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, go to www.mhc.coop or call 1-844-262-1560. 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 https://www.healthcare.gov/sbc-glossary/ or call 1-800-318-2596 to request a copy.

Important Questions	Answers	Why This Matters:
What is the overall deductible?	For network providers: **$4,200** individual / **$8,400** family; for out-of-network providers: **$8,4000** individual / **$16,800** family	Generally, you must pay all of the costs from providers up to the deductible amount before this plan begins to pay. If you have other family members on the plan, each family member must meet their own individual deductible until the total amount of deductible expenses paid by all family members meets the overall family deductible.
Are there services covered before you meet your deductible?	Yes. Preventive care and primary care services 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?	For network providers: **$4,200** individual / **$8,400** family; for out-of-network providers: **$8,400** individual / **$16,800** family	The out-of-pocket limit is the most you could pay in a year for covered services. If you have other family members in this plan, they have to meet their own out-of-pocket limits until the overall family out-of-pocket limit has been met.
What is not included in the out-of-pocket limit?	Copayments on certain services, premiums, balance-billing charges, and health care 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. See **www.mhc.coop** or call **(855) 447-2900** for information regarding 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?	No	You can see the specialist you choose without a referral.

Most **copayment** and **coinsurance** costs shown in this chart are after your **deductible** has been met, if a **deductible** applies.

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		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 visits to treat an injury or illness	0% after Deductible	0% after Deductible	None
	Specialist visit	0% after Deductible	0% after Deductible	None
	Preventive care/screening/ immunization	No charge	0% after Deductible	You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan pays for.
If you have a test	Diagnostic test (x-ray, blood work)	0% after Deductible	0% after Deductible	This benefit does not include diagnostic services, such as biopsies, which are services that are routinely covered under the Surgical Services Benefit.
	Imaging (CT/PET scans, MRIs)	0% after Deductible	0% after Deductible	None
If you need drugs to treat your illness or condition More information about **prescription drug coverage** is available at www.mhc.coop/Idaho/explore-plans/drug-list/	Tier 1-Preferred Generic drugs	0% after Deductible	0% after Deductible	None
	Tier 2-Preferred brand and non-preferred Generic drugs	0% after Deductible	0% after Deductible	None
	Tier 3-Non-preferred brand drugs	0% after Deductible	0% after Deductible	
	Specialty drugs Tier 4-Preferred Specialty drugs	0% after Deductible 31-day retail order 90-day mail order not available	0% after Deductible 31-day retail order 90-day mail order not available	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	0% after Deductible	0% after Deductible	None
	Physician/surgeon fees	0% after Deductible	0% after Deductible	None
	Emergency room care	0% after Deductible	0% after Deductible	None

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If you need immediate medical attention	Emergency medical transportation	0% after Deductible	0% after Deductible	None
	Urgent care	0% after Deductible	0% after Deductible	None
If you have a hospital stay	Facility fee (e.g., hospital room)	0% after Deductible	0% after Deductible	None
	Physician/surgeon fees	0% after Deductible	0% after Deductible	None
If you need mental health, behavioral health, or substance abuse services	Outpatient Services Mental/Behavioral health Substance use disorder	0% after Deductible	0% after Deductible	None
	Inpatient services Mental/Behavioral health Substance use disorder	0% after Deductible	0% after Deductible	None
If you are pregnant	Office visits - Prenatal and postnatal care	0% after Deductible	0% after Deductible	None
	Childbirth/delivery professional services	0% after Deductible	0% after Deductible	None
	Childbirth/delivery facility services	0% after Deductible	0% after Deductible	None
If you need help recovering or have other special health needs	Home health care	0% after Deductible	0% after Deductible	30 visit limit/year
	Rehabilitation services	0% after Deductible	0% after Deductible	20 visit limit/year for PT, OT, and ST combined
	Habilitation services	0% after Deductible	0% after Deductible	20 visit limit/year for PT, OT, and ST combined
	Skilled nursing care	0% after Deductible	0% after Deductible	30 day limit/year
	Durable medical equipment	0% after Deductible	0% after Deductible	Preauthorization is required for original purchase or replacement of Durable Medical Equipment over $500
	Hospice services	0% after Deductible	0% after Deductible	None

Common Medical Event	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Important Information
		Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
If your child needs dental or eye care	Children's eye exam	No charge	25% coinsurance	Coverage is limited to one Vision Examination per Insured Dependent Child per Calendar Year.
	Children's glasses	No charge	25% coinsurance	Coverage is limited to one frame per Insured Dependent Child per Calendar Year.
	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.)

