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MTN Health Insurance, LLC

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**Colorado Health Plan Description Form**  
**Anthem Blue Cross and Blue Shield**  
**Lumenos® Health Savings Account (HSA-Compatible) Plans for Individuals**  
**3000D/3000 – 100%**  
**Effective April 1, 2007**

**Healthy Rewards**

Listed below are resources Anthem has available for its members to help promote the members well-being.

- Complete Health Assessment
- Enroll in Personal Health Coach Program
- Graduate from Personal Health Coach Program
- Complete Smoking Cessation Program (for members over the age of 18)
- Complete Weight Management Program (for members over the age of 18 with a BMI of 25 or greater)

**PART A: TYPE OF COVERAGE**

1. TYPE OF PLAN	Preferred provider plan
2. OUT-OF-NETWORK CARE COVERED? <sup>1</sup>	Yes, but the patient pays more for out-of-network care
3. AREAS OF COLORADO WHERE PLAN IS AVAILABLE	Plan is available throughout Colorado

**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	OUT-OF-NETWORK
4. ANNUAL DEDUCTIBLE <sup>2</sup> a) Individual b) Family  When one individual has satisfied the family deductible, that individual and all other family members are eligible for benefits.	\$3,000 per individual \$6,000 per individual or family  When one individual has satisfied the family deductible, that individual and all other family members are eligible for benefits.	\$6,000 per individual \$12,000 per individual or family
5. OUT-OF-POCKET ANNUAL MAXIMUM  a) Individual <sup>3</sup>  b) Family  Is the deductible included in the out-of-pocket maximum?	\$3,000 per individual, includes deductible and coinsurance.  \$6,000 per individual or family, includes deductible and coinsurance.  Yes  When one individual has satisfied the family out-of-pocket annual maximum, that individual and all other family members are eligible for benefits.	\$9,000 per individual, includes deductible and coinsurance.  \$18,000 per individual or family, includes deductible and coinsurance.  Yes

	IN-NETWORK	OUT-OF-NETWORK
6. LIFETIME OR BENEFIT MAXIMUM PAID BY THE PLAN FOR ALL CARE	\$2,000,000 per member in- and out-of-network combined for all covered services.	\$2,000,000 per member in- and out-of-network combined for all covered services.
7A. COVERED PROVIDERS	Anthem Blue Cross and Blue Shield PPO provider network. See provider directory for complete list or current providers.	All providers licensed or certified to provide covered benefits.
7B. With respect to network plans, are all the providers listed in 7A accessible to me through my primary care physician?	Yes	Yes
8. ROUTINE MEDICAL OFFICE VISITS <sup>4</sup>  a) Primary Care Providers b) Specialists	No coinsurance after deductible. No coinsurance after deductible.	30% coinsurance after deductible. 30% coinsurance after deductible.
9. PREVENTIVE CARE a) Children's services  b) Adults' services	No coinsurance, not subject to deductible for age-appropriate visits and routine immunizations (up to age 13).  No coinsurance not subject to deductible. Mammogram screening and prostate screening are covered and are not subject to deductible or coinsurance.	30% coinsurance after deductible for age-appropriate visits and routine immunizations (up to age 13).  30% coinsurance not subject to deductible. Mammogram screening and prostate screening are covered and are not subject to deductible or coinsurance.
10. MATERNITY a) Prenatal care  b) Delivery & inpatient newborn care <sup>5</sup>	Not covered except for complications of pregnancy.  Delivery not covered. No coinsurance after deductible for inpatient newborn care.	Not covered except for complications of pregnancy.  Delivery not covered. 30% coinsurance after deductible for inpatient newborn care.
11. PRESCRIPTION DRUGS <sup>6</sup> Level of coverage and restrictions on prescriptions a) Inpatient care b) Outpatient care c) Prescription Mail Service	Included with inpatient hospital (see line 12). No coinsurance after deductible. No coinsurance after deductible.	Included with inpatient hospital (see line 12). 30% coinsurance after deductible. 30% coinsurance after deductible.
12. INPATIENT HOSPITAL	No coinsurance after deductible.	30% coinsurance after deductible.
13. OUTPATIENT/AMBULATORY SURGERY	No coinsurance after deductible.	30% coinsurance after deductible.
14. DIAGNOSTICS a) Laboratory & x-ray b) MRI, nuclear medicine, and other high-tech services	No coinsurance after deductible. No coinsurance after deductible.	30% coinsurance after deductible. 30% coinsurance after deductible.
15. EMERGENCY CARE <sup>7, 8</sup>	No coinsurance after deductible.	No coinsurance after deductible.
16. AMBULANCE a) Ground b) Air	No coinsurance after deductible. No coinsurance after deductible.	No coinsurance after deductible. No coinsurance after deductible.
17. URGENT, NON-ROUTINE, AFTER HOURS CARE	No coinsurance after deductible.	30% coinsurance after deductible.
18. BIOLOGICALLY-BASED MENTAL ILLNESS CARE <sup>9</sup>	Coverage is no less extensive than the coverage provided for any other physical illness.	Coverage is no less extensive than the coverage provided for any other physical illness.

