, or the birth of a child - outside of the Federal Benefits Open Season, you may be eligible to enroll in the FEHB Program, change your enrollment, or cancel coverage. For a complete list of QLEs, visit the FEHB website at www.opm.gov/healthcare-insurance/life-events . If you need assistance, please contact your employing agency, Tribal Benefits Officer, personnel/payroll office, or retirement office.

Family member coverage

Family members covered under your Self and Family enrollment are your spouse (including a valid common law marriage and same sex domestic partners) and children as described in the chart below. A Self Plus One enrollment covers you and your spouse, or one other eligible family member as described in the chart below.

Children	Coverage
Natural children, adopted children, and stepchildren	Natural, adopted children and stepchildren are covered until their 26 th birthday.
Foster children	Foster children are eligible for coverage until their 26 th birthday if you provide documentation of your regular and substantial support of the child and sign a certification stating that your foster child meets all the requirements. Contact your human resources office or retirement system for additional information.
Children incapable of self-support	Children who are incapable of self-support because of a mental or physical disability that began before age 26 are eligible to continue coverage. Contact your human resources office or retirement system for additional information.
Married children	Married children (but NOT their spouse or their own children) are covered until their 26 th birthday.
Children with or eligible for employer provided health insurance	Children who are eligible for or have their own employer-provided health insurance are covered until their 26 th birthday.

Newborns of covered children are insured only for routine nursery care during the covered portion of the mother's maternity stay. You can find additional information at www.opm.gov/healthcare-insurance.

Children's Equity Act

OPM has implemented the Federal Employees Health Benefits Children's Equity Act of 2000. This law mandates that you be enrolled for Self Plus One or Self and Family coverage in the FEHB Program, if you are an employee subject to a court or administrative order requiring you to provide health benefits for your child(ren).

If this law applies to you, you must enroll in Self Plus One or Self and Family coverage in a health plan that provides full benefits in the area where your children live or provide documentation to your employing office that you have obtained other health benefits coverage for your children. If you do not do so, your employing office will enroll you involuntarily as follows:

- If you have no FEHB coverage, your employing office will enroll you for Self Plus One or Self and Family coverage, as appropriate, in the lowest-cost nationwide plan option as determined by OPM.
- If you have a Self Only enrollment in a fee-for-service plan or in an HMO that serves the area where your children live, your employing office will change your enrollment to Self Plus One or Self and Family, as appropriate, in the same option of the same plan; or
- If you are enrolled in an HMO that does not serve the area where the children live, your employing office will change your enrollment to Self Plus One or Self and Family, as appropriate, the lowest-cost nationwide plan option as determined by OPM.

As long as the court/administrative order is in effect, and you have at least one child identified in the order who is still eligible under the FEHB Program, you cannot cancel your enrollment, change to Self Only, or change to a plan that does not serve the area in which your children live, unless you provide documentation that you have other coverage for the children.

If the court/administrative order is still in effect when you retire, and you have at least one child still eligible for FEHB coverage, you must continue your FEHB coverage into retirement (if eligible) and cannot cancel your coverage, change to Self Only, or change to a plan that does not serve the area in which your children live as long as the court/administrative order is in effect. Similarly, you cannot change to Self Plus One if the court/administrative order identifies more than one child. Contact your employing office for further information.

When benefits and premiums start

The benefits in this brochure are effective January 1. If you joined this Plan during Open Season, your coverage begins on the first day of your first pay period that starts on or after January 1. **If you changed plans or plan options during Open Season and you receive care between January 1 and the effective date of coverage under your new plan or option, your claims will be paid according to the 2019 benefits of your old plan or option.** However, if your old plan left the FEHB Program at the end of the year, you are covered under that plan's 2018 benefits until the effective date of your coverage with your new plan. Annuitants' coverage and premiums begin on January 1. If you joined at any other time during the year, your employing office will tell you the effective date of coverage.

If your enrollment continues after you are no longer eligible for coverage, (i.e. you have separated from Federal service) and premiums are not paid, you will be responsible for all benefits paid during the period in which premiums were not paid. You may be billed for services received directly from your provider. You may be prosecuted for fraud for knowingly using health insurance benefits for which you have not paid premiums. It is your responsibility to know when you or a family member are no longer eligible to use your health insurance coverage.

When you retire

When you retire, you can usually stay in the FEHB Program. Generally, you must have been enrolled in the FEHB Program for the last five years of your Federal service. If you do not meet this requirement, you may be eligible for other forms of coverage, such as Temporary Continuation of Coverage (TCC).

When you lose benefits

When FEHB coverage ends

You will receive an additional 31 days of coverage, for no additional premium, when:

- Your enrollment ends, unless you cancel your enrollment; or
- You are a family member no longer eligible for coverage.

Any person covered under the 31 day extension of coverage who is confined in a hospital or other institution for care or treatment on the 31st day of the temporary extension is entitled to continuation of the benefits of the Plan during the continuance of the confinement but not beyond the 60th day after the end of the 31 day temporary extension.

You may be eligible for spouse equity coverage or Temporary Continuation of Coverage (TCC), or a conversion policy (a non-FEHB individual policy.)

Upon divorce

If you are divorced from a Federal employee, or annuitant, you may not continue to get benefits under your former spouse's enrollment. This is the case even when the court has ordered your former spouse to provide health coverage for you. However, you may be eligible for your own FEHB coverage under either the spouse equity law or Temporary Continuation of Coverage (TCC). If you are recently divorced or are anticipating a divorce, contact your ex-spouse's employing or retirement office to get information about your coverage choices. You can also visit OPM's website at www.opm.gov/healthcare-insurance/healthcare/plan-information.

Temporary Continuation of Coverage (TCC)

If you leave Federal service, Tribal employment, or if you lose coverage because you no longer qualify as a family member, you may be eligible for Temporary Continuation of Coverage (TCC). The Patient Protection and Affordable Care Act (ACA) did not eliminate TCC or change the TCC rules. For example, you can receive TCC if you are not able to continue your FEHB enrollment after you retire, if you lose your Federal or Tribal job, if you are a covered dependent child and you turn 26, etc.

You may not elect TCC if you are fired from your Federal or Tribal job due to gross misconduct.

Enrolling in TCC. Get the RI 79-27, which describes TCC, from your employing or retirement office or from www.opm.gov/healthcare-insurance. It explains what you have to do to enroll.

Alternatively, you can buy coverage through the Health Insurance Marketplace where, depending on your income, you could be eligible for a new kind of tax credit that lowers your monthly premiums. Visit www.HealthCare.gov to compare plans and see what your premium, deductible, and out-of-pocket costs would be before you make a decision to enroll. Finally, if you qualify for coverage under another group health plan (such as your spouse's plan), you may be able to enroll in that plan, as long as you apply within 30 days of losing FEHB Program coverage.

We also want to inform you that the Patient Protection and Affordable Care Act (ACA) did not eliminate TCC or change the TCC rules.

Converting to individual coverage

You may convert to a non-FEHB individual policy if:

- Your coverage under TCC or the spouse equity law ends (If you canceled your coverage or did not pay your premium, you cannot convert);
- You decided not to receive coverage under TCC or the spouse equity law; or
- You are not eligible for coverage under TCC or the spouse equity law.

If you leave Federal or Tribal service, your employing office will notify you of your right to convert. You must contact us in writing within 31 days after you receive this notice. However, if you are a family member who is losing coverage, the employing or retirement office will not notify you. You must contact us in writing within 31 days after you are no longer eligible for coverage.

Your benefits and rates will differ from those under the FEHB Program; however, you will not have to answer questions about your health, a waiting period will not be imposed, and your coverage will not be limited due to pre-existing conditions. When you contact us, we will assist you in obtaining information about health benefits coverage inside or outside the Affordable Care Act's Health Insurance Marketplace in your state. For assistance in finding coverage, please contact us at 866-546-0510 or visit our website at www.uhcfeds.com.

Health Insurance Marketplace

If you would like to purchase health insurance through the ACA's Health Insurance Marketplace, please visit www.Healthcare.gov. This is a website provided by the U.S. Department of Health and Human Services that provides up-to-date information on the Marketplace.

Section 1. How this Plan Works

This Plan is an open access value plan that provides you the freedom to choose from any health care professional in the UnitedHealthcare Choice Plus network, including specialists, without a referral or choosing a primary care physician (PCP). You have the opportunity to save money by making more informed decisions about the providers you choose, by selecting physicians that have been recognized for delivering quality, cost-efficient care as well as certain lower-cost facilities. Since Choice Plus Advanced is an open-access product, you can seek care from any provider but you may pay more out-of-pocket costs when you do not select from certain network providers and facilities.

We emphasize preventive care such as routine office visits, physical exams, well-baby care, and immunizations, in addition to treatment for illness and injury. Our providers follow generally accepted medical practice when prescribing any course of treatment.

When you receive services from Plan providers, you will not have to submit claim forms or pay bills. You pay only the copayments, coinsurance, and deductibles described in this brochure. When you receive emergency services from non-Plan providers, you may have to submit claim forms.

You should join any plan because you prefer the plan's benefits, not because a particular provider is available. You cannot change plans because a provider leaves our Plan. We cannot guarantee that any one physician, hospital, or other provider will be available and/or remain under contract with us.

OPM requires that FEHB plans be accredited to validate that plan operations and/or care management meet nationally recognized standards. Unitedhealthcare hold accreditation from the National Committee for Quality Assurance (NCCQA). To learn more about this plan's accreditation(s), please visit the following websites: National Committee for Quality Assurance (www.ncqa.org);

General features of our Value Option Plan

We have Open Access benefits

Our plan offers Open Access benefits. This means you can receive covered services from a participating provider without a required referral from you primary care physician or by another participating provider in the network.

We have Point of Service (POS) benefits

Our plan offers Point-of-Service (POS) benefits. This means you can receive covered services from a non-participating provider. However, out-of-network benefits may have higher out-of-pocket-costs than our in-network benefits.

How we pay providers

We contract with individual physicians, medical groups, and hospitals to provide the benefits in this brochure. These Plan providers accept a negotiated payment from us, and you will only be responsible for your cost-sharing (copayments, coinsurance, deductibles, and non-covered services and supplies).

Preventive care services

Preventive care services are generally covered with no cost sharing and are not subject to copayments, deductibles or annual limits when received from a network provider.

Annual deductible

The annual deductible must be met before Plan benefits are paid for many services other than preventive care services. Your deductible for this plan is \$500 for Self only and \$1000 for Self Plus One or Self and Family for In-Network and \$1,000 Self Only and \$2,000 Self Plus One or Self and Family Out-of-network. Information on how this deductible works can be found in Section 4 *Your Cost for Covered Services*.

Health education resources and accounts management tools:

myuhc.com gives you the the ability to:

- Review eligibility and look up benefits
- Check current and past claim status
- Find a doctor or hospital, including UnitedHealth Premium designated physicians.
- Print a temporary ID card or request a replacement card
- Compare hospitals in quality, efficiency, and cost – all at the procedure level
- “Chat” with a nurse in real-time
- Take a health assessment and participate in Health Coaching Programs
- Use the Personal Health Record to organize health data and receive condition specific information to better manage their health
- Learn about health conditions, symptoms and the latest treatment options

myHealthcare Cost Estimator

Changing the way you access health care information for the better, my Healthcare Cost Estimator (myHCE) allows you to research treatment options based on your specific situation. Learn about the recommended care, estimated costs and time to treat your condition. The care path allows you to see the appointments, tests and follow up care involved, from the first consult to last follow up visit. You can also learn about estimated costs ahead of time to help you plan. Create a custom estimate based on your own plan details and selected.

Your rights and responsibilities

OPM requires that all FEHB plans provide certain information to their FEHB members. You may get information about us, our networks, and our providers. OPM’s FEHB website (www.opm.gov/insure) lists the specific types of information that we must make available to you. Some of the required information is listed below.

- UnitedHealthcare Insurance Company has been in existence since 1972
- Profit status – for profit

You are also entitled to a wide range of consumer protections and have specific responsibilities as a member of this Plan. You can view the complete list of these rights and responsibilities by visiting our website, www.uhc.com. You can also contact us to request that we mail you a copy of that Notice.

If you want more information about us, call 877-835-9861 or visit our website at www.uhcfeds.com or if already a member www.myuhc.com.

By law, you have the right to access your personal health information (PHI). For more information regarding access to PHI, visit our website www.uhc.com to obtain a Notice of our Privacy Practices. You can also contact us to request that we mail you a copy of that Notice.

Your medical and claims records are confidential

We will keep your medical and claims records confidential. Please note that we may disclose your medical and claims information (including your prescription drug utilization) to any of your treating physicians or dispensing pharmacies.

Service Area

San Antonio, Texas including the following counties: Atascosa, Bandera, Bexar, Comal, Guadalupe, Kendall

Chicago, Illinois including the following counties: Boone, Cook, DeKalb, DuPage, Grundy, Iroquois, Kane, Kankakee, Kendall, Lake, LaSalle, McHenry, Will, and Winnebago.

District of Columbia

Maryland

Northern Virginia: Counties of:

Arlington, Clarke, Culpeper, Fairfax, Fauquier, Frederick, Greene, King George, Loudoun, Madison, Orange, Page, Prince William, Rappahannock, Rockingham, Shenandoah, Spotsylvania, Stafford, and Warren.

Cities of: Alexandria, Fairfax, Falls Church, Fredericksburg, Harrisonburg, Manassas, Manassas Park and Winchester.

Section 2. How we Change for 2019

Do not rely only on these change descriptions, this Section is not an official statement of benefits. For that go to Section 5 benefits. Also, we edited and clarified language throughout the brochure; any language change not shown here is a clarification that does not change benefits.

Changes to this Plan

- **Your share of the non-Postal premium** will decrease for Self Only coverage, decrease for Self Plus One coverage, and decrease for Self and Family. See the end of this brochure.
- Your smoking cessation program has been enhanced. Your program is titled "Quit for Life" and includes online learning, Quit Coach, Nicotine Replacement Therapy Coaching and over the counter and prescription drugs approved by the FDA to treat tobacco dependence. You can learn more about this program in Section 5(h) Wellness and Other Special Features.

Section 3. How You Get Care

Identification cards

We will send you an identification (ID) card when you enroll. You should carry your ID card with you at all times. You must show it whenever you receive services from a Plan provider, or fill a prescription at a Plan pharmacy. Until you receive your ID card, use your copy of the Health Benefits Election Form, SF-2809, your health benefits enrollment confirmation letter (for annuitants), or your electronic enrollment system (such as Employee Express) confirmation letter.

If you do not receive your ID card within 30 days after the effective date of your enrollment, or if you need replacement cards, call us at 877 835-9861 or write to us at UnitedHealthcare Insurance Company, Federal Health Benefits (FEHB) Program, at P.O. Box 30432, Salt Lake City, UT 84130-0432. You may also print temporary cards and request replacement cards through our website: www.myuhc.com.

Where you get covered care

You get care from “Plan providers” and “Plan facilities.” You will only pay copayments, deductibles, and/or coinsurance. If you use our point-of-service program, you can also get care from non-Plan providers but it will cost you more. If you use our Open Access program you can receive covered services from a participating provider without a required referral from your primary care physician or by another participating provider in the network.

• Plan providers

Plan providers are physicians and other health care professionals in our service area that we contract with to provide covered services to our members. We credential Plan providers according to national standards.

UnitedHealth Tier 1 Premium Designated providers allow you to reduce your out-of-pocket expenses without compromising on quality. By using Premium Tier 1 physicians, you save on co-payments and coinsurance. UnitedHealth Premium Tier 1 physicians have received the Premium designation for either Quality and Cost Efficiency or Cost Efficiency and Not Enough Data to assess Quality. Look for the UnitedHealth Premium Tier 1 Symbol to quickly and easily find these physicians. You can find the physicians designation quickly and easily on www.myuhc.com or at www.UnitedHealthPremium.com.

UnitedHealth Tier 1 Premium doctors:

- Follow evidence-based guidelines for care
- Are more likely to be aware of the latest research and clinical trials
- May have lower surgery repeat rates

Quality guidelines are based on standards from organizations such as:

- American College of Cardiology
- Ambulatory Care Quality Alliance
- Agency for Healthcare Research and Quality (a division of the U.S. Department of Health & Human Services)

• Plan facilities

Plan facilities are hospitals and other facilities that we contract with to provide services to our members. This plan allows you to save money by choosing a lower cost place of service.

A freestanding facility is an outpatient, diagnostic or ambulatory center or independent laboratory which performs services and submits claims as a freestanding entity and not as a hospital. You will have a lower out of pocket expenses when you use a freestanding facility instead of a hospital for outpatient services. Outpatient services are health services or treatments that do not require an overnight hospital stay. Outpatient care received in a hospital will typically cost you more. Talk to your doctor about the options available to you for these services.

- **Non-network providers and facilities**

You can access care from any licensed provider or facility. Providers and facilities not in the UnitedHealthcare Choice Plus network are considered non-network providers and facilities.

What you must do to get covered care

It depends on the type of care you need. You can go to any provider you choose to but it will cost you less to get care from our Premium designated providers and in network providers. We must approve some care in advance.

- **Transitional Care**

Specialty care: If you have a chronic or disabling condition and

- lose access to your specialist because we drop out of the Federal Employees Health Benefits (FEHB) Program and you enroll in another FEHB Plan, or
- lose access to your PPO specialist because we terminate our contract with your specialist for reasons other than for cause,

you may be able to continue seeing your specialist and receiving in-network benefits for up to 90 days after you receive notice of the change. Contact us or, if we drop out of the Program, contact your new plan.

If you are in the second or third trimester of pregnancy and you lose access to your specialist based on the above circumstances, you can continue to see your specialist and any in-network benefits continue until the end of your postpartum care, even if it is beyond the 90 days.

- **Hospital care**

Your Network primary care physician or specialist will make necessary hospital arrangements and supervise your care. This includes admission to a skilled nursing or other type of facility.

If you are hospitalized when your enrollment begins

We pay for covered services from the effective date of your enrollment. However, if you are in the hospital when your enrollment in our Plan begins, call our customer service department immediately at 877-835-9861. If you are new to the FEHB Program, we will arrange for you to receive care and provide benefits for your covered services while you are in the hospital beginning on the effective date of your coverage.

If you changed from another FEHB plan to us, your former plan will pay for the hospital stay until:

- you are discharged, not merely moved to an alternative care center;
- the day your benefits from your former plan run out; or
- the 92nd day after you become a member of this Plan, whichever happens first.

These provisions apply only to the benefits of the hospitalized person. If your plan terminates participation in the FEHB Program in whole or in part, or if OPM orders an enrollment change, this continuation of coverage provision does not apply. In such cases, the hospitalized family member's benefits under the new plan begin on the effective date of enrollment.

You need prior Plan approval for certain services

The pre-approval processes for inpatient hospital admissions (called precertification) and for other services, are detailed in this Section.

- **Your hospital stay** The approval processes for inpatient hospital admissions (called precertification) and for other services, are detailed in this Section.

- **Inpatient hospital admission** **Precertification** is the process by which – prior to your inpatient hospital admission – we evaluate the medical necessity of your proposed stay and the number of days required to treat your condition.

- **Other services** For certain services, your physician must obtain prior approval from us. Before giving approval, we consider if the service is covered, medically necessary, and follows generally accepted medical practice. Your physician must obtain precertification for some services, such as, but not limited to the following services:
 - Angioma/Hemangioma (with pictures)
 - Applied Behavioral Analysis
 - Ambulance (non emergency)
 - Blepharoplasty (with pictures)
 - Breast implant removal, breast reconstruction for non-cancer diagnosis, breast reduction
 - Certain out of network services
 - Dental procedures in a facility
 - Certain Durable Medical Equipment supplies over \$1000
 - Clinical trials
 - Coronary artery bypass graft
 - Congenital anomaly repair
 - Computed Tomography (CT) scans (brain, chest, heart)
 - Dialysis
 - Discectomy/fusion
 - Genetic testing
 - Gynecomastia surgery
 - Human Growth hormone
 - Hysterectomy
 - Infertility services
 - Implanted spinal cord stimulators
 - Inpatient hospitalization
 - Intensive Outpatient Treatment
 - Joint replacement
 - Morbid obesity surgery
 - Magnetic resonance imaging (MRI) (brain, chest, heart, musculoskeletal)
 - Magnetic resonance angiogram (MRA)
 - Partial Hospitalization
 - PET scans (non- cancer diagnosis)
 - Pulmonary rehabilitation
 - Radiation therapy
 - Reconstructive surgery
 - Sclerotherapy
 - Sleep apnea (surgery & appliance) with sleep studies,(polysomnography) attended
 - Transplants

- Therapeutic services: such as physical therapy, occupational therapy and speech therapy after the 8th visit
- Uvulopalatopharyngoplasty
- Vein Ablation
- Ventricular assist device

Call 1-877-835-9861 and they will assist you in determining if your service requires preauthorization. In addition, your admitting physician and facility must also preauthorize any elective inpatient stays.

