




The Summary of Benefits and Coverage (SBC) document will help you choose a health [plan](#). The SBC shows you how you and the [plan](#) would share the cost for covered health care services. **NOTE: Information about the cost of this [plan](#) (called the [premium](#)) will be provided separately. This is only a summary.** For more information about your coverage, or to get a copy of the complete terms of coverage, visit [www.umar.com](http://www.umar.com) or by calling 1-800-207-3172. For general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other underlined terms, see the Glossary. You can view the Glossary at [www.umar.com](http://www.umar.com) or call 1-800-207-3172 to request a copy.

Important Questions	Answers	Why this Matters:
<p><b>What is the overall <a href="#">deductible</a>?</b></p>	<p>\$3,400 person / \$6,800 family Domestic Providers Tier 1                      \$3,700 person / \$7,400 family Affiliated Tier 2                      \$4,200 person / \$8,400 family UHC Choice Plus Tier 3                      \$6,200 person / \$12,400 family Out-of-network Tier 4                      \$3,400 Tier 1 / \$3,700 Tier 2 / \$4,200 Tier 3 / \$6,200 Tier 4                      Maximum amount that any one person will satisfy towards the annual family deductible</p>	<p>Generally, you must pay all the costs from <a href="#">providers</a> up to the <a href="#">deductible</a> amount before this <a href="#">plan</a> begins to pay. If you have other family members on the <a href="#">plan</a>, each family member must meet their own individual <a href="#">deductible</a> until the total amount of <a href="#">deductible</a> expenses paid by all family members meets the overall family <a href="#">deductible</a>.</p>
<p><b>Are there services covered before you meet your <a href="#">deductible</a>?</b></p>	<p>Yes. <a href="#">Preventive care</a> services are covered before you meet your <a href="#">deductible</a>.</p>	<p>This <a href="#">plan</a> covers some items and services even if you haven't yet met the <a href="#">deductible</a> amount. But a <a href="#">copayment</a> or <a href="#">coinsurance</a> may apply. For example, this <a href="#">plan</a> covers certain <a href="#">preventive services</a> without <a href="#">cost-sharing</a> and before you meet your <a href="#">deductible</a>. See a list of covered <a href="#">preventive services</a> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a>.</p>
<p><b>Are there other <a href="#">deductibles</a> for specific services?</b></p>	<p>No.</p>	<p>You don't have to meet <a href="#">deductibles</a> for specific services.</p>
<p><b>What is the <a href="#">out-of-pocket limit</a> for this <a href="#">plan</a>?</b></p>	<p>\$3,400 person / \$6,800 family Domestic Providers Tier 1                      \$4,700 person / \$9,400 family Affiliated Tier 2                      \$8,300 person / \$16,600 family UHC Choice Plus Tier 3                      \$15,000 person / \$30,000 family Out-of-network Tier 4                      \$3,400 Tier 1 / \$4,700 Tier 2 / \$8,300 Tier 3 / \$15,000 Tier 4                      Maximum amount that any one person will satisfy towards the annual family out-of-pocket</p>	<p>The <a href="#">out-of-pocket limit</a> is the most you could pay in a year for covered services. If you have other family members in this <a href="#">plan</a>, they have to meet their own <a href="#">out-of-pocket limits</a> until the overall family <a href="#">out-of-pocket limit</a> has been met.</p>
<p><b>What is not included in the <a href="#">out-of-pocket limit</a>?</b></p>	<p>Penalties, <a href="#">premiums</a>, <a href="#">balance billing</a> charges, and health care this <a href="#">plan</a> doesn't cover.</p>	<p>Even though you pay these expenses, they don't count toward the <a href="#">out-of-pocket limit</a>.</p>
<p><b>Will you pay less if you use a <a href="#">network provider</a>?</b></p>	<p>Yes. See <a href="http://www.umar.com">www.umar.com</a> or call 1-800-207-3172 for a list of <a href="#">network providers</a>.</p>	<p>This <a href="#">plan</a> uses a <a href="#">provider network</a>. You will pay less if you use a <a href="#">provider</a> in the <a href="#">plan's network</a>. You will pay the most if you use an <a href="#">out-of-network provider</a>, and you might receive a bill from a <a href="#">provider</a> for the difference between the <a href="#">provider's</a> charge and what your <a href="#">plan</a> pays (<a href="#">balance billing</a>). Be aware, your <a href="#">network provider</a> might use an <a href="#">out-of-network provider</a> for some services (such as lab work). Check with your <a href="#">provider</a> before you get services.</p>

Do you need a <a href="#">referral</a> to see a <a href="#">specialist</a> ?	No.	You can see the <a href="#">specialist</a> you choose without a <a href="#">referral</a> .
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 All [copayment](#) and [coinsurance](#) costs shown in this chart are after your [deductible](#) has been met, if a [deductible](#) applies.

