

Outline of Coverage
Medicare Supplement Benefit Plans A, F, G, HDG and N
Benefit Chart of Medicare Supplement Plans Sold On or After January 1, 2020

This chart shows the benefits included in each of the standard Medicare supplement plans. Some plans may not be available. Only applicants' **first** eligible for Medicare before 2020 may purchase Plans C, F and high deductible F.

◆ Only Medicare Supplement Benefit Plans A, F, G, and N are offered by Mountain Health Co-Op.

Note: A ✓ means 100% of the benefit is paid.

Benefits	Plans Available to All Applicants								Plans Available ONLY to those first eligible before 01/01/2020	
	◆A	B	D	◆G ¹	K	L	M	◆N		
Medicare Part A coinsurance and hospital coverage (up to an additional 365 days after Medicare benefits are used up)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Medicare Part B coinsurance or Copayment	✓	✓	✓	✓	50%	75%	✓	✓ copays apply ³	✓	✓
Blood (first three pints)	✓	✓	✓	✓	50%	75%	✓	✓	✓	✓
Part A hospice care coinsurance or copayment	✓	✓	✓	✓	50%	75%	✓	✓	✓	✓
Skilled nursing facility coinsurance			✓	✓	50%	75%	✓	✓	✓	✓
Medicare Part A deductible		✓	✓	✓	50%	75%	50%	✓	✓	✓
Medicare Part B deductible									✓	✓
Medicare Part B excess charges				✓						✓
Foreign travel emergency (up to plan limits)			✓	✓			✓	✓	✓	✓
Out-of-pocket limit in 2025 ²					\$7,220 ²	\$3,610 ²				

¹ Plans F and G also have a high deductible option which require first paying a plan deductible of \$2,870 before the plan begins to pay. Once the plan deductible is met, the plan pays 100% of covered services for the rest of the calendar year. High deductible plan G does not cover the Medicare Part B deductible. However, high deductible plans F and G count your payment of the Medicare Part B deductible toward meeting the plan deductible.

² Plans K and L pay 100% of covered services for the rest of the calendar year once you meet the out-of-pocket yearly limit.

³ Plan N pays 100% of the Part B coinsurance, except for a co-payment of up to \$20 for some office visits and up to a \$50 co-payment for emergency room visits that do not result in an inpatient admission.

Mountain Health Co-Op

Outline of Coverage
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Monthly Premium Rates*
ZIP Codes starting with: 832-838

Effective: 07/01/2025

	NON-TOBACCO						TOBACCO			
Plan A	Plan F	Plan G	Plan HDG	Plan N		Plan A	Plan F	Plan G	Plan HDG	Plan N
384.41	452.02	384.23	109.86	294.87	Ages <65 Monthly	442.08	519.83	441.87	126.27	339.09
256.28	301.34	256.15	73.24	196.57	Ages 65+ Monthly	294.72	346.53	294.58	84.19	226.06

*To obtain annual, semiannual, or quarterly premiums, multiply the Monthly Premium Amount by 12, 6, or 3, respectively

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Disclosures. Use this outline to compare benefits and premiums among policies.

Premium Information. Mountain Health Co-Op can only raise your premium if we raise the premium for all policies like yours in the same geographic area of the state where you live.

Read Your Policy Very Carefully. This is only an outline describing your policy's most important features. The policy is your insurance contract. You must read the policy itself to understand all of the rights and duties of both you and us.

Right to Return Policy. If you find that you are not satisfied with your policy, you may return it to us at our Medicare Supplement Administrative Office P.O. Box 2209 Duncan, OK 73534-2209. If you send the policy back to us within 30 days after you receive it, we will treat the policy as if it had never been issued and return all of your payments.

Policy Replacement. If you are replacing another health insurance policy, do NOT cancel it until you have actually received your new policy and are sure you want to keep it.

Exclusions. We will not pay for loss incurred while your policy is not in force, except as provided in the Extension of Benefits section of your policy; hospital or Skilled Nursing Facility confinement incurred during a Medicare Part A Benefit Period that begins while this policy is not in force; that portion of any Loss incurred which is paid for by Medicare; services for non-Medicare Eligible Expenses, including, but not limited to, routine exams, take-home drugs and eye refractions; services for which a charge is not normally made in the absence of insurance; or loss that is payable under any other Medicare supplement insurance policy or certificate.

