



# 2010 Sensible BASIC Medical (Employer Paid Default) Plan Summary of Benefits

This summary contains highlights only and is not a complete description of benefits. The Summary Plan Descriptions and Plan documents will govern.  
**Important:** Benefit Coverage is generally the same in or out of network, however, you benefit usually from better discounts and reasonable and customary fees by using in-network providers vs. out-of-network providers (see next page).

**AMOUNTS LISTED ARE WHAT THE PLAN PAYS (any reference to "year" is "per calendar year")**

GENERAL PLAN PROVISIONS	IN-NETWORK	OUT OF NETWORK
<b>Calendar Year Deductible (Individual/Family)</b> In-network and Out-of-network deductible is combined, where applicable	NONE	NONE
<b>Provider Network</b>	Network varies by state; see next page, Summary Plan Description (SPD) or www.employersresource.com for network in your area.	
<b>Maximum Limits</b>	Yes. Day, visit, year and lifetime maximums—see below.	
<b>Pre-existing Condition Provision</b>	Pre-existing limitation conditions apply. See next page.	
<b>Pre-certification Requirement</b>	You or your provider must pre-certify certain services and supplies with P5 Care Solutions at least 48 hours in advance of you or your covered dependent receiving them. See next page.	
EMERGENCY AND URGENT CARE	IN-NETWORK	OUT OF NETWORK
<b>Dependent Accident Care:</b> Non-work related accidents are generally covered for eligible dependents at 100%. Employees are covered under the Employers Resource Accident Reimbursement Arrangement Plan.	\$1,000 per covered accident (up to a maximum of \$5,000 per calendar year). No deductible.	
<b>Emergency Room Care:</b> Non-medical emergency is not covered under this plan.	Intensive Care Unit = \$3,000 per day (15 days per year). Emergency Room benefit \$300 per emergency illness/accident visit, requiring no hospital admission; (\$900 year maximum).	
<b>Urgent Care Facility Consultation:</b> Other services (i.e., x-ray, lab work, surgery) provided during visit will be paid as outpatient services subject to the deductible and coinsurance.	\$25 per visit (maximum 4 per year)	
WELLNESS/PREVENTION SERVICES	IMPORTANT FOR TAKING CHARGE OF YOUR HEALTH	
<b>My Health Toolbox:</b> Includes pH test, CBC panel blood test, health risk assessment, newsletters and quality health information.	Included for covered employees and spouses, once per year. Important for knowing and managing health status.	
<b>Routine Well-Child Care (ages 0-6) or Preventive Wellness Care (age 7-up):</b> Includes immunizations, thermograms, hormone assessment, preventive lab/care, OBGYN/prostate cancer prevention.	\$200 per member per year, no deductible applies.	
OFFICE VISIT CONSULTATION SERVICES	IN-NETWORK	OUT OF NETWORK
<b>Integrative Preferred Professionals:</b> List of nationally-recognized, best-in-class, integrative health professionals at www.myhealthroadmapallstarlist.com.	\$75 per visit (4 per year). (\$300 per year max). INCLUDES lab work, if done by preferred professional.	Not applicable
<b>Doctor Office Visits:</b> No network applies unless indicated. Consultation only. Generally DOES NOT include lab/x-rays or minor surgeries.	\$50 per visit (maximum 4 per year)	
<b>Chiropractic/Acupuncture/Alternative Care Reimbursement:</b> Services from any licensed practitioner. Includes Eastern medicine, licensed naturopaths or registered dietitians.	6 visits per year for Chiropractic/Alternative Care combined. Maximum plan payment: \$35 per visit.	
TREATMENT SERVICES		
<b>Prescription Coverage</b>	Access to a Prescription Discount Card only.	
<b>Supplements:</b> i.e. Krill Oil, Pantethine, Non-Flush Niacin, and access to some discounts.	80% reimbursement, up to maximum plan payment of \$250 (per year, per covered member/dependent).	
<b>Treatment Excellence Centers:</b> Targeted conditions (hip, back and knee surgery, breast and prostate cancer, gall bladder surgery), covered at twice the Hospital/Facility/Surgeon coverage amounts, if Treatment Excellence provider recommendations followed. See next page.	Significant discounts available at Treatment Excellence Centers.	
HOSPITAL/FACILITY/SURGEON CHARGES	IN-NETWORK	OUT OF NETWORK
<b>In-Patient Hospital Benefit:</b> Pre-certification required; 15-day limit per yr. (300 days lifetime).	\$1,500 per day	
<b>Outpatient Hospital Benefit:</b> Pre-certification may apply; 1 procedure per year or 2 or more within the same surgical session.	\$750 per day	
<b>Skilled Nursing Facility:</b> Limited to 60 days per year (must follow a covered hospital stay of at least 3 days to be covered).	\$750 per day	
<b>Anesthesiology:</b> Limit of 1 per year (in-patient/outpatient combined).	\$375 lump sum	
<b>Surgical Benefit:</b> 1) In-patient 1 per year 2) Outpatient 1 per year 3) Outpatient Minor Surgery 1 per year 4) Outpatient Venipuncture 1 per year	1) \$1,500 lump sum 2) \$750 lump sum 3) \$75 lump sum 4) \$25 lump sum	
OTHER COVERED SERVICES	IN-NETWORK	OUT OF NETWORK
<b>Outpatient Diagnostic X-Ray, Labs (Non-Routine):</b> Done in doctor's office/outpatient basis.	\$500 per calendar year	
<b>In-Patient and Outpatient Mental Health/Substance Abuse</b>	Not covered, EAP benefit available	Not covered, EAP benefit available
<b>Durable Medical Equipment</b>	\$250 per year	\$250 per year
<b>Diabetes Education:</b> \$500 annual maximum for educational materials through Dr. Julian Whitaker, Whitaker Wellness Institute.	\$250 lifetime benefit	Not covered

