



MASSACHUSETTS



HMO Blue OptionsSM 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 Care

Within the HMO Blue Options network, hospitals and groups of primary care physicians (PCPs) 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 providers each time you get hospital or PCP care, you can generally lower your out-of-pocket costs.

- **Enhanced Benefits Tier**—Includes Massachusetts PCPs and hospitals that met our quality benchmark and our benchmark for lowest cost.
- **Standard Benefits Tier**—Includes Massachusetts PCPs and hospitals 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 Massachusetts PCPs and hospitals 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 PCPs 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 primary care physician and the facility where your physician has admitting privileges before you choose a PCP or receive care. For example, if you require hospital care and your Enhanced Benefits Tier PCP refers you to an Enhanced Benefits Tier hospital, you would pay the lowest cost sharing for both your PCP and hospital services. Or, if your Enhanced Benefits Tier PCP refers you to a Basic Benefits Tier hospital for care, you will pay the lowest copayments for PCP services, but the highest copayments for hospital services, except in an emergency.

Your Primary Care Physician.

When you enroll, you must choose a PCP for you and each member of your family. There are several ways to find a PCP or find the tier designation of a PCP (or general hospital): visit the Blue Cross Blue Shield of Massachusetts website at www.bluecrossma.com; consult the *HMO Blue Options v.2 Provider Directory*; or call our Physician Selection Service at 1-800-821-1388. If you have trouble choosing a doctor, the Physician Selection Service can help. We can tell you whether a doctor is male or female, the medical school(s) he or she attended, and if any languages other than English are spoken in the office.

Referrals You Can Feel Better About.

Your PCP is the first person you call when you need routine or sick care (see *Emergency Care—Wherever You Are* for emergency care services). Your PCP cares about your health. This is why, should you and your PCP decide you need a specialist, you'll be referred to the one your PCP determines is appropriate for treating your specific condition. Of course, if you have a specialist to whom you would like to be referred, discuss this with your doctor. It's an important decision and the top priority is keeping you healthy. Your physician may also work with Blue Cross Blue Shield of Massachusetts concerning the Utilization Review Requirements, which are Pre-Admission Review, Concurrent Review and Discharge Planning, Prior Approval for Certain Outpatient Services, and Individual Case Management. Information concerning Utilization Review is detailed in your subscriber certificate.

Emergency Care—Wherever You Are.

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 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. Any follow-up care must be arranged by your PCP.

HMO Blue Service Area.

The plan's service area includes all cities and towns in the Commonwealth of Massachusetts. Please see your subscriber certificate for exact service area details.

When Outside the HMO Blue Service Area.

If you're traveling outside the service area and you need urgent or emergency care, you may go to the nearest appropriate health care facility. You are covered for the urgent or emergency care visit and one follow-up visit while outside the service area. Any additional follow-up care must be arranged by your PCP. Please see your subscriber certificate for more information.

Dependent Benefits.

This plan covers dependents to age 26, or for two calendar years after the dependent last qualified as a dependent under the Internal Revenue Code, whichever comes first. Additionally, this plan may cover unmarried full-time students or other unmarried dependents who do not otherwise qualify as eligible dependents. Please see your subscriber certificate (and riders, if any) for exact coverage details.

