

2010 Colorado Health Benefit Plan Description Form
Kaiser Foundation Health Plan of Colorado
Ded/Co HMO 4000D
Denver/Boulder - Small Group

PART A: TYPE OF COVERAGE

1. TYPE OF PLAN	Health Maintenance Organization (HMO)
2. OUT-OF-NETWORK CARE COVERED?¹	Only for Emergency Care
3. AREAS OF COLORADO WHERE PLAN IS AVAILABLE	Plan is available only in the following areas: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, Gilpin, Jefferson, Larimer, Park and Weld Counties as determined by zip code

PART B: SUMMARY OF BENEFITS

Important Note: This form is not a contract, it is only a summary. The contents of this form are subject to the provisions of the policy, which contains all terms, covenants and conditions of coverage. Your plan may exclude coverage for certain treatments, diagnoses, or services not noted below. The benefits shown in this summary may only be available if required plan procedures are followed (e.g., plans may require prior authorization, a referral from your primary care physician, or use of specified providers or facilities). Consult the actual policy to determine the exact terms and conditions of coverage. Coinsurance and copayment options reflect the amount the covered person will pay.

	IN-NETWORK ONLY (Out-of-Network care is not covered except as noted)
4. Deductible Type²	Calendar year
4a. ANNUAL DEDUCTIBLE^{2a} a) Individual^{2b} b) Family^{2c}	a) \$4,000 per year b) \$12,000 per year Individual and Family Deductibles are separate. For Families, individual family members are responsible for meeting the Family Deductible, only up to the Individual Deductible amount. The Pharmacy Deductible is separate from the medical Deductible (Deductible), shown above. If your plan has a Pharmacy Deductible, see Box 11 for more information.
5. OUT-OF-POCKET ANNUAL MAXIMUM³ a) Individual b) Family c) Is deductible included in the out-of-pocket maximum?	a) \$8,000 per year b) \$16,000 per year c) No For Families, the individual family members are responsible for meeting the Family Out-of-Pocket Maximum (OPM), only up to the Individual OPM amount.
6. LIFETIME OR BENEFIT MAXIMUM PAID BY THE PLAN FOR ALL CARE	No Lifetime Maximum (LTM) <u>Benefit Maximum(s)</u> Transplant Lifetime Maximum: \$1,000,000 per Individual; \$25,000 Bone Marrow Donor Search per Individual. The \$25,000 bone marrow donor search does not apply toward the Transplant LTM or the LTM.
7A. COVERED PROVIDERS	Colorado Permanente Medical Group, P.C. See Provider Directory for a complete list of current providers.
7B. With respect to network plans, are all the providers listed in 7A. accessible to me through my primary care physician?	Yes

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PART B: SUMMARY OF BENEFITS CONTINUED

	IN-NETWORK ONLY (Out-of-Network care is not covered except as noted)
8. MEDICAL OFFICE VISITS⁴ a) Primary Care Providers b) Specialists	a) Not subject to Deductible; Does not apply toward OPM \$30 Copayment each primary care office visit b) Not subject to Deductible; Does not apply toward OPM \$50 Copayment each specialist care office visit 20% Coinsurance for procedures received during an office visit (including Office Administered Drugs) - Subject to Deductible; Applies toward OPM
9. PREVENTIVE CARE a) Children's services b) Adults' services	a) Not subject to Deductible; Does not apply toward OPM No Charge (100% covered) b) Not subject to Deductible; Does not apply toward OPM No Charge (100% covered) The Copayment or Coinsurance for certain preventive care services may differ from the Copayment or Coinsurance listed above.
10. MATERNITY a) Prenatal care b) Delivery & inpatient well baby care ⁵	a) Not subject to Deductible; Does not apply toward OPM No Charge (100% covered) 20% Coinsurance for procedures received during an office visit. (Procedures received during an office visit are subject to Deductible; apply toward OPM) b) Subject to Deductible; Applies toward OPM 20% Coinsurance 20% Coinsurance for inpatient professional visits. (Inpatient professional visits are subject to Deductible; apply toward OPM)
11. PRESCRIPTION DRUGS⁶ Level of coverage and restrictions on prescriptions.	Not subject to Deductible; Does not apply toward OPM If your plan has a Pharmacy Deductible, it is shown below and must be met before any Copayments or Coinsurance applies. \$200 Pharmacy Deductible per person \$15 Copayment for Generic/\$30 Copayment for Brand-name/50% Coinsurance for Non-preferred - up to a 30-day supply 20% Coinsurance for specialty drugs, including self-administered injectables up to a maximum of \$250 per drug dispensed Mail order drugs filled for up to a 90-day supply for 2 Copayments For drugs on our approved list, please contact your Clinical Pharmacy Call Center at toll-free 1-866-244-4119 or 1-800-632-9700 or TTY 1-800-521-4874.
12. INPATIENT HOSPITAL	Subject to Deductible; Applies toward OPM 20% Coinsurance 20% Coinsurance for inpatient professional visits. (Inpatient professional visits are subject to Deductible; apply toward OPM)
13. OUTPATIENT/AMBULATORY SURGERY	Subject to Deductible; Applies toward OPM 20% Coinsurance for outpatient surgery performed in any setting other than inpatient

