

BlueCross BlueShield of Oklahoma

Experience. Wellness. Everywhere.®

Individual Health Insurance



Plans with a Wide Range of Options to Fit Your Budget



Apply Today!



Call us toll-free at 1-866-303-2583



Visit us on the web at bcbsok.com



Contact your authorized independent
Blue Cross and Blue Shield of Oklahoma agent



All for You

For over 70 years, Blue Cross and Blue Shield of Oklahoma has been helping Oklahoma residents with their health care coverage needs. As the largest health insurer in Oklahoma, more than 600,000 members place their trust in us for our reliability, financial strength and stability.

Our individual and family health insurance plans are specifically designed to help protect you and your loved ones from today's high health care costs. Cover yourself or your family with any of our plans. Here are some of the advantages of coverage from Blue Cross and Blue Shield of Oklahoma:

- Freedom to choose doctors and hospitals
- Choice of deductibles
- Prescription drug coverage, including mail order drugs
- 100% coverage for preventive care services¹
- Guaranteed renewability
- Coverage while traveling
- Health and Wellness Programs
 - 24/7 Nurseline
 Call the Nurseline 24/7 for answers to health related questions
 - Personal Health Manager
 A resource of online tools to help you make informed health care decisions
 - BlueExtrasSM Discount Program²
 Includes vision, weight management, fitness club, hearing and complementary medicine discounts
 - Care Comparison Tool®
 Compare hospitals based on performance and services available
 - Treatment Cost Advisor™
 Learn about health and health care expenses

You Get Exceptional Choice from Our Industry-Leading Network of Contracting Providers

No matter which Blue Cross and Blue Shield of Oklahoma insurance plan you select, you'll have hundreds of providers to choose from. And with a large percentage of Oklahoma doctors and hospitals participating in our network, chances are very good that your current health care providers are included.

That's important, because you get the most value from your benefits by using network providers.

Save money by using BlueChoice PPO providers!

Within this large group are select providers that participate in our BlueChoice PPO network. Our agreements with these hospitals, doctors and specialists allow you to save on premiums and on the cost of covered services when you are a member of a BlueChoice PPO plan. You do not need to select a primary care physician, and referrals to specialists are not needed. Simply use our Provider Finder® at bcbsok.com to view a complete list of contracting providers that participate in our plans.

Don't Forget Dental! BlueCare® Dental PPO

You'll get dental coverage on day one for checkups, cleanings and other preventive services. You can choose any dentist you want, with no referrals needed.

Which Plan Fits You Best?

Blue Cross and Blue Shield of Oklahoma offers a range of health insurance plans with a wide range of features and benefits for individuals and families. See the Plan Comparison Chart for a side-by-side look at plan benefits. We are confident that you will find a health insurance plan to fit your specific needs and budget.



Our benefit plans include four options: Simply Blue as well as our HealthCheck Basic, HealthCheck Select and HealthCheck HSA plans. Each family offers numerous choices designed to maximize your flexibility in finding the right health insurance plan for you and your family.

Simply Blue

Simply Blue offers you the quality of service you expect from Blue Cross and Blue Shield of Oklahoma at our most affordable rates.

- Access to our large network of health care providers at a lower monthly premium
- 70% coinsurance when you use our network providers
- Your choice of deductibles, from \$1,000 \$10,000
- Emphasizes the use of generic drugs

HealthCheck Select

This is our premier family of health insurance plans offering the most comprehensive benefits, convenience and choice, similar to those provided by employer plans.

- A low copayment for doctor office visits (copayment does not apply for visits for preventive care services)
- Outpatient emergency care (accident or illness)
- Coverage for hospitalization, surgery and many other services
- Prescription drug coverage

HealthCheck Basic

This family of plans lets you stretch your dollars by offering reliable health care at rates designed to fit your budget.

- An affordable premium without sacrificing benefits
- Important features like outpatient prescription drug benefits and optional maternity benefits
- Designed for those who want a high level of benefits and a lower premium

HealthCheck HSA³

HealthCheck HSA allows you to take charge of your health and be responsible for how you spend your health care dollars.

- Our high-deductible health insurance plans include a broad range of deductibles starting at \$1,500
- Provides reliable coverage with lower premiums
- HSA-eligible individuals enjoy tax advantages

To enroll in **Simply Blue** or a **HealthCheck plan**, please follow the application instructions on page 9.

Find the Plan That's Right for You

Choosing the right individual health insurance plan to fit your needs is important to you and your family. Compare our plans to find the coverage you need.

