

Summary of Benefits and Coverage: What this Plan Covers & What You Pay For Covered Services**Optima Employee Assistance Program (EAP)****Optima Health Plan****County of Pulaski****Coverage Period: 7/1/2020 – 6/30/2021****Coverage for: Individual/Household | Plan Type: EAP**

The Summary of Benefits and Coverage (SBC) document will help you choose a health [plan](#). The SBC shows you how you and the [plan](#) would share the cost for covered health care services. NOTE: Information about the cost of this [plan](#) (called the [premium](#)) will be provided separately.

This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, visit OptimaEAP.com or call 1-800-899-8174. For general definitions of common terms, such as [allowed amount](#), [balance billing](#), [coinsurance](#), [copayment](#), [deductible](#), [provider](#), or other underlined terms see the Glossary. You can view the Glossary at healthcare.gov/sbc-glossary or call 1-800-899-8174 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible ?	\$0	See the Common Medical Events chart below for your costs for services this plan covers.
Are there services covered before you meet your deductible ?	Yes. Up to 3 EAP visits are covered before you meet your deductible .	This plan covers some items and services even if you haven't yet met the deductible amount. But a copayment or coinsurance may apply. For example, this plan covers certain preventive services without cost-sharing and before you meet your deductible . See a list of covered preventive services at https://www.healthcare.gov/coverage/preventive-care-benefits/ .
Are there other deductibles for specific services?	No.	You don't have to meet deductibles for specific services.
What is the out-of-pocket limit for this plan ?	Not applicable	This plan does not have an out-of-pocket limit on your expenses.
What is not included in the out-of-pocket limit ?	EAP visits not authorized, or in excess of the plan visit limit, and healthcare this plan doesn't cover.	Even though you pay these expenses, they don't count toward the out-of-pocket limit .
Will you pay less if you use a network provider ?	Yes. Contact Optima EAP at 1-800-899-8174 for a list of EAP network providers .	This plan uses a provider network . You will pay less if you use a provider in the plan's network . You will pay the most if you use an out-of-network provider , and you might receive a bill from a provider for the difference between the provider's charge and what your plan pays (balance billing). Be aware, your network provider might use an out-of-network provider for some services (such as lab work). Check with your provider before you get services.
Do you need a referral to see a specialist ?	Yes.	This plan will pay some or all of the costs to see a specialist for covered services but only if you have a referral before you see the specialist .

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you visit a health care provider's office or clinic	Primary care visit to treat an injury or illness	Not covered	Not covered	--none--
	Specialist visit	Not covered	Not covered	--none--
	Preventive care/screening/immunization	Not covered	Not covered	--none--
If you have a test	Diagnostic test (x-ray, blood work)	Not covered	Not covered	--none--
	Imaging (CT/PET scans, MRIs)	Not covered	Not covered	--none--
If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.optimahealth.com	Selected Generic drugs (Tier 1)	Not covered	Not covered	--none--
	Selected brand and other generic drugs (Tier 2)	Not covered	Not covered	
	Non-selected brand drugs (Tier 3)	Not covered	Not covered	
	Specialty drugs (Tier 4)	Not covered	Not covered	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	Not covered	Not covered	--none--
	Physician/surgeon fees	Not covered	Not covered	--none--
If you need immediate medical attention	Emergency room care	Not covered	Not covered	--none--
	Emergency medical transportation	Not covered	Not covered	--none--
	Urgent care	Not covered	Not covered	--none--
If you have a hospital stay	Facility fee (e.g., hospital room)	Not covered	Not covered	--none--
	Physician/surgeon fees	Not covered	Not covered	--none--

