



Consumer Health Insurance Plans

FOR RESIDENTS OF NORTHERN VIRGINIA
WHO BUY THEIR OWN INSURANCE

2025

Welcome

Thank you for considering CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (collectively, “CareFirst”) for your healthcare coverage. As the largest healthcare insurer in the Mid-Atlantic region, we know how much you and your family depend on us for your health coverage. It’s a responsibility we take very seriously, as we have with your parents, grandparents, friends and neighbors.

We created this book to help you choose the plan that best suits your specific needs. For 2025, CareFirst offers the following plans:

- BlueChoice HMO Young Adult 9200 Med Ded*
- BlueChoice HMO Standard Silver 5000 Med Ded 25 Dent Ded
- BluePreferred PPO Standard Silver 5000 Med Ded 25 Dent Ded
- BlueChoice HMO HSA Silver 3300 Med Ded 25 Dent Ded
- BluePreferred PPO HSA Silver 3300 Med Ded 25 Dent Ded
- BlueChoice HMO Standard Gold 1500 Med Ded 25 Dent Ded
- BluePreferred PPO Standard Gold 1500 Med Ded 25 Dent Ded
- BlueChoice HMO Gold 1750 Med Ded 150 Drug Ded 25 Dent Ded Virtual Connect
- BluePreferred PPO Gold 1750 Med Ded 150 Drug Ded 25 Dent Ded Virtual Connect

When you choose us as your health insurer, you are protected by the nation’s oldest and largest family of independent health benefits companies. For over 80 years, we have provided our community with healthcare coverage and are committed to being there when you need us for many years to come.

If you have any questions as you read through this book, visit us at carefirst.com/individual or give us a call at 800-544-8703, Monday–Friday, 8 a.m. to 6 p.m. and Saturday, 8 a.m. to noon.

Sincerely,



Brad Warren
Director, New Business Sales
Commercial Individual, Small Group & Specialty



*Available to individuals under the age of 30 and those who qualify for a hardship exemption. Visit your state’s Exchange for more details.

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The policies may have exclusions, limitations or terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, call your insurance agent or CareFirst.

Before You Choose a Plan

To choose the best plan for your needs, you should:

Understand metal levels

Under the Affordable Care Act (ACA) there are four categories of health coverage—Bronze, Silver, Gold and Platinum—called metal levels. All health plans fall into a metal level depending on the share of healthcare expenses they cover. For example, Bronze plans have higher deductibles than other metal level plans.

In Northern Virginia, CareFirst offers plans in the following metal levels:

- Silver
- Gold

CareFirst also offers a Catastrophic plan (BlueChoice HMO Young Adult) for individuals under age 30 or individuals with a hardship exemption.

What is a standard plan?

Standard plans have standardized cost sharing (i.e., deductible, out-of-pocket maximum, copays and coinsurance) for covered health services. All insurance carriers are required to sell standard plans in Virginia. With standard plans, the main difference is the provider network offered by each insurer.

Consider a Health Savings Account

A health savings account (HSA) is a tax-exempt medical savings account that can be used to pay for your own—and your dependents’—eligible health expenses. HSAs enable you to pay for eligible health expenses and save for future health expenses on a tax-free basis. We offer two health insurance plans that coordinate with an HSA. Look for “HSA” in the plan name.

Look into financial assistance

There are two types of financial assistance (also called subsidies) available:

New for 2025

Virtual Connect Plus

Plans with “Virtual Connect” in the name now have access to Virtual Connect Plus, which includes \$0 PCP, urgent/sick and behavioral health visits through CloseKnit¹ and select in-person locations and providers. Deductible applies to HSA-eligible plans. See page 15 for more information on CloseKnit.

Pharmacy

- Opioid Reversal Agents are covered at \$0 copay (deductible applies for HSA plans).
- All plans now include **Rx Cost Saver**, which offers access to lower pricing (where available) on commonly prescribed non-specialty generic drugs that also have discounted pricing available through GoodRx[®]. 100% of your cost is automatically applied to your deductible (if applicable) and out-of-pocket maximum.

A tax credit to help pay your monthly premium—

This subsidy helps reduce your monthly premium. Once you qualify, your tax credit will be sent to CareFirst and applied to your bill, reducing your premium. If you qualify for this type of assistance, you can use it toward the purchase of any plan—Silver or Gold (excludes the BlueChoice HMO Young Adult plan).

A subsidy to lower your out-of-pocket expenses—

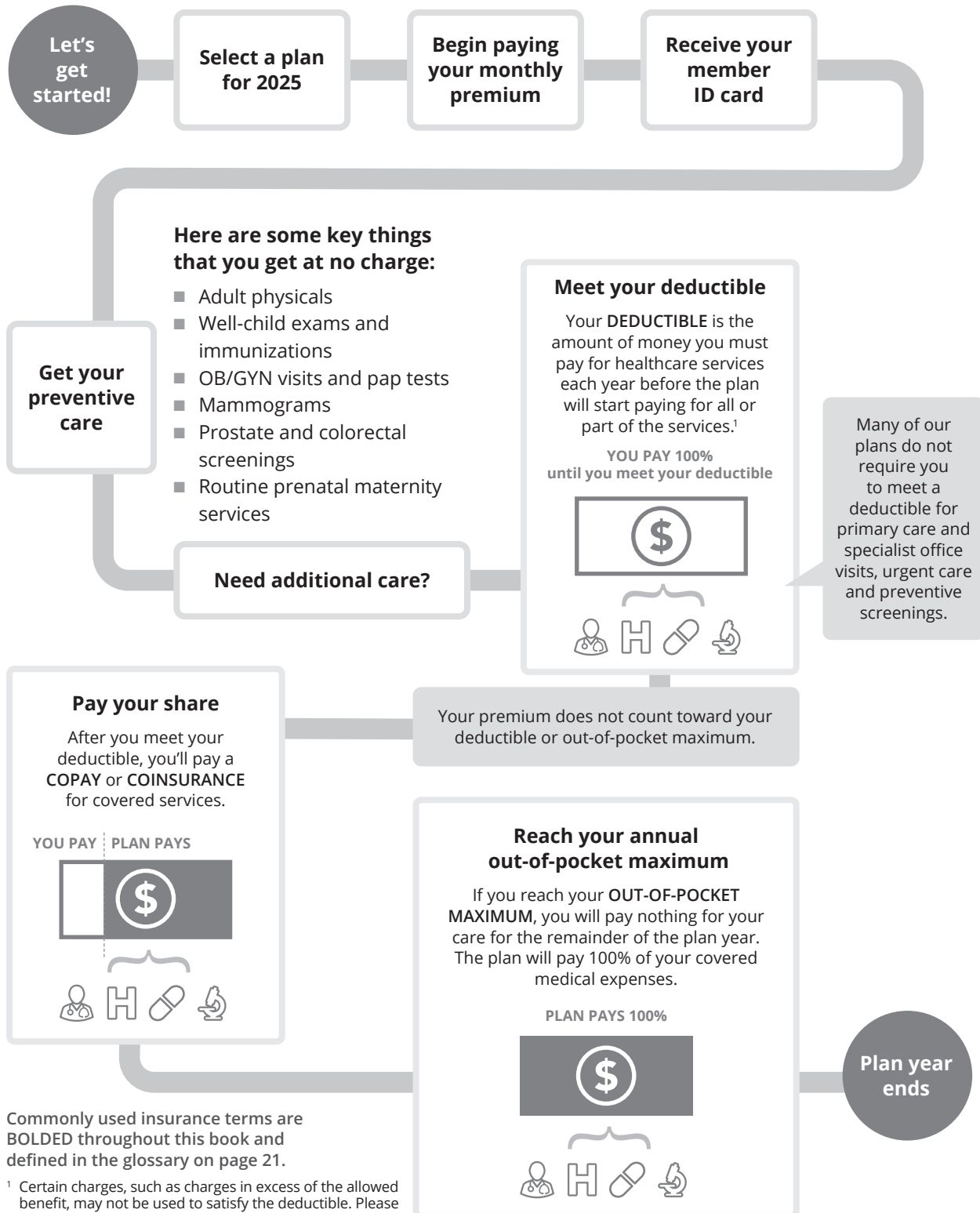
This subsidy helps limit how much you spend on out-of-pocket expenses like copays, coinsurance and deductibles. By lowering these out-of-pocket costs, your health plan begins paying 100% of your costs sooner than it would have without the subsidy. If you qualify and want to take advantage of this type of financial assistance, you must purchase a Silver plan.

Note: If you are an existing member and you qualified for financial assistance in 2024 but did not elect automatic reassessment, you need to contact the Virginia Health Benefit Exchange. You will be re-evaluated for financial assistance for 2025 during Open Enrollment from November 1, 2024–January 15, 2025.

¹ CloseKnit is a registered Trademark owned by, and is the trade name of, Atlas Health, LLC. Atlas Health, LLC d/b/a CloseKnit does not provide Blue Cross Blue Shield products or services and is providing in-person and telehealth services to CareFirst members. Atlas Health, LLC is a corporate affiliate within the CareFirst, Inc. corporate umbrella of companies.

How Health Insurance Works

To help you understand your health plan options, it's important to understand a bit about health insurance. The graphic below explains how health insurance works and defines some key terms. For lists of common covered and non-covered benefits please visit the **What Benefits Are Covered** page.



Included With Every CareFirst Plan

CareFirst health plans are designed with your health in mind. All individual and family plans include:

- **Prescription drug coverage**
- **Vision examination for members over age 19**
- **Dental and vision coverage for members under age 19**
- **Enhanced diabetes benefit**

Enhanced diabetes benefit

CareFirst has proactively taken steps to remove financial barriers to diabetes medications and supplies.

- **Insulin**—CareFirst covers Preferred Brand Insulin at \$0 with no deductible requirement for all plans, including health savings accounts (HSAs). In addition, we're covering Non-Preferred Insulin, capped at \$30 for a 30-day supply and \$60 for a 90-day supply.
- **Diabetic supplies**—For members in HSA plans, you'll no longer have to meet your deductible first to get these supplies at no cost. Diabetic supplies will continue to be no charge for all plans.

Prescription drug coverage

As a CareFirst member, your prescription coverage includes:

- A nationwide network of more than 66,000 participating pharmacies.
- Access to thousands of covered prescription drugs on our formulary (drug list), divided into tiers. The price you pay for a drug is determined by the tier it falls into.
 - **Generic Drugs (Tier 1)**—Generic drugs are equally safe and effective as brand-name drugs, but generics cost up to 80% less. Ask your doctor if your prescription medication can be filled with a generic alternative.

- **Preferred Brand-Name Drugs (Tier 2)**—Brand-name drugs that may not yet be available in generic form, but have been reviewed for quality, effectiveness, safety and cost by an independent national committee of healthcare professionals.
- **Non-Preferred Brand-Name Drugs (Tier 3)**—These drugs often have a generic or preferred brand drug option where your cost share will be lower. You will pay more for drugs in this tier. If you choose a non-preferred drug when a generic is available, you will pay the non-preferred copay along with the difference in price between the generic and non-preferred drug.
- **Preferred Specialty Drugs (Tier 4)**—Consist of drugs used to treat chronic, complex and/or rare health conditions. These drugs may have a lower cost share than non-preferred specialty drugs.
- **Non-Preferred Specialty Drugs (Tier 5)**—These drugs often have a specialty drug option where your cost share will be lower.



We've included more information on prescription benefits by health plan in the fold-out chart included with this book. Our drug list formulary can be found at [carefirst.com/rx](https://www.carefirst.com/rx) under the accordion *Those who buy directly from CareFirst*.

- **Mail Order Pharmacy**, our convenient and fast mail order drug program.
 - **Save money on your maintenance medications**—those drugs taken daily to treat a chronic condition like high cholesterol—by having them delivered right to your home. You can get up to a 90-day supply of your maintenance medications for the cost of two copays.

- Coordinated medical and pharmacy programs to help improve your overall health and reduce costs.
- Personalized care management notices detailing cost-savings opportunities, safety alerts and important drug information.

Virtual Diabetes Care Program

For members who need help stabilizing their type 2 diabetes, our Diabetes Virtual Care Program provides personalized support with easy-to-use tools—all at no cost.

Eligible members will be contacted about joining the program.

