

 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, go to www.ucare.org/BenefitDocuments or call 1-877-903-0069 (this call is free) or TTY/Hearing Impaired: 1-800-688-2534 (this call is free). 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.healthcare.gov/sbc-glossary/ or call 1-877-903-0069 (this call is free) or TTY/Hearing Impaired: 1-800-688-2534 (this call is free) to request a copy.

| Important Questions | Answers | Why This Matters: |
|---|---|--|
| What is the overall deductible? | In-network: \$2,500/Individual; \$5,000/Family. Non-network: \$15,000/Individual; \$30,000/Family. | Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan, each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible . |
| Are there services covered before you meet your deductible? | Yes. Preventive services and office visits. Formulary drugs except non-preferred brand and specialty. Limitations apply. Copayments don't apply to deductible . | This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost sharing and before you meet your deductible . See a list of covered preventive services at https://www.healthcare.gov/coverage/preventive-care-benefits/ . |
| Are there other deductibles for specific services? | No. | You don't have to meet deductibles for specific services. |
| What is the out-of-pocket limit for this plan? | \$8,800/Individual; \$17,600/Family. No out-of-pocket limit for non-network services. | The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan , they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met. |
| What is not included in the out-of-pocket limit? | Premiums , most non-network services, balance billing charges (unless balance billing is prohibited), and health care services 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 network provider? | Yes. See ucare.org/ifp-mhfv-directory or call 1-877-903-0069 (this call is free) or TTY: 1-800-688-2534 (this call is free) for a list of network providers . | This plan uses a provider network . You will pay less if you use a provider in the plan's network . You will pay the most if you use an out-of-network provider , and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services. |
| Do you need a referral to see a specialist? | No. | You can see the specialist you choose without a referral . |



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 |
|---|--|---|--|--|---|
| | | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Non-Network Provider (You will pay the most) | |
| If you visit a health care provider's office or clinic | Primary care visit to treat an injury or illness | No charge | \$40 copayment per visit, or \$0 if telehealth. No charge for online care (e-visits) and convenience/retail visits. Deductible does not apply. | 50% coinsurance after deductible | None |
| | Specialist visit | No charge | \$95 copayment per visit. Deductible does not apply. | 50% coinsurance after deductible | Authorization and notification may be required. |
| | Preventive care/screening/immunization | No charge | No charge. Deductible does not apply. | 50% coinsurance after deductible | You may have to pay for services that aren't preventive . Ask your provider if the services needed are preventive . Then check what your plan will pay for. With a prescription, some over-the-counter drugs are no charge. |
| If you have a test | Diagnostic test (x-ray, blood work) | No charge | 30% coinsurance after deductible | 50% coinsurance after deductible | Authorization may be required |
| | Imaging (CT/PET scans, MRIs) | | | | |

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.ucare.org/BenefitDocuments.

| Common Medical Event | Services You May Need | What You Will Pay | | | Limitations, Exceptions, & Other Important Information |
|---|--|---|---|--|--|
| | | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Non-Network Provider (You will pay the most) | |
| If you need drugs to treat your illness or condition More information about prescription drug coverage is available at ucare.org/ifp-druglist . | Preferred generic drugs | No charge | \$10 copayment for each 30-day supply. \$20 for 31 to 90-day supply. Deductible does not apply. | Not covered | Must be on formulary or receive a formulary exception. Drugs and drug tiers on the formulary may change if a new generic drug becomes available or new information about the safety of a drug is released. Up to 90-day supply at in-network retail or mail-order pharmacy. Restrictions may apply. You will pay no more than \$25 for each 30-day supply of drugs to treat diabetes (including insulin), asthma, and allergies requiring the use of epinephrine auto-injectors (EpiPens). Your cost could be less if you have met your out-of-pocket limit . Most specialty drugs must be filled at Fairview Specialty Pharmacy. Manufacturer savings card, coupon or rebate dollar amounts will count toward your plan deductible and/or out-of-pocket limit . |
| | Non-preferred generic drugs | No charge | \$20 copayment for each 30-day supply. \$40 for 31 to 90-day supply. Deductible does not apply. | | |
| | Preferred brand drugs | No charge | \$150 copayment for each 30-day supply. Deductible does not apply. | | |
| | Non-preferred brand drugs | No charge | \$225 copayment for each 30-day supply. Deductible does not apply. | | |
| | Specialty drugs | No charge | \$700 copayment for each 30-day supply. Deductible does not apply. | | |
| If you have outpatient surgery | Facility fee (e.g., ambulatory surgery center) | No charge | 30% coinsurance after deductible | 50% coinsurance after deductible | Authorization and notification may be required. |
| | Physician/surgeon fees | | | | |

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.ucare.org/BenefitDocuments.

