

A fee-for-service plan with a preferred provider organization

Sponsored and administered by:
American Foreign Service Protective Association

Who may enroll in this Plan: You must be, or become, a member of the American Foreign Service Protective Association.

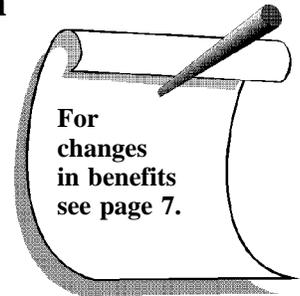
To become a member: When you enroll in the Foreign Service Benefit Plan, you automatically become a member of the Protective Association. New membership in the Protective Association is limited to American Foreign Service personnel and direct hire employees (i.e., eligible for FEHB insurance) working for (1) the Department of State (2) The Department of Defense (3) the Agency for International Development (4) the Foreign Commercial Service (5) the Foreign Agricultural Service; and to Executive Branch civilian employees assigned overseas or to U.S. possessions and territories; and the direct hire domestic employees assigned to support those activities.

Direct hire employees and Executive Branch civilian employees must enroll in the Health Plan when actively employed in order to retain or choose the Plan in retirement. Only annuitants who are eligible under the Foreign Service Retirement System may enroll under this Plan as annuitants.

Membership dues: There are no membership dues. Membership is for life.

Enrollment codes for this Plan:

- 401 High Option - Self Only
- 402 High Option - Self and Family



Authorized for distribution by the:



UNITED STATES
OFFICE OF PERSONNEL MANAGEMENT
RETIREMENT AND INSURANCE SERVICE
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Table of Contents

Introduction	4
Plain Language	4
Section 1. Facts about this fee-for-service plan	5-6
Section 2. How we change for 2001	6-7
Section 3. How you get care	8-14
Identification cards	8
Where you get covered care	8-10
• Covered providers	8-9
• Covered facilities	9-10
What you must do to get covered care	10
How to get approval for	11-14
• Your hospital stay (precertification)	11-13
• Other services	13-14
Section 4. Your costs for covered services	14-19
• Copayments	14
• Deductible	14
• Coinsurance	15
• Differences between our allowance and the bill	15-16
Your out-of-pocket maximum	16-17
When government facilities bill us	17
If we overpay you	17
When you are age 65 or over and you do not have Medicare	18
When you have Medicare	19
Section 5. Benefits	20-55
Overview	20
(a) Medical services and supplies provided by physicians and other health care professionals	21-30
(b) Surgical and anesthesia services provided by physicians and other health care professionals	31-35
(c) Services provided by a hospital or other facility, and ambulance services	36-40
(d) Emergency services/accidents	41-42
(e) Mental health and substance abuse benefits	43-48
(f) Prescription drug benefits	49-51
(g) Special features	52
(h) Dental benefits	53-54
(i) Non-FEHB benefits available to Plan members	55

Section 6. General exclusions — things we don't cover	56
Section 7. Filing a claim for covered services	57-58
Section 8. The disputed claims process	59-60
Section 9. Coordinating benefits with other coverage	60-65
When you have other health coverage	60
The original Medicare plan	61-63
Medicare managed plan	64
TRICARE/Workers Compensation/Medicaid	64
When other Government agencies are responsible for your care	64
When others are responsible for injuries	65
Section 10. Definitions of terms we use in this brochure	66-68
Section 11. FEHB facts	69-71
Coverage information	69-70
• No pre-existing condition limitation	69
• Where you get information about enrolling in the FEHB Program	69
• Types of coverage available for you and your family	69
• When benefits and premiums start	69
• Your medical and claims records are confidential	70
• When you retire	70
When you lose benefits	70-71
• When FEHB coverage ends	70
• Spouse equity coverage	70
• Temporary Continuation of Coverage (TCC).....	70
• Converting to individual coverage	71
• Getting a Certificate of Group Health Plan Coverage	71
Inspector General Advisory	71
INDEX	72
Summary of benefits	78-79
Rates	Back cover

Introduction

Foreign Service Benefit Plan
1716 N Street, NW
Washington, DC 20036-2902

This brochure describes the benefits of the **Foreign Service Benefit Plan** under our contract (CS 1062) with the Office of Personnel Management (OPM), as authorized by the Federal Employees Health Benefits law. This brochure is the official statement of benefits. No oral statement can modify or otherwise affect the benefits, limitations, and exclusions of this brochure.

If you are enrolled in this Plan, you are entitled to the benefits described in this brochure. If you are enrolled for Self and Family coverage, each eligible family member is also entitled to these benefits. You do not have a right to benefits that were available before January 1, 2001, unless those benefits are also shown in this brochure.

OPM negotiates benefits and rates with each plan annually. Benefit changes are effective January 1, 2001, and are summarized on pages 6 and 7. Rates are shown at the end of this brochure.

Plain Language

The President and Vice President are making the Government's communication more responsive, accessible, and understandable to the public by requiring agencies to use plain language. In response, a team of health plan representatives and OPM staff worked cooperatively to make this brochure clearer. Except for necessary technical terms, we use common words. "You" means the enrollee or family member; "we" means the **Foreign Service Benefit Plan**.

The plain language team reorganized the brochure and the way we describe our benefits. When you compare this Plan with other FEHB plans, you will find that the brochures have the same format and similar information to make comparisons easier.

If you have comments or suggestions about how to improve this brochure, let us know. Visit OPM's "Rate Us" feedback area at www.opm.gov/insure or e-mail us at fehwebcomments@opm.gov or write to OPM at Insurance Planning and Evaluation Division, P.O. Box 436, Washington, DC 20044-0436.

Section 1. Facts about this fee-for-service plan

This Plan is a fee-for-service (FFS) plan. You can choose your own physicians, hospitals, and other health care providers.

We reimburse you or your provider for your covered services, usually based on a percentage of the amount we allow. The type and extent of covered services, and the amount we allow, may be different from other plans. Read brochures carefully.

We also have Preferred Provider Organizations (PPO):

Our fee-for-service plan offers services through a PPO. When you use our PPO providers, you will receive covered services at reduced cost. Contact us for the names of PPO providers and to verify their continued participation. Access our PPO directory either through Mutual of Omaha's web site, www.mutualofomaha.com, or as a link through our web site www.afspa.org or call 202/833-4910 for information concerning the PPO. You can also go to our web page, which you can reach through the FEHB web site, www.opm.gov/insure. Do not call OPM or your agency for our provider directory.

PPO benefits apply only when you use a PPO provider. Provider networks may be more extensive in some areas than others. We cannot guarantee the availability of every specialty in all areas. The selection of PPO providers is solely the Plan's responsibility. We cannot guarantee the continued participation of any specific provider. In the PPO Network Areas, if no PPO provider is available, or you do not use a PPO provider, the standard non-PPO benefits apply. **You must present your PPO Identification Card at the time you visit your healthcare provider, confirming your PPO participation to be eligible for PPO benefits.** Do not pay a PPO provider at the time of service. PPO providers must bill us directly. We are required to reimburse the provider directly. PPO providers will bill you for any balance after our payment to them.

This Plan offers its members in certain areas the opportunity to reduce out-of-pocket expenses by choosing facilities and providers that participate in the Plan's Preferred Provider Organization (PPO). The following are considered PPO Network Areas:

- the Washington, D.C. metropolitan and Greater Baltimore areas, and certain areas of the States of
 - Arizona
 - California
 - Colorado
 - Connecticut
 - Delaware
 - Florida
 - Georgia
 - Illinois
 - Indiana
 - Iowa
 - Maryland
 - Massachusetts
 - New Hampshire
 - New Jersey
 - New York
 - North Carolina
 - Pennsylvania
 - Rhode Island
 - South Carolina
 - Tennessee
 - Texas
 - Washington
 - Virginia

Consider the PPO cost savings when you review Plan benefits, and if you live in these areas, check with the Plan to find out which local facilities and providers are PPO providers. Check with your doctor to see if he or she has admitting privileges at a PPO hospital.

How we pay providers

We generally reimburse our PPO providers based on an agreed-upon fee schedule. We do not offer them additional financial incentives based on care provided or not provided to you. Our standard provider agreements do not contain any contractual provisions that include incentives to restrict the providers' ability to communicate with and advise you of any appropriate treatment options. Also, we have no compensation, ownership or other influential interests that are likely to affect provider advice or treatment decisions.

Patients' Bill of Rights

OPM requires that all FEHB plans comply with the Patients' Bill of Rights, recommended by the President's Advisory Commission on Consumer Protection and Quality in the Health Care Industry. You may get information about us, our networks, providers, and facilities. OPM's FEHB website (www.opm.gov/insure) lists the specific types of information that we must make available to you. Some of the required information is listed on the next page.

- **Years in existence and profit status** — The American Foreign Service Protective Association was established in 1929 and was incorporated in 1941 as a 501(c)(9) not-for-profit organization. The Foreign Service Benefit Plan is provided in conjunction with the Mutual of Omaha Insurance Company. The Mutual of Omaha Insurance Company was organized in 1909 as a mutual legal reserve system (private).
- **Licensing and certification** — The Mutual of Omaha Insurance Company meets all State and Federal licensing and certification requirements.
- **Fiscal solvency, confidentiality and transfer of medical records** — The Mutual of Omaha Insurance Company meets all requirements for fiscal solvency, confidentiality and transfer of medical records.

If you want more information about us, call 202/833-4910, or write to the Foreign Service Benefit Plan, 1716 N Street, NW, Washington, DC 20036. You may also contact us by fax at 202/833-4918, by email at afspa@afspa.org or visit our website at www.afspa.org.

Section 2. How we change for 2001

Program-wide changes

- The plain language team reorganized the brochure and the way we describe our benefits. We hope this will make it easier for you to compare plans.
- This year, the Federal Employees Health Benefits Program is implementing network mental health and substance abuse parity. This means that your coverage for mental health, substance abuse, medical, surgical, and hospital services from providers in our PPO network will be the same with regard to deductibles, coinsurance, copays, and day and visit limitations when you follow a treatment plan that we approve. Previously, we placed higher patient cost sharing and shorter day or visit limitations on mental health and substance abuse services than we did on services to treat physical illness, injury or disease.
- Many healthcare organizations have turned their attention this past year to improving healthcare quality and patient safety. OPM asked all FEHB plans to join them in this effort. You can find specific information on our patient safety activities by calling Robert Chabon, M.D., Senior Vice President of Medical Management for Mutual of Omaha at 402/351-8510 **or** checking our website www.afspa.org. You can find out more about patient safety on the OPM website, www.opm.gov/insure. To improve your healthcare, take these five steps:
 - Speak up if you have questions or concerns.
 - Keep a list of all the medicines you take.
 - Make sure you get the results of any test or procedure.
 - Talk with your doctor and health care team about your options if you need hospital care.
 - Make sure you understand what will happen if you need surgery.
- We clarified the language to show that anyone who needs a mastectomy may choose to have the procedure performed on an inpatient basis and remain in the hospital up to 48 hours after the procedure. Previously, the language referenced only women.
- North Dakota is deleted from the list of states designated as medically underserved in 2001. See page 9 for information on medically underserved areas.

Changes to this Plan

- Your share of the premium will increase by 6.8% for Self Only and 4.2% for Self and Family.
- We have added to your PPO service area. In addition to the areas that had PPO providers last year, portions of the following states are now also considered within the PPO service area: Arizona, Colorado, Connecticut, Delaware, Georgia, Illinois, Indiana, Iowa, Massachusetts, New Hampshire, New Jersey, North Carolina, Pennsylvania, Rhode Island, South Carolina, and Tennessee.
- We have increased benefits for PPO and Out-of-Network Area Inpatient Hospital Other Charges. Your coinsurance has decreased from 10% to nothing.
- We now call our Inpatient Hospital Deductible a copayment and have increased it to \$200 per person per confinement in a non-PPO Hospital or an Out-of-Network Area Hospital.
- We have decreased benefits for non-PPO Inpatient Hospital Other charges from 85% to 80%. Your coinsurance has increased from 15% to 20%.
- You must preauthorize all levels of care (including inpatient care and outpatient facility and office care) in order to receive maximum benefits for Mental health/Substance abuse conditions.
- We have decreased benefits for non-PPO Inpatient Hospital confinements for Mental Health Benefits from 80% to 70% for Room and Board; and from 85% to 70% for Inpatient Hospital Other charges. Your coinsurance has increased from 20% to 30% for Room and Board and from 15% to 30% for Inpatient Hospital Other charges.
- We have added a Partial Hospitalization and an Intensive Outpatient Treatment Program benefit to Mental Health and Substance Abuse Benefits.
- We have replaced and expanded the Substance Abuse treatment benefit. Benefits for Substance Abuse are now the same as for Mental health benefits.
- We have increased your calendar year deductible from \$250 to \$300 per person and from \$500 to \$600 per family. Please note to which services the deductible applies.
- We have decreased benefits for non-PPO providers. Your coinsurance has increased for non-PPO providers from 20% to 30% for medical services, from 15% to 30% for surgical services and from 25% to 30% for mental conditions and substance abuse.
- We no longer cover prescriptions you purchase without using your combination Foreign Service Benefit Plan/PAID Prescription Drug Identification Card or from a non-network pharmacy. You must purchase prescriptions using your combination Foreign Service Benefit Plan/PAID Prescription Drug Identification Card at a network pharmacy or through the Plan's mail order prescription program. You may, however, continue to purchase prescriptions from outside of the 50 United States from a non-network pharmacy.
- We have removed the separate Mental Health Catastrophic limit and combined it with the Medical Catastrophic limit. We have increased your out-of-pocket maximum for the new combined benefit. The PPO out-of-pocket maximum is now \$3,000 for Self Only enrollment and \$3,500 for Family enrollment. The non-PPO and Out-of-Network area out-of-pocket maximum is now \$4,000 for Self Only enrollment and \$4,500 for Family enrollment.
- The Plan added a Special feature of 24-hour nurse line called Optum NurseLine effective 9/1/2000. See page 52 for details.

Section 3. How you get care

Identification cards

We will send you a combined Foreign Service Benefit Plan/PAID Prescription Drug Identification (ID) card when you enroll. You should carry your ID card with you at all times. You must show it whenever you receive services from a Plan provider or fill a prescription at a Plan pharmacy. Until you receive your ID card, use your copy of the Health Benefits Election Form, SF-2809, your health benefits enrollment confirmation (for annuitants), or your Employee Express confirmation letter. Call us if you need to purchase prescriptions and have not received your card.

If you do not receive your ID card within 60 days after the effective date of your enrollment, or if you need replacement cards, call us at 202-833-4910.

Where you get covered care

You can get care from any “covered provider” or “covered facility.” How much we pay — and you pay — depends on the type of covered provider or facility you use. If you use our preferred providers, you will pay less.

- **Covered providers**

We consider the following to be covered providers when they perform services within the scope of their license or certification:

- **Physician** — Doctors of medicine (M.D.), osteopathy (D.O.), dental surgery (D.D.S.), medical dentistry (D.M.D.), podiatric medicine (D.P.M.) and optometry (O.D.).

Other covered providers include:

- **Qualified Clinical Psychologist** — An individual who has earned either a Doctoral or Masters degree in psychology or an allied discipline and who is licensed or certified in the state where services are performed (such as Licensed Professional Counselors).
- **Nurse Midwife** — A person who is certified by the American College of Nurse Midwives or is licensed or certified as a nurse midwife in states requiring licensure or certification.
- **Nurse Practitioner / Clinical Specialist** — A person who 1) has an active R.N. license in the United States, 2) has a baccalaureate or higher degree in nursing, and 3) is licensed or certified as a nurse practitioner or clinical nurse specialist in states requiring licensure or certification.
- **Clinical Social Worker** — A social worker who 1) has a Masters or Doctoral degree in social work, 2) has at least two years of clinical social work practice, and 3) in states requiring licensure, certification, or registration, is licensed, certified, or registered as a social worker where the services are rendered.
- **Nursing School Administered Clinic** — A clinic that is 1) licensed or certified in the state where the services are performed, and 2) provides ambulatory care in an outpatient setting — primarily in rural or inner city areas where there is a shortage of physicians. Services billed for by these clinics are considered outpatient “office” services rather than facility charges.
- **Physician Assistant** — A person who is licensed, registered or certified in the state where services are performed.
- **Audiologist** — A person who is licensed, registered or certified in the state where services are performed.

Medically underserved areas. Note: In medically underserved areas, we cover any licensed medical practitioner for any covered service performed within the scope of that license in states OPM determines are “medically underserved.” For 2001, the states are: Alabama, Idaho, Kentucky, Louisiana, Mississippi, Missouri, New Mexico, South Carolina, South Dakota, Utah, and Wyoming.

- **Covered facilities**

Covered facilities include:

- **Birth Center** — A licensed facility that is equipped and operated solely to provide prenatal care, to perform uncomplicated spontaneous deliveries and to provide immediate postpartum care.
- **Day Care Center** — A facility licensed as a day care center and that provides a planned program of psychiatric services for patients with mental conditions who must spend their days, but not nights, under psychiatric supervision, and that are not for schooling, custodial, recreational, or training services.
- **Hospice** — A public or private agency or organization that:
 - 1) primarily provides inpatient hospice care to terminally ill persons;
 - 2) is certified by Medicare as such, or is licensed or accredited as such by the jurisdiction it is in;
 - 3) is supervised by a staff of M.D.’s or D.O.’s at least one of whom must be on call at all times;
 - 4) provides 24-hour-a-day nursing services under the direction of an R.N. and has a full-time administrator; and
 - 5) provides an ongoing quality assurance program.
- **Hospital** —
 - 1) An institution that is accredited as a hospital under the hospital accreditation program of the Joint Commission on Accreditation of Healthcare Organizations (JCAHO); or
 - 2) Any other institution that is operated pursuant to law, under the supervision of a staff of doctors and with 24-hour-a-day nursing services, and that is primarily engaged in providing:
 - a) General inpatient care and treatment of sick and injured persons through medical, diagnostic and major surgical facilities, all of which facilities must be provided on its premises or under its control; or
 - b) Specialized inpatient medical care and treatment of sick or injured persons through medical and diagnostic facilities (including X-ray and laboratory) on its premises, under its control, or through a written agreement with a hospital (as defined above) or with a specialized provider of those facilities.

- 3) For inpatient and outpatient treatment of alcohol and drug abuse, the term hospital also includes a free-standing alcohol and drug abuse treatment facility approved by the JCAHO.

In no event shall the term hospital include a convalescent nursing home or institution or part thereof that:

- 1) is used principally as a convalescent facility, rest facility, nursing facility or facility for the aged;
 - 2) furnishes primarily domiciliary or custodial care, including training in the routines of daily living; or
 - 3) is operated as a school.
- **Skilled Nursing Facility** — An institution or that part of an institution which provides convalescent skilled nursing care 24-hours-a-day and is classified as a skilled nursing facility under Medicare.