- Abortion (except in the case of rape, incest, or when the life of the mother is endangered)
- Acupuncture
- Bariatric surgery
- Dental care and treatment
- Hearing Aids
- Infertility treatment
- Long-term care
- Marriage counseling
- Private-duty nursing
- Religious counseling
- Reversal of an elective sterilization
- Rolfing therapy
- Routine eye care (Adult)
- Routine foot care
- Self-help programs
- Stress management
- Temporomandibular joint dysfunction
- Transplants of non-human/artificial organs
- Weight loss programs

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

- Chiropractic care (Up to 20 visits/year)
- Cosmetic surgery (Only if medically necessary or for certain reconstructive surgeries)
- Non-emergency care when traveling outside the United States. See **www.mhc.coop**

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: www.YourHealthIdaho.org or call 1-855-944-3246. 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.YourHealthIdaho.org or call 1-855-944-3246.

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: Idaho Department of Insurance 1-800-721-3272.

Does this plan provide Minimum Essential Coverage? **Yes**

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? **Yes**

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.

Language Access Services:

- Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Mountain Health CO-OP, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 855-447-2900.
- 如果您，或是您正在協助的對象，有關於[插入 項目的名稱 Mountain Health CO-OP, 方面的問題，您 有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 [在此插入數字 855-447-2900.
- Ukoliko Vi ili neko kome Vi pomažete ima pitanje o Mountain Health CO-OP, imate pravo da besplatno dobijete pomoć i informacije na Vašem jeziku. Da biste razgovarali sa prevodiocem, nazovite 855-447-2900.
- 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Mountain Health CO-OP, 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 855-447-2900로 전화하십시오.
- Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Mountain Health CO-OP, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 855-447-2900.
- إذا كنت أنت أو شخص ما تحاول مساعدة، لديه تساؤلات حول Mountain Health CO-OP، والدعوة، مترجم للتحدث مع. لديك الحق في الحصول على المساعدة والمعلومات في لغتك دون أي تكلفة 855-447-2900.
- Falls Sie oder jemand, dem Sie helfen, Fragen zum Mountain Health CO-OP, haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 855-447-2900 an.
- Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Mountain Health CO-OP, may karapatan ka na makakuha ng tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 855-447-2900.
- Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Mountain Health CO-OP, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 855-447-2900.
- Si vous, ou quelqu'un que vous êtes en train d'aider, a des questions à propos de Mountain Health CO-OP, vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez 855-447-2900.
- ご本人様、またはお客様の身の回りの方でも、Mountain Health CO-OP, についてご質問がございました ら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。 通訳とお話される場合、855-447-2900までお電話ください。
- Dacă dumneavoastră sau persoana pe care o asistați aveți întrebări privind Mountain Health CO-OP, aveți dreptul de a obține gratuit ajutor și informații în limba dumneavoastră. Pentru a vorbi cu un interpret, sunați la 855-447-2990.

- To aan, malla goɗɗo mo mballata, e yama dow Mountain Health CO-OP, a woodi baawɗe heƀuki habaru malla wallireeki wolde maaɗa naa maa a yoƀii. Mbolda e pirtoowo, nodda 855-447-2900.
- شما حق دریافت کمک و اطلاعات به زبان خود را بدون هیچ هزینه داشته باشد .برای صحبت با Mountain Health CO-OP، اگر شما یا کسی که شما در حال تلاش برای کمک به، سوالات در مورد پاسخ 2900-447-855 ،یک مترجم.
- Якщо у Вас чи у когось, хто отримує Вашу допомогу, виникають питання про Mountain Health CO-OP, у Вас є право отримати безкоштовну допомогу та інформацію на Вашій рідній мові. Щоб зв’язатись з перекладачем, задзвоніть на 855-447-2900.

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	$3,000
Specialist *[cost sharing]*	$40
Hospital (facility) *[cost sharing]*	40% AD
Other *[cost sharing]*	40% AD

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	**$12,731**

In this example, Peg would pay:

Cost Sharing	
Deductibles	$26400
Copayments	$0
Coinsurance	$4960
What isn't covered	
Limits or exclusions	$60
The total Peg would pay is	**$7,660**

Managing Joe's type 2 Diabetes
(a year of routine in-network care of a well-controlled condition)

The plan's overall deductible	$3,000
Specialist *[cost sharing]*	$40
Hospital (facility) *[cost sharing]*	40% AD
Other *[cost sharing]*	40% AD

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	**$7,389**

In this example, Joe would pay:

Cost Sharing	
Deductibles	$1117
Copayments	$1605
Coinsurance	$745
What isn't covered	
Limits or exclusions	$55
The total Joe would pay is	**$3,522**

Mia's Simple Fracture
(in-network emergency room visit and follow up care)

The plan's overall deductible	3,000
Specialist *[cost sharing]*	$40
Hospital (facility) *[cost sharing]*	40% AD
Other *[cost sharing]*	40% AD

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	**$1,925**

In this example, Mia would pay:

Cost Sharing	
Deductibles	$979
Copayments	$120
Coinsurance	$653
What isn't covered	
Limits or exclusions	$0
The total Mia would pay is	**$1,752**

The plan would be responsible for the other costs of these EXAMPLE covered services.