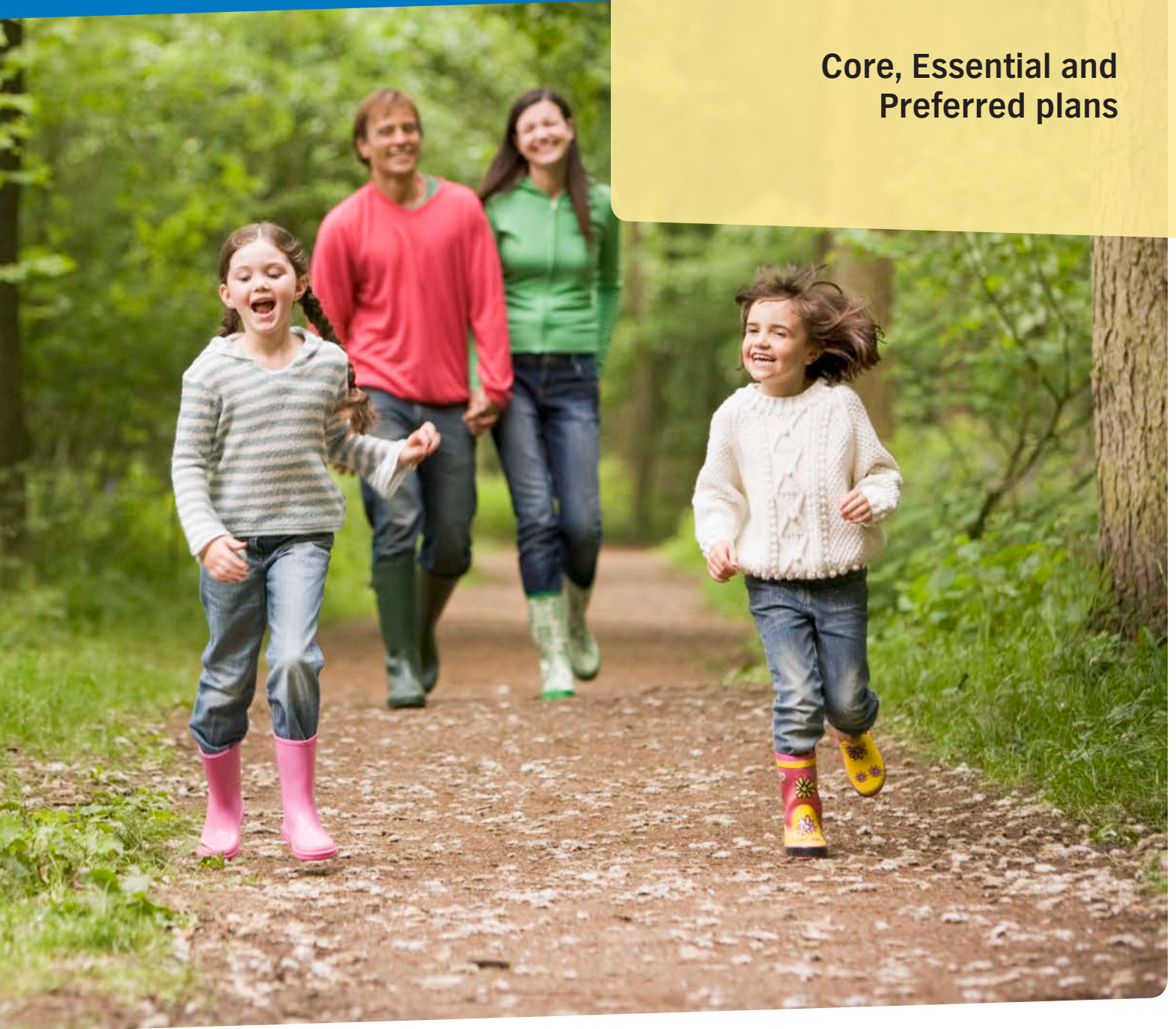


Individual and family health benefit plans for Maine

# We make it easy. Find out how.

**Core, Essential and  
Preferred plans**



Servicing the following counties: York, Cumberland, Knox, Kennebec, Oxford, Androscoggin, Lincoln, Sagadahoc, Waldo and Franklin Counties



## Health care may never be simple, but choosing the right plan can be.

When it comes to Individual health care coverage, it's not one-size-fits-all. With Anthem Blue Cross and Blue Shield (Anthem), you get a wide range of options so you can compare plans and find the best coverage for your needs and budget. No one knows what you and your family need better than you. Just let us know and we're here to help when and where you need us.