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PART B: SUMMARY OF BENEFITS CONTINUED

	IN-NETWORK ONLY (Out-of-Network care is not covered except as noted)
14. DIAGNOSTICS a) Laboratory & X-ray b) MRI, nuclear medicine, and other high-tech services	a) <u>Diagnostic Lab</u> - Not subject to Deductible; Does not apply toward OPM No Charge (100% covered) <u>Diagnostic X-ray</u> - Subject to Deductible; Applies toward OPM 20% Coinsurance <u>Therapeutic X-ray</u> - Subject to Deductible; Applies toward OPM 20% Coinsurance b) <u>MRI/CT/PET(Special Procedures)</u> - Subject to Deductible; Applies toward OPM 20% Coinsurance
15. EMERGENCY CARE^{7, 8}	Subject to Deductible; Applies toward OPM 20% Coinsurance at a Kaiser Permanente designated Plan or non-Plan emergency room
16. AMBULANCE	Not subject to Deductible; Does not apply toward OPM 20% Coinsurance up to \$500 per trip
17. URGENT, NON-ROUTINE, AFTER-HOURS CARE	a) <u>Urgent care⁷</u> - Subject to Deductible; Applies toward OPM 20% Coinsurance at a Kaiser Permanente designated Plan or non-Plan emergency room b) <u>Non-routine care</u> – Not subject to Deductible; Does not apply toward OPM \$30 Copayment each visit at a Kaiser Permanente Plan Facility inside the Service Area or a non-Plan Facility outside the Service Area during office hours 20% Coinsurance for procedures received during an office visit. (Procedures received during an office visit are subject to Deductible; apply toward OPM) c) <u>After-hours care</u> - Not subject to Deductible; Does not apply toward OPM \$50 Copayment each after-hours visit at a Kaiser Permanente designated after-hours Plan Facility inside the Service Area 20% Coinsurance for procedures received during an office visit. (Procedures received during an office visit are subject to Deductible; apply toward OPM)
18. BIOLOGICALLY-BASED MENTAL ILLNESS CARE⁹	Coverage is no less extensive than the coverage provided for any other physical illness
19. OTHER MENTAL HEALTH CARE a) Inpatient care b) Outpatient care	a) <u>Inpatient</u> - Subject to Deductible; Applies toward OPM 20% Coinsurance up to 45 days per year 20% Coinsurance for inpatient professional visits. (Inpatient professional visits are subject to Deductible; apply toward OPM) b) <u>Outpatient</u> - Not subject to Deductible; Does not apply toward OPM 50% Coinsurance, up to 20 visits per year

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PART B: SUMMARY OF BENEFITS CONTINUED

	IN-NETWORK ONLY (Out-of-Network care is not covered except as noted)
20. ALCOHOL & SUBSTANCE ABUSE	<p>a) <u>Inpatient Medical Detoxification</u> -Subject to Deductible; Applies toward OPM 20% Coinsurance. Detoxification is limited to removing toxic substances from the body. 20% Coinsurance for inpatient professional visits. (Inpatient professional visits are subject to Deductible; apply toward OPM) <u>Inpatient Residential Rehabilitation</u> – Not Covered</p> <p>b) <u>Outpatient Chemical Dependency</u> - Not subject to Deductible; Does not apply toward OPM 50% Coinsurance up to 20 visits per year</p>
21. PHYSICAL, OCCUPATIONAL, & SPEECH THERAPY	<p>For conditions subject to significant improvement within two (2) months <u>Inpatient</u>*- Subject to Deductible; Applies toward OPM 20% Coinsurance <u>Outpatient</u>* - Not subject to Deductible; Does not apply toward OPM \$30 Copayment each visit for up to 20 visits per year for each type of therapy (i.e., physical, occupational and speech therapy) *Therapy for congenital defects and birth abnormalities is covered for children from age 3 to age 6 for both acute and chronic conditions. For children ages 0-3, services may be available as part of Early Intervention Services, as defined by State law.</p>
22. DURABLE MEDICAL EQUIPMENT	<p>Not subject to Deductible; Does not apply to OPM 20% Coinsurance up to \$2,000 annual maximum benefit per year 20% Coinsurance for prosthetic arms and legs covered with no annual maximum benefit. See policy for types and circumstances of coverage.</p>
23. OXYGEN	<p>Not subject to Deductible; Does not apply toward OPM 20% Coinsurance</p>
24. ORGAN TRANSPLANTS	<p>For inpatient, see Box 12, Inpatient Hospital. For outpatient, see applicable benefit in this Health Benefit Plan Description Form. Covered transplants are limited to kidney, kidney/pancreas, pancreas, heart, heart-lung, lung, some bone marrow, cornea, liver, small bowel, and small bowel/liver.</p>
25. HOME HEALTH CARE	<p>Subject to Deductible; Applies toward OPM 20% Coinsurance for prescribed Medically Necessary part-time home health services. Not covered outside the Service Area.</p>
26. HOSPICE CARE	<p>Subject to Deductible; Applies toward OPM 20% Coinsurance for hospice care. Not covered outside the Service Area.</p>
27. SKILLED NURSING FACILITY CARE	<p>Subject to Deductible; Applies toward OPM 20% Coinsurance for up to 100 days per year for prescribed skilled nursing facility services at approved skilled nursing facilities. Not covered outside the Service Area.</p>
28. DENTAL CARE	<p>Not Covered</p>
29. VISION CARE	<p>Not subject to Deductible; Does not apply toward OPM \$30 Copayment per eye wellness and refraction exams performed by an Optometrist. Hardware not covered.</p>

