



# PPO Blue Options<sup>SM</sup> v.2

## Summary of Benefits

- ✓ This health plan meets Minimum Creditable Coverage Standards for Massachusetts residents that will be effective January 1, 2009, as part of the Massachusetts Health Care Reform Law.

# Your Choice

PPO Blue Options v.2 is a preferred provider organization (PPO) health plan. You have the option of selecting providers who are part of the network (preferred providers) or providers who are outside the network (non-preferred providers). You'll generally receive a higher level of benefits—and pay lower out-of-pocket costs—when you choose in-network providers. The choice is always yours to make.

## When You Choose Preferred Providers.

Within the PPO Blue Options network, certain preferred physicians and preferred general hospitals are ranked into three benefits tiers based on cost and nationally accepted quality performance criteria selected by Blue Cross Blue Shield of Massachusetts.

**Where you receive care will determine your out-of-pocket costs for most services under the plan.** By choosing Enhanced Benefits Tier preferred providers each time you get care, you can generally lower your out-of-pocket costs.

- **Enhanced Benefits Tier**—Includes preferred providers in Massachusetts that met our quality benchmark and our benchmark for lowest cost.
- **Standard Benefits Tier**—Includes preferred providers in Massachusetts that met our quality benchmark and our benchmark for moderate cost. Also includes providers without sufficient data for measurement on one or both benchmarks. In limited circumstances, the Standard Benefits Tier includes certain providers whose scores would put them in the Basic Benefits Tier to provide geographic access for members.
- **Basic Benefits Tier**—Includes preferred providers in Massachusetts that scored below our quality benchmark and/or our benchmark for moderate cost.

Note: For the cost benchmark, hospitals were measured on their individual facility's performance and preferred physicians were measured according to the costs their group's HMO patients incurred. Physician groups can be composed of an individual provider, or a number of providers who practice together. Tier placement is based on benchmarks where measurable data is available; those without sufficient data were defaulted to the Standard Benefits Tier. Specialty hospitals were measured on cost alone for their overall tier rating. Hospitals with nonstandard reimbursement were placed in the Basic Benefits Tier.

It is important to consider the tier of both your physician and the facility where your physician has admitting privileges before you choose a preferred physician or receive care. For example, if you require hospital care and your Enhanced Benefits Tier preferred physician refers you to an Enhanced Benefits Tier preferred hospital, you would pay the lowest cost sharing for both your physician and hospital services. Or, if your Enhanced Benefits Tier preferred physician refers you to a Basic Benefits Tier preferred hospital for care, you will pay the lowest copayments for preferred physician services, but the highest copayments for hospital services, except in an emergency.

## How to Find a Preferred Provider.

There are several ways to find a preferred provider or find the tier designation of a preferred provider or preferred general hospital:

- Look up a provider in your *PPO Blue Options v.2 Provider Directory*. If you need a copy of your provider directory, call Member Service at the number on your ID card.
- For Massachusetts providers, visit the Blue Cross Blue Shield of Massachusetts website at [www.bluecrossma.com](http://www.bluecrossma.com).

For providers in other states, visit the BlueCard® Provider Finder website at [www.bcbs.com/healthtravel/finder.html](http://www.bcbs.com/healthtravel/finder.html), or call the BlueCard Program at 1-800-810-BLUE (2583), 24 hours a day, seven days a week.

Note: In some local PPO service areas, different levels of preferred providers may not be available. In this case, your cost share will be the same as it would be for an Enhanced Benefits Tier preferred provider.

## When You Choose Non-Preferred Providers.

You must pay a plan-year deductible for most out-of-network covered services. (If you are not sure when your plan year begins, contact your plan sponsor.) The deductible is **\$2,000** for each member (or **\$4,000** per family). After you have met your deductible, you pay **20 percent** co-insurance for most out-of-network covered services.

## Emergency Room Services.

In an emergency, such as a suspected heart attack, stroke, or poisoning, you should go directly to the nearest medical facility or call **911** (or the local emergency phone number). You pay a **\$100** copayment per visit for in-network or out-of-network emergency room services. This copayment is waived if you are admitted to the hospital or for an observation stay. Additionally, because you may not have a choice during an emergency, if you are admitted for an inpatient stay from the emergency room, you will be responsible for an Enhanced Benefits Tier copayment regardless of the tier of the hospital.