Once enrolled, you'll receive a welcome kit, connected device and testing supplies. You will also have access to certified diabetes educators who can answer questions and help you meet your health goals through a personalized plan.

Learn more about the [diabetes support](#) CareFirst offers.

Health and wellness

Ready to take charge of your health? CareFirst WellBeingSM puts the power of health in your hands.¹

Your well-being program provides a wealth of tools and resources, as well as easy-to-understand recommendations and insights that reflect your individual interests and needs.

- **Personalized timeline:** Receive content based on your health and well-being goals, as well as your interests.
- **Trackers:** Connect your wearable devices or enter your own data to monitor daily habits like stress, sleep, steps, nutrition and more.
- **Challenges:** Stay motivated to achieve your health goals by joining a challenge.
- **Health profile:** Access your health data—including biometric and lab results, vaccine information and medications, all in one place.

You also have access to additional support to help you take on your wellness goals with confidence, including:

- **Tobacco cessation:** Quitting smoking and other forms of tobacco can lower your risk for many serious conditions. Access expert guidance, support and tools to make quitting easier than you might think.
- **Financial well-being:** Learn how to take small steps toward big improvements in your financial situation. Whether you are planning for your child's education, your own retirement or other goals, the financial well-being program can help.

Blue Rewards incentives

Both you and your spouse or domestic partner can each earn up to \$150 in your Blue Rewards account for completing one or all of the following activities:

- **Earn \$50**—Consent to receive wellness emails and take the RealAge[®] assessment. RealAge is a simple questionnaire that will help you determine the physical age of your body compared to your calendar age. You must complete within 180 days of your effective date.
- **Earn \$100**—Select a primary care provider (PCP) and complete a health screening. You can visit your PCP or a CVS MinuteClinic^{®2} to complete your screening. You must complete within 180 days of your effective date.

Visit carefirst.com/wellbeing for more information.

¹ This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

² CVS MinuteClinic is an independent company that provides medical services to CareFirst members. CVS MinuteClinic does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the medical services it provides.

Blue365 Discount Program for Members

As a CareFirst member, you can get premier health and wellness deals from leading national and local retailers. Better yet, Blue365 is free to join.

Discount categories include:

- Fitness, including gym memberships
- Nutrition
- Apparel and footwear
- Hearing and vision
- Home and family
- Personal care
- Travel

Explore all the discounts Blue365 offers at carefirst.com/wellnessdiscounts.

Traveling outside the service area or the U.S.?

BlueCard

If you choose a PPO CareFirst plan, you are automatically enrolled in the BlueCard program. BlueCard gives you the peace of mind that you'll always have the care you need when you're away from home.

More than 91% of all doctors, specialists and hospitals throughout the United States contract with Blue Cross Blue Shield Association plans. With your CareFirst member ID card, you can access providers and hospitals almost anywhere.

Within the United States

1. Always carry your current member ID card for easy reference and access to services.
2. To find names and addresses of nearby providers and hospitals, visit carefirst.com/doctor or call BlueCard Access at 800-810-BLUE (2583).
3. Call Member Services for precertification or prior authorization, if necessary. Refer to the phone number on your member ID card because it's different from the BlueCard Access number listed in Step 2.
4. Present your member ID card at the participating provider's office.

5. You should not have to complete any claim forms or pay upfront for medical services other than the usual out-of-pocket expenses. CareFirst will send you a complete Explanation of Benefits (EOB).

Blue Cross Blue Shield Global® Core

Just like your passport, you should always carry your CareFirst member ID card when traveling outside the United States. Our Global Core program—included in every CareFirst plan—ensures you can get medical assistance services and access to providers, hospitals and other healthcare professionals in nearly 200 countries.

The process is the same as if you were in the United States, with the following exceptions:

- In most cases, you shouldn't have to pay upfront for inpatient care at Global Core hospitals; the hospital should submit your claim. You are responsible for the usual out-of-pocket expenses.
- At non-Global Core hospitals, you pay the provider or hospital for inpatient care, outpatient hospital care and other medical services. To be reimbursed, you'll need to complete an international claim form and send it to the Global Core Service Center. The claim form is available online at bcbsglobalcore.com.
- To find a BlueCard provider outside the United States, visit bcbs.com, select *Find a Doctor*.

Medical assistance when outside the United States

Call 800-810-BLUE (2583) for information on doctors, hospitals and other healthcare professionals or to receive medical assistance services. A medical assistance vendor, in conjunction with a medical professional, will make an appointment with a provider or arrange hospitalization if necessary.

Blue Cross Blue Shield Global Core mobile app

With the Global Core mobile app, you have help in the palm of your hand and convenient access to doctors, hospitals and resources worldwide. At a glance, you can find doctors, translate medical terms and access local emergency information. For more, visit bcbsglobalcore.com/Home/MobileApp.

My Account and mobile access

As a CareFirst member, your personalized benefit information is available 24/7. Register for My Account for secure online access to your coverage details, ID card and more. Plus, you'll also be able to quickly locate in-network providers and facilities nationwide.

Visit carefirst.com/myaccount to register.

My Account at a glance:

- Check the status of claims, remaining deductibles and out-of-pocket totals
- Review your Explanation of Benefits (EOBs)
- View copays and identify other expenses for which you may be responsible
- View, order or print your member ID card
- Confirm if a referral or preauthorization is required for a specific service*
- For those of you who buy insurance directly through CareFirst or an Exchange, auto bill pay can make managing your premium payments easier

Download the CareFirst App:



* if applicable to your plan

Vision coverage

Every CareFirst health plan includes an annual vision examination for everyone covered by your plan. In-network benefits are offered to you through Davis Vision,¹ our administrator for the plans. Out-of-network benefits are also available.

Pediatric coverage (up to age 19) includes:		
■ One no-charge in-network routine exam per calendar year	■ No copay for frames and basic lenses for glasses or contact lenses in the Davis Vision collection	■ No claims to file when you use a provider who contracts with Davis Vision
■ For BlueChoice HMO Young Adult* plans—one no-charge in-network routine exam per calendar year	■ No copay for frames and basic lenses for glasses or contact lenses in the Davis Vision collection (subject to the medical deductible)	■ No claims to file when you use a provider who contract with Davis Vision
Adult coverage (age 19 and over) includes:		
■ One no-charge in-network routine exam ¹ per calendar year	■ Discounts ² of approximately 30 percent on eyeglass lenses, frames and contacts, laser vision correction, scratch-resistant lens coating and progressive lenses	■ No claims to file when you use a provider who contracts with Davis Vision

To locate a vision provider near you, call Davis Vision at 800-783-5602 or visit carefirst.com/doctor.

* For BlueChoice HMO Young Adult plans, all pediatric vision services are subject to the medical deductible, except for the vision exam.

¹ Davis Vision is an independent company.

² As of April 1, 2014, some providers in Maryland and Virginia may no longer provide these discounts. Provider participation varies from year-to-year. Make sure to call in advance to confirm discounts.

Dental coverage for children up to age 19

Did you know that comprehensive dental care can help detect other health problems before they become more serious? The health of your child's teeth also has a major impact on digestion, growth rate and many other aspects of overall health. That's why all CareFirst medical plans provide kids under age 19 with dental benefits at no extra charge.

Pediatric Dental (under 19)	Silver & Gold Plans		BlueChoice HMO Young Adult Plan	
	In-Network You Pay	Out-of-Network You Pay	In-Network You Pay	Out-of-Network You Pay
Cost	Included in your medical plan premium			
Deductible	In-network: \$25 per individual per calendar year (applies to Classes II, III & IV)	Out-of-network: \$50 per individual per calendar year (applies to Classes II, III & IV)	Subject to medical deductible (applies to Classes II, III, IV & V)	
Network	Over 4,500 providers in MD, DC and Northern VA; 135,000 dental providers nationally			
Preventive & Diagnostic Services (Class I)— <i>Exams (2 per year), cleanings (2 per year), fluoride treatments (2 per year), sealants, bitewing X-rays (2 per year), full mouth X-ray (one every 3 years)</i>	No charge (no deductible)	20% of Allowed Pediatric Dental Benefit* (no deductible)	No charge (no deductible)	No charge (no deductible)
Basic Services (Class II)— <i>Fillings (amalgam or composite), simple extractions, non-surgical periodontics</i>	20% of Allowed Pediatric Dental Benefit* (after dental deductible)	40% of Allowed Pediatric Dental Benefit* (after dental deductible)	No charge (after medical deductible)	No charge (after medical deductible)
Major Services—Surgical (Class III)— <i>Surgical periodontics, endodontics, oral surgery</i>	20% of Allowed Pediatric Dental Benefit* (after dental deductible)	40% of Allowed Pediatric Dental Benefit* (after dental deductible)	No charge (after medical deductible)	No charge (after medical deductible)
Major Services—Restorative (Class IV)— <i>Crowns, dentures, inlays and onlays</i>	50% of Allowed Pediatric Dental Benefit* (after dental deductible)	65% of Allowed Pediatric Dental Benefit* (after dental deductible)	No charge (after medical deductible)	No charge (after medical deductible)
Orthodontic Services (Class V)— <i>when medically necessary</i>	50% of Allowed Pediatric Dental Benefit* (no deductible)	65% of Allowed Pediatric Dental Benefit* (no deductible)	No charge (after medical deductible)	No charge (after medical deductible)

Not all services and procedures are covered by your benefits contract. This plan summary is for comparison purposes only and does not create rights not given through the benefit plan.

* CareFirst payments are based on the CareFirst Dental Allowed Benefit. Participating dentists accept 100% of the CareFirst Dental Allowed Benefit as payment in full for covered services. Non-participating dentists may bill the member for any amount over the Dental Allowed Benefit. Providers are not required to accept CareFirst's Dental Allowed Benefit on non-covered services. This means you may have to pay your dentist's entire billed amount for these non-covered services. At your dentist's discretion, they may choose to accept the CareFirst Dental Allowed Benefit, but are not required to do so. Please talk with your dentist about your cost for any dental services.

Dental Plans for Adults

Three optional dental plans

For adults age 19 and older, you may want to consider purchasing one of our three dental plans:

- BlueDental Preferred Low Option
- BlueDental Preferred High Option
- Select Preferred Dental



	BlueDental Preferred Low Option*	BlueDental Preferred High Option*
	In-network You Pay (<i>Out-of-network coverage available</i>)	
Deductible	\$100 Individual/\$300 Family (applies to Classes I-IV) per calendar year	\$50 Individual/\$150 Family (applies to Classes II, III, IV) per calendar year
Annual Maximum	Plan pays \$1,000 maximum (for members age 19 and older)	Plan pays \$1,500 maximum (for members age 19 and older)
Network	Over 4,500 providers in MD, DC and Northern VA; 135,000 dentists nationally	
Preventive & Diagnostic Services (Class I)	No charge after deductible	No charge
Basic Services (Class II)— <i>Fillings, simple extractions, non-surgical periodontics</i>	20% of Allowed Benefit** after deductible	
Major Services—Surgical (Class III)¹ <i>Surgical periodontics, endodontics, oral surgery</i>	40% of Allowed Benefit** after deductible	
Major Services—Restorative (Class IV)¹ <i>Inlays, onlays, dentures, crowns</i>	65% of Allowed Benefit** after deductible	50% of Allowed Benefit** after deductible
Orthodontic Services (Class V) <i>(up to age 19)</i>	50% of Allowed Benefit** (no deductible) when medically necessary	

Please note: The benefit summary above is condensed and does not provide full benefit details.

Not all services and procedures are covered by your benefits contract. This plan summary is for comparison purposes only and does not create rights not given through the benefit plan.

* Visit carefirst.com/shopdental for a rate quote based on your age and residential location.

**CareFirst payments are based on the CareFirst Allowed Benefit. Participating dentists accept 100% of the CareFirst Allowed Benefit as payment in full for covered services. Non-participating dentists may bill the member for any amount over the Allowed Benefit. Providers are not required to accept CareFirst's Allowed Benefit on non-covered services. This means you may have to pay your dentist's entire billed amount for these non-covered services. At your dentist's discretion, they may choose to accept the CareFirst Allowed Benefit, but are not required to do so. Please talk with your dentist about your cost for any dental services.