What you must do to get covered care

Transitional care:

It depends on the kind of care you want to receive. You can go to any covered physician you want, but we must approve some care in advance.

Specialty care: If you have a chronic or disabling condition and lose access to your specialist because we:

- terminate our contract with your specialist for other than cause; or
- drop out of the Federal Employees Health Benefits (FEHB) Program and you enroll in another FEHB Plan,

you may be able to continue seeing your specialist for up to 90 days after you receive notice of the change. Contact us or, if we drop out of the Program, contact your new plan.

If you are in the second or third trimester of pregnancy and you lose access to your specialist based on the above circumstances, you can continue to see your specialist until the end of your postpartum care, even if it is beyond the 90 days.

Hospital care. We pay for covered services from the effective date of your enrollment. However, if you are in the hospital when your enrollment in our Plan begins, call our customer service department immediately at 202/833-4910.

If you changed from another FEHB plan to us, your former plan will pay for the hospital stay until:

- You are discharged, not merely moved to an alternative care center; or
- The day your benefits from your former plan run out; or
- The 92nd day after you become a member of this Plan, whichever happens first.

These provisions apply only to the benefits of the hospitalized person.

How to Get Approval for...

- **Your hospital, skilled nursing facility or hospice stay, or home health care**

Precertification is the process by which — prior to your inpatient hospital, skilled nursing facility or hospice admission, or receiving home health care — we evaluate the medical necessity of your proposed stay or treatment and the number of days required to treat your condition. Unless we are misled by the information given to us, we won't change our decision on medical necessity.

In most cases, your physician, hospital, skilled nursing facility, hospice or home health agency will take care of precertification. Because you are still responsible for ensuring that we are asked to precertify your care, you should always ask them whether they have contacted us.

Warning:

We will reduce our benefits for the inpatient hospital stay by \$500 if no one contacts us for precertification. Also, we will reduce our benefits for skilled nursing facility, hospice or home health care if no one contacts us for precertification. See below and pages 12-13 for more information on skilled nursing facility, hospice and home health care. In addition, if the stay or care is not medically necessary, we will not pay any benefits.

How to precertify a hospital, skilled nursing facility or hospice admission, or home health care:

- You, your representative, your doctor, hospital, skilled nursing facility, hospice or home health agency must call Mutual of Omaha's Care Review Unit before the admission or care. The toll-free number is 1-800/228-0286.
- Provide the following information:
 - Enrollee's name and Plan identification number;
 - Patient's name, birth date, and phone number;
 - Reason for hospitalization or proposed treatment;
 - Name of hospital, facility or home health agency;
 - Name and phone number of admitting doctor; and
 - Number of planned days of confinement or care.
- If you have an emergency admission due to a condition that you reasonably believe puts your life in danger or could cause serious damage to bodily function, you, your representative, your doctor or your hospital must telephone us within two business days following the day of the emergency admission, even if you have been discharged from the hospital.
- For hospital confinements, when the requirements above are met, the Care Review Unit will tell the doctor and hospital the number of approved days of confinement for the care of the patient's condition.
- For home health care, hospice care or skilled nursing facility care, when the requirements above are met, the Care Review Unit will notify the patient, the doctor, and the facility or agency that the care is, or is not, certified as medically necessary.

- The Plan will send you, your doctor, and the hospital written confirmation of our certification decision. If the length of stay or care needs to be extended, follow the procedure below.

Maternity care

You do not need to precertify a maternity admission for a routine delivery. However, if your medical condition requires you to stay more than 48 hours after a vaginal delivery or 96 hours after a cesarean section, then your physician or the hospital must contact us for precertification of additional days. Further, if your baby stays after you are discharged, then your physician or the hospital must contact us within 2 business days for precertification of additional days for your baby.

If your hospital stay needs to be extended:

If your hospital stay — including for maternity care — needs to be extended, your doctor or the hospital must ask us to approve the additional days.

What happens when you do not follow the precertification rules

- When we precertified the hospital admission but you remained in the hospital beyond the number of days we approved and did not get the additional days precertified, then:
 - for the part of the admission that was medically necessary, we will pay inpatient benefits, but
 - for the part of the admission that was not medically necessary, we will pay only covered medical services and supplies otherwise payable on an outpatient basis and will not pay inpatient benefits.
- When we precertified the care in a skilled nursing facility, hospice or for home health care, you received treatment beyond the approved care and did not get the additional care precertified, then:
 - for the part of the admission or care that was medically necessary, we will provide full benefits as stated on pages 29 and 39, but
 - for the part of the admission to the skilled nursing facility that was not medically necessary, we will pay only covered medical services and supplies otherwise payable on an outpatient basis; and
 - for the part of the home health care that was not medically necessary, we will not pay benefits.
- If no one contacted us, we will decide whether the hospital, skilled nursing facility or hospice stay, or home health care was medically necessary.
 - If we determine that the hospital stay was medically necessary, we will pay the inpatient hospital charges, less the \$500 penalty.
 - If we determine that it was not medically necessary for you to be an inpatient, we will not pay inpatient hospital benefits. We will pay only covered medical supplies and services that are otherwise payable on an outpatient basis.
 - If we determine that the care you received in a skilled nursing facility or hospice was not medically necessary, we will pay only covered medical supplies and services that are otherwise payable on an outpatient basis.
 - If we determine that the home health care you received was not medically necessary, we will not pay benefits.

- If we denied the precertification request
 - for hospitalization, we will not pay inpatient hospital benefits, we will pay only covered medical supplies and services that are otherwise payable on an outpatient basis;
 - for skilled nursing facility or hospice admission, we will pay only covered medical supplies and services that are otherwise payable on an outpatient basis; and
 - for home health care, we will not pay benefits.

Exceptions:

You do not need precertification in these cases:

- You are admitted to a hospital outside the 50 United States.
- You have another group health insurance policy that is the primary payer for the hospital stay.
- Your Medicare Part A is the primary payer for the hospital stay. Note: If you exhaust your Medicare hospital benefits and do not want to use your Medicare lifetime reserve days or you have no Medicare lifetime reserve days left, then we will become the primary payer and you must precertify.

• **Other services**

Some services require prior authorization.

• **Mental Health and Substance Abuse Benefits —**

- You must precertify all inpatient admissions for mental health and substance abuse treatment. See sections on preceding pages for details and the penalty.
- You must preauthorize outpatient mental health and substance abuse treatment for all levels of care whether in or out-of-network. You or your health care provider must call our preauthorization number at 1-800/228-0286 to preauthorize.
- You must obtain concurrent review (which means review of continuing treatment) and follow your treatment plan for all levels of care whether in or out-of-network. You or your health care provider must call our preauthorization number at 1-800/228-0286 to obtain concurrent review.

Note: We conduct concurrent review (which means review of continuing treatment) to determine the medical necessity and/or appropriateness of ongoing services. Review frequency is based on the severity and complexity of your condition. We may perform an on-site review of your medical records to ensure continuity of care.

Note: A treatment plan is a detailed statement of the objectives and goals to be achieved within a clinical setting developed by your treating professional. The plan may also include the therapeutic modality to be used as well as the frequency of services and estimated length of treatment.

- If you do not preauthorize your care, obtain concurrent review, or do not follow your treatment plan we will reduce any available benefits by 50% of what we would have paid had you preauthorized, obtained concurrent review or followed your treatment plan. See pages 43-45 and 47-48 for details.

Note: We do not require precertification, preauthorization or concurrent review if you receive treatment outside of the United States or when Medicare Part A and/or B, or another group health insurance policy is the primary payer. Precertification, preauthorization and concurrent review is required, however, when Medicare or the other group health insurance policy stops paying benefits for any reason.

Section 4. Your costs for covered services

This is what you will pay out-of-pocket for your covered care:

- **Copayments**

A copayment is a fixed amount of money you pay to the provider when you receive services.

Example:

- When you purchase prescriptions from a network pharmacy with the use of your combination Foreign Service Benefit Plan/PAID Prescription Drug Identification Card you pay a copayment of \$10.00 for generic or \$20.00 for brand name prescriptions. When you purchase prescriptions from Merck-Medco Rx Services by mail you pay a copayment of \$15.00 for generic or \$25.00 for brand name prescriptions.
- When you are confined in a non-PPO hospital or an Out-of-Network hospital, your hospital copayment on room and board is \$200 per person per confinement.

We do not reimburse you for copayments.

- **Deductible**

A deductible is a fixed amount of covered expenses you must incur for certain covered services and supplies before we start paying benefits for them. We do not reimburse you for the deductible. Benefits paid by us do not count towards the deductible. Copayments and the amount you pay after coinsurance does not count toward any deductible.

- The calendar year deductible is \$300 per person. Under a family enrollment, the deductible is satisfied for all family members when the combined covered expenses applied to the calendar year deductible for family members reach \$600. Expenses are “incurred” on the date on which the service or supply is received.

Note: If you change plans during open season, you do not have to start a new deductible under your old plan between January 1 and the effective date of your new plan. If you change plans at another time during the year, you must begin a new deductible under your new plan.

- **Coinsurance**

Coinsurance is the percentage of our allowance that you must pay for your care. We will base this percentage on either the billed charge or the Plan allowance, whichever is less.

Example: You pay 10% of the Plan allowance for surgery performed by a PPO provider.

Note: If your provider routinely waives (does not require you to pay) your copayments, deductibles, or coinsurance, the provider is misstating the fee and may be violating the law. In this case, when we calculate our share, we will reduce the provider's fee by the amount waived.

For example, if your non-PPO physician ordinarily charges \$100 for a service but routinely waives your 30% coinsurance, the actual charge is \$70. We will pay \$49 (70% of the actual charge of \$70).

- **Differences between our allowance and the bill**

Our "Plan allowance" is the amount we use to calculate our payment for covered services. Fee-for-service plans arrive at their allowances in different ways, so their allowances vary. For more information about how we determine our Plan allowance, see the definition of Plan allowance in Section 10.

Often, the provider's bill is more than a fee-for-service plan's allowance. Whether or not you have to pay the difference between our allowance and the bill will depend on the provider you use.

When you live in the Plan's PPO area, you should use a PPO provider. The following two examples explain how we will handle your bill when you go to a PPO provider and when you go to a non-PPO provider. When you use a PPO provider, the amount you pay is much less.

- **PPO providers** agree to limit what they will bill you. Because of that, when you use a preferred provider, your share of covered charges consists only of your deductible and coinsurance. Here is an example: You live in one of our PPO areas and you see a PPO physician who charges \$150, but our allowance is \$100. If you have met your deductible, you are only responsible for your coinsurance. That is, you pay just 10% of our \$100 allowance (\$10). Because of the agreement, your PPO physician will not bill you for the \$50 difference between our allowance and his bill. When you phone for an appointment, verify that the physician or facility is still a PPO provider. **You must present your PPO ID card confirming your PPO participation in order to receive PPO benefits.** Do not pay a PPO provider at the time of service. PPO providers must bill us directly. We are required to reimburse the provider directly. PPO providers will bill you for any balance after our payment to them.
- **Non-PPO providers**, on the other hand, have no agreement to limit what they will bill you. If you live in one of our PPO areas and you use a non-PPO provider, you will pay your deductible and coinsurance **plus** any difference between our allowance and charges on the bill. Here is an example: You see a non-PPO physician who charges \$150 and our allowance is again \$100. If you have met your deductible, you are responsible for your coinsurance, so you pay 30% of our \$100 allowance (\$30). Plus, because there is no agreement between the non-PPO physician and us, he can bill you for the \$50 difference between our allowance and his bill.

When you live outside of the PPO Network Area in the United States or outside of the United States, and use Out-of-Network providers the following example explains how we will handle your bill:

- **Providers outside the PPO Network Area** also have no agreement to limit what they bill you. When you live overseas, for example, you will pay your deductible and coinsurance plus any difference between our allowance and charges on the bill. However, because you do not have a choice of PPO providers, the Plan does not penalize you and your coinsurance in this next example is less: You live overseas and see an Out-of-Network physician who charges \$150. Our allowance in this case is \$150. If you have met your deductible, you are responsible for your coinsurance, so you pay 20% of our \$150 allowance (\$30). You do not have any additional amount to pay. If you live in an area in the United States where we do not have PPO providers, your coinsurance is still only 20%, but the Plan allowance for the doctor's charge might be less. You might have an additional amount to pay, if his charge exceeds our allowance.

The following table illustrates the examples of how much you have to pay out-of-pocket for medical services from a PPO physician vs. a non-PPO physician and vs. an overseas provider. The table uses our example of a service for which the physician charges \$150 and our allowance is \$100. The table shows the amount you pay if you have met your calendar year deductible.

EXAMPLE	PPO physician	Non-PPO physician	Overseas Provider
Physician's charge	\$150	\$150	\$150
Our allowance	We set it at: 100	We set it at: 100	We set it at: 150
We pay	90% of our allowance: 90	70% of our allowance: 70	80% of our allowance: 120
You pay:			
Coinsurance	10% of our allowance: 10	30% of our allowance: 30	20% of our allowance: 30
+Difference up to charge?	No: 0	Yes: 50	No: 0
TOTAL YOU PAY	10	80	30

Regardless of the provider you choose, we subject benefits to all provisions of the Plan. Also, we do not supervise, control or guarantee the health care services of a preferred provider or other provider.

Your out-of-pocket maximum for deductibles, coinsurance, and copayments

For those services with coinsurance, we pay 100% of the Plan allowance for the remainder of the calendar year when out-of-pocket expenses for coinsurance, deductibles and inpatient hospital copayment in that calendar year exceed

- \$3,000 for Self Only and \$3,500 for Self and Family enrollment (PPO providers)
- \$4,000 for Self Only and \$4,500 for Self and Family (non-PPO providers and out-of-network area).

This out-of-pocket maximum is combined for medical/surgical and mental health/substance abuse.

The out-of-pocket expenses that apply to your out-of-pocket maximums described above include:

- The \$200 per confinement copayment you pay for non-PPO and out-of-network area hospitals
- The 20% you pay for room and board and other hospital charges in a non-PPO hospital for medical/surgical admissions
- The 30% you pay for room and board and other hospital charges in a non-PPO hospital for mental conditions
- The 10% you pay for PPO and out-of-network area surgery, the 30% you pay for non-PPO surgery, and the 20% you pay for assistant surgeons
- The \$300 (Self Only) or \$600 (Self and Family) calendar year deductible you pay before the Plan begins paying benefits on certain services
- The 10% you pay for PPO providers, the 30% you pay for non-PPO providers, and the 20% you pay for providers outside the network area
- The 30% you pay for non-PPO doctors in-hospital and outpatient visits for mental conditions, subject to dollar and visit limitations
- The 30% you pay for day care in a non-PPO facility subject to visit limitations
- The 50% you pay for non-PPO outpatient group therapy subject to the dollar limitations
- The 20% you pay for purchasing prescriptions from pharmacies outside of the 50 United States or directly from doctors or other covered facilities.

The following cannot be counted toward out-of-pocket expense:

- Expenses in excess of Plan allowances or maximum benefit or visit limitations
- Expenses for dental care
- Any amounts you pay because benefits have been reduced for non-compliance with cost containment, precertification or authorization requirements (see pages 11-14)
- Copayments you pay for prescription drugs
- Expenses for prescriptions purchased at non-network pharmacies in the 50 United States

Lifetime maximums

We have the following lifetime maximums:

- We limit the Hospice benefit to \$7,500 per person when you precertify hospice care and to \$4,500 when you do not precertify.
- We limit the Orthodontic benefit to \$1,000 per person.
- We limit the Smoking cessation benefit to one per person.
- We limit diagnosis and treatment of infertility to a maximum benefit of \$5,000.

When government facilities bill us

Facilities of the Department of Veterans Affairs, the Department of Defense, and the Indian Health Service are entitled to seek reimbursement from us for certain services and supplies they provide to you or a family member. They may not seek more than their governing laws allow.

If we overpay you

We will make diligent efforts to recover benefit payments we made in error but in good faith. We may reduce subsequent benefit payments to offset overpayments.

When you are age 65 or over and you do not have Medicare

Under the FEHB law, we must limit our payments for those benefits you would be entitled to if you had Medicare. And, your physician and hospital must follow Medicare rules and cannot bill you for more than they could bill you if you had Medicare. The following chart has more information about the limits.

If you...

- are age 65 or over, and
 - do not have Medicare Part A, Part B, or both; and
 - have this Plan as an annuitant or as a former spouse, **or** as a family member of an annuitant or former spouse; and
 - are not employed in a position that gives FEHB coverage. (Your employing office can tell you if this applies.)
-

Then, for your inpatient hospital care,

- The law requires us to base our payment on an amount — the “equivalent Medicare amount” — set by Medicare’s rules for what Medicare would pay, not on the actual charge;
- You are responsible for your applicable deductibles, coinsurance or copayments you owe under this Plan;
- You are not responsible for any charges greater than the equivalent Medicare amount; we will show that amount on the explanation of benefits; and
- The law prohibits a hospital from collecting more than the Medicare equivalent amount.

Our explanation of benefits (EOB) form will tell you how much your hospital can collect from you. If your hospital tries to collect more than allowed by law, ask your hospital to reduce the charges. If you paid more than allowed, ask for a refund. If you need further assistance, call us.

And, for your physician care, the law requires us to base our payment and your coinsurance on...

- an amount — set by Medicare and called the “Medicare approved amount,” or
- the actual charge if it is lower than the Medicare approved amount.

If your physician...	Then you are responsible for...
Participates with Medicare or accepts Medicare assignment for the claim and is a PPO provider,	your deductibles and coinsurance;
Participates with Medicare and is a non-PPO or Out-of-Network provider,	your deductibles, coinsurance, and any balance up to the Medicare approved amount;
Does not participate with Medicare (PPO, non-PPO or Out-of-Network providers),	your deductibles, coinsurance, and any balance up to 115% of the Medicare approved amount

It is generally to your financial advantage to use a physician who participates with Medicare. Such physicians are only permitted to collect up to the Medicare approved amount.

Our explanation of benefits (EOB) form will tell you how much your physician can collect from you. If your physician tries to collect more than allowed by law, ask your physician to reduce the charges. If you have paid more than allowed, ask for a refund. If you need further assistance, call us.

When you have the Original Medicare Plan

We limit our payment to an amount that supplements the benefits that Medicare would pay under Part A (Hospital insurance) and Part B (Medical Insurance), regardless of whether Medicare pays. Note: We pay our regular benefits for emergency services to an institutional provider, such as a hospital, that does not participate with Medicare and is not reimbursed by Medicare.

If you are covered by Medicare Part B and it is primary, your out of pocket costs for services both Medicare Part B and we cover depend on whether your physician accepts Medicare assignment for the claim.

- If your physician accepts Medicare assignment, then you pay nothing for covered charges.
- If your physician does not accept Medicare assignment, then you pay the difference between our payment combined with Medicare's payment and the charge.