## Utilization Review Requirements.

You must follow the requirements of Utilization Review, which are Pre-Admission Review, Concurrent Review and Discharge Planning, Prior Approval for Home Health Care, and Individual Case Management. Information concerning Utilization Review is detailed in your benefit description. If you need non-emergency or non-maternity hospitalization, you or someone on your behalf must call the number on your ID card for pre-approval. If you do not notify Blue Cross Blue Shield and receive pre-approval, your benefits may be reduced or denied.

## Dependent and Student Benefits.

This plan covers your unmarried dependent children until age 19, or until age 25 if they are full-time students. Coverage ends when the student turns 25, or marries, or on November 1 following the date the student discontinues full-time classes or graduates, whichever comes first.

# Your Medical Benefits

Plan Specifics	Your Cost In-Network	Your Cost Out-of-Network (after your deductible)
<b>Plan-year deductible</b>	None	\$2,000 per member \$4,000 per family
<b>Covered Services</b>		
<b>Outpatient Care</b>		
Emergency room visits	All Tiers: \$100 per visit (waived if admitted or for observation stay)	\$100 per visit, no deductible (waived if admitted or for observation stay)
Routine physical exams, including related tests, according to age-based schedule as follows: • 10 visits during the first year of life • Three visits during the second year of life • One visit per calendar year from age 2	Enhanced Benefits Tier: \$15 per visit Standard Benefits Tier: \$25 per visit Basic Benefits Tier: \$45 per visit Other covered provider: \$45 per visit (no cost for routine tests)	20% co-insurance
Routine GYN exam, including related tests (one per calendar year)	Enhanced Benefits Tier: \$15 per visit Standard Benefits Tier: \$25 per visit Basic Benefits Tier: \$45 per visit Other covered provider: \$45 per visit (no cost for routine tests)	20% co-insurance
Health center visits, physicians' and podiatrists' office visits	Enhanced Benefits Tier: \$15 per visit Standard Benefits Tier: \$25 per visit Basic Benefits Tier: \$45 per visit Other covered provider: \$45 per visit	20% co-insurance
Routine vision exam (one every 24 months)	\$15 per visit	20% co-insurance
Chiropractor office visits	\$45 per visit	20% co-insurance
Short-term rehabilitation therapy—physical and occupational (up to 100 visits per calendar year)	\$45 per visit	20% co-insurance
Speech, hearing, and language disorder treatment—speech therapy	\$45 per visit	20% co-insurance
Home health care and hospice services	Nothing	20% co-insurance
Oxygen and equipment for its administration	Nothing	20% co-insurance
Prosthetic devices	Nothing	20% co-insurance
Diagnostic X-rays, lab tests, and other tests, excluding CT scans, MRIs, and PET scans	Nothing	20% co-insurance
CT scans, MRIs, PET scans  • General hospital  • Other covered provider	(One copayment will apply to each category of test per date of service) Enhanced Benefits Tier: \$75 per test Standard Benefits Tier: \$150 per test Basic Benefits Tier: \$250 per test \$75 per test	20% co-insurance  20% co-insurance
Durable medical equipment—such as wheelchairs, crutches, and hospital beds (up to \$750 per calendar year**)	All charges beyond the calendar-year maximum	20% co-insurance and all charges beyond the calendar-year maximum
<b>Outpatient Surgery (and related anesthesia)</b>		
Office setting	Enhanced Benefits Tier: \$15 per visit Standard Benefits Tier: \$25 per visit Basic Benefits Tier: \$45 per visit Other covered provider: \$45 per visit	20% co-insurance
Surgical day care unit of a general hospital	Enhanced Benefits Tier: \$150 per admission Standard Benefits Tier: \$250 per admission Basic Benefits Tier: \$500 per admission	20% co-insurance
Ambulatory surgical facility	\$150 per admission	20% co-insurance
<b>Inpatient Care (and maternity care)</b>		
General hospital care (as many days as medically necessary)	Enhanced Benefits Tier: \$250 per admission Standard Benefits Tier: \$500 per admission† Basic Benefits Tier: \$1,000 per admission	20% co-insurance
Chronic disease hospital care	\$250 per admission	20% co-insurance
Rehabilitation hospital care (up to 60 days per calendar year)	Nothing	20% co-insurance
Skilled nursing facility care (up to 100 days per calendar year)	Nothing	20% co-insurance

\* No visit limit applies when short-term rehabilitation therapy is furnished as part of covered home health care.

\*\* No dollar limit applies when durable medical equipment is furnished as part of covered home dialysis, home health care, or hospice services.

† To provide geographic access to members, a \$300 Standard Benefits Tier copayment applies for BHS Franklin Medical Center, Brockton Hospital, Cooley Dickinson Hospital, Falmouth Hospital, Martha's Vineyard Hospital, Nantucket Cottage Hospital, and North Adams Regional Hospital.