How to request precertification for an admission or get prior authorization for other services

First, your physician, your hospital, you, or your representative, must call us at 877-835-9861 before admission or services requiring prior authorization are rendered. Please note that members with Medicare as primary are also required to follow the precertification process.

Next, provide the following information:

- enrollee's name and Plan identification number;
- patient's name, birth date, identification number and phone number;
- reason for hospitalization, proposed treatment, or surgery;
- name and phone number of admitting physician;
- name of hospital or facility; and
- number of days requested for hospital stay

• **Non-urgent care claims**

For non-urgent care claims, we will tell the physician and/or hospital the number of approved inpatient days, or the care that we approve for other services that must have prior authorization. We will make our decision within 15 days of receipt of the pre-service claim. If matters beyond our control require an extension of time, we may take up to an additional 15 days for review and we will notify you of the need for an extension of time before the end of the original 15-day period. Our notice will include the circumstances underlying the request for the extension and the date when a decision is expected.

If we need an extension because we have not received necessary information from you, our notice will describe the specific information required and we will allow you up to 60 days from the receipt of the notice to provide the information.

• **Urgent care claims**

If you have an urgent care claim (i.e., when waiting for the regular time limit for your medical care or treatment could seriously jeopardize your life, health, or ability to regain maximum function, or in the opinion of a physician with knowledge of your medical condition, would subject you to severe pain that cannot be adequately managed without this care or treatment), we will expedite our review and notify you of our decision within 72 hours. If you request that we review your claim as an urgent care claim, we will review the documentation you provide and decide whether or not it is an urgent care claim by applying the judgment of a prudent layperson that possesses an average knowledge of health and medicine.

If you fail to provide sufficient information, we will contact you within 24 hours after we receive the claim to let you know what information we need to complete our review of the claim. You will then have up to 48 hours to provide the required information. We will make our decision on the claim within 48 hours of (1) the time we received the additional information or (2) the end of the time frame, whichever is earlier.

We may provide our decision orally within these time frames, but we will follow up with written or electronic notification within three days of oral notification.

You may request that your urgent care claim on appeal be reviewed simultaneously by us and OPM. Please let us know that you would like a simultaneous review of your urgent care claim by OPM either in writing at the time you appeal our initial decision, or by calling us at 877-835-9861. You may also call OPM's FEHB 3 at 202-606-0737 between 8 a.m. and 5 p.m. Eastern Time to ask for the simultaneous review. We will cooperate with OPM so they can quickly review your claim on appeal. In addition, if you did not indicate that your claim was a claim for urgent care, call us at 877-835-9861. If it is determined that your claim is an urgent care claim, we will expedite our review (if we have not yet responded to your claim).

- **Concurrent care claims**

A concurrent care claim involves care provided over a period of time or over a number of treatments. We will treat any reduction or termination of our pre-approved course of treatment before the end of the approved period of time or number of treatments as an appealable decision. This does not include reduction or termination due to benefit changes or if your enrollment ends. If we believe a reduction or termination is warranted we will allow you sufficient time to appeal and obtain a decision from us before the reduction or termination takes effect.

If you request an extension of an ongoing course of treatment at least 24 hours prior to the expiration of the approved time period and this is also an urgent care claim, we will make a decision within 24 hours after we receive the claim

- **Emergency inpatient admission**

If you have an emergency admission due to a condition that you reasonably believe puts your life in danger or could cause serious damage to bodily function, you, your representative, the physician, or the hospital must telephone us within two business days following the day of the emergency admission, even if you have been discharged from the hospital.

- **Maternity Care**

Your physician must obtain precertification for inpatient admission.

Prior authorization is required if inpatient stay exceeds 48 hours following normal vaginal delivery or 96 hours following a cesarean section delivery.

- **If your treatment needs to be extended**

If you request an extension of an ongoing course of treatment at least 24 hours prior to the expiration of the approved time period and this is also an urgent care claim, we will make a decision within 24 hours after we receive the claim.

What happens when you do not follow the precertification rules when using non-network facilities

If you fail to obtain authorization/precertification when using non-network facilities you can be responsible for 100% of the charges.

Circumstances beyond our control

Under certain extraordinary circumstances, such as natural disasters, we may have to delay your services or we may be unable to provide them. In that case, we will make all reasonable efforts to provide you with the necessary care

If you disagree with our pre-service claim decision

If you have a **pre-service claim** and you do not agree with our decision regarding precertification of an inpatient admission or prior approval of other services, you may request a review in accord with the procedures detailed below.

If you have already received the service, supply, or treatment, then you have a **post-service claim** and must follow the entire disputed claims process detailed in Section 8.

- **To reconsider a non-urgent claim**

Within 6 months of our initial decision, you may ask us in writing to reconsider our initial decision. Follow Step 1 of the disputed claims process detailed in Section 8 of this brochure.

In the case of a pre-service claim and subject to a request for additional information, we have 30 days from the date we receive your written request for reconsideration to

1. Precertify your hospital stay or, if applicable, arrange for the health care provider to give you the care or grant your request for prior approval for a service, drug, or supply; or
2. Ask you or your provider for more information.

You or your provider must send the information so that we receive it within 60 days of our request. We will then decide within 30 more days.

If we do not receive the information within 60 days, we will decide within 30 days of the date the information was due. We will base our decision on the information we already have. We will write to you with our decision.

3. Write to you and maintain our denial.

- **To reconsider an urgent care claim**

In the case of an appeal of a pre-service urgent care claim, within 6 months of our initial decision, you may ask us in writing to reconsider our initial decision. Follow Step 1 of the disputed claims process detailed in Section 8 of this brochure.

Unless we request additional information, we will notify you of our decision within 72 hours after receipt of your reconsideration request. We will expedite the review process, which allows oral or written requests for appeals and the exchange of information by telephone, electronic mail, facsimile, or other expeditious methods.

- **To file an appeal with OPM**

After we reconsider your **pre-service claim**, if you do not agree with our decision, you may ask OPM to review it by following Step 3 of the disputed claims process detailed in Section 8 of this brochure.

Section 4. Your Costs for Covered Services

This is what you will pay out-of-pocket for covered care.

Cost-sharing	Cost-sharing is the general term used to refer to your out-of-pocket costs (e.g., deductible, coinsurance, and copayments) for the covered care you receive.
Copayments	<p>A copayment is a fixed amount of money you pay to the provider, facility, pharmacy, etc., when you receive certain services.</p> <p>Example: When you see your primary care physician you pay a copayment of \$25 per office visit.</p>
Deductible	<p>A deductible is a fixed expense you must incur for certain covered services and supplies before we start paying benefits for them. Copayments do not count toward any deductible.</p> <ul style="list-style-type: none">• The calendar year deductible is \$500 per person. Under a Self Only enrollment, the deductible is considered satisfied and benefits are payable for you when your covered expenses applied to the calendar year deductible for your enrollment reach \$500. Under a Self Plus One enrollment, the deductible is considered satisfied and benefits are payable for you and one other eligible family member when the combined covered expenses applied to the calendar year deductible for your enrollment reach \$1,000. Under a Self and Family enrollment, the deductible is considered satisfied and benefits are payable for all family members when the combined covered expenses applied to the calendar year deductible for family members reach \$1,000.• All individual deductible amounts will count toward the family deductible but an individual will not have to pay more than the individual deductible. The full family deductible must be met for the plan benefits to apply for the entire family.• This benefit plan contains a Per Occurrence Deductible that applies to certain Covered Health Services. This Per Occurrence Deductible must be met prior to and in addition to the Annual Deductible. Example: If you have services in network and the billed amount is \$80 and the provider has agreed through his contract with us to accept \$60 and you have not met your deductible you must pay \$60. We will apply this \$60 to your deductible. We will begin paying benefits once the remaining portion of your calendar year deductible has been satisfied.• Note: If you change plans during open season, you do not have to start a new deductible under your old plan between January 1 and the effective date of your new plan. If you change plans at another time during the year, you must begin a new deductible under your new plan.
Coinsurance	<p>Coinsurance is the percentage of our allowance that you must pay for your care. Coinsurance doesn't begin until you meet your deductible.</p> <p>Example: In our Plan, you pay 20% of our allowance for durable medical equipment when using in-network providers.</p>
Differences between our Plan allowance and the bill	<p>Network providers agree to accept our Plan allowance so if you use a network provider, you never have to worry about paying the difference between our Plan allowance and the billed amount for covered services.</p> <p>Non-network Providers: If you use a non-network provider, you will have to pay the difference between our Plan allowance and the billed amount.</p> <p>By using Premium Designated providers in the UnitedHealthcare network, you can take advantage of the significant discounts we have negotiated to help lower your out-of-pocket costs for medically necessary care. This can help you get the care you need at a lower price.</p> <p>The example below is based on following the UnitedHealthcare benefits and insurance plan features and assumes that you have already met your deductible.</p>

What your plan pays (plan coinsurance): 80% in network/50% out of network for benefits with coinsurance. There are in network benefits that require a copayment only. What you pay (coinsurance): 20% in network / 50% out of network.

Your out-of-pocket maximum is \$3,000/\$6,000 in network; \$6,000/\$12,000 out of network. Using the UnitedHealthcare cost estimator tool on myuhc.com allows you to compare procedures and the comparison of member costs when utilizing in network providers as compared to out of network providers. Even further savings can be achieved by using UnitedHealthcare premium designated in network providers.

Your catastrophic protection out-of-pocket maximum

After your in-network out-of-pocket expenses, including any applicable deductibles, copayments and coinsurance total \$3,000 for Self Only, or \$6,000 for a Self Plus One or Self and Family enrollment in any calendar year, or out-of network \$6,000 per Self Only or \$12,000 for Self Plus One or Self and Family you do not have to pay any more for covered services. ***The maximum annual limitation on cost sharing listed under Self Only of in network \$3,000 or out of network \$6,000 applies to each individual, regardless of whether the individual is enrolled in Self Only, Self Plus One, or Self and Family.***

Example Scenario: Your plan has an in-network \$3,000 Self Only maximum out-of-pocket limit and a \$6,000 Self Plus One or Self and Family maximum out-of-pocket limit. If you or one of your eligible family members has in-network out-of-pocket qualified medical expenses of \$3,000 or more for the calendar year, any remaining qualified medical expenses for that individual will be covered fully by your health plan. With a Self and Family enrollment in-network out-of-pocket maximum of \$6,000, a second family member, or an aggregate of other eligible family members, will continue to accrue out-of-pocket qualified medical expenses up to a maximum of \$6,000 for the calendar year before their qualified medical expenses will begin to be covered in full.

However, copayments and coinsurance, if applicable for the following services do not count toward your catastrophic protection out-of-pocket maximum, and you must continue to pay copayments and coinsurance for these services:

- Expenses for services and supplies that exceed the stated maximum dollar limit or day limit.

Be sure to keep accurate records and receipts of your copayments and coinsurance to ensure the plan's calculation of your out-of-pocket maximum is reflected accurately.

Carryover

If you changed to this Plan during open season from a plan with a catastrophic protection benefit and the effective date of the change was after January 1, any expenses that would have applied to that plan's catastrophic protection benefit during the prior year will be covered by your old plan if they are for care you received in January before your effective date of coverage in this Plan. If you have already met your old plan's catastrophic protection benefit level in full, it will continue to apply until the effective date of your coverage in this Plan. If you have not met this expense level in full, your old plan will first apply your covered out-of-pocket expenses until the prior year's catastrophic level is reached and then apply the catastrophic protection benefit to covered out-of-pocket expenses incurred from that point until the effective date of your coverage in this Plan. Your old plan will pay these covered expenses according to this year's benefits; benefit changes are effective January 1.

When Government Facilities Bill Us

Facilities of the Department of Veterans Affairs, the Department of Defense and the Indian Health Services are entitled to seek reimbursement from us for certain services and supplies they provide to you or a family member. They may not seek more than their governing laws allow. You may be responsible to pay for certain services and charges. Contact the government facility directly for more information.

Value Option Benefits

On page 92 is a benefits summary for this plan.

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Section 5. Value Options Benefit Overview

This Plan is a Value Option. The benefits are described in Section 5. Make sure that you review the benefits that are available. Section 5 is divided into subsections. Please read *Important things you should keep in mind* at the beginning of the subsections. Also read the general exclusions in Section 6, they apply to the benefits in the following subsections. To obtain claim forms, claims filing advice, or more information about benefits, contact us at 877-835-9861 or on our website at www.uhcfeds.com.

You can save money when you make more informed decisions about the providers you choose. Select Premium designated physicians that have been recognized for delivering quality, cost-efficient care as well as certain lower cost facilities. Since Choice Plus Advanced is an open-access product, you can seek care from many providers but may pay more out-of-pocket costs when you do not seek care from certain network providers and facilities.

Benefits	You pay
Medical Services provided by physicians:	
<ul style="list-style-type: none"> Routine Preventive Care provided in network 	Nothing
<ul style="list-style-type: none"> Diagnostic and treatment services provided in the office 	In-network: Office visit copay: \$25 primary care physician Specialist: \$75 copay for a non-designated network provider; \$50 copay for Tier 1 premium-designated specialist Out of network: 50% after deductible has been met
Services provided by a hospital	
<ul style="list-style-type: none"> Inpatient 	In-network: 20% after deductible has been met Out-of-network: 50% after deductible has been met
<ul style="list-style-type: none"> Outpatient Surgical 	In-network: 20% copay, after deductible, when in an ambulatory surgical center or physician's office 20% copay, after \$250 per occurrence deductible and annual deductible has been met, when services are performed in an outpatient hospital based surgical center Out-of-network: 50% copay, after the deductible has been met when services are performed in an ambulatory surgical center Out-of-network: 50% after annual deductible is met, plus \$250 per occurrence deductible, when services are performed in an outpatient hospital based surgical center
Emergency benefits:	
<ul style="list-style-type: none"> Emergency Room 	\$250 copay per visit in-network/out-of-network
<ul style="list-style-type: none"> Ambulance - emergency services 	20% copay after deductible in-network/out-of-network.
Mental Health and Substance Use Disorder Treatment	Regular cost sharing
Prescription drugs:	In network benefits only; costs are as follows: 30-day supply at Retail: Tier 1 \$10; Tier 2 \$35, Tier 3 \$60, Tier 4 \$100 Up to 90-day supply at Mail Order: Tier 1 \$25; Tier 2 \$87.50; Tier 3 \$150; Tier 4 \$250

Section 5(a). Medical Services and Supplies Provided by Physicians and Other Health Care Professionals

Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- A facility charge applies to services that appear in this section but are performed in an ambulatory surgical center or the outpatient department of a hospital.
- The calendar year deductible is: \$500 Self only, \$1,000 Self Plus One and Self and Family in-network and \$1,000 Self only \$2,000, Self Plus One and Self and Family out-of-network. The calendar year deductible may apply to some benefits in this Section. We added "(After deductible has been met)" to show when the calendar year deductible does apply.

Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also, read Section 9, *Coordinating benefits with other coverage*, including with Medicare.

Benefit Description	You pay	
Note: We say " after deductible has been met"when the deductible applies		
Diagnostic and treatment services	In-Network	Out-of-Network
Professional services of physicians <ul style="list-style-type: none"> • In physician's office • Office medical consultation • Second Surgical opinion • Advanced care planning 	Primary care physician (PCP) \$25 copayment Non premium-designated specialist \$75 copayment Tier 1 premium-designated specialist \$50 copayment	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
Professional services of physicians <ul style="list-style-type: none"> • In an urgent care center • In an emergency room • During a hospital stay • In a skilled nursing facility 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
At home	Primary care physician (PCP) \$25 copayment Non-designated specialist \$75 copayment Tier 1 premium-designated specialist \$50 copayment	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
Telehealth services	In-Network	Out-of-Network
Use virtual visits when : <ul style="list-style-type: none"> • Your doctor is not available • You become ill while traveling • Conditions such as: cold, flu, bladder infection, bronchitis, diarrhea, fever, pink eye, rash, sinus problem, sore throat, stomach ache 	\$5 copayment	You pay 100%

Telehealth services - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Telehealth services (cont.)	In-Network	Out-of-Network
<p>Network Benefits are available only when services are delivered through a Designated Virtual Visit Network Provider.</p> <p>Find a Designated Virtual Visit Network Provider Group at myuhc.com or by calling Customer Care at 877-835-9861. Access to Virtual Visits and prescription services may not be available in all states due to state regulations. You can pre-register with a group. After registering and requesting a visit you will pay your portion of service costs and then you enter a virtual waiting room.</p>	\$5 copayment	You pay 100%
Lab, X-ray and other diagnostic tests	In-Network	Out-of-Network
<p>Tests, such as:</p> <ul style="list-style-type: none"> • Blood tests • Urinalysis • Non-routine Pap tests • Pathology • X-rays • Non-routine mammograms 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p>Major Diagnostic tests</p> <ul style="list-style-type: none"> • Computed Tomography (CT) scans • PET Scans • Magnetic resonance imaging (MRI) • Magnetic resonance angiogram (MRA) <p>Nuclear Medicine pre-authorization is required</p>	<p>Outpatient for a free-standing diagnostic center or in a physician's office 20% after deductible has been met</p> <p>Outpatient hospital-based diagnostic center 20% after per occurrence deductible of \$250 per service and annual deductible have been met</p>	50% after per occurrence deductible of \$250 per service and annual deductible have been met
Preventive care, adult	In-Network	Out-of-Network
<p>Routine physical every year which includes:</p> <p>Screenings such as:</p> <ul style="list-style-type: none"> • Total Blood Cholesterol • Depression • Diabetes • High Blood Pressure • HIV • Colorectal Cancer Screening including: <ul style="list-style-type: none"> - Home Fecal Occult Blood Test (FOBT), - Flexible Sigmoidoscopy - The combination of home FOBT and flexible Sigmoidoscopy - Colonoscopy - CT Colonography (Virtual Colonoscopy) 	Nothing	100%

Preventive care, adult - continued on next page
Value Option Section 5(a)

Benefit Description	You pay	
	In-Network	Out-of-Network
Preventive care, adult (cont.)		
<ul style="list-style-type: none"> - Double-contrast barium enema - Fecal immunochemical test (FIT) - Fecal DNA Testing • Individual counseling on prevention and reducing health risks 	Nothing	100%
<p>Annual preventive biometric screening in your physician's office to include:</p> <ul style="list-style-type: none"> • Body Mass Index (BMI) • Blood pressure • Lipid/cholesterol levels • Glucose/hemoglobin A1C measurement <p>Services must be coded by your physician as preventive to be covered in full.</p>	Nothing	100%
<p>Well woman care based on current recommendations such as</p> <ul style="list-style-type: none"> • Cervical cancer screening (Pap smear) • Human Papillomavirus (HPV) testing • Chlamydia/Gonorrhea screening • Osteoporosis screening • Breast cancer screening • Annual counseling for sexually transmitted infections • Annual counseling and screening for human immune-deficiency virus • Contraceptive methods and counseling • Screening and counseling for interpersonal and domestic violence • Urinary incontinence screening 	Nothing	100%
Routine mammogram - covered for women	Nothing	100%
<p>BRCA genetic counseling and evaluation is covered as preventive when a woman's family history is associated with an increased risk for deleterious mutations in BRCA1 and BRCA2 genes and medical necessity criteria has been met.</p> <p>Preauthorization required</p>	Nothing	100%
<p>Adult immunizations endorsed by the Centers for Disease Control and Prevention (CDC) based on the Advisory Committee on Immunization Practices (ACIP) schedule</p>	Nothing	100%

