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APPENDIX A: BLUE CROSS BLUE SHIELD BENEFIT
DESCRIPTION APPENDIX B: HUSHP PLAN
SUMMARY
APPENDIX C: TEMPORARY HEALTH PLAN MEASURES REGARDING COVID-19
APPENDIX D: GRIEVANCE COMMUNICATION
1. **ADULT ROUTINE/PREVENTIVE CARE IS ONLY COVERED AT HUHS.** The Student Health Fee is the portion of your insurance that covers routine/preventive care. Because of this, your annual physical must be with your Harvard University Health Services primary care physician team.

2. **YOU DO NOT NEED REFERRALS TO ACCESS YOUR MENTAL HEALTH BENEFITS.** You are covered for up to 52 outpatient mental health visits per plan year outside of HUHS, no referral required.

3. **YOU ARE COVERED NATIONWIDE AND ABROAD.** The Student Health Insurance Plan covers the same benefits throughout the United States and abroad; cost-sharing and visit limits apply for certain services. Note: almost all care abroad is reimbursed at the out-of-network level of benefits.

4. **MOST SERVICES AT HUHS ARE COVERED AT NO-COST TO YOU.** The Student Health Fee covers almost all care at HUHS, including services offered via telemedicine, at no-cost to you. The Student Health Fee does not cover prescriptions, lab work, or services provided by the on-site OBGYN group.

5. **MOST OUTPATIENT CARE IS SUBJECT TO VISIT LIMITS.** Most office visit consultations are subject to a 12 visit limit per plan year. Examples of outpatient care include visits with a dermatologist, orthopedist, gastroenterologist, and/or an urgent care clinician.

6. **YOU MUST FOLLOW COORDINATION OF BENEFIT RULES WHEN YOU HAVE MORE THAN ONE HEALTH PLAN.** If you are enrolled in another health plan in addition to the Student Health Insurance Plan, your other health plan will be primary. This means that medical claims must be submitted to your other health plan first.

7. **THERE IS NO OVERALL DOLLAR BENEFIT MAXIMUM.** Although the plan has some visit limitations, there are no lifetime or annual dollar limitations.

8. **THE PLAN PROVIDES COVERAGE FOR A FULL TWELVE-MONTH PERIOD.** Fall: August 1 – January 31
   Spring: February 1 – July 31

9. **YOU PAY A DEDUCTIBLE WHEN YOU GO OUT-OF-NETWORK FOR YOUR CARE.** You do not have to pay a deductible for care received with an in-network provider.

10. **THE PLAN DOES NOT IMPOSE PRE-EXISTING CONDITIONS OR LIMITATIONS.** Your coverage in this health plan is not limited based on medical conditions that are present on or before your effective date.
MEMBER SERVICES

We’re here for you!

Our mission is to support our students, and their families, when they need it most.

We can help:

• Identify which HUHS services are covered by the Student Health Fee
• Guide you towards understanding Massachusetts SHP waiver requirements
• Explain a bill that you received
• Determine if a health care service is covered

....and more!

Call us @ 617-495-2008
Email us @ Mservices@huhs.harvard.edu

Regular business hours: M – F, 9:00am-5:00pm
Summer business hours: M-F, 10:00am-4:00pm
Important notice about Adult routine/preventive care consultations

Student Health Fee
This fee covers most provider visits at any of the Harvard University Health Services campus clinics, and includes x-rays and physical therapy. Primary care providers are available at each of our Harvard campus clinics.

The Student Health Fee is the portion of your insurance that covers adult routine and preventive medical consultations. Your annual physical must be scheduled with your Harvard University Health Services primary care physician team.

Student Health Insurance Plan
This plan is administered by Blue Cross Blue Shield of Massachusetts, and is designed to complement the health care provided through the Student Health Fee at HUHS. It covers hospital, specialty care, labs/radiology and has a prescription drug benefit. This plan provides coverage throughout the United States and abroad.

The Student Health Insurance Plan portion of HUSHP does not cover routine preventive medical consultations for a member who is age 18 or older.

OTHER ADULT ROUTINE PREVENTIVE CARE SERVICES
The Harvard University Student Health Program covers USPSTF A and B recommendations for routine/preventive care services. Routine consultations and routine immunizations must be provided by Harvard University Health Services. Other routine screenings including, but not limited to, mammograms, STI testing, and colonoscopies are covered in partnership with your Student Health Insurance Plan benefits.

CONTACT MEMBER SERVICES AT 617-495-2008 OR AT MSERVICES@HUHS.HARVARD.EDU SHOULD YOU HAVE A QUESTION RELATED TO HOW A SPECIFIC BENEFIT WILL BE COVERED PRIOR TO HAVING CARE.
UNDERSTANDING MASSACHUSETTS INSURANCE REQUIREMENTS

Massachusetts law requires that any full-time student enrolled in an institution of higher learning in Massachusetts participate in a student health insurance program or in a health plan of comparable coverage. The Division of Health Care Finance and Policy's (Division) Regulation, 114.6 CMR 3.00: Student Health Insurance, implements the student health requirement and sets forth the minimum benefit levels and required services for a Student Health Program (SHP). The regulation also establishes the criteria by which a school may waive a student's participation in SHP upon demonstration of comparable insurance coverage.

Because of Massachusetts SHP regulations, all Harvard students are automatically enrolled in the Harvard University Student Health Program (HUSHP) and the cost of the program is applied to their student account.
The Harvard University Student Health Program (HUSHP) is a comprehensive health program comprised of two parts:

<table>
<thead>
<tr>
<th>Student Health Fee (SHF)</th>
<th>Student Health Insurance Plan (SHIP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• All students charged this health fee as part of enrollment</td>
<td>• Provides hospital/specialty care and prescription drug benefits through Blue Cross Blue Shield of Massachusetts</td>
</tr>
<tr>
<td>• Covers most services @ HUHS, including primary care, medical care, counseling &amp; mental health services, and urgent care</td>
<td>• Coverage includes emergency room visits, hospitalizations, diagnostic labs/radiology, surgery, specialty care outside of HUHS (limited) and prescription drugs</td>
</tr>
<tr>
<td></td>
<td>• Students with comparable coverage can waive SHIP</td>
</tr>
</tbody>
</table>

=

HUSHP
# UNDERSTANDING ENROLLMENT & RENEWAL ELIGIBILITY

## ENROLLMENT ELIGIBILITY & RENEAL CRITERIA

### STUDENTS

- All full-time and part-time registered students are eligible for and automatically enrolled in HUSHP, even if they physically located outside of Massachusetts while learning.
- Charges are applied to their student account.
- Students with comparable coverage are eligible to waive the Student Health Insurance plan; a limited number of students can also waive the Student Health Fee.

Note: extension school students must be registered for an active degree, certificate, or diploma and for 12 credits or more per term to be eligible. Enrollment & renewal is managed by the extension school.

Pre-matriculation students who begin their program prior to the fall coverage start date (8/1) are eligible to purchase one or two months of HUSHP to carry them until the start of the fall term.

**HUSHP COVERAGE IS AUTOMATICALLY RENEWED EACH PLAN YEAR FOR ALL FULL-TIME AND PART-TIME STUDENTS AS LONG AS THEY REMAIN REGISTERED STUDENTS WITH THE UNIVERSITY. CHARGES ARE APPLIED TO THEIR STUDENT ACCOUNT.**

### POST-DOCTORAL AFFILIATES

Post-doctoral affiliates are eligible to enroll/renew if they meet the following criteria:

- Recently awarded a PhD or equivalent doctoral degree.
- Hold a current appointment with the University.
- Do not have access to employer-sponsored health insurance benefits.

**POST-DOCTORAL AFFILIATE RENEWAL IS NOT AUTOMATIC AND MUST BE COMPLETED EACH TERM/PLAN YEAR. WHEN AN AFFILIATE’S APPOINTMENT IS TERMINATED, THEIR HUSHP COVERAGE WILL TERMINATE AT THE END OF THAT TERM OF COVERAGE (1/31 OR 7/31).**

### DEPENDENTS: STUDENT & POST-DOCTORAL AFFILIATE

The following student and post-doctoral affiliate dependents are eligible for enrollment and renewal as long as the student/post-doctoral affiliate is participating in both parts of HUSHP:

- Spouse (valid marriage certificate or I20 form required as proof of relationship at time of initial enrollment).
- Child dependents up to age 26 (birth certificate, legal documentation of adoption or guardianship, or DS-2019 form required as proof of relationship at time of initial enrollment).

**DEPENDENT RENEWAL IS NOT AUTOMATIC AND MUST BE COMPLETED EACH TERM/PLAN YEAR. A DEPENDENT’S COVERAGE WILL BE TERMINATED WHEN THE SUBSCRIBER’S COVERAGE TERMINATES.**

The Harvard University Student Health Program does not impose pre-existing limitations nor exclusions. Eligible students, post-doctoral affiliates, and dependents shall not be discriminated against due to their health status.
UNDERSTANDING HUSHP ENROLLMENT PERIODS & TERMS OF CANCELLATION

<table>
<thead>
<tr>
<th>Open Enrollment Periods</th>
<th>Student Dependents</th>
<th>Post-doctoral Affiliates/Dependents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>July 1 - August 31</td>
<td>January 1 - February 28</td>
</tr>
<tr>
<td>Spring</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Enrollment due to life changing events

**Student Dependents**
Student dependents may be added to your plan within 45 days of a life changing event during the year (or late fees and other restrictions apply); the coverage and cost are pro-rated to the day of the event. You must submit documentation confirming one of these events to Member Services:

- A dependent’s entry into the country
- Loss of other health insurance coverage
- Marriage
- Birth of a child, legal adoption, or legal guardianship

**Post-Doctoral Affiliates & Affiliate Dependents**
Post-Doctoral Affiliates and their dependents may be enrolled on HUSHP outside of the open enrollment periods within 45 days of a life changing event (or late fees and other restrictions apply); the coverage and cost are pro-rated to the day of the event. You must submit documentation confirming one of these events to Member Services:

- Entry into the country
- Loss of other health insurance coverage
- Marriage
- Birth of a child, legal adoption, or legal guardianship

Student dependents & Post-doctoral affiliates/affiliate dependents may request a cancellation through Member Services.

The cancellation application must be received prior to the start date of coverage (8/1 Fall or 2/1 Spring), within 5 business days of submitting an enrollment application, or within 45 days of a qualifying life event. Refunds will not be given if services were used and/or if the request to cancel is outside of this policy.
PLAN YEAR EFFECTIVE DATES & RATES

The Harvard University Student Health Program Coverage Dates:

Fall Term: August 1 – January 31   Spring Term: February 1 – July 31

Rates: The cost of the plan is different for students, dependents, and affiliates.

Students are automatically enrolled in the plan and the cost is charged to their student bill. Enrollment for dependents and affiliates is optional.

Learn more about the cost of the plan and the plan benefits.

Optional Dental Blue Plan: Administered by BCBS

Enrollment and renewal in the plan is not automatic. You must take action prior to the enrollment deadline to participate.

<table>
<thead>
<tr>
<th>Two Great Plans to Choose From</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>$ Dental Blue Preventive Plan</strong></td>
</tr>
<tr>
<td>This plan only provides coverage for diagnostic and preventive care, such as routine cleanings. If you need more care like, fillings and root canals, you will be responsible for paying the full cost of those services.</td>
</tr>
</tbody>
</table>

Learn more about the dental plans, enrollment, plan cancellation and cost.
Understanding The Harvard University Student Health Insurance Program:

There are two parts to the program. The Student Health Fee and the Student Health Insurance Plan.

The Student Health Fee

The Student Health Fee (SHF) is required for all registered students who are enrolled more than half time. It covers many services at any of the Harvard University Health Services (HUHS) campus clinics.

Some services that are covered include: primary care, physical therapy, x-ray/ultrasound, mental health, dermatology and more. Some services that are available at HUHS may not covered under the SHF. Learn more about the Student Health Fee coverage

The Student Health Insurance Plan

The Student Health Insurance Plan medical benefits are administered by Blue Cross Blue Shield of Massachusetts (BCBSMA).

This is the insurance portion, it covers services such as diagnostic labs, office visits with a specialist or for diagnostic visits, ambulance transport, emergency room visits, telehealth and more. Restrictions and limitations apply. Learn more about the Student Health Insurance Plan

What happens when you have two insurance plans?

When you are enrolled in the Student Health Insurance Plan and another health insurance carrier, the Student Health Insurance Plan is always a secondary payer. This means that all claims must be processed through your other insurance first and then processed by the Student Health Insurance Plan. Contact BCBSMA Coordination of Benefits at 888-799-1888 for more information.

Please review Appendix 1 (BCBSMA Benefit Description) for complete details on medical benefits through SHIP, including member cost-sharing, limitations, and other exclusions.
UNDERSTANDING YOUR MENTAL HEALTH BENEFITS

The Harvard University Student Health Program offers a wide range of services for mental health care.

**The Student Health Fee** covers mental/behavioral health visits and psychopharmacology visits at Harvard University Health Services. There is no visit limit for care provided by HUHS; the number of visits is based on medical necessity as determined by the provider.

**The Student Health Insurance Plan** covers outpatient and inpatient mental/behavioral health treatment outside of Harvard University Health Services.

Learn more about mental health benefits, out-of-pocket costs, limitations and exclusions.

*******************************************************************

Prescription Drug Plan

The Student Health Insurance Plan (SHIP) includes a prescription drug benefit. Prescriptions fall into three tiers that determine your co-payment. Prescriptions can be purchased at a participating pharmacy or by mail order.

Traveling outside of the United States for an extended period of time, contact your doctor and have your prescription written for the number of months you need while traveling abroad (limits apply). Contact HUSHP Member Services (617-495-2008) to request a travel override. You will need a copy of your travel itinerary; requests must be made at least 72 hours in advance of when you will need to pick-up your prescription.

Learn more about the prescription drug benefit.
UNDERSTANDING YOUR TELEMEDICINE BENEFITS

The Harvard University Student Health Program covers telemedicine video consultations. Through a tablet, smartphone, or computer, you can connect with a medical provider 24 hours a day, 7 days a week, 365 days a year.

Learn more about telemedicine video visits and how to access care.

*******************************************************************

IMMUNIZATION BENEFITS THROUGH THE STUDENT HEALTH INSURANCE PLAN (SHIP)

Immunizations are covered as recommended by the Advisory Committee on Immunization Practices, by the U.S. Preventive Services Task Force, and by the U.S. Department of Health and Human Services.

Learn more about what immunizations are covered and where to go to receive them.

Note: travel immunizations and immunizations required by another party (i.e., for school, work, or visa) are not covered by the Student Health Insurance Plan.
UNDERSTANDING ANCILLARY BENEFITS THROUGH THE STUDENT HEALTH INSURANCE PLAN (SHIP)

Ancillary services are covered nationwide by the Student Health Insurance Plan. Ancillary providers include Independent Clinical Laboratories and Durable/Home Medical Equipment providers.

In most cases, you receive the highest level of benefits when you choose a preferred ancillary provider in the Blue Cross Blue Shield Blue Care Elect/PPO network.

In order for ancillary services to process as part of your in-network level of benefits, all of the following criteria must be met:

<table>
<thead>
<tr>
<th>Criteria #1</th>
<th>Criteria #2</th>
<th>Criteria #3</th>
<th>Criteria #4</th>
</tr>
</thead>
<tbody>
<tr>
<td>The ordering physician must be a BCBS PPO provider</td>
<td>The rendering provider (lab or DME) processing the order must be a BCBS PPO provider</td>
<td>Labs: the ordering physician and the rendering lab must be located in the same state</td>
<td>DME: the ordering physician and the rendering DME vendor must be in the same state where the DME is shipped.</td>
</tr>
</tbody>
</table>

If all of the above criteria are not met, the claim will process against your out-of-network level of benefits ($250 deductible and 30% coinsurance will apply).
UNDERSTANDING YOUR COVERAGE WHILE TRAVELING

The Student Health Insurance Plan is a PPO health plan, providing coverage for the same services throughout the United States and abroad.

<table>
<thead>
<tr>
<th>Services outside of MA</th>
<th>Services abroad</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In-network</strong></td>
<td><strong>Out-of-network</strong></td>
</tr>
<tr>
<td>• You will be responsible for copayments when you seek care from BCBS PPO providers throughout the United States</td>
<td>• You will be responsible for $250 deductible plus 30% co-insurance</td>
</tr>
<tr>
<td>• In-network providers will submit claims directly to BCBS</td>
<td>• Out-of-network providers will ask you to pay up front for services; you will have to file for reimbursement</td>
</tr>
<tr>
<td></td>
<td>• You can be balance billed the difference between what the provider charges for care and what the plan allows for payment</td>
</tr>
</tbody>
</table>

ADULT ROUTINE PHYSICALS/CONSULTATIONS ARE ONLY COVERED AT HUHS.
WAIVING HUSHP COVERAGE

Students with comparable health insurance may be eligible to waive enrollment in one or both parts of HUSHP.

<table>
<thead>
<tr>
<th>TERM</th>
<th>WAIVER DEADLINE</th>
<th>LATE WAIVER DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>FALL</td>
<td>August 1 – January 31</td>
<td>July 31</td>
</tr>
<tr>
<td>SPRING</td>
<td>February 1 – July 31</td>
<td>January 31</td>
</tr>
</tbody>
</table>

When a waiver is approved, coverage is terminated to the first day of the plan term for which a waiver was completed (e.g., August 1 or February 1). Students will receive a confirmation email upon submitting a waiver. Member Services will not review disputed fees without a copy of the confirmation email.

**CHARGES WILL REMAIN ON THE STUDENT ACCOUNT IF A WAIVER IS NOT COMPLETED BY THE REQUIRED DEADLINES.**

**CRITERIA FOR WAIVING THE STUDENT HEALTH INSURANCE PLAN**

1. The health benefit plan provides to the student, throughout the school year, reasonably comprehensive coverage of health services, including preventive and primary care, emergency services, surgical services, hospitalization benefits, ambulatory patient services, and mental health services, and prescription drugs in the area that they are physically located while learning; and

2. The services covered under the Health Benefit Plan, including all services listed in 956 CMR 8.05(2)(a)(1), are reasonably accessible to the Student in the area where the student is physically located while learning.

**CRITERIA FOR WAIVING THE STUDENT HEALTH FEE**

A student must fit into one of the categories below to waive the Student Health Fee:

1. Enrolled half-time or less (must also waive the Student Health Insurance Plan)
2. Enrolled in the Harvard University Group Health Plan (HUGHP)
3. A non-resident student who resides outside of Massachusetts and has no activities on campus for the entire term (students who live out of state but attend class on campus do not qualify to waive)
4. Traveling scholar/study abroad student studying outside the country
5. Active military who are prohibited from receiving health care from non-military approved facilities (requires an attestation form to be completed)

Eligible students must complete separate waivers for the Student Health Insurance Plan and the Student Health Fee.
# Rescinding Your HUSHP Waivers

<table>
<thead>
<tr>
<th>Loss of Alternative Insurance No More Than 60 Days Ago</th>
<th>Submit waiver rescind application to Member Services, along with official documentation of the loss of coverage. <strong>Documentation must show the student’s name and exact termination date.</strong> The cost of the Student Health Insurance Plan will be prorated to the first day of the effective date of coverage.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loss of Alternative Insurance 61 or More Days Ago</td>
<td>Submit waiver rescind application to Member Services, along with official documentation of the loss of coverage. <strong>Documentation must show the student’s name and exact termination date.</strong> The cost of the Student Health Insurance Plan will be prorated to the first day of the effective date of coverage. The student will be assessed a <strong>penalty fee of $150 for each calendar month</strong> beyond the allowed 60 days. Coverage cannot be reinstated more than 102 days from the date that HUSHP Member Services receives a completed application or the beginning of the term of coverage, whichever is sooner.</td>
</tr>
<tr>
<td>Without a Loss of Insurance, But Before the Waiver Deadline</td>
<td>Submit waiver rescind application to Member Services. The student will be enrolled to the start date of the term they are rescinding. The student will be charged a $50 processing fee. The cost of the plan is not prorated.</td>
</tr>
<tr>
<td>Without a Loss of Coverage, and After the Waiver Deadline</td>
<td>The student will not be allowed to enroll in the Student Health Insurance Plan until the following coverage term.</td>
</tr>
</tbody>
</table>

## Other Important Notes

Students who rescind their waivers and want to add dependents to their policy must submit an online enrollment application within 45 days of the loss of coverage event date. Visit our website for the full enrollment policy. Students who are also losing dental coverage and wish to purchase the optional dental plan must submit official documentation of their loss of dental coverage with their dental plan application. **The student's name and the exact date the coverage terminated must be included in the document.** Deadlines apply.

## Re Enrollement on the Student Health Fee

The Student Health Fee can only be rescinded prior to the waiver deadlines or within 60 days of a qualifying life event (e.g., loss of other coverage, entry into the country). The cost of the Student Health Fee will be prorated to the first day of the effective date of coverage. Documentation of the life event must be submitted with the rescind application.

If false information is knowingly provided on the waiver application and/or on the rescind form, Member Services will report the occurrence to the appropriate Dean of Students for disciplinary action.
Understanding what happens to your health insurance when you graduate, take a leave of absence, or withdraw is important

When you Graduate

Your graduation date will determine when your HUSHP coverage ends and enrolling in a new insurance plan can take time. It is important to plan-ahead and explore all your options to find a plan that meets your needs. Take action now and learn more about securing other coverage, asking the right questions, and more.

Taking a Leave of Absence or Withdrawing

When you take a Leave of Absence (LOA) or Withdraw (WD) from Harvard, will impact your Harvard University Student Health Program coverage. The official last date of attendance as recorded by the Registrar’s office will determine the HUSHP coverage end date.

Students expecting to take a leave of absence or to withdraw from the University should contact Member Services as early as possible with any questions or concerns regarding their health insurance coverage.

Learn more about how your Harvard University Student Health Program will be affected and how to purchase coverage.
UNDERSTANDING HOW TO FILE AN INSURANCE GRIEVANCE

You have the right to file a grievance if you disagree with a decision to deny payment for services, or if you have a complaint about the care or service you received from a health care provider.

Contact HUSHP Member Services for help resolving a problem or concern; Member Services may refer your concern to the HUHS Patient Advocate, or to Blue Cross Blue Shield (BCBS), depending on the nature of your concern.

HUHS PATIENT ADVOCATE
The Patient Advocate is available to discuss and assist with any Harvard University Health Services related problems, concerns, or questions, including:

- Navigating the health care system
- Available choices regarding medical care
- Patients who feel they have encountered a problem
- Special-needs arrangements

All requests, including positive comments and recommendations for improvement, are welcome and confidential.

Financial support may be available through the HUHS Medical Hardship Fund only for students (including those on leave of absence), dependents and affiliates (and their dependents) who are active members in both components of HUSHP (Student Health Fee and the Student Health Insurance Plan). Contact the Patient Advocate at patadvoc@huhs.harvard.edu for more information.

FILING A FORMAL GRIEVANCE WITH BLUE CROSS BLUE SHIELD
Student Health Insurance Plan members can request a grievance with BCBSMA in three ways:

1. **Write or Fax** The preferred option is for you to send your grievance in writing to: Member Grievance Program, Blue Cross Blue Shield of Massachusetts, One Enterprise Drive, Quincy, MA 02171-2126. Or, you may fax your grievance to 617.246.3616.

2. **Email** You may email your grievance to the BCBS Member Grievance Program at grievances@bcbsma.com.

3. **Telephone** You may call the BCBS Member Grievance Program at 800.472.2689.

When resolving a problem or concern, BCBS will consider all aspects of the particular case, including all provisions of this health plan, the policies and procedures that support this health plan, the health care provider’s medical opinion, and your understanding and expectation of coverage by this health plan. BCBS will use every opportunity to be reasonable in finding a solution that makes sense for all parties. BCBS may use an individual consideration approach when it is judged to be appropriate.
UNDERSTANDING IMPORTANT INSURANCE TERMS

Below are commonly used health insurance terms; familiarize yourself with the definitions as they may guide you to better understand your coverage.

**Allowed amount/usual & customary fee** – This is the maximum amount on which payment is based for covered health care services. If your health care provider charges more than the allowed amount and they are out-of-network, you will be responsible for the difference, in addition to your normal out-of-network liability.

**Coinsurance** - The portion of eligible expenses that plan members are responsible for paying, most often after a deductible has been met. An example of coinsurance could be that your health plan covers 70% of covered medical charges and you are responsible for the remaining 30%.

**Copayment** – The amount that you must pay for certain covered services. Copayments are a fixed dollar amount.

**Covered services** – Services or supplies for which your health plan will pay (or “cover”). Most health plans do not cover all services and supplies, and it is important to be aware of any limitations and restrictions that apply to your health plan.

**Deductible** – The amount that you must pay before benefits are provided for certain covered services.

**Exclusions** – Specific conditions or circumstances for which a health plan will not cover.

**Medically necessary** – A term used to describe services or supplies which are appropriate and necessary for the symptoms, diagnosis, or treatment of a medical condition, and which meet additional guidelines pertaining to necessary provision of medical or mental health care. Services must be medically necessary in order for coverage to be considered.

**In-network** – A group of physicians, hospitals, and other health care providers who participate in your plan’s network.

**Out-of-network** – Physicians, hospitals, and other health care providers who do not participate in your plan’s network. Your out-of-pocket costs are higher when you receive care from out-of-network providers.

**Out-of-pocket maximum** – The most you can pay in a plan year for covered services. The out-of-pocket maximum generally includes a total of your deductible, copayments, and coinsurance. Costs incurred above the plan allowance (ex: balance billing charges) do not count towards an out-of-pocket maximum.

**Plan year** – The time period for which your health plan provides coverage. The HUSHP plan year runs from August 1 through July 31.

**Preferred Provider Organization (PPO)** - A type of health plan that offers in-network and out-of-network coverage. When you use “in-network” doctors and hospitals, your costs are lower than when you seek care from “out-of-network” doctors and hospitals. Deductible, coinsurance, and balance billing applies when you seek care from “out-of-network” providers. The Student Health Insurance Plan is a PPO health plan.

**Pre-existing condition** – A health condition that existed prior to your enrollment on a new health plan. Examples of pre-existing conditions include pregnancy, heart disease, high blood pressure and cancer. HUSHP does not impose pre-existing condition limitations nor exclusions.
IMPORTANT CONTACT NUMBERS

URGENT AND EMERGENCY
LIFE THREATENING EMERGENCIES
DIAL 911
HUHS Urgent Care (after hours) 617.495.5711

INSURANCE INQUIRIES
HUSHP Member Services 617.495.2008
BCBS Member Services 800.257.8141
BCBS Global Core 800.810.2583 or 804.673.1686 (collect if outside the U.S.)

HEALTH SERVICES
Patient Advocate 617.495.7583
Care Coordination 617.495.3271
General Inquiries & Information 617.495.5711

Primary Care
Internal Medicine 3-North
Internal Medicine 3-East 617.495.5711
Law School Clinic 617.495.5711
Medical Area Clinic 617.495.4414
617.432.1370

Specialty Care
Allergy 617.495.5182
Dermatology 617.495.5182
Ear, Nose, & Throat 617.495.2068
Endocrinology 617.495.2068
Gastroenterology 617.495.2068
General Surgery 617.495.2068
Gynecology/Obstetrics 617.495.2333
Hematology 617.495.2001
Laboratory 617.495.9258
Neurology 617.495.2068
Nutrition 617.495.2068
Ophthalmology/Optometry 617.495.2068
Orthopedics 617.495.5717
Physical Therapy 617.496.0699
Podiatry 617.495.5717
Radiology 617.496.0699

Counseling Services
Mental Health Services 617.495.204
APPENDIX A:
BLUE CROSS BLUE SHIELD BENEFIT DESCRIPTION
Schedule of Benefits

Blue Care® Elect
Harvard University Student Health Plan

This is the Schedule of Benefits that is a part of your Benefit Description. This chart describes the cost share amounts that you will have to pay for covered services. It also shows the benefit limits that apply for covered services. Do not rely on this chart alone. Be sure to read all parts of your Benefit Description to understand the requirements you must follow to receive all of your coverage. You should also read the descriptions of covered services and the limitations and exclusions that apply for this coverage. All words that show in italics are explained in Part 2. To receive the highest level of coverage, you must obtain your health care services and supplies from covered providers who participate in your health plan’s provider network. Also, for some health care services, you may have to have an approved referral from your primary care provider or approval from your health plan in order for you to receive coverage from your health plan. These requirements are fully outlined in Part 4. If a referral or an approval is required, you should make sure that you have it before you receive your health care service. Otherwise, you may have to pay all costs for the health care service.

Your health plan’s provider network is the PPO provider network and has a tiered network feature called Hospital Choice Cost Sharing (HCCS). With this tiered network feature, your cost share amount for PPO network general hospitals will be different based on the general hospital you choose to furnish certain covered services. See your HCCS Rider for the list of PPO network general hospitals for which you will pay the higher cost share amount.

The following definitions will help you understand your cost share amounts and how they are calculated.

- A **deductible** is the cost you may have to pay for certain covered services you receive during your annual coverage period before benefits are paid by the health plan. This chart shows the dollar amount of your deductible and the covered services for which you must first pay the deductible.
- A **copayment** is the fixed dollar amount you may have to pay for a covered service, usually when you receive the covered service. This chart shows the times when you will have to pay a copayment.
- A **coinsurance** is the percentage (for example, 20%) you may have to pay for a covered service. This chart shows the times, if there are any, when you will have to pay coinsurance.

Your cost share will be calculated based on the allowed charge or the provider’s actual charge if it is less than the allowed charge. You will not have to pay charges that are more than the allowed charge when you use a covered provider who participates in your health care network to furnish covered services. But, when you use an out-of-network provider, you may also have to pay all charges that are in excess of the allowed charge for covered services. This is called “balance billing.” These balance billed charges are in addition to the cost share you have to pay for covered services. (Exceptions to this paragraph are explained in Part 2.)

**IMPORTANT NOTE:** The provisions described in this Schedule of Benefits may change. If this happens, the change is described in a rider. Be sure to read each rider (if there are any) that applies to your coverage in this health plan to see if it changes this Schedule of Benefits.

The explanation of any special provisions as noted by an asterisk can be found after this chart.
### Overall Member Cost Share Provisions

<table>
<thead>
<tr>
<th>Deductible</th>
<th>In-Network Benefits</th>
<th>Out-of-Network Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Your deductible per plan year is:</strong></td>
<td>The deductible is the cost you have to pay for certain covered services during your annual coverage period before benefits will be paid for those covered services.</td>
<td>$0 per member $250 per member $0 per family $500 per family</td>
</tr>
<tr>
<td>This deductible applies to all out-of-network benefits except certain covered services as noted in this chart.</td>
<td>Any costs you pay for in-network benefits will not be applied toward the out-of-network deductible.</td>
<td>The family deductible can be met by eligible costs incurred by any combination of members enrolled under the same family plan. But, no one member will have to pay more than the per member deductible.</td>
</tr>
</tbody>
</table>

### Out-of-Pocket Maximum

<table>
<thead>
<tr>
<th>Your out-of-pocket maximum per plan year is:</th>
<th>The out-of-pocket maximum is the most you could pay during your annual coverage period for your share of the costs for covered services.</th>
</tr>
</thead>
<tbody>
<tr>
<td>This out-of-pocket maximum is a total of the deductible, copayments, and coinsurance you pay for covered services.</td>
<td>$1,700 per member $7,500 per member $3,400 per family $15,000 per family</td>
</tr>
<tr>
<td></td>
<td>The amounts shown above exclude cost share you pay for your prescription drug benefits.</td>
</tr>
<tr>
<td></td>
<td>The cost share amounts applied toward the in-network out-of-pocket maximum will not be applied toward the out-of-network out-of-pocket maximum and the cost share amounts applied toward the out-of-network out-of-pocket maximum will not be applied toward the in-network out-of-pocket maximum.</td>
</tr>
<tr>
<td></td>
<td>And a separate out-of-pocket maximum for prescription drug benefits:</td>
</tr>
<tr>
<td></td>
<td>$1,300 per member $2,600 per family</td>
</tr>
<tr>
<td></td>
<td>The family out-of-pocket maximum can be met by eligible costs incurred by any combination of members enrolled under the same family plan. But, no one member will have to pay more than the per member out-of-pocket maximum.</td>
</tr>
</tbody>
</table>

### Overall Benefit Maximum

| None |

### Covered Services

<table>
<thead>
<tr>
<th>Admissions for Inpatient Medical and Surgical Care</th>
<th>In-Network Benefits</th>
<th>Out-of-Network Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Your Cost Is:</strong></td>
<td><strong>Your Cost Is:</strong></td>
<td></td>
</tr>
<tr>
<td>In a General Hospital Hospital services</td>
<td>$100 copayment per admission, except $500 copayment per admission for certain general hospitals*</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Physician and other covered professional provider services</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>In a Chronic Disease Hospital</td>
<td>$100 copayment per admission</td>
<td>30% after deductible</td>
</tr>
</tbody>
</table>

This chart shows your cost share for covered services. You must pay all charges in excess of a benefit limit.
<table>
<thead>
<tr>
<th>Covered Services</th>
<th>In-Network Benefits</th>
<th>Out-of-Network Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admissions for Inpatient Medical and Surgical Care (continued)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• In a Rehabilitation Hospital</td>
<td>Your Cost Is:</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Hospital services</td>
<td>No charge</td>
<td></td>
</tr>
<tr>
<td>Physician and other covered professional provider services</td>
<td>No charge</td>
<td></td>
</tr>
<tr>
<td>• In a Skilled Nursing Facility</td>
<td>Your Cost Is:</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Facility services</td>
<td>No charge</td>
<td></td>
</tr>
<tr>
<td>Physician and other covered professional provider services</td>
<td>No charge</td>
<td></td>
</tr>
<tr>
<td>Ambulance Services (ground or air ambulance transport)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Emergency ambulance</td>
<td>No charge</td>
<td>same as in-network benefits</td>
</tr>
<tr>
<td>• Other ambulance</td>
<td>No charge</td>
<td>No charge (deductible does not apply)</td>
</tr>
<tr>
<td>Cardiac Rehabilitation</td>
<td>Outpatient services</td>
<td>$35 copayment per visit</td>
</tr>
<tr>
<td>Chiropractor Services (for members of any age)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Outpatient lab tests and x-rays</td>
<td>See Lab Tests, X-Rays, and Other Tests</td>
<td>See Lab Tests, X-Rays, and Other Tests</td>
</tr>
<tr>
<td>• Outpatient medical care services, including spinal manipulation (a benefit limit does not apply)</td>
<td>$35 copayment per visit</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Dialysis Services</td>
<td>Outpatient services and home dialysis</td>
<td>No charge</td>
</tr>
<tr>
<td>Durable Medical Equipment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Covered medical equipment rented or purchased for home use</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• One breast pump per birth (rented or purchased)</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>No coverage is provided for hospital-grade breast pumps.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early Intervention Services</td>
<td>Outpatient intervention services for eligible child from birth through age two</td>
<td>$35 copayment per visit</td>
</tr>
<tr>
<td>Emergency Medical Outpatient Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Emergency room services</td>
<td>$100 copayment per visit; copayment waived if held for observation or admitted within 24 hours</td>
<td>same as in-network benefits</td>
</tr>
<tr>
<td>• Hospital outpatient department services</td>
<td>$35 copayment per visit</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Office, health center, and home services</td>
<td>$35 copayment per visit</td>
<td>30% after deductible</td>
</tr>
</tbody>
</table>

This chart shows your cost share for covered services. You must pay all charges in excess of a benefit limit.
## Schedule of Benefits (continued)

Harvard University Student Health Plan

<table>
<thead>
<tr>
<th>Covered Services</th>
<th>In-Network Benefits Your Cost Is:</th>
<th>Out-of-Network Benefits Your Cost Is:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Home Health Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home care program</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td><strong>Hospice Services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient or outpatient</td>
<td></td>
<td></td>
</tr>
<tr>
<td>hospice services for terminally ill</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td><strong>Infertility Services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Inpatient services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Outpatient surgical services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Outpatient lab tests and x-rays</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Outpatient medical care services</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lab Tests, X-Rays, and Other Tests</strong></td>
<td>(diagnostic services)</td>
<td></td>
</tr>
<tr>
<td>• Outpatient lab tests</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Outpatient x-rays and other imaging tests (other than advanced imaging tests)</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Outpatient advanced imaging tests (CT scans, MRIs, PET scans, nuclear cardiac imaging)</td>
<td>$50 copayment per category of test per service date, except $125 copayment per category of test per service date for certain general hospitals*</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Other outpatient tests and preoperative tests</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td><strong>Maternity Services and Well Newborn Care</strong></td>
<td>(includes $90/$45 for childbirth classes; deductible does not apply)</td>
<td></td>
</tr>
<tr>
<td>• Maternity services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Facility services</td>
<td>$100 copayment per admission for inpatient services, except $500 copayment per admission for certain general hospitals*; otherwise no charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Physician and other covered professional provider services (includes delivery and postnatal care)</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Prenatal care</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Well newborn care during covered maternity admission</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
</tbody>
</table>

This chart shows your cost share for covered services. You must pay all charges in excess of a benefit limit.
## Covered Services

<table>
<thead>
<tr>
<th>Covered Services</th>
<th>In-Network Benefits</th>
<th>Out-of-Network Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medical Care</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Outpatient Visits</strong> (includes syringes and needles dispensed during a visit)</td>
<td>$35 copayment per visit**</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Office and home medical services (12-visit benefit limit per plan year for member age 18 or older; except no benefit limit when furnished by an OB/GYN physician or OB/GYN nurse practitioner)</td>
<td>$35 copayment per visit</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Health center and hospital outpatient medical services</td>
<td>$35 copayment per visit</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Acupuncture services*** (12-visit benefit limit per member per plan year)</td>
<td>$35 copayment per visit</td>
<td>$35 copayment per visit (deductible does not apply)</td>
</tr>
<tr>
<td><strong>Medical Formulas</strong></td>
<td>Certain medical formulas and low protein foods</td>
<td>See Prescription Drugs and Supplies</td>
</tr>
<tr>
<td><strong>Mental Health and Substance Use Treatment</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• <em>Inpatient</em> admissions in a General Hospital: Hospital services</td>
<td>$100 copayment per admission, except $500 copayment per admission for certain general hospitals*</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Physician and other covered professional provider services</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• <em>Inpatient</em> admissions in a Mental Hospital or Substance Use Facility: Facility services</td>
<td>$100 copayment per admission</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Physician and other covered professional provider services</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• <em>Outpatient</em> services for up to 52 visits per member per plan year</td>
<td>No charge for first 8 visits and $35 copayment per visit for remaining covered visits per plan year</td>
<td>30% after deductible</td>
</tr>
</tbody>
</table>

This chart shows your cost share for covered services. You must pay all charges in excess of a benefit limit.
### Covered Services

<table>
<thead>
<tr>
<th>Covered Services</th>
<th>In-Network Benefits Your Cost Is:</th>
<th>Out-of-Network Benefits Your Cost Is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxygen and Respiratory Therapy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Oxygen and equipment for its administration</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• <em>Outpatient</em> respiratory therapy</td>
<td>See Medical Care</td>
<td>See Medical Care</td>
</tr>
<tr>
<td>• <em>Outpatient</em> respiratory therapy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Podiatry Care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• <em>Outpatient</em> lab tests and x-rays</td>
<td>See Lab Tests, X-Rays, and Other Tests</td>
<td>See Lab Tests, X-Rays, and Other Tests</td>
</tr>
<tr>
<td>• <em>Outpatient</em> surgical services</td>
<td>See Surgery as an Outpatient</td>
<td>See Surgery as an Outpatient</td>
</tr>
<tr>
<td>• <em>Outpatient</em> medical care services</td>
<td>See Medical Care</td>
<td>See Medical Care</td>
</tr>
<tr>
<td>Prescription Drugs and Supplies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drug Formulary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(includes syringes and needles)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Note: There are certain drugs that are used only for the treatment of malaria. For these covered drugs, you will pay 50% of your applicable copayment. †For certain covered drugs, benefits are only available when you obtain a 30-day supply. You must contact the group for a complete list of these covered drugs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Retail Pharmacy (30-day supply)</td>
<td>$17 copayment</td>
<td>Not covered; you pay all charges</td>
</tr>
<tr>
<td>Tier 1 (generic):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tier 2 (preferred brand):</td>
<td>$40 copayment</td>
<td></td>
</tr>
<tr>
<td>Tier 3 (non-preferred):</td>
<td>$55 copayment</td>
<td></td>
</tr>
<tr>
<td>Mail Order Pharmacy (90-day supply)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tier 1 (generic):</td>
<td>$51 copayment</td>
<td>Not covered; you pay all charges</td>
</tr>
<tr>
<td>Tier 2 (preferred brand):</td>
<td>$120 copayment</td>
<td></td>
</tr>
<tr>
<td>Tier 3 (non-preferred):</td>
<td>$165 copayment</td>
<td></td>
</tr>
<tr>
<td>Preventive Health Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Routine pediatric care</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Routine medical exams and immunizations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine tests</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Preventive dental care</td>
<td>For pediatric essential dental benefits for members under age 19, see your pediatric essential dental benefits booklet</td>
<td>Not covered; you pay all charges</td>
</tr>
</tbody>
</table>

This chart shows your cost share for *covered services*. You must pay all charges in excess of a *benefit limit*.
## Covered Services

### Preventive Health Services (continued)

<table>
<thead>
<tr>
<th>Service Description</th>
<th>In-Network Benefits</th>
<th>Out-of-Network Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine adult care</td>
<td>Not covered under this part of your group health plan</td>
<td>Not covered under this part of your group health plan</td>
</tr>
<tr>
<td>Routine medical exams and immunizations</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Routine tests</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Routine GYN care</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Routine GYN exams</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Routine Pap smear tests</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Family planning</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Routine hearing care</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Routine hearing exams/tests</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Newborn hearing screening tests</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Hearing aids/related services</td>
<td>Not covered; you pay all charges</td>
<td>Not covered; you pay all charges</td>
</tr>
<tr>
<td>Routine vision care</td>
<td>$35 copayment per visit</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Routine vision exams (one exam per member per plan year)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vision supplies/related services**** (one set of prescription lenses and frames or contact lenses per member per plan year)</td>
<td>35%</td>
<td>55% after deductible</td>
</tr>
<tr>
<td>for members until the end of the calendar month member turns age 19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>for members age 19 or older (and not eligible for pediatric vision benefits)</td>
<td>Not covered; you pay all charges</td>
<td>Not covered; you pay all charges</td>
</tr>
</tbody>
</table>

### Prosthetic Devices

<table>
<thead>
<tr>
<th>Service Description</th>
<th>In-Network Benefits</th>
<th>Out-of-Network Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ostomy supplies</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Artificial limb devices (includes repairs) and other external prosthetic devices</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
</tbody>
</table>

This chart shows your cost share for covered services. You must pay all charges in excess of a benefit limit.
## Schedule of Benefits (continued)

Harvard University Student Health Plan

<table>
<thead>
<tr>
<th>Covered Services</th>
<th>In-Network Benefits Your Cost Is:</th>
<th>Out-of-Network Benefits Your Cost Is:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Radiation Therapy and Chemotherapy</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Hospital and free-standing radiation and chemotherapy facility <strong>outpatient</strong> services</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Office and health center services</td>
<td>$35 copayment per visit</td>
<td>30% after deductible</td>
</tr>
<tr>
<td><strong>Second Opinions</strong></td>
<td>Outpatient second and third opinions</td>
<td>See Medical Care Outpatient Visits</td>
</tr>
<tr>
<td><strong>Short-Term Rehabilitation Therapy</strong> (physical, occupational, and speech therapy) Includes habilitation services</td>
<td>Outpatient services</td>
<td>$35 copayment per visit</td>
</tr>
<tr>
<td>• Outpatient diagnostic tests</td>
<td>See Lab Tests, X-Rays, and Other Tests</td>
<td>See Laboratory Tests, X-Rays, and Other Tests</td>
</tr>
<tr>
<td>• Outpatient speech therapy</td>
<td>See Short-Term Rehabilitation Therapy</td>
<td>See Short-Term Rehabilitation Therapy</td>
</tr>
<tr>
<td>• Outpatient medical care services</td>
<td>See Medical Care Outpatient Visits</td>
<td>See Medical Care Outpatient Visits</td>
</tr>
<tr>
<td><strong>Speech, Hearing, and Language Disorder Treatment</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Outpatient day surgery</td>
<td>$75 copayment per admission, except $250 copayment per admission for certain general hospitals*</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Hospital surgical day care unit or outpatient department services</td>
<td>$75 copayment per admission</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Ambulatory surgical facility services</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Physician and other covered professional provider services</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Sterilization procedure for a female member when performed as the primary procedure for family planning reasons</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>• Office and health center surgical services</td>
<td>$35 copayment per visit**</td>
<td>30% after deductible</td>
</tr>
</tbody>
</table>

This chart shows your cost share for **covered services**. You must pay all charges in excess of a **benefit limit**.
### Covered Services

<table>
<thead>
<tr>
<th>Covered Services</th>
<th>In-Network Benefits Your Cost Is:</th>
<th>Out-of-Network Benefits Your Cost Is:</th>
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<tbody>
<tr>
<td><strong>TMJ Disorder Treatment</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Outpatient x-rays</td>
<td>See Lab Tests, X-Rays, and Other Tests</td>
<td>See Lab Tests, X-Rays, and Other Tests</td>
</tr>
<tr>
<td>• Outpatient surgical services</td>
<td>See Surgery as an Outpatient</td>
<td>See Surgery as an Outpatient</td>
</tr>
<tr>
<td>• Outpatient physical therapy</td>
<td>See Short-Term Rehabilitation Therapy</td>
<td>See Short-Term Rehabilitation Therapy</td>
</tr>
<tr>
<td>• Outpatient medical care services</td>
<td>See Medical Care Outpatient Visits</td>
<td>See Medical Care Outpatient Visits</td>
</tr>
</tbody>
</table>

Note: Your health plan includes in-network benefits for Christian Science services. The cost share amount you pay for covered services you receive from a Christian Science sanatorium or practitioner is the same that applies for similar covered services when they are furnished by a preferred hospital or preferred physician for in-network benefits.

