Cascade Designs, Inc. Welfare Benefits Plan: HDHP Plan

Coverage for: Employee, Employee plus Dependents | Plan Type: HDHP

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, call (206) 505-9500. For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, <u>copayment</u>, <u>deductible</u>, <u>provider</u>, or other <u>underlined</u> terms see the Glossary. You can view the Glossary at <u>www.dol.gov/ebsa/healthreform</u> or call (206) 505-9500 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	\$2,000 employee only/ \$4,000 employee plus dependents for Preferred Network. There is no <u>deductible</u> limit for Participating & Out-of-Network.	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the policy, the overall family <u>deductible</u> must be met before the <u>plan</u> begins to pay.
Are there services covered before you meet your deductible?	Yes. Breast pumps, Cologuard preventive, flu shots and immunizations for all Networks. Preventive care & services for Preferred and Participating Networks.	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other <u>deductibles</u> for specific services?	No. There are no other specific <u>deductibles</u> .	You don't have to meet <u>deductibles</u> for specific services.
What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ?	\$4,000 person / \$8,000 family for Preferred Network. There is no Out-of-Pocket limit for Participating & Out-of-Network. Includes pharmacy.	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met.
What is not included in the out-of-pocket limit?	Penalties, ineligible charges, premiums, balance- billed charges and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .
Will you pay less if you use a <u>network provider</u> ?	Yes. See www.accessrga.com or call 1-866-738-3924 for a list of network providers.	You pay the least if you use a <u>provider</u> in the Preferred Network. You pay more if you use a <u>provider</u> in the Participating Network. You will pay the most if you use an <u>out-of-network provider</u> and you might receive a bill from a <u>provider</u> for the difference between the <u>provider</u> 's charge and what your <u>plan</u> pays (balance billing). Be aware your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
Do you need a <u>referral</u> to see a <u>specialist</u> ?	No.	You can see the specialist you choose without a referral.



All **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

		What You Will Pay			
Common Medical Event	Services You May Need	Preferred Provider (You will pay the least)	Participating or Out-of- Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Primary care visit to treat an injury or illness	10% coinsurance	Not covered	none	
	Specialist visit	20% coinsurance	Not covered	none	
If you visit a health care provider's office or clinic	Preventive care/screening/ immunization	No charge, <u>deductible</u> does not apply	Participating Network: No charge, deductible does not apply Out-of-Network: Not covered	Out-of-Network breast pumps, flu shots, immunizations covered at no charge, deductible does not apply. You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive, then check what your plan will pay for.	
If you have a test	Diagnostic test (x-ray, blood work)	20% coinsurance	Not covered	none	
If you have a test	Imaging (CT/PET scans, MRIs)	20% coinsurance	Not covered	none	
If you need drugs to	Generic drugs	20% coinsurance		Covers up to a 90-day supply (retail and mail order prescription). See plan document for non-use of generic drug penalty.	
treat your illness or condition More information about prescription drug	Preferred brand drugs	20% coinsurance			
	Non-preferred brand drugs	20% coinsurance		non-use of generic drug penalty.	
coverage is available at www.caremark.com	Specialty drugs	20% coinsurance		Must be filled through CVS Specialty Pharmacy. Please contact CVS Caremark for more information on what is covered.	
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	20% coinsurance	Not covered	Preauthorization is required.	
surgery	Physician/surgeon fees	20% coinsurance	Not covered	none	

		What You Will Pay			
Common Medical Event	Services You May Need	Preferred Provider (You will pay the least)	Participating or Out-of- Network Provider (You will pay the most)	Limitations, Exceptions, & Other Important Information	
	Emergency room care	20% coinsurance	20% coinsurance	none	
If you need immediate medical attention	Emergency medical transportation	20% coinsurance	20% coinsurance	none	
	<u>Urgent care</u>	20% coinsurance	20% coinsurance	none	
If you have a hospital	Facility fee (e.g., hospital room)	20% coinsurance	Not covered	Preauthorization is required.	
stay	Physician/surgeon fees	20% coinsurance	Not covered	none	
If you need mental health, behavioral health, or substance	Outpatient services	Professional: 10% coinsurance Facility: 20% coinsurance	Professional: 10% coinsurance Facility: Not covered	Preauthorization is required for partial hospitalization and intensive outpatient.	
abuse services	Inpatient services	20% coinsurance	Not covered	Preauthorization is required. Residential treatment is covered.	
	Office visits	10% coinsurance	Not covered	Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound.)	
If you are pregnant	Childbirth/delivery professional services	20% coinsurance	Not covered	none	
	Childbirth/delivery facility services	20% coinsurance	Not covered	Hospital stays that extend beyond 48 hours for a normal vaginal delivery or beyond 96 hours for a cesarean section must be preauthorized at the time your provider recommends the extended stay.	