Preventive care, adult - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Preventive care, adult (cont.)		
<p>Note: A complete list of preventive care services recommended under the U.S. Preventive Services Task Force is available (USPSTF) is available online at: www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/</p> <p>HHS: www.healthcare.gov/preventive-care-benefits/</p> <p>CDC: www.cdc.gov/vaccines/schedules/index.html</p> <p>Women's preventive services:</p> <p>www.healthcare.gov/preventive-care-women/</p> <p>For additional information: healthfinder.gov/myhealthfinder/default.aspx</p>		
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Physical exams required for obtaining or continuing employment or insurance, attending schools or camp, athletic exams, or travel.</i> • <i>Immunizations, boosters, and medications for travel or work-related exposure.</i> 	<i>All charges</i>	All charges
Preventive care, children	In-Network	Out-of-Network
Well-child visits, examinations, and immunizations as described in the Bright Future Guidelines provided by the American Academy of Pediatrics	Nothing	100%
<p>Note: Any procedure, injection, diagnostic service, laboratory, or x-ray service done in conjunction with a routine examination and is not included in the preventive listing of services will be subject to the applicable member copayments, coinsurance, and deductible.</p> <p>Note: A complete list of preventive care services recommended under the U.S. Preventive Services Task Force (USPSTF) is available online at www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/</p> <p>HHS: www.healthcare.gov/preventive-care-benefits/</p> <p>CDC: www.cdc.gov/vaccines/schedules/index.html</p> <p>For additional information: healthfinder.gov/myhealthfinder/default.aspx</p>		

Preventive care, children - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Preventive care, children (cont.)		
Note: For a complete list of the American Academy of Pediatrics Bright Futures Guidelines go to brightfutures.aap.org/Pages/default.aspx		
<i>Not covered: Physical examinations and immunizations required for attending camp, school or travel</i>	<i>All charges</i>	<i>All charges</i>
Maternity care	In-Network	Out-of-Network
<p>Complete maternity (obstetrical) care, such as:</p> <ul style="list-style-type: none"> • Prenatal care • Screening for gestational diabetes for pregnant women • Screening for bacteriuria • Delivery • Breastfeeding support, supplies and counseling for each birth <p>Postnatal care</p> <ul style="list-style-type: none"> • Note: Here are some things to keep in mind: You do not need to precertify your vaginal delivery; see page 53 for other circumstances, such as extended stays for you or your baby. • You may remain in the hospital up to 48 hours after a vaginal delivery and 96 hours after a cesarean delivery. We will extend your inpatient stay if medically necessary. • We cover routine nursery care of the newborn child during the covered portion of the mother's maternity stay. We will cover other care of an infant who requires non-routine treatment only if we cover the infant under a Self Plus One or Self and Family enrollment. • We pay hospitalization and surgeon services for non-maternity care the same as for illness and injury. • Circumcisions are covered 100% during newborn stay. Note: Circumcisions following the newborn stay are covered under the surgical benefits at the applicable copayment or coinsurance. • Hospital services are covered under Section 5(c) and Surgical benefits section 5(b). 	<p>Primary care physician (PCP) \$25 copayment - initial visit only</p> <p>Non-designated specialist \$75 copayment - initial visit only</p> <p>Tier 1 premium-designated specialist \$50 copayment - initial visit only</p>	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p>Breastfeeding support, supplies and counseling for each birth</p> <p>Note: Here are some things to keep in mind:</p>	Nothing	100%

Maternity care - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
<p>Maternity care (cont.)</p> <ul style="list-style-type: none"> You do not need to precertify your vaginal delivery; see page 21 for other circumstances, such as extended stays for you or your baby. You may remain in the hospital up to 48 hours after a vaginal delivery and 96 hours after a cesarean delivery. We will extend your inpatient stay if medically necessary. We cover routine nursery care of the newborn child during the covered portion of the mother's maternity. We will cover other care of an infant who requires non-routine treatment only if we cover the infant under a Self Plus One or Self and Family enrollment. Surgical benefits, not maternity benefits, apply to circumcision. We pay hospitalization and surgeon services for non-maternity care the same as for illness and injury. Hospital services are covered under Section 5(c) and Surgical benefits Section 5(b). <p>Note: When a newborn requires definitive treatment during or after the mother's confinement, the newborn is considered a patient in his or her own right. If the newborn is eligible for coverage, regular medical or surgical benefits apply rather than maternity benefits.</p>		
<p><i>Not covered:</i></p> <p><i>Routine sonograms to determine fetal age, size or sex</i></p>	<i>All charges.</i>	<i>All charges</i>
<p>Family planning</p> <p>A range of voluntary family planning services, limited to:</p> <ul style="list-style-type: none"> Voluntary sterilization for women (See Surgical procedures Section 5(b)) Surgically implanted contraceptives Injectable contraceptive drugs (such as Depo Provera) Insertion and removal of intrauterine devices (IUDs) Diaphragms and fitting of diaphragms Note: We cover oral contraceptives under the prescription drug benefit. Contraceptive counseling on an annual basis 	Nothing	100%

Family planning - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Family planning (cont.)		
<ul style="list-style-type: none"> Voluntary sterilization for men (See Surgical procedures Section 5(b) Genetic testing is covered when medically necessary for certain conditions such as pregnancy testing for cystic fibrosis, coverage of certain cancer drugs, certain autosomal recessive conditions autosomal dominant less penetrant conditions, x-linked conditions and certain chromosome abnormalities. <p>Note: We cover oral and injectable contraceptives under the prescription drug benefit</p>	Primary care physician (PCP) \$25 copayment Non-designated specialist \$75 copayment Tier 1 premium-designated specialist \$50 copayment	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <i>Reversal of voluntary surgical sterilization</i> <i>Genetic testing and counseling unless medically necessary. Interruption of pregnancy unless the life of the mother is at risk</i> 	<i>All charges</i>	
Infertility services	In-Network	Out-of-Network
COVERED: Diagnosis and treatment of infertility	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p>Not Covered: The services listed below are not covered as treatments for infertility or as alternatives to conventional conception:</p> <ul style="list-style-type: none"> Assisted reproductive technology (ART) and assisted insemination procedures, including but not limited to: <ul style="list-style-type: none"> - Artificial insemination (AI) - In vitro fertilization (IVF) - Embryo transfer and Gamete Intrafallopian Transfer (GIFT) - Zygote Intrafallopian Transfer (ZIFT) - Intravaginal insemination (IVI) - Intracervical insemination (ICI) - Intracytoplasmic sperm injection (ICSI) - Intrauterine insemination (IUI) Services, procedures, and/or supplies that are related to ART and/or assisted insemination procedures Cryopreservation or storage of sperm (sperm banking), eggs, or embryos 	<i>All charges</i>	<i>All charges</i>

Infertility services - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Infertility services (cont.)	In-Network	Out-of-Network
<ul style="list-style-type: none"> • Preimplantation diagnosis, testing, and/or screening, including the testing or screening of eggs, sperm, or embryos • Drugs used in conjunction with ART and assisted insemination procedures (see Prescription Drug section) • Services, supplies, or drugs provided to individuals not enrolled in this Plan 	All charges	All charges
Allergy care	In-Network	Out-of-Network
<ul style="list-style-type: none"> • Testing and treatment • Allergy injections 	Primary care physician (PCP) \$25 copayment Non-designated specialist \$75 copayment Tier 1 premium-designated specialist \$50 copayment	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<i>Not covered:</i> <ul style="list-style-type: none"> • Provocative food testing • Sublingual allergy desensitization 	All charges	All charges
Treatment therapies	In-Network	Out-of-Network
<ul style="list-style-type: none"> • Chemotherapy and radiation therapy <p>Note: High dose chemotherapy in association with autologous bone marrow transplants is limited to those transplants listed under Organ/Tissue Transplants on page 47.</p> <ul style="list-style-type: none"> • Respiratory and inhalation therapy (pulmonary rehabilitation) is provided for up to 20 sessions • Cardiac rehabilitation following qualifying event/condition is provided for up to 36 sessions • Dialysis - hemodialysis and peritoneal dialysis • Intravenous (IV)/Infusion Therapy - Home IV and antibiotic therapy • Growth hormone therapy (GHT) <p>Note: Growth hormone is covered under the prescription drug benefit.</p>	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)

Treatment therapies - continued on next page

Benefit Description	You pay	
Treatment therapies (cont.)	In-Network	Out-of-Network
<p>Note: We only cover GHT when we preauthorize the treatment. We will ask you to submit information that establishes that the GHT is medically necessary. Ask us to authorize GHT before you begin treatment; otherwise, we will only cover GHT services from the date you submit the information. If you do not ask or if we determine GHT is not medically necessary, we will not cover the GHT or related services and supplies. See <i>Services requiring our prior approval</i> in Section 3.</p>	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p>Applied Behavioral Analysis (ABA) - Children with autism spectrum disorder</p>	<p>Primary care physician (PCP) \$25 copayment</p> <p>Non-designated specialist \$75 copayment</p> <p>Tier 1 premium-designated specialist \$50 copayment</p>	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
Habilitative/Rehabilitative Therapies	In-Network	Out-of-Network
<p>Habilitative/Rehabilitative Services Outpatient Therapy when performed by qualified physical therapists and occupational therapists:</p> <ul style="list-style-type: none"> • Physical Therapy - up to 20 visits per year • Occupational Therapy - up to 20 visits per year • Cognitive Rehabilitation up to 20 visits per year • Post cochlear implant rehabilitation and aural therapy up to 30 visits per year <p>Note: We only cover therapy when a physician:</p> <ul style="list-style-type: none"> • Orders the care • Identifies the specific professional skills the patient requires and the medical necessity for skilled services; and • indicates the length of time the services are needed. 	\$25 copay per visit	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Long-term rehabilitative therapy</i> • <i>Exercise programs</i> 	<i>All charges</i>	<i>All charges</i>

Benefit Description	You pay	
	In-Network	Out-of-Network
Speech therapy		
Up to 20 visits per year per condition for speech therapy	\$25 copayment per visit	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<i>Not covered:</i>	<i>All charges</i>	<i>All charges</i>
<ul style="list-style-type: none"> • Exercise programs, gyms or pool memberships • Work hardening/functional capacity programs or evaluations • Voice therapy 		
Hearing services (testing, treatment, and supplies)	In-Network	Out-of-Network
<ul style="list-style-type: none"> • For treatment related to illness or injury, including evaluation and diagnostic hearing tests performed by an M.D., D.O., or audiologist <p>Routine hearing for children is covered as preventive services with no copayment</p>	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
External Hearing Aids - A single purchase (including repair/replacement) per hearing impaired ear every three (3) years for enrolled dependent children up to age 18. \$2,500 per ear and are limited to a single purchase (including repair/replacement) per hearing impaired ear every three (3) years for all other members.	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p>Implanted hearing related devices, such as bone anchored hearing aids (BAHA) and cochlear implants</p> <p>For therapy associated with cochlear implants please refer to the rehabilitative treatment therapy section of this brochure</p>	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<i>Not covered:</i>	<i>All charges</i>	<i>All charges</i>
<ul style="list-style-type: none"> • All other hearing testing 		
Vision services (testing, treatment, and supplies)	In-Network	Out-of-Network
<ul style="list-style-type: none"> • One pair of eyeglasses or contact lenses to correct an impairment directly caused by accidental ocular injury or intraocular surgery (such as for cataracts) 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
Diagnosis and treatment of diseases of the eye	<p>\$25 per PCP visit</p> <p>\$75 copay for non-designated in-network specialist</p> <p>\$50 copay for premium-designated specialist</p>	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)

Vision services (testing, treatment, and supplies) - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Vision services (testing, treatment, and supplies) (cont.)		
Routine Eye Examination - Eye refraction every two years examination to provide a written lens prescription Note: Eye examinations for children follow the Bright Futures Guidelines (American Academy of Pediatrics) at no charge	\$25 copayment	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<i>Not covered:</i> <ul style="list-style-type: none"> • Eyeglasses or contact lenses, except as shown above • Eye exercises and orthoptics • Radial keratotomy and other refractive surgery 	<i>All charges</i>	<i>All charges</i>
Foot care	In-Network	Out-of-Network
Routine foot care when you are under active treatment for a metabolic or peripheral vascular disease, such as diabetes.	Primary care physician (PCP) \$25 copayment Non-designated specialist \$75 copayment Tier 1 premium-designated specialist \$50 copayment	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<i>Not covered:</i> <ul style="list-style-type: none"> • Cutting, trimming or removal of corns, calluses, or the free edge of toenails, and similar routine treatment of conditions of the foot, except as stated above • Treatment of weak, strained or flat feet or bunions or spurs; and of any instability, imbalance or subluxation of the foot (unless the treatment is by open cutting surgery) 	<i>All charges</i>	<i>All charges</i>
Orthopedic and prosthetic devices	In-Network	Out-of-Network
<ul style="list-style-type: none"> • Artificial limbs and eyes • Prosthetic sleeve or sock • Externally worn breast prostheses and surgical bras, including necessary replacements following a mastectomy • Enteral equipment and supplies • Internal prosthetic devices, such as artificial joints, pacemakers, cochlear implants, and surgically implanted breast implant following mastectomy. Note: See 5(b) for coverage of the surgery to insert the device. • See Section 5(c) for payment information. Insertion of the device is paid as surgery • Ostomy supplies 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)

Orthopedic and prosthetic devices - continued on next page

Benefit Description	You pay	
Orthopedic and prosthetic devices (cont.)	In-Network	Out-of-Network
<ul style="list-style-type: none"> • Orthotic braces and splints not available over the counter that straighten or change the shape of a body part • Corrective orthopedic appliances for non-dental treatment of temporomandibular joint (TMJ) pain dysfunction syndrome and/or Myofascial Pain Dysfunction (MDP). • Bone anchored hearing aids (BAHA) limited to one per member per lifetime, when the member has either of the following <ul style="list-style-type: none"> - Craniofacial anomalies in which abnormal or absent ear canals preclude the use of a wearable hearing aid - Hearing loss of sufficient severity that it cannot be adequately remedied by a wearable hearing aid • Single purchase of each type of prosthetic device every three (3) years (in-network). Prior authorization is required for prosthetic devices in excess of \$1,000. <p>Note: Most orthopedic and prosthetic devices must be preauthorized. Call us at 877-835-9861 if your plan physician prescribes this and you need assistance locating a health care physician or health care practitioner to sell or rent you orthopedic or prosthetic equipment. You may also call us to determine if certain devices are covered.</p> <p>Internal prosthetic devices are paid as hospital benefits. For information on the professional charges for the surgery to insert an implant please refer to Section 5(b) surgical procedures. For information on the hospital and/or ambulatory surgical center benefits see Section 5(c) Services provided by a hospital or other facility.</p>	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Orthopedic and corrective shoes</i> • <i>Arch supports</i> • <i>Foot orthotics</i> • <i>Heel pads and heel cups</i> • <i>Lumbosacral supports</i> • <i>Corsets, trusses, elastic stockings, support hose, and other supportive devices</i> 	<i>All charges</i>	<i>All charges</i>

Orthopedic and prosthetic devices - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Orthopedic and prosthetic devices (cont.)		
<ul style="list-style-type: none"> • Prosthetic replacements provided less than 5 years after the last one (except as needed to accommodate growth in children or socket replacement for members with significant residual limb volume or weight changes) • External penile devices • Speech prosthetics (except electrolarynx) • Carpal tunnel splints • Deodorants, filters, lubricants, tape, appliance cleansers, adhesive and adhesive removers related to ostomy supplies 	All charges	All charges
Durable medical equipment (DME)		
<p>We cover rental or purchase of durable medical equipment, at our option, including repair and adjustment. Covered items include:</p> <p>A single purchase of a type of durable medical equipment (including repair and replacement) every three (3) years. This limit does not apply to wound vacuums. Prior authorization is required for durable medical equipment in excess of \$1,000.</p> <ul style="list-style-type: none"> • Oxygen and the rental of equipment to administer oxygen (including tubing, connectors and masks) • Dialysis equipment • Standard hospital beds • Wheelchairs • Crutches • CPAP • Walkers • Blood glucose monitors • Insulin pumps. and insulin pump supplies • Surgical dressings not available over-the-counter • Burn garments • Braces, including necessary adjustments to shoes to accommodate braces, which are used for the purpose of supporting a weak or deformed body part • Braces restricting or eliminating motion in a diseased or injured part of the body 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)

Durable medical equipment (DME) - continued on next page

Benefit Description	You pay	
Durable medical equipment (DME) (cont.)	In-Network	Out-of-Network
<p>Note: Many DME items must be preauthorized. Call us at 877-835-9861) if your plan physician prescribes this and you need assistance locating a health care physician or health care practitioner to sell or rent you equipment. You may also call us to determine if certain devices are covered.</p>	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Power operated vehicles unless medically necessary based upon diagnosis</i> • <i>Duplicate or back up equipment</i> • <i>Parts and labor costs for supplies and accessories replaced due to wear and tear such as tires and tubes</i> • <i>Educational, vocational or environmental equipment</i> • <i>Deluxe or upgraded equipment or supplies</i> • <i>Home or vehicle modifications; seat lifts</i> • <i>Over-the-counter medical supplies</i> • <i>Activities of daily living aids (such as grab bars and utensil holders)</i> • <i>Personal hygiene equipment</i> • <i>Paraffin baths, whirlpools and cold therapy</i> • <i>Augmentative communication devices</i> • <i>Physical fitness equipment</i> • <i>Continuous pulse oximetry unless skilled nursing is involved in home care and it is part of their medically necessary equipment</i> 	<i>All charges.</i>	<i>All charges</i>
Home health services	In-Network	Out-of-Network
<p>Medically necessary Home health care ordered by a Plan physician and provided by a registered nurse (R.N.), licensed practical nurse (L.P.N.), licensed vocational nurse (L.V.N.), or home health aide.</p> <p>Services include: oxygen therapy, intravenous therapy and medications.</p> <p>Limited to 60 visits per year</p> <p>Benefits are available only when the Home Health Agency services are provided on a part-time, Intermittent Care schedule and when skilled care is required.</p>	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<i>Not covered:</i>	<i>All charges</i>	<i>All charges</i>

Home health services - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Home health services (cont.)	In-Network	Out-of-Network
<ul style="list-style-type: none"> Nursing care requested by, or for the convenience of, the patient or the patient's family Home care primarily for personal assistance that does not include a medical component and is not diagnostic, therapeutic, or rehabilitative Private duty nursing Foods that can be obtained over the counter (without a prescription) even if prescribed by your physician 	All charges	All charges
Chiropractic	In-Network	Out-of-Network
<ul style="list-style-type: none"> Manipulation of the spine and extremities up to 20 visits per year Adjunctive procedures such as ultrasound, electrical muscle stimulation, vibratory therapy, and cold pack application 	\$25 copayment per visit	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
Alternative treatments	In-Network	Out-of-Network
<p>Acupuncture - Up to 12 visits per year</p> <ul style="list-style-type: none"> Anesthesia Pain relief Nausea that is related to surgery, pregnancy or chemotherapy <p>Acupuncture services must be performed in an office setting by a provider who is one of the following, either practicing within the scope of his/her license (if state license is available) or who is certified by a national accrediting body:</p> <ul style="list-style-type: none"> Doctor of Medicine Doctor of Osteopathy Chiropractor Acupuncturist 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> Naturopathic services Hypnotherapy Massage Therapy Herbal medicine Rolfing Ayurveda Homeopathy Other alternative treatments unless specifically listed as covered 	All charges	All charges

Benefit Description	You pay	
Educational classes and programs	In-Network	Out-of-Network
<p>Outpatient self-management training for the treatment of insulin-dependent diabetes, insulin-using diabetes, gestational diabetes and non-insulin using diabetes. Diabetes outpatient self-management training, education and medical nutrition therapy services must be prescribed by a licensed health care professional who has appropriate state licensing authority. Outpatient self-management training includes, but is not limited to, education and medical nutrition therapy. The training must be given by a certified registered or licensed health care professional trained in the care and management of diabetes.</p> <p>Coverage includes:</p> <ul style="list-style-type: none"> • Initial training visit, up to 10 hours, after you are diagnosed with diabetes, for the care and management of diabetes, including but not limited to: Counseling in nutrition , the use of equipment and supplies, training and education, up to four hours, as a result of a subsequent diagnosis by a Physician of a significant change in your symptoms or condition which require modification of your program of self-management of diabetes. Also included is training and education, up to four hours, because of the development of new techniques and treatments. 	<p>Primary care physician (PCP) \$25 copayment</p> <p>Non-designated specialist \$75 copayment</p> <p>Tier 1 premium-designated specialist \$50 copayment</p>	<p>50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)</p>
<p>Coverage is provided for:</p> <p>Tobacco Cessation Program "Quit Power" which includes online learning, Quit Coach, Nicotine Replacement Therapy Coaching and over the counter and prescription drugs approved by the FDA to treat tobacco dependence. You can learn more about this program in Section 5(h) Wellness and Other Special Features.</p>	<p>Nothing for members in the program</p>	<p>100%</p>
<p>Childhood obesity education</p>	<p>Nothing</p>	<p>50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)</p>

Section 5(b). Surgical and Anesthesia Services Provided by Physicians and Other Health Care Professionals

Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Physicians must provide or arrange your care.
- The calendar year deductible is: \$500 Self Only, \$1,000 Self Plus One and Self and Family in-network and \$1,000 Self Only, \$2,000 Self Plus One and Self and Family out-of-network. The calendar year deductible applies to almost all benefits in this Section. We indicate " after deductible " to show when the calendar year deductible applies.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost sharing works. Also read Section 9, *Coordinating benefits with other coverage*, including with Medicare.
- The amounts listed below are for the charges billed by a physician or other health care professional for your surgical care. Look in Section 5(c) for charges associated with the facility (i.e. hospital, surgical center, etc.).
- **YOUR PHYSICIAN MUST GET PREAUTHORIZATION FOR SOME SERVICES AND/OR PROCEDURES.** Please refer to the preauthorization information shown in Section 3 or call customer service to be sure which services require preauthorization.

