Summary of Benefits and Coverage: What this <u>Plan</u> Covers & What You Pay for Covered Services Florida Health Care Plans: Gym Access IND Essential Plus Silver POS 54 87%

The Summary of Benefits and Coverage (SBC) document will help you choose a health <u>plan</u>. The SBC shows you how you and the <u>plan</u> would share the cost for covered health care services. NOTE: Information about the cost of this <u>plan</u> (called the <u>premium</u>) 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,

<u>http://www.fhcp.com/documents/coc/qhp-ind-2018.pdf.</u> For general definitions of common terms, such as <u>allowed amount</u>, <u>balance billing</u>, <u>coinsurance</u>, copayment, <u>deductible</u>, provider, or other underlined terms see the Glossary. You can view the Glossary at <u>www.cciio.com</u> or call 1-877-615-4022 to request a copy.

| Important Questions | Answers | Why This Matters: |
|---|--|--|
| What is the overall deductible? | <u>Network providers</u> : \$500 individual / \$1000 family <u>Out-of-network providers</u> : \$1500 individual / \$3000 family | Generally, you must pay all of the costs from providers up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> . |
| Are there services covered before you meet your <u>deductible?</u> | Yes. <u>Preventive care</u> and prescription drug coverage | This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive</u> services without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive</u> services at <u>www.healthcare.gov/coverage/preventive-care-benefits/</u> . |
| Are there other <u>deductibles</u> for specific services? | No | You don't have to meet <u>deductibles</u> for specific services. |
| What is the <u>out-of-</u> <u>pocket limit</u> for this <u>plan</u> ? | <u>Network providers</u> : \$1700 individual / \$3400 family <u>Out-of-network providers</u> : \$2500 individual / \$5000 family | The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met. |
| What is not included in the <u>out-of-pocket limit</u> ? | 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 <u>network provider</u> ? | Yes. See <u>www.fhcp.com/find-</u> <u>providers/physician</u> or call 1-877- 615-4022 for a list of <u>network</u> <u>providers</u> . | This <u>plan</u> uses a provider <u>network</u> . You will pay less if you use a <u>provider</u> in the plan's <u>network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the provider's charge and what your <u>plan</u> pays (<u>balance</u> <u>billing</u>). Be aware, your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services. |
| Do you need a <u>referral</u> to see a <u>specialist</u> ? | No. | You can see the <u>specialist</u> you choose without a <u>referral</u> . |

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

| Common | | What You Will Pay | | Limitations, Exceptions, & Other |
|---|---|---|--|---|
| Medical Event | Services You May Need | <u>Network Provider</u> (You will pay the least) | Out-of-Network Provider (You will pay the most) | Important Information |
| | Primary care visit to treat an injury or illness | \$35 Copay | Deductible + 50% Coinsurance | Additional <u>cost share</u> may apply for Allergy shots, Injections and Infusions. |
| | <u>Specialist</u> visit | \$50 Copay | Deductible + 50% Coinsurance | Additional <u>cost share</u> may apply for Allergy shots, Injections and Infusions. |
| If you visit a health care <u>provider's</u> office or clinic | Preventive care/screening/ immunization | No Charge | Deductible + 50% Coinsurance | Preventive Colonoscopy (age 50+) 1 every 10 years. High Risk Colonoscopy 1 every 2 years. You may have to pay for services that aren't <u>preventive</u> . Ask your <u>provider</u> if the services needed are <u>preventive</u> . Then check what your <u>plan</u> will pay for. |
| | <u>Diagnostic test</u> (x-ray, blood work) | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | Tests in hospitals, or facilities owned and operated by hospitals, may have higher cost share. |
| If you have a test | Imaging (CT/PET scans, MRIs) | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | Prior approval required. Your benefits / services may be denied. Tests in hospitals, or facilities owned and operated by hospitals, may have higher cost share. |

