

Young Adult **Blue**SM

An individual health plan from Blue Cross Blue Shield of Michigan.



	In-Network	Out-of-Network
	NOTE: All benefits, except preventive services, are subject to a 180-day waiting period for pre-existing conditions.	
Benefit Highlights		
Annual deductible	\$1,000 per individual contract, per calendar year	\$1,000 per individual contract, per calendar year
Copays	30% of the BCBSM-approved amount	50% of the BCBSM-approved amount
Annual copay dollar maximum	\$2,500 per individual contract	The out-of-network annual copay dollar maximum is unlimited. Out-of-network copays contribute to the in-network copay dollar maximum.
Annual out-of-pocket maximum: The annual out-of-pocket maximum limits the amount members are responsible for paying each year. Once the annual out-of-pocket maximum is met, most services are payable at 100% of the BCBSM-approved amount.	\$3,500 per individual contract	No out-of-pocket maximum
Lifetime maximum (per member)	\$5 million	
Fourth-quarter deductible carryover	Any amount you pay toward your deductible during the last three months of the calendar year will be applied to your deductible for the following calendar year. We will not apply amounts paid under other contracts toward your deductible.	
Preventive Services		
Preventive medical services: Includes health maintenance exam, routine laboratory and radiology, fecal occult blood screening, flexible sigmoidoscopy, gynecological exam, childhood immunizations (through age 15), Pap smear screening, prostate specific antigen screening, well-baby and well-child exams (6 visits per year through age 1; 2 visits per year, ages 2 through 3; 1 visit per year, ages 4 through 15)	Not covered	
Mammography screening	Covered – 70% after deductible	Covered – 50% after deductible
Preventive dental	Not covered	
Preventive vision (VSP provider network only)	Not covered	
Physician Office Services		
Office visits	Not covered	
Outpatient presurgical second opinion consultations	Covered – 100% after deductible	Covered – 50% after deductible
Office consultations	Not covered	

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Emergency and Urgent Care Services		
Medical emergencies and accidental injuries	Covered – 70% after in-network deductible	
Ambulance service: medically necessary, emergency ground transport and air ambulance	Covered – 70% after in-network deductible	
Urgent care	Not covered	
Diagnostic and Radiation Services		
Ultrasound	Covered – 70% after deductible	Covered – 50% after deductible
Laboratory tests and pathology	Covered – 70% after deductible	Covered – 50% after deductible
EKGs	Covered – 70% after deductible	Covered – 50% after deductible
Diagnostic radiology and X-rays	Covered – 70% after deductible	Covered – 50% after deductible
Colonoscopies (diagnostic)	Covered – 70% after deductible	Covered – 50% after deductible
CT scans and MRIs (BCBSM-participating facilities only)	Covered – 70% after deductible	Covered – 50% after deductible
Radiation therapy	Covered – 70% after deductible	Covered – 50% after deductible
Maternity Services		
Delivery and newborn exam	Not covered	
Pre and postnatal exams (office visits)	Not covered	
Inpatient Hospital Care		
Semi-private room: 120 days with 60-day renewal (BCBSM-approved facilities only)	Covered – 70% after deductible	Covered – 50% after deductible
Inpatient consultations	Covered – 70% after deductible	Covered – 50% after deductible
Complications of pregnancy	Covered – 70% after deductible	Covered – 50% after deductible
Surgical Care – Hospital or Outpatient		
Inpatient surgical care	Covered – 70% after deductible	Covered – 50% after deductible
Outpatient surgical care	Covered – 70% after deductible	Covered – 50% after deductible
Physician surgical services	Covered – 70% after deductible	Covered – 50% after deductible
Gender reassignment surgery and services	Not covered	
Bariatric surgery and services	Not covered	
Bariatric surgery and services	Not covered	