¹ For Over 19 members there is a 12-month waiting period on Class III and Class IV benefits.

	Select Preferred Dental*
	In-network You Pay (Out-of-network coverage available)
Deductible	None
Annual Maximum	No maximum
Network	Over 4,500 providers in MD, DC and Northern VA
Preventive & Diagnostic Services (Class I)	No charge
Basic Services (Class II)— Fillings, simple extractions, non-surgical periodontics	Not covered
Major Services—Surgical (Class III) Surgical periodontics, endodontics, oral surgery	Not covered
Major Services—Restorative (Class IV) Inlays, onlays, dentures, crowns	Not covered
Orthodontic Services (Class V) (up to age 19)	Not covered

Please note: The benefit summary above is condensed and does not provide full benefit details.

Not all services and procedures are covered by your benefits contract. This plan summary is for comparison purposes only and does not create rights not given through the benefit plan.

* Visit carefirst.com/shopdental for a rate quote based on your age and residential location.

CareFirst payments are based on the CareFirst Allowed Benefit. Participating dentists accept 100% of the CareFirst Allowed Benefit as payment in full for covered services. Non-participating dentists may bill the member for any amount over the Allowed Benefit. Providers are not required to accept CareFirst's Allowed Benefit on non-covered services. This means you may have to pay your dentist's entire billed amount for these non-covered services. At your dentist's discretion, they may choose to accept the CareFirst Allowed Benefit, but are not required to do so. Please talk with your dentist about your cost for any dental services.



For more information, including an application, just mail in the postage-paid card attached on the next page. If you'd like to talk to a dental product consultant, please call 855-503-4862.

Mail this card for more information

YES, please send me more information about the plan(s) that I've checked below. I understand this information is free, and I am under no obligation.

Dental Plan Options
<input type="checkbox"/> BlueDental Preferred Low Option
<input type="checkbox"/> BlueDental Preferred High Option
<input type="checkbox"/> Select Preferred Dental

NAME: _____

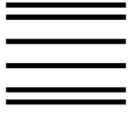
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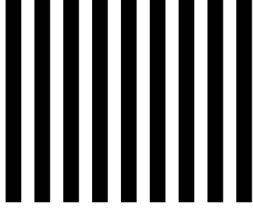
STATE: _____

ZIP: _____

CareFirst 
Family of health care plans



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Know Before You Go

Choosing the right setting for your care—from allergies to X-rays—is key to getting the best treatment with the lowest out-of-pocket costs. It's important to understand your options so you can make the best decision when you or your family members need care.* To find a provider or facility please visit the **Find a Doctor** page.

Primary care provider (PCP)

The best place to get consistent, quality health care is your primary care provider (PCP). If you have a medical issue, having a doctor who knows your health history often makes it easier to get the care you need.

CloseKnit Virtual Care

Our virtual-first practice, CloseKnit, offers 24/7/365 virtual primary care, behavioral health, and urgent care services.

Primary care patients have access to a dedicated Care Team equipped to treat most medical concerns virtually, through CloseKnit's convenient mobile app. The team can direct to in-person or specialty care when needed and can help patients manage medications, chronic conditions, navigate billing and more.

Urgent care services, for conditions such as cold or flu, and behavioral health visits, are available to patients regardless of whether they've selected CloseKnit as their primary care provider.

24-Hour Nurse Advice Line

Registered nurses are available 24/7 to discuss your symptoms with you and recommend the most appropriate care. Call 800-535-9700 anytime to speak with a nurse.

Convenience care centers (retail health clinics)

These are typically located inside a pharmacy or retail store (like CVS MinuteClinic or Walgreens Healthcare Clinic) and offer care for non-emergency situations like colds, pink eye, strep tests and vaccinations. These centers usually have evening and weekend hours.



Urgent care centers

Urgent care centers (such as Patient First or ExpressCare) provide treatment for injuries and illnesses that require prompt medical attention but are not life-threatening (sprains, minor cuts, flu, rashes, minor burns). These centers have doctors on staff and offer weekend/after-hours care.

Emergency room (ER)

Emergency rooms treat acute illnesses and trauma. Go to the ER right away if you or a family member have sudden symptoms that need emergency care, including (but not limited to): chest pain, trouble breathing or head trauma. Prior authorization is not needed for emergency room services.

* The medical providers mentioned in this document are independent providers making their own medical determinations and are not employed by CareFirst BlueCross BlueShield. CareFirst does not direct the action of participating providers or provide medical advice.

When you need care

When your PCP isn't available, being familiar with your options will help you locate the most appropriate and cost-effective medical care. The chart below shows how costs* may vary for a sample health plan depending on where you choose to get care.

	Sample Cost	Needs or Symptoms	24/7	Rx
24-Hour Nurse Advice Line	\$0	If you are unsure about your symptoms or where to go for care, call 800-535-9700, anytime day or night to speak to a registered nurse.		
CloseKnit Virtual Care (24/7/365 virtual-first care for members)	\$10	<ul style="list-style-type: none">■ Cough, cold and flu■ Urgent care needs■ Illness while traveling■ Therapy	✓	✓
Convenience Care (e.g., CVS MinuteClinic or Walgreens Healthcare Clinic)	\$20	<ul style="list-style-type: none">■ Cough, cold and flu■ Pink eye■ Ear pain	✗	✓
Urgent Care (Non-life threatening illness or injury requiring immediate care, e.g., Patient First or ExpressCare)	\$60	<ul style="list-style-type: none">■ Sprains■ Cut requiring stitches■ Minor burns	✗	✓
Emergency Room (Life-threatening illness or injury)	\$200	<ul style="list-style-type: none">■ Chest pain■ Difficulty breathing■ Abdominal pain	✓	✓

* The costs in this chart are for illustrative purposes only and may not represent your specific benefits or costs.

To determine your specific benefits and associated costs:

- log in to My Account at carefirst.com/myaccount,
- check your Evidence of Coverage or benefit summary,
- ask your benefit administrator, or
- call Member Services at the telephone number on the back of your member ID card.

Did you know that where you choose to get lab work, X-rays and surgical procedures can have a big impact on your wallet? Typically, services performed in a hospital cost more than non-hospital settings like Labcorp, Advanced Radiology or ambulatory surgery centers.

For more information and frequently asked questions, visit carefirst.com/needcare.

PLEASE READ: The information provided in this document regarding various care options is meant to be helpful when you are seeking care and is not intended as medical advice. Only a medical provider can offer medical advice. The choice of provider or place to seek medical treatment belongs entirely to you.

Choosing Your Plan

See accompanying plan comparison chart to help select the coverage option that best fits your needs.

Calculating your total monthly premium

Before you decide on the plan that best fits your needs, you'll likely want to take a look at the cost.

Buying an individual plan

Using the chart, find the plan(s) you are considering and circle the dollar amount that corresponds with how old you will be when your coverage begins (i.e., your age on January 1, 2025). That's your rate.

Buying a family plan

If you are interested in a family plan, each family member is rated individually and your rates are combined to calculate your family premium. To calculate your family premium:

- Circle the rate for you.
- Circle the rate for your spouse (if applicable).
- Circle the rates for your oldest three children under age 21.

If you have more than three children under age 21, all will be covered on your plan but only the three oldest count toward your overall premium.

- Circle the rate for each child age 21–25.
Note: Children over age 25 must purchase their own health insurance.
- Add all individual rates together to determine your family premium.



2025 Northern Virginia Rates					
Age	Catastrophic Plan	Silver Level Plans			
	BlueChoice HMO Young Adult* 9200 Med Ded	BlueChoice HMO HSA Silver 3300 Med Ded 25 Dent Ded	BluePreferred PPO HSA Silver 3300 Med Ded 25 Dent Ded	BlueChoice HMO Standard Silver 5000 Med Ded 25 Dent Ded	BlueChoice PPO Standard Silver 5000 Med Ded 25 Dent Ded
0-14	\$114.55	\$260.97	\$594.63	\$255.50	\$584.31
15	\$124.73	\$284.17	\$647.48	\$278.21	\$636.25
16	\$128.63	\$293.04	\$667.69	\$286.90	\$656.10
17	\$132.52	\$301.91	\$687.90	\$295.58	\$675.96
18	\$136.71	\$311.46	\$709.67	\$304.93	\$697.35
19	\$140.91	\$321.01	\$731.43	\$314.28	\$718.74
20	\$145.25	\$330.91	\$753.97	\$323.97	\$740.89
21	\$149.74	\$341.14	\$777.29	\$333.99	\$763.80
22	\$149.74	\$341.14	\$777.29	\$333.99	\$763.80
23	\$149.74	\$341.14	\$777.29	\$333.99	\$763.80
24	\$149.74	\$341.14	\$777.29	\$333.99	\$763.80
25	\$150.34	\$342.50	\$780.40	\$335.33	\$766.86
26	\$153.33	\$349.33	\$795.94	\$342.01	\$782.13
27	\$156.93	\$357.51	\$814.60	\$350.02	\$800.46
28	\$162.77	\$370.82	\$844.91	\$363.05	\$830.25
29	\$167.56	\$381.74	\$869.79	\$373.73	\$854.69
30	\$169.95	\$387.19	\$882.22	\$379.08	\$866.91
31	\$173.55	\$395.38	\$900.88	\$387.09	\$885.24
32	\$177.14	\$403.57	\$919.53	\$395.11	\$903.58
33	\$179.39	\$408.69	\$931.19	\$400.12	\$915.03
34	\$181.78	\$414.14	\$943.63	\$405.46	\$927.25
35	\$182.98	\$416.87	\$949.85	\$408.14	\$933.36
36	\$184.18	\$419.60	\$956.07	\$410.81	\$939.47
37	\$185.38	\$422.33	\$962.29	\$413.48	\$945.58
38	\$186.58	\$425.06	\$968.50	\$416.15	\$951.69
39	\$188.97	\$430.52	\$980.94	\$421.50	\$963.92
40	\$191.37	\$435.98	\$993.38	\$426.84	\$976.14
41	\$194.96	\$444.16	\$1,012.03	\$434.85	\$994.47
42	\$198.41	\$452.01	\$1,029.91	\$442.54	\$1,012.04
43	\$203.20	\$462.93	\$1,054.78	\$453.22	\$1,036.48
44	\$209.19	\$476.57	\$1,085.87	\$466.58	\$1,067.03
45	\$216.22	\$492.61	\$1,122.41	\$482.28	\$1,102.93
46	\$224.61	\$511.71	\$1,165.94	\$500.99	\$1,145.70
47	\$234.04	\$533.20	\$1,214.90	\$522.03	\$1,193.82
48	\$244.82	\$557.76	\$1,270.87	\$546.07	\$1,248.81
49	\$255.46	\$581.98	\$1,326.06	\$569.79	\$1,303.04
50	\$267.44	\$609.28	\$1,388.24	\$596.51	\$1,364.15
51	\$279.27	\$636.23	\$1,449.65	\$622.89	\$1,424.49
52	\$292.29	\$665.91	\$1,517.27	\$651.95	\$1,490.94
53	\$305.47	\$695.93	\$1,585.67	\$681.34	\$1,558.15
54	\$319.69	\$728.33	\$1,659.51	\$713.07	\$1,630.71
55	\$333.92	\$760.74	\$1,733.36	\$744.80	\$1,703.27
56	\$349.34	\$795.88	\$1,813.42	\$779.20	\$1,781.95
57	\$364.92	\$831.36	\$1,894.26	\$813.93	\$1,861.38
58	\$381.54	\$869.22	\$1,980.53	\$851.01	\$1,946.16
59	\$389.77	\$887.99	\$2,023.29	\$869.38	\$1,988.17
60	\$406.39	\$925.85	\$2,109.57	\$906.45	\$2,072.95
61	\$420.77	\$958.60	\$2,184.18	\$938.51	\$2,146.28
62	\$430.20	\$980.10	\$2,233.15	\$959.55	\$2,194.40
63	\$442.03	\$1,007.05	\$2,294.56	\$985.94	\$2,254.74
64	\$449.22	\$1,023.42	\$2,331.87	\$1,001.97	\$2,291.40
65+**	\$449.22	\$1,023.42	\$2,331.87	\$1,001.97	\$2,291.40

* Only available for enrollment to people under the age of 30 and those who qualify for a hardship exemption. Visit healthcare.gov for more details.