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you need mental health, behavioral health, or substance abuse services	Outpatient services	No charge for EAP	Not covered	3 visits/presenting issue by Optima EAP providers only. Services limited to short-term problem assessment by licensed behavioral health providers, and referral services.
	Inpatient services	Not covered	Not covered	--none--
If you are pregnant	Office visits	Not covered	Not covered	--none--
	Childbirth/delivery professional services	Not covered	Not covered	
	Childbirth/delivery facility services	Not covered	Not covered	
If you need help recovering or have other special health needs	Home health care	Not covered	Not covered	--none--
	Rehabilitation services	Not covered	Not covered	--none--
	Habilitation services	Not covered	Not covered	--none--
	Skilled nursing care	Not covered	Not covered	--none--
	Durable medical equipment	Not covered	Not covered	--none--
	Hospice services	Not covered	Not covered	--none--
If your child needs dental or eye care	Children's eye exam	Not covered	Not covered	--none--
	Children's glasses	Not covered	Not covered	--none--
	Children's dental check-up	Not covered	Not covered	--none--

Excluded Services & Other Covered Services:

Services Your [Plan](#) Generally Does NOT Cover (Check your policy or plan document for more information and a list of any other [excluded services](#).)

- | | | |
|-----------------------------|---|--|
| • Acupuncture | • Home health care | • Pediatric dental check-up |
| • Ambulance | • Hospice care | • Prescription drugs |
| • Bariatric surgery | • Imaging test | • Preventive care/screening/immunization |
| • Chiropractic care | • Infertility treatment | • Primary care visit |
| • Cosmetic surgery | • Inpatient surgery | • Private-duty nursing |
| • Dental care (adult) | • Long-term care | • Rehabilitative services |
| • Diagnostic test | • Maternity care and delivery | • Routine eye exam (adult) |
| • Durable medical equipment | • Mental/behavioral health inpatient and outpatient | • Routine foot care |
| • Emergency room services | Non-emergency care when traveling outside the | • Skilled nursing |
| • Glasses | U.S. | • Specialist visit |
| • Habilitative services | • Outpatient surgery | • Urgent care |
| • Hearing aids | • Pediatric eye exam | • Weight loss programs |

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

Your Rights to Continue Coverage:

For more information on your rights to continue coverage, contact the plan at 1-800-899-8174. There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Virginia State Corporation Commission, Life & Health Division, Bureau of Insurance, at 1-877-310-6560 or bureauofinsurance@scc.virginia.gov; the U.S. Department of Labor, Employee Benefits Security Administration at 1-866-444-3272 or www.dol.gov/ebsa/healthreform; or the U.S. Department of Health and Human Services at 1-877-267-2323 x61565 or www.cciio.cms.gov. Other coverage options may be available to you too, including buying individual insurance coverage through the Health Insurance [Marketplace](#). For more information about the [Marketplace](#), visit www.HealthCare.gov or call 1-800-318-2596.

Your Grievance and Appeals Rights:

There are agencies that can help if you have a complaint against your [plan](#) for a denial of a [claim](#). This complaint is called a [grievance](#) or [appeal](#). For more information about your rights, look at the explanation of benefits you will receive for that medical [claim](#). Your [plan](#) documents also provide complete information to submit a [claim](#), [appeal](#), or a [grievance](#) for any reason to your [plan](#). For more information about your rights, this notice, or assistance, contact: Member Services at the number on the back of your member ID card. You may also contact the Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or www.dol.gov/ebsa/healthreform; or your state department of insurance at the Virginia State Corporation Commission, Life & Health Division, Bureau of Insurance, P.O. Box 1157, Richmond, VA, 23218, 1-877-310-6560 or bureauofinsurance@scc.virginia.gov.

Additionally, a consumer assistance program can help you file your appeal. Contact the Virginia State Corporation Commission, Life & Health Division, Bureau of Insurance, P.O. Box 1157, Richmond, VA, 23218, 1-877-310-6560, or bureauofinsurance@scc.virginia.gov.

Does this plan provide Minimum Essential Coverage? No

If you don't have [Minimum Essential Coverage](#) for a month, you'll have to make a payment when you file your tax return unless you qualify for an exemption from the requirement that you have health coverage for that month.

Does this plan meet the Minimum Value Standards? No

If your [plan](#) doesn't meet the [Minimum Value Standards](#), you may be eligible for a [premium tax credit](#) to help you pay for a [plan](#) through the [Marketplace](#).

To see examples of how this plan might cover costs for a sample medical situation, see the next section.

