January 1, 2017

Your Anthem Blue Cross HMO Plan
This booklet, called the “Combined Evidence of Coverage and Disclosure Form”, gives you important information about your health plan. The health plan contract must be consulted to determine the exact terms and conditions of coverage. If you have special health care needs, you should read those sections of the Evidence of Coverage that apply to those needs. You can get a copy of the health plan contract from your employer.

Many words used in this booklet are explained in the “Important Words to Know” section. When reading through this booklet, check that section to be sure that you understand what these words mean. Each time these words are used they are italicized.
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Welcome to Anthem Blue Cross HMO

Thank you for choosing our health plan.

Anthem Blue Cross HMO is here to serve you. This booklet tells you all about your health care plan and its benefits.

♦ It tells you about what kinds of care this plan covers and doesn’t cover.
♦ It tells you what you have to do, or what has to happen so you can get benefits.
♦ It tells you what kinds of doctors and other health care providers you can go to for care.
♦ It tells you about options you may have if your coverage ends.

Take some time to read it now.

♦ Keep this booklet handy for any questions you may have later on.

We’re here to help you!!

We want to give you the help you need. If you have any questions,

♦ Please call us at the 800 number on your Member ID card for Anthem Blue Cross HMO Member Services.
♦ Or write us at:

   Anthem Blue Cross
   Attn.: Anthem Blue Cross HMO
   P.O. Box 4089
   Woodland Hills, CA. 91365
   website: www.anthem.com/ca

We can help you get the health care you need.
Getting Started

PLEASE READ THE FOLLOWING INFORMATION SO YOU WILL KNOW FROM WHOM OR WHAT GROUP OF PROVIDERS HEALTH CARE MAY BE OBTAINED.

Choosing Your Primary Care Doctor

When you enroll you should choose a primary care doctor. Your primary care doctor will be the first doctor you see for all your health care needs. If you need special kinds of care, this doctor will refer you to other kinds of health care providers.

Your primary care doctor will be part of an Anthem Blue Cross HMO contracting medical group. There are two types of Anthem Blue Cross HMO medical groups.

♦ A primary medical group (PMG) is a group practice staffed by a team of doctors, nurses, and other health care providers.

♦ An independent practice association (IPA) is a group of doctors in private offices who usually have ties to the same hospital.

You and your family members can enroll in whatever medical group is best for you, that is accepting new patients.

♦ You must live or work within fifteen (15) miles or thirty minutes (30) of the medical group.

♦ You and your family members do not have to enroll in the same medical group.

♦ For a child, you may choose a primary care doctor who is a pediatrician.

We publish a directory of Anthem Blue Cross HMO providers. You can get a directory from your plan administrator (usually your employer) or from us. The directory lists all medical groups, IPAs, and the primary care doctors and hospitals that are affiliated with each medical group or IPA. You may call our Member Services number on your Member ID card or you may write to us and ask us to send you a directory. You may also search for an Anthem Blue
Cross HMO provider using the “Provider Finder” function on our website at www.anthem.com/ca. The listings include the credentials of our primary care doctors such as specialty designations and board certification.

Please note, your primary care doctor, or medical group, must provide or coordinate all of your care, except for out-of-area urgent care or emergency services.

If You Need Help Choosing
We can help you choose a doctor who will meet your needs.

♦ Call our Member Services number on your Member ID card.

♦ Talk to the Anthem Blue Cross HMO coordinator at your medical group. Your Anthem Blue Cross HMO coordinator can also help you:
  - Understand the services and benefits you can get through Anthem Blue Cross HMO.
  - Get answers to any questions you may have about your medical group.

Changing Your Medical Group or Primary Care Doctor
You may find out later on that you need to change your medical group. You may move or you may have some other reason. Here’s what you can do:

♦ Ask your employer for a membership change form. Fill out the form, sign it and turn it in to your employer.

  OR

♦ Call our Member Services number on your Member ID card. We will need to know why you want to change your medical group.
If you let us know you want to change your *medical group* by the fifteenth of the month, the change will take place on the first day of the next month as long as you aren’t still getting treatment from your *doctor* or *specialist* within the *medical group*. If you let us know you want to change your *medical group* after the fifteenth of the month, the change will take place on the first day of month following the next month as long as you aren’t still getting medical treatment from your *doctor* or *specialist* within the *medical group*.

We will approve your request for a change if the *primary care doctor* within the new *medical group* you’ve picked is accepting new patients or is accepting new patients who are in the course of treatment. As when you first enroll, you must live or work within fifteen (15) miles or thirty minutes (30) of the new *medical group*.

**We will ask you to explain any treatment you are currently receiving.**

If you change your *medical group*, any referrals given to you by your previous *medical group* will not be accepted by your new *medical group*. If you still require a referral for care, you will need to request a referral from your new *primary care doctor* within your new *medical group*. This means your referral may require evaluation by your new *medical group* or us.

**Please note** that we or your new *medical group* may refer you to a different provider than the one approved by your prior *medical group*.
If you are changing medical groups, you may help the change go more smoothly by notifying your HMO Coordinator, if you currently have one assigned.

Anthem must approve your request to transfer and you must be assigned to the new medical group or primary care doctor before you obtain medical care from the new medical group or primary care doctor. If you obtain medical care from a different medical group or primary care doctor than you are assigned to, those services may be considered services provided by a non-Anthem Blue Cross HMO provider. If they are provided by a non-Anthem Blue Cross HMO provider, those services will not be covered and you will be responsible for the billed charges for those services.

When you move your residence or your place of employment more than thirty (30) minutes travel time or fifteen (15) miles from primary care doctors available in your current medical group, you must notify Anthem in writing and request a transfer to another medical group that is located within thirty (30) minutes travel time or fifteen (15) miles of your new residence or place of employment. Anthem must be notified within thirty-one (31) days of your move in order to ensure timely access to services near you.

If you move outside of the Anthem Blue Cross HMO licensed service area, but you continue to reside in the state of California, contact Anthem to enroll in a different type of health care plan.
Reproductive Health Care Services

Some *hospitals* and other providers do not provide one or more of the following services that may be covered under your *plan* contract and that you or your family member might need: family planning; contraceptive services, including emergency contraception; sterilization, including tubal ligation at the time of labor and delivery; infertility treatments; or abortion. You should obtain more information before you enroll. Call your prospective *doctor, medical group, independent practice association, or clinic*, or call us at the *Member Services number* listed on your Member ID card to ensure that you can obtain the health care services that you need.
When You Need Care

When You Need Routine Care

♦ Call your primary care doctor’s office.

♦ Make an appointment.

When you call:

- Tell them you are an Anthem Blue Cross HMO member.
- Have your Member ID card handy. They may ask you for:
  - Your group number
  - Member I.D. number
  - Office visit copay
- Tell them the reason for your visit.

♦ When you go for your appointment, bring your Member ID card.

♦ Please call your doctor’s office if you cannot come for your appointment, or if you will be late.

♦ If you need care after normal office hours, call your primary care doctor’s office for instructions.

When You Need a Referral

Your doctor may refer you to another doctor or health care provider if you need special care. Your primary care doctor must OK all the care you get except for emergency services.

Your doctor’s medical group, or your primary care doctor if they are not part of a medical group, has to agree that the service or care you will be getting from the other health care provider is medically necessary. Otherwise it won’t be covered.

♦ You will need to make the appointment at the other doctor’s or health care provider’s office.
・Your **primary care doctor** will give you a referral form to take with you to your appointment. This form gives you the OK to get this care. If you don’t get this form, ask for it or talk to your **Anthem Blue Cross HMO coordinator**.

・You may have to pay a **copay**. If your **primary care doctor** refers you to a non-**Anthem Blue Cross HMO provider**, and you have to pay a **copay**, any fixed dollar **copay** will be the same as if you had the same service provided by an **Anthem Blue Cross HMO provider**. But, if your **copay** is other than a fixed dollar **copay**, while your benefits levels will not change, your out-of-pocket cost may be greater if the services are provided by a non-**Anthem Blue Cross HMO provider**. You shouldn’t get a bill, unless it is for a **copay**, for this service. If you do, send it to your **Anthem Blue Cross HMO coordinator** right away. The **medical group, or primary care doctor** if they are not part of a **medical group**, will see that the bill is paid.

**Standing Referrals.** If you have a condition or disease that requires continuing care from a specialist or is life-threatening, degenerative, or disabling (including HIV or AIDS), your **primary care doctor** may give you a **standing referral** to a **specialist** or **specialty care center**. The referral will be made if your **primary care doctor**, in consultation with you, and a **specialist** or **specialty care center**, if any, determine that continuing specialized care is **medically necessary** for your condition or disease.

If it is determined that you need a **standing referral** for your condition or disease, a treatment plan will be set up for you. The treatment plan:

・Will describe the specialized care you will receive;

・May limit the number of visits to the **specialist**; or

・May limit the period of time that visits may be made to the **specialist**.
If a standing referral is authorized, your primary care doctor will determine which specialist or specialty care center to send you to in the following order:

♦ First, an Anthem Blue Cross HMO contracting specialist or specialty care center which is associated with your medical group;

♦ Second, any Anthem Blue Cross HMO contracting specialist or specialty care center; and

♦ Last, any specialist or specialty care center;

that has the expertise to provide the care you need for your condition or disease.

After the referral is made, the specialist or specialty care center will be authorized to provide you health care services that are within the specialist’s area of expertise and training in the same manner as your primary care doctor, subject to the terms of the treatment plan.

Remember: We only pay for the number of visits and the type of special care that your primary care doctor OK’s. Call your doctor if you need more care. If your care isn’t approved ahead of time, you will have to pay for it (except for emergency services.)

Ready Access

There are two ways you may get special care without getting an OK from your medical group. These two ways are the “Direct Access” and “Speedy Referral.” programs. Not all medical groups take part in the Ready Access program. See your Anthem Blue Cross HMO Directory for those that do.

Direct Access. You may be able to get some special care without an OK from your primary care doctor. We have a program called “Direct Access”, which lets you get special care, without an OK from your primary care doctor for:

♦ Allergy
Dermatology

Ear/Nose/Throat

Ask your Anthem Blue Cross HMO coordinator if your medical group takes part in the “Direct Access” program. If your medical group participates in the Direct Access program, you must still get your care from a doctor who works with your medical group. The Anthem Blue Cross HMO coordinator will give you a list of those doctors.

Speedy Referral. If you need special care, your primary care doctor may be able to refer you for it without getting an OK from your medical group first. The types of special care you can get through Speedy Referral depend on your medical group.

Obstetrical and Gynecological Care

Obstetrical and gynecological services may be received directly, without obtaining referral from your primary care doctor, from an obstetrician and gynecologist or family practice physician who is a member of your medical group, or who has an arrangement with your medical group to provide care for its patients, and who has been identified by your medical group as available for providing obstetrical and gynecological care.

A doctor specializing in obstetrical or gynecological care may refer you to another doctor or health care provider and order related obstetrical and gynecological items and services if you need additional medically necessary care.

The conditions for a referral from a doctor specializing in obstetrical or gynecological care are the same conditions for a referral from your participating care doctor. See When You Need a Referral.

Ask your Anthem Blue Cross HMO coordinator for the list of OB-GYN health care providers you must choose from.
Care for Mental Health Conditions and Substance Abuse and Pervasive Developmental Disorder or Autism

You may get care for the treatment of mental health conditions and substance abuse and pervasive developmental disorder or autism without getting an OK from your medical group. In order for this care to be covered, you must go to an Anthem Blue Cross HMO provider. Some services require that we review and OK care in advance. Please see “Mental Health Conditions/Substance Abuse” in the section called “Your Benefits At Anthem Blue Cross HMO” and the section “Benefits for Pervasive Developmental Disorder or Autism” for complete information.

You can get an Anthem Blue Cross Behavioral Health Network directory listing these providers from your plan administrator (usually your employer) or from us as follows:

♦ You can call our Member Services number shown on your Member ID card or you may write to us and ask us to send you a directory. Ask for the Behavioral Health Network directory.

♦ You can also search for an Anthem Blue Cross HMO provider using the “Provider Finder” function on our website at www.anthem.com/ca. Be sure to select the "Behavioral Health Professionals” option on the next screen following your selection of plan category.

In addition, if you are a new member and you enrolled in this plan because the employer changed health plans, and you are getting care for an acute, serious, or chronic mental health condition or for substance abuse from a doctor or other health care provider who is not part of the Anthem Blue Cross HMO network, you may be able to continue your course of treatment with that doctor or health care provider for a reasonable period of time before transferring to an Anthem Blue Cross HMO provider. To ask for this continued care or to get a copy of our written policy for this continued care, please call our Member Services number shown on your Member ID card.
Mental Health Parity and Addiction Equity Act

The Mental Health Parity and Addiction Equity Act provides for parity in the application of aggregate treatment limitations (day or visit limits) on mental health and substance abuse benefits with day or visit limits on medical and surgical benefits. In general, group health plans offering mental health and substance abuse benefits cannot set day/visit limits on mental health or substance abuse benefits that are lower than any such day or visit limits for medical and surgical benefits. A plan that does not impose day or visit limits on medical and surgical benefits may not impose such day or visit limits on mental health and substance abuse benefits offered under the Plan.

The Mental Health Parity and Addiction Equity Act also provides for parity in the application of nonquantitative treatment limitations (NQTL). An example of a nonquantitative treatment limitation is a precertification requirement.

Also, the Plan may not impose Deductibles, Copayment, Coinsurance, and out of pocket expenses on mental health and substance abuse benefits that are more restrictive than Deductibles, Copayment, Coinsurance and out of pocket expenses applicable to other medical and surgical benefits.

Medical Necessity criteria and other plan documents showing comparative criteria, as well as the processes, strategies, evidentiary standards, and other factors used to apply an NQTL are available upon request.

Transgender Services

You may get coverage for services and supplies provided in connection with gender transition without getting an OK from your medical group. You must obtain our approval in advance for all transgender services in order for these services to be covered by this plan (see “Medical Management Programs” for details). No benefits are payable for these services if our approval is not obtained. Please see “Transgender Services” in the section called “Your Benefits At Anthem Blue Cross HMO” for complete information.
When You Want a Second Opinion

You may receive a second opinion about care you receive from:

♦ Your primary care doctor, or

♦ A specialist to whom you were referred by your primary care doctor.

Reasons for asking for a second opinion include, but are not limited to:

♦ Questions about whether recommended surgical procedures are reasonable or necessary.

♦ Questions about the diagnosis or plan of care for a condition that threatens loss of life, loss of limb, loss of bodily function, or substantial impairment, including but not limited to a serious chronic condition.

♦ The clinical indications are not clear or are complex and confusing.

♦ A diagnosis is in doubt because of test results that do not agree.

♦ The first doctor or health care provider is unable to diagnose the condition.

♦ The treatment plan in progress is not improving your medical condition within an appropriate period of time.

♦ You have tried to follow the treatment plan or you have talked with the doctor or health care provider about serious concerns you have about your diagnosis or plan of care.

To ask for a second opinion about care you received from your primary care doctor if your primary care doctor is part of a medical group, call your primary care doctor or your Anthem Blue Cross HMO coordinator at your medical group. The second opinion will be provided by a qualified doctor or health care provider of your choice who is part of your medical group.
To ask for a second opinion about care you received from:

♦ Your primary care doctor if he or she is an independently contracting primary care doctor (not part of a medical group), or

♦ Any specialist,

please call the Member Services number shown on your ID card. The Member Services Representative will verify your Anthem Blue Cross HMO membership, get preliminary information, and give your request to an RN Case Manager. The second opinion will be provided by a qualified doctor or health care provider of your choice who is part of the Anthem Blue Cross HMO network. Please note that if your primary care doctor is part of a medical group, the doctor or health care provider who provides the second opinion may not necessarily be part of your medical group.

For any second opinion, if there is no appropriately qualified doctor or health care provider in the Anthem Blue Cross HMO network, we will authorize a second opinion by another appropriately qualified doctor or health care provider, taking into account your ability to travel.

For all second opinions, a decision will be made promptly after your request and any necessary information are received. Decisions on urgent requests are made within a time frame appropriate to your medical condition but no later than 72 hours after you make your request. For non-urgent requests, a decision will be made within two business days after any necessary information is received.

When approved, your primary care doctor or Case Manager helps you with selecting a doctor or health care provider who will provide the second opinion within a reasonable travel distance and makes arrangements for your appointment at a time convenient for you and appropriate to your medical condition. If your medical condition is serious, your appointment will be scheduled within no more than seventy-two (72) hours. You must pay only your usual copay for the second opinion.
An approval letter is sent to you and the doctor or health care provider who will provide the second opinion. The letter includes the services approved and the date of your scheduled appointment. It also includes a telephone number to call if you have questions or need additional help. Approval is for the second opinion consultation only. It does not include any other services such as lab, x-ray, or additional treatment. You and your primary care doctor or specialist will get a copy of the second opinion report, which includes any recommended diagnostic testing or procedures. When you get the report, you and your primary care doctor or specialist should work together to determine your treatment options and develop a treatment plan. Your medical group (or your primary care doctor, if he or she is an independently contracting primary care doctor) must authorize all follow-up care.

You may appeal a disapproval decision by following our complaint process. Procedures for filing a complaint are described later in this booklet (see “How to Make a Complaint”) and in your denial letter.

If you have questions or need more information about this program, please contact your Anthem Blue Cross HMO coordinator at your medical group or call the Member Services number shown on your Member ID card.

**When You Need a Hospital Stay**

There may be a time when your primary care doctor says you need to go to the hospital. If it is not an emergency, the medical group will look into whether or not it is medically necessary. If the medical group OK’s your hospital stay, you will need to go to a hospital that works with your medical group.

**When There is an Emergency**

If you need emergency services, get the medical care you need right away. In some areas, there is a 9-1-1 emergency response system that you may call for emergency services (this system is to be used only when there is an emergency that requires an emergency response).
Once you are stabilized, your primary care doctor must OK any care you need after that.

♦ Ask the hospital or emergency room doctor to call your primary care doctor.

♦ Your primary care doctor will OK any other medically necessary care or will take over your care.

You may need to pay a copay for emergency room services. A copay is a set amount you must pay for services. We cover the rest.

**If You Are In-Area.** You are in-area if you are 15-miles or 30-minutes or less from your medical group (or 15-miles or 30-minutes or less from your medical group’s hospital, if your medical group is an independent practice association).

If you need emergency services, get the medical care you need right away. If you want, you may also call your primary care doctor and follow his or her instructions.

Your primary care doctor or medical group may:

♦ Ask you to come into their office;

♦ Give you the name of a hospital or emergency room and tell you to go there;

♦ Order an ambulance for you;

♦ Give you the name of another doctor or medical group and tell you to go there; or

♦ Tell you to call the 9-1-1 emergency response system.

**If You’re Out of Area.** You can still get emergency services if you are more than 15-miles or 30-minutes away from your medical group.

If you need emergency services, get the medical care you need right away (follow the instructions above for When There is an Emergency). In some areas, there is a 9-1-1 emergency response system that you may call for emergency services (this system is to
be used only when there is an emergency that requires an emergency response). You must call us within 48 hours if you are admitted to a hospital.

**Remember:**
- We won’t cover services that don’t fit what we mean by emergency services.
- Your primary care doctor must OK care you get once you are stabilized, unless Anthem Blue Cross HMO OKs it.
- Once your medical group or Anthem Blue Cross HMO give an OK for emergency services, they cannot withdraw it.

**You Need Urgent Care**

**If You Are In-Area.** You are in-area if you are 15-miles or 30-minutes or less from your medical group (or 15-miles or 30-minutes or less from your medical group’s hospital, if your medical group is an independent practice association).

If you are in area, call your primary care doctor or medical group. Follow their instructions.

Your primary care doctor or medical group may:
- Ask you to come into their office;
- Give you the name of a hospital or emergency room and tell you to go there;
- Order an ambulance for you;
- Give you the name of another doctor or medical group and tell you to go there; or
- Tell you to call the 9-1-1 emergency response system.

**Please note:** In-area urgent care services are only covered if they are provided by your primary care doctor or medical group.
Urgent care services received by any other provider while in-area will not be covered.

If You’re Out of Area. You can get urgent care if you are more than 15-miles or 30-minutes away from your primary care doctor or medical group.

For urgent care, if care can’t wait until you get back to make an appointment with your primary care doctor, get the medical care you need right away. You must call us within 48 hours if you are admitted to a hospital.

If you need a hospital stay or long-term care, we’ll check on your progress. When you are able to be moved, we’ll help you return to your primary care doctor’s or medical group’s area.

Remember:

♦ We won’t cover services that don’t fit what we mean by urgent care.

♦ Your primary care doctor must OK care you get once you are stabilized, unless Anthem Blue Cross HMO OKs it.
Telehealth

This plan provides benefits for covered services that are appropriately provided through telehealth, subject to the terms and conditions of the plan including the requirement that all care must be provided or authorized by your medical group or primary care doctor, except as specifically stated in this booklet. In-person contact between a health care provider and the patient is not required for these services, and the type of setting where these services are provided is not limited. “Telehealth” is the means of providing health care services using information and communication technologies in the consultation, diagnosis, treatment, education, and management of the patient’s health care when the patient is located at a distance from the health care provider. Telehealth does not include consultations between the patient and the health care provider, or between health care providers, by telephone, facsimile machine, or electronic mail.

Triage and Screening Services

If you have questions about a particular health condition or if you need someone to help you determine whether or not care is needed, please contact your primary care doctor. In addition, triage or screening services are available to you from us by telephone. Triage or screening services are the evaluation of your health by a doctor or nurse who is trained to screen for the purpose of determining the urgency of your need for care. Please contact the 24/7 NurseLine at the telephone number listed on your identification card 24 hours a day, 7 days a week.

Getting Care When You Are Outside of California

If you or your family members will be away from home for more than 90 days, you may be able to get a guest membership in a medical group in the city you are visiting.

♦ Before you leave home, call the Anthem Blue Cross HMO Member Services number on your Member ID card.

♦ Ask for the Guest Membership Coordinator.
We will send you forms to fill out.

If there is a medical group taking part in the national network in the city you will be visiting, you’ll be a guest member while you’re away from home.

The benefits you will get may not be the same as the benefits you would get at home.

Even without a guest membership, you can get medically necessary care (urgent care, emergency services, or follow-up care) when you are away from home.

If you are traveling outside California, and need health care because of a non-emergency illness or injury, call the BlueCard Access 800 number, 1-800-810-BLUE (2583).

The BlueCard Access Call Center will tell you if there are doctors or hospitals in the area that can give you care. They will give you the names and phone numbers of nearby doctors and hospitals that you go to or call for an appointment.

If it’s an emergency, get medical care right away. You or a member of your family must call us within 48 hours after first getting care.

The provider may bill you for these services. Send these bills to us. We will make sure the services were emergency services or urgent care. You may need to pay a copay.

Note: Providers available to you through the BlueCard Program have not entered into contracts with Anthem Blue Cross. If you have any questions or complaints about the BlueCard Program, please call us at the Member Services telephone number listed on your ID card.
Care Outside the United States-BlueCard Worldwide

Prior to travel outside the United States, call the Member Services number listed on your Member ID card to find out if your plan has BlueCard Worldwide benefits. Your coverage outside the United States is limited and we recommend:

♦ Before you leave home, call the Member Services number listed on your Member ID card for coverage details. **You have coverage for services and supplies furnished only in connection with urgent care or an emergency when travelling outside the United States.**

♦ Always carry your current Member ID card.

♦ In an emergency or if you need urgent care, seek medical treatment immediately.

♦ The BlueCard Worldwide Service Center is available 24 hours a day, seven days a week toll-free at (800) 810-BLUE (2583) or by calling collect at (804) 673-1177. An assistance coordinator, along with a medical professional, will arrange a doctor appointment or hospitalization, if needed.

♦ If you are admitted to a hospital, you must call us within 48 hours at the Member Services number listed on your Member ID card. This number is different than the phone numbers listed above for BlueCard Worldwide.

**Call the BlueCard Worldwide Service Center in these non-emergent situations:**

♦ **You need to find a doctor or hospital or need medical assistance services.** An assistance coordinator, along with a medical professional, will arrange a doctor appointment or hospitalization, if needed.

♦ **You need to be hospitalized or need inpatient care.** After calling the Service Center, you must also call us at the Member Services number listed on your Member ID card for pre-service review to determine whether the services are covered. Please
note that this number is different than the phone numbers listed above for BlueCard Worldwide.

**Payment Information.**

♦ **Participating BlueCard Worldwide hospitals.** When you make arrangements for hospitalization through BlueCard Worldwide, you should not need to pay upfront for inpatient care at participating BlueCard Worldwide *hospitals* except for the out-of-pocket costs (noncovered services, deductible, copays and coinsurance) you normally pay. The *hospital* will submit your claim on your behalf.

♦ **Doctors and/or non-participating hospitals.** You will need to pay upfront for outpatient services, care received from a *doctor*, and inpatient care not arranged through the BlueCard Worldwide Service Center. Then you can complete a BlueCard Worldwide claim form and send it with the original bill(s) to the BlueCard Worldwide Service Center (the address is on the form).

**Claim Filing.**

♦ **The hospital will file your claim** if the BlueCard Worldwide Service Center arranged your hospitalization. You will need to pay the hospital for the out-of-pocket costs you normally pay.

♦ **You must file the claim** for outpatient and *doctor* care, or inpatient care not arranged through the BlueCard Worldwide Service Center. You will need to pay the health care provider and subsequently send an international claim form with the original bills to Anthem.

**Additional Information About BlueCard Worldwide Claims.**

♦ You are responsible, at your expense, for obtaining an English-language translation of foreign country provider claims and medical records.

♦ Exchange rates are determined as follows:
• For inpatient hospital care, the rate is based on the date of admission.

• For outpatient and professional services, the rate is based on the date the service is provided.

**Claim Forms.**

♦ International claim forms are available from us, from the BlueCard Worldwide Service Center, or online at: www.bcbs.com/bluecardworldwide.

The address for submitting claims is on the form.

**Revoking or Modifying a Referral or Authorization**

A referral or authorization for services or care that was approved by your medical group, your primary care doctor, or by us may be revoked or modified prior to the services being rendered for reasons including but not limited to the following:

♦ Your coverage under this plan ends;

♦ The agreement with the group terminates;

♦ You reach a benefit maximum that applies to the services in question;

♦ Your benefits under the plan change so that the services in question are no longer covered or are covered in a different way.