An independent licensee of the Blue Cross and Blue Shield Association. Anthem Blue Cross and Blue Shield is the trade name of Rocky Mountain Hospital and Medical Service, Inc. ® Registered marks Blue Cross and Blue Shield Association

	IN-NETWORK	OUT-OF-NETWORK
19. OTHER MENTAL HEALTH CARE a) Inpatient care  b) Outpatient care	No coinsurance after deductible. Limited to 45 full or 90 partial days per member in each benefit year in- and out-of-network combined.  No coinsurance after deductible. Up to a maximum of \$500 per member in each benefit year in- and out-of-network combined.  Maximum Anthem payment for inpatient and outpatient care is limited to \$10,000 per member per lifetime.	30% coinsurance after deductible. Limited to 45 full or 90 partial days per member in each benefit year in- and out-of-network combined.  30% coinsurance after deductible. Up to a maximum of \$500 per member in each benefit year in- and out-of-network combined.  Maximum Anthem payment for inpatient and outpatient care is limited to \$10,000 per member per lifetime.
20. ALCOHOL & SUBSTANCE ABUSE	Not covered	Not covered
21. PHYSICAL, OCCUPATIONAL, AND SPEECH THERAPY a) Inpatient  b) Outpatient	Covered when received as part of an inpatient hospital admission for non-acute care and for rehabilitation therapy for up to 30 days per illness or injury in- and out-of-network combined.  No coinsurance after deductible. Speech therapy is limited to 60 visits per member in each benefit year in- and out-of-network combined, except for children to age 5.	Covered when received as part of an inpatient hospital admission for non-acute care and for rehabilitation therapy for up to 30 days per illness or injury in- and out-of-network combined.  30% coinsurance after deductible. Speech therapy is limited to 60 visits per member in each benefit year in- and out-of-network combined, except for children to age 5.
22. DURABLE MEDICAL EQUIPMENT	No coinsurance after deductible. For prosthetic devices (arms and legs), benefits are provided with the same deductible and coinsurance as provided by Medicare.	30% coinsurance after deductible. For prosthetic devices (arms and legs), benefits are provided with the same deductible and coinsurance as provided by Medicare.
23. OXYGEN	No coinsurance after deductible.	30% coinsurance after deductible.
24. ORGAN TRANSPLANTS	No coinsurance after deductible with benefits limited to \$1,000,000 lifetime maximum Anthem payment per transplant.	30% coinsurance after deductible with benefits limited to \$1,000,000 lifetime maximum Anthem payment per transplant.
25. HOME HEALTH CARE	No coinsurance after deductible. Limited to 60 visits per member in each benefit year, in- and out-of-network combined.	30% coinsurance after deductible. Limited to 60 visits per member in each benefit year, in- and out-of-network combined
26. HOSPICE CARE a) Inpatient Care b) Outpatient care	No coinsurance after deductible. No coinsurance. Limited to 91 days per member in each benefit period, in- and out-of-network combined.	30% coinsurance after deductible. 30% coinsurance after deductible. Limited to 91 days per member in each benefit period, in- and out-of-network combined.
27. SKILLED NURSING FACILITY CARE	Not covered	Not covered
28. DENTAL CARE	Not covered	Not covered
29. VISION CARE	Not covered	Not covered
30. CHIROPRACTIC CARE	No coinsurance after deductible. Limited to 12 visits per member in each benefit year combined with acupuncture care (see line 31).	Not covered
31. SIGNIFICANT ADDITIONAL COVERED SERVICES (list up to 5)	Acupuncture care: No coinsurance after deductible. Limited to 12 visits per member in each benefit year combined with chiropractic care (see line 30). \$500 additional accident benefits per member per accident in allowed charges. Members who desire another professional opinion may obtain a second surgical opinion.	Not covered  \$500 additional accident benefits per member per accident in allowed charges. Members who desire another professional opinion may obtain a second surgical opinion.