To learn more about your options, review this information with your Anthem authorized representative.

### Total health care

We offer you a total health solution, so you can live healthier, feel better and save money doing it. With Anthem, you get:

- Easy-to-use tools to find a doctor, hospital, provider or pharmacy

- No-cost preventive care, like checkups and flu shots
- 24/7 NurseLine
- Online support to manage your plan
- Reliable customer service

### Network value

Access to the best doctors is important. And we've created our network of doctors and hospitals with this in mind. Our goal is to work with doctors and hospitals who will offer the best care possible — at a lower cost. Our Pathway Enhanced network includes:

- Doctors and hospitals
- Lab, durable medical equipment and behavioral health providers
- Urgent and emergency providers

### A friendly face in a changing world

Health care is changing but one thing is clear: we're here to provide health care benefits to people like you — now and in the future. Starting in 2014, all Americans must have health coverage. You can purchase coverage direct from Anthem or through your state's health insurance marketplace (also known as the Exchange). In some cases, the government may even help pay for your coverage. Get the health care coverage you need from Anthem.

### Get help today!

**Call your Anthem authorized representative or visit us online at [anthem.com](http://anthem.com) where you can view and compare plan options.**



# How Health Care Coverage Works

Health care coverage can help protect you against the high costs of care. With most health care coverage, you pay a monthly fee called a premium, then you share some of the cost of covered care with the company that provides your coverage. With Anthem, you can choose the level of cost sharing that works best for your health care needs and budget.

## Here's an example: *Meet John*

John's story is only an example of how health plans work. Be sure to look at the benefits for each of our plan choices for specific information.

John's health plan has the following benefits:

- \$35 copay for doctor visits.
- \$2,000 deductible.
- 30% coinsurance.
- \$5,000 out-of-pocket limit.

After injuring his knee in a soccer game, John calls his doctor. He chooses providers in our network, which saves him the most money. By choosing providers in our network, John gets lower negotiated rates (meaning, discounted prices). In the following examples, you'll see what John paid and why it's important to have health insurance.

### Copay (Copayment)

On some plans you pay a fixed dollar amount for certain services when you get them.

For example, when you see a doctor, you may be asked to pay a \$35 copay.

#### Let's take a closer look at John's doctor's visit copay:

- *Doctor visit cost (without insurance):* \$200
- *Anthem's negotiated rate:* \$140
- *Anthem pays:* \$105
- *What John paid: \$35* (his plan's copay for doctor office visit)

### Deductible

You pay this amount for covered medical services each calendar year (January through December). Covered services that apply to the deductible may include lab work, X-rays, anesthesia and surgeon fees. (Covered preventive services start before the deductible is met.)

Your deductible starts over each calendar year.

#### Here's what happens next when John's doctor orders an approved MRI of the knee and recommends surgery:

##### MRI

- *MRI cost (without insurance):* \$1,500
- *Anthem's negotiated rate:* \$1,000
- *What John paid: \$1,000* (John's payment counts toward his plan's \$2,000 deductible.)

##### Surgery

- *Hospital/surgery costs (without insurance):* \$50,000
- *Anthem's negotiated rate:* \$35,000
- *What John paid: \$1,000* (John's payment satisfies the remaining \$1,000 deductible.)
- *Remaining cost of surgery:* \$34,000

### Coinsurance

Once you've met your deductible, Anthem starts paying a portion of claims. The health care bills that remain are shared between you and Anthem. Your coinsurance is the percent that you must pay for a covered service per calendar year. Having met his deductible, John's coinsurance begins.

#### Let's check in to see what John will be paying.

- *Coinsurance:* 30% (30% of \$34,000 = \$10,200)
- *What John paid: \$2,965* (John's payment satisfies the remainder of his \$5,000 out-of-pocket limit.)

### Out-of-pocket limit

The most you pay during a policy period before your health insurance begins to pay at 100% (of the allowed amount). The amounts you pay for your deductible, coinsurance and copay are typically what make up your out-of-pocket limit. Once you meet your out-of-pocket limit, we pay 100% (of the allowed amount) of covered services for the rest of the calendar year.

#### John has met his out-of-pocket and the remaining surgery costs are paid.

- *Anthem pays:* \$31,035
- *Out-of-pocket limit:* \$5,000

### Summary

John paid far less out-of-pocket because he had health care coverage. If John had used a provider outside of our network, depending on his plan, he might not have had coverage or would have had to pay much more.