About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this [plan](#) might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your [providers](#) charge, and many other factors. Focus on the [cost sharing](#) amounts ([deductibles](#), [copayments](#) and [coinsurance](#)) and [excluded services](#) under the [plan](#). Use this information to compare the portion of costs you might pay under different health [plans](#). Please note these coverage examples are based on self-only coverage.

Peg is Having a Baby

(9 months of in-network pre-natal care and a hospital delivery)

■ The plan's overall deductible	\$0
■ Specialist coinsurance	0%
■ Hospital (facility) coinsurance	0%
■ Other coinsurance	0%

This EXAMPLE event includes services like:

Specialist office visits (*prenatal care*)
 Childbirth/Delivery Professional Services
 Childbirth/Delivery Facility Services
 Diagnostic tests (*ultrasounds and blood work*)
 Specialist visit (*anesthesia*)

Total Example Cost	\$12,800
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In this example, Peg would pay:

Cost Sharing	
Deductibles	\$0
Copayments	\$0
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$12,800
The total Peg would pay is	\$12,800

Managing Joe's type 2 Diabetes

(a year of routine in-network care of a well-controlled condition)

■ The plan's overall deductible	\$0
■ Specialist coinsurance	0%
■ Hospital (facility) coinsurance	0%
■ Other coinsurance	0%

This EXAMPLE event includes services like:

Primary care physician office visits (*including disease education*)
 Diagnostic tests (*blood work*)
 Prescription drugs
 Durable medical equipment (*glucose meter*)

Total Example Cost	\$7,400
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In this example, Joe would pay:

Cost Sharing	
Deductibles	\$0
Copayments	\$0
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$7,400
The total Joe would pay is	\$7,400

Mia's Simple Fracture

(in-network emergency room visit and follow up care)

■ The plan's overall deductible	\$0
■ Specialist coinsurance	0%
■ Hospital (facility) coinsurance	0%
■ Other coinsurance	0%

This EXAMPLE event includes services like:

Emergency room care (*including medical supplies*)
 Diagnostic test (*x-ray*)
 Durable medical equipment (*crutches*)
 Rehabilitation services (*physical therapy*)

Total Example Cost	\$1,900
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In this example, Mia would pay:

Cost Sharing	
Deductibles	\$0
Copayments	\$0
Coinsurance	\$0
What isn't covered	
Limits or exclusions	\$1,900
The total Mia would pay is	\$1,900

English: This Notice has Important Information. This notice has important information about your application or coverage through Optima Health. Look for key dates in this notice. You may need to take action by certain deadlines to keep your health coverage or help with costs. You have the right to get this information and help in your language at no cost. Call 1-855-687-6260.

Optima Health 1-855-687-6260

يوتحي اذه رايطلا **إع تامولعم أهمهم**. يوتحي اذه رايطلا **إع أهمهم** تامولعم كيطبق لقعدت وأ جانرب يوطغتلا صاخلا كعب دلا مكرش نيماتلا **يحصلا** Optima Health. نلجن ن خيراوتلا تيسيرلا **إع اذه رايطلا**، دقق حاجتد **إلا** ذاتنا **يا** عارجل لبق لود ديعاوما **تيئاهنا** ظافلا **جانرب** **إع يوطغتلا** **تيحصلا** **أ** **لوصلا** **إع** **قد** **عاسم** **في** **فيلكنا**. **كيدلو** **قلا** **في** **لوصلا** **إع** **دهت** **تامولعملا** **قد** **عاسماو** **افتغلب** **نودب** **يا** **تفلكت**. **جريل** **اصتلا** 1- 6260-687-855

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该通知含有重要信息。本通知含有关于Optima Health申请或保险的重要信息。请仔细查看本通知中的关键日期。您需要在截止期之前采取相应的行动，从而保障您的保险继续有效，能够为您提供报销。您有权免费获取信息的中文版，并可以免费获取到相关的中文帮助。請撥電話 1-855-687-6260。

French: Cet avis a d'importantes informations. Cet avis a d'importantes informations sur votre demande ou la couverture par l'intermédiaire de Optima Health. Rechercher les dates clés dans le présent avis. Vous devrez peut-être prendre des mesures par certains délais pour maintenir votre couverture de santé ou d'aide avec les coûts. Vous avez le droit d'obtenir cette information et de l'aide dans votre langue à aucun coût. Appelez 1-855-687-6260.