**PART C: LIMITATIONS AND EXCLUSIONS**

32. PERIOD DURING WHICH PRE-EXISTING CONDITIONS ARE NOT COVERED. <sup>10</sup>	12 months for all pre-existing conditions unless the covered person is a HIPAA-eligible individual as defined under federal and state law, in which case there are no pre-existing condition exclusions.
33. EXCLUSIONARY RIDERS. Can an individual's specific, pre-existing condition be entirely excluded from the policy?	Yes, unless the individual is a HIPAA-eligible individual as defined under federal and state law.
34. HOW DOES THE POLICY DEFINE A "PRE-EXISTING CONDITION"?	A pre-existing condition is an injury, sickness, or pregnancy for which a person incurred charges, received medical treatment, consulted a health-care professional, or took prescription drugs within 12 months immediately preceding the effective date of coverage.
35. WHAT TREATMENTS AND CONDITIONS ARE EXCLUDED UNDER THIS POLICY?	Exclusions vary by policy. List of exclusions is available immediately upon request from your carrier, agent, or plan sponsor (e.g., employer). Review them to see if a service or treatment you may need is excluded from the policy.

**PART D: USING THE PLAN**

	IN-NETWORK	OUT-OF-NETWORK
36. Does the enrollee have to obtain a referral and/or prior authorization for specialty care in most or all cases?	No	Yes, unless the provider participates with Anthem Blue Cross and Blue Shield
37. Is prior authorization required for surgical procedures and hospital care (except in an emergency)?	Yes, the physician who schedules the procedure or hospital care is responsible for obtaining preauthorization.	Yes, the member is responsible for obtaining preauthorization unless the provider participates with Anthem Blue Cross and Blue Shield.
38. If the provider charges more for a covered service than the plan normally pays, does the enrollee have to pay the difference?	No	Yes, unless the provider participates with Anthem Blue Cross and Blue Shield.
39. What is the main customer service number?	(888) 224-4911	
40. Whom do I write/call if I have a complaint?  Whom do I write if I want to file a grievance? <sup>11</sup>	Anthem Customer Service Department P.O. Box 17549, Denver, CO 80217-7549 (888) 224-4911  Anthem Quality Management 700 Broadway – MC 0532, Denver, CO 80273	
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 1580 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 group, or large group; and if it is a short-term policy.	Policy form #06-00341, individual	
43. Does the plan have a binding arbitration clause?	Yes	

<sup>1</sup> "Network" refers to a specified group of physicians, hospitals, medical clinics and other health care providers that your plan may require you to use in order for you to get any coverage at all under the plan, or that the plan may encourage you to use because it may pay 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" 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) 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 may be noted in boxes 8 through 31.

<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 may be noted in boxes 8 through 31.