** If you are age 65 or older, you can only apply if you are not eligible for Medicare.

If you are under age 65 and disabled, you can only apply if you are not eligible for Medicare.

Rates are valid January 1–December 31, 2024 only.

Please note rates vary if you apply through healthcare.gov.

2025 Northern Virginia Rates				
Age	Gold Level Plans			
	BlueChoice HMO Gold 1750 Med Ded 150 Drug Ded 25 Dent Ded Virtual Connect	BluePreferred PPO Gold 1750 Med Ded 150 Drug Ded 25 Dent Ded Virtual Connect	BlueChoice HMO Standard Gold 1500 Med Ded 25 Dent Ded	BlueChoice PPO Standard Gold 1500 Med Ded 25 Dent Ded
0-14	\$301.83	\$639.49	\$289.98	\$629.01
15	\$328.66	\$696.33	\$315.76	\$684.92
16	\$338.92	\$718.06	\$325.61	\$706.30
17	\$349.18	\$739.80	\$335.47	\$727.67
18	\$360.22	\$763.20	\$346.08	\$750.70
19	\$371.27	\$786.61	\$356.70	\$773.72
20	\$382.71	\$810.85	\$367.69	\$797.56
21	\$394.55	\$835.93	\$379.06	\$822.23
22	\$394.55	\$835.93	\$379.06	\$822.23
23	\$394.55	\$835.93	\$379.06	\$822.23
24	\$394.55	\$835.93	\$379.06	\$822.23
25	\$396.13	\$839.27	\$380.58	\$825.52
26	\$404.02	\$855.99	\$388.16	\$841.96
27	\$413.49	\$876.05	\$397.25	\$861.70
28	\$428.88	\$908.66	\$412.04	\$893.76
29	\$441.50	\$935.41	\$424.17	\$920.08
30	\$447.81	\$948.78	\$430.23	\$933.23
31	\$457.28	\$968.84	\$439.33	\$952.96
32	\$466.75	\$988.91	\$448.43	\$972.70
33	\$472.67	\$1,001.44	\$454.11	\$985.03
34	\$478.98	\$1,014.82	\$460.18	\$998.19
35	\$482.14	\$1,021.51	\$463.21	\$1,004.77
36	\$485.30	\$1,028.19	\$466.24	\$1,011.34
37	\$488.45	\$1,034.88	\$469.28	\$1,017.92
38	\$491.61	\$1,041.57	\$472.31	\$1,024.50
39	\$497.92	\$1,054.94	\$478.37	\$1,037.65
40	\$504.23	\$1,068.32	\$484.44	\$1,050.81
41	\$513.70	\$1,088.38	\$493.54	\$1,070.54
42	\$522.78	\$1,107.61	\$502.25	\$1,089.45
43	\$535.40	\$1,134.36	\$514.38	\$1,115.77
44	\$551.19	\$1,167.79	\$529.55	\$1,148.66
45	\$569.73	\$1,207.08	\$547.36	\$1,187.30
46	\$591.83	\$1,253.90	\$568.59	\$1,233.35
47	\$616.68	\$1,306.56	\$592.47	\$1,285.15
48	\$645.09	\$1,366.75	\$619.76	\$1,344.35
49	\$673.10	\$1,426.10	\$646.68	\$1,402.72
50	\$704.67	\$1,492.97	\$677.00	\$1,468.50
51	\$735.84	\$1,559.01	\$706.95	\$1,533.46
52	\$770.16	\$1,631.74	\$739.93	\$1,604.99
53	\$804.88	\$1,705.30	\$773.28	\$1,677.35
54	\$842.36	\$1,784.71	\$809.29	\$1,755.46
55	\$879.85	\$1,864.12	\$845.30	\$1,833.57
56	\$920.49	\$1,950.22	\$884.35	\$1,918.26
57	\$961.52	\$2,037.16	\$923.77	\$2,003.77
58	\$1,005.31	\$2,129.95	\$965.84	\$2,095.04
59	\$1,027.01	\$2,175.93	\$986.69	\$2,140.26
60	\$1,070.81	\$2,268.71	\$1,028.77	\$2,231.53
61	\$1,108.69	\$2,348.96	\$1,065.16	\$2,310.47
62	\$1,133.54	\$2,401.63	\$1,089.04	\$2,362.27
63	\$1,164.71	\$2,467.67	\$1,118.99	\$2,427.22
64	\$1,183.65	\$2,507.79	\$1,137.18	\$2,466.69
65+**	\$1,183.65	\$2,507.79	\$1,137.18	\$2,466.69

** If you are age 65 or older, you can only apply if you are not eligible for Medicare.

If you are under age 65 and disabled, you can only apply if you are not eligible for Medicare.

Rates are valid January 1–December 31, 2024 only.

Please note rates vary if you apply through healthcare.gov.

Four Ways To Enroll

Once you decide on the CareFirst plan that works best for your needs, all that's left to do is enroll. We offer four different ways to enroll in one of our health plans below:

- 1 Enroll online at **carefirst.com/individual** and get instant confirmation.
- 2 If you think you qualify for financial assistance, you must purchase a plan through **healthcare.gov**. See page 3 for more information on financial assistance.
- 3 Fill out and mail the enclosed paper application (on the next page) using the pre-paid envelope. We'll mail you a confirmation and a bill.
- 4 Enroll through your broker if you have one. A broker is an independent agent who represents you (the buyer) and works to find you the best health insurance policy for your needs.

When your coverage will start

When you enroll through CareFirst, your effective date is the date your coverage begins. If you purchase a new plan for 2025 during the open enrollment period, your coverage will start on January 1, 2025.

If you are enrolling through the Virginia Health Benefit Exchange, please be sure to contact them to confirm your effective date.

Paying for your plan

If you buy CareFirst coverage directly from us online, you can make an immediate payment using your checking account or credit/debit card.

If you buy CareFirst coverage through the Virginia Health Benefit Exchange, or if you apply with the paper application included in this book, you will be mailed a bill after enrollment. Please wait for your bill before making a payment.

Learn more about payment options by visiting **carefirst.com/paymentoptions**.

Convenient e-billing

If you set up automated monthly premium payments, your first payment and each remaining payment will be withdrawn from your bank account and sent to CareFirst automatically. As a member, you can set up recurring payments—using a smartphone, tablet or desktop computer—at **carefirst.com/myaccount** or with the CareFirst mobile app.

Individual Application

2025 Health Insurance Enrollment
Virginia Residents



Group Hospitalization and Medical Services, Inc.
CareFirst BlueChoice, Inc. ■ 840 First Street, NE, Washington, DC 20065

INSTRUCTIONS

1. Please fill out all applicable spaces on this application.
Print or type all information.

2. Sign and return this application in the postage-paid
return envelope if provided, or mail to:

Mail Administrator

P.O. Box 14651, Lexington, KY 40512

Give careful attention to all questions in this application.
Accurate, complete information is necessary before your
application can be processed. ***If incomplete, the application
will be returned and your coverage will be delayed.***

Please check if you are applying for new coverage or making
changes to a current policy.

New coverage

Making changes

1. PRIMARY APPLICANT INFORMATION *(the primary applicant will be the head of household)*

Last Name	First Name	Middle Initial (M.I.)	Social Security #
Residence Address (Number and Street, Apt #)	City	State	Zip Code (9-digit, if known)
Billing Address, if different (Number and Street, Apt #)	City	State	Zip Code (9-digit, if known)
Date of Birth / /	Sex Male Female	Marital Status Single Married Domestic Partner	
Home Phone ()	Work/Mobile Phone ()		
Email Address (optional)	Spoken Language (optional)		Written Language (optional)

2. ENROLLING FAMILY MEMBER(S) *(complete only if you are enrolling a spouse, partner or dependent(s) to your plan)*

	Last Name	First Name	M.I.	Relationship	Social Security #	Date of Birth	Sex
Spouse							M F
Domestic Partner							M F
Dependent 1							M F
Dependent 2							M F
Dependent 3							M F
Dependent 4							M F
Dependent 5							M F
Dependent 6							M F
Dependent 7							M F

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc. CareFirst of Maryland, Inc., Group Hospitalization and Medical Services, Inc., CareFirst BlueChoice, Inc., The Dental Network and First Care, Inc. are independent licensees of the Blue Cross and Blue Shield Association. In the District of Columbia and Maryland, CareFirst MedPlus is the business name of First Care, Inc. In Virginia, CareFirst MedPlus is the business name of First Care, Inc. of Maryland (used in VA by: First Care, Inc.). BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

3. PLAN SELECTION <i>(check one)</i>		
Plan Name	In-network Deductible	Out-of-network Deductible
Health Maintenance Organization (HMO) Plans Underwritten by CareFirst BlueChoice, Inc.		
BlueChoice HMO Young Adult 9200 Med Ded	Individual: \$9,200/Family: \$18,400	N/A
BlueChoice HMO Young Adult is only available for individuals under age 30. Some exceptions may apply.		
BlueChoice HMO Standard Silver 5000 Med Ded 25 Dent Ded	Individual: \$5,000/Family: \$10,000	N/A
BlueChoice HMO HSA Silver 3300 Med Ded 25 Dent Ded	Individual: \$3,300/Family: \$6,600	N/A
BlueChoice HMO Standard Gold 1500 Med Ded 25 Dent Ded	Individual: \$1,500/Family: \$3,000	N/A
BlueChoice HMO Gold 1750 Med Ded 150 Drug Ded 25 Dent Ded Virtual Connect	Individual: \$1,750/Family: \$3,500	N/A
Preferred Provider Organization (PPO) Plans Underwritten by Group Hospitalization and Medical Services, Inc.		
BluePreferred PPO Standard Silver 5000 Med Ded 25 Dent Ded	Individual: \$5,000/Family: \$10,000	Individual: \$10,000/Family: \$20,000
BluePreferred PPO HSA Silver 3300 Med Ded 25 Dent Ded	Individual: \$3,300/Family: \$6,600	Individual: \$6,400/Family: \$12,800
BluePreferred PPO Standard Gold 1500 Med Ded 25 Dent Ded	Individual: \$1,500/Family: \$3,000	Individual: \$3,000/Family: \$6,000
BluePreferred PPO Gold 1750 Med Ded 150 Drug Ded 25 Dent Ded Virtual Connect	Individual: \$1,750/Family: \$3,500	Individual: \$3,500/Family: \$7,000
Important Deductible Information: <p>For all plans: <u>Single party applications:</u> the Individual Deductible must be met before full benefits will begin. <u>Multi-party applications:</u> if one member on the policy meets the Individual Deductible, full benefits will begin for that member. That member will not be able to contribute more than the Individual Deductible amount toward the Family Deductible. Once the Family Deductible has been met, full benefits will be available to all members on the policy.</p> <p>Please Note: Coverage will begin immediately for preventive benefits as they are not subject to a deductible. Other benefits, as specified in the member contract, also may be covered without having to meet a deductible first. In-network and out-of-network (if applicable) deductible expenses will not be applied to each other.</p>		

4. PRIMARY CARE PHYSICIAN INFORMATION	
If you selected a BlueChoice HMO plan in Section 3, please select a Primary Care Physician (PCP) from the CareFirst BlueChoice Directory available at carefirst.com/doctor . Indicate the PCP ID (PID) number for all applicants. Otherwise, skip to Section 5.	
Applicant Name	PCP ID (PID)
Spouse	PCP ID (PID)
Domestic Partner	PCP ID (PID)
Eligible Dependent Name(s)	PCP ID (PID)

5. COORDINATION OF BENEFITS																													
The purpose of this section is to coordinate benefits appropriately with other carriers. If you have other insurance, failure to complete this section may cause delays in processing any claims submitted.																													
1. Is anyone listed on this application enrolled in, covered by or eligible for Medicare? If yes, please provide the following: <table border="1" style="width: 100%;"> <thead> <tr> <th>Name of Family Member(s)</th> <th>Medicare Number</th> <th>Effective Date</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Name of Family Member(s)	Medicare Number	Effective Date							Yes No																			
Name of Family Member(s)	Medicare Number	Effective Date																											
2. Is anyone listed on this application covered by other health insurance, including other Blue Cross and Blue Shield coverage? If yes, please provide the following: <table border="1" style="width: 100%;"> <thead> <tr> <th>Name of Family Member(s)</th> <th>Insurance Company</th> <th>Policy Number and Type</th> <th>Effective Date</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Name of Family Member(s)	Insurance Company	Policy Number and Type	Effective Date																									Yes No
Name of Family Member(s)	Insurance Company	Policy Number and Type	Effective Date																										
3. Will your new policy be replacing your existing policy? Please note a Yes response to this question is not sufficient as notification of policy termination.	Yes No																												