**If You and Your Doctor Don’t Agree**

If you think you need a certain kind of care, but your doctor or medical group isn’t recommending it, you have a right to the following:

♦ **Ask for a written notice** of being denied the care you felt you needed. You should get this notice within 48 hours.

♦ **Your doctor should give you a written reason** and another choice of care within 48 hours.
♦ You can make a formal appeal to the medical group and to Anthem. See “How to Make a Complaint” on a later page.

We Want You to Have Good Health

Ask about our many programs to:

♦ Educate you about living a healthy life.
♦ Get a health screening.
♦ Learn about your health problem.

For more information, please call us at our Member Services number shown on your Member ID card.

RelayHealth. We have made arrangements with RelayHealth to provide an online health care information and communication program. This program will allow you to contact your doctor on the internet if your doctor is a participant in RelayHealth. To see if your doctor is enrolled in the program, use the “Find Your Doctor” function on the website, www.relayhealth.com. Through this private, secure internet program, you can consult your doctor, request prescription refills, schedule appointments, and get lab results. You will only be required to pay a copay for consultations. This copay will be $10 and must be paid by credit card. You will not be required to pay a copay when you request prescription refills, schedule appointments and get lab results.
Your Benefits at Anthem Blue Cross HMO

It’s important to remember:

♦ The benefits of this plan are given only for those services that the medical group finds are medically necessary.

♦ Care must be received from your primary care doctor or another Anthem Blue Cross HMO Provider to be a covered service under this plan. If you use a non-Anthem Blue Cross HMO provider, your entire claim will be denied unless:
  • The services are for emergency or out-of-area urgent care; or
  • The services are approved in advance by us as an authorized referral.

♦ Just because a doctor orders a service, it doesn’t mean that:
  • The service is medically necessary; or
  • This plan covers it.

♦ If you have any questions about what services are covered, read this booklet, or give us a call at the number on your Member ID card.

♦ All benefits are subject to coordination with benefits available under certain other plans.

♦ We have the right to be repaid by a third party for medical care we cover if your injury, disease or other health problem is their fault or responsibility.

♦ Anthem has processes to review claims before and after payment to detect fraud, waste, abuse and other inappropriate activity. Members seeking emergency services, urgent care services or an authorized referral in accordance with this plan from non-Anthem Blue Cross HMO provider could be balanced billed by the non-Anthem Blue Cross HMO provider for those
services that are determined to be not payable as a result of these review processes and meets the criteria set forth in any applicable state regulations adopted pursuant to state law. A claim may also be determined to be not payable due to a provider's failure to submit medical records with the claims that are under review in these processes.

What are Copays?

A copay is a set amount you pay for each medical service or prescription drug. You need to pay a copay for some services given under this plan, but many other supplies and services do not need a copay. Usually, you must pay the copay at the time you get the services. The copays you need to pay for services are shown in the next section.

If you do not pay your copay within 31 days from the date it’s due, we have the right to cancel your coverage under the plan. To find out how your coverage is cancelled if you do not pay your copay, see “How Your Coverage Ends”, in the section "What You Should Know about Your Coverage", (see Table of Contents).

Here are the Copay Limits

If you pay more than the Copay Limits shown below in one calendar year (January through December), you won’t need to pay any more copays for the rest of the year.

<table>
<thead>
<tr>
<th>Per Number of Members</th>
<th>Copay Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Member</td>
<td>$1,500</td>
</tr>
<tr>
<td>Two or More Members of the Same Family</td>
<td>$4,500*</td>
</tr>
</tbody>
</table>

*But, not more than $1,500 for any one Member in a Family. For any given family member, the Copay Limit is met either after he/she meets the amount for Member, or after the entire family Copay Limit is met. The family Copay Limit can be met by any combination of amounts from any family member.
The following copay won’t apply to the Copay Limits:

♦ For infertility, any copay for diagnosis and testing for finding out about it.
♦ Amounts in excess of the prescription drug maximum allowed amount.

Credit Prior Plan Coverage

If you were covered by your employer's prior plan immediately before your employer signs up with us, with no lapse in coverage, then you will get credit for any accrued deductible and, if applicable and approved by us, any Copay Limit under the prior plan. This does not apply to individuals who were not covered by the prior plan on the day before your employer's coverage with us began, or who join your employer later.

If your employer moves from one of our plans to another, (for example, changes its coverage from HMO to PPO), and you were covered by the other product immediately before enrolling in this product with no break in coverage, then you may get credit for any accrued deductible and any Copay Limit, if applicable and approved by us.

If your employer offers more than one of our products, and you change from one product to another with no break in coverage, you will get credit for any accrued deductible and, if applicable, any Copay Limit.

If your employer offers coverage through other products or carriers in addition to ours, and you change products or carriers to enroll in this product with no break in coverage, you will get credit for any accrued deductible and any Copay Limit under this plan.

This Section Does Not Apply To You If:

♦ Your employer moves to this plan at the beginning of each year;
♦ You change from one of our individual policies to a group plan;
◆ You change employers; or
◆ You are a new member who joins after your employer initial enrollment with us.

**What We Cover**

We list benefits for the services and supplies in this section. Any copays you must pay are shown next to the service or supply. We list things we do NOT cover in the next section.

**Remember:**

Your *primary care doctor* and your *medical group* must give or OK all your care.

<table>
<thead>
<tr>
<th>Doctor Care (or services of a Health Professional)</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Office visits for a covered illness, injury or health problem .................................................. $20</td>
<td></td>
</tr>
<tr>
<td>♦ Home visits, when approved by your <em>medical group</em>, at the doctor’s discretion .................................................. $20</td>
<td></td>
</tr>
<tr>
<td>♦ Surgery in <em>hospital</em>, <em>surgery center</em> or <em>medical group</em> and surgical assistants ........................................ No charge</td>
<td></td>
</tr>
<tr>
<td>♦ Anesthesia services ................................................. No charge</td>
<td></td>
</tr>
<tr>
<td>♦ <em>Doctor</em> visits during a <em>hospital stay</em> ......................... No charge</td>
<td></td>
</tr>
<tr>
<td>♦ Visit to a <em>specialist</em> ................................................ $20</td>
<td></td>
</tr>
</tbody>
</table>
| ♦ *Medically necessary* acupuncture
  OK’d by your *primary care doctor* .............................. $15 |

**Online Clinic Visits**

<table>
<thead>
<tr>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Online clinic visits, if available from your <em>medical group</em> .................................................. $20</td>
</tr>
</tbody>
</table>

Including the following *medically necessary* services:
- Diagnosis and treatment of a covered medical condition.
- Transfer of medical data.
- Education using interactive audio, video, and data communications.
- Medical consultations using the internet via webcam, chat, or voice.

Non-covered services include, but are not limited to, the following:

- Reporting normal lab or other test results.
- Office visit appointment requests or changes.
- Billing, insurance coverage, or payment questions.
- Requests for referrals to other doctors or health care providers.
- Benefit precertification.
- Consultations between doctors.
- Consultations provided by telephone, electronic mail, or facsimile machines.

You will be financially responsible for the costs associated with non-covered services.

<table>
<thead>
<tr>
<th>Preventive Care Services</th>
<th>Copay</th>
</tr>
</thead>
</table>

**Preventive Care Services** Preventive care includes screenings and other services for adults and children. All recommended preventive services will be covered as required by the Affordable Care Act (ACA) and applicable state law. This means preventive care services are covered with no deductible (if applicable) or copay when you use an *Anthem Blue Cross HMO provider.*
- Full physical exams and periodic check-ups ordered by your primary care doctor including well-woman visits ................................................. No charge
- Vision or hearing screenings* ........................................ No charge
- Immunizations prescribed by your primary care doctor ................................................. No charge
- Health education programs given by your primary care doctor or the medical group .......... No charge
- Health screenings as prescribed by your doctor or health care provider ......................... No charge
  - Health screenings include: mammograms, Pap tests and any cervical cancer screening tests including human papillomavirus (HPV), prostate cancer screenings, and other medically accepted cancer screening tests, screenings for high blood pressure, type 2 diabetes mellitus, cholesterol, and obesity.**
- Preventive services for certain high-risk populations as determined by your doctor, based on clinical expertise. .................................................. No charge
- Counseling and intervention services as part of a full physical exam or periodic check-up for the purpose of education or counseling on potential health concerns, including sexually transmitted infections, human immunodeficiency virus (HIV), contraception, and smoking cessation counseling. .................................................. No charge
- HIV testing, regardless of whether testing is related to a primary diagnosis........................ No charge
- Additional preventive care and screening for women provided for in the guidelines supported by the Health Resources and Services Administration, including the following: .................................................. No charge
All FDA-approved contraceptive drugs, devices, and other products for women, including over-the-counter items, if prescribed by your doctor. This includes contraceptive drugs, injectable contraceptives, patches and devices such as diaphragms, intra uterine devices (IUDs) and implants, as well as voluntary sterilization procedures, contraceptive education and counseling. It also includes follow-up services related to the drugs, devices, products and procedures, including but not limited to management of side effects, counseling for continued adherence, and device insertion and removal.

At least one form of contraception in each of the methods identified in the FDA’s Birth Control Guide will be covered as preventive care under this section. If there is only one form of contraception in a given method, or if a form of contraception is deemed not medically advisable by your doctor, the prescribed FDA-approved form of contraception will be covered as preventive care under this section.

- In order to be covered as preventive care, contraceptive drugs must be either a generic or single source brand name drug (those without a generic equivalent). Multi-source brand name drugs (those with a generic equivalent) will be covered as preventive care services when medically necessary according to your attending doctor, otherwise they will be covered under your plan’s prescription drug benefits (see “Getting Prescription Drugs”).

- Breast feeding support, supplies, and counseling ordered by your primary care doctor or medical group. One breast pump will be covered per pregnancy under this benefit.

- Gestational diabetes screening.

- Preventive prenatal care.

- Screening for iron deficiency anemia in pregnant women.
• Breast cancer (BRCA) testing, if appropriate, in conjunction with genetic counseling and evaluation.

* Vision screening includes a vision check by your primary care doctor to see if it is medically necessary for you to have a complete vision exam by a vision specialist. If OK’d by your primary care doctor, this may include an exam with diagnosis, a treatment program and refractions. Hearing screenings include tests to diagnose and correct hearing.

** This list is not exhaustive. Preventive tests and screenings with a rating of A or B in the current recommendations of the United States Preventive Services Task Force (USPSTF), or those supported by the Health Resources and Services Administration (HRSA) will be covered at no charge.

See the definition of “Preventive Care Services” in the "Important Words to Know" section for more information about services that are covered by this plan as preventive care services.

<table>
<thead>
<tr>
<th>Diabetes</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Equipment and supplies used for the treatment of diabetes (see below).......................See “Medical Equipment”</td>
<td></td>
</tr>
<tr>
<td>♦ Blood glucose monitors, including monitors designed to help the visually impaired, and blood glucose testing strips.</td>
<td></td>
</tr>
<tr>
<td>♦ Insulin pumps</td>
<td></td>
</tr>
<tr>
<td>♦ Pen delivery systems for insulin administration (non-disposable).</td>
<td></td>
</tr>
<tr>
<td>♦ Visual aids (but not eyeglasses) to help the visually impaired to properly dose insulin.</td>
<td></td>
</tr>
<tr>
<td>♦ Podiatric devices, such as therapeutic shoes and shoe inserts, to treat diabetes-related complications .................................................. See “Prosthetic Devices”</td>
<td></td>
</tr>
</tbody>
</table>
Diabetes education program services .......................... No charge
- Teach you and your family members about the disease process and how to take care of it.
- Include training, education, and nutrition therapy to enable you to use the equipment, supplies, and medicines needed to manage the disease.
- Are supervised by a doctor.

Medical supplies .......................................................... No charge
- Insulin syringes, disposable pen delivery systems for insulin administration. Charges for insulin and other prescriptive medications are not covered.
- Testing strips, lancets, and alcohol swabs.

Screenings for gestational diabetes are covered under your Preventive Care Services benefit. Please see that provision for further details.

<table>
<thead>
<tr>
<th>General Medical Care (In a Non-Hospital-Based Facility)</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hemodialysis treatment, including treatment at home if OK’d by the medical group .................. No charge</td>
<td></td>
</tr>
<tr>
<td>Medical social services ..................................... No charge</td>
<td></td>
</tr>
<tr>
<td>Chemotherapy and radiation therapy ....................... No charge</td>
<td></td>
</tr>
<tr>
<td>Allergy tests and care ...................................... $20</td>
<td></td>
</tr>
<tr>
<td>X-ray and laboratory tests .................................. No charge</td>
<td></td>
</tr>
<tr>
<td>Genetic testing (not including medically necessary genetic testing of the fetus or newborn or BRCA testing)) ................................................. No charge</td>
<td></td>
</tr>
<tr>
<td>Smoking cessation programs for nicotine dependency ......................................................... No charge</td>
<td></td>
</tr>
</tbody>
</table>
Prescription drugs to help you stop smoking or reduce your dependence on tobacco products, as well as over-the-counter nicotine replacement products (limited to nicotine patches and gum) are covered when obtained with a doctor’s prescription. These drugs and products will be covered as preventive care services. See “Getting Prescription Drugs”.

<table>
<thead>
<tr>
<th>Pregnancy or maternity care</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical services for an enrolled member are provided for pregnancy and maternity care, including the following services: Prenatal and postnatal care, ambulatory care services (including ultrasounds, fetal non-stress tests, doctor office visits, and other medically necessary maternity services performed outside of a hospital), involuntary complications of pregnancy, diagnosis of genetic disorders in cases of high-risk pregnancy, and inpatient hospital care including labor and delivery.</td>
<td></td>
</tr>
<tr>
<td>♦ Office visit (first visit only) ................................................................. $20</td>
<td></td>
</tr>
<tr>
<td>♦ Doctor’s services for normal delivery or cesarean section ........................................ No charge</td>
<td></td>
</tr>
<tr>
<td>♦ Hospital services</td>
<td></td>
</tr>
<tr>
<td>♦ Inpatient services ................................................................. $250</td>
<td></td>
</tr>
<tr>
<td>♦ Outpatient covered services ........................................ No charge</td>
<td></td>
</tr>
<tr>
<td>♦ Genetic testing, when medically necessary ............... No charge</td>
<td></td>
</tr>
<tr>
<td>♦ Prenatal testing administered by the State Department of Public Health for the California Prenatal Screening Program ............................... No charge</td>
<td></td>
</tr>
<tr>
<td>♦ Hospital services for routine nursery care of your newborn child if the newborn child's natural mother is an enrolled member ............... No charge</td>
<td></td>
</tr>
</tbody>
</table>
Routine nursery care of a newborn child includes screening of a newborn for genetic diseases, congenital conditions, and other health conditions provided through a program established by law or regulation.

- Certain services are covered under the “Preventive Care Services” benefit. Please see that provision for further details.

**Note:** For inpatient hospital services related to childbirth, we will provide at least 48 hours after a normal delivery or 96 hours after a cesarean section, unless the mother and her doctor decide on an earlier discharge. Please see the section called “For Your Information” for a statement of your rights under federal law regarding these services.

<table>
<thead>
<tr>
<th>Infertility and Birth Control</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnosis and testing for infertility</td>
<td>50%*</td>
</tr>
<tr>
<td>Sterilization for females</td>
<td>No charge</td>
</tr>
<tr>
<td>Sterilization for males</td>
<td>No charge</td>
</tr>
<tr>
<td>Family planning services</td>
<td>No charge</td>
</tr>
<tr>
<td>Shots and implants for birth control</td>
<td>No charge</td>
</tr>
<tr>
<td>Intrauterine contraceptive devices (IUDs)</td>
<td>No charge</td>
</tr>
<tr>
<td>and diaphragms, dispensed by a doctor</td>
<td></td>
</tr>
<tr>
<td>Doctor’s services to prescribe, fit and</td>
<td>No charge</td>
</tr>
<tr>
<td>insert an IUD or diaphragm</td>
<td></td>
</tr>
</tbody>
</table>

*Note: The 50% copay made for infertility services will not be applied to the “Copay Limits.”

**Certain contraceptives and related services are covered under the “Preventive Care Services” benefit. Please see that provision for further details.
Mastectomy

- Mastectomy and lymph node dissection; complications from a mastectomy including lymphedema .................................................. See copays that apply

- Reconstructive surgery of both breasts performed to restore symmetry following a mastectomy ............................................. See copays that apply

Reconstructive Surgery

- Reconstructive surgery performed to correct or repair abnormal structures of the body caused by congenital defects, developmental abnormalities, trauma, infection, tumors, or disease to do either the following: (a) improve function; or (b) create a normal appearance, to the extent possible. This includes surgery performed to restore and achieve symmetry following a medically necessary mastectomy. This also includes medically necessary dental or orthodontic services that are an integral part of reconstructive surgery for cleft palate procedures. “Cleft palate” means a condition that may include cleft palate, cleft lip, or other craniofacial anomalies associated with cleft palate ......................... See copays that apply

This does not apply to orthognathic surgery. Please see the “Dental Care” benefit below for a description of this coverage.

Rehabilitative Care

Rehabilitative care after an illness or injury, or for a member who is being treated for a severe mental disorder or for pervasive
developmental disorder or autism. This care is provided even though the member may not have suffered an illness or injury.

- Visits for rehabilitation,
  such as physical therapy, chiropractic services,
  occupational therapy or speech therapy………………………………$15

<table>
<thead>
<tr>
<th>Inpatient Hospital Services</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>A hospital room with two or more beds, or a private room only if medically necessary, ordered by your primary care doctor and OK’d by your medical group ..........................................................$250 per admission plus 20%</td>
<td></td>
</tr>
</tbody>
</table>

Inpatient hospital services and supplies include the following:

- Operating room and special treatment room;
- Special care units;
- Nursing care;
- Drugs and medicines, and supplies you get during your stay. This includes oxygen;
- Laboratory, cardiology, pathology and radiology services;
- Physical therapy, occupational therapy, speech therapy, radiation therapy, chemotherapy and hemodialysis; and
- Blood transfusions. This includes the cost of blood, blood products or blood processing.

<table>
<thead>
<tr>
<th>Outpatient (In a Hospital or Surgery Center)</th>
<th>Copay</th>
</tr>
</thead>
</table>

After you satisfy your deductible, and pay any copay that applies, benefits are provided for the following services. Until you have satisfied your deductible, you pay the reasonable cash value for these services:
Emergency room use, supplies, other services, drugs and medicines. This includes oxygen .................. $100*

*You don’t have to pay the $100 if you are admitted as an inpatient.

Care given when surgery is done. This includes operating room use, supplies, drugs and medicines, oxygen, and other services.................. No charge

X-ray and laboratory tests ........................................ No charge

Other outpatient hospital services and supplies................................................................. No charge

Including such outpatient services as:

- Chemical and radiation therapy;
- Hemodialysis treatment; and
- Physical therapy, occupation therapy, or speech therapy.

<table>
<thead>
<tr>
<th>Skilled Nursing Facility Services</th>
<th>Copay</th>
</tr>
</thead>
</table>

You can get these kinds of care in a skilled nursing facility for up to 100 days in a calendar year.

Services and supplies provided by a skilled nursing facility................................................. 20%

- A room with two or more beds;
- Special treatment rooms;
- Regular nursing services;
- Laboratory tests;
- Physical therapy, occupational therapy, speech therapy, or respiratory therapy;
- Drugs and medicines given during your stay. This includes oxygen;
• Blood transfusions; and
• Needed medical supplies and appliances.

<table>
<thead>
<tr>
<th>Home Health Care</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>We will cover home health care furnished by a home health agency (HHA) for up to 100 visits in a calendar year.</td>
<td></td>
</tr>
<tr>
<td>♦ Home health care services provided by a home health agency.................................No charge</td>
<td></td>
</tr>
<tr>
<td>Home health care services include the following:</td>
<td></td>
</tr>
<tr>
<td>• Care from a registered nurse or licensed vocational nurse who works under a registered nurse or a doctor</td>
<td></td>
</tr>
<tr>
<td>• Physical therapy, occupational therapy, speech therapy, or respiratory therapy</td>
<td></td>
</tr>
<tr>
<td>• Visits with a medical social service worker</td>
<td></td>
</tr>
<tr>
<td>• Care from a health aide who works under a registered nurse with the HHA (one visit equals four hours or less)</td>
<td></td>
</tr>
<tr>
<td>♦ Medically necessary supplies from the HHA.................................................................No charge</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hospice Care</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>We will cover hospice care services shown below for the palliative care of pain and other symptoms if you have an illness that may lead to death. Palliative care is care that controls pain and relieves symptoms but is not intended to cure the illness. Your primary care doctor will work with the hospice and help develop your care plan. The hospice must send a written care plan to your medical group every 30 days.</td>
<td></td>
</tr>
<tr>
<td>♦ Interdisciplinary team care to develop and maintain a plan of care ................................No charge</td>
<td></td>
</tr>
</tbody>
</table>
Short-term inpatient hospital care in periods of crisis or as respite care. Respite care is provided on an occasional basis for up to five consecutive days per admission .................. No charge

Physical therapy, occupational therapy, speech therapy and respiratory therapy .................. No charge

Social services and counseling services .................. No charge

Skilled nursing services given by or under the supervision of a registered nurse .................. No charge

Certified home health aide services and homemaker services given under the supervision of a registered nurse .................. No charge

Diet and nutrition advice; nutrition help such as intravenous feeding or hyperalimentation ...... No charge

Volunteer services given by trained hospice volunteers directed by a hospice staff member ........ No charge

Drugs and medicines prescribed by a doctor .......... No charge

Medical supplies, oxygen and respiratory therapy supplies ................................. No charge

Care which controls pain and relieves symptoms .................................................. No charge

Bereavement services, including assessing the needs of the bereaved family and developing a care plan to meet those needs, both before and after death. Bereavement services are available to covered members of the immediate family (spouse, children, step-children, parents, brothers and sisters) for up to one year after the employee’s or covered family member’s death ............................... No charge
Dental Care

<table>
<thead>
<tr>
<th>Dental Care</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>◆ Inpatient <em>hospital</em> services.......................................................</td>
<td>$250</td>
</tr>
<tr>
<td></td>
<td>per admission</td>
</tr>
<tr>
<td></td>
<td>plus 20%</td>
</tr>
</tbody>
</table>

Inpatient *hospital* services are limited to 3 days when the *stay* is:

- Needed for dental care because of other medical problems you may have.
- Ordered by a *doctor* (M.D.) or a dentist (D.D.S. or D.M.D.)
- Approved by the *medical group*.
- General anesthesia and facility services when dental care must be provided in an outpatient *hospital or surgery center* ............ **No charge**

These services are covered when:

- You are less than seven years old;
- You are developmentally disabled; or
- Your health is compromised and general anesthesia is *medically necessary*.

**Note:** No benefits are provided for the dental procedure itself or for the professional services of a dentist to do the dental procedure.

◆ Emergency care for accidental injury to natural teeth.............................................. **No charge**

- The care is not covered if you hurt your teeth while chewing or biting unless the chewing or biting results from a medical or mental condition.
- Anthem Blue Cross HMO does not cover any other kind of dental care.
• Orthognathic surgery for a physical abnormality that prevents normal function of the upper or lower jaw and is medically necessary to attain functional capacity of the affected part ................. No charge

♦ Medically necessary dental or orthodontic services that are an integral part of reconstructive surgery for cleft palate procedures................................. No charge

“Cleft palate” means a condition that may include cleft palate, cleft lip, or other craniofacial anomalies associated with cleft palate.

Important: If you decide to receive dental services that are not covered under this plan, a dentist who participates in an Anthem Blue Cross network may charge you his or her usual and customary rate for those services. Prior to providing you with dental services that are not a covered benefit, the dentist should provide a treatment plan that includes each anticipated service to be provided and the estimated cost of each service. If you would like more information about the dental services that are covered under this plan, please call us at the Member Services number on your Member ID card. To fully understand your coverage under this plan, please carefully review this Evidence of Coverage document.

<table>
<thead>
<tr>
<th>Transgender Services</th>
<th>Copay</th>
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</table>

Services and supplies provided in connection with gender transition when you have been diagnosed with gender identity disorder or gender dysphoria by a doctor. This coverage is provided according to the terms and conditions of the plan that apply to all other covered medical conditions, including medical necessity requirements, medical management, and exclusions for cosmetic services, except as specifically stated in this provision. Coverage includes, but is not limited to, medically necessary services related to gender transition such as transgender surgery, hormone therapy, psychotherapy, and vocal training.
Coverage is provided for specific services according to plan benefits that apply to that type of service generally, if the plan includes coverage for the service in question. If a specific coverage is not included, the service will not be covered. For example, transgender surgery would be covered on the same basis as any other covered, medically necessary surgery; hormone therapy would be covered under the plan’s prescription drug benefits (if such benefits are included).

You must obtain our approval in advance in order for transgender services to be covered. Please refer to “Medical Management Programs” for information on how to obtain the proper reviews.

We will also pay for certain travel expenses incurred in connection with an approved transgender surgery, when the hospital at which the surgery is performed is 75 miles or more from your place of residence, provided the expenses are authorized in advance by us. We will provide benefits for lodging, transportation, and other reasonable expenses up to the current limits set forth in the Internal Revenue Code, not to exceed $10,000 per transgender surgery, or series of surgeries (if multiple surgical procedures are performed), for travel expenses listed below, incurred by you and one companion. This travel expense benefit is not available for non-surgical transgender services.

- Ground transportation to and from the hospital when it is 75 miles or more from your place of residence.
- Coach airfare to and from the hospital when it is 300 miles or more from your residence.
- Lodging, limited to one room, double occupancy.
- Other reasonable expenses. Tobacco, alcohol, drug, and meal expenses are excluded.

Details regarding reimbursement can be obtained by calling the Member Services number on your Member ID card. A travel reimbursement form will be provided for submission of legible copies of all applicable receipts in order to obtain reimbursement.
You must obtain our approval in advance in order for travel expenses to be covered. Please refer to “Medical Management Programs” for information on how to obtain the proper reviews.