German: Diese Benachrichtigung enthält wichtige Informationen. Diese Benachrichtigung enthält wichtige Informationen bezüglich Ihres Antrags auf Krankenversicherungsschutz durch Optima Health. Suchen Sie nach wichtigen Terminen in dieser Benachrichtigung. Sie könnten bis zu bestimmten Stichtagen handeln müssen, um Ihren Krankenversicherungsschutz oder Hilfe mit den Kosten zu behalten. Sie haben das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Rufen Sie an unter 1-855-687-6260.

सुप्रसन्न

Ibo: Okwa a nwere Ozi Di Mkpa. Okwa a nwere ozi di mkpa maka akwukwo anamachoihe ma o bu mkpuchi gi sitere na Optima Health (Ahuike Optima). Choo ubochi ndi di mkpa n'okwa a. I nwere ike ime ihe tupu ufodu ubochi iji dowe mkpuchi ahuike gi ma o bu enyemaka n'ugwo. I nwere ike ikike inweta ozi na enyemaka a n'asusu gi na akwughi ugwo o bula. Kpo 1-855-687-6260

Korean: 이 공지는 매우 중요한 정보입니다. 이 공지는 옵티마 헬스를 통한 귀하께 적용되는 지원이나 보험에 대한 매우 중요한 정보입니다. 이 공지의 주요 날짜를 찾아보십시오. 귀하께서는 귀하의 건강 보험이나 비용에 관한 도움에 관련된 특정 마감일을 지켜야만 합니다. 귀하께서는 따로 비용 없이 귀하의 언어로 이 정보와 도움을 받을 권리가 있습니다. 로 전화하십시오 1-855-687-6260.

Kru/Bassa: Náùm pò wùdù nà ke ƙpà de ìniù. Ó mɔ̀de ƙpà de bá nì dyí kánà-kánà dyi de Optima Health mú. Mɔ̀ tì ƙpà de bɛ̀ nì de náùm pò wùdù mǔ. Mɔ̀ tì ƙpà de bɛ̀ nì de náùm pò wùdù mú. M ɛ̀ de ɛ̀ ɛ̀ m ké náùm pò pòò ò mǔ pó dyi. Ó jù kè m dyi de beànyuèn, m wǐdjo mù bì dì dyi. Wà bì dì ɛ̀ wà kè náùm pó wùdù nà ke Bàso wùdù mù pò. Sebel 1-855-687-6260.

Navajo: Díí saad ílínii baa hane’. Naaltsoos ní’ílníltsoozígíí éí doodago kwe’é Optima Health ník’é’ésti’ígíí bína’ídlílkidgo díí kwe’é hazhó’ó baa ákonínízin dooleel. Yoolkáát yéedáá’ nich’í’ é’élyaago biká’ígíí hádííí’jìl. Díí níké’ésti’ígíí éí doodago béeso da bee níká a’doowolígíí bikáa’go da át’ée dooleel áko t’áadoo bee e’e’aahí baa yíłkaahgo tsxjłgo hasht’e dííííł nìi da dooleel. Bee haz’áanii hólódíí kót’éego yaa halne’ígíí bee níká a’doowolgo dóó t’áá nizaadk’ehjí bee níł hodoonih t’áadoo bąąh ílíní. ‘Átah ánót’í’ígíí bee baa ‘áháyąągée bich’í’ bibéesh bee hane’í hwéédilní. 1-855-687-6260.