For more information about limitations and exceptions, see the plan or policy document at http://www.fhcp.com/documents/coc/qhp-ind-2018.pdf

| Common | | What You Will Pay | | Limitations, Exceptions, & Other | |
|--|--|---|---|---|--|
| Medical Event | Services You May Need | <u>Network Provider</u> (You will pay the least) | Out-of-Network Provider (You will pay the most) | Important Information | |
| If you need drugs to | Generic drugs – Preferred / Non-Preferred | \$3 / \$10 Copay | Not covered | 31 Days per Benefit Period. Available at FHCP and Walgreen's Pharmacies Only. Up to 93 day Mail Order available through FHCP Only. | |
| treat your illness or condition More information about prescription drug coverage is available at http://www.fhcp.co m/qhp-2018Preferred brand drugsNon-preferred brand drugs | \$30 Copay | Not covered | 31 Days per Benefit Period. Available at FHCP and Walgreen's Pharmacies Only. Up to 93 day Mail Order available through FHCP Only. | | |
| | Non-preferred brand drugs | \$55 Copay | Not covered | 31 Days per Benefit Period. Available at FHCP and Walgreen's Pharmacies Only. Up to 93 day Mail Order available through FHCP Only. | |
| | Specialty drugs – Preferred / Non-Preferred | 40% <u>Coinsurance</u> / 50% <u>Coinsurance</u> | Not covered | 31 Days per Benefit period. Available at FHCP Pharmacies Only. | |
| If you have outpatient surgery | Facility fee (e.g., ambulatory surgery center) | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | Pre-certification/pre-authorization of coverage required for non-emergency outpatient surgical care. Your benefits / services may be denied. | |
| | Physician/surgeon fees | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | Prior approval required. Your benefits / services may be denied. | |
| lf you need | Emergency room care | Deductible + 30% Coinsurance | In-Network <u>Deductible</u> + 30% <u>Coinsurance</u> | Waived if admitted. | |
| immediate medical attention | Emergency medical transportation | Deductible + 30% Coinsurance | In-Network <u>Deductible</u> + 30% <u>Coinsurance</u> | none | |
| | Urgent care | \$75 Copay | \$75 Copay | none | |
| lf you have a hospital stay | Facility fee (e.g., hospital room) | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | Pre-certification/pre-authorization of coverage required for non-emergency admissions. Your benefits / services | |

For more information about limitations and exceptions, see the plan or policy document at <u>http://www.fhcp.com/documents/coc/qhp-ind-2018.pdf</u>

| Common | | What You Will Pay | | Limitations, Exceptions, & Other | |
|--|---|---|--|---|--|
| Medical Event | Services You May Need | <u>Network Provider</u> (You will pay the least) | Out-of-Network Provider (You will pay the most) | Important Information | |
| | | | | may be denied. | |
| | Physician/surgeon fees | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | none | |
| If you need mental | Outpatient services | \$50 Copay | Deductible + 50% Coinsurance | none | |
| health, behavioral health, or substance abuse services | Inpatient services | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | Pre-certification/pre-authorization of coverage required for non-emergency admissions. Your benefits / services may be denied. | |
| | Office visits | \$50 Copay | Deductible + 50% Coinsurance | none | |
| If you are pregnant | Childbirth/delivery professional services | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | Pre-certification/pre-authorization of coverage required for non-emergency admissions. | |
| | Childbirth/delivery facility services | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | Pre-certification/pre-authorization of coverage required for non-emergency admissions. | |
| | Home health care | 30% Coinsurance | Deductible + 50% Coinsurance | 20 Days per Benefit Period. Prior authorization is required. | |
| lf you need help | Rehabilitation services | \$50 Copay | Deductible + 50% Coinsurance | 35 Visits per Benefit Period. Includes Physical Therapy, Speech Therapy and Occupational Therapy. | |
| recovering or have other special health needs | Habilitation services | \$50 Copay | Deductible + 50% Coinsurance | 35 Visits per Benefit Period. Includes Physical Therapy, Speech Therapy and Occupational Therapy. | |
| | Skilled nursing care | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | 60 Days per Benefit Period. Prior authorization is required. | |
| | Durable medical equipment | 30% Coinsurance | Deductible + 50% Coinsurance | Prior approval required. | |
| | Hospice services | Deductible + 30% Coinsurance | Deductible + 50% Coinsurance | none | |
| If your child needs | Children's eye exam | \$10 Copay | Not covered | 1 Visit per Year. | |
| dental or eye care | Children's glasses | \$25 Copay | Not covered | 1 Item per Year. | |
| a sintar or eye our e | Children's dental check-up | Not covered | Not covered | | |