# Your Medical Benefits (continued)

Covered Services	Your Cost In-Network	Your Cost Out-of-Network (after your deductible)
<b>Mental Health and Substance Abuse Treatment</b>		
Biologically based conditions* Inpatient admissions in a general hospital	Enhanced Benefits Tier: \$250 per admission Standard Benefits Tier: \$500 per admission** Basic Benefits Tier: \$1,000 per admission	20% co-insurance
Inpatient admissions in a mental hospital or substance abuse facility	\$250 per admission	20% co-insurance
Outpatient services	\$15 per visit	20% co-insurance
Non-biologically based mental conditions (includes drug addiction and alcoholism) Inpatient admissions in a general hospital	Enhanced Benefits Tier: \$250 per admission Standard Benefits Tier: \$500 per admission** Basic Benefits Tier: \$1,000 per admission	20% co-insurance
Inpatient admissions in a mental hospital or substance abuse treatment facility (up to 60 days per calendar year)	\$250 per admission	20% co-insurance
Outpatient services (up to 24 visits per calendar year)	\$15 per visit	20% co-insurance
Alcoholism treatment (in addition to non-biologically based mental conditions) Inpatient admissions in a general hospital	Enhanced Benefits Tier: \$250 per admission Standard Benefits Tier: \$500 per admission** Basic Benefits Tier: \$1,000 per admission	20% co-insurance
Inpatient admissions in a mental hospital or substance abuse treatment facility (up to 30 days per calendar year)	\$250 per admission	20% co-insurance
Outpatient visits (up to 8 visits per calendar year)	\$15 per visit	20% co-insurance
<b>Prescription Drug Benefit</b>		
At designated retail pharmacies (up to a 30-day formulary supply for each prescription or refill)	\$15 for Tier 1 \$30 for Tier 2 \$50 for Tier 3	Not covered
Through the designated mail service pharmacy (up to a 90-day formulary supply for each prescription or refill)	\$30 for Tier 1 \$60 for Tier 2 \$150 for Tier 3	Not covered

\* Treatment for rape-related mental or emotional disorders and treatment for children under age 19 are covered to the same extent as biologically based conditions.

\*\* To provide geographic access to members, a \$300 Standard Benefits Tier copayment applies for BHS Franklin Medical Center, Brockton Hospital, Cooley Dickinson Hospital, Falmouth Hospital, Martha's Vineyard Hospital, Nantucket Cottage Hospital, and North Adams Regional Hospital.

## Healthy Blue Programs

At Blue Cross Blue Shield of Massachusetts we offer you Healthy Blue, a group of programs, discounts and savings, resources, and tools to help you get the most you can from your health care plan. Call us at **1-800-262-BLUE (2583)** to receive our *Healthy Blue* booklet, which outlines these special programs.

Living Healthy Babies®	No charge
A Fitness Benefit toward membership at a health club (see your benefit description for details)	\$150 per year, per individual/family
Reimbursement for a Blue Cross Blue Shield of Massachusetts designated weight loss program	\$150 per year, per individual/family
Living Healthy® Vision—discounts on eyewear (frames, lenses, supplies, and laser vision correction surgery)	Discount varies
Discounts on safety helmets and home safety items	Discount varies
Blue Care® Line to answer your health care questions 24 hours a day—call 1-888-247-BLUE (2583)	No charge
Living Healthy® Naturally—discounts on different types of complementary and alternative medicine services such as acupuncture, massage therapy, nutritional counseling, personal training, Pilates, tai chi, and yoga	Up to a 30% discount
Visit <a href="http://www.AHealthyMe.com">www.AHealthyMe.com</a> for an around-the-clock healthy approach to fitness, family, and fun	No charge

## Questions? Call 1-800-262-BLUE (2583).

Or visit the Blue Cross Blue Shield of Massachusetts website at [www.bluecrossma.com](http://www.bluecrossma.com).

**Limitations and Exclusions.** These pages summarize the benefits of your health care plan. Your benefit description and riders define the full terms and conditions in greater detail. Should any questions arise concerning benefits, the benefit description and riders will govern. Some of the services not covered are: cosmetic surgery; custodial care; hearing aids; most dental care; and any services covered by workers' compensation. For a complete list of limitations and exclusions, refer to your benefit description and riders.

**Please Note:** Blue Cross and Blue Shield of Massachusetts, Inc., administers claims payment only and does not assume financial risk for claims.