	In-Network	Out-of-Network
Alternatives to Hospitalization		
Home health care: up to the annual maximum (BCBSM-participating providers only)	Covered – 70% after in-network deductible	
Hospice care: up to the annual dollar maximum (BCBSM-participating programs only)	Covered – 100% no deductible	
Outpatient Services		
Outpatient physical, occupational and speech therapy: 60 consecutive days per condition	Covered – 70% after deductible	Covered – 50% after deductible
Chemotherapy (IV and oral)	Covered – 70% after deductible	Covered – 50% after deductible
Home infusion therapy (BCBSM-participating providers only)	Covered – 70% after in-network deductible	
Voluntary sterilization	Covered – 70% after deductible	Covered – 50% after deductible
Prosthetics (BCBSM-participating providers only)	Covered – 70% after in-network deductible	
Other medical benefits		
Insulin, disposable needles and syringes dispensed with insulin, diabetic testing supplies	Covered – 70% after deductible	Covered – 50% after deductible
Outpatient diabetes management program	Covered – 70% after deductible	Covered – 50% after deductible
Contraceptives	Not covered	
Organ Transplantation		
Bone marrow transplants	Covered – 70% after deductible	Covered – 50% after deductible
Kidney, cornea and skin transplants	Covered – 70% after deductible	Covered – 50% after deductible
Specified organ transplant: \$1 million lifetime maximum per transplant type, included in the \$5 million lifetime maximum (BCBSM-designated facilities only)	Covered – 100% no deductible	

	In-Network	Out-of-Network
Mental Health and Substance Abuse Treatment		
Inpatient mental health (BCBSM-approved facilities only)	Covered – 70% after deductible, 30 days with 60-day renewal	Covered – 50% after deductible, 30 days with 60-day renewal
Outpatient mental health	Not covered	
Substance abuse: inpatient (residential) and outpatient, up to state-mandated benefit (BCBSM-approved facilities only)	Covered – 70% after deductible	Covered – 50% after deductible, 30 days with 60-day renewal
Prescription Drugs		
You are eligible for the BCBSM Affinity Rx Program, which allows you to purchase prescription drugs at the BCBSM–negotiated rate rather than at full retail price.		
NOTE: Out-of-network and nonparticipating providers may bill members for the difference between BCBSM's approved amount and the provider's charge, even when referred.		

Exclusions and Limitations: Conditions covered by workers' compensation or similar law; services or supplies not specifically listed as covered under your benefit plan; services received before your effective date or after coverage ends; services you wouldn't have to pay for if you did not have this coverage; services or supplies that are not medically necessary; physical exams for insurance, employment, sports or school; any amounts in excess of BCBSM's approved amount; cosmetic surgery; dental care, dental implants or treatment to the teeth except as specifically stated in your benefit plan; hearing aids; infertility services; private duty nursing; eyeglasses or contact lenses; telephone, facsimile machine or any other type of electronic consultation; educational services, except as specifically provided or arranged by BCBSM; nutritional counseling; care or treatment furnished in a nonparticipating hospital, except as specifically stated in your benefit plan; personal comfort items; custodial care; services or supplies supplied to any person not covered under your benefit plan; services while confined in a hospital or other facility owned or operated by state or federal government, unless required by law; services provided by a professional provider to a family member; services provided by any person who ordinarily resides in the covered person's home or who is a family member; any drug, medicine or device that is not FDA–approved, unless required by law; vitamins, dietary products and any other nonprescription supplements; dental services, except for dental injury; appliances or supplies; war or any act of war, whether declared or not; communication or travel time, lodging or transportation, except as stated in your benefit plan; foot care services, except as stated in your benefit plan; health clubs or health spas, aerobic and strength conditioning, work hardening programs and related material and products for these programs; hair prosthesis, hair transplants or implants; experimental treatments, except as stated in your benefit plan; weight loss programs; and alternative medicines or therapies.

This document is intended to be an easy-to-read summary. It is not a contract. Additional limitations and exclusions may apply to covered services. A complete description of benefits is contained in the applicable Blue Cross Blue Shield of Michigan certificate and riders. Payment amounts are based on the BCBSM–approved amount, less any applicable deductible and/or copay amounts required by the plan. All covered benefits are subject to a pre-existing conditions waiting period, unless noted otherwise. This coverage is provided pursuant to a contract entered into in the state of Michigan and shall be construed under the jurisdiction and according to the laws of the state of Michigan.

You pay **nothing** for preventive health services

Your health plan covers the preventive services listed here in full. That means you can get checkups, vaccines, screenings and more without paying out-of-pocket at your doctor's office. That's right—you don't need to contribute a copay and you don't have to meet your deductible first when you get these services from a provider in our network.

