This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document www.myCigna.com or by calling 1-800-Cigna24

Important Questions	Answers	Why this Matters:
What is the overall deductible?	For Valley providers **$0** person / **$0** family For in-network providers **$0** person / **$0** family For out of-network providers **$0** person / **$0** family Does not apply to in-network preventive care, in-network office visits, inpatient or outpatient hospital facility charges. Copayments don't count toward the deductible.	You must pay all the costs up to the **deductible** amount before this plan begins to pay for covered services you use. Check your policy or plan document to see when the **deductible** starts over (usually, but not always, January 1st). See the chart starting on page 3 for how much you pay for covered services after you meet the **deductible**.
Are there other deductibles for specific services?	Yes**, $1,500** for out-of-network outpatient hospital visit and **$5,000** per admission for out-of-network hospital stay and There are other specific **deductibles**.	You must pay all of the costs for these services up to the specific **deductible** amount before this plan begins to pay for these services.
Is there an out–of–pocket limit on my expenses?	Yes, For Valley and in-network providers **$7,150** person / **$14,300** family / For out-of-network providers **$25,000** person / **$75,000** family	The **out-of-pocket limit** is the most you could pay during a coverage period (usually one year) for your share of the cost of covered services. This limit helps you plan for health care expenses.
What is not included in the out–of–pocket limit?	Premium, balanced-billed charges, penalties for failure to obtain pre-authorization for services and health care this plan doesn't cover	Even though you pay these expenses, they don't count toward the **out-of-pocket limit**.

Important Questions	Answers	Why this Matters:
Is there an overall annual limit on what the plan pays?	No.	The chart starting on page 3 describes any limits on what the plan will pay for *specific* covered services, such as office visits
Does this plan use a network of providers?	Yes. For a list of participating providers, see www.myCigna.com or call 1-800-Cigna24	If you use an in-network doctor or other health care **provider**, this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use an out-of-network **provider** for some services. Plans use the term in-network, **preferred**, or participating for **providers** in their **network**. See the chart starting on page **3** for how this plan pays different kinds of **providers**.
Do I need a referral to see a specialist?	No. You don't need a referral to see a specialist.	You can see the **specialist** you choose without permission from this plan.
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page **5**. See your policy or plan document for additional information about **excluded services**.

- **Co-payments** are fixed dollar amounts (for example, $15) you pay for covered health care, usually when you receive the service.
- **Co-insurance** is *your* share of the costs of a covered service, calculated as a percent of the **allowed amount** for the service. For example, if the plan's **allowed amount** for an overnight hospital stay is $1,000, your **co-insurance** payment of 20% would be $200. This may change if you haven't met your **deductible**.
- The amount the plan pays for covered services is based on the **allowed amount**. If an out-of-network **provider** charges more than the **allowed amount**, you may have to pay the difference. For example, if an out-of-network hospital charges $1,500 for an overnight stay and the **allowed amount** is $1,000, you may have to pay the $500 difference. (This is called **balance billing**.)
- This plan may encourage you to use participating **providers** by charging you lower **deductibles**, **co-payments** and **co-insurance** amounts.