♦ Transgender services .................................................. See copays that apply

♦ Transgender travel expense ........................................ No charge*

*Our maximum payment will not exceed $10,000 per transgender surgery, or series of surgeries (if multiple surgical procedures are performed).

<table>
<thead>
<tr>
<th>Special Food Products</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Special food products and formulas that are part of a diet prescribed by a doctor for the treatment of phenylketonuria (PKU) ...................... No charge</td>
<td></td>
</tr>
</tbody>
</table>

These items are covered as medical supplies.

<table>
<thead>
<tr>
<th>Medical Equipment</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Medical equipment and supplies ....................... No charge</td>
<td></td>
</tr>
</tbody>
</table>

You can get long-lasting medical equipment (called durable medical equipment) and supplies that are rented or bought for you if they are:

– Ordered by your primary care doctor.
– Used only for the health problem.
– Used only by the person who needs the equipment or supplies.
– Made only for medical use.

Equipment and supplies are not covered if they are:

– Only for your comfort or hygiene.
– For exercise.
– Only for making the room or home comfortable, such as air conditioning or air filters.

<table>
<thead>
<tr>
<th>Pediatric Asthma Equipment and Supplies</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Nebulizers, including face masks and tubing</td>
<td>No charge</td>
</tr>
<tr>
<td>These items are not subject to any limits or maximums that apply to coverage for Medical Equipment.</td>
<td></td>
</tr>
<tr>
<td>♦ Inhaler spacers and peak flow meters</td>
<td>No charge</td>
</tr>
<tr>
<td>These items are not subject to any limits or maximums that apply to coverage for Medical Equipment.</td>
<td></td>
</tr>
<tr>
<td>♦ Pediatric asthma education program services</td>
<td>No charge</td>
</tr>
<tr>
<td>to help you use the items listed above</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Organ and Tissue Transplants</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services and supplies are given if:</td>
<td></td>
</tr>
<tr>
<td>– You are receiving the organ or tissue, or</td>
<td></td>
</tr>
<tr>
<td>– You are the organ or tissue donor, if the person who is receiving it is a member of Anthem Blue Cross HMO. If you are not a member, the benefits are lowered by any amounts paid by your own health plan.</td>
<td></td>
</tr>
<tr>
<td>♦ Services given with an organ or tissue transplant</td>
<td>See copays that apply</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clinical Trials</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine patient costs, as described below, for an approved clinical trial</td>
<td>See copays that apply</td>
</tr>
<tr>
<td>Coverage is provided for routine patient care costs you receive as a participant in an approved clinical trial. The services must be</td>
<td></td>
</tr>
</tbody>
</table>
those that are listed as covered by this plan for members who are not enrolled in a clinical trial.

Routine patient care costs include items, services, and drugs provided to you in connection with an approved clinical trial that would otherwise be covered by the plan.

An “approved clinical trial” is a phase I, phase II, phase III, or phase IV clinical trial that studies the prevention, detection, or treatment of cancer or another life-threatening disease or condition, from which death is likely unless the disease or condition is treated. Coverage is limited to the following clinical trials:

- Federally funded trials approved or funded by one or more of the following:
  - The National Institutes of Health,
  - The Centers for Disease Control and Prevention,
  - The Agency for Health Care Research and Quality,
  - The Centers for Medicare and Medicaid Services,
  - A cooperative group or center of any of the four entities listed above or the Department of Defense or the Department of Veterans Affairs,
  - A qualified non-governmental research entity identified in the guidelines issued by the National Institutes of Health for center support grants, or
  - Any of the following departments if the study or investigation has been reviewed and approved through a system of peer review that the Secretary of Health and Human Services determines (1) to be comparable to the system of peer review of investigations and studies used by the National Institutes of Health, and (2) assures unbiased review of the highest scientific standards by qualified individuals who have no interest in the outcome of the review:
    - The Department of Veterans Affairs,
− The Department of Defense, or
− The Department of Energy.

♦ Studies or investigations done as part of an investigational new
drug application reviewed by the Food and Drug
Administration.

♦ Studies or investigations done for drug trials that are exempt
from the investigational new drug application.

Participation in the clinical trial must be recommended by your
primary care doctor after deciding it will help you. If the clinical
trial is not provided by or through your medical group, your
primary care doctor will refer you to the doctor or health care
provider who provides the clinical trial. Please see “When You
Need a Referral” in the section called “When You Need Care” for
information about referrals. You will only have to pay your
normal copays for the services you get.

All requests for clinical trials services, including requests that are
not part of approved clinical trials, will be reviewed according to
our Clinical Coverage Guidelines, related policies and procedures.

Routine patient costs do not include any of the costs associated
with any of the following:

♦ The investigational item, device, or service itself.

♦ Any item or service provided solely to satisfy data collection
and analysis needs and that is not used in the clinical
management of the patient.

♦ Any service that is clearly inconsistent with widely accepted
and established standards of care for a particular diagnosis.

♦ Any item, device, or service that is paid for, by the sponsor of
the trial or is customarily provided by the sponsor free of
charge for any enrollee in the trial.

**Note:** You will pay for costs of services that are not covered.
If you do not agree with the coverage or medical necessity of possible clinical trial services, please read the “Independent Medical Review of Complaints Involving a Disputed Health Care Service” (see Table of Contents).

<table>
<thead>
<tr>
<th>Ambulance</th>
<th>Copay</th>
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Ambulance services are covered when you are transported by a state licensed vehicle that is designed, equipped, and used to transport the sick and injured and is staffed by Emergency Medical Technicians (EMTs), paramedics, or other licensed or certified medical professionals. Ambulance services are covered when one or more of the following criteria are met:

♦️ For ground ambulance, you are transported:
  - From your home, or from the scene of an accident or medical emergency, to a hospital,
  - Between hospitals, including when you are required to move from a hospital that does not contract with us to one that does, or
  - Between a hospital and a skilled nursing facility or other approved facility.

♦️ For air or water ambulance, you are transported:
  - From the scene of an accident or medical emergency to a hospital,
  - Between hospitals, including when you are required to move from a hospital that does not contract with us to one that does, or
  - Between a hospital and another approved facility.

Non-emergency ambulance services are subject to medical necessity reviews by us or your medical group. Emergency ground ambulance services do not require pre-service review. When using an air ambulance in a non-emergency situation, we or your medical group reserve the right to select the air ambulance provider. If you
do not use the air ambulance selected in a non-emergency situation, no coverage will be provided.

You must be taken to the nearest facility that can provide care for your condition. In certain cases, coverage may be approved for transportation to a facility that is not the nearest facility.

Coverage includes medically necessary treatment of an illness or injury by medical professionals from an ambulance service, even if you are not transported to a hospital. Ambulance services are not covered when another type of transportation can be used without endangering your health. Ambulance services for your convenience or the convenience of your family members or doctor are not a covered service.

Other non-covered ambulance services include, but are not limited to, trips to:

♦ A doctor's office or clinic;
♦ A morgue or funeral home.

If provided through the 911 emergency response system, ambulance services are covered if you reasonably believed that a medical emergency existed even if you are not transported to a hospital.

Your copays for covered ambulance services are:

♦ Base charge and mileage ............................................ No charge
♦ Disposable supplies .................................................. No charge
♦ Monitoring, EKG’s or ECG’s, cardiac defibrillation, CPR, oxygen, and IV solutions ............................................................. No charge

IN SOME AREAS, THERE IS A 9-1-1 EMERGENCY RESPONSE SYSTEM. THIS SYSTEM IS TO BE USED ONLY WHEN THERE IS AN EMERGENCY.
IF YOU REASONABLY BELIEVE THAT YOU ARE EXPERIENCING AN EMERGENCY, YOU SHOULD CALL 9-1-1 OR GO DIRECTLY TO THE NEAREST HOSPITAL EMERGENCY ROOM. PLEASE USE THE 9-1-1 SYSTEM FOR MEDICAL EMERGENCIES ONLY.

**Important information about air ambulance coverage.**
Coverage is only provided for air ambulance services when it is not appropriate to use a ground or water ambulance. For example, if using a ground ambulance would endanger your health and your medical condition requires a more rapid transport to a hospital than the ground ambulance can provide, this plan will cover the air ambulance. Air ambulance will also be covered if you are in a location that a ground or water ambulance cannot reach.

Air ambulance will not be covered if you are taken to a hospital that is not an acute care hospital (such a skilled nursing facility), or if you are taken to a doctor’s office or to your home.

**Hospital to hospital transport:** If you are being transported from one hospital to another, air ambulance will only be covered if using a ground ambulance would endanger your health and if the hospital that first treats you cannot give you the medical services you need. Certain specialized services are not available at all hospitals. For example, burn care, cardiac care, trauma care, and critical care are only available at certain hospitals. For services to be covered, you must be taken to the closest hospital that can treat you. Coverage is not provided for air ambulance transfers because you, your family, or your doctor prefers a specific hospital or doctor.

<table>
<thead>
<tr>
<th>Prosthetic Devices</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Surgical implants..........................No charge</td>
<td></td>
</tr>
<tr>
<td>♦ Artificial limbs or eyes..................No charge</td>
<td></td>
</tr>
</tbody>
</table>

You can get devices to take the place of missing parts of your body.
The first pair of contact lenses or eye glasses when needed after a covered and medically necessary eye surgery ......................... No charge

Breast prostheses following a mastectomy .................. No charge

Prosthetic devices to restore a method of speaking when required as a result of a laryngectomy .......................................................... No charge

Therapeutic shoes and inserts designed to treat foot complications due to diabetes .................. No charge

Orthopedic footwear used as an integral part of a brace; shoe inserts that are custom molded to the patient ......................................................... No charge

Colostomy supplies .................................. No charge

Supplies needed to take care of these devices ........ No charge

<table>
<thead>
<tr>
<th>Hearing Aid Services</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Covered hearing aids</td>
<td>No charge</td>
</tr>
<tr>
<td>(one per ear every 3 years)</td>
<td></td>
</tr>
</tbody>
</table>

The following hearing aid services are covered when ordered by or purchased as a result of a written recommendation from:

- an otolaryngologist; or
- a state-certified audiologist.

Services include:

- Audiological evaluations to:
  - measure the extent of hearing loss; and
  - determine the most appropriate make and model of hearing aid.
These evaluations will be covered under the plan benefits for office visits to doctors.

- Hearing aids (monaural or binaural) including:
  - ear mold(s), the hearing aid instrument; and
  - batteries, cords and other ancillary equipment.

- Visits for fitting, counseling, adjustments and repairs for a one year period after receiving the covered hearing aid.

No benefits will be provided for the following:

- Charges for a hearing aid which exceeds specifications prescribed for the correction of hearing loss;

- Surgically implanted hearing devices (i.e., cochlear implants, audient bone conduction devices). Medically necessary surgically implanted hearing devices may be covered under your plan’s benefits for prosthetic devices (see “Prosthetic Devices”).

- Charges for a hearing aid which is not determined to be medically necessary, or for more than one hearing aid per ear every 3 years.

<table>
<thead>
<tr>
<th>Mental Health Conditions/Substance Abuse</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inpatient facility-based care for the treatment of mental health conditions and substance abuse ................................................................. No charge</td>
<td></td>
</tr>
</tbody>
</table>

Mental Health Conditions/Substance Abuse

You can get services for the medically necessary treatment of mental health conditions and substance abuse or to prevent the deterioration of chronic conditions. These services do not include programs to stop smoking, or to help with nicotine or tobacco abuse.

- Inpatient facility-based care for the treatment of mental health conditions and substance abuse ................................................................. No charge

- Outpatient facility-based care, including partial hospitalization and intensive outpatient
programs, for the treatment of mental or nervous disorders or substance abuse.............................. No charge

Before you get services for facility-based care for the treatment of mental or nervous disorders or substance abuse, you must get our approval first. Read “Medical Management Programs” to find out how to get approvals.

♦ Inpatient doctor visits during a stay for the treatment of mental or nervous disorders or substance abuse .............................................................. No charge

Inpatient services include hospital services and services from a residential treatment center (including crisis residential treatment) as stated in the "Inpatient Hospital Services" provision of this section, for inpatient services and supplies.

♦ Inpatient doctor visits during a stay for the treatment of mental health conditions and substance abuse .............................................................. No charge

♦ Outpatient facility-based care, including partial hospitalization programs and intensive outpatient programs, for the treatment of mental health conditions and substance abuse ........ No charge

Other outpatient services include multidisciplinary treatment in an intensive outpatient psychiatric treatment program, behavioral health treatment for Pervasive Developmental Disorder or autism in the home, and psychological testing.

Office visits (including online care services) received from a doctor for the treatment of mental health conditions and substance abuse $20

Office visits include those for the following:
• individual and group mental health evaluation and treatment,
• nutritional counseling for the treatment of eating disorders such as anorexia nervosa and bulimia nervosa,
• drug therapy monitoring,
• individual and group chemical dependency counseling,
• medical treatment for withdrawal symptoms,
• methadone maintenance treatment.

♦ Behavioral health treatment for pervasive developmental disorder or autism in an office.......................$20

Inpatient services, outpatient items and services, and office visits, are covered under this section. See the section “Benefits for Pervasive Developmental Disorder or Autism” for a description of the services that are covered. You must get our approval first for all behavioral health treatment services for the treatment of pervasive developmental disorder or autism in order for these services to be covered by this plan. Read “Medical Management Programs” to find out how to get approvals. No benefits are payable for these services if our approval is not obtained.

**Benefits for Pervasive Developmental Disorder or Autism**

This plan provides coverage for behavioral health treatment for Pervasive Developmental Disorder or autism. This coverage is provided according to the terms and conditions of this plan that apply to all other medical conditions, except as specifically stated in this section.

Behavioral health treatment services covered under this plan are subject to the same deductibles, coinsurance, and copayments, if any, that apply to services provided for other covered medical conditions. Services provided by Qualified Autism Service Providers, Qualified Autism Service Professionals, and Qualified Autism Service Paraprofessionals (see the “Definitions” below) will be covered under plan benefits that apply for outpatient office visits or other outpatient items and services. Services provided in a facility, such as the outpatient department of a hospital, will be covered under plan benefits that apply to such facilities. See also
the section “Mental Health Conditions/Substance Abuse” for more detail.

You must obtain our approval in advance for all behavioral health treatment services for the treatment of Pervasive Developmental Disorder or autism in order for these services to be covered by this plan (see “Medical Management Programs” for details). No benefits are payable for these services if our approval is not obtained. You must receive services from an Anthem Blue Cross HMO provider in order for these services to be covered, unless you obtain an authorized referral to a non-Anthem Blue Cross HMO provider (see “Medical Management Programs” for details).

The meanings of key terms used in this section are shown below. Whenever any of the key terms shown below appear in this section, the first letter of each word will be capitalized. When you see these capitalized words, you should refer to this “Definitions” provision.

**Definitions**

**Pervasive Developmental Disorder or autism** means one or more of the disorders defined in the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders.

**Applied Behavior Analysis (ABA)** means the design, implementation, and evaluation of systematic instructional and environmental modifications to promote positive social behaviors and reduce or ameliorate behaviors which interfere with learning and social interaction.

**Intensive Behavioral Intervention** means any form of Applied Behavioral Analysis that is comprehensive, designed to address all domains of functioning, and provided in multiple settings, depending on the individual's needs and progress. Interventions can be delivered in a one-to-one ratio or small group format, as appropriate.
**Qualified Autism Service Provider** is either of the following:

- A person, entity, or group that is certified by a national entity, such as the Behavior Analyst Certification Board, that is accredited by the National Commission for Certifying Agencies, and who designs, supervises, or provides treatment for Pervasive Developmental Disorder or autism, provided the services are within the experience and competence of the person, entity, or group that is nationally certified; or

- A person licensed as a physician and surgeon (M.D. or D.O.), physical therapist, occupational therapist, psychologist, marriage and family therapist, educational psychologist, clinical social worker, professional clinical counselor, speech-language pathologist, or audiologist pursuant to state law, who designs, supervises, or provides treatment for Pervasive Developmental Disorder or autism, provided the services are within the experience and competence of the licensee.

Our network of *Anthem Blue Cross HMO providers* is limited to licensed Qualified Autism Service Providers who contract with us and who may supervise and employ Qualified Autism Service Professionals or Qualified Autism Service Paraprofessionals who provide and administer Behavioral Health Treatment.

**Qualified Autism Service Professional** is a provider who meets all of the following requirements:

- Provides behavioral health treatment,

- Is employed and supervised by a Qualified Autism Service Provider,

- Provides treatment according to a treatment plan developed and approved by the Qualified Autism Service Provider,

- Is a behavioral service provider approved as a vendor by a California regional center to provide services as an associate behavior analyst, behavior analyst, behavior management assistant, behavior management consultant, or behavior management program as defined in state regulation, and
• Has training and experience in providing services for Pervasive Developmental Disorder or autism pursuant to applicable state law.

Qualified Autism Service Paraprofessional is an unlicensed and uncertified individual who meets all of the following requirements:

• Is employed and supervised by a Qualified Autism Service Provider,

• Provides treatment and implements services pursuant to a treatment plan developed and approved by the Qualified Autism Service Provider,

• Meets the criteria set forth in any applicable state regulations adopted pursuant to state law concerning the use of paraprofessionals in group practice provider behavioral intervention services, and

• Has adequate education, training, and experience, as certified by a Qualified Autism Service Provider.

Behavioral Health Treatment Services Covered

The behavioral health treatment services covered by this plan for the treatment of Pervasive Developmental Disorder or autism are limited to those professional services and treatment programs, including Applied Behavior Analysis and evidence-based behavior intervention programs, that develop or restore, to the maximum extent practicable, the functioning of an individual with Pervasive Developmental Disorder or autism and that meet all of the following requirements:

• The treatment must be prescribed by a licensed physician and surgeon (an M.D. or D.O.) or developed by a licensed psychologist,

• The treatment must be provided under a treatment plan prescribed by a Qualified Autism Service Provider and administered by one of the following: (a) Qualified Autism Service Provider, (b) Qualified Autism Service Professional supervised and employed by the Qualified Autism Service
Provider, or (c) Qualified Autism Service Paraprofessional supervised and employed by a Qualified Autism Service provider, and

- The treatment plan must have measurable goals over a specific timeline and be developed and approved by the Qualified Autism Service Provider for the specific patient being treated. The treatment plan must be reviewed no less than once every six months by the Qualified Autism Service Provider and modified whenever appropriate, and must be consistent with applicable state law that imposes requirements on the provision of Applied Behavioral Analysis services and Intensive Behavioral Intervention services to certain persons pursuant to which the Qualified Autism Service Provider does all of the following:
  - Describes the patient's behavioral health impairments to be treated,
  - Designs an intervention plan that includes the service type, number of hours, and parent participation needed to achieve the intervention plan's goal and objectives, and the frequency at which the patient's progress is evaluated and reported,
  - Provides intervention plans that utilize evidence-based practices, with demonstrated clinical efficacy in treating Pervasive Developmental Disorder or autism,
  - Discontinues Intensive Behavioral Intervention services when the treatment goals and objectives are achieved or no longer appropriate, and
  - The treatment plan is not used for purposes of providing or for the reimbursement of respite care, day care, or educational services, and is not used to reimburse a parent for participating in the treatment program. The treatment plan must be made available to us upon request.
Medical Management Programs

In order to be covered by this plan, most services must be provided or coordinated by your primary care doctor and OK’d by your medical group. These services include scheduled non-emergency hospital or skilled nursing facility stays; non-emergency outpatient services or surgeries; transplant and bariatric services; visits for physical therapy, physical medicine, occupational therapy and chiropractic services; durable medical equipment; infusion or home therapy; home health care; and diagnostic and laboratory procedures.

Exceptions to this rule are explained in the section “When You Need Care” earlier in this booklet. You may get care for the treatment of certain conditions directly, without getting an OK from your medical group. Some of these services must however be reviewed and approved by us in advance, through our Medical Management Programs, which consist of the Utilization Review Program and the Authorization Program.

The services that need to be reviewed and approved by us are indicated as such in the “What We Cover” section. You’re also welcome to call the Member Services number on your member ID card for a list of services that need to be reviewed.

We will provide benefits only if you are covered at the time you get services, and our payment will follow the terms and requirements of this plan.

Utilization Review Program

Your Plan includes the process of utilization review to decide when services are Medically Necessary or experimental / investigative as those terms are defined in “Important Words to Know” section. Utilization review aids the delivery of cost-effective health care by reviewing the use of treatments and, when proper, level of care and/or the setting or place of service that they are performed. A service must be medically necessary to be covered.
When level of care, setting or place of service is part of the review, services that can be safely given to you in a lower level of care or lower cost setting / place of care, will not be *medically necessary* if they are given in a higher level of care, or higher cost setting / place of care.

Certain services must be reviewed to determine if they are *medically necessary* in order for you to get benefits. Utilization review criteria will be based on many sources including medical policy and clinical guidelines. Anthem may decide that a service that was asked for is not *medically necessary* if you have not tried other treatments that are more cost-effective.

If you have any questions about the information in this section, you may call the Member Services phone number on the back of your identification card.

**Coverage for or payment of the service or treatment reviewed is not guaranteed. For benefits to be covered, on the date you get service:**

♦ You must be eligible for benefits;

♦ The service or supply must be covered under your *plan*;

♦ The service cannot be subject to an exclusion under your plan (please see “What We Do Not Cover” for more information); and

♦ You must not have exceeded any applicable limits under your *plan*. 
Types of Reviews

- **Pre-service review** – A review of a service, treatment or admission for a coverage determination which is done before the service or treatment begins or admission date.

- **Precertification** – A required pre-service review for a benefit coverage determination for a service or treatment. Certain services require precertification in order for you to get benefits. The benefit coverage review will include a review to decide whether the service meets the definition of medical necessity or is *experimental / investigative* as those terms are defined in this booklet.

  For admissions following emergency care, you, your authorized representative or doctor must tell us within 24 hours of the admission or as soon as possible within a reasonable period of time.

  For childbirth admissions, precertification is not needed for the first 48 hours for a vaginal delivery or 96 hours for a cesarean section. Admissions longer than 48/96 hours require precertification.

  For inpatient *hospital* stays for mastectomy surgery, including the length of *hospital* stays associated with mastectomy, precertification is not needed.

- **Continued Stay** - A utilization review of a service, treatment or admission for a benefit coverage determination which must be done during an ongoing stay in a *hospital* or course of treatment.
Both pre-service and continued stay may be considered urgent when, in the view of the treating provider or any doctor with knowledge of your medical condition, without such care or treatment, your life or health or your ability to regain maximum function could be seriously threatened or you could be subjected to severe pain that cannot be adequately managed without such care or treatment. Urgent reviews are conducted under a shorter timeframe than standard reviews.

Post-service Review – A review of a service, treatment or admission for a benefit coverage that is conducted after the service has been provided. Post-service reviews are performed when a service, treatment or admission did not need a precertification, or when a needed precertification was not obtained. Post-service reviews are done for a service, treatment or admission in which we have a related clinical coverage guideline and are typically initiated by us.

Services for which precertification is required (i.e., services that need to be reviewed by us to determine whether they are medically necessary) include, but are not limited to, the following:

- Inpatient and outpatient facility facility-based care for the treatment of mental health conditions or substance abuse (including detoxification, rehabilitation, and residential treatment);
- Behavioral health treatment for Pervasive Developmental Disorder or autism;
- Partial hospitalization programs, intensive outpatient programs, and transcranial magnetic stimulation (TMS);
- Air-ambulance services for non-emergency hospital to hospital transfers;
- Certain non-emergency ground ambulance services;
- Transgender services, including transgender travel expense, as specified under the “Transgender Services” provision of “What We Cover”. A doctor must diagnose you with Gender Identity Disorder or Gender Dysphoria; and
Other specific procedures, wherever performed, as specified by us.

For a list of current procedures requiring precertification, please call the toll-free number for Member Services printed on your identification card.

**Who is Responsible for Precertification?**

Typically, *Anthem Blue Cross HMO providers* know which services need precertification and will get any precertification when needed. Your *medical group* or *primary care doctor* and other *Anthem Blue Cross HMO providers* have been given detailed information about these procedures and are responsible for meeting these requirements. Generally, the *doctor* or *hospital* will get in touch with us to ask for a precertification. However, you may request a precertification or 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. The table below outlines who is responsible for precertification and under what circumstances.

<table>
<thead>
<tr>
<th>Provider Network Status</th>
<th>Responsibility to Get Precertification</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Anthem Blue Cross HMO providers</em></td>
<td>Provider</td>
<td><em>Anthem Blue Cross HMO providers</em> must get precertification when required</td>
</tr>
</tbody>
</table>
Non-Anthem Blue Cross HMO providers

Member

Member has no benefit coverage for a non-Anthem Blue Cross HMO provider unless:

- The member gets approval to use a non-Anthem Blue Cross HMO provider before the service is given, or;

- The member requires out-of-area urgent care or an emergency care admission (See note below.)

If these are true, then

- Member must get precertification by calling Member Services when required. For an emergency care admission, precertification is not required. However, you, your authorized representative, or doctor must tell us within 24 hours of the admission or as soon as possible within a reasonable period of time.
- **Member** may be financially responsible for charges/costs related to the service and/or setting in whole or in part if the service and/or setting is found to not be *medically necessary*, or is not emergency care.

<table>
<thead>
<tr>
<th>Blue Card Provider</th>
<th><strong>Member (Except for Inpatient Admissions)</strong></th>
<th><strong>Member</strong> has no benefit coverage for a BlueCard provider unless:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>- The <em>member</em> gets approval to use a BlueCard provider before the service is given, or;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- The <em>member</em> requires <em>urgent care</em> or an <em>emergency care</em> admission (See note below.)</td>
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<tr>
<td></td>
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<td>If these are true, then</td>
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<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
representative, or doctor must tell us within 24 hours of the admission or as soon as possible within a reasonable period of time.

- Member may be financially responsible for charges/costs related to the service and/or setting in whole or in part if the service and/or setting is found to not be medically necessary, or is not an emergency.

- Blue Card providers must obtain precertification for all inpatient admissions.