Note: The physician who does not accept Medicare assignment may not bill you for more than 115% of the amount Medicare bases its payment on, called the "limiting charge." The Medicare Summary Notice (MSN) that Medicare will send you will have more information about the limiting charge. If your physician tries to collect more than allowed by law, ask them to reduce their charges. If they do not, report them to your Medicare carrier who sent you the MSN form. Call us if you need further assistance.

When you have a Medicare Private Contract

A physician may ask you to sign a private contract agreeing that you can be billed directly for service ordinarily covered by Medicare. Should you sign an agreement, Medicare will not pay any portion of the charges, and we will not increase our payment. We will still limit our payment to the amount we would have paid after Medicare's payment.

Please see Section 9, Coordinating benefits with other coverage, for more information about how we coordinate benefits with Medicare.

Section 5. Benefits — OVERVIEW

(See page 7 for how our benefits changed this year and pages 78-79 for a benefits summary.)

NOTE: This benefits section is divided into subsections. Please read the important things you should keep in mind at the beginning of each subsection. Also read the General Exclusions in Section 6; they apply to the benefits in the following subsections. To obtain claims forms, claims filing advice, or more information about our benefits, contact us by phone at 202/833-4910 or email at afspa@afspa.org or at our website at www.afspa.org.

(a) Medical services and supplies provided by physicians and other health care professionals	21-30
• Diagnostic and treatment services	• Vision services (testing, treatment, and supplies)
• Lab, X-ray, and other diagnostic tests	• Foot care
• Preventive care, adult	• Orthopedic and prosthetic devices
• Preventive care, children	• Durable medical equipment (DME)
• Maternity care	• Home health services
• Family planning	• Alternative treatment
• Infertility services	• Educational classes and programs
• Allergy care	
• Treatment therapies	
• Rehabilitative therapies	
• Hearing services (testing, treatment, and supplies)	
(b) Surgical and anesthesia services provided by physicians and other health care professionals	31-35
• Surgical procedures	• Anesthesia
• Reconstructive surgery	
• Oral and maxillofacial surgery	
• Organ/tissue transplants	
(c) Services provided by a hospital or other facility, and ambulance services	36-40
• Inpatient hospital	• Hospice care
• Outpatient hospital or ambulatory surgical center	• Ambulance
• Extended care benefits/Skilled nursing care facility benefit	
(d) Emergency services/Accidents	41-42
• Medical emergency	• Ambulance
• Accidental injury	
(e) Mental health and substance abuse benefits	43-48
(f) Prescription drug benefits	49-51
(g) Special features	52
• Flexible Benefits Option	
• 24 hour nurse line	
(h) Dental benefits	53-54
(i) Non-FEHB benefits available to Plan members	55
<i>SUMMARY OF BENEFITS</i>	78-79

Section 5 (a). Medical services and supplies provided by physicians and other health care professionals

I M P O R T A N T

Here are some important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible is: \$300 per person (\$600 per family). The calendar year deductible applies to almost all benefits in this Section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost sharing works, with special sections for members who are age 65 or over. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

I M P O R T A N T

Benefit Description		You pay After the calendar year deductible...		
<p>NOTE: The calendar year deductible applies to almost all benefits in this Section. We say “(No deductible)” when it does not apply.</p>				
<p>Diagnostic and treatment services</p>				
<ul style="list-style-type: none"> • Professional services of physicians during a hospital stay, in the physician’s office, at home, or consultations • Second surgical opinion • Psychological tests and pharmacological visits 	<p>PPO: 10% of the Plan allowance</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount</p> <p><i>All charges</i></p>			
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Telephone consultations</i> • <i>Procedures, services, drugs, and supplies related to impotency, sex transformations, sexual dysfunction, or sexual inadequacy</i> 				
<p>Lab, X-ray and other diagnostic tests</p>				
<p>X-ray, laboratory and pathology services and machine diagnostic tests —</p> <ul style="list-style-type: none"> • not related to surgery or preadmission testing 	<p>PPO: 10% of the Plan allowance</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount</p>			

Lab, X-ray and other diagnostic tests — Continued on next page

Lab, X-ray and other diagnostic tests — Continued	You pay
<p>X-ray, laboratory and pathology services and machine diagnostic tests —</p> <ul style="list-style-type: none"> performed within 72 hours before admission to a hospital (preadmission testing) 	<p>PPO: Nothing (No deductible)</p> <p>Non-PPO: Only the difference between our allowance and the billed amount (No deductible)</p> <p>Out-of-Network Area: Only the difference between our allowance and the billed amount (No deductible)</p>
<p>X-ray, laboratory and pathology services and machine diagnostic tests —</p> <ul style="list-style-type: none"> performed within 72 hours of an outpatient surgical procedure 	<p>PPO: 10% of the Plan allowance (No deductible)</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p> <p>Out-of-Network Area: 10% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
Preventive care, adult	
<p>Routine physical examination — limited to a maximum charge of \$500 per person, per calendar year</p> <p>In addition Routine Cancer Screenings limited to:</p> <ul style="list-style-type: none"> Colorectal Cancer Screening, limited to <ul style="list-style-type: none"> Fecal occult blood test — one annually for members age 40 and older Sigmoidoscopy, screening — one every five years for members age 50 and older Breast Cancer Screening (Mammogram) — covered for women age 35 and older, as follows: <ul style="list-style-type: none"> From age 35 through 39, one mammogram screening during this five year period From age 40 through 64, one mammogram screening every calendar year At age 65 and older, one mammogram screening every two consecutive calendar years Cervical Cancer Screening <ul style="list-style-type: none"> Pap smear — one annually for women age 18 and older Prostate Cancer Screening <ul style="list-style-type: none"> Prostate Specific Antigen (PSA) — one annually for men age 40 and older <p>Other Routine Services limited to:</p> <ul style="list-style-type: none"> Non-fasting total blood cholesterol test — every three consecutive calendar years from age 19 through 64 	<p>PPO: 10% of the Plan allowance</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount</p>

Preventive care, adult — Continued on next page

Preventive care, adult — Continued	You pay
Routine Immunizations limited to <ul style="list-style-type: none"> • Tetanus-diphtheria (Td) booster - one every 10 consecutive calendar years from age 19 and over • Influenza vaccine and pneumococcal vaccine - one every calendar year, age 65 and over 	PPO: 10% of the Plan allowance Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount
Preventive care, children Preventive care for children is limited to: <ul style="list-style-type: none"> • Well-child visits through 18 months of age. Immunizations for children are limited to: <ul style="list-style-type: none"> • Childhood immunizations recommended by the American Academy of Pediatrics are covered for members under age 22. 	PPO: 10% of the Plan allowance Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount PPO: Nothing (No deductible) Non-PPO: Only the difference between our allowance and the billed amount (No deductible) Out-of-Network Area: Only the difference between our allowance and the billed amount (No deductible)
Maternity care Complete maternity (obstetrical) care, such as: <ul style="list-style-type: none"> • Prenatal care • Delivery • Postnatal care Note: Here are some things to keep in mind: <ul style="list-style-type: none"> • You do not need to precertify your normal delivery; see page 12 for other circumstances when you must precertify, such as extended stays for you or your baby. • You may remain in the hospital up to 48 hours after a regular delivery and 96 hours after a cesarean delivery. We will cover an extended stay, if medically necessary, but you must precertify. 	PPO: 10% of the Plan allowance (No deductible) Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible) Out-of-Network Area: 10% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)

Maternity care — Continued on next page

Maternity care — Continued	You pay
<ul style="list-style-type: none"> • We consider bassinets or nursery charges during the covered portion of the mother's maternity stay to be the expenses of the mother and not expenses of the newborn child. We consider expenses of the child after the mother's discharge to be the expenses of the child. We cover these expenses only if the child is covered by a Self and Family enrollment. • We pay hospitalization and surgeon services (delivery) the same as for illness and injury. <p>Special Outpatient Care Benefit. When you receive services:</p> <ul style="list-style-type: none"> • on an outpatient basis; • at a licensed birthing center; or • as an inpatient resulting in a hospital confinement of one day (overnight) or less and no more than one day's room and board charge <p>The Plan pays 100% of our allowance for covered facility services at the time of delivery, not subject to the calendar year deductible or inpatient hospital copayment.</p> <p>Note: If you or your newborn child is transferred from a birthing center to a hospital due to medical complications, we will pay the birthing center expenses as shown above. If you or your child leave the hospital against medical advice before a one-day confinement (overnight) is completed, we will pay our regular benefits and not our special Outpatient Care Benefit.</p>	<p>See Hospital benefits (Section 5c) and Surgery benefits (Section 5b).</p> <p>Note: If your child stays after your discharge and is covered under a Self and Family enrollment, you must pay a separate hospital copayment of \$200 for non-PPO and Out-of-Network facilities. <i>If your child is not covered under a Self and Family enrollment you pay all of your child's charges after your discharge.</i></p> <p>PPO: Nothing (No deductible or hospital copayment)</p> <p>Non-PPO: Only the difference between our allowance and the billed amount (No deductible or hospital copayment)</p> <p>Out-of-Network Area: Only the difference between our allowance and the billed amount (No deductible or hospital copayment)</p>
<p>Not covered:</p> <ul style="list-style-type: none"> • Reversal of voluntary surgical sterilization • Routine sonograms to determine fetal age, size or sex • Procedures, services, drugs, and supplies related to impotency, sex transformations, sexual dysfunction or sexual inadequacy • Assisted Reproductive Technology (ART) procedures, such as artificial insemination, in vitro fertilization, embryo transfer, and gamete intrafallopian transfer (GIFT), and services and supplies related to ART procedures • Procedures, services, drugs, and supplies related to abortions except when the life of the mother would be endangered if the fetus were carried to term or when the pregnancy is the result of an act of rape or incest 	<p>All charges</p>

Family planning	You pay
<p>Surgery limited to:</p> <ul style="list-style-type: none"> • Voluntary sterilization • Surgery to implant contraceptives 	<p>PPO: 10% of the Plan allowance (No deductible) Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible) Out-of-Network Area: 10% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p>Medicine and IUDs limited to:</p> <ul style="list-style-type: none"> • Injectable contraceptive drugs • Intrauterine devices (IUDs) <p>Note: See Section 5(f) for coverage of FDA-approved drugs, prescriptions, and devices for birth control covered under the Plan's Prescription Program.</p>	<p>PPO: 10% of the Plan allowance (No deductible on surgery) Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible on surgery) Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount (No deductible on surgery)</p>
<p><i>Not covered: reversal of voluntary surgical sterilization, genetic counseling,</i></p>	<p><i>All charges.</i></p>
<p>Infertility services</p>	
<p>Diagnosis and treatment of infertility, except as excluded. The maximum payment the Plan can make is \$5,000 per person per lifetime for the diagnosis and treatment of infertility as defined below.</p> <p>Diagnosis of infertility includes:</p> <ul style="list-style-type: none"> • The initial diagnostic tests and procedures done solely to identify the cause or causes of the inability to conceive. <p>The treatment of infertility includes:</p> <ul style="list-style-type: none"> • Hormone therapy and related services; and • Medical or surgical services performed solely to create or enhance the ability to conceive. <p>Hormone therapy to diagnose or treat infertility is not available under any other Plan provisions.</p>	<p>PPO: 10% of the Plan allowance until benefits stop at \$5,000. All charges after the Plan's maximum payment of \$5,000. Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount until benefits stop at \$5,000. All charges after the Plan's maximum payment of \$5,000. Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount until benefits stop at \$5,000. All charges after the Plan's maximum payment of \$5,000.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Assisted reproductive technology (ART) procedures, such as:</i> <ul style="list-style-type: none"> •• <i>artificial insemination</i> •• <i>in vitro fertilization</i> •• <i>embryo transfer and gamete intrafallopian transfer (GIFT)</i> •• <i>intraovaginal insemination (IVI)</i> •• <i>intrauterine insemination (IUI)</i> •• <i>intrauterine insemination (IUI)</i> • <i>Services and supplies related to ART procedures</i> 	<p><i>All charges.</i></p>

Allergy care	You pay
<ul style="list-style-type: none"> Testing, treatment, and injections including materials (such as allergy serum) 	PPO: 10% of the Plan allowance Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount <i>All charges</i>
<i>Not covered: provocative food testing, end point titration techniques and sublingual allergy desensitization</i>	
Treatment therapies	
<ul style="list-style-type: none"> Chemotherapy and radiation therapy (includes radium and radioactive isotopes) Note: High dose chemotherapy in association with autologous bone marrow transplants is limited to those transplants listed on page 34. Intravenous (IV)/Infusion Therapy (supplies) — Home IV and antibiotic therapy (supplies) Note: See page 29 for home health services Growth hormone therapy Respiratory and inhalation therapies (includes oxygen and equipment for its administration) Renal dialysis	PPO: 10% of the Plan allowance Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount PPO: Nothing (No deductible) Non-PPO: Only the difference between our allowance and the billed amount (No deductible) Out-of-Network Area: Only the difference between our allowance and the billed amount (No deductible)
<i>Not covered:</i>	
<ul style="list-style-type: none"> Chelation therapy, except for acute arsenic, gold, mercury, or lead poisoning 	<i>All charges</i>
Rehabilitative therapies	
<ul style="list-style-type: none"> Physical therapy, occupational therapy, and speech therapy when rendered by a registered physical or occupational therapist or licensed speech therapist Note: We only cover therapy to restore bodily function or speech when there has been a total or partial loss of bodily function or functional speech due to illness or injury and when a physician: <ol style="list-style-type: none"> orders the care; identifies the specific professional skills the patient requires and the medical necessity for skilled services; and indicates the frequency and length of time the services are needed. You must submit the above information from your doctor, along with the therapist's initial evaluation and treatment plan and therapist's progress (therapy) notes for each date of service. 	PPO: 10% of the Plan allowance Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount

Rehabilitative therapies — Continued on next page

Rehabilitative therapies — Continued	You pay
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • Custodial care (see definition page 66) • Exercise programs 	<p><i>All charges</i></p>
<p>Hearing services (testing, treatment, and supplies)</p> <p>Limited to:</p> <ul style="list-style-type: none"> • Initial hearing exam 	<p>PPO: 10% of the Plan allowance</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • Hearing aids and examinations for them, except for the initial exam 	<p><i>All charges</i></p>
<p>Vision services (testing, treatment, and supplies)</p> <p>One pair of eyeglasses or contact lenses per incident if required to correct an impairment directly caused by</p> <ul style="list-style-type: none"> • accidental ocular injury or • specifically ordered by the doctor in connection with a diagnosis of <ul style="list-style-type: none"> •• cataract •• keratoconus or •• glaucoma 	<p>PPO: 10% of the Plan allowance</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • Routine eye examinations • Eyeglasses and contact lenses, except as shown above • Eye exercises and visual training (orthoptics) • Refractions • All refractive surgeries 	<p><i>All charges</i></p>
<p>Foot care</p> <p>We do not provide benefits for routine foot care. Routine foot care would include such items as</p> <ul style="list-style-type: none"> • treatment or removal of corns and calluses, or trimming of toenails • orthopedic shoes, orthotics and other supportive devices for the feet. 	<p><i>All charges</i></p>

Orthopedic And Prosthetic Devices	You pay
<ul style="list-style-type: none"> • Artificial eyes or limbs required to replace natural eyes and limbs • External breast prostheses, including surgical bras and replacements, following a mastectomy • Internal prosthetic devices such as pacemakers, artificial hips, intraocular lenses and surgically implanted breast implant following mastectomy. Note: See 5(b) for coverage of the surgery to insert the device. <p>Note: A prosthetic device is surgically inserted or physically attached to the body to restore a bodily function or replace a physical portion of the body.</p>	<p>PPO: 10% of the Plan allowance</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Orthopedic shoes, orthotics and other supportive devices for the feet</i> 	<p><i>All charges</i></p>
Durable medical equipment (DME)	
<ul style="list-style-type: none"> • Rental, up to the purchase price, or purchase (at our option), including necessary repair and adjustment, of durable medical equipment such as <ul style="list-style-type: none"> • Wheelchairs • Hospital-type beds • Oxygen and equipment for its administration • Crutches • Braces • Casts, splints, and trusses <p>Durable medical equipment (DME) is equipment and supplies that:</p> <ul style="list-style-type: none"> • Are prescribed by your attending physician (i.e., the physician who is treating your illness or injury); • Are medically necessary; • Are primarily and customarily used only for a medical purpose; • Are generally useful only to a person with an illness or injury; • Are designed for prolonged use; and • Serve a specific therapeutic purpose in the treatment of an illness or injury. 	<p>PPO: 10% of the Plan allowance</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Other items that do not meet the definition of durable medical equipment such as sun or heat lamps, whirlpool baths, heating pads, air purifiers, humidifiers, air conditioners, and exercise devices</i> 	<p><i>All charges</i></p>

Home health services	You pay
<p>You must precertify home health care (see Section 3 “How to get approval for...” on pages 11-13) in order to get maximum benefits.</p> <ul style="list-style-type: none"> If you precertify your home health care, we pay 100% of our allowance up to \$80 per visit for a maximum of 90 visits per calendar year, limited to one visit per day, if such care is an alternative to hospitalization. If you do not precertify your home health care, we pay 100% of our allowance up to \$40 per visit for a maximum of 40 visits per calendar year, limited to one visit per day, if such care is an alternative to hospitalization. <p>Note: A home health care visit consists of one of the following:</p> <ul style="list-style-type: none"> Less than an 8 hour shift of nursing care provided on a part-time basis by a registered nurse (RN) or a licensed practical nurse (LPN); One session of physical, occupational or speech therapy provided by a licensed therapist; One visit from a licensed social worker (limited to two visits per calendar year); or Less than an 8 hour shift of a home health aide’s services that are performed under the supervision of a registered nurse (RN) and that consists mainly of medical care and therapy provided solely for the care of the insured person. <p>A home health agency (or visiting nurses where services of a home health agency are not available) must furnish the care in accord with a home health care plan (see definition below). The home health care plan must be certified by your doctor and furnished in your home.</p> <p>Note: We define a home health care plan as a plan of continued medical care and treatment ordered by a doctor who certifies that without home health care, you would need to be confined in a hospital or skilled nursing care facility. A public agency or private organization that is licensed as a home health agency by the State and is certified as such under Medicare must provide the care.</p>	<p>For precertified home health care, nothing (No deductible) up to \$80 per visit up to 90 visits per calendar year. All charges above \$80 per visit and/or 90 visits per calendar year and all charges above one visit per day.</p> <p>For non-precertified home health care, nothing (No deductible) up to \$40 per visit up to 40 visits per calendar year. All charges above \$40 per visit and/or 40 visits per calendar year and all charges above one visit per day.</p>
<p>Private Duty Nursing at home:</p> <p>When you receive care by a registered nurse (RN) or licensed practical nurse (LPN) in your home, we will cover up to 500 units of nursing care per calendar year. One unit equals up to one hour of private duty nursing care. We pay \$12 per unit.</p> <p><i>Not covered:</i></p> <ul style="list-style-type: none"> Nursing care requested by, or for the convenience of, the patient or the patient’s family; Custodial care (see definition page 66) 	<p>Nothing (No deductible) up to \$12 per unit. All charges after \$12 per unit and all charges after 500 units per calendar year.</p> <p><i>All charges</i></p>

Alternative treatments	You pay
<p>Acupuncture only when performed by an M.D. or D.O.</p>	<p>PPO: 10% of the Plan allowance</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of the Plan allowance and any difference between our allowance and the billed amount</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Chiropractic services</i> • <i>Naturopathic services and medicines</i> • <i>Homeopathic services and medicines</i> <p><i>(Note: benefits of certain alternative treatment providers may be covered in medically underserved areas; see page 9)</i></p>	<p><i>All charges</i></p>
Educational classes and programs	
<p>Coverage is limited to:</p> <ul style="list-style-type: none"> • Smoking Cessation - Up to \$100 for one smoking cessation program per member per lifetime, including all related expenses such as FDA approved drugs intended to aid in smoking cessation. <p>Note: You may not obtain smoking cessation drugs under any of our other benefits.</p>	<p>PPO: Nothing up to \$100. All charges after \$100.</p> <p>Non-PPO: Nothing up to \$100. All charges after \$100.</p> <p>Out-of-Network Area: Nothing up to \$100. All charges after \$100.</p>

Section 5 (b). Surgical and anesthesia services provided by physicians and other health care professionals

I M P O R T A N T	<p>Here are some important things you should keep in mind about these benefits:</p> <ul style="list-style-type: none"> • Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary. • The calendar year deductible is: \$300 per person (\$600 per family). The calendar year deductible does not apply to any benefits in this Section. We added “(No deductible)” to show that the calendar year deductible does not apply. • Be sure to read Section 4, <i>Your costs for covered services</i> for valuable information about how cost sharing works, with special sections for members who are age 65 or over. Also read Section 9 about coordinating benefits with other coverage, including with Medicare. • The amounts listed below are for the charges billed by a physician or other health care professional for your surgical care. Look in Section 5(c) for charges associated with the facility (i.e. hospital, surgical center, etc.). 	I M P O R T A N T
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Benefit Description	You pay After the calendar year deductible...
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NOTE: The calendar year deductible does not apply to benefits in this Section. We say “(No deductible)” when it does not apply.

