



# MEBA Benefit Plans

Safeguarding MEBA Members and Families

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[www.mebaplans.org](http://www.mebaplans.org)

## **IMPORTANT NOTICE**

To: Retired Participants in the MEBA Medical and Benefits Plan

From: Ann S. Gilchrist, Administrator


Re: Summary of Benefits Coverage

Enclosed is a “Summary of Benefits and Coverage (“SBC”), which the federal Government requires us to provide under Health Care Reform. The SBC does not describe all of your benefits under the MEBA Medical and Benefits Plan (the MEBA Medical Plan) and does not replace the MEBA Medical Plan’s Rules and Regulations. The Rules and Regulations contain the complete explanation of your benefits under the MEBA Medical Plan. If there is any inconsistency between the enclosed SBC and the Rules and Regulations, the terms of the Rules and Regulations shall prevail.

We want to emphasize that much of the language contained in the SBC is mandated by the federal Government. Therefore, there are several terms in the SBC that are not applicable to the MEBA Medical Plan, but which we had no choice but to include because the regulations governing the SBC do not allow us to deviate from the mandated language.


If you have any questions about the enclosed SBC, or your coverage under the MEBA Medical Plan, please call the Plan Office at (410) 547-9111.

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 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, [www.mebaplans.org](http://www.mebaplans.org) or call 1-800-811-6322. 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.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) or call 1-800-811-6322 to request a copy.

Important Questions	Answers	Why This Matters:
<b>What is the overall <u>deductible</u>?</b>	\$250 person/\$500 family	You must pay all of the costs for these services up to the specific <b>deductible</b> amount before the plan begins to pay for these services. See the Common Medical Events chart below 2 for your costs for services this plan covers
<b>Are there services covered before you meet your <u>deductible</u>?</b>	No.	You will have to meet the <b>deductible</b> before the <b>plan</b> pays for any services.
<b>Are there other <u>deductibles</u> for specific services?</b>	No.	You don't have to meet <b>deductibles</b> for specific services.
<b>What is the <u>out-of-pocket limit</u> for this <u>plan</u>?</b>	Yes, \$ 3,500, if non-Medicare Eligible. If Medicare Eligible, none.	The <b>out-of-pocket limit</b> is the most you could pay during a coverage period (usually one year) for covered services.
<b>What is not included in The <u>out-of-pocket limit</u>?</b>	Amounts equal to Medicare's annual Part A and Part B deductibles and coinsurance. Premiums, balanced-billed charges.	Even though you pay these expenses, they don't count toward the <b>out-of-pocket limit</b> .
<b>Will you pay less if you use a <u>network provider</u>?</b>	Yes. Call (800)810-2583 for a list of <b>network providers</b> .	This plan uses a provider <b>network</b> . You will pay less if you use a provider in the plan's <b>network</b> . You will pay the most if you use an <b>out-of-network provider</b> , and you might receive a bill from a <b>provider</b> for the difference between the provider's charge and what your plan pays ( <b>balance billing</b> ). Be aware, your <b>network provider</b> might use an <b>out-of-network provider</b> for some services (such as lab work).
<b>Do you need a <u>referral</u> to see a <u>specialist</u>?</b>	No.	You can see the <b>specialist</b> you choose without permission from this plan.

 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
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you visit a health care <a href="#">provider's</a> office or clinic	Primary care visit to treat an injury or illness	40% <b>coinsurance</b> after <b>deductible</b> is met	40% <b>coinsurance</b> after <b>deductible</b> is met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
	<a href="#">Specialist</a> visit	40% coinsurance after deductible is met	40% <b>coinsurance</b> after <b>deductible</b> is met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
	<a href="#">Preventive care/screening/immunization</a>	<p><b>Preventive care:</b> Adult - not covered.</p> <p><b>Preventive care:</b> Children under 19 years of age – immunizations no charge.</p> <p><b>Immunizations:</b> Limited to the CDC recommended guidelines adults 19 and older for no charge.*</p>	<p><b>Preventive care:</b> Adult - not covered.</p> <p><b>Preventive care:</b> Children under 19 years of age – immunizations no charge.</p>	<p><b>Preventive care/screening:</b> no charge for one exam per year when performed at MEBA Diagnostic Center or approved alternative clinic.*</p> <p><b>Mammogram:</b> for women no charge for one baseline mammogram age 35-39, and one annual mammogram age 40 and over.*</p> <p><b>GYN:</b> no charge for one annual exam and related tests.*</p> <p><b>Colonoscopy:</b> one routine colonoscopy once every 5 years age 50 or over.*</p> <p><b>Colorectal cancer screening test:</b> one colorectal cancer screening once every 3 years age 50 or over for asymptomatic patients.</p> <p><b>Annual Flu Shot:</b> no charge for one annual influenza vaccine.*</p> <p>Adult immunizations covered in network only.</p>

[\* For more information about limitations and exceptions, see the plan or policy document at [www.mebaplans.org](http://www.mebaplans.org).]