NOTE: For an emergency care admission, precertification is not required. However, you, your authorized representative or doctor must tell us within 24 hours of the admission or as soon as possible within a reasonable period of time.
**How Decisions are Made**

We use our clinical coverage guidelines, such as medical policy, clinical guidelines and other applicable policies and procedures to help make our medical necessity decisions. Medical policies and clinical guidelines reflect the standards of practice and medical interventions identified as proper medical practice. We reserve the right to review and update these clinical coverage guidelines from time to time.

You are entitled to ask for and get, free of charge, reasonable access to any records concerning your request. To ask for this information, call the precertification phone number on the back of your identification card.

If you are not satisfied with our decision under this section of your benefits, please refer to the section entitled “How to Make a Complaint” to see what rights may be available to you.
Decision and Notice Requirements

Requests for medical necessity will be reviewed according to the timeframes listed below. The timeframes and requirements listed are based on state and federal laws. Where state laws are stricter than federal laws, state laws will be followed. If you live in and/or get services in a state other than the state where your plan was issued other state-specific requirements may apply. You may call the phone number on the back of your ID card for more details.

<table>
<thead>
<tr>
<th>Request Category</th>
<th>Timeframe Requirement for Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urgent Pre-Service</td>
<td>72 hours from the receipt of the request</td>
</tr>
<tr>
<td>Non-Urgent Pre-Service</td>
<td>5 business days from the receipt of the request</td>
</tr>
<tr>
<td>Continued Stay Review when hospitalized at the time of the request and no previous authorization exists</td>
<td>72 hours from the receipt of the request</td>
</tr>
<tr>
<td>Urgent Continued Stay Review when request is received at least 24 hours before the end of the previous authorization</td>
<td>24 hours from the receipt of the request</td>
</tr>
<tr>
<td>Urgent Continued Stay Review when request is received less than 24 hours before the end of the previous authorization</td>
<td>72 hours from the receipt of the request</td>
</tr>
<tr>
<td>Request Category</td>
<td>Timeframe Requirement for Decision</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-----------------------------------------------------------</td>
</tr>
<tr>
<td>Non-Urgent Continued Stay Review</td>
<td>5 business days from the receipt of the request</td>
</tr>
<tr>
<td>Post-service Review</td>
<td>30 calendar days from the receipt of the request</td>
</tr>
</tbody>
</table>

If more information is needed to make a decision, we will tell the requesting provider of the specific information needed to finish the review. If the specific information is not received by the required timeframe, a decision will be made based upon the information we have.

Notice of the decision will be given to you and your provider as required by state and federal law. Notice may be given by one or more of the following methods: verbal, written, and/or electronic.

For a copy of the Medical Necessity Review Process, please contact Member Services at the telephone number on the back of your Identification Card.

**Revoking or modifying a Precertification Review decision.**
Anthem will determine in advance whether certain services (including procedures and admissions) are medically necessary and are the appropriate length of stay, if applicable. These review decisions may be revoked or modified prior to the service being rendered for reasons including but not limited to the following:

- Your coverage under this plan ends;
- The agreement with the group terminates;
- You reach a benefit maximum that applies to the service in question;
- Your benefits under the plan change so that the service is no longer covered or is covered in a different way.
Authorization Program

The authorization program provides prior approval for medical care or service by a non-Anthem Blue Cross HMO provider. The service you receive must be a covered benefit of this plan.

You must get approval before you get any non-emergency or non-urgent service from a non-Anthem Blue Cross HMO provider for the following services:

♦ Treatment of mental health conditions or substance abuse,
♦ Behavioral health treatment for pervasive developmental disorder or autism,
♦ Transgender services, including transgender travel expense, and
♦ Other specific procedures, wherever performed, as specified by us.

The toll-free number to call for prior approval is on your Member ID card.

If you get any of these services, and do not follow the procedures set forth in this section, no benefits will be provided for that service.

Authorized Referrals. In order for the benefits of this plan to be provided, you must get approval before you get services from non-Anthem Blue Cross HMO providers. When you get proper approvals, these services are called authorized referral services.

Effect on Benefits. If you receive authorized referral services from a non-Anthem Blue Cross HMO provider, the applicable Anthem Blue Cross HMO provider copays will apply. When you do not get a referral, no benefits are provided for services received from a non-Anthem Blue Cross HMO provider.

How to Get an Authorized Referral. You or your doctor must call the toll-free telephone number on your Member ID card before scheduling an admission to, or before you get the services of, a non-Anthem Blue Cross HMO provider.
When an Authorized Referral Will be Provided. Referrals to non-Anthem Blue Cross HMO providers will be approved only when all of the following conditions are met:

♦ There is no *Anthem Blue Cross HMO provider* who practices the specialty you need, provides the required services or has the necessary facilities within 50-miles of your home; AND

♦ You are referred to the non-Anthem Blue Cross HMO provider by a *doctor* who is an *Anthem Blue Cross HMO provider*; AND

♦ We authorize the services as *medically necessary* before you get the services.

Exceptions to the Medical Management Program

From time to time, we may waive, enhance, modify, or discontinue certain medical management processes (including utilization review) if, in our discretion, such a change furthers the provision of cost effective, value based and quality services. In addition, we may select certain qualifying health care providers to participate in a program that exempts them from certain procedural or medical management processes that would otherwise apply. We may also exempt claims from medical review if certain conditions apply.

If we exempt a process, health care provider, or claim from the standards that would otherwise apply, we are in no way obligated to do so in the future, or to do so for any other health care provider, claim, or *member*. We may stop or modify any such exemption with or without advance notice.
We also may identify certain providers to review for potential fraud, waste, abuse or other inappropriate activity if the claims data suggests there may be inappropriate billing practices. If a provider is selected under this program, then we may use one or more clinical utilization management guidelines in the review of claims submitted by this provider, even if those guidelines are not used for all providers delivering services to this plan’s members.

You may determine whether a health care provider participates in certain programs by checking our online provider directory on our website at www.anthem.com/ca or by calling us at the Member Services telephone number listed on your ID card.

**Health Plan Individual Case Management**

The health plan individual case management program enables us to assist you to obtain medically appropriate care in a more economical, cost-effective and coordinated manner during prolonged periods of intensive medical care. Through a case manager, we discuss possible options for an alternative plan of treatment which may include services not covered under this plan. It is not your right to receive individual case management, nor do we have an obligation to provide it; we provide these services at our sole and absolute discretion.

**How Health Plan Individual Case Management Works**

Our health plan individual case management program (Case Management) helps coordinate services for members with health care needs due to serious, complex, and/or chronic health conditions. Our programs coordinate benefits and educate members who agree to take part in the Case Management program to help meet their health-related needs.

Our Case Management programs are confidential and voluntary, and are made available at no extra cost to you. These programs are provided by, or on behalf of and at the request of, your health plan case management staff. These Case Management programs are separate from any covered services you are receiving.
If you meet program criteria and agree to take part, we will help you meet your identified health care needs. This is reached through contact and team work with you and/or your chosen authorized representative, treating doctors, and other providers.

In addition, we may assist in coordinating care with existing community-based programs and services to meet your needs. This may include giving you information about external agencies and community-based programs and services.

**Alternative Treatment Plan.** In certain cases of severe or chronic illness or injury, we may provide benefits for alternate case that is not listed as a covered service. We may also extend services beyond the benefit maximums of this plan. We will make our decision case-by-case, if in our discretion the alternate or extended benefit is in the best interest of the member and us. A decision to provide extended benefits or approve alternate care in one case does not obligate us to provide the same benefits again to you or to any other member. We reserve the right, at any time, to alter or stop providing extended benefits or approving alternate care. In such case, we will notify you or your authorized representative in writing.

### What We Do Not Cover

It’s important for you to know that we are not able to cover all the care you may want. Some services and supplies are not covered and some have limited benefits.

**Remember:**

**In most cases, you cannot get any care that has not been OK’d by your primary care doctor, your medical group, or Anthem.**

**Kinds of Services You Cannot Get with this Plan**

- **Care Not Approved.** Care you got from a health care provider without the OK of your primary care doctor or a doctor specializing in OB-GYN in your medical group, except for emergency services or out-of-area urgent care.
- **Care Not Covered.** Services you got before you were on the plan, or after your coverage ended.

- **Care Not Listed.** Services not listed as being covered by this plan.

- **Care Not Needed.** Any services or supplies that are not medically necessary.

- **Crime or Nuclear Energy.** Any health problem caused: (1) while you were committing or trying to commit a felony as long as any injuries are not a result of a medical condition or an act of domestic violence; or (2) by nuclear energy, when the government can pay for treatment.

- **Experimental or Investigative.** Any experimental or investigative procedure or medication. But, if you are denied benefits because it is determined that the requested treatment is experimental or investigative, you may ask that the denial be reviewed by an external independent medical review organization. (See the section “Review of Denials of Experimental or Investigative Treatment” for how to ask for a review of your benefit denial.)

- **Government Treatment.** Any services actually given to you by a local, state or federal government agency, or by a public school system or school district, except when this plan’s benefits, must be provided by law. We will not cover payment for these services if you are not required to pay for them or they are given to you for free.

- **Non-Licensed Providers.** Treatment or services rendered by non-licensed health care providers and treatment or services for which the provider of services is not required to be licensed. This includes treatment or services from a non-licensed provider under the supervision of a licensed doctor, except as specifically provided or arranged by us. This exclusion does not apply to the medically necessary treatment of pervasive developmental disorder or autism, to the extent stated in the section “Benefits for Pervasive Developmental Disorder or Autism”.


Services Given by Providers Who Are Not With Anthem Blue Cross HMO. We will not cover these services unless your primary care doctor refers you, except for emergencies or out-of-area urgent care.

Services Received Outside of the United States. Services rendered by providers located outside the United States, unless the services are for emergencies, emergency ambulance services and urgent care.

Services Not Needing Payment. Services you are not required to pay for or are given to you at no charge, except services you got at a charitable research hospital (not with the government). This hospital must:

- Be known throughout the world as devoted to medical research.
- Have at least 10% of its yearly budget spent on research not directly related to patient care.
- Have 1/3 of its income from donations or grants (not gifts or payments for patient care).
- Accept patients who are not able to pay.
- Serve patients with conditions directly related to the hospital’s research (at least 2/3 of their patients).

Waived Cost-Shares non-Anthem Blue Cross HMO provider. For any service for which you are responsible under the terms of this booklet to pay a copayment, coinsurance or deductible, and the copayment, coinsurance or deductible is waived by a non-Anthem Blue Cross HMO provider.

Work-Related. Care for health problems that are work-related if such health problems are or can be covered by workers’ compensation, an employer’s liability law, or a similar law. We will provide care for a work-related health problem, but, we have the right to be paid back for that care. See “Other Things You Should Know: Getting Repaid by a Third Party” on a later page.
Other Services Not Covered

♦ **Acupressure.** Acupressure, or massage to help pain, treat illness or promote health by putting pressure to one or more areas of the body.

♦ **Air Conditioners.** Air purifiers, air conditioners, or humidifiers.

♦ **Birth Control Devices.** Any devices needed for birth control which can be obtained without a doctor’s prescription, such as condoms. This does not apply to FDA-approved over the counter contraceptive methods for women, that are prescribed by a doctor, as specifically stated in “Preventive Care Services” under the section What We Cover.

♦ **Blood.** Benefits are not provided for the collection, processing and storage of self-donated blood unless it is specifically collected for a planned and covered surgical procedure.

♦ **Braces or Other Appliances or Services** for straightening the teeth (orthodontic services) except as specifically stated in “Reconstructive Surgery” and “Dental Care” under the section What We Cover.

♦ **Clinical Trials.** Services and supplies in connection with clinical trials, unless specifically stated in “Clinical Trials” under the section, What We Cover.

♦ **Commercial Weight Loss Programs.** Weight loss programs, whether or not they are pursued under medical or doctor supervision, unless specifically listed as covered in this plan.

This exclusion includes, but is not limited to, commercial weight loss programs (Weight Watchers, Jenny Craig, LA Weight Loss) and fasting programs.

This exclusion does not apply to medically necessary treatments for morbid obesity or for treatment of anorexia nervosa or bulimia nervosa.

♦ **Consultations** given by telephone or fax.
♦ **Cosmetic Surgery.** Surgery or other services done to change or reshape normal parts or tissues of the body to improve appearance.

♦ **Custodial Care or Rest Cures.** Room and board charges for a hospital stay mostly for a change of scene or to make you feel good. Services given by a rest home, a home for the aged, or any place like that.

♦ **Dental Services or Supplies.** For dental treatment, regardless of origin or cause, except as specified below. “Dental treatment” includes but is not limited to preventative care and fluoride treatments; dental x rays, supplies, appliances, dental implants and all associated expenses; diagnosis and treatment related to the teeth, jawbones or gums, including but not limited to:

- Extraction, restoration, and replacement of teeth;
- Services to improve dental clinical outcomes.

This exclusion does not apply to the following:

- Services which we are required by law to cover;
- Services specified as covered in this booklet;
- Dental services to prepare the mouth for radiation therapy to treat head and/or neck cancer.

♦ **Eye Exercises or Services and Supplies for Correcting Vision.** Optometry services, eye exercises, and orthoptics, except for eye exams to find out if your vision needs to be corrected. Eyeglasses or contact lenses are not covered. Contact lens fitting is not covered.

♦ **Eye Surgery for Refractive Defects.** Any eye surgery just for correcting vision (like nearsightedness and/or astigmatism). Contact lenses and eyeglasses needed after this surgery.

♦ **Food or Dietary Supplements.** Nutritional and/or dietary supplements, except as provided in this plan or as required by law. This exclusion includes, but is not limited to, those nutritional formulas and dietary supplements that can be
purchased over the counter, which by law do not require either a written prescription or dispensing by a licensed pharmacist.

♦ **Gene Therapy.** Gene therapy as well as any drugs, procedures, health care services related to it that introduce or is related to the introduction of genetic material into a person intended to replace or correct faulty or missing genetic material.

♦ **Health Club Membership.** Health club memberships, exercise equipment, charges from a physical fitness instructor or personal trainer, or any other charges for activities, equipment, or facilities used for developing or maintaining physical fitness, even if ordered by a doctor. This exclusion also applies to health spas.

♦ **Immunizations.** Immunizations needed to travel outside the USA.

♦ **Infertility Treatment.** Any infertility treatment including artificial insemination or in vitro fertilization, sperm bank, and any related laboratory tests.

♦ **Lifestyle Programs.** Programs to help you change how you live, like fitness clubs, or dieting programs. This does not apply to cardiac rehabilitation programs approved by your medical group.

♦ **Medical Equipment, Devices and Supplies.** This plan does not cover the following:

  - Replacement or repair of purchased or rental equipment because of misuse, abuse, or loss/theft.

  - Surgical supports, corsets, or articles of clothing unless needed to recover from surgery or injury.

  - Enhancements to standard equipment and devices that is not medically necessary.

  - Supplies, equipment and appliances that include comfort, luxury, or convenience items or features that exceed what is medically necessary in your situation.
This exclusion does not apply to medically necessary treatment as specifically stated in “Medical Equipment” under the section What We Cover.

♦ **Educational or Academic Services.** This plan does not cover:
  
  - Educational or academic counseling, remediation, or other services that are designed to increase academic knowledge or skills.
  
  - Educational or academic counseling, remediation, or other services that are designed to increase socialization, adaptive, or communication skills.
  
  - Academic or educational testing.
  
  - Teaching skills for employment or vocational purposes.
  
  - Teaching art, dance, horseback riding, music, play, swimming, or any similar activities.
  
  - Teaching manners and etiquette or any other social skills.
  
  - Teaching and support services to develop planning and organizational skills such as daily activity planning and project or task planning.

  This exclusion does not apply to the medically necessary treatment of pervasive developmental disorder or autism, to the extent stated in the section “Benefits for Pervasive Developmental Disorder or Autism”.

♦ **Nicotine Use.** Programs to stop smoking or the treatment of nicotine or tobacco use if the program is not affiliated with Anthem.

♦ **Non-Prescription Drugs.** Non-prescription, over-the-counter drugs or medicines, except as specifically stated in this booklet.

♦ **Orthopedic Shoes.** Orthopedic shoes and shoe inserts. This exclusion does not apply to orthopedic footwear used as an integral part of a brace, shoe inserts that are custom molded to the patient, or therapeutic shoes and inserts designed to treat
foot complications due to diabetes, as specifically stated in “Prosthetic Devices” under the section What We Cover.

♦ **Outpatient Drugs.** Outpatient prescription drugs or medications including insulin except drugs for abortion or contraception when taken in the doctor’s office. (Also see Getting Prescription Drugs and Preventive Care Services for what is covered).

♦ **Personal Care and Supplies.** Services for your personal care, such as: help in walking, bathing, dressing, feeding, or preparing food. Any supplies for comfort, hygiene or beauty purposes.

♦ **Private Contracts.** Services or supplies provided pursuant to a private contract between the member and a provider, for which reimbursement under the Medicare program is prohibited, as specified in Section 1802 (42 U.S.C. 1395a) of Title XVIII of the Social Security Act.

♦ **Residential Accommodations.** Residential accommodations to treat medical or behavioral health conditions, except when provided in a hospital, hospice, skilled nursing facility or residential treatment center.

♦ **Routine Exams.** Routine physical or psychological exams or tests asked for by a job or other group, such as a school, camp, or sports program.

♦ **Scalp hair prostheses.** Scalp hair prostheses, including wigs or any form of hair replacement.

♦ **Sterilization Reversal.** Surgery done to reverse a sterilization.

♦ **Surrogate Mother Services.** For any services or supplies provided to a person not covered under the plan in connection with a surrogate pregnancy (including, but not limited to, the bearing of a child by another woman for an infertile couple).
What You Should Know about Your Coverage

How Coverage Begins
You can enroll in Anthem Blue Cross HMO if you are a retired employee. This means that you:

♦ are eligible to receive health plan benefits as part of the employer’s pension plan; and

♦ you were covered under an employer sponsored health plan just before you retired.

You can enroll the following family members in Anthem Blue Cross HMO:

♦ Your spouse as recognized under state or federal law. This includes same sex spouses when legally married in a state that recognizes same-sex marriages.

♦ Your domestic partner if you are in a legally registered and valid domestic partnership.

♦ Your natural children, step children, legally adopted children, or children for whom you, your spouse or domestic partner have been appointed legal guardians by a court of law, who are:
  • Under 26 years old, or
  • 26 years old or more if they are not capable of getting a self-sustaining job due to a physical or mental condition, and
    – They are unmarried.
    – They must depend chiefly on you for support and maintenance. A child is considered chiefly dependent for support and maintenance if he or she qualifies as a dependent for federal income tax purposes.
    – A doctor certifies in writing that the child is incapable of getting a self-sustaining job due to a physical or mental condition. We must receive the certification, at
no expense to us, within 60-days of the date you receive our request. We may request proof of continuing dependency and that a physical or mental condition still exists, but not more often than once each year after the initial certification.

- They were covered under the *prior plan*, they were covered as a family member of the employee under another health plan or health insurer, or have six or more months of other *creditable coverage*.

You can keep the child covered under the *plan* until they are no longer chiefly dependent on you for support and maintenance due to a continuing physical or mental condition.

You can enroll both as an employee and a spouse or domestic partner. If both you and your spouse or domestic partner are enrolled as employees, your children may be covered as family members of both. However, the total amounts of benefits we will pay will not be more than the amount covered.

You and your family members must live or work in the Anthem Blue Cross HMO service area. You and your family members must live in the United States to be covered under this *plan*.

**When Are You Covered?**

You are eligible to enroll with this *plan* in accordance with rules established by your employer. For specific information about your employer’s eligibility rules for coverage, please contact your Human Resources or Benefits Department.

Your family members are eligible to be covered:

♦ For all existing family members, on the date you are covered; or

♦ For a new spouse and step child, if any, the first day of the month after the date your spouse and step child, if any, become a family member(s) due to marriage;
For a new domestic partner and his or her child, if any, the first day of the month after the date your domestic partner and his or her child, if any, become a family member(s) due to the start of a domestic partnership;

For an over age child, the first day of the month after the date your child again becomes a family member;

The date a child becomes your family member due to birth or adoption; or

For a child for whom you, your spouse or domestic partner is a legal guardian, the first day of the month after the date of the court decree.

To enroll, you must give your employer a signed Enrollment Form within 60 days after the day you are eligible. We must get this form from your employer within 90 days. If not, you may not be covered.

If you enroll before, on, or within 60 days after the date you were eligible, then your coverage will start on your eligibility date.

If you do not enroll within 60 days of your eligibility date, you cannot enroll. Your next chance to enroll is your employer’s next Open Enrollment. Sometimes, you may be able to enroll earlier. See “When You Can Enroll Without Waiting.”

If you choose to leave this plan, you will be eligible to enroll again during your employer’s next Open Enrollment. You may be able to enroll earlier. See “When You Can Enroll Without Waiting.”

Your employer must pay the subscription charges every month in order for you to be covered. Your employer may ask you to pay all or part of these charges. Talk to your employer about how much you must pay.

For you to get benefits we must have an agreement with your employer and you must be covered at the time you got the service. The benefits you get will be the benefits in effect at the time the services are provided. Your employer’s health plan agreement
with us may change from time to time, or end, without your consent.

**If You Want to Enroll a New Child**

Here’s how new children are enrolled if you are already covered:

♦ Any child born to you will be enrolled from the moment of birth for 31 days; and

♦ Any child being adopted by you will be covered for 31 days from the date:
  - You have financial responsibility for the child OR
  - You have the right to control the child’s health care.

You will need to give us legal papers or other proof for either one.

For the child’s enrollment to continue beyond this 31-day period, you must submit a *membership change form* to the *group* within this 31-day period. You will need to pay subscription charges, if any, for them from the date their coverage began.

**When You Can Enroll Without Waiting**

You may enroll without waiting for your employer’s next *open enrollment* period if any of the following are true:

♦ **You meet all of the following requirements:**
  - You were covered as an individual or dependent under either:
    - Another employer group health plan or health insurance coverage, including coverage under a COBRA or CalCOBRA continuation; or
    - A state Medicaid plan or under a state child health insurance program (SCHIP), including the Healthy Families Program or the Access for Infants and Mothers (AIM) Program.
• You certified in writing at the time you became eligible for coverage under this plan that you were declining coverage under this plan or disenrolling because you were covered under another health plan as stated above and you were given written notice that if you choose to enroll later, you may be required to wait until the group’s next open enrollment period to do so.

• Your coverage under the other health plan wherein you were covered as an individual or dependent ended as follows:

⇒ If the other health plan was another employer group health plan or health insurance coverage, including coverage under a COBRA or CalCOBRA continuation, coverage ended because you lost eligibility under the other plan, your coverage under a COBRA or CalCOBRA continuation was exhausted, or employer contributions toward coverage under the other plan terminated. You must properly file a signed Enrollment Form with the group within 60 days after the date your coverage ends or the date employer contributions toward coverage under the other plan terminate.

Loss of eligibility for coverage under an employer group health plan or health insurance includes loss of eligibility due to termination of employment or change in employment status, reduction in the number of hours worked, loss of dependent status under the terms of the plan, termination of the other plan, legal separation, divorce, death of the person through whom you were covered, no longer living or working in the Anthem Blue Cross HMO service area (whether or not by your choice), and any loss of eligibility for coverage after a period of time that is measured by reference to any of the foregoing.

⇒ If the other health plan was a state Medicaid plan or a state child health insurance program (SCHIP), including the Healthy Families Program or the Access for Infants and Mothers (AIM) Program, coverage ended because
you lost eligibility under the program. You must properly file a signed Enrollment Form with the group within 60 days after the date your coverage ended.

♦ A court has ordered that your spouse, domestic partner or child be covered under your employee health plan, and you give your employer a signed Enrollment Form within 60 days from the date the court order was issued.

♦ We don’t have a written statement from your employer stating that before you chose not to enroll or not be enrolled you were given and signed a notice that told you:

• If you choose not to enroll for coverage within 60 days after you become eligible; or

• If you choose to cancel your coverage; and

• Later choose to enroll;

Your coverage may not begin until the group’s next anniversary date following the end of your employer’s open enrollment.

♦ You have a change in family status through either marriage or domestic partnership, or the birth, adoption or placement for adoption of a child:

• If you enroll following marriage or domestic partnership, you and your new spouse or domestic partner must enroll within 60 days of the date of marriage or domestic partnership. Your new spouse or domestic partner’s children may also enroll, but your other children may not enroll unless they qualify under another one of these conditions listed above.

• If you enroll following the birth, adoption or placement for adoption of a child, your spouse (if you are already married) or domestic partner may also enroll at that time. Other children may not enroll at that time unless they qualify under another one of these conditions listed above. Application must be made within 60 days of the birth or date of adoption or placement for adoption.
♦ All of the following conditions are met:

- You finished the waiting period under the plan, but, ceased to be eligible due to the end of your employment;
- You again become eligible to enroll within 6 months of the date your employment ended; and
- You enroll within 60 days of your return to work.

♦ You met or went beyond a lifetime limit on all benefits of another health plan. Your application must be made within 60 days of the date a claim or a portion of a claim is denied because you met or went beyond a lifetime limit on all benefits of another health plan.

♦ You become eligible for assistance, with respect to the cost of coverage under the employer’s group plan, under a state Medicaid or SCHIP health plan, including any waiver or demonstration project conducted under or in relation to these plans. You must properly file a signed Enrollment Form with the group within 60 days after the date you are determined to be eligible for this assistance.

The effective date of coverage for enrollments during a special enrollment period as described above will be on the first day of the month following the date you file the signed Enrollment Form, except as specified below:

♦ If a court has ordered that coverage be provided for a dependent child, coverage will become effective for that child on the earlier of:

- The first day of the month following the date you file the signed Enrollment Form; or
- Within 30 days after we receive a copy of the court order or of a request from the district attorney, either parent or the person having custody of the child, the employer, or the group administrator.
♦ For enrollments following the birth, adoption, or placement for adoption of a child, coverage will be effective as of the date of birth, adoption, or placement for adoption.

**Open Enrollment**

If you are eligible to be covered, *Open Enrollment* is a time you can enroll yourself or your family members. Your employer has this time once a year in the months of October and November.

You or your family members will be covered on the group’s next anniversary date following the end of the *Open enrollment* period. If you had another plan, it would end when this one starts.