6. LIMITED OPEN ENROLLMENT ELIGIBILITY		
<p>Do you qualify for a Limited Open Enrollment Period? Please review the list of qualifying life events listed below (1-11).</p> <p>Be sure to review all the questions before making a selection. If one (1) of the events applies to you, mark "Yes" next to it. Please note, you will be required to provide documentation as proof of your event.</p> <p>If none of these events apply to you, please check "NO" and proceed to Section 7.</p>	Yes	No
1. Within the last 60 days, have you married, or entered a domestic partnership? Had a birth, adopted, or been granted court-appointed testamentary of a child or qualified dependent?	Yes	No
2. Within the last 60 days:		
Have you experienced an error in enrollment by the Federally-Facilitated Exchange in Virginia or by the Department of Health and Human Services?	Yes	No
Were you enrolled in a qualified health plan in which the plan substantially violated a material provision of its contract?	Yes	No
Have you or your dependents become newly eligible or ineligible for subsidies?	Yes	No
Have you lost a dependent, or are no longer considered a dependent, due to a divorce, legal separation, or death?	Yes	No
Have you been released from a prison term resulting from a criminal conviction?	Yes	No
3. Were you covered under a non-calendar year group health plan or individual health insurance policy and are you within 60 days prior to or within 60 days after your policy renewal date?	Yes	No
4. Within the last 60 days have you terminated employment and refused COBRA coverage or have you completed the full term of your COBRA coverage?	Yes	No
5. Have you lost minimum essential coverage (excluding failure to pay premiums or rescissions) within the last 60 days? Or, will you lose minimum essential coverage within the next 60 days?	Yes	No
6. In the next 60 days or within the last 60 days: Will your coverage through an employer-sponsored plan or has your coverage through an employer-sponsored plan been discontinued for one of the following reasons? <ul style="list-style-type: none"> ■ no longer provides minimum value (plan covers less than 60 percent actuarial value) OR ■ is considered unaffordable (employee contribution to plan premium of self-only coverage exceeds 9.5 percent of employee's household income) 	Yes	No
7. Have you experienced an error in enrollment or subsidy eligibility due to the misconduct of a non-Exchange entity? Misconduct includes failure to comply with applicable standards under state or federal law.	Yes	No
8. In the next 60 days or within the last 60 days, have you gained access to new Qualified Health Plans as a result of a permanent move to or within our Virginia service area or were you residing outside of the United States?	Yes	No
9. Within the past 60 days, have you been the victim of domestic abuse or spousal abandonment and you are currently enrolled in other minimum essential coverage through the perpetrator of the abuse or abandonment?	Yes	No
10. Within the last 60 days, have you gained access to an individual coverage HRA (ICHRA) or have you been newly provided a qualified small employer health reimbursement arrangement (QSEHRA)?	Yes	No
11. Within the last 60 days, did you receive notice that you are not eligible for Medicare coverage, but you are over the age of 65?	Yes	No

SECTION 7. ELECTRONIC COMMUNICATION CONSENT

Group Hospitalization and Medical Services, Inc. and CareFirst BlueChoice, Inc. (CareFirst) want to help you manage your health care information and protect the environment by offering you the option of electronic communication.

Instead of paper delivery, you can receive electronic notices about your CareFirst health care coverage through email and/or text messaging by providing your email address and/or mobile phone number and consent below.

Electronic notices regarding your CareFirst health care coverage include, but are not limited to:

- Explanation of Benefits Alerts
- Reminders
- Notice of HIPAA Privacy Practices
- Certification of Creditable Coverage

You may also receive information on programs related to your existing products and services along with new products and services that may be of interest to you.

Please note: This consent for electronic communications applies to the Primary Applicant only. Spouse or Domestic Partner and dependents 18 years of age and older can consent to electronic communications through **carefirst.com/myaccount**. Members can also change email and consent information anytime by logging into **carefirst.com/myaccount** or by calling the customer service phone number on your member ID card. You can also request a paper copy of electronic notices at any time by calling the customer service phone number on your member ID card.

I understand that to access the information provided electronically through email, I must have the following:

- Internet access;
- An email account that allows me to send and receive emails; and
- Microsoft Explorer 11, or Microsoft Edge 13.0 (or higher) or Chrome 75(or higher), or Firefox 66.0 (or higher), Safari 12 (or Higher) and Adobe Acrobat Reader 2017(or higher).

I understand that to receive notices through text messaging,

- A text messaging plan with my mobile phone provider is required; and
- Standard text messaging rates will apply.

Primary Applicant Name	Email Address	Mobile Phone Number
	Alternate Email Address	Alternate Mobile Phone Number
By checking my preference below, I hereby agree to electronic delivery of notices, instead of paper delivery. Email only Mobile phone text messaging only Email and mobile phone text messaging		
Signature		

CareFirst will not sell your email or phone number to any third party and will not share it with third parties except for CareFirst Business Associates that perform functions on CareFirst's behalf or to comply with the law.

8. CONDITIONS OF ENROLLMENT *(please read this section carefully)***IT IS UNDERSTOOD AND AGREED THAT:**

A copy of this application is available to the Primary Applicant (or to a person authorized to act on his/her behalf) upon request from CareFirst.

The Primary Applicant, or Parent or Guardian of the Primary Applicant, attests to being a resident of the State of Virginia, which is a requirement for coverage under this application.

To the best of my knowledge and belief, all statements made on this application are complete, true and correctly recorded. They are representations that are made to induce the issuance of, and form part of the consideration for a CareFirst policy. CareFirst will provide 30 days' advance written notice of any rescission of coverage and refund any premiums to the Primary Applicant. The Member is responsible for repayment of any claim payment made by CareFirst on the Member's behalf.

If you have any questions concerning the benefits and services that are provided by or excluded under this Agreement, please contact a membership services representative before signing this application.

WARNING: ANY PERSON WHO, WITH THE INTENT TO DEFRAUD OR KNOWING THAT HE IS FACILITATING A FRAUD AGAINST AN INSURER, SUBMITS AN APPLICATION OR FILES A CLAIM CONTAINING A FALSE OR DECEPTIVE STATEMENT MAY HAVE VIOLATED VIRGINIA STATE LAW.

The undersigned applicant and agent certify that the applicant has read, or had read to him/her, the completed application and that the applicant realizes that any false statement or misrepresentation in the application may result in the loss of coverage under the policy.

Signature of Primary Applicant	Date
Signature of Applicant 2 (Spouse or Domestic Partner)	Date
NOTE: Applications submitted solely on behalf of applicants under the age of 18, where payment of premium is made by the parent or legal guardian, must be signed by the parent or legal guardian.	
Parent or Legal Guardian's Signature	Date
Signature of Agent	Date

SECTION 9. RACE, ETHNICITY, LANGUAGE *(this information is voluntary)*

CareFirst is asking its members to voluntarily provide their race, ethnicity and language attributes. The information provided, while voluntary, will assist us to improve quality of care and access to care thereby reducing health care disparities and promote better health outcomes. The information you provide will not have a negative impact on any services we provide you. The information is kept strictly confidential and will not be shared unless required by law to disclose it.

Race	Ethnicity	Preferred Spoken Language*		
White/Caucasian	Hispanic/Latino/	01 English	10 French (European)	20 Somali
Black or African American	Spanish origin	02 Albanian	11 Greek	21 Spanish (Latin America)
American Indian or Alaska Native		03 Amharic	12 Gujarati	22 Tagalog (Filipino)
Asian		04 Arabic	13 Hindi	23 Urdu
Native Hawaiian or		05 Burmese	14 Italian	24 Vietnamese
other Pacific Islander		06 Cantonese	15 Korean	98 Other and unspecified
Other – (To include Multi-Racial)		07 Chinese (simplified &	16 Mandarin	languages
Decline to answer		traditional)	17 Portuguese (Brazilian)	99 Unknown
Unknown – Could not be		08 Creole (Haitian)	18 Russian	
determined		09 Farsi	19 Serbian	

	Last Name	First Name	Race	Ethnicity	Country of Origin	Preferred Spoken Language (*specify number from above)
Primary Applicant						
Spouse						
Domestic Partner						
Dependent 1						
Dependent 2						
Dependent 3						
Dependent 4						
Dependent 5						
Dependent 6						
Dependent 7						

FOR OFFICE USE ONLY:	
Re-sign and re-date below only if checked.	
Signature of Primary Applicant	Date
Signature of Applicant 2 (Spouse or Domestic Partner)	Date
Parent or Legal Guardian's Signature	Date

For Broker Use Only:	Name	NPN #	Tax ID #	CareFirst-Assigned ID #
General Agency				
Writing Agent				

Glossary

Here's a quick reference guide to many of the terms used in this book. For more glossary terms, visit our YouTube channel videos at youtube.com/carefirst.

Allowed benefit—the maximum dollar amount an insurer will pay for a covered health service, regardless of the provider's actual charge. A provider who participates in the CareFirst BlueCross BlueShield or BlueChoice network cannot charge members more than the allowed benefit amount for any covered service.

Coinsurance—the percentage you pay after you've met your deductible. For example, if your healthcare plan has a 30% coinsurance and the allowed benefit is \$100 (the amount a provider can charge a CareFirst member for that service), then your cost would be \$30. CareFirst would pay the remaining \$70.

Convenience care centers/retail health clinics—tend to be located inside a pharmacy or retail store and offer fast access to treatment for non-emergency care. These centers/clinics offer extended weekend hours and can often see you quickly.

Copay—a fixed dollar amount you pay when you visit a doctor or other provider. For example, you might pay \$40 each time you visit a specialist or \$300 when you visit the emergency room.

Deductible—the amount of money you must pay each year before CareFirst begins to pay its portion of your claims. For example, if your deductible is \$1,000, you'll pay the first \$1,000 for healthcare services covered by your plan and subject to the deductible. CareFirst will start paying for part or all of the services after that. Your deductible will start over each year on January 1. Please note—many of our plans include a variety of services that do not require you to meet the deductible before CareFirst begins paying.

Effective date—the date your coverage begins. If you purchase a plan during the annual open enrollment period, your new plan starts on January 1.

Generic drugs—prescription drugs that work the same as brand-name drugs but cost much less.

Health Maintenance Organization (HMO)—BlueChoice HMO plans offer the flexibility to see any of the nearly 37,000 participating providers in the BlueChoice network. Outside of our network, only emergency medical services are covered.

Health Savings Account (HSA)—a special, tax-advantaged account that you set up to save money for current and future healthcare expenses. The deposits you make to your HSA reduce your taxable income, helping you keep more of your hard-earned money. You can use the money you deposit into your HSA to pay the deductible and other out-of-pocket expenses for you, your spouse and your dependents (even if they're not enrolled in your healthcare plan) or you can save it for future healthcare expenses. If you have coverage for your spouse or family, the maximum amount that you can contribute to your HSA is even higher and can reduce your taxable income by whatever amount you contribute.

Non-preferred brand drugs—drugs that are often available in less expensive forms, either as generic or preferred brand drugs. You will pay more for this category of drugs.

Non-preferred specialty drugs—specialty drugs that are likely to have a more cost-effective alternative available. This tier has the highest copayment for specialty drugs.

Out-of-pocket maximum—the most you will have to pay for medical expenses and prescriptions in a calendar year. Your out-of-pocket maximum will start over every January 1. Please note: Your monthly premium payments do not count toward your out-of-pocket maximum.

Preferred brand drugs—drugs that may not yet be available in generic form, chosen for their effectiveness and affordability compared to alternatives. They cost more than generics but less than non-preferred brand drugs.

Preferred specialty drugs—consists of specialty drugs used to treat chronic, complex and/or rare health conditions. These drugs are generally more cost-effective than other specialty drugs.