Surgical procedures	<ul style="list-style-type: none"> • Operative procedures • Treatment of fractures, including casting • Normal post-operative care by the surgeon • Correction of amblyopia and strabismus • Endoscopy procedures • Biopsy procedures • Removal of tumors and cysts • Surgical treatment of morbid obesity — a condition in which an individual: 1) weighs 100 pounds or 100% over the standard weight as determined by us and has complicating medical condition(s); and 2) has been so for at least five years, despite documented unsuccessful attempts to reduce under a doctor-monitored diet and exercise program. Eligible members must be age 18 or over. • Insertion of internal prosthetic devices. See 5(a) — Orthopedic and Prosthetic Devices for device coverage information. • Voluntary sterilization, Norplant (a surgically implanted contraceptive), and intrauterine devices (IUDs) • Treatment of burns • Amniocentesis • Routine circumcision of a newborn child (only when the child is covered under a Self and Family enrollment) <p>Note: Second opinion is covered under section 5(a) — Diagnostic and treatment services</p>	<p>PPO: 10% of the Plan allowance (No deductible)</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p> <p>Out-of-Network Area: 10% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
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Surgical procedures — Continued	You pay
<p>Assistant Surgeon (inpatient/outpatient)</p> <p>When multiple or bilateral surgical procedures performed during the same operative session add time or complexity to patient care, we pay:</p> <ul style="list-style-type: none"> • For the primary procedure: <ul style="list-style-type: none"> •• PPO: 90% of the Plan allowance •• Non-PPO: 70% of the Plan allowance • Out-of-Network: 90% of the Plan allowance • For the secondary procedure(s): <ul style="list-style-type: none"> •• PPO: 90% of the Plan allowance •• Non-PPO: 70% of the Plan allowance • Out-of-Network: 90% of the Plan allowance. <p>Note: For certain surgical procedures, we may apply a value of less than 50% for subsequent procedures.</p> <p>Note: Multiple or bilateral surgical procedures performed through the same incision are “incidental” to the primary surgery. That is, the procedure would not add time or complexity to patient care. We do not pay extra for incidental procedures.</p>	<p>PPO: 20% of the Plan allowance (based on 20% of the Plan allowance allocated to the surgery charge) (No deductible)</p> <p>Non-PPO and Out-of-Network Area: 20% of the Plan allowance (based on 20% of the Plan allowance allocated to the surgery charge) and any difference between our allowance and the billed amount (No deductible)</p> <p>PPO: 10% of the Plan allowance for the primary procedure and 10% of 50% of the Plan allowance for the secondary procedure(s) (No deductible)</p> <p>Non-PPO: 30% of the Plan allowance for the primary procedure and 30% of 50% of the Plan allowance for the secondary procedure(s); and any difference between our payment and the billed amount (No deductible)</p> <p>Out-of-Network Area: 10% of the Plan allowance for the primary procedure and 10% of 50% of the Plan allowance for the secondary procedure(s); and any difference between our allowance and the billed amount (No deductible)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Cosmetic surgery except for the repair of accidental injuries sustained while covered under the FEHB Program; to correct a congenital anomaly; or for the reconstruction of a breast following a mastectomy</i> <p><i>Note: We define cosmetic surgery as any operative procedure or any portion of a procedure performed primarily to improve physical appearance and/or treat a mental condition through change in bodily form.</i></p> <ul style="list-style-type: none"> • <i>All refractive surgeries</i> • <i>Cutting, trimming, treatment or removal of corns, calluses, or the free edge of toenails</i> • <i>Services of a standby surgeon</i> • <i>Reversal of voluntary sterilization</i> • <i>Surgeries related to impotency, sex transformation, sexual dysfunction or sexual inadequacy</i> 	<p><i>All charges</i></p>

Reconstructive surgery	You pay
<ul style="list-style-type: none"> • Surgery to correct a functional defect • Surgery to correct a condition caused by injury or illness if: <ul style="list-style-type: none"> •• the condition produced a major effect on the member's appearance and •• the condition can reasonably be expected to be corrected by such surgery • Surgery to correct a condition that existed at or from birth and is a significant deviation from the common form or norm (Congenital anomaly). Examples of congenital anomalies are: protruding ear deformities; cleft lip; cleft palate; birth marks; and webbed fingers and toes and other conditions that we may determine to be congenital anomalies. We will not consider the term congenital anomaly to include conditions relating to teeth or intra-oral structures supporting the teeth. • All stages of breast reconstruction surgery following a mastectomy, such as: <ul style="list-style-type: none"> •• surgery to produce a symmetrical appearance on the other breast; •• surgical treatment of any physical complications, such as lymphedemas; •• breast prostheses; and surgical bras and replacements (see Prosthetic devices for coverage) <p>Note: If you need a mastectomy, you may choose to have the procedure performed on an inpatient basis and remain in the hospital up to 48 hours after the procedure.</p>	<p>PPO: 10% of the Plan allowance (No deductible)</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p> <p>Out-of-Network Area: 10% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Cosmetic surgery except for the repair of accidental injuries sustained while covered under the FEHB Program; to correct a congenital anomaly; or for the reconstruction of a breast following a mastectomy</i> <p><i>Note: We define cosmetic surgery as any operative procedure or any portion of a procedure performed primarily to improve physical appearance and/or treat a mental condition through change in bodily form.</i></p> <ul style="list-style-type: none"> • <i>Surgeries related to impotency, sex transformation, sexual dysfunction or sexual inadequacy</i> 	<p><i>All charges</i></p>
<p>Oral and maxillofacial surgery</p> <p>Oral surgical procedures, limited to:</p> <ul style="list-style-type: none"> • Reduction of fractures of the jaws or facial bones • Surgical correction of cleft lip, cleft palate or severe functional malocclusion (when we determine the correction of the malocclusion to be medically necessary) • Removal of stones from salivary ducts • Excision of leukoplakia or malignancies • Excision of non-dentigerous cysts and incision of non-dentigerous abscesses • Excision of impacted teeth only • Other surgical procedures that do not involve the teeth or their supporting structures 	<p>PPO: 10% of the Plan allowance (No deductible)</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p> <p>Out-of-Network Area: 10% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>

Oral and maxillofacial surgery — Continued on next page

Oral and maxillofacial surgery — Continued	You pay
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • Oral implants and transplants • Procedures that involve any tooth or tooth structure, alveolar process, abscess, periodontal disease or disease of gingival tissue except as provided under Dental Benefits (see pages 53-54) • Non-surgical treatment of Temporomandibular joint (TMJ) disorders including dental appliances, study models, splints and other devices • Excision of non-impacted teeth 	<p>All charges</p>
<p>Organ/tissue transplants</p> <p>Limited to the following transplants:</p> <ul style="list-style-type: none"> • Cornea • Kidney • Pancreas • Single and double lung • Bone marrow and stem cell support as follows: <ul style="list-style-type: none"> •• Allogeneic bone marrow transplants •• Autologous bone marrow transplants (autologous stem cell support) and autologous peripheral stem cell support for <ol style="list-style-type: none"> 1) Acute lymphocytic or non-lymphocytic leukemia; 2) Advanced Hodgkin's and non-Hodgkin's lymphoma; 3) Advanced neuroblastoma; 4) Testicular, mediastinal, retroperitoneal and ovarian germ cell tumors; 5) Breast cancer; 6) Multiple myeloma; and 7) Epithelial ovarian cancer <p>Note: We cover related medical and hospital expenses of the donor when we cover the recipient. You are a recipient when you surgically receive a body organ(s) transplant. You are a donor when you surgically donate a body organ(s) for transplant surgery. Transplant surgery means transfer of a body organ(s) from the donor to the recipient.</p>	<p>PPO: 10% of the Plan allowance (No deductible)</p> <p>Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p> <p>Out-of-Network Area: 10% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • Donor screening tests and donor search expenses, except those performed for the actual donor • Services or supplies for, or related to, surgical transplant procedures for artificial or human organ transplants not listed as covered • Transplants not listed as covered 	<p>All charges</p>

Anesthesia	You pay
Professional services provided in — <ul style="list-style-type: none"> • Hospital (inpatient) • Hospital outpatient department • Skilled nursing facility • Ambulatory surgical center • Office 	PPO: 10% of the Plan allowance (No deductible) Non-PPO: 30% of the Plan allowance and any difference between our allowance and the billed amount (No deductible) Out-of-Network Area: 10% of the Plan allowance and any difference between our allowance and the billed amount (No deductible)

Section 5(c). Services provided by a hospital or other facility, and ambulance services

Here are some important things you should keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- **Unlike the other subsections in Section 5, in this section, the calendar year deductible applies to only a few benefits. In that case, we added “(calendar year deductible applies)”**.
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost sharing works, with special sections for members who are age 65 or over. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- The amounts listed below are for the charges billed by the facility (i.e. hospital or surgical center) or ambulance service for your surgery or care. Any costs associated with the professional charge (i.e. physicians, etc.) are in Section 5(a), (b), (d) or (e).
- **YOU MUST GET PRECERTIFICATION OF HOSPITAL STAYS; FAILURE TO DO SO WILL RESULT IN A \$500 PENALTY.** Please refer to the precertification information shown in Section 3 for additional details on precertification.
- **YOU MUST ALSO GET PRECERTIFICATION OF CARE YOU RECEIVE IN SKILLED NURSING FACILITIES and HOSPICE and also HOME HEALTH CARE.** Please refer to this section (Skilled Nursing Facilities and Hospice) and section 5(a) (Home Health Care) for details on how your benefits are affected if you do not precertify. Also, please refer to the precertification information shown in Section 3 for additional details on precertification.

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	Benefit Description	You pay After the calendar year deductible...
<p>Inpatient hospital</p> <p>Room and board, such as</p> <ul style="list-style-type: none"> • ward, semiprivate, or intensive care accommodations; • general nursing care; and • meals and special diets. <p>Note: We only cover a private room when you must be isolated to prevent contagion. Otherwise, we will pay the hospital's average charge for semiprivate accommodations. If the hospital only has private rooms, we base our payment on the average semiprivate rate of the most comparable hospital in the area.</p> <p>Note: When a hospital bills a flat rate such as a per diem or a Diagnostic Related Group (DRG) rate, we prorate the charges to determine how to pay them, as follows: 30% room and board and 70% other charges.</p>	<p>PPO: Nothing</p> <p>Non-PPO: \$200 copayment per admission and 20% of charges.</p> <p>Out-of-Network Area: \$200 copayment per admission.</p>	<p>NOTE: The calendar year deductible applies ONLY when we say below: “(calendar year deductible applies)”.</p>

Inpatient hospital — Continued on next page

Inpatient hospital — Continued	You pay
<p>Other services and supplies received while in a hospital, such as:</p> <ul style="list-style-type: none"> • Use of operating, recovery, maternity, and other treatment rooms • Surgical dressings • Prescribed drugs and medicines for use in the hospital • X-ray, laboratory and pathology services and machine diagnostic tests • Blood or blood plasma, if not donated or replaced, and its administration • Dressings, splints, casts, and sterile tray services • Medical supplies and equipment, including oxygen • Anesthetics, including nurse anesthetist services • Drugs, medical supplies, medical equipment, prosthetic and orthopedic devices and any covered items billed by a hospital for use at home (Note: We cover these items only under section 5(a) and the calendar year deductible and coinsurance apply.) • Special Overseas Benefit - Inpatient private duty nursing services by an R.N. or L.P.N. when the services are rendered outside of North America. <p>NOTE: We provide specified benefits for professional services of a doctor, even when billed by the hospital. For example, when the hospital bills for such professional services as surgery, anesthesiology, medical or therapy services, etc., we pay the specific surgery, anesthesia, medical or therapy benefit.</p> <p>NOTE: See section 5(a) for special preadmission testing benefit.</p> <p>NOTE: We cover hospital services and supplies related to dental procedures when necessitated by a non-dental physical impairment to safeguard the health of the patient, even though we may not cover the services of dentists or doctors in connection with the dental treatment.</p>	<p>See previous page.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Confinement in nursing homes, rest homes, places for the aged, convalescent homes, or any place that is not a hospital, skilled nursing care facility, or hospice (see Section 3, Covered providers and Covered facilities, pages 9-10)</i> • <i>Cosmetic surgery except for the repair of accidental injuries sustained while covered under the FEHB Program; to correct a congenital anomaly; or for the reconstruction of a breast following a mastectomy</i> <p><i>Note: We define cosmetic surgery as any operative procedure or any portion of a procedure performed primarily to improve physical appearance and/or treat a mental condition through change in bodily form.</i></p> <ul style="list-style-type: none"> • <i>Custodial care (see definition page 66)</i> • <i>Any part of a hospital admission that is not medically necessary (see definition pages 67-68), such as when you do not need acute hospital inpatient (overnight) care, but could receive care in some other setting without adversely affecting your condition or the quality of your medical care</i> <p><i>Note: In this event, we pay benefits for services and supplies other than room and board and in-hospital physician care at the level we would have covered if provided in an alternative setting.</i></p> <ul style="list-style-type: none"> • <i>Inpatient private duty nursing except as provided above</i> • <i>Personal comfort items such as radio, television, beauty and barber services, identification tags, baby heads, footprints, guest cots and meals, newspapers, and similar items</i> 	<p>All charges</p>

Outpatient hospital or ambulatory surgical center	You pay
<p>Services and supplies rendered within 72 hours of outpatient surgery such as:</p> <ul style="list-style-type: none"> • Operating, recovery, and other treatment rooms • Prescribed drugs and medicines for use in the facility • X-ray, laboratory and pathology services and machine diagnostic tests • Blood and blood plasma, if not donated or replaced, and its administration • Dressings, casts, and sterile tray services • Medical supplies and equipment, including oxygen • Anesthetics and anesthesia service • Drugs, medical supplies, medical equipment, prosthetic and orthopedic devices and any covered items billed by a hospital for use at home (Note: We cover these items only under section 5(a) and the calendar year deductible and coinsurance apply.) <p>NOTE: We cover hospital services and supplies related to dental procedures when necessitated by a non-dental physical impairment to safeguard the health of the patient, even though we may not cover the services of dentists or doctors in connection with the dental treatment.</p> <p>NOTE: See also Section 5(a) Lab, X-ray and other diagnostic tests for benefits for services received within 72 hours of outpatient surgery.</p>	<p>PPO: 10% of Plan allowance</p> <p>Non-PPO: 30% of Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 10% of Plan allowance and any difference between our allowance and the billed amount</p>
<p>Services and supplies not rendered within 72 hours of outpatient surgery or not related to surgery, such as:</p> <ul style="list-style-type: none"> • Prescribed drugs and medicines for use in the facility • X-ray, laboratory and pathology services and machine diagnostic tests • Medical supplies and equipment, including oxygen • Drugs, medical supplies, medical equipment, prosthetic and orthopedic devices and any covered items billed by a hospital for use at home (Note: We cover these items only under section 5(a) and the calendar year deductible and coinsurance apply.) 	<p>PPO: 10% of Plan allowance (calendar year deductible applies).</p> <p>Non-PPO: 30% of Plan allowance and any difference between our allowance and the billed amount (calendar year deductible applies).</p> <p>Out-of-Network Area: 20% of Plan allowance and any difference between our allowance and the billed amount (calendar year deductible applies).</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Cosmetic surgery except for the repair of accidental injuries sustained while covered under the FEHB Program; to correct a congenital anomaly; or for the reconstruction of a breast following a mastectomy</i> <p><i>Note: We define cosmetic surgery as any operative procedure or any portion of a procedure performed primarily to improve physical appearance and/or treat a mental condition through change in bodily form.</i></p> <ul style="list-style-type: none"> • <i>All refractive surgeries</i> • <i>Cutting, trimming, treatment or removal of corns, calluses, or the free edge of toenails</i> • <i>Surgeries related to impotency, sex transformation, sexual dysfunction or sexual inadequacy</i> 	<p><i>All charges</i></p>

Extended care benefits/Skilled nursing care facility benefits	You pay
<p>You must precertify your stay in a skilled nursing facility (see Section 3 “How to get approval for...” on pages 11-13) in order to receive maximum benefits.</p> <ul style="list-style-type: none"> If you precertify your stay in a skilled nursing facility, we will pay 100% of the Plan allowance for a maximum of 60 days per confinement, when your confinement: <ul style="list-style-type: none"> is for the purpose of receiving medical care; is under the supervision of a doctor; and is an alternative to hospitalization. If you do not precertify your stay in a skilled nursing facility, we will pay 80% of the Plan allowance for a maximum of 30 days per confinement, when the above conditions are met. <p>Note: We will restore skilled nursing facility benefits shown above for each new period of confinement. We define a new period of confinement when:</p> <ul style="list-style-type: none"> the requirements listed above are met; and at least 60 days have elapsed since you were last confined in a skilled nursing facility. 	<p>For precertified care: Nothing up to the Plan allowance for up to 60 days per confinement. All charges after 60 days.</p> <p>For non-precertified care: 20% of the Plan allowance for up to 30 days per confinement. All charges after 30 days.</p>
<p><i>Not covered: Custodial care (see definition page 66)</i></p>	<p><i>All charges</i></p>
<p>Hospice care</p> <p>You must precertify your care in a hospice (see Section 3 “How to get approval for...” on pages 11-13) in order to receive maximum benefits.</p> <ul style="list-style-type: none"> If you precertify your care in a hospice, we will pay 100% of our allowance up to a lifetime maximum of \$7,500 for hospice care provided by a hospice agency or organization. Your doctor must recommend the care and you must be terminally ill in the final stages of illness. If you do not precertify your care in a hospice, we will pay 100% of our allowance up to a lifetime maximum of \$4,500 for hospice care when you meet the above requirements. <p>Note: We will pay for any services covered under our other benefits under those benefits as applicable before we use the Hospice benefit.</p> <p>Hospice is a coordinated program of home and inpatient pain control and supportive care for the terminally ill patient and the patient’s family, provided by a medically supervised team under the direction of a Plan-approved independent hospice administration.</p>	<p>For precertified care: Nothing up to the Plan allowance until benefits stop at \$7,500. All charges after \$7,500.</p> <p>For non-precertified care: Nothing up to the Plan allowance until benefits stop at \$4,500. All charges after \$4,500.</p>
<p><i>Not covered: Services shown as covered under any other provisions of this Plan.</i></p>	<p><i>All charges</i></p>

Ambulance	You pay
<p>Professional ambulance service to or from the hospital.</p> <p>Note: See Section 5(d) for Ambulance within 72 hours of an accident.</p> <p>Note: This benefit includes air ambulance service when medically necessary to transport you to the nearest facility equipped to handle your medical condition.</p>	<p>PPO: 10% of Plan allowance (calendar year deductible applies).</p> <p>Non-PPO: 30% of Plan allowance and any difference between our allowance and the billed amount (calendar year deductible applies).</p> <p>Out-of-Network Area: 20% of Plan allowance and any difference between our allowance and the billed amount (calendar year deductible applies).</p>
<p><i>Not covered: Ambulance transport for you or your family's convenience.</i></p>	<p><i>All charges</i></p>

Section 5 (d). Emergency services/accidents

Here are some important things to keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible is: \$300 per person (\$600 per family). The calendar year deductible applies to some benefits in this Section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost sharing works, with special sections for members who are age 65 or over. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

What is an accidental injury?