Benefit Description	You pay	
	In-Network	Out-of-Network
<p>Surgical procedures</p> <p>A comprehensive range of services, such as:</p> <ul style="list-style-type: none"> • Operative procedures • surgical scopic procedures include arthroscopy, laparoscopy, bronchoscopy and hysteroscopy • Treatment of fractures, including casting • Normal pre- and post-operative care by the surgeon • Correction of amblyopia and strabismus • Biopsy procedures • Removal of tumors and cysts • Correction of congenital anomalies (see <i>Reconstructive surgery</i>) • Insertion of internal prosthetic devices . See 5(a) – <i>Orthopedic and prosthetic devices</i> for device coverage information • Voluntary sterilization (vasectomy) • Treatment of burns <p>Note: Generally, we pay for internal prostheses (devices) according to where the procedure is done. For example, we pay Hospital benefits for a pacemaker and Surgery benefits for insertion of the pacemaker.</p>	<p>20% after deductible has been met</p>	<p>50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)</p>

Surgical procedures - continued on next page

Benefit Description	You pay	
Surgical procedures (cont.)	In-Network	Out-of-Network
<p>Surgical treatment of morbid obesity (Bariatric surgery) when the following criteria has been met:</p> <ul style="list-style-type: none"> • Eligible members must be 18 or over (coverage for members under 18 is limited to individuals who meet guidelines established by the National Heart, Lung and Blood Institute (NHLBH) and • Individuals must have a Body Mass Index (BMI) of 40 or 35 with at least one documented comorbidity, and • Must complete a pre-surgical psychological evaluation, and • Must enroll in the Optum Bariatric Resource Services (BRS) Program • The member must complete a multi-disciplinary surgical preparatory regimen, which includes a psychological evaluation • The member's PCP must submit clinical records documenting completion of a 6 month PCP supervised structured weight loss program. • This benefit must be coordinated by UnitedHealthcare Bariatric and Bariatric Centers of Excellence Facility 	20% after deductible has been met	All charges
<p>Physician charges for Scopic Procedures such as:</p> <ul style="list-style-type: none"> • Endoscopy • Colonoscopy (Diagnostic) • Sigmoidscopy <p>Please note that Benefits under this section do not include surgical scopic procedures, which are for the purpose of performing surgery. Benefits for surgical scopic procedures are described under <i>Surgery</i>. Examples of surgical scopic procedures include arthroscopy, laparoscopy, bronchoscopy and hysteroscopy.</p>	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Reversal of voluntary sterilization</i> • <i>Routine treatment of conditions of the foot; see Foot care</i> 	<i>All charges</i>	<i>All charges</i>
Reconstructive surgery	In-Network	Out-of-Network
<p>Physician charges for :</p> <ul style="list-style-type: none"> • Surgery to correct a functional defect • Surgery to correct a condition caused by injury or illness if: <ul style="list-style-type: none"> - the condition produced a major effect on the member's appearance and - the condition can reasonably be expected to be corrected by such surgery 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)

Reconstructive surgery - continued on next page

Benefit Description	You pay	
Reconstructive surgery (cont.)	In-Network	Out-of-Network
<ul style="list-style-type: none"> • Surgery to correct a condition that existed at or from birth and is a significant deviation from the common form or norm. Examples of congenital anomalies are: protruding ear deformities; cleft lip; cleft palate; birthmarks; and webbed fingers and toes. • All stages of breast reconstruction surgery following a mastectomy, such as: <ul style="list-style-type: none"> - Surgery to produce a symmetrical appearance of breasts; - Treatment of any physical complications, such as lymphedemas; - Breast prostheses and surgical bras and replacements (see <i>Prosthetic devices</i>) • Gender reassignment surgery limited to the following procedures: <ul style="list-style-type: none"> - Mastectomy - Hysterectomy - Oophorectomies - Gonadectomy - Orchiectomy <p>Note: If you need a mastectomy, you may choose to have the procedure performed on an inpatient basis and remain in the hospital up to 48 hours after the procedure.</p>	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Cosmetic surgery – any surgical procedure (or any portion of a procedure) performed primarily to improve physical appearance through change in bodily form, except repair of accidental injury</i> • <i>Gender reassignment surgical procedures not listed above</i> 	<i>All charges</i>	<i>All charges</i>
Oral and maxillofacial surgery	In-Network	Out-of-Network
<p>Oral surgical procedures, limited to:</p> <ul style="list-style-type: none"> • Reduction of fractures of the jaws or facial bones • Surgical correction of cleft lip, cleft palate or severe functional malocclusion • Removal of stones from salivary ducts • Excision of leukoplakia or malignancies • Excision of cysts and incision of abscesses when done as independent procedures • Other surgical procedures that do not involve the teeth or their supporting structures 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Oral implants and transplants</i> 	<i>All charges</i>	<i>All charges</i>

Oral and maxillofacial surgery - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Oral and maxillofacial surgery (cont.)	In-Network	Out-of-Network
<ul style="list-style-type: none"> Procedures that involve the teeth or their supporting structures (such as the periodontal membrane, gingiva, and alveolar bone) 	All charges	All charges
Organ/tissue transplants (Transplants must be provided in a Plan designated Center for Transplants)	In-Network	Out-of-Network
<p>These solid organ transplants are covered. Solid organ transplants are limited to:</p> <ul style="list-style-type: none"> Autologous pancreas islet cell transplant (as an adjunct to total or near total pancreatectomy) only for patients with chronic pancreatitis Cornea Heart Heart/lung Intestinal transplants <ul style="list-style-type: none"> Isolated Small intestine Small intestine with the liver Small intestine with multiple organs, such as the liver, stomach, and pancreas Kidney Kidney-Pancreas Liver Lung: single/bilateral/lobar Pancreas 	20% after deductible has been met	All charges
<p>These tandem blood or marrow stem cell transplants for covered transplants are subject to medical necessity review by the Plan. Refer to <i>Other services</i> in Section 3 for prior authorization procedures.</p> <ul style="list-style-type: none"> Autologous tandem transplants for <ul style="list-style-type: none"> AL Amyloidosis Multiple myeloma (de novo and treated) Recurrent germ cell tumors (including testicular cancer) 	20% after deductible has been met	All charges
<p>Blood or marrow stem cell transplants</p> <p>The plan extends coverage for the diagnoses as indicated below.</p> <ul style="list-style-type: none"> Allogeneic transplants for <ul style="list-style-type: none"> Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia Acute myeloid leukemia Advanced Hodgkin's lymphoma with recurrence (relapsed) 	20% after deductible has been met	All charges

Organ/tissue transplants (Transplants must be provided in a Plan designated Center for Transplants) - continued on next page

Benefit Description	You pay	
Organ/tissue transplants (Transplants must be provided in a Plan designated Center for Transplants) (cont.)	In-Network	Out-of-Network
<ul style="list-style-type: none"> - Advanced Myeloproliferative Disorders (MPDs) - Advanced neuroblastoma - Advanced non-Hodgkin’s lymphoma with recurrence (relapsed) - Amyloidosis - Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL) - Hemoglobinopathy - Infantile malignant osteopetrosis - Kostmann’s syndrome - Leukocyte adhesion deficiencies - Marrow failure and related disorders (i.e., Fanconi’s, PNH, Pure Red Cell Aplasia) - Mucopolysaccharidosis (e.g., Gaucher’s disease, metachromatic leukodystrophy, adrenoleukodystrophy) - Mucopolysaccharidosis (e.g., Hunter’s syndrome, Hurler’s syndrome, Sanfillippo’s syndrome, Maroteaux-Lamy syndrome variants) - Myelodysplasia/Myelodysplastic syndromes - Paroxysmal Nocturnal Hemoglobinuria - Phagocytic/Hemophagocytic deficiency diseases (e.g., Wiskott-Aldrich syndrome) - Severe combined immunodeficiency - Severe or very severe aplastic anemia - Sickle cell anemia - X-linked lymphoproliferative syndrome • Autologous transplants for <ul style="list-style-type: none"> - Acute lymphocytic or nonlymphocytic (i.e., myelogenous) leukemia - Advanced Hodgkin’s lymphoma with recurrence (relapsed) - Advanced non-Hodgkin’s lymphoma with recurrence (relapsed) - Amyloidosis - Breast cancer - Ependymoblastoma - Epithelial ovarian cancer - Ewing’s sarcoma - Multiple myeloma - Medulloblastoma - Pineoblastoma 	<p>20% after deductible has been met</p>	<p>All charges</p>

Benefit Description	You pay	
Organ/tissue transplants (Transplants must be provided in a Plan designated Center for Transplants) (cont.)	In-Network	Out-of-Network
<ul style="list-style-type: none"> - Neuroblastoma - Testicular, Mediastinal, Retroperitoneal, and ovarian germ cell tumors 	20% after deductible has been met	All charges
<p>Mini-transplants performed in a clinical trial setting (non-myeloablative, reduced intensity conditioning or RIC) for members with a diagnosis listed below are subject to medical necessity review by the Plan.</p> <p>Refer to <i>Other services</i> in Section 3 for prior authorization procedures:</p> <ul style="list-style-type: none"> • Allogeneic transplants for <ul style="list-style-type: none"> - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Acute myeloid leukemia - Advanced Hodgkin’s lymphoma with recurrence (relapsed) - Advanced Myeloproliferative Disorders (MDPs) - Advanced non-Hodgkin’s lymphoma with recurrence (relapsed) - Amyloidosis - Chronic lymphocytic leukemia/small lymphocytic lymphoma (CLL/SLL) - Hemoglobinopathy - Marrow failure and related disorders (i.e., Fanconi’s, PNH, Pure Red Cell Aplasia) - Myelodysplasia/Myelodysplastic syndromes - Paroxysmal Nocturnal Hemoglobinuria - Severe combined immunodeficiency - Severe or very severe aplastic anemia • Autologous transplants for <ul style="list-style-type: none"> - Acute lymphocytic or nonlymphocytic (i.e., myelogenous) leukemia - Advanced Hodgkin’s lymphoma with recurrence (relapsed) - Advanced non-Hodgkin’s lymphoma with recurrence (relapsed) - Amyloidosis - Neuroblastoma 	20% after deductible has been met	All charges

Organ/tissue transplants (Transplants must be provided in a Plan designated Center for Transplants) - continued on next page

Benefit Description	You pay	
Organ/tissue transplants (Transplants must be provided in a Plan designated Center for Transplants) (cont.)	In-Network	Out-of-Network
<p>These blood or marrow stem cell transplants are covered only in a National Cancer Institute or National Institutes of health approved clinical trial or a Plan-designated center of excellence and if approved by the Plan’s medical director in accordance with the Plan’s protocols.</p> <p>If you are a participant in a clinical trial, the Plan will provide benefits for related routine care that is medically necessary (such as doctor visits, lab tests, x-rays and scans, and hospitalization related to treating the patient’s condition) if it is not provided by the clinical trial. Section 9 has additional information on costs related to clinical trials. We encourage you to contact the Plan to discuss specific services if you participate in a clinical trial.</p> <ul style="list-style-type: none"> • Allogeneic transplants for <ul style="list-style-type: none"> - Advanced Hodgkin’s lymphoma - Advanced non-Hodgkin’s lymphoma - Beta Thalassemia Major - Chronic inflammatory demyelination polyneuropathy (CIDP) - Early stage (indolent or non-advanced) small cell lymphocytic lymphoma - Multiple myeloma - Multiple sclerosis - Sickle Cell anemia • Mini-transplants (non-myeloablative allogeneic, reduced intensity conditioning or RIC) for <ul style="list-style-type: none"> - Acute lymphocytic or non-lymphocytic (i.e., myelogenous) leukemia - Advanced Hodgkin’s lymphoma - Advanced non-Hodgkin’s lymphoma - Breast cancer - Chronic lymphocytic leukemia - Chronic lymphocytic lymphoma/small lymphocytic lymphoma (CLL/SLL) - Chronic myelogenous leukemia - Colon cancer - Early stage (indolent or non-advanced) small cell lymphocytic lymphoma - Multiple myeloma - Multiple sclerosis - Myeloproliferative disorders (MDDs) - Non-small cell lung cancer 	<p>20% after deductible has been met</p>	<p>All charges</p>

Benefit Description	You pay	
Organ/tissue transplants (Transplants must be provided in a Plan designated Center for Transplants) (cont.)	In-Network	Out-of-Network
<ul style="list-style-type: none"> - Ovarian cancer - Prostate cancer - Renal cell carcinoma - Sarcomas - Sickle cell anemia • Autologous Transplants for: <ul style="list-style-type: none"> - Advanced Childhood kidney cancers - Advanced Ewing sarcoma - Advanced Hodgkin’s lymphoma - Advanced non-Hodgkin’s lymphoma - Aggressive non-Hodgkin lymphomas - Breast Cancer - Childhood rhabdomyosarcoma - Chronic lymphocytic lymphoma/small lymphocytic lymphoma (CLL/SLL) - Chronic myelogenous leukemia - Early stage (indolent or non-advanced) small cell lymphocytic lymphoma - Epithelial Ovarian Cancer - Mantle Cell (Non-Hodgkin lymphoma) - Multiple sclerosis - Small cell lung cancer - Systemic lupus erythematosus - Systemic sclerosis <p>National Transplant Program (NTP) - OptumHealth Care Solutions (URN) used for organ tissue transplants</p> <p>Limited Benefits – Treatment for breast cancer, multiple myeloma, and epithelial ovarian cancer may be provided in a National Cancer Institute – or National Institutes of Health-approved clinical trial at a Plan-designated center of excellence and if approved by the Plan’s medical director in accordance with the Plan’s protocols.</p> <p>Note: We cover related medical and hospital expenses of the donor when we cover the recipient.</p> <p>Transplants must be provided in a Plan designated Center of Excellence for Transplants. These centers do a large volume of these procedures each year and have a comprehensive program of care.</p>	<p>20% after deductible has been met</p>	<p>All charges</p>
<p>Donor testing for bone marrow/stem cell transplants for up to 4 potential donors whether family or non-family</p>	<p>20% after deductible has been met</p>	<p>All charges</p>

Organ/tissue transplants (Transplants must be provided in a Plan designated Center for Transplants) - continued on next page

Benefit Description	You pay	
Organ/tissue transplants (Transplants must be provided in a Plan designated Center for Transplants) (cont.)	In-Network	Out-of-Network
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Donor screening tests and donor search expenses, except those performed for the actual donor - except as listed above</i> • <i>Implants of artificial organs</i> • <i>Transplants not listed as covered</i> • <i>All services related to non-covered transplants</i> • <i>All services associated with complications resulting from the removal of an organ from a non-member</i> 	<i>All charges</i>	<i>All charges</i>
Anesthesia	In-Network	Out-of-Network
<p>Professional services provided in :</p> <ul style="list-style-type: none"> • Hospital (inpatient) • Hospital (outpatient) • Surgical center • Skilled nursing center • Office 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)

Section 5(c). Services Provided by a Hospital or Other Facility, and Ambulance Services

Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- In this Section when the deductible applies we have added " after deductible has been met" The calendar year deductible is: \$500 Self Only, \$1,000 Self Plus One and Self and Family in-network and \$1,000 Self Only, \$2,000 Self Plus One and Self and Family out-of-network.
- Some benefits in this section are subject to a "**per occurrence**" deductible. When this applies we will state " per occurrence deductible." When utilizing free-standing facilities you can reduce your out of pocket expenses.
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost sharing works. Also read Section 9, *Coordinating benefits with other coverage*, including with Medicare.
- The amounts listed below are for the charges billed by the facility (i.e., hospital or surgical center) or ambulance service for your surgery or care. Any costs associated with the professional charge such as physician charges are in Sections 5(a) or (b).
- **YOUR PHYSICIAN MUST GET PREAUTHORIZATION FOR SOME SERVICES AND/OR PROCEDURES.** Please refer to the preauthorization information shown in Section 3 or call customer service to be sure which services require preauthorization.

Benefit Description	You pay	
Note: When the calendar year deductible applies we say below: "(when deductible has been met)"		
Inpatient hospital	In-Network	Out-of-Network
Room and board, such as <ul style="list-style-type: none"> • Ward, semiprivate, or intensive care accommodations • General nursing care • Meals and special diets Note: If you want a private room when it is not medically necessary, you pay the additional charge above the semiprivate room rate.	20% after annual deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
Other hospital services and supplies, such as: <ul style="list-style-type: none"> • Operating, recovery, maternity, and other treatment rooms • Prescribed drugs and medications • Diagnostic laboratory tests and X-rays • Dressings, splints, casts, and sterile tray services • Medical supplies and equipment, including oxygen 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<ul style="list-style-type: none"> • Operating, recovery, maternity, and other treatment rooms • Prescribed drugs and medications • Diagnostic laboratory tests and X-rays • Administration of blood and blood products 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)

Inpatient hospital - continued on next page

Benefit Description	You pay	
	In-Network	Out-of-Network
Inpatient hospital (cont.)		
<ul style="list-style-type: none"> Blood products, derivatives and components, artificial blood products and biological serum. Blood products include any product created from a component of blood such as, but not limited to, plasma, packed red blood cells, platelets, albumin, Factor VIII, immunoglobulin, and prolactin Dressings, splints, casts, and sterile tray services Medical supplies and equipment, including oxygen Anesthetics, including nurse anesthesia services Take-home items Medical supplies, appliances, medical equipment, and any covered items billed by a hospital for use at home 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> <i>Custodial care</i> <i>Non-covered facilities, such as nursing homes, schools</i> <i>Personal comfort items, such as telephone, television, barber services, guest meals and beds</i> <i>Private nursing care</i> 	<i>All charges</i>	<i>All charges</i>
Outpatient hospital or ambulatory surgical center		
<ul style="list-style-type: none"> Operating, recovery, and other treatment rooms Prescribed drugs and medications Diagnostic laboratory tests, X-rays, and pathology services Administration of blood, blood plasma, and other biologicals Blood and blood plasma, if not donated or replaced Pre-surgical testing Dressings, casts, and sterile tray services Medical supplies, including oxygen Anesthetics and anesthesia service <p>Note: We cover hospital services and supplies related to dental procedures when necessitated by a non-dental physical impairment. We do not cover the dental procedures.</p>	<p>20% after deductible has been met for services in ambulatory surgical center or physician's office;</p> <p>20% after \$250 per occurrence deductible and annual deductible has been met for services in outpatient hospital based surgical center</p>	<p>50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met) in ambulatory surgical center or physician's office</p> <p>50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met) plus \$250 per occurrence deductible for services in outpatient hospital based surgical center</p>
<i>Not covered: Blood and blood derivatives not replaced by the member</i>	<i>All charges</i>	<i>All charges</i>

Benefit Description	You pay	
	In-Network	Out-of-Network
Extended care benefits/Skilled nursing care facility benefits		
<p>Services and supplies provided during Stay in a Skilled Nursing Facility or Inpatient Rehabilitation Facility. Benefits are available for up to 60 days per year when full-time nursing care is medically necessary as determined by the Plan.</p> <p>Services include:</p> <ul style="list-style-type: none"> • Room and board in a Semi-private Room (a room with two or more beds), and general nursing care • Drugs, biologicals, supplies and equipment ordinarily provided or arranged by the skilled nursing facility when prescribed by a physician. 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Custodial care</i> • <i>Rest cures, domiciliary or convalescent care</i> • <i>Personal comfort items, such as telephone, barber services, guest meals and beds</i> 	<i>All charges</i>	<i>All charges</i>
Hospice care	In-Network	Out-of-Network
<p>Hospice care that is recommended by a Physician. Hospice care is an integrated program that provides comfort and support services for the terminally ill.</p> <p>Hospice care includes:</p> <ul style="list-style-type: none"> • Physical • Psychological • Social • Spiritual • Respite care for the terminally ill person and short-term grief counseling for immediate family members while the Covered Person is receiving hospice care • Benefits are available when hospice care is received from a licensed hospice agency. 	20% after deductible has been met	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered: Independent and private duty nursing, homemaker services</i></p>	<i>All charges</i>	<i>All charges</i>
Ambulance	In-Network	Out-of-Network
Medically necessary ground ambulance.	20% after deductible has been met	20% after deductible has been met

Section 5(d). Emergency Services/Accidents

Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible is: \$500 Self Only, \$1,000 Self Plus One and Self and family in-network and \$1,000 Self Only, \$2,000 Self Plus One and Self and Family out-of-network. The calendar year deductible applies to almost all benefits in this Section. We state "after deductible has been met "for those services subject to the deductible.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost sharing works. Also read Section 9, *Coordinating benefits with other coverage*, including with Medicare.