**When We Cannot Cancel Your Coverage**

We cannot cancel your coverage while:

♦ This plan is in effect;

♦ You’re eligible;

♦ Your subscription charges are paid;

♦ You live or work within a medical group’s service area;

♦ You follow your primary care doctor’s advice and treatment and you work with the medical group; and

♦ You pay all copays within 31 days after you get a bill.

The benefits of this plan are only for medically necessary services as decided by your medical group or Anthem.

We are not responsible for any costs you have to pay over the plan’s benefits.

Only members may get benefits under this plan. You cannot transfer the right to benefits to another person.
How Your Coverage Ends

We are not required to send you a notice that coverage is ending if you decide, or your employer decides, to end coverage. Coverage may end:

- **If our agreement with your employer ends.** Coverage ends on the date the agreement is terminated or cancelled. If we decide to end the coverage provided to you by your employer for any of the reasons shown in the agreement, we will give written notice of termination, cancellation or non-renewal to your employer. Your employer will send or give you a copy of the termination, cancellation or non-renewal notice at least 7-days prior to the date coverage ends.

- **If the subscription charges are not paid.** If your employer fails to pay the subscription charges as they become due, we may terminate the agreement as of the last day of the Grace Period described below. Nevertheless, we will terminate the agreement only upon first giving the employer a written Notice of Cancellation that is delivered to them at least 30-days prior to that cancellation. (or any longer period of time required by applicable federal law, rule, or regulation).

The Notice of Cancellation shall state that the agreement shall not be terminated if the employer makes appropriate payment in full within 30-days after we issue the Notice of Cancellation (or any longer period of time required by applicable federal law, rule, or regulation). The Notice of Cancellation shall also inform the employer that, if the agreement is terminated for non-payment and the employer wishes to apply for reinstatement, the employer shall be required to submit a new application for coverage, and that Anthem either may decline to permit reinstatement in its sole discretion or may permit reinstatement upon terms and conditions as it shall determine appropriate in its sole discretion, as set forth in the agreement. Per the agreement, your employer will mail a copy of our notice to them to you. If you have any questions about your coverage ending, and how it will affect you, please call the Member Services phone number on your I.D. card.
Grace Period. For every Subscription Charge Due Date except the first, there is a 30-day grace period in which to pay subscription charges. The grace period begins after the last day of paid coverage. The agreement remains in force during the grace period, and coverage is maintained during the grace period. The employer is liable for payment of subscription charges covering any period of time that the agreement remains in force, including any grace period. If your employer fails to pay us the subscription charges due during the grace period, we will not end your coverage until the end of the grace period. You will not be required by us to pay the subscription charges for your employer nor will you be required to pay more than your copay for any services received during the grace period.

If subscription charges due are not paid by the end of the grace period, the agreement will be canceled as described above.

♦ If the agreement is changed at your employer’s request to stop covering the class of employees to which you belong. We will no longer cover you or your family members on the date of that change.

♦ If the agreement is changed at your employer’s request to stop covering family members. We will no longer cover your family members on the date of that change.

♦ If you are no longer covered. Your family members will no longer be covered.

♦ If you do not pay your copay. If you do not pay your copay to a provider within 31-days from the date that you are sent a bill by a provider to make your copay payment, if requested in writing to us by the provider, Anthem will send you a written notice to let you know that you have not paid your copay. If you do not pay your copay to the provider within 15-days from the date we sent our notice to you, we will terminate your coverage at 12:00 midnight on the fifteenth day following the date we sent notice to you telling you of this. If your coverage is terminated, Anthem will tell your employer not to pay any further subscription charges for you. Within 30-days, we will
return the pro-rata portion of any monies paid to us by your employer for your coverage for the unexpired period for which payment has been received together with amounts due on claims, if any, less any amounts due us. Your employer will return your portion of the money returned to them to you.

If your coverage was ended because you didn’t pay your *copay*, and you have now paid it, you may have your coverage reinstated by re-enrolling as follows:

- If you paid your *copay* and re-enroll on, or within 31-days after the date your coverage was ended, then your coverage will be reinstated to the date your coverage ended. (There will be no lapse of coverage.)

- If you do not pay your *copay* within 31-days after your coverage would end due to failure to make the required *copay*, but subsequently paid your *copay* and re-enroll within 31-days after you paid your *copay*, then your coverage will start on the next subscription charge due date shown in the *agreement* under the same terms that apply to others in your classification. (There will be a lapse of coverage for the time period between when we ended your coverage and the date your employer again pays subscription charges for your coverage.)

- If you did not pay your *copay* within 31-days after the date your coverage ended, and you do not re-enroll within 31-days of the date you paid your *copay*, you will be eligible to enroll again during your employer’s next *Open Enrollment*.

♦ **If you decide to cancel at any time.** Your coverage ends on the next subscription charge due date after we receive written notice from your employer that you have ended your coverage. You must give your employer written notice to end your coverage.

♦ **If you or a family member are no longer eligible.** Your coverage ends on the next subscription charge due date
following the date you are no longer eligible for coverage, except in these cases:

- **Leave of Absence.** If your employer pays the subscription charges to us, you may be covered while you take a short-term leave of absence your employer allows. This time period may be extended if required by law.

- **Handicapped Children.** If your child has a physical or mental condition that prevents him or her from getting a self-sustaining job and reaches the upper age limit in this plan for a child (26 years), your child can still qualify if he or she is:

  ⇒ Covered under this *plan*.

  ⇒ Still chiefly dependent on you, your spouse or your domestic partner for support and maintenance.

  ⇒ Not able to get a job to self-support himself or herself because of the physical or mental condition.

  A *doctor* must certify in writing that your child is incapable of self-sustaining employment due to a physical or mental condition.

  We will notify you that your child’s coverage will end when your child reaches the *plan’s* upper age limit at least 90 days prior to the date the child reaches that age. You must send proof of the child’s physical or mental condition within 60 days of the date you receive our request. If we do not complete our determination of your child’s continuing eligibility by the date your child reaches the plan’s upper age limit, your child will remain covered pending our determination.

  After two years have passed since you gave us the first certification, you may need to send us proof that your child is still chiefly dependent on you, your spouse or your domestic partner for support and maintenance and that a physical or mental condition still exists, but we will not ask for this proof more than once a year.
We will cover your child until he or she no longer has a physical or mental condition that prevents him or her from getting a job or he or she is no longer dependent on you, your spouse or your domestic partner for support and maintenance.

A child is considered chiefly dependent for support and maintenance if he or she qualifies as a dependent for federal income tax purposes.

♦ **Fraud or misrepresentation by you or a family member.**
  
  Termination is effective upon the later of: (1) the date shown in the written notice to you; or (2) the date the written notice was mailed to you:

  • **Fraud or deception in the use of services or facilities.**
    You or a family member may individually have your coverage terminated if any of you commits fraud or deception in the use of services or facilities. If you, as the employee, have your coverage terminated for such fraud or deception, coverage for all other family members will also end.

  • **Intentional misrepresentation of material fact under the terms of the agreement.** If you or a family member purposely gives us incorrect or incomplete material information, and we rely on such information in providing health care services to that member, we may end coverage to that member. If you, the employee, furnish incorrect or incomplete material information, you and all family members may have your coverage ended. No statement made by you, unless it is fraudulent and in writing, will be used in any contest to end your coverage under this plan. After your coverage under this plan has been in force for 24 months, no statement made by you will be used to end your coverage.

**Note:** If your marriage or domestic partnership ends, you must give or send to your employer written notice that it has ended. Coverage for former spouses and domestic partners, and their dependent children, if any, ends according to the “What You
Should Know about Your Coverage” provisions. If Anthem has a loss, because you fail to tell your employer your marriage or domestic partnership ended, Anthem may recover any actual loss from you. If you fail to give your employer notice in writing that your marriage or domestic partnership ended, it will not delay or prevent the end of your marriage or domestic partnership. If you notify your employer in writing to cancel coverage for a former spouse or domestic partner, and the children of the former spouse or domestic partner, if any, right away at the end of your marriage or domestic partnership, such notice will be considered compliance with the requirements of this provision.

You may be entitled to continued benefits under terms which are specified elsewhere under Keeping Anthem Blue Cross HMO After Your Coverage Status Changes, Extension, and HIPAA Coverage and Conversion.

A Medical Group Can End its Services to You

- **If you move away from the area it serves.** You will need to ask to transfer to another *medical group*. If you move outside the Anthem Blue Cross HMO service area, you won’t be eligible for Anthem Blue Cross HMO.
  - Call the *Member Services number* on your Member ID card, or ask your employer for a *membership change form*.
  - The change in your *medical group* will happen on the first day of the month after we get your request.

- **If you refuse to follow a treatment** your *doctor* recommends when there is no other better choice, your coverage may end with that *doctor* and/or *medical group*. We will help you get coverage with another *doctor* and/or *medical group*.

- **If your conduct threatens others.** If you act in a way that threatens the safety of Anthem employees, providers, other plan members, or other patients, or repeatedly behave in a manner that substantially impairs Anthem’s ability to furnish or arrange services for you or other *members* or substantially impairs a provider’s ability to provide services to other patients, your
medical group may ask us to move you to another medical group. You will have the opportunity to respond to any allegations that any such behavior has occurred.

**If You Believe Your Coverage Has Been Cancelled Unfairly**

If you believe your coverage has been or will be improperly cancelled, you may file a complaint with us according to the procedures described in the section called “How to Make a Complaint”. You should file your complaint as soon as possible after you receive notice that your coverage will end. You may also ask for a review of the matter by the Director of the Department of Managed Health Care. If your coverage is still in effect when you file a complaint, we will continue to provide coverage to you under the terms of this plan until a final determination of your request for review has been made, including any review by the Director of the Department of Managed Health Care (this does not apply if your coverage is cancelled because the subscription charges have not been paid). If your coverage is maintained in force pending the outcome of the review, subscription charges must still be paid to us on your behalf.
Keeping Anthem Blue Cross HMO After Your Coverage Status Changes

If your employer employs 20 or more people, you may be able to keep on being covered even after you no longer work for that employer. This is called COBRA. Ask your employer for more information.

**You or Your Family Members May Choose COBRA**

You can go on being covered by Anthem:

- When your job ends, for any reason other than gross misconduct.
- When your work hours are reduced.
- When, as a retiree, your benefits are canceled or reduced because your former employer filed for Chapter 11 bankruptcy.

Your family members can go on being covered by Anthem even:

- If you were to die.
- If you are divorced or legally separated.
- If your domestic partnership ends.
- If your child is no longer qualifies as a dependent. For example, your child reaches the upper age limit of the plan.
- If you become entitled to Medicare.

**Your employer will let you or your family members know that you have a right to keep your health plan under COBRA.** If you marry, enter a domestic partnership, or have a new child during this time, your new spouse, domestic partner or child can be enrolled as a family member. But only a child born to or placed for adoption with you will have the same rights as someone who was covered under the plan just before COBRA was elected.
Your employer will notify you or your family members if you can continue your coverage under *COBRA* when:

- You lose your job or your work hours are reduced.
- Your benefits as a retiree are canceled or reduced because your former employer filed for Chapter 11 bankruptcy.
- You die or become entitled to Medicare. Your employer will notify your family members.

You must inform your employer if your family members want *COBRA* coverage within 60 days from the date:

- You get a divorce or legal separation.
- If your domestic partnership ends.
- Your child is no longer a dependent.

**If You Want to Keep Your Health Plan**

- Tell your employer within 60 days of the date you get your notice of your right to keep your health plan.
- You can have coverage for all the *members* of the family, or only some of them.
- If you don’t choose *COBRA* during those 60 days, you cannot have it later.
- Your employer must send your payment and the *COBRA* forms to keep you covered within 45 days after you choose to keep it.

**You may have to pay the whole cost.** You should know that you may have to pay the whole cost of staying on the health plan.

- You must send your payment to the employer every month.
- Your employer must send it to Anthem. This will keep your coverage going.
The subscription charge that applies to the employee will also apply to:

- A spouse, because of divorce, separation or death.
- A domestic partner, because of the end of your domestic partnership or death.
- A child, even if you or your spouse do not choose COBRA (if more than one child enrolls, subscription charges for the number enrolling will apply).

**How Long You Can Be Covered**

You can go on being covered until the first of the following events takes place:

- The end of eighteen months (18) if you lost your job or your hours were lowered. (Note: If your COBRA began on or after January 1, 2003 and ends after 18 months, you can keep your medical coverage only under CalCOBRA for up to another 18 months, making a total of 36 months under COBRA and CalCOBRA combined. You must completely use up your eligibility under COBRA first. Your CalCOBRA rights are explained later in this section.)
- The date our agreement with your employer ends.
- The date you stop paying the monthly charges.
- The date you first become covered under another group health plan.
- The date you first become entitled to Medicare.

Your family members can go on being covered until the first of the following events takes place:

- Eighteen months (18) if you lost your job, or your hours were lowered. However, this does not apply if coverage did not end when you became entitled to Medicare before you lost your job or your work hours were lowered. COBRA coverage ends 36 months from the date you became entitled to Medicare if
entitlement occurred within the 18 months before the date your job ended or your work hours were lowered. (Note: If your COBRA began on or after January 1, 2003 and ends after 18 months, or some longer period if you became entitled to Medicare before you lost your job or your work hours were lowered but sooner than 36 months, you can keep your medical coverage only under CalCOBRA for the balance of 36 months under COBRA and CalCOBRA combined. You must completely use up your eligibility under COBRA first. Your CalCOBRA rights are explained later in this section.)

- Thirty-six months (36) if there was a death, divorce, legal separation, or end of a domestic partnership.
- Thirty-six months (36) if the child is no longer dependent.
- Thirty-six months (36) from your entitlement to Medicare.
- The date our agreement with your employer ends.
- The date they first become eligible under another group health plan.
- They stop paying monthly charges.
- They first become entitled to Medicare.

Your family members may be able to get extended COBRA coverage if they experience another event described above. If a second event occurs, your family members may extend COBRA up to 36 months from the date of the first event if:

- Your family members were originally covered under the first event; and
- Your family members were covered under the plan when the second event occurred.

This period may not go beyond 36 months from the date of the first event.

**Other Coverage Options Besides COBRA Continuation Coverage**
Instead of enrolling in COBRA continuation coverage, there may be other coverage options for you and your family through the Health Insurance Marketplace, Medicaid, or other group health plan coverage options (such as a spouse’s plan) through the conditions listed under “When You Can Enroll Without Waiting”. Some of these options may cost less than COBRA continuation coverage. You can learn more about many of these options at www.healthcare.gov.

**Retirement and COBRA**

If you are a retiree and your benefits are canceled or reduced because your former employer filed for Chapter 11 bankruptcy, you may be covered for the remainder of your life. Your covered family members may continue coverage for 36 months after your death. Coverage ends when:

- Our *agreement* with your former employer ends.
- You or your family member stops paying the monthly charges.
- You or your family member first becomes covered under another group health plan.

**If You or a Family Member is Disabled**

If you or a family member is determined by Social Security to be disabled, your whole family may be able to be covered for up to 29 months. This is an additional 11 months following the 18 months of *COBRA* coverage due to your job loss or reduction of work hours. You may be covered for the additional 11 months if you or a family member is determined to be disabled by Social Security before the job loss or reduction of work hours or during the first 60 days of *COBRA* continuation.

You must show your employer proof that the Social Security Administration (SSA) found that you or your family member was disabled. You must show your employer this proof during the first 18 months of your *COBRA* continuation and no later than 60 days after the later of the following:
♦ The date of the Social Security Administration's finding of the disability.

♦ The date the original qualifying event happened.

♦ The date you lost coverage.

♦ The date you are told you must show your employer the disability notice.

For the 19th through 29th months that the disability goes on, the employer must send the monthly charges.

♦ This will be 150% of the applicable rate for the length of time the disabled person is covered, depending on how many family members are being covered.

♦ If the disabled person is not covered during this additional 11 months, the charge will stay at 102% of the applicable rate.

♦ The employer must send the charges to us every month.

♦ You may have to pay the whole cost.

This coverage will last until the first of the following events takes place:

♦ The end of the month following a period of 30 days after the SSA finds that the family member is no longer disabled.

♦ The end of 29 months. (Note: If your COBRA began on or after January 1, 2003 and ends after 29 months, you can keep your medical coverage only under CalCOBRA for up to another seven (7) months, making a total of 36 months under COBRA and CalCOBRA combined. You must completely use up your eligibility under COBRA first. Your CalCOBRA rights are explained later in this section.)

♦ You stop paying the monthly charges.

♦ The agreement with your employer ends.

♦ You get another health plan that will cover the disability.
♦ The disabled person becomes entitled to Medicare.

You must let your employer know within 30 days that the SSA found that you or your family member is no longer disabled.

If a second event occurs during this additional 11 months, COBRA may extend for up to 36 months from the date of the first event. The charge will be 150% of the applicable rate for the 19th through 36th months if the disabled person is covered. This charge will be 102% of the applicable rate for any periods of time the disabled person is not covered after the 18th month.

**What About After COBRA?**

After COBRA ends, you may be able to keep your coverage through another program called “CalCOBRA”, which is explained in the next section.

**CalCOBRA**

If your coverage under federal COBRA started on or after January 1, 2003, you can keep on being covered under CalCOBRA if your federal COBRA ended:

♦ 18 months after your qualifying event, if your job ended or your work hours were reduced; or

♦ 29 months after your qualifying event if you qualified for the additional 11 months of federal COBRA because of a disability.

You must completely use up your eligibility under federal COBRA before you can get coverage under CalCOBRA. You are not eligible for CalCOBRA if:

♦ You have Medicare;

♦ You have or get coverage under another group plan; or

♦ You are eligible for or covered under federal COBRA.

Coverage under CalCOBRA is for medical benefits only.

**You will be told about your rights.** Within 180 days before your federal COBRA ends, we will tell you that you have a right to keep
your coverage under CalCOBRA. If you want to keep your coverage, you must tell us in writing within 60 days before the date your federal COBRA ends or when you are told of your right to keep your coverage under CalCOBRA, whichever is later. If you don't tell us in writing during this time period you will not be able to keep your coverage.

You can add family members to your CalCOBRA coverage. For dependents acquired while you are covered under CalCOBRA, coverage begins according to the enrollment provisions of this plan.

**You may have to pay the whole cost of your CalCOBRA coverage.** This cost will be:

- 110% of the applicable rate if your coverage under federal COBRA ended after 18 months; or
- 150% of the applicable rate if your coverage under federal COBRA ended after 29 months.

We must receive your payment every month to keep your coverage going. You must send your payment to us, along with your enrollment form, within 45 days after you tell us you want to keep your coverage. You must send us the payment by first class mail or some other reliable means. Your payment must be enough to pay the amount required and the entire amount due. If we don’t get the correct payment within this 45 day period, you won’t be able to get coverage under CalCOBRA. After you make the first payment, all other payments are due on the first day of each following month.

If your payment of the subscription charge is not received when due, your coverage will be cancelled. We will cancel your coverage only after sending you written notice of cancellation at least 30 days before cancelling your coverage (or any longer period of time required by applicable federal law, rule, or regulation). If you make payment in full within this time period, your coverage will not be cancelled. If you do not make this payment in full within this time period, your coverage will be cancelled as of 12:00 midnight on the thirtieth day after the date the cancellation notice
is sent (or any longer period of time required by applicable federal law, rule, or regulation) and will not be reinstated. Any payment we get after this time period runs out will be refunded to you within 20 business days. You are still responsible for any unpaid subscription charges that you owe to us, including subscription charges that apply during any grace period.

We may change the amount of your payment as of any payment due date. If we do, we will tell you in writing at least 60 days before the increase takes effect.

**You must give us current information.** We will rely on the eligibility information you give us as correct without checking on it, but we maintain the right to check any information you give us.

**Coverage through a prior plan.** If you were covered through CalCOBRA under the *prior plan,* you can keep your coverage under this plan for the rest of the continuation period. But your coverage will end if you don’t follow the enrollment rules and make the payments within 30 days of being told your CalCOBRA coverage under the *prior plan* will end.

**When CalCOBRA starts.** When you tell us in writing that you want to keep your coverage through CalCOBRA and pay the first payment, we will reinstate your coverage back to the date federal COBRA ended. If you enroll a family member while you are covered through CalCOBRA, the family member’s coverage begins according to the enrollment provisions of this *plan.*

**When CalCOBRA ends.** Your coverage under CalCOBRA will end when the first of the following events takes place:

- The end of 36 months after the date of your qualifying event under federal COBRA *.
- The date our *agreement* with your employer ends.
- The date your employer stops providing coverage to the class of *members* you belong to.
- The date you stop paying the monthly charges. Your coverage will be cancelled after written notification, as explained above.
The date you become covered under another group health plan.

The date you become entitled to Medicare.

The date you become covered under federal COBRA.

CalCOBRA will also end if you move out of our service area or commit fraud.

* If your coverage under CalCOBRA started under a prior plan, the 36 month period will be dated from the time of your qualifying event under that prior plan.

When your coverage under CalCOBRA ends, you may be able to apply for HIPAA coverage or a conversion plan. You will get more information about these options no more than 180 days before CalCOBRA ends.

**Note.** Please examine your options carefully before declining this coverage. You should be aware that companies selling individual health insurance typically require a review of your medical history that could result in higher cost or you could be denied coverage entirely.

**Extension**

If our agreement with your employer ends. Your coverage can be canceled or changed without us telling you.

But, if you or a family member is totally disabled and getting the care of a doctor, your benefits for treating the totally disabling condition will go on, if:

- The disabled person is staying in a hospital or skilled nursing facility as long as the stay is medically necessary. You will get your benefits until you are no longer staying in the hospital.

- If you are not now in a hospital or nursing facility, you may still be able to get total disability benefits. Your doctor must send us a written statement of your disability. It must be sent within 90 days and every 90 days after that.
If you get coverage under another health plan that provides benefits, without limitation, for your disability, this extension of benefits is not available.

**Your benefits will end when:**

- You are no longer disabled.
- Your plan has paid the most it can.
- You get another health plan which will cover your disability.
- Twelve (12) months have passed.

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**How to Make a Complaint**

While Anthem Blue Cross HMO helps you get the care you need, we don’t actually give the care.

We contract with medical groups, doctors, and other health care providers. They are not employees of Anthem. The hospitals, nursing facilities and other health agencies are independent contractors.

However, we want to help you get the care and service you need. Here’s how:

- **Talk to your Anthem Blue Cross HMO coordinator.** If you have questions about your services, call your Anthem Blue Cross HMO coordinator. He or she may be able to help you right away. You may also call the Member Services number on your member ID card.

- **Filing a Complaint.** If you are still unhappy and wish to file a complaint, you should fill out a “Member Issue Form.” You can get this form from your Anthem Blue Cross HMO coordinator or from us. Complete the form and mail it to us or you may call us at the Member Services number on your member ID card and ask one of our Member Services representatives to fill out the Member Issue Form for you. You may also file a complaint with us online or print the Member...
Issue Form through the Anthem Blue Cross website at www.anthem.com/ca.

♦ If you believe your coverage has been cancelled unfairly. If you believe your coverage has been or will be improperly cancelled, you may also file a complaint with us.

In filing a complaint, you must:

- Include the following information from your Member ID Card:
  - Your group number.
  - Your member identification number.
- Explain what happened or what you would like help with.

You must file your complaint with us no later than 180 days after the date you get a denial notice from us or your medical group or any other incident or action you are not satisfied with.

When you mail in the Member Issue form or file your complaint online, you are starting the formal complaint process. If you have an acute or urgent condition, you have the right to ask for an expedited review of an appeal for service that has been denied by your medical group. Expedited appeals must be resolved within three days.

♦ Get help from Anthem. You may ask for a review from Anthem.

- Just call us at the Member Services number shown on your Member ID card.
- Or write to us at the following address:

  Anthem Blue Cross
  Grievance and Appeal Management
  P.O. Box 4310
  Woodland Hills, CA 91365
• Tell us all about your complaint.
• Send this along with any bills or records.

Within 30 days after we get and look at the facts of your complaint, we will send you a letter to tell you how we have solved the problem. If your case is urgent and involves an imminent threat to your health, such as severe pain or the loss of life or limb or major bodily function, we’ll expedite the review and resolve your complaint within three days.

♦ **We will meet with you.** For issues dealing with whether a service is *medically necessary* or appropriate, you may:
  • appear in person before the committee meeting to review your appeal;
  • send someone else to represent you before the committee; or
  • have a telephone conference call with the committee.

♦ **You have the right to review all documents that are part of your complaint file and to give evidence and testimony as part of the complaint process.**

♦ **If, after our denial, we consider, rely on or generate any new or additional evidence in connection with your claim, we will provide you with that new or additional evidence, free of charge.** We will not base our appeal decision on a new or additional rationale without first providing you (free of charge) with, and a reasonable opportunity to respond to, any such new or additional rationale. If we fail to follow the appeal procedures outlined under this section the appeals process may be deemed exhausted. However, the appeals process will not be deemed exhausted due to minor violations that do not cause, and are not likely to cause, prejudice or harm so long as the error was for good cause or due to matters beyond our control.

♦ **If you don’t like what the committee decides or it does not decide what to do within 30 days (or within three days for urgent cases).** You may complain directly to the Department
of Managed Health Care (see later page). If your case is urgent and involves an imminent threat to your health as described above, you do not have to go through this complaint process or wait 30 days to complain to the Department of Managed Health Care (DMHC). You may do so right away. You may also, at any time, use binding arbitration to resolve your dispute. (See “Arbitration” on a later page.)

♦ **If your complaint is about the cancellation of your coverage**, you may also complain to the DMHC right away if the DMHC agrees that your complaint requires immediate review. If your coverage is still in effect when you file your complaint, we will continue to provide coverage to you under the terms of the plan until a final determination of your request for review has been made, including any review by the Director of the Department of Managed Health Care (this does not apply if your coverage is cancelled because the subscription charges have not been paid). If your coverage is maintained in force pending the outcome of the review, subscription charges must still be paid to us on your behalf. If your coverage has already ended when you file the complaint, your coverage will not be maintained. If the Director of the Department of Managed Health Care determines that your coverage should not have been cancelled, we will reinstate your coverage back to the date it was cancelled. Subscription charges must be paid current to us on your behalf from the date coverage is reinstated.