An accidental injury is a bodily injury caused by an external force such as a blow or a fall and which requires immediate medical attention. We also consider animal bites and poisonings to be accidental injuries. We cover dental care required as a result of an accidental injury to sound natural teeth. We do not consider an injury to the teeth while eating to be an accidental injury.

Benefit Description	You pay After the calendar year deductible...
<p>Accidental injury</p> <p>NOTE: The calendar year deductible applies to almost all benefits in this Section. We say “(No deductible)” when it does not apply.</p>	
<p>We pay 100% of our allowance for outpatient emergency treatment (with or without surgery) for the following care you receive within 72 hours of an accidental injury:</p> <ul style="list-style-type: none"> • Physician services and supplies • Related outpatient hospital services <p>Note: We pay Hospital benefits as specified in Section 5(c) if you are admitted.</p> <p>For care you receive after 72 hours of your accidental injury, we cover:</p> <ul style="list-style-type: none"> • Non-surgical physician services and supplies • Related outpatient services <p>Note: We pay Hospital benefits as specified in Section 5(c) if you are admitted.</p>	<p>PPO: Nothing (No deductible)</p> <p>Non-PPO: Only the difference between our allowance and the billed amount (No deductible)</p> <p>Out-of-Network Area: Only the difference between our allowance and the billed amount (No deductible)</p> <p>PPO: 10% of Plan allowance</p> <p>Non-PPO: 30% of Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of Plan allowance and any difference between our allowance and the billed amount</p>

Accidental injury — Continued on next page

Accidental injury — Continued	You pay
<p>If you receive surgical care for your accidental injury after 72 hours, we pay regular Surgical benefits.</p> <p>Note: We pay Hospital benefits as specified in Section 5(c) if you are admitted.</p>	<p>PPO: 10% of Plan allowance (No deductible)</p> <p>Non-PPO: 30% of Plan allowance and any difference between our allowance and the billed amount (No deductible)</p> <p>Out-of-Network Area: 10% of Plan allowance and any difference between our allowance and the billed amount (No deductible)</p>
<p>Medical emergency</p> <p>Regular Plan benefits apply to care you receive because of a medical emergency (non-accident). Items covered include:</p> <ul style="list-style-type: none"> • Outpatient medical services and supplies • Physician services and supplies • X-ray, laboratory and pathology services and machine diagnostic tests <p>Note: We pay Hospital benefits as specified in Section 5(c) if you are admitted.</p>	<p>PPO: 10% of Plan allowance</p> <p>Non-PPO: 30% of Plan allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 20% of Plan allowance and any difference between our allowance and the billed amount</p>
<p>Ambulance</p> <p>If you use a professional ambulance service within 72 hours of an accident:</p> <ul style="list-style-type: none"> • Plan pays the first \$50 of charges in full. <p>Note: See Section 5(c) for non-emergency service, for service after 72 hours and in excess of \$50.</p> <p><i>Not covered: Ambulance transport for you or your family's convenience.</i></p>	<p>PPO: Nothing (No deductible) up to \$50</p> <p>Non-PPO: Nothing (No deductible) up to \$50</p> <p>Out-of-Network Area: Nothing (No deductible) up to \$50</p> <p><i>All charges</i></p>

Section 5 (e). Mental health and substance abuse benefits

Parity

Beginning in 2001, all FEHB plans' mental health and substance abuse benefits will achieve "parity" with other benefits. This means that we will provide mental health and substance abuse benefits differently than in the past.

You may now choose to get care from a PPO or non-PPO provider (same as before) if you live in the PPO area and from an Out-of-Network Area provider if you do not live in the PPO area (same as before). When you receive all care, you must get our approval for services and follow a treatment plan we approve. If you do, cost-sharing and limitations for PPO and Out-of-Network Area mental health and substance abuse benefits will be no greater than for similar benefits for other illnesses and conditions.

Here are some important things to keep in mind about these benefits:

- All benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible or, for facility care, the inpatient copayment apply to almost all benefits in this section. We added "(No deductible)" to show when the calendar year deductible does not apply.
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost sharing works, with special sections for members who are age 65 or over. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- **YOU MUST GET PREAUTHORIZATION OF THESE SERVICES.** See the instructions after the benefits descriptions below.
- PPO mental health and substance abuse benefits are below and on the next page, non-PPO benefits begin on page 45 and Out-of-Network benefits begin on page 47.

I M P O R T A N T

I M P O R T A N T

Benefit Description

You pay

After the calendar year deductible...

NOTE: The calendar year deductible applies to almost all benefits in this Section. We say "(No deductible)" when it does not apply.

IN-NETWORK AREA BENEFITS — PPO mental health and substance abuse benefits (If you live in the PPO area and use a PPO provider)

All covered diagnostic and treatment services contained in a treatment plan that we approve. The treatment plan may include services, drugs, and supplies described elsewhere in this brochure

Note: Benefits are payable only when we determine the care is clinically appropriate to treat your condition and only when you receive the care as part of a treatment plan that we approve. We will reduce your benefits if you do not precertify, preauthorize, obtain concurrent review (which means review of continuing treatment) or follow your treatment plan for all levels of care.

Your cost sharing responsibilities are no greater than for other illnesses or conditions.

Note: See pages 44-45 for penalties for not precertifying, preauthorizing, obtaining concurrent review (which means review of continuing treatment) or following your treatment plan.

PPO mental health and substance abuse benefits — Continued on next page

PPO mental health and substance abuse benefits — Continued

- **Concurrent review (which means review of continuing treatment)** to establish the medical necessity for all levels of continuing outpatient or office care whether in or out-of-network. If you do not obtain concurrent review or follow your treatment plan, we will reduce any available benefits by 50% of what we would have paid had you obtained concurrent review or followed your treatment plan.
- **To precertify or preauthorize care and obtain concurrent review for continuing care**, you, your representative, your doctor, or your hospital must call Mutual of Omaha's Care Review Unit at 1-800/228-0286 prior to the admission or care.

NOTE: We do not require precertification, preauthorization or concurrent review for continuing care for services you receive outside of the United States or when Medicare Part A and/or B, or another group health insurance policy is the primary payer. Precertification, preauthorization and concurrent review for continuing care is required, however, when Medicare or the other group health insurance policy stops paying benefits for any reason.

Special transitional benefit

If a mental health or substance abuse professional provider is treating you under our plan as of January 1, 2001, you will be eligible for continued coverage with your provider for up to 90 days under the following conditions:

- If your mental health or substance abuse professional provider with whom you are currently in treatment leaves the Plan at our request for other than cause, or
- If changes to this Plan's benefit structure for 2001 cause your out-of-pocket costs for your non-PPO provider to be greater than they were in contract year 2000.

If these conditions apply to you, we will allow you reasonable time to transfer your care to a PPO mental health or substance abuse professional provider. During the transitional period, you may continue to see your treating provider and will not pay any more out-of-pocket than you did in the year 2000 for services. This transitional period will begin with our notice to you of the change in coverage and will end 90 days after you receive our notice. If we write to you before October 1, 2000, the 90-day period ends before January 1 and this transitional benefit does not apply.

PPO limitation

We will limit your benefits if you do not follow all of our preauthorization processes and your treatment plan.

IN-NETWORK AREA BENEFITS — Non-PPO mental health and substance abuse benefits (If you live in the PPO area and use a non-PPO provider)

All covered diagnostic and treatment services contained in a treatment plan that we approve. The treatment plan may include services, drugs, and supplies described elsewhere in this brochure

Note: Benefits are payable only when we determine the care is clinically appropriate to treat your condition and only when you receive the care as part of a treatment plan that we approve. We will reduce your benefits if you do not precertify, preauthorize, obtain concurrent review (which means review of continuing treatment), or follow your treatment plan for all levels of care.

You pay After the calendar year deductible

Your cost sharing responsibilities are greater and limitations apply when you use a non-PPO provider.

Note: See pages 44-45 and 47 for penalties for not precertifying, preauthorizing, obtaining concurrent review (which means review of continuing treatment) or following your treatment plan.

Non-PPO mental health and substance abuse benefits — Continued on next page

Non-PPO mental health and substance abuse benefits — Continued	You pay
<p>Professional services including:</p> <ul style="list-style-type: none"> • Individual and group therapy rendered by providers such as psychiatrists, psychologists, or clinical social workers with the following limitations: • Non-PPO inpatient professional services limited to 50 visits per person per calendar year and a maximum payable of \$60 per visit. • Non-PPO inpatient group therapy limited to actual charges up to a maximum payable of \$30 per session. • Non-PPO outpatient individual therapy benefits limited to 60 visits per person per calendar year. • Non-PPO outpatient group therapy benefits limited to \$40 per session. • Medication management 	<p>Non-PPO Professional fees:</p> <ul style="list-style-type: none"> • Individual therapy inpatient: 30% of Plan allowance plus all charges above \$60; and all visits above 50 per person per calendar year. • Group therapy inpatient: Nothing up to \$30 per session and all charges above \$30 • Individual therapy outpatient: 30% of Plan allowance and any difference between our allowance and the billed amount up to 60 visits per person per calendar year; and all visits after 60 per person per calendar year. • Group therapy outpatient: 50% of Plan allowance plus all charges above \$40 <p>Non-PPO medication management: 30% of Plan allowance and any difference between our allowance and the billed amount.</p>
<ul style="list-style-type: none"> • Diagnostic tests • Services provided by a hospital or other facility • Services in approved outpatient care settings such as: <ul style="list-style-type: none"> • Intensive Outpatient Programs (IOP). These programs offer time-limited services that: <ul style="list-style-type: none"> - Are coordinated, structured, and intensively therapeutic; - Are designed to treat a variety of individuals with moderate to marked impairment in at least one area of daily life resulting from psychiatric or addictive disorders; and - Offer 3-4 hours of active treatment per day at least 2-3 days per week. • Partial Hospitalization. Partial hospitalization is a time limited, ambulatory, active treatment program that: <ul style="list-style-type: none"> - Offers therapeutically intensive, coordinated and structured clinical services within a stable therapeutic milieu; and - Provides at least 20 hours of scheduled programming extended over a minimum of 5 days per week in either a licensed or JCAHO accredited facility. • Day Care in a day care facility (see definition, page 9) with the following limitation: <ul style="list-style-type: none"> - Non-PPO day care facility services limited to 20 visits per person to a day care facility. 	<p>Non-PPO: 30% of Plan allowance</p> <p>Non-PPO Inpatient Facility: \$200 copayment per person per confinement and 30% of covered charges for room and board and other services (No deductible)</p> <p>Non-PPO IOP Intensive Outpatient Program and non-PPO partial hospitalization facility: 30% of Plan allowance and any difference between our allowance and the billed amount</p> <p>Non-PPO Day Care Facility: 30% of Plan allowance and any difference between our allowance and the billed amount for up to 20 days. After 20 days you pay all charges.</p>
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • Services we have not approved • Counseling or therapy for marital, educational, sexual, or behavioral problems • Treatment of mental retardation and learning disabilities <p><i>Note: OPM will base its review of disputes about treatment plans on the treatment plan's clinical appropriateness. OPM will generally not order us to pay or provide one clinically appropriate treatment plan in favor of another.</i></p>	<p>All charges</p>

Non-PPO mental health and substance abuse benefits — Continued on next page

Non-PPO mental health and substance abuse benefits — Continued	
Non-PPO mental health and substance abuse benefits	We have the same precertification, preauthorization and concurrent review (which means review of continuing treatment) requirements for non-PPO (within Network Area) services and Out-of-Network Area in the United States as we do for PPO (within Network Area). See pages 44-45 for details.
Precertification	We will limit your benefits if you do not follow all of our authorization processes and your treatment plan.
Non-PPO limitation	You pay After the calendar year deductible
OUT-OF-NETWORK AREA mental health and substance abuse benefits	Your cost sharing responsibilities are no greater than for other illness or conditions. Note: See pages 44-45 and 48 for penalties for not precertifying, preauthorizing or obtaining concurrent review (which means review of continuing treatment) or following your treatment plan.
All covered diagnostic and treatment services contained in a treatment plan that we approve. The treatment plan may include services, drugs, and supplies described elsewhere in this brochure Note: Benefits are payable only when we determine the care is clinically appropriate to treat your condition and only when you receive the care as part of a treatment plan that we approve. We will reduce your benefits if you do not precertify, preauthorize, obtain concurrent review (which means review of continuing treatment) or follow your treatment plan for all levels of care. Note: If you receive care outside of the United States, we do not require precertification, preauthorization or concurrent review for continuing care. See pages 13-14 for details.	Out-of-Network Area Professional fees: • Individual therapy inpatient and outpatient: 20% of Plan allowance and any difference between our allowance and the billed amount • Group therapy inpatient and outpatient: 20% of Plan allowance and any difference between our allowance and the billed amount Out-of-Network Area medication management: 20% of Plan allowance and any difference between our allowance and the billed amount
Professional services including: • Individual and group therapy rendered by providers such as psychiatrists, psychologists, or clinical social workers • Medication management	Out-of-Network Area: 20% of Plan allowance and any difference between our allowance and the billed amount Out-of-Network Area Inpatient Facility: \$200 copayment per person per confinement (No deductible) Out-of-Network Area IOP Intensive Outpatient Program and partial hospitalization facility: 20% of Plan allowance and any difference between our allowance and the billed amount
• Diagnostic tests	Out-of-Network Area: 20% of Plan allowance and any difference between our allowance and the billed amount
• Services provided by a hospital or other facility	Out-of-Network Area Day Care Facility: 20% of Plan allowance and any difference between our allowance and the billed amount
• Services in approved outpatient care settings such as: • Intensive Outpatient Programs (IOP). These programs offer time-limited services that: - Are coordinated, structured, and intensively therapeutic; - Are designed to treat a variety of individuals with moderate to marked impairment in at least one area of daily life resulting from psychiatric or addictive disorders; and - Offer 3-4 hours of active treatment per day at least 2-3 days per week. • Partial Hospitalization. Partial hospitalization is a time limited, ambulatory, active treatment program that: - Offers therapeutically intensive, coordinated and structured clinical services within a stable therapeutic milieu; and - Provides at least 20 hours of scheduled programming extended over a minimum of 5 days per week in either a licensed or JCAHO accredited facility. • Day Care in a day care facility (see definition, page 9)	Out-of-Network Area mental health and substance abuse benefits — Continued on next page

OUT-OF-NETWORK AREA mental health and substance abuse benefits — <i>Continued</i>	You pay
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Services we have not approved</i> • <i>Counseling or therapy for marital, educational, sexual, or behavioral problems</i> • <i>Treatment of mental retardation and learning disabilities</i> <p><i>Note: OPM will base its review of disputes about treatment plans on the treatment plan's clinical appropriateness. OPM will generally not order us to pay or provide one clinically appropriate treatment plan in favor of another.</i></p>	<p><i>All charges</i></p>
<p>Precertification</p> <p>We have the same precertification, preauthorization and concurrent review (which means review of continuing treatment) requirements for non-PPO (within Network Area) services and Out-of-Network Area in the United States as we do for PPO (within Network Area). We waive these requirements for treatment you receive outside of the United States. See pages 44-45 for details.</p>	
<p>Out-of-Network Limitation</p> <p>We will limit your benefits if you do not follow all of our authorization processes and your treatment plan except for care received outside of the U.S.</p>	
<p>See these sections of the brochure for more valuable information about these benefits:</p> <ul style="list-style-type: none"> • Section 3, <i>How you get care</i>, for information about catastrophic protection for these benefits. • Section 7, <i>Filing a claim for covered services</i>, for information about submitting non-PPO and Out-of-Network claims 	

Section 5 (f). Prescription drug benefits

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Here are some important things to keep in mind about these benefits:

- We cover prescribed drugs and medications, as described in the chart beginning on the next page.
- All benefits are subject to the definitions, limitations and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible is: \$300 per person (\$600 per family). The calendar year deductible applies only to prescriptions purchased outside of the 50 United States in this Section. We added “(No deductible)” to show when the calendar year deductible does not apply.
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost sharing works, with special sections for members who are age 65 or over. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.