If you're a budget-conscious individual looking for your first insurance policy, Simply Blue can help save you money.

The typical Simply Blue buyer is an individual or family who:

- Is looking for dependable health care coverage at the lowest monthly premium
- ls comfortable with higher deductibles
- Wants the security of being covered
- Would like a lower premium for using generic drugs
- ls comfortable paying full price for brand name drugs

If you're looking for health insurance comparable to that offered by large employers, our HealthCheck Select family is for you.

The typical HealthCheck Select buyer is an individual or family who:

- Prefers fixed doctor visit copayments for non-preventive care services
- Regularly visits a doctor

If you're a young couple just starting out, the HealthCheck Basic family of plans may be for you.

The typical HealthCheck Basic buyer is a cost-conscious individual or family who:

- Is willing to assume a portion of health care costs in exchange for a lower monthly premium
- Visits doctors primarily for annual checkups

If you want to control how, when and where your health care dollars are spent, then consider a HealthCheck HSA³.

The typical HealthCheck HSA buyer is an individual or family who:

- Is actively involved in their health care decisions and finances
- Seeks additional tax and retirement planning benefits
- ls willing to fund some of their own health care expenses

All of our plans offer prescription drug coverage. It's important for you to understand how they're different:

- Simply Blue emphasizes the use of generic drugs. You'll pay \$10 for generics and 50% for preferred brand drugs. You can review the Generics Plus Formulary at bcbsok.com.
- ► If you require a non-preferred brand, you will pay full price — although you'll get a discount when you use a participating pharmacy.⁴
- ► HealthCheck Select, HealthCheck Basic and HealthCheck HSA cover generic, preferred, as well as non-preferred brands. What you pay out-of-pocket at the pharmacy is subject to the product's annual deductible and coinsurance (see the Plan Comparison Chart on pages 5 and 6).

HealthCheck HSAs for Individuals and Families

High deductible health plans are even more attractive than ever — because they can be used with a Health Savings Account (HSA).³ An HSA is a tax-advantaged, individually owned savings account that you can access to cover a wide range of qualified medical expenses, when funded. These expenses may generally include your annual deductible and, if applicable, any out-of-pocket cost sharing for covered services.

Here are the Major Benefits of a Health Savings Account (HSA):

Control: The money in an HSA belongs to you. YOU decide how to spend it based on your particular health

care needs and budget.

Flexibility: You can withdraw your money anytime without a tax penalty as long as you use it for qualified

medical expenses.

Ownership: You never forfeit your HSA balance. Any unused balance in your account rolls over from one year

to the next, providing you protection from potential medical expenses.

Tax Savings³: An HSA allows you to put away money that may be fully tax deductible to cover future qualified

medical expenses. This means that you can set aside tax-free dollars, subject to certain limits, in an HSA to pay for your qualified medical expenses. Interest that accumulates within your HSA is generally tax free. You typically will pay no taxes or penalties when you use funds from your HSA

to pay for qualified medical expenses.

Step 1

Select and apply for one of the HealthCheck HSA plans.

- Choose the deductible and level of coverage that best fit your needs.
- Apply online or complete and mail in your application for the health plan.
- Research banks offering HSAs to use in conjunction with your health plan.

Step 2

Research and contact a financial institution to open a Health Savings Account (HSA) after your HealthCheck HSA health plan is activated.

- You may choose any HSA available to work in conjunction with your HealthCheck HSA health plan. Consider the associated fees, investment choices and debit card/ checkbook options to determine which HSA is right for you.
- Fund your HSA as soon as possible in order to maximize your tax advantages for the year.

Step 3

Pay for your out-of-pocket qualified medical expenses out of your Health Savings Account (HSA).

- Most financial institutions will give you a checkbook and/or debit card so you can pay claims directly out of your HSA. These are convenient ways to pay for prescription drugs. For doctor or hospital visits, we recommend that you ask to be billed later in case adjustments are made to your expenses.
- While you are not required to open an HSA to be used with your health plan, most customers agree that they get the most out of their plan by taking advantage of the tax benefits, control and flexibility of an HSA.