| Common Medical Event | Services You May Need | What You Will Pay | | | Limitations, Exceptions, & Other Important Information |
|---|--|---|---|--|---|
| | | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Non-Network Provider (You will pay the most) | |
| If you need immediate medical attention | Emergency room care | No charge | \$500 copayment for first visit before deductible . Then 30% coinsurance after deductible . | \$500 copayment for first visit before deductible . Then 30% coinsurance after in-network deductible . | None |
| | Emergency medical transportation | No charge | 30% coinsurance after deductible | 30% coinsurance after in-network deductible . | None |
| | Urgent care | No charge | \$95 copayment per visit. Deductible does not apply. | 50% coinsurance after deductible | None |
| If you have a hospital stay | Facility fee (e.g., hospital room) | No charge | 30% coinsurance after deductible | 50% coinsurance after deductible | Notification required. |
| | Physician/surgeon fees | | | | |
| If you need mental health, behavioral health, or substance abuse services | Outpatient services | No charge | \$40 copayment per visit. Deductible does not apply. | 50% coinsurance after deductible | Authorization or notification may be required. \$0 telehealth copayment for mental health visit only. |
| | Inpatient services | No charge | 30% coinsurance after deductible | 50% coinsurance after deductible | Coverage includes residential treatment services. Authorization or notification may be required. |
| If you are pregnant | Office visits | No charge | No charge for routine prenatal and postnatal preventive services . | 50% coinsurance after deductible | Non-routine office visits require cost sharing. |
| | Childbirth/delivery professional services | No charge | 30% coinsurance after deductible | 50% coinsurance after deductible | Notification required. |
| | Childbirth/delivery facility services | | | | |

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.ucare.org/BenefitDocuments.

| Common Medical Event | Services You May Need | What You Will Pay | | | Limitations, Exceptions, & Other Important Information |
|---|---|---|--|--|---|
| | | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Non-Network Provider (You will pay the most) | |
| If you need help recovering or have other special health needs | Home health care | No charge | 30% coinsurance after deductible | 50% coinsurance after deductible | Authorization required. Limited to 120 home visits per calendar year. |
| | Rehabilitation services | No charge | \$95 copayment per visit. Deductible does not apply. | 50% coinsurance after deductible | Authorization may be required. |
| | Habilitation services | | | | |
| | Skilled nursing care | No charge | 30% coinsurance after deductible | 50% coinsurance after deductible | Authorization required. Limited to 120 days per admission. |
| | Durable medical equipment | No charge | 30% coinsurance after deductible | 50% coinsurance after deductible | Authorization may be required. |
| | Hospice services | No charge | 30% coinsurance after deductible | 50% coinsurance after deductible | Limit 30 days per episode. |
| If your child needs dental or eye care | Children's eye exam | No charge | No charge. Deductible does not apply. | 50% coinsurance after deductible | Limit 1 routine eye exam per calendar year. |
| | Children's glasses | No charge | 30% coinsurance after deductible | Not covered | Limit 1 per calendar year. |
| | Children's dental check-up | No charge | No charge. Deductible does not apply. | 50% coinsurance after deductible | Limit 2 per calendar year. |

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](#).)

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • Acupuncture • Bariatric surgery • Cosmetic surgery • Infertility treatment • Intensive behavioral therapy for treatment of autism spectrum disorders • Long-term care | <ul style="list-style-type: none"> • Non-emergency care when traveling outside U.S. • Non-formulary drugs unless an exception is obtained • Private-duty nursing (except up to 120 hours are covered to train hospital staff for a ventilator-dependent patient) | <ul style="list-style-type: none"> • Routine dental care (Adults) • Routine eye care (Adults) • Routine foot care • Weight loss programs |
|--|---|--|

* For more information about limitations and exceptions, see the [plan](#) or policy document at www.ucare.org/BenefitDocuments.

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

- Chiropractic care (except when there is no measurable progress over time, and massage for comfort or convenience)
- Hearing Aids

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: Minnesota Department of Health at 651-201-5100 or 1-800-657-3916 (this call is free). For more information on your rights to continue coverage, contact UCare at 612-676-6609 or 1-877-903-0069 (this call is free). 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.MNsure.org or call 1-855-366-7873 (this call is free).

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: Minnesota Department of Health at 651-201-5100 or 1-800-657-3916 (this call is free).

Does this plan provide Minimum Essential Coverage? Yes

[Minimum Essential Coverage](#) generally includes [plans](#), [health insurance](#) available through the [Marketplace](#) or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of [Minimum Essential Coverage](#), you may not be eligible for the [premium tax credit](#).

Does this plan meet the Minimum Value Standards? Not Applicable

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](#).