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- **Who can write your prescription.** A licensed physician must write the prescription.
- **When you have to purchase a prescription.**
 - We will provide you with a combination Foreign Service Benefit Plan/PAID Prescription Drug Identification Card. The PAID Prescription LOGO will appear on the front of the card. The Plan’s RX Group Number of FSBP000 will appear immediately below the logo.
 In most cases, you simply present the card together with the prescription to a network pharmacy. You do not file a PAID prescription card claim with the Plan.
- **Where you can obtain your prescription.**
 - **Network Pharmacies within the 50 United States**
You must fill your prescription at a network pharmacy participating in the PAID TelePAID system. You may obtain the names of network pharmacies by calling 1-800-251-7682 or on the internet at www.merckmedco.com or as a link through our web page at www.afspa.org.
You must present your combined Foreign Service Benefit Plan/PAID Prescription Drug Identification Card when filling your prescription in order to receive this benefit. Prescriptions you purchase at network pharmacies without the use of your card are not covered.
 - **Non-Network Pharmacies in the 50 United States**
Prescriptions you purchase at non-network pharmacies in the 50 United States are not covered.
 - **Mail Order**
You’ll receive forms for refills and future prescription orders each time you receive drugs or supplies under the Mail Order Program. You may also order refills over the internet directly from Merck-Medco Rx Services by visiting www.merckmedco.com. If you have any questions about a particular drug or a prescription, or to request your first order forms, you may call 1-800-251-7682 in the United States or 1-800-497-4641 (available in over 140 countries) from overseas. You can also call Merck-Medco collect at 1-973-560-6100 if the overseas number does not work for you. Your doctor must be licensed in the United States.

Prescription drug benefits — Continued on next page

Section 5 (f). Prescription drug benefits — Continued

•• **Retail Pharmacies outside of the 50 United States**

Fill your prescription as you normally do. Use the Plan's claim form to claim benefits for prescription drugs and supplies you purchased through a retail pharmacy **outside of the 50 United States**. Claims must include receipts that show the name of the patient, prescription number, name of drug(s), name of the prescribing doctor, name of the pharmacy, date, and the charge. You may obtain claim forms by calling 202-833-4910 or from our website at www.afspa.org. Mail claims to the Plan's address shown on page 58.

- **These are the dispensing limitations.**
 - You may purchase up to a 30-day supply of medication at a network pharmacy. Refills cannot be obtained until 75% of the drug has been used. You may not obtain more than a 30-day supply through the network pharmacy arrangement.
 - You may purchase long-term (up to a 90-day supply) prescription needs through the Mail Order Drug Program to receive higher benefits. Merck-Medco Rx Services will fill your prescription. We cover all drugs and supplies listed except for those that require constant refrigeration, are too heavy to mail, or that must be administered by a physician.
- The Plan will send you information on Merck-Medco Rx Services. To order by mail: 1) Complete the initial mail order form; 2) Enclose your prescription and copayment; 3) Mail your order to Merck-Medco Rx Service; and 4) Allow approximately two weeks for delivery.

Benefit Description	You pay
<p>NOTE: The calendar year deductible applies only to prescriptions purchased outside of the 50 United States. We say “(No deductible)” when it does not apply.</p>	
<p>Covered medications and supplies</p> <p>You must present you combined Foreign Service Benefit Plan/PAID Prescription Drug Identification Card when filling your prescription at a network pharmacy.</p> <p>You may purchase the following medications and supplies prescribed by a physician from either a network pharmacy, retail pharmacy outside of the 50 United States, or by mail:</p> <ul style="list-style-type: none"> • Drugs that by Federal law of the United States require a doctor's prescription for their purchase <ul style="list-style-type: none"> • Insulin • Needles and syringes for the administration of covered medications • Diabetic, colostomy, and ostomy supplies • FDA-approved drugs, prescriptions, and devices for birth control 	
	<ul style="list-style-type: none"> • Network Retail (including Medicare Part B): \$10 generic/\$20 brand name (No deductible) • Non-Network Retail (in the 50 United States, including Medicare Part B): 100% of cost • Non-Network Retail pharmacies (outside of the 50 United States, including Medicare Part B): 20% of cost • Network Mail Order (including Medicare Part B): \$15 generic/\$25 brand (No deductible) <p>Note: If there is no generic equivalent available, you will still have to pay the brand name copay.</p>

Covered medications and supplies — Continued on next page

Covered medications and supplies — <i>Continued</i>	You pay
<p>Here are some things to keep in mind about our prescription drug program:</p> <ul style="list-style-type: none"> • If a Federally-approved generic equivalent to the prescribed drug is available, Merck-Medco Rx Services (the Mail Order Program) will dispense the generic equivalent instead of the brand name unless your doctor specifies that the brand name is required. • When Medicare Part B is the primary payer, the Plan does not waive the copayment applicable to covered drugs and supplies purchased at a network pharmacy or through the Mail Order Program. • You may not obtain smoking cessation drugs or hormone therapy treatment with your PAID Prescription Card or through the Mail Order Drug Program. <p>Prescription drugs you receive from a doctor or facility are covered only as specified under Section 5(a) and 5(c).</p>	
<p><i>Not covered:</i></p> <ul style="list-style-type: none"> • <i>Drugs and supplies you purchase at a non-network pharmacy in the United States</i> • <i>Drugs and supplies you purchase without using your combined Foreign Service Benefit Plan/PAID Prescription Drug ID Card at a network pharmacy</i> • <i>Non-prescription medicines (over-the-counter medications)</i> • <i>Drugs and supplies for cosmetic purposes</i> • <i>Nutritional supplements and vitamins</i> • <i>Medication that under Federal law does not require a prescription, even if your doctor prescribes it or State law requires it or for which there is a non-prescription equivalent available</i> • <i>Drugs to aid in smoking cessation except those limited to the \$100 lifetime maximum as part of the smoking cessation benefit (see page 30). You may not obtain smoking cessation drugs with your PAID Prescription Card or through the Mail Order Drug Program. You must purchase these drugs and file the claim with the Plan.</i> • <i>Hormone therapy to diagnose or treat infertility except that limited to the \$5,000 lifetime maximum as part of the diagnosis and treatment of infertility (see page 25). You may not obtain hormone therapy treatment with your PAID Prescription Card or through the Mail Order Drug Program.</i> • <i>Drugs and supplies related to impotency, sex transformations, sexual dysfunction, or sexual inadequacy</i> 	<p><i>All charges</i></p>

Section 5 (g). Special features

Special features	Description
<p>Flexible benefits option</p>	<p>Under the flexible benefits option, we determine the most effective way to provide services.</p> <ul style="list-style-type: none"> • We may identify medically appropriate alternatives to traditional care and coordinate other benefits as a less costly alternative benefit. • Alternative benefits are subject to our ongoing review. • By approving an alternative benefit, we cannot guarantee you will get it in the future. • The decision to offer an alternative benefit is solely ours, and we may withdraw it at any time and resume regular contract benefits. • Our decision to offer or withdraw alternative benefits is not subject to OPM review under the disputed claims process.
<p>24 hour nurse line</p>	<p>Optum® NurseLine:</p> <p>You can reach a R.N. 24 hours a day by calling:</p> <ul style="list-style-type: none"> • their toll-free number at 1-877/610-9809 (this number is also available in over 140 countries from overseas using the specific country's AT&T Access Number; or • their dedicated collect call number (from overseas) at 304/767-7374. <p>They provide help such as:</p> <ul style="list-style-type: none"> •• General health information •• Deciding where to go for care •• Guidance with serious conditions •• Medication questions <p>We will mail you information on Optum NurseLine that contains more details on the services they offer.</p>

Section 5 (h). Dental benefits

Here are some important things to keep in mind about these benefits:

- Please remember that all benefits are subject to the definitions, limitations, and exclusions in this brochure and are payable only when we determine they are medically necessary.
- The calendar year deductible is: \$300 per person (\$600 per family). The calendar year deductible does not apply to most benefits in this Section. We added “(calendar year deductible applies)” to show when the calendar year deductible does apply.
- Be sure to read Section 4, *Your costs for covered services* for valuable information about how cost sharing works, with special sections for members who are age 65 or over. Also read Section 9 about coordinating benefits with other coverage, including with Medicare.
- NOTE: We cover hospital services and supplies related to dental procedures when necessitated by a non-dental physical impairment to safeguard the health of the patient, even though we may not pay benefits for services of dentists or doctors in connection with the dental treatment.

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Benefit Description	You pay
<p>Accidental injury benefit</p> <p>We cover dental work (including dental X-rays) to repair or initially replace sound natural teeth under the following conditions:</p> <ul style="list-style-type: none"> • You must receive these services as a result of an accidental injury (see page 41) to the jaw or sound natural teeth. • You must be covered by this Plan when the accident occurred. • You must receive these services within 24 months of the accident. <p>NOTE: We define a sound natural tooth as a tooth which</p> <ul style="list-style-type: none"> • is whole or properly restored; • is without impairment, periodontal or other conditions; and • does not need treatment for any reason other than an accidental injury. 	<p>PPO: 20% of Plan allowance (calendar year deductible applies)</p> <p>Non-PPO and Out-of-Network Area: 20% of Plan allowance and any difference between our allowance and the billed amount (calendar year deductible applies)</p>

Dental benefits— Continued on next page

Dental benefits (Only those services listed below are covered) — Continued

Services	We pay (scheduled allowance)	You pay
<p>Preventive care, limited to two services per person per calendar year</p> <ul style="list-style-type: none"> • Oral exam • Prophylaxis (cleaning), adult • Prophylaxis, child (thru age 14) • Prophylaxis with fluoride, child (thru age 14) <p>Surgery</p> <ul style="list-style-type: none"> • Apicoectomy (tooth root amputation) • Alveolectomy (excision of alveolar bone) <ul style="list-style-type: none"> • Alveolar abscess, incision and drainage • Gingivectomy (excision of gum tissue) <p>NOTE: Excision of impacted teeth and non-dental oral surgical procedures are covered under Surgery Section 5(b), page 33.</p>	<p>\$13 per exam \$23 per cleaning \$16 per cleaning \$26 per cleaning</p> <p>\$50 per root \$40 for 4 through 12 teeth \$60 for 13 through 20 teeth \$80 for 21 or more teeth \$10 per abscess \$50 per quadrant</p>	<p>All charges in excess of the scheduled amounts listed to the left</p>
<p>Orthodontic Services</p> <p>We define orthodontics as the realignment of natural teeth or correction of malocclusion.</p>	<p>50% of Plan allowance up to a lifetime maximum of \$1,000 per person</p>	<p>50% of Plan allowance until benefits stop at \$1,000. All charges after \$1,000.</p>

Section 5 (i). Non-FEHB benefits available to Plan members

The benefits on this page are not part of the FEHB contract or premium, **and you cannot file an FEHB disputed claim about them.** Fees you pay for these services do not count toward FEHB deductibles, copayments or out-of-pocket maximums.

Discount on Non-Covered Prescription Drugs	<p>You may purchase non-covered (off-plan) prescription drugs at a discount directly from Merck-Medco Rx Services (MMRx) such as:</p> <ul style="list-style-type: none"> • Dermatologicals (Retin-A) • Anorexiant • Rx Vitamins • Smoking deterrents (Nicotrol) • Drugs labeled for cosmetic indications (Propecia) • Erectile dysfunction agents (Viagra) <ul style="list-style-type: none"> • You pay 100% of the discounted price. You cannot file a claim with us for off-plan prescriptions. • Call MMRx Services first at 1-800/251-7682 to find out the price of off-plan prescriptions. • Obtain the prescription from your doctor. • Complete the mail order envelope and enclose your prescription along with your check or credit card number. You must include full payment with your order for prescriptions.
Long Term Care	<ul style="list-style-type: none"> • International coverage • Provides benefits for most levels of care such as skilled, intermediate, custodial, assisted living, home health care, adult day care and respite care • Return of premium feature • Inflation protection available
Term Life Insurance	<ul style="list-style-type: none"> • Up to \$200,000 of coverage • Includes acts of terrorism or war • Simple, inexpensive, straightforward protection
Expanded Dental Benefits	<p>Two Plans offered:</p> <ul style="list-style-type: none"> • CONSUMER DENTAL CARE (Available DC/MD/VA Only) No claim forms, deductibles, or waiting period for pre-existing conditions • DENTAL INDEMNITY PLAN (CIGNA International) International and domestic coverage; Based on coinsurance at 100%, 80% and 50%; Overseas dental referrals; Claims processed in any language and most currencies
Long Distance Telephone Services	<ul style="list-style-type: none"> • Calling Card and, for those overseas, Callback Service • No sign-up fees, no monthly fees, excellent domestic and international rates, and no hidden costs
Senior Living Services	<ul style="list-style-type: none"> • At no cost to our members, we offer information on senior living facilities throughout the U.S.
Legal Services	<ul style="list-style-type: none"> • Four firms located in the Washington Metropolitan area serve our members at special rates
Travel Assistance Services	<ul style="list-style-type: none"> • Emergency medical evacuation; On-the-spot medical payments; Worldwide medical referrals and medical monitoring; Prescription replacement assistance; Repatriation of remains benefit

For information and written material on any of the above programs, please contact us at:

American Foreign Service Protective Association

1716 N Street, NW
 Washington, D.C. 20036-2902
 202/833-4910
 202/833-4918 (fax)

Email: afspa@afspa.org
 Web site: www.afspa.org

Section 6. General exclusions — things we don't cover

The exclusions in this section apply to all benefits. **Although we may list a specific service as a benefit, we will not cover it unless we determine it is medically necessary to prevent, diagnose, or treat your illness, disease, injury, or condition.** The fact that one of our covered providers has prescribed, recommended or approved a service or supply does not make it medically necessary or eligible for coverage under this Plan.

We do not cover the following:

- Services, drugs, or supplies you receive while you are not enrolled in this Plan;
- Services, drugs, or supplies that are not medically necessary;
- Services, drugs, or supplies not required according to accepted standards of medical, dental, or psychiatric practice;
- Experimental or investigational procedures, treatments, drugs or devices;
- Procedures, services, drugs, or supplies related to abortions, except when the life of the mother would be endangered if the fetus were carried to term, or when the pregnancy is the result of an act of rape or incest;
- Procedures, services, drugs, or supplies related to impotency, sex transformations, sexual dysfunction or sexual inadequacy;
- Services, drugs, or supplies you receive from a provider or facility barred from the FEHB Program;
- Services and supplies for which you would not be charged if you had no health insurance coverage;
- Services and supplies you receive without charge; while in active military service; or required for illness or injury sustained on or after the effective date of enrollment (1) as a result of an act of war within the United States, its territories, or possessions or (2) during combat;
- Services and supplies you receive from immediate relatives or household members, such as spouse, parents, children, brothers or sisters by blood, marriage or adoption;
- Services and supplies you receive from a noncovered facility, except that medically necessary prescription drugs are covered;
- Services and supplies not recommended or approved by a covered provider;
- Services and supplies not specifically listed as covered;
- Services and supplies related to weight control or any treatment of obesity, except surgery for morbid obesity;
- Non-medical services such as recreational and educational therapy and nutritional counseling;
- Treatment of mental retardation and learning disabilities;
- Services for cosmetic purposes;
- Non-surgical treatment of temporomandibular joint (TMJ) dysfunction including dental appliances, study models, splints and other devices;
- Any portion of a provider's fee or charge ordinarily due from you that has been waived. If a provider routinely waives (does not require you to pay) a deductible, copayment or coinsurance, we will calculate the actual provider fee or charge by reducing the fee or charge by the amount waived;
- Charges you or we have no legal obligation to pay, such as: excess charges for an annuitant age 65 or older who is not covered by Medicare Parts A and/or B (see page 18), doctor charges exceeding the amount specified by the Department of Health and Human Services when benefits are payable under Medicare (limiting charge) (see page 19), or State premium taxes however applied; or
- Charges that we determine are over our Plan allowance.

Section 7. Filing a claim for covered services

How to claim benefits

To obtain claim forms or other claims filing advice or answers about our benefits, contact us by mail at Foreign Service Benefit Plan, 1716 N Street, NW, Washington, DC 20036, by phone at 202/833-4910, by fax at 202/833-4918, by email at afspa@afspa.org or at our website at www.afspa.org.

In most cases, providers and facilities file claims for you. Your physician must file on the form HCFA-1500, Health Insurance Claim Form. Your facility will file on the UB-92 form.

When you must file a claim — such as for non-PPO or out-of-network providers, overseas claims or when another group health plan is primary — submit it on the HCFA-1500 or a claim form that includes the information shown below. Bills and receipts should be itemized and show:

- Name of patient and relationship to enrollee;
- Plan identification number of the enrollee;
- Name and address of person or firm providing the service or supply;
- Dates that services or supplies were furnished;
- Diagnosis;
- Type of each service or supply; and
- The charge for each service or supply.

Note: Canceled checks, cash register receipts, or balance due statements are not acceptable substitutes for itemized bills.

In addition:

- You must send a copy of the explanation of benefits (EOB) from any primary payer (such as the Medicare Summary Notice (MSN)) with your claim. See page 61 for Medicare claims.
- Bills for private duty nursing care must show that the nurse is a registered (R.N.) or licensed practical nurse (L.P.N.). You should also include the initial history and physical, treatment plan indicating expected duration and frequency from your attending physician and the nursing notes from the nurse.
- Claims for rental or purchase of durable medical equipment must include the purchase price, a prescription and a statement of medical necessity including the diagnosis and estimated length of time needed.
- Claims for physical, occupational, and speech therapy must include an initial evaluation and treatment plan indicating length of time needed for therapy and progress (therapy) notes for each date of service from the therapist.
- Claims for dental services must include a copy of the dentist's itemized bill (including the information required above) and the dentist's Federal Tax I.D. number. We do not have separate dental claim forms.

Overseas (foreign) claims

- If you are posted overseas and covered by both us and the Medical and Health Program of the Department of State - Office of Medical Services (OMS), you should submit claims to us as described on the previous page or as directed by OMS, through your Administrative Office.
- If you are not covered by the Medical and Health Program of the Department of State, you should submit claims directly to us as described on the previous page.
- You may include an English translation but you do not have to. We will translate claims and will convert to U.S. Currency using the exchange rate applicable at the time the expense was incurred if you do not supply us with a translation or conversion.
- **We have direct billing arrangements with hospitals in Germany and Panama. We have a fast track payment process if you are posted in Korea.** Please contact us for more information on these arrangements if you are in these locations.

After you complete a claim form and attach proper documentation, send your claims to:

**Foreign Service Benefit Plan
1716 N Street, NW
Washington, DC 20036**

If you are overseas and have access to the Department of State pouch mail, you may send your claims in care of Department of State, Washington, DC 20520. Note: Do not use this address if you are in the United States. It will delay your claim.

