The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, visit http://www.fhcp.com/documents/coc/qhp-ind-2022.pdf. For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms, see the Glossary. You can view the Glossary at www.cciio.cms.gov or call 1-877-615-4022 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	$0 at Indian Health Care Provider (IHCP) or with IHCP referral at non-IHCP; Network providers: $6,000 individual / $12,000 family. Out-of-network providers: $7,000 individual / $14,000 family.	Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan, each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible.
Are there services covered before you meet your deductible?	Yes. Preventive care and cost sharing without a deductible.	This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost sharing and before you meet your deductible. See a list of covered preventive services at https://www.healthcare.gov/coverage/preventive-care-benefits/.
Are there other deductibles for specific services?	No.	You don't have to meet deductibles for specific services.
What is the out-of-pocket limit for this plan?	Network providers: $8,600 individual / $17,200 family; Out-of-network providers: $10,000 individual / $20,000 family.	The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan, they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met.
What is not included in the out-of-pocket limit?	Premiums, balance-billing charges, and health care this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit.
Will you pay less if you use a network provider?	Yes. See https://www.fhcp.com/our-provider-network/ or call 1 (877) 615-4022 for a list of network providers.	This plan uses a provider network. You will pay less if you use a provider in the plan's network. You will pay the most if you use an out-of-network provider, and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware, your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services.
Do you need a referral to see a specialist?	No.	You can see the specialist you choose without a referral.

All copayment and coinsurance costs shown in this chart are after your deductible has been met, if a deductible applies.

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		Indian Health Care Provider (You will pay the least)	Non-IHCP Network Provider (You will pay more)	Out-of-Network Provider (You will pay the most)	
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	No Charge	$50 Copay. Deductible does not apply.	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Additional cost share may apply for Allergy Shots, Injections and Infusions.
	Specialist visit	No Charge	$80 Copay. Deductible does not apply.	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Additional cost share may apply for Allergy Shots, Injections and Infusions.
	Preventive care/screening/ immunization	No Charge	No Charge	Deductible + 30% Coinsurance	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for.
If you have a test	Diagnostic test (x-ray, blood work)	No Charge	Lab Work: $10 Copay. Deductible does not apply. X-ray: $20 Copay. Deductible does not apply	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Prior authorization is required. Tests in hospitals, or facilities owned or operated by hospitals may have higher cost share.
	Imaging (CT/PET scans, MRIs)	No Charge	Deductible + 40% Coinsurance	Deductible + 30% Coinsurance	
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at http://www.fhcp.com/qhp-2022	Generic drugs – preferred / non-preferred	No Charge	$3 Copay / $15 Copay Deductible does not apply.	Not Covered	Cost sharing waived at non-IHCP with IHCP referral. 31 Days per Benefit Period. Available at FHCP and Walgreen's Pharmacies Only. Up to 93 day Mail Order available through FHCP Only. Refer to the schedule of benefits for cost sharing at Walgreen's pharmacy.
	Preferred brand drugs	No Charge	Deductible + $50 Copay	Not Covered	
	Non-preferred brand drugs	No Charge	Deductible + $100 Copay	Not Covered	
	Specialty drugs – preferred / non-preferred	No Charge	Deductible + 40% Coinsurance / Deductible + 50% Coinsurance	Not Covered	Cost sharing waived at non-IHCP with IHCP referral. 31 Days per Benefit Period. Available at FHCP Pharmacy Only. Mail Order not available.

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		Indian Health Care Provider (You will pay the least)	Non-IHCP Network Provider (You will pay more)	Out-of-Network Provider (You will pay the most)	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No Charge	Deductible + 40% Coinsurance	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Pre-certification/pre-authorization of coverage required for non-emergency outpatient surgical care. Your benefits/services may be denied.
	Physician/surgeon fees	No Charge	Deductible + 40% Coinsurance	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Prior approval required. Your benefits/services may be denied.
If you need immediate medical attention	Emergency room care	No Charge	Deductible + $600 Copay	In-Network Deductible + $600 Copay	Cost sharing waived at non-IHCP with IHCP referral.
	Emergency medical transportation	No Charge	Deductible + 40% Coinsurance	In-Network Deductible + 40% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral.
	Urgent care	No Charge	$100 Copay. Deductible does not apply.	$100 Copay. Deductible does not apply	Cost sharing waived at non-IHCP with IHCP referral.
If you have a hospital stay	Facility fee (e.g., hospital room)	No Charge	Deductible + 40% Coinsurance	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Pre-certification/pre-authorization of coverage required for non-emergency admissions. Your benefits/services may be denied.
	Physician/surgeon fees	No Charge	Deductible + 40% Coinsurance	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral.
If you need mental health, behavioral health, or substance abuse services	Outpatient services	No Charge	$80 Copay. Deductible does not apply.	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral.
	Inpatient services	No Charge	Deductible + 40% Coinsurance	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Pre-certification/pre-authorization of coverage required for non-emergency admissions. Your