		What Yo	ou Will Pay	Limitations, Exceptions, & Other Important Information
Common Medical Event	Services You May Need	Preferred Provider (You will pay the least)	Participating or Out-of- Network Provider (You will pay the most)	
If you need help recovering or have other special health needs	Home health care	20% coinsurance	Not covered	Preauthorization is required. Limited to a 130-visit calendar year maximum.
	Rehabilitation services	20% coinsurance	Not covered	Preauthorization is required for inpatient and limited to no maximum. Outpatient is limited to a 60 visit calendar year maximum, with an additional 30 visits for the treatment of brain, spinal cord injuries, for the treatment of a stroke. Swim therapy is not covered.
	Habilitation services	20% coinsurance	Not covered	Habilitation services, including neurodevelopmental therapy and rehabilitative therapies for the treatment of autism, are covered under the Outpatient Rehabilitation Services benefit. Outpatient Rehabilitation Services visit limits do not apply
	Skilled nursing care	20% coinsurance	Not covered	Preauthorization is required. Limited to 120-day calendar year maximum.
	Durable medical equipment	20% coinsurance	Not covered	Preauthorization is required for equipment over \$2,000.
	Hospice services	20% coinsurance	Not covered	Preauthorization is required.
	Children's eye exam	Not included		If enrolled, please refer to plan document.
If your child needs dental or eye care	Children's glasses	Not included		If enrolled, please refer to plan document.
	Children's dental check-up	Not covered		Please contact dental benefit administrator.

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

Bariatric surgery

Infertility treatment (except testing)

Routine eye care (Adult)

Cosmetic surgery

Long-term care

Routine foot care (except if medically necessary)

Dental care (Adult)

- Non-emergency care when traveling outside the U.S.
- Weight loss programs

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

- Acupuncture (26-visit yearly limit)
- Chiropractic care (26-visit yearly limit)
- Habilitation services

- Private-duty nursing (130-visit yearly limit)
- Hearing aids (\$3,000 maximum every 3 calendar years)

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Allegiance, 800-259-2738 ext. 4477, and the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit www.HealthCare.gov or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. For more information about your rights, this notice, or assistance, contact: 1-866-738-3924, and the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or <u>www.dol.gov/ebsa/healthreform</u>.

Does this plan provide Minimum Essential Coverage? Yes

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

Does this plan meet the Minimum Value Standards? Yes

If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

Language Access Services:

[Spanish (Español): Para obtener asistencia en Español, llame al 1-866-738-3924.]

[Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-866-738-3924.]

[Chinese (中文): 如果需要中文的帮助, 请拨打这个号码1-866-738-3924.]

[Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-866-738-3924.]

To see examples of how this plan might cover costs for a sample medical situation, see the next section.

About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

■ The <u>plan's</u> overall <u>deductible</u>	\$2,000
■ Specialist coinsurance	20%
■ Hospital (facility) coinsurance	20%
Other coinsurance	20%

This EXAMPLE event includes services like:

Specialist office visits (prenatal care)
Childbirth/Delivery Professional Services
Childbirth/Delivery Facility Services
Diagnostic tests (ultrasounds and blood work)
Specialist visit (anesthesia)

Total Example Cost	\$12,700

In this example, Peg would pay:

Cost Sharing		
<u>Deductibles</u>	\$2,000	
Copayments	\$00	
Coinsurance	\$2,000	
What isn't covered		
Limits or exclusions	\$60	
The total Peg would pay is	\$4,060	

Managing Joe's type 2 Diabetes

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

■ The <u>plan's</u> overall <u>deductible</u>	\$2,000
■ Specialist coinsurance	20%
■ Hospital (facility) coinsurance	20%
Other coinsurance	20%

This EXAMPLE event includes services like:

<u>Primary care physician</u> office visits (*including disease education*)

Diagnostic tests (blood work)

Prescription drugs

Durable medical equipment (glucose meter)

In this example, Joe would pay:

Cost Sharing			
<u>Deductibles</u>	\$2,000		
Copayments	\$00		
Coinsurance	\$600		
What isn't covered			
Limits or exclusions	\$20		
The total Joe would pay is	\$2,620		

Mia's Simple Fracture

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

■ The plan's overall deductible	\$2,000
■ Specialist coinsurance	20%
■ Hospital (facility) coinsurance	20%
■ Other coinsurance	20%

This EXAMPLE event includes services like:

Emergency room care (including medical supplies)

Diagnostic test (x-ray)

Durable medical equipment (crutches)

Rehabilitation services (physical therapy)

In this example, Mia would pay:

Cost Sharing	
<u>Deductibles</u>	\$2,000
Copayments	\$00
Coinsurance	\$160
What isn't covered	
Limits or exclusions	\$00
The total Mia would pay is	\$2,160