*Your cost share amount for in-network benefits is higher when you get certain covered services at any of the PPO Network general hospitals listed in your Hospital Choice Cost Sharing Rider. Refer to your rider for the list of these general hospitals and the additional cost share amounts you must pay for certain covered services; however, your copayment will never be more than the amount described in this Schedule of Benefits.

**Your cost share will be waived when you receive any routine and non-routine medical and surgical covered services and immunizations from an in-network OB/GYN physician or OB/GYN nurse practitioner; or for members age 17 or younger, from any Harvard Vanguard provider.

***Acupuncture Services: This health plan provides benefits for acupuncture services (whether or not they are medically necessary) by any covered provider who is licensed to furnish these services. When acupuncture services are furnished by a covered provider that has a preferred provider arrangement (a “PPO payment agreement”) with Blue Cross and Blue Shield; or, for acupuncture services furnished by a covered provider outside of Massachusetts who has a payment agreement with the local Blue Cross and/or Blue Shield Plan, the allowed charge is based on the provisions of that health care provider’s PPO payment agreement. Otherwise, the allowed charge that will be used to calculate your claim payment for acupuncture services is based on the full amount of the covered provider’s actual charge.

****Vision Supplies: Your coverage includes measurement, fitting, and adjustments of covered vision supplies. No coverage is provided for non-prescription lenses, sunglasses that do not require a prescription, safety glasses, replacement of lost or broken lenses or frames, and special procedures (such as orthoptics, vision training, subnormal vision aids and similar procedures and devices).

**This chart shows your cost share for covered services. You must pay all charges in excess of a benefit limit.**
Harvard University
Student Health Plan

A PPO Health Plan administered by
Blue Cross and Blue Shield of Massachusetts, Inc.

Benefit Description
Welcome!

This benefit booklet provides you with a description of your benefits while you are enrolled under this health plan. You should read this booklet to familiarize yourself with this health plan’s main provisions and keep it handy for reference.

*Blue Cross and Blue Shield* has been designated by your *plan sponsor* to provide administrative services to this health plan, such as claims processing, individual case management, *utilization review*, quality assurance programs, disease monitoring and management services as selected by the *plan sponsor*, claim review and other related services, and to arrange for a network of health care providers whose services are covered by this health plan. The *Blue Cross and Blue Shield* customer service office can help you understand the terms of this health plan and what you need to do to get your maximum benefits.

*Blue Cross and Blue Shield* has entered into a contract with the *plan sponsor* to provide these administrative services to this health plan. This contract, including this benefit booklet and any applicable *riders*, will be governed by and construed according to the laws of the Commonwealth of Massachusetts, except as preempted by federal law.

Blue Cross and Blue Shield of Massachusetts, Inc. (*Blue Cross and Blue Shield*) is an independent corporation operating under a license from the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans (the “Association”), permitting *Blue Cross and Blue Shield* to use the Blue Cross and Blue Shield Service Marks in the Commonwealth of Massachusetts. *Blue Cross and Blue Shield* has entered into a contract with the *plan sponsor* on its own behalf and not as the agent of the Association.
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Introduction

You are covered under the Harvard University Student Health Plan. This health plan is a non-insured, self-funded health benefits plan and is financed by contributions by the group. An organization has been designated by your plan sponsor to provide administrative services to this health plan, such as claims processing, individual case management, utilization review, quality assurance programs, disease monitoring and management services as selected by the plan sponsor, claim review and other related services, and to arrange for a network of health care providers whose services are covered by this health plan. The name and address of this organization is: Blue Cross and Blue Shield of Massachusetts, Inc., 101 Huntington Avenue, Suite 1300, Boston, Massachusetts 02199-7611.

These benefits are provided by your group on a self-funded basis. Blue Cross and Blue Shield is not an underwriter or insurer of the benefits provided by this health plan.

This benefit booklet explains your health care coverage while you are enrolled in this health plan. This benefit booklet also has a Schedule of Benefits which describes the cost share amounts that you must pay for covered services (such as a deductible, or a coinsurance, or a copayment). You should read this benefit booklet and your Schedule of Benefits to become familiar with the key points of your health plan. You should keep them handy so that you can refer to them. The words that are shown in italics have special meanings. These words are explained in Part 2 of this benefit booklet. Blue Cross and Blue Shield and/or your group may change the health care coverage described in this benefit booklet or your Schedule of Benefits. If this is the case, the change is described in a rider. Please keep any riders with your benefit booklet and Schedule of Benefits so that you can refer to them.

This health plan is a preferred provider health plan. This means that you determine the costs that you will pay each time you choose a health care provider to furnish covered services. You will receive the highest level of benefits when you use health care providers who participate in your PPO health care network. These are called your “in-network benefits.” If you choose to use covered health care providers who do not participate in your PPO health care network, you will usually receive a lower level of benefits. In this case, your out-of-pocket costs will be more. These are called your “out-of-network benefits.”

Before using your health care coverage, you should make note of the limits and exclusions. These limits and exclusions are described in this benefit booklet in Parts 3, 4, 5, 6, 7, and 8.

The term “you” refers to any member who has the right to the coverage provided by this health plan—the subscriber or the enrolled spouse or any other enrolled dependent.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Part 1

Member Services

Your Primary Care Provider
As a member of this health plan, you are not required to choose a primary care provider to coordinate the health care benefits described in this benefit booklet. However, your PPO health care network includes physicians who are family or general practitioners, internists, pediatricians, geriatric specialists, nurse practitioners, and physician assistants that you may choose to furnish your primary medical care. You may choose any covered provider to furnish your health care services and supplies. But, your choice is important because it may impact the costs that you pay for some health care services.

How to Determine a Preferred Physician’s Specialty
To determine a preferred physician’s specialty, you can look in your PPO provider directory or use the online “Find a Doctor” physician directory. Some preferred physicians may have more than one specialty. When your health plan has a cost share that differs based on the preferred physician’s specialty type, Blue Cross and Blue Shield will use the primary specialty type as shown in the PPO provider directory to determine your cost share amount. For example, a preferred physician may be primarily a dermatologist but may also be a family practitioner. In this case, your cost share amount is determined based on the “dermatologist” specialty type since it is the preferred physician’s primary specialty as shown in the Blue Cross and Blue Shield PPO provider directory. A preferred physician may change their specialty at any time. However, Blue Cross and Blue Shield will change a preferred physician’s specialty only once every two years.

Some preferred physicians and other professional provider types are part of a multi-specialty provider group. When your health plan has a cost share that differs based on the preferred physician’s specialty type, Blue Cross and Blue Shield will apply the lower cost share amount for primary care provider specialty types to the multi-specialty provider groups, unless a different cost share amount is described for multi-specialty provider groups in your Schedule of Benefits and/or riders.

In other states, the local Blue Cross and/or Blue Shield Plan may have established provider specialty types that are not recognized by Blue Cross and Blue Shield. In those cases when a preferred physician’s specialty type or professional provider type is not recognized, Blue Cross and Blue Shield will apply the higher cost share amount for specialists and other non-primary care provider specialty types.

Refer to the Schedule of Benefits for your plan option to see if your cost share amount is based on a preferred physician’s specialty type or other provider type.

Your Health Care Network
This health plan consists of two benefit levels: one for in-network benefits; and one for out-of-network benefits. The costs that you pay for covered services will differ based on the benefit level. To receive the highest benefit level (your in-network benefits), you must obtain your health care services and supplies from providers who participate in your PPO health care network. These health care providers are referred to as “preferred providers.” (See “covered providers” in Part 2.) If you choose to obtain your health care services and supplies from a covered provider who does not participate in this PPO health care network, you will usually receive the lowest benefit level (your out-of-network benefits). See Part 8 in this benefit

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
booklet for the times when in-network benefits will be provided if you receive covered services from a covered provider who is not a preferred provider.

When You Need Help to Find a Health Care Provider
There are a few ways for you to find a health care provider who participates in your health care network. At the time you enroll in this health plan, a directory of health care providers for your health plan will be made available to you at no additional cost. To find out if a health care provider participates in your health care network, you can look in this provider directory. Or, you can also use any of the following ways to find a provider who participates in your health care network. You can:

- Call the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your ID card. They will tell you if a provider is in your health care network. Or, they can help you find a covered provider who is in your local area.
- Call the Blue Cross and Blue Shield Find a Doctor support line at 1-800-821-1388.
- Use the Blue Cross and Blue Shield online physician directory (Find a Doctor). To do this, log on to www.bluecrossma.org. This online provider directory will provide you with the most current list of health care providers who participate in your health care network.

If you or your physician cannot find a provider in your health care network who can furnish a medically necessary covered service for you, you can ask Blue Cross and Blue Shield for help. To ask for this help, you can call the Blue Cross and Blue Shield customer service office. They will help you find providers in your health care network who can furnish the covered service.

When You Are Living or Traveling Outside of Massachusetts
If you live or are traveling outside of Massachusetts, you can get help to find a health care provider. Just call 1-800-810-BLUE. You can call this phone number 24 hours a day for help to find a health care provider. When you call, you should have your ID card ready. You must be sure to let the representative know that you are looking for health care providers that participate with the BlueCard PPO program. Or, you can also use the internet. To use the online “Blue National Doctor & Hospital Finder,” log on to www.bcbs.com. (For some types of covered providers, a local Blue Cross and/or Blue Shield Plan may not have, in the opinion of Blue Cross and Blue Shield, established an adequate PPO health care network. If this is the case and you obtain covered services from this type of covered provider, the in-network benefit level will be provided for these covered services. See Part 8 in this benefit booklet.) If you are outside the United States, Puerto Rico, and the U.S. Virgin Islands, there are no local Blue Cross and/or Blue Shield Plans. But, you can still call 1-800-810-BLUE. (Or, you can call collect at 1-804-673-1177.) In this case, the Blue Cross Blue Shield Global Core Service Center can help you to access a health care provider. Then, if you are admitted as an inpatient, you should call the service center and the hospital should submit the claim for you. (See Part 9.)

Your Identification Card
After you enroll in this health plan, you will receive an identification (ID) card. The ID card will identify you as a person who has the right to coverage in this health plan. The ID card is for identification purposes only. Under federal law, your ID card is required to include information about applicable deductible and out-of-pocket maximum amounts. It will also include contact information for the Blue Cross and Blue Shield customer service office.

While you are a member, you must show your ID card to your health care provider before you receive covered services. If you lose your ID card or it is stolen, you should contact the Blue Cross and Blue Shield customer service office. They will send you a new card. Or, you can use the Blue Cross and Blue Shield

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Web site to ask for a new ID card. To use the Blue Cross and Blue Shield online member self service option, you must log on to www.bluecrossma.org. Just follow the steps to ask for a new ID card.

**How to Get Help for Questions**

Blue Cross and Blue Shield can help you to understand the terms of your coverage in this health plan. They can also help you to resolve a problem or concern that you may have about your health care benefits. You can call or write to the Blue Cross and Blue Shield customer service office. You can call Monday through Friday from 8:00 a.m. to 8:00 p.m. (Eastern Time). The toll free phone number to call is shown on your ID card. (For TTY, call 711.) Or, you can write to: Blue Cross Blue Shield of Massachusetts, Member Service, P.O. Box 9134, North Quincy, MA 02171-9134. A Blue Cross and Blue Shield customer service representative will work with you to resolve your problem or concern as quickly as possible.

**Discrimination Is Against the Law**

Blue Cross and Blue Shield complies with applicable federal civil rights laws and does not discriminate on the basis of race; color; national origin; age; disability; sex; sexual orientation; or gender identity. Blue Cross and Blue Shield does not exclude people or treat them differently because of race; color; national origin; age; disability; sex; sexual orientation; or gender identity.

Blue Cross and Blue Shield provides:
- Free aids and services to people with disabilities to communicate effectively with Blue Cross and Blue Shield. These aids and services may include qualified sign language interpreters and written information in other formats (such as in large print).
- Free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, call the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your ID card.

If you believe that Blue Cross and Blue Shield has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity, you can file a grievance with the Blue Cross and Blue Shield Civil Rights Coordinator: by mail at Civil Rights Coordinator, Blue Cross Blue Shield of Massachusetts, One Enterprise Drive, Quincy, MA 02171-2126; or by phone at 1-800-472-2689 (TTY: 711); or by fax at 1-617-246-3616; or by email at civilrightscoordinator@bcbsma.com. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights online at ocrportal.hhs.gov; or by mail at U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F HHH Building, Washington, DC 20201; or by phone at 1-800-368-1019 or 1-800-537-7697 (TDD). Complaint forms are available at www.hhs.gov.

**Delivery of Summary of Payments Forms**

You will receive a Summary of Health Plan Payments explanation form when you have a cost share (such as a deductible, a copayment, or a coinsurance) that applies for covered services or when Blue Cross and Blue Shield denies coverage for all or part of a health care service or supply. This Summary of Health Plan Payments explanation form will usually be mailed to the member at the address that is on file for the subscriber. However, there are a few additional ways you may choose to receive your Summary of Health Payments explanation form.
Plan Payments explanation forms. Upon submitting your request in writing to Blue Cross and Blue Shield, you may:

- Have the Summary of Health Plan Payments explanation form mailed to the member’s address that is on file with Blue Cross and Blue Shield. (Blue Cross and Blue Shield is not required to maintain more than one alternate address for a member.)
- Access the Summary of Health Plan Payments explanations by using the online Blue Cross and Blue Shield member self service option. To check online, log on to the Blue Cross and Blue Shield Web site at www.bluecrossma.org. Just follow the steps to sign-up for paperless statements.

When a member selects an alternate method of receipt as described above, this selection will remain in effect until the member submits a request in writing for a different method. Your request for a different method will be completed by Blue Cross and Blue Shield within three working days of receiving the request. If you enroll in another Blue Cross and Blue Shield health plan or a health plan offered by Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc., you should call the Blue Cross and Blue Shield customer service office as this may affect the delivery of your Summary of Health Plan Payments explanation forms.

There may be certain times when you may request not to receive a Summary of Health Plan Payments explanation form for a certain health care service or supply. This request must be made by phone or in writing to Blue Cross and Blue Shield.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Part 2
Explanation of Terms

The following words are shown in italics in this benefit booklet, the Schedule of Benefits, and any riders that apply to your coverage in this health plan. The meaning of these words will help you understand your benefits.

Allowed Charge (Allowed Amount)

*Blue Cross and Blue Shield* calculates payment of your benefits based on the *allowed charge* (sometimes referred to as the *allowed amount*). This is the maximum amount on which payment is based for covered health care services. This may be called “eligible expense,” “payment allowance,” or “negotiated rate.” The *allowed charge* that *Blue Cross and Blue Shield* uses depends on the type of health care provider that furnishes the *covered service* to you. If your health care provider charges you more than the *allowed amount*, you may have to pay the difference (see below).

- **For Preferred Providers in Massachusetts.** For health care providers who have a preferred provider arrangement (a “PPO payment agreement”) with *Blue Cross and Blue Shield*, the *allowed charge* is based on the provisions of that health care provider’s PPO payment agreement. For *covered services furnished by these health care providers, you pay only your deductible and/or your copayment and/or your coinsurance, whichever applies.* In general, when you share in the cost for your *covered services* (such as a deductible, and/or a copayment and/or a coinsurance), the calculation for the amount that you pay is based on the initial full *allowed charge* for that health care provider (or the actual charge if it is less). This amount that you pay for a *covered service* is generally not subject to future adjustments—up or down—even though the health care provider’s payment may be subject to future adjustments for such things as provider contractual settlements, risk-sharing settlements, and fraud or other operations.

A *preferred provider’s* payment agreement may provide for an *allowed charge* that is more than the provider’s actual charge. For example, a hospital’s *allowed charge* for an *inpatient* admission may be based on a “Diagnosis Related Grouping” (DRG). In this case, the *allowed charge* may be more than the hospital’s actual charge. If this is the case, *Blue Cross and Blue Shield* will calculate your cost share amount based on the lesser amount—this means the *preferred provider’s* actual charge instead of the *allowed charge* will be used to calculate your cost share. The claim payment made to the *preferred provider* will be the full amount of the *allowed charge* less your cost share amount.

- **For Health Care Providers Outside of Massachusetts with a Local Payment Agreement.** For health care providers outside of Massachusetts who have a payment agreement with the local Blue Cross and/or Blue Shield Plan, the *allowed charge* is the “negotiated price” that the local Blue Cross and/or Blue Shield Plan passes on to *Blue Cross and Blue Shield*. (Blue Cross and/or Blue Shield Plan means an independent corporation or affiliate operating under a license from the Blue Cross and Blue Shield Association.) In many cases, the negotiated price paid by *Blue Cross and Blue Shield* to the local Blue Cross and/or Blue Shield Plan is a discount from the provider’s billed charges. However, a number of local Blue Cross and/or Blue Shield Plans can determine only an estimated price at the time your claim is paid. Any such estimated price is based on expected settlements, withholds, any other contingent payment arrangements and non-claims transactions, such as interest on provider advances, with the provider (or with a specific group of providers) of the local Blue Cross and/or

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Blue Shield Plan in the area where services are received. In addition, some local Blue Cross and/or Blue Shield Plans’ payment agreements with providers do not give a comparable discount for all claims. These local Blue Cross and/or Blue Shield Plans elect to smooth out the effect of their payment agreements with providers by applying an average discount to claims. The price that reflects average savings may result in greater variation (more or less) from the actual price paid than will the estimated price. Local Blue Cross and/or Blue Shield Plans that use these estimated or averaging methods to calculate the negotiated price may prospectively adjust their estimated or average prices to correct for overestimating or underestimating past prices. However, the amount you pay is considered a final price. **In most cases for covered services furnished by these health care providers, you pay only your deductible and/or your copayment and/or your coinsurance, whichever applies.**

**Value-Based Provider Arrangements:** A provider’s payment agreement with a local Blue Cross and/or Blue Shield Plan may include: a payment arrangement based on health outcomes; and/or coordination of care features. Under these payment agreements, the providers will be assessed against cost and quality standards. Payments to these providers may include provider incentives, risk sharing, and/or care coordination fees. If you receive covered services from such a provider, you will not have to pay any cost share for these fees, except when a local Blue Cross and/or Blue Shield Plan passes these fees to Blue Cross and Blue Shield through average pricing or fee schedule adjustments for claims for covered services. When this happens, you pay only your deductible and/or your copayment and/or your coinsurance, whichever applies.

- **For Other Health Care Providers.** For health care providers who do not have a PPO payment agreement with Blue Cross and Blue Shield or for health care providers outside of Massachusetts who do not have a payment agreement with the local Blue Cross and Blue Shield Plan, Blue Cross and Blue Shield will use the methods outlined below to calculate your claim payment.

**Patient Protections Against Surprise Billing**
Under federal law, you are protected from “balance billing” or “surprise billing” (an unexpected balance bill) in certain situations. Under the law, you cannot be balance billed for certain covered services that you may receive. But, for these covered services, you will continue to be responsible for any copayment, deductible and/or coinsurance, whichever applies.

You cannot be balance billed when you receive:

- **Emergency services.** This includes: emergency services you receive at an emergency room of a hospital or an independent free-standing emergency facility; and certain covered services that may be required to stabilize you (post-stabilization services) until such time that your attending physician determines you meet certain criteria as outlined under federal law. When you become stabilized and any notice and consent requirements as specified in the statute are met, surprise billing protection no longer applies. See “All Other Covered Services” below for how your claim payment will be calculated when this happens.

- **Non-emergency services furnished by a non-preferred provider at certain preferred facilities.** This includes services you receive at: a hospital; a hospital outpatient department; a critical access hospital; an ambulatory surgical center; or any other facility designated by the statute that provides items or services for which coverage is provided under this health plan unless the notice and consent requirements as specified in the statute have been met. A provider or facility cannot provide notice and receive consent for certain ancillary services, as defined by the No Surprises Act, including items or services related to emergency medicine, anesthesiology, pathology,
Part 2 – **Explanation of Terms** (continued)

radiology and neonatology. This also includes services provided by assistant surgeons and diagnostic services.

– **Air ambulance services by a non-preferred air ambulance provider.**

For the *covered services* described above, the “recognized amount” will be used to calculate your cost share amount (*deductible* and/or *copayment* and/or *coinsurance*). The recognized amount is defined by federal law as: an amount determined by an applicable All-Payer Model Agreement under Section 1115A of the Social Security Act; or, if there is no applicable All-Payer Model Agreement, an amount determined by a specified state law where the services were furnished; or, if there is no applicable All-Payer Model Agreement or specified state law, the lesser of the amount billed by the provider or facility or the Qualified Payment Amount (QPA), which under the final rules generally is the median of the contracted rates of the plan or issuer for the item or service in the geographic region.

For *covered services* furnished in Massachusetts, *Blue Cross and Blue Shield* uses the QPA as the recognized amount to calculate your claim payment. For *covered services* furnished in a state other than Massachusetts, *Blue Cross and Blue Shield* uses the applicable recognized amount that is provided by the local Blue Cross and/or Blue Shield Plan for that state to calculate your claim payment. Any cost share amounts that you pay for these *covered services* will count toward your in-network *deductible* (if applicable) and your *out-of-pocket maximum*. (If a non-preferred provider is dissatisfied with a payment made by the health plan, the provider can initiate a structured process to resolve the dispute. Federal law protects you from any payment disputes that may arise between plans and providers.) Note: The QPA will be used as the recognized amount to calculate your claim payment for covered air ambulance transport that is furnished by a non-preferred provider in or outside of Massachusetts.

**All Other Covered Services**

For all other *covered services* not described above that are not protected from surprise billing by the No Surprises Act, the *allowed charge* is based on 150% of the Medicare reimbursement rate. If there is no established Medicare reimbursement rate, the *allowed charge* is based on the amount determined by using current publicly-available data reflecting fees typically reimbursed for the *covered service*, adjusted for geographic differences. (There may be times when the Medicare reimbursement rate is not available for part of a claim for *covered services*. When this happens, the *allowed charge* will be based on the lesser of: the total of the Medicare reimbursement rate for the part for which there is a Medicare reimbursement rate plus the provider’s actual charge for the part for which there is no Medicare reimbursement rate; or the amount determined by using the current publicly-available data described above for all parts of the claim for the *covered services*.) *Blue Cross and Blue Shield* has the discretion to determine what current publicly-available data it deems applicable, by using the data maintained by a third party of its choice. In no event will the *allowed charge* be more than the health care provider’s actual charge. However, the *allowed charge* may sometimes be less than the health care provider’s actual charge. If this is the case, you will be responsible for the amount of the *covered provider’s* actual charge that is in excess of the *allowed charge*. This is called “balance billing”. This is in addition to your *deductible* and/or your *copayment* and/or *coinsurance*, whichever applies. For this reason, you may wish to discuss charges with your health care provider before you receive *covered services*. There are a few exceptions. This provision does not apply to ground ambulance transport for emergency medical care or *covered services* for which there is no established *allowed charge* (such as services received outside the United States). For these *covered services*, the full amount of the health care provider’s actual charge is used to calculate your claim payment.
Exception: For health care providers who do not have a payment agreement with Blue Cross and Blue Shield or, for health care providers outside of Massachusetts, with the local Blue Cross and/or Blue Shield Plan, there may be times when Blue Cross and Blue Shield is able to negotiate a fee with the provider that is less than the allowed charge that would have been used to calculate your claim payment (as described in the above paragraph). When this happens, the “negotiated fee” will be used as the allowed charge to calculate your claim payment and you will not have to pay the amount of the provider’s charge that is in excess of the negotiated fee. You will only have to pay your deductible and/or your copayment and/or your coinsurance, whichever applies. Blue Cross and Blue Shield will send you a written notice about your claim that will tell you how your claim was calculated, including the allowed charge, the amount paid to the provider, and the amount you must pay to the provider.

Pharmacy Providers
Blue Cross and Blue Shield may have payment arrangements with pharmacy providers or pharmacy benefit managers that may, in some cases, result in an allowed charge for a covered drug or supply that is higher than the price Blue Cross and Blue Shield negotiated with the pharmacy provider or pharmacy benefit manager, or that result in rebates on covered drugs and supplies. Any difference between the allowed charge and the negotiated price is used to administer the health plan’s pharmacy program. The cost that you pay for a covered drug or supply is determined based on the allowed charge at the time you buy the drug or supply. If you are charged a cost share amount (such as a deductible, or copayment, or coinsurance), your payment will be determined based on the allowed charge, not the price Blue Cross and Blue Shield pays. The cost that you pay will not be adjusted for any later rebates, settlements, or other monies paid to Blue Cross and Blue Shield from pharmacy providers or pharmacy benefit managers.

Appeal
An appeal is something you do if you disagree with a Blue Cross and Blue Shield decision to deny a request for coverage of health care services or drugs, or payment, in part or in full, for services or drugs you already received. You may also make an appeal if you disagree with a Blue Cross and Blue Shield decision to stop coverage for services that you are receiving. For example, you may ask for an appeal if Blue Cross and Blue Shield doesn’t pay for a service, item, or drug that you think you should be able to receive. Part 10 explains what you have to do to make an appeal. It also explains the review process.

Balance Billing
There may be certain times when a health care provider will bill you for the difference between the provider’s charge and the allowed charge. This is called balance billing. A preferred provider cannot balance bill you for covered services. See “allowed charge” above for information about the allowed charge and the times when a health care provider may balance bill you.

Benefit Limit
For certain health care services or supplies, there may be day, visit, or dollar benefit maximums that apply to your coverage in this health plan. Your Schedule of Benefits and Part 5 of this benefit booklet describe the benefit limits that apply to your coverage. Once the amount of the benefits that you have received reaches the benefit limit for a specific covered service, no more benefits will be provided by this health plan for those health care services or supplies. When this happens, you must pay the full amount of the provider’s charges that you incur for those health care services or supplies that are more than the benefit limit. An overall lifetime benefit limit will not apply for coverage in this health plan.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Blue Cross and Blue Shield
This term refers to Blue Cross and Blue Shield of Massachusetts, Inc., the organization that has been designated by your plan sponsor to provide administrative services to this health plan, such as claims processing, individual case management, utilization review, quality assurance programs, disease monitoring and management services as selected by the plan sponsor, claim review and other related services, and to arrange for a network of health care providers whose services are covered by this health plan. This includes an employee or designee of Blue Cross and Blue Shield (including another Blue Cross and/or Blue Shield Plan) who is authorized to make decisions or take action called for by this health plan. Blue Cross and Blue Shield has full discretionary authority to interpret this benefit booklet. This includes determining the amount, form, and timing of benefits, conducting medical necessity reviews, and resolving any other matters regarding your right to benefits for covered services as described in this benefit booklet. All determinations by Blue Cross and Blue Shield with respect to benefits under this health plan will be conclusive and binding unless it can be shown that the interpretation or determination was arbitrary and capricious.

Coinsurance
For some covered services, you may have to pay a coinsurance. This means the cost that you pay for these covered services (your “cost share amount”) will be calculated as a percentage. When a coinsurance applies to a specific covered service, Blue Cross and Blue Shield will calculate your cost share amount based on the health care provider’s actual charge or the Blue Cross and Blue Shield allowed charge, whichever is less (unless otherwise required by law). Your Schedule of Benefits shows the covered services for which you must pay a coinsurance (if there are any). If a coinsurance applies, your Schedule of Benefits also shows the percentage that Blue Cross and Blue Shield will use to calculate your cost share amount.

Copayment
For some covered services, you may have to pay a copayment. This means the cost that you pay for these covered services (your “cost share amount”) is a fixed dollar amount. In most cases, a covered provider will collect the copayment from you at the time they furnish the covered service. However, when the health care provider’s actual charge at the time of providing the covered service is less than your copayment, you pay only that health care provider’s actual charge or the Blue Cross and Blue Shield allowed charge, whichever is less (unless otherwise required by law). Any later charge adjustment—up or down—will not affect your copayment (or the cost you were charged at the time of the service if it was less than the copayment). Your Schedule of Benefits shows the amount of your copayment. It also shows those covered services for which you must pay a copayment.

Covered Providers
To receive the highest benefit level under this health plan (your in-network benefits), you must obtain your health care services and supplies from covered providers who participate in your PPO health care network. These health care providers are referred to as “preferred providers.” A preferred provider is a health care provider who has a written preferred provider arrangement (a “PPO payment agreement”) with, or that has been designated by, Blue Cross and Blue Shield or with a local Blue Cross and/or Blue Shield Plan to provide access to covered services to members. You also have the option to seek covered services from a covered provider who is not a preferred provider. (These health care providers are often called “non-preferred providers.”) In this case, you will receive the lowest benefit level under this health plan (your out-of-network benefits). To find out if a health care provider participates in your PPO health care network, you can look in the provider directory that is provided for your health plan.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
The kinds of health care providers that are covered providers are those that are listed below in this section.

- **Hospital and Other Covered Facilities.** These kinds of health care providers are: alcohol and drug treatment facilities; ambulatory surgical facilities; Christian Science sanatoriums; chronic disease hospitals (sometimes referred to as a chronic care or long term care hospital for medically necessary covered services); community health centers; day care centers; detoxification facilities; free-standing diagnostic imaging facilities; free-standing dialysis facilities; free-standing radiation therapy and chemotherapy facilities; general hospitals; independent labs; licensed outpatient birthing centers; limited services clinics; mental health centers; mental hospitals; opioid treatment program providers; rehabilitation hospitals; and skilled nursing facilities.

- **Physician and Other Covered Professional Providers.** These kinds of health care providers are: certified registered nurse anesthetists; chiropractors; Christian Science practitioners; clinical specialists in psychiatric and mental health nursing; dentists; licensed acupuncturists; licensed alcohol and drug counselor I providers; licensed applied behavioral analysts; licensed audiologists; licensed dietitian nutritionists (or a dietitian or a nutritionist or a dietitian nutritionist who is licensed or certified by the state in which the provider practices); licensed independent clinical social workers; licensed marriage and family therapists; licensed mental health counselors; licensed speech-language pathologists; nurse midwives; nurse practitioners; occupational therapists; optometrists; physical therapists; physicians; physician assistants; podiatrists; psychiatric nurse practitioners; psychologists; and urgent care centers.

- **Other Covered Health Care Providers.** These kinds of health care providers are: ambulance services; appliance companies; cardiac rehabilitation centers; early intervention providers; home health agencies; home infusion therapy providers; hospice providers; oxygen suppliers; and visiting nurse associations.

A covered provider may include other health care providers that are designated for you by Blue Cross and Blue Shield.

**Covered Services**

This benefit booklet and your Schedule of Benefits describe the health care services and supplies for which Blue Cross and Blue Shield will provide coverage for you while you are enrolled in this health plan. (Also refer to riders—if there are any—that apply to your coverage in this health plan.) These health care services and supplies are referred to as “covered services.” Except as described otherwise in this benefit booklet and your Schedule of Benefits, all covered services must be medically necessary for you, furnished by covered providers and, when it is required, approved by Blue Cross and Blue Shield.

**Custodial Care**

Custodial care is a type of care that is not covered by this health plan. Custodial care means any of the following:

- Care that is given primarily by medically-trained personnel for a member who shows no significant improvement response despite extended or repeated treatment; or
- Care that is given for a condition that is not likely to improve, even if the member receives attention of medically-trained personnel; or
- Care that is given for the maintenance and monitoring of an established treatment program, when no other aspects of treatment require an acute level of care; or
Part 2 – Explanation of Terms (continued)

- Care that is given for the purpose of meeting personal needs which could be provided by persons without medical training, such as assistance with mobility, dressing, bathing, eating and preparation of special diets, and taking medications.

*Custodial care* does not include the habilitation services that are described as a *covered service* in Part 5.

**Deductible**

For some *covered services*, you may have to pay a *deductible* before you will receive benefits from this health plan. When your health plan includes a deductible, the amount that is put toward your deductible is generally calculated based on the health care provider’s actual charge or the *Blue Cross and Blue Shield allowed charge*, whichever is less (unless otherwise required by law). As required by federal law for “surprise billing,” any *deductible* that applies for certain *covered services* that are furnished by *non-preferred providers* will be calculated based on the recognized amount and will contribute toward satisfying your in-network deductible (see Part 2, “Allowed Charge” for an explanation of these services).

Your ID card and the *Schedule of Benefits* show the amount of your deductible (if there is one). Your *Schedule of Benefits* also shows those *covered services* for which you must pay the deductible before you receive benefits. When a deductible applies, there are some costs that you pay that do not count toward the deductible. These costs that do not count toward the deductible are:

- Any copayments and/or coinsurance you pay.
- The costs you pay when your coverage is reduced or denied because you did not follow the requirements of the *Blue Cross and Blue Shield utilization review* program. (See Part 4.)
- The costs you pay that are more than the *Blue Cross and Blue Shield allowed charge*.
- The costs you pay because your health plan has provided all of the benefits it allows for that *covered service*.

**Diagnostic Lab Tests**

This health plan provides coverage for *diagnostic lab tests*. These *covered services* include tests which analyze samples from the body such as blood, waste, or tissue. These tests include (but are not limited to): 12-lead electrocardiograms; standard electroencephalograms; and glycosylated hemoglobin (HgbA1C) tests, urinary protein/microalbumin tests, and lipid profiles to diagnose and treat diabetes.

**Diagnostic X-Ray and Other Imaging Tests**

This health plan provides coverage for *diagnostic x-ray and other imaging tests*. These tests provide an internal image of the body and are recorded as permanent pictures, such as film. These tests can be low-tech radiology services, such as ultrasounds, x-rays, and fluoroscopic tests. Or, they can be high-tech radiology services, such as computerized axial tomography (CT scans), magnetic resonance imaging (MRI), positron emission tomography (PET scans), and nuclear cardiac imaging. Imaging tests may pair pictures of the body with functional measurements, such as a barium swallow test.

**Effective Date**

This term is used to mean the date on which your coverage in this health plan starts. Or, it means the date on which a change to your coverage in this health plan takes effect.

**Emergency Medical Care**

As a member of this health plan, you have worldwide coverage for *emergency medical care*. This is the type of care you need immediately due to the sudden onset of an emergency medical condition. An
“emergency medical condition” is a medical condition, whether physical, behavioral, related to substance use, or mental, manifesting itself by acute symptoms of sufficient severity (including severe pain) that, in the absence of prompt care, could reasonably be expected by a prudent layperson who has an average knowledge of health and medicine to result in:

- placing your life or health or the health of another (including an unborn child) in serious jeopardy; or
- serious impairment of bodily functions; or
- serious dysfunction of any bodily organ or part; or,
- as determined by a provider with knowledge of your condition, severe pain that cannot be managed without such care.