Preferred Provider Organization (PPO)—BluePreferred PPO plans offer the most flexibility. Care can be accessed from the PPO network of approximately 42,000 providers locally and hundreds of thousands nationally. Costs will be higher if you see a doctor who does not participate with a Blue Cross Blue Shield plan.

Premium—the amount you pay each month for your plan, based on the number and ages of covered family members and the plan you choose.

Primary care provider (PCP)— the doctor you select as your healthcare partner. They know and understand you and your healthcare needs.

Specialty drugs—the highest priced drugs that may require special handling, administration or monitoring. These drugs may be oral or injectable and are used to treat serious or chronic conditions. Specialty drugs must be obtained through mail order at CVS Specialty Pharmacy.

Standard plan—Standard plans are plan designs that have standardized cost sharing (i.e., deductible, out-of-pocket maximum, copays and coinsurance) for covered health services. All insurance carriers are required to sell standard plans in Virginia. With standard plans, the main difference is the provider network offered by each insurer.



Our Commitment to You

CareFirst's privacy practices

The following statement applies to CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc. doing business as CareFirst BlueCross BlueShield, and to CareFirst BlueChoice, Inc., and their affiliates (collectively, CareFirst).

When you apply for any type of insurance, you disclose information about yourself and/or members of your family. The collection, use and disclosure of this information is regulated by law. Safeguarding your personal information is something that we take very seriously at CareFirst. CareFirst is providing this notice to inform you of what we do with the information you provide to us.

Categories of personal information we may collect

We may collect personal, financial and medical information about you from various sources, including:

- Information you provide on applications or other forms, such as your name, address, social security number, salary, age and gender.
- Information pertaining to your relationship with CareFirst, its affiliates or others, such as your policy coverage, premiums and claims payment history.
- Information (as described in preceding paragraphs) that we obtain from any of our affiliates.
- Information we receive about you from other sources, such as your employer, your provider and other third parties.

How your information is used

We use the information we collect about you in connection with underwriting or administration of an insurance policy or claim or for other purposes allowed by law. At no time do we disclose your personal, financial and medical information to anyone outside of CareFirst unless we have proper authorization from you, or we are permitted or required to do so by law. We maintain physical, electronic and procedural safeguards in accordance with federal and state standards that protect your information.

In addition, we limit access to your personal, financial and medical information to those CareFirst employees, brokers, benefit plan administrators, consultants, business partners, providers and agents who need to know this information to conduct CareFirst business or to provide products or services to you.

Disclosure of your information

In order to protect your privacy, affiliated and nonaffiliated third parties of CareFirst are subject to strict confidentiality laws. Affiliated entities are companies that are a part of the CareFirst corporate family and include health maintenance organizations, third party administrators, health insurers, long-term care insurers and insurance agencies. In certain situations related to our insurance transactions involving you, we disclose your personal, financial and medical information to a nonaffiliated third party that assists us in providing services to you. When we disclose information to these critical business partners, we require these business partners to agree to safeguard your personal, financial and medical information and to use the information only for the intended purpose and to abide by the applicable law. The information CareFirst provides to these business partners can only be used to provide services we have asked them to perform for us or for you and/or your benefit plan.

Changes in our privacy policy

CareFirst periodically reviews its policies and reserves the right to change them. If we change the substance of our privacy policy, we will continue our commitment to keep your personal, financial and medical information secure—it is our highest priority. Even if you are no longer a CareFirst customer, our privacy policy will continue to apply to your records. You can always review our current privacy policy online at [carefirst.com](https://www.carefirst.com).

Rights and Responsibilities

Notice of privacy practices

CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (collectively, CareFirst) are committed to keeping the confidential information of members private. Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), we are required to send our Notice of Privacy Practices to members of fully insured groups only. The notice outlines the uses and disclosures of protected health information, the individual's rights and CareFirst's responsibility for protecting the member's health information.

To obtain a copy of our Notice of Privacy Practices, go to carefirst.com and click on *Privacy Statement* at the bottom of the page, click on *Health Information* then click on *Notice of Privacy Practices*.

Member satisfaction

CareFirst wants to hear your concerns and/or complaints so that they may be resolved. We have procedures that address medical and non-medical issues. If a situation should occur for which there is any question or difficulty, here's what you can do:

- If your comment or concern is regarding the quality of service received from a CareFirst representative or related to administrative problems (e.g., enrollment, claims, bills, etc.) you should contact Member Services. If you send your comments to us in writing, please include your member ID number and provide us with as much detail as possible regarding any events. Please include your daytime telephone number so that we may contact you directly if we need additional information.
- If your concern or complaint is about the quality of care or quality of service received from a specific provider, contact Member Services. A representative will record your concerns and may request a written summary of the issues. To write to us directly with a quality of care or service concern, you can:
 - Send an email to:
quality.care.complaints@carefirst.com
 - Fax a written complaint to: **301-470-5866**
 - Write to:
**CareFirst BlueCross BlueShield
Quality of Care Department
P.O. Box 17636
Baltimore, MD 21297**

If you send your comments to us in writing, please include your member ID number and provide us with as much detail as possible regarding the event or incident. Please include your daytime telephone number so that we may contact you directly if we need additional information. Our Quality of Care Department will investigate your concerns, share those issues with the provider involved and request a response. We will then provide you with a summary of our findings. CareFirst member complaints are retained in our provider files and are reviewed when providers are considered for continuing participation with CareFirst.

If you wish, you may also contact the appropriate regulatory department regarding your concern:

VIRGINIA:
Virginia Bureau of Insurance
P.O. Box 1157
Richmond, VA 23218
Phone: 804-371-9691

Complaint Intake
Office of Licensure and Certification
Virginia Department of Health
9960 Mayland Drive, Suite 401
Henrico, VA 23233-1463
Toll-free: 800-955-1819
Richmond metropolitan area: 804-367-2106
Fax: 804-527-4503
Email: mchip@vdh.virginia.gov

For assistance in resolving a billing or payment dispute with the health plan or a healthcare provider, contact the Health Education and Advocacy Unit of the Consumer Protection Division of the Office of the Attorney General at:

Office of the Managed Care Ombudsman
Bureau of Insurance
P.O. Box 1157
Richmond, VA 23218
Toll free: 877-310-6560
Phone: 804-371-9032
Email: ombudsman@scc.virginia.gov

Hearing impaired

To contact a Member Services representative, please choose the appropriate hearing impaired assistance number below, based on the region in which your coverage originates.

Virginia Relay Program: 711
Please have your Member ID number ready.

Language assistance

Interpreter services are available through Member Services. When calling Member Services, inform the representative that you need language assistance.

Please note: CareFirst appreciates the opportunity to improve the quality of care and services available for you. As a member, you will not be subject to disenrollment or otherwise penalized as a result of filing a complaint or appeal.

Confidentiality of subscriber/member information

All health plans and providers must provide information to members and patients regarding how their information is protected. You will receive a Notice of Privacy Practices from CareFirst or your health plan, and from your providers as well, when you visit their office.

CareFirst has policies and procedures in place to protect the confidentiality of member information. Your confidential information includes protected health information (PHI), whether oral, written or electronic, and other nonpublic financial information. Because we are responsible for your insurance coverage, making sure your claims are

paid, and that you can obtain any important services related to your healthcare, we are permitted to use and disclose (give out) your information for these purposes. Sometimes we are even required by law to disclose your information in certain situations. You also have certain rights to your own protected health information on your behalf.

Our responsibilities

We are required by law to maintain the privacy of your PHI, and to have appropriate procedures in place to do so. In accordance with the federal and state privacy laws, we have the right to use and disclose your PHI for treatment, payment activities and healthcare operations as explained in the Notice of Privacy Practices. We may disclose your protected health information to the plan sponsor/employer to perform plan administration function. The notice is sent to all policy holders upon enrollment.

Your rights

You have the following rights regarding your own protected health information. You have the right to:

- Request that we restrict the PHI we use or disclose about you for payment or healthcare operations.
- Request that we communicate with you regarding your information in an alternative manner or at an alternative location if you believe that a disclosure of all or part of your PHI may endanger you.
- Inspect and copy PHI that is contained in a designated record set including your medical record.
- Request that we amend your information if you believe that your PHI is incorrect or incomplete.
- An accounting of certain disclosures of your PHI that are for some reasons other than treatment, payment or healthcare operations.
- Give us written authorization to use your protected health information or to disclose it to anyone for any purpose not listed in this notice.

Inquiries and complaints

If you have a privacy-related inquiry, please contact the CareFirst Privacy Office at 800-853-9236 or send an email to privacy.office@carefirst.com.

Members' rights and responsibilities statement

Members have the right to:

- Be treated with respect and recognition of their dignity and right to privacy.
- Receive information about the health plan, its services, its practitioners and providers and members' rights and responsibilities.
- Participate with practitioners in decision-making regarding their healthcare.
- Participate in a candid discussion of appropriate or medically necessary treatment options for their conditions, regardless of cost or benefit coverage.
- Make recommendations regarding the organization's members' rights and responsibilities.
- Voice complaints or file appeals about the health plan or the care provided.

Members have a responsibility to:

- Provide, to the extent possible, information that the health plan, its practitioners and providers need in order to care for them.
- Understand their health problems and participate in developing mutually agreed upon treatment goals to the degree possible.
- Follow the plans and instructions for care that they have agreed on with their practitioners.
- Pay copayments or coinsurance at the time of service.
- Be on time for appointments and to notify practitioners/providers when an appointment must be canceled.

Eligible individuals' rights statement, wellness and health promotion services

Eligible individuals have a right to:

- Receive information about the organization, including wellness and health promotion services provided on behalf of the employer or plan sponsors; organization staff and staff qualifications; and any contractual relationships.
- Decline participation or disenroll from wellness and health promotion services offered by the organization.
- Be treated courteously and respectfully by the organization's staff.

- Communicate complaints to the organization and receive instructions on how to use the complaint process that includes the organization's standards of timeliness for responding to and resolving complaints and quality issues.

For more information on the medical review and claims process please visit the **Health Plan Information page**.

Experimental/investigational services

Experimental/investigational means services that are not recognized as efficacious as that term is defined in the edition of the Institute of Medicine Report on Assessing Medical Technologies current when the care is rendered. Experimental/investigational services do not include controlled clinical trials.

Compensation and premium disclosure statement

Our compensation to providers who offer healthcare and behavioral healthcare services to our insured members or enrollees may be based on a variety of payment mechanisms such as fee-for-service payments, salary or capitation. Bonuses may be used with these various types of payment methods.

The following information applies to CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc. doing business as CareFirst BlueCross BlueShield, and to CareFirst BlueChoice, Inc., and their affiliates (collectively, CareFirst).

If you desire additional information about our methods of paying providers, or if you want to know which method(s) apply to your physician, please call our Member Services Department at the number listed on your member ID card, or write to:

For plans underwritten by CareFirst BlueChoice, Inc. and Group Hospitalization and Medical Services, Inc.

CareFirst BlueCross BlueShield
CareFirst BlueChoice, Inc.
840 First Street, NE
Washington, D.C. 20065
Attention: Member Services

For plans underwritten by CareFirst of Maryland, Inc.

CareFirst BlueCross BlueShield
10455 Mill Run Circle
Owings Mills, MD 21117-5559
Attention: Member Services

For more information on common pharmacy procedures please visit the **Health Plan Information** page.

A. Methods of paying physicians

The following definitions explain how insurance carriers may pay physicians (or other providers) for your healthcare services.

The examples show how Dr. Jones, an obstetrician/gynecologist, would be compensated under each method of payment.

Salary: A physician (or other provider) is an employee of the HMO and is paid compensation (monetary wages) for providing specific healthcare services.

Since Dr. Jones is an employee of an HMO, she receives her usual bi-weekly salary regardless of how many patients she sees or the number of services she provides. During the months of providing prenatal care to Mrs. Smith, who is a member of the HMO, Dr. Jones' salary is unchanged. Although Mrs. Smith's baby is delivered by Cesarean section, a more complicated procedure than a vaginal delivery, the method of delivery will not have an effect upon Dr. Jones' salary.

Capitation: A physician (or group of physicians) is paid a fixed amount of money per month by an HMO for each patient who chooses the physician(s) to be his or her doctor. Payment is fixed without regard to the volume of services that an individual patient requires.