What is a medical emergency?

A medical emergency is the sudden and unexpected onset of a condition or an injury that you believe endangers your life or could result in serious injury or disability, and requires immediate medical or surgical care. Some problems are emergencies because, if not treated promptly, they might become more serious; examples include deep cuts and broken bones. Others are emergencies because they are potentially life-threatening, such as heart attacks, strokes, poisonings, gunshot wounds, or sudden inability to breathe. There are many other acute conditions that we may determine are medical emergencies – what they all have in common is the need for quick action.

What to do in case of emergency:

Emergencies within or outside our service area

If you are in an emergency situation, please call your Primary Care Physician. In extreme emergencies, if you are unable to contact your physician, contact the local emergency system (e.g., the 911 telephone system) or go to the nearest hospital emergency room. Be sure to tell the emergency room personnel that you are a Plan member so they can notify the Plan. You or a family member should notify the Plan or Primary Care Physician within 48 hours, unless it was not reasonably possible to notify us within that time. It is your responsibility to ensure that the Plan has been timely notified.

If you need to be hospitalized, the Plan must be notified within 48 hours or on the first working day following your admission, unless it was not reasonably possible to notify us within that time.

Benefit Description	You pay	
	In-Network	Out-of-Network
<ul style="list-style-type: none"> • Emergency care at a doctor’s office • Emergency care at an urgent care center • Emergency care as an outpatient at a hospital, including doctors’ services 	Primary care physician (PCP) \$25 copayment; Non-designated specialist \$75 copayment, Tier 1 premium-designated specialist \$50 copayment, \$100 copayment at Urgent Care center \$250 copayment per visit at Hospital emergency room (waived if admitted)	50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met) 50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met) \$250 copay per visit at Hospital emergency room (waived if admitted)
<i>Not covered: Elective care or non-emergency care at Hospital emergency room</i>	<i>All charges</i>	<i>All charges</i>

Benefit Description	You pay	
Ambulance	In-Network	Out-of-Network
Professional emergency ground and air ambulance service when medically appropriate	20% when deductible has been met	20% when deductible has been met

Section 5(e). Mental Health and Substance Use Disorder Benefits

When you get our approval for services and follow a treatment plan we approve, cost-sharing and limitations for Plan mental health and substance abuse benefits will be no greater than for similar benefits for other illnesses and conditions.

Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible applies to almost all benefits in this Section. We added "after deductible has been met" to show when a deductible applies.
- The calendar year deductible is: \$500 Self Only, \$1,000 Self Plus One and Self and Family in-network and \$1,000 Self Only, \$2,000 Self Plus One and Self and family out-of-network. Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost sharing works. Also read Section 9 *Coordinating benefits with other coverage*, including with Medicare.
- **YOUR PHYSICIAN MUST GET PREAUTHORIZATION FOR SOME SERVICES AND/OR PROCEDURES.** Please refer to the preauthorization information shown in Section 3 or call customer service to be sure which services require preauthorization.

Benefit Description	You pay	
<p>Note: The calendar year deductible applies to almost all benefits in this Section. We state "(after deductible has been met)" when it applies.</p>		
Professional Services	In-Network	Out-of-Network
<p>When part of a treatment plan we approve, we cover professional services by licensed professional mental health and substance use disorder treatment practitioners when acting within the scope of their license, such as psychiatrists, psychologists, clinical social workers, licensed professional counselors, or marriage and family therapists.</p> <p>Note: Plan benefits are payable only when we determine the care is clinically appropriate to treat your condition and only when you receive the care as part of a treatment plan that we approve.</p>	<p>Your cost sharing responsibilities are no greater than for other illnesses or conditions.</p>	<p>Your cost sharing responsibilities are no greater than for other illnesses or conditions.</p>
<p>Diagnosis and treatment of psychiatric conditions, mental illness, or mental disorders. Services include:</p> <ul style="list-style-type: none"> • Diagnostic evaluation • Crisis intervention and stabilization for acute episodes • Medication evaluation and medication management (pharmacotherapy) • Psychological and neuropsychological testing necessary to determine the appropriate psychiatric treatment • Treatment and counseling (including individual or group therapy visits) • Diagnosis and treatment of alcoholism and drug use, including detoxification, treatment and counseling • Professional charges for outpatient treatment in a provider's office or other professional setting • Electroconvulsive therapy 	<p>\$75 copay per visit</p>	<p>50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)</p>

Benefit Description	You pay	
Professional Services (cont.)	In-Network	Out-of-Network
<p>Autism Spectrum Disorder for children with autism spectrum disorder</p> <ul style="list-style-type: none"> Assessments, evaluations, or tests by a licensed physician or licensed psychologist to diagnose whether an individual has an autism spectrum disorder; Treatment of autism spectrum disorders when it is determined by a licensed physician or licensed psychologist that the treatment is medically necessary health care. A licensed physician or licensed psychologist may be required to demonstrate ongoing medical necessity 	<p>\$75 copayment for in network specialist, \$50 copayment for premium tiered specialist</p>	<p>50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)</p>
Diagnostics	In-Network	Out-of-Network
<ul style="list-style-type: none"> Outpatient diagnostic tests provided and billed by a licensed mental health and substance use disorder treatment practitioner Outpatient diagnostic tests provided and billed by a laboratory, hospital or other covered facility <p>Inpatient diagnostic tests provided and billed by a hospital or other covered facility</p>	<p>Cost sharing responsibilities are no greater than for other illnesses or conditions</p>	<p>Cost sharing responsibilities are no greater than for other illnesses or conditions</p>
Inpatient Hospital or other covered facility	In-Network	Out-of-Network
<p>Inpatient services provided and billed by a hospital or other covered facility</p> <ul style="list-style-type: none"> Room and board, such as semi-private or intensive accommodations, general nursing care, meals and special diets, and other hospital services. Prior authorization is required Partial day treatment Residential Treatment 	<p>20% after deductible has been met</p>	<p>50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)</p>
Diagnostics	In-Network	Out-of-Network
<p>Diagnostic tests</p> <ul style="list-style-type: none"> Outpatient diagnostic tests provided and billed by a licensed mental health and substance abuse practitioner Outpatient diagnostic tests provided and billed by a laboratory, hospital or other covered facility Inpatient diagnostic tests provided and billed by a hospital or other covered facility 	<p>20% after deductible has been met</p>	<p>50% of the Plan allowance and any difference between our allowance and the billed amount. (after deductible has been met)</p>

Benefit Description	You pay	
Outpatient hospital	In-Network	Out-of-Network
<p>Outpatient services provided by and billed by a covered facility such as:</p> <ul style="list-style-type: none"> • Facility based intensive outpatient treatment programs 	<p>20% after deductible has been met</p>	<p>50% of the Plan allowance and any difference between our allowance and the billed amount. (after deductible has been met)</p>
Not covered	In-Network	Out-of-Network
<ul style="list-style-type: none"> • <i>Psychiatric evaluation or therapy on court order or as a condition of parole or probation, unless determined by the Plan physician to be necessary and appropriate</i> • <i>Methadone Maintenance for substance use unless it is part of an approved treatment program</i> • <i>Services and supplies when paid for directly or indirectly by a local state or Federal Government agency</i> • <i>Room and board at a therapeutic boarding school</i> • <i>Services rendered or billed by schools</i> • <i>Services that are not medically necessary .</i> <p><i>Note: OPM will base its review of disputes about treatment plans on the treatment plan's clinical appropriateness. OPM will generally not order us to pay or provide one clinically appropriate treatment plan in favor of another.</i></p>	<p><i>All charges</i></p>	<p><i>All charges</i></p>

Section 5(f). Prescription Drug Benefits

Important things you should keep in mind about these benefits:

- We cover prescribed drugs and medications, as described in the chart beginning on the next page. Some injectable medications may be covered under your medical benefit.
- Please remember that all benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- Members must make sure their physicians obtain prior approval/authorizations for certain prescription drugs and supplies before coverage applies. Prior approval/authorizations must be renewed periodically.
- Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also, read Section 9 about coordinating benefits with other coverage, including with Medicare. Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost sharing works. Also read Section 9, *Coordinating benefits with other coverage*, including with Medicare.
- There are no out of network benefits for prescription drugs.
- Federal law prevents the pharmacy from accepting unused medications.
- Prescription drugs are not subject to deductible.

There are important features you should be aware of. These include:

- **Who can write your prescription.** A health care provider licensed to write the prescription.
- **Where you can obtain them.** You may fill the prescription at a Plan pharmacy. Retail or mail order Specialty Pharmacy drugs are only filled at our Specialty Pharmacy. Some drugs are only available at the retail pharmacy for safety or other reasons. To locate the name of a Plan pharmacy near you, refer to your Directory of Health Care Professionals, call our Customer Service Department 877-835-9861 or visit our website, www.uhcfeds.com.
- **We use a Prescription Drug List (PDL).** Our PDL Management Committee creates this list that includes FDA approved prescription medications, products, or devices. Our Plan covers all prescription medications written in accordance with FDA guidelines for a particular therapeutic indication except for prescription medications or classes of medications listed under “Not Covered” in this section of the brochure. The PDL Management Committee decides the tier placement based upon clinical information from the UnitedHealthcare Pharmacy and Therapeutics (P&T) Committee as well economic and financial considerations. You will find important information about our PDL as well as other Plan information on our web site, www.uhcfeds.com. Your plan PDL is the Traditional PDL.
- **The PDL consists of Tiers 1, 2, 3 and 4.**
- **Tier 1** is your **lowest** copayment option (\$10 for up to a 30-day supply or \$25.00 for up to a 90-day supply through mail order), and includes most generic medications, as well as select preferred brand medications. Brand medications in Tier 1 include select insulin products, select inhalers for asthma, and select medications for migraine headaches for which no generic alternative(s) are available. For the lowest out-of-pocket expense, you should always consider Tier 1 medications if you and your provider decide they are appropriate for your treatment.
- **Tier 2** is your **middle** copayment option (\$35 for up to a 30-day supply or \$87.50 for up to a 90-day supply through mail order), and contains most preferred brand medications not included in Tier 1. Preferred medications placed in Tiers 1 and 2 are those the PDL Management Committee has determined to provide better overall value than those in Tier 3. If you are currently taking a medication in Tier 2, ask your provider whether there are Tier 1 alternatives that may be appropriate for your treatment.
- **Tier 3** is your **higher** copayment option (\$60 for up to a 30-day supply or \$150 for up to a 90-day supply through mail order), and consists of non-preferred medications. Sometimes there are alternatives available in Tier 1 or Tier 2. If you are currently taking a medication in Tier 3, ask your provider whether there are Tier 1 or Tier 2 alternatives that may be appropriate for your treatment.

- **Tier 4** is your **highest** priced (\$100 for up to a 30-day supply or \$250 for up to a 90-day supply through mail order) non-preferred medications that do not add clinical value over their covered Tier 1, Tier 2, or Tier 3 alternatives. Some medications on Tier 4 may also have an over-the-counter alternative which can be purchased without a prescription.

Changes to Tier level for all covered medications and supplies may occur January 1 and July 1 of each year. Throughout the year, if new generic medications come to market throughout the Plan year they will be placed on Tier 1 and the brand could move to a higher tier. Newly marketed brand medications will be evaluated by our PDL Management Committee and they will be placed in the appropriate Tier. A prescription medication may be moved to the 4th tier of PDL at anytime if the medication changes to over-the-counter status, or removed from the PDL due to safety concerns declared by the Food and Drug Administration (FDA).

Specific Drug Exclusions - The plan will exclude higher cost medications that have therapeutic alternatives available without any additional clinical value over other options in their class. These drugs cost significantly more than those alternatives.

These are the dispensing limitations: Some drugs may only be available at a retail pharmacy or through the designated Specialty Pharmacy.

Mandatory Specialty Pharmacy Program - Our Specialty Pharmacy Program includes medications for rare, unusual or complex diseases. Members must obtain these medications through our designated specialty pharmacy. You will pay the applicable Tier copay for your specialty medications and receive up to a maximum of a consecutive 30-day supply of your prescription medication. Our specialty pharmacy providers will give you superior assistance and support during your treatment. This Program offers the following benefits to members:

- Expertise in storing, handling and distributing these unique medications
- Access to products and services that are not available through a traditional retail pharmacy
- Access to nurses and pharmacists with expertise in complex and high cost diseases
- Free supplies such as syringes and needles
- Educational materials as well as support and development of a necessary care plan

Contraceptives - You pay one copay for up to a 90-day supply of contraceptive medications, subject to QLL and QD limitations. Note: Tier 1 hormonal contraceptives are offered with no copayment.

Step Therapy - Step-therapy is a tool used to control costs for certain drug types as well as ensure quality and safety. If you have a new prescription for certain kinds of medications, you must first try the most cost-effective (first-line) drug in that category before another one is covered. In most cases, the cost-effective drug will work for you, but if it doesn't, your physician will need to request preauthorization for another (second-line) drug in the same category.

Quantity Duration (QD) - Some medications have a limited amount that can be covered for a specific period of time.

Quantity Level Limits (QLL) - Some medications have a limited amount that can be covered at one time.

Day Supply - "Day supply" means consecutive days within the period of prescription. Where a prescription regimen includes "on and off days" when the medication is taken, the off days are included in the count of the day supply.

Changes to quantity duration and quantity level limits may occur on January 1 and July 1 of each year. We base these processes upon the manufacturer's package size, FDA-approved dosing guidelines as defined in the product package insert and/or the medical literature or guidelines that support the use of doses other than the FDA-recommended dosage. If your prescription written by your provider exceeds the allowed quantity, please refer to Section 7, to file an appeal with the Plan.

Injectable medications - Some injectable medications may be covered under the medical policy. Medications typically covered under the pharmacy benefit and received through a retail or mail order pharmacy are those that are self-administered by you or a non-skilled caregiver. However, injectable medications that are typically administered by a health care professional are covered under your medical benefit and need to be accessed through your provider or Specialty pharmacy. Contact the Health Plan at 877-835-9861 for more information on these medications.

Special dispensing circumstances - UnitedHealthcare will give special consideration to filling prescription medications for members covered under the FEHB if:

- You are called to active duty, or
- You are officially called off-site as a result of a national or other emergency, or
- You are going to be on vacation for an extended period of time

Your physician may need to request prior authorization from us in order to fill a prescription for the reasons listed above. Please contact us on 877-835-9861 for additional information

Refill Frequency - A process that allows you to receive a refill for most medications when you have used 75 percent of the medications. For example, a prescription that was filled for a 30-day supply can be refilled after 23 days. While this process provides advancement on your next prescription refill, we cannot dispense more than the total quantity your prescription allows.

Why use Tier 1 drugs? Medications in Tier 1 offer the best health care value and are available at the lowest copayment. Tier 2 and Tier 3 medications are available at a progressively higher copayment and Tier 4 medications are available at the highest copayment level. This approach helps to assure access to a wide range of medications and control health care costs for you.

Benefit Description	You pay	
	In-Network	Out-of-Network
<p>Preventive care medications</p> <p>Medications to promote better health as recommended by ACA.</p> <p>The following drugs and supplements are covered without cost-share, even if over-the-counter, are prescribed by a health care professional, and filled at a network pharmacy.</p> <ul style="list-style-type: none"> • Aspirin (81 mg) for men age 45-79 and women age 55-79 and women of childbearing age • Folic acid supplements for women of childbearing age 400 & 800 mcg • Liquid iron supplements for children age 0-1 year • Vitamin D supplements (prescription strength) (400 & 1000 units) for members 65 or older • Pre-natal vitamins for pregnant women • Fluoride tablets, solution (not toothpaste, rinses) for children age 0-6 • Certain statins to treat cardiovascular disease for adults age 40 to 75 will be covered without a copayment as recommended by the United States Preventive Services Task force (USPSTF) when the following criteria is met: <ul style="list-style-type: none"> - one or more CVD risk factors (i.e., dyslipidemia, diabetes, hypertension, or smoking); - and a calculated 10-year risk of a cardiovascular event of 10% or greater <p>Note: Preventive Medications with a USPSTF recommendation of A or B are covered without cost-share when prescribed by a health care professional and filled by a network pharmacy. These may include some over-the-counter vitamins, nicotine replacement medications, and low dose aspirin for certain patients. For current recommendations go to www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations</p>	Nothing	All charges

Benefit Description	You pay	
Covered medications and supplies	In-Network	Out-of-Network
<p>We cover the following medications and supplies prescribed by a Plan physician and obtained from a Plan pharmacy or through our mail order program:</p> <ul style="list-style-type: none"> • Drugs and medications that by Federal law of the United States require a physician’s prescription for their purchase, except those listed as <i>Not covered</i>. • Insulin with a copayment charge applied every 2 vials • Disposable needles and syringes for the administration of covered medications • Drugs for sexual dysfunction are limited. Contact the plan for dosage limits. • Oral and injectable contraceptive drugs 	<p>Non-maintenance medications at a retail pharmacy:</p> <ul style="list-style-type: none"> • Up to a 30-day supply <ul style="list-style-type: none"> - Tier 1: \$10 copayment - Tier 2: \$35 copayment - Tier 3: \$60 copayment - Tier 4: \$100 copayment <p>Maintenance medications from the Plan mail order pharmacy for up to a maximum of a 90-day supply</p> <ul style="list-style-type: none"> • Tier 1: \$25 copayment • Tier 2: \$87.50 copayment • Tier 3: \$150 copayment • Tier 4: \$250 copayment 	<p>All charges</p>
<p>Women's Tier 1 Contraceptive drugs and devices</p> <ul style="list-style-type: none"> • Tier 1 hormonal contraceptives • The "morning after pill" (tier 1) is provided at no cost if prescribed by a physician and purchased at the network pharmacy <p>Please contact customer service at 877-835-9861 if you have any questions regarding contraceptive coverage</p>	<p>Nothing - covered at 100%. Not subject to deductible</p>	<p>All charges</p>
<p>Smoking cessation medications are covered as follows:</p> <ul style="list-style-type: none"> • Prescription medications for smoking cessation • Over-the-counter smoking cessation medications with a prescription from physician 	<p>Nothing - covered at 100%. Not subject to deductible</p>	<p>All charges</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Medications, drugs and supplies used for cosmetic purposes</i> • <i>Medical Marijuana</i> • <i>Any product dispensed for the purpose of appetite suppression and other weight loss products</i> • <i>Drugs to enhance athletic performance</i> • <i>Medical supplies such as dressings and antiseptics</i> • <i>Artificial insemination fertility drugs</i> • <i>Drugs obtained at a non-Plan pharmacy; except for out-of-area emergencies</i> • <i>Prescription Drug Products as a replacement for a previously dispensed Prescription Drug Product that was lost, stolen, broken or destroyed</i> • <i>Vitamins, nutrients and food supplements not listed as a covered benefit even if a physician prescribes or administers them</i> 	<p><i>All charges</i></p>	<p><i>All charges</i></p>

Covered medications and supplies - continued on next page

Benefit Description	You pay	
Covered medications and supplies (cont.)	In-Network	Out-of-Network
<ul style="list-style-type: none"> • <i>Nonprescription medications</i> • <i>Drugs for sexual performance for patients that have undergone genital reconstruction</i> • <i>Drugs available over-the-counter that do not require a prescription order by federal or state law before being dispensed</i> • <i>Alcohol swabs and bio-hazard disposable containers</i> • <i>Compound drugs that do not contain at least one covered ingredient that requires a prescription order to fill</i> 	<i>All charges</i>	<i>All charges</i>

Section 5(g). Dental Benefits

Important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary
- If you are enrolled in a Federal Employees Dental/Vision Insurance Program (FEDVIP) Dental Plan, your FEHB Plan will be First/Primary payor of any Benefit payments and your FEDVIP Plan is secondary to your FEHB Plan. See Section 9, *Coordinating benefits with other coverage*.
- The calendar year deductible is: \$500 Self Only, \$1,000 Self Plus One and Self and Family in-network and \$1,000 Self Only, \$2,000 Self Plus One and Self and Family out-of-network. The calendar year deductible applies to some benefits in this Section. We state "after deductible has been met " to show when the calendar year deductible applies.
- We cover hospitalization for dental procedures only when a non-dental physical impairment exists which makes hospitalization necessary to safeguard the health of the patient. See Section 5(c) for inpatient hospital benefits. We do not cover the dental procedure unless it is described below.
- **YOUR PHYSICIAN MUST GET PREAUTHORIZATION FOR SOME SERVICES AND/OR PROCEDURES.** Please refer to the preauthorization information shown in Section 3 or call customer service to be sure which services require preauthorization.