Some examples of conditions that require emergency medical care are: suspected heart attacks; strokes; poisoning; loss of consciousness; convulsions; and suicide attempts. This also includes treatment of mental conditions when: you are admitted as an inpatient as required under Massachusetts General Laws, Chapter 123, Section 12; you seem very likely to endanger yourself as shown by a serious suicide attempt, a plan to commit suicide, or behavior that shows that you are not able to care for yourself; or you seem very likely to endanger others as shown by an action against another person that could cause serious physical injury or death or by a plan to harm another person.

**Grievance**

A grievance is a type of oral or written complaint you make about care or service you received from Blue Cross and Blue Shield or from a provider who participates in your health care network. This type of complaint concerns the service you receive or the quality of your care. It does not involve a dispute with a coverage or payment decision. Part 10 explains what you have to do to file a grievance. It also explains the review process.

**Group**

The term “group” refers to the institution (or institute) of higher education that has entered into an agreement (a “contract”) under which Blue Cross and Blue Shield provides administrative services for the group’s self-insured student health plan.

**Inpatient**

The term “inpatient” refers to your status as a hospital patient, or as a patient in a health care facility, when you are admitted as a registered bed patient. Even if you stay in the hospital or health care facility overnight, you might still be considered an “outpatient.” Your status is important because it affects how much you will pay for covered services, like x-rays, drugs, lab tests, and physician services. You are an inpatient starting the day you are formally admitted with a doctor’s order as a registered bed patient in a hospital or other health care facility. Note: You are an outpatient when you are kept in a hospital or health care facility solely for observation, even though you use a bed or spend the night. Observation services are to help the doctor decide if a patient needs to be admitted for care or can be discharged. These services may be given in the emergency room or another area of the hospital. If you would normally pay a copayment for outpatient emergency medical care or outpatient medical care services, the copayment will be waived when you are held for observation. But, you must still pay your deductible and/or coinsurance, whichever applies.

**Medical Policy**

To receive your health plan coverage, your health care services and supplies must meet the criteria for coverage that are defined in each Blue Cross and Blue Shield medical policy that applies. Each health care service or supply must also meet the Blue Cross and Blue Shield medical technology assessment criteria.
(See below.) The policies and criteria that will apply are those that are in effect at the time you receive the health care service or supply. These policies are based upon Blue Cross and Blue Shield’s assessment of the quality of the scientific and clinical evidence that is published in peer reviewed journals. Blue Cross and Blue Shield may also consider other clinical sources that are generally accepted and credible. (These sources may include specialty society guidelines, textbooks, and expert opinion.) These medical policies explain Blue Cross and Blue Shield’s criteria for when a health care service or supply is medically necessary, or is not medically necessary, or is investigational. These policies form the basis of coverage decisions. A policy may not exist for each health care service or supply. If this is the case for a certain health care service or supply, Blue Cross and Blue Shield may apply its medical technology assessment criteria and its medical necessity criteria to determine if the health care service or supply is medically necessary or if it is not medically necessary or if it is investigational. To check for a Blue Cross and Blue Shield medical policy, you can go online and log on to the Blue Cross and Blue Shield Web site at www.bluecrossma.org. (Your health care provider can also access a policy by using the Blue Cross and Blue Shield provider Web site.) Or, you can call the Blue Cross and Blue Shield customer service office. You can ask them to mail a copy to you.

Medical Technology Assessment Criteria
To receive your health plan coverage, all of your health care services and supplies must conform to Blue Cross and Blue Shield medical technology assessment criteria. These criteria assess whether a technology improves health outcomes such as length of life or ability to function when performing everyday tasks. The medical technology assessment criteria that apply are those that are in effect at the time you receive a health care service or supply. These criteria are:

- The technology must have final approval from the appropriate government regulatory bodies. This criterion applies to drugs, biological products, devices (such as durable medical equipment), and diagnostic services. A drug, biological product, or device must have final approval from the U.S. Food and Drug Administration (FDA). Any approval granted as an interim step in the FDA regulatory process is not sufficient. (The FDA Humanitarian Device Exemption is one example of an interim step.) Except as required by law, this health plan may limit coverage for drugs, biological products, and devices to those specific indications, conditions, and methods of use approved by the FDA.

- The scientific evidence must permit conclusions concerning the effect of the technology on health outcomes. The evidence should consist of well-designed and well-conducted investigations published in peer-reviewed English-language journals. The qualities of the body of studies and the consistency of the results are considered in evaluating the evidence. The evidence should demonstrate that the technology can measurably alter the physiological changes related to a disease, injury, illness, or condition. In addition, there should be evidence or a convincing argument based on established medical facts that the measured alterations affect health outcomes. Opinions and evaluations by national medical associations, consensus panels, and other technology evaluation bodies are evaluated according to the scientific quality of the supporting evidence upon which they are based.

- The technology must improve the net health outcome. The technology’s beneficial effects on health outcomes should outweigh any harmful effects on health outcomes.

- The technology must be as beneficial as any established alternatives. The technology should improve the net outcome as much as or more than established alternatives. The technology must be as cost effective as any established alternative that achieves a similar health outcome.

- The improvement must be attainable outside the investigational setting. When used under the usual conditions of medical practice, the technology should be reasonably expected to improve health outcomes to a degree comparable to that published in the medical literature.

Blue Cross and Blue Shield may also, as part of a “pilot” program, cover new technologies that are not otherwise described as a covered service. In these cases, the technologies that are covered under the pilot
program must: be approved by the FDA; have published clinical literature showing safety and efficacy; and be reasonably expected to improve health outcomes.

**Medically Necessary (Medical Necessity)**
To receive your health plan coverage, all of your health care services and supplies must be *medically necessary* and appropriate for your health care needs. (The only exceptions are for certain routine and preventive health care services that are covered by this health plan.) *Blue Cross and Blue Shield* has the discretion to determine which health care services and supplies that you receive (or you are planning to receive) are *medically necessary* and appropriate for coverage. It will do this by referring to the guidelines described below.

All health care services must be required services that a health care provider, using prudent clinical judgment, would provide to a patient in order to prevent or to evaluate or to diagnose or to treat an illness, injury, disease, or its symptoms. And, these health care services must also be:
- Furnished in accordance with generally accepted standards of professional medical practice (as recognized by the relevant medical community);
- Clinically appropriate, in terms of type, frequency, extent, site, and duration; and they must be considered effective for your illness, injury, or disease;
- Consistent with the diagnosis and treatment of your condition and in accordance with *Blue Cross and Blue Shield* medical policies and medical technology assessment criteria;
- Essential to improve your net health outcome and as beneficial as any established alternatives that are covered by *Blue Cross and Blue Shield*;
- Consistent with the level of skilled services that are furnished and furnished in the least intensive type of medical care setting that is required by your medical condition; and
- Not more costly than an alternative service or sequence of services at least as likely to produce the same therapeutic or diagnostic results to diagnose or treat your illness, injury, or disease.

This does not include a service that: is primarily for your convenience or for the convenience of your family or the health care provider; is furnished solely for your religious preference; promotes athletic achievements or a desired lifestyle; improves your appearance or how you feel about your appearance; or increases or enhances your environmental or personal comfort.

**Member**
The term “you” refers to any *member* who has the right to the coverage provided by this health plan. A *member* may be the *subscriber* or their enrolled eligible spouse (or former spouse, if applicable) or any other enrolled eligible dependent.

**Mental Conditions**
This health plan provides coverage for treatment of psychiatric illnesses or diseases. These include substance use disorders (such as drug and alcohol addiction). The illnesses or diseases that qualify as *mental conditions* are listed in the latest edition, at the time you receive treatment, of the American Psychiatric Association’s *Diagnostic and Statistical Manual of Mental Disorders*.

**Mental Health Providers**
This health plan provides coverage for treatment of a *mental condition* when these *covered services* are furnished by a *covered provider* who is a *mental health provider*. These *covered providers* include any one or more of the following kinds of health care providers: alcohol and drug treatment facilities; clinical...
specialists in psychiatric and mental health nursing; community health centers (that are a part of a general hospital); day care centers; detoxification facilities; general hospitals; licensed alcohol and drug counselor I providers; licensed independent clinical social workers; licensed marriage and family therapists; licensed mental health counselors; mental health centers; mental hospitals; opioid treatment program providers; physicians; psychiatric nurse practitioners; psychologists; and other mental health providers that are designated for you by Blue Cross and Blue Shield.

Out-of-Pocket Maximum (Out-of-Pocket Limit)
Under this health plan, there is a maximum cost share amount that you will have to pay for certain covered services. This is referred to as an “out-of-pocket maximum.” Your ID card will show the amount of your out-of-pocket maximum. The Schedule of Benefits will show the amount of your out-of-pocket maximum and the time frame for which it applies. It will also describe the cost share amounts you pay that will count toward the out-of-pocket maximum. Once the cost share amounts you have paid that count toward the out-of-pocket maximum add up to the out-of-pocket maximum amount, you will receive full benefits based on the Blue Cross and Blue Shield allowed charge for more of these covered services during the rest of the time frame in which the out-of-pocket maximum provision applies. There are some costs that you pay that do not count toward the out-of-pocket maximum. These costs that do not count toward the out-of-pocket maximum are:

- The amount you pay for your health plan.
- The costs you pay when your coverage is reduced or denied because you did not follow the requirements of the Blue Cross and Blue Shield utilization review program. (See Part 4.)
- The costs you pay that are more than the Blue Cross and Blue Shield allowed charge.
- The costs you pay because your health plan has provided all of the benefits it allows for that covered service.

Note: As required by federal law for “surprise billing,” any cost share amounts paid for certain covered services furnished by non-preferred providers will contribute toward satisfying your in-network out-of-pocket maximum amount. (See Part 2, “Allowed Charge” for an explanation of these services.)

Outpatient
The term “outpatient” refers to your status as a patient. Your status is important because it affects how much you will pay for covered services. You are an outpatient if you are getting emergency room services, observation services, outpatient day surgery, or other hospital services such as lab tests or x-rays and the doctor has not written an order to admit you to the hospital or health care facility as an inpatient. In these cases, you are an outpatient even if you spend the night at the hospital or health care facility. You are also an outpatient if you are getting covered services at a health center, at a provider’s office (this can be either in-person or via telehealth), or in other covered outpatient settings, or at home. Note: You are an outpatient when you are kept in a hospital or health care facility solely for observation, even though you use a bed or spend the night. Observation services are to help the doctor decide if a patient needs to be admitted for care or can be discharged. These services may be given in the emergency room or another area of the hospital. If you would normally pay a copayment for outpatient emergency medical care or outpatient medical care services, the copayment will be waived when you are held for observation. But, you must still pay your deductible and/or coinsurance, whichever applies.

Plan Sponsor
The plan sponsor is Harvard University, the institution (or institute) of higher education that has entered into an agreement (a “contract”) under which Blue Cross and Blue Shield provides administrative services for the group’s self-insured student health plan.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Plan Year
Under this health plan, the deductible, out-of-pocket maximum, and benefit limits will be calculated based on a plan year basis. Your plan year starts on August 1 of each year and continues until the following July 31. A new plan year begins each 12-month period thereafter.

Primary Care Provider
Your PPO health care network includes physicians (who are internists, family practitioners, or pediatricians), nurse practitioners, and physician assistants that you may choose to furnish your primary medical care. These health care providers are generally called primary care providers. As a member of this health plan, you are not required to choose a primary care provider in order for you to receive your health plan coverage. You may choose any covered provider to furnish your health care services and supplies. But, your choice is important because it will impact the costs that you pay for your health care services and supplies. Your costs will be less when you use health care providers who participate in your PPO health care network to furnish your covered services.

Rider
Blue Cross and Blue Shield and/or your group may change the terms of your coverage in this health plan. If a material change is made to your coverage in this health plan, it is described in a rider. For example, a rider may change the amount that you must pay for certain services such as the amount of your copayment. Or, it may add to or limit the benefits provided by this health plan. Your plan sponsor will supply you with riders (if there are any) that apply to your coverage in this health plan. You should keep these riders with this benefit booklet and your Schedule of Benefits so that you can refer to them.

Room and Board
For an approved inpatient admission, covered services include room and board. This means your room, meals, and general nursing services while you are an inpatient. This includes hospital services that are furnished in an intensive care or similar unit.

Schedule of Benefits
This benefit booklet includes a Schedule of Benefits. It describes the cost share amount that you must pay for each covered service (such as a deductible, copayment, or coinsurance). And, it includes important information about your deductible and out-of-pocket maximum. It also describes benefit limits that apply for certain covered services. Be sure to read all parts of this benefit booklet and your Schedule of Benefits to understand all of your health care benefits. You should read the Schedule of Benefits along with the descriptions of covered services and the limits and exclusions that are described in this benefit booklet.

A rider may change the information that is shown in your Schedule of Benefits. Be sure to read each rider (if there is any).

Service Area
The service area is the geographic area in which you may receive all of your health care services and supplies. Your service area includes all counties in the Commonwealth of Massachusetts. In addition, for those members who are living or traveling outside of Massachusetts (but within the United States) this health plan provides access to the local Blue Cross and/or Blue Shield Plan’s PPO health care networks.
Special Services (Hospital and Facility Ancillary Services)

When you receive health care services from a hospital or other covered health care facility, covered services include certain services and supplies that the health care facility normally furnishes to its patients for diagnosis or treatment while the patient is in the facility. These special services include (but are not limited to) such things as:

- The use of special rooms. These include: operating rooms; and treatment rooms.
- Tests and exams.
- The use of special equipment in the facility. Also, the services of the people hired by the facility to run the equipment.
- Drugs, medications, solutions, biological preparations, and medical and surgical supplies that are used while you are in the facility.
- Administration of infusions and transfusions and blood processing fees. These do not include the cost of: whole blood; packed red blood cells; blood donor fees; or blood storage fees.
- Internal prostheses (artificial replacements of parts of the body) that are part of an operation. These include things such as: hip joints; skull plates; intraocular lenses that are implanted after corneal transplant, cataract surgery, or other covered eye surgery, when the natural eye lens is replaced; and pacemakers. They do not include things such as: ostomy bags; artificial limbs or eyes; hearing aids; or airplane splints.

Subscriber

The subscriber is the eligible student who signs the enrollment form at the time of enrollment in this health plan.

Urgent Care

This health plan provides coverage for urgent care. This is medical, surgical, or psychiatric care, other than emergency medical care, that you need right away. This is care that you need to prevent serious deterioration of your health when an unforeseen illness or injury occurs. In most cases, urgent care will be brief diagnostic care and treatment to stabilize your condition.

Utilization Review

This term refers to the programs that Blue Cross and Blue Shield uses to evaluate the necessity and appropriateness of your health care services and supplies. Blue Cross and Blue Shield uses a set of formal techniques that are designed to monitor the use of, or evaluate the clinical necessity, appropriateness, efficacy or efficiency of health care services, procedures or settings, and drugs. These programs are designed to encourage appropriate care and services (not less care). Blue Cross and Blue Shield understands the need for concern about underutilization. Blue Cross and Blue Shield shares this concern with its members and health care providers. Blue Cross and Blue Shield does not compensate individuals who conduct utilization review activities based on denials. Blue Cross and Blue Shield also does not offer incentives to health care providers to encourage inappropriate denials of care and services. These programs may include any or all of the following:

- Pre-admission review, concurrent review, and discharge planning.
- Pre-approval of some outpatient services, including drugs (whether the drugs are furnished to you by a health care provider along with a covered service).
- Drug formulary management (compliance with the Blue Cross and Blue Shield Drug Formulary). This also includes quality care dosing which helps to monitor the quantity and dose of the drug that you receive, based on Food and Drug Administration (FDA) recommendations and clinical information.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
• Step therapy to help your health care provider furnish you with the appropriate drug treatment. (With step therapy, before coverage is approved for certain “second step” drugs, it is required that you first try an effective “first step” drug.)
• Post-payment review.
• Individual case management.
Part 3

Emergency Services

You do not need a referral from your health care provider or an approval from Blue Cross and Blue Shield before you obtain emergency medical care. As a member of this health plan, you will receive worldwide emergency coverage. These emergency medical services may include inpatient or outpatient services by health care providers who are qualified to furnish emergency medical care. This includes care that is needed to evaluate or stabilize your emergency medical condition. At the onset of an emergency medical condition that in your judgment requires emergency medical care, you should go to the nearest emergency room. If you need help, dial 911. Or, call your local emergency medical service system phone number. You will not be denied coverage for medical and transportation services that you incur as a result of your emergency medical condition. You usually need emergency medical services because of the sudden onset of an emergency medical condition. An “emergency medical condition” is a medical condition, whether physical, behavioral, related to substance use, or mental, manifesting itself by acute symptoms of sufficient severity (including severe pain) that, in the absence of prompt care, could reasonably be expected by a prudent layperson who has an average knowledge of health and medicine to result in: placing your life or health or the health of another (including an unborn child) in serious jeopardy; or serious impairment of bodily functions; or serious dysfunction of any bodily organ or part; or, as determined by a provider with knowledge of your condition, severe pain that cannot be managed without such care. Some examples of conditions that require emergency medical care are: suspected heart attacks; strokes; poisoning; loss of consciousness; convulsions; and suicide attempts.

Inpatient Emergency Admissions

Your condition may require that you be admitted into a hospital for inpatient emergency medical care. If this happens, you or the admitting facility (or someone on your behalf) must call Blue Cross and Blue Shield within 48 hours of your admission. (A health care facility that participates in your health care network should call Blue Cross and Blue Shield for you.) This call must include: your name; your ID number; the name of the health care facility; the date of admission; and the condition for which you are receiving treatment. This information is required so that Blue Cross and Blue Shield can evaluate and monitor the appropriateness of your inpatient health care services.

Outpatient Emergency Services

When you have an emergency medical condition, you should receive care at the nearest emergency room. If you receive emergency medical care at an emergency room of a hospital that does not participate in your health care network, your health plan will provide the same coverage that you would otherwise receive if you had gone to a hospital that does participate in your health care network.

Post-Stabilization Care

After your emergency medical condition has been evaluated and stabilized in the hospital emergency room, you may be ready to go home. Or, you may require further care. But, benefits will be provided only for the health care services and supplies that are covered by your health plan.

- **Admissions from the Emergency Room.** Your condition may require that you be admitted directly from the emergency room into that hospital for inpatient emergency medical care. If this happens,
you or the admitting facility (or someone on your behalf) must call Blue Cross and Blue Shield. (A health care facility that participates in your health care network should call Blue Cross and Blue Shield for you.) This call must be made within 48 hours of your admission. This call must include: your name; your ID number; the name of the health care facility; the date of admission; and the condition for which you are receiving treatment. This is required so that Blue Cross and Blue Shield can evaluate and monitor the appropriateness of your inpatient health care services.

- Transfers to Other Inpatient Facilities. Your emergency room provider may recommend your transfer to another facility for inpatient care. If this happens, you or the admitting facility (or someone on your behalf) must call Blue Cross and Blue Shield. (A health care facility that participates in your health care network should call Blue Cross and Blue Shield for you.) This call must be made within 48 hours of your admission. This is required so that Blue Cross and Blue Shield can evaluate the appropriateness of the inpatient health care services.

- Outpatient Follow Up Care. Your emergency room provider may recommend that you have outpatient follow up care. If this happens, the emergency room provider must call Blue Cross and Blue Shield to obtain an approval when the type of care that you need requires an approval from Blue Cross and Blue Shield. (See Part 4.) If you need to have more follow up care and an approval is required, you or your health care provider must obtain the approval from Blue Cross and Blue Shield.
Part 4
Utilization Review Requirements

To receive all of the coverage provided by your health plan, you must follow all of the requirements described in this section. **Your coverage may be denied if you do not follow these requirements.**

**Pre-Service Approval Requirements**
There are certain health care services or supplies that must be approved for you by Blue Cross and Blue Shield. A health care provider who participates in your health care network should request a pre-service approval on your behalf. (You must request this review if the health care provider does not start the process for you.) For the pre-service review, Blue Cross and Blue Shield will consider your health care provider to be your authorized representative. **Blue Cross and Blue Shield will tell you and your health care provider if coverage for a proposed service has been approved or if coverage has been denied.** To check on the status of a request or to check for the outcome of a utilization review decision, you can call your health care provider or the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your ID card. Remember, you should check with your health care provider before you receive services or supplies to make sure that your health care provider has received approval from Blue Cross and Blue Shield when a pre-service approval is required. Otherwise, you will have to pay all charges for those health care services and/or supplies.

(The requirements described below in this part do not apply to your covered services when Medicare is the primary coverage.)

**Referrals for Specialty Care**
You do not need a referral from your primary care provider or your attending physician in order for you to receive your health plan coverage. But, there are certain health care services and supplies that must be approved by Blue Cross and Blue Shield before you receive them. (See below.)

**Pre-Service Review for Outpatient Services**
To receive all of your coverage for certain outpatient health services and supplies, you must obtain a pre-service approval from Blue Cross and Blue Shield. A provider who participates in your health care network will request this approval on your behalf. During the pre-service review, Blue Cross and Blue Shield will determine if your proposed health care services or supplies should be covered as medically necessary for your condition. Blue Cross and Blue Shield will make this decision within two working days of the date that it receives all of the needed information from your health care provider.

You must receive a pre-service approval from Blue Cross and Blue Shield for:

- Certain outpatient specialty care, procedures, services, and supplies. Some examples of services that may require prior approval include: some types of surgery; non-emergency ground ambulance; and certain outpatient treatment plans that require a review due to factors such as (but not limited to) the variability in length of treatment, the difficulty in predicting a standard length of treatment, the risk factors and provider discretion in determining treatment intensity compared to symptoms, the difficulty in measuring outcomes, or the variability in cost and quality. **To find out if a treatment, service, or supply needs a pre-service review, you can check with your health care provider.** You can also find out by calling the Blue Cross and Blue Shield customer service office or using the online Blue Cross and Blue Shield member self service option. To check online, log on to the

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
**Blue Cross and Blue Shield** Web site at www.bluecrossma.org. Just follow the steps to check your benefits.

- Infertility treatment.
- Certain prescription drugs that are administered to you by a non-pharmacy health care provider during a covered visit. For example, you receive an injection or an infusion of a drug in a physician’s office or in a hospital outpatient setting. A key part of this pre-service approval process is the step therapy program. It helps your health care provider provide you with the appropriate drug treatment. To find out if your prescription drug requires a prior approval from **Blue Cross and Blue Shield**, you can call the **Blue Cross and Blue Shield** customer service office.

From time to time, **Blue Cross and Blue Shield** may change the list of health care services and supplies that require a prior approval. To check these requirements, you can use the online **Blue Cross and Blue Shield** member self service option. To do this, log on to the **Blue Cross and Blue Shield** Web site at www.bluecrossma.org. When a material change is made to these requirements, **Blue Cross and Blue Shield** will let the subscriber’s group on your behalf know about the change at least 60 days before the change becomes effective.

**Missing Information**

In some cases, **Blue Cross and Blue Shield** will need more information or records to determine if your proposed health care services or supplies should be covered as medically necessary to treat your condition. For example, **Blue Cross and Blue Shield** may ask for the results of a face-to-face clinical evaluation or of a second opinion. If **Blue Cross and Blue Shield** does need more information, **Blue Cross and Blue Shield** will ask for this missing information or records within 15 calendar days of the date that it received your health care provider’s request for pre-service approval. The information or records that **Blue Cross and Blue Shield** asks for must be provided to **Blue Cross and Blue Shield** within 45 calendar days of the request. If this information or these records are not provided to **Blue Cross and Blue Shield** within these 45 calendar days, your proposed coverage will be denied. If **Blue Cross and Blue Shield** receives this information or these records within this time frame, **Blue Cross and Blue Shield** will make a decision within two working days of the date it is received.

**Coverage Approval**

If through the pre-service review **Blue Cross and Blue Shield** determines that your proposed health care service, supply, or course of treatment should be covered as medically necessary for your condition, **Blue Cross and Blue Shield** will call the health care provider. **Blue Cross and Blue Shield** will make this phone call within 24 hours of the time the decision is made to let the health care provider know of the coverage approval status of the review. Then, within two working days of that phone call, **Blue Cross and Blue Shield** will send a written (or electronic) notice to you and to the health care provider. This notice will let you know (and confirm) that your coverage was approved.

**Coverage Denial**

If through the pre-service review **Blue Cross and Blue Shield** determines that your proposed health care service, supply, or course of treatment should not be covered as medically necessary for your condition, **Blue Cross and Blue Shield** will call the health care provider. **Blue Cross and Blue Shield** will make this phone call within 24 hours of the time the decision is made to let the health care provider know that the coverage was denied and to discuss alternative treatment. Then, within one working day of that phone call, **Blue Cross and Blue Shield** will send a written (or electronic) notice to you and to the health care provider. This notice will explain **Blue Cross and Blue Shield**’s coverage decision. This notice will include: information related to the details about your coverage denial; the reasons that **Blue Cross and Blue Shield** has denied the request and the applicable terms of your coverage in this health plan; the specific medical and scientific reasons for which **Blue Cross and Blue Shield** has denied the request; any alternative treatment

**WORDS IN ITALICS ARE EXPLAINED IN PART 2.**
or health care services and supplies that would be covered; Blue Cross and Blue Shield clinical guidelines that apply and were used and any review criteria; and the review process and your right to pursue legal action.

**Reconsideration of Adverse Determination**

Your health care provider may ask that Blue Cross and Blue Shield reconsider its decision when Blue Cross and Blue Shield has determined that your proposed health care service, supply, or course of treatment is not medically necessary for your condition. In this case, Blue Cross and Blue Shield will arrange for the decision to be reviewed by a clinical peer reviewer. This review will be held between your health care provider and the clinical peer reviewer. And, it will be held within one working day of the date that your health care provider asks for Blue Cross and Blue Shield’s decision to be reconsidered. If the initial decision is not reversed, you (or the health care provider on your behalf) may ask for a formal review. The process to ask for a formal review is described in Part 10 of this benefit booklet. You may request a formal review even if your health care provider has not asked that the Blue Cross and Blue Shield decision be reconsidered.

**Pre-Admission Review**

Before you go into a hospital or other covered health care facility for inpatient care, your health care provider must obtain an approval from Blue Cross and Blue Shield in order for your care to be covered by this health plan. (This does not apply to your admission if it is for emergency medical care or for maternity care.) Blue Cross and Blue Shield will determine if the health care setting is suitable to treat your condition. Blue Cross and Blue Shield will make this decision within two working days of the date that it receives all of the needed information from your health care provider. Any pre-admission review approval from Blue Cross and Blue Shield applies to your inpatient admission only. There may be certain health care services or supplies that are furnished during your admission that also require pre-service approval from Blue Cross and Blue Shield. See “Pre-Service Approval Requirements” above in this section.

**Exception:** If your admission is for substance use treatment in a hospital or other covered health care facility that is certified or licensed by the Massachusetts Department of Public Health, prior approval from Blue Cross and Blue Shield will not be required. For an admission in one of these health care facilities, coverage will be provided for medically necessary acute treatment services and clinical stabilization services for up to a total of 14 days without prior approval, as long as the health care facility notifies Blue Cross and Blue Shield and provides the initial treatment plan within 48 hours of your admission. Concurrent Review (see page 25) will start on or after day seven of your admission. For all other admissions (except as described in the paragraph above), you must have prior approval from Blue Cross and Blue Shield in order for your inpatient care to be covered by this health plan.

**Missing Information**

In some cases, Blue Cross and Blue Shield will need more information or records to determine if the health care setting is suitable to treat your condition. For example, Blue Cross and Blue Shield may ask for the results of a face-to-face clinical evaluation or of a second opinion. If Blue Cross and Blue Shield does need more information, Blue Cross and Blue Shield will ask for this missing information or records within 15 calendar days of the date that it received your health care provider’s request for approval. The information or records that Blue Cross and Blue Shield asks for must be provided to Blue Cross and Blue Shield within 45 calendar days of the request. If this information or these records are not provided to Blue Cross and Blue Shield within these 45 calendar days, your proposed coverage will be denied. If Blue Cross and Blue Shield receives this information or records within this time frame, Blue Cross and Blue Shield will make a decision within two working days of the date it is received.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Coverage Approval
If Blue Cross and Blue Shield determines that the proposed setting for your health care is suitable, Blue Cross and Blue Shield will call the health care facility. Blue Cross and Blue Shield will make this phone call within 24 hours of the time the decision is made to let the facility know of the coverage approval status of the pre-admission review. Then, within two working days of that phone call, Blue Cross and Blue Shield will send a written (or electronic) notice to you and to the facility. This notice will let you know (and confirm) that your coverage was approved.

Coverage Denial
If Blue Cross and Blue Shield determines that the proposed setting is not medically necessary for your condition, Blue Cross and Blue Shield will call the health care facility. Blue Cross and Blue Shield will make this phone call within 24 hours of the time the decision is made to let the facility know that the coverage was denied and to discuss alternative treatment. Then, within one working day of that phone call, Blue Cross and Blue Shield will send a written (or electronic) notice to you and to the facility. This notice will explain Blue Cross and Blue Shield’s coverage decision. This notice will include: information related to the details about your coverage denial; the reasons that Blue Cross and Blue Shield has denied the request and the applicable terms of your coverage in this health plan; the specific medical and scientific reasons for which Blue Cross and Blue Shield has denied the request; any alternative treatment or health care services and supplies that would be covered; Blue Cross and Blue Shield clinical guidelines that apply and were used and any review criteria; and the review process and your right to pursue legal action.

Reconsideration of Adverse Determination
Your health care provider may ask that Blue Cross and Blue Shield reconsider its decision when Blue Cross and Blue Shield has determined that inpatient coverage is not medically necessary for your condition. In this case, Blue Cross and Blue Shield will arrange for the decision to be reviewed by a clinical peer reviewer. This review will be held between your health care provider and the clinical peer reviewer. And, it will be held within one working day of the date that your health care provider asks for the Blue Cross and Blue Shield decision to be reconsidered. If the initial decision is not reversed, you (or the health care provider on your behalf) may ask for a formal review. The process to ask for a formal review is described in Part 10 of this benefit booklet. You may request a formal review even if your health care provider has not asked that the Blue Cross and Blue Shield decision be reconsidered.

Concurrent Review and Discharge Planning
Concurrent Review means that while you are an inpatient, Blue Cross and Blue Shield will monitor and review the health care services you receive to make sure you still need inpatient coverage in that facility. In some cases, Blue Cross and Blue Shield may determine upon review that you will need to continue inpatient coverage in that health care facility beyond the number of days first thought to be required for your condition. When Blue Cross and Blue Shield makes this decision (within one working day of receiving all necessary information), Blue Cross and Blue Shield will let the health care facility know of the coverage approval status of the review. Blue Cross and Blue Shield will do this within one working day of making this decision. Blue Cross and Blue Shield will also send a written (or electronic) notice to you and to the facility to explain the decision. This notice will be sent within one working day of that first notice. This notice will include: the number of additional days that are being approved for coverage (or the next review date); the new total number of approved days or services; and the date the approved services will begin.

In other cases, based on a medical necessity determination, Blue Cross and Blue Shield may determine that you no longer need inpatient coverage in that health care facility. Or, you may no longer need inpatient coverage at all. Blue Cross and Blue Shield will make this decision within one working day of receiving all necessary information. Blue Cross and Blue Shield will call the health care facility to let them know of this decision. Blue Cross and Blue Shield will discuss plans for continued coverage in a health care setting that
better meets your needs. This phone call will be made within 24 hours of the Blue Cross and Blue Shield coverage decision. For example, your condition may no longer require *inpatient* coverage in a hospital, but it still may require skilled nursing coverage. If this is the case, your physician may decide to transfer you to a skilled nursing facility. Any proposed plans will be discussed with you by your physician. All arrangements for discharge planning will be confirmed in writing with you. Blue Cross and Blue Shield will send this written (or electronic) notice to you and to the facility within one working day of that phone call to the facility. You may choose to stay in the health care facility after you have been told by your health care provider or Blue Cross and Blue Shield that *inpatient* coverage is no longer *medically necessary*. But, if you do, this health plan will not provide any more coverage. You must pay all costs for the rest of that *inpatient* stay. This starts from the date the written notice is sent to you from Blue Cross and Blue Shield.

**Reconsideration of Adverse Determination**

Your health care provider may ask that Blue Cross and Blue Shield reconsider its decision when Blue Cross and Blue Shield has determined that continued *inpatient* coverage is not *medically necessary* for your condition. In this case, Blue Cross and Blue Shield will arrange for the decision to be reviewed by a clinical peer reviewer. This review will be held between your health care provider and the clinical peer reviewer. And, it will be held within one working day of the date that your health care provider asks for the Blue Cross and Blue Shield decision to be reconsidered. If the initial decision is not reversed, you (or the health care provider on your behalf) may ask for a formal review. The process to ask for a formal review is described in Part 10 of this benefit booklet. You may request a formal review even if your health care provider has not asked that the Blue Cross and Blue Shield decision be reconsidered.

**Individual Case Management**

Individual Case Management is a flexible program for managing your benefits in some situations. Through this program, Blue Cross and Blue Shield works with your health care providers to make sure that you get *medically necessary* services in the least intensive setting that meets your needs. Under this program, coverage may be approved for services that are in addition to those that are already covered by this health plan. For example, Blue Cross and Blue Shield may approve these services to:

- Shorten an *inpatient* stay. This may occur by sending a *member* home or to a less intensive setting to continue treatment.
- Direct a *member* to a less costly setting when an *inpatient* stay has been proposed.
- Prevent future *inpatient* stays. This may occur by providing coverage for *outpatient* care instead.

Blue Cross and Blue Shield may, in some situations, present a specific alternative treatment plan to you and your attending physician. This treatment plan will be one that is *medically necessary* for you. Blue Cross and Blue Shield will need the full cooperation of everyone involved. This includes: the patient (or the guardian); the hospital; the attending physician; and the proposed health care provider. Blue Cross and Blue Shield may require that there be a written agreement between the patient (or the patient’s family or guardian) and Blue Cross and Blue Shield. Blue Cross and Blue Shield may also require that there be an agreement between the health care provider and Blue Cross and Blue Shield to furnish the services that are approved through this alternative treatment plan.
Part 5

Covered Services

You have the right to the coverage described in this part, except as limited or excluded in other parts of this benefit booklet. Also, be sure to read your Schedule of Benefits. It describes the cost share amounts that you must pay for covered services. And, it shows the benefit limits that apply to specific covered services. (Also refer to riders—if there are any—that apply to your coverage in this health plan.) Your coverage in this health plan consists of two benefit levels: one for in-network benefits; and one for out-of-network benefits. This means that your cost share amount differs based on the benefit level of the covered services that you receive. The highest benefit level is provided when you receive covered services from a covered provider who participates in your PPO health care network. This is your in-network benefit level. The lowest benefit level is usually provided when you receive covered services from a covered provider who does not participate in your PPO health care network. This is your out-of-network benefit level. Your Schedule of Benefits shows the cost share amounts that you will pay for in-network benefits and for out-of-network benefits.

Admissions for Inpatient Medical and Surgical Care

General and Chronic Disease Hospital Admissions

Except for an admission for emergency medical care or for maternity care, you and your health care provider must receive approval from Blue Cross and Blue Shield as outlined in this benefit booklet before you enter a general or chronic disease hospital for inpatient care. Blue Cross and Blue Shield will let you and your health care provider know when your coverage is approved. (See Part 4.) When inpatient care is approved by Blue Cross and Blue Shield or it is for inpatient emergency medical care, this health plan provides coverage for as many days as are medically necessary for you. These inpatient benefits are also available for inpatient care you receive in a Christian Science sanatorium. (For maternity care, see page 38.) This coverage includes:

- Semiprivate room and board; and special services that are furnished for you by the hospital.
- Surgery that is performed for you by a physician; or a nurse practitioner; or a dentist. This may also include the services of an assistant surgeon (physician) when Blue Cross and Blue Shield decides that an assistant is needed. These covered services include (but are not limited to):
  - Reconstructive surgery. This means non-dental surgery that is meant to improve or give you back bodily function or to correct a functional physical impairment that was caused by: a birth defect; a prior surgical procedure or disease; or an accidental injury. It also includes surgery that is done to correct a deformity or disfigurement that was caused by an accidental injury. This coverage includes surgery to correct or repair disturbances of body composition caused by HIV associated lipodystrophy syndrome, when the covered provider has determined that this treatment is necessary to correct, repair, or lessen the effects of HIV associated lipodystrophy syndrome. These services include, but are not limited to: reconstructive surgery, such as suction-assisted lipectomy; other restorative procedures; and dermal injections or fillers for reversal of facial lipoatrophy syndrome.

Women’s Health and Cancer Rights

As required by federal law, this coverage includes breast reconstruction in connection with a mastectomy. This health plan provides coverage for: all stages of reconstruction of the breast on which the mastectomy was performed; surgery and reconstruction of the other breast to produce a

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

symmetrical appearance; and prostheses and treatment of physical complications at all stages of mastectomy, including lymphedemas. These services will be furnished in a manner determined in consultation with the attending physician and the patient.

- **Transplants.** This means human organ (or tissue) and stem cell (“bone marrow”) transplants that are furnished according to *Blue Cross and Blue Shield medical policy and medical technology assessment criteria*. It also includes one or more stem cell transplants for a *member* who has been diagnosed with breast cancer that has spread. For covered transplants, coverage also includes: the harvesting of the donor’s organ (or tissue) or stem cells when the recipient is a *member*; and drug therapy that is furnished during the transplant procedure to prevent the transplanted organ (or tissue) or stem cells from being rejected. “Harvesting” includes: the surgical removal of the donor’s organ (or tissue) or stem cells; and the related *medically necessary* services and/or tests that are required to perform the transplant itself. No benefits are provided for the harvesting of the donor’s organ (or tissue) or stem cells when the recipient is not a *member*. (See “Lab Tests, X-Rays, and Other Tests” for your coverage for donor testing.)

- **Oral surgery.** This means: reduction of a dislocation or fracture of the jaw or facial bone; excision of a benign or malignant tumor of the jaw; and orthognathic surgery that you need to correct a significant functional impairment that cannot be adequately corrected with orthodontic services. You must have a serious medical condition that requires that you be admitted to a hospital as an *inpatient* in order for the surgery to be safely performed. (Orthognathic surgery is not covered when it is performed mainly for cosmetic reasons. This surgery must be performed along with orthodontic services. If it is not, the oral surgeon must send a letter to *Blue Cross and Blue Shield* asking for approval for the surgery. No benefits are provided for the orthodontic services.)

Covered oral surgery also includes the removal of impacted teeth (includes wisdom teeth), when the teeth are fully or partially imbedded in the bone.

- **Gender reassignment surgery.** This means gender reassignment surgery for gender identity disorders. No benefits are provided for services and procedures that are considered to be cosmetic services that may be used to make a person look more feminine or more masculine. For example, no benefits are provided for procedures such as (but not limited to): plastic surgery of the nose, face lift, lip enhancement, facial bone reduction, plastic surgery of the eyelids, liposuction of the waist, reduction of the thyroid cartilage, hair removal, hair transplants, surgery of the larynx including shortening of the vocal cords, chin implants, nose implants, and lip reduction.

- **Voluntary termination of pregnancy (abortion).**

- **Voluntary sterilization procedures.** To provide coverage for the women’s preventive health services as recommended by the U.S. Department of Health and Human Services, any in-network *deductible*, *copayment*, and/or *coinsurance* will be waived for a sterilization procedure furnished for a female *member* when it is performed as the primary procedure for family planning reasons.

**WORDS IN ITALICS ARE EXPLAINED IN PART 2.**
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

This provision does not apply for hospital services. For all situations except as described in this paragraph, the cost share amount for elective surgery will still apply.

- Anesthesia services that are related to covered surgery. This includes those services that are furnished for you by a physician other than the attending physician; or by a certified registered nurse anesthetist.
- Radiation and x-ray therapy that is furnished for you by a physician. This includes: radiation therapy using isotopes, radium, radon, or other ionizing radiation; and x-ray therapy for cancer or when used in place of surgery.
- Chemotherapy (drug therapy for cancer) that is furnished for you by a physician.
- Interpretation of diagnostic x-ray and other imaging tests, diagnostic lab tests, and diagnostic machine tests, when these tests are furnished by a physician or by a podiatrist instead of by a hospital-based radiologist or pathologist who is an employee of the hospital. (When these services are furnished by a radiologist or pathologist who is an employee of the hospital, coverage is provided as a special service of the hospital.)
- Medical care that is furnished for you by a physician; or by a nurse practitioner; or by a by a Christian Science practitioner. This includes medical care furnished for you by a physician other than the attending physician to treat an uncommon aspect or complication of your illness or injury. This health plan will cover medical care furnished for you by two or more physicians at the same time. But, this is the case only when Blue Cross and Blue Shield decides that the care is needed to treat a critically ill patient. The second physician must be an expert in a different medical sub-specialty than the attending physician. This health plan will cover only the attending physician if the second physician is an expert in the same medical sub-specialty as the attending physician.

