

**2010 Colorado Health Benefit Plan Description Form**  
**Kaiser Foundation Health Plan of Colorado**  
**Ded/Co HSA 5000**

**Denver/Boulder - Small Group**

**PART A: TYPE OF COVERAGE**

|   |   |
|---|---|
| <b>1. TYPE OF PLAN</b>                              | Health Maintenance Organization (HMO)   |
| <b>2. OUT-OF-NETWORK CARE COVERED?<sup>1</sup></b>  | Only for Emergency Care   |
| <b>3. AREAS OF COLORADO WHERE PLAN IS AVAILABLE</b> | 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.

|  | <b>IN-NETWORK ONLY</b><br><b>(Out-of-Network care is not covered except as noted)</b>   |
|--|---|
| <b>4. Deductible Type<sup>2</sup></b>  | Calendar year   |
| <b>4a. ANNUAL DEDUCTIBLE<sup>2a</sup></b><br>a) <b>Individual<sup>2b</sup></b><br>b) <b>Family<sup>2c</sup></b>  | a) \$5,000 per year<br>b) \$10,000 per year<br><br>For Families, the single deductible does not apply. The non-single deductible can be met by one family member or by a combination of family members.   |
| <b>5. OUT-OF-POCKET ANNUAL MAXIMUM<sup>3</sup></b><br>a) <b>Individual</b><br>b) <b>Family</b><br>c) <b>Is deductible included in the out-of-pocket maximum?</b> | a) \$5,000 per year<br>b) \$10,000 per year<br>c) Yes<br><br>For Families, the individual Annual Out-of-Pocket Maximum (OPM) does not apply. The family OPM can be met by one family member or a combination of family members.                                 |
| <b>6. LIFETIME OR BENEFIT MAXIMUM PAID BY THE PLAN FOR ALL CARE</b>  | No Lifetime Maximum (LTM)<br><u>Benefit Maximum(s)</u><br>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. |
| <b>7A. COVERED PROVIDERS</b>   | Colorado Permanente Medical Group, P.C.<br>See provider directory for a complete list of current providers.   |
| <b>7B. With respect to network plans, are all the providers listed in 7A. accessible to me through my primary care physician?</b>                                | Yes   |

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**PART B: SUMMARY OF BENEFITS CONTINUED**

|  | <b>IN-NETWORK ONLY<br/>(Out-of-Network care is not covered except as noted)</b>  |
|--|--|
| <b>8. MEDICAL OFFICE VISITS<sup>4</sup></b><br><b>a) Primary Care Providers</b><br><b>b) Specialists</b>         | a) Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) each primary care office visit<br>b) Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) each specialist care office visit<br>No Charge (100% covered) for procedures received during an office visit (including Office Administered Drugs) - Subject to Deductible; Applies toward OPM                     |
| <b>9. PREVENTIVE CARE</b><br><b>a) Children's services</b><br><b>b) Adults' services</b>                         | a) Not subject to Deductible; Does not apply toward OPM<br>No Charge (100% covered)<br>b) Not subject to Deductible; Does not apply toward OPM<br>No Charge (100% covered)<br>The Copayment or Coinsurance for certain preventive care services may differ from the Copayment or Coinsurance listed above.   |
| <b>10. MATERNITY</b><br><b>a) Prenatal care</b><br><b>b) Delivery &amp; inpatient well baby care<sup>5</sup></b> | a) Subject to Deductible; Applies toward OPM<br>No Charge (100% covered)<br>No Charge (100% covered) for procedures received during an office visit. (Procedures received during an office visit are subject to Deductible; apply toward OPM)<br>b) Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) per admission<br>No Charge (100% covered) for inpatient professional visits. |
| <b>11. PRESCRIPTION DRUGS<sup>6</sup></b><br>Level of coverage and restrictions on prescriptions.                | Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) - up to a 30-day supply<br>Mail order drugs filled for up to a 90-day supply at No Charge (100% covered)<br>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.   |
| <b>12. INPATIENT HOSPITAL</b>  | Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) per admission<br>No Charge (100% covered) for inpatient professional visits.   |
| <b>13. OUTPATIENT/AMBULATORY SURGERY</b>   | Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) for outpatient surgery performed in any setting other than inpatient   |