Notice. The policy may not fully cover all of your medical costs. Neither we nor our agents are connected with Medicare. This outline does not give all the details of Medicare coverage. Contact your local Social Security office or consult "Medicare & You" for more details.

Complete Answers Are Very Important. When you fill out the application for the new policy, be sure to answer truthfully and completely all questions about your medical and health history. We may cancel your policy and refuse to pay any claims if you leave out or falsify important medical information. **Review the application carefully before you sign it. Be certain that all information has been properly recorded.**

PLEASE REFER TO YOUR POLICY FOR DETAILS.

Outline of Coverage
Medicare Supplement Benefit Plans A, F, G, HDG and N

Plan A**Medicare Part A – Hospital Services Per Benefit Period**

*A benefit period begins on the first day you receive service as an inpatient in a hospital and ends after you have been out of the hospital and have not received skilled care in any other facility for 60 days in a row.

Services	Medicare Pays	Plan A Pays	You Pay
Hospitalization Semiprivate room and board, general nursing and miscellaneous services and supplies. First 60 days 61 st thru 90 th day 91 st day and after <ul style="list-style-type: none"> - While using 60 lifetime reserve days - Once lifetime reserve days are used <ul style="list-style-type: none"> ▪ Additional 365 days ▪ Beyond the additional 365 days 	All but \$1,676 All but \$419 a day All but \$838 a day \$0 \$0	\$0 \$419 a day \$838 a day 100% of Medicare Eligible Expenses \$0	\$1,676 Part A Deductible \$0 \$0 \$0** All Costs
Skilled Nursing Facility Care You must meet Medicare's requirements, including having been in a hospital for at least 3 days and entered a Medicare approved facility within 30 days after leaving the hospital. First 20 days 21 st thru 100 th days 101 st day and after	All approved amounts All but \$209.50 a day \$0	\$0 \$0 \$0	\$0 Up to \$209.50 a day All Costs
Blood First 3 pints Additional amounts	\$0 100%	3 pints \$0	\$0 \$0
Hospice Care You must meet Medicare's requirements, including a doctor's certification of terminal illness.	All but very limited copayment/coinsurance for outpatient drugs and inpatient respite care.	Medicare copayment/coinsurance	\$0

**When your Medicare Part A hospital benefits are exhausted, the insurer stands in the place of Medicare and will pay whatever amount Medicare would have paid for up to an additional 365 days as provided in the policy's "Core Benefits." During this time, the hospital is prohibited from billing you for the balance based on any difference between its billed charges and the amount Medicare would have paid.

Outline of Coverage
Medicare Supplement Benefit Plans A, F, G, HDG and N

Plan A**Medicare Part B – Medical Services per Calendar Year**

*Once you have been billed \$257 of Medicare Eligible Expenses for covered services (which are noted with an asterisk), your Medicare Part B Deductible will have been met for the calendar year.

Services	Medicare Pays	Plan A Pays	You Pay
Medical Expenses In or out of the hospital and outpatient hospital treatment, such as Physician's services, inpatient and outpatient medical and surgical services and supplies, physical and speech therapy, diagnostic tests, durable medical equipment First \$257 of Medicare approved amounts* Remainder of Medicare approved amounts	 \$0 Generally 80%	 \$0 Generally 20%	 \$257 Part B Deductible \$0
Part B Excess Charges (above Medicare approved amounts)	\$0	\$0	All costs
Blood First 3 pints Next \$257 of Medicare approved amounts* Remainder of Medicare approved amounts	 \$0 \$0 80%	 All costs \$0 20%	 \$0 \$257 Part B Deductible \$0
Clinical Laboratory Services – Tests for diagnostic services	100%	\$0	\$0

Parts A & B

Services	Medicare Pays	Plan A Pays	You Pay
Home Health Care Medicare Approved Services - Medically necessary skilled care services and medical supplies - Durable medical equipment	 100%	 \$0	 \$0
<ul style="list-style-type: none"> ▪ First \$257 of Medicare approved amounts* ▪ Remainder of Medicare approved amounts 	 \$0 80%	 \$0 20%	 \$257 Part B Deductible \$0

Outline of Coverage
Medicare Supplement Benefit Plans A, F, G, HDG and N

Plan F**Medicare Part A – Hospital Services Per Benefit Period**

*A benefit period begins on the first day you receive service as an inpatient in a hospital and ends after you have been out of the hospital and have not received skilled care in any other facility for 60 days in a row.