- *Total for doctor visit, MRI and surgery (without health insurance):* \$51,700
- *Total Anthem paid after discounts:* \$31,140
- *Total John paid: \$5,000*

# Covering you A to Z

All of our plan options have one major goal in mind: Making sure you stay healthy and that you get access to the quality care you need when you need it. That's why, no matter which plan you choose, you're covered for preventive care to emergencies, and more!

## What's covered?

- <sup>1</sup>Preventive and wellness services and help managing a chronic (ongoing) disease
- Outpatient (ambulatory) patient care
- Emergency services, like going to the ER or urgent care
- Inpatient care (when you stay overnight in a hospital)
- Laboratory services
- Prescription drugs
- Rehabilitative and habilitative services (habilitative services help a person learn, keep or improve skills they may not be developing normally)
- Mental health and substance abuse services
- Maternity (pregnancy) and newborn care
- Pediatric services (health care for children)

Don't forget dental and vision coverage. Check out our Anthem dental and vision plans. Just call your Anthem authorized representative or go online to [anthem.com](https://www.anthem.com) for details.

## A closer look at prescription drug coverage

Prescription drug benefits help cover the cost of medications your doctor prescribes. We're here to help you better understand your prescription drug plan and the choices you have when it comes to selecting and paying for these medications.

To find out if your medication is covered, take a look at our drug list at [anthem.com](https://www.anthem.com) > Customer Support > Forms Library > Anthem Select Drug List. Covered medications are assigned to certain tiers (or levels) based on cost, availability and similar alternatives. By selecting a Tier 1 medication, you may have a lower cost share. You can usually save money by selecting a generic version of a medication. Or even save time by having medicine sent right to your home. Always talk to your doctor first about which medication is right for you.

Please visit our Find a Doctor tool on [anthem.com](https://www.anthem.com) to see if your pharmacy is in-network.

## Access coverage – no matter where you are in the U.S. – with BlueCard®

When you're traveling for work or on vacation, going to the ER or urgent care is probably the last thing you want to happen. However, our plans cover emergency and urgent care in every state through the Blue Cross and Blue Shield Association's BlueCard® Program. This means you and your family have emergency and urgent care coverage from coast to coast.

## Take care of yourself with no-cost preventive care

Anthem's preventive care coverage options give you access to any of our network doctors so you pay nothing out of pocket. Stay in control of your health care and your finances with \$0 deductible, \$0 copay and \$0 cost to you for covered preventive services received in-network.

<sup>1</sup>Preventive and wellness services consist of services recommended by the United States Preventive Services Task Force, including well-child care, immunizations, PSA screenings, Pap tests, mammograms and more.



# Your plan options

We offer plans to fit your health care coverage needs — and your budget. To make it easy to compare and choose a plan, they are split into three different levels — Core, Essential and Preferred. Your costs and coverage increase with each level.

Core	With the Core plans, you pay less for your monthly premium but you pay more when you get care. You have broad benefits with deductibles, copays and coinsurance that may be higher than the other plans.
Essential	The Essential plans still have lower monthly premiums but you pay less when you get care.
Preferred	With the Preferred plan, you have richer benefits and pay less when you get care. However, the monthly premium is higher than the Core and Essential plans.

## Make your health care dollars work harder with a Health Savings Account

A Health Savings Account (HSA) is a savings account that you can open when you have a qualified high deductible health plan (HDHP). You set up the account through a bank and fund it with post-tax dollars. That money can be used to pay for your qualified health care expenses, including prescriptions. HSA-compatible health care plans work with or without this savings account, the choice is yours.

Plan choices that are HSA-compatible include HSA in the plan name. Check with your tax advisor to see if an HSA plan is right for you and check out the insert from our preferred banking partner.

## What doctors can I see?

The health care plans we offer are **Guided Access** plans. **Guided Access** is a type of plan where you choose a primary care physician (PCP). Having a primary physician you see anytime you need a checkup or have a health issue is a good idea. You have a choice of in-network PCPs and a referral from your PCP is required to see other doctors.

## What is an in-network provider?

When you need care, you will get the best value by visiting an **in-network** doctor, hospital or other health care provider. **In-network** (or participating) refers to doctors, hospitals and other health care providers that have agreed to accept lower negotiated rates (discounted prices) for their covered services. These agreed upon rates can help lower the cost of covered health care services, including your share of the costs. This is true when you're paying the whole cost for covered services (such as while you are meeting your deductible). And it's also true when we are sharing the cost (while you are meeting your out-of-pocket limit).