Plan telephone number: 202/833-4910

Records

Keep a separate record of the medical expenses of each covered family member as deductibles and maximum allowances apply separately to each person. Save copies of all medical bills, including those you accumulate to satisfy a deductible. In most instances they will serve as evidence of your claim.

We will provide you with a record of expenses you submit and benefits we paid for each claim that you file (explanation of benefits (EOB)). You are responsible for keeping these. We will not provide duplicate or year-end statements.

Deadline for filing your claim

Send us all of the documents for your claim as soon as possible. You must submit the claim within 90 days after you incur the expense, but in no event later than 2 years from the date you incur the expense. We can extend this deadline if you were prevented from filing your claim timely by administrative operations of Government or legal incapacity, provided you file the claim as soon as reasonably possible. Once we pay benefits, there is a three-year limitation on the reissuance of uncashed checks.

When we need more information

Please reply promptly when we ask for additional information. We may delay processing or deny your claim if you do not respond.

Section 8. The disputed claims process

Follow this Federal Employees Health Benefits Program disputed claims process if you disagree with our decision on your claim or request for services, drugs, or supplies — including a request for preauthorization/prior approval:

Step	Description
------	-------------

- 1** Ask us in writing to reconsider our initial decision. You must:
 - (a) Write to us within 6 months from the date of our decision; and
 - (b) Send your request to us at: Foreign Service Benefit Plan, 1716 N Street NW, Washington, DC 20036; and
 - (c) Include a statement about why you believe our initial decision was wrong, based on specific benefit provisions in this brochure; and
 - (d) Include copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms.

- 2** We have 30 days from the date we receive your request to:
 - (a) Pay the claim (or, if applicable arrange for the health care provider to give you the care); or
 - (b) Write to you and maintain our denial — go to step 4; or
 - (c) Ask you or your provider for more information. If we ask your provider, we will send you a copy of our request — go to step 3.

- 3** You or your provider must send the information so that we receive it within 60 days of our request. We will then decide within 30 more days.

If we do not receive the information within 60 days, we will decide within 30 days of the date the information was due. We will base our decision on the information we already have.

We will write to you with our decision.

- 4** If you do not agree with our decision, you may ask OPM to review it. You must write to OPM within:
 - 90 days after the date of our letter upholding our initial decision; or
 - 120 days after you first wrote to us — if we did not answer that request in some way within 30 days; or
 - 120 days after we asked for additional information.

Write to OPM at: Office of Personnel Management, Office of Insurance Programs, Contracts Division II, P.O. Box 436, Washington, D.C. 20044-0436.

Send OPM the following information:

 - A statement about why you believe our decision was wrong, based on specific benefit provisions in this brochure;
 - Copies of documents that support your claim, such as physicians' letters, operative reports, bills, medical records, and explanation of benefits (EOB) forms;
 - Copies of all letters you sent to us about the claim;
 - Copies of all letters we sent to you about the claim; and
 - Your daytime phone number and the best time to call.

Note: If you want OPM to review different claims, you must clearly identify which documents apply to which claim.

Note: You are the only person who has a right to file a disputed claim with OPM. Parties acting as your representative, such as medical providers, must provide a copy of your specific written consent with the review request.

Note: The above deadlines may be extended if you show that you were unable to meet the deadline because of reasons beyond your control.

The Disputed Claims Process — *Continued*

5 OPM will review your disputed claim request and will use the information it collects from you and us to decide whether our decision is correct based on the terms of the contract. OPM will send you a final decision within 60 days. There are no other administrative appeals.

6 If you do not agree with OPM's decision, your only recourse is to sue. If you decide to sue, you must file the suit against OPM in Federal court by December 31 of the third year after the year in which you received the disputed services, drugs or supplies. This is the only deadline that may not be extended.

OPM may disclose the information it collects during the review process to support their disputed claim decision. This information will become part of the court record.

You may not sue until you have completed the disputed claims process. Further, Federal law governs your lawsuit, benefits, and payment of benefits. The Federal court will base its review on the record that was before OPM when OPM decided to uphold or overturn our decision. You may recover only the amount of benefits in dispute.

NOTE: If you have a serious or life threatening condition (one that may cause permanent loss of bodily functions or death if not treated as soon as possible), and

- (a) We haven't responded yet to your initial request for care or preauthorization/prior approval, then call us at 202/833-4910 and we will expedite our review; or
- (b) We denied your initial request for care or preauthorization/prior approval, then:
 - If we expedite our review and maintain our denial, we will inform OPM so that they can give your claim expedited treatment too, or
 - You can call OPM's Health Benefits Contracts Division II at 202/606-3818 between 8 a.m. and 5 p.m. eastern time.

Section 9. Coordinating benefits with other coverage

When you have other health coverage

You must tell us if you are covered or a family member is covered under another group health plan or have automobile insurance that pays health care expenses without regard to fault. This is called "double coverage."

When you have double coverage, one plan normally pays its benefits in full as the primary payer and the other plan pays a reduced benefit as the secondary payer. We, like most other insurers, determine which coverage is primary according to the National Association of Insurance Commissioners' guidelines.

When we are the primary payer, we will pay the benefits described in this brochure.

When we are the secondary payer, we will determine our allowance. You must send us your primary plan's explanations of benefits (EOBs) if we ask for them. After the primary plan pays, we will pay what is left of our allowance, up to the lesser of

- Our benefits in full, or
- A reduced amount that, when added to the benefits payable by the primary plan, does not exceed 100% of covered expenses.

We will not pay more than our allowance. The combined payments from both plans might not equal the entire amount billed by the provider.

- **What is Medicare?**

Medicare is a Health Insurance Program for:

- People 65 years of age and older.
- Some people with disabilities, under 65 years of age.
- People with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant).

Medicare has two parts:

- Part A (Hospital Insurance). Most people do not have to pay for Part A.
- Part B (Medical Insurance). Most people pay monthly for Part B.

If you are eligible for Medicare, you may have choices in how you get your health care. Medicare + Choice is the term used to describe the various health plan choices available to Medicare beneficiaries. The information in the next few pages shows how we coordinate benefits with Medicare, depending on the type of Medicare+Choice plan you have.

- **The Original Medicare Plan**

The Original Medicare Plan is available everywhere in the United States. It is the way most people get their Medicare Part A and Part B benefits. You may go to any doctor, specialist, or hospital that accepts Medicare. Medicare pays its share and you pay your share. Some things are not covered under Original Medicare, like prescription drugs.

When you are enrolled in this Plan and Original Medicare, you still need to follow the rules in this brochure for us to cover your care. We do not require precertification of inpatient hospital confinements when Medicare Part A is primary.

Claims process — Send us a copy of your Medicare Card when we are secondary to Medicare. We need this information in order to start electronic crossover of your claims. Electronic crossover is a process that assures, in most cases, you do not have to file a claim when Medicare is primary. Call us at 202/833-4910 or contact us at afspa@afspa.org to find out if your claims are being electronically filed or you have questions about the process described below.

- When we are the primary payer, we process the claim first.
- When Original Medicare is the primary payer, Medicare processes your claim first. In most cases, we will coordinate your claims automatically and we will pay the balance of covered charges. There are exceptions:
 - If you have not sent us a copy of your Medicare card as stated above, you will need to send us your claims and Medicare Summary Notices (MSN) until you have sent us your Medicare Card and we have had time to set up electronic crossover.
 - If Medicare rejects your claim completely, send us your claim and your MSN. You must send them in order for us to begin processing your claim.
 - If Medicare rejects a part of your claim or pays a reduced amount, you may need to send us your claim and MSN. In that case, we will ask you for a copy of them. You must send them to us in order for us to continue processing your claim.

We waive some costs when you have Medicare — When Medicare is the primary payer, we will waive some out-of-pocket costs, as follows:

- **Medical services and supplies provided by physicians and other health care professionals in Section 5(a).**
 - If you are enrolled in Medicare Part B, we will waive your calendar year deductible and coinsurance.
- **Surgical and anesthesia services provided by physicians and other health care professionals in Section 5(b).**
 - If you are enrolled in Medicare Part B, we will waive your coinsurance.
- **Services provided by a hospital or other facility, and ambulance services in Section 5(c).**
 - If you are enrolled in Medicare Part A, we will waive your inpatient hospital copayment and coinsurance for inpatient confinement.
 - If you are enrolled in Medicare Part B, we will waive the deductible and coinsurance for outpatient hospital, ambulatory surgical center and ambulance.
- **Services provided by facilities and providers covered under Emergency services/Accidents in Section 5(d).**
 - If you are enrolled in Medicare Part B, we will waive the deductible and coinsurance.
- **Services provided by Mental health and substance abuse facilities and providers in Section 5(e).**
 - If you are enrolled in Medicare Part A, we will waive the inpatient hospital copayment and coinsurance for inpatient confinement.
 - If you are enrolled in Medicare Part B, we will waive the deductible and coinsurance.
- **Services provided under Prescription benefits Section 5(f).**
 - We do **not** waive the prescription copay.
- **Services provided under Dental benefits in Section 5(h).**
 - We do **not** waive the coinsurance under Dental benefits.

The following chart illustrates whether Original Medicare or this Plan should be the primary payer for you according to your employment status and other factors determined by Medicare. It is critical that you tell us if you or a covered family member has Medicare coverage so we can administer these requirements correctly.

Primary Payer Chart		
A. When either you — or your covered spouse — are age 65 or over and ...	Then the primary payer is...	
	Original Medicare	This Plan
1) Are an active employee with the Federal government (including when you or a family member are eligible for Medicare solely because of a disability),		✓
2) Are an annuitant,	✓	
3) Are a reemployed annuitant with the Federal government when... a) The position is excluded from FEHB, or ✓ b) The position is not excluded from FEHB ✓ Ask your employing office which of these applies to you.	✓	✓
4) Are a Federal judge who retired under title 28, U.S.C., or a Tax Court judge who retired under Section 7447 of title 26, U.S.C. (or if your covered spouse is this type of judge),	✓	
5) Are enrolled in Part B only, regardless of your employment status,	✓ (for Part B services)	✓ (for other services)
6) Are a former Federal employee receiving Workers' Compensation and the Office of Workers' Compensation Programs has determined that you are unable to return to duty,	✓ (except for claims related to Workers' Compensation.)	
B. When you — or a covered family member — have Medicare based on end stage renal disease (ESRD) and...		
1) Are within the first 30 months of eligibility to receive Part A benefits solely because of ESRD,		✓
2) Have completed the 30-month ESRD coordination period and are still eligible for Medicare due to ESRD,	✓	
3) Become eligible for Medicare due to ESRD after Medicare became primary for you under another provision,	✓	
C. When you or a covered family member have FEHB and...		
1) Are eligible for Medicare based on disability, and a) Are an annuitant, or ✓ b) Are an active employee ✓	✓	✓

Also, this Plan is primary if you receive services on incur charges:

- At a VA Medical Center;
- Overseas; or
- On board a ship not in a U.S. port or more than six hours before arrival at, or after departure from a U.S. port, even if the ship is of U.S. registry.

Note: Medicare remains primary in certain bordering areas of Canada and Mexico.

- **Medicare managed care plan**

If you are eligible for Medicare, you may choose to enroll in and get your Medicare benefits from a Medicare managed care plan. These are health care choices (like HMOs) in some areas of the country. In most Medicare managed care plans, you can only go to doctors, specialists, or hospitals that are part of the plan. Medicare managed care plans cover all Medicare Part A and B benefits. Some cover extras, like prescription drugs. To learn more about enrolling in a Medicare managed plan, contact Medicare at 1-800-MEDICARE (1-800-633-4227) or at www.medicare.gov. If you enroll in a Medicare managed plan, the following options are available to you:

This Plan and another Plan's Medicare managed care plan: You may enroll in another plan's Medicare managed care plan and also remain enrolled in our FEHB plan. We will still provide benefits when your Medicare managed care plan is primary, even out of the managed care plan's network and/or service area, but we will not waive any of our copayments, coinsurance, or deductibles.

Suspended FEHB coverage and a Medicare managed care plan: If you are an annuitant or former spouse, you can suspend your FEHB coverage and enroll in a Medicare managed care plan, eliminating your FEHB premium. (OPM does not contribute to your Medicare managed care plan premium.) For information on suspending your FEHB enrollment, contact your retirement office. If you later want to re-enroll in the FEHB Program, generally you may do so only at the next Open Season unless you involuntarily lose coverage or move out of the Medicare managed service area.

- **Private Contract**

A physician may ask you to sign a private contract agreeing that you can be billed directly for service ordinarily covered by Original Medicare. Should you sign an agreement, Medicare will not pay any portion of the charges, and we will not increase our payment. We will still limit our payment to the amount we would have paid after Original Medicare's payment.

- **Enrollment in Medicare Part B**

Note: We cannot require you to enroll in Medicare. If you choose not to enroll in Medicare Part B, you can still be covered under the FEHB Program.

TRICARE

TRICARE is the health care program for eligible dependents of military persons, and retirees of the military. TRICARE includes the CHAMPUS program. If both TRICARE and this Plan cover you, we pay first. See your TRICARE Health Benefits Advisor if you have questions about TRICARE coverage.

Workers' Compensation

We do not cover services that:

- you need because of a workplace-related disease or injury that the Office of Workers' Compensation Programs (OWCP) or a similar Federal or State agency determines they must provide; or
- OWCP or a similar agency pays for through a third party injury settlement or other similar proceeding that is based on a claim you filed under OWCP or similar laws.

Once OWCP or similar agency pays its maximum benefits for your treatment, we will cover your benefits.

Medicaid

When you have this Plan and Medicaid, we pay first.

When other Government agencies are responsible for your care

We do not cover services and supplies when a local, State, or Federal Government agency directly or indirectly pays for them.

When others are responsible for injuries

We have the right to recover payment we have made to you from any recovery you receive because of illness or injury caused by the act or omission of a third party (another person or organization).

If you do not seek damages you must agree to let us try. This is called subrogation. We are also subrogated to your present and future claims against the third party.

If you suffer an injury or illness through the act or omission of a third party, you agree:

- to reimburse us for benefits paid up to the recovery amount; and
- that we are subrogated to your rights to the extent of benefits paid, including the right to bring suit.

All recoveries must be used to reimburse us for benefits paid. Unless we agree in writing to a reduction, you cannot reduce our share of the recovery because you do not receive the full amount of damages claimed.

If we invoke this provision:

- We will pay benefits for the injury or illness as long as you:
 - take no action to prejudice our ability to recover benefits; and
 - reasonably assist us in recovery.
- Our reimbursement right extends only to the amount we paid or would pay because of the injury or illness.
- We may insist on a proceeds assignment and may withhold payment of benefits otherwise due until the assignment is provided. Failure to request or obtain assignment prior to us paying benefits will in no way diminish our rights of reimbursement and subrogation.

We will have a lien on the proceeds of your claim to the third party to reimburse ourselves the full amount of benefits we have paid or may pay. Our lien will apply to any and all recoveries for the claim and will be satisfied in full out of the proceeds before the satisfaction of any individual's claim.

You are required to notify us promptly of any claim that you may have for damages as a result of the act or omission of a third party, for which we have paid or may pay benefits. In addition, you are required to notify us of any recovery that you obtain, and you are required to reimburse us in full for the benefits paid or to be paid. Any reduction of our lien for payment of associated costs must be approved by us prior to payment.

Section 10. Definitions of terms we use in this brochure

Admission	The period from entry (admission) into a hospital or other covered facility until discharge. In counting days of inpatient care, we count the date of entry and the date of discharge as the same day.
Assignment	You authorize us to issue payment of benefits directly to the provider of services. The Plan reserves the right to pay the member directly for all covered services.
Calendar year	January 1 through December 31 of the same year. For new enrollees, the calendar year begins on the effective date of their enrollment and ends on December 31 of the same year.
Coinsurance	The percentage of our allowance that you must pay for your care. You may also be responsible for additional amounts. See page 15.
Confinement	An admission (or series of admissions separated by less than 60 days) to a hospital as an inpatient for any one illness or injury. You start a new confinement when an admission is: (1) for a cause entirely unrelated to the cause for the previous admission; (2) for an enrolled employee who returns to work for at least one day before the next admission; or (3) for a dependent or annuitant when confinements are separated by at least 60 days.
Copayment	A fixed amount of money you pay to the provider when you receive covered services. See page 14.
Covered services	Services we provide benefits for, as described in this Brochure.
Custodial care	<p>Treatment or services, regardless of who recommends them or where they are provided, that a person not medically skilled could render safely and reasonably, or that help you mainly with daily living activities. These activities include but are not limited to:</p> <ol style="list-style-type: none">1) personal care such as help in: walking; getting in and out of bed; bathing; eating by spoon, tube or gastrostomy; exercising; dressing;2) homemaking, such as preparing meals or special diets;3) moving you;4) acting as companion or sitter;5) supervising medication that you can usually take yourself; or6) treatment or services that you may be able to perform with minimal instruction, including but not limited to recording temperature, pulse, respirations, or administration and monitoring of feeding systems. <p>We determine which services are custodial care.</p>
Deductible	A fixed amount of covered expenses you must incur for certain covered services and supplies before we start paying benefits for those services. See page 14.
Effective date	<p>The date the benefits described in this brochure become effective:</p> <ol style="list-style-type: none">1) January 1 for all continuing enrollments;2) The first day of the first full pay period of the new year if you change plans or options or elect FEHB coverage during the Open Season for the first time; or3) The date determined by your employing or retirement system if you enroll during the calendar year, but not during the Open Season.

Expense

The cost incurred for a covered service or supply ordered or prescribed by a doctor. You incur an expense on the date the service or supply is received. Expense does not include any charge:

- 1) for a service or supply that is not medically necessary; or
- 2) that is in excess of the Plan's allowance for the service or supply.

Experimental or Investigational Services

A drug, device or biological product is experimental or investigational if the drug, device, or biological product cannot be lawfully marketed without approval of the U.S. Food and Drug Administration (FDA) and approval for marketing has not been given at the time it is furnished. Approval means all forms of acceptance by the FDA.

A medical treatment or procedure, or a drug, device, or biological product is experimental or investigational if 1) reliable evidence shows that it is the subject of ongoing phase I, II, or III clinical trials or under study to determine its maximum tolerated dose, its toxicity, its safety, its efficacy, or its efficacy as compared with the standard means of treatment or diagnosis; or 2) reliable evidence shows that the consensus of opinion among experts regarding the drug, device, or biological product or medical treatment or procedure is that further studies or clinical trials are necessary to determine its maximum tolerated dose, its toxicity, its safety, its efficacy, or its efficacy as compared with the standard means of treatment or diagnosis.

Reliable evidence means only published reports and articles in the authoritative medical and scientific literature; the written protocol or protocols used by the treating facility or the protocol(s) of another facility studying substantially the same drug, device or medical treatment or procedure; or the written informed consent used by the treating facility or by another facility studying substantially the same drug, device or medical treatment or procedure.

If you need additional information regarding the determination of experimental and investigational, please contact us.