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 prenatal care and a hospital delivery)

- The [plan's](#) overall [deductible](#) **\$2,500**
- [Specialist copayment](#) **\$0**
- Hospital (facility) [coinsurance](#) **0%**
- Other [coinsurance](#) **0%**

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*)

| | |
|---------------------------|-----------------|
| Total Example Cost | \$12,700 |
|---------------------------|-----------------|

In this example, Peg would pay:

| <i>Cost Sharing</i> | |
|-----------------------------------|------------|
| Deductibles | \$0 |
| Copayments | \$0 |
| Coinsurance | \$0 |
| <i>What isn't covered</i> | |
| Limits or exclusions | \$0 |
| The total Peg would pay is | \$0 |

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

- The [plan's](#) overall [deductible](#) **\$2,500**
- [Specialist copayment](#) **\$0**
- Hospital (facility) [coinsurance](#) **0%**
- Other [coinsurance](#) **0%**

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*)

| | |
|---------------------------|----------------|
| Total Example Cost | \$5,600 |
|---------------------------|----------------|

In this example, Joe would pay:

| <i>Cost Sharing</i> | |
|-----------------------------------|------------|
| Deductibles | \$0 |
| Copayments | \$0 |
| Coinsurance | \$0 |
| <i>What isn't covered</i> | |
| Limits or exclusions | \$0 |
| The total Joe would pay is | \$0 |

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

- The [plan's](#) overall [deductible](#) **\$2,500**
- [Specialist copayment](#) **\$0**
- Hospital (facility) [coinsurance](#) **0%**
- Other [coinsurance](#) **0%**

This EXAMPLE event includes services like:
[Emergency room care](#) (*including medical supplies*)
[Diagnostic test](#) (*x-ray*)
[Durable medical equipment](#) (*crutches*)
[Rehabilitation services](#) (*physical therapy*)

| | |
|---------------------------|----------------|
| Total Example Cost | \$2,800 |
|---------------------------|----------------|

In this example, Mia would pay:

| <i>Cost Sharing</i> | |
|-----------------------------------|------------|
| Deductibles | \$0 |
| Copayments | \$0 |
| Coinsurance | \$0 |
| <i>What isn't covered</i> | |
| Limits or exclusions | \$0 |
| The total Mia would pay is | \$0 |

Note: These numbers assume the patient received care from an IHCP [provider](#) or with IHCP [referral](#) at a non-IHCP. If you receive care from a non-IHCP [provider](#) without a [referral](#) from an IHCP, your costs may be higher.

Notice of Nondiscrimination

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

We provide aids and services at no charge to people with disabilities to communicate effectively with us, such as TTY line, or written information in other formats, such as large print.

If you need these services, contact us at **612-676-3200 (voice)** or toll free at **1-800-203-7225 (voice)**, **612-676-6810 (TTY)**, or **1-800-688-2534 (TTY)**.

We provide language services at no charge to people whose primary language is not English, such as qualified interpreters or information written in other languages.

If you need these services, contact us at the number on the back of your membership card or **612-676-3200** or toll free at **1-800-203-7225 (voice)**; **612-676-6810** or toll free at **1-800-688-2534 (TTY)**.

If you believe that UCare 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 an oral or written grievance.

Oral grievance

If you are a current UCare member, please call the number on the back of your membership card. Otherwise please call **612-676-3200** or toll free at **1-800-203-7225 (voice)**; **612-676-6810** or toll free at **1-800-688-2534 (TTY)**. You can also use these numbers if you need assistance filing a grievance.

Written grievance

Mailing Address

UCare

Attn: Appeals and Grievances

PO Box 52

Minneapolis, MN 55440-0052

Email: cag@ucare.org

Fax: 612-884-2021

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, 1-800-537-7697 (TDD)

Complaint forms are available at

<http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534)。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 612-676-3200/1-800-203-7225 (телетайп: 612-676-6810/1-800-688-2534).

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັງຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

ማሰታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶቻችን በ12 ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚክተለው ቁጥር ይደውሉ 612-676-3200/1-800-203-7225 (መስማት ለተሳናቸው: 612-676-6810/1-800-688-2534).

ဟံသာဝတီ-နတ်ကတိ၊ ကညီ ကျိုက်အလီ၊ နမေန်၊ ကျိုက်အတိ၊ မေလ၊ တလက်ဘူလ၊ ဝိစု၊ နီတံတောင်သုန္နီလီ၊ ကိ: 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, វេបសាយនេះផ្តល់ជូនការសម្របសម្រួលដោយមិនគិតថ្លៃលើការសម្របសម្រួលនេះ។ ចូរ ទូរស័ព្ទ 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534)។

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 612-676-3200/1-800-203-7225 (رقم هاتف الصم والبكم: 612-676-6810/1-800-688-2534).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 612-676-3200/1-800-203-7225 (ATS : 612-676-6810/1-800-688-2534).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534) 번으로 전화해 주십시오.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 612-676-3200/1-800-203-7225 (TTY: 612-676-6810/1-800-688-2534).