Services	Medicare Pays	Plan F Pays	You Pay
Hospitalization Semiprivate room and board, general nursing and miscellaneous services and supplies. First 60 days 61 st thru 90 th day 91 st day and after <ul style="list-style-type: none"> - While using 60 lifetime reserve days - Once lifetime reserve days are used <ul style="list-style-type: none"> ▪ Additional 365 days ▪ Beyond the additional 365 days 	All but \$1,676 All but \$419 a day All but \$838 a day \$0 \$0	\$1,676 Part A Deductible \$419 a day \$838 a day 100% of Medicare Eligible Expenses \$0	\$0 \$0 \$0 \$0** All Costs
Skilled Nursing Facility Care You must meet Medicare's requirements, including having been in a hospital for at least 3 days and entered a Medicare approved facility within 30 days after leaving the hospital. First 20 days 21 st thru 100 th days 101 st day and after	All approved amounts All but \$209.50 a day \$0	\$0 Up to \$209.50 a day \$0	\$0 \$0 All Costs
Blood First 3 pints Additional amounts	\$0 100%	3 pints \$0	\$0 \$0
Hospice Care You must meet Medicare's requirements, including a doctor's certification of terminal illness.	All but very limited copayment/coinsurance for outpatient drugs and inpatient respite care.	Medicare copayment/coinsurance	\$0

**When your Medicare Part A hospital benefits are exhausted, the insurer stands in the place of Medicare and will pay whatever amount Medicare would have paid for up to an additional 365 days as provided in the policy's "Core Benefits." During this time, the hospital is prohibited from billing you for the balance based on any difference between its billed charges and the amount Medicare would have paid.

Outline of Coverage
Medicare Supplement Benefit Plans A, F, G, HDG and N

Plan F**Medicare Part B – Medical Services per Calendar Year**

*Once you have been billed \$257 of Medicare Approved amounts for covered services (which are noted with an asterisk), your Medicare Part B Deductible will have been met for the calendar year.

Services	Medicare Pays	Plan F Pays	You Pay
Medical Expenses In or out of the hospital and outpatient hospital treatment, such as Physician's services, inpatient and outpatient medical and surgical services and supplies, physical and speech therapy, diagnostic tests, durable medical equipment First \$257 of Medicare approved amounts* Remainder of Medicare approved amounts	 \$0 Generally 80%	 \$257 Part B Deductible Generally 20%	 \$0 \$0
Part B Excess Charges (above Medicare approved amounts)	\$0	100%	\$0
Blood First 3 pints Next \$257 of Medicare approved amounts* Remainder of Medicare approved amounts	 \$0 \$0 80%	 All costs \$257 Part B Deductible \$20%	 \$0 \$0 \$0
Clinical Laboratory Services – Tests for Diagnostic services	100%	\$0	\$0

Parts A & B

Services	Medicare Pays	Plan F Pays	You Pay
Home Health Care Medicare Approved Services - Medically necessary skilled care services and medical supplies - Durable medical equipment <ul style="list-style-type: none"> ▪ First \$257 of Medicare approved amounts* ▪ Remainder of Medicare approved amounts 	 100% \$0 80%	 \$0 \$257 Part B Deductible 20%	 \$0 \$0 \$0

Other Benefits Not Covered by Medicare

Services	Medicare Pays	Plan F Pays	You Pay
Foreign Travel Not Covered by Medicare Medically necessary emergency care services beginning during the first 60 days of each trip outside the USA. First \$250 each calendar year Remainder of charges	 \$0 \$0	 \$0 80% to a lifetime maximum benefit of \$50,000.	 \$250 20% and amounts over the \$50,000 lifetime maximum.

Outline of Coverage
Medicare Supplement Benefit Plans A, F, G, HDG and N

Plan G or HIGH DEDUCTIBLE PLAN G**Medicare Part A – Hospital Services Per Benefit Period**

*A benefit period begins on the first day you receive service as an inpatient in a hospital and ends after you have been out of the hospital and have not received skilled care in any other facility for 60 days in a row.