Common Medical Event	Services You May Need	What You Will Pay				Limitations, Exceptions, & Other Important Information
		Tier 1	Tier 2	Tier 3	Tier 4	
If you visit a health care <a href="#">provider's</a> office or clinic	Primary care visit to treat an injury or illness	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	None
	<a href="#">Specialist</a> visit	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	None
	<a href="#">Preventive care/screening/immunization</a>	No charge; Deductible Waived	No charge; Deductible Waived	No charge; Deductible Waived	50% Coinsurance	You may have to pay for services that aren't preventive. Ask your <a href="#">provider</a> if the services needed are preventive. Then check what your <a href="#">plan</a> will pay for.
If you have a test	<a href="#">Diagnostic test</a> (x-ray, blood work)	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	None
	Imaging (CT/PET scans, MRIs)	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	<a href="#">Preauthorization</a> is required for Tiers 2, 3 & 4.

Common Medical Event	Services You May Need	What You Will Pay				Limitations, Exceptions, & Other Important Information
		Tier 1	Tier 2	Tier 3	Tier 4	
<p><b>If you need drugs to treat your illness or condition.</b></p> <p>More information about <a href="#">prescription drug coverage</a> is available at <a href="http://www.savrx.com">www.savrx.com</a></p>	<p><b>NOTE:</b> Weight loss medications approved for a diabetic indication (including but not limited to Ozempic and Mourjaro) are covered under the plan with prior authorization. <i>These medications must be purchased at Prairie Medical Pharmacy and will require a Medication Therapy Management visit. Remote workers /members who cannot access Prairie Medical Pharmacy should contact the HR department.</i> Some weight loss medications, including but not limited to Wegovy and Saxenda, that are prescribed without a diabetic indication will not be covered under the plan.</p>					
		At Prairie Medical Center Pharmacy			At all other pharmacies	Prescriptions filled through Prairie Medical Pharmacy apply to Tier 1 <a href="#">out-of-pocket</a> maximum.
		30-day supply	31-60-day supply	61-90-day supply	30-day supply	
	Generic drugs	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	\$20 <a href="#">copay</a> after <a href="#">deductible</a>	Prescriptions filled through all other pharmacies apply to Tier 3 <a href="#">out-of-pocket</a> maximum.
	Preferred brand drugs	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	\$50 <a href="#">copay</a> after <a href="#">deductible</a>	
Non-preferred brand drugs	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	\$75 <a href="#">copay</a> after <a href="#">deductible</a>		
<a href="#">Specialty drugs</a>	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	0% <a href="#">coinsurance</a> after <a href="#">deductible</a>	Must be filled through Prairie Medical Pharmacy.	When purchased at Prairie Medical Pharmacy, certain preventive medications are covered at a \$0 <a href="#">copay</a> for generics and diabetic medications/supplies. Brand name drugs subject to applicable <a href="#">copays</a> .	
<p><b>If you have outpatient surgery</b></p>	Facility fee (e.g., ambulatory surgery center)	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	<a href="#">Preauthorization</a> is required for Tiers 2, 3 & 4.
	Physician/surgeon fees	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	
<p><b>If you need immediate medical attention</b></p>	<a href="#">Emergency room care</a>	No charge	No charge	No charge	No charge	Tier 3 deductible applies to Tier 4 benefits
	<a href="#">Emergency medical transportation</a>	Not available	25% Coinsurance	25% Coinsurance	25% Coinsurance	Tier 2 deductible applies to Tier 3 & 4 benefits;