Group health coverage

Health care coverage that you are eligible for because of employment, membership in, or connection with, a particular organization or group that provides payment for any health care services or supplies, or that pays a specific amount for each day or period of hospitalization if the specified amount exceeds \$200 per day, including extension of any of these benefits through COBRA.

Medical emergency

The sudden and unexpected onset of a condition or an injury that you believe endangers your life or could result in serious injury or disability and requires immediate medical or surgical care that you receive within 72 hours after the onset. Medical emergencies include deep cuts, broken bones, heart attacks, cardiovascular accidents, poisonings, loss of consciousness or respiration, convulsions, and such other acute conditions that we determine to be medical emergencies.

Medically necessary

Services, drugs, supplies or equipment provided by a hospital or covered provider of the health care services that we determine:

- 1) are appropriate to diagnose or treat your condition, illness or injury;
- 2) are consistent with standards of good medical practice in the United States;
- 3) are not primarily for your, a family member's or a provider's personal comfort or convenience;
- 4) are not a part of or associated with your scholastic education or vocational training; and
- 5) in the case of inpatient care, cannot be provided safely on an outpatient basis.

The fact that a covered provider has prescribed, recommended, or approved a service, supply, drug or equipment does not, in itself, make it medically necessary.

Mental Conditions/ Substance Abuse

Conditions and diseases listed in the most recent edition of the International Classification of Diseases (ICD) as psychoses, neurotic disorders, or personality disorders; other nonpsychotic mental disorders listed in the ICD, to be determined by us; or disorders listed in the ICD requiring treatment for abuse of or dependence upon substances such as alcohol, narcotics, or hallucinogens.

Plan allowance

The amount we use to determine our payment and your coinsurance for covered services. Fee-for-service plans determine their allowances in different ways. We determine our allowance as follows:

PPO Providers — Our Plan allowance is a negotiated amount between us and the provider. Neither you nor the provider can unilaterally change the negotiated amount. We base our coinsurance on this negotiated amount. This applies to all benefits in Section 5 of this Brochure.

Non-PPO and Out-of-Network Providers — We base our Plan allowance on reasonable and customary charges (R&C). We define R&C as charges that are

- Comparable to those made by other providers for similar services and supplies under comparable circumstances in the same geographic area;
- Developed from actual claims we receive from each Zip Code area throughout the United States, as compiled by the Health Insurance Association of America;
- Updated twice a year; and
- Are within the 90th percentile of the charges. We chose the 90th percentile to assure that as broad a range of charges are considered to be within R&C as possible under the FEHB Program.

We use this method for determining our allowance for all benefits in Section 5 of this Brochure. For certain specific services in Section 5, exceptions to this general method for determining the Plan's allowances may exist.

We generally do not reduce overseas claims to a Plan allowance. However, we reserve the right to request information that will enable us to determine an allowance on charges that we deem to be excessive.

We determine what is a reasonable and customary charge and what is within our Plan allowance.

For more information, see *Differences between our allowance and the bill* in Section 4.

Us/We

Us and we refer to the Foreign Service Benefit Plan

You

You refers to the enrollee and each covered family member.

Section 11. FEHB facts

No pre-existing condition limitation

We will not refuse to cover the treatment of a condition that you had before you enrolled in this Plan solely because you had the condition before you enrolled.

Where you can get information about enrolling in the FEHB Program

See www.opm.gov/insure. Also, your employing or retirement office can answer your questions, and give you a *Guide to Federal Employees Health Benefits Plans*, brochures for other plans, and other materials you need to make an informed decision about:

- When you may change your enrollment;
- How you can cover your family members;
- What happens when you transfer to another Federal agency, go on leave without pay, enter military service, or retire;
- When your enrollment ends; and
- When the next open season for enrollment begins.

We don't determine who is eligible for coverage and, in most cases, cannot change your enrollment status without information from your employing or retirement office.

Types of coverage available for you and your family

Self Only coverage is for you alone. Self and Family coverage is for you, your spouse, and your unmarried dependent children under age 22, including any foster children or stepchildren your employing or retirement office authorizes coverage for. Under certain circumstances, you may also continue coverage for a disabled child 22 years of age or older who is incapable of self-support.

If you have a Self Only enrollment, you may change to a Self and Family enrollment if you marry, give birth, or add a child to your family. You may change your enrollment 31 days before to 60 days after that event. The Self and Family enrollment begins on the first day of the pay period in which the child is born or becomes an eligible family member. When you change to Self and Family because you marry, the change is effective on the first day of the pay period that begins after your employing office receives your enrollment form; benefits will not be available to your spouse until you marry.

Your employing or retirement office will **not** notify you when a family member is no longer eligible to receive health benefits, nor will we. Please tell us immediately when you add or remove family members from your coverage for any reason, including divorce, or when your child under age 22 marries or turns 22.

If you or one of your family members is enrolled in one FEHB plan, that person may not be enrolled in or covered as a family member by another FEHB plan.

When benefits and premiums start

The benefits in this brochure are effective on January 1. If you are new to this Plan, your coverage and premiums begin on the first day of your first pay period that starts on or after January 1. Annuitants' premiums begin on January 1.

Your medical and claims records are confidential

We will keep your medical and claims information confidential. Only the following will have access to it:

- OPM, this Plan, and subcontractors when they administer this contract;
- This Plan, and appropriate third parties, such as other insurance plans and the Office of Workers' Compensation Programs (OWCP), when coordinating benefit payments and subrogating claims;
- Law enforcement officials when investigating and/or prosecuting alleged civil or criminal actions;
- OPM and the General Accounting Office when conducting audits;
- Individuals involved in bona fide medical research or education that does not disclose your identity;
- As part of its administration of the Prescription Drug Benefits, the Plan may disclose information about a member's prescription drug utilization, including the names of prescribers to any treating prescribers or dispensing pharmacies; or
- OPM, when reviewing a disputed claim or defending litigation about a claim.

When you retire

When you retire, you can usually stay in the FEHB Program. Generally, you must have been enrolled in the FEHB Program for the last five years of your Federal service. If you do not meet this requirement, you may be eligible for other forms of coverage, such as temporary continuation of coverage (TCC).

When you lose benefits

• When FEHB coverage ends

You will receive an additional 31 days of coverage, for no additional premium, when:

- Your enrollment ends, unless you cancel your enrollment, or
- You are a family member no longer eligible for coverage.

You may be eligible for spouse equity coverage or TCC.

• Spouse equity coverage

If you are divorced from a Federal employee or annuitant, you may not continue to get benefits under your former spouse's enrollment. But, you may be eligible for your own FEHB coverage under the spouse equity law. If you are recently divorced or are anticipating a divorce, contact your ex-spouse's employing or retirement office to get RI 70-5, the *Guide to Federal Employees Health Benefits Plans for Temporary Continuation of Coverage and Former Spouse Enrollees*, or other information about your coverage choices.

• TCC

If you leave Federal service, or if you lose coverage because you no longer qualify as a family member, you may be eligible for TCC. For example, you can receive TCC if you are not able to continue your FEHB enrollment after you retire.

You may not elect TCC if you are fired from your Federal job due to gross misconduct.

Get the RI 79-27, which describes TCC, and the RI 70-5, the *Guide to Federal Employees Health Benefits Plans for Temporary Continuation of Coverage and Former Spouse Enrollees*, from your employing or retirement office or from www.opm.gov/insure

- **Converting to individual coverage**

You may convert to a non-FEHB individual policy if:

- Your coverage under TCC or the spouse equity law ends. If you canceled your coverage or did not pay your premium, you cannot convert;
- You decided not to receive coverage under TCC or the spouse equity law; or
- You are not eligible for coverage under TCC or the spouse equity law.

If you leave Federal service, your employing office will notify you of your right to convert. You must apply in writing to us within 31 days after you receive this notice. However, if you are a family member who is losing coverage, the employing or retirement office will **not** notify you. You must apply in writing to us within 31 days after you are no longer eligible for coverage.

Your benefits and rates will differ from those under the FEHB Program; however, you will not have to answer questions about your health, and we will not impose a waiting period or limit your coverage due to pre-existing conditions.

Getting a Certificate of Group Health Plan Coverage

If you leave the FEHB Program, we will give you a Certificate of Group Health Plan Coverage that indicates how long you have been enrolled with us. You can use this certificate when getting health insurance or other health care coverage. Your new plan must reduce or eliminate waiting periods, limitations, or exclusions for health related conditions based on the information in the certificate, as long as you enroll within 63 days of losing coverage under this Plan.

If you have been enrolled with us for less than 12 months, but were previously enrolled in other FEHB plans, you may also request a certificate from those plans.

Inspector General Advisory

Stop health care fraud! Fraud increases the cost of health care for everyone. If you suspect that a physician, pharmacy, or hospital has charged you for services you did not receive, billed you twice for the same service, or misrepresented any information, do the following:

- Call the provider and ask for an explanation. There may be an error.
- If the provider does not resolve the matter, call us at 202/833-4910 and explain the situation.
- If we do not resolve the issue, call **THE HEALTH CARE FRAUD HOTLINE—202/418-3300** or write to: The United States Office of Personnel Management, Office of the Inspector General Fraud Hotline, 1900 E Street, NW, Room 6400, Washington, DC 20415.

Penalties for Fraud

Anyone who falsifies a claim to obtain FEHB Program benefits can be prosecuted for fraud. Also, the Inspector General may investigate anyone who uses an ID card if the person tries to obtain services for someone who is not an eligible family member, or is no longer enrolled in the Plan and tries to obtain benefits. Your agency may also take administrative action against you.

Index

Do not rely on this page; it is for your convenience and does not explain your benefit coverage. **This Index references both covered and non-covered services and supplies.**

- Accidental injury 41-42, 53
Acupuncture 30
Allergy care 26
Ambulance 40, 42
Anesthesia 35
Authorization (Mental Health Services) 13-14, 43-48
- Birthing centers** 9, 24
Bone marrow transplant 34
Breast prosthesis 28, 33
- Cancer screening 22
Catastrophic (out-of-pocket) protection 7, 16-17
Chemotherapy 26
Claiming benefits 50, 57-58, 61
Coinsurance 7, 15-16, 56, 62, 66
Contact lenses 27
Contraceptive devices and drugs 25, 50
Coordination of benefits 60-64, 70
Copayment 7, 14, 17, 36, 46-47, 66
Cosmetic services .. 32-33, 37-38, 51, 56
Covered facilities 9-10
Covered providers 8-9
Custodial care .. 9-10, 27, 29, 37, 39, 66
- Day care** 9, 17, 44, 46-47
Deductible .. 7, 14, 15-17, 21-48, 50, 66
Dental benefits 33-34, 53-54
Diagnostic and treatment services 21-22
Disputed claims process 59-60
Drug card 7, 8, 14, 49-51
- Effective date of enrollment 8, 10, 14, 66
Emergency 11, 19, 41-42, 44, 62, 67
Equipment, medical 26, 28, 37-38, 57, 67
Experimental or investigational ... 56, 67
Eyeglasses 27
- Family planning** 25
Flexible benefits option 52
Foot care 27
- Group therapy** 44, 46-47
- Hearing services** 27
Home health services 11-13, 29, 36
Hospice 9, 11-13, 17, 36, 39
Hospital 7, 9-14, 17-18, 21-24, 35-38, 40-48, 53
- Identification cards 5, 7, 8, 49-50
Impacted teeth, removal of 33
Impotency 21, 24, 32, 38, 51, 56
Individual therapy 44, 46-47
Infertility services 17, 25, 51
Insulin 50
Investigative or experimental 56, 67
- Lab, X-rays and other diagnostic tests 21-22
Lifetime maximums 17, 25, 30, 39, 51, 54
- Mail order prescription drugs** ... 7, 49-51
Maternity care 12, 23-24, 37
Medically necessary 11, 12, 21, 28, 31, 33, 36, 40-41, 43, 49, 53
Medicare 9-10, 13-14, 18-19, 29, 45, 50-51, 56-57, 61-64
Mental Health/Substance Abuse 6-7, 13-14, 16, 43-48, 62, 68
Merck-Medco Rx Services 49-51
- Newborn care** 24
No-fault insurance 65
Non-FEHB benefits 55
NurseLine (Optum) 52
Nursery charges 24
- Obesity, morbid** 31, 56
Obstetrical care 12, 23-24, 37
Occupational therapy 26
Office visits 21
Organ/tissue transplants 34
Orthodontics 54
Orthopedic devices 28, 31, 37-38
Out-of-pocket expenses 7, 14-17
Overseas (outside of US) claims..16, 37, 47-50, 52
Oxygen 26, 28, 37-38
- Pharmacy drug card** 7-8, 14, 49-51
Physical therapy 26, 29, 57
Physician 5, 8-12, 15-16, 18-19, 21, 26, 28, 31, 36-37, 41-42, 49-50, 57, 62, 64, 71
Plan allowance 15-17, 21-47, 53-54, 56, 68
- Preauthorization (Mental health services)**..... 13-14, 17, 43-45, 47-48
Precertification 11-14, 17, 29, 36, 39, 43-45, 47-48
Preferred Provider Organization (PPO) 5-7, 14-18, 21-48, 68
Prescription drugs 7-8, 14, 17, 25, 49-51, 55-57, 61-62, 70
Prescription drug card ... 7, 8, 14, 49-51
Preventive care 22-23, 54
Private duty nursing 29, 37
Prosthetic devices 28, 31, 33, 37-38
- Radiation therapy** 26
Reasonable and customary (R&C) 68
Rehabilitative therapies 26-27
Renal dialysis 26
Routine physical examination and services 22
- Second surgical opinion** 21, 31
Skilled nursing facility (SNF) 10-13, 35-37, 39
Speech therapy 26, 29, 57
Sterilization procedures 24-25, 31-32
Subrogation provision 65
Substance abuse 6-7, 13-14, 16, 43-48, 62, 68
Surgery 17, 22, 24-25, 28, 31-35, 37-38, 41, 54, 56
Surgical center 35-36, 38, 62
- Take-home items** 37-38
Temporary continuation of coverage (TCC) 70-71
Temporomandibular joint (TMJ) dysfunction 34, 56
Tests - X-ray, laboratory and other diagnostic 21-22
Third party liability 65
Transplants 34
Treatment therapies 26
- Vision services** 27
- Weight control** 31, 56
Well child care 23
Workers' compensation 63-64, 70
- X-rays, laboratory and other diagnostic tests** 21-22

NOTES

NOTES

NOTES

NOTES

NOTES

Summary of benefits for the Foreign Service Benefit Plan - 2001

- **Do not rely on this chart alone.** All benefits are subject to the definitions, limitations, and exclusions in this brochure. On this page we summarize specific expenses we cover; for more detail, look inside.
- If you want to enroll or change your enrollment in this Plan, be sure to put the correct enrollment code from the cover on your enrollment form.
- Below, an asterisk (*) means the item is subject to the \$300 calendar year deductible. And, after we pay, you generally pay any difference between our allowance and the billed amount if you use a Non-PPO and Out-of-Network Area physician or other health care professional.

Benefits	You pay	Page
<p>Medical services provided by physicians:</p> <ul style="list-style-type: none"> • Diagnostic and treatment services provided in the hospital and office 	<p>PPO: 10% of our allowance*</p> <p>Non-PPO: 30% of our allowance and any difference between our allowance and the billed amount*</p> <p>Out-of-Network Area: 20% of our allowance and any difference between our allowance and the billed amount*</p>	21-30
<p>Services provided by a hospital:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient 	<p>PPO: Nothing</p> <p>Non-PPO: \$200 per admission and 20% of charges</p> <p>Out-of-Network Area: \$200 per admission</p> <p>Surgical:</p> <p>PPO: 10% of our allowance</p> <p>Non-PPO: 30% of our allowance and any difference between our allowance and the billed amount</p> <p>Out-of-Network Area: 10% of our allowance and any difference between our allowance and the billed amount</p> <p>Medical:</p> <p>PPO: 10% of our allowance*</p> <p>Non-PPO: 30% of our allowance and any difference between our allowance and the billed amount*</p> <p>Out-of-Network Area: 20% of our allowance and any difference between our allowance and the billed amount*</p>	<p>36-37</p> <p>38</p> <p>38</p>

<p>Emergency benefits:</p> <ul style="list-style-type: none"> Accidental injury (for outpatient care received within 72 hours) Medical emergency 	<p>PPO: Nothing</p> <p>Non-PPO and Out-of-Network Area: Only the difference between our allowance and the billed amount</p> <p>Regular benefits*</p>	<p>41-42</p> <p>42</p>
<p>Mental health and substance abuse treatment</p>	<p>PPO and Out-of-Network Area: Regular cost sharing*</p> <p>Non-PPO: Benefits are limited*</p>	<p>43-48</p>
<p>Prescription drugs</p>	<p>Network Pharmacies in the 50 United States: Note — You must show your Plan ID card:</p> <ul style="list-style-type: none"> Generic: \$10 for up to a 30-day supply Brand name: \$20 for up to a 30-day supply <p>Non-Network Pharmacies in the 50 United States: You pay 100% and cannot claim reimbursement from the Plan (no coverage)</p> <p>Retail Pharmacies outside of the 50 United States: 20%* (claim reimbursement from the Plan)</p> <p>Mail Order:</p> <ul style="list-style-type: none"> Generic: \$15 for up to a 90-day supply Brand name: \$25 for up to a 90-day supply 	<p>49-51</p>
<p>Dental Care</p> <ul style="list-style-type: none"> Routine preventive care and surgical procedures Orthodontics 	<p>The difference between our scheduled allowances and the actual billed amounts</p> <p>50% of our allowance up to our maximum payment of \$1,000; 100% after our maximum payment of \$1,000</p>	<p>53-54</p> <p>54</p>
<p>Special features:</p> <ul style="list-style-type: none"> Flexible benefits option 24 hour nurseline 		<p>52</p>
<p>Protection against catastrophic costs (your out-of-pocket maximum)</p>	<p>PPO: Nothing after \$3,000/Self Only or \$3,500/Family enrollment per year</p> <p>Non-PPO and Out-of-Network Area: Nothing after \$4,000/Self Only or \$4,500/Family enrollment per year</p> <p>Note: Benefit maximums still apply and some costs do not count toward this protection</p>	<p>16-17</p>

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RETIREMENT AND INSURANCE SERVICE
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2001 Rate Information for Foreign Service Benefit Plan

The 2001 rates for this Plan follow. If you are in a special enrollment category, refer to an FEHB Guide for that category or contact the agency that maintains your health benefits enrollment.

Type of Enrollment	Code	<u>Premium</u>			
		<u>Biweekly</u>		<u>Monthly</u>	
		Gov't Share	Your Share	Gov't Share	Your Share
Self Only	401	\$ 86.59	\$ 34.76	\$187.61	\$ 75.32
Self & Family	402	\$195.82	\$ 98.88	\$424.28	\$214.24