For more information about limitations and exceptions, see the plan or policy document at http://www.fhcp.com/documents/coc/qhp-ind-2018.pdf

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.) | | | | |
|--|---|--|--|--|
| Acupuncture | Hearing aids | Private-duty nursing | | |
| Bariatric surgery | Infertility treatment | Routine eye care (Adult) | | |
| Cosmetic surgery | Long-term care | • Routine foot care unless for treatment of diabetes | | |
| Dental care (Adult) | Non-emergency care when traveling outside the | Weight loss programs | | |
| Dental care (Child) | U.S. | | | |

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

• Chiropractic care

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 www.dol.gov/ebsa/healthreform or the 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 <u>Grievance</u> and <u>Appeals</u> Rights: There are agencies that can help if you have a complaint against your <u>plan</u> for a denial of a <u>claim</u>. This complaint is called a <u>grievance</u> or <u>appeal</u>. For more information about your rights, look at the explanation of benefits you will receive for that medical <u>claim</u>. Your <u>plan</u> documents also provide complete information to submit a <u>claim</u>, <u>appeal</u>, or a <u>grievance</u> for any reason to your <u>plan</u>. 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 Benefits Security Administration at 1-866-444-EBSA (3272) or <u>www.dol.gov/ebsa/healthreform</u>. For group health coverage subject to ERISA contact your employee services department. For non-federal governmental group health <u>plans</u> and church <u>plans</u> that are group health <u>plans</u> contact your employee services department. You may also contact the state insurance department at 1-877-693-5236. Additionally, a consumer assistance program can help you file your <u>appeal</u>. Contact U.S. Department of Labor Employee Benefits Security Administration at 1-866-4-USA-DOL (866-487-2365) or <u>www.dol.gov/ebsa/consumer_info_health.html</u>.

Does this plan provide Minimum Essential Coverage? Yes

If you don't have <u>Minimum Essential Coverage</u> for a month, you'll have to make a payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for that month.

Does this plan meet Minimum Value Standards? Yes

If your <u>plan</u> doesn't meet the <u>Minimum Value Standards</u>, you may be eligible for a <u>premium tax credit</u> to help you pay for a <u>plan</u> through the <u>Marketplace</u>.

For more information about limitations and exceptions, see the plan or policy document at http://www.fhcp.com/documents/coc/qhp-ind-2018.pdf

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.-----

For more information about limitations and exceptions, see the plan or policy document at http://www.fhcp.com/documents/coc/qhp-ind-2018.pdf



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

\$500

\$50

30%

30%

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

The <u>plan's</u> overall <u>deductible</u>
 <u>Specialist</u> <u>copayment</u>
 Hospital (facility) <u>coinsurance</u>
 Other coinsurance

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

| Total Example Cost | \$12,800 |
|---------------------------------|----------|
| In this example, Peg would pay: | |
| Cost Sharing | |
| Deductibles | \$500 |
| <u>Copayments</u> | \$700 |

| Coinsurance | \$500 |
|----------------------------|---------|
| What isn't covered | |
| Limits or exclusions | \$60 |
| The total Peg would pay is | \$1,760 |

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

- The <u>plan's</u> overall <u>deductible</u>
 Specialist copayment
- Hospital (facility) coinsurance
- Other <u>coinsurance</u>

\$500

\$50

30%

30%

This EXAMPLE event includes services like:

<u>Primary care</u> office visits (*including disease education*) <u>Diagnostic tests</u> (*blood work*) <u>Prescription drugs</u> <u>Durable medical equipment</u> (glucose meter)