No benefits are provided for services that are furnished by a podiatrist while you are an inpatient.

- Monitoring services that are related to dialysis, when they are furnished for you by a covered provider.
- Consultations. These services must be furnished for you by a physician other than the attending physician. The consultation must be needed to diagnose or treat the condition for which you were admitted. Or, it must be for a complication that develops after you are an inpatient. The attending physician must order the consultation. The physician who furnishes it must send a written report to Blue Cross and Blue Shield if they ask for one. The physician who furnishes this consultation for you must be an expert in a different medical sub-specialty than the attending physician. This health plan will cover only the attending physician if the consultant is an expert in the same medical sub-specialty as the attending physician.
- Intensive care services. These services must be furnished for you by a physician other than the attending physician; or by a nurse practitioner. This means services that you need for only a limited number of hours to treat an uncommon aspect or complication of your illness or injury.
- Emergency admission services. These services must be furnished for you by a physician; or by a nurse practitioner. This means that a complete history and physical exam is performed before you are admitted as an inpatient for emergency medical care and your treatment is taken over immediately by another physician.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

- Pediatric specialty care. This is care that is furnished for you by a covered provider who has a recognized expertise in specialty pediatrics.
- Second surgical opinions. These services must be furnished for you by a physician. This includes a third opinion when the second opinion differs from the first.

Rehabilitation Hospital Admissions
You and your health care provider must receive approval from Blue Cross and Blue Shield as outlined in this benefit booklet before you enter a rehabilitation hospital for inpatient care. Blue Cross and Blue Shield will let you and your health care provider know when your coverage is approved. (See Part 4.) When inpatient care is approved by Blue Cross and Blue Shield, this health plan provides coverage for as many days as are medically necessary for you. (Coverage is provided only for those services that are determined by Blue Cross and Blue Shield to be medically necessary for you.) This coverage includes: semiprivate room and board and special services furnished for you by the hospital; and medical care furnished for you by a physician or by a nurse practitioner.

Skilled Nursing Facility Admissions
You and your health care provider must receive approval from Blue Cross and Blue Shield as outlined in this benefit booklet before you enter a skilled nursing facility for inpatient care. Blue Cross and Blue Shield will let you and your health care provider know when your coverage is approved. (See Part 4.) When inpatient care is approved by Blue Cross and Blue Shield, this health plan provides coverage for as many days as are medically necessary for you. (Coverage is provided only for those services that are determined by Blue Cross and Blue Shield to be medically necessary for you.) This coverage includes: semiprivate room and board and special services furnished for you by the facility; and medical care furnished for you by a physician or by a nurse practitioner.

Ambulance Services
This health plan covers ambulance transport. This coverage includes:

- Emergency Ambulance. This includes an ambulance that takes you to an emergency medical facility for emergency medical care. For example, this may be an ambulance that takes you from an accident scene to the hospital. Or, it may take you from your home to a hospital due to a heart attack. This also means an air ambulance that takes you to a hospital when your emergency medical condition requires that you use an air ambulance rather than a ground ambulance. If you need help, call 911. Or, call your local emergency phone number.

- Other Ambulance. This includes medically necessary transport by an ambulance. For example, this may be an ambulance that is required to take you to or from the nearest hospital (or other covered health care facility) to receive care. It also includes an ambulance that is needed for a mental condition.

No benefits are provided: for air ambulance transport for non-emergency medical conditions; for taxi or chair car service; to transport you to or from your medical appointments; to transport you to a non-covered provider; or for transport that is furnished solely for your convenience or for the convenience of your family.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

or the health care provider (for example, this includes transport for the purposes of being closer to home or to have access to a health care provider for non-emergency care).

**Autism Spectrum Disorders Services**

This health plan covers medically necessary services to diagnose and treat autism spectrum disorders when the covered services are furnished by a covered provider. This may include (but is not limited to): a physician; a psychologist; or a licensed applied behavioral analyst. This coverage includes:

- Assessments, evaluations (including neuropsychological evaluations), genetic testing, and/or other tests to determine if a member has an autism spectrum disorder.
- Habilitative and rehabilitative care. This is care to develop, maintain, and restore, to the maximum extent practicable, the functioning of the member. This care includes, but is not limited to, applied behavior analysis that is furnished by or supervised by: a psychologist; a licensed applied behavioral analyst; or an early intervention provider.
- Psychiatric and psychological care that is furnished by a covered provider such as: a physician who is a psychiatrist; or a psychologist.
- Therapeutic care that is furnished by a covered provider. This may include (but is not limited to): a speech, occupational, or physical therapist; or a licensed independent clinical social worker.

Your coverage for these covered services is provided to the same extent as coverage is provided for similar covered services to diagnose and treat a physical condition.

When physical, speech/language, and/or occupational therapy is furnished as part of the treatment of an autism spectrum disorder, a benefit limit will not apply to these services.

This coverage for autism spectrum disorders does not affect an obligation to provide services to an individual under an individualized family service plan, an individualized education program, or an individualized service plan. This means that, for services related to autism spectrum disorders, no benefits are provided for: services that are furnished by school personnel under an individualized education program; or services that are furnished, or that are required by law to be furnished, by a school or in a school-based setting.

**Cardiac Rehabilitation**

This health plan covers outpatient cardiac rehabilitation when it is furnished for you by a cardiac rehabilitation provider. You will be covered for as many visits as are medically necessary for your condition. Your first visit must be within 26 weeks of the date that you were first diagnosed with cardiovascular disease. Or, you must start within 26 weeks after you have had a cardiac event. Blue Cross and Blue Shield must determine through medical documentation that you meet one of these conditions: you have cardiovascular disease or angina pectoris; or you have had a myocardial infarction, angioplasty, or valve repair or replacement. (This type of surgery includes: a heart transplant; or coronary bypass graft surgery; or valve repair or replacement.) For angina pectoris, this health plan covers only one course of cardiac rehabilitation for each member.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
**Covered Services** (continued)

**IMPORTANT:** Refer to your *Schedule of Benefits* for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

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No benefits are provided for: club membership fees; counseling services that are not part of your cardiac rehabilitation program (for example, these non-covered services may be educational, vocational, or psychosocial counseling); medical or exercise equipment that you use in your home; services that are provided to your family; and additional services that you receive after you complete a cardiac rehabilitation program.

**Chiropractor Services**

This health plan covers outpatient chiropractic services when they are furnished for you by a chiropractor who is licensed to furnish the specific covered service only until you reach your benefit limit. This coverage includes: diagnostic lab tests (such as blood tests); diagnostic x-rays other than magnetic resonance imaging (MRI), computerized axial tomography (CT scans), and other imaging tests; and outpatient medical care services, including spinal manipulation. Your *Schedule of Benefits* describes the benefit limit that applies for these covered services. Once you reach the benefit limit, no more benefits will be provided for these services. Whether or not there is a benefit limit for these services, coverage is provided only for those services that are determined by Blue Cross and Blue Shield to be medically necessary for you.

**Cleft Lip and Cleft Palate Treatment**

This health plan covers services to treat conditions of cleft lip and cleft palate for a member who is under age 18 (from birth through age 17). To receive coverage, these services must be furnished by a covered provider such as: a physician; a dentist; a nurse practitioner; a physician assistant; a licensed speech-language pathologist; a licensed audiologist; a licensed dietitian nutritionist; or a covered provider who has a recognized expertise in specialty pediatrics. These services may be furnished in the provider’s office or at a hospital or other covered facility. This coverage includes:

- Medical, dental, oral, and facial surgery.
- Surgical management and follow-up care by oral and plastic surgeons.
- Speech therapy, audiology services, and nutrition services.

Your coverage for these covered services is provided to the same extent as coverage is provided for similar covered services to treat other physical conditions.

No benefits are provided for: preventive and restorative dental care; prosthetic management therapy; orthodontic treatment; or other dental services.

**COVID-19 Testing and Treatment**

This health plan covers services to diagnose or treat the 2019 novel coronavirus disease (COVID-19) when the services are furnished by a preferred provider or a non-preferred provider. This coverage includes inpatient or outpatient services such as:

- Emergency medical care, including emergency ambulance transport.
- Hospital or other covered health care facility services.
- Cognitive rehabilitation services.

**WORDS IN ITALICS ARE EXPLAINED IN PART 2.**
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

- Professional, diagnostic, and laboratory services.
- Medically necessary COVID-19 testing, including testing for asymptomatic members according to guidelines set by the Commonwealth of Massachusetts Secretary of the Executive Office of Health and Human Services.

Any deductible, copayment, and/or coinsurance, whichever applies to you, will be waived for diagnosis and treatment related to COVID-19 when the services are performed by a preferred provider or a non-preferred provider.

These covered services also include covered drugs and supplies that are furnished by a covered pharmacy.

If a benefit limit would normally apply to any of the covered services listed above, a benefit limit will not apply for covered services to diagnose or treat COVID-19.

**Dialysis Services**

This health plan covers outpatient dialysis when it is furnished for you by a hospital; or by a community health center; or by a free-standing dialysis facility; or by a physician. This coverage also includes home dialysis when it is furnished under the direction of a covered provider. Your home dialysis coverage includes: non-durable medical supplies (such as dialysis membrane and solution, tubing, and drugs that are needed during dialysis); the cost to install the dialysis equipment in your home up to $300; and the cost to maintain or to fix the dialysis equipment. Blue Cross and Blue Shield will decide whether to rent or to buy the dialysis equipment. No home dialysis benefits are provided for: costs to get or supply power, water, or waste disposal systems; costs of a person to help with the dialysis procedure; and costs that are not needed to run the dialysis equipment.

**Durable Medical Equipment**

This health plan covers durable medical equipment or covered supplies that you buy or rent from a covered provider that is an appliance company or from another provider who is designated by Blue Cross and Blue Shield to furnish the specific covered equipment or supply. This coverage is provided for equipment or supplies that in most cases: can stand repeated use; serves a medical purpose; is medically necessary for you; is not useful if you are not ill or injured; and can be used in the home.

Some examples of covered durable medical equipment include (but are not limited to):

- Knee braces; back braces; and foot-worn medical devices that help to relieve pain associated with osteoarthritis and other musculoskeletal conditions by restoring alignment and improving walking patterns.
- Orthopedic and corrective shoes that are part of a leg brace.
- Hospital beds; wheelchairs; crutches; and walkers.
- Glucometers. These are covered when the device is medically necessary for you due to your type of diabetic condition. (See “Prescription Drugs and Supplies” for your coverage for diabetic testing materials.)
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

- Visual magnifying aids; and voice-synthesizers. These are covered only for a legally blind member who has insulin dependent, insulin using, gestational, or non-insulin dependent diabetes.
- Insulin injection pens. (Your benefits for these items are provided as a prescription drug benefit when you buy them from a pharmacy. See “Prescription Drugs and Supplies.”)

These covered services include one breast pump for each birth (other than a hospital grade breast pump) that you buy or rent from an appliance company or from a provider who is designated by Blue Cross and Blue Shield to furnish breast pumps. However, your coverage will not be more than the full allowed charge for the purchase price of a breast pump. If an in-network deductible and/or coinsurance would normally apply to these covered services, both the deductible and coinsurance will be waived for your in-network benefits for a covered breast pump. No benefits are provided for a hospital grade breast pump.

From time to time, the equipment or supplies that are covered by this health plan may change. This change will be based on Blue Cross and Blue Shield’s periodic review of its medical policies and medical technology assessment criteria to reflect new applications and technologies. You can call the Blue Cross and Blue Shield customer service office for help to find out what is covered. (See Part 1.)

Blue Cross and Blue Shield will decide whether to rent or buy durable medical equipment. If Blue Cross and Blue Shield decides to rent the equipment, your benefits will not be more than the amount that would have been covered if the equipment were bought. This health plan covers the least expensive equipment of its type that meets your needs. If Blue Cross and Blue Shield determines that you chose durable medical equipment that costs more than what you need for your medical condition, benefits will be provided only for those costs that would have been paid for the least expensive equipment that meets your needs. In this case, you must pay all of the health care provider’s charges that are more than the Blue Cross and Blue Shield claim payment.

Early Intervention Services
This health plan covers early intervention services when they are furnished by an early intervention provider for an enrolled child from birth through age two. (This means until the child turns three years old.) This coverage includes medically necessary: physical, speech/language, and occupational therapy; nursing care; and psychological counseling.

Emergency Medical Outpatient Services
This health plan covers emergency medical care that you receive at an emergency room of a general hospital. (See Part 3.) At the onset of an emergency medical condition that (in your judgment) requires emergency medical care, you should go to the nearest emergency room. If you need help, call 911. Or, call your local emergency phone number. This health plan also covers emergency medical care when the care is furnished for you by a covered provider such as by a hospital outpatient department; or by a community health center; or by a physician; or by a dentist; or by a nurse practitioner.
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

For emergency room visits, you may have to pay a copayment for covered services. If a copayment does apply to your emergency room visit, it is waived if the visit results in your being held for observation or being admitted for inpatient care within 24 hours. Any deductible and/or coinsurance will still apply. (Your Schedule of Benefits describes your cost share amount.)

Gender Affirming Services (Transgender-Related Services)
This health plan covers medically necessary gender affirming services for transgender and gender diverse members when gender identity differs from assigned sex at birth. These covered services include (but are not limited to): surgical services (see “Admissions for Inpatient Medical and Surgical Care” and “Surgery as an Outpatient”); behavioral health services (see “Mental Health and Substance Use Treatment”); certain infertility services (see “Infertility Services”); and medical care services (see “Medical Care Outpatient Visits”). Your coverage for these covered services is provided to the same extent as coverage is provided for similar covered services to diagnose and treat a physical condition. To receive coverage for these services, they must be furnished by a covered provider and, in some cases, approved by Blue Cross and Blue Shield as outlined in this benefit booklet and in the Blue Cross and Blue Shield medical policies for gender affirming services and other related covered services. When a pre-service approval is required, you and your health care provider must receive approval from Blue Cross and Blue Shield before you obtain services. Blue Cross and Blue Shield will let you and your health care provider know when your coverage is approved. (See Part 4.) In all cases, covered services must conform with Blue Cross and Blue Shield medical policy and meet Blue Cross and Blue Shield medical technology assessment criteria. A rider may change the coverage that is provided by this health plan. Be sure to read each rider (if there are any).

For the list of gender affirming services that are covered by this health plan, please refer to the Blue Cross and Blue Shield medical policies. To access or obtain a copy of the medical policies for gender affirming services and other related covered services, you can:

- Go online and log on to the Blue Cross and Blue Shield Web site at www.bluecrossma.org. (Your health care provider can also access the policy by using the Blue Cross and Blue Shield provider Web site.)
- Call the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your ID card. You can ask them to mail a copy of this medical policy to you.

No benefits are provided for: services and procedures that are not considered by Blue Cross and Blue Shield to be medically necessary for gender affirmation surgery as listed in the Blue Cross and Blue Shield medical policies; and any services to reverse gender affirmation treatment.

Home Health Care
This health plan covers home health care when it is furnished (or arranged and billed) for you by a home health care provider. This coverage is provided only when: you are expected to reach a defined medical goal that is set by your attending physician; the “home” health care is furnished at a place where you live (unless it is a hospital or other health care facility that furnishes skilled nursing or rehabilitation services);
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

and, for medical reasons, you are not reasonably able to travel to another treatment site where medically appropriate care can be furnished for your condition. This coverage includes:

- Part-time skilled nursing visits; physical, speech/language, and occupational therapy; medical social work; nutrition counseling; home health aide services; medical supplies; durable medical equipment; enteral infusion therapy; and basic hydration therapy.

- Home infusion therapy that is furnished for you by a home infusion therapy provider. This includes: the infusion solution; the preparation of the solution; the equipment for its administration; and necessary part-time nursing. This coverage includes long-term antibiotic therapy treatment for a member who has been diagnosed with Lyme disease when the treatment is determined by a licensed physician to be medically necessary and is ordered after a complete evaluation of the member’s: symptoms; results of diagnostic lab tests; or response to treatment.

When physical, speech/language, and/or occupational therapy is furnished as part of your covered home health care program, a benefit limit will not apply to these services.

No benefits are provided for: meals, personal comfort items, and housekeeping services; custodial care; treatment of mental conditions; and home infusion therapy, including the infusion solution, when it is furnished by a pharmacy or other health care provider that is not a home infusion therapy provider. (The only exception is for enteral infusion therapy and basic hydration therapy that is furnished by a home health care provider.)

**Hospice Services**

This health plan covers hospice services when they are furnished (or arranged and billed) for you by a hospice provider. “Hospice services” means pain control and symptom relief and supportive and other care for a member who is terminally ill and expected to live 12 months or less. These services are furnished to meet the needs of the member and of their family during the illness and death of the member. They may be furnished at home, in the community, and in facilities. This coverage includes:

- Services furnished and/or arranged by the hospice provider. These may include services such as: physician, nursing, social, volunteer, and counseling services; inpatient care; home health aide visits; drugs; and durable medical equipment.

- Respite care. This care is furnished to the hospice patient in order to relieve the family or primary care person from care giving functions.

- Bereavement services. These services are provided to the family or primary care person after the death of the hospice patient. They can include contacts, counseling, communication, and correspondence.

**Infertility Services**

This health plan covers services to diagnose and treat infertility for a member who has not been able to conceive or produce conception during a period of one year. If a member conceives but cannot carry that pregnancy to live birth, the time period that the member tried to conceive prior to achieving that pregnancy will be included in the calculation of the one year or six-month time period as described above. Blue Cross
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

and Blue Shield may approve coverage for infertility services in two other situations: when the member has been diagnosed with cancer and, after treatment, the member is expected to become infertile; or when a member is age 35 or older and has not been able to conceive or produce conception during a period of six months. To receive coverage for infertility services, they must be medically necessary for you, furnished by a covered provider, and approved by Blue Cross and Blue Shield as outlined in this benefit booklet and in the Blue Cross and Blue Shield medical policy. You and your health care provider must receive approval from Blue Cross and Blue Shield before you obtain infertility services. Blue Cross and Blue Shield will let you and your health care provider know when your coverage is approved. (See Part 4.) In all cases, covered services must conform with Blue Cross and Blue Shield medical policy and meet Blue Cross and Blue Shield medical technology assessment criteria. (See page 13 for help for how to access or obtain a copy of the medical policy.) This coverage may include (but is not limited to):

- Artificial insemination.
- Sperm and egg and/or inseminated egg procurement and processing.
- Banking of sperm or inseminated eggs (only when they are not covered by the donor’s health plan); and other services as outlined in Blue Cross and Blue Shield medical policy.
- Infertility technologies, such as: in vitro fertilization and embryo placement; gamete intrafallopian transfer; zygote intrafallopian transfer; natural oocyte retrieval intravaginal fertilization; and intracytoplasmic sperm injection.

If covered services are furnished outside of Massachusetts and the health care provider does not have a payment agreement with the local Blue Cross and/or Blue Shield Plan, this health plan will provide these benefits only when the provider is board certified and meets the appropriate American Society of Reproductive Medicine standards for an infertility provider. Otherwise, no benefits will be provided for the services furnished by those providers.

Coverage for Prescription Drugs
The drugs that are used for infertility treatment are covered as a prescription drug benefit. This means that coverage will be provided for these covered drugs only when the drugs are furnished by a covered pharmacy, even if a non-pharmacy health care provider administers the drug for you during a covered visit. For your coverage for these covered drugs, see “Prescription Drugs and Supplies.”

No benefits are provided for: long term sperm or egg preservation or long term cryopreservation not associated with active infertility treatment; costs that are associated with achieving pregnancy through surrogacy (gestational carrier); infertility treatment that is needed as a result of a prior sterilization or unsuccessful sterilization reversal procedure (except for medically necessary infertility treatment that is needed after a sterilization reversal procedure that is successful as determined by appropriate diagnostic tests); and in vitro fertilization furnished for a fertile member to select the genetic traits of the embryo (coverage may be available for the genetic testing alone when the testing conforms with Blue Cross and Blue Shield medical policy).
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

Lab Tests, X-Rays, and Other Tests
This health plan covers outpatient diagnostic tests, including prognostic or monitoring tests, when they are furnished by a covered provider. The results of these tests may lead to improvements in health outcomes. This health plan also covers medically necessary anesthesia services that may be required to perform covered outpatient diagnostic tests. This coverage includes:

- **Diagnostic lab tests.** These tests normally use samples from the body such as blood, waste, or tissue. These tests allow providers to obtain information about a member’s health to help to diagnose or to treat or to prevent disease.

- **Diagnostic x-ray and other imaging tests,** when they are not performed as part of a covered surgical admission. These tests provide a radiological image of the internal body. These types of tests can be low-tech radiology services, such as ultrasounds or x-rays. Or, they can be high-tech radiology services, such as computerized axial tomography (CT scans), magnetic resonance imaging (MRI), positron emission tomography (PET scans), and nuclear cardiac imaging. Imaging tests may pair pictures of the body with functional measurements, such as a barium swallow test.

- Other diagnostic tests not described above. These tests are used: to confirm or diagnose health problems; to monitor a condition; and/or to determine a course of treatment. Some examples of diagnostic tests are: capsule endoscopy; transcranial doppler study; and diagnostic machine tests, such as pulmonary function tests and Holter monitoring.

- Preoperative tests. These tests must be performed before a scheduled inpatient or surgical day care unit admission for surgery. And, they must not be repeated during the admission. Some examples of these tests are: diagnostic lab tests; diagnostic x-ray and other imaging tests; and diagnostic machine tests.

- Human leukocyte antigen testing or histocompatibility locus antigen testing. These tests are necessary to establish stem cell (“bone marrow”) transplant donor suitability. They include testing for A, B, or DR antigens or any combination according to the guidelines of the Massachusetts Department of Public Health.

If a copayment normally applies to these covered services, the copayment will **not** apply to the interpretation costs that are billed in conjunction with any one of the tests; and it will be waived when the tests are furnished during an emergency room visit or during a day surgery admission, or at a hospital and the results of lab test(s) are required right away so the hospital can furnish treatment to you. You can call the Blue Cross and Blue Shield customer service office for information about the times when your copayment may be waived. The toll free phone number to call is shown on your ID card. Your Schedule of Benefits describes your cost share amount.

Maternity Services and Well Newborn Care
**Maternity Services**
This health plan covers all medical care that is related to pregnancy and childbirth (or miscarriage) when it is furnished for you by a covered provider. This coverage includes:

- Semiprivate room and board and special services when you are an inpatient in a general hospital.
  This includes nursery charges for a well newborn. These charges are included with the benefits for the
Part 5 – Covered Services (continued)

IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

maternity admission. Your (and your newborn child’s) inpatient stay will be no less than 48 hours following a vaginal delivery or 96 hours following a Caesarian section unless you and your attending physician decide otherwise as provided by law. If you choose to be discharged earlier, this health plan covers one home visit within 48 hours of discharge, when it is furnished by a physician; or by a registered nurse; or by a nurse midwife; or by a nurse practitioner. This visit may include: parent education; assistance and training in breast or bottle feeding; and appropriate tests. This health plan will cover more visits that are furnished by a covered provider only if Blue Cross and Blue Shield determines the visits are clinically necessary.

• Outpatient maternity admissions in a licensed outpatient birthing center for a vaginal delivery. This includes nursery charges for a well newborn. These charges are included with the benefits for the maternity admission. Upon discharge, this health plan covers one home visit within 48 hours, when it is furnished by a physician; or by a registered nurse; or by a nurse midwife; or by a nurse practitioner. This visit may include: parent education; assistance and training in breast or bottle feeding; and appropriate tests. This health plan will cover more visits that are furnished by a covered provider only if Blue Cross and Blue Shield determines the visits are clinically necessary. For these covered admissions, you will pay the cost share amount that is described in your Schedule of Benefits for outpatient maternity services furnished at a facility. (Also refer to riders—if there are any—that apply to your coverage in this health plan.) There may be times when your condition requires you to be transferred from the birthing center to a general hospital for inpatient care. If this occurs, the cost share amount that is described in your Schedule of Benefits for inpatient maternity admissions will also apply. (This is in addition to your cost share for any charges that are billed by the birthing center.)

• Delivery of one or more than one baby. This includes prenatal and postnatal medical care and lab tests, x-rays, and other covered tests that are furnished for you by a physician; or by a nurse midwife. Your benefits for prenatal and postnatal medical care and lab tests, x-rays, and other covered tests that are furnished by a physician or by a nurse midwife are included in Blue Cross and Blue Shield’s payment for the delivery. The benefits that are provided for these services will be those that are in effect on the date of delivery. When a physician or a nurse midwife furnishes only prenatal and/or postnatal care, benefits for those services are based on the date the care is received. This health plan also covers prenatal and postnatal medical care exams and lab tests, x-rays, and other covered tests when they are furnished for you by a general hospital; or by a community health center. Your benefits for these services are based on the date the care is received.

• Standby attendance that is furnished for you by a physician (who is a pediatrician), when a known or suspected complication threatening your health or the health of your child requires that a pediatrician be present during the delivery.

• Childbirth classes for up to $90 for one childbirth course for each covered pregnant member and up to $45 for each refresher childbirth course. Pregnant members are encouraged to attend the childbirth course that is recommended by their physician or by their health care facility or by their nurse midwife. You must pay the full cost of the childbirth course. After you complete the course, call the Blue Cross and Blue Shield customer service office for a claim form to file your claim. You will not be reimbursed for this amount unless you complete the course, except when your delivery occurs before the course ends.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

All pregnant members may take part in a program that provides support and education for them. Through this program, members receive outreach and education that add to the care they get from their obstetrician or nurse midwife. You can call the Blue Cross and Blue Shield customer service office for more information.

No benefits are provided for a home birth, unless: the home birth is due to an emergency or unplanned delivery that occurs at home prior to being admitted to a hospital; or the home birth occurs outside of Massachusetts.

Well Newborn Care
This health plan covers well newborn care when it is furnished during a covered inpatient maternity stay or during a covered outpatient maternity admission in a licensed outpatient birthing center. This coverage includes:

- Pediatric care that is furnished for a well newborn by a physician (who is a pediatrician); or by a nurse practitioner.
- Routine circumcision that is furnished by a physician.
- Newborn hearing screening tests that are performed by a covered provider before the newborn child (an infant under three months of age) is discharged to the care of the parent or guardian.

See “Admissions for Inpatient Medical and Surgical Care” for your coverage when an enrolled newborn child requires medically necessary inpatient care.

Medical Care Outpatient Visits
This health plan covers outpatient care to diagnose or treat your medical condition when the services or supplies are furnished for you by a covered provider. This may include (but is not limited to): a physician; or a nurse practitioner; or an optometrist; or a licensed dietitian nutritionist; or a Christian Science sanatorium or practitioner. These services may be furnished in the provider’s office or at a covered facility or, as determined appropriate by Blue Cross and Blue Shield, at home.

Important Note: Refer to your Schedule of Benefits for a description of annual visit limits that may apply for these covered services. Any benefit limit does not apply for phototherapy treatment (including PUVA) and, when a visit is for respiratory therapy, for separate charges for the therapy procedure.

This coverage includes:

- Medical care services to diagnose or treat your illness, condition, or injury. These medical services also include (but are not limited to) nutrition counseling.

Women’s Health and Cancer Rights
As required by federal law, this coverage includes medical care services to treat physical complications at all stages of mastectomy, including lymphedemas and breast reconstruction in connection with a mastectomy. These services will be furnished in a manner determined in consultation with the attending physician and the patient.
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

- Certain medical care services you receive from a limited services clinic. A limited services clinic can provide on-the-spot, non-emergency care for symptoms such as a sore throat, cough, earache, fatigue, poison ivy, flu, body aches, or infection. You do not need an appointment to receive this care. If you want to find out if a specific service is covered at a limited services clinic, you can call the limited services clinic or you can call the Blue Cross and Blue Shield customer service office. Generally, the cost share amount you pay for these covered services is the same cost share amount that you would pay for similar services furnished by a physician. Refer to the Schedule of Benefits for your plan option for your cost share amount when you receive covered services at a limited services clinic.

- Medical exams and contact lenses that are needed to treat keratoconus. And, for members with certain conditions as outlined in the Blue Cross and Blue Shield medical policy, coverage is also provided for medical exams and rigid gas permeable scleral contact lenses. This includes the cost of the fitting of these contact lenses for these conditions.

- Hormone replacement therapy for peri- and post-menopausal members.

- Urgent care services.

- Follow up care that is related to an accidental injury or an emergency medical condition.

- Acupuncture services by any covered provider who is licensed to furnish the covered service, whether or not these services are medically necessary. This health plan provides coverage only until you reach your benefit limit. The Schedule of Benefits for your plan option describes the cost share amount and benefit limit that applies for these covered services. Once you reach the benefit limit, no more benefits will be provided for these services.

- Allergy testing. (This includes tests that you need such as PRIST, RAST, and scratch tests.)

- Certain intravenous infusions (therapeutic, prophylactic, and diagnostic injections) that are furnished in a physician’s office or in a hospital outpatient setting to administer fluids, substances, or drugs.

- Injections. This includes the administration of injections that you need such as allergy shots or other medically necessary injections (except as described above for intravenous infusions). And, except for certain self injectable drugs as described below in this section, this coverage also includes the vaccine, serum, or other covered drug that is furnished during your covered visit. (This section does not include injections that are covered as a surgical service such as a nerve block injection or an injection of anesthetic agents. See “Surgery as an Outpatient.”)

Coverage for Self Injectable and Certain Other Drugs
There are self injectable and certain other prescription drugs used for treating your medical condition that are covered only as a prescription drug benefit. This means that coverage will be provided for these covered drugs only when the drugs are furnished by a covered pharmacy, even if a non-pharmacy health care provider administers the drug for you during a covered visit. For your coverage for these covered drugs, see “Prescription Drugs and Supplies.” No benefits are provided under this part of the group’s student health plan for the cost of these drugs when the drug is furnished by a non-pharmacy health care provider. For a list of these drugs, you can call the Blue Cross and Blue Shield customer service office. Or, you can log on to the Blue Cross and Blue Shield Web site at www.bluecrossma.org.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Part 5 – **Covered Services** (continued)

**IMPORTANT:** Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

- Syringes and needles when they are *medically necessary* for you. If a *copayment* would normally apply to your visit, it is waived if the visit is only to obtain these items. (Your coverage for these items is provided as a prescription drug benefit when you buy them from a pharmacy.)
- Diabetes self-management training and education, including medical nutrition therapy, when it is furnished for you by a certified diabetes health care professional who is a *covered provider* or who is affiliated with a *covered provider*.
- Pediatric specialty care that is furnished for you by a *covered provider* who has a recognized expertise in specialty pediatrics.
- Non-dental services that are furnished for you by a dentist who is licensed to furnish the specific *covered service*. This coverage is provided only if the services are covered when they are furnished for you by a physician.
- Monitoring and medication management for *members* taking psychiatric drugs; and/or neuropsychological assessment services. These services may also be furnished by a *mental health provider*.
- Methadone maintenance treatment that is furnished for opioid dependence. For these *covered services*, this health plan will provide full in-network coverage. The only exception is when you are enrolled in a high deductible health plan with a health savings account. In this case, your *deductible* will apply to these covered services. Otherwise, any cost share amounts will not apply for these covered services. Or, if you choose to obtain these covered services from a non-preferred provider, you will pay the out-of-network cost share that applies for physicians’ office visits.

**Medical Formulas**

This health plan covers medical formulas and low protein foods to treat certain conditions. This coverage includes:

- Special medical formulas that are *medically necessary* for you to treat one of the listed conditions: homocystinuria; maple syrup urine disease; phenylketonuria; propionic acidemia; methylmalonic acidemia; or tyrosinemia.
- Enteral formulas that you need to use at home and are *medically necessary* for you to treat malabsorption caused by one of the listed conditions: Crohn’s disease; chronic intestinal pseudo-obstruction; gastroesophageal reflux; gastrointestinal motility; ulcerative colitis; or inherited diseases of amino acids and organic acids.
- Food products that are modified to be low protein and are *medically necessary* for you to treat inherited diseases of amino acids and organic acids. (You may buy these food products directly from a distributor.)

Your benefits for these covered services are provided as a prescription drug benefit. See “Prescription Drugs and Supplies.”
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

Mental Health and Substance Use Treatment
This health plan covers medically necessary services to diagnose and/or treat mental conditions. This coverage includes:

- Biologically-based mental conditions. “Biologically-based mental conditions” means: schizophrenia; schizoaffective disorder; major depressive disorder; bipolar disorder; paranoia and other psychotic disorders; obsessive-compulsive disorder; panic disorder; delirium and dementia; affective disorders; eating disorders; post-traumatic stress disorders; autism; substance use disorders (such as drug and alcohol addiction); and any biologically-based mental conditions that appear in the most recent edition of the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders that are scientifically recognized and approved by the Commissioner of the Department of Mental Health.
- Rape-related mental or emotional disorders for victims of a rape or victims of an assault with intent to rape.
- Non-biologically-based mental, behavior, or emotional disorders of enrolled dependent children who are under age 19. This coverage includes pediatric specialty mental health care that is furnished by a mental health provider who has a recognized expertise in specialty pediatrics. (This coverage is not limited to those disorders that substantially interfere with or limit the way the child functions or how they interact with others.) If a child who is under age 19 is receiving an ongoing course of treatment, this coverage will continue to be provided after the child’s 19th birthday until that ongoing course of treatment is completed, provided that the child or someone acting on behalf of the child continues to pay for coverage in this health plan in accordance with federal (COBRA) or state law, or the child enrolls with no lapse in coverage under another Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc. or Blue Cross and Blue Shield of Massachusetts, Inc. health plan.
- All other non-biologically-based mental conditions not described above.

No benefits are provided for:
- Psychiatric services for a condition that is not a mental condition.
- Residential or other care that is custodial care.
- Services and/or programs that are not medically necessary to treat your mental condition.
- Services and/or programs that are performed in educational or vocational settings; or services and/or programs that are not considered to be inpatient services, intermediate treatments, or outpatient services as described below in this section. These types of non-covered programs may be in residential or nonresidential settings and may include: therapeutic elements and therapy services; clinical staff (such as licensed mental health counselors) and clinical staff services; and vocational, educational, problem solving, and/or recreational activities. These non-covered programs may have state licensure and/or educational accreditation. But, they do not provide the clinically appropriate level of care required for coverage under this health plan. No benefits are provided for any services furnished along with one of these non-covered programs. The only exception is for outpatient covered services to diagnose and/or treat mental conditions when these services are performed by a covered provider. Your coverage for these covered services is provided to the same extent as coverage is provided for similar covered services to diagnose and treat a mental condition.
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**Inpatient Services**

Usually, to receive coverage for inpatient services, you and your mental health provider must receive approval from Blue Cross and Blue Shield as outlined in this benefit booklet before you enter a hospital or other covered facility. (See Part 4 for these requirements.) Blue Cross and Blue Shield will let you and your mental health provider know when your coverage is approved. When inpatient care is approved by Blue Cross and Blue Shield, this health plan provides coverage for as many days as are medically necessary for you. This coverage includes; semiprivate room and board and special services; and psychiatric care that is furnished for you by a physician (who is a specialist in psychiatry), or by a psychologist, or by a clinical specialist in psychiatric and mental health nursing, or by another mental health provider.

**Intermediate Treatments**

There may be times when you will need medically necessary care that is more intensive than typical outpatient care. But, you do not need 24-hour inpatient hospital care. This “intermediate” care may include (but is not limited to):

- Acute residential treatment (this is substantially similar to Community-Based Acute Treatment (CBAT) programs described below in this section), clinically managed detoxification services, or crisis stabilization services. These services may sometimes be referred to as sub-acute care services. These services offer 24 hours a day, 7 days a week access to medical services and on-site or on-call nursing staff. Your coverage for these services is considered to be an inpatient benefit. During the inpatient pre-service review process (see Part 4), Blue Cross and Blue Shield will assess your specific health care needs. The least intensive type of setting that is required for your mental condition will be approved by Blue Cross and Blue Shield.

- Partial hospital programs, intensive outpatient programs, day treatment programs, in-home therapy services, or mobile crisis intervention services. Your coverage for these programs is considered to be an outpatient benefit, even if you use a bed or spend the night.

In addition to the services listed above, this health plan also covers certain intermediate care for members who are under age 19, such as:

- Community-Based Acute Treatment (CBAT) programs that provide mental health care in a staff-secure setting on a 24-hour basis, with sufficient clinical staffing to ensure the member’s safety, while providing intensive therapeutic services including (but not limited to): daily medication monitoring; psychiatric assessment; nursing availability; specialing (as needed); individual, group, and family therapy; case management; family assessment and consultation; discharge planning; and psychological testing, as needed. Or, you may require services of higher intensity than those provided by a CBAT program, including more frequent psychiatric and psychopharmacological evaluation and treatment and more intensive staffing and service delivery. This may be delivered through an Intensive Community-Based Acute Treatment (ICBAT) program. ICBAT programs may admit members with more acute symptoms than those admitted to CBAT. ICBAT programs are able to treat member’s with clinical symptoms that are similar to those which would be treated under inpatient mental health care but who are able to be cared for safely in an unlocked setting. Your coverage for these CBAT and ICBAT programs is considered to be an inpatient benefit. During the inpatient pre-service review process (see Part 4), Blue Cross and Blue Shield will assess your specific health care needs. The least intensive type of setting that is required for your mental condition will be

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approved by Blue Cross and Blue Shield. (These CBAT and ICBAT programs are substantially similar to acute residential treatment programs described above in this section.)

- In-home behavioral services that provide a combination of medically necessary behavior management therapy and behavior management monitoring. These services may be furnished where the member resides, including in the member’s home, a foster home, a therapeutic foster home, or another community setting. Behavior management monitoring is the monitoring of behavior, the implementation of a behavior plan, and reinforcing the implementation of a behavior plan by the member’s parent or other caregiver. Behavior management therapy addresses challenging behaviors that interfere with a member’s successful functioning. Behavior management therapy includes: a functional behavioral assessment and observation of the member in the home and/or community setting; development of a behavior plan; and supervision and coordination of interventions to address specific behavioral goals or performance, including the development of a crisis-response strategy. Behavior management therapy may also include short-term counseling and assistance. Your coverage for these services is considered to be an outpatient benefit.

- In-Home Therapy services that provide medically necessary therapeutic clinical intervention or ongoing therapeutic training and support. These services are furnished where the member resides, including in the member’s home, a foster home, a therapeutic foster home, or another community setting. Therapeutic clinical intervention includes: a structured and consistent therapeutic relationship between a licensed clinician and a member and their family to treat the member’s mental health needs, including improvement of the family’s ability to provide effective support for the member and promotion of health functioning of the member within the family; the development of a treatment plan; and the use of established psychotherapeutic techniques, working with the family or a subset of the family to enhance problem solving, limit setting, communication, emotional support or other family or individual functions. Ongoing therapeutic training and support services support the implementation of a treatment plan following therapeutic clinical intervention. These services include (but are not limited to): teaching the member to understand, direct, interpret, manage, and control feelings and emotional responses to situations; and assisting the family in supporting the member and addressing the member’s emotional and mental health needs. Your coverage for these services is considered to be an outpatient benefit. (These In-Home Therapy services are in addition to the “in-home therapy” services described above.)

- Family support and training services that provide medically necessary assistance to the member’s parent or caregiver to increase their ability to reduce or resolve the member’s emotional or mental health needs. These services are furnished where the member resides, including in the member’s home, a foster home, a therapeutic foster home, or another community setting. Family support and training services support one or more goals on the member’s treatment plan. These services include (but are not limited to): educating the member’s parent or caregiver about the member’s mental health needs and resiliency factors; teaching the member’s parent or caregiver how to access and use available services on behalf of the member; and how to identify formal and informal services and support in their communities, including parent support and self-help groups. Your coverage for these services is considered to be an outpatient benefit.