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**PART B: SUMMARY OF BENEFITS CONTINUED**

|   | <b>IN-NETWORK ONLY<br/>(Out-of-Network care is not covered except as noted)</b>  |
|---|--|
| <b>14. DIAGNOSTICS</b><br><b>a) Laboratory &amp; X-ray</b><br><b>b) MRI, nuclear medicine, and other high-tech services</b> | a) <u>Diagnostic Lab</u> - Subject to Deductible; Applies toward OPM<br>No Charge (100% covered)<br><u>Diagnostic X-ray</u> - Subject to Deductible; Applies toward OPM<br>No Charge (100% covered)<br><u>Therapeutic X-ray</u> - Subject to Deductible; Applies toward OPM<br>No Charge (100% covered)<br>b) <u>MRI/CT/PET(Special Procedures)</u> - Subject to Deductible; Applies toward OPM<br>No Charge (100% covered)  |
| <b>15. EMERGENCY CARE<sup>7, 8</sup></b>  | Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) at a Kaiser Permanente designated Plan or non-Plan emergency room  |
| <b>16. AMBULANCE</b>  | Subject to Deductible; Applies toward OPM<br>No Charge (100% covered)  |
| <b>17. URGENT, NON-ROUTINE, AFTER-HOURS CARE</b>  | a) <u>Urgent care<sup>7</sup></u> - Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) at a Kaiser Permanente designated Plan or non-Plan emergency room<br>b) <u>Non-routine care</u> – Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) each visit at a Kaiser Permanente Plan Facility inside the Service Area or a non-Plan Facility outside the Service Area during office hours<br>No Charge (100% covered) for procedures received during an office visit. (Procedures received during an office visit are subject to Deductible; apply toward OPM)<br>c) <u>After-hours care</u> - Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) each after-hours visit at a Kaiser Permanente designated after-hours Plan Facility inside the Service Area<br>No Charge (100% covered) for procedures received during an office visit. (Procedures received during an office visit are subject to Deductible; apply toward OPM) |
| <b>18. BIOLOGICALLY-BASED MENTAL ILLNESS CARE<sup>9</sup></b>   | Coverage is no less extensive than the coverage provided for any other physical illness  |
| <b>19. OTHER MENTAL HEALTH CARE</b><br><b>a) Inpatient care</b><br><b>b) Outpatient care</b>                                | a) <u>Inpatient</u> - Subject to Deductible; Applies toward OPM<br>No Charge (100% covered) up to 45 days per year.<br>No Charge (100% covered) for inpatient professional visits.<br>b) <u>Outpatient</u> -Subject to Deductible; Applies toward OPM<br>No Charge (100% covered), up to 20 visits per year  |

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**PART B: SUMMARY OF BENEFITS CONTINUED**