**Out-of-network** (or nonparticipating) refers to doctors, hospitals and other health care providers that are not contracted with your health plan to provide services at a negotiated rate. **Our plans do not offer out-of-network benefits (with the exception of emergency and urgent care).** This means you will pay the entire cost for any service you get from **out-of-network** providers.

To find out if your current health care provider is in our network, visit our Find a Doctor tool on [anthem.com](https://www.anthem.com).

# Easy-to-use online tools

Anthem's website is an easy-to-use resource that allows you to manage your health care in a simple and convenient way. With our website, you can:

- Find out what is and isn't covered by your plan with an easy-to-understand breakdown of your benefits summary.
- Get instant access to your recent claims and coverage details.
- Know your costs before having certain procedures with clear estimates using our out-of-pocket cost calculator.

## Get help from nurses 24/7

Anthem's 24/7 NurseLine gives you access to trained registered nurses any time of the day or night for answers to your general health questions, to help you understand your symptoms and to help you determine the right care at the right time.

## Find a Doctor

Want to make sure your doctor is in our network? Need to find a new doctor or specialist? No problem! Our online Find a Doctor Tool helps you find doctors, hospitals, pharmacies and other specialists in your area — and shows whether they are cost-saving network providers. Log on to anthem.com anytime or download our mobile app right to your phone, so you can search for doctors when you're on the go.

## Zagat® Health Survey

It's similar to the restaurant survey. See what other patients have said about the doctors and hospitals you're thinking about using. Add your own doctor reviews, too!

## Access cost and quality information with Estimate Your Cost

Save time and money by comparing the cost of common procedures at health care facilities in your area. You'll also get to compare quality and safety.

## Save time and money with a walk-in center

You can save money — and usually lots of time — by going to a walk-in center instead of the emergency room (ER) when your condition is not an emergency. The Find a Doctor tool can help find alternatives to the ER, like walk-in centers.



## Tips for picking a health plan

Choosing the right health care coverage is an important decision. Before you choose a plan, consider these tips. And remember, your Anthem authorized representative is here to answer any questions.

- **Make sure the plan will meet your health care coverage needs.** Think about how often you see doctors and specialists. What prescription medications do you take?
- **If staying with your current doctors is important,** see if they're in our network by using our online Find a Doctor tool at [anthem.com](http://anthem.com). Seeing an in-network doctor can save you a lot of money on your health care.
- **Figure out your family's budget for coverage.** Some people would prefer to pay more in premium each month and less out of pocket each time for services like doctors' visits or lab work. Plans may offer different deductible, coinsurance and copay options so you can choose the level of cost sharing that best meets your health care coverage needs and budget.
- **Consider making contributions to a Health Savings Account (HSA).** Making post-tax contributions to an HSA can help make your money go further. Talk to your financial advisor about potential tax advantages.

## Do I qualify to get help paying for my health insurance?

Before you choose a plan, it's a good idea to find out if you qualify to get help paying for your health insurance. If you do qualify, it may make more sense for you to choose an Anthem plan available through the Health Insurance Marketplace. Whether you choose an Anthem plan offered through the Health Insurance Marketplace or direct through Anthem, we have great plan options for you.

## When can I purchase a plan?

Plans can be purchased once a year through an open enrollment period. This year, open enrollment is from October 1, 2013, to December 15, 2013, for a January 1, 2014 effective date. You may also enroll from December 16, 2013 through March 31, 2014, for effective dates after January 1, 2014. Check with your Anthem authorized representative for effective date options and guidelines around enrollment during other times of the year.

## How do I enroll in an Anthem plan?

- If you are ready to enroll or would like more information about the health care plans offered by Anthem, call your Anthem authorized representative today!
- Visit our website at [anthem.com](http://anthem.com) and apply online.





## Get help today!

**Call your Anthem authorized representative or visit us online at [anthem.com](http://anthem.com) where you can view and compare plan options.**

### We want you to be satisfied

After you enroll in a plan offered by Anthem you will receive a Contract or Certificate of Coverage that explains the exact terms and conditions of coverage, including the plan's exclusions and limitations. You will have 10 days to examine your plan's features. During that time, if you are not fully satisfied, you may cancel your policy and your premiums will be refunded, less any claims that were already paid.

This document is only a brief summary of benefits and services. Our plans have exclusions, limitations and terms under which the plan/policy may be continued in force or discontinued. For more complete details, including what's covered and what isn't:

- See the coverage details document included with this brochure.
- Call your Anthem authorized representative.
- Go to [anthem.com](http://anthem.com).