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
				You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what the plan will pay for.
If you have a test	<a href="#">Diagnostic test</a> (x-ray, blood work)	40% <b>coinsurance</b> after <b>deductible</b> is met	40% <b>coinsurance</b> after <b>deductible</b> is met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
	Imaging (CT/PET scans, MRIs)	40% <b>coinsurance</b> after deductible is met	40% <b>coinsurance</b> after <b>deductible</b> is met	If non-Medicare eligible, deductible and coinsurance amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
If you need drugs to treat your illness or condition More information about <a href="#">prescription drug coverage</a> is available at <a href="http://www.mebaplans.org">www.mebaplans.org</a>	Generic drugs	Not covered	Not covered	None
	Preferred brand drugs	Not covered	Not covered	None
	Non-preferred brand drugs	Not covered	Not covered	None
	<a href="#">Specialty drugs</a>	Not covered	Not covered	None
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	All outpatient surgery must be <b>pre-certified</b> in order to be covered. If non-Medicare eligible, deductible and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
	Physician/surgeon fees	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
If you need immediate medical attention	<a href="#">Emergency room care</a>	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*

[\* For more information about limitations and exceptions, see the plan or policy document at [www.mebaplans.org](http://www.mebaplans.org).]

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
	<a href="#">Emergency medical transportation</a>	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% coinsurance after deductible has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
	<a href="#">Urgent care</a>	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
<b>If you have a hospital stay</b>	Facility fee (e.g., hospital room)	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance after deductible</b> has been met	All hospital admissions must be <b>pre-certified</b> . Length of stay that exceeds certification is not covered. If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
	Physician/surgeon fees	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*

[\* For more information about limitations and exceptions, see the plan or policy document at [www.mebaplans.org](http://www.mebaplans.org).]

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	50% <b>coinsurance</b> after <b>deductible</b> has been met	50% <b>coinsurance</b> after <b>deductible</b> has been met	Mental/Behavioral health - Limited to a maximum of 100 visits per 36 consecutive month period.* Substance Abuse: no coverage.  If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
	Inpatient services	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	Mental/Behavioral health - Limited to 3 days per calendar year, up to additional 18 days if certain criteria is met. If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.* All hospital admissions must be pre-certified.
If you are pregnant	Office visits	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. Not covered for dependent children. If Medicare eligible, not covered.*
	Childbirth/delivery professional services	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. Not covered for dependent children. If Medicare eligible, not covered.*
	Childbirth/delivery facility services	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	All hospital admissions must be <b>pre-certified</b> . Length of stay that exceeds certification is not covered. If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. Not

[\* For more information about limitations and exceptions, see the plan or policy document at [www.mebaplans.org](http://www.mebaplans.org).]

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
				covered for dependent children. If Medicare eligible, not covered.*
<b>If you need help recovering or have other special health needs</b>	<a href="#">Home health care</a>	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. Home Health Aides not covered. If Medicare eligible, not covered.*
	<a href="#">Rehabilitation services</a>	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	Chiropractor and physical therapy visits limited to a combined 40 visits per person per 24 month period. If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
	<a href="#">Habilitation services</a>	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	Chiropractor and physical therapy visits limited to a combined 40 visits per person per 24 month period. If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*
	<a href="#">Skilled nursing care</a>	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. Coverage is limited to first 30 days after hospitalization within 12 month period for skilled nursing facility. Home visits must be by RN or LPN. If Medicare eligible, not covered.*
	<a href="#">Durable medical equipment</a>	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. If Medicare eligible, not covered.*

[\* For more information about limitations and exceptions, see the plan or policy document at [www.mebaplans.org](http://www.mebaplans.org).]