Be sure to read Section 4, *Your costs for covered services*, for valuable information about how cost-sharing works. Also, read Section 9, *Coordinating benefits with other coverage*, including with Medicare.

Benefit Description	You Pay	
	In-Network	Out-of-Network
<p>Accidental injury benefit</p> <p>We cover restorative services and supplies necessary to promptly repair (but not replace) sound natural teeth. The need for these services must result from an accidental injury.</p> <p>A sound natural tooth is defined as a tooth that:</p> <ul style="list-style-type: none"> • has no active decay, has at least 50% bony support, • has no filling on more than two surfaces; • has no root canal treatment, is not an implant • is not in need of treatment except as a result of the accident, and • functions normally in chewing and speech. <p>• Crowns, bridges, implants and dentures are not considered sound natural teeth.</p> <p>Dental services are received from a Doctor of Dental Surgery or Doctor of Medical Dentistry</p> <p>The dental damage is severe enough that initial contact with a Physician or dentist occurred within 72 hours of the accident. (You may request an extension of this time period provided you do so within 60 days of the injury and if extenuating circumstances exist (such as prolonged hospitalization or the presence of fixation wire from fracture care.)</p>	<p>20% after deductible has been met</p>	<p>Out-of-network provider: 50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)</p>

Accidental injury benefit - continued on next page

Benefit Description	You Pay	
	In-Network	Out-of-Network
Accidental injury benefit (cont.)		
<p>Benefits for treatment of accidental injury are limited to the following:</p> <ul style="list-style-type: none"> • Emergency examination • Necessary x-rays /periapical and panoral radiographs • Endodontic (root canal) treatment • Emergency, temporary splinting of teeth • Prefabricated post and core • Simple minimal restorative procedures (fillings) • Emergency extractions • Post-traumatic crowns are covered if it is the only clinical treatment available • Replacement of tooth due lost due to accidental injury 	20% after deductible has been met	Out-of-network provider: 50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • Oral implants and related procedures, including bone grafts to support implants • Procedures that involve the teeth or their supporting structures (such as the periodontal membrane, gingiva and alveolar bone) 	<i>All charges</i>	<i>All charges</i>
Adjunctive dental services	In-Network	Out-of-Network
<p>Benefits for dental care that is medically necessary and an integral part of the treatment of a sickness or condition for which covered health services are provided.</p> <p>Examples of adjunctive dental care are:</p> <ul style="list-style-type: none"> • Extraction of teeth prior to radiation for oral cancer • Elimination of oral infection prior to transplant surgery • Removal of teeth in order to remove an extensive tumor <p>Note: When alternate methods may be used, we will authorize the least costly covered health service provided that the service and supplies are considered by the profession to be an appropriate method of treatment and meet broadly accepted national standards of dental practice. You and the provider may choose a more expensive level of care, but benefits will be payable according to these guidelines.</p>	20% after deductible has been met	Out-of-network provider 50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)

Section 5(h) Wellness and Other Special features

Feature	Special feature
Healthy Pregnancy Program and Maternity Support Programs	<p>If you are thinking about having a baby or are expecting, Healthy Pregnancy Program, is available to you, at no additional cost, as part of your benefits to provide information and support - throughout your pregnancy and after giving birth.</p> <p>After you enroll, you will be able to work directly with an experienced maternity nurse who is available to answer your questions and help you with things like:</p> <ul style="list-style-type: none"> • Choosing a doctor or nurse or midwife, and help you find a pediatrician or other specialist • Information to help you take care of yourself and the health of your baby - even if your pregnancy is considered high- risk • Support to help you manage your health- physically and emotionally - before and after your baby is born • Identifying risks and individual needs Get started phs.com/maternity support or by phone 1-888-246-7389 24 hours a day 7 days a week <p>Download the UnitedHealthcare Healthy Pregnancysm ap. to track milestones, set reminders, get daily tips and find resources. Available from the App Store or Google Play</p>
Health4MeTM	<p>Health4MeTM – Your family’s health care resources, in your hands whether at home or on the go. UnitedHealthcare Health4MeTM provides instant access to your family’s critical health information – anytime and anywhere. Whether you want to find a physician near you, check the status of a claim or speak directly with a health care professional, Health4Me is a your go-to resource. Key features include:</p> <ul style="list-style-type: none"> • Search for physicians or facilities by location or specialty • Store favorite physicians and facilities • Have an East Connect representative contact you to answer any questions • View and share health plan ID card information • Contact an experienced registered nurse 24/7 • "Build a Better Me" with personalized trackers for biometrics, fitness, and lifestyle including the option to connect with FitBit devices • Check employer reward program status and activities • Can be personalized with individual member photos, notes and reminders • Create profiles of family members covered under other plans • Complete confidentiality • Access and update your Personal Health Record • Check health-related financial account balanced • Locate nearby convenience clinics urgent care facilities and ER’s • Check status of deductible and out-of-pocket spending • Complete confidentiality <p>Available from the App Store; Android available in Google play</p>
Rallysm – It’s time for an easy digital resource for managing health.	<p>Rally is an innovative consumer engagement platform. It is a fun, interactive health and wellness enhancement to our member portal.</p>

Feature - continued on next page

Feature	
Feature (cont.)	Special feature
	<p>With the online Rally Health Survey, personalized Missions, rewards and connections to wearables like Fitbit®, Jawbone® and more, we make it easier for you to get motivated to be healthier. When you sign up for Rally, the first thing you’ll learn is your Rally Health Age, which tells you how your body is feeling right now. Then you can start exploring all the great digital tools that may help you make healthier choices based on your life, schedule and needs.</p> <p>With Rally, you can also join an online challenge, share your accomplishments with others through moderated health communities, choose an Avatar, connect with a personal wellness coach or join a competition to increase the fun.</p> <p>Once you have completed the Health Survey, we have the data we need to suggest action steps or “Missions.” “Move,” “Eat,” “Feel,” and “Care” Missions are interactive and provide choices that may help improve or maintain your health. They’re also linked to reminders and tracking accomplishments, giving you just the push you need to keep going. Visit www.myuhc.com now.</p>
Real Appeal	<p>Real Appeal takes an evidence-based approach to support weight loss. The program helps people make small changes necessary for larger long-term health results, based on weight-loss research studies commissioned by the National Institutes of Health. Real Appeal uses a highly interactive weekly internet show, videos and live online coaching to drive small behavior changes week by week over a full year. The program is designed to support members who are obese (body mass index or BMI over 30), overweight (BMI of 25 to 29.9) or simply ready to lose weight.</p> <p>Key Program Components</p> <ul style="list-style-type: none"> • Interactive coaching, live over the internet • Weekly group coaching with other participants • Ongoing one-on-one personalized coaching <p>Success Kit</p> <ul style="list-style-type: none"> • Each member who participates in the Real Appeal program gets a Success Kit sent to them after their first group-coaching session with tools to help kick-start their weight loss.
Care 24 / 24 hour nurse line	<p>Care24® is a health and well-being service where members are connected to clinical, wellness, financial, legal or counseling resources through NurseLine and member Assistance Program (EAP) – 24 hours a day, seven days a week. For any of your health concerns you may call and talk with a registered nurse who will discuss treatment options and answer your health questions. Members will learn self-care for minor illnesses and injuries, understand diagnosed conditions, manage chronic diseases, discover and evaluate possible benefits and risks of various treatment options, learn about specific medications and connect with community support groups</p>
Specialty Pharmacy	<p>Appropriate use of specialty medications can be important to maintaining or improving your health and your quality of life. Our specialty program provides the resources and personalized, condition-specific support you need to help you better manage your condition. These specialty medications are used to treat complex long-term conditions that require additional care and support. It may be injected, inhaled or taken by mouth. In addition they may require additional education and support for best management, have unique storage or shipping requirements and may not be available at retail pharmacies.</p>

Feature - continued on next page

Feature	
Feature (cont.)	Special feature
	<p>BriovaRx®, the OptumRx® specialty pharmacy, offers support to help you manage these conditions. Take advantage of personalized support - at no charge to you - from knowledgeable pharmacies and nurses who specialize in your condition. In addition you will receive:</p> <ul style="list-style-type: none"> • Access to your medications at the lowest cost • Pharmacists available 24/7 • Support through clinical and adherence programs • Any medication-related supplies at no additional cost • Proactive refill reminders • Timely delivery and shipping in confidential, temperature-sensitive packaging. Contact 877-835-9861 or contact Briova directly at 1-855-4BRIOVA (1-855-427-4682)
Spine and Joint Program	<p>Our program includes a network of high-quality surgeons, hospitals and facilities that qualify for our Center of Excellence (COE) designation, and to a to Case Manager, Specialized Telephonic Nurse and Care Coordination throughout the course of treatment for spinal and joint services.</p> <p>This program helps support our members while ensuring overall better experience and recovery. Members can experience reduced out of pocket costs when participating in the Spine and Joint Program.</p>
Flexible Benefits Option	<p>Under the flexible benefits option, we determine the most effective way to provide services.</p> <ul style="list-style-type: none"> • We may identify medically appropriate alternatives to traditional care and coordinate other benefits as a less costly alternative benefit. If we identify a less costly alternative, we will ask you to sign an alternative benefits agreement that will include all of the following terms. Until you sign and return the agreement, regular contract benefits will • Alternative benefits will be made available for a limited time period and are subject to our ongoing review. You must cooperate with the review • By approving an alternative benefit, we cannot guarantee you will get it in the • The decision to offer an alternative benefit is solely ours, and except as expressly provided in the agreement, we may withdraw it at any time and resume regular contract • If you sign the agreement, we will provide the agreed-upon alternative benefits for the stated time period (unless circumstances change). You may request an extension of the time period, but regular benefits will resume if we do not approve your <p>Our decision to offer or withdraw alternative benefits is not subject to OPM review under the disputed claims process.</p>
UnitedHealth Premium	<p>With over 10 years of addressing variation in the cost and quality of health care the UnitedHealth Premium® program was created to help people make more informed choices about their health care. The Premium program evaluates physicians in various specialties using evidence based medicine and national industry guidelines to help you locate quality and cost-efficient providers. It's easy for you to find a UnitedHealth Premium Care Physician when you go to myuhc.com and click on "Find a Doctor". Choose smart. Look for the blue hearts.</p>
Cancer Clinical Trials	<p>To be a qualifying clinical trial, a trial must meet all of the following criteria:</p>

Feature - continued on next page

Feature	
Feature (cont.)	Special feature
	<ul style="list-style-type: none"> • Be sponsored and provided by a cancer center that has been designated by the <i>National Cancer Institute (NCI)</i> as a <i>Clinical Cancer Center</i> or <i>Comprehensive Cancer Center</i> or be sponsored by any of the following: <ul style="list-style-type: none"> • <i>National Institutes of Health (NIH)</i>. (Includes <i>National Cancer Institute (NCI)</i>) • <i>Centers for Disease Control and Prevention (CDC)</i> • <i>Agency for Healthcare Research and Quality (AHRQ)</i> • <i>Centers for Medicare and Medicaid Services (CMS)</i> • <i>Department of Defense (DOD)</i> • <i>Veterans Administration (VA)</i> • The clinical trial must have a written protocol that describes a scientifically sound study and have been approved by all relevant institutional review boards (IRBs) before participants are enrolled in the trial. We may, at any time, request documentation about the trial to confirm that the clinical trial meets current standards for scientific merit and has the relevant IRB approvals. Benefits are not available for preventive clinical trials. • The subject or purpose of the trial must be the evaluation of an item or service that meets the definition of a Covered Health Service and is not otherwise excluded under the Policy.
UHC.TVSM for Health and Happiness	<p>UHC.TV is an online television network that presents educational and entertaining video programs about good health and living well. Get inspired by watching short motivational talks by well-known speakers, including authors Dan Buettner and Gail Sheehy, futurist Jack Uldrich, former U.S. Surgeon General Dr. Jocelyn Elders and Olympic Gold Medalist Scott Hamilton. Get advice from health experts, including the Centers for Disease Control (CDC), Dr. Oz[®] and other health professionals, on a variety of topics.</p> <p>Simply go to www.uhc.tv and tune into one of our great channels. You can also subscribe to UHC.TV and be the first to know about new programs, content and features as they are added to the site. Like us on Facebook[®] or follow us on Twitter.[®]</p>
Quit for Life[®]	<p>Quit for Life provides our members with resources and support for tobacco cessation. Included are:</p> <ul style="list-style-type: none"> • Portal and mobile app • Online learning with interactive and personalized content and a community support forum • Integrated online and telephonic experience • Live coaching sessions with coaches with degrees in counseling, addiction studies, and related fields • Nicotine replacement therapy counseling • 24/7 support for easier access to services • Nicotine replacement therapy both prescription medications and over the counter products (with prescription) <p>Get started today. Go to myuhc.com, visit the "Health Resources" tab on the top right, Choose the "Quit for Life" tile</p>

Non-FEHB Benefits Available to Plan Members

The benefits on this page are not part of the FEHB contract or premium, and you cannot file an FEHB disputed claim about them. Fees you pay for these services do not count toward FEHB deductibles or catastrophic protection out-of-pocket maximums. For additional information about any of these programs contact the Plan at 877-835-9861 or visit www.myuhc.com.

PPO Dental Plan:

Preventive benefits for each family member covered under your policy. Eligible family members receive \$500 per member per year in preventive dental services, such as:

- Oral exams - for diagnostic services plan pays 100% in and out of network. (2 times per calendar year)
- Cleanings - Plan pays 100% in and out of network. (2 times per calendar year)
- Bitewing Radiographs (diagnostic) -Plan pays 100% in and out of network. (1 per calendar year)
- Fluoride Treatments - will be covered under preventive category, and plan pays 100% in and out of network (Limited to children under the age of 16 (Limited to 2 per 12 months).
- Periodontal Maintenance - will be covered under the preventive category, and plan pays 100% in and out of network. (Limited to 2 times per calendar year with no history requirement)
- Space Maintainers - will be covered under the preventive category, and plan pays 100% in and out of network. (Limited to children under the age of 16, and once per consecutive 60 months) (Benefits include all adjustments within 6 months of installation)
- Annual Maximum - \$500 per person per year.

Your dental benefit certificate of coverage is available on www.uhcfeds.com for more information.

Discount Programs: The discount program offers a broad range of discounts on products and services that can help members live healthier lives. Our members typically save 10 to 50 percent on non-covered health and wellness purchases such as alternative care such as massage therapy and natural medicine, hearing care, fitness clubs, infertility services.

Members also have access to a variety of online shopping partners offering discounts on a wide range of products including fitness products and gear, activity trackers, stress reduction and relaxation, weight management and more.

- Get access to more than 150,000 health care professionals, facilities and retailers
- A member website with one centralized place for health discounts
- Access anywhere via desktop or mobile-friendly site
- Go to myuhc.com, click on Health Resources tab, then "Shop Healthy, Get Discounts"

Section 6. General Exclusions – Services, Drugs and Supplies We Do not Cover

The exclusions in this section apply to all benefits. **Although we may list a specific service as a benefit, we will not cover it unless your Plan doctor determines it is medically necessary to prevent, diagnose, or treat your illness, disease, injury, or condition. For information on obtaining prior approval for specific services, contact 877-835-9861.**

We do not cover the following:

- Services, drugs, or supplies you receive while you are not enrolled in this Plan;
- Services, drugs, or supplies not medically necessary;
- Services, drugs, or supplies not required according to accepted standards of medical, dental, or psychiatric practice;
- Experimental or investigational or unproven treatments, drugs or devices;
- Services, drugs, or supplies related to abortions, except when the life of the mother would be endangered if the fetus were carried to term, or when the pregnancy is the result of an act of rape or incest;
- Fetal reduction surgery;
- Surrogate parenting;
- The reversal of voluntary sterilization;
- Extra care costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient's routine care;
- Services, drugs, or supplies you receive from a provider or facility barred from the FEHB Program; or
- Services, drugs, or supplies you receive without charge while in active military service.
- Research costs related to conducting a clinical trial such as research physician and nurse-time, analysis of results, and clinical tests performed only for research purposes.

Section 7. Filing a Claim for Covered Services

This Section primarily deals with post-service claims (claims for services, drugs or supplies you have already received). See Section 3 for information on pre-service claims procedures (services, drugs or supplies requiring prior Plan approval), including urgent care claims procedures. When you see Plan physicians, receive services at Plan hospitals and facilities, or obtain your prescription drugs at Plan pharmacies, you will not have to file claims. Just present your identification card and pay your copayment, coinsurance, or deductible.

You will only need to file a claim when you receive emergency services from non-plan providers. Sometimes these providers bill us directly. Check with the provider.

If you need to file the claim, here is the process:

Medical and hospital benefits

In most cases, providers and facilities file claims for you. Physicians must file on the form CMS-1500, Health Insurance Claim Form. Your facility will file on the UB-04 form. For claims questions and assistance, contact us at 877-835-9861.

When you must file a claim – such as for services you received outside the Plan’s service area – submit it on the CMS-1500 or a claim form that includes the information shown below. Bills and receipts should be itemized and show:

- Covered member’s name, date of birth, address, phone number and ID number
- Name and address of the physician or facility that provided the service or supply
- Dates you received the services or supplies
- Diagnosis
- Type of each service or supply
- The charge for each service or supply
- A copy of the explanation of benefits, payments, or denial from any primary payor – such as the Medicare Summary Notice (MSN)
- Receipts, if you paid for your services

Note: Canceled checks, cash register receipts, or balance due statements are not acceptable substitutes for itemized bills.

Submit domestic medical claims to:

UnitedHealthcare, P.O. Box 740817, Atlanta, GA 30374-0817.

Submit international medical claims to:

UnitedHealthcare, PO Box, 740817, Atlanta GA 30374-0817.

Prescription drugs

Submit your claims to:

Usually, there are no claim forms to fill out when you fill a prescription at a Plan pharmacy. In some cases, however you may pay out-of-pocket, in an emergency medical situation. If this happens, send the following information:

- Your receipt
- The drug NDC number
- The pharmacy's NABP number
- The prescribing physician's or dentist's DEA number

Submit your claims to: OptumRx at PO Box 29044, Hot Springs, AR 71903.

Other supplies or services

Submit your claims to: UnitedHealthcare, P.O. Box 740825, Atlanta, GA 30374-0825.

Deadline for filing your claim	Send us all of the documents for your claim as soon as possible. You must submit the claim by December 31 of the year after the year you received the service, unless timely filing was prevented by administrative operations of Government or legal incapacity, provided the claim was submitted as soon as reasonably possible.
When we need more information	Please reply promptly when we ask for additional information. We may delay processing or deny benefits for your claim if you do not respond.
Post-service claims procedures	<p>We will notify you of our decision within 30 days after we receive your post-service claim. If matters beyond our control require an extension of time, we may take up to an additional 15 days for review and we will notify you before the expiration of the original 30-day period. Our notice will include the circumstances underlying the request for the extension and the date when a decision is expected.</p> <p>If we need an extension because we have not received necessary information from you, our notice will describe the specific information required and we will allow you up to 60 days from the receipt of the notice to provide the information.</p> <p>If you do not agree with our initial decision, you may ask us to review it by following the disputed claims process detailed in Section 8 of this brochure.</p>
Authorized Representative	You may designate an authorized representative to act on your behalf for filing a claim or to appeal claims decisions to us. For urgent care claims, we will permit a health care professional with knowledge of your medical condition to act as your authorized representative without your express consent. For the purposes of this section, we are also referring to your authorized representative when we refer to you.
Notice Requirements	<p>If you live in a county where at least 10 percent of the population is literate only in a non-English language (as determined by the Secretary of Health and Human Services), we will provide language assistance in that non-English language. You can request a copy of your Explanation of Benefits (EOB) statement, related correspondence, oral language services (such as telephone customer assistance), and help with filing claims and appeals (including external reviews) in the applicable non-English language. The English versions of your EOBs and related correspondence will include information in the non-English language about how to access language services in that non-English language.</p> <p>Any notice of an adverse benefit determination or correspondence from us confirming an adverse benefit determination will include information sufficient to identify the claim involved (including the date of service, the health care provider, and the claim amount, if applicable), and a statement describing the availability, upon request, of the diagnosis and procedure codes</p>

Section 8. The Disputed Claims Process

You may appeal directly to the Office of Personnel Management (OPM) if we do not follow required claims processes. For more information or to make an inquiry about situations in which you are entitled to immediately appeal to OPM, including additional requirements not listed in Sections 3, 7 and 8 of this brochure, please call your plan's customer service representative at the phone number found on your enrollment card, plan brochure, or plan website.