For more information on how to access a Summary of Benefits and Coverage (SBC), please visit [www.healthcare.gov](http://www.healthcare.gov) and enter SBC in the search field.

The health plans described within this document are not eligible for a premium tax credit subsidy.

A high deductible health plan is not a health savings account (HSA). An HSA is a separate arrangement between an individual and a qualified financial institution. To take advantage of tax benefits, an HSA needs to be established. This brochure provides general information only and is not intended to be a substitute for the advice of a qualified tax professional.

ACS|BNY Mellon is an independent corporate entity that provides banking administration on behalf of Anthem Blue Cross and Blue Shield.

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# Coverage Details for Maine

## Things you need to know before you buy...

**Anthem Core Guided Access, Anthem Core Guided Access with Child Dental, Anthem Core Guided Access with HSA, Anthem Essential Guided Access, Anthem Essential Guided Access with HSA, Anthem Preferred Guided Access, Anthem Preferred Guided Access with Child Dental, Anthem Catastrophic Guided Access**

Before choosing a health benefit plan, please review the following information along with the other materials enclosed.

## Eligibility

### Subscriber

To be eligible for membership as a subscriber under your Certificate, the applicant must:

1. Be a United States citizen or national; or
2. Be a lawfully present non-citizen for the entire period for which coverage is sought; and
3. Be a legal resident of Maine;
4. Submit proof satisfactory to Anthem to confirm dependent eligibility;
5. Agree to pay for the cost of premium that Anthem requires;
6. Reveal any coordination of benefits arrangements or other health benefit arrangements for the applicant or dependents as they become effective;
7. Not be incarcerated (except pending disposition of charges);
8. Not be entitled to or enroll in Medicare Parts A without payment of subscription charge;
9. Not be covered by any other group or individual health benefit plan.

For purposes of eligibility, the service area is the area in which you:

1. Reside, intend to reside (including without a fixed address); or
2. The area in which you are seeking employment (whether or not currently employed); or
3. Have entered without a job commitment.

### Dependents

To be eligible for coverage to enroll as a dependent, you must be listed on the enrollment form completed by the subscriber, meet all dependent eligibility criteria and be:

1. The subscriber's legal spouse.
2. The subscriber's domestic partner – The definition of domestic partnership shall be two individuals, of the same sex or opposite sex, that have been each other's sole domestic partner for 12 months or more; are mentally competent; at least 18 years old; not married to or separated from anyone else; and are financially interdependent.

- For purposes of your Certificate, a domestic partner shall be treated the same as a spouse, and a domestic partner's child, adopted child, or child for whom a domestic partner has legal guardianship shall be treated the same as any other child.
  - A domestic partner's or a domestic partner's child's coverage ends on the date of dissolution of the domestic partnership.
  - To apply for coverage as domestic partners, both the subscriber and the eligible domestic partner are required to complete and sign an enrollment application, meet all criteria stated on the enrollment application and submit the enrollment application to [Anthem]. We reserve the right to make the ultimate decision in determining eligibility of the domestic partner.
3. The subscriber's or the subscriber's spouse's children, including stepchildren, newborn and legally adopted children up to age 26.
  4. Children up to age 26 for whom the subscriber or the subscriber's spouse is a legal guardian. The Plan may require the subscriber to submit proof of continued eligibility for any enrolled child. Your failure to provide this information could result in termination of a child's coverage.

Eligibility will be continued past the age limit only for those already enrolled dependents who cannot work to support themselves by reason of intellectual or physical disability. These dependents must be allowed as a federal tax exemption by the subscriber or subscriber's spouse. The dependent's disability must start before the end of the period he or she would become ineligible for coverage. Anthem must certify the dependent's eligibility. Anthem must be informed of the dependent's eligibility for continuation of coverage within 31 days after the dependent would normally become ineligible. You must notify us if the dependent's tax exemption status changes and if he or she is no longer eligible for continued coverage.

Anthem may require the subscriber to submit proof of continued eligibility for any enrolled child. Your failure to provide this information could result in termination of a child's coverage.

Temporary custody is not sufficient to establish eligibility under your Certificate.

Any foster child who is eligible for benefits provided by any governmental program or law will not be eligible for coverage under your Certificate unless required by the laws of this state.

### Open Enrollment

An annual open enrollment period is provided for enrollees. Individuals may enroll in a plan, and members may change plans at that time.

## **Changes Affecting Eligibility and Special Enrollment**

A special enrollment period is a period during which a member or an enrollee who experiences certain qualifying events or changes in eligibility may enroll in a plan, outside of the annual open enrollment period.