## Explanations and Limitations

### KEY STEPS IN SELF-DIRECTED CARE (YOU CONTROL YOUR CARE WITH YOUR MEDICAL PROVIDER)

1. **Assess:** Take a free Health Risk Appraisal through Employers Resource/My Health Toolbox.
2. **Schedule:** Appropriate preventive check-ups, especially for women over 40 years old (breast cancer) and males over 50 years old (prostate cancer).
3. **Consult:** Discuss your health with more than your family doctor. Also consult **integrative care practitioners** like chiropractors, naturopaths and registered dietitians.
4. **Focus on causes, not just symptoms:** Use the Employee Assistance Program to address stress/other personal issues that cause or aggravate health conditions.

### PRE-CERTIFICATION REQUIREMENTS: 800-922-1855

1. **Services: The following services must be pre-certified before receiving care or treatment (or the benefit will be reduced by \$500):**
  - A. *Hospital Inpatient Admissions. All inpatient admissions to any hospital or inpatient facility (e.g. community hospital) with the exception of emergency admissions. Guidelines are:*
    - (1) Non-emergency hospital admissions (at least 7 days prior to admission)
    - (2) Emergency hospitalization (within 2 business days of admission)
  - B. Outpatient Surgery Center or Hospital Procedures
  - C. All MRIs and CT Scans
  - D. Durable Medical Equipment over \$1,000
  - E. Surgically Implanted Devices

P5 Care Solutions (800-922-1855) will analyze your physician's plan of treatment as it applies to the plan's requirements (i.e. medical necessity requirement) and may be able to coordinate medical services and advise you regarding more appropriate use of your health benefits, to help reduce your out-of-pocket expenses.

2. **Pre-certification and Coverage for Specific Medical Conditions (pre-certification required before treatment or a \$500 penalty and as low as 50% coverage):**
  - A. These Treatment Excellence conditions require pre-certification before receiving ANY care or treatment (see the Summary Plan Description for details): Breast Cancer, Prostate Cancer, Back Surgery, Gall Bladder Surgery, Hip Surgery, Knee Surgery. **The cost of the Treatment Excellence review is fully covered.**
  - B. If the official Treatment Excellence opinion:
    - validates the treatment plan prescribed by your doctor: coverage at the **amounts listed** in the Hospital/Facility/Surgeon Charges.
    - differs from the treatment plan prescribed by your doctor (and the Treatment Excellence provider IS used): coverage at **Up to Twice** the Amounts Listed Under Hospital/Facility/Surgeon Charges.
    - differs from the treatment plan prescribed by your doctor (and the Treatment Excellence provider IS NOT used): **NO** coverage.

### PRE-EXISTING LIMITATIONS AND EXCLUSIONS

1. **Definition:** A *pre-existing condition* is any illness or injury (excluding pregnancy) for which medical advice, diagnosis, care or treatment (including prescribed drugs or medicines) has been received from a physician or practitioner during the six months immediately prior to your enrollment date.
2. **Reducing pre-existing limitations:** Limitations may be reduced if you were covered under a medical plan prior to enrollment in this plan, provided the prior plan qualifies as creditable medical coverage. If your creditable coverage was effective and continuous for 12 months immediately prior to the effective date under this plan, and you provide such proof, pre-existing conditions will not apply. To provide proof, obtain a Letter of Creditable Coverage from your prior carrier and submit it to P5 Health Plan Solutions, PO Box 9554, Salt Lake City, UT 84109-0544 (phone: 800-922-1855; fax: 801-412-8550).
3. **Calculations:** The calculation of days/months of coverage credited does not include: (i) any coverage preceding a break in coverage of 63 days or more; nor (ii) any period of time during an applicable benefits waiting period.

NETWORKS		SUMMARY PLAN DESCRIPTION AND OTHER MEDICAL PLAN INFORMATION	PLEASE NOTE
Arizona	Arizona Foundation ( <a href="http://www.azfmc.com">www.azfmc.com</a> )	<ol style="list-style-type: none"> <li>1. Go to: <a href="http://www.employersresource.com">www.employersresource.com</a></li> <li>2. Click on Employee Center, then Benefits, then Medical, then Employers Resource Benefit Trust.</li> <li>3. Click on the "Detailed Plan Description" for your particular plan.</li> </ol>	This self-funded medical plan offered through Employers Resource Benefit Trust (and sponsored by Employers Resource) is not insurance and does not participate in any state guarantee association.
California	Interplan ( <a href="http://www.interplanhealth.com">www.interplanhealth.com</a> )		
Idaho	IPN ( <a href="http://www.ipnmd.com">www.ipnmd.com</a> )		
No. Carolina	Medcost ( <a href="http://www.medcost.com">www.medcost.com</a> )		
Others	Refer to ( <a href="http://www.employersresource.com">www.employersresource.com</a> )		