- Therapeutic mentoring services that provide medically necessary support to assist a member with age-appropriate social functioning or to reduce or resolve deficits in the member’s age-appropriate social functioning as a result of a diagnosis listed in the American Psychiatric Association’s

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Diagnostic and Statistical Manual of Mental Disorders. These services are furnished where the member resides, including in the member’s home, a foster home, a therapeutic foster home, or another community setting. Therapeutic mentoring is a skill building service that supports one or more goals on the member’s treatment plan. These services include (but are not limited to): supporting, coaching, and training the member in age-appropriate behaviors; interpersonal communication; problem solving; conflict resolution; and relating appropriately to other children, adolescents, and adults. Your coverage for these services is considered to be an outpatient benefit.

- Intensive care coordination services that provide targeted case management services to eligible members with serious emotional disturbance(s) in order to meet the comprehensive medical, mental health, and psychosocial needs of a member and the member’s family. These services include: an assessment; the development of an individualized care plan; referrals to appropriate levels of care; monitoring of goals; and coordinating with other services and social supports and with state agencies, as indicated. These services include both face-to-face and telephone meetings. These services may be furnished in the provider’s office or in the member’s home or in other settings, as clinically appropriate. Your coverage for these services is considered to be an outpatient benefit.

- Mobile crisis intervention services that are available 24 hours a day, seven days a week to provide short-term, mobile, on-site, face-to-face therapeutic responses to a member experiencing a behavioral health crisis. Mobile crisis intervention is used: to identify, assess, treat, and stabilize a situation; to reduce the immediate risk of danger to the member or others; and to make referrals and linkages to all medically necessary behavioral health services and supports and the appropriate level of care. Mobile crisis intervention includes a crisis assessment and crisis planning, which may result in the development or update of a crisis safety plan. Your coverage for these services is considered to be an outpatient benefit.

These intermediate treatments may be considered an inpatient benefit or an outpatient benefit. If you would normally pay a copayment for inpatient or outpatient benefits, the copayment will be waived when you get covered intermediate care. But, you must still pay your deductible and/or coinsurance, whichever applies. (Any visit limits for outpatient services described in your Schedule of Benefits do not apply for covered intermediate care.)

No benefits are provided for: a program for which Blue Cross and Blue Shield is not able to conduct concurrent review of continued medical necessity (see Part 4), including a program that has a pre-defined length of care or stay; a program that provides only meetings or activities that are not based on an individualized treatment plan; and a program that focuses solely on the improvement of interpersonal or other skills, rather than on treatment that is focused on symptom reduction and functional recovery for specific mental conditions.

Outpatient Services
This health plan covers outpatient covered services to diagnose and/or treat mental conditions when the services are furnished for you by a mental health provider. You must contact the group for a complete description of your coverage for outpatient services to diagnose and/or treat mental conditions.

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Oxygen and Respiratory Therapy
This health plan covers:
- Oxygen and the equipment to administer it for use in the home. These items must be obtained from an oxygen supplier. This includes oxygen concentrators.
- Respiratory therapy services. These services must be furnished for you by a covered provider. Some examples are: postural drainage; and chest percussion.

PANS/PANDAS Treatment
This health plan covers services to treat pediatric autoimmune neuropsychiatric disorders (PANS) associated with streptococcal infections and pediatric acute-onset neuropsychiatric syndrome (PANDAS) including, but not limited to the use of intravenous immunoglobulin therapy when they are furnished by a covered provider. Your coverage for these covered services is provided to the same extent as coverage is provided for similar covered services to treat other physical conditions.

Podiatry Care
This health plan covers non-routine podiatry (foot) care when it is furnished for you by a covered provider. This may include (but is not limited to): a physician; or a podiatrist. This coverage includes: diagnostic lab tests; diagnostic x-rays; surgery and necessary postoperative care; and other medically necessary foot care such as treatment for hammertoe and osteoarthritis.

No benefits are provided for: routine foot care services such as trimming of corns, trimming of nails, and other hygienic care, except when the care is medically necessary because you have systemic circulatory disease (such as diabetes); and certain non-routine foot care services and supplies such as foot orthotics, arch supports, shoe (foot) inserts, orthopedic and corrective shoes that are not part of a leg brace (except as described in this benefit booklet for “Prosthetic Devices”), and fittings, castings, and other services related to devices for the feet.

Prescription Drugs and Supplies
This health plan covers certain drugs and supplies that are furnished by a covered pharmacy. This coverage is provided only when all of the following criteria are met:
- The drug or supply is listed on the Blue Cross and Blue Shield Drug Formulary as a covered drug or supply. For certain covered drugs, you must have prior approval from Blue Cross and Blue Shield in order for you to receive this drug coverage. A covered pharmacy will tell you if your drug needs prior approval from Blue Cross and Blue Shield. They will also tell you how to request this approval.
- The drug or supply is prescribed for your use while you are an outpatient.
- The drug or supply is purchased from a pharmacy that is approved by Blue Cross and Blue Shield for payment for the specific covered drug and/or supply. This means that for most covered drugs and supplies, you may buy your drug or supply from any covered retail pharmacy. However, for some specialty drugs and supplies, you must buy your drug or supply from the covered retail specialty pharmacy designated by Blue Cross and Blue Shield. For a list of these specialty drugs and supplies

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and where to buy them, you can call the Blue Cross and Blue Shield customer service office. Or, you can look on the internet Web site at www.bluecrossma.org.

The Drug Formulary
The Blue Cross and Blue Shield Drug Formulary is a list of approved drugs and supplies. Blue Cross and Blue Shield may update its Drug Formulary from time to time. In this case, your coverage for certain drugs and supplies may change. For example, a drug may be added to or excluded from the Drug Formulary; or a drug may change from one member cost share level to another member cost share level. For the list of drugs that are excluded from the Blue Cross and Blue Shield Drug Formulary, you can refer to your Pharmacy Program booklet. Please check for updates. You can check for updates or obtain more information about the Blue Cross and Blue Shield Drug Formulary, including the most current list of those drugs which are not included on the formulary, by calling the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your ID card. You can also go online and log on to the Blue Cross and Blue Shield Web site at www.bluecrossma.org.

The Drug Formulary Exception Process
Your drug coverage includes a Drug Formulary Exception Process. This process allows your prescribing health care provider to ask for an exception from Blue Cross and Blue Shield. This exception is to ask for coverage for a drug that is not on the Blue Cross and Blue Shield Drug Formulary. Blue Cross and Blue Shield will consider a Drug Formulary exception request if there is a medical basis for your not being able to take, for your condition, any of the covered drugs or an over-the-counter drug. If the Drug Formulary exception request is approved by Blue Cross and Blue Shield, you will receive coverage for the drug that is not on the Blue Cross and Blue Shield Drug Formulary. For this drug, you will pay the member cost share amount that you would pay if this drug were a non-preferred prescription drug.

Buying Covered Drugs and Supplies
For help to obtain your drug coverage, you can call the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your ID card. A Blue Cross and Blue Shield customer service representative can help you find a pharmacy where you may buy a specific drug or supply. They can also help you find out which member cost share level you will pay for a specific covered drug or supply. Or, you can also go online and log on to the Blue Cross and Blue Shield Web site at www.bluecrossma.org.

Mail Order Pharmacy Benefits
There are certain covered drugs and supplies that you may not be able to buy from the Blue Cross and Blue Shield designated mail order pharmacy. To find out if your covered drug or supply qualifies for the mail order pharmacy benefit, you can check with the mail order pharmacy. Or, you can call the Blue Cross and Blue Shield customer service office.

Covered Drugs and Supplies
This drug coverage is provided for:

- Drugs that require a prescription by law and are furnished in accordance with Blue Cross and Blue Shield medical technology assessment criteria. These covered drugs include: birth control drugs; oral diabetes medication that influences blood sugar levels; hormone replacement therapy drugs for peri-
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and post-menopausal members; certain drugs used on an off-label basis (such as: drugs used to treat cancer; and drugs used to treat HIV/AIDS); abuse-deterrent opioid drug products on a basis not less favorable than non-abuse deterrent opioid drug products; oral antibiotics for the treatment of Lyme disease; and drugs for HIV associated lipodystrophy syndrome.

- Injectable insulin and disposable syringes and needles needed for its administration, whether or not a prescription is required. (When a copayment applies to your pharmacy coverage, if insulin, syringes, and needles are bought at the same time, you pay two copayments: one for the insulin; and one for the syringes and needles.)

- Materials to test for the presence of sugar when they are ordered for you by a physician for home use. These include (but are not limited to): blood glucose monitoring strips; ketone strips; lancets; urine glucose testing strips; normal, low, and high calibrator solution/chips; and dextrostix or glucose test strips. (You may obtain these testing supplies from a covered pharmacy or appliance company.)

- Glucometers. These are covered when the device is medically necessary for you due to your type of diabetic condition and obtained from a covered retail pharmacy.

- Insulin injection pens.

- Insulin infusion pumps and related pump supplies. (You will obtain the insulin infusion pump from an appliance company instead of a pharmacy.)

- Syringes and needles when they are medically necessary for you.

- Drugs that do not require a prescription by law (“over-the-counter” drugs), if any, that are listed on the Blue Cross and Blue Shield Drug Formulary as a covered drug. Your Pharmacy Program booklet will list the over-the-counter drugs that are covered, if there are any. Or, you can go online and log on to the Blue Cross and Blue Shield Web site at www.bluecrossma.org.

- Prescription birth control drugs and contraceptive methods (such as diaphragms) that have been approved by the U.S. Food and Drug Administration (FDA). Your cost share will be waived for generic birth control drugs and methods (or for a brand-name drug or method when a generic is not available or not medically appropriate for you), unless your health plan is a grandfathered health plan under the Affordable Care Act. If you choose to use a brand-name birth control drug or method when a generic is available or appropriate for you, you will have to pay your cost share.

- Prescription prenatal vitamins and pediatric vitamins with fluoride.

- Prescription dental topical fluoride, rinses, and gels.

- Smoking and tobacco cessation drugs and aids (such as nicotine gum and patches) for two 90-day treatments for each member in each calendar year, when they are prescribed for you by a health care provider. Your cost share will be waived for generic drugs and aids (or for a preferred brand-name drug or aid when a generic is not available), unless your health plan is a grandfathered health plan under the Affordable Care Act. If you choose to use a brand-name drug or aid when a generic is available, you will have to pay your cost share. Your coverage for “Preventive Health Services” includes smoking and tobacco cessation counseling as recommended by the U.S. Preventive Services Task Force, unless your health plan is a grandfathered health plan under the Affordable Care Act.

- Prescription opioid antagonist drugs that block and reverse the effects of opioids that are used for the emergency treatment of a known or suspected overdose (such as morphine or heroin). Except for prefilled auto injection devices, this health plan will provide full in-network coverage for all forms of

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these covered drugs. For prefilled auto injection devices for these covered drugs, you will have to pay your cost share.

Important Note: Any in-network deductible, copayment, and/or coinsurance (whichever applies to you) will be waived for certain preventive drugs as recommended and supported by the Health Resources and Services Administration and the U.S. Preventive Services Task Force. The provisions described in this paragraph do not apply to you if your health plan is a grandfathered health plan under the Affordable Care Act.

Non-Covered Drugs and Supplies
No benefits are provided for:

- Anorexiants; non-sedating antihistamines; ophthalmic drug solutions to treat allergies; inhaled topical nasal steroids; or proton pump inhibitors, except for prescription proton pump inhibitors that are prescribed for members under age 18 or that are prescribed as part of a combination drug used to treat helicobacter pylori. From time to time, Blue Cross and Blue Shield may change this list of non-covered drugs and supplies. When a material change is made to this list of non-covered drugs and supplies, Blue Cross and Blue Shield will let the subscriber know about the change at least 60 days before the change becomes effective. For more information, you can call the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your ID card. Or, you can also go online and log on to the Blue Cross and Blue Shield Web site at www.bluecrossma.org.
- Pharmaceuticals that you can buy without a prescription, except as described in this benefit booklet or in your Pharmacy Program booklet.
- Medical supplies such as dressings and antiseptics.
- The cost of delivering drugs to you.
- Combination vitamins that require a prescription, except for: prescription prenatal vitamins; and pediatric vitamins with fluoride.
- Drugs and supplies that you buy from a retail pharmacy that is not covered by this health plan. The only exception is when you are traveling outside of your service area and a covered retail pharmacy is not reasonably available to you. In this case, you may fill your prescription at any retail pharmacy. But, you must pay all charges at the time you buy your drug. Then, you should call the Blue Cross and Blue Shield customer service office for a claim form to file your claim. Blue Cross and Blue Shield will repay you, less the amount you would normally pay for covered drugs and supplies.
- Drugs and supplies that you buy from a non-designated mail order pharmacy.
- Drugs and supplies that you buy from any pharmacy that is not approved by Blue Cross and Blue Shield for payment for the specific covered drug and/or supply.

Preventive Health Services
In this benefit booklet, the term “preventive health services” refers to covered services that are performed to prevent diseases (or injuries) rather than to diagnose or treat a symptom or complaint, or to treat or cure a disease after it is present. This health plan provides coverage for preventive health services in accordance with applicable federal laws and regulations.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

**Routine Pediatric Care**

This health plan covers routine pediatric care for a member from birth through age 17 that is furnished by a covered provider and is in line with applicable Blue Cross and Blue Shield medical policies. This coverage is limited to an age-based schedule and a maximum number of visits. Your Schedule of Benefits describes the age-based schedule and the visit limits that apply for these covered services. This coverage includes:

- Routine medical exams; history; measurements; sensory (vision and auditory) screening; and neuropsychiatric evaluation and development screening; and assessment.
- Hereditary and metabolic screening at birth.
- Appropriate immunizations as recommended by the Advisory Committee on Immunization Practices. This includes (but is not limited to): flu shots; and travel immunizations.
- Tuberculin tests; hematocrit, hemoglobin, and other appropriate blood tests; urinalysis; and blood tests to screen for lead poisoning.
- Preventive health services and screenings as recommended by the U.S. Preventive Services Task Force and the U.S. Department of Health and Human Services.
- Other routine services furnished in line with Blue Cross and Blue Shield medical policies.

For an enrolled child who receives coverage for vaccines from a federal or state agency, this health plan provides coverage only to administer the vaccine. Otherwise, this health plan also provides coverage for a covered vaccine along with the services to administer the vaccine.

Important Note: You have the right to full in-network coverage for preventive health services as required by the Affordable Care Act and related regulations. You must contact the group for a complete description of your coverage for these preventive health services.

No benefits are provided for exams that are needed: to take part in school, camp, and sports activities; or by third parties. The only exception to this is when these exams are furnished as a covered routine exam.

**Preventive Dental Care for Members under Age 19**

For a description of pediatric essential dental benefits for members under age 19, refer to the pediatric essential dental benefit booklet that is part of the group’s student health plan.

**Routine Adult Physical Exams and Tests**

This part of the group’s student health plan covers the following routine tests, when the test is furnished by a covered provider:

- Routine lab tests.
- A routine mammogram during the five-year period a member who is age 35 through 39 and once each plan year for a member who is age 40 or older.
- Routine sigmoidoscopies and barium enemas.
- Routine colonoscopies.
- Diabetes prevention programs for members who have been diagnosed with pre-diabetes. The goal of these programs is to improve health and decrease the rate of progression to non-insulin dependent diabetes through structured health behavior changes, such as: dietary education; increased physical exercise; adhering to weight reduction plans; taking diabetes medication; and monitoring blood sugar levels.

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Activity; and weight loss strategies. This coverage for diabetes prevention programs is limited to a lifetime benefit limit of one program for each eligible member.

Important Note: You have the right to full in-network coverage for preventive health services as required by the Affordable Care Act and related regulations. You must contact the group for a complete description of your coverage for these preventive health services.

No benefits are provided for exams that are needed: to take part in school, camp, and sports activities; or by employers or third parties. The only exception to this is when these exams are furnished as a covered routine exam.

Routine Gynecological (GYN) Exams
This health plan covers routine GYN exams and related tests (including Pap smear tests) when the services are furnished by a covered provider. This may include (but is not limited to): a physician; or a nurse practitioner; or a nurse midwife.

Women’s Preventive Health Services:
All female members have the right to full in-network coverage for women’s preventive health services as recommended by the U.S. Department of Health and Human Services. These types of preventive health services include: yearly well-woman visits; domestic violence screening; human papillomavirus (HPV) DNA testing; screening for human immunodeficiency virus (HIV) infection; birth control methods and counseling (see “Family Planning”); screening for gestational diabetes; and breastfeeding support and breast pumps (see “Durable Medical Equipment”).

Family Planning
This health plan covers family planning services when they are furnished for you by a covered provider. This may include (but is not limited to): a physician; or a nurse practitioner; or a nurse midwife. This coverage includes:

- Consultations, exams, procedures, and medical services related to the use of all contraceptive methods to prevent pregnancy that have been approved by the U.S. Food and Drug Administration (FDA).
- Injection of birth control drugs. This includes a prescription drug when it is supplied during the visit.
- Insertion of a contraceptive implant system (such as levonorgestrel or etonogestrel). This includes the implant system itself.
- IUDs, diaphragms, and other prescription contraceptive methods that have been approved by the U.S. Food and Drug Administration (FDA), when the items are supplied during the visit.
- Genetic counseling.

No benefits are provided for: services related to achieving pregnancy through a surrogate (gestational carrier); and non-prescription birth control preparations (for example: condoms; birth control foams; jellies; and sponges).
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

**Routine Hearing Care Services**
This health plan covers routine hearing exams and tests. This includes: routine hearing exams and tests furnished for you by a covered provider; and newborn hearing screening tests for a newborn child (an infant under three months of age). See “Well Newborn Care” for your inpatient coverage for newborn hearing screening tests.

No benefits are provided for hearing aids.

**Routine Vision Care**
This health plan covers a periodic routine vision exam when it is furnished for you by an ophthalmologist or by an optometrist. Your Schedule of Benefits describes the benefit limit that applies for routine vision exams—this is the time period during which a routine vision exam will be covered by your health plan. Once you have received this coverage, no more benefits will be provided for another exam during the same time period. You must contact the group for a complete description of your coverage for routine vision exams.

**Vision Supplies**
Your health plan may also cover certain vision supplies and covered services related to covered vision supplies when they are furnished by a covered provider, such as an ophthalmologist or an optometrist. Your Schedule of Benefits will tell you whether or not you have coverage for vision supplies and related services.

**Prosthetic Devices**
This health plan covers prosthetic devices that you get from an appliance company, or from another provider who is designated by Blue Cross and Blue Shield to furnish the covered prosthetic device. This coverage is provided for devices that are: used to replace the function of a missing body part; made to be fitted to your body as an external substitute; and not useful when you are not ill or injured. Some examples of covered prosthetic devices include (but are not limited to):

- Artificial limb devices to replace (in whole or in part) an arm or a leg. This includes any repairs that are needed for the artificial leg or arm.
- Artificial eyes.
- Ostomy supplies; and urinary catheters.
- Breast prostheses. This includes mastectomy bras.
- Therapeutic/molded shoes and shoe inserts that are furnished for a member with severe diabetic foot disease.
- Insulin infusion pumps and related pump supplies (when your prescription drug coverage under your group health plan is not administered by Blue Cross and Blue Shield).
- One wig (scalp hair prosthesis) in each calendar year (but no less than $350 in coverage each calendar year) for a member whose hair loss is due to: chemotherapy; radiation therapy; infections; burns; traumatic injury; congenital baldness; and medical conditions resulting in alopecia areata or alopecia totalis (capitus). No benefits are provided for wigs when hair loss is due to: male pattern baldness; female pattern baldness; or natural or premature aging.

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- Augmentative communication devices. An “augmentative communication device” is one that assists in restoring speech. It is needed when a member is unable to communicate due to an accident, illness, or disease such as amyotrophic lateral sclerosis (ALS).

This health plan covers the most appropriate medically necessary model that meets your medical needs. This means that if Blue Cross and Blue Shield determines that you chose a model that costs more than what you need for your medical condition, benefits will be provided only for those charges that would have been paid for the most appropriate medically necessary model that meets your medical needs. In this case, you must pay all of the provider’s charges that are more than the Blue Cross and Blue Shield claim payment.

**Qualified Clinical Trials for Treatment of Cancer**
This health plan covers health care services and supplies that are received by a member as part of a qualified clinical trial (for treatment of cancer) when the member is enrolled in that trial. This coverage is provided for health care services and supplies that are consistent with the study protocol and with the standard of care for someone with the patient’s diagnosis, and that would be covered if the patient did not participate in the trial. This coverage may also be provided for investigational drugs and devices that have been approved for use as part of the trial. This health plan coverage for health care services and supplies that you receive as part of a qualified clinical trial is provided to the same extent as it would have been provided if you did not participate in a trial.

No benefits are provided for:
- Investigational drugs and devices that have not been approved for use in the trial.
- Investigational drugs and devices that are paid for by the manufacturer, distributor, or provider of the drug or device, whether or not the drug or device has been approved for use in the trial.
- Non-covered services under your health plan.
- Costs associated with managing the research for the trial.
- Items, services, or costs that are reimbursed or otherwise furnished by the sponsor of the trial.
- Costs that are inconsistent with widely accepted and established national and regional standards of care.
- Costs for clinical trials that are not “qualified trials” as defined by law.

**Other Approved Clinical Trials**
In addition to clinical trials for cancer, this health plan covers a member who participates in an approved clinical trial for a life-threatening disease or condition, as required by federal law. This means a disease or condition from which death is likely unless the course of the disease is interrupted. This coverage is provided for covered services that are consistent with the study protocol and with the standard of care for a person with the member’s condition; and, as long as the services would be covered if the member did not participate in the trial. But, no benefits are provided for an investigational drug or device, whether or not it has been approved for use in the trial.
IMPORTANT: Refer to your Schedule of Benefits for the cost share amounts that you must pay for covered services and for the benefit limits that may apply to specific covered services. Once you reach your benefit limit for a specific covered service, no more benefits are provided by your health plan for those services or supplies.

**Radiation Therapy and Chemotherapy**

This health plan covers outpatient radiation and x-ray therapy and chemotherapy when it is furnished for you by a covered provider. This may include (but is not limited to): a physician; or a nurse practitioner; or a free-standing radiation therapy and chemotherapy facility; or a hospital; or a covered provider who has a recognized expertise in specialty pediatrics. This coverage includes:

- Radiation therapy using isotopes, radium, radon, or other ionizing radiation.
- X-ray therapy for cancer or when it is used in place of surgery.
- Drug therapy for cancer (chemotherapy).

**Coverage for Orally-Administered Chemotherapy Drugs**

In most cases, this health plan will provide full coverage based on the allowed charge for in-network or out-of-network anticancer prescription drugs that are orally administered to kill or slow the growth of cancerous cells.

**Coverage for Self Injectable and Certain Other Drugs**

There are self injectable and certain other prescription drugs used for cancer treatment or treatment of cancer symptoms due to cancer treatment that are covered only as a prescription drug benefit. This means that coverage will be provided for these covered drugs only when the drugs are furnished by a covered pharmacy, even if a non-pharmacy health care provider administers the drug for you during a covered visit. For your coverage for these covered drugs, see “Prescription Drugs and Supplies.” **No benefits are provided under this part of the group’s student health plan for the cost of these drugs when the drug is furnished by a non-pharmacy health care provider.** For a list of these drugs, you can call the Blue Cross and Blue Shield customer service office. Or, you can log on to the Blue Cross and Blue Shield Web site at [www.bluecrossma.org](http://www.bluecrossma.org).

**Second Opinions**

This health plan covers an outpatient second opinion when it is furnished for you by a physician. This coverage includes a third opinion when the second opinion differs from the first. (See “Lab Tests, X-Rays, and Other Tests” for your coverage for related diagnostic tests.)

**Short-Term Rehabilitation Therapy**

This health plan covers medically necessary outpatient short-term rehabilitation therapy when it is furnished for you by a covered provider. This may include (but is not limited to): a physical therapist; or an occupational therapist; or a licensed speech-language pathologist; or a covered provider who has a recognized expertise in specialty pediatrics. This coverage includes: physical therapy; speech/language therapy; occupational therapy; or an organized program of these combined services. This health plan provides coverage only until you reach your benefit limit. Your Schedule of Benefits describes the benefit limit that applies for these covered services. Once you reach the benefit limit, no more benefits will be provided for these services. The benefit limit does not apply: to speech therapy; when any of these services are furnished as part of a covered home health care program; or when any of these services are furnished to treat autism spectrum disorders. Whether or not there is a benefit limit for these services, coverage is
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provided only for those services that are determined by Blue Cross and Blue Shield to be medically necessary for you.

This coverage is also provided when the short-term therapy is medically necessary habilitation therapy. Coverage for short-term habilitation therapy is most often included in the benefit limit for short-term rehabilitation therapy. But, the benefit limit for short-term habilitation therapy may be separate from the benefit limit for short-term rehabilitation therapy. If this is the case, the Schedule of Benefits for your plan option describes the separate benefit limits that apply for these covered services. (Also refer to riders—if there are any—that apply to your coverage in this health plan.)

What Are Rehabilitation and Habilitation Services
Rehabilitation services are those health care services that help a person keep, get back, or improve skills and functioning that have been lost or impaired because a person was sick, hurt, or disabled. Habilitation services are those health care services that help a person keep, learn, or improve skills and functioning for daily living.

Speech, Hearing, and Language Disorder Treatment
This health plan covers medically necessary services to diagnose and treat speech, hearing, and language disorders when the services are furnished for you by a covered provider. This may include (but is not limited to): a licensed audiologist; or a licensed speech-language pathologist; or a covered provider who has a recognized expertise in specialty pediatrics. This coverage includes: diagnostic tests, including hearing exams and tests; speech/language therapy; and medical care to diagnose or treat speech, hearing, and language disorders. (The benefit limit that applies for short-term rehabilitation therapy does not apply for speech therapy.)

No benefits are provided when these services are furnished in a school-based setting.

Surgery as an Outpatient
This health plan covers outpatient surgical services when they are furnished for you by a covered provider. This may include (but is not limited to): a surgical day care unit of a hospital; or an ambulatory surgical facility; or a physician; or a nurse practitioner; or a covered provider who has a recognized expertise in specialty pediatrics. This coverage includes:

- Routine circumcision.
- Voluntary termination of pregnancy (abortion).
- Voluntary sterilization procedures. To provide coverage for the women’s preventive health services as recommended by the U.S. Department of Health and Human Services, any in-network deductible, copayment, and/or coinsurance will be waived for a sterilization procedure furnished for a female member when it is performed as the primary procedure for family planning reasons. For all situations except as described in this paragraph, the cost share amount for elective surgery will still apply.
- Endoscopic procedures.

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- Surgical procedures. This includes emergency and scheduled surgery. This coverage includes (but is not limited to):
  - **Reconstructive surgery.** This means non-dental surgery that is meant to improve or give back bodily function or correct a functional physical impairment that was caused by a birth defect, a prior surgical procedure or disease, or an accidental injury. It also includes surgery to correct a deformity or disfigurement that was caused by an accidental injury. This coverage includes surgery to correct or repair disturbances of body composition caused by HIV associated lipodystrophy syndrome, when the covered provider has determined that this treatment is necessary to correct, repair, or lessen the effects of HIV associated lipodystrophy syndrome. These services include, but are not limited to: reconstructive surgery, such as suction-assisted lipectomy; other restorative procedures; and dermal injections or fillers for reversal of facial lipoatrophy syndrome.

**Women’s Health and Cancer Rights**
As required by federal law, this coverage includes breast reconstruction in connection with a mastectomy. This health plan provides coverage for: all stages of reconstruction of the breast on which the mastectomy was performed; surgery and reconstruction of the other breast to produce a symmetrical appearance; and prostheses and treatment of physical complications at all stages of mastectomy, including lymphedemas. These services will be furnished in a manner determined in consultation with the attending physician and the patient.

- **Transplants.** This means human organ (or tissue) and stem cell (“bone marrow”) transplants that are furnished according to Blue Cross and Blue Shield medical policy and medical technology assessment criteria. This includes one or more stem cell transplants for a member who has been diagnosed with breast cancer that has spread. For covered transplants, this coverage also includes: the harvesting of the donor’s organ (or tissue) or stem cells when the recipient is a member; and drug therapy during the transplant procedure to prevent the transplanted organ (or tissue) or stem cells from being rejected. “Harvesting” includes: the surgical removal of the donor’s organ (or tissue) or stem cells; and the related medically necessary services and/or tests that are required to perform the transplant itself. No benefits are provided for the harvesting of the donor’s organ (or tissue) or stem cells when the recipient is not a member. (See “Lab Tests, X-Rays, and Other Tests” for your coverage for donor testing.)

- **Oral surgery.** This means: reduction of a dislocation or fracture of the jaw or facial bone; excision of a benign or malignant tumor of the jaw; and orthognathic surgery that you need to correct a significant functional impairment that cannot be adequately corrected with orthodontic services. This coverage is provided when the surgery is furnished at a facility, provided that you have a serious medical condition that requires that you be admitted to a surgical day care unit of a hospital or to an ambulatory surgical facility in order for the surgery to be safely performed. This coverage is also provided when the surgery is furnished at an oral surgeon’s office. (Orthognathic surgery is not covered when it is performed mainly for cosmetic reasons. This surgery must be performed along with orthodontic services. If it is not, the oral surgeon must send a letter to Blue...
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Cross and Blue Shield asking for approval for the surgery. No benefits are provided for the orthodontic services.)

Covered oral surgery also includes the removal of impacted teeth (includes wisdom teeth), when the teeth are fully or partially imbedded in the bone.

- Gender reassignment surgery. This means gender reassignment surgery for gender identity disorders. No benefits are provided for services and procedures that are considered to be cosmetic services that may be used to make a person look more feminine or more masculine. For example, no benefits are provided for procedures such as (but not limited to): plastic surgery of the nose, face lift, lip enhancement, facial bone reduction, plastic surgery of the eyelids, liposuction of the waist, reduction of the thyroid cartilage, hair removal, hair transplants, surgery of the larynx including shortening of the vocal cords, chin implants, nose implants, and lip reduction.

- Internal prostheses (artificial replacements of parts of the body) that are furnished by the health care facility as part of a covered surgery such as intraocular lenses that are implanted after corneal transplant, cataract surgery, or other covered eye surgery, when the natural eye lens is replaced.

- Non-dental surgery and necessary postoperative care that is furnished for you by a dentist who is licensed to furnish the specific covered service. (See Part 6, “Dental Care.”)

- Necessary postoperative care that you receive after covered inpatient or outpatient surgery.
- Anesthesia services that are related to covered surgery. This includes anesthesia that is administered by a physician other than the attending physician; or by a certified registered nurse anesthetist.

Coverage for Self Injectable and Certain Other Drugs Furnished in an Office or Health Center
There are self injectable and certain other prescription drugs used for treating your medical condition that are covered only as a prescription drug benefit. This means that coverage will be provided for these covered drugs only when the drugs are furnished by a covered pharmacy, even if a non-pharmacy health care provider administers the drug for you during a covered visit. For your coverage for these covered drugs, see “Prescription Drugs and Supplies.” No benefits are provided for the cost of these drugs when the drug is furnished by a non-pharmacy health care provider. For a list of these drugs, you can call the Blue Cross and Blue Shield customer service office. Or, you can log on to the Blue Cross and Blue Shield Web site at www.bluecrossma.org. (This exclusion does not apply when these covered drugs are furnished to you during a covered day surgical admission at a surgical day care unit of a hospital, ambulatory surgical facility, or hospital outpatient department.)

Telehealth Services
This health plan covers telehealth services that are furnished by a Blue Cross and Blue Shield covered provider or by a Blue Cross and Blue Shield designated telehealth vendor. Telehealth services are synchronous or asynchronous communications (audio, video, or other approved electronic media or telecommunications technology including, but not limited to: interactive audio-video technology; remote

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patient monitoring devices; audio-only telephone; and online adaptive interviews) between you and the health care provider. Your health care provider will work with you to determine if a telehealth visit is medically appropriate for your health care needs or if an in-person visit is required. These services are available for medically appropriate covered services, including services to diagnose and/or treat mental conditions. The cost share amount that you will pay depends on the health care provider that furnishes the covered service to you. (See below.) For covered telehealth services, you will not have to pay any more than you would normally pay for the same in-person covered service with your health care provider. In some cases, the cost share amount that you will pay for covered telehealth services may be less than you would pay for an in-person visit.

Note: Any benefit limits that may apply for a specific covered service will still apply when the covered service is furnished as a telehealth service. The Schedule of Benefits for your plan option and/or any riders that apply to your coverage in this health plan describe any benefit limits that apply to your coverage.

Telehealth Services with a Covered Provider
When medically appropriate telehealth services are furnished by a Blue Cross and Blue Shield covered provider, your cost share (such as deductible, copayment, and/or coinsurance) is the same amount as an in-person visit with that provider. Your Schedule of Benefits describes your cost share amount. (Also refer to riders—if there are any—that apply to your coverage in this health plan.) Your cost share for covered telehealth services may be lower than your in-person cost share. If this is the case, this will be described in a rider.

Telehealth Services with a Designated Telehealth Vendor
You may use a Blue Cross and Blue Shield designated telehealth vendor when you need care for a minor illness or injury such as a cough, a sore throat, or a fever; or you need care for a chronic condition; or you need mental health and substance use care for conditions or symptoms such as anxiety and depression; or you have a general health and wellness concern.

When medically appropriate outpatient telehealth services are furnished by a Blue Cross and Blue Shield designated telehealth vendor, your cost share (such as deductible, copayment, and/or coinsurance) is the same as the lowest cost share level that you would pay for similar services when they are furnished by a preferred physician for outpatient medical care or by a preferred mental health provider for mental health and substance use care. Your Schedule of Benefits describes your cost share amount. (Also refer to riders—if there are any—that apply to your coverage in this health plan.) Your cost share for covered outpatient telehealth services with a Blue Cross and Blue Shield designated telehealth vendor may be lower than your in-person cost share with a covered provider. If this is the case, this will be described in a rider.

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**TMJ Disorder Treatment**
This health plan covers outpatient services that are furnished for you by a covered provider to diagnose and/or treat temporomandibular joint (TMJ) disorders that are caused by or result in a specific medical condition (such as degenerative arthritis and jaw fractures or dislocations). The medical condition must be proven to exist by means of diagnostic x-ray tests or other generally accepted diagnostic procedures. This coverage includes:

- Diagnostic x-rays.
- Surgical repair or intervention.
- Non-dental medical care services to diagnose and treat a TMJ disorder.
- Splint therapy. (This also includes measuring, fabricating, and adjusting the splint.)
- Physical therapy. (See “Short-Term Rehabilitation Therapy.”)

No benefits are provided for: TMJ disorders that are not proven to be caused by or to result in a specific medical condition; appliances, other than a mandibular orthopedic repositioning appliance (MORA); and services, supplies, or procedures to change the height of teeth or otherwise restore occlusion (such as bridges, crowns, or braces).
Part 6
Limitations and Exclusions

Your coverage in this health plan is limited or excluded as described in this part. Other limits or restrictions and exclusions on your coverage may be found in Parts 3, 4, 5, 7, and 8 of this benefit booklet. You should be sure to read all of the provisions that are described in this benefit booklet, your Schedule of Benefits, and any riders that apply to your coverage in this health plan.

Admissions That Start Before Effective Date
This health plan provides coverage only for those covered services that are furnished on or after your effective date. If you are already an inpatient in a hospital (or in another covered health care facility) on your effective date, you or your health care provider must call Blue Cross and Blue Shield. (See Part 4.) This health plan will provide coverage starting on your effective date but only if Blue Cross and Blue Shield is able to coordinate your care. This coverage is subject to all of the provisions that are described in this benefit booklet, your Schedule of Benefits, and any riders that apply to your coverage in this health plan.

Benefits from Other Sources
No benefits are provided for health care services and supplies to treat an illness or injury for which you have the right to benefits under government programs. These include the Veterans Administration for an illness or injury connected to military service. They also include programs set up by other local, state, federal, or foreign laws or regulations that provide or pay for health care services and supplies or that require care or treatment to be furnished in a public facility. No benefits are provided by this health plan if you could have received governmental benefits by applying for them on time. This exclusion does not include Medicaid or Medicare.

Cosmetic Services and Procedures
No benefits are provided for cosmetic services that are performed solely for the purpose of making you look better. This is the case whether or not these services are meant to make you feel better about yourself or to treat your mental condition. For example, no benefits are provided for: acne related services such as the removal of acne cysts, injections to raise acne scars, cosmetic surgery, and dermabrasion or other procedures to plane the skin; electrolysis; hair removal or restoration (except as described in Part 5 for scalp hair prostheses); and liposuction. (See Part 5 for your coverage for reconstructive surgery.)

There may be services that are usually considered cosmetic services but that meet Blue Cross and Blue Shield’s criteria for coverage in certain situations, as defined in Blue Cross and Blue Shield medical policies or medical technology assessment criteria.

Custodial Care
No benefits are provided for custodial care. This type of care may be furnished with or without routine nursing or other medical care and the supervision or care of a physician.
Limitations and Exclusions (continued)

Dental Care
Except as described otherwise in this benefit booklet or your Schedule of Benefits, no benefits are provided for treatment that Blue Cross and Blue Shield determines to be for dental care. This is the case even when the dental condition is related to or caused by a medical condition or medical treatment. There is one exception. This health plan will cover facility charges when you have a serious medical condition that requires that you be admitted to a hospital as an inpatient or to a surgical day care unit of a hospital or to an ambulatory surgical facility in order for your dental care to be safely performed. Some examples of serious medical conditions are: hemophilia; and heart disease.

Educational Testing and Evaluations
No benefits are provided for exams, evaluations, or services that are performed solely for educational or developmental purposes. The only exceptions are for: covered early intervention services; treatment of mental conditions for enrolled dependents who are under age 19; and covered services to diagnose and/or treat speech, hearing, and language disorders. (See Part 5.)

Exams or Treatment Required by a Third Party
No benefits are provided for physical, psychiatric, and psychological exams or treatments and related services that are required by third parties. Some examples of non-covered services are: exams and tests that are required for recreational activities, employment, insurance, and school; and court-ordered exams and services, except when they are medically necessary services. (But, certain exams may be covered when they are furnished as part of a covered routine physical exam. See Part 5.)

Experimental Services and Procedures
This health plan provides coverage only for covered services that are furnished according to Blue Cross and Blue Shield medical technology assessment criteria. No benefits are provided for health care charges that are received for or related to care that Blue Cross and Blue Shield considers experimental services or procedures. The fact that a treatment is offered as a last resort does not mean that this health plan will cover it. There are two exceptions. As required by law, this health plan will cover:
- One or more stem cell (“bone marrow”) transplants for a member who has been diagnosed with breast cancer that has spread.
- Certain drugs that are used on an off-label basis. Some examples of these drugs are: drugs used to treat cancer; drugs used to treat HIV/AIDS; and, long-term antibiotic therapy drugs for the treatment of Lyme disease, approved by the U.S. Food and Drug Administration (FDA) to treat other infectious diseases. (See “Home Health Care” for your coverage for long-term antibiotic therapy treatment of Lyme disease.)

Eyewear
No benefits are provided for eyeglasses and contact lenses, except as described as a covered service in Part 5 or in your Schedule of Benefits and/or riders.

Medical Devices, Appliances, Materials, and Supplies
No benefits are provided for medical devices, appliances, materials, and supplies, except as described otherwise in Part 5. Some examples of non-covered items are:
- Devices such as: air conditioners; air purifiers; arch supports; bath seats; bed pans; bath tub grip bars; chair lifts; computerized communication devices (except for those that are described in Part 5); computers; computer software; dehumidifiers; dentures; elevators; foot orthotics; hearing aids;
heating pads; hot water bottles; humidifiers; orthopedic and corrective shoes that are not part of a leg brace; raised toilet seats; and shoe (foot) inserts.

- Special clothing, except for: gradient pressure support aids for lymphedema or venous disease; clothing needed to wear a covered device (for example, mastectomy bras and stump socks); and therapeutic/molded shoes and shoe inserts for a member with severe diabetic foot disease.

- Self-monitoring devices, except for certain devices that Blue Cross and Blue Shield decides would give a member having particular symptoms the ability to detect or stop the onset of a sudden life-threatening condition.