Length of special enrollment periods: Unless specifically stated otherwise, a member or enrollee has 60 calendar days from the date of a qualifying event to select a plan.

### **Qualifying Events:**

- Involuntary loss of minimum essential coverage for any reason other than fraud, intentional misrepresentation of a material fact or failure to pay premium;
- Loss of minimum essential coverage due to dissolution of marriage;
- Marriage;
- Adoption or placement for adoption; and
- Birth.

## **Newborn and Adopted Child Coverage**

Newborn children of the subscriber or the subscriber's spouse will be covered for an initial period of 31 days from the date of birth. Coverage for newborns will continue beyond the 31 days, provided the subscriber with other than family coverage submits through Anthem a form to add the child under the subscriber's Certificate. The form must be submitted along with the additional subscription charge, if applicable, within 60 days after the birth of the child. Failure to notify Anthem and pay any applicable premium during this 31 day period will result in no coverage for the newborn or adopted child beyond the first 31 days. A child will be considered adopted from the earlier of: (1) the moment of placement for adoption; or (2) the date of an entry of an order granting custody of the child to you. The child will continue to be considered adopted unless the child is removed from your home prior to issuance of a legal decree of adoption.

## **Adding a Child due to Award of Guardianship**

If a subscriber or the subscriber's spouse files an application for an appointment of guardianship for a child, an application to cover the child under your Certificate must be submitted to Anthem within 60 days of the date of the appointment of guardianship. Coverage will be effective on the date the appointment of guardianship is awarded by the court.

## **Qualified Medical Child Support Order**

If you are required by a Qualified Medical Child Support Order or court order, as defined by applicable state or federal law, to enroll your child under your Certificate, and the child is otherwise eligible for the coverage, Anthem will permit your child to enroll under your Certificate, and Anthem will provide the benefits of your Certificate in accordance with the applicable requirements of such order.

A child's coverage under this provision will not extend beyond any dependent age limit listed in the Summary of Benefits. Any claims payable under your Certificate will be paid, at Anthem's discretion, to the child or the

child's custodial parent or legal guardian, for any expenses paid by the child, custodial parent, or legal guardian. We will make information available to the child, custodial parent, or legal guardian on how to obtain benefits and submit claims to Anthem directly.

## **Effective Date of Coverage**

The earliest effective date for the annual open enrollment period is the first day of the following benefit calendar year. The actual effective date is determined by the date Anthem receives a complete application with the applicable premium payment.

### **Effective dates for special enrollment periods:**

1. In the case of birth, adoption or placement for adoption, coverage is effective on the date of birth, adoption, or placement for adoption; and
2. In the case of marriage, or in the case where an individual loses minimum essential coverage, coverage is effective on the first day of the following month after your application is received.

Effective dates for special enrollment due to loss of minimum essential coverage apply when the loss of minimum essential coverage includes loss of eligibility for coverage as a result of:

1. Legal separation or divorce;
2. Cessation of dependent status, such as attaining the maximum age;
3. Death of an employee;
4. Termination of employment;
5. Reduction in the number of hours of employment; or
6. Any loss of eligibility for coverage after a period that is measured by reference to any of the following:
  - Individual who no longer resides, lives or works in Anthem's service area,
  - A situation in which an individual incurs a claim that would meet or exceed a lifetime limit on all benefits,
  - A situation in which a plan no longer offers any benefits to the class of similarly situated individuals that includes the individual,
  - Termination of employer contributions, and
  - Exhaustion of COBRA benefits.

There is no special enrollment for loss of minimum essential coverage when the loss includes termination or loss due to:

1. Failure to pay subscription charges on a timely basis, including COBRA subscription charges prior to expiration of COBRA coverage, or
2. Situations allowing for a rescission such as fraud or intentional misrepresentation of material fact.

## Guaranteed Renewable

Coverage under your Certificate is guaranteed renewable at the discretion of the member, except as permitted to be canceled, rescinded, or not renewed under applicable state and federal law. The member may renew their Certificate by payment of the renewal premium by the end of the grace period of the premium due date, provided the following requirements are satisfied:

1. Eligibility criteria continues to be met;
2. There are no fraudulent or intentional misrepresentations of material fact on the application or under the terms of this coverage; and
3. Membership has not been terminated by Anthem under the terms of your Certificate.

## Network Providers

The maximum allowed amount may vary depending upon whether the provider is an in-network provider or a non-network provider.