Persian/Farsi: **نیا هیملاعا یوآد تاعلاطا ی مهمتسا.** نیا هیملاعا یوآد تاعلاطا ی مهم هر ابرد تساو خرد امشد و ششوپ Optima Health مې. تسا خیراته یاه یدیک ناوړه دندرد نیا هیملاعا تنقد ن کمم کنید. تسا مزلا کي آت د شاپ خیراته ررقه صاخ مادقا همید ششوپ آت دینک ن آت ظفد دوش اېرد مطبار اې بنیز هاه کمک امشد مې دوش. امشزا نیا قدرادر خرب دیتسه آت نیا تاعلاطا و منوگره ییامنهار رگید ار مې ن اېز ن اتدوخ و مې تروصن اگیار تفایرد کنید. 1-855-687-6260

Russian: В данном уведомлении содержится важная информация. В данном уведомлении содержится важная информация о Вашей заявке или страховом покрытии в компании Optima Health. Обратите внимание на важные даты, указанные в данном уведомлении. Если Вы хотите продолжать пользоваться мед.страхованием или получить помощь с оплатой, возможно, Вам потребуется принять решение до определенной даты. У Вас есть право на бесплатное получение данной информации и помощи на родном языке. Звоните по телефону 1-855-687-6260.

Spanish: Este Aviso contiene información importante. Este aviso contiene información importante acerca de su solicitud o cobertura a través de Optima Health. Preste atención a las fechas clave que contiene este aviso. Es posible que deba tomar alguna medida antes de determinadas fechas para mantener su cobertura médica o ayuda con los costos. Usted tiene derecho a recibir esta información y ayuda en su idioma sin costo alguno. Llame al 1-855-687-6260.

Tagalog: Ang Paunawang Ito ay Naglalaman ng Mahalagang Impormasyon. Ang paunawang ito ay naglalaman ng mahalagang impormasyon tungkol sa inyong aplikasyon o saklaw sa pamamagitan ng Optima Health. Hanapin ang mahahalagang petsa na nakasaad sa paunawang ito. Maaaring kailanganin ninyong gumawa ng hakbang bago sumapit ang ilang partikular na takdang petsa upang mapanatili ang inyong saklaw na pangkalusugan o tulong sa mga gastusin. Mayroon kayong karapatan na matanggap ang impormasyong ito at makakuha ng tulong sa inyong wika nang walang bayad. Tumawag sa 1-855-687-6260.

Urdu: **ساں یم سٹونڈ مہا علاطا دوجوم سا** بے یم سٹونڈ پآ یکتساو خرد اې Optima Health ے کے عیرڈ چیروکے کے سے لاود علاطا مہا دوجوم سا بے یم سٹونڈ جرد یدیکوں وخیرات وکنڈ یم نیہکر پآ بے کے کیرورضے بے مک صوصخموں ونڈلاڈیڈ لبقے سے سا بے لاود یٹوکے سے سنشکیا نیہاکات پآ یکیچیروکے ئارب تحصد روا کے کتگلا بے لاود سے ستلاماعمے ط نیبر پآ سا علاطا کت یئاسر روا یسکریغہ چرخے کی نپا ن اېز یم سا تبابے نناج 1 -855-687-6260

Vietnamese: Thông báo này có thông tin quan trọng. Thông báo này có thông tin quan trọng về đơn đăng ký hoặc về bảo hiểm của quý vị thông qua Optima Health. Quý vị hãy xem những ngày quan trọng trong thông báo này. Quý vị có thể cần đưa ra hành động trước ngày hết hạn cụ thể để duy trì bảo hiểm sức khỏe của quý vị hoặc hỗ trợ thanh toán cho các chi phí. Quý vị có quyền nhận được thông tin và sự hỗ trợ này theo ngôn ngữ mà quý vị muốn mà không phải trả thêm chi phí nào. Xin gọi số 1-855-687-6260.

Yoruba: Àkíyèsí yíí ní Àlàyé Pàtàkì. Àkíyèsí yíí ní àlàyé pàtàkì nípa ohun tí o bèèrè fún tàbí gbígba ítọ́jú nípasẹ̀ Optima Health. Wo àwọn ojọ tó ẹ kókó nínú àkíyèsí yíí. O lè nílò láti gbé igbésẹ̀ nípa gbèdẹ̀ke kan láti ẹ̀tọ́jú ilera rẹ̀ tàbí ẹ̀rànwọ̀ nípa iye òwó. O ní ẹ̀tọ̀ láti gba àlàyé yíí àti ìrànwọ̀ yíí ní èdè rẹ̀ láìsan owó. Pè sórí 1-855-687-6260.