Missed Appointments
No benefits are provided for charges for appointments that you do not keep. Physicians and other health care providers may charge you if you do not keep your scheduled appointments. They may do so if you do not give them reasonable notice. You must pay for these costs. Appointments that you do not keep are not counted against any benefit limits that apply to your coverage in this health plan.

Non-Covered Providers
No benefits are provided for any services and supplies that are furnished by the kinds of health care providers that are not covered by this health plan. This benefit booklet describes the kinds of health care providers that are covered by the health plan. (See “covered providers” in Part 2 of this benefit booklet.)

Non-Covered Services
No benefits are provided for:

- A service or supply that is not described as a covered service. Some examples of non-covered services are: private duty nursing; and reversal of sterilization.

- A service or supply that is furnished along with a non-covered service.

- A service or supply that does not conform to Blue Cross and Blue Shield medical policies.

- A service or supply that does not conform to Blue Cross and Blue Shield medical technology assessment criteria.

- A service or supply that is not considered by Blue Cross and Blue Shield to be medically necessary for you. The only exceptions are for: covered routine or other covered voluntary health care services or supplies; preventive health care services and supplies; and donor suitability for bone marrow transplant.

- A service or program, including a residential program, that is furnished in educational or vocational settings; or, services and/or programs that are not considered to be inpatient services, intermediate treatments, or outpatient services as described in this benefit booklet. The only exception is for outpatient covered services to diagnose and/or treat mental conditions when these services are furnished by a covered provider along with one of these programs.

- A program for which Blue Cross and Blue Shield is not able to conduct concurrent review of continued medical necessity (see Part 4), including a program that has a pre-defined length of care or stay.

- A service or supply that is furnished by a health care provider who has not been approved by Blue Cross and Blue Shield for payment for the specific service or supply.

- A service or supply that is furnished to someone other than the patient, except as described in this benefit booklet for: hospice services; and the harvesting of a donor’s organ (or tissue) or stem cells when the recipient is a member. This coverage includes the surgical removal of the donor’s organ (or tissue) or stem cells and the related medically necessary services and tests that are required to perform the transplant itself.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Limits and Exclusions (continued)

- A service or supply that you received when you were not enrolled in this health plan. (The only exception is for routine nursery charges that are furnished during a covered maternity admission and certain other newborn services.)
- A service or supply that is furnished to all patients due to a facility’s routine admission requirements.
- A service or supply that is related to achieving pregnancy through a surrogate (gestational carrier).
- A service or supply that is related to sex change surgery or to the reversal of a sex change, except as described in Part 5 for gender reassignment surgery.
- Refractive eye surgery for conditions that can be corrected by means other than surgery. This type of surgery includes radial keratotomy.
- Whole blood; packed red blood cells; blood donor fees; and blood storage fees.
- A health care provider’s charge for shipping and handling, taxes, or travel expenses.
- A health care provider’s charge to file a claim for you. Also, a health care provider’s charge to transcribe or copy your medical records.
- A separate fee for services furnished by: interns; residents; fellows; or other physicians who are salaried employees of the hospital or other facility.
- Expenses that you have when you choose to stay in a hospital or another health care facility beyond the discharge time that is determined by Blue Cross and Blue Shield.
- Costs related to activities such as fitness or weight loss programs. Even though this health plan does not include health benefits for these costs, reimbursement for participation in qualified wellness programs may be available under a separate Wellness Participation Program rider. If this is the case, refer to your rider for information about qualified wellness program reimbursement.

Personal Comfort Items
No benefits are provided for items or services that are furnished for your personal care or for your convenience or for the convenience of your family. Some examples of non-covered items or services are: telephones; radios; televisions; and personal care services.

Private Room Charges
While you are an inpatient, this health plan covers room and board based on the semiprivate room rate. If a private room is used, you must pay all costs that are more than the semiprivate room rate.

Services and Supplies Furnished After Termination Date
No benefits are provided for services and supplies that are furnished after your termination date in this health plan. There is one exception. This health plan will continue to provide coverage for inpatient covered services, but only if you are receiving covered inpatient care on your termination date. In this case, coverage will continue to be provided until all the benefits allowed by your health plan have been used up or the date of discharge, whichever comes first. But, this does not apply if your coverage in this health plan is canceled for misrepresentation or fraud.

Services Furnished to Immediate Family
No benefits are provided for a covered service that is furnished by a health care provider to themself or to a member of their immediate family. The only exception is for drugs that this health plan covers when they are used by a physician, dentist, or podiatrist while furnishing a covered service. “Immediate family” means any of the following members of a health care provider’s family:
- Spouse or spousal equivalent.
- Parent, child, brother, or sister (by birth or adoption).

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
- Stepparent, stepchild, stepbrother, or stepsister.
- Father-in-law, mother-in-law, son-in-law, daughter-in-law, brother-in-law, or sister-in-law. (For purposes of providing *covered services*, an in-law relationship does not exist between the provider and the spouse of their wife’s (or husband’s) brother or sister.)
- Grandparent or grandchild.

For the purposes of this exclusion, the immediate family members listed above will still be considered immediate family after the marriage which had created the relationship is ended by divorce or death.
Part 7
Other Party Liability

Other Health Coverage

Blue Cross and Blue Shield will coordinate payment of covered services with hospital, medical, dental, health, or other plans under which you are covered. Blue Cross and Blue Shield will do this to make sure that the cost of your health care services is not paid more than once. Other plans include: personal injury insurance; automobile insurance, including medical payments coverage; homeowner’s insurance; and other plans that cover hospital or medical expenses. You must include information on your enrollment forms about other health plans under which you are covered. Once you are enrolled for coverage under this health plan, you must notify Blue Cross and Blue Shield if you add or change health plan coverage. Upon Blue Cross and Blue Shield’s request, you must also supply Blue Cross and Blue Shield with information about other plans that may provide you with coverage for health care services.

Under COB, the plan that provides benefits first is known as the primary payor. And the plan(s) that provide benefits next are known as the secondary payor(s). This health plan is the secondary payor when another hospital, medical, dental, health or other plan provides benefits for health care services. This means that no benefits will be provided by this health plan until after the primary payor determines its share, if any, of the liability.

This health plan will not provide any more coverage than what is described in this in this benefit booklet. Blue Cross and Blue Shield will not provide duplicate benefits for covered services. If Blue Cross and Blue Shield pays more than the amount that it should have under COB, then you must give that amount back to Blue Cross and Blue Shield on behalf of this health plan. Blue Cross and Blue Shield on behalf of this health plan has the right to get that amount back from you or any appropriate person, insurance company, or other organization.

Important Notice: If you fail to comply with the provisions of this COB section, payment of your claim may be denied.

Medicare Program

Generally, the benefits that are available under the group’s student health plan are secondary to or in excess of the benefits provided by Medicare. This means that when you are eligible for Medicare and Medicare is allowed by federal law to be the primary payor, the coverage provided by the group’s student health plan will be reduced by the amount of benefits allowed under Medicare for the same covered services. This reduction will be made whether or not you actually receive the benefits from Medicare.

The Health Plan’s Rights to Recover Benefit Payments

Subrogation and Reimbursement of Benefit Payments

If you are injured by any act or omission of another person, the benefits under this health plan will be subrogated. This means that this health plan and Blue Cross and Blue Shield, as this health plan’s representative, may use your right to recover money from the person(s) who caused the injury or from any insurance company or other party. If you recover money, this health plan is entitled to recover up to the amount of the benefit payments that it has made. This is true no matter where or by whom the recovered money is held or how it is designated and even if you do not recover the total amount of your claim against

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
the other person(s). This is also true if the payment you receive is described as payment for other than health care expenses. The amount you must reimburse this health plan will not be reduced by any attorney’s fees or expenses you incur.

**Member Cooperation**
You must give Blue Cross and Blue Shield, as this health plan’s representative, information and help. This means you must complete and sign all necessary documents to help Blue Cross and Blue Shield get this money back on behalf of this health plan. This also means that you must give Blue Cross and Blue Shield timely notice of all significant steps during the negotiation, litigation or settlement with any third party (such as filing a claim or lawsuit, initiation of settlement discussions, agreement to a settlement in principle, etc.) and before settling any claim arising out of injuries you sustained by an act or omission of another person(s) for which this health plan paid benefits. You must not do anything that might limit this health plan’s right to full reimbursement.

**Workers’ Compensation**
No coverage is provided for health care services that are furnished to treat an illness or injury that Blue Cross and Blue Shield determines was work-related. This is the case even if you have an agreement with the workers’ compensation carrier that releases them from paying for the claims. All employers provide their employees with workers’ compensation or similar insurance. This is done to protect employees in case of a work-related illness or injury. All health care claims for a work-related illness or injury must be billed to the employer’s workers’ compensation carrier. It is up to you to use the workers’ compensation insurance. If Blue Cross and Blue Shield pays for any work-related health care services, Blue Cross and Blue Shield, on behalf of this health plan, has the right to get paid back from the party that legally must pay for the health care claims. Blue Cross and Blue Shield, on behalf of this health plan, also has the right, where possible, to reverse payments made to providers. If you have recovered any benefits from a workers’ compensation insurer (or from an employer liability plan), Blue Cross and Blue Shield on behalf of this health plan has the right to recover from you the amount of benefits it has paid for your health care services. This is the case even if:

- the workers’ compensation benefits are in dispute or are made by means of a settlement or compromise;
- no final determination is made that an injury or illness was sustained in the course of or resulted from your employment;
- the amount of workers’ compensation due to medical or health care is not agreed upon or defined by you or the workers’ compensation carrier; or
- the medical or health care benefits are specifically excluded from the workers’ compensation settlement or compromise.

If Blue Cross and Blue Shield is billed in error for these services, you must promptly call or write to the Blue Cross and Blue Shield customer service office.
Access to and Confidentiality of Medical Records

*Blue Cross and Blue Shield* and health care providers may, in accordance with applicable law, have access to all of your medical records and related information that is needed by *Blue Cross and Blue Shield* or health care providers. *Blue Cross and Blue Shield* may collect information from health care providers or from other insurance companies or the plan sponsor. *Blue Cross and Blue Shield* will use this information to help them administer the coverage provided by this health plan and to get facts on the quality of care that is provided under this and other health care contracts. In accordance with law, *Blue Cross and Blue Shield* and health care providers may use this information and may disclose it to necessary persons and entities as permitted and required by law. For example, *Blue Cross and Blue Shield* may use and disclose it as follows:

- For administering coverage (including coordination of benefits with other insurance plans); managing care; quality assurance; utilization management; the prescription drug history program; appeal and claims review activities; or other specific business, professional, or insurance functions for *Blue Cross and Blue Shield*.
- For bona fide medical research according to the regulations of the U.S. Department of Health and Human Services and the U.S. Food and Drug Administration (FDA) for the protection of human subjects.
- As required by law or valid court order.
- As required by government or regulatory agencies.
- As necessary for the operations of *Blue Cross and Blue Shield* of Massachusetts, Inc.
- As required by the subscriber’s group or by its auditors to make sure that *Blue Cross and Blue Shield* is administering your coverage in this health plan properly.
- For the purpose of processing a claim, medical information may be released to your group’s reinsurer.

*Blue Cross and Blue Shield* will not share information about you with the Medical Information Bureau (MIB). *Blue Cross and Blue Shield* respects your right to privacy. *Blue Cross and Blue Shield* will not use or disclose personally identifiable information about you without your permission, unless the use or disclosure is permitted or required by law and is done in accordance with the law. You have the right to get the information *Blue Cross and Blue Shield* collects about you. You may also ask *Blue Cross and Blue Shield* to correct any of this information that you believe is not correct. *Blue Cross and Blue Shield* may charge you a reasonable fee for copying your records, unless your request is because *Blue Cross and Blue Shield* is declining or terminating your coverage in this health plan.

**Important Note:** To get a copy of *Blue Cross and Blue Shield’s* Commitment to Confidentiality statement (“Notice of Privacy Practices”), call the *Blue Cross and Blue Shield* customer service office. (See Part 1.)

**Acts of Providers**

*Blue Cross and Blue Shield* is not liable for the acts or omissions by any individuals or institutions that furnish care or services to you. In addition, a health care provider who participates in your health care network and has a payment agreement with *Blue Cross and Blue Shield* or any other health care provider does not act as an agent on behalf of or for *Blue Cross and Blue Shield*. And, *Blue Cross and Blue Shield*
Part 8 – **Other Health Plan Provisions** (continued)

does not act as an agent for health care providers who participate in your health care network and have payment agreements with *Blue Cross and Blue Shield* or for any other health care providers.

*Blue Cross and Blue Shield* will not interfere with the relationship between health care providers and their patients. You are free to select or discharge any health care provider. *Blue Cross and Blue Shield* is not responsible if a provider refuses to furnish services to you. *Blue Cross and Blue Shield* does not guarantee that you will be admitted to any facility or that you will get a special type of room or service. If you are admitted to a facility, you will be subject to all of its requirements. This includes its requirements on admission, discharge, and the availability of services.

**Assignment of Benefits**

You cannot assign any benefit or monies due from this health plan to any person, corporation, or other organization without *Blue Cross and Blue Shield’s* written consent. Any assignment by you will be void. Assignment means the transfer of your rights to the benefits provided by this health plan to another person or organization. There is one exception. If Medicaid has already paid the health care provider, you can assign your benefits to Medicaid.

**Authorized Representative and Legal Representative**

You may choose to have another person act on your behalf concerning your health care coverage in this health plan. Some examples are a designated authorized representative or a documented legal representative. An authorized representative is a person you have chosen to help with your health care issues and to whom *Blue Cross and Blue Shield* is allowed to disclose and discuss your protected health information (PHI). An authorized representative is not a person who has legal authority to act on your behalf. A legal representative is a person who has legal authority to act on your behalf in making decisions about your health care. They may be someone who has legal authority for: power of attorney for health care; guardianship; conservatorship; executor of estate; or health care proxy. A legal representative may also be a person documented through a court order to act on your behalf in making decisions about your health care. To designate an authorized representative or document a legal representative, you must let *Blue Cross and Blue Shield* know in writing by completing the appropriate form(s). To get copies of these forms, you can call the *Blue Cross and Blue Shield* customer service office. The toll free phone number to call is shown on your ID card. You may also log on to the *Blue Cross and Blue Shield* Web site at [www.bluecrossma.org](http://www.bluecrossma.org) to get a copy of these forms. In some cases, *Blue Cross and Blue Shield* may consider your health care facility or your physician or other health care provider to be your authorized representative. For example, *Blue Cross and Blue Shield* may tell your hospital that a proposed inpatient admission has been approved. Or, *Blue Cross and Blue Shield* may ask your physician for more information if more is needed for *Blue Cross and Blue Shield* to make a decision. *Blue Cross and Blue Shield* will consider the health care provider to be your authorized representative for emergency medical care. *Blue Cross and Blue Shield* will continue to send benefit payments and written communications regarding your health care coverage according to *Blue Cross and Blue Shield’s* standard practices, unless you specifically ask *Blue Cross and Blue Shield* to do otherwise.

**Changes to Health Plan Coverage**

*Blue Cross and Blue Shield* and/or the plan sponsor may change the provisions of your coverage in this health plan. For example, a change may be made to the cost share amount that you must pay for certain covered services such as your copayment or your deductible or your coinsurance. The plan sponsor is responsible for sending you a notice of any change. The notice will describe the change being made. It will also give the effective date of the change. When a change is made to your health care coverage, you can get

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
the actual language of the change from your plan sponsor. The change will apply to all benefits for services you receive on or after its effective date.

There may be times when the provisions of your coverage in this health plan change but Blue Cross and Blue Shield is not able to provide prior notice of the change as described above. These changes may be made by Blue Cross and Blue Shield as a result of events beyond its control such as: war; riot; national emergency; terrorist attack; public health emergency; pandemic; or natural disaster. When this happens, Blue Cross and Blue Shield will make a determination to provide services under this health plan based on the severity of the event and the needs of its members enrolled under this health plan during this time. For example, Blue Cross and Blue Shield may temporarily eliminate the cost share amount that you must pay for certain covered services such as your copayment or your deductible or your coinsurance.

Charges for Non-Medically Necessary Services
You may receive health care services that would otherwise be covered by this health plan, except that these services are not determined to be medically necessary for you by Blue Cross and Blue Shield. This health plan does not cover health care services or supplies that are not medically necessary for you. If you receive care that is not medically necessary for you, you might be charged for the care by the health care provider. A provider who has a payment agreement with Blue Cross and Blue Shield has agreed not to charge you for services that are not medically necessary, unless you were told, knew, or reasonably should have known before you received this treatment that it was not medically necessary.

Clinical Guidelines and Utilization Review Criteria
Blue Cross and Blue Shield applies medical technology assessment criteria and medical necessity guidelines when it develops its clinical guidelines, utilization review criteria, and medical policies. Blue Cross and Blue Shield reviews its clinical guidelines, utilization review criteria, and medical policies from time to time. Blue Cross and Blue Shield does this to reflect new treatments, applications, and technologies. For example, when a new drug is approved by the U.S. Food and Drug Administration (FDA), Blue Cross and Blue Shield reviews its safety, effectiveness, and overall value on an ongoing basis. While a new treatment, technology, or drug is being reviewed, it will not be covered by this health plan. Another example is when services and supplies are approved by the U.S. Food and Drug Administration (FDA) for the diagnosis and treatment of insulin dependent, insulin using, gestational, or non-insulin dependent diabetes. In this case, coverage will be provided for those services or supplies as long as they can be classified under a category of covered services.

Disagreement with Recommended Treatment
When you enroll for coverage in this health plan, you agree that it is up to your health care provider to decide the right treatment for your care. You may (for personal or religious reasons) refuse to accept the procedures or treatments that are advised by your health care provider. Or, you may ask for treatment that a health care provider judges does not meet generally accepted standards of professional medical care. You have the right to refuse the treatment advice of the health care provider. Or, you have the right to seek other care at your own expense. If you want a second opinion about your care, you have the right to coverage for second and third opinions. (See Part 5.)

Member Cooperation
You agree to provide Blue Cross and Blue Shield with information it needs to comply with federal and/or state law and regulation. If you do not do so in a timely manner, your claims may be denied and/or your coverage in this health plan may be affected.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Pre-Existing Conditions
Your coverage in this health plan is not limited based on medical conditions that are present on or before your effective date. This means that your health care services will be covered from the effective date of your coverage in this health plan without a pre-existing condition restriction or a waiting period. But, benefits for these health care services are subject to all the provisions of this health plan.

Quality Assurance Programs
Blue Cross and Blue Shield uses quality assurance programs. These programs affect different aspects of health care. This may include, for example, health promotion. From time to time, Blue Cross and Blue Shield may add or change the programs that it uses. Blue Cross and Blue Shield will do this to ensure that it continues to provide you and your family with access to high-quality health care and services. For more information, you can call the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your ID card. Some of the clinical programs that Blue Cross and Blue Shield uses are:

- A breast cancer screening program. It encourages female members who are over 50 to have mammograms.
- A cervical cancer screening program. It helps to get more female members who are age 18 and older to have a Pap smear test.
- A program that furnishes outreach and education to pregnant members. It adds to the care that the member gets from an obstetrician or nurse midwife.
- A program that promotes timely postnatal checkups.
- Diabetes management and education. This helps diabetic members to self-manage their diabetes. It also helps to identify high-risk members and helps to assess their ongoing needs.
- Congestive heart failure disease management, education, and monitoring.

Services Furnished by Non-Preferred Providers
As a member of this health plan, you will usually receive the highest benefit level (your in-network benefits) only when you obtain covered services from a covered provider who participates in your PPO health care network. There are a few times when this health plan will provide in-network benefits for covered services you receive from a covered provider who does not participate in your PPO network. These few situations are described below in this section. If you receive covered services from a covered provider who does not participate in your PPO health care network, you will receive in-network benefits only when:

- You receive emergency medical care.
- You receive services to diagnose or treat the 2019 novel coronavirus disease (COVID-19). See Part 5, “COVID-19 Testing and Treatment” for your coverage for these services.
- You receive covered services that are not reasonably available from a preferred provider (see “covered provider” in Part 2 of this benefit booklet) and you had prior approval from Blue Cross and Blue Shield to obtain these covered services. Or, you receive covered services from a covered provider before a preferred network is established for that type of provider.
- You are living or traveling outside of Massachusetts and you receive covered services from a type of covered provider for which the local Blue Cross and/or Blue Shield Plan has not, in the opinion of Blue Cross and Blue Shield, established an adequate PPO health care network.
- You receive medically necessary covered services while you are at a preferred hospital or other preferred facility and you do not have a reasonable opportunity to choose to have your covered services furnished by a preferred provider. Or, you receive covered services from a non-preferred hospital-based anesthetist, pathologist, or radiologist while you are at a preferred hospital.
- You receive certain covered services that are protected from surprise billing as described in Part 2. (See “Allowed Charge” for more information.)

Words in italics are explained in Part 2.
- You are a newly enrolled member who is having an ongoing course of treatment from a physician (or a primary care provider that is a nurse practitioner or physician assistant) who does not participate in your health care network, and your group only offers a choice of health insurance plans in which your physician (or your primary care provider that is a nurse practitioner or physician assistant) does not participate as a covered provider. In this case, this health plan will provide coverage for covered services you get from that health care provider up to 30 days from your effective date or, for a member who is in the second or third trimester of pregnancy, up through the first post-partum visit or, for a member with a terminal illness, until the member’s death. (For a member with a terminal illness, this coverage is provided only when the member is expected to live six months or less as determined by a physician.)

This health plan will also provide in-network benefits in the event Medicare is your primary payor (as allowed by federal law) and you receive covered services from a non-preferred provider outside of Massachusetts and that provider accepts Medicare assignment, whether or not the provider participates with the local Blue Cross and/or Blue Shield Plan. (Medicare assignment is an agreement by the provider to accept the Medicare-approved amount as payment in full for services furnished.)

**When Your Provider Disenrolls (or is Involuntarily Disenrolled) From the Network**

If your provider disenrolls from the network for a reason other than a quality-related reason or fraud, this health plan will provide coverage for covered services that you receive from a health care provider who does not participate in your health care network. As required by law, this continuity of care coverage is described below in this section. If you receive covered services from a covered health care provider who does not participate in your health care network, you may receive coverage from this health plan only when:

- Your provider disenrolls from your health care network and you are a member who is receiving covered services for the situations listed below. If this is the case, this health plan will notify you that the health care provider is no longer part of the health care network.
  - You are undergoing a course of treatment for a serious and complex condition; you are undergoing a course of institutional or inpatient care; or you are scheduled to undergo non-elective surgery (including postoperative care). This health plan will also notify you of your right to request to continue to have benefits provided for covered services from that health care provider for up to 90 days after the provider disenrolls from your health care network or when the course of treatment is completed, whichever comes first.
  - You are pregnant and undergoing a course of treatment for the pregnancy. This health plan will also notify you of your right to request to continue to have benefits provided for covered services from that health care provider for up to 90 days after the provider disenrolls from your health care network or through your first post-partum visit, whichever is longer.
  - You are determined to be terminally ill. This health plan will also notify you of your right to request to continue to have benefits provided for covered services from that health care provider for as long as the covered services are needed.
- Your provider is involuntarily disenrolled from your health care network and you are a member who is in the second or third trimester of pregnancy. In this case, this health plan will provide coverage for covered services you get from that health care provider for your pregnancy up through the first post-partum visit.
- Your provider is involuntarily disenrolled from your health care network and you are a member with a terminal illness. In this case, this health plan will provide coverage for covered services you get from that health care provider for the terminal illness. (This coverage is continued only when the terminally ill member is expected to live six months or less as determined by a physician.)

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Services in a Disaster

*Blue Cross and Blue Shield* is not liable if events beyond its control—such as war, riot, national emergency, terrorist attack, public health emergency, pandemic, or natural disaster—cause delay or failure of *Blue Cross and Blue Shield* to arrange for or coordinate access to health care services and coverage for members. *Blue Cross and Blue Shield* will make a good faith effort to arrange for or to coordinate health care services to be furnished in these situations.

There may be times when *Blue Cross and Blue Shield* provides coverage for services and/or supplies due to events beyond its control that are not described in this Benefit Description. (See “Changes to Health Plan Coverage” in this Part 8 for more information.)

Time Limit for Legal Action

Before you pursue a legal action against *Blue Cross and Blue Shield* for any claim under this health plan, you must complete the *Blue Cross and Blue Shield* internal formal review. (See Part 10.) You may, but you do not need to, complete an external review before you pursue a legal action. If, after you complete the formal review, you choose to bring a legal action against *Blue Cross and Blue Shield*, you must bring this action within two years after the cause of the action arises. For example, if you are filing a legal action because you were denied a service or you were denied a claim for coverage from this health plan, you will lose your right to bring a legal action against *Blue Cross and Blue Shield* unless you file your action within two years after the date of the decision of the final internal appeal of the service or claim denial.
Part 9

Filing a Claim

When the Provider Files a Claim
The health care provider will file a claim for you when you receive a covered service from a covered provider who has a payment agreement with Blue Cross and Blue Shield. Or, for covered services you receive outside of Massachusetts, a health care provider will file a claim for you when they have a payment agreement with the local Blue Cross and/or Blue Shield Plan. Just tell the health care provider that you are a member and show the health care provider your ID card. Also, be sure to give the health care provider any other information that is needed to file your claim. You must properly inform your health care provider within 30 days after you receive the covered service. If you do not, coverage will not have to be provided. Blue Cross and Blue Shield will pay the health care provider directly for covered services when the provider has a payment agreement with Blue Cross and Blue Shield or with the local Blue Cross and/or Blue Shield Plan. (When you are outside the United States, Puerto Rico, and the U.S. Virgin Islands and the Blue Cross Blue Shield Global Core Service Center has arranged your inpatient admission, the hospital should file the claim for you. In this case, the hospital will usually bill you only for your deductible and/or your copayment and/or your coinsurance, whichever applies. But, if you paid the hospital’s actual charge in full at the time of the service, you must submit a claim as described in the section below.)

When the Member Files a Claim
You may have to file your claim when you receive a covered service from a covered provider who does not have a payment agreement with Blue Cross and Blue Shield or a covered provider outside of Massachusetts who does not have a payment agreement with the local Blue Cross and/or Blue Shield Plan. The health care provider may ask you to pay the entire charge at the time of the visit or at a later time. It is up to you to pay your health care provider. To file a claim to Blue Cross and Blue Shield for repayment, you must:
- Fill out a claim form;
- Attach your original itemized bills; and
- Mail the claim to the Blue Cross and Blue Shield customer service office.

You can get claim forms from the Blue Cross and Blue Shield customer service office. (See Part 1.) Blue Cross and Blue Shield will mail to you all forms that you will need within 15 days after receiving notice that you obtained some service or supply for which you may be paid.

When you receive covered services outside the United States, Puerto Rico, and the U.S. Virgin Islands, you must file your claim to the Blue Cross Blue Shield Global Core Service Center. (The Blue Cross Blue Shield Global Core Claim Form you receive from Blue Cross and Blue Shield will include the address to mail your claim.) You can get help with filing your claim by calling the service center at 1-800-810-BLUE.

You must file a claim within two years of the date you received the covered service. This health plan will not have to provide coverage for services and/or supplies for which a claim is submitted after this two-year period.

Timeliness of Claim Payments
Within 30 calendar days after Blue Cross and Blue Shield receives a completed request for coverage or payment, Blue Cross and Blue Shield will make a decision. When appropriate, Blue Cross and Blue Shield
will make a payment to the health care provider (or to you in certain situations) for your claim to the extent of your coverage in this health plan. Or, Blue Cross and Blue Shield will send you and/or the health care provider a notice in writing of why your claim is not being paid in full or in part.

**Missing Information**

If the request for coverage or payment is not complete or if Blue Cross and Blue Shield needs more information to make a final determination for your claim, Blue Cross and Blue Shield will ask for the information or records it needs. Blue Cross and Blue Shield will make this request within 30 calendar days of the date that Blue Cross and Blue Shield received the request for coverage or payment. This additional information must be provided to Blue Cross and Blue Shield within 45 calendar days of this request.

- **Missing Information Received Within 45 Days.** If the additional information is provided to Blue Cross and Blue Shield within 45 calendar days of Blue Cross and Blue Shield’s request, Blue Cross and Blue Shield will make a decision within the time remaining in the original 30-day claim determination period. Or, Blue Cross and Blue Shield will make the decision within 15 calendar days of the date that the additional information is received by Blue Cross and Blue Shield, whichever is later.

- **Missing Information Not Received Within 45 Days.** If the additional information is not provided to Blue Cross and Blue Shield within 45 calendar days of Blue Cross and Blue Shield’s request, the claim for coverage or payment will be denied by Blue Cross and Blue Shield. If the additional information is submitted to Blue Cross and Blue Shield after these 45 days, then it may be viewed by Blue Cross and Blue Shield as a new claim for coverage or payment. In this case, Blue Cross and Blue Shield will make a decision within 30 days as described previously in this section.
Part 10

Appeal and Grievance Program

You have the right to a full and fair review when you disagree with a decision that is made by Blue Cross and Blue Shield to deny a request for coverage or payment for services; or you disagree with how your claim was paid; or you are denied coverage in this health plan; or your coverage is canceled or discontinued by Blue Cross and Blue Shield for reasons other than nonpayment of your cost for coverage in this group health plan. You also have the right to a full and fair review when you have a complaint about the care or service you received from Blue Cross and Blue Shield or from a provider who participates in your health care network. Part 10 explains the process for handling these types of problems and concerns.

When making a determination under this health plan, Blue Cross and Blue Shield has full discretionary authority to interpret this benefit booklet and to determine whether a health service or supply is a covered service under this health plan. All determinations by Blue Cross and Blue Shield with respect to benefits under this health plan will be conclusive and binding unless it can be shown that the interpretation or determination was arbitrary and capricious.

Inquiries and/or Claim Problems or Concerns

Most problems or concerns can be handled with just one phone call. For help to resolve a problem or concern, you should first call the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your ID card. A customer service representative will work with you to help you understand your coverage or to resolve your problem or concern as quickly as possible.

Blue Cross and Blue Shield will consider all aspects of the particular case when resolving a problem or concern. This includes looking at: all of the provisions of this health plan; the policies and procedures that support this health plan; the health care provider’s input; and your understanding of coverage by this health plan. Blue Cross and Blue Shield may use an individual consideration approach when Blue Cross and Blue Shield judges it to be appropriate. Blue Cross and Blue Shield will follow its standard guidelines when it resolves your problem or concern.

If after speaking with a Blue Cross and Blue Shield customer service representative, you still disagree with a decision that is given to you, you may request a formal review through the Blue Cross and Blue Shield Member Appeal and Grievance Program.

Appeal and Grievance Review Process

Internal Formal Review

How to Request an Internal Formal Appeal or Grievance Review

To request an internal formal appeal or grievance review, you (or your authorized or legal representative) have three options:

- To write or send a fax. The preferred option is for you to send your request for an appeal or a grievance review in writing to: Member Appeal and Grievance Program, Blue Cross Blue Shield of Massachusetts, One Enterprise Drive, Quincy, MA 02171-2126. Or, you may fax your request to 1-617-246-3616. Blue Cross and Blue Shield will let you know that your request was received by
sending you a written confirmation within 15 calendar days. When you send your request, you should be sure to include any documentation that will help the review.

- **To send an e-mail.** You may send your request for an appeal or a grievance review to the Blue Cross and Blue Shield Member Appeal and Grievance Program e-mail address grievances@bcbsma.com. Blue Cross and Blue Shield will let you know that your request was received by sending you a confirmation immediately by e-mail. When you send your request, you should be sure to include any documentation that will help the review.

- **To make a telephone call.** You may call the Blue Cross and Blue Shield Member Appeal and Grievance Program at 1-800-472-2689.

Before you make an appeal or file a grievance, you should read “What to Include in an Appeal or Grievance Review Request” that shows later in this section.

Once your appeal or grievance request is received, Blue Cross and Blue Shield will research the case in detail. Blue Cross and Blue Shield will ask for more information if it is needed and let you know in writing of the review decision or the outcome of the review. If your request for a review is about termination of your coverage for concurrent services that were previously approved by Blue Cross and Blue Shield, the disputed coverage will continue until this review process is completed. This continuation of your coverage does not apply to services; that are limited by a day, dollar, or visit benefit limit; that are non-covered services; or that were received prior to the time you requested the formal review. It also does not apply if your request for a review was not received on a timely basis, based on the course of the treatment.

All requests for an appeal or a grievance review must be received by Blue Cross and Blue Shield within 180 calendar days of the date of treatment, event, or circumstance which is the cause of your dispute or complaint, such as the date you were told of the service denial or claim denial.

**What to Include in an Appeal or Grievance Review Request**

Your request for an internal formal appeal or grievance review should include: the name, ID number, and daytime phone number of the member asking for the review; a description of the problem; all relevant dates; names of health care providers or administrative staff involved; and details of the attempt that has been made to resolve the problem.

- **Appealing a Coverage Decision.** A “coverage decision” is a decision that Blue Cross and Blue Shield makes about your coverage or about the amount your group health plan will pay for your health care services or drugs. For example, your doctor may have to contact Blue Cross and Blue Shield and ask for a coverage decision before you receive proposed services. Or, a coverage decision is made when Blue Cross and Blue Shield decides what is covered and how much you will pay for services you have already received. In some cases, Blue Cross and Blue Shield might decide a service or drug is not covered or is no longer covered for you. You can make an appeal if you disagree with a coverage decision made by Blue Cross and Blue Shield.

When you make an appeal about a medical necessity coverage decision, Blue Cross and Blue Shield will review your health plan contract and the policies and procedures that are in effect for your appeal along with medical treatment information that will help in the review. Some examples of the medical information that will help Blue Cross and Blue Shield review your appeal may include: medical records related to your appeal, provider consultation and office notes, and related lab or other test results. If Blue Cross and Blue Shield needs to review your medical records and you have not
provided your consent, Blue Cross and Blue Shield will promptly send you an authorization form to sign. You must return this signed form to Blue Cross and Blue Shield. It will allow for the release of your medical records. You have the right to look at and get copies (free of charge) of records and criteria that Blue Cross and Blue Shield has and that are relevant to your appeal, including the identity of any experts who were consulted.

If you disagree with how your claim was paid or you are denied coverage for a specific health care service or drug, you can make an appeal about the coverage decision. Blue Cross and Blue Shield will review the health plan contract that is in effect for your appeal to see if all of the rules were properly followed and to see if the service or drug is specifically excluded or limited by your health plan. The appeal decision will be based on the terms of your health plan contract. For example, if a service is excluded or limited by your health plan contract, no benefits can be provided even if the services are medically necessary for you. For this reason, you should be sure to review all parts of your health plan contract for any coverage limits and exclusions. These parts include this benefit booklet, your Schedule of Benefits, and riders (if there are any) that apply for your health plan contract.

- **Filing a Grievance.** You can file a grievance when you have a complaint about the care or service you received from Blue Cross and Blue Shield or from a health care provider who participates in your health care network. Some examples of these types of problems are: you are unhappy with the quality of the care you have received; you are having trouble getting an appointment or waiting too long to get care; or you are unhappy with how the customer service representative has treated you. If you submit a formal grievance about the quality of care you received from a Blue Cross and Blue Shield provider, Blue Cross and Blue Shield will contact you to obtain your permission to contact the provider (if your permission is not included in your formal grievance). For this type of grievance, Blue Cross and Blue Shield will investigate the grievance with your permission, but the results of any provider peer review are confidential. For this reason, you will not receive the results of this type of investigation.

**Choosing an Authorized Representative**
You may choose to have another person act on your behalf during the appeal or grievance review process. Except as described below, you must designate this person in writing to Blue Cross and Blue Shield.

If your claim is for urgent care or emergency medical care services, a health care professional who has knowledge about your medical condition may act as your authorized representative. In this case, you do not have to designate the health care professional in writing. If you are not able to designate another person to act on your behalf, then a conservator, a person with power of attorney, or a family member may act as your authorized representative. Or, they may appoint someone else to act as your authorized representative.

**Who Handles the Appeal or Grievance Review**
All appeals and grievances are reviewed by professionals who are knowledgeable about Blue Cross and Blue Shield and the issues involved in the appeal or grievance. The professionals who will review your appeal or grievance will be different from those who participated in Blue Cross and Blue Shield’s prior decisions regarding the subject of your review, nor will they work for anyone who did. When a review is related to a medical necessity denial, at least one reviewer will be an individual who is an actively practicing health care professional in the same or similar specialty who usually treats the medical condition or performs the procedure or provides treatment that is the subject of your review.
Response Time for an Appeal or Grievance Review
The review and response for an internal formal appeal or grievance review will be completed within 30 calendar days. Every reasonable effort will be made to speed up the review for requests that involve health care services that are soon to be obtained by the member.

Blue Cross and Blue Shield may extend the 30-calendar-day time frame to complete a review when both Blue Cross and Blue Shield and the member agree that additional time is required to fully investigate and respond to the request. Blue Cross and Blue Shield may also extend the 30-calendar-day time frame when the review requires your medical records and Blue Cross and Blue Shield needs your authorization to get these records. The 30-day response time will not include the days from when Blue Cross and Blue Shield sends you the authorization form to sign until it receives your signed authorization form. If Blue Cross and Blue Shield does not receive your authorization within 30 working days after your request for a review is received, Blue Cross and Blue Shield may make a final decision about your request without that medical information. In any case, for a review involving services that have not yet been obtained by you, Blue Cross and Blue Shield will ask for your permission to extend the 30-day time frame if it cannot complete the review within 30 calendar days of receipt of your request for a review.

Important Note: If your appeal or grievance review began after an inquiry, the 30-day response time will begin on the day you tell Blue Cross and Blue Shield that you disagree with Blue Cross and Blue Shield’s answer and would like an internal formal review.

Written Response for an Appeal or Grievance Review
Once the review is completed, Blue Cross and Blue Shield will let you know in writing of the decision or the outcome of the review. If Blue Cross and Blue Shield continues to deny coverage for all or part of a health care service or supply, Blue Cross and Blue Shield will send an explanation to you. This notice will include: information related to the details of your appeal or grievance; the reasons that Blue Cross and Blue Shield has denied the request and the applicable terms of your coverage in this health plan; the specific medical and scientific reasons for which Blue Cross and Blue Shield has denied the request; any alternative treatment or health care services and supplies that would be covered; Blue Cross and Blue Shield clinical guidelines that apply and were used and any review criteria; and how to request an external review.

Appeal and Grievance Review Records
You have the right to look at and get copies of records and criteria that Blue Cross and Blue Shield has and that are relevant to your appeal or grievance. These copies will be free of charge. Blue Cross and Blue Shield will maintain a record of all formal appeals and grievances, including the response for each review, for up to seven years.

Expedited Review for Immediate or Urgently-Needed Services
In place of the internal formal review as described above in this section, you have the right to request an “expedited” review right away when your situation is for immediate or urgently-needed services and waiting for a response under the review time frames described above would seriously jeopardize your life or health or your ability to regain maximum function as determined by Blue Cross and Blue Shield or your physician, or if your physician says that you will have severe pain that cannot be adequately managed without the care or treatment that is the subject of the review. If you request an expedited review, Blue Cross and Blue Shield will review your request and notify you of the decision within 72 hours after your request is received, or such shorter time period as required by federal law.

External Review
The Blue Cross and Blue Shield review decision may be to continue to deny all or part of your coverage in this health plan. In this case, you may be entitled to a voluntary external review. You are not required to
pursue an external review. Your decision whether to pursue an external review will not affect your other coverage. If you receive a denial letter from Blue Cross and Blue Shield in response to your internal appeal or grievance review, the letter will tell you what steps you can take to file a request for an external review. **If you decide to request an external review, you must file your request within the four months after you receive the denial letter from Blue Cross and Blue Shield.** Blue Cross and Blue Shield will work closely with you to guide you through the external review process.

There may be times when you may pursue an external review without completing the internal formal review as described above in this section. This is the case when all of the following conditions are met:

- *Blue Cross and Blue Shield* waives an internal formal review.
- Your situation is for immediate or urgently-needed services.
- There was a failure to comply with all requirements of the internal formal review process except in cases where the violation was: de minimis (the impact of the violation was negligible to the result of the review); non-prejudicial; attributable to good cause or matters beyond the plan’s or issuer’s control; in the context of an ongoing good faith exchange of information; and not reflective of a pattern or practice of non-compliance.