Under this type of contractual arrangement, Dr. Jones participates in an HMO network. She is not employed by the HMO. Her contract with the HMO stipulates that she is paid a certain amount each month for patients who select her as their doctor. Since Mrs. Smith is a member of the HMO, Dr. Jones' monthly payment does not change as a result of her providing ongoing care to Mrs. Smith. The capitation amount paid to Dr. Jones is the same whether or not Mrs. Smith requires obstetric services.

Fee-for-service: A physician (or other provider) charges a fee for each patient visit, medical procedure or medical service provided. An HMO pays the entire fee for physicians it has under contract and an insurer pays all or part of that fee, depending on the type of coverage. The patient is expected to pay the remainder.

Dr. Jones' contract with the insurer or HMO states that Dr. Jones will be paid a fee for each patient visit and each service she provides. The amount of payment Dr. Jones receives will depend upon the number, types, and complexity of services, and the time she spends providing services to Mrs. Smith. Because Cesarean deliveries are more complicated than vaginal deliveries, Dr. Jones is paid more to deliver Mrs. Smith's baby than she would be paid for a vaginal delivery. Mrs. Smith may be responsible for paying some portion of Dr. Jones' bill.

Discounted fee-for-service: Payment is less than the rate usually received by the physician (or other provider) for each patient visit, medical procedure, or service. This arrangement is the result of an agreement between the payer, who gets lower costs and the physician (or other provider), who usually gets an increased volume of patients.

Like fee-for-service, this type of contractual arrangement involves the insurer or HMO paying Dr. Jones for each patient visit and each delivery. But under this arrangement, the rate, agreed upon in advance, is less than Dr. Jones' usual fee. Dr. Jones expects that in exchange for agreeing to accept a reduced rate, she will serve a certain number of patients. For each procedure that she performs, Dr. Jones will be paid a discounted rate by the insurer or HMO.

Bonus: A physician (or other provider) is paid an additional amount over what he or she is paid under salary, capitation, fee-for-service or other type of payment arrangement. Bonuses may be based on many factors, including member satisfaction, quality of care, control of costs and use of services.

An HMO rewards its physician staff or contracted physicians who have demonstrated higher than average quality and productivity. Because Dr. Jones has delivered so many babies and she has been rated highly by her patients and fellow physicians, Dr. Jones will receive a monetary award in addition to her usual payment.

Case rate: The HMO or insurer and the physician (or other provider) agree in advance that payment will cover a combination of services provided by both the physician (or other provider) and the hospital for an episode of care.

This type of arrangement stipulates how much an insurer or HMO will pay for a patient's obstetric services. All office visits for prenatal and postnatal care, as well as the delivery, and hospital-related charges are covered by one fee. Dr. Jones, the hospital, and other providers (such as an anesthesiologist) will divide payment from the insurer or HMO for the care provided to Mrs. Smith.

B. Percentage of provider payment methods

CareFirst BlueChoice, Inc. is a network model HMO and contracts directly with primary care and specialty care providers. According to this type of arrangement, CareFirst BlueChoice, Inc. reimburses providers primarily on a discounted fee-for-service payment method. The provider payment method percentages for CareFirst BlueChoice, Inc. are approximately 99% discounted fee-for-service with less than 1% capitated.

For its Indemnity and Preferred Provider Organization (PPO) plans, CareFirst of Maryland, Inc. and CareFirst BlueCross BlueShield contract directly with physicians. All physicians are reimbursed on a discounted fee-for-service basis.

C. Distribution of premium dollars

The bar graph at right illustrates the proportion of every \$100 in premium used by CareFirst to pay physicians (or other providers) for medical care expenses and the proportion used to pay for plan administration.

Chart A represents an average for all CareFirst BlueChoice, Inc. HMO accounts based on our annual statement. The ratio of direct medical care expenses to plan administration will vary by account.

Chart B represents an average for all Group Hospitalization and Medical Services, Inc. indemnity accounts based on our annual statement. The ratio of direct medical care expenses to plan administration will vary by account.

Chart A: BlueChoice, Inc.

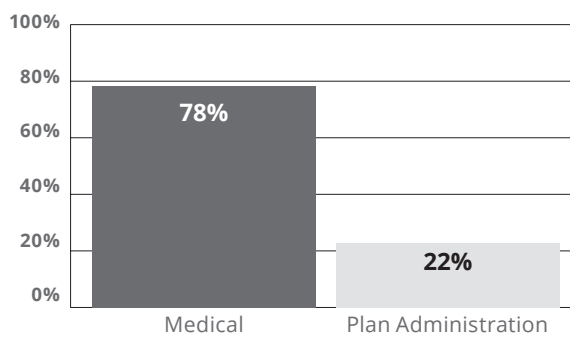
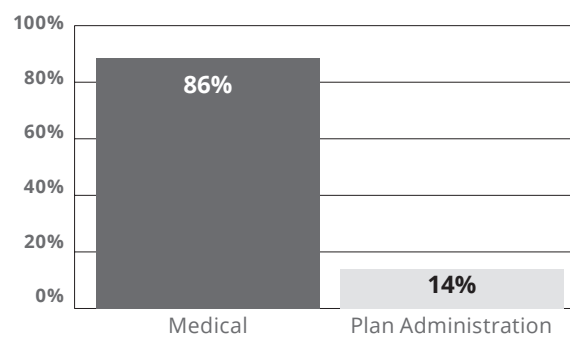


Chart B: Group Hospitalization and Medical Services, Inc.



2025 Northern Virginia Policy Form Numbers

BlueChoice HMO Young Adult 9200 Med Ded

VA/CFBC/CD/HMO (1/25); VA/CFBC/CD/HMO/YA SOB (1/25); MVAAP (2/24)

BlueChoice HMO HSA Silver 3300 Ded 25 Dent Ded

VA/CFBC/CD/HMO (1/25); VA/CFBC/CD/HSA/SIL 3300 (1/25); MVAAP (2/24)

BluePreferred PPO HSA Silver 3300 Med Ded 25 Dent Ded

VA/CF/CD/BP (1/25); VA/CF/CD/BP PPO HSA/SIL 3300 (1/25); MVAAP (2/24)

BlueChoice HMO Standard Silver 5000 Med Ded 25 Dent Ded

VA/CFBC/CD/HMO (1/25); VA/CFBC/CD/HMO/STAND SIL 5900 (1/25); MVAAP (2/24)

BluePreferred PPO Standard Silver 5000 Med Ded 25 Dent Ded

VA/CF/CD/BP (1/25); VA/CF/CD/BP PPO/STAND SIL 5000 (1/25); MVAAP (2/24)

BlueChoice HMO Gold 1750 Med Ded 150 Drug Ded 25 Dent Ded Virtual Connect

VA/CFBC/CD/HMO (1/25); VA/CFBC/CD/BC HMO/GOLD 1750 (1/25); MVAAP (2/24)

BluePreferred PPO Gold 1750 Med Ded 150 Drug Ded 25 Dent Ded Virtual Connect

VA/CF/CD/BP (1/25); VA/CF/CD/BP PPO/GOLD 1750 VC (1/25); MVAAP (2/24)

BlueChoice HMO Standard Gold 1500 Med Ded 25 Dent Ded

VA/CFBC/CD/HMO (1/25); VA/CFBC/CD/HMO/STAND GOLD 1500 (1/25); MVAAP (2/24)

BluePreferred PPO Standard Gold 1500 Med Ded 25 Dent Ded

VA/CF/CD/BP (1/25); VA/CF/CD/BP PPO/STAND GOLD 1500 (1/25); MVAAP (2/24)

CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

Notice of Nondiscrimination and Availability of Language Assistance Services

(UPDATED 8/5/19)

CareFirst BlueCross BlueShield, CareFirst BlueChoice, Inc., CareFirst Diversified Benefits and all of their corporate affiliates (CareFirst) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. CareFirst does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

CareFirst:

- Provides free aid and services to people with disabilities to communicate effectively with us, such as:
 - ☐ Qualified sign language interpreters
 - ☐ Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - ☐ Qualified interpreters
 - ☐ Information written in other languages

If you need these services, please call 855-258-6518.

If you believe CareFirst has failed to provide these services, or discriminated in another way, on the basis of race, color, national origin, age, disability or sex, you can file a grievance with our CareFirst Civil Rights Coordinator by mail, fax or email. If you need help filing a grievance, our CareFirst Civil Rights Coordinator is available to help you.

To file a grievance regarding a violation of federal civil rights, please contact the Civil Rights Coordinator as indicated below. Please do not send payments, claims issues, or other documentation to this office.

Civil Rights Coordinator, Corporate Office of Civil Rights

Mailing Address	P.O. Box 8894 Baltimore, Maryland 21224
Email Address	civilrightscoordinator@carefirst.com
Telephone Number	410-528-7820
Fax Number	410-505-2011

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc. CareFirst of Maryland, Inc., Group Hospitalization and Medical Services, Inc., CareFirst BlueChoice, Inc., The Dental Network and First Care, Inc. are independent licensees of the Blue Cross and Blue Shield Association. In the District of Columbia and Maryland, CareFirst MedPlus is the business name of First Care, Inc. In Virginia, CareFirst MedPlus is the business name of First Care, Inc. of Maryland (used in VA by: First Care, Inc.). The Blue Cross® and Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

Foreign Language Assistance

Attention (English): This notice contains information about your insurance coverage. It may contain key dates and you may need to take action by certain deadlines. You have the right to get this information and assistance in your language at no cost. Members should call the phone number on the back of their member identification card. All others may call 855-258-6518 and wait through the dialogue until prompted to push 0. When an agent answers, state the language you need and you will be connected to an interpreter.

አማርኛ (Amharic) ማሳሰቢያ፡- ይህ ማስታወቂያ ስለ መድን ሽፋንዎ መረጃ ይዟል። ከተወሰኑ ቀን-ገደቦች በፊት ሊፈጽሟቸው የሚገቡ ነገሮች ሊኖሩ ስለሚችሉ እነዚህን ወሳኝ ቀናት ሊይዝ ይችላሉ። ይኸን መረጃ የማግኘት እና ያለምንም ከፍተኛ በቋንቋዎ አገዛ የማግኘት መብት አለዎት። አባል ከሆኑ ከመታወቂያ ካርድዎ በስተጀርባ ላይ ወደተጠቀሰው የስልክ ቁጥር መደወል ይችላሉ። አባል ካልሆኑ ደግሞ ወደ ስልክ ቁጥር 855-258-6518 ደውለው 0ን እንዲጫኑ እስኪነገርዎ ድረስ ንግግሩን መጠበቅ አለብዎ። አንድ ወኪል መልስ ሲሰጥዎ፣ የሚፈልጉትን ቋንቋ ያሳውቁ፣ ከዚያም ከተርጓሚ ጋር ይገናኛሉ።

Èdè Yorùbá (Yoruba) Ìtètíléko: Àkíyèsí yìí ní iwífún nípa isẹ adójútòfò rẹ. Ó le ní àwọn déètì pàtó o sì le ní láti gbé ìgbésẹ ní àwọn ojú gbèdèké kan. O ni ètò láti gba iwífún yìí àti irànlówó ní èdè rẹ lófèfè. Àwọn omọ-egbé gbòdò pe nóm̀bà fòdùn tò wà lẹ̀yìn káàdì ìdánimò wọn. Àwọn mírán le pe 855-258-6518 kí o sì dúró nípasẹ̀ ìjíròrò títí a ó fí sọ fún ọ láti tẹ 0. Nígbatí aṣojú kan bá dáhùn, sọ èdè tí o fẹ a ó sì sọ ọ pọ̀ mọ̀ ògbufò kan.

Tiếng Việt (Vietnamese) Chú ý: Thông báo này chứa thông tin về phạm vi bảo hiểm của quý vị. Thông báo có thể chứa những ngày quan trọng và quý vị cần hành động trước một số thời hạn nhất định. Quý vị có quyền nhận được thông tin này và hỗ trợ bằng ngôn ngữ của quý vị hoàn toàn miễn phí. Các thành viên nên gọi số điện thoại ở mặt sau của thẻ nhận dạng. Tất cả những người khác có thể gọi số 855-258-6518 và chờ hết cuộc đối thoại cho đến khi được nhắc nhấn phím 0. Khi một tổng đài viên trả lời, hãy nêu rõ ngôn ngữ quý vị cần và quý vị sẽ được kết nối với một thông dịch viên.