****This high deductible plan pays the same benefits as Plan G after you have paid a calendar year \$2,870 deductible. Benefits from the high deductible Plan G will not begin until out-of-pocket expenses are \$2,870. Out-of-pocket expenses for this deductible include expenses for the Medicare Part B deductible, and expenses that would ordinarily be paid by the certificate. This does not include the plan's separate foreign travel emergency deductible.**

Services	Medicare Pays	AFTER YOU PAY \$2,870 DEDUCTIBLE,** Plan G Pays	IN ADDITION TO \$2,870 DEDUCTIBLE,**You Pay
Hospitalization Semiprivate room and board, general nursing and miscellaneous services and supplies. First 60 days 61 st thru 90 th day 91 st day and after <ul style="list-style-type: none"> - While using 60 lifetime reserve days - Once lifetime reserve days are used <ul style="list-style-type: none"> ▪ Additional 365 days ▪ Beyond the additional 365 days 	All but \$1,676 All but \$419 a day All but \$838 a day \$0 \$0	\$1,676 Part A Deductible \$419 a day \$838 a day 100% of Medicare Eligible Expenses \$0	\$0 \$0 \$0 \$0*** All Costs
Skilled Nursing Facility Care You must meet Medicare's requirements, including having been in a hospital for at least 3 days and entered a Medicare approved facility within 30 days after leaving the hospital. First 20 days 21 st thru 100 days 101 st day and after	All approved amounts All but \$209.50 a day \$0	\$0 Up to \$209.50 a day \$0	\$0 \$0 All Costs
Blood First 3 pints Additional amounts	\$0 100%	3 pints \$0	\$0 \$0
Hospice Care You must meet Medicare's requirements, including a doctor's certification of terminal illness.	All but very limited copayment/coinsurance for outpatient drugs and inpatient respite care.	Medicare copayment/coinsurance	\$0

Outline of Coverage
Medicare Supplement Benefit Plans A, F, G, HDG and N

***When your Medicare Part A hospital benefits are exhausted, the insurer stands in the place of Medicare and will pay whatever amount Medicare would have paid for up to an additional 365 days as provided in the policy's "Core Benefits." During this time, the hospital is prohibited from billing you for the balance based on any difference between its billed charges and the amount Medicare would have paid.

Plan G or HIGH DEDUCTIBLE PLAN G**Medicare Part B – Medical Services per Calendar Year**

*Once you have been billed \$257 of Medicare approved amounts for covered services (which are noted with an asterisk), your Medicare Part B Deductible will have been met for the calendar year.

Services	Medicare Pays	AFTER YOU PAY \$2,870 DEDUCTIBLE,** Plan G Pays	IN ADDITION TO \$2,870 DEDUCTIBLE,** You Pay
Medical Expenses In or out of the hospital and outpatient hospital treatment, such as Physician's services, inpatient and outpatient medical and surgical services and supplies, physical and speech therapy, diagnostic tests, durable medical equipment First \$257 of Medicare approved amounts* Remainder of Medicare approved amounts	\$0 Generally 80%	\$0 Generally 20%	\$257 (Unless Part B Deductible has been met) \$0
Part B Excess Charges (above Medicare approved amounts)	\$0	100%	\$0
Blood First 3 pints Next \$257 of Medicare approved amounts* Remainder of Medicare approved amounts	\$0 \$0 80%	All costs \$0 \$20%	\$0 \$257 (Unless Part B Deductible has been met) \$0
Clinical Laboratory Services – Tests for Diagnostic services	100%	\$0	\$0

Outline of Coverage
Medicare Supplement Benefit Plans A, F, G, HDG and N

Parts A & B

Services	Medicare Pays	AFTER YOU PAY \$2,870 DEDUCTIBLE,** Plan G Pays	AFTER YOU PAY \$2,870 DEDUCTIBLE,** You Pay
Home Health Care Medicare Approved Services - Medically necessary skilled care services and medical supplies - Durable medical equipment <ul style="list-style-type: none"> ▪ First \$257 of Medicare approved amounts* ▪ Remainder of Medicare approved amounts 	100% \$0 80%	\$0 \$0 20%	\$0 \$257 (Unless Part B Deductible has been met) \$0

Plan G or HIGH DEDUCTIBLE PLAN G**Other Benefits Not Covered by Medicare**

Services	Medicare Pays	AFTER YOU PAY \$2,870 DEDUCTIBLE,** Plan G Pays	IN ADDITION TO \$2,870 DEDUCTIBLE,** You Pay
Foreign Travel Not Covered by Medicare Medically necessary emergency care services beginning during the first 60 days of each trip outside the USA. First \$250 each calendar year Remainder of Charges	\$0 \$0	\$0 80% to a lifetime maximum benefit of \$50,000.	\$250 20% and amounts over the \$50,000 lifetime maximum.