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
	<a href="#">Hospice services</a>	40% <b>coinsurance</b> after <b>deductible</b> has been met	40% <b>coinsurance</b> after <b>deductible</b> has been met	If non-Medicare eligible, <b>deductible</b> and <b>coinsurance</b> amounts under Medicare are excluded from allowed charges. Coverage provided only for those who are terminally ill with cancer. If Medicare eligible, not covered.*
If your child needs dental or eye care	Children's eye exam, glasses, contacts	20% <b>coinsurance</b>	20% <b>coinsurance</b>	Coverage for children under age 19 is limited to one exam and one pair of glasses or contacts per calendar year up to the usual, customary and reasonable charge. Coverage for children age 19 and over limited to \$120 per calendar year; however, the balance may be carried over two calendar years, for up to a maximum three-year benefit of \$360.*
	Children's glasses	20% <b>coinsurance</b>	20% <b>coinsurance</b>	Coverage for children under age 19 is limited to one exam and one pair of glasses or contacts per calendar year up to the usual, customary and reasonable charge. Coverage for children age 19 and over limited to \$120 per calendar year; however, the balance may be carried over two calendar years, for up to a maximum three-year benefit of \$360.*
	Children's dental check-up	Not Covered	Not Covered	None

### Excluded Services & Other Covered Services:

<b>Services Your <a href="#">Plan</a> Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other <a href="#">excluded services</a>.)</b>			
<ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Bariatric surgery</li> <li>• Cosmetic surgery</li> </ul>	<ul style="list-style-type: none"> <li>• Dental care</li> <li>• Long-term care</li> <li>• Substance use disorder outpatient services</li> </ul>	<ul style="list-style-type: none"> <li>• Weight loss programs</li> </ul>	

[\* For more information about limitations and exceptions, see the plan or policy document at [www.mebaplans.org](http://www.mebaplans.org).]



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

- Non-emergency care when traveling outside the U.S.\*
- Chiropractor care\*
- Hearing aids\*
- Infertility treatment\*
- Routine eye care (Adult)\*
- Routine foot 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: the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or, the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://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](http://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 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: MEBA Medical & Benefits Plan 1-800-811-6322 or, [www.mebaplans.org](http://www.mebaplans.org), or the Department of Labor, Employee Benefits Security Administration, at 1-866-444-EBSA(3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform).

Additionally, a consumer assistance program can help you file your appeal. A list of states with Consumer Assistance Programs is available at [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform) and <http://cciio.cms.gov/programs/consumer/capgrants/index.html>.

**Does this plan provide Minimum Essential Coverage? ? Yes.**

If you don't have [Minimum Essential Coverage](#) 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 the Minimum Value Standards? Yes.**

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 [insert telephone number].]

[Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa [insert telephone number].]

[Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 [insert telephone number].]

[Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' [insert telephone number].]

*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](#)      \$250
- [Specialist](#) [cost sharing]      \$20
- Hospital (facility) [cost sharing]      40%
- Other [cost sharing]      40%

**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*)

<b>Total Example Cost</b>	<b>\$7,540</b>
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**In this example, Peg would pay:**

<i>Cost Sharing</i>	
Deductibles	\$250
Copayments	\$0
Coinsurance	\$3790
<i>What isn't covered</i>	
Limits or exclusions	\$
<b>The total Peg would pay is</b>	<b>\$4,040</b>

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

- The [plan's](#) overall [deductible](#)      \$250
- [Specialist](#) [cost sharing]      \$20
- Hospital (facility) [cost sharing]      40%
- Other [cost sharing]      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*)

<b>Total Example Cost</b>	<b>\$5,400</b>
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**In this example, Joe would pay:**

<i>Cost Sharing</i>	
Deductibles	\$
Copayments	\$20
Coinsurance	\$2797
<i>What isn't covered</i>	
Limits or exclusions	\$
<b>The total Joe would pay is</b>	<b>\$2,817</b>

## Mia's Simple Fracture

(in-network emergency room visit and follow up care)

- The [plan's](#) overall [deductible](#) \$250
- [Specialist](#) [*cost sharing*] \$20
- Hospital (facility) [*cost sharing*] 40%
- Other [*cost sharing*] 40%

This EXAMPLE event includes services like:

Emergency room care (*including medical supplies*)

Diagnostic test (*x-ray*)

Durable medical equipment (*crutches*)

Rehabilitation services (*physical therapy*)

<b>Total Example Cost</b>	<b>\$1,450</b>
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In this example, Mia would pay:

<i>Cost Sharing</i>	
Deductibles	\$250
Copayments	\$180
Coinsurance	\$326
<i>What isn't covered</i>	
Limits or exclusions	\$
<b>The total Mia would pay is</b>	<b>\$756</b>

The [plan](#) would be responsible for the other costs of these EXAMPLE covered services.