|   | <b>IN-NETWORK ONLY<br/>(Out-of-Network care is not covered except as noted)</b>  |
|---|--|
| <b>20. ALCOHOL &amp; SUBSTANCE ABUSE</b>                | <p>a) <u>Inpatient Medical Detoxification</u> - Subject to Deductible; Applies toward OPM No Charge (100% covered). Detoxification is limited to removing toxic substances from the body.</p> <p><u>Inpatient Residential Rehabilitation</u> – Not Covered</p> <p>b) <u>Outpatient Chemical Dependency</u> - Subject to Deductible; Applies toward OPM No Charge (100% covered) up to 20 visits per year</p>   |
| <b>21. PHYSICAL, OCCUPATIONAL, &amp; SPEECH THERAPY</b> | <p>For conditions subject to significant improvement within two (2) months</p> <p><u>Inpatient</u>*- Subject to Deductible; Applies toward OPM No Charge (100% covered) per admission</p> <p><u>Outpatient</u>* - Subject to Deductible; Applies toward OPM No Charge (100% covered) for up to 20 visits per year for each type of therapy (i.e., physical, occupational and speech therapy)</p> <p>*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> |
| <b>22. DURABLE MEDICAL EQUIPMENT</b>                    | <p>Subject to Deductible; Applies toward OPM</p> <p>No Charge (100% covered) up to \$2,000 annual maximum benefit per year</p> <p>No Charge (100% covered) for prosthetic arms and legs with no annual maximum benefit. See policy for types and circumstances of coverage.</p>  |
| <b>23. OXYGEN</b>                                       | <p>Subject to Deductible; Applies toward OPM</p> <p>No Charge (100% covered)</p>   |
| <b>24. ORGAN TRANSPLANTS</b>                            | <p>For inpatient, see Box 12, Inpatient Hospital. For outpatient, see applicable benefit in this Health Benefit Plan Description Form.</p> <p>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>  |
| <b>25. HOME HEALTH CARE</b>                             | <p>Subject to Deductible; Applies toward OPM</p> <p>No Charge (100% covered) for prescribed Medically Necessary part-time home health services. Not covered outside the Service Area.</p>  |
| <b>26. HOSPICE CARE</b>                                 | <p>Subject to Deductible; Applies toward OPM</p> <p>No Charge (100% covered) for hospice care. Not covered outside the Service Area.</p>   |
| <b>27. SKILLED NURSING FACILITY CARE</b>                | <p>Subject to Deductible; Applies toward OPM</p> <p>No Charge (100% covered) 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>  |
| <b>28. DENTAL CARE</b>                                  | Not Covered  |
| <b>29. VISION CARE</b>                                  | <p>Subject to Deductible; Applies toward OPM</p> <p>No Charge (100% covered) per eye wellness and refraction exams performed by an Optometrist. Hardware not covered.</p>  |

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Kaiser Foundation Health Plan of Colorado**

**PART B: SUMMARY OF BENEFITS CONTINUED**

|   | <b>IN-NETWORK ONLY<br/>(Out-of-Network care is not covered except as noted)</b>  |
|---|--|
| <b>30. CHIROPRACTIC CARE</b>                                      | Not Covered  |
| <b>31. SIGNIFICANT ADDITIONAL COVERED SERVICES (list up to 5)</b> | 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**

|   | <b>IN-NETWORK ONLY<br/>(Out-of-Network care is not covered except as noted)</b>  |
|---|--|
| <b>32. PERIOD DURING WHICH PRE-EXISTING CONDITIONS ARE NOT COVERED<sup>10</sup></b>   | Not Applicable - Plan does not impose limitation periods for pre-existing conditions   |
| <b>33. EXCLUSIONARY RIDERS<br/>Can an individual's specific, pre-existing condition be entirely excluded from the policy?</b> | No   |
| <b>34. HOW DOES THE POLICY DEFINE A "PRE-EXISTING CONDITION"?</b>   | Not Applicable - Plan does not exclude coverage for pre-existing conditions  |
| <b>35. WHAT TREATMENTS AND CONDITIONS ARE EXCLUDED UNDER THIS POLICY?</b>   | 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**

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

**2010 Colorado Health Benefit Plan Description Form  
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**PART D: USING THE PLAN CONTINUED**

|   | <b>IN-NETWORK ONLY<br/>(Out-of-Network care is not covered except as noted)</b>                              |
|---|--|
| <b>41. Whom do I contact if I am not satisfied with the resolution of my complaint or grievance?</b>  | Write to:<br>Colorado Division of Insurance<br>ICARE Section<br>1560 Broadway, Suite 850<br>Denver, CO 80202 |
| <b>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.</b> | Policy forms SG-DHMO-EOC-DENCOS (01-10) and GA-Small-DENCOS(01-10)<br>Small Group                            |
| <b>43. Does the plan have a binding arbitration clause?</b>   | Yes  |

**Endnotes**

<sup>1</sup> “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).

<sup>2</sup> “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.”

<sup>2a</sup> “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.

<sup>2b</sup> “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.

<sup>2c</sup> “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.

<sup>3</sup> “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.

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

<sup>5</sup> 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.

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

<sup>7</sup> “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.

<sup>8</sup> 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.

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

<sup>10</sup> 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.

<sup>11</sup> 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. |