Please follow this Federal Employees Health Benefits Program disputed claims process if you disagree with our decision on your post-service claim (a claim where services, drugs or supplies have already been provided). In Section 3 *If you disagree with our pre-service claim decision*, we describe the process you need to follow if you have a claim for services, referrals, drugs or supplies that must have prior Plan approval, such as inpatient hospital admissions.

To help you prepare your appeal, you may arrange with us to review and copy, free of charge, all relevant materials and Plan documents under our control relating to your claim, including those that involve any expert review(s) of your claim. To make your request, please contact our Customer Service Department by writing UnitedHealthcare, Federal Employees Health Benefits Program at P.O. Box 30432, Salt Lake City, UT 84130-0432 or by calling 877-835-9861.

Our reconsideration will take into account all comments, documents, records, and other information submitted by you relating to the claim, without regard to whether such information was submitted or considered in the initial benefit determination.

When our initial decision is based (in whole or in part) on a medical judgment (i.e., medical necessity, experimental/investigational), we will consult with a health care professional who has appropriate training and experience in the field of medicine involved in the medical judgment and who was not involved in making the initial decision.

Our reconsideration will not take into account the initial decision. The review will not be conducted by the same person, or his/her subordinate, who made the initial decision.

We will not make our decisions regarding hiring, compensation, termination, promotion, or other similar matters with respect to any individual (such as a claims adjudicator or medical expert) based upon the likelihood that the individual will support the denial of benefits.

- 1** Ask us in writing to reconsider our initial decision. You must:
 - a) Write to us within 6 months from the date of our decision; and
 - b) Send your request to us at: UnitedHealthcare, Federal Employees Health Benefit Program (FEHB) Appeals, P.O. Box 30573, Salt Lake City, UT 84130-0573; and
 - c) Include a statement about why you believe our initial decision was wrong, based on specific benefit provisions in this brochure; and
 - d) Include copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms.
 - e) Include your email address (optional for member), if you would like to receive our decision via email. Please note that by giving us your email, we may be able to provide our decision more quickly.

We will provide you, free of charge and in a timely manner, with any new or additional evidence considered, relied upon, or generated by us or at our direction in connection with your claim and any new rationale for our claim decision. We will provide you with this information sufficiently in advance of the date that we are required to provide you with our reconsideration decision to allow you a reasonable opportunity to respond to us before that date. However, our failure to provide you with new evidence or rationale in sufficient time to allow you to timely respond shall not invalidate our decision on reconsideration. You may respond to that new evidence or rationale at the OPM review stage described in step 4.

- 2** In the case of a post-service claim, we have 30 days from the date we receive your request to:
 - a) Pay the claim or
 - b) Write to you and maintain our denial or.

c) Ask you or your provider for more information

You or your provider must send the information so that we receive it within 60 days of our request. We will then decide within 30 more days.

If we do not receive the information within 60 days we will decide within 30 days of the date the information was due. We will base our decision on the information we already have. We will write to you with our decision.

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If you do not agree with our decision, you may ask OPM to review it.

You must write to OPM within:

- 90 days after the date of our letter upholding our initial decision; or
- 120 days after you first wrote to us -- if we did not answer that request in some way within 30 days; or
- 120 days after we asked for additional information.

Write to OPM at: United States Office of Personnel Management, Healthcare and Insurance, Federal Employee Insurance Operations, FEHB 3, 1900 E Street, NW, Washington, DC 20415-3630.

Send OPM the following information:

- A statement about why you believe our decision was wrong, based on specific benefit provisions in this brochure;
- Copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms;
- Copies of all letters you sent to us about the claim;
- Copies of all letters we sent to you about the claim; and
- Your daytime phone number and the best time to call.
- Your email address, if you would like to receive OPM's decision via email. Please note that by providing your email address, you may receive OPM's decision more quickly.

Note: If you want OPM to review more than one claim, you must clearly identify which documents apply to which claim.

Note: You are the only person who has a right to file a disputed claim with OPM. Parties acting as your representative, such as medical providers, must include a copy of your specific written consent with the review request. However, for urgent care claims, a health care professional with knowledge of your medical condition may act as your authorized representative without your express consent.

Note: The above deadlines may be extended if you show that you were unable to meet the deadline because of reasons beyond your control.

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OPM will review your disputed claim request and will use the information it collects from you and us to decide whether our decision is correct. OPM will send you a final decision within 60 days. There are no other administrative appeals.

If you do not agree with OPM's decision, your only recourse is to sue. If you decide to file a lawsuit, you must file the suit against OPM in Federal court by December 31 of the third year after the year in which you received the disputed services, drugs, or supplies or from the year in which you were denied precertification or prior approval. This is the only deadline that may not be extended.

OPM may disclose the information it collects during the review process to support their disputed claim decision. This information will become part of the court record.

You may not file a lawsuit until you have completed the disputed claims process. Further, Federal law governs your lawsuit, benefits, and payment of benefits. The Federal court will base its review on the record that was before OPM when OPM decided to uphold or overturn our decision. You may recover only the amount of benefits in dispute.

Note: **If you have a serious or life threatening condition** (one that may cause permanent loss of bodily functions or death if not treated as soon as possible), and you did not indicate that your claim was a claim for urgent care, then call us at 877-835-9861. We will expedite our review (if we have not yet responded to your claim); or we will inform OPM so they can quickly review your claim on appeal. You may call OPM's FEHB 3 at 202-606-0737 between 8 a.m. and 5 p.m. Eastern Time.

Please remember that we do not make decisions about plan eligibility issues. For example, we do not determine whether you or a dependent is covered under this plan. You must raise eligibility issues with your Agency personnel/payroll office if you are an employee, your retirement system if you are an annuitant or the Office of Workers' Compensation Programs if you are receiving Workers' Compensation benefits.

Section 9 Coordinating Benefits With Other Coverage

When you have other health coverage

You must tell us if you or a covered family member has coverage under any other health plan or has automobile insurance that pays health care expenses without regard to fault. This is called “double coverage.”

When you have double coverage, one plan normally pays its benefits in full as the primary payor and the other plan pays a reduced benefit as the secondary payor. We, like other insurers, determine which coverage is primary according to the National Association of Insurance Commissioners’ (NAIC) guidelines. For more information on NAIC rules regarding the coordinating of benefits, visit our website at www.myuhc.com.

When we are the primary payor, we will pay the benefits described in this brochure.

When we are the secondary payor, we will determine our allowance. After the primary plan pays, we will pay what is left of our allowance, up to our regular benefit. We will not pay more than our allowance.

• TRICARE and CHAMPUS

TRICARE is the health care program for eligible dependents of military persons, and retirees of the military. TRICARE includes the CHAMPUS program. CHAMPVA provides health coverage to disabled Veterans and their eligible dependents. IF TRICARE or CHAMPVA and this Plan cover you, we pay first. See your TRICARE or CHAMPVA Health Benefits Advisor if you have questions about these programs.

Suspended FEHB coverage to enroll in TRICARE or CHAMPVA: If you are an annuitant or former spouse, you can suspend your FEHB coverage to enroll in one of these programs, eliminating your FEHB premium. (OPM does not contribute to any applicable plan premiums.) For information on suspending your FEHB enrollment, contact your retirement office. If you later want to re-enroll in the FEHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage under TRICARE or CHAMPVA.

• Workers' Compensation

We do not cover services that:

- You (or a covered family member) need because of a workplace-related illness or injury that the Office of Workers’ Compensation Programs (OWCP) or a similar Federal or State agency determines they must provide; or
- OWCP or a similar agency pays for through a third-party injury settlement or other similar proceeding that is based on a claim you filed under OWCP or similar laws.

Once OWCP or similar agency pays its maximum benefits for your treatment, we will cover your care.

• Medicaid

When you have this Plan and Medicaid, we pay first.

Suspended FEHB coverage to enroll in Medicaid or a similar State-sponsored program of medical assistance: If you are an annuitant or former spouse, you can suspend your FEHB coverage to enroll in one of these State programs, eliminating your FEHB premium. For information on suspending your FEHB enrollment, contact your retirement office. If you later want to re-enroll in the FEHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage under the State program

When other Government agencies are responsible for your care

We do not cover services and supplies when a local, State, or Federal government agency directly or indirectly pays for them.

When others are responsible for injuries

Our right to pursue and receive subrogation and reimbursement recoveries is a condition of, and a limitation on, the nature of benefits or benefit payments and on the provision of benefits under our coverage.

If you have received benefits or benefit payments as a result of an injury or illness and you or your representatives, heirs, administrators, successors, or assignees receive payment from any party that may be liable, a third party's insurance policies, your own insurance policies, or a workers' compensation program or policy, you must reimburse us out of that payment. Our right of reimbursement extends to any payment received by settlement, judgment, or otherwise.

We are entitled to reimbursement to the extent of the benefits we have paid or provided in connection with your injury or illness. However, we will cover the cost of treatment that exceeds the amount of the payment you received.

Reimbursement to us out of the payment shall take first priority (before any of the rights of any other parties are honored) and is not impacted by how the judgment, settlement, or other recovery is characterized, designated, or apportioned. Our right of reimbursement is not subject to reduction based on attorney fees or costs under the "common fund" doctrine and is fully enforceable regardless of whether you are "made whole" or fully compensated for the full amount of damages claimed.

We may, at our option, choose to exercise our right of subrogation and pursue a recovery from any liable party as successor to your rights.

If you do pursue a claim or case related to your injury or illness, you must promptly notify us and cooperate with our reimbursement or subrogation efforts.

When you have Federal Employees Dental and Vision Insurance Plan (FEDVIP) coverage

Some FEHB plans already cover some dental and vision services. When you are covered by more than one vision/dental plan, coverage provided under your FEHB plan remains as your primary coverage. FEDVIP coverage pays secondary to that coverage. When you enroll in a dental and/or vision plan on BENEFEDS.com or by phone 877-888-3337 (TTY 877-889-5680), you will be asked to provide information on your FEHB plan so that your plans can coordinate benefits. Providing your FEHB information may reduce your out-of-pocket cost.

Clinical Trials

An approved clinical trial includes a phase I, phase II, phase III, or phase IV clinical trial that is conducted in relation to the prevention, detection, or treatment of cancer or other life-threatening disease or condition and is either Federally funded; conducted under an investigational new drug application reviewed by the Food and Drug Administration; or is a drug trial that is exempt from the requirement of an investigational new drug application.

If you are a participant in a clinical trial, this health plan will provide related care as follows, if it is not provided by the clinical trial:

- Routine care costs – costs for routine services such as doctor visits, lab tests, x-rays and scans, and hospitalizations related to treating the patient's condition, whether the patient is in a clinical trial or is receiving standard therapy.
- Extra care costs – costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient's routine care.
- Research costs – costs related to conducting the clinical trial such as research physician and nurse time, analysis of results, and clinical tests performed only for research purposes. These costs are generally covered by the clinical trials. This plan does not cover these costs.

When you have Medicare?

- **What is Medicare**

Medicare is a health insurance program for:

- People 65 years of age or older
- Some people with disabilities under 65 years of age

- People with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant)

Medicare has four parts:

- Part A (Hospital Insurance). Most people do not have to pay for Part A. If you or your spouse worked for at least 10 years in Medicare-covered employment, you should be able to qualify for premium-free Part A insurance. (If you were a Federal employee at any time both before and during January 1983, you will receive credit for your Federal employment before January 1983.) Otherwise, if you are age 65 or older, you may be able to buy it. Contact 1-800-MEDICARE 800-633-4227, TTY 1-877-486-2048 for more information.
- Part B (Medical Insurance). Most people pay monthly for Part B. Generally, Part B premiums are withheld from your monthly Social Security check or your retirement check.
- Part C (Medicare Advantage). You can enroll in a Medicare Advantage plan to get your Medicare benefits. We offer a Medicare Advantage plan. Please review the information on coordinating benefits with Medicare Advantage plans on the next page.
- Part D (Medicare prescription drug coverage). There is a monthly premium for Part D coverage. Before enrolling in Medicare Part D, please review the important disclosure notice from us about the FEHB prescription drug coverage and Medicare. The notice is on the first inside page of this brochure. For people with limited income and resources, extra help in paying for a Medicare prescription drug plan is available. For more information about this extra help, visit the Social Security Administration online at www.socialsecurity.gov, or call them at 800-772-1213, TTY 1-800-325-0778.

- **Should I enroll in Medicare?**

The decision to enroll in Medicare is yours. We encourage you to apply for Medicare benefits 3 months before you turn age 65. It's easy. Just call the Social Security Administration toll-free number 800-772-1213, TTY: 1-800-325-0778 to set up an appointment to apply. If you do not apply for one or more Parts of Medicare, you can still be covered under the FEHB Program.

If you can get premium-free Part A coverage, we advise you to enroll in it. Most Federal employees and annuitants are entitled to Medicare Part A at age 65 **without cost**. When you don't have to pay premiums for Medicare Part A, it makes good sense to obtain the coverage.

It can reduce your out-of-pocket expenses as well as costs to the FEHB, which can help keep FEHB premiums down.

Everyone is charged a premium for Medicare Part B coverage. The Social Security Administration can provide you with premium and benefit information. Review the information and decide if it makes sense for you to buy the Medicare Part B coverage. If you do not sign up for Medicare Part B when you are first eligible, you may be charged a Medicare Part B late enrollment penalty of a 10 % increase in premium for every 12 months you are not enrolled. If you did not take Part B at age 65 because you were covered under FEHB as an active employee (or you were covered under your spouse's group health insurance plan and he/she was an active employee), you may sign up for Part B (generally without an increased premium) within 8 months from the time you or your spouse stop working or are no longer covered by the group plan. You also can sign up at any time while you are covered by the group plan.

If you are eligible for Medicare, you may have choices in how you get your health care. Medicare Advantage is the term used to describe the various private health plan choices available to Medicare beneficiaries. The information in the next few pages shows how we coordinate benefits with Medicare, depending on whether you are in the Original Medicare Plan or a private Medicare Advantage plan.

- **The Original Medicare Plan (Part A or Part B)**

The Original Medicare Plan (Original Medicare) is available everywhere in the United States. It is the way everyone used to get Medicare benefits and is the way most people get their Medicare Part A and Part B benefits now. You may go to any doctor, specialist, or hospital that accepts Medicare. The Original Medicare Plan pays its share and you pay your share.

All physicians and other providers are required by law to file claims directly to Medicare for members with Medicare Part B, when Medicare is primary. This is true whether or not they accept Medicare.

When you are enrolled in Original Medicare along with this Plan, you still need to follow the rules in this brochure for us to cover your care.

Claims process when you have the Original Medicare Plan – You will probably not need to file a claim form when you have both our Plan and the Original Medicare Plan.

When we are the primary payor, we process the claim first.

When Original Medicare is the primary payor, Medicare processes your claim first. In most cases, your claim will be coordinated automatically and we will then provide secondary benefits for covered charges. To find out if you need to do something to file your claim, call us at 877-835-9861 or see our member website at www.myuhc.com.

We do not waive any costs if the Original Medicare Plan is your primary payor.

Please review the following table it illustrates your cost share if you are enrolled in Medicare Part B. Medicare will be primary for all Medicare eligible services. Members must use providers who accept Medicare’s assignment.

Medicare

Benefit Description	Member Cost without Medicare - In Network	Member Cost with Medicare Part B - In Network
Deductible	\$500 Self Only; \$1,000 Self Plus One or Self and Family	\$500 Self only; \$1,000 Self Plus One or Self and Family
Out of Pocket Maximum	\$3,000 self only/\$6,000 Self Plus One or Self and Family	\$3,000 self only/\$6,000 Self Plus One or Self and Family
Primary Care Physician	\$25 PCP copayment	\$25 PCP copayment
Specialist	\$50 copayment Tier 1 Premium Designated	\$50 copayment Tier 1 Premium Designated
Inpatient Hospital	20% after annual deductible premium designated hospital	20% after annual deductible Premium designated hospital
Outpatient Hospital	20% after annual deductible	20% after deductible
Rx	Tier 1 -\$10 Tier 2 -\$35 Tier 3 - \$60 Tier 4 – \$100	Tier 1 -\$10 Tier 2 -\$35 Tier 3 - \$60 Tier 4 – \$100
Rx – Mail Order (90 day supply)	2.5 x retail copay	2.5 x retail copay

- **Tell us about your Medicare coverage**

You must tell us if you or a covered family member has Medicare coverage, and let us obtain information about services denied or paid under Medicare if we ask. You must also tell us about other coverage you or your covered family members may have, as this coverage may affect the primary/secondary status of this Plan and Medicare.

- **Medicare Advantage (Part C)**

If you are eligible for Medicare, you may choose to enroll in and get your Medicare benefits from a Medicare Advantage plan. These are private health care choices (like HMOs and regional PPOs) in some areas of the country.

To learn more about Medicare Advantage plans, contact Medicare at 1-800-MEDICARE, 800-633-4227, TTY 1-877-486-2048 or at www.medicare.gov.

If you enroll in a Medicare Advantage plan, the following options are available to you:

This Plan and our Medicare Advantage plan:

This Plan and another plan's Medicare Advantage plan: You may enroll in another plan's Medicare Advantage plan and also remain enrolled in our FEHB plan. We will still provide benefits when your Medicare Advantage plan is primary, even out of the Medicare Advantage plan's network and/or service area (if you use our Plan providers). However, we will not waive any of our copayments, coinsurance, or deductibles. If you enroll in a Medicare Advantage plan, tell us. We will need to know whether you are in the Original Medicare Plan or in a Medicare Advantage plan so we can correctly coordinate benefits with Medicare.

Suspended FEHB coverage to enroll in a Medicare Advantage plan: If you are an annuitant or former spouse, you can suspend your FEHB coverage to enroll in a Medicare Advantage plan, eliminating your FEHB premium. (OPM does not contribute to your Medicare Advantage plan premium.) For information on suspending your FEHB enrollment, contact your retirement office. If you later want to re-enroll in the FEHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage or move out of the Medicare Advantage plan's service area.

- **Medicare prescription drug coverage (Part D)**

When we are the primary payor, we process the claim first. If you enroll in Medicare Part D and we are the secondary payor, we will review claims for your prescription drug costs that are not covered by Medicare Part D and consider them for payment under the FEHB plan.

Medicare always makes the final determination as to whether they are the primary payor. The following chart illustrates whether Medicare or this Plan should be the primary payor for you according to your employment status and other factors determined by Medicare. It is critical that you tell us if you or a covered family member has Medicare coverage so we can administer these requirements correctly. **(Having coverage under more than two health plans may change the order of benefits determined on this chart.)**

Primary Payor Chart		
A. When you - or your covered spouse - are age 65 or over and have Medicare and you...	The primary payor for the individual with Medicare is...	
	Medicare	This Plan
1) Have FEHB coverage on your own as an active employee		✓
2) Have FEHB coverage on your own as an annuitant or through your spouse who is an annuitant	✓	
3) Have FEHB through your spouse who is an active employee		✓
4) Are a reemployed annuitant with the Federal government and your position is excluded from the FEHB (your employing office will know if this is the case) and you are not covered under FEHB through your spouse under #3 above	✓	
5) Are a reemployed annuitant with the Federal government and your position is not excluded from the FEHB (your employing office will know if this is the case) and...		
• You have FEHB coverage on your own or through your spouse who is also an active employee		✓
• You have FEHB coverage through your spouse who is an annuitant	✓	
6) Are a Federal judge who retired under title 28, U.S.C., or a Tax Court judge who retired under Section 7447 of title 26, U.S.C. (or if your covered spouse is this type of judge) and you are not covered under FEHB through your spouse under #3 above	✓	
7) Are enrolled in Part B only, regardless of your employment status	✓ for Part B services	✓ for other services
8) Are a Federal employee receiving Workers' Compensation disability benefits for six months or more	✓ *	
B. When you or a covered family member...		
1) Have Medicare solely based on end stage renal disease (ESRD) and...		
• It is within the first 30 months of eligibility for or entitlement to Medicare due to ESRD (30-month coordination period)		✓
• It is beyond the 30-month coordination period and you or a family member are still entitled to Medicare due to ESRD	✓	
2) Become eligible for Medicare due to ESRD while already a Medicare beneficiary and...		
• This Plan was the primary payor before eligibility due to ESRD (for 30 month coordination period)		✓
• Medicare was the primary payor before eligibility due to ESRD	✓	
3) Have Temporary Continuation of Coverage (TCC) and...		
• Medicare based on age and disability	✓	
• Medicare based on ESRD (for the 30 month coordination period)		✓
• Medicare based on ESRD (after the 30 month coordination period)	✓	
C. When either you or a covered family member are eligible for Medicare solely due to disability and you...		
1) Have FEHB coverage on your own as an active employee or through a family member who is an active employee		✓
2) Have FEHB coverage on your own as an annuitant or through a family member who is an annuitant	✓	
D. When you are covered under the FEHB Spouse Equity provision as a former spouse		
	✓	

*Workers' Compensation is primary for claims related to your condition under Workers' Compensation.