You (or your authorized or legal representative) have the right to request an expedited review when your situation is for immediate or urgently-needed services as follows:

- When your request concerns medical care or treatment for which waiting for a response under the standard (non-expedited) external review time frames would seriously jeopardize your life or health or your ability to regain maximum function; or
- When your request concerns an internal formal review final adverse benefit determination for an admission, availability of care, continued stay, or health care services for which you received emergency services, while you are an inpatient.

**How to Request an External Review**

To request an external review, you must complete the external review request form that is provided with the denial letter you receive from Blue Cross and Blue Shield. Once your external review request form is completed, you must send it to Blue Cross and Blue Shield as shown on the form.

You (or your authorized or legal representative) have the right to request an expedited review when your situation is for immediate or urgently-needed services as follows:

- When your request concerns medical care or treatment for which waiting for a response under the standard (non-expedited) external review time frames would seriously jeopardize your life or health or your ability to regain maximum function; or
- When your request concerns an internal formal review final adverse benefit determination for an admission, availability of care, continued stay, or health care services for which you received emergency services, while you are an inpatient.

**External Review Process**

When Blue Cross and Blue Shield receives your request for an external review, your case will be referred to an external review agency to complete your external review. You (or your authorized or legal representative) will be notified by the external review agency of your eligibility and acceptance for an external review. In some cases, the review agency may need more information about your situation. If this is the case, they will request it from Blue Cross and Blue Shield, you, or your authorized or legal representative.

The review agency will consider all aspects of the case and send a written response of the outcome. They will send the response to you (or your authorized or legal representative) and to Blue Cross and Blue Shield within 45 days of receiving the request. If the agency determines additional time is needed to fully and fairly evaluate the request, the agency will notify you and Blue Cross and Blue Shield of the extended review period. In the case of an expedited review, you will be notified of their decision within 72 hours. This 72-hour period starts when the external review agency receives your case.
If the review agency overturns *Blue Cross and Blue Shield’s* decision in whole or in part, *Blue Cross and Blue Shield* will send you (or your authorized or legal representative) a notice of the review decision made by the agency. This notice will confirm the decision of the review agency. It will also tell you (a) what steps or procedures you must take (if any) to obtain the requested coverage or services; (b) the date by which *Blue Cross and Blue Shield* will pay for or authorize the requested services; and (c) the name and phone number of the person at *Blue Cross and Blue Shield* who will make sure your *appeal* or *grievance* is resolved.

The decision made by way of the external review process will be accepted as final.

You have the right to look at and get copies of records and criteria that *Blue Cross and Blue Shield* has and that are relevant to your *appeal* or *grievance*. These copies will be free of charge.
Part 11

Eligibility for Coverage

Eligibility for Student Health Plan Coverage

Eligible Student
You are eligible for coverage under the group’s student health plan as long as you are a full-time or part-time student enrolled at Harvard University. For more details, contact the plan sponsor.

Eligible Spouse
An eligible student who is enrolled in the group’s student health plan may enroll an eligible spouse for coverage under their student health plan membership. An “eligible spouse” includes the enrolled student’s legal spouse. (A legal civil union spouse, where applicable, is eligible to enroll under the student’s membership in this health plan to the extent that a legal civil union spouse is determined eligible by the plan sponsor. For more details, contact your plan sponsor.)

Former Spouse
In the event of a divorce or a legal separation, the person who was the spouse of the enrolled student prior to the divorce or legal separation will remain eligible for coverage under the enrolled student’s membership, whether or not the judgment was entered prior to the effective date of the enrolled student’s membership. This coverage is provided with no additional cost other than the normal cost of covering a current spouse. The former spouse will remain eligible for this coverage only until the enrolled student is no longer required by the judgment to provide health insurance for the former spouse or the enrolled student or former spouse remarries, whichever comes first. In these situations, Blue Cross and Blue Shield must be notified within 30 days of a change to the former spouse’s address. Otherwise, Blue Cross and Blue Shield will not be liable for any acts or omissions due to having the former spouse’s incorrect address on file. If the enrolled student remarries, the former spouse may continue coverage under a separate student health plan membership with the group, provided the divorce judgment requires that the enrolled student provide health insurance for the former spouse. This is true even if the enrolled student’s new spouse is not enrolled under the enrolled student’s membership.

Eligible Dependents
An eligible student who is enrolled in the group’s student health plan may enroll eligible dependents under their student health plan membership. “Eligible dependents” include the enrolled student’s (or their spouse’s) children until the end of the calendar month in which the child turns age 26. To be an eligible dependent, a child under age 26 is not required to live with the enrolled student or the enrolled student’s spouse, be a dependent on the enrolled student’s or spouse’s tax return, or be a full-time student. These eligible dependents may include:

- A newborn child. The effective date of coverage for a newborn child will be the child’s date of birth provided the enrolled student formally notifies the plan sponsor within the time period required to make family status changes. (A claim for a member’s maternity admission may be considered to be this notice when the enrolled student’s coverage is a family plan.) This health plan provides coverage for newborn infants for injury and sickness. This includes the necessary care and treatment of medically diagnosed congenital defects, birth abnormalities, and premature birth. The coverage for these services is subject to all of the provisions of this health plan.
- An adopted child. The effective date of coverage for an adopted child will be the date of placement with the enrolled student for the purpose of adoption. The effective date of coverage for an adoptive
child who has been living with the enrolled student and for whom the enrolled student has been getting foster care payments will be the date the petition to adopt is filed. If the student is enrolled under a family plan as of the date they assume custody of a child for the purpose of adoption, the child’s health care services for injury or sickness will be covered from the date of custody. This coverage is provided without a waiting period or pre-existing condition restriction. This includes the necessary care and treatment of medically diagnosed congenital defects, birth abnormalities and premature birth. The coverage for these services is subject to all of the provisions of this health plan.

If an eligible dependent child is married, the dependent child and their children can enroll for coverage under the enrolled student’s membership. The dependent child’s spouse is not eligible to enroll as a dependent for coverage under the enrolled student’s membership.

An eligible dependent may also include:
- A person under age 26 who is not the enrolled student’s (or spouse’s) child but who qualifies as a dependent under the Internal Revenue Code.
- A newborn infant of an enrolled dependent child immediately from the moment of birth and continuing after, until the enrolled dependent child is no longer eligible as a dependent.
- A child recognized under a Qualified Medical Child Support Order as having the right to enroll for health care coverage.
- A disabled dependent child age 26 or older. A dependent child who is mentally or physically incapable of earning their own living and who is enrolled under the student’s membership will continue to be covered after they would otherwise lose dependent eligibility for coverage under the enrolled student’s membership, so long as the child continues to be mentally or physically incapable of earning their own living. In this case, the enrolled student must make arrangements with Blue Cross and Blue Shield through the plan sponsor within the time period required to make family status changes. Also, Blue Cross and Blue Shield must be given any medical or other information that it may need to determine if the child can maintain coverage in the group’s student health plan under the enrolled student’s membership. From time to time, Blue Cross and Blue Shield may conduct reviews that will require a statement from the attending physician. This is to confirm that the child is still an eligible disabled dependent child.

**Important Reminder:** The eligibility provisions for dependents that are described in this section may differ from the federal tax laws that define who may qualify as a dependent.

**Membership Changes**

Generally, an enrolled student may make membership changes (for example, change from a student-only plan to a family plan) only if they have a change in family status. This includes a change such as: marriage or divorce; birth, adoption, or change in custody of a child; death of an enrolled spouse or dependent; or the loss of an enrolled dependent’s eligibility under the enrolled student’s student health plan membership. If you want to ask for a membership change or you need to change your name or mailing address, you should call or write to your plan sponsor. The plan sponsor will send you any special forms that you may need. You must request the change within the time period required by the group to make a change. All changes are allowed only when they comply with the eligibility and enrollment rules set by the plan sponsor for the group’s student health plan and they must comply with the conditions outlined in this benefit booklet.
Part 12

Termination of Coverage

When your eligibility for the group’s student health plan ends, your coverage in this health plan will be terminated as of the date you lose eligibility. Your eligibility ends when:

- You are no longer an “eligible student” as determined by the group. In the event that a spouse and/or dependents are enrolled under the student’s membership, their coverage will also be terminated as of the date the student loses eligibility for coverage in the group’s student health plan. The coverage for the student’s enrolled spouse and/or dependents will also be terminated in the event the enrolled student dies.
- You are enrolled as a dependent and you lose your status as an eligible dependent under the enrolled student’s student health plan membership.

Whether you are the enrolled student or you are the student’s enrolled spouse or other enrolled dependent child, your coverage in this health plan will end when:

- The group’s contract with Blue Cross and Blue Shield is terminated (or is not renewed).
- Your coverage in this health plan will be canceled, or in some cases Blue Cross and Blue Shield may limit your benefits, if you have committed misrepresentation or fraud. For example, you gave false or misleading information on the enrollment form. Or, you misused your ID card by letting another person who was not enrolled in the group’s student health plan attempt to get coverage. Your coverage in this health plan may be terminated when the fraud or misrepresentation is discovered or, as permitted by law, back to your effective date or the date of the misrepresentation or fraud. Your coverage in this health plan may be terminated retroactive to a date in the past (rather than on a current or future date) only if you committed fraud or made an intentional misrepresentation of a material fact. The termination date will be determined by Blue Cross and Blue Shield.
- You commit acts of physical or verbal abuse that pose a threat to, or a threat to the health of, health care providers or other members or employees of Blue Cross and Blue Shield or Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc., and these acts are not related to your physical condition or mental condition.
- You fail to comply in material way with any provisions of this health plan. For example, if you fail to provide information that Blue Cross and Blue Shield requests related to your coverage in this health plan, Blue Cross and Blue Shield may terminate your coverage.

WORDS IN ITALICS ARE EXPLAINED IN PART 2.
Rider
Preventive Health Services

This *rider* modifies the terms of your health plan. Please keep this *rider* with your Benefit Description for easy reference.

The *outpatient* benefits described in your Benefit Description for preventive health services have been changed.

This health plan provides coverage for vaccines (including services to administer the vaccine) for “severe acute respiratory syndrome coronavirus 2” (SARS-CoV-2) when they are furnished by a *covered provider*. For these *covered services*, you pay nothing for in-network and out-of-network benefits. (Any *deductible, copayment, and/or coinsurance* that you would normally pay for immunizations will not apply.)

**Note:** This *rider* does *not* change the coverage provided for other immunizations.

All other provisions remain as described in your Benefit Description.
Rider
Transportation and Lodging

This rider modifies the terms of your health plan. Please keep this rider with your Benefit Description for easy reference.

The benefits described in your Benefit Description for certain covered services have been changed.

This health plan will cover transportation (automobile, airplane, train, or bus) and lodging costs for covered services, other than routine and preventive health care services, under the health plan. This coverage is provided by the health plan when access to covered services is not available within 100 miles of the member’s residence at the time the service is needed and the member must travel to a covered provider in their service area that can furnish the covered service. This coverage is provided for up to a $5,000 annual benefit maximum for each eligible member. Your annual benefit maximum is accrued on a calendar year or a plan year basis and aligns with the calculation of your deductible (if there is one) and out-of-pocket maximum as described in your Schedule of Benefits and/or applicable riders.

This additional coverage for transportation and lodging costs is available for the member who is receiving the covered service and one companion if the companion’s presence is necessary to allow the member to receive covered services.

Whether or not this coverage includes a per-day maximum benefit payment, the coverage provided for lodging expenses will not exceed $50 each day for each eligible person (member and companion) up to $100 total each day.

If you are a member who is traveling by automobile to a covered facility for covered services, costs that you pay for a rental car, mileage, parking, and/or tolls are eligible for reimbursement. Reimbursement for mileage costs will be calculated based on the standard mileage rates for the use of a car for medical purposes that are issued by the Internal Revenue Service and that are in effect for the time period in which the covered service is received. Costs that you pay for taxi and/or rideshare services are also eligible for reimbursement.

If you are a member who is traveling by airplane to a covered facility for covered services, airfare must be for a regularly scheduled commercial flight (coach class only). Airfare expenses will count toward any annual and/or lifetime benefit maximum (if one applies), but are not subject to any per-day maximum benefit payment.

Once any benefit maximum payments for transportation and lodging costs as described in this rider have been reached, no more benefits will be provided for these costs.

Any copayments and coinsurance that normally apply for covered services do not apply for covered transportation and lodging costs. The only exception is when you are enrolled in a qualified HSA-compliant high deductible health plan. In this case, your in-network deductible as described in the Schedule of Benefits and/or riders for your plan option must also apply to covered transportation and lodging costs.
To be reimbursed for eligible transportation and lodging costs, you must submit your reimbursement request to Blue Cross and Blue Shield. To request your reimbursement, you must:

- Fill out a reimbursement claim form.
- Follow the instructions to submit the completed claim to Blue Cross and Blue Shield.

Reimbursement requests may be mailed to Blue Cross and Blue Shield or submitted online (when available). For additional information on how to file a claim or to get a claim form, you can log on to the internet Web site at www.bluecrossma.org.

Be sure to keep your original itemized and paid receipts for qualified eligible expenses. You will need these receipts as you complete your claim form for submission; you will also need them in the event that Blue Cross and Blue Shield asks you for them.

No reimbursement benefits are provided for: taxes; tips and/or gratuities; travel outside of the United States; alcohol and/or tobacco purchases; entertainment (such as, but not limited to, movies, visits to museums, additional mileage for sightseeing); expenses for persons other than the member who is receiving the covered service and their covered companion as described above; costs for lodging in any location other than a hotel or motel; meals; personal care items (such as, but not limited to, shampoo, deodorant, toothbrush); souvenirs (such as, but not limited to, T-shirts, sweatshirts, toys); telephone calls; childcare; lost wages; and other items and services that are not considered expenses for medical care under Internal Revenue Code section 213(d) for reimbursement under the Internal Revenue Service’s (IRS) guidelines for qualified expenses.

This reimbursement benefit for transportation and lodging costs applies only for the covered services described in this rider. This rider does not change any other transportation and lodging benefits that may be provided by this health plan in a separate rider for other covered services.

All other provisions remain as described in your Benefit Description.
Wellness Participation Program

Under this Wellness Participation Program, you may be reimbursed for some fees you pay to participate in qualified weight loss programs.

Weight Loss Program Reimbursement

Blue Cross Blue Shield of Massachusetts, on behalf of your employer group, will reimburse you up to $150 each calendar year for costs you pay to participate in a qualified weight loss program. You can claim this weight loss program reimbursement for fees paid by any combination of members (such as the subscriber, spouse, and/or dependent children) enrolled under the same Blue Cross Blue Shield of Massachusetts health plan. A qualified weight loss program is a hospital-based or a non-hospital-based weight loss program that focuses on weight loss by modifying eating and physical activity habits and that requires participation in behavioral/lifestyle counseling with nutritionists, registered dieticians, exercise physiologists or other certified health professionals in multiple sessions throughout enrollment in the program. Program delivery and counseling may be in-person, over the phone, or online.

No reimbursement will be provided for any fees or costs you pay for: weight loss programs that do not include sessions with a health professional to support progress toward your weight loss goals; individual nutrition counseling sessions; pre-packaged meals; books; videos; scales; or, other weight loss related items or supplies.

How to Claim Your Reimbursement

To be reimbursed for participation in a qualified wellness program, you must submit your reimbursement request to Blue Cross Blue Shield of Massachusetts no later than March 31st after the year for which you are claiming your reimbursement. To request your reimbursement, you must:

- Fill out a weight loss program reimbursement claim form.
- Follow the instructions to submit the completed claim to Blue Cross Blue Shield of Massachusetts.

To get a claim form, log on to the Blue Cross Blue Shield of Massachusetts Web site at www.bluecrossma.org.

Be sure to keep your original itemized and paid receipts for qualified fees in the event that Blue Cross Blue Shield of Massachusetts asks you for them.

Important Note: Your group health plan does not include health benefits for costs related to activities such as fitness or weight loss programs. This separate Wellness Participation Program offers reimbursement for participation in qualified fitness programs.
Dental Blue
Pediatric Essential Benefits Plan

This benefit booklet explains your pediatric essential dental benefits and the terms of your enrollment for these dental benefits. **This dental plan has a Schedule of Dental Benefits that includes the list of covered services and the cost-sharing amounts you must pay for covered services. It also describes the member age restriction to receive these dental benefits.** You should read all parts of this benefit booklet, including your Schedule of Dental Benefits, to become familiar with the key points. You should keep them handy so that you can refer to them. The words that are shown in italics have special meanings. These words are explained in Part 7 of this dental plan benefit booklet.

Blue Cross and Blue Shield of Massachusetts, Inc. (*Blue Cross and Blue Shield*) is an independent corporation operating under a license from the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans (the “Association”), permitting Blue Cross and Blue Shield to use the Blue Cross and Blue Shield Service Marks in the Commonwealth of Massachusetts. *Blue Cross and Blue Shield* has entered into a contract with the plan sponsor on its own behalf and not as the agent of the Association.

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Dental Blue Pediatric Essential Benefits Plan (continued)

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call Member Services at the number on your ID Card (TTY: 711).

Spanish/Español: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

Portuguese/Português: ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

Chinese/简体中文: 注意：如果您讲中文，我们可向您免费提供语言协助服务。请拨打您的ID卡上的号码联系会员服务部（TTY号码：711）。

Haitian Creole/Kreyòl Ayisyen: ATANSYON: Si ou pale kreyòl ayisyen, sevis asistans nan lang disponib pou ou gratis. Rele nimewo Sèvis Manm nan ki sou kat Idantitéksyon w lan (Sèvis pou Malantandan TTY: 711).


Arabic/العربية: 

Mon-Khmer, Cambodian/មាន់-ខ្មែរ: ក្រុមប្រឹក្សាសិក្សាអន្តរជាតិដែលមានខ្លួនឯង មានសេវាកម្មដែលអាចជួយបានប្រសិនបើ ក្រុមប្រឹក្សាសិក្សាអន្តរជាតិដែលមានខ្លួនឯង មានសេវាកម្មដែលអាចជួយបាន (TTY: 711)។


Italian/Italiano: ATTENZIONE: se parlate italiano, sono disponibili per voi servizi gratuiti di assistenza linguistica. Chiamate il Servizio per i membri al numero riportato sulla vostra scheda identificativa (TTY: 711).

Dental Blue Pediatric Essential Benefits Plan (continued)

Greek/Αλληλικά: ΠΡΟΣΟΧΗ: Εάν μηλάτε Ελληνικά, διατίθενται για σας υπηρεσίες γλωσσικής 
βοήθειας, δωρεάν. Καλέστε την Υπηρεσία Εξυπηρέτησης Μελών στον αριθμό της κάρτας μέλους 
σας (ID Card) (TTY: 711).

Polish/Polski: UWAGA: Osoby posługujace się językiem polskim mogą bezpłatnie skorzystać z 
pomocy językowej. Należy zadzwonić do Działu obsługi ubezpieczonych pod numer podany na 
identyfikatorze (TTY: 711).

Hindi/हिंदी: ध्यान दें: यदि आप हिन्दी बोलते हैं, तो भाषा सहायता सेवाएं, आप के लिए 
निश्चल उपलब्ध हैं। सदस्य सेवाओं को आपके आईडी कार्ड पर दिया गए नंबर पर कॉल करें (टी.टी.वाई.: 711).

Gujarati/ગુજરાતી: ધ્યાન આપો: તમને ગુજરાતી બોલતા હોવો છો, તો તમને ભાષાપરિચય સહાયતા સેવાઓ બીજા ભૂમિક 
ધર્મવદ્ધ છે. તમામ આઇડી કાર્ડ પર આપેલ નંબર પર Member Service ને કોલ કરો (TTY: 711).

Tagalog/Tagalog: PAUNAWA: Kung nagsasalita ka ng wikang Tagalog, mayroon kang 
magagamit na mga libreng serbisyo para sa tulong sa wika. Tawagan ang Mga Serbisyo sa 
Miyembro sa numerong nasa iyong ID Card (TTY: 711).

Japanese/日本語: お知らせ：日本語をお話しになる方は無料の言語アシスタントサービス 
をご利用いただけます。IDカードに記載の電話番号を使用してメンバーサービスまでお電 
話ください（TTY: 711）。

German/Deutsch: ACHTUNG: Wenn Sie Deutsche sprechen, steht Ihnen kostenlos 
fremdsprachliche Unterstützung zur Verfügung. Rufen Sie den Mitgliederdienst unter der 
Nummer auf Ihrer ID-Karte an (TTY: 711).

Persian/پارسیان: توجه: اگر زبان شما فارسی است، خدمات کمک زبانی بصورت رایگان در اختیار شما قرار می‌گیرد. با شمار تلفن مندرج در روی 
کارت شناسایی خود با بخش «خدمات اعضا» تماس بگیرید (TTY: 711).

Lao/ລາວ: ເຂົາວ່າ: ແ�能ທີມທີ່ດ້ວຍຄາດລາວໄດ້. ຜຶກຄວາມບັດຖົມສົມບອນທີ່ຈະ 
ໃຊ້ກ່ອນໃຊ້ອັນນະຂອງທ່ານ. ເຊວນຄົນບັດຖົມທີ່ຈະນັກຊ່ວຍເຫຼືອໄດ້ຢູ່ໃນນິຍິຕາຍກໍ່ (TTY: 711).

Navajo/Diné Bizaad: BAA ÁKOHWIINDZIN DOOÍGÍ: Diné k’éhjí yáñíłł’é go saad bee 
yát’í’ éi t’áąjík’é bee niká’a’doowolgo éi ná’ahoot’í’. Díí bee aníthahí binaaltsoos bine’déé’ 
nóomba biká’ígííjí béesh bee hodííłníih (TTY: 711).
Part 1

Dental Benefits

You will receive the dental benefits described in this dental plan benefit booklet and Schedule of Dental Benefits as long as:

- You are a member who is eligible to receive these dental benefits.
- Your dental service is a covered service.
- Your dental service is necessary and appropriate as determined by Blue Cross and Blue Shield.
- Your dental service conforms to Blue Cross and Blue Shield dental guidelines and utilization review.
- You see a participating dentist to get a covered service (except as noted below).

Important Note: The term “you” refers to the member who has the right to the dental benefits described in this dental plan benefit booklet. The age restriction for a member to receive these dental benefits is shown in your Schedule of Dental Benefits that is part of this dental plan benefit booklet.

Obtaining Services from a Participating Dentist

In most cases, the dental benefits described in this dental plan are provided only when you get covered services from a participating dentist. To find a participating dentist, you should use the most current directory of dentists for the area where you choose to get your dental care. To find a participating dentist in Massachusetts or in Rhode Island, look in the most up to date Dental Blue Directory of Providers. To find a participating dentist in other areas, look in the most up to date Out-of-Area Dental Provider Directory. If you need help to find a participating dentist, you can call the Blue Cross and Blue Shield customer service office. Or, you can call the Physician Selection Service at 1-800-821-1388. You can also use the online provider directory search that is on the Blue Cross and Blue Shield internet Web site at www.bluecrossma.org. Before you get your dental care, you should check with your dentist to make sure he or she is still a participating dentist.

There will be a few times when you may not be able to use a participating dentist. If this does happen, this dental plan will provide benefits for covered services you get from a non-participating dentist. These few times include only when:

- You have an emergency and a participating dentist is not reasonably available to you.
- You are outside Massachusetts and a participating dentist is not reasonably available to you.

If you need care outside Massachusetts and you use a non-participating dentist, the dentist must be licensed in a jurisdiction having licensing requirements substantially similar to those in Massachusetts. And, he or she must meet the same educational and clinical standards that Blue Cross and Blue Shield has for a participating dentist. When benefits are provided for the non-participating dentist, you will be responsible for the amount of the dentist’s charge that is in excess of the allowed charge. This balance bill is in addition to the cost sharing amounts you must pay.

Except as described in this section, no benefits are provided for services that are furnished by a non-participating dentist.

What You Pay for Covered Services

The cost-sharing amount you pay for a covered service (such as a deductible and/or coinsurance) is shown in your Schedule of Dental Benefits. It also describes the age restriction for a member to receive these dental benefits. Do not rely on this schedule alone. Be sure to read all parts of your dental plan benefit booklet to understand the requirements that you must follow to receive all of your dental benefits. You should also read the descriptions of covered services and the limitations and exclusions that apply for these dental benefits. These provisions are fully described in this benefit booklet.

WORDS IN ITALICS ARE EXPLAINED IN PART 7.
Pre-Treatment Estimates
You do not need a pre-approval for dental services in order to get your dental benefits. But, your dentist may choose to send a pre-treatment estimate request to Blue Cross and Blue Shield in order to determine the extent to which your proposed dental services are covered. A pre-treatment estimate is a detailed description of the service that the dentist plans to perform and it includes the charge for the service. Blue Cross and Blue Shield recommends that your dentist send a pre-treatment estimate request for a service that he or she expects to cost more than $250. Blue Cross and Blue Shield will let you and your dentist know about your benefits for the services reported. A pre-treatment estimate is made based on current benefits and eligibility for these benefits. A pre-treatment estimate is not a guarantee of claim payment. Your dental benefits are paid based on the benefits and eligibility provisions that are in effect at the time the service is completed and a claim is sent for payment. If your dentist does not send a pre-treatment estimate request, Blue Cross and Blue Shield will decide your dental benefits based on a review of those services and the standards that are considered generally accepted dental practice.

Multi-Stage Dental Procedures
For some dental services, such as root canals and crowns, you will need to visit the dentist more than one time for it to be completed. These services will be covered by this dental plan only if you are an eligible member on the date the covered service is completed. You do not have to be eligible for these benefits on the date the service is started. But, if your coverage under this dental plan ends before the date the service is completed, no benefits are provided for the entire service.

How Your Benefits Are Calculated
Blue Cross and Blue Shield calculates the payment of your dental benefits based on the allowed charge. The allowed charge depends on the type of dental provider that you use for your covered services.

- Participating dentists: For covered services that are furnished by a dentist who has a payment arrangement to provide dental services to eligible members covered by this dental plan, Blue Cross and Blue Shield will calculate your benefits based on the provisions of the participating dentist’s payment agreement and the contract rate that is in effect at the time the covered service is furnished. This contract rate is referred to as the dentist’s allowed charge. In most cases, you do not have to pay the amount of the participating dentist’s actual charge that is in excess of the allowed charge. But, there are certain times when you will have to pay the difference between the allowed charge and the participating dentist’s actual charge (this is known as “balance billing”). You will have to pay this balance bill if any of the following situations happen: (1) you and your dentist decide to use a procedure that is more expensive than a less costly but approved alternative and Blue Cross and Blue Shield provides benefits toward the cost of the procedure with the lower fee; or (2) you could have received benefits or services from someone else without a charge or you have received or will receive payment from another person or insurance company until those benefits are used up; or (3) you receive services from more than one dentist for the same procedure or for procedures furnished in a series during a planned course of treatment and Blue Cross and Blue Shield has paid the amount that would have been provided had only one dentist furnished all of the services.

- Non-participating dentists: For covered services that are furnished by a non-participating dentist, Blue Cross and Blue Shield will calculate your dental benefits based on 80% of the Blue Cross and Blue Shield Maximum Allowable Charge for each specific covered service, but no more than 80% of the dentist’s actual charge. The allowed charge is less than the dentist’s actual charge. You will be responsible for the amount of the dentist’s actual charge that is in excess of the allowed charge (known as “balance billing”). You must pay this balance bill amount in addition to your cost-sharing amounts.
Dental Blue Pediatric Essential Benefits Plan (continued)

Covered Services
Your Schedule of Dental Benefits describes the dental services that are covered by this dental plan for eligible members. It also describes the age restrictions and the frequency limits for covered services.

Excluded Services and Charges
No benefits are provided under this dental plan for:

- Cast restorations, copings, or attachments for installing overdentures, including associated endodontic procedures such as root canals, precision attachments, semiprecision attachments, or copings.
- Drugs, pharmaceuticals, biologicals, or other prescription agents or products.
- Duplicate dentures or bridges.
- Fillings on tooth surfaces where a sealant was applied within the prior 12 months.
- Free care; or care that would be free if you were not covered under this dental plan.
- Incomplete procedures or treatments.
- Lab tests or bacteriological tests.
- Labial veneers.
- Nitrous oxide or sedation.
- Nutrition counseling.
- Photographs.
- Sealants that are applied to permanent premolar or molar surfaces that have decay or fillings.
- Implants or transplants, or any related surgical or restorative procedures.
- A charge that is for, or related to, a service that Blue Cross and Blue Shield considers to be experimental. The service must be documented by controlled studies that determine its merits (such as its safety) and include sufficient follow-up studies.
- A charge that is for a service, supply, procedure, or appliance for reasons such as theft, abuse, misuse, misplacement, loss, improper fit, allergies, breakage, or ingestion.
- A charge for a visit that you do not keep. A dentist may charge you if you fail to keep your planned visit if you do not give his or her office reasonable notice.
- A charge for a service for which you have the right to benefits under government programs. These programs include: the Veterans Administration for an illness or injury connected to military service; and programs set up by other local, state, federal, or foreign laws or regulations that provide or pay for health care services and supplies or that require care to be furnished in a public facility. Except for Medicaid or Medicare, no benefits are provided if you could have received governmental benefits by applying for them on time.
- A consultation by a dentist who also performs the service.
- A method of treatment that is more costly than is usually provided. If Blue Cross and Blue Shield determines that your service is more costly than another acceptable alternative service, Blue Cross and Blue Shield will provide benefits for the least expensive but acceptable alternative service that meets your needs. In this case, you pay the difference between the Blue Cross and Blue Shield allowed amount and the dentist’s actual charge (balance bill).
- A separate charge for occlusal analysis, pulp vitality testing, or pulp capping. These services are usually performed as part of another covered service.
- A service, supply, procedure, or appliance that is furnished along with, in preparing for, or as a result of a non-covered service.
- A service, supply, procedure, or appliance that is furnished to someone other than the patient.
- A service and a related service, supply, procedure, or appliance that is required by a third party.
- A service, supply, procedure, or appliance to stabilize teeth when it is due to periodontal disease.
- A service, supply, procedure, or appliance to diagnose or treat temporomandibular joint disorders or muscular pain, including grinding of the teeth.

WORDS IN ITALICS ARE EXPLAINED IN PART 7.
• A service, supply, procedure, or appliance when its sole purpose is to increase the height of teeth or to restore occlusion.
• A service, supply, procedure, or appliance that is cosmetic in nature or meant primarily to change or improve your appearance.
• A service, supply, procedure, or appliance to treat congenital anomalies.
• Any service, supply, procedure, or appliance that is not described as a covered service.
• A service, supply, procedure, or appliance furnished after your termination date under this dental plan.
• A service, supply, procedure, or appliance furnished by a dentist to himself or herself or to a member of his or her immediate family. “Immediate family” means any of the following members of a dentist’s family: spouse or spousal equivalent; parent, child, brother or sister (by birth or adoption); stepparent, stepchild, stepbrother or stepsister; father-in-law, mother-in-law, son-in-law, daughter-in-law, brother-in-law or sister-in-law (for purposes of this exclusion, an in-law relationship does not exist between the dentist and the spouse of his or her wife’s or husband’s brother or sister); and grandparent or grandchild. The immediate family members listed above will still be considered immediate family after the marriage which created the relationship is ended by divorce or death.
• A dentist’s charge for shipping and handling or taxes.
• A dentist’s charge to file a claim. Also, a dentist’s charge to transcribe or copy your dental records.

WORDS IN ITALICS ARE EXPLAINED IN PART 7.
Dental Blue Pediatric Essential Benefits Plan (continued)

Part 2

Member Services

How to Get Help for Questions
Blue Cross and Blue Shield can help you to understand the terms of your dental plan. You can call or write to the Blue Cross and Blue Shield customer service office. A Blue Cross and Blue Shield customer service representative will work with you to resolve your problem or concern as quickly as possible.

- To call: You can call Monday through Friday from 8:00 a.m. to 8:00 p.m. (Eastern Time). The toll free phone number to call is shown on your student health plan ID card. (For TTY, call 711.)

- To write: You can write to: Blue Cross Blue Shield of Massachusetts, Member Service, P.O. Box 9134, North Quincy, MA 02171-9134.

When You Need Help to Find a Participating Dentist
A Blue Cross and Blue Shield customer service representative can help you find a participating dentist. The toll-free phone number is shown on your student health plan ID card. Or, you can call the Physician Selection Service at 1-800-821-1388. You can also use the online provider directory “Find a Doctor” that is on the Blue Cross and Blue Shield internet Web site at www.bluecrossma.org.

What to Do in an Emergency
At the onset of an emergency medical condition that in your judgment requires emergency medical care, you should go to the nearest emergency room. For assistance, call 911 or your local emergency phone number. You can also see a participating dentist when you have a dental emergency. You should ask your dentist how to contact him or her in an emergency. If you are away from home, you can call the Blue Cross and Blue Shield customer service office for help to find a participating dentist in the area.

Discrimination Is Against the Law
Blue Cross and Blue Shield complies with applicable federal civil rights laws and does not discriminate on the basis of race; color; national origin; age; disability; sex; sexual orientation; or gender identity. Blue Cross and Blue Shield does not exclude people or treat them differently because of race; color; national origin; age; disability; sex; sexual orientation; or gender identity.

Blue Cross and Blue Shield provides:
- Free aids and services to people with disabilities to communicate effectively with Blue Cross and Blue Shield. These aids and services may include qualified sign language interpreters and written information in other formats (such as in large print).
- Free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, call the Blue Cross and Blue Shield customer service office. The toll free phone number to call is shown on your student health plan ID card.

If you believe that Blue Cross and Blue Shield has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity, you can file a grievance with the Blue Cross and Blue Shield Civil Rights Coordinator; by mail at Civil Rights Coordinator, Blue Cross Blue Shield of Massachusetts, One Enterprise Drive, Quincy, MA 02171-2126; or by phone at 1-800-472-2689 (TTY: 711); or by fax at 1-617-246-3616; or by email at civilrightscoordinator@bcbsma.com. If you need help filing a grievance, the Civil Rights Coordinator is

WORDS IN ITALICS ARE EXPLAINED IN PART 7.
available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights online at ocrportal.hhs.gov; or by mail at U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F HHH Building, Washington, DC 20201; or by phone at 1-800-368-1019 or 1-800-537-7697 (TDD). Complaint forms are available at www.hhs.gov.
Part 3

Claims Filing Procedures

Filing a Claim
Your participating dentist will file a claim for you when you receive a covered service. Just tell the participating dentist that you are a member. Show the participating dentist your student health plan ID card. Also, be sure to give the dentist any other information that is needed to file your claim. You must properly inform your dentist within 30 days after you receive the covered service. If you do not, benefits will not have to be provided. Blue Cross and Blue Shield will pay the participating dentist directly for covered services.

You may have to file your claim when you receive a covered service from a non-participating dentist. The non-participating dentist may ask you to pay the entire charge at the time of the visit or at a later time. It is up to you to pay the non-participating dentist. To file a dental claim, you must: fill out a claim form; attach your original itemized bills; and mail the claim to the Blue Cross and Blue Shield customer service office. When you have to file a claim, you can get claim forms from the Blue Cross and Blue Shield customer service office. Blue Cross and Blue Shield will mail to you all applicable forms within 15 days after receiving notice that you obtained some service or supply for which you may be paid. You must file a claim within two years of the date you received the covered service. Blue Cross and Blue Shield will not have to provide benefits for covered services for which a claim is submitted after this two-year period.

Timeliness of Claim Payments
Within 30 calendar days after Blue Cross and Blue Shield receives a completed request for benefits or payment, Blue Cross and Blue Shield will make a decision. When appropriate, Blue Cross and Blue Shield will make a payment to the participating dentist (or to you in certain cases) for your claim to the extent of your dental benefits. Or, Blue Cross and Blue Shield will send you and/or the dentist a notice in writing of why your claim is not being paid in full or in part. If the request for benefits or payment is not complete or, if Blue Cross and Blue Shield needs more information to make a final determination for the claim, Blue Cross and Blue Shield will ask for the information or records it needs. In this case, Blue Cross and Blue Shield will send their request within 30 calendar days of the date that they received the request for benefits or payment. The additional information they need must be provided to Blue Cross and Blue Shield within 45 calendar days of the date their request is sent. If the additional information is provided to Blue Cross and Blue Shield within 45 calendar days of their request, Blue Cross and Blue Shield will make a decision within the time remaining in the original 30-day claim determination period. Or, Blue Cross and Blue Shield will make the decision within 15 calendar days of the date they received the additional information, whichever is later. If the additional information is not provided to Blue Cross and Blue Shield within 45 calendar days of their request, the request for benefits or payment will be denied by Blue Cross and Blue Shield. If the additional information is submitted to Blue Cross and Blue Shield after these 45 days, then it may be viewed by Blue Cross and Blue Shield as a new request for benefits or payment. In this case, Blue Cross and Blue Shield will make a decision within 30 days as described earlier in this section.
### Part 4

**Grievance Program**

You have the right to a full and fair review when you disagree with a decision that is made by *Blue Cross and Blue Shield* to deny benefits or payment for a dental service; or you disagree with how your claim was paid; or you have a complaint about the service you received from *Blue Cross and Blue Shield* or a participating dentist; or you are denied coverage in this dental plan; or your dental plan is canceled or discontinued by *Blue Cross and Blue Shield* for reasons other than nonpayment of your cost for enrollment in this dental plan.

When making a determination under this dental plan, *Blue Cross and Blue Shield* has full discretionary authority to interpret this dental plan and to determine whether a dental service is a covered service under this dental plan benefit booklet. All determinations by *Blue Cross and Blue Shield* with respect to benefits under this dental plan will be conclusive and binding unless it can be shown that the interpretation or determination was arbitrary and capricious.

**What to Do if You Have a Claim Problem or Complaint**

Most problems or concerns can be handled with just one phone call. For help to resolve a problem or concern, you should first call the *Blue Cross and Blue Shield* customer service office. The toll free phone number to call is shown on your student health plan ID card. A customer service representative will work with you to help you understand your dental benefits or to resolve your problem or concern as quickly as possible. When resolving a problem or concern, *Blue Cross and Blue Shield* will consider all aspects of the particular case. This includes looking at: all of the provisions of this dental plan; the policies and procedures that support this dental plan; the dental provider’s input; and your understanding and expectation of dental benefits. *Blue Cross and Blue Shield* will use every opportunity to be reasonable in finding a solution that makes sense for all parties. *Blue Cross and Blue Shield* will follow its standard guidelines when it resolves your problem or concern. If after speaking with a *Blue Cross and Blue Shield* customer service representative, you still disagree with the decision that is given to you, you may request a review through *Blue Cross and Blue Shield*’s formal grievance program.

**When and How to Request a Formal Grievance Review**

To request a formal grievance review from the *Blue Cross and Blue Shield* Member Grievance Program, you (or your authorized or legal representative) have three options:

- **To write or send a fax.** The preferred option is for you to send your grievance in writing to Member Grievance Program, Blue Cross Blue Shield of Massachusetts, One Enterprise Drive, Quincy, MA 02171-2126. Or, you may fax your grievance to 1-617-246-3616.

- **To send an e-mail.** You may send your grievance by e-mail to *Blue Cross and Blue Shield* Member Grievance Program at grievances@bcbsma.com. *Blue Cross and Blue Shield* will let you know that your request was received by sending you a confirmation immediately by e-mail.

- **To make a telephone call.** You may call the *Blue Cross and Blue Shield* Member Grievance Program at 1-800-472-2689.

Once your request is received, *Blue Cross and Blue Shield* will research the case in detail. They will ask for more information if it is needed. *Blue Cross and Blue Shield* will let you know in writing of the decision or the outcome of the review. All grievances must be received by *Blue Cross and Blue Shield* within one year of the date of treatment, event, or circumstance, such as the date you were told of the service denial or claim denial.

*Words in italics are explained in Part 7.*
Dental Blue Pediatric Essential Benefits Plan (continued)

What to Include in a Grievance Review Request
Your request for a formal grievance review should include: the member’s name, ID number, and daytime phone number; a description of the problem; all relevant dates; names of health care providers or administrative staff involved; and details of the attempt that has been made to resolve the problem. If Blue Cross and Blue Shield needs to review the medical or dental records and treatment information that relate to the grievance, Blue Cross and Blue Shield will promptly send you an authorization form to sign if needed. You must return this signed form to Blue Cross and Blue Shield. It will allow for the release of your medical records. You also have the right to look at and get copies (free of charge) of records and criteria that Blue Cross and Blue Shield has and that are relevant to your grievance, including the identity of any experts who were consulted.