Common Medical Event	Services You May Need	What You Will Pay				Limitations, Exceptions, & Other Important Information
		Tier 1	Tier 2	Tier 3	Tier 4	
						<a href="#">Preauthorization</a> is required for Non-emergent air services for Tiers 2, 3 & 4.
	<a href="#">Urgent care</a>	Not available	10% Coinsurance	25% Coinsurance	50% Coinsurance	None
If you have a hospital stay	Facility fee (e.g., hospital room)	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	<a href="#">Preauthorization</a> is required for Tiers 2, 3 & 4.
	Physician/surgeon fees	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	
If you have mental health, behavioral health, or substance abuse services	Outpatient services	Not available	10% Coinsurance	25% Coinsurance	50% Coinsurance	<a href="#">Preauthorization</a> is required for Partial <a href="#">hospitalization</a> for Tiers 2, 3 & 4.
	Inpatient services	Not available	10% Coinsurance	25% Coinsurance	50% Coinsurance	<a href="#">Preauthorization</a> is required for Tiers 2, 3 & 4.
If you are pregnant	Office visits	No charge; Deductible Waived	No charge; Deductible Waived	No charge; Deductible Waived	50% Coinsurance	<a href="#">Cost sharing</a> does not apply for <a href="#">preventive services</a> . Depending on the type of services, <a href="#">deductible</a> , <a href="#">copayment</a> or

Common Medical Event	Services You May Need	What You Will Pay				Limitations, Exceptions, & Other Important Information
		Tier 1	Tier 2	Tier 3	Tier 4	
	Childbirth/delivery professional services	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	<a href="#">coinsurance</a> may apply. Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound).
	Childbirth/delivery facility services	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	
If you need help recovering or have other special health needs	<a href="#">Home health care</a>	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	180 Maximum visits per calendar year
	<a href="#">Rehabilitation services</a>	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	60 Maximum visits per calendar year OT; 60 Maximum visits per calendar year PT; 60 Maximum visits per calendar year ST
	<a href="#">Habilitation services</a>	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	
	<a href="#">Skilled nursing care</a>	Not available	25% Coinsurance	25% Coinsurance	50% Coinsurance	Tier 3 deductible applies to Tier 2 benefits; 180 Maximum days per calendar year; <a href="#">Preauthorization</a> is required for Tiers 2, 3 & 4.
	<a href="#">Durable medical equipment</a>	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	<a href="#">Preauthorization</a> is required for DME in excess of \$500 for rentals or \$1,500 for purchases for Tiers 2, 3 & 4.
	<a href="#">Hospice service</a>	No charge	10% Coinsurance	25% Coinsurance	50% Coinsurance	None

Common Medical Event	Services You May Need	What You Will Pay				Limitations, Exceptions, & Other Important Information
		Tier 1	Tier 2	Tier 3	Tier 4	
If your child needs dental or eye care	Children's eye exam	Not covered	Not covered	Not covered	Not covered	None
	Children's glasses	Not covered	Not covered	Not covered	Not covered	None
	Children's dental check-up	Not covered	Not covered	Not covered	Not covered	None

**Excluded Services & Other Covered Services:**

<b>Services Your <a href="#">Plan</a> Does NOT Cover (Check your policy or <a href="#">plan</a> document for more information and a list of any other <a href="#">excluded services</a>.)</b>		
<ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Cosmetic surgery</li> <li>• Dental care (Adult)</li> </ul>	<ul style="list-style-type: none"> <li>• Hearing aids</li> <li>• Long-term care</li> <li>• Non-emergency care when traveling outside the U.S.</li> </ul>	<ul style="list-style-type: none"> <li>• Routine eye care (Adult)</li> <li>• Routine foot care</li> <li>• Weight loss programs</li> </ul>

<b>Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your <a href="#">plan</a> document.)</b>		
<ul style="list-style-type: none"> <li>• Bariatric surgery</li> <li>• Chiropractic care – 20 visits per calendar year (Tiers 2, 3 &amp; 4 only)</li> </ul>	<ul style="list-style-type: none"> <li>• Infertility treatment - \$20,000 per lifetime</li> </ul>	<ul style="list-style-type: none"> <li>• Private-duty nursing (Outpatient care) – 70 visits per calendar year (Tiers 2, 3 &amp; 4 only)</li> </ul>

**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: U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.HealthCare.gov](http://www.HealthCare.gov). 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](http://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 [plan](#) for a denial of a [claim](#). This complaint is called a [grievance](#) or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information to submit a [claim](#), [appeal](#) or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance,

contact: U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.HealthCare.gov](http://www.HealthCare.gov). Additionally, a consumer assistance program may help you file your [appeal](#). A list of states with Consumer Assistance Programs is available at [www.HealthCare.gov](http://www.HealthCare.gov) and <http://www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants/>.