- <sup>4</sup> Routine medical office visits include physician, mid-level practitioner, and specialist visits.
- <sup>5</sup> Newborn care includes an in-hospital newborn pediatric visit and newborn hearing screening. The hospital copayment applies to mother if complication of pregnancy 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 services delivered by an emergency care facility which 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 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.



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## **Anthem Blue Cross and Blue Shield & HMO Colorado Health Plan Description Form Disclosure Amendment**

Colorado law requires carriers to make available a Colorado Health Plan Description Form, which is intended to facilitate comparison of health plans. The form must be provided automatically within three (3) business days to a potential policyholder who has expressed interest in a particular plan. The carrier also must provide the form, upon oral or written request, within three (3) business days, to any person who is interested in coverage under or who is covered by a health benefit plan of the carrier.

Pursuant to Colorado law (C.R.S. §10-16-107(7)(a), services or supplies for the treatment of Intractable Pain and/or Chronic Pain are not covered.

### **Individual Health Plans**

**This coverage is renewable at your option, except for the following reasons:**

- 1. Non-payment of the required premium;**
- 2. Fraud or intentional misrepresentation of material fact on the part of the plan sponsor;**
- 3. The commissioner finds that the continuation of the coverage would not be in the best interest of the policyholders, the plan is obsolete, or would impair the carrier's ability to meet its contractual obligations;**
- 4. The carrier elects to discontinue offering and non-renew all of its individual plans delivered or issued for delivery in Colorado.**

### **Group Health Plans**

Pursuant to Colorado law (C.R.S. §10-16-105(5)(g)(I)), small employers purchasing any health benefit plan other than a Basic Health Benefit Plan, must pay for all benefits mandated by Colorado law, including nonwaivable coverages for: newborn, maternity, pregnancy, childbirth, complications from pregnancy and childbirth, therapies for congenital defects and birth abnormalities, low-dose mammography, mental illness, biologically-based mental illness, the availability of alcoholism treatment, the availability of hospice care, prostate cancer screening, child health supervision services, hospitalization and general anesthesia for dental procedures for dependent children, diabetes, and prosthetic devices.

Pursuant to Colorado law (C.R.S. §10-16-105(5)(g)(II)), small employers purchasing a Basic Health Benefit Plan is waiving coverage for low-dose mammography screening, mental illness, prostate cancer screening, hospitalization and general anesthesia for dental procedures for children, the availability of treatment for alcoholism, and the availability of hospice care. All other state-mandated benefits are included in the Basic Health Benefit Plan.

This coverage is renewable at your option, except for the following reasons:

1. Non-payment of the required premium;
2. Fraud or intentional misrepresentation of material fact on the part of the plan sponsor;
3. The policyholder fails to comply with participation or contribution rules;
4. The carrier elects to discontinue offering and non-renew all of its small group or large group plans delivered or issued for delivery in Colorado;
5. An employer is no longer actively engaged in the business in which it was engaged on the effective date of the plan;
6. With respect to group health benefit plans offered through a managed care plan, there are no longer any enrollees who live, reside or work in the service area; or
7. With respect to coverage of an employer that is made available only through one or more bona fide associations, the membership of an employer ceases.

**Important Information for Employers with 50 or Fewer Employees and Business Groups of One:** Rates are calculated based on allowable case characteristics – age bands, geographic location, family size, health status, and claims experience – and will be given within five working days of request. Rates for a specific employer cannot be adjusted due to the duration of coverage of employees or dependents of the small employer. Rates may change based on case characteristics, whenever benefits are changed, or upon giving written notice to the employer not less than 31 days prior to the effective date of the change. New applicants may be subject to pre-existing condition clauses, based on HIPAA requirements. Renewal of health insurance coverage in this class is guaranteed, assuming compliance with underwriting regulations. A Network Access Plan, which describes Anthem Blue Cross and Blue Shield’s or HMO Colorado’s network standards and evaluation procedures for ensuring provider access is available by calling our customer service department.