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PART B: SUMMARY OF BENEFITS CONTINUED

	IN-NETWORK ONLY (Out-of-Network care is not covered except as noted)
30. CHIROPRACTIC CARE	Not Covered
31. SIGNIFICANT ADDITIONAL COVERED SERVICES (list up to 5)	Travel Clinic for pre-travel health risk assessments, immunizations (excluding those used exclusively for travel) and prescriptions; Mail-order Pharmacy; Special Services Hospice program for persons who have not yet chosen hospice care; Limited coverage for dependent students attending an accredited college or vocational school outside any Kaiser Permanente Service Area

PART C: LIMITATIONS AND EXCLUSIONS

	IN-NETWORK ONLY (Out-of-Network care is not covered except as noted)
32. PERIOD DURING WHICH PRE-EXISTING CONDITIONS ARE NOT COVERED¹⁰	Not Applicable - Plan does not impose limitation periods for pre-existing conditions
33. EXCLUSIONARY RIDERS Can an individual's specific, pre-existing condition be entirely excluded from the policy?	No
34. HOW DOES THE POLICY DEFINE A "PRE-EXISTING CONDITION"?	Not Applicable - Plan does not exclude coverage for pre-existing conditions
35. WHAT TREATMENTS AND CONDITIONS ARE EXCLUDED UNDER THIS POLICY?	Exclusions vary by policy. A list of exclusions is available immediately upon request from your carrier, agent, or plan sponsor (e.g., employer). Review the list to see if a service or treatment you may need is excluded from the policy.

PART D: USING THE PLAN

	IN-NETWORK ONLY (Out-of-Network care is not covered except as noted)
36. Does the enrollee have to obtain a referral and/or prior authorization for specialty care in most or all cases?	No
37. Is prior authorization required for surgical procedures and hospital care (except in an emergency)?	Yes
38. If the provider charges more for a covered service than the plan normally pays, does the enrollee have to pay the difference?	No
39. What is the main customer service number?	Member Services can be reached at 303-338-3800 or toll-free at 1-800-632-9700 or TTY 1-800-521-4874
40. Whom do I write/call if I have a complaint or want to file a grievance?¹¹	Member Services 2500 South Havana Street Aurora, CO 80014 303-338-3800 or toll-free 1-800-632-9700 or TTY 1-800-521-4874

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PART D: USING THE PLAN CONTINUED

	IN-NETWORK ONLY (Out-of-Network care is not covered except as noted)
41. Whom do I contact if I am not satisfied with the resolution of my complaint or grievance?	Write to: Colorado Division of Insurance ICARE Section 1560 Broadway, Suite 850 Denver, CO 80202
42. To assist in filing a grievance, indicate the form number of this policy; whether it is individual, small, or large group; and if it is a short-term policy.	Policy forms SG-DHMO-EOC-DENCOS (01-10) and GA-Small-DENCOS(01-10) Small Group
43. Does the plan have a binding arbitration clause?	Yes

Endnotes

¹ “Network” refers to a specified group of physicians, hospital, medical clinics and other health care providers that your plan may require you to use in order to get any coverage at all under the plan, or that the plan may encourage you to use because it pays more of your bill if you use their network providers (i.e., go in-network) than if you don't (i.e., go out-of-network).

² “Deductible Type” indicates whether the deductible period is “Calendar Year” (January 1 through December 31) or “Benefit Year” (i.e., based on a benefit year beginning on the policy’s anniversary date) or if the deductible is based on other requirements such as a “Per Accident or Injury” or “Per Confinement.”