An in-network provider is a provider who is in the managed network for this specific benefit program or in a special center of excellence or other closely managed specialty network, or who has a participation contract with Anthem. For covered services performed by an in-network provider, the maximum allowed amount is the rate the provider has agreed with Anthem to accept as reimbursement for the covered services. Because in-network providers have agreed to accept the maximum allowed amount as payment in full for those covered services, they should not send you a bill or collect for amounts above the maximum allowed amount. However, you may receive a bill or be asked to pay all or a portion of the maximum allowed amount to the extent you have not met your deductible or have a copayment or coinsurance. Please call Customer Service for help in finding an in-network provider or visit our website at [anthem.com](http://anthem.com).

Providers who have not signed any contract with Anthem and are not in any of our networks are non-network providers, subject to Blue Cross Blue Shield Association rules governing claims filed by certain ancillary providers.

## How to Find a Provider in the Network

There are three ways you can find out if a provider or facility is in the network for this Plan. You can also find out where they are located and details about their license or training.

- See your Plan's directory of network providers at [anthem.com](http://anthem.com), which lists the doctors, providers, and facilities that participate in this Plan's network.
- Call Customer Service to ask for a list of doctors and providers that participate in this Plan's network, based on specialty and geographic area.
- Check with your doctor or provider.

If you need help choosing a doctor who is right for you, call the Customer Service number on the back of your Member Identification Card. TTY/TDD services also are available by dialing 711. A special operator will get in touch with us to help with your needs.

Please note that we have several networks, and that a provider that is in-network for one plan may not be in-network for another. Be sure to check your Member Identification Card or call Customer Service to find out which network this Plan uses.

## Requesting Approval for Benefits

Your Plan includes the processes of Precertification, Predetermination and Post Service Clinical Claims Review to decide when services should be covered by your Plan. Their purpose is to aid the delivery of cost-effective health care by reviewing the use of treatments and, when proper, the setting or place of service that they are performed. Covered services must be medically necessary for benefits to be covered.

**Prior Authorization:** In-network providers must obtain Prior Authorization in order for you to get benefits for certain services. Prior Authorization criteria will be based on many sources including medical policy, clinical guidelines, and pharmacy and therapeutics guidelines. Anthem may decide that a service that was prescribed or asked for is not medically necessary if you have not first tried other medically necessary and more cost effective treatments.

If you have any questions about the information in this section, you may call the Customer Service phone number on the back of your Member Identification Card.

### Types of Requests

- **Precertification** – A required review of a service, treatment or admission for a benefit coverage determination which must be done before the service, treatment or admission start date. For Emergency admissions, you, your authorized representative or doctor must tell us within 48 hours of the admission or as soon as possible within a reasonable period of time. For labor/childbirth admissions, Precertification is not needed unless there is a problem and/or the mother and baby are not sent home at the same time.
- **Predetermination** – An optional, voluntary Prospective or Continued Stay Review request for a benefit coverage determination for a service or treatment. We will check your Certificate to find out if there is an exclusion for the service or treatment. If there is a related clinical coverage guideline, the benefit coverage review will include a review to decide whether the service meets the definition of medical necessity under your Certificate or is experimental/investigative as that term is defined in your Certificate.
- **Post Service Clinical Claims Review** – A Retrospective review for a benefit coverage determination to decide the medical necessity or experimental/investigative nature of a service, treatment or admission that did not need Precertification and did not have a Predetermination review performed. Medical reviews are done for a service, treatment or admission in which we have a related clinical coverage guideline and are typically initiated by us.

Typically, in-network providers know which services need Precertification and will get any Precertification or ask for a Predetermination when needed. Your primary care physician and other in-network providers have been given detailed information about these procedures and are responsible for meeting these requirements. Generally, the ordering provider, facility or attending



**Anthem Core Guided Access, Anthem Core Guided Access with Child Dental, Anthem Core Guided Access with HSA, Anthem Essential Guided Access, Anthem Essential Guided Access with HSA, Anthem Preferred Guided Access, Anthem Preferred Guided Access with Child Dental, Anthem Catastrophic Guided Access**

doctor will get in touch with us to ask for a Precertification or Predetermination review (“requesting provider”). We will work with the requesting provider for the Precertification request. However, you may choose an authorized representative to act on your behalf for a specific request. The authorized representative can be anyone who is 18 years of age or older.

## **Your Rights and Responsibilities**

As a member, you have certain rights and responsibilities to help make sure that you get the most from this Plan. It helps you know what you can expect from your overall health care benefit experience and become a smarter health care consumer.