Your Medical Benefits

Covered Services	Your Cost for Enhanced Benefits Tier Network Providers	Your Cost for Standard Benefits Tier Network Providers	Your Cost for Basic Benefits Tier Network Providers
Outpatient Care			
Emergency room visits	\$100 per visit (waived if admitted or for observation stay)	\$100 per visit (waived if admitted or for observation stay)	\$100 per visit (waived if admitted or for observation stay)
Well-child care visits	\$15 per visit (no cost for immunizations and routine tests)	\$25 per visit (no cost for immunizations and routine tests)	\$45 per visit (no cost for immunizations and routine tests)
Routine adult physical exams, including related tests	\$15 per visit (no cost for immunizations and routine tests)	\$25 per visit (no cost for immunizations and routine tests)	\$45 per visit (no cost for immunizations and routine tests)
Routine GYN exams, including related lab tests (one per calendar year)	\$15 per visit (no cost for routine tests)	\$15 per visit (no cost for routine tests)	\$15 per visit (no cost for routine tests)
Office visits			
• PCP, network nurse practitioner, or nurse midwife (billed by PCP)	\$15 per visit	\$25 per visit	\$45 per visit
• Network nurse practitioner or nurse midwife (not billed by PCP)	\$15 per visit	\$15 per visit	\$15 per visit
• Other network providers	\$45 per visit	\$45 per visit	\$45 per visit
Routine hearing exams			
• PCP	\$15 per visit	\$25 per visit	\$45 per visit
• Other network providers	\$45 per visit	\$45 per visit	\$45 per visit
Routine vision exam (one every 24 months)	\$45 per visit	\$45 per visit	\$45 per visit
Family planning services—office visits			
• PCP	\$15 per visit	\$25 per visit	\$45 per visit
• Other network providers	\$45 per visit	\$45 per visit	\$45 per visit
Chiropractor services (up to 12 visits per calendar year for members age 16 or older)	\$45 per visit	\$45 per visit	\$45 per visit
Short-term rehabilitation therapy—physical and occupational (up to 60 visits per calendar year*)	\$45 per visit	\$45 per visit	\$45 per visit
Speech, hearing, and language disorder treatment—speech therapy	\$45 per visit	\$45 per visit	\$45 per visit
Allergy injections only	Nothing	Nothing	Nothing
Home health care and hospice services	Nothing	Nothing	Nothing
Oxygen and equipment for its administration	Nothing	Nothing	Nothing
Diagnostic X-rays, lab tests, and other tests, excluding CT scans, MRIs, and PET scans	Nothing	Nothing	Nothing
CT scans, MRIs, and PET scans			
• General hospitals	\$75 per category per date of service	\$150 per category per date of service	\$250 per category per date of service
• Other covered providers	\$75 per category per date of service	\$75 per category per date of service	\$75 per category per date of service
Prosthetic devices	20% co-insurance	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 benefit maximum	All charges beyond the calendar-year benefit maximum	All charges beyond the calendar-year benefit maximum
Surgery and related anesthesia			
• Office setting: PCP/Other network providers	\$15 per visit/\$45 per visit	\$25 per visit/\$45 per visit	\$45 per visit/\$45 per visit
• Surgical day care unit	\$150 per admission	\$250 per admission	\$500 per admission
• Ambulatory surgical facility	\$150 per admission	\$150 per admission	\$150 per admission
Inpatient Care (and maternity care)			
General hospital care (as many days as medically necessary)	\$250 per admission	\$500 per admission/\$300 per admission at selected hospitals***	\$1,000 per admission
Chronic disease hospital care (as many days as medically necessary)	\$250 per admission	\$250 per admission	\$250 per admission
Rehabilitation hospital care (up to 60 days per calendar year)	Nothing	Nothing	Nothing
Skilled nursing facility care (up to 100 days per calendar year)	Nothing	Nothing	Nothing

* 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, the lower 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 for Enhanced Benefits Tier Network Providers	Your Cost for Standard Benefits Tier Network Providers	Your Cost for Basic Benefits Tier Network Providers
Mental Health and Substance Abuse Treatment			
Biologically based conditions* Inpatient admissions in a general hospital	\$250 per admission	\$500 per admission/\$300 per admission at selected hospitals**	\$1,000 per admission
Inpatient admissions in a mental hospital or substance abuse treatment facility	\$250 per admission	\$250 per admission	\$250 per admission
Outpatient services	\$15 per visit	\$15 per visit	\$15 per visit
Non-biologically based mental conditions (includes drug addiction and alcoholism) Inpatient admissions in a general hospital	\$250 per admission	\$500 per admission/\$300 per admission at selected hospitals**	\$1,000 per admission
Inpatient admissions in a mental hospital or substance abuse treatment facility (up to 60 days per calendar year)	\$250 per admission	\$250 per admission	\$250 per admission
Outpatient visits (up to 24 visits per calendar year)	\$15 per visit	\$15 per visit	\$15 per visit
Alcoholism treatment (in addition to non-biologically based mental conditions) Inpatient admissions in a general hospital	\$250 per admission	\$500 per admission/\$300 per admission at selected hospitals**	\$1,000 per admission
Inpatient admissions in a substance abuse treatment facility (up to 30 days per calendar year)	\$250 per admission	\$250 per admission	\$250 per admission
Outpatient visits (up to 8 visits per calendar year****)	\$15 per visit	\$15 per visit	\$15 per visit
Prescription Drug Benefits			
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	\$15 for Tier 1 \$30 for Tier 2 \$50 for Tier 3	\$15 for Tier 1 \$30 for Tier 2 \$50 for Tier 3
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	\$30 for Tier 1 \$60 for Tier 2 \$150 for Tier 3	\$30 for Tier 1 \$60 for Tier 2 \$150 for Tier 3

* 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, the lower 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.

*** The value of these visits is at least \$500 in each calendar year.

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 subscriber certificate 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 www.AHealthyMe.com for an around-the-clock healthy approach to fitness, family, and fun	No charge

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

For questions about Blue Cross Blue Shield of Massachusetts, visit the website at www.bluecrossma.com.

Limitations and Exclusions. These pages summarize the benefits of your health care plan. Your subscriber certificate and riders define the full terms and conditions in greater detail. Should any questions arise concerning benefits, the subscriber certificate 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 subscriber certificate and riders.