Plan Comparison Chart

Participating Provider Coverage Shown⁵

		Simply Blue	
Annual deducatible entions	\$1,000	\$2,000	\$3,000
Annual deductible options	\$5,000	\$7,500	\$10,000
Health care provider networks and coinsurance amounts Most covered services are paid at the following amounts after you meet your annual deductible.	BlueChoice P Out-of-netwo	PO network: 7 ork: 50%	0%
Doctor's office copayment	\$40 copayme	nt	
Hospital inpatient per-occurrence deductible	\$500 per occur	rence	
Individual stop-loss limits/ out-of-pocket expense	\$10,000 stop - for covered se	loss limit durir rvices.	ng the year
Prescription drug coverage		0% preferred bon non-preferre	
Prescription Drug Utilization/Benefit Management Programs		Not Applicable	
Emergency room per-occurrence deductible		\$200	
Facility outpatient per-occurrence deductible (for surgical procedures)		\$200	
Preventive care benefit		100%	

Hea	lthCheck Se	lect
\$200	\$500	\$1,000
\$1,500	\$2,500	\$5,000
	PO network: 8 nal network: 7 ork: 70%	. • , •

\$15 for most visits to a BlueChoice PPO network, not subject to deductible.

None for BlueChoice PPO network admissions. \$300 for BlueTraditional or out-of-network admissions.

\$1,000 **out-of-pocket expense limit** during the year for covered services received from BlueChoice PPO network providers.⁷

After you meet your annual deductible, benefits are paid at 70% of allowable charges when you use network pharmacies.

Dispensing Limits: Benefits include covera **Prior Authorization/Step Therapy Requirer** BCBSOK and/or certain criteria must be met. **Specialty Pharmacy Program:** Specialty member Pay the Difference: When choosi

None
None
100%



Which Plan Fits **You** Best?

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ge limits on certain medications. These limits are based on approved guidelines.

nents: Before receiving coverage for some medications, your doctor will need to receive authorization from

nedications must be received through the preferred Specialty Pharmacy Provider.

ng a brand name drug over an available generic equivalent, you pay the share plus the difference in cost.

\$100	The money the individual or family places in the HSA account can be used to pay charges subject to deductible and coinsurance.
\$200	The money the individual or family places in the HSA account can be used to pay charges subject to deductible and coinsurance.
100%	100%

BlueCare Dental PPO for Individuals and Families

Now is the time to add dental coverage

Choose BlueCare Dental PPO and Enjoy:

- No deductible required for checkups, cleanings and other preventive services
- A maximum annual benefit of up to \$1,500 per person per year

BlueCare Dental PPO Eligibility:

- You must enroll in a Blue Cross and Blue Shield of Oklahoma health plan to be eligible to enroll in the dental plan This is your only opportunity to add dental coverage to your medical policy—with no medical questions asked
- All members on that health plan must be enrolled in BlueCare Dental PPO
- Once your dental plan is dropped for any reason, you cannot reenroll unless you reenroll in a BCBSOK health plan

Benefit ⁹	Participating Dentists	Out-of-Network Dentists ¹⁰
Deductible Deductible applies to Type III services only		r per benefit period; num per family
Calendar Year Maximum Benefit (per individual)	\$1	,500 ¹⁰
 Type I Services Cleanings Examinations Space maintainers X-rays 	100% of Maximum Allowance	70% of Maximum Allowance
Type II Services Fillings	80% of Maximum Allowance	50% of Maximum Allowance
Type III Services Bridges ¹¹ Crowns ¹¹ Dentures ¹¹	50% of Maximum Allowance after deductible	30% of Maximum Allowance after deductible

Monthly premiu for BlueCare Den	
Member	\$26.35
Member + Spouse	\$52.65
Member + Child(ren)	\$45.10
Family	\$77.10

See Why

See Why More Than 600,000 People

Choose Blue Cross and Blue Shield of Oklahoma

Our Contracting Provider Networks Assure You Freedom of Choice

Blue Cross and Blue Shield of Oklahoma (BCBSOK) health insurance plans provide access to our BlueChoice PPO network, which includes a large percentage of participating Oklahoma doctors and hospitals. In fact, with our extensive BlueChoice network, it's likely that your current health care providers participate.



Blue Cross and Blue Shield of Oklahoma Offers You and Eligible Family Members Choices

Blue Cross and Blue Shield of Oklahoma offers you and eligible family members choices when it comes to your care. Members and eligible dependents have the freedom to visit any physician they choose, with benefits paid at the highest level of benefits when the doctor is in the participating provider network. Members do not need to select a primary care physician to coordinate care, and no referrals are needed to see a specialist.

Travel with Confidence — You're Covered Away from Home

As a member of Blue Cross and Blue Shield of Oklahoma, you'll have access to a program called BlueCard® PPO. Contracting providers outside of Oklahoma linked through the BlueCard program allow you to receive benefits for covered services when you travel. Simply present your Blue Cross and Blue Shield of Oklahoma ID card to a participating provider wherever you are. To find a participating provider while you're away, just call the toll-free number on the back of your card. It's that easy.