Outline of Coverage
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Plan N**Medicare Part A – Hospital Services Per Benefit Period**

*A benefit period begins on the first day you receive service as an inpatient in a hospital and ends after you have been out of the hospital and have not received skilled care in any other facility for 60 days in a row.

Services	Medicare Pays	Plan N Pays	You Pay
Hospitalization Semiprivate room and board, general nursing and miscellaneous services and supplies. First 60 days 61 st thru 90 th day 91 st day and after <ul style="list-style-type: none"> - While using 60 lifetime reserve days - Once lifetime reserve days are used <ul style="list-style-type: none"> ▪ Additional 365 days ▪ Beyond the additional 365 days 	All but \$1,676 All but \$419 a day All but \$838 a day \$0 \$0	\$1,676 Part A Deductible \$419 a day \$838 a day 100% of Medicare Eligible Expenses \$0	\$0 \$0 \$0 \$0** All Costs
Skilled Nursing Facility Care You must meet Medicare's requirements, including having been in a hospital for at least 3 days and entered a Medicare approved facility within 30 days after leaving the hospital. First 20 days 21 st thru 100 days 101 st day and after	All approved amounts All but \$209.50 a day \$0	\$0 Up to \$209.50 a day \$0	\$0 \$0 All Costs
Blood First 3 pints Additional amounts	\$0 100%	3 pints \$0	\$0 \$0
Hospice Care You must meet Medicare's requirements, including a doctor's certification of terminal illness.	All but very limited copayment/coinsurance for outpatient drugs and inpatient respite care.	Medicare copayment/coinsurance	\$0

**When your Medicare Part A hospital benefits are exhausted, the insurer stands in the place of Medicare and will pay whatever amount Medicare would have paid for up to an additional 365 days as provided in the policy's "Core Benefits." During this time, the hospital is prohibited from billing you for the balance based on any difference between its billed charges and the amount Medicare would have paid.

Outline of Coverage
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Plan N**Medicare Part B – Medical Services per Calendar Year**

*Once you have been billed \$257 of Medicare Approved amounts for covered services (which are noted with an asterisk), your Medicare Part B Deductible will have been met for the calendar year.

Services	Medicare Pays	Plan N Pays	You Pay
Medical Expenses In or out of the hospital and outpatient hospital treatment, such as Physician's services, inpatient and outpatient medical and surgical services and supplies, physical and speech therapy, diagnostic tests, durable medical equipment First \$257 of Medicare approved amounts* Remainder of Medicare approved amounts	\$0 Generally 80%	\$0 Balance, other than up to \$20 per office visit and up to \$50 per emergency room visit. The copayment of up to \$50 is waived if the insured is admitted to any hospital and the emergency visit is covered as a Medicare Part A expense.	\$257 Part B Deductible Up to \$20 per office visit and up to \$50 per emergency room visit. The copayment of up to \$50 is waived if the insured is admitted to any hospital and the emergency visit is covered as a Medicare Part A expense.
Part B Excess Charges (above Medicare approved amounts)	\$0	\$0	All costs
Blood First 3 pints Next \$257 of Medicare approved amounts* Remainder of Medicare approved amounts	\$0 \$0 80%	All costs \$0 \$20%	\$0 \$257 Part B Deductible \$0
Clinical Laboratory Services – Tests for diagnostic services	100%	\$0	\$0

Parts A & B

Services	Medicare Pays	Plan N Pays	You Pay
Home Health Care Medicare Approved Services - Medically necessary skilled care services and medical supplies - Durable medical equipment	100%	\$0	\$0
■ First \$257 of Medicare approved amounts* ■ Remainder of Medicare approved amounts	\$0 80%	\$0 20%	\$257 Part B Deductible \$0

Outline of Coverage
Medicare Supplement Benefit Plans A, F, G, HDG and N

Plan N**Other Benefits Not Covered by Medicare**

Services	Medicare Pays	Plan N Pays	You Pay
Foreign Travel Not Covered by Medicare Medically necessary emergency care services beginning during the first 60 days of each trip outside the USA. First \$250 each calendar year Remainder of charges	 \$0 \$0	 \$0 80% to a lifetime maximum benefit of \$50,000.	 \$250 20% and amounts over the \$50,000 lifetime maximum.