Why? Because visiting your provider regularly for checkups can help keep you healthy and prevent serious and costly medical conditions.

The listed services are covered at 100 percent when you get them from a provider in our network, and when the main purpose of your visit is to get preventive care. These services are not considered preventive when they are part of a visit about an existing illness or injury, or if you get services that are not listed during the same visit.

Covered Exams

- Annual OB/GYN Exam
- Health Maintenance Exam (HME) The following categories will be covered as part of your HME exam when appropriate:
 - Discussions with your doctor about taking aspirin for the prevention of cardiovascular disease (aspirin not payable)
 - Discussions with your doctor about the prevention of iron deficiency anemia for at-risk 6 to 12 month old babies
 - Discussions with your doctor about breast and ovarian cancer susceptibility, genetic risk assessment and BRCA mutation testing
 - Discussions with your doctor about chemoprevention when at high risk for breast cancer
 - Discussions with your doctor about taking a daily supplement containing 0.4 to 0.8 mg of folic acid for women planning or capable of pregnancy (folic acid not payable as a medical benefit)
 - Discussions with your doctor about dental tooth decay or cavity prevention in preschool children (oral fluoride not payable as a preventive benefit)
 - Depression screening
 - High blood pressure screening
 - Screening major depressive disorders in adolescents
 - Obesity screening for adults and children
 - Sexually transmitted infection counseling if sexually active
 - Autism screening
 - Developmental surveillance
 - Psychosocial and behavioral assessment
 - Alcohol and drug use assessment
 - Oral health (basic check of child's mouth/teeth by primary care provider/pediatrician)
 - Anticipatory guidance

The information in this document is based on BCBSM and BCN's current understanding of the Patient Protection and Affordable Care Act (PPACA) and is not intended to impart legal advice. Interpretations of PPACA vary and the federal government continues to issue guidance on how PPACA should be interpreted and applied. Efforts will be made to revise and update the information in this document as it becomes available. This document is intended as an educational tool only and does not replace a more rigorous review of the law's applicability to individual circumstances and should not be relied upon as legal or compliance advice. Analysis of the law is ongoing and additional guidance is expected from the Department of Health and Human Services. Additionally, some PPACA requirements may differ for particular members enrolled in certain programs, and those members are encouraged to consult with their benefit administrators for specific details.

Covered Counseling

- Tobacco use and tobacco-caused disease counseling for pregnant women and adults
- Alcohol behavioral counseling interventions
- Diet behavioral counseling in primary care for adults with cholesterol-related hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease
- Recommended interventions during pregnancy and after birth to promote breastfeeding

Your prescription carrier will cover the following medication:

- Topical gonorrhea prophylactic medication

Covered Immunizations

- Influenza (flu)
- Influenza type B
- Pneumococcal (pneumonia)
- Tetanus, diphtheria, pertussis
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Measles, mumps, rubella, and varicella (MMR or MMRV)
- Meningococcal (meningitis)
- Zoster (shingles)
- Rotavirus
- Inactivated polio
- Varicella (chicken-pox)

Covered Screenings

- Abdominal aortic aneurysm (one-time screening for smokers)
- Asymptomatic Bacteriuria — Bacterial urinary infection with no symptoms in pregnant women
- Mammography for breast cancer
- Colorectal cancer
- Congenital hypothyroidism
- Lipid disorders, such as cholesterol or cardiovascular screening
- Osteoporosis for postmenopausal women
- Phenylketonuria (PKU) (newborn test)
- Rh (D) incompatibility (pregnancy related blood test)
- Sickle cell disease
- Type 2 diabetes
- Cervical cancer or dysplasia
- Vision
- Hearing
- Newborn metabolic/hemoglobin
- Hematocrit or hemoglobin (blood test)
- Lead
- Tuberculin test (skin test)
- Sexually Transmitted Infections
 - Chlamydia
 - Gonorrhea
 - Syphilis
 - Aids/HIV
 - Hepatitis B
 - Hepatitis C
 - Herpes
 - Human Papillomavirus (HPV)

Blue Cross Blue Shield of Michigan and Blue Care Network follow the recommendations of national medical societies on service frequencies, age requirements and gender guidance when such requirements are not specifically outlined in the law. All health plans will be updated if the federal regulator issues further guidance that requires the plans to be revised.

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