No Paperwork in Most Cases — Your Claims Are Handled for You

Present your Blue Cross and Blue Shield of Oklahoma ID card to your health provider. They will submit a claim, and Blue Cross and Blue Shield of Oklahoma will send you an Explanation of Benefits, which will also show you how much of your deductible and your out-of-pocket maximum you have met to date as well as your applicable share of costs.

Application Instructions

To apply for one of our **HealthCheck plans**, please fill out the enclosed HealthCheck application.

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To apply for **Simply Blue**, please fill out the enclosed Simply Blue application.

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RSA Medical Telephone Interview

Blue Cross and Blue Shield of Oklahoma (BCBSOK) has contracted with RSA Medical to retrieve medical records and conduct telephone interviews with its individual health insurance applicants. A nurse from RSA Medical may call you following the submission of your application for coverage to gather additional medical information to help BCBSOK evaluate your request for insurance coverage.

- $1\ Applies\ to\ preventive\ services\ as\ defined\ under\ the\ Affordable\ Care\ Act.$
- 2 The relationship between these vendors and Blue Cross and Blue Shield of Oklahoma (BCBSOK) is that of independent contractors. BlueExtras is a discount program available to BCBSOK members. Some of the services offered through BlueExtras may be covered under your health plan. Please refer to your benefit booklet or call the customer service number on the back of your ID card for specific benefit information under your health plan. Use of BlueExtras does not affect your premium, nor do costs of BlueExtras services or products count toward your calendar year and/or plan deductibles. Discounts are only available through participating vendors. BCBSOK does not guarantee or make any claims or recommendations regarding the services or products offered under BlueExtras. You may want to consult with your physician prior to use of these services and products. BCBSOK reserves the right to discontinue or change this discount program at any time without notice.
- 3 As a reminder, Health Savings Accounts (HSA) have tax and legal ramifications. Blue Cross and Blue Shield of Oklahoma does not provide legal or tax advice, and nothing herein should be construed as legal or tax advice. These materials, and any tax-related statements in them, are not intended or written to be used, and cannot be used or relied on, for the purpose of avoiding tax penalties. Tax-related statements, if any, may have been written in connection with the promotion or marketing of the transaction(s) or matter(s) addressed by these materials. You should seek advice based on your particular circumstances from an independent tax advisor regarding the tax consequences of specific health insurance plans or products.
- 4 You are responsible for the entire cost of Non-Preferred Brand Drugs. However, if you use a Participating Pharmacy to fill your Prescription Order, you will be entitled to the negotiated discount applicable to all Blue Cross and Blue Shield of Oklahoma Subscribers. Please be advised that Simply Blue uses Preferred Brand Drugs on the Generic Plus Formulary. The Formulary is available online at bcbsok.com.
- 5 Benefits reduced when non-participating providers are used. This is a summary of highlights only. Please refer to the Outline of Coverage for each plan for additional details.
- 6 Individual deductibles \$2,500 and \$3,500/family deductibles \$5,000 & \$7,000 are covered at a 80% or 100% coinsurance. Individual deductible \$5,000 /family deductible \$10,000 are covered at a 100% coinsurance.
- $7\,\$3,\!000\,per\,calendar\,year, after\,deductible, for\,services\,received\,from\,Blue Traditional\,or\,out-of-network\,providers.$
- 8 If total charges incurred equal \$20,000 in a calendar year, HealthCheck Basic will reimburse 100% for remainder of calendar year.
- 9 Your dental care benefits are highlighted in this chart. To fully understand all the terms, conditions, limitations and exclusions which apply to your benefits, please read the entire BlueCare Dental PPO Rider.
- 10 For services received from a non-participating dentist, the member will be responsible for any difference between the dentist's charges and the maximum allowable charge. The maximum allowable charge is based on our network negotiated fees. Further information regarding the maximum allowable charge and network status of dentists is available by calling the toll-free telephone number on the back of your identification card.
- 11 Benefit Waiting Period You must be continuously covered under your rider for twelve (12) months before being eligible for the following covered services: (1) Major Restorative Services; (2) Prosthodontic Services; and (3) Miscellaneous Restorative and Prosthodontic Services.



BlueCross BlueShield of Oklahoma

Experience. Wellness. Everywhere.®

Questions?



Call us toll-free at 1-866-303-2583



Visit us on the web at bcbsok.com



Contact your authorized independent Blue Cross and Blue Shield of Oklahoma agent