♦ **Independent Medical Review of Denials of Experimental or Investigative Treatment**

If coverage for a proposed treatment is denied because we or your medical group determine that the treatment is experimental or investigative, you may ask that the denial be reviewed by an external independent medical review organization which has a contract with the California Department of Managed Health Care ("DMHC"). Your request for this review may be sent to the DMHC. You pay no application or processing fees of any kind for this review. You have the right to provide information in support of your request for review. A decision not to participate in this
review process may cause you to give up any statutory right to pursue legal action against us regarding the disputed health care service. We will send you an application form and an addressed envelope for you to use to ask for this review with any grievance disposition letter denying coverage for this reason.

You may also request an application form by calling us at the telephone number listed on your identification card or write to us at Anthem Blue Cross Grievance and Appeals Management, P.O. Box 4310, Woodland Hills, CA 91367. To qualify for this review, all of the following conditions must be met:

♦ You have a life threatening or seriously debilitating condition. The condition meets either or both of the following descriptions:

  • A life threatening condition or a disease is one where the likelihood of death is high unless the course of the disease is interrupted. A life threatening condition or disease can also be one with a potentially fatal outcome where the end point of clinical intervention is the patient’s survival.

  • A seriously debilitating condition or disease is one that causes major irreversible morbidity.

♦ Your medical group must certify that either (a) standard treatment has not been effective in improving your condition, (b) standard treatment is not medically appropriate, or (c) there is no more beneficial standard treatment covered by this plan than the proposed treatment.

♦ The proposed treatment must either be:

  • Recommended by an Anthem Blue Cross HMO provider who certifies in writing that the treatment is likely to be more beneficial than standard treatments, or

  • Requested by you or by a licensed board certified or board eligible doctor qualified to treat your condition. The treatment requested must be likely to be more beneficial for you than standard treatments based on two documents of scientific and medical evidence from the following sources:
- Peer-reviewed scientific studies published in or accepted for publication by medical journals that meet nationally recognized standards;
- Medical literature meeting the criteria of the National Institute of Health's National Library of Medicine for indexing in Index Medicus, Excerpta Medicus (EMBASE), Medline, and MEDLARS database of Health Services Technology Assessment Research (HSTAR);
- Medical journals recognized by the Secretary of Health and Human Services, under Section 1861(t)(2) of the Social Security Act;
- Either of the following: (i) The American Hospital Formulary Service’s Drug Information, or (ii) the American Dental Association Accepted Dental Therapeutics;
- Any of the following references, if recognized by the federal Centers for Medicare and Medicaid Services as part of an anticancer chemotherapeutic regimen: (i) the Elsevier Gold Standard’s Clinical Pharmacology, (ii) the National Comprehensive Cancer Network Drug and Biologics Compendium, or (iii) the Thomson Micromedex DrugDex;
- Findings, studies or research conducted by or under the auspices of federal governmental agencies and nationally recognized federal research institutes, including the Federal Agency for Health Care Policy and Research, National Institutes of Health, National Cancer Institute, National Academy of Sciences, Centers for Medicare and Medicaid Services, Congressional Office of Technology Assessment, and any national board recognized by the National Institutes of Health for the purpose of evaluating the medical value of health services; and
Peer reviewed abstracts accepted for presentation at major medical association meetings.

In all cases, the certification must include a statement of the evidence relied upon.

You must ask for this review within six months of the date you receive a denial notice from us in response to your grievance, or from the end of the 30 day or three day grievance period, whichever applies. This application deadline may be extended by the DMHC for good cause.

Within three business days of receiving notice from the DMHC of your request for review we will send the reviewing panel all relevant medical records and documents in our possession, as well as any additional information submitted by you or your doctor. Any newly developed or discovered relevant medical records that we or an Anthem Blue Cross HMO provider identifies after the initial documents are sent will be immediately forwarded to the reviewing panel. The external independent review organization will complete its review and render its opinion within 30 days of its receipt of request for review (or within seven days if your doctor determines that the proposed treatment would be significantly less effective if not provided promptly). This timeframe may be extended by up to three days for any delay in receiving necessary records.

Please note: If you have a terminal illness (an incurable or irreversible condition that has a high probability of causing death within one year or less) and proposed treatment is denied because the treatment is determined to be experimental, you may also meet with our review committee to discuss your case as part of the complaint process (see “How to Make a Complaint”).

Independent Medical Review of Complaints Involving a Disputed Health Care Service

You may ask for an independent medical review (“IMR”) of disputed health care services from the Department of Managed Health Care (“DMHC”) if you think that we or your medical group have wrongly denied, changed, or delayed health care services.
"disputed health care service" is any health care service eligible for coverage and payment under your plan that has been denied, changed, or delayed by us or your medical group, in whole or in part because the service is not medically necessary.

The IMR process is in addition to any other procedures or remedies that you may have. You pay no application or processing fees of any kind for IMR. You have the right to provide information in support of the request for IMR. We must give you an IMR application form and an addressed envelope for you to use to ask for IMR with any complaint disposition letter that denies, changes, or delays health care services. A decision not to participate in the IMR process may cause you to lose any lawful right to pursue legal action against us about the disputed health care service.

Eligibility: The DMHC will look at your application for IMR to confirm that:

1. One or more of the following conditions have been met:
   (a) Your provider has recommended a health care service as medically necessary, or
   (b) You have had urgent care or emergency services that a provider determined was medically necessary, or
   (c) You have been seen by an Anthem Blue Cross HMO provider for the diagnosis or treatment of the medical condition for which you want independent review;

2. The disputed health care service has been denied, changed, or delayed by us or your medical group, based in whole or in part on a decision that the health care service is not medically necessary; and
3. You have filed a complaint with us or your medical group and the disputed decision is upheld or the complaint is not resolved after 30 days. If your complaint requires expedited review you need not participate in our complaint process for more than three days. The DMHC may waive the requirement that you follow our complaint process in extraordinary and compelling cases.

You must apply for IMR within six months of the date you receive a denial notice from us in response to your complaint or from the end of the 30 day or three day complaint period, whichever applies. This application deadline may be extended by the DMHC for good cause.

If your case is eligible for IMR, the dispute will be submitted to a medical specialist or specialists who will make an independent determination of whether or not the care is medically necessary. You will get a copy of the assessment made in your case. If the IMR determines the service is medically necessary, we will provide the health care service.

For non-urgent cases, the IMR organization designated by the DMHC must provide its determination within 30 days of getting your application and supporting documents. For urgent cases involving an imminent and serious threat to your health, including, but not limited to, serious pain, the potential loss of life, limb, or major bodily function, or the immediate and serious deterioration of your health, the IMR organization must provide its determination within 3 days.

For more information regarding the IMR process, or to ask for an application form, please call us at the Member Services number on your Member ID card.

**Department Of Managed Health Care**

The California Department of Managed Health Care is responsible for regulating health care service plans. If you have a grievance against your health plan, you should first telephone your health plan at the telephone number listed on your identification card and use your health plan's grievance process before contacting the
department. Utilizing this grievance procedure does not prohibit any potential legal rights or remedies that may be available to you. If you need help with a grievance involving an emergency, a grievance that has not been satisfactorily resolved by your health plan, or a grievance that has remained unresolved for more than 30 days, you may call the department for assistance. You may also be eligible for an Independent Medical Review (IMR). If you are eligible for IMR, the IMR process will provide an impartial review of medical decisions made by a health plan related to the medical necessity of a proposed service or treatment, coverage decisions for treatments that are experimental or investigational in nature and payment disputes for emergency or urgent medical services. The department also has a toll-free telephone number (1-888-HMO-2219) and a TDD line (1-877-688-9891) for the hearing and speech impaired. The department's Internet Web site (http://www.hmohelp.ca.gov) has complaint forms, IMR applications forms and instructions online.

Arbitration
Any dispute or claim, of whatever nature, arising out of, in connection with, or in relation to:

♦ This plan or the agreement, or breach or rescission thereof; or
♦ In relation to care or delivery of care, including any claim based on contract, tort or statute;

must be resolved by arbitration if the amount sought exceeds the jurisdictional limit of the small claims court. Any dispute regarding a claim for damages within the jurisdictional limits of the small claims court will be resolved in such court.
The Federal Arbitration Act shall govern the interpretation and enforcement of all proceedings under this ARBITRATION provision. To the extent that the Federal Arbitration Act is inapplicable, or is held not to require arbitration of a particular claim, state law governing agreements to arbitrate shall apply.

The member and Anthem agree to be bound by these arbitration provisions and acknowledge that they are giving up their right to trial by jury for both medical malpractice claims and any other disputes.

California Health & Safety Code section 1363.1 requires that any arbitration agreement include the following notice based on California Code of Civil Procedure 1295(a): **It is understood that any dispute as to medical malpractice, that is, whether any medical services rendered under this contract were unnecessary or unauthorized or were improperly, negligently or incompetently rendered, will be determined by submission to arbitration as provided by California law, and not by a lawsuit or resort to court process except as California law provides for judicial review of arbitration proceedings and except for disputes regarding a claim for damages within the jurisdictional limits of the small claims court. Both parties to this contract, by entering into it, acknowledge that they are giving up their constitutional right to have any and all disputes, including medical malpractice claims, decided in a court of law before a jury, and instead are accepting the use of arbitration.**

The member and Blue Cross agree to give up the right to participate in class arbitrations against each other. Even if applicable law permits class actions or class arbitrations:

♦ The member waives any right to pursue, on a class basis, any such controversy or claim against Anthem; and

♦ Anthem waives any right to pursue on a class basis any such controversy or claim against the member.
The arbitration findings will be final and binding except to the extent that state or federal law provides for the judicial review of arbitration proceedings.

The arbitration is initiated by the *member* making written demand on Anthem. The arbitration will be conducted by Judicial Arbitration and Mediation Services (“JAMS”), according to its applicable Rules and Procedures. If for any reason JAMS is unavailable to conduct the arbitration, the arbitration will be conducted by another neutral arbitration entity, by agreement of the *member* and Anthem, or by order of the court, if the *member* and Anthem cannot agree.

The costs of the arbitration will be allocated per the JAMS Policy on Consumer Arbitrations. If the arbitration is not conducted by JAMS, the costs will be shared equally by the parties, except in cases of extreme financial hardship, upon application to the neutral arbitration entity to which the parties have agreed, in which cases, Anthem will assume all or a portion of the costs of the arbitration.

Please send all *binding arbitration* demands in writing to Anthem Blue Cross, 21555 Oxnard Street, Woodland Hills, CA 91367 marked to the attention of the Member Services Department listed on your identification card.
Other Things You Should Know

Using a Claim Form to Get Benefits

Here’s what you or your health care provider must do:

♦ Fill out the claim form.

♦ List and describe clearly the services you got and how much they cost.

♦ Send the form to Anthem within 90 days of the date you got the service.

If you are not able to send the claim in within 90 days, you may have up to 12 more months. We will not pay for your benefits if you or the health care provider do not send the claims within that time. You must use claim forms; we won’t accept canceled checks or receipts.
Getting Repaid by a Third Party

Sometimes someone else may have to pay for your medical care if an injury, disease, or other health problem is their fault or their responsibility. Whatever we cover will depend on the following:

- **Your medical group** and Anthem will automatically have a legal claim (lien) to get back the costs we covered, if you get a settlement or judgment from the other person or their insurer or guarantor. We should get back what we spent on your medical care.

- If we paid the provider other than on a capitated basis, our lien will not be more than amount we paid for those services.

- If we paid the provider on a capitated basis, our lien will not be more than 80% of the usual and customary charges for those services in the geographic area in which they were given.

- If you hired an attorney to gain your recovery from the third party, our lien will not be for more than one-third of the money due you under any final judgment, compromise, or settlement agreement.

- If you did not hire an attorney, our lien will not be for more than one-half of the money due you under any final judgment, compromise or settlement agreement.

- If a final judgment includes a special finding by a judge, jury, or arbitrator that you were partially at fault, our lien will be reduced by the same comparative fault percentage by which your recovery was reduced.

- Our lien is subject to a pro rata reduction equal to your reasonable attorney’s fees and costs in line with the common fund doctrine.

- You must write to your medical group and Anthem about your claim within 60 days of filing a claim against the third party.
You will need to sign papers and give us the help we need to get back our costs.

If you don’t do this, you will have to pay us back out of your own money.

We will have the right to get our money back, even if what you, or someone acting for you, got back is less than the actual loss you suffered.

**Coordination of Benefits**

If you’re covered by this group health plan, and one or more other medical or dental plans, total benefits may be limited as shown below. These provisions apply separately each calendar year to each person and are based mainly on California law.

**Definitions**

When used in this section, the following words and phrases have the meanings explained here.

**Allowed Expense** is any needed, reasonable and customary item of expense which is at least partially covered by at least one Other Plan covering the person for whom claim is made. When a Plan provides benefits in the form of services rather than cash payments, the reasonable cash value of each service rendered will be deemed to be both an Allowable Expense and a benefit paid.

**Other Plan** is any of the following:

1. Group, blanket or franchise insurance coverage;
2. Group service plan contract, group practice, group individual practice and other group prepayment coverages;
3. Group coverage under labor-management trusteed plans, union benefit organization plans, employer organization plans, employee benefit organization plans or self-insured employee benefit plans;
4. Medicare, except when by law Medicare’s benefits are secondary to those of any private insurance program or another non-governmental program.

Each contract or arrangement for coverage listed above will be considered a separate plan. The rules of these provisions will apply only when the other plan has coordination of benefits provisions.

**Primary Plan** is the plan which will have its benefits figured first.

**This Plan** is the part of this plan that provides benefits subject to this provision.

**Effect on Benefits**

This provision will apply in determining a person’s benefits under This Plan for any calendar year if the benefits under This Plan and any Other Plans, exceed the Allowable Expenses for that calendar year.

1. If This Plan is the primary plan, then we will figure out its benefits first without taking into account any other plan.

2. If This Plan isn’t the primary plan, then we may reduce its benefits so that the benefits of all the plans aren’t more than the allowed expense.

3. The benefits of This Plan will never be more than the benefits we would have paid if you were covered only under this plan.

**If This Plan isn’t the primary plan, you may be billed by a health care provider. If you receive a bill, you should submit it to your medical group.**

**Order of Benefits Determination**

The following rules determine the order in which benefits will be paid:

1. A plan with no coordination provision will pay its benefits first. This always includes Medicare except when by law This Plan must pay before Medicare.
2. A plan which covers you through your employer pays before a plan which covers you as a family member. But if you have Medicare and are also a dependent of an active employee under another employer plan, this rule might change. If Medicare’s rules say that Medicare pays after the plan that covers you as a dependent but before your employer’s plan, then the plan that covers you as a dependent pays before a plan which covers you through your employer. This might happen if you are covered under This Plan as a retiree.

3. For a dependent child covered under plans of two parents, the plan of the parent whose birthday falls earlier in the calendar year pays before the plan of the parent whose birthday falls later in the year. But if one plan doesn’t have a birthday rule provision, that plan’s provisions will determine the order of benefits.

**Exception to rule 3:** If a dependent child’s parents are divorced or separated, the following rules will be used instead of rule 3:

a. The plan of the parent who has custody, will pay first, unless he or she has remarried.

b. If the parent with custody has remarried, then the order is as follows:

   i. The plan which covers that child as a dependent of the parent with custody.

   ii. The plan which covers that child as a dependent of the stepparent (married to the parent with custody).

   iii. The plan which covers that child as a dependent of the parent without custody.

   iv. The plan which covers that child as a dependent of the stepparent (married to the parent without custody).

c. However, if there is a court decree which holds one parent responsible for that child’s health care coverage, the plan
which covers that child as a dependent of the responsible parent pays first.

4. The plan covering you as a laid-off or retired employee or as such employee’s dependent pays after another plan covering you. But if either plan doesn’t have a rule about laid-off or retired employees, rule 6 applies.

5. A plan covering you under a state or federal continuation of coverage pays after another plan. However, if the other plan doesn’t have this rule, this rule won’t apply.

6. When the rules above don’t apply, the plan that has covered you longer pays first unless two of the plans have the same effective date. In this case, allowed expense is split evenly between the two plans.

Our Rights Under This Provision

Responsibility For Timely Notice. We aren’t responsible for coordination of benefits unless we get information from the asking party.

Reasonable Cash Value. If you get benefits from another plan in the form of services, the value of services in cash will be considered allowed expense and a benefit paid.

Facility of Payment. If another plan pays benefits that this plan should have paid, we will pay the other plan an amount determined by us. This will be considered a benefit paid under this plan, and will fully satisfy what we are responsible for.

Right of Recovery. If we pay benefits that are more than we should have paid under this provision, the medical group and we may recover the extra amounts from one or more of the following:

♦ The persons to or for whom payments were made;
♦ Insurance companies or service plans; or
♦ Other organizations.
If You Qualify for Medicare

Active Employees and Family Members Age 65 or Over Who Are Eligible for Medicare

If you are:

- Age 65 or over; AND
- An Employee who is not retired; OR
- A Dependent of the Employee above who is not retired; AND
- Eligible for Part A of Medicare; AND
- Eligible and enrolled under this plan;

you will get the benefits of this plan without taking into account Medicare unless you’ve chosen Medicare as your primary plan. If you’ve chosen Medicare as your primary health plan, you won’t be able to get any benefits under this plan.

Other Members Who are Eligible for Medicare

If you are:

- A retired employee age 65 or more and eligible for Part A of Medicare; OR
- The spouse of a retired employee and are age 65 or more; OR
- Getting treatment for end-stage renal disease after the first 30 months you are entitled to end-stage renal disease benefits under Medicare; OR
- Entitled to Medicare benefits as a disabled person, unless you have a current employment status (as determined by Medicare’s rules) and are enrolled in this plan through a group of 100 or more employees;

Medicare is your primary health plan. You will get the benefits of this plan if and only if you have actually enrolled in Medicare and completed any consents, assignments, releases, and other documents needed to get Medicare repayments for this plan or its
medical groups. This applies to services covered by those parts of Medicare that you can enroll in without paying any premium. If you must pay any premium for any part of Medicare, this applies to that part of Medicare only if you are enrolled in that part.

If you are enrolled in Medicare, your Medicare coverage will not affect the services provided or covered under this plan except as follows:

- Medicare must provide benefits first for any services covered both by Medicare and under this plan.

- For services you receive that are covered both by Medicare and under this plan, that are not prepaid by us, coverage under this plan will apply only to Medicare deductibles, coinsurance, and other charges for covered services over and above what Medicare pays.

- For services you received that are covered both by Medicare and under this plan, that are prepaid by us, we make no additional payment.

- For any given claim, the combination of benefits provided by Medicare and the benefits provided under this plan will not be more than what is considered allowed expense for the covered services.

If you have questions about how your benefits will be coordinated with Medicare, please call our Member Services number on your Member ID card.

Other Things You Should Know

Transition Assistance for New Members: Transition Assistance is a process that allows for completion of covered services for new members receiving services from a doctor who is not an Anthem Blue Cross HMO provider. If you are a new member, you may request Transition Assistance if any one of the following conditions applies:
An acute condition. An acute condition is a medical condition that involves a sudden onset of symptoms due to an illness, injury, or other medical problem that requires prompt medical attention and that has a limited duration. Completion of covered services shall be provided for the duration of the acute condition.

A serious chronic condition. A serious chronic condition is a medical condition caused by a disease, illness, or other medical problem or medical disorder that is serious in nature and that persists without full cure or worsens over an extended period of time or requires ongoing treatment to maintain remission or prevent deterioration. Completion of covered services shall be provided for a period of time necessary to complete a course of treatment and to arrange for a safe transfer to another provider, as determined by Anthem in consultation with you and the doctor who is not an Anthem Blue Cross HMO provider and consistent with good professional practice. Completion of covered services shall not exceed twelve (12) months from the time you enroll with Anthem.

A pregnancy. A pregnancy is the three trimesters of pregnancy and the immediate postpartum period. Completion of covered services shall be provided for the duration of the pregnancy.

A terminal illness. A terminal illness is an incurable or irreversible condition that has a high probability of causing death within one (1) year or less. Completion of covered services shall be provided for the duration of the terminal illness.

The care of a newborn child between birth and age thirty-six (36) months. Completion of covered services shall not exceed twelve (12) months from the time the child enrolls with Anthem.

Performance of a surgery or other procedure that we have authorized as part of a documented course of treatment and that has been recommended and documented by the provider to occur within 180 days of the time you enroll with Anthem.
Call us at the Member Services number listed on your ID card to ask for transition assistance or to get a copy of the written policy. Eligibility is based on your clinical condition and is not determined by diagnostic classifications. Transition assistance does not provide coverage for services not otherwise covered under the plan.

We will notify you by telephone, and the provider by telephone and fax, as to whether or not your request for Transition Assistance is approved. If approved, you will be financially responsible only for applicable deductibles, coinsurance, and copayments under the plan. Financial arrangements with doctors who are not Anthem Blue Cross HMO providers are negotiated on a case-by-case basis. We will ask that the doctor agree to accept reimbursement and contractual requirements that apply to Anthem Blue Cross HMO providers, including payment terms, who are not capitated. If the doctor does not agree to accept said reimbursement and contractual requirements, we are not required to continue that doctor's services. If you do not meet the criteria for Transition Assistance, you are afforded due process including having your request reviewed.

**Continuity of Care after Termination of Medical Group:**
Subject to the terms and conditions set forth below, Anthem will provide benefits at the Anthem Blue Cross HMO provider level for covered services (subject to applicable copayments, coinsurance, deductibles and other terms) received from a medical group at the time the medical group’s contract with us terminates (unless the medical group’s contract terminates for reasons of medical disciplinary cause or reason, fraud, or other criminal activity).

You must be under the care of the medical group at the time the medical group’s contract terminates. The terminated medical group must agree in writing to provide services to you in accordance with the terms and conditions of the agreement with Anthem prior to termination. The terminated medical group must also agree in writing to accept the terms and reimbursement rates that apply to Anthem Blue Cross HMO providers who are not capitated. If the terminated medical group does not agree with these contractual terms and conditions, we are not required to
continue the terminated medical group’s services beyond the contract termination date.

Anthem will provide such benefits for the completion of covered services by a terminated medical group only for the following conditions:

♦ An acute condition. An acute condition is a medical condition that involves a sudden onset of symptoms due to an illness, injury, or other medical problem that requires prompt medical attention and that has a limited duration. Completion of covered services shall be provided for the duration of the acute condition.

♦ A serious chronic condition. A serious chronic condition is a medical condition caused by a disease, illness, or other medical problem or medical disorder that is serious in nature and that persists without full cure or worsens over an extended period of time or requires ongoing treatment to maintain remission or prevent deterioration. Completion of covered services shall be provided for a period of time necessary to complete a course of treatment and to arrange for a safe transfer to another provider, as determined by Anthem in consultation with you and the terminated medical group and consistent with good professional practice. Completion of covered services shall not exceed twelve (12) months from the date the medical group’s contract terminates.

♦ A pregnancy. A pregnancy is the three trimesters of pregnancy and the immediate postpartum period. Completion of covered services shall be provided for the duration of the pregnancy.

♦ A terminal illness. A terminal illness is an incurable or irreversible condition that has a high probability of causing death within one (1) year or less. Completion of covered services shall be provided for the duration of the terminal illness.
The care of a newborn child between birth and age thirty-six (36) months. Completion of covered services shall not exceed twelve (12) months from the date the medical group’s contract terminates.

Performance of a surgery or other procedure that we have authorized as part of a documented course of treatment and that has been recommended and documented by the provider to occur within 180 days of the date the medical group’s contract terminates.

Such benefits will not apply to medical groups who have been terminated due to medical disciplinary cause or reason, fraud, or other criminal activity.

Please call us at the Member Services number listed on your ID card to ask for continuity of care or to get a copy of the written policy. Eligibility is based on the member’s clinical condition and is not determined by diagnostic classifications. Continuity of care does not provide coverage for services not otherwise covered under the plan.

We will notify you by telephone, and the medical group by telephone and fax, as to whether or not your request for continuity of care is approved. If approved, you will be financially responsible only for applicable deductibles, coinsurance, and copayments under the plan. Financial arrangements with terminated medical groups are negotiated on a case-by-case basis. We will ask that the terminated medical group agree to accept reimbursement and contractual requirements that apply to Anthem Blue Cross HMO providers, including payment terms, who are not capitated. If the terminated medical group does not agree to accept the same reimbursement and contractual requirements, we are not required to continue that medical group’s services. If you disagree with our determination regarding continuity of care, you may file a complaint with us by following the procedures described in the section called "How to Make a Complaint".

This provision also applies if the contractual or employment relationship between your medical group or us and the primary care doctor or specialist from whom you are receiving care.
terminates. In this situation, please request continuity of care through your Anthem Blue Cross HMO coordinator.

**Transition Assistance and Continuity of Care** may be revoked or modified prior to the services being rendered for reasons including but not limited to the following:

- Your coverage under this plan ends;
- The agreement with the group terminates;
- You reach a benefit maximum that applies to the services in question;
- Your benefits under the plan change so that the services in question are no longer covered or are covered in a different way.

**How we pay your providers.** Your medical group is paid a set amount for each member per month. Your medical group may also get added money for some kinds of special care or for overall efficiency, and for managing services and referrals. Hospitals and other health care facilities are paid a set amount for the kind of service they give you or an amount based on a negotiated discount from their standard rates. If you want more information, please call us at the telephone number listed on your Member ID Card, or you may call your medical group.

You do not have to pay any Anthem Blue Cross HMO provider for what we owe them, even if we don’t pay them. But you may have to pay a non-Anthem Blue Cross HMO provider any amounts not paid to them by us.

**Inter-Plan Arrangements**

**Out-of-Area Services**

**Overview.** We have a variety of relationships with other Blue Cross and/or Blue Shield Licensees. Generally, these relationships are called “Inter-Plan Arrangements.” These Inter-Plan Arrangements work based on rules and procedures issued by the Blue Cross Blue Shield Association (“Association”). Whenever you access healthcare services outside the geographic area we
serve (the “Anthem Blue Cross” Service Area”), the claim for those services may be processed through one of these Inter-Plan Arrangements. The Inter-Plan Arrangements are described below. When you receive care outside of the Anthem Blue Cross Service Area, you will receive it from one of two kinds of providers. Most providers (“participating providers”) contract with the local Blue Cross and/or Blue Shield Plan in that geographic area (“Host Blue”). Some providers (“non-participating providers”) do not contract with the Host Blue. We explain below how we pay both kinds of providers.