^{2a} “Deductible” means the amount you will have to pay for allowable covered expenses under a health plan during a specified time period (e.g., a calendar year or benefit year) before the carrier will cover those expenses. The specific expenses that are subject to deductible may vary by policy. Expenses that are subject to deductible should be noted in boxes 8 through 31.

^{2b} “Individual” means the deductible amount you and each individual covered by a non-HSA qualified policy will have to pay for allowable covered expenses before the carrier will cover those expenses. “Single” means the deductible amount you will have to pay for allowable covered expenses under an HSA-qualified health plan when you are the only individual covered by the plan.

^{2c} “Family” is the maximum deductible amount that is required to be met for all family members covered by a non-HSA qualified policy and it may be an aggregated amount (e.g., “\$3,000 per family”) or specified as the number of individual deductibles that must be met (e.g., “3 deductibles per family”). “Non-single” is the deductible amount that must be met by one or more family members covered by an HSA-qualified plan before any covered expenses are paid.

³ “Out-of-pocket maximum” means the maximum amount you will have to pay for allowable covered expenses under a health plan, which may or may not include the deductibles or copayments, depending on the contract for that plan. The specific deductibles or copayments included in the out-of-pocket maximum may vary by policy. Expenses that are applied toward the out-of-pocket maximum should be noted in boxes 8 through 31.

⁴ Medical office visits include physician, mid-level practitioner, and specialist visits, including outpatient psychotherapy visits for biologically-based mental illness.

⁵ Well baby care includes an in-hospital newborn pediatric visit and newborn hearing screening. The hospital copayment applies to mother and well-baby together; there are not separate copayments.

⁶ Prescription drugs otherwise excluded are not covered, regardless of whether preferred generic, preferred brand-name, or non-preferred.

⁷ “Emergency care” means all services delivered in an emergency care facility, that are necessary to screen and stabilize a covered person. The plan must cover this care if a prudent lay person having average knowledge of health services and medicine and acting reasonably would have believed that an emergency medical condition or life or limb threatening emergency existed.

⁸ Non-emergency care delivered in an emergency room is covered only if the covered person receiving such care was referred to the emergency room by his/her carrier or primary care physician. If emergency departments are used by the plan for non-emergency after-hours care, then urgent care copayments apply.

⁹ “Biologically based mental illnesses” means schizophrenia, schizoaffective disorder, bipolar affective disorder, major depressive disorder, specific obsessive-compulsive disorder, and panic disorder.

¹⁰ Waiver of pre-existing condition exclusions. State law requires carriers to waive some or all of the pre-existing condition exclusion period based on other coverage you recently may have had. Ask your carrier or plan sponsor (e.g., employer) for details.

¹¹ Grievances. Colorado law requires all plans to use consistent grievance procedures. Write the Colorado Division of Insurance for a copy of those procedures.

**Colorado Health Plan Benefit Description Form Addendum
Kaiser Permanente Cancer Screening Guidelines
(Charges may apply)**

Breast Cancer:

Screening	(Frequency subject to Physician recommendation)	Kaiser Permanente Recommendation
Clinical breast exam	Annually	As jointly determined by physician and patient
Mammogram	Available annually for all women beginning at age 40 or earlier based upon patient risk	At least every 2 years, particularly after age 50
Genetic testing for inherited susceptibility for breast cancer	Available upon referral of a Kaiser Permanente provider	For those women who meet the following criteria: Patients with a 10% or greater risk of inherited gene defect

Colon and Rectal Cancer:

Screening	(Frequency subject to Physician recommendation)	Kaiser Permanente Recommendation
Fecal occult blood test (FIT)	Annually after age 50	Annually beginning at age 50 through age 75 (if not screened with colonoscopy)
Flexible sigmoidoscopy	On an individual basis	Not a routine recommendation
Barium enema	On an individual basis	Not a routine recommendation
Colonoscopy	Every 10 years, more frequently for high risk patients	Every 10 years beginning at age 50 through age 75. High risk patients may start at an earlier age and may be screened more frequently.

Cervical Cancer:

Screening	(Frequency subject to Physician recommendation)	Kaiser Permanente Recommendation
Pap test	Annually	Every 2 years, starting 3 years after becoming sexually active or at age 21; more frequently if high risk. For ages 65 and older, not recommended if long history of normal PAP smears and not high risk.

Prostate Cancer:

Screening	(Frequency subject to Physician recommendation)	Kaiser Permanente Recommendation
Digital rectal exam	Annually	As jointly determined by physician and patient
Serum prostatic specific antigen (PSA)	Annually	As jointly determined by physician and patient. Not recommended for those over 75.