Tagalog (Tagalog) Atensyon: Ang abisong ito ay naglalaman ng impormasyon tungkol sa nasasaklawang ng iyong insurance. Maaari itong maglaman ng mga pinakamahalagang petsa at maaaring kailangan mong gumawa ng aksyon ayon sa ilang deadline. May karapatan ka na makuha ang impormasyong ito at tulong sa iyong sariling wika nang walang gastos. Dapat tawagan ng mga Miyembro ang numero ng telepono na nasa likuran ng kanilang identification card. Ang lahat ng iba ay maaaring tumawag sa 855-258-6518 at maghintay hanggang sa dulo ng diyalogo hanggang sa diktahan na pindutin ang 0. Kapag sumagot ang ahente, sabihin ang wika na kailangan mo at ikonekta ka sa isang interpreter.

Español (Spanish) Atención: Este aviso contiene información sobre su cobertura de seguro. Es posible que incluya fechas clave y que usted tenga que realizar alguna acción antes de ciertas fechas límite. Usted tiene derecho a obtener esta información y asistencia en su idioma sin ningún costo. Los asegurados deben llamar al número de teléfono que se encuentra al reverso de su tarjeta de identificación. Todos los demás pueden llamar al 855-258-6518 y esperar la grabación hasta que se les indique que deben presionar 0. Cuando un agente de seguros responda, indique el idioma que necesita y se le comunicará con un intérprete.

Русский (Russian) Внимание! Настоящее уведомление содержит информацию о вашем страховом обеспечении. В нем могут указываться важные даты, и от вас может потребоваться выполнить некоторые действия до определенного срока. Вы имеете право бесплатно получить настоящие сведения и сопутствующую помощь на удобном вам языке. Участникам следует обращаться по номеру телефона, указанному на тыльной стороне идентификационной карты. Все прочие абоненты могут звонить по номеру 855-258-6518 и ожидать, пока в голосовом меню не будет предложено нажать цифру «0». При ответе агента укажите желаемый язык общения, и вас свяжут с переводчиком.

हिन्दी (Hindi) ध्यान दें: इस सूचना में आपकी बीमा कवरेज के बारे में जानकारी दी गई है। हो सकता है कि इसमें मुख्य तिथियों का उल्लेख हो और आपके लिए किसी नियत समय-सीमा के भीतर काम करना ज़रूरी हो। आपको यह जानकारी और संबंधित सहायता अपनी भाषा में निःशुल्क पाने का अधिकार है। सदस्यों को अपने पहचान पत्र के पीछे दिए गए फ़ोन नंबर पर कॉल करना चाहिए। अन्य सभी लोग 855-258-6518 पर कॉल कर सकते हैं और जब तक 0 दबाने के लिए न कहा जाए, तब तक संवाद की प्रतीक्षा करें। जब कोई एजेंट उत्तर दे तो उसे अपनी भाषा बताएँ और आपको व्याख्याकार से कनेक्ट कर दिया जाएगा।

Bàsɔ̀-wùdù (Bassa) Tò Dùù Cáó! Bǝ nìà kɛ bá nyo bǝ kɛ m̃ gbo kpá bó nì fùà-fúá-tiĩn nyɛɛ jè dyí. Bǝ nìà kɛ bédé wé jéé bǝ bǝ m̃ kɛ dɛ wa mó m̃ kɛ nyuɛɛ nyu hwɛ bǝ wé bǝa kɛ zi. ɔ m̃ nì kpé bǝ m̃ kɛ bǝ nìà kɛ kɛ gbo-kpá-kpá m̃ móɛ dyé dɛ nì bídí-wùdù mú bǝ m̃ kɛ se wídí dò péè. Kpooɔ nyo bǝ m̃ dǝ fúùn-nòbà nìà dɛ waa I.D. káàò dɛín nyɛ. Nyo tòò séín m̃ dǝ nòbà nìà kɛ: 855-258-6518, kɛ m̃ m̃ fò tee bǝ wa kɛ m̃ gbo cǝ bǝ m̃ kɛ nòbà m̃à 0 kɛ dyi pàdàin hwɛ. ɔ jǝ kɛ nyo dò dyi m̃ gǝ jǝin, po wudu m̃ mó poɛ dyie, kɛ nyo dò mu bó nìin bǝ ɔ kɛ nì wuduò mú zà.

বাংলা (Bengali) লক্ষ্য করুন: এই নোটিশে আপনার বিমা কভারেজ সম্পর্কে তথ্য রয়েছে। এর মধ্যে গুরুত্বপূর্ণ তারিখ থাকতে পারে এবং নির্দিষ্ট তারিখের মধ্যে আপনাকে পদক্ষেপ নিতে হতে পারে। বিনা খরচে নিজের ভাষায় এই তথ্য পাওয়ার এবং সহায়তা পাওয়ার অধিকার আপনার আছে। সদস্যদেরকে তাদের পরিচয়পত্রের পিছনে থাকা নম্বরে কল করতে হবে। অন্যরা 855-258-6518 নম্বরে কল করে 0 টিপতে না বলা পর্যন্ত অপেক্ষা করতে পারেন। যখন কোনো এজেন্ট উত্তর দেবেন তখন আপনার নিজের ভাষার নাম বলুন এবং আপনাকে দোভাষীর সঙ্গে সংযুক্ত করা হবে।

اردو (Urdu) توجہ: یہ نوٹس آپ کے انشورینس کوریج سے متعلق معلومات پر مشتمل ہے۔ اس میں کلیدی تاریخیں ہو سکتی ہیں اور ممکن ہے کہ آپ کو مخصوص آخری تاریخوں تک کارروائی کرنے کی ضرورت پڑے۔ آپ کے پاس یہ معلومات حاصل کرنے اور بغیر خرچہ کیے اپنی زبان میں مدد حاصل کرنے کا حق ہے۔ ممبران کو اپنے شناختی کارڈ کی پشت پر موجود فون نمبر پر کال کرنی چاہیے۔ سبھی دیگر لوگ 855-258-6518 پر کال کر سکتے ہیں اور 0 دبانے کو کہے جانے تک انتظار کریں۔ ایجنٹ کے جواب دینے پر اپنی مطلوبہ زبان بتائیں اور مترجم سے مربوط ہو جائیں گے۔

فارسی (Farsi) توجه: این اعلامیه حاوی اطلاعاتی درباره پوشش بیمه شما است. ممکن است حاوی تاریخ های مهمی باشد و لازم است تا تاریخ مقرر شده خاصی اقدام کنید. شما از این حق برخوردار هستید تا این اطلاعات و راهنمایی را به صورت رایگان به زبان خودتان دریافت کنید. اعضا باید با شماره درج شده در پشت کارت شناسایی شان تماس بگیرند. سایر افراد می توانند با شماره 855-258-6518 تماس بگیرند و منتظر بمانند تا از آنها خواسته شود عدد 0 را فشار دهند. بعد از پاسخگویی توسط یکی از اپراتورها، زبان مورد نیاز را تنظیم کنید تا به مترجم مربوطه وصل شوید.

اللغة العربية (Arabic) تنبيه: يحتوي هذا الإخطار على معلومات بشأن تغطيتك التأمينية، وقد يحتوي على تواريخ مهمة، وقد تحتاج إلى اتخاذ إجراءات بحلول مواعيد نهائية محددة. يحق لك الحصول على هذه المساعدة والمعلومات بلغتك بدون تحمل أي تكلفة. ينبغي على الأعضاء الاتصال على رقم الهاتف المذكور في ظهر بطاقة تعريف الهوية الخاصة بهم. يمكن للأخريين الاتصال على الرقم 855-258-6518 والانتظار خلال المحادثة حتى يطلب منهم الضغط على رقم 0. عند إجابة أحد الوكلاء، اذكر اللغة التي تحتاج إلى التواصل بها وسيتم توصيلك بأحد المترجمين الفوريين.

中文繁体 (Traditional Chinese) 注意：本聲明包含關於您的保險給付相關資訊。本聲明可能包含重要日期及您在特定期限之前需要採取的行動。您有權利免費獲得這份資訊，以及透過您的母語提供的協助服務。會員請撥打印在身分識別卡背面的電話號碼。其他所有人士可撥打電話 855-258-6518，並等候直到對話提示按下按鍵 0。當接線生回答時，請說出您需要使用的語言，這樣您就能與口譯人員連線。

Igbo (Igbo) Nrubama: Okwa a nwere ozi gbasara mkpuchi nchekwa onwe gi. O nwere ike inwe ubochi ndi di mkpa, i nwere ike ime ihe tupu ufodu ubochi njedebe. I nwere ikike inweta ozi na enyemaka a n'asusu gi na akwughi ugwo o buia. Ndi otu kwesiri ikpo akara ekwent di n'azu nke kaadi njirimara ha. Ndi ozọ niile nwere ike ikpo 855-258-6518 wee chere ububo ahụ ruo mgbe amanyere ipi 0. Mgbe onye nnochite anya zara, kwuo asusu i choro, a ga-ejiko gi na onye okowa okwu.

Deutsch (German) Achtung: Diese Mitteilung enthält Informationen über Ihren Versicherungsschutz. Sie kann wichtige Termine beinhalten, und Sie müssen gegebenenfalls innerhalb bestimmter Fristen reagieren. Sie haben das Recht, diese Informationen und weitere Unterstützung kostenlos in Ihrer Sprache zu erhalten. Als Mitglied verwenden Sie bitte die auf der Rückseite Ihrer Karte angegebene Telefonnummer. Alle anderen Personen rufen bitte die Nummer 855-258-6518 an und warten auf die Aufforderung, die Taste 0 zu drücken. Geben Sie dem Mitarbeiter die gewünschte Sprache an, damit er Sie mit einem Dolmetscher verbinden kann.

Français (French) Attention: cet avis contient des informations sur votre couverture d'assurance. Des dates importantes peuvent y figurer et il se peut que vous deviez entreprendre des démarches avant certaines échéances. Vous avez le droit d'obtenir gratuitement ces informations et de l'aide dans votre langue. Les membres doivent appeler le numéro de téléphone figurant à l'arrière de leur carte d'identification. Tous les autres peuvent appeler le 855-258-6518 et, après avoir écouté le message, appuyer sur le 0 lorsqu'ils seront invités à le faire. Lorsqu'un(e) employé(e) répondra, indiquez la langue que vous souhaitez et vous serez mis(e) en relation avec un interprète.

한국어(Korean) 주의: 이 통지서에는 보험 커버리지에 대한 정보가 포함되어 있습니다. 주요 날짜 및 조치를 취해야 하는 특정 기한이 포함될 수 있습니다. 귀하에게는 사용 언어로 해당 정보와 지원을 받을 권리가 있습니다. 회원이신 경우 ID 카드의 뒷면에 있는 전화번호로 연락해 주십시오. 회원이 아닌 경우 855-258-6518 번으로 전화하여 0을 누르라는 메시지가 들릴 때까지 기다리십시오. 연결된 상담원에게 필요한 언어를 말씀하시면 통역 서비스에 연결해 드립니다.

Diné Bizaad (Navajo) Ge': Díí bee íł hane'ígíí bii' dahólǫ bee éédahózin béeso ách'ááh naanil ník'ist'í'ígíí bá. Bii' dahólǫq doo íiyisíí yoolkáálígíí dóó t'áádoo le'é ádadoolyííligíí da yókeedgo t'áá doo bee e'e'aahí ájiil'ííh. Bee ná ahóót'í' díí bee íł hane' dóó níká'ádoowoł t'áá nínizaad bee t'áá jiik'é. Atah danilínígíí béesh bee hane'é bee wólta'ígíí nitł'izgo bee nee hódolzinígíí bikéédéé' bikáá' bich'í' hodoonihjí'. Aadóó náánáta' éi koji' dahódoonih 855-258-6518 dóó yii diiłts'ííł yałtí'ígíí t'áá níléljį áádóó éi bikéé'dóó naasbaqas bił adidiilchil. Áká'anidaalwó'ígíí neidiitąągo, saad bee yáníłt'í'ígíí yii diikił dóó ata' halne'é lá níká'ádoowoł.

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