Anthem Blue Cross covers only limited healthcare services received outside of the Anthem Blue Cross Service Area. For example, emergency or urgent care obtained outside the Anthem Blue Cross Service Area is always covered. Any other services will not be covered when processed through any Inter-Plan Arrangements, unless authorized by Anthem Blue Cross.

**Inter-Plan Arrangements Eligibility – Claim Types**

Most claim types are eligible to be processed through Inter-Plan Arrangements, as described above. Examples of claims that are not included are prescription drugs that you obtain from a pharmacy and most dental or vision benefits.

**A. BlueCard® Program**

Under the BlueCard® Program, when you receive covered services within the geographic area served by a Host Blue, we will still fulfill our contractual obligations. But, the Host Blue is responsible for: (a) contracting with its providers; and (b) handling its interactions with those providers.

When you receive covered services outside the Anthem Blue Cross Service Area and the claim is processed through the BlueCard Program, the amount you pay is calculated based on the lower of:

- The billed charges for covered services; or
- The negotiated price that the Host Blue makes available to us.
Often, this “negotiated price” will be a simple discount that reflects an actual price that the Host Blue pays to the provider. Sometimes, it is an estimated price that takes into account special arrangements with that provider. Sometimes, such an arrangement may be an average price, based on a discount that results in expected average savings for services provided by similar types of providers. Estimated and average pricing arrangements may also involve types of settlements, incentive payments and/or other credits or charges.

Estimated pricing and average pricing also take into account adjustments to correct for over- or underestimation of past pricing of claims, as noted above. However, such adjustments will not affect the price we used for your claim because they will not be applied after a claim has already been paid.

B. Negotiated (non–BlueCard Program) Arrangements

With respect to one or more Host Blues, instead of using the BlueCard Program, Anthem Blue Cross may process your claims for covered services through Negotiated Arrangements for National Accounts.

The amount you pay for covered services under this arrangement will be calculated based on the lower of either billed charges for covered services or the negotiated price (refer to the description of negotiated price under Section A. BlueCard Program) made available to Anthem Blue Cross by the Host Blue.

C. Special Cases: Value-Based Programs

BlueCard® Program

If you receive covered services under a Value-Based Program inside a Host Blue’s Service Area, you will not be responsible for paying any of the provider Incentives, risk-sharing, and/or Care Coordinator Fees that are a part of such an arrangement, except when a Host Blue passes these fees to Anthem Blue Cross through average pricing or fee schedule adjustments. Additional information is available upon request.
Value-Based Programs: Negotiated (non-BlueCard Program) Arrangements

If Anthem Blue Cross has entered into a Negotiated Arrangement with a Host Blue to provide Value-Based Programs to the group on your behalf, Anthem Blue Cross will follow the same procedures for Value-Based Programs administration and Care Coordinator Fees as noted above for the BlueCard Program.

D. Inter-Plan Programs: Federal/State Taxes/Surcharges/Fees

Federal or state laws or regulations may require a surcharge, tax or other fee. If applicable, we will include any such surcharge, tax or other fee as part of the claim charge passed on to you.

E. Non-participating Providers Outside Our Service Area

1. Allowed Amounts and Member Liability Calculation

When covered services are provided outside of Anthem Blue Cross’s Service Area by non-participating providers, we may determine benefits and make payment based on pricing from either the Host Blue or the pricing arrangements required by applicable state or federal law. In these situations, the amount you pay for such services as deductible or copayment will be based on that allowed amount. Also, you may be responsible for the difference between the amount that the non-participating provider bills and the payment we will make for the covered services as set forth in this paragraph. Federal or state law, as applicable, will govern payments for out-of-network emergency services.

2. Exceptions

In certain situations, we may use other pricing methods, such as billed charges or the pricing we would use if the healthcare services had been obtained within the Anthem Blue Cross Service Area, or a special negotiated price to determine the amount we will pay for services provided by non-participating providers. In these situations, you may be liable for the difference between the amount that the non-participating
provider bills and the payment we make for the covered services as set forth in this paragraph.

F. BlueCard Worldwide® Program

If you plan to travel outside the United States, call Member Services to find out your BlueCard Worldwide benefits. Benefits for services received outside of the United States may be different from services received in the United States. The Plan only covers emergency, including ambulance, and urgent care outside of the United States. Remember to take an up to date health ID card with you.

When you are traveling abroad and need medical care, you can call the BlueCard Worldwide Service Center any time. They are available 24 hours a day, seven days a week. The toll free number is 800-810-2583. Or you can call them collect at 804-673-1177.

If you need inpatient hospital care, you or someone on your behalf, should contact us for preauthorization. Keep in mind, if you need emergency medical care, go to the nearest hospital. There is no need to call before you receive care.

Please refer to the “Medical Management Programs” section in this booklet for further information. You can learn how to get pre-authorization when you need to be admitted to the hospital for emergency or non-emergency care.

How Claims are Paid with BlueCard Worldwide

In most cases, when you arrange inpatient hospital care with BlueCard Worldwide, claims will be filed for you. The only amounts that you may need to pay up front are any copayment or deductible amounts that may apply.

You will typically need to pay for the following services up front:

- Doctor services;
- Inpatient hospital care not arranged through BlueCard Worldwide; and
- Outpatient services.
You will need to file a claim form for any payments made up front.

When you need BlueCard Worldwide claim forms you can get international claims forms in the following ways:

- Call the BlueCard Worldwide Service Center at the numbers above; or

You will find the address for mailing the claim on the form.

**When you can’t get care.** If there is an epidemic or public disaster and you can’t get care for covered services, we’ll refund the unearned part of the subscription charge paid for you. We must receive a request for the refund in writing and along with proof of the need for care within 31 days. This payment meets our duty under this plan.

**Right of Recovery.** Whenever payment has been made in error, or the reasonable cash value of benefits provided under this plan exceeds the maximum amount for which we are liable, we and your medical group will have the right to make appropriate adjustment to claims or recover such payment or excess amount from you or, if applicable, the provider, in accordance with applicable laws and regulations. In the event we recover a payment made in error from the provider, except in cases of fraud or misrepresentation on the part of the provider, we will only recover such payment from the provider within 365 days of the date we made the payment on a claim submitted by the provider. We reserve the right to deduct or offset any amounts paid in error from any pending or future claim.

Under certain circumstances, if we pay your healthcare provider amounts that are your responsibility, such as deductibles, co-payments or co-insurance, we may collect such amounts directly from you. You agree that we have the right to recover such amounts from you.

We have oversight responsibility for compliance with provider and vendor and subcontractor contracts. We may enter into a settlement or compromise regarding enforcement of these contracts.
and may retain any recoveries made from a provider, vendor, or subcontractor resulting from these audits if the return of the overpayment is not feasible.

We have established recovery policies to determine which recoveries are to be pursued, when to incur costs and expenses, and whether to settle or compromise recovery amounts. We will not pursue recoveries for overpayments if the cost of collection exceeds the overpayment amount. We may not provide you with notice of overpayments made by us or you if the recovery method makes providing such notice administratively burdensome.

Who takes care of your COBRA or ERISA coverage. Anthem is not the plan administrator of your COBRA or ERISA coverage. Your employer, or someone your employer hires, most often takes care of administrating your employer’s health plan. The employer must let you know about any changes, give you notices, or let you know about the details of the health plan.

Workers’ Compensation. Our health plan agreement with your employer doesn’t change your coverage by the Workers’ Compensation program. It doesn’t take the place of Workers’ Compensation.

Renewing our agreement with your employer. We can renew our agreement at certain times. We may change the subscription charges, or other terms of the plan from time to time without your consent.

Nondiscrimination. No person who is eligible to enroll will be refused enrollment based on health status, health care needs, genetic information, previous medical information, disability, sexual orientation or identity, gender, or age.

Terms of Coverage

♦ In order for you to be entitled to benefits, both the agreement and your coverage under it must be in effect on the date the expense giving rise to a claim for benefits is incurred.

♦ Your benefits will depend on what is covered on the date you get the service or supply for which the charge is made.
♦ The agreement can be amended, modified or terminated without your consent.

**Consumer Relations Committee.** We have a special committee made up of people who are covered by our plan, health care providers taking part in Anthem Blue Cross HMO, and a member of our Board of Directors. This committee reviews information about finances and any complaints of *members* among other things. It advises the Board of Directors about how to make sure *members* are served well and with respect.

**Confidential Information.** We will make every effort and take care to keep your medical data secret. We may use data about services provided to you and others for statistical study and research. If the data is released to a third party, it will not identify you. Medical data about you can only be given to others if you agree to it in writing or if required by law. A consent to release medical data must be signed, dated and describe the kind of data and to who it may be disclosed. You may access your own medical records.

We may release your medical data to:

♦ professional peer review organizations; and

♦ your employer.

This will only be done to report claims experience to them or for them to audit our operation. We will only give them data that is needed to do the review or audit.

A statement describing our policies and procedures for preserving the confidentiality of medical records is available and will be furnished to you upon request.

**Medical Policy and New Technology.** Anthem reviews and evaluates new technology. It does this using criteria set by its medical directors. The criteria it uses helps it decide if:

♦ the new technology is still investigational; or

♦ has medical necessity.
A committee called Medical Policy and Technology Assessment Committee (MPTAC) gives Anthem guidance. They also validate Anthem’s medical policy. MPTAC is made up of about 20 doctors. They come from various medical specialties and geographic areas. They include Anthem’s medical directors, doctors in academic medicine and doctors who practice managed care medicine. Anthem’s conclusions, based on MPTAC guidance, are incorporated into Anthem’s medical policy used to:

- form decision protocols for particular diseases and injuries; or
- treatments for particular disease or injuries; and
- determine what is medically necessary.

Conformity with Laws. Any provision of the agreement which, on its effective date, is in conflict with the laws of the governing jurisdiction, is hereby amended to conform to the minimum requirements of such laws.

Voluntary Clinical Quality Programs. We may offer additional opportunities to assist you in obtaining certain covered preventive or other care (e.g., well child check-ups or certain laboratory screening tests) that you have not received in the recommended timeframe. These opportunities are called voluntary clinical quality programs. They are designed to encourage you to get certain care when you need it and are separate from covered services under your plan. These programs are not guaranteed and could be discontinued at any time. We will give you the choice and if you choose to participate in one of these programs, and obtain the recommended care within the program’s timeframe, you may receive incentives such as gift cards or retailer coupons, which we encourage you to use for health and wellness related activities or items. Under other clinical quality programs, you may receive a home test kit that allows you to collect the specimen for certain covered laboratory tests at home and mail it to the laboratory for processing. You may also be offered a home visit appointment to collect such specimens and complete biometric screenings. You may need to pay any cost shares that normally apply to such covered laboratory tests (e.g., those applicable to the laboratory processing fee) but will not need to pay for the home
test kit or the home visit. If you have any questions about whether receipt of a gift card or retailer coupon results in taxable income to you, we recommend that you consult your tax advisor.

**Voluntary Wellness Incentive Programs.** We may offer health or fitness related program options for purchase by your group to help you achieve your best health. These programs are not covered services under your plan, but are separate components, which are not guaranteed under this plan and could be discontinued at any time. If your group has selected one of these options to make available to all employees, you may receive incentives such as gift cards by participating in or completing such voluntary wellness promotion programs as health assessments, weight management or tobacco cessation coaching. Under other options a group may select, you may receive such incentives by achieving specified standards based on health factors under wellness programs that comply with applicable law. If you think you might be unable to meet the standard, you might qualify for an opportunity to earn the same reward by different means. You may contact us at the Member Services number on your ID card and we will work with you (and, if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status. If you receive a gift card as a wellness reward and use it for purposes other than for qualified medical expenses, this may result in taxable income to you. For additional guidance, please consult your tax advisor.

**Payment Innovation Programs.** We pay HMO network providers through various types of contractual arrangements. Some of these arrangements – Payment Innovation Programs (Program(s)) – may include financial incentives to help improve quality of care and promote the delivery of health care services in a cost-efficient manner.

These Programs may vary in methodology and subject area of focus and may be modified by us from time to time, but they will be generally designed to tie a certain portion of an HMO network provider’s total compensation to pre-defined quality, cost, efficiency or service standards or metrics. In some instances,
HMO network providers may be required to make payment to us under the Program as a consequence of failing to meet these pre-defined standards.

The Programs are not intended to affect your access to health care. The Program payments are not made as payment for specific covered services provided to you, but instead, are based on the HMO network provider’s achievement of these pre-defined standards. You are not responsible for any copayment or coinsurance amounts related to payments made by us or to us under the Program(s), and you do not share in any payments made by HMO network providers to us under the Program(s).

**Program Incentives.** We may offer incentives from time to time at our discretion in order to introduce you to new programs and services available under this plan. The purpose of these incentives include, but is not limited to, making you aware of cost effective benefit options or services, helping you achieve your best health, and encouraging you to update member-related information. These incentives may be offered in various forms such as retailer coupons, gift cards and health-related merchandise. Acceptance of these incentives is voluntary as long as we offer the incentives program. We may discontinue an incentive for a particular new service or program at any time. If you have any questions about whether receipt of an incentive or retailer coupon results in taxable income to you, we recommend that you consult your tax advisor.
Important Words to Know

The meanings of key terms used in this booklet are shown below.

**Agreement** is the Group Benefit Agreement between Anthem and the *group* (your employer). In it, we agree to what benefits will be given to you.

**Anthem Blue Cross (Anthem)** is a health care service plan, regulated by the California Department of Managed Health Care.

**Anthem Blue Cross HMO coordinator** is the person at your *medical group* who can help you with understanding your benefits and getting the care you need.

**Anthem Blue Cross HMO providers** are licensed health care providers who have an agreement with Anthem to provide services to you.

**Authorized referral** occurs when you, because of your medical needs, require the services of a *specialist* who is a non-Anthem Blue Cross HMO provider for the treatment of *mental health conditions* and substance abuse, behavioral health treatment for pervasive developmental disorder or autism, or transgender services, or require special services or facilities not available at a contracting *hospital*, but only when the referral has been authorized by us before services are rendered and when the following conditions are met:

1. there is no *Anthem Blue Cross HMO provider* who practices in the appropriate specialty, or there is no contracting *hospital* which provides the required services or has the necessary facilities;

2. that meets the adequacy and accessibility requirements of state or federal law; and
3. the member is referred to hospital or doctor that does not have an agreement with Anthem for a covered service by an *Anthem Blue Cross HMO provider*

**Binding Arbitration** is a process used to resolve complaints. It is used instead of going to a court of law. In binding arbitration, you and Anthem agree to meet with an arbitrator and go by the decision of the arbitrator.

**COBRA** is a special law that gives you a chance to keep your health plan even if you lose your job, have a reduction in hours or a change in dependents status. You will usually have to pay the monthly charges to keep the *plan* under COBRA.

**Copay** is the amount you pay to get a *medically necessary service* with an *Anthem Blue Cross HMO provider*. Anthem pays the provider the rest. It is also the amount you pay when you buy *drugs* or medicines from a *drugstore* or through the home delivery program.

**Copay Limit** is the most you will have to pay in one calendar year in *copays*.

**Cosmetic services** are services or surgery performed solely for beautification or to alter or reshape normal (including aged) structures or tissues of the body to improve appearance.

**Creditable coverage** is:

- Any individual or group plan that provides medical, hospital and surgical coverage, including continuation coverage.
- Coverage under Medicare or Medicaid, TRICARE, or the Federal Employees Health Benefits Program.
- Programs of the Indian Health Service or of a tribal organization.
- A state health benefits risk pool.
- Coverage through the Peace Corps.
- The State Children's Health Insurance Program.
A public health plan established or maintained by a state, the United States government, or a foreign country.

Creditable coverage does not include:

- Accident only coverage.
- Credit insurance.
- Coverage for on-site medical clinics.
- Disability income insurance.
- Coverage only for a specified disease or condition.
- Hospital indemnity or other fixed indemnity insurance.
- Medicare supplement coverage.
- Long-term care insurance.
- Dental coverage.
- Vision coverage.
- Workers' compensation insurance
- Automobile insurance, including no-fault automobile insurance.
- Any medical coverage designed to supplement other private or governmental plans.

Creditable coverage is used to set up eligibility for rules for children who cannot get a self-sustaining job due to a physical or mental condition.

If your prior coverage was through an employer, you will receive credit for that coverage if:

- It ended because your employment ended;
- The availability of medical coverage offered through employment or sponsored by the employer terminated; or
The employer's contribution toward medical coverage terminated;

and any lapse between the date that coverage ended and the date you become eligible under this **plan** is no more than 180 days (not including any waiting period imposed under this **plan**).

If your prior coverage was not through an employer, you will receive credit for that coverage if any lapse between the date that coverage ended and the date you become eligible under this **plan** is no more than 63 days (not including any waiting period imposed under this **plan**).

**Custodial care** is care for your personal needs. This includes help in walking, bathing or dressing. It also includes: preparing food or special diets; feeding by utensil, tube or gastrostomy; suctioning; and giving medicine which you usually do yourself, or any other care for which the services of a health care provider are not needed.

If *medically necessary*, benefits will be provided for feeding (by tube or gastrostomy) and suctioning.

**Doctor** means a doctor of medicine (M.D.) or doctor of osteopathy (D.O.) who is licensed to practice medicine or osteopathy where the care is given.

**Emergency or Emergency Medical Condition** means a medical or behavioral health condition manifesting itself by acute symptoms of sufficient severity including severe pain such that the absence of immediate medical attention could reasonably be expected to result in any of the following:

- Placing the patient’s health or the health of another person (or, with respect to a pregnant woman, the health of the woman or her unborn child) in serious jeopardy;
- Serious impairment to bodily functions; or
- Serious dysfunction of any bodily organ or part.

*Emergency* includes being in active labor when there is inadequate time for a safe transfer to another **hospital** prior to delivery, or
when such a transfer would pose a threat to the health and safety of the member or unborn child.

An emergency medical condition includes a psychiatric emergency medical condition, which is a mental disorder that manifests itself by acute symptoms of sufficient severity that it renders the patient as being either of the following: a) an immediate danger to himself or herself or to others, or b) immediately unable to provide for, or utilize, food, shelter, or clothing, due to the mental disorder.

Emergency services are services given because of a medical or psychiatric emergency.

Experimental procedures are those that are mainly limited to laboratory and/or animal research.

Facility-based care is inpatient or outpatient care provided in a hospital, psychiatric health facility, or residential treatment center for the treatment of mental health conditions or substance abuse.

Group refers to the business entity to which we have issued this agreement. The name of the group is THE CITY OF LONG BEACH.

Guest membership is a special way you can get care when you go out of town for more than 90 days. If you know ahead of time, you can apply for a guest membership in a medical group in the city you are going to visit. Call the Anthem Blue Cross HMO Member Services number on your Member ID card and ask for the Guest Membership Coordinator.

Health care provider means the kinds of providers, other than M.D.s or D.O.s, that take care of your health and are covered under this plan. The provider must:

♦ Have a license to practice where the care is given and provide a service covered by that license; or

♦ Be permitted by California law to provide behavioral health treatment services for the treatment of pervasive developmental disorder or autism only; or

♦ Give you a service that is paid for under this plan.
**Home health agencies** are licensed providers who give you skilled nursing and other services in your home. Medicare must approve them as home health providers and/or be recognized by the Joint Commission on the Accreditation of Healthcare Organizations.

**Hospice** is an agency or organization that gives a specialized form of interdisciplinary care that controls pain and relieves symptoms and helps with the physical, emotional, social, and spiritual discomforts of a terminally ill person, as well as giving support to the primary caregiver and the patient’s family. A hospice must be currently licensed as a hospice according to Health and Safety Code section 1747 or a licensed home health agency with federal Medicare certification according to Health and Safety Code sections 1726 and 1747.1. You may ask for a list of hospices.

**Hospital** is a place which provides diagnosis, treatment and care supervised by doctors. It must be licensed as a general acute care hospital.

The term hospital will also include psychiatric health facilities (only for acute care of a mental health condition or substance abuse) and residential treatment centers.

**Independent practice association (IPA)** is a medical group made up of a group of doctors who practice in private offices. The IPA has an agreement with Anthem to provide health care.

**Infertility** means: (1) you have a health problem your doctor sees as the reason you are unable to have a baby; or (2) you are unable to get pregnant or to carry a pregnancy to a live birth after a year or more of having sex without birth control or after 3 cycles of artificial insemination.

**Intensive Outpatient Program** is a short-term behavioral health treatment that provides a combination of individual, group and family therapy.

**Investigative** procedures or medications are those that have progressed to limited use on humans, but which are not generally accepted as proven and effective within the organized medical community.
Medical group is a group of doctors with an agreement with Anthem to provide health care.

Medically necessary procedures, services, supplies or equipment are those that Anthem decides are:

♦ Appropriate and necessary for the diagnosis or treatment of the medical condition;
♦ Provided for the diagnosis or direct care and treatment of the medical condition;
♦ Within standards of good medical practice within the organized medical community;
♦ Not primarily for your convenience, or for the convenience of your doctor or another provider; and
♦ The most appropriate procedure, supply, equipment or service which can safely be provided. The most appropriate procedure, supply, equipment or service must satisfy the following requirements:

- There must be valid scientific evidence demonstrating that the expected health benefits from the procedure, equipment, service or supply are clinically significant and produce a greater likelihood of benefit, without a disproportionately greater risk of harm or complications, for you with the particular medical condition being treated than other possible alternatives; and
- Generally accepted forms of treatment that are less invasive have been tried and found to be ineffective or are otherwise unsuitable; and
- For hospital stays, acute care as an inpatient is necessary due to the kind of services you are receiving or the severity of your condition, and safe and adequate care cannot be received by you as an outpatient or in a less intensified medical setting.
**Member** is the person who gets the health plan from his or her employer or an enrolled family member.

**Member services number** is the 800-number you can call at Anthem to answer your questions about Anthem Blue Cross HMO. You will find the number on your Member ID card.

**Membership Change Form** is a form you need to make changes in your health plan. You may need a new **medical group**, or to add a new family member. Ask your employer for the form if you need it.

**Mental health conditions** include conditions that constitute **severe mental disorders** and serious emotional disturbances of a child, as defined in the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM), as well as any mental health condition identified as a “mental disorder” in the DSM, Fourth Edition Text Revision (DSM IV). Substance abuse means drug or alcohol abuse or dependency.

**Open Enrollment** is a period of time each year that you can change your **plan** options. You can also add or drop eligible family members if you need to. Talk to your employer about when Open Enrollment takes place.

**Partial Hospitalization Program** is a structured, short-term behavioral health treatment that offers nursing care and active treatment in a program that operates no less than 6 hours per day, 5 days per week.

**Plan** is the set of benefits talked about in this booklet. From time to time, there may be some changes in what is covered depending on the **agreement** we have with your employer. If changes are made to the plan, you will get a new booklet or a copy of an amendment showing the changes that were made.

**Preventive Care Services** include routine examinations, screenings, tests, education, and immunizations administered with the intent of preventing future disease, illness, or injury. Services are considered preventive if you have no current symptoms or prior history of a medical condition associated with that screening or service. These services shall meet requirements as determined by
federal and state law, and are to become effective in accordance with those laws, including but not limited to, the Patient Protection and Affordable Care Act (PPACA). Sources for determining which services are recommended include the following:

♦ Services with an “A” or “B” rating from the United States Preventive Services Task Force (USPSTF);

♦ Immunizations recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention;

♦ Preventive care and screenings for infants, children and adolescents as provided for in the comprehensive guidelines supported by the Health Resources and Services Administration; and

♦ Additional preventive care and screening for women provided for in the guidelines supported by the Health Resources and Services Administration.

Please call Member Services using the number on your ID card for additional information about services that are covered by this plan as preventive care services. You may also refer to the following websites that are maintained by the U.S. Department of Health & Human Services.

♦ https://www.healthcare.gov/what-are-my-preventive-care-benefits

♦ http://www.ahrq.gov

♦ http://www.cdc.gov/vaccines/acip/index.html

Primary care doctor is a doctor who is a member of the medical group you have chosen to give you health care. Primary care doctors include general and family practitioners, internists and pediatricians. Certain specialists as we may approve may also be designated primary care doctors.
Prior plan is a plan sponsored by your employer which was replaced by this plan within 60 days of when it ended. You are considered covered under the prior plan if you:

- Were covered under the prior plan on the date that plan ended;
- Properly enrolled for coverage within 60 days of this plan’s effective date; and
- Had coverage terminate solely due to the prior plan's ending.

Prosthetic devices take the place of a body part that does not work or is missing. These include orthotic devices, rigid or semi-supportive devices which may support the motion of a weak or diseased part of the body.

Psychiatric emergency medical condition is a mental disorder that manifests itself by acute symptoms of sufficient severity that the patient is either:

- An immediate danger to himself or herself or to others, or
- Immediately unable to provide for or utilize food, shelter, or clothing due to the mental disorder.

Psychiatric health facility is a 24-hour facility, that is:

- Licensed by the California Department of Health Services.
- Qualified to provide short-term inpatient treatment.
- Accredited by the Joint Commission on Accreditation of Health Care Organizations (JCAHCO).
- Staffed by a professional staff which includes a doctor as medical director.

Reconstructive surgery is surgery performed to correct or repair abnormal structures of the body caused by congenital defects, developmental abnormalities, trauma, infection, tumors, or disease to do either of the following: (a) improve function; or (b) create a normal appearance, to the extent possible.
Residential treatment center is an inpatient treatment facility where the member resides in a modified community environment and follows a comprehensive medical treatment regimen for treatment and rehabilitation of mental health conditions and substance abuse. The facility must be licensed to provide psychiatric treatment of mental health conditions or rehabilitative treatment of substance abuse according to state and local laws.

Retired employee is a former employee of the group employer who meets the group employer’s rules for retirement.

Severe mental disorders include severe mental illness as specified in California Health and Safety Code section 1374.72: schizophrenia, schizoaffective disorder, bipolar disorder, major depression, panic disorder, obsessive-compulsive disorder, pervasive developmental disorder or autism, anorexia, and bulimia.