Total Example Cost\$7,400

In this example, Joe would pay:

| <u>Cost Sharing</u> | | |
|----------------------------|---------|--|
| Deductibles | \$90 | |
| Copayments | \$1,420 | |
| Coinsurance | \$40 | |
| What isn't covered | | |
| Limits or exclusions | \$60 | |
| The total Joe would pay is | \$1,610 | |

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

| The <u>plan's</u> overall <u>deductible</u> | \$500 |
|---|-------|
| Specialist copayment | \$50 |
| Hospital (facility) coinsurance | 30% |
| Other coinsurance | 30% |

This EXAMPLE event includes services like:

Emergency room care (including medical supplies) Diagnostic test (x-ray) Durable medical equipment (crutches) Rehabilitation services (physical therapy)

In this example, Mia would pay:

| 1 1 2 | | |
|----------------------------|---------|--|
| <u>Cost Sharing</u> | | |
| Deductibles | \$500 | |
| <u>Copayments</u> | \$350 | |
| <u>Coinsurance</u> | \$430 | |
| What isn't covered | | |
| Limits or exclusions | \$0 | |
| The total Mia would pay is | \$1,280 | |



Discrimination is Against the Law

Florida Health Care Plans complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Florida Health Care Plans does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Florida Health Care Plans:

• Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- o Qualified sign language interpreters
- o Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - o Qualified Interpreters
 - o Information written in other languages

If you need these services, contact Daria Siciliano, RN-BC, CCM.

If you believe that Florida Health Care Plans has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Daria Siciliano, RN-BC, CCM, Manager of Member Services, 1340 Ridgewood Avenue, Holly Hill, FL 32117. 1-844-219-6137, TTY: TRS Relay 711, 386-676-7149, rights@fhcp.com.

You can file grievance in person or by mail, fax, or email. If you need help filing a grievance, Daria Siciliano, RN-BC, CCM Manager of Member Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

Florida Health Care Plan, Inc. d/b/a Florida Health Care Plans ("FHCP") offers health insurance coverage products. FHCP is an affiliate of Blue Cross and Blue Shield of Florida, Inc. d/b/a Florida Blue. Both companies are Independent Licensees of the Blue Cross and Blue Shield Association.

If you or someone you're helping has questions about Florida Health Care Plans, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-877-615-4022. (TTY: TRS Relay 711)

Si usted o alguien a quien ayuda tienen preguntas sobre Florida Health Care Plans, tienen derecho a obtener ayuda e información en su idioma de manera gratuita. Para hablar con un intérprete, llame al 1-877-615-4022. (TTY: TRS Relay 711)

Si ou menm, oswa yon moun w ap ede, gen kesyon sou Florida Health Care Plans, ou gen dwa pou jwenn enfòmasyon nan lang ou gratis. Pou ale ak yon entèprèt, rele 1-877-615-4022. (TTY: TRS Relay 711)

Nếu quý vị, hoặc người nào đó mà quý vị đang giúp đỡ, có các thắc mắc về Florida Health Care Plans, quý vị có quyền được nhận trợ giúp và thông tin bằng ngôn ngữ của quý vị miễn phí. Để trao đổi với phiên dịch, hãy gọi theo số 1-877-615-4022. (TTY: TRS Relay 711)

Se você, ou alguém que estiver a ajudar, tiver dúvidas sobre **Florida Health Care Plans**, tem o direito de obter ajuda e informações na sua língua, sem nenhumas custas. Para falar com um intérprete, ligue para **1-877-615-4022. (TTY: TRS Relay 711)**

如果您或您正協助的某人對Florida Health Care Plans

有疑問,您有權免費以您的語言取得本協助及資訊。如欲與口譯員交談,請致電1-877-615-4022. (TTY: TRS Relay 711)

Si vous ou une personne que vous aidez avez des questions au sujet de **Florida Health Care Plans**, vous avez le droit d'obtenir gratuitement de l'aide et des informations dans votre langue. Pour parler à un interprète, veuillez appeler le **1-877-615-4022. (TTY: TRS Relay 711)**