Choosing an Authorized Representative
You may choose to have another person act on your behalf during the grievance review process. Except as described below, you must designate this person in writing to Blue Cross and Blue Shield.

If your claim is for emergency services, a health care professional who has knowledge about your dental condition may act as your authorized representative. In this case, you do not have to designate the health care professional in writing. If you are not able to designate another person to act on your behalf, then a conservator, a person with power of attorney, or a family member may act as your authorized representative. Or, he or she may appoint someone else to act as your authorized representative.

Who Handles the Grievance Review
All grievances are reviewed by professionals who are knowledgeable about Blue Cross and Blue Shield and the issues involved in the grievance. The professionals who will review your grievance will not be those who participated in any of Blue Cross and Blue Shield’s prior decisions regarding the subject of your grievance, nor do they work for anyone who did. When a grievance is related to a necessity and appropriateness denial, at least one grievance reviewer is an individual who is an actively practicing health care or dental professional in the same or similar specialty who usually treats the condition or provides treatment that is the subject of your grievance.

Response Time
The review and response for Blue Cross and Blue Shield’s formal grievance review will be completed within 30 calendar days. If your grievance review begins after an inquiry, the 30-day response time will begin on the day you tell Blue Cross and Blue Shield that you disagree with Blue Cross and Blue Shield’s answer and would like a formal grievance review. Every reasonable effort will be made to speed up the review of grievances that involve dental services that are soon to be obtained by the member. With your permission, Blue Cross and Blue Shield may extend the 30-calendar-day time frame to complete a grievance review. This will happen in those cases when Blue Cross and Blue Shield and the member agree that additional time is required to fully investigate and respond to the grievance. Blue Cross and Blue Shield may also extend the 30-calendar-day time frame when the grievance review requires a review of your medical or dental records and Blue Cross and Blue Shield requires your authorization to get these records. The 30-day response time will not include the days from when Blue Cross and Blue Shield sends you the authorization form to sign until it receives your signed authorization form (if needed). If Blue Cross and Blue Shield does not receive your authorization within 30 working days after your grievance is received, Blue Cross and Blue Shield may make a final decision about your grievance without that medical information. In any case, for a grievance review involving dental services that have not yet been obtained by you, Blue Cross and Blue Shield will ask for your permission to extend the 30-day time frame if it cannot complete the review within 30 calendar days of receipt of your grievance.
Written Response
Once the grievance review is completed, Blue Cross and Blue Shield will let you know in writing of the decision or the outcome of the review. If Blue Cross and Blue Shield continues to deny benefits for all or part of a service, Blue Cross and Blue Shield will send an explanation to you. This notice will include: information related to the details of your grievance; the reasons that Blue Cross and Blue Shield has denied the request and the applicable terms of your dental plan; the specific medical and scientific reasons for which Blue Cross and Blue Shield has denied the request; any alternative treatment or services and supplies that would be covered; and Blue Cross and Blue Shield clinical guidelines that apply and were used and any review criteria.

Grievance Records
You have the right to look at and get copies of records and criteria that Blue Cross and Blue Shield has and that are relevant to your grievance. These copies will be free of charge. Blue Cross and Blue Shield will maintain a record of all formal grievances, including the response for each grievance review, for up to seven years.

Expedited Review for Immediate or Urgently-Needed Services
You may have the right to request an “expedited” grievance review. You can do this when your grievance review concerns care for which waiting for a response under the grievance review time frames would seriously jeopardize your life or health or your ability to regain maximum function as determined by Blue Cross and Blue Shield or your physician. You may also request an expedited review if your physician says you will have severe pain that cannot be adequately managed if you do not receive the care that is the subject of the grievance review. If you request an expedited review, Blue Cross and Blue Shield will review your grievance and notify you of the decision within 72 hours after your request is received, or such shorter time period as required by federal law.

WORDS IN ITALICS ARE EXPLAINED IN PART 7.
Part 5

Other General Provisions

Access to and Confidentiality of Dental and Medical Records
Blue Cross and Blue Shield and health care and dental providers may, in accordance with applicable law, have access to all of your medical and dental records and related information that is needed by Blue Cross and Blue Shield or the health care or dental providers. Blue Cross and Blue Shield may collect information from health care and dental providers or from other insurance companies or from the plan sponsor. Blue Cross and Blue Shield will use this information to help them administer the benefits described in this dental plan. They will also use it to get facts on the quality of care that is provided under this and other health care and dental plans. In accordance with law, Blue Cross and Blue Shield and health care and dental providers may use this information, and may disclose it to necessary persons and entities as follows: (1) for administering benefits (including coordination of benefits with other insurance or health benefit plans), disease management programs, managing care, quality assurance, utilization management, the prescription drug history program, grievance and claims review activities, or other specific business, professional, or insurance functions for Blue Cross and Blue Shield; (2) for bona fide medical research according to the regulations of the U.S. Department of Health and Human Services and the U.S. Food and Drug Administration for the protection of human subjects; (3) as required by law or valid court order; (4) as required by government or regulatory agencies; (5) as required by the subscriber’s group or by its auditors to make sure that Blue Cross and Blue Shield is administering this dental plan properly; and (6) for the purpose of processing claim, medical information may be required by your group’s reinsurance carrier.

Blue Cross and Blue Shield will not share information about you with the Medical Information Bureau (MIB). Blue Cross and Blue Shield respects your right to privacy. Blue Cross and Blue Shield will not use or disclose personally identifiable information about you without your permission, unless the use or disclosure is permitted or required by law and is done in accordance with the law. You have the right to get the information Blue Cross and Blue Shield collects about you. You may also ask Blue Cross and Blue Shield to correct any of this information that you believe is not correct. Blue Cross and Blue Shield may charge you a reasonable fee for copying your records, unless your request is because Blue Cross and Blue Shield is declining or terminating your coverage under this dental plan.

Important Note: To get a copy of Blue Cross and Blue Shield’s Commitment to Confidentiality statement (“Notice of Privacy Practices”), call the Blue Cross and Blue Shield customer service office.

Acts of Dentists
Blue Cross and Blue Shield is not liable for the acts or omissions by any dentist or other provider that furnishes care or services to you. A participating dentist or any other provider does not act as an agent on behalf of or for Blue Cross and Blue Shield. And, Blue Cross and Blue Shield does not act as an agent for a participating dentist or any other provider. Blue Cross and Blue Shield will not interfere with the relationship between providers and their patients. You are free to select or discharge any provider.

Assignment of Benefits
You cannot assign any benefit or monies due under this dental plan to any person, corporation, or other organization without Blue Cross and Blue Shield’s written consent. Any assignment by you will be void. Assignment means the transfer of your rights to the benefits under this dental plan to another person or organization. There is one exception. If Medicaid has already paid the provider, you can assign your benefits to Medicaid.
Authorized Representative and Legal Representative

You may choose to have another person act on your behalf concerning your benefits under this contract. Some examples are a designated authorized representative or a documented legal representative. An authorized representative is a person you have chosen to help with your health care issues and to whom Blue Cross and Blue Shield is allowed to disclose and discuss your protected health information (PHI). An authorized representative is not a person who has legal authority to act on your behalf. A legal representative is a person who has legal authority to act on your behalf in making decisions about your health care. He or she may be someone who has legal authority for: power of attorney for health care; guardianship; conservatorship; executor of estate; or health care proxy. A legal representative may also be a person documented through a court order to act on your behalf in making decisions about your health care. To designate an authorized representative or document a legal representative, you must let Blue Cross and Blue Shield know in writing by completing the appropriate form(s). To get copies of these forms, you can call the Blue Cross and Blue Shield customer service office. The toll-free telephone number to call is shown on your Dental Blue ID card. In some cases, Blue Cross and Blue Shield may consider your dentist to be your authorized representative. For example, Blue Cross and Blue Shield may tell your dentist about the extent of your dental benefits for services reported on a pre-treatment estimate or may ask your dentist for more information if more is needed to make a determination about your dental benefits. Blue Cross and Blue Shield will consider the dentist to be your authorized representative for emergency services. Blue Cross and Blue Shield will continue to send benefit payments and written communications regarding your health care coverage according to Blue Cross and Blue Shield’s standard practices, unless you specifically ask Blue Cross and Blue Shield to do otherwise.

Changes to this Dental Plan

Blue Cross and Blue Shield or the plan sponsor may change the provisions of this dental plan. For example, a change may be made to your cost-sharing amounts for certain covered services. The plan sponsor is responsible for sending you a notice of any change. The notice will describe the change being made. It will also give the effective date of the change. When a change is made to your dental plan, you can get the actual language of the change from your plan sponsor. The change will apply to all benefits for services you receive on or after its effective date.

Coordination of Benefits (COB)

Blue Cross and Blue Shield will coordinate payment of covered services with hospital, medical, dental, health, or other plans under which you are covered. Blue Cross and Blue Shield will do this to make sure that the cost of your health care services is not paid more than once. Other plans include: personal injury insurance; automobile insurance, including medical payments coverage; homeowner’s insurance; and other plans that cover hospital or medical expenses. You must include information on your enrollment forms about other health plans under which you are covered. Once you are enrolled for coverage under this dental plan, you must notify Blue Cross and Blue Shield if you add or change health plan coverage. Upon Blue Cross and Blue Shield’s request, you must also supply Blue Cross and Blue Shield with information about other plans that may provide you with coverage for health care services.

Under COB, the plan that provides benefits first is known as the primary payor. And the plan(s) that provide benefits next are known as the secondary payor(s). This dental plan is the secondary payor when another hospital, medical, dental, health or other plan provides benefits for dental services. This means that no dental benefits will be provided by this dental plan until after the primary payor determines its share, if any, of the liability.

This dental plan will not provide any more dental benefits than those that are described in this dental plan benefit booklet and Schedule of Dental Benefits. This dental plan will not provide duplicate benefits for covered services. If Blue Cross and Blue Shield, as this dental plan’s representative, pays more than the
amount that it should have under COB, then you must give that amount back to Blue Cross and Blue Shield, as this dental plan’s representative. Blue Cross and Blue Shield, as this dental plan’s representative, has the right to get that amount back from you or any appropriate person, insurance company, or other organization.

**Pre-Existing Conditions**
Your benefits are not limited based on medical conditions that are present on or before your effective date under this dental plan. This means that covered services will be covered from your effective date. There is no pre-existing condition restriction or waiting period to receive benefits. But, benefits for covered services are subject to all the provisions of this dental plan.

**Quality Assurance Programs**
Blue Cross and Blue Shield uses quality assurance and training programs and performance measures that are designed to ensure accuracy in claims processing. Blue Cross and Blue Shield also uses management and technology solutions to help customer service representatives resolve issues quickly and accurately.

**Subrogation and Reimbursement of Benefit Payments**
If you are injured by any act or omission of another person, the benefits provided under this dental plan will be subrogated. This means that Blue Cross and Blue Shield, as this dental plan’s representative, may use your right to recover money from the person(s) who caused the injury or from any insurance company or other party. If you recover money, this dental plan is entitled to recover up to the amount of the benefit payments that it has made. This is true no matter where or by whom the recovered money is held or how it is designated and even if you do not recover the total amount of your claim against the other person(s). This is also true if the payment you receive is described as payment for other than dental expenses. The amount that you must reimburse to this dental plan will not be reduced by any attorney’s fees or expenses that you incur. You must give Blue Cross and Blue Shield, as this dental plan’s representative, information and help. This means you must complete and sign all necessary documents to help Blue Cross and Blue Shield get this money back on behalf of this dental plan. This also means that you must give Blue Cross and Blue Shield timely notice of all significant steps during negotiation, litigation, or settlement with any third party (such as filing a claim or lawsuit, initiation of settlement discussions, agreement to a settlement in principle, etc.) and before settling any claim arising out of injuries you sustained by an act or omission of another person(s) for which this dental plan paid benefits. You must not do anything that might limit this dental plan’s right to full reimbursement.

**Time Limit for Legal Action**
Before you pursue a legal action against Blue Cross and Blue Shield for any claim under this dental plan, you must complete the Blue Cross and Blue Shield formal grievance review. If, after you complete the grievance review, you choose to bring a legal action against Blue Cross and Blue Shield, you must bring this action within two years after the cause of the action arises. For example, if you are filing a legal action because you were denied a service or a claim for benefits under this dental plan, you will lose your right to bring a legal action against Blue Cross and Blue Shield unless you file your action within two years after the date of the decision of the final appeal of the service or claim denial. Going through the formal grievance review process does not extend the two-year limit for filing a lawsuit.

**WORDS IN ITALICS ARE EXPLAINED IN PART 7.**
Part 6
Eligibility and Termination Provisions

You are enrolled in the group’s student health plan sponsored by the institution of higher education (the group) that has entered into an agreement (a group “contract”) with Blue Cross and Blue Shield of Massachusetts, Inc. to provide health care benefits to eligible students and their eligible dependents. Your plan sponsor is the institution of higher education.

Eligibility for Student Health Plan Coverage

Eligible Student
You are eligible for coverage in the group’s student health plan as long as you are a student enrolled in a certificate, diploma, or degree-granting program through the group and you are either:

- A full-time student who meets the minimum academic requirements for full-time students set by the group; or
- A part-time student who participates in at least 75% of the academic requirements for full-time students.

For more details, contact your plan sponsor.

Eligible Spouse
An eligible student who is enrolled in the group’s student health plan may enroll an eligible spouse for coverage under his or her student health plan membership. An “eligible spouse” includes the enrolled student’s legal spouse. (A legal civil union spouse, where applicable, is eligible to enroll under the student’s membership to the extent that a legal civil union spouse is determined eligible by the group. For more details, contact your plan sponsor.)

Former Spouse
In the event of a divorce or a legal separation, the person who was the spouse of the enrolled student prior to the divorce or legal separation will remain eligible for coverage under the enrolled student’s membership, whether or not the judgment was entered prior to the effective date of the enrolled student’s membership. This coverage is provided with no additional cost other than the normal cost of covering a current spouse. The former spouse will remain eligible for this coverage only until the enrolled student is no longer required by the judgment to provide health insurance for the former spouse or the enrolled student or former spouse remarries, whichever comes first. In these situations, Blue Cross and Blue Shield must be notified within 30 days of a change to the former spouse’s address. Otherwise, Blue Cross and Blue Shield will not be liable for any acts or omissions due to having the former spouse’s incorrect address on file. If the enrolled student remarries, the former spouse may continue coverage under a separate student health plan membership with the group, provided the divorce judgment requires that the enrolled student provide health insurance for the former spouse. This is true even if the enrolled student’s new spouse is not enrolled under the enrolled student’s membership.

Domestic Partner
As determined by the group, an enrolled eligible student may have the option to enroll an eligible domestic partner (instead of an eligible spouse) under his or her student health plan membership. For more details, contact your plan sponsor. In the event an enrolled student enrolls an eligible domestic partner under his or her student health plan membership, the domestic partner’s dependent children are eligible for coverage to the same extent that the enrolled student’s dependent children are eligible for coverage under his or her membership. If the enrolled student terminates the domestic partnership, the former domestic partner and any children of a former domestic partner are no longer eligible for coverage.

WORDS IN ITALICS ARE EXPLAINED IN PART 7.
Eligible Dependents
An eligible student who is enrolled in the group’s student health plan may enroll eligible dependents under his or her student health plan membership. “Eligible dependents” include the enrolled student’s (or his or her spouse’s or, if applicable, domestic partner’s) children until the end of the calendar month in which the child turns age 26. To be an eligible dependent, the child is not required to live with the enrolled student or the enrolled student’s spouse (or domestic partner), be a dependent on the enrolled student’s or the spouse’s (or domestic partner’s) tax return, or be a full-time student. These eligible dependents may include:

- A newborn child. The effective date of coverage for a newborn child will be the child’s date of birth provided that the enrolled student formally notifies the group within the time period required to make family status changes. (A claim for the enrolled member’s maternity admission may be considered to be this notice when the enrolled student’s coverage is a family plan.) The group’s student health plan provides coverage for newborn infants for injury and sickness. This includes the necessary care and treatment of medically diagnosed congenital defects, birth abnormalities, and premature birth. The coverage for these services is subject to all of the provisions of the group’s student health plan.

- An adopted child. The effective date of coverage for an adopted child will be the date of placement with the enrolled student for the purpose of adoption. The effective date of coverage for an adoptive child who has been living with the enrolled student and for whom the enrolled student has been getting foster care payments will be the date the petition to adopt is filed. If the enrolled student is enrolled under a family plan as of the date he or she assumes custody of a child for the purpose of adoption, the child's health care services for injury or sickness will be covered from the date of custody. (This coverage is provided without a waiting period or pre-existing condition restriction.) This includes the necessary care and treatment of medically diagnosed congenital defects, birth abnormalities and premature birth. The coverage for these services is subject to all of the provisions of the group’s student health plan.

If an eligible dependent child is married, the dependent child and his or her children can enroll for coverage under the enrolled student’s membership. The dependent child’s spouse is not eligible to enroll as a dependent for coverage under the enrolled student’s membership.

An eligible dependent may also include:

- A person under age 26 who is not the enrolled student’s (or spouse’s or, if applicable, domestic partner’s) child but who qualifies as a dependent under the Internal Revenue Code.

- A newborn infant of an enrolled dependent child immediately from the moment of birth and continuing after, until the enrolled dependent child is no longer eligible as a dependent.

- A child recognized under a Medical Child Support Order as having the right to enroll for health care coverage.

- A disabled dependent child age 26 or older. A dependent child who is mentally or physically incapable of earning his or her own living and who is enrolled under the student’s membership will continue to be covered after he or she would otherwise lose dependent eligibility for coverage under the enrolled student’s membership, so long as the child continues to be mentally or physically incapable of earning his or her own living. In this case, the enrolled student must make arrangements with Blue Cross and Blue Shield through the plan sponsor within the time period required to make family status changes. Also, Blue Cross and Blue Shield must be given any medical or other information that it may need to determine if the child can maintain coverage in the group’s student health plan under the enrolled student’s membership. From time to time, Blue Cross and Blue Shield may conduct reviews that will require a statement from the attending physician. This is to confirm that the child is still an eligible disabled dependent child.

Important Reminder: The eligibility provisions for dependents that are described in this section may differ from the federal tax laws that define who may qualify as a dependent.
Membership Changes
Generally, the enrolled student may make membership changes (for example, change from a student-only plan to a family plan) only if he or she has a change in family status. This includes a change such as: marriage or divorce; birth, adoption, or change in custody of a child; death of an enrolled spouse or dependent; or the loss of an enrolled dependent’s eligibility under the enrolled student’s student health plan membership. If you want to ask for a membership change or you need to change your name or mailing address, you should call or write to your plan sponsor. The plan sponsor will send you any special forms that you may need. You must request the change within the time period required by the group to make a change. All changes are allowed only when they comply with the eligibility and enrollment rules set by the plan sponsor for group student health plan coverage and they must comply with the conditions outlined in this benefit booklet.

Termination of Coverage
When your eligibility for the group’s student health plan ends, your coverage in this dental plan will be terminated as of the date you lose eligibility. Your eligibility ends when:

- You are no longer an “eligible student” as determined by the group. In the event that a spouse and/or dependents are enrolled under the student’s membership, their coverage will also be terminated as of the date the enrolled student loses eligibility for coverage in the group’s student health plan. The coverage for the student’s enrolled spouse and/or dependents will also be terminated in the event the enrolled student dies.
- You are enrolled as a dependent and you lose your status as an eligible dependent under the enrolled student’s membership.

Whether you are the enrolled student or you are the student’s enrolled spouse or other enrolled dependent, your coverage in this dental plan will end when:

- The group’s contract with Blue Cross and Blue Shield is terminated (or is not renewed).
- You commit misrepresentation or fraud to Blue Cross and Blue Shield. For example, you misused the ID card by letting another person not enrolled in the group’s student health plan attempt to get coverage. Termination will go back to your effective date. Or, it will go back to the date of the misrepresentation or fraud, as determined by Blue Cross and Blue Shield, subject to applicable federal law. Or, in some cases Blue Cross and Blue Shield may limit your benefits.
- You commit acts of physical or verbal abuse that pose a threat to, or a threat to the health of, health care providers or other members or employees of Blue Cross and Blue Shield or Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc., and these acts are not related to your physical condition or mental condition.
- You fail to comply in a material way with any provision of this dental plan. For example, if you fail to provide information that Blue Cross and Blue Shield requests related to your coverage in this dental plan, Blue Cross and Blue Shield may terminate your coverage.
Dental Blue Pediatric Essential Benefits Plan (continued)

Part 7

Explanation of Terms

The following words are shown in italics in this dental plan benefit booklet, Schedule of Dental Benefits, and any riders that apply to your benefits under this dental plan. The meaning of these words will help you understand your dental benefits.

Allowed Charge (Allowed Amount)
The maximum reimbursement amount for a specific covered service that is used to calculate your cost-sharing amounts and payment of your dental benefits. It is the dollar amount assigned for a covered service based on various pricing mechanisms. In most cases when you use a participating dentist for covered services, you do not have to pay the amount of the participating dentist’s actual charge that is in excess of the allowed charge. But when you use a non-participating dentist for covered services, you will have to pay the amount of the dentist’s actual charge that is in excess of the allowed charge. This amount is in addition to your cost-sharing amounts. See “How Your Benefits Are Calculated” in Part 1.

Balance Billing
There may be certain times when a dentist will bill you for the difference between his or her charge and the allowed charge. This is called balance billing. In most cases, a participating dentist cannot balance bill you for covered services. (See “How Your Benefits Are Calculated” in Part 1.) A non-participating dentist can balance bill you for costs that are in excess of the allowed charge. This balance bill is in addition to your cost-sharing amounts.

Blue Cross and Blue Shield
Blue Cross and Blue Shield of Massachusetts, Inc. This includes an employee or designee of Blue Cross and Blue Shield who is authorized to make decisions or take action called for under this dental plan. Blue Cross and Blue Shield has full discretionary authority to interpret this dental plan benefit booklet. This includes determining the amount, form, and timing of benefits, conducting reviews to determine whether your dental care is necessary and appropriate, and resolving any other matters regarding your right to benefits for covered services as described in this dental plan benefit booklet. All determinations by Blue Cross and Blue Shield with respect to benefits under this dental plan will be conclusive and binding unless it can be shown that the interpretation or determination was arbitrary and capricious.

Coinsurance
The cost you may have to pay for a covered service (your cost-sharing amount). A coinsurance will be calculated as a percentage (for example, 20%). When a coinsurance applies to a specific covered service, your cost-sharing amount will be calculated based on the allowed charge or the dentist’s actual charge if it is less than the allowed charge. Your Schedule of Dental Benefits shows your cost-sharing amounts.

Covered Services
The dental care covered by this dental plan. To be a covered service for benefits, each of the following conditions must be met:
- It must be listed as a covered service in this dental plan; and
- The person who had the service must be a member who is eligible for these dental benefits; and
- The service is necessary and appropriate as determined by Blue Cross and Blue Shield; and
- The service conforms to Blue Cross and Blue Shield dental guidelines and utilization review; and
- The service is furnished by a participating dentist (except as noted in Part 1).

WORDS IN ITALICS ARE EXPLAINED IN PART 7.
**Deductible**
The cost you may have to pay for certain covered services before you receive dental benefits under this dental plan. A deductible is calculated based on the allowed charge or the dentist’s actual charge if it is less than the allowed charge. Your Schedule of Dental Benefits shows the amount of your deductible, if there is one. It also shows the covered services for which the deductible must be paid before you will receive dental benefits. There are some costs you pay that do not count toward the deductible. These costs that do not count are:

- The coinsurance you pay.
- The costs you pay for your dental plan.
- The costs you pay that are more than the allowed charge (balance billing).
- The costs you pay when your benefits are reduced or denied because you did not follow the requirements of your dental plan.

**Group**
The term “group” refers to the institution (or institute) of higher education that has entered into an agreement (a “contract”) under which Blue Cross and Blue Shield provides administrative services for the group’s self-insured student health plan, which includes this dental plan.

**Member**
A person who is enrolled and eligible for coverage under this dental plan. A member may be the subscriber (the enrolled student) or his or her enrolled eligible spouse or any other enrolled eligible dependent.

**Necessary and Appropriate**
Covered services must meet Blue Cross and Blue Shield necessary and appropriate criteria for coverage. Blue Cross and Blue Shield has the discretion to determine whether your dental care is necessary and appropriate for you. It will do this by referring to the following criteria:

- The dental service must be consistent with the prevention and treatment of oral disease or with the diagnosis and treatment of teeth that are decayed or fractured, or where the supporting structure is weakened by disease;
- The dental service must be furnished in accordance with standards of good dental practice; and
- The dental service is not solely for your convenience or the convenience of your dentist.

In some cases, Blue Cross and Blue Shield may review dental records describing your condition and treatment. Blue Cross and Blue Shield staff, including dental consultants, will review the treatment plan objectively and determine whether coverage is available under this dental plan, and whether these services are necessary and appropriate for you. Based on Blue Cross and Blue Shield’s findings, Blue Cross and Blue Shield may determine that a service is not necessary and appropriate for you, even if your dentist has recommended, approved, prescribed, ordered, or furnished the service.

**Out-of-Pocket Maximum (Out-of-Pocket Limit)**
The maximum cost-sharing amount that you will have to pay for certain covered services. Your Schedule of Dental Benefits will show the amount of your out-of-pocket maximum and the time frame for which it applies—such as each calendar year or each plan year. It will also describe the cost-sharing amounts you pay that will count toward the out-of-pocket maximum. Once the cost-sharing amounts that count toward the out-of-pocket maximum add up to the out-of-pocket maximum amount, you will receive full benefits based on the allowed charge for more of these covered services during the rest of the time frame in which the out-of-pocket maximum provision applies. There are some costs you pay that do not count toward the out-of-pocket maximum. These costs that do not count toward the out-of-pocket maximum are:

- The costs you pay for your dental plan.
The costs you pay that are more than the allowed charge (balance billing).  
The costs you pay when your benefits are reduced or denied because you did not follow the requirements of this dental plan.

Participating Dentist  
A dentist or dental provider group that has a written payment agreement with, or has been designated by, Blue Cross and Blue Shield to provide dental services to members enrolled under this dental plan. This includes a hygienist employed by a participating dentist.

Plan Sponsor  
The plan sponsor is the institution (or institute) of higher education that has entered into an agreement (a “contract”) under which Blue Cross and Blue Shield provides administrative services for the group’s self-insured student health plan.

Plan Year  
The period of time that may be used to calculate your deductible and out-of-pocket maximum amounts. It is the period of time that starts on the original effective date of your group’s student health plan coverage and continues for 12 consecutive months or until your group’s renewal date, whichever comes first. A new plan year begins each 12-month period thereafter. If you do not know when your plan year begins, you can ask your plan sponsor.

Rider  
Blue Cross and Blue Shield and/or your group may change the terms of your coverage in this dental plan. If a material change is made to your coverage in this dental plan, it is described in a rider. For example, a rider may add to or limit the benefits provided by your dental plan. Your plan sponsor will supply you with riders (if there are any) that apply to your coverage in this dental plan. You should keep these riders with this dental plan benefit booklet and your Schedule of Dental Benefits so that you can refer to them.

Schedule of Dental Benefits  
This dental plan includes a Schedule of Dental Benefits. It describes the cost-sharing amounts you must pay for each covered service (such as a deductible or a coinsurance). And, it includes important information about your deductible and your out-of-pocket maximum. It also describes the benefit limits that apply for certain covered services. Be sure to read all parts of this dental plan benefit booklet and your Schedule of Dental Benefits so you can understand your dental benefits. You should be sure to read the descriptions of covered services and exclusions that are described in Part 1 of this dental plan and in your Schedule of Dental Benefits.

Subscriber  
The subscriber is the eligible student who signs the enrollment form at the time of enrollment in the group’s student health plan.

Utilization Review  
The review process that Blue Cross and Blue Shield uses to evaluate the necessity and appropriateness of a dental service. To do this, Blue Cross and Blue Shield uses clinical guidelines and utilization review criteria that are designed to monitor the use of, or evaluate the clinical necessity and appropriateness of the service. This process is designed to encourage appropriate care, not less care. To develop its clinical guidelines and utilization review criteria, Blue Cross and Blue Shield assesses each service to determine that it is: consistent with the prevention and treatment of tooth decay and other forms of oral disease, or
with the treatment of teeth that are decayed or fractured or where the supporting structure is weakened by
disease; consistent with standards of good dental practice; and as cost effective as any established
alternative. Periodically, Blue Cross and Blue Shield reviews its policies, clinical guidelines, and review
criteria to reflect new treatments, applications, and technologies.
APPENDIX B:
HUSHP PLAN SUMMARY
# Medical Benefits Summary

**AUGUST 1, 2022–JULY 31, 2023**

**Academic Year 2022–2023**

## Plan Specifics

<table>
<thead>
<tr>
<th>Plan-Year Deductible</th>
<th>Student Health Fee (What You Pay)</th>
<th>Student Health Insurance Plan: Blue Cross Blue Shield PPO</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>None</td>
<td>$250 per member/ $500 per family</td>
</tr>
<tr>
<td>Out-of-Pocket Maximum</td>
<td>None</td>
<td>$3,000 per member/ $6,000 per family (Combined medical and prescription)</td>
</tr>
<tr>
<td>A</td>
<td>$7,500 per member/ $15,000 per family</td>
<td>You may also be responsible for any difference between the allowed charge and the provider’s actual charge.</td>
</tr>
</tbody>
</table>

## Medical Benefits

### Your Out-of-Pocket Cost (What You Pay)

<table>
<thead>
<tr>
<th>At Harvard University Health Services (HUHS)</th>
<th>Student Health Fee</th>
<th>Student Health Insurance Plan: Blue Cross Blue Shield PPO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncture</td>
<td>Available in full</td>
<td>$35 copayment</td>
</tr>
<tr>
<td></td>
<td>12-visit limit (combined in- and out-of-network)</td>
<td>$35 copayment</td>
</tr>
<tr>
<td>Chiropractic Care</td>
<td>Not available</td>
<td>$35 copayment</td>
</tr>
<tr>
<td></td>
<td>30% co-insurance</td>
<td></td>
</tr>
<tr>
<td>Clinic and Doctors’ Office Visits</td>
<td>Not available</td>
<td>$0 copayment with Harvard Vanguard providers</td>
</tr>
<tr>
<td>Diagnostic/Specialist/Sick—Pediatric (through age 17)</td>
<td>Not available</td>
<td>30% co-insurance</td>
</tr>
<tr>
<td>Clinic and Doctors’ Office Visits</td>
<td>Covered in full</td>
<td>$35 copayment</td>
</tr>
<tr>
<td>Diagnostic/Specialist/Sick—Adult (18 and older)</td>
<td>Covered in full</td>
<td>30% co-insurance</td>
</tr>
<tr>
<td>Dermatology</td>
<td>Covered in full</td>
<td>$35 copayment</td>
</tr>
<tr>
<td></td>
<td>30% co-insurance</td>
<td></td>
</tr>
<tr>
<td>Diagnostic Lab Tests</td>
<td>Not covered</td>
<td>Covered in full</td>
</tr>
<tr>
<td></td>
<td>30% co-insurance</td>
<td></td>
</tr>
<tr>
<td>Diagnostic Outpatient High-Tech Radiology</td>
<td>Available in full</td>
<td>$50 copayment at lower-cost-share hospitals or other facilities*A</td>
</tr>
<tr>
<td>(CT scans, MRI, PET scans, and nuclear cardiac imaging)</td>
<td>Available in full</td>
<td>$125 copayment at higher-cost-share hospitals*A</td>
</tr>
<tr>
<td></td>
<td>30% co-insurance</td>
<td></td>
</tr>
<tr>
<td>Durable Medical Equipment</td>
<td>Available in full</td>
<td>Covered in full</td>
</tr>
<tr>
<td></td>
<td>30% co-insurance</td>
<td></td>
</tr>
<tr>
<td>Routine Eye Exams: for eyeglasses (eyeglasses, contact lens exam, and contact lenses excluded)</td>
<td>Not covered</td>
<td>$0 copayment at HUHS</td>
</tr>
<tr>
<td></td>
<td>Covered in full</td>
<td>$35 copayment at other providers</td>
</tr>
<tr>
<td></td>
<td>One routine eye exam covered per plan year</td>
<td>Not available</td>
</tr>
<tr>
<td>Immunizations</td>
<td>Not covered</td>
<td>Preventive immunizations covered at HUHS or Walgreens only</td>
</tr>
<tr>
<td>(no coverage for travel-related vaccines or those required by another party)</td>
<td>Not available</td>
<td>30% co-insurance</td>
</tr>
<tr>
<td>Routine Exams and Preventive Care</td>
<td>Covered in full</td>
<td>Not covered</td>
</tr>
<tr>
<td>including immunizations</td>
<td>Not covered</td>
<td>Adult routine/preventive care is only covered when provided by HUHS</td>
</tr>
<tr>
<td>Pediatric (through age 17)</td>
<td>$0 copayment</td>
<td>Visit limits apply — see Handbook</td>
</tr>
<tr>
<td></td>
<td>30% co-insurance</td>
<td></td>
</tr>
<tr>
<td>Routine Exams and Preventive Care</td>
<td>Covered in full</td>
<td>Not covered</td>
</tr>
<tr>
<td>Adult (18 and older)</td>
<td>$35 copayment</td>
<td>30% co-insurance</td>
</tr>
<tr>
<td></td>
<td>60-visit limit</td>
<td>(Combined in- and out-of-network. No visit limit for autism or ST.)</td>
</tr>
<tr>
<td>Short-Term Rehabilitation Therapy</td>
<td>Not available</td>
<td>$75 copayment at lower-cost-share hospitals or other facilities*A</td>
</tr>
<tr>
<td>Occupational Therapy (OT)</td>
<td>Covered in full</td>
<td>$250 copayment at higher-cost-share hospitals*A</td>
</tr>
<tr>
<td>Physical Therapy (PT)</td>
<td>Not available</td>
<td>30% co-insurance</td>
</tr>
<tr>
<td>Speech Therapy (ST)</td>
<td>Covered in full</td>
<td></td>
</tr>
<tr>
<td>Surgery (Outpatient)</td>
<td>Covered in full</td>
<td>Covered in full</td>
</tr>
<tr>
<td></td>
<td>30% co-insurance</td>
<td></td>
</tr>
</tbody>
</table>

### Medical Benefits

- **Acupuncture**: Available at the University’s Center for Wellness and Health Promotion
  - $35 copayment
  - 12-visit limit (combined in- and out-of-network)

- **Chiropractic Care**: Not available
  - $35 copayment
  - 30% co-insurance

- **Diagnostic Outpatient High-Tech Radiology (CT scans, MRI, PET scans, and nuclear cardiac imaging)**: Available
  - $50 copayment at lower-cost-share hospitals or other facilities*A
  - $125 copayment at higher-cost-share hospitals*A
  - 30% co-insurance

- **Dermatology**: Covered in full
  - Subject to clinic’s and doctors’ office visit limit

- **Diagnostic Lab Tests**: Not covered
  - Covered in full
  - 30% co-insurance

- **Routine Eye Exams: for eyeglasses (eyeglasses, contact lens exam, and contact lenses excluded)**: Not covered
  - $0 copayment at HUHS
  - $35 copayment at other providers
  - One routine eye exam covered per plan year

- **Immunizations (no coverage for travel-related vaccines or those required by another party)**: Not covered
  - Preventive immunizations covered at HUHS or Walgreens only
  - 30% co-insurance

- **Routine Exams and Preventive Care (including immunizations)**: Not available
  - $0 copayment
  - 30% co-insurance

- **Routine Exams and Preventive Care (Pediatric through age 17)**: Covered in full
  - Not covered
  - Adult routine/preventive care is only covered when provided by HUHS
  - $35 copayment
  - 60-visit limit (Combined in- and out-of-network. No visit limit for autism or ST.)

- **Short-Term Rehabilitation Therapy**: Not available
  - $75 copayment at lower-cost-share hospitals or other facilities*A
  - $250 copayment at higher-cost-share hospitals*A
  - 30% co-insurance
## Medical Benefits

### Your Out-of-Pocket Cost (What You Pay)

<table>
<thead>
<tr>
<th>Student Health Fee</th>
<th>Student Health Insurance Plan: Blue Cross Blue Shield PPO</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Harvard University Health Services (HUHS)</td>
<td>In PPO Network</td>
</tr>
</tbody>
</table>

### Inpatient Care

| Inpatient Admission in an acute care, chronic disease hospital | Not available | $100 copayment at lower-cost-share hospitals*A | 30% co-insurance |
| Inpatient Admission in a skilled nursing facility or rehabilitation hospital | Not available | Covered in full | 30% co-insurance |

### Mental Health

| Inpatient Admission in a psychiatric hospital or substance use facility | Not available | $100 copayment per admission | 30% co-insurance |
| Outpatient Visits for mental health therapy and psychopharmacology | As medically necessary | $0 copayment (visits 1-8) | 30% co-insurance |

### Reproductive Health

| Birth Control Devices | Not available | Covered in full | 30% co-insurance |
| Gynecology | Not covered Available at HUHS | Covered in full | 30% co-insurance |
| Infertility Services–Outpatient Medical Care | Limited services available | $35 copayment | 30% co-insurance |
| Maternity Care Office Visits | Not covered Available at HUHS | Covered in full | 30% co-insurance |
| Voluntary Termination of Pregnancy | $350 benefitA (paid to Women's Health in Brookline or Planned Parenthood in Boston, when referred by HUHS) | See Surgery (Outpatient) benefitA | See Surgery (Outpatient) benefitA |

### Urgent/Emergency Care

| Ambulance Services | Not available | Covered in full | Covered in full |
| Hospital Emergency Room | Not available | $100 copayment (waived if admitted) | $100 copayment (waived if admitted) |
| Urgent Care | Covered in full | $35 copayment | 30% co-insurance |
| Traveling Out of the Country | Only Student Health Insurance Plan benefits are available; all covered services are considered out of network, excluding emergency room visits.A |

### Prescription Drug Benefits*

<table>
<thead>
<tr>
<th>Your Cost In Network</th>
<th>Your Cost Out of Network</th>
</tr>
</thead>
<tbody>
<tr>
<td>At designated retail pharmacies (up to a 30-day formulary supply for each prescription or refill)**</td>
<td>$17 for Tier 1</td>
</tr>
<tr>
<td></td>
<td>$40 for Tier 2</td>
</tr>
<tr>
<td></td>
<td>$55 for Tier 3</td>
</tr>
<tr>
<td>Through the designated mail order pharmacy (up to a 90-day*** formulary supply for each prescription or refill)**</td>
<td>$51 for Tier 1</td>
</tr>
<tr>
<td></td>
<td>$120 for Tier 2</td>
</tr>
<tr>
<td></td>
<td>$165 for Tier 3</td>
</tr>
</tbody>
</table>

**A Generally, Tier 1 refers to generic drugs; Tier 2 refers to preferred brand-name drugs; Tier 3 refers to non-preferred brand-name drugs.A

**ACost share may be waived for certain covered drugs and supplies.A

***ACertain medications limited to 30-day supply.A

### Pediatric Essential Dental Benefits*

<table>
<thead>
<tr>
<th>Your Cost In Network **</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group 1 — Preventive and Diagnostic Services: oral exams, X-rays, and routine dental care</td>
</tr>
<tr>
<td>Group 2 — Basic Restorative Services: fillings, root canals, stainless steel crowns, periodontal care, oral surgery, and dental prosthetic maintenance</td>
</tr>
<tr>
<td>Group 3 — Major Restorative Services: tooth replacement, resin crowns, and occlusal guards</td>
</tr>
<tr>
<td>Orthodontic Services: medically necessary orthodontic care pre-authorized for a qualified member</td>
</tr>
</tbody>
</table>

** All covered services are limited to members until the end of the month they turn age 19, and may be subject to an age-based schedule or frequency. For a complete list of covered services or additional information, refer to your subscriber certificate.A

**There are no out-of-network benefits for dental services.A

### Disclaimer:

All benefits are subject to medical necessity criteria. The benefit description defines the terms and conditions of your coverage, and will govern if questions arise. HUHS services are limited in scope and subject to change.

This health plan meets Minimum Creditable Coverage Standards for Massachusetts residents that went into effect January 1, 2014, as part of the Massachusetts Health Care Reform Law.