“Severe mental disorders” also includes serious emotional disturbances of a child as indicated by the presence of one or more mental disorders as identified in the Diagnostic and Statistical Manual (DSM) of Mental Disorders, other than primary substance abuse or developmental disorder, resulting in behavior inappropriate to the child’s age according to expected developmental norms. The child must also meet one or more of the following criteria:

1. As a result of the mental disorder, the child has substantial impairment in at least two of the following areas: self-care, school functioning, family relationships, or ability to function in the community and is at risk of being removed from the home or has already been removed from the home or the mental disorder has been present for more than six months or is likely to continue for more than one year without treatment.

2. The child is psychotic, suicidal, or potentially violent.

3. The child meets special education eligibility requirements under California law (Education Code Section 56320).

Skilled nursing facility is a place that gives 24-hour skilled nursing services. It must be licensed and be seen as a skilled nursing facility under Medicare.
Stay is when you are admitted as an inpatient to a hospital or nursing facility. It starts when you are admitted to a facility and ends when you are discharged from that facility.

Specialist is a doctor who is not a general practitioner, internist, family practitioner, pediatrician, gynecologist, or obstetrician.

Specialty care center means a center that is accredited or designated by an agency of the State of California or the federal government or by a voluntary national health organization having special expertise in treating the life-threatening disease or condition or degenerative and disabling disease or condition for which it is accredited or designated.

Standing referral means a referral by a primary care doctor to a specialist for more than one visit to the specialist, as indicated in the treatment plan, if any, without the primary care doctor having to provide a specific referral for each visit.

Surgery center is a facility (not a hospital or doctor’s office) that does surgery when you do not have to stay overnight. The center must be licensed and meet the standards of JCAHCO.
Totally disabled means because of illness or injury, you cannot work for income at any job that you are trained for and you are unemployed. If you are retired, it means you cannot do all the activities usual for a person of your age. For a family member it means he or she cannot do all the activities usual for persons of that age.

Urgent care means the services you get for a sudden, serious, or unexpected illness, injury or condition to keep your health from getting worse. It is not an emergency. Care is needed right away to relieve pain, find out what is wrong, or treat the health problem.

For Your Information

YOUR RIGHTS AND RESPONSIBILITIES AS AN ANTHEM BLUE CROSS MEMBER

As an Anthem Blue Cross member you have certain rights and responsibilities when receiving your health care. You also have a responsibility to take an active role in your care. As your health care partner, we’re committed to making sure your rights are respected while providing your health benefits. That also means giving you access to our network providers and the information you need to make the best decisions for your health and welfare.

These are your rights and responsibilities:

You have the right to:

- Speak freely and privately with your doctors and other health providers about all health care options and treatment needed for your condition. This is no matter what the cost or whether it’s covered under your plan.
- Work with your doctors in making choices about your health care.
- Be treated with respect and dignity.
- Expect us to keep your personal health information private. This is as long as it follows state and Federal laws, and our privacy policies.
• Get the information you need to help make sure you get the most from your health plan, and share your feedback. This includes information on:
  o Our company and services
  o Our network of doctors and other health care providers
  o Your rights and responsibilities
  o The rules of your health care plan
  o The way your health plan works

• Make a complaint or file an appeal about:
  o Your health care plan
  o Any care you get
  o Any covered service or benefit ruling that your health care plan makes

• Say no to any care, for any condition, sickness or disease, without it affecting any care you may get in the future. This includes 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 from a doctor or other health care professional about the cause of your illness, your treatment and what may result from it. If you don’t understand certain information, you can choose another person to be with you to help you to understand.

You have the responsibility to:

• Read and understand, to the best of your ability, all information about your health benefits or ask for help if you need it.

• Follow all health care plan rules and policies.

• Choose any primary care physician (doctor), also called a PCP, who is in our network if your health care plan requires it.

• Treat all doctors, health care providers, and staff with courtesy and respect.
• Keep all scheduled appointments with your health care providers and call their office if you may be late or need to cancel.

• Understand your health problems as well as you can and work with your doctors or other health care providers to make a treatment plan that you all agree on.

• Follow the care plan that you have agreed on with your doctors or health care providers.

• Give us, 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 care plans and insurance benefits you have in addition to your coverage with us.

• Let our Member Services department know if you have any changes to your name, address or family members covered under your plan.

For details about your coverage and benefits, please read your Evidence of Coverage.

We are committed to providing quality benefits and Member Services to our members. Benefits and coverage for services provided under the benefit program are governed by the Evidence of Coverage and not by this Member Rights and Responsibilities statement.

If you need more information or would like to contact us, please go to www.anthem.com/ca and select “Customer Support> Contact Us”, or you may call the Member Services number on your ID card.
ORGAN DONATION

Each year, organ transplantation saves thousands of lives. The success rate for transplantation is rising but there are far more potential recipients than donors. More donations are urgently needed.

Organ donation is a singular opportunity to give the gift of life. Anyone age 18 or older and of sound mind can become a donor when he or she dies. Minors can become donors with parental or guardian consent.

Organ and tissue donations may be used for transplants and medical research. Today it is possible to transplant more than 25 different organs and tissues; this can save the lives of as many as eight people and improve the lives of another 50 people. Your decision to become a donor could someday save or prolong the life of someone you know, perhaps even a close friend or family member.

If you decide to become a donor, please discuss it with your family. Let your physician know your intentions as well. You may register as a donor by obtaining a donor card from the Department of Motor Vehicles. Be sure to sign the donor card and keep it with your driver’s license or identification card. In California, you may also register online at:

www.donatelifecalifornia.org/

While organ donation is a deeply personal decision, please consider making this profoundly meaningful and important gift.
ANTHEM BLUE CROSS WEB SITE

Information specific to your benefits and claims history are available by calling the 800 number on your identification card or on the Anthem Blue Cross web site at [www.anthem.com/ca](http://www.anthem.com/ca). To access benefit information, claims payment status, benefit maximum status, participating providers or to order an ID card, simply log on to the web site, select “Member”, and click the "Register" button on your first visit to establish a User ID and Password to access the personalized and secure MemberAccess Web site. Once registered, simply click the "Login" button and enter your User ID and Password to access the MemberAccess Web site. Our privacy statement can also be viewed on our website. You may also submit a grievance online or print the Plan Grievance form through the website.
LANGUAGE ASSISTANCE PROGRAM

Anthem introduced its Language Assistance Program to provide certain written translation and oral interpretation services to California members with limited English proficiency.

The Language Assistance Program makes it possible for you to access oral interpretation services and certain written materials vital to understanding your health coverage at no additional cost to you.

Written materials available for translation include grievance and appeal letters, consent forms, claim denial letters, and explanations of benefits. These materials are available in the following languages:

- Spanish
- Chinese
- Vietnamese
- Korean
- Tagalog

Oral interpretation services are available in additional languages.

Requesting a written or oral translation is easy. Just contact Member Services by calling the phone number on your ID card to update your language preference to receive future translated documents or to request interpretation assistance. Anthem Blue Cross also sends/receives TDD/TTY messages at 866-333-4823 or by using the National Relay Service through 711.

For more information about the Language Assistance Program visit www.anthem.com/ca.

IDENTITY PROTECTION SERVICES

Identity protection services are available with our Anthem health plans. To learn more about these services, please visit www.anthem.com/resources.
STATEMENT OF RIGHTS UNDER THE NEWBORNS AND MOTHERS HEALTH PROTECTION ACT

Under federal law, group health plans and health insurance issuers offering group health insurance coverage generally may not restrict benefits for any hospital length of stay in connection with childbirth for the mother or newborn child to less than 48 hours following a vaginal delivery or less than 96 hours following a delivery by cesarean section. However the plan or issuer may pay for a shorter stay if the attending doctor (e.g., your doctor, nurse midwife, or physician assistant), after consultation with the mother, discharges the mother or newborn earlier.

Also, under federal law, plans and issuers may not set the level of benefits or out-of-pocket costs so that any later portion of the 48 hour (or 96 hour) stay is treated in a manner less favorable to the mother or newborn than any earlier portion of the stay.

In addition, a plan or issuer may not, under federal law, require that a doctor or other health care provider obtain authorization for prescribing a length of stay of up to 48 hours (or 96 hours).

STATEMENT OF RIGHTS UNDER THE WOMEN’S HEALTH AND CANCER RIGHTS ACT OF 1998

This plan, as required by the Women’s Health and Cancer Rights Act of 1998, provides benefits for mastectomy-related services including all stages of reconstruction and surgery to achieve symmetry between the breasts, prostheses, and complications resulting from a mastectomy (including lymphedema). If you have any questions about this coverage, please contact your medical group or call us at the Member Services telephone number listed on your ID card.
Your Anthem Blue Cross HMO Combined Evidence of Coverage and Disclosure (Evidence of Coverage) Form is changed by this amendment. All other provisions of the Evidence of Coverage which don’t conflict with this amendment remain in effect.

The benefits described in this amendment are provided through a Health Care Services Agreement between Anthem and American Specialty Health Plans of California, Inc. (ASH Plans). The services described in this amendment are covered only if provided by an ASH Plans Chiropractor.

These benefits are in addition to the benefits described in the "Rehabilitative Care" and “Doctor Care” provisions in the “What We Cover” section of your Evidence of Coverage. However, when you are treated by an ASH Plans Chiropractor, services will not be covered other than those benefits specifically described in this amendment.

PLEASE READ THE FOLLOWING INFORMATION SO YOU WILL KNOW FROM WHOM OR WHAT GROUP OF PROVIDERS CHIROPRACTIC CARE MAY BE OBTAINED.

Words and phrases in italics are described in the “Important Words to Know” sections of your Evidence of Coverage and this amendment.

When You Need Chiropractic Care

Choosing an ASH Plans Chiropractor. Your employer will give you a directory listing of ASH Plans chiropractors in your area. You may also call 1-800-678-9133 to get help in finding an ASH Plans chiropractor or to make sure that a chiropractor is an ASH Plans chiropractor.
Your First Visit. You must make an appointment with an *ASH Plans chiropractor* for an examination of your condition. You do not need a referral from your *primary care doctor* to see an *ASH Plans chiropractor*.

Bring your Member ID card. You will be asked to fill out an ASH Plans Eligibility Guarantee and Assignment of Benefits form.

Services Must be Approved. All services must be approved by ASH Plans as *medically/clinically necessary*, except for:

- An initial new patient exam by an *ASH Plans chiropractor* and the provision or commencement, during the initial new patient exam, of *medically/clinically necessary* services that are chiropractic services, to the extent services are consistent with professionally recognized, valid, evidence-based standards of practice; and

- Emergency services.

If additional services are required after the initial new patient exam and ASH Plans approves them as *medically/clinically necessary*, you are covered up to the maximum number of visits shown under “What We Cover.”

All visits to an *ASH Plans chiropractor* will be applied towards the maximum number of visits in a calendar year.

Services Not Approved. An *ASH Plans chiropractor* may provide non-covered services. However, you must agree in writing, before receiving non-covered services, to pay for them yourself. If an *ASH Plans chiropractor* provides non-covered services without obtaining your written acknowledgment prior to providing the non-covered services, you will not be financially responsible to pay the provider for such non-covered services.
What We Cover

<table>
<thead>
<tr>
<th>Chiropractic Care</th>
<th>Copay</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Office visit...</td>
<td>$15*</td>
</tr>
</tbody>
</table>

* Only one Copay will be required per visit regardless of the number of covered services furnished during the visit.

You may have up to 20 visits in a calendar year for covered services that are determined by ASH Plans to be medically/clinically necessary. Covered services include:

- An initial new patient exam provided by an ASH Plans chiropractor to determine the appropriateness of chiropractic services. An initial new patient exam is only covered if the member seeks services from an ASH Plans chiropractor for any injury, illness, disease, functional disorder or condition with regard to which the member is not, at that time, receiving services from an ASH Plans chiropractor. You are required to pay a Copay.

- Follow-up office visits, as set forth in a treatment plan approved by ASH Plans, including manipulation of the spine, joints and/or musculoskeletal soft tissue, re-evaluation, and/or other services, in various combinations, provided by an ASH Plans chiropractor. All follow-up office visits must be medically/clinically necessary. You are required to pay a Copay.

- An established patient exam performed by an ASH Plans chiropractor when determined by ASH Plans to be medically/clinically necessary to assess the need to continue, extend or change a treatment plan approved by ASH Plans. An established patient exam is only covered when used to determine the appropriateness of chiropractic services. You are required to pay a Copay.
• Adjunctive physiotherapy modalities and procedures, as set forth in a treatment plan approved by ASH Plans, including therapies such as ultrasound, hot packs, cold packs, electrical muscle stimulation, and other therapies provided by an ASH Plans chiropractor. Adjunctive physiotherapy modalities and procedures are covered only when provided during the same course of treatment, and in conjunction with, chiropractic manipulation of the spine, joints and/or musculoskeletal soft tissue. All adjunctive physiotherapy modalities and procedures must be medically/clinically necessary for the treatment of neuromusculoskeletal disorders and provided in conjunction with chiropractic services. If adjunctive therapy is provided separately from an office visit, you are required to pay a Copay.

Your ASH Plans chiropractor is responsible for submitting a treatment plan to ASH Plans for prior approval.

♦ X-rays and laboratory tests when prescribed by an ASH Plans chiropractor and approved by ASH Plans. .................................................................No Copay

Covered services include radiological consultations when determined by ASH Plans to be medically/clinically necessary and provided by a licensed chiropractic radiologist, medical radiologist, radiology group or hospital which has contracted with ASH Plans to provide those services.

♦ Chiropractic appliances, up to $50 in a calendar year, when prescribed by an ASH Plans chiropractor and approved by ASH Plans as medically/clinically necessary by ASH Plans. .............No Copay

Covered chiropractic appliances are limited to:
• Elbow supports, back supports (thoracic), lumbar braces and supports, rib supports, or wrist supports;
• cervical collars or cervical pillows;
• ankle braces, knee braces, or wrist braces;
• heel lifts;
• hot or cold packs;
• lumbar cushions;
• rib belts or orthotics; and
• home traction units for treatment of the cervical or lumbar regions.

When You Want a Second Opinion. If you would like a second opinion with regard to covered services provided by an ASH Plans chiropractor, you will have direct access to another ASH Plans chiropractor. If an ASH Plans chiropractor refers you to another ASH Plans chiropractor, your visit for the second opinion will not be applied towards the maximum visits in a calendar year. If you self-refer to another ASH Plans chiropractor, your visit for the second opinion will count towards the calendar year visit maximum, and you must pay any office visit Copay that applies.

What We Do Not Cover

♦ Care Not Approved. Any services provided by an ASH Plans chiropractor that are not approved by ASH Plans, except as specified under “When You Need Chiropractic Care.” An ASH Plans chiropractor is responsible for submitting a treatment plan to ASH Plans for prior approval.

♦ Care Not Covered. In addition to any service or supply specifically excluded in the “What We Do Not Cover” section of your Evidence of Coverage, no benefits will be provided for chiropractic services or supplies in connection with:

• Diagnostic scanning, such as magnetic resonance imaging (MRI) or computerized axial tomography (CAT) scans.
• Thermography.
• Hypnotherapy.
• Behavior training.
• Sleep therapy.
• Weight programs.
• Any non-medical program or service.
• Pre-employment exams, any chiropractic services required by an employer that are not medically/clinically necessary, or vocational rehabilitation.
• Services and/or treatments which are not documented as medically/clinically necessary.
• Massage therapy.
• Any service or supply for the exam and/or treatment by an ASH Plans chiropractor for conditions other than those related to neuromusculoskeletal disorders.
• Transportation costs including local ambulance charges.
• Education programs, non-medical self-care or self-help, or any self-help physical exercise training or any related diagnostic testing.
• Hospitalization, surgical procedures, anesthesia, manipulation under anesthesia, proctology, colonic irrigation, injections and injection services, or other related services.
• All auxiliary aids and services, including, but not limited to, interpreters, transcription services, written materials, telecommunications devices, telephone handset amplifiers, television decoders and telephones compatible with hearing aids.
• Adjunctive therapy not associated with spinal, muscle or joint manipulation.
• Laboratory and diagnostic x-ray studies, unless specifically stated in the section “What We Cover.”

♦ **Non-ASH Plans chiropractors.** Services and supplies provided by a chiropractor who does not have an agreement with ASH Plans to provide covered services under this plan.
♦ **Work-Related.** Care for health problems that are work-related if such health problems are covered by workers’ compensation, an employer’s liability law, or a similar law. We will provide care for a work-related health problem, but, we have the right to be paid back for that care. See “Getting Repaid by a Third Party” below.

♦ **Government Treatment.** Any services actually given to you by a local, state or federal government agency, except when this plan’s benefits, must be provided by law. We will not cover payment for these services if you are not required to pay for them or they are given to you for free.

♦ **Drugs.** Prescription drugs or medicines, including a non-legend or proprietary medicine or medication not requiring a prescription.

♦ **Supplements.** Vitamins, minerals, dietary and nutritional supplements or other similar products, and any herbal supplements.

♦ **Air Conditioners.** Air purifiers, air conditioners, humidifiers, supplies or any other similar devices or appliances. All appliances or durable medical equipment, except as specifically stated in the section “What We Cover.”

♦ **Personal Items.** Any supplies for comfort, hygiene or beauty purposes, including therapeutic mattresses.

♦ **Out-of-Area and Emergency Care.** Out-of-area care is not covered under this Chiropractic Care benefit, except for emergency services. Please follow the procedures outlined in the “When There is an Emergency” section of your Evidence of Coverage to obtain emergency care or out-of-area care.
Getting Repaid by a Third Party

Sometimes someone else may have to pay for your medical care if an injury, disease, or other health problem is their fault or their responsibility. Whatever we cover will depend on the following:

- Your medical group and Anthem will automatically have a legal claim (lien) to get back the costs we covered, if you get a settlement or judgment from the other person or their insurer or guarantor. We should get back what we spent on your medical care.
  - If we paid the provider other than on a capitated basis, our lien will not be more than amount we paid for those services.
  - If we paid the provider on a capitated basis, our lien will not be more than 80% of the usual and customary charges for those services in the geographic area in which they were given.
  - If you hired an attorney to gain your recovery from the third party, our lien will not be for more than one-third of the money due you under any final judgment, compromise, or settlement agreement.
  - If you did not hire an attorney, our lien will not be for more than one-half of the money due you under any final judgment, compromise or settlement agreement.
  - If a final judgment includes a special finding by a judge, jury, or arbitrator that you were partially at fault, our lien will be reduced by the same comparative fault percentage by which your recovery was reduced.
  - Our lien is subject to a pro rata reduction equal to your reasonable attorney’s fees and costs in line with the common fund doctrine.

- You must write to your medical group and Anthem about your claim within 60 days of filing a claim against the third party.
• You will need to sign papers and give us the help we need to get back our costs.

• If you don’t do this, you will have to pay us back out of your own money.

♦ We will have the right to get our money back, even if what you, or someone acting for you, got back is less than the actual loss you suffered.

**Important Words to Know**

**ASH Plans chiropractor** means a *chiropractor* who has entered into an agreement with the American Specialty Health Plans of California, Inc. (ASH Plans) to provide covered services under this plan.

**Chiropractor** means a doctor of chiropractic (D.C.), qualified and licensed by state law.

**Medically/clinically necessary** services or supplies, for the purposes of this amendment only, are those chiropractic services which are necessary, appropriate, safe, effective, and rendered in accordance with professionally recognized, valid, evidenced-based standards of practice.

**Non-ASH Plans chiropractor** means a *chiropractor* who does not have an agreement with the ASH Plans to provide covered services under this plan.
Get help in your language

Language Assistance Services

Curious to know what all this says? We would be too. Here’s the English version:

IMPORTANT: Can you read this letter? If not, we can have somebody help you read it. You may also be able to get this letter written in your language. For free help, please call right away at 1-888-254-2721. (TTY/TDD: 711)

Separate from our language assistance program, we make documents available in alternate formats for members with visual impairments. If you need a copy of this document in an alternate format, please call the customer service telephone number on the back of your ID card.

Spanish
IMPORTANTE: ¿Puede leer esta carta? De lo contrario, podemos hacer que alguien lo ayude a leerla. También puede recibir esta carta escrita en su idioma. Para obtener ayuda gratuita, llame de inmediato al 1-888-254-2721. (TTY/TDD: 711)

Arabic
مهم: هل يمكنك قراءة هذه الرسالة؟ إذا لم تستطع، فنستطيع أن نستعين بشخص ما لمساعدتك على قراءتها. كما يمكنك أيضًا الحصول على هذا الخطاب مكتوبًا بلغتك. للحصول على المساعدة المجانية، يرجى الاتصال فورًا بالرقم 1-888-254-2721 (TTY/TDD: 711)

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Armenian
ՈՒՇԱԴՐՈՒԹՅՈՒՆ. Կարողանու՞մ եք ընթերցել այս նամակը:
Եթե ոչ, մենք կարողանում ենք տրամադրել ինչ-որ մեկին, ով կօգնի Ձեզ՝ կարդալ այն:
Կարող ենք նաև այս նամակը Ձեզ գրավոր տարբերակով տրամադրել:
Անվճար օգնություն ստանալու համար կարող եք անհապաղ զանգահարել 1-888-254-2721 հեռախոսահամարով: (TTY/TDD: 711)

Chinese
重要事項：您能看懂這封信函嗎？如果您看不懂，我們能夠找人協助您。您有可能可以獲得以您的語言而寫的本信函。如需免費協助，請立即撥打1-888-254-2721。（TTY/TDD: 711）

Farsi
مهم: آیا می‌توانید این نامه را بخوانید؟ اگر نمی‌توانید، می‌توانیم شما را به یک شخص در خواندن این نامه را کمک کنیم. همچنین می‌توانید این نامه را به صورت مکتوب به زبان خودتان دریافت کنید. برای دریافت کمک رایگان، همیشه با شماره (TTY/TDD:711) تماس بگیرید. 1-888-254-2721

Hindi
महत्वपूर्ण: क्या आप यह पत्र पढ़ सकते हैं? अगर नहीं, तो हम आपको इसे पढ़ने में मदद करने के लिए किसी को उपलब्ध कराएँगे। आप यह पत्र अपनी भाषा में लिखवाने में भी सक्षम हो सकते हैं। निःशुल्क मदद के लिए, कृपया 1-888-254-2721 पर तुरंत कॉल करें। (TTY/TDD: 711)

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Hmong
TSEEM CEEB: Koj puas muaj peev xwm nyeem tau daim ntawv no?
Yog hais tias koi nyeem tsis tau, peb muaj peev xwm cia lwm tus pab
nyeem rau koi mloan. Tsis tas li ntawd tej zuum koi kuj seem yuav tau
txais daim ntawv no sau ua koi hom lus thiab. Txog rau kev pab dawb,
thov hu tam sim no tus xov tooj 1-888-254-2721. (TTY/TDD: 711)

Japanese
重要: この書簡を読めますか？もし読めない場合には、内容を理解するため
の支援を受けることができます。また、この書簡を希望する言語で書いたもの
を入手することもできます。次の番号にいますぐ電話して、無料支援を受け
てください。1-888-254-2721 (TTY/TDD: 711)

Khmer
សំខាន់៖ តតើអ្នកអាចអានលិខិតតនេះតេ?
តើមិនអាចតេតើមិនអាចឲ្យនរណាម្ននក់អានវាជូនអ្នក។
អ្នកក៏អាចេួលលិខិតតនេះតោសរតសរជាភារសារសូមតៅេូរស័ព្ទភាៃមៗតៅតលខ
1-888-254-2721 (TTY/TDD: 711)

Korean
중요: 이 서신을 읽으실 수 있으십니까? 읽으실 수 없을 경우
도움을 드릴 사람이 있습니다. 귀하가 사용하는 언어로 쓰여진
서신을 받으실 수도 있습니다. 무료 도움을 받으시려면 즉시 1-888-
254-2721로 전화하십시오. (TTY/TDD: 711)

Punjabi
ਮਹੱਤਵਪੂਰਨ: ਕੀ ਜੰਮੀ ਹਿੰਦੀ ਪੇਂਟਲ ਪੱਠ ਮਾਇਓ ਹੈ? ਨੇ ਜੀ, ਅਂਦਰ ਜੰਮੀ ਹਿੰਦੀ ਪੱਠ ਮਾਇਓ ਹੈ?
ਜੰਮੀ ਮਾਇਓ ਪੇਂਟਲ ਅਲਾਪਟੀਇਨ ਹਦੀਡ ਕੀਤੀਆਂ ਜੰਮੀ ਪੱਠ ਹਦੀਡ ਕੀਤੀਆਂ
ਕੀਤੀਆਂ ਵੈਲੀਅਨ ਕੀਤੀ ਪੱਠ ਵਾਲੇ ਹੈ। ਮਹੱਤਵ ਹੋਇਆ ਹੋਇਆ, ਵਿਖੇ ਵਾਲੇ ਦੇਵਤੀ 1-
888-254-2721 ਲਈ ਵਾਲੇ ਵੱਲੇ। (TTY/TDD: 711)

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of the Blue Cross Association. ANTHEM is a registered trademark of Anthem Insurance
Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue
Cross Association.
Russian
ВАЖНО. Можете ли вы прочитать данное письмо? Если нет, наш специалист поможет вам в этом. Вы также можете получить данное письмо на вашем языке. Для получения бесплатной помощи звоните по номеру 1-888-254-2721. (TTY/TDD: 711)

Tagalog

Thai
หมายเหตุสำคัญ: ท่านสามารถอ่านจดหมายฉบับนี้หรือไม่ หากท่านไม่สามารถอ่านจดหมายฉบับนี้ เราสามารถจัดหาเจ้าหน้าที่มาอ่านให้ท่านฟังได้ ท่านยังอาจให้เจ้าหน้าที่ช่วยเขียนจดหมายในภาษาของท่านอีกด้วย หากต้องการความช่วยเหลือโดยไม่มีค่าใช้จ่าย โปรดโทรติดต่อกับทีมมิสเตอร์ซิลที่หมายเลข 1-888-254-2721 (TTY/TDD: 711)

Vietnamese
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