

**LifeWise Assurance Company: UW GAIP + Vision/Dental**


Coverage for: Individual or Family | Plan Type: PPO



**H 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, call 1-800-722-1471 (TTY: 1-800-842-5357) or visit us at [www.premera.com](http://www.premera.com). 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 1-800-722-1471 (TTY: 1-800-842-5357) to request a copy.

Important Questions	Answers	Why This Matters:
<b>What is the overall deductible?</b>	\$75 Individual per quarter, up to \$300 per <u>plan</u> year. <u>Copays</u> are not applied to the <u>deductible</u> . Doesn't apply to first \$1,000 for academic student employee services at Hall Health.	Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the policy, the overall family <u>deductible</u> must be met before the <u>plan</u> begins to pay.
<b>Are there services covered before you meet your deductible?</b>	Yes. Does not apply to <u>Preventive care</u> , <u>copayments</u> , <u>prescription drugs</u> and services listed below as "No charge".	This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive services</u> without <u>cost-sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at <a href="https://www.healthcare.gov/coverage/preventive-care-benefits/">https://www.healthcare.gov/coverage/preventive-care-benefits/</a> .
<b>Are there other deductibles for specific services?</b>	Yes. Dental \$25 Individual/\$75 Family. Adult Vision \$10 exam, \$25 glasses, \$25 contacts	You must pay all of the costs for these services up to the specific <u>deductible</u> amount before this <u>plan</u> begins to pay for these services.
<b>What is the out-of-pocket limit for this plan?</b>	In-network: \$1,200 Individual/\$2,400 Family Out-of-network: Not Applicable	The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , the overall family <u>out-of-pocket limit</u> must be met.
<b>What is not included in the out-of-pocket limit?</b>	<u>Premium</u> , <u>balance-billed</u> charges, penalties for failure to obtain <u>prior authorization</u> for services, and health care this <u>plan</u> doesn't cover.	Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> .
<b>Will you pay less if you use a network provider?</b>	Yes. See <a href="http://student.lifewiseac.com/uw/gaip">student.lifewiseac.com/uw/gaip</a> or call 1-800-971-1491 for a list of <u>in-network providers</u> .	This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays ( <u>balance billing</u> ). Be aware your <u>network provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services.
<b>Do you need a referral to see a specialist?</b>	No.	You can see the <u>specialist</u> you choose without a <u>referral</u> .

 All 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 visit to treat an injury or illness	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	None
	<u>Specialist</u> visit	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	None
	<u>Preventive care/screening/immunization</u>	No charge	<u>Deductible</u> , then 40% <u>coinsurance</u>	None
If you have a test	<u>Diagnostic test</u> (x-ray, blood work)	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	None
	Imaging (CT/PET scans, MRIs)	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	<u>Prior authorization</u> required for some outpatient imaging tests.
If you need drugs to treat your illness or condition  More information about <u>prescription drug coverage</u> is available a <a href="https://student.lifewisea.com/uw/gaip/">https://student.lifewisea.com/uw/gaip/</a>	Generic drugs	Rubenstein: \$10 <u>copay/prescription</u> , <u>deductible</u> waived. Maintenance drugs \$10 <u>copay/prescription</u> , <u>deductible</u> waived + shipping & handling. All Other: 20% <u>coinsurance</u> , <u>deductible</u> waived.	40% <u>coinsurance</u> , <u>deductible</u> waived	Covers up to a 35 day supply. Certain maintenance drugs provided at Rubenstein Pharmacy up to a 90 day supply.
	Preferred brand drugs	Rubenstein: \$25 <u>copay/prescription</u> <u>deductible</u> waived. Maintenance drugs \$40 <u>copay/prescription</u> , <u>deductible</u> waived + shipping & handling All Other: 20% <u>coinsurance</u> , <u>deductible</u> waived.	40% <u>coinsurance</u> , <u>deductible</u> waived	
	Non-preferred brand drugs	Rubenstein: \$35 <u>copay/prescription</u> , <u>deductible</u> waived. Maintenance drugs \$80 <u>copay/prescription</u> , <u>deductible</u> waived + shipping & handling. All Other: 40% <u>coinsurance</u> , <u>deductible</u> waived.	40% <u>coinsurance</u> , <u>deductible</u> waived	
	<u>Specialty</u> drugs	Covered as any other drug	Covered as any other drug	
If you have outpatient surgery	Facility fee (e.g., ambulatory surgery center)	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	<u>Prior authorization</u> is required for certain outpatient services.