Section 10. Definitions of Terms We Use in This Brochure

Calendar year	January 1 through December 31 of the same year. For new enrollees, the calendar year begins on the effective date of their enrollment and ends on December 31 of the same year.
Clinical trials cost categories	<p>An approved clinical trial includes a phase I, phase II, phase III, or phase IV clinical trial that is conducted in relation to the prevention, detection, or treatment of cancer or other life-threatening disease or condition and is either Federally funded; conducted under an investigational new drug application reviewed by the Food and Drug Administration; or is a drug trial that is exempt from the requirement of an investigational new drug application.</p> <ul style="list-style-type: none">• Routine care costs – costs for routine services such as doctor visits, lab tests, x-rays and scans, and hospitalizations related to treating the patient’s cancer, whether the patient is in a clinical trial or is receiving standard therapy• Extra care costs – costs related to taking part in a clinical trial such as additional tests that a patient may need as part of the trial, but not as part of the patient’s routine care• Research costs – costs related to conducting the clinical trial such as research physician and nurse time, analysis of results, and clinical tests performed only for research purposes. These costs are generally covered by the clinical trials. This plan does not cover these costs.
Coinsurance	Coinsurance is the percentage of our allowance that you must pay for your care. You may also be responsible for additional amounts. See page 23.
Copayment	A copayment is a fixed amount of money you pay when you receive covered services. See page 23.
Cost Sharing	Cost-sharing is the general term used to refer to your out-of-pocket costs (e.g., deductible, coinsurance, and copayments) for the covered care you receive.
Covered services	Care we provide benefits for, as described in this brochure.
Deductible	A deductible is a fixed amount of covered expenses you must incur for certain covered services and supplies before we start paying benefits for those services. See page 23.
Experimental or investigational service	<p>Experimental or Investigational Service(s) - medical, surgical, diagnostic, psychiatric, mental health, substance use disorders or other health care services, technologies, supplies, treatments, procedures, drug therapies, medications or devices that , at the time we make a determination regarding coverage in a particular case are determined to be any of the following:</p> <ul style="list-style-type: none">• Not approved by the <i>U.S. Food and Drug Administration (FDA)</i> to be lawfully marketed for the proposed use and not identified in the <i>American Hospital Formulary Service</i> or the <i>United States American Hospital Pharmacopoeia Dispensing Information</i> as appropriate for the proposed use• Not recognized, in accordance with generally accepted medical standards, as being safe and effective for your condition;• Subject to review and approval by any institution review board for the proposed use. (Devices which are FDA approved under the <i>Humanitarian Use Device</i> exemption are not considered to be Experimental or Investigational.• The subject of an ongoing clinical trial that meets the definition of a Phase 1, 2 or 3 clinical trial set forth in the <i>FDA</i> regulations, regardless of whether the trial is actually subject to <i>FDA</i> oversight.
Health care professional	A physician or other health care professional licensed, accredited, or certified to perform specified health services consistent with state law.

Medical necessity Health care services provided for the purpose of preventing, evaluating, diagnosing or treating a Sickness, Injury, Mental Illness, Substance Use Disorder disease or its symptoms, that are all of the following as determined by us or our designee, within our discretion.

- In accordance with *Generally Accepted Standards of Medical Practice*.
- Clinically appropriate, in terms of type, frequency, extent, site and duration, and considered effective for your Sickness, Injury, Mental Illness, Substance Use Disorder, disease or its symptoms.
- Not mainly for your convenience or that of your doctor or other health care provider
- Not more costly than an alternate drug, service(s) or supply that is at least as likely to produce equivalent therapeutic or diagnostic results as to the diagnosis or treatment of your Sickness, Injury, disease or symptoms.

Generally Accepted Standards of Medical Practice are standards that are based on credible scientific evidence published in peer-reviewed medical literature generally recognized by the relevant medical community, relying primarily on controlled clinical trials, or if not available, observational studies from more than one institution that suggest a causal relationship between the service or treatment and health outcomes. The fact that a Physician may prescribe, authorize or direct a service does not of itself make it Medically Necessary or covered by this Plan.

If no credible scientific evidence is available then standards are based on Physician specialty society recommendations or professional standards of care may be considered. We reserve the right to consult expert opinion in determining whether health care services are Medically Necessary.

Plan allowance Allowable expense (plan allowance) is a health care expense, including deductibles, coinsurance and copayments, that is covered at least in part by any Plan covering the person. When a Plan provides benefits in the form of services, the reasonable cash value of each service will be considered an Allowable Expense and a benefit paid.

Post-service claims Any claims that are not pre-service claims. In other words, post-service claims are those claims where treatment has been performed and the claims have been sent to us in order to apply for benefits.

Pre-service claims Those claims (1) that require precertification, prior approval, or a referral and (2) where failure to obtain precertification, prior approval, or a referral results in a reduction of benefits.

Reimbursement A carrier's pursuit of a recovery if a covered individual has suffered an illness or injury and has received, in connection with that illness or injury, a payment from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, and the terms of the carrier's health benefits plan require the covered individual, as a result of such payment, to reimburse the carrier out of the payment to the extent of the benefits initially paid or provided. The right of reimbursement is cumulative with and not exclusive of the right of subrogation.

Subrogation A carrier's pursuit of a recovery from any party that may be liable, any applicable insurance policy, or a workers' compensation program or insurance policy, as successor to the rights of a covered individual who suffered an illness or injury and has obtained benefits from that carrier's health benefits plan.

Unproven Service(s) Unproven services, including medications, are services that are determined not to be effective for treatment of the medical condition and/or not to have a beneficial effect on health outcomes due to insufficient and inadequate clinical evidence from well-conducted randomized controlled trials or cohort studies in the prevailing published peer-reviewed medical literature.

- Well-conducted randomized controlled trials. (Two or more treatments are compared to each other, and the patient is not allowed to choose which treatment is received.)

- Well-conducted cohort studies from more than one institution. (Patients who receive study treatment are compared to a group of patients who receive standard therapy). The comparison group must be nearly identical to the study treatment group.

We have a process by which we compile and review clinical evidence with respect to certain health services. From time to time, we issue medical and drug policies that describe the clinical evidence available with respect to specific health care services. These medical and drug policies are subject to change without prior notice. You can view these policies at www.myuhc.com.

Please note: If you have a life-threatening sickness or condition (one that is likely to cause death within one year of the request for treatment) we may, in our discretion consider an otherwise unproven service to be a covered health service for that sickness or condition. Prior to such a consideration, we must first establish that there is sufficient evidence to conclude that, albeit unproven, the service has significant potential as an effective treatment for that sickness or condition.

Urgent care claims

A claim for medical care or treatment is an urgent care claim if waiting for the regular time limit for non-urgent care claims could have one of the following impacts:

- Waiting could seriously jeopardize your life or health;
- Waiting could seriously jeopardize your ability to regain maximum function; or
- In the opinion of a physician with knowledge of your medical condition, waiting would subject you to severe pain that cannot be adequately managed without the care or treatment that is the subject of the claim.

Urgent care claims usually involve pre-service claims and not post-service claims. We will determine whether or not a claim is an urgent care claim by applying the judgment of a prudent layperson who possesses an average knowledge of health and medicine.

If you believe your claim qualifies as an urgent care claim, please contact our Customer Service Department at **877-835-9861**. You may also prove that your claim is an urgent care claim by providing evidence that a physician with knowledge of your medical condition has determined that your claim involves urgent care.

Us/We

Us and We refer to UnitedHealthcare

You

You refers to the enrollee and each covered family member.

Section 11. Other Federal Programs

Please note, the following programs are not part of your FEHB benefits. They are separate Federal programs that complement your FEHB benefits and can potentially reduce your annual out-of-pocket expenses. These programs are offered independent of the FEHB Program and require you to enroll separately with no government contribution.

Important information about four Federal programs that complement the FEHB Program

First, the **Federal Flexible Spending Account Program**, also known as FSAFEDS, lets you set aside pre-tax money from your salary to reimburse you for eligible dependent care and/or health care expenses. You pay less in taxes so you save money. Participating employees save an average of about 30% on products and services they routinely pay for out-of-pocket.

Second, the **Federal Employees Dental and Vision Insurance Program (FEDVIP)** provides comprehensive dental and vision insurance at competitive group rates. There are several plans from which to choose. Under FEDVIP you may choose self only, self plus one, or self and family coverage for yourself and any eligible dependents.

Third, the **Federal Long Term Care Insurance Program (FLTCIP)** can help cover long term care costs, which are not covered under the FEHB Program

Fourth, the **Federal Employees' Group Life Insurance Program (FEGLI)** can help protect your family from burdensome funeral costs and the unexpected loss of your income.

The Federal Flexible Spending Account Program - FSAFEDS

What is an FSA?

It is an account where you contribute money from your salary **BEFORE** taxes are withheld, then incur eligible expenses and get reimbursed. You pay less in taxes so you save money. **Annuitants are not eligible to enroll.**

There are three types of FSAs offered by FSAFEDS. Each type has a minimum annual election of \$100. The maximum annual election for a health care flexible spending account (HCFSA) or a limited expense health care spending account (LEX HCFSA) is \$2,600 per person. The maximum annual election for a dependent care flexible spending account (DCFSA) is \$5,000 per household.

- **Health Care FSA (HCFSA)** – Reimburses you for eligible out-of-pocket health care expenses (such as copayments, deductibles, prescriptions, **physician prescribed** over-the-counter drugs and medications, vision and dental expenses, and much more) for you and your tax dependents, including adult children (through the end of the calendar year in which they turn 26).

FSAFEDS offers paperless reimbursement for your HCFSA through a number of FEHB and FEDVIP plans. This means that when you or your provider files claims with your FEHB or FEDVIP plan, FSAFEDS will automatically reimburse your eligible out-of-pocket expenses based on the claim information it receives from your plan.

- **Limited Expense Health Care FSA (LEX HCFSA)** – Designed for employees enrolled in or covered by a High Deductible Health Plan with a Health Savings Account. Eligible expenses are limited to out-of-pocket dental and vision care expenses for you and your tax dependents including adult children (through the end of the calendar year in which they turn 26).
- **Dependent Care FSA (DCFSA)** – Reimburses you for eligible **non-medical** day care expenses for your children under age 13 and/or for any person you claim as a dependent on your Federal Income Tax return who is mentally or physically incapable of self-care. You (and your spouse if married) must be working, looking for work (income must be earned during the year), or attending school full-time to be eligible for a DCFSA.

If you are a new or newly eligible employee you have 60 days from your hire date to enroll in an HCFSA or LEX HCFSA and/or DCFSA, but you must enroll before October 1. If you are hired or become eligible on or after October 1, you must wait and enroll during the Federal Benefits Open Season held each fall.

Where can I get more information about FSAFEDS?

Visit www.FSAFEDS.com or call an FSAFEDS Benefits Counselor toll-free at 877-FSAFEDS, 877-372-3337 (TTY, 1-866-353-8058), Monday through Friday, 9 a.m. until 9 p.m., Eastern Time.

The Federal Employees Dental and Vision Insurance Program - FEDVIP

Important Information

The Federal Employees Dental and Vision Insurance Program (FEDVIP) is separate and different from the FEHB Program. **This Program provides comprehensive dental and vision insurance at competitive group rates with no pre-existing condition limitations for enrollment.**

FEDVIP is available to eligible Federal and Postal Service employees, retirees, and their eligible family members on an enrollee-pay-all basis. Employee premiums are withheld from salary on a pre-tax basis. Beginning in 2019, FEDVIP is also available to TRICARE eligible retirees and their families during the 2018 Federal Benefits Open Season. Active duty family members are eligible to enroll in FEDVIP vision insurance. Both retirees and active duty family members must be enrolled in a TRICARE health plan in order to enroll in a FEDVIP vision plan.

Dental Insurance

All dental plans provide a comprehensive range of services, including:

- Class A (Basic) services, which include oral examinations, prophylaxis, diagnostic evaluations, sealants and x-rays.
- Class B (Intermediate) services, which include restorative procedures such as fillings, prefabricated stainless steel crowns, periodontal scaling, tooth extractions, and denture adjustments.
- Class C (Major) services, which include endodontic services such as root canals, periodontal services such as gingivectomy, major restorative services such as crowns, oral surgery, bridges and prosthodontic services such as complete dentures.
- Class D (Orthodontic) services with up to a 12-month waiting period. **Most FEDVIP dental plans cover adult orthodontia but may be limited. Review your FEDVIP dental plan's brochure for information on this benefit.**

Vision Insurance

All vision plans provide comprehensive eye examinations and coverage for your choice of either lenses and frames or for contact lenses. Other benefits such as discounts on LASIK surgery may also be available.

Additional Information

You can find a comparison of the plans available and their premiums on the OPM website at www.opm.gov/dental and www.opm.gov/vision. These sites also provide links to each plan's website, where you can view detailed information about benefits and preferred providers.

How do I enroll?

You enroll on the Internet at www.BENEFEDS.com. For those without access to a computer, call 877-888-3337, (TTY:877- 889-5680).

The Federal Long Term Care Insurance Program - FLTCIP

It's important protection

The Federal Long Term Care Insurance Program (FLTCIP) can help pay for the potentially high cost of long term care services, which are not covered by FEHB plans. Long term care is help you receive to perform activities of daily living such as bathing or dressing yourself - or supervision you receive because of a severe cognitive impairment such as Alzheimer's disease. Long term care can be received in your home, in a nursing home, in an assisted living facility or in adult day care. You must apply, answer health questions (called underwriting) and be approved for enrollment. Federal and U.S. Postal Service employees and annuitants, active and retired members of the uniformed services, and qualified relatives are eligible to apply. Your qualified relatives can apply even if you do not. Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You must apply to know if you will be approved for enrollment. For more information, call 800-LTC-FEDS 800-582-3337, (TTY 800 843-3557 or visit www.ltcfeds.com .

The Federal Employees' Group Life Insurance Program - FEGLI

Peace of Mind for You and Your Family

The Federal Employees' Group Life Insurance Program (FEGLI) can help protect your family from burdensome funeral costs and the unexpected loss of your income. You can get life insurance coverage starting at one year's salary to more than six times your salary and many options in between. You can also get coverage on the lives of your spouse and unmarried dependent children under age 22. You can continue your coverage into retirement if you meet certain requirements. For more information, visit www.opm.gov/life.

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Summary of Benefits for the Value Option of UnitedHealthcare Insurance Company - 2019

- Do not rely on this chart alone. All benefits are provided in full unless indicated and are subject to the definitions, limitations, and exclusions in this brochure. You can obtain a copy of our Summary of Benefits and Coverage at www.uhcfeds.com. On this page we summarize specific expenses we cover; for more detail, look inside.
- If you want to enroll or change your enrollment in this Plan, be sure to put the correct enrollment code from the cover on your enrollment form.
- We only cover services provided or arranged by Plan physicians, except in emergencies.
- Below, an asterisk (*) means the item is subject to the deductible. The calendar year deductible is: \$500 self only \$1,000 self and family in-network and \$1,000 self only \$2,000 self and family out-of-network.

Standard Option Benefits	You Pay
Medical services provided by physicians:	
Diagnostic and treatment services provided in the office	In-network: Primary care physician (PCP) \$25 copayment Specialist: Non-designated specialist \$75 copayment Tier 1 premium-designated specialist \$50 copayment, Out-of-network: 50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
Services provided by a hospital:	
• Inpatient	In-network: 20% after annual deductible has been met Out-of-network: 50% of the Plan allowance and any difference between our allowance and the billed amount and annual deductible has been met
• Outpatient (Non-surgical)	In-network: 20% after deductible has been met Out-of-network: 50% of the plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
Emergency benefits:	
• Emergency Room of Hospital	\$250 copayment per visit in-network or out-of-network
• Urgent Care Facility	In-network: \$100 copayment per visit Out-of-network: 50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)
Mental health and substance use disorder treatment:	Regular cost sharing
Prescription drugs:	In-network benefits only
• Retail pharmacy	Up to 30-day supply at retail (in-network only) Tier 1: \$10 copayment

	<p>Tier 2: \$35 copayment</p> <p>Tier 3: \$60 copayment</p> <p>Tier 4: \$100 copayment</p>
<ul style="list-style-type: none"> • Mail order 	<p>Up to 90-days at Mail Order (in-network only)</p> <p>Tier 1: \$25 copayment</p> <p>Tier 2: \$87.50 copayment</p> <p>Tier 3: \$150 copayment</p> <p>Tier 4: \$250 copayment</p>
Vision care:	<p>Routine eye examination for children as described in the Bright Future Guidelines is covered at 100%</p> <p>Routine Eye Examination for Adults</p> <p>In-network \$25 copayment</p> <p>Out-of-Network: 50% of the Plan allowance and any difference between our allowance and the billed amount (after deductible has been met)</p>
Annual Deductible	<p>In-network</p> <ul style="list-style-type: none"> • \$500 Self only • \$1,000 Self Plus One and Self and Family <p>Out-of-network:</p> <ul style="list-style-type: none"> • \$1,000 Self only • \$2,000 Self Plus One and Self and Family
Protection against catastrophic costs (out-of-pocket maximum):	<p>You pay nothing after:</p> <p>In-network:</p> <ul style="list-style-type: none"> • \$3,000 Self only • \$6,000 Self plus One and Self and Family <p>Out-of-Network:</p> <ul style="list-style-type: none"> • \$6,000 Self only • \$12,000 Self Plus One and Self and Family <p>Some costs do not count toward this protection.</p>

2019 Rate Information for UnitedHealthcare Insurance Company, Inc.

To compare your FEHB health plan options please go to www.opm.gov/fehcompare.

To review premium rates for all FEHB health plan options please go to www.opm.gov/FEHBpremiums or www.opm.gov/Tribalpremium.

Non-Postal rates apply to most non-Postal employees. If you are in a special enrollment category, contact the agency that maintains your health benefits enrollment.

Postal rates apply to certain United States Postal Service employees as follows:

- **Postal Category 1** rates apply to career bargaining unit employees who are represented by the following agreements: APWU, IT/AS, NALC, NPMHU, and NRLCA.
- If you are a career bargaining unit employee represented by the agreement with NPPN, you will find your premium rates on <https://liteblue.usps.gov/feh>.
- **Postal Category 2** rates apply to career bargaining unit employees who are represented by the following agreement: PPOA.

Non-Postal rates apply to all career non-bargaining unit Postal Service employees. Postal rates do not apply to non-career Postal employees, Postal retirees, and associate members of any Postal employee organization who are not career Postal employees.

If you are a Postal Service employee and have questions or require assistance, please contact:

USPS Human Resources Shared Service Center: 877-477-3273, option 5, Federal Relay Service 800-877-8339

Premiums for Tribal employees are shown under the monthly non-Postal column. The amount shown under employee contribution is the maximum you will pay. Your Tribal employer may choose to contribute a higher portion of your premium. Please contact your Tribal Benefits Officer for exact rates.

Type of Enrollment	Enrollment Code	Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
		Gov't Share	Your Share	Gov't Share	Your Share	Category 1 Your Share	Category 2 Your Share

Chicago, Illinois; District of Columbia, Maryland, Northern Virginia and San Antonio, Texas

Value Option Self Only	L91	\$151.29	\$50.43	\$327.80	\$109.26	\$48.41	\$41.86
Value Option Self Plus One	L93	\$295.46	\$98.49	\$640.17	\$213.39	\$94.55	\$81.74
Value Option Self and Family	L92	\$424.21	\$141.40	\$919.12	\$306.37	\$135.75	\$117.36