**COLORADO INSURANCE LAW REQUIRES ALL CARRIERS IN THE SMALL GROUP MARKET TO ISSUE ANY HEALTH BENEFIT PLAN IT MARKETS IN COLORADO TO SMALL EMPLOYERS OF 2-50 EMPLOYEES, INCLUDING A BASIC OR STANDARD HEALTH BENEFIT PLAN, UPON REQUEST OF A SMALL EMPLOYER TO THE ENTIRE SMALL GROUP, REGARDLESS OF THE HEALTH STATUS OF ANY OF THE INDIVIDUALS IN THE GROUP. BUSINESS GROUPS OF ONE CANNOT BE REJECTED UNDER A BASIC OR STANDARD HEALTH BENEFIT PLAN DURING OPEN ENROLLMENT PERIODS SPECIFIED BY LAW.**



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## **Cancer Screenings**

At Anthem Blue Cross and Blue Shield and our subsidiary company, HMO Colorado, Inc., we believe cancer screenings provide important preventive care that supports our mission: to improve the health of the people we serve. We cover cancer screenings as described below.

### **Pap Tests**

All plans except our BasicBlue PPO Plan provide coverage for an annual Pap test and the related office visit. The BasicBlue PPO Plan provides coverage for a Pap test and the related office visit once every three years. Payment for the Pap test is based on the plan's laboratory services provisions, and payment for the related office visit is based on the plan's preventive care provisions. With our BluePreferred for Individuals PPO Plan, laboratory services for a Pap test are limited to a maximum payment of \$75.00. With our Colorado HSA-Qualified Plans for Individuals, all services related to a Pap test are subject to the maximum benefit as described on the Health Plan Description Form. Under most plans pap tests received out of-network are not covered.

### **Mammogram Screenings**

All plans except our HMO and PPO Basic Health and BluePreferred for Individual Plans provide mammogram screening coverage for women 35 years of age and older. For BluePreferred for Individuals the following frequency guidelines apply: For women between the ages of 35 years and 40 years, a single baseline screening mammogram is covered. For women between 40 years of age and less than 50 years of age, a screening mammogram is covered once every two years, or it is covered annually if the member's physician has determined that identified breast cancer risk factors are present. For women between the ages of 50 years and 65 years, a screening mammogram is covered annually. Payment for the mammogram screening benefit is based on the plan's provisions for X-ray services. Our HMO and PPO Basic Health Plans do not provide coverage for mammogram screenings.

### **Prostate Cancer Screenings**

All plans except our HMO and PPO Basic Health Plans provide prostate cancer screening coverage for men 40 years of age and older. The following frequency guidelines apply: For men between 40 years of age and less than 50 years of age, a prostate cancer screening is covered annually if the member's physician has determined that identified prostate cancer risk factors are present. For men 50 years of age and older, a prostate cancer screening is covered annually. Payment for the prostate cancer screening benefit is based on the plan's provisions for X-ray services. Our HMO and PPO Basic Health Plans do not provide coverage for prostate cancer screenings.

### **Colorectal Cancer Screenings**

Several types of colorectal cancer screening methods exist. All plans provide coverage for colorectal cancer screenings, such as colonoscopies, sigmoidoscopies and fecal occult blood tests. Depending on the type of colorectal cancer screening received, payment for the benefit is based on the plan's provisions for laboratory services, preventive care office visit services, or other medical or surgical services. Our plans do not provide coverage for preventive colorectal cancer screenings involving invasive surgical procedures and DNA analysis. Under most plans colorectal cancer screenings received out of-network are not covered.

The information above is only a summary of the benefits described. The certificate for each health plan includes important additional information about limitations, exclusions and covered benefits. The Health Plan Description Form for each health plan includes additional information about copayments, deductibles and coinsurance. If you have any questions, please call our customer service department at the phone number on the Health Plan Description Form.