Common Medical Event	Services You May Need	Your cost if you use an				Limitations & Exceptions
		Client Specific Network		In-Network Provider	Out-of-network Provid	
		VMG Provider	Other Valley Providers			
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	$15 co-pay/visit	$30 co-pay/visit	$30 co-pay/visit	50% co-insurance	————none————
	Specialist visit	$20 co-pay/visit	$45 co-pay/visit	$45 co-pay/visit	50% co-insurance	————none————
	Other practitioner office visit	Not applicable		$40 co-pay/ chiropractor visit	50% co-insurance/ chiropractor visit	Coverage for chiropractic services is limited to 20 days annual max.
	Preventive care/screening / immunization	No charge		No charge	50% co-insurance	————none————
If you need drugs to treat your illness or condition More information about **prescription drug coverage** is available at www.express-scripts.com	Generic drugs	Luckow: $7 up to 30 days supply $10 up to 90 days supply		$7 retail / $10 mail order		Maintenance medications will only be dispensed through Valley Pharmacy or mail order
	Preferred brand drugs	Luckow: $35 up to 30 days supply $88 up to 90 days supply		$35 retail / $88 mail order		————none————
	Non-preferred brand drugs	100% of the cost of the drug at PBM discounted rate				————none————
	Specialty drugs	Luckow: $50 up to 30 days supply $140 up to 90 days supply		Not covered		————none————
If you have a test	Diagnostic test (x-ray, blood work)	No charge		No charge	50% co-insurance	————none————
	Imaging (CT/PET scans, MRIs)	No charge		No charge	50% co-insurance	————none————
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	No charge		No charge	$1,500 co-pay/visit, plus 50% co-insurance	Per visit co-pay/ deductible is waived for non-surgical procedures.
	Physician/surgeon fees	No charge		No charge	50% co-insurance	————none————

Common Medical Event	Services You May Need	Your cost if you use an			Limitations & Exceptions
		Client Specific Network	In-Network Provider	Out-of-network Provider	
If you need immediate medical attention	Emergency room services	$200 co-pay/visit	$200 co-pay/visit	$200 co-pay/visit	Per visit co-pay is waived if admitted.
	Emergency medical transportation	No charge	No charge	No charge	————none————
	Urgent care	No charge	No charge	No charge	Per visit co-pay is waived if admitted.
If you have a hospital stay	Facility fee (e.g., hospital room)	No charge	No charge	$5,000 deductible/admission, plus 50% co-insurance	Penalty for no precertification.
	Physician/surgeon fee	No charge	No charge	50% co-insurance	Penalty for no precertification.
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health outpatient services	$45 co-pay/office visit	$45 co-pay/office visit	50% co-insurance	————none————
	Mental/Behavioral health inpatient services	Not applicable	No charge	$5,000 deductible/admission, plus 50% co-insurance	Penalty for no precertification.
	Substance use disorder outpatient services	$45 co-pay/office visit	$45 co-pay/office visit	50% co-insurance	————none————
	Substance use disorder inpatient services	Not applicable	No charge	$5,000 deductible/admission, plus 50% co-insurance	Penalty for no precertification.

Common Medical Event	Services You May Need	Your cost if you use an			Limitations & Exceptions
		Client Specific Network	In-Network Provider	Out-of-network Provider	
If you are pregnant	Prenatal and postnatal care	No charge	No charge	50% co-insurance	——————none——————
	Delivery and all inpatient services	No charge	No charge	50% co-insurance	Penalty for no precertification.
If you need help recovering or have other special health needs	Home health care	No charge	No charge	50% co-insurance	Coverage is limited to 60 days annual max.
	Rehabilitation services	No charge	No charge	50% co-insurance	Coverage is limited to annual max. of 60 days for Rehabilitation Services and Cardiac rehab services.
	Habilitation services	Not Covered	Not Covered	Not Covered	——————none——————
	Skilled nursing care	Not applicable	No charge	50% co-insurance	50% penalty for no precertification. Coverage is limited to 60 days annual max.
	Durable medical equipment	No charge	No charge	50% co-insurance	——————none——————
	Hospice service	Not applicable	No charge	50% co-insurance	50% penalty for no precertification for inpatient services.
If your child needs	Eye exam	No charge	No charge	50% co-insurance	$300 maximum per Calendar Year.
dental or eye care	Glasses		Not Covered	Not Covered	
	Dental check-up		Not Covered	Not Covered	——————none——————

Excluded Services & Other Covered Services:

Services Your Plan Does NOT Cover (This isn't a complete list. Check your policy or plan document for other excluded services.)

- Acupuncture
- Cosmetic surgery
- Dental care (Adult)
- Dental care (Children)
- Habilitation services
- Infertility treatment
- Long-term care
- Non-emergency care when traveling outside the U.S.
- Private-duty nursing
- Weight loss programs

Other Covered Services (This isn't a complete list. Check your policy or plan document for other covered services and your costs for these services.