Kung ikaw, o ang isang taong tinutulungan mo, ay may mga tanong tungkol sa **Florida Health Care Plans**, mayroon kang karapatang humingi ng tulong at impormasyon sa iyong wika nang walang bayad. Upang makipag-usap sa isang interpreter, tumawag sa **1-877-615-4022. (TTY: TRS Relay 711)**

Если у Вас или у кого-то, кому Вы помогаете, есть вопросы о программе Florida Health Care Plans, Вы имеет право бесплатно получить ответы в переводе на Ваш язык. Для того чтобы воспользоваться помощью устного переводчика, позвоните по телефону 1-877-615-4022. (TTY: TRS Relay 711)

ذا كان لديك أو الشخص الذي تساعده استفسارات حول [Florida Health Care Plans يحق لك تلقي المساعدة والمعلومات بلغتك مجاناً. تحدث إلى مترجم فوري، اتصل على الرقم [(TTY: TRS Relay 711].

se voi, o una persona che state aiutando, avete domande relative al **Florida Health Care Plans**, avete diritto a ottenere assistenza e informazioni gratuitamente nella vostra lingua. Per parlare con un interprete, chiamare il numero **1-877-615-4022. (TTY: TRS Relay 711)**

Florida Health Care Plan, Inc. d/b/a Florida Health Care Plans ("FHCP") offers health insurance coverage products. FHCP is an affiliate of Blue Cross and Blue Shield of Florida, Inc. d/b/a Florida Blue. Both companies are Independent Licensees of the Blue Cross and Blue Shield Association.

Falls Sie oder jemand, dem Sie helfen, irgendwelche Fragen über Florida Health Care Plans haben, so haben Sie Anspruch auf kostenlose Unterstützung und Informationen in Ihrer eigenen Sprache. Bitte rufen Sie uns unter der Nummer 1-877-615-4022. (TTY: TRS Relay 711) an, um mit einem Dolmetscher/einer Dolmetscherin zu sprechen.

귀하 또는 귀하가 도와드리고 있는 분이Florida Health Care Plans에 관한 질문이 있을 경우, 귀하에게는 무료로 본인이 구사하는 언어로 도움과 정보를 받을 권리가 있습니다. 통역으로 전화 연결되려면1-877-615-4022. (TTY: TRS Relay 711) 번으로 전화해 주십시오.

Jeśli Ty lub ktoś, komu pomagasz macie pytania dotyczące **Florida Health Care Plans**, macie prawo uzyskać pomoc i informacje w swoim języku, bez żadnych kosztów. Porozmawiaj z tłumaczem, zadzwoń pod numer **1-877-615-4022. (TTY: TRS Relay 711)**

જો તમને અથવા તમે જેને મદદ કરી રહ્યાં છો તેમને Florida Health Care Plans વિશે કોઈ પ્રશ્નો હોય, તો તમને તમારી ભાષામાં કોઇ પણ ખર્ચ વિના મદદ અને માહિતી મેળવવાનો હક છે. દુભાષિયા સાથે વાત કરવા માટે 1-877-615-4022. (TTY: TRS Relay 711) પર ફોન કરો.

หากคุณ หรือคนที่คุณกำลังช่วยเหลืออยู่มีคำถามเกี่ยวกับ Florida Health Care Plans คุณจะได้รับการช่วยเหลือและได้รับข้อมูลในภาษาของคุณโดยที่ไม่มีค่าใช้จ่ายใดๆ หากต้องการพูดคุยกับล่ามแปลภาษา โทร. 1-877-615-4022. (TTY: TRS Relay 711)

Florida Health Care Plan, Inc. d/b/a Florida Health Care Plans ("FHCP") offers health insurance coverage products. FHCP is an affiliate of Blue Cross and Blue Shield of Florida, Inc. d/b/a Florida Blue. Both companies are Independent Licensees of the Blue Cross and Blue Shield Association.