### **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 Standard? 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 1-800-207-3172.

Traditional Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 1-800-207-3172.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-800-207-3172.

Pennsylvania Dutch (Deitsch): Fer Hilf griege in Deitsch, ruf die do Nummer uff 1-800-207-3172.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-207-3172.

Samoa (Gagana Samoa): Mo se fesoasoani i le Gagana Samoa, vala'au mai i le numera telefoni 1-800-207-3172.

Carolinian (Kapasal Falawasch): ngere aukke ghut alillis reel kapasal Falawasch au fafaingi tilifon ye 1-800-207-3172.

Chamorro (Chamoru): Para un ma ayuda gi finu Chamoru, a'gang 1-800-207-3172.

*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 [plan](#) might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your [providers](#) charge, and many other factors. Focus on the [cost sharing](#) amounts ([deductibles](#), [copayments](#) and [coinsurance](#)) and [excluded services](#) under the [plan](#). Use this information to compare the portion of costs you might pay under different health [plans](#). 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 [plan's](#) overall [deductible](#) **\$3,400**
- [Specialist coinsurance](#) **0%**
- [Hospital \(facility\) coinsurance](#) **0%**
- [Other coinsurance](#) **0%**

**This EXAMPLE event includes services like:**

- [Specialist](#) office visits (*pre-natal 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:**

<i>Cost Sharing</i>	
<a href="#">Deductibles</a>	\$3,400
<a href="#">Copayments</a>	\$0
<a href="#">Coinsurance</a>	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$70
<b>The total Peg would pay is</b>	<b>\$3,470</b>

**Managing Joe's Type 2 Diabetes**  
(a year of routine in-network care of a well-controlled condition)

- The [plan's](#) overall [deductible](#) **\$3,400**
- [Specialist coinsurance](#) **0%**
- [Hospital \(facility\) coinsurance](#) **0%**
- [Other coinsurance](#) **0%**

**This EXAMPLE event includes services like:**

- [Primary care physician](#) office visits (*including disease education*)
- [Diagnostic tests](#) (*blood work*)
- [Prescription drugs](#)
- [Durable medical equipment](#) (*glucose meter*)

**Total Example Cost** **\$5,600**

**In this example, Joe would pay:**

<i>Cost Sharing</i>	
<a href="#">Deductibles</a>	\$1,100
<a href="#">Copayments</a>	\$0
<a href="#">Coinsurance</a>	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$4,300
<b>The total Joe would pay is</b>	<b>\$5,400</b>

**Mia's Simple Fracture**  
(in-network emergency room visit and follow up care)

- The [plan's](#) overall [deductible](#) **\$3,400**
- [Specialist coinsurance](#) **0%**
- [Hospital \(facility\) coinsurance](#) **0%**
- [Other coinsurance](#) **0%**

**This EXAMPLE event includes services like:**

- [Emergency room care](#) (*including medical supplies*)
- [Diagnostic tests](#) (*x-ray*)
- [Durable medical equipment](#) (*crutches*)
- [Rehabilitation services](#) (*physical therapy*)

**Total Example Cost** **\$2,800**

**In this example, Mia would pay:**

<i>Cost Sharing</i>	
<a href="#">Deductibles</a>	\$1,900
<a href="#">Copayments</a>	\$0
<a href="#">Coinsurance</a>	\$0
<i>What isn't covered</i>	
Limits or exclusions	\$900
<b>The total Mia would pay is</b>	<b>\$2,800</b>

Note: These numbers assume the patient does not participate in the [plan's](#) wellness program. If you participate in the [plan's](#) wellness program, you may be able to reduce your costs. For more information about the wellness program, please contact: [www.umar.com](http://www.umar.com) or call 1-800-207-3172.