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)	
	Physician/surgeon fees	<u>Deductible</u> , then 10% coinsurance	<u>Deductible</u> , then 40% coinsurance	None
If you need immediate medical attention	<u>Emergency room care</u>	<u>Deductible</u> , then 10% coinsurance	<u>Deductible</u> , then 10% coinsurance	None
	<u>Emergency medical transportation</u>	<u>Deductible</u> , then 10% coinsurance	<u>Deductible</u> , then 10% coinsurance	None
	<u>Urgent care</u>	<u>Deductible</u> , then 10% coinsurance	Hospital-based: <u>Deductible</u> , then 10% coinsurance Freestanding center: <u>Deductible</u> , then 40% coinsurance	None
If you have a hospital stay	Facility fee (e.g., hospital room)	<u>Deductible</u> , then 10% coinsurance	<u>Deductible</u> , then 40% coinsurance	<u>Prior authorization</u> required for all planned inpatient stays..
	Physician/surgeon fees	<u>Deductible</u> , then 10% coinsurance	<u>Deductible</u> , then 40% coinsurance	None
If you need mental health, behavioral health, or substance abuse services	Outpatient services	10% <u>coinsurance deductible</u> waived	20% <u>coinsurance deductible</u> waived	No fees at the Counseling Center for registered students. Chemical Dependency <u>deductible</u> then covered in full for both in-network and <u>out-of-network</u> . <u>Prior authorization</u> is required for certain outpatient services.
	Inpatient services	10% <u>coinsurance deductible</u> waived	40% <u>coinsurance deductible</u> waived	Chemical Dependency <u>deductible</u> then covered in full for both in-network and <u>out-of-network</u> . <u>Prior authorization</u> is required for certain inpatient services.
If you are pregnant	Office visits	<u>Deductible</u> , then 10% coinsurance	<u>Deductible</u> , then 40% coinsurance	<u>Cost sharing</u> does not apply for <u>preventive services</u> . Depending on the type of services, a <u>coinsurance</u> may apply. Maternity care may include tests and services described elsewhere in the SBC (such as, ultrasound).
	Childbirth/delivery professional services	<u>Deductible</u> , then 10% coinsurance	<u>Deductible</u> , then 40% coinsurance	
	Childbirth/delivery facility services	<u>Deductible</u> , then 10% coinsurance	<u>Deductible</u> , then 40% coinsurance	

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)	
<b>If you need help recovering or have other special health needs</b>	<u>Home health care</u>	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	Limited to 130 visits per <u>plan year</u>
	<u>Rehabilitation services</u>	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	Medical necessity reviewed after 12 outpatient visits per <u>plan year</u> , limited to 30 inpatient days per <u>plan year</u> .
	<u>Habilitation services</u>	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	Medical necessity reviewed after 12 outpatient visits per <u>plan year</u> , limited to 30 inpatient days per <u>plan year</u> .
	<u>Skilled nursing care</u>	\$300 <u>copay/visit</u> , <u>deductible</u> , then 10% <u>coinsurance</u>	\$300 <u>copay/visit</u> , <u>deductible</u> , then 40% <u>coinsurance</u>	Limited to 90 days per <u>plan year</u> .
	<u>Durable medical equipment</u>	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	None
	<u>Hospice services</u>	<u>Deductible</u> , then 10% <u>coinsurance</u>	<u>Deductible</u> , then 40% <u>coinsurance</u>	None
<b>If your child needs dental or eye care</b>	Children's eye exam	10% <u>coinsurance</u> , <u>deductible</u> waived	25% <u>coinsurance</u> , <u>deductible</u> waived	Limited to one exam per <u>plan year</u> (under age 19).
	Children's glasses	No charge	No charge	Frames and lenses limited to 1 pair per <u>plan year</u> (under age 19)
	Children's dental check-up	No charge	No charge	Limited to two exams per <u>plan year</u> (under age 19).

## Excluded Services & Other Covered Services:

Services Your <u>Plan</u> Generally Does NOT Cover (Check your policy or <u>plan</u> document for more information and a list of any other <u>excluded services</u> .)		
<ul style="list-style-type: none"><li>• Bariatric surgery</li><li>• Cosmetic surgery</li></ul>	<ul style="list-style-type: none"><li>• Infertility treatment</li><li>• Long-term care</li></ul>	<ul style="list-style-type: none"><li>• Private-duty nursing</li><li>• Weight loss programs</li></ul>
Other Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your <u>plan</u> document.)		
<ul style="list-style-type: none"><li>• Acupuncture</li><li>• Chiropractic care or other spinal manipulations</li><li>• Dental care (Adult, \$1,500 limit)</li></ul>	<ul style="list-style-type: none"><li>• Foot care</li><li>• Hearing aids</li></ul>	<ul style="list-style-type: none"><li>• Non-emergency care when traveling outside the U.S.</li><li>• Routine eye care (Adult)</li></ul>

**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: for ERISA plans, contact the Department of Labor's Employee Benefit's Security Administration at 1-866-444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform). For governmental plans, contact the Department of Health and Human Services, Center for Consumer Information and Insurance Oversight, at 1-877-267-2323 x61565 or [www.cciio.cms.gov](http://www.cciio.cms.gov). For church plans and all other plans, call 1-800-562-6900 for the state insurance department, or the insurer at 1-800-722-1471 or TTY 1-800-842-5357. 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](http://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: your plan at 1-800-722-1471 or TTY 1-800-842-5357, or the state insurance department at 1-800-562-6900, or Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272) or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform).