### **You have the right to:**

- Speak freely and privately with your doctors and other health professionals about all health care options and treatment needed for your condition, no matter what the cost or whether it is covered under this Plan.
- Work with your doctors in making choices about your health care.
- Be treated with respect and dignity.
- Privacy of your personal health information, as long as it follows State and Federal laws and our privacy policies.
- Get information about our company and services, and our network of doctors and other health care providers.
- Get more information about your Rights and Responsibilities and give us your thoughts and ideas about them.
- Give Anthem your thoughts and ideas about any of the rules of this Plan and in the way it works.
- Make complaints or appeal about: our organization, any benefit or coverage decisions we make, your coverage, or care received.
- Say no to any care, for any condition, sickness or disease, without it affecting any care you may get in the future; and the right to have your doctor tell you how that may affect your health now and in the future.
- Get all of the most up-to-date information about the cause of your illness, your treatment and what may result from that illness or treatment from a doctor or other health care professional. When it seems that you will not be able to understand certain information, that information will be given to someone else that you choose.

### **You have the responsibility to:**

- Choose an in-network primary care physician (doctor), also called a PCP, if your Plan requires it.
- Treat all doctors, health care professionals and staff with courtesy and respect.
- Keep all scheduled appointments with your health care providers and call their office if you have a delay or need to cancel.
- Read and understand, to the best of your ability, all information about your health benefits or ask for help if you need it.

- To the extent possible, understand your health problems and work with your doctors or other health care professionals to make a treatment plan that you all agree on.
- Give Anthem, your doctors and other health care professionals the information needed to help you get the best possible care and all the benefits you are entitled to. This may include information about other health coverage and insurance benefits you have in addition to your coverage with us.
- Tell your doctors or other health care professionals if you don't understand any care you are getting or what they want you to do as part of your care plan.
- Follow the care plan that you have agreed on with your doctors and other health care professionals.
- Follow all Plan rules and policies.
- Let our customer service department know if you have any changes to your name, address or dependents covered under your Certificate.

If you have any questions or need additional information, call customer service at 1-877-890-4507.

## **Exclusions**

The specific exclusions are spelled out in the terms of the particular plan, but some of the more common services not covered by these plans are:

- Biofeedback
- Blood, blood donors, packed red blood cells when a volunteer blood program is available
- Custodial care
- Dental, except as spelled out in your Certificate
- Educational or vocational training
- Family planning services
- Genetic testing and counseling
- Hippotherapy, prolotherapy or recreational therapy
- In-home hospice care
- Military and veteran program-supplied treatments, services or supplies
- Physical exams and immunizations for insurance enrollment
- Private duty nursing
- Received from individual or entity not recognized as a provider
- Regression prevention
- Resulting from participation in a riot, civil disobedience, influence of illegal substance, nuclear explosion, nuclear accident or engaging in an illegal occupation
- Self-help training/care
- Sex transformation/impotency
- Shock wave treatment
- Spinal decompression devices

**Anthem Core Guided Access, Anthem Core Guided Access with Child Dental, Anthem Core Guided Access with HSA, Anthem Essential Guided Access, Anthem Essential Guided Access with HSA, Anthem Preferred Guided Access, Anthem Preferred Guided Access with Child Dental, Anthem Catastrophic Guided Access**

- Telephone/internet consultations
- Vision, except as spelled out in your Certificate
- Weight loss programs
- Workers' compensation

## **Limitations**

The specific limitations are spelled out in the terms of the particular plan, but some of the more common services limited by these plans are:

- Cardiac and pulmonary rehab – 36 visits per cardiac episode
- Chiropractic – 40 visits per member per year
- Hearing aids – 1 hearing aid per impaired ear every 36 months through age 18
- Therapy services – 60 visits per year combined
  - Physical therapy
  - Occupational therapy
  - Speech therapy

## **Selecting health coverage is an important decision.**

To assist you, we supply the following for the plans under consideration: Brochure, Benefit Snapshot, Coverage Details and Enrollment Application. If you did not receive one or more of these materials, please contact your Anthem authorized representative to request them.

This document is only a brief summary of benefits and services. Our plans have exclusions, limitations and terms under which the plan/policy may be continued in force or discontinued. For more complete details including what's covered and what isn't:

- Call your Anthem authorized representative.
- Go to [anthem.com](http://anthem.com).

For more information on how to access a Summary of Benefits and Coverage (SBC), please visit [www.healthcare.gov](http://www.healthcare.gov) and enter SBC in the search field.

The health plans described within this document are not eligible for a premium tax credit subsidy.