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		Indian Health Care Provider (You will pay the least)	Non-IHCP Network Provider (You will pay more)	Out-of-Network Provider (You will pay the most)	
					benefits/services may be denied.
If you are pregnant	Office visits	No Charge	$80 Copay. Deductible does not apply.	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Maternity care may include tests and services described elsewhere in the SBC (i.e., ultrasound).
	Childbirth/delivery professional services	No Charge	Deductible + 40% Coinsurance	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Pre-certification/pre-authorization of coverage required for non-emergency admissions. Your benefits/services may be denied.
	Childbirth/delivery facility services	No Charge	Deductible + 40% Coinsurance	Deductible + 30% Coinsurance	
If you need help recovering or have other special health needs	Home health care	No Charge	No Charge	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. 20 Days per Benefit Period. Prior authorization is required.
	Rehabilitation services	No Charge	$50 Copay. Deductible does not apply.	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. 35 Visit(s) per Benefit Period. Includes physical therapy, speech therapy, and occupational therapy.
	Habilitation services	No Charge	$50 Copay. Deductible does not apply.	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. 35 Visit(s) per Benefit Period. Includes physical therapy, speech therapy, and occupational therapy.
	Skilled nursing care	No Charge	Deductible + 40% Coinsurance	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. 60 Days per Benefit Period. Prior authorization is required.
	Durable medical equipment	No Charge	No Charge **Except**: Motorized Wheelchair $500 Copay. Deductible does not apply.	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral. Excludes vehicle modifications, home modifications,

Common Medical Event	Services You May Need	What You Will Pay			Limitations, Exceptions, & Other Important Information
		Indian Health Care Provider (You will pay the least)	Non-IHCP Network Provider (You will pay more)	Out-of-Network Provider (You will pay the most)	
					exercise, and bathroom equipment. Prior authorization is required.
	Hospice services	No Charge	No Charge	Deductible + 30% Coinsurance	Cost sharing waived at non-IHCP with IHCP referral.
If your child needs dental or eye care	Children's eye exam	No Charge	$10 Copay. Deductible does not apply.	Not Covered	Cost sharing waived at non-IHCP with IHCP referral. Coverage limited to one exam/year.
	Children's glasses	No Charge	$25 Copay. Deductible does not apply.	Not Covered	Cost sharing waived at non-IHCP with IHCP referral. Coverage limited to one pair of glasses/year.
	Children's dental check-up	Not Covered	Not Covered	Not Covered	None

Excluded Services & Other Covered Services:

Services Your Plan Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other excluded services.)

- Abortion with the Exception of Limited Services
- Acupuncture
- Bariatric surgery
- Cosmetic surgery
- Dental care (Adult)
- Dental care (Child)
- Hearing Aids
- Infertility treatment
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Routine eye care (Adult)
- Routine foot care

Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your plan document.)

- Chiropractic care
- Weight Loss programs

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: State Department of Insurance at 1-877-693-5236, the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa or Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or www.cciio.cms.gov. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance Marketplace. For more information about the Marketplace, visit www.HealthCare.gov or call 1-800-318-2596.

Your Grievance and Appeals Rights: There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information on how to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: the insurer at 1-877-615-4022. You may also contact your State Department of Insurance at 1-877-693-5236 or the Department of Labor's Employee Benefit Security Administration at 1-866-444-EBSA (3272) or https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa.

Does this plan provide Minimum Essential Coverage? Yes.
Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

Does this plan meet the Minimum Value Standards? Not Applicable
If your plan doesn't meet the Minimum Value Standards, you may be eligible for a premium tax credit to help you pay for a plan through the Marketplace.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-877-615-4022

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-877-615-4022

Chinese (中文): 如果需要中文的帮助，请拨打这个号码 1-877-615-4022

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-877-615-4022

*To see examples of how this **plan** might cover costs for a sample medical situation, see the next section.*

About these Coverage Examples:

This is not a cost estimator. Treatments shown are just examples of how this plan might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your providers charge, and many other factors. Focus on the cost-sharing amounts (deductibles, copayments and coinsurance) and excluded services under the plan. Use this information to compare the portion of costs you might pay under different health plans. Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby
(9 months of in-network pre-natal care and a hospital delivery)

The plan's overall deductible	$6000
Specialist copayment	$80
Hospital (facility) coinsurance	40%
Other copayment	$20

This EXAMPLE event includes services like:
Specialist office visits *(prenatal care)*
Childbirth/Delivery Professional Services
Childbirth/Delivery Facility Services
Diagnostic tests *(ultrasounds and blood work)*
Specialist visit *(anesthesia)*

Total Example Cost	$12,700

In this example, Peg would pay:

Cost Sharing	
Deductibles	$0
Copayments	$0
Coinsurance	$0
What isn't covered	
Limits or exclusions	$0
The total Peg would pay is	$0

Managing Joe's Type 2 Diabetes
(a year of routine in-network care of a well-controlled condition)

The plan's overall deductible	$6000
Specialist copayment	$80
Hospital (facility) coinsurance	40%
Other coinsurance	40%

This EXAMPLE event includes services like:
Primary care physician office visits *(including disease education)*
Diagnostic tests *(blood work)*
Prescription drugs
Durable medical equipment *(glucose meter)*

Total Example Cost	$5,600

In this example, Joe would pay:

Cost Sharing	
Deductibles	$0
Copayments	$0
Coinsurance	$0
What isn't covered	
Limits or exclusions	$0
The total Joe would pay is	$0

Mia's Simple Fracture
(in-network emergency room visit and follow up care)

The plan's overall deductible	$6000
Specialist copayment	$80
Hospital (facility) coinsurance	40%
Other copayment	$600

This EXAMPLE event includes services like:
Emergency room care *(including medical supplies)*
Diagnostic test *(x-ray)*
Durable medical equipment *(crutches)*
Rehabilitation services *(physical therapy)*

Total Example Cost	$2,800

In this example, Mia would pay:

Cost Sharing	
Deductibles	$0
Copayments	$0
Coinsurance	$0
What isn't covered	
Limits or exclusions	$0
The total Mia would pay is	$0

Note: These numbers assume the patient received care from an IHCP provider or with IHCP referral at a non-IHCP. If you receive care from a non-IHCP provider without a referral from an IHCP your costs may be higher.

The plan would be responsible for the other costs of these EXAMPLE covered services.