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

Minimum Essential Coverage generally includes plans, health insurance available through the [Marketplace](#) or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

**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:

Spanish (Español): Para obtener asistencia en Español, llame al 1-800-722-1471.

Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-722-1471.

Chinese (中文): 如果需要中文的帮助, 请拨打这个号码1-800-722-1471.

Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-800-722-1471.

—————*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                    \$300
- Specialist coinsurance                                10%
- Hospital (facility) coinsurance                    10%
- Other coinsurance                                    10%

**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*)

<b>Total Example Cost</b>	<b>\$12,700</b>
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**In this example, Peg would pay:**

<u>Cost Sharing</u>	
<u>Deductibles</u>	\$300
<u>Copayments</u>	\$0
<u>Coinsurance</u>	\$900
<i>What isn't covered</i>	
Limits or exclusions	\$60
<b>The total Peg would pay is</b>	<b>\$1,260</b>

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

- The plan's overall deductible                    \$300
- Specialist coinsurance                                10%
- Hospital (facility) coinsurance                    10%
- Other coinsurance                                    10%

**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*)

<b>Total Example Cost</b>	<b>\$5,600</b>
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**In this example, Joe would pay:**

<u>Cost Sharing</u>	
<u>Deductibles</u>	\$300
<u>Copayments</u>	\$800
<u>Coinsurance</u>	\$80
<i>What isn't covered</i>	
Limits or exclusions	\$20
<b>The total Joe would pay is</b>	<b>\$1,200</b>

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

- The plan's overall deductible                    \$300
- Specialist coinsurance                                10%
- Hospital (facility) coinsurance                    10%
- Other coinsurance                                    10%

**This EXAMPLE event includes services like:**

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

<b>Total Example Cost</b>	<b>\$2,800</b>
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**In this example, Mia would pay:**

<u>Cost Sharing</u>	
<u>Deductibles</u>	\$75
<u>Copayments</u>	\$10
<u>Coinsurance</u>	\$200
<i>What isn't covered</i>	
Limits or exclusions	\$0
<b>The total Mia would pay is</b>	<b>\$285</b>

## Discrimination is Against the Law

Premiera Blue Cross (Premera) complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). Premera provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that Premera has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, Fax: 425-918-5592, TTY: 711, Email [AppealsDepartmentInquiries@Premera.com](mailto:AppealsDepartmentInquiries@Premera.com). You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. You can also file a civil rights complaint with the Washington State Office of the Insurance Commissioner, electronically through the Office of the Insurance Commissioner Complaint Portal available at <https://www.insurance.wa.gov/file-complaint-or-check-your-complaint-status>, or by phone at 800-562-6900, 360-586-0241 (TDD). Complaint forms are available at <https://fortress.wa.gov/oic/online-services/cc/pub/complaintinformation.aspx>.

## Language Assistance

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-722-1471 (TTY: 711).

**注意:** 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-722-1471 (TTY: 711)。

**CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-722-1471 (TTY: 711).

**주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-722-1471 (TTY: 711) 번으로 전화해 주십시오.

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-722-1471 (телетайп: 711).

**PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-722-1471 (TTY: 711).

**УВАГА!** Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки.

Телефонуйте за номером 800-722-1471 (телетайп: 711).

**ប្រយ័ត្ន:** បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយភាសាដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 800-722-1471 (TTY: 711)។

**注意事項:** 日本語を話される場合、無料の言語支援をご利用いただけます。800-722-1471 (TTY:711) まで、お電話にてご連絡ください。

**ማስታወሻ:** የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚክሳው ቁጥር ይደውሉ 800-722-1471 (መስማት ለተሳናቸው፡ 711)።

**XIYYEEFFANNA:** Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 800-722-1471 (TTY: 711).

**ملحوظة:** إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-722-1471 (رقم هاتف الصم والبكم: 711).

**ਧਿਆਨ ਦਿਓ:** ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 800-722-1471 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-722-1471 (TTY: 711).

**ໂປດຊາບ:** ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 800-722-1471 (TTY: 711).

**ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-722-1471 (TTY: 711).

**ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-722-1471 (ATS: 711).

**UWAGA:** Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-722-1471 (TTY: 711).

**ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-722-1471 (TTY: 711).

**ATTENZIONE:** In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-722-1471 (TTY: 711).

**توجہ:** اگر بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-722-1471 (TTY: 711) تماس بگیرید.