- Hearing aids
- Chiropractic
- Eye exam
- Bariatric surgery
- Routine eye care
- Routine foot care
- Infertility treatment (GIFT and ZIFT excluded)

Your Rights to Continue Coverage:

If you lose coverage under the plan, then, depending upon the circumstances, Federal and State laws may provide protections that allow you to keep health coverage. Any such rights may be limited in duration and will require you to pay a **premium**, which may be significantly higher than the premium you pay while covered under the plan. Other limitations on your rights to continue coverage may also apply.

For more information on your rights to continue coverage, contact the plan at 1-800-Cigna24. You may also contact your state insurance department, the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or www.dol.gov/ebsa, or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov.

Your Grievance and Appeals Rights:

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to **appeal** or file a **grievance**. For questions about your rights, this notice, or assistance, you can contact the plan at 1-800-Cigna24. You may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA or www.dol.gov/ebsa/healthreform.

Does this Coverage Provide Minimum Essential Coverage?

The Affordable Care Act requires most people to have health care coverage that qualifies as "minimum essential coverage." **This plan or policy does provide minimum essential coverage.**

Does this Coverage Meet the Minimum Value Standard?

The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). **This health coverage does meet the minimum value standard for the benefits it provides.**

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-244-6224
Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-244-6224
Chinese (中文): 如果需要中文的帮助，请拨打这个号码1-800-244-6224
Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 1-800-244-6224

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

About these Coverage Examples:

These examples show how this plan might cover medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.

This is not a cost estimator.

Don't use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care will also be different.

See the next page for important information about these examples.

Note: These numbers assume enrollment in individual-only coverage.

Having a baby
(normal delivery)

- **Amount owed to providers:** $7,540
- **Plan pays** $7,350
- **Patient pays** $190

Sample care costs:

Hospital charges (mother)	$2,700
Routine obstetric care	$2,100
Hospital charges (baby)	$900
Anesthesia	$900
Laboratory tests	$500
Prescriptions	$200
Radiology	$200
Vaccines, other preventive	$40
Total	**$7,540**

Patient pays:

Deductibles	$0
Co-pays	$40
Co-insurance	$0
Limits or exclusions	$150
Total	**$ 190**

Note: This example assumes services are performed at Valley Health System by a Valley Health System provider.

Managing type 2 diabetes
(routine maintenance of a well-controlled condition)

- **Amount owed to providers:** $5,400
- **Plan pays** $4,740
- **Patient pays** $660

Sample care costs:

Prescriptions	$2,900
Medical Equipment and Supplies	$1,300
Office Visits and Procedures	$700
Education	$300
Laboratory tests	$100
Vaccines, other preventive	$100
Total	**$5,400**

Patient pays:

Deductibles	$0
Co-pays	$580
Co-insurance	$0
Limits or exclusions	$80
Total	**$660**

Note: This example assumes services are performed at Valley Health System by a Valley Health System provider.

Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

- Costs don't include **premiums**.
- Sample care costs are based on national averages supplied by the U.S. Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from in-network **providers**. If the patient had received care from out-of-network **providers**, costs would have been higher.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how **deductibles**, **co-payments**, and **co-insurance** can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?

× **No.** Treatments shown are just examples. The care you would receive for this condition could be different based on your doctor's advice, your age, how serious your condition is, and many other factors.

Does the Coverage Example predict my future expenses?

× **No.** Coverage Examples are **not** cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your **providers** charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?

✓**Yes.** When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?

✓**Yes.** An important cost is the **premium** you pay. Generally, the lower your **premium**, the more you'll pay in out-of-pocket costs, such as **co-payments**, **deductibles**, and **co-insurance**. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.

If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan document www.myCigna.com or by calling 1-800-Cigna24 for medical and www.express-scripts